

Dog park opens in Uxbridge

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

UXBRIDGE — After its initial grand opening was delayed due to Covid-19, the new Uxbridge Dog Park is now open to all residents of the Blackstone Valley.

“Thank you to those who stopped by (with and without dogs),” a representative of the dog park released in a statement. “The Dog Park Committee loved meeting you all and seeing your pups play and enjoy the time in the park.”

The park is located at 375 Sutton St. in Uxbridge. Dogs visiting the park are required to have their tags on with their current town license and current vaccination tags, according to information on the dog park’s Facebook page.

Due to Covid-19, the park’s water features will not be operational for the time being. Visitors are asked to bring their own water bowl for their dog, as the water features are not turned on at this time. Visitors are also required



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to scoop their dog’s poop, and there is no smoking at the park. Children may not play inside the dog park, rules state.

“We love that new friendships are being made at the park each day, both

with dogs and their humans. This was the intention. To build an off-

leash park and to build community,” the park’s statement continues. “Thank you to everyone as we continue to strive for that goal.”

Prior to its opening earlier this month, Uxbridge Unleashed, Inc.—the registered non-profit group that was formed to assist and support the Uxbridge Dog Park—had been hosting a soft opening, according to park information. Members of the group reported that they were “blown away” by the people they have met, the stories shared, and the feedback they received.

“The saying is that ‘The people make the difference.’ It is true,” the group shared. “Everyone we have met this week has been great and 100 percent supportive.”

The group also thanked the Uxbridge Department of Public Works for mowing the grass and making it “beautiful for the opening,” the town of Sutton for new sign posts to complete the parking area, and the town of Douglas

Courtesy

Turn To **DOG PARK** page **A7**

Douglas library re-opens for limited public browsing

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — The Simon Fairfield Public Library in Douglas has re-opened for limited browsing for the first time in four months.

“I’m excited. Also nervous. But mostly excited,” said Library Director Justin Snook. “Our procedures and protocols are heavily modified.”

Modified library hours are Monday and Wednesday 11 a.m. to 5 p.m. (with 11 a.m. to noon reserved for senior citizens), Tuesday and Thursday noon to 7 p.m., and Saturday 10 a.m. to 1 p.m.

According to Snook, the only reason residents should come to the library for the time being is to look at the library’s main collections and check them out.

“Programming will remain virtual. Public access computers, including printing, faxing, and scanning, are not yet available,” Snook said. “The loft, children’s play area, and archive are still closed. Just the first floor is open, since that is where our circulating materials live.”

Only six patrons can be allowed into the building at a time, and time in the library will be limited to

30 minutes.

“If you arrive, look at the door. There’ll be a flip sign that either says ‘Come On In’ or ‘At Capacity.’ If it says ‘At Capacity,’ please wait outside without crowding the door or each other,” Snook explained.

All patrons except children two-years-old and under must wear masks that cover their mouths and noses at all times, according to re-opening details. If you are unable to wear a mask, contact the library to enroll in home delivery.

“Wearing a mask correctly is an absolute requirement for entering

the building or interacting with our staff outside,” Snook added. “Feel free to use the hand sanitizer spread throughout the Library, but please don’t take it home with you.”

Parking lot pickup will be available throughout open hours for patrons who have holds ready for pickup but don’t want to enter. The library will also continue home delivery, but it will now be a service in which residents have to enroll.

“So far, we’ve just been delivering everything that happens to be on the hold shelf on Thursday

Turn To **LIBRARY** page **A7**

Community mourns loss of longtime public servant

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

WHITINSVILLE — Members of the local community are mourning the loss of Harold Gould, Jr., whose life was deeply devoted to public service within the Blackstone Valley. Gould, 86, passed away in Whitinsville earlier this month with his wife of more than 55 years, Jeanne, at his side.

“The Blackstone Valley & Worcester County has lost one of its champions in Harold Gould,” shared Senator Ryan Fattman in a statement, adding that Gould lived an “amazing, public spirited life.”

Gould deeply believed that “every person has a duty to give back to their community and to provide volunteer service commensurate with their talents and abilities,” according to his obituary with Whitinsville-based Carr Funeral Home. Gould practiced this belief with the same devotion that he brought to his law career and military commitment.

While a resident of Blackstone, he served on the Planning Board, the Finance Committee, the Board of Selectmen, and as Town Moderator for more than eight years until moving to Whitinsville. He also served over 40 years as District Council for the Blackstone-Millville Regional School District and as Town Counsel for the Town of Millville.

During his years in Blackstone, he served as State Representative, representing the old 8th Worcester District—comprised of the towns of Blackstone, Millville, Mendon, Hopedale, Uxbridge, Northbridge, Douglas and Sutton, according to the obituary.

After moving to Northbridge, Gould served on the Industrial Financing Committee, the Finance Committee, and as Town Moderator for 45 years, bringing his total years of service for Blackstone and Northbridge to more than 53.

Gould was born in Woonsocket, RI, on May 18, 1934, to the late Harold D. and Rena M. (Daigle) Gould of Blackstone, where he lived until moving to Whitinsville in 1971, obituary details state.

A graduate of Assumption Prep School and the College of the Holy Cross in Worcester, he pursued his law degree at Harvard Law School where he was a member of the St. Thomas More Society, the Harvard Student Bar Association, the Bull & Bear Club, and U.S. Army ROTC. While at Holy Cross and Harvard, he served as an enlisted man in the Infantry.

Turn To **GOULD** page **A7**

St. Patrick’s YNLA program builds Prayer Garden

WHITINSVILLE — Over the past 20 years, St. Patrick’s Parish in Whitinsville has sponsored a team of teens and chaperones for Young Neighbors in Action (YNIA). YNIA is a week-long Catholic experience of service, community and prayer.

Last year, 20 teens and five chaperones traveled to San Diego to serve. For 2020, the plan was to take 23 teens and five chaperones to Tacoma, Washington. We spend the year together fundraising and on retreats to become a stronger team. Due to the pandemic,

the trip has been cancelled. Yet, our team did not want to let the summer go by without having a project. So, after much brainstorming and planning, we decided to build a Prayer Garden for the Parish community that has supported us to leave as a legacy for YNIA.

During the month of July, we are hosting car washes and other fundraisers with the hopes of raising \$10,000 to build the garden. Along with the hardscape of the garden, we are installing a water spigot, and the design of the garden will include statues, plants and a shed. To date we have raised more than \$2,000. This was raised in two weeks. The project will take place from Aug. 1st to the 6th.

We are raising funds to cover the costs of the items needed to complete this project. If you would like to donate to this project and honor your family or a loved one, we have many items that you can choose from. The total cost of each item is below, however, any amount you choose to donate can go towards the purchase of any item on the list.

Mary Statue: \$250
St. Patrick Statue: \$150

Turn To **GARDEN** page **A7**





Daniels Farm Market welcomes SNAP representative

BLACKSTONE — The Daniels Farm Farmers' Market continues every Sunday, 11 a.m. to 3 p.m. through Oct. 4. Doris's Kitchen is open 11:30 a.m. to 2:30 p.m., serving grilled franks, burgers (both beef and veggie) Italian sausage with peppers & onions, cold beverages and all the fixin's.

The following vendors will be participating:
Oakdale Farms (Quality Produce), B Food (beautiful artisan breads), Three Sisters Farm and Ellen's Hooked Rugs (Goat's Milk Soap, handmade rugs, crafts), BV Cats, (cat toys, mats, scarves), The Fudge Lady, (amazing assortment of fudge), Wante Orchard & Apiary/Three Little Wrens, Overpass Farms (natural meats), San Diego Sunday's, delicious ice cream & lemonade, Daniels organic vegetables.

Chaos Farm (alpaca products) begins Sept. 6.
Given the current Covid-19 restrictions we have taken appropriate precautions according to both CDC and Massachusetts Department of Public Health guidelines. We ask that guests practice appropriate social distancing while on our property and wear masks when coming in close contact with vendors.

Our indoor tours have currently been suspended due to Covid-19; however, we do encourage our guests to walk the property and observe the historic nature of the building we care for.

July 26, a representative from the Worcester SNAP program will be available with information and questions.

Daniels Farmstead Foundation's continuance relies heavily on our amazing volunteers, members, and donors. We always have room for more volunteers and are currently looking to add to our close-knit family. Whether it be working in the garden, selling our beautiful produce, or working in Doris's Kitchen you can help contribute to the preservation of one of the Blackstone Valley's historic gems.

Please follow us on Facebook at Daniels Farmstead Farmers Market or reach out to Justine at 508-726-2042 for more information.

Courtesy

Rebecca Young, Northbridge, volunteers in the organic garden and raises seedlings in her greenhouse for Daniels.

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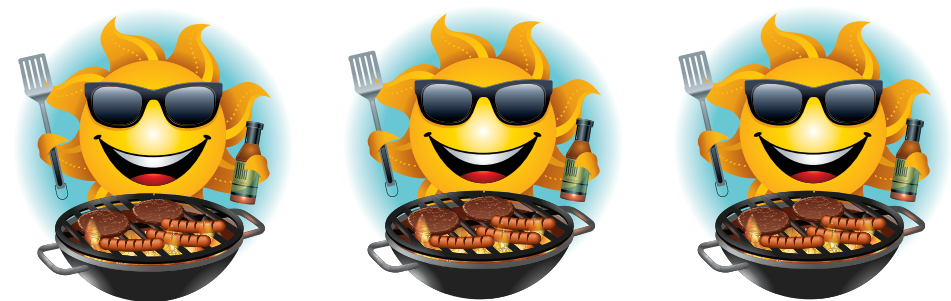
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Congratulations to the Class of 2020 of UXBRIDGE HIGH SCHOOL, DOUGLAS HIGH SCHOOL, AND THE BLACKSTONE VALLEY REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL

Your community is very proud of all that you've accomplished! Thank you to the businesses who are sponsoring this page. The Northbridge High School Class of 2020 will be posted in an issue after graduation, as the class list was not released for this printing. Good luck to all!



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SUTTON: Payne H. Bari

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WEBSTER: Camily V. DeOliviera Sena, Leigh N. Fearing, Amber R. Hallaman, Logan M. Jacques, Connor P. Kelly, Cameron J. O'Connell, Brett Smith, Christin E. Walcek, Jennifer L. Walker

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Thomas J. Burke
Ian Dennis Chartier
William T. Chenis
Sara Elizabeth Cheschi
Joseph Tocay Amizaday Colindres
Ashley L. Collins
Ella Correa
Hanna Marie Devlin
Nicholas A. DiLibero
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Jason R. Dullaghan
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Eion C. Goulet

Tyler J. Gowey
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Joanna Faith Harris
Danielle Nicole Healey
Cory A. Hetherington
Nathaniel N. Holden
Eric Hoover
Matthew A. Jennette
Katelyn Emma Jones
Kristina Nancy Kirk
Daniel Ronald Klos
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Jeremiah D. Kosiba
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Owen Lamontagne
Samuel Lapointe
Thomas Lauze
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Jean Erik Loja
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Alexander R. MacSween
Grace Bernadette MacSween
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Rachel Tatum McGee
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Avery Morrison
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Lindsey J. Moss
Sonila M. Murati
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Erik Matthew Neitz
Payton L. Nestor
Erin Michelle Newhall
Sydney Ann Norberg
Nicholas Robert Oliveira
Madison Elizabeth Ouellette
Madison Jane Perry
Thomas Michael Philbrook
Isabelle I. Phillips
Joshua R. Plumer
Tyler P. Prachith
Kelsey Elizabeth Prince
Elias Roerden
Michael Roux
Paige Kathryn Seymour
Jaideep Singh Sidhu
Kevin James Siefken
Ryan Bret Silbor
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**Blackstone Valley Regional
Vocational Technical High School Class of 2020**

Blackstone Valley Regional Vocational Technical High School (BVT), announces the names of the 298 members of the graduating Class of 2020. The seniors are listed alphabetically by their last name, vocational-technical program, and grouped according to hometown. Membership in the National Honor Society is indicated by (NHS), and membership in the National Technical Honor Society is noted by (NTHS).

BVT is proud to recognize the Class of 2020 Student Officers: Class President, Cole Peterson of Mendon; Vice President, Nico Allemann of Grafton; Secretary, Sage Hurteau of Douglas; and Historian, Logan Keefe of Milford. The Class of 2020 Valedictorian is Brandon Kee of Milford, and the Salutatorian is Daniel McDonald of Grafton.

The graduation ceremony celebrating the Class of 2020 is scheduled for Saturday, August 8th.

(For space consideration, those towns not covered by the Blackstone Valley Tribune list the website only for the Class of 2020. Please visit these websites to view the names and photos of these graduating seniors). Congratulations to ALL the graduates of the Blackstone Valley Technical Vocational High School!

DOUGLAS, 34 STUDENTS
(<https://www.dropbox.com/s/y57jua77pmjpjw9/AAC9AEQK-p1ELW3mAEQYlaE1pa?dl=0>)

Christina Nicole Aube (NHS), Drafting & Design Technology; Grace Virginia Bertone, Multimedia Communications; Ciarra Alexiis Boucher, Multimedia Communications; Nathan Jamie Boulanger Auto Collision Repair & Refinishing; vlsabel Emily Briggs, Drafting & Design Technology; Eric Richard Lloyd Buchanan, Information Technology; Aiden Joshua Capistran, Construction Technology; Jason Mark Dansereau (NHS), Heating, Ventilation, Air Conditioning & Refrigeration; Derek Guy Eplite, Electrical; Massimo Henry Fontaine (NHS), Information Technology; Richard Everett Forget III, Multimedia Communications; Michael Hunter Fresh, Plumbing; Caroline Marie Gallant (NHS/NTHS), Engineering & Robotics; Benjamin Scott Garland, Electrical; Joshua Paul Gopin, Multimedia Communications; Sage Bree Hurteau (NHS/NTHS), Painting & Design Technology; Kaylee Ann Edith Ide, Business & Entrepreneurship; Hayden Joseph Krasner, Multimedia Communications; Emily Sheri Losiewicz (NHS), Engineering & Robotics; Skylar May Manyak (NHS/NTHS), Dental Assisting; Brooke Kathleen Mazzuchelli, Culinary Arts; Benjamin Alan Mendoza, Construction Technology; Hannah Margaret Morrison (NHS), Health Services; Braedon Scott Motyka, Multimedia Communications; Gabrielle Jeanne Muscatell (NHS), Health Services; John William Nasuti, Plumbing; Ryan Patrick Needham, Plumbing; Owen Everett Oliver, Heating, Ventilation, Air Conditioning & Refrigeration; Victoria Grace Provencal, Electrical; Lucas John Rindone, Automotive Technology; Madeline Elizabeth Rivard (NHS), Electrical; Hannah Violet Rosenkrantz (NHS/NTHS), Engineering & Robotics; Patricia Emily Sol-

tan (NHS), Health Services; and Alison Haley Stienstra, Culinary Arts.

NORTHBRIDGE, 41 STUDENTS
(https://www.dropbox.com/sh/y4hg4f01die4745/AAC_Uh-fr50Sgztry5FIEUXONZa?dl=0)

Kyana Kylee Altif, Business & Entrepreneurship; Shane Michael Andrews, Construction Technology; Hallie Marie Arpin, Dental Assisting; Alicia Marie Blizard, Painting & Design Technology; Brianna Lynn Brothers, Business & Entrepreneurship; Max Joseph Brueggemann, Drafting & Design Technology; Isabel Selene Carroll, Culinary Arts; Samuel Matthew Clark, Cosmetology; Alexia Rae Coates, Multimedia Communications; Hunter Douglas Dansereau, Culinary Arts; Grace Noel Doan, Multimedia Communications; Robert Michael Garrigan, Jr., Construction Technology; Mackenzie Rose Gifford (NHS), Culinary Arts; Cassidy Elizabeth Gosselin (NHS), Health Services; Jacob William Gray, Information Technology; Meaghan Elizabeth Haley, Engineering & Robotics; Benjamin Lucas Hazerjian, Heating, Ventilation, Air Conditioning & Refrigeration; Christopher John Nordgren Hollenbeck, Information Technology; Megan Rae Jacene (NHS/NTHS), Engineering & Robotics; Alana Faith Johnson, Culinary Arts; Ryan Gerard Johnson, Automotive Technology; Anika Ruth Koopman (NHS/NTHS), Health Services; Abigail Catherine Lamont, Culinary Arts; Ethan Arthur Lavoie, Drafting & Design Technology; Zachary Alan Legere, Automotive Technology; Michael Timothy Marchant, Plumbing; Stephanie Anne Massey (NHS), Dental Assisting; Kevin Patrick McGowan (NHS/NTHS), Electrical; Mica Athaliah Marie McLaurin (NHS), Health Services; Ashley Frances Minior (NHS), Health Services; Hannah Mary Murphy, Cosmetology; Braden Charles Murray, Electronics & Engineering Technology; Sean Matthew Naughton (NHS), Information Technology; Gabrielle Kate Perron, Automotive Technology; Joshua Hunter Pinoos, Electronics & Engineering Technology; Eleni Frances Polymeros, Cosmetology; Katherine Grace Roy, Dental Assisting; Victoria Taylor Trapasso, Health Services; Sara Eileen Trenholm, Heating, Ventilation, Air Conditioning & Refrigeration; Abigail Lynne White, Dental Assisting; and Kylie Marie Zanella, Dental Assisting.

UXBRIDGE, 29 STUDENTS
(<https://www.dropbox.com/sh/7154kntvbijggvh/AACL0uCU-u45Ct1AGGhXmSEk1a?dl=0>)

Samuel Joseph Brule, Electrical; Conner Jeffrey Bucchino, Drafting & Design Technology; Abigail Marie Clark, Culinary Arts; Ciara Lee Cleary, Culinary Arts; Maximus Arthur Daoust, Drafting & Design Technology; Charlotte Irene Doubleday, Engineering & Robotics; Jacob James Eames, Electrical; Jacob Paul Fernandes, Electrical; Zara Elizabeth Fernandes, Cosmetology; Elizabeth Anne Rose Fox, Electronics & Engineering Technology; Jake Anthony Garille, Electrical; Haley Moore Kenny, Multimedia Communications; Kierra Lynn Kurtyka, Business &

Entrepreneurship; Lauren Charlotte Lachapelle, Advanced Manufacturing & Fabrication; Kieler Brian Langemo, Multimedia Communications; Zachary Paul Laverdiere, Electrical; Jeremy Daniel Lutton, Advanced Manufacturing & Fabrication; Antonio Davide Morais, Multimedia Communications; Paige Marie Murphy, Business & Entrepreneurship; Darouny Elisabeth Phianesin, Dental Assisting; Olivia Grace Powell, Multimedia Communications; Tyler Scott Pulicari, Electrical; Chandler Dean Robertson, Drafting & Design Technology; Connor James Smith, Advanced Manufacturing & Fabrication; Jonathan Ryan Springston, Culinary Arts; Brendan Thoma St Andre, Information Technology; Samantha Raye Tennaro, Health Services; Keegan Shea Tonry (NHS/NTHS), Drafting & Design Technology; and Shelby Jade Westhoff, Cosmetology.

BLACKSTONE, 20 STUDENTS

(<https://www.dropbox.com/sh/r8a0hz1gkzn1ija/AAC-9VHeYuu4wiw5Hj5HIH22a?dl=0>)

Bellingham, 20 students

(https://www.dropbox.com/sh/zfpgcy0fvny2shr/AAARAcHn-kWYhzi_dNQjdTzfa?dl=0)

Dudley, 1 student

(<https://www.dropbox.com/sh/tmkdra2f2lht0c0/AACsPIM-RkoNnn2GzdCgElnKXa?dl=0>)

Grafton, 16 students

(<https://www.dropbox.com/sh/ya102odymfski5h/AAA9S-FKrc8cd5JRboOylG5XMa?dl=0>)

Hopedale, 13 students

(https://www.dropbox.com/sh/v6niwrd4131z6v/AABk-tYuYv4dAfw7jJGEa_vwa?dl=0)

Mendon, 21 students

(<https://www.dropbox.com/sh/b9axkf3uir3pbx/AAC-4c21IPjM5zSO-TI3gUq2ga?dl=0>)

Milford, 28 students

(<https://www.dropbox.com/sh/bsw0xhk6j8n587/AADnO-qWksxv92dzOhfin065a?dl=0>)

Millbury, 23 students

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Millville, 6 students

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Visiting with ‘strange natives’

LOCAL PLANTS HAVE COLORFUL STORIES

BY GUS STEEVES
CORRESPONDENT

REGION — Look at several common juices and you’ll often see Aronia berry listed there somewhere. But do you know what it actually is?

It’s the native chokeberry, a common New England species that got a rather unfortunate name because it’s fairly bitter by itself.

“Chokeberry is apparently ‘inedible,’ but Aronia

is a ‘superfood,’” said Norcross naturalist Dan Jaffe Wilder, who noted it has “seven times more antioxidants” than blueberry. It also features the bright red fall colors of Euonymus (burning bush) without being invasive. He was speaking recently to participants of the ongoing series of online talks for the Mass Association of Conservation Commissioners.

Aronia was just the first of his long list of examples of “strange and noteworthy natives,” plants who fit into his “nine strange themes.” Among them were “strange flavors,” “survival strategies,” “powerful poisons” and “ridiculous sex.” Most of them are very common; some are probably literally outside your window right now.

Take one of the region’s most common trees, the white pine, which comprises about 50 percent of all pine trees. It’s thin needles may not look like much, but they’re “chock full of vitamin C.”

“If our forebears got this on their long trips where scurvy was a problem,” they’d have stayed healthy, but scientists didn’t know until fairly recently, Wilder said.

According to the Virtual Museum of Canada website, they might have avoided those ills if they’d heeded the Natives. “First Nations considered both the resin and needles to have medicinal value. The resin, which has some antiseptic properties, was smeared on wounds as a healing ointment and was boiled up to make a tonic drink. The needles, rich in vitamin C, made a tea that helped prevent and treat scurvy.”

Birch trees, particularly the “sweet” birches (yellow or black birch), have also provided beverages for a long time. Birch beer was common as a “safer alternative to your typical water” when people still used streams as open sewers. Because they boiled it and let it ferment a little, the resulting drink was mildly alcoholic (1-3 percent, lower than most beers) and sterile, he noted.

Much smaller and at least as common are the various milkweed species, which are important for many insect species, most notably Monarch butterflies. But Wilder noted the common milkweed has an unusual connection to an Indonesian tree, the kapok. They aren’t at all related, but both have copious seed fluff.

Before World War II, the US got a lot of the fluffy stuffing for mattresses, life preservers and similar items from the kapok. But when Japan conquered the archipelago, we had to look closer to home, and the government urged children to collect milkweed fluff.

“How many naval officers were saved because



Courtesy

Dan Jaffe Wilder at a Norcross event last fall.

of it?” Wilder asked. “... You rarely see just one [milkweed], and when you do, just wait a few moments, and you’ll see a bunch popping up.”

(That’s because milkweed has a long underground root system from which multiple plants seek the sun.)

Also common are things like daisies, which are just one of many short-lived perennial species. “An individual plant will only exist for a few years” but its seeds disperse widely nearby and an established cluster can last hundreds of years, he noted.

Some birds use a much less noticeable plant, the cinnamon fern, as a source of similar fluff, he noted. In early spring, it has white hairs they collect for nest material.

At the same time of year, a whole host of “ephemeral” species also come up, flower and go dormant quickly as larger plants shade them out. Wilder noted they’re “something New England is really well known for,” but are uncommon elsewhere on Earth except in Asia.

One of the early risers (although it’s not an ephemeral) is skunk cabbage, a common wetland denizen. Its unique adaptation is the ability to produce heat, melting a small circle of snow around the young plant at a time when almost nothing else is growing. Wilder said that warmth provides “a good home for flies,” one of the few pollinators active at that season.

Quite a few of the native “oddities” are edible. While many people are familiar with the “Three Sisters” (corn, squash and beans), “In New England, we have something else – the Two Brothers.” Those are groundnuts (which are actually tubers, not nuts) and sunchoke (aka Jerusalem artichoke, a sunflower relative), both commonly eaten by Natives.

Wilder described the former (Apios americana) as making “the absolutely best chip I’ve ever tasted” because of its potato-meets-roasted-chestnut flavor. Regarding the latter, he said it can be very useful in blocking invasive Japanese knotweed from recolonizing land, but is itself “aggressive.” As food, sunchoke tubers contain high levels of inulin, which helps control blood sugar. The plant scores 11 on the glycemic index (vs 80 for potato, for example), he said.

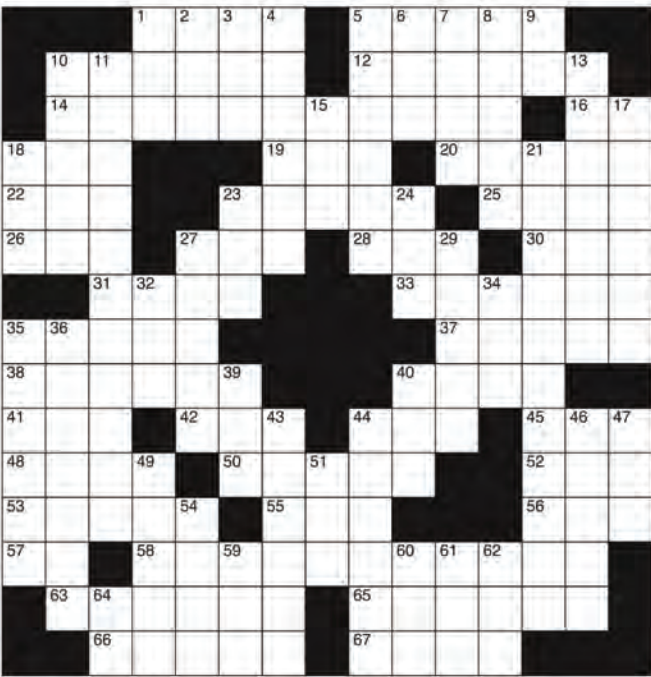
On the danger end of the spectrum, he noted several plants can be both toxic and safe depending what part of the plant you eat. Case in point were potato and tomato – both are from the nightshade family, and it’s toxic to eat their greenery, but potato tubers and tomato fruit are quite nutritious.

For others, danger depends on quantity. As an example, Wilder pointed to the Actaea species, better known as baneberries. They’re “not deadly, but not something you should be eating.” He cited an experiment from 1903 in which one brave soul tried one berry, yielding “a slight burning of the stomach” and a “most nauseous, bitter [and] puckery” flavor. But she kept going, testing up to six berries over several days, stopping there. Six berries caused a burning stomach pain, parched mouth and hallucinations, among other things.

Natives found some such poisons had medicinal value, if used by someone who knew what they were doing. Wilder said ingesting monkshood will slow and stop the heart, but also can stop seizures. It’s very hard to dose properly, but also makes a nice garden plant. He strongly recommended washing hands after touching it.

Possibly more practical are two plants Wilder sees as replacements for the common lawn, which he terms “an ecological disaster.” Those are Pennsylvania sedge (a native grass) and wild strawberry. The former, which hosts 35 caterpillar species, can be started in shady areas (using plugs, not seed) and spread by replanting clumps taken from the starter area; it only needs mowing once a year in mid-to-late June. The latter “tolerates a lot more abuse than sedge,” supports 87 species, and produces strawberries, he said.

Gus Steeves can be reached at gus.steeves2@gmail.com.



CLUES ACROSS

1. One-time world power

5. Central Florida city

10. Winged nut

12. Elevate spiritually

14. Creative

16. It cools your home

18. Woman (French)

19. “60 Minutes” network

20. Old World lizard

22. Swiss river

23. Ethnic group of Cambodians

25. Abba __, Israeli politician

26. Tire measurement

27. Affirmative

28. Thrust horse power (abbr.)

30. One point north of due east

31. A type of “pet”

33. Tech giant

35. European nation

37. Fencing swords
38. Acquired

40. Origin

41. Cashless payment interface (abbr.)

42. Pouch

44. Peter’s last name

45. Inclined

48. Palestinian territory __ Strip

50. A type of syrup

52. Bravo! Bravo! Bravo!

53. Weather Underground activist

55. Run batted in

56. Frozen water

57. Sodium

58. Philly specialty

63. Cuts the wool off

65. Rules

66. Icelandic literary works

67. Tattled

CLUES DOWN

1. “Pulp Fiction” actress Thurman

2. Actors’ organization

3. Conscientious investment approach (abbr.)

4. Ranch (Spanish)

5. Beginning

6. Index

7. Portuguese wine

8. A feudal superior

9. Military brach (abbr.)

10. Lithuanian given name

11. A way to become different

13. Able to be domesticated

15. Defensive nuclear weapon

17. Hosts film festival

18. Shows you how to get there

21. Arranged alphabetically

23. S. Thai isthmus

24. The 17th letter of the Greek alphabet

27. Woods
29. Make yourself attractive

32. Concealed

34. Large primate

35. A favorite saying of a sect or political group

36. Tropical fruits

39. Obstruct

40. Car mechanics group

43. Stroke gently

44. They’re in your toolbox

46. Throngs

47. One and only

49. In a way, bent

51. “Downton Abbey” broadcaster

54. Herring-like fish

59. A major division of geological time

60. Vast body of water

61. Cannister

62. Encourage

64. The man



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BVAA goes virtual

REGION — The Blackstone Valley Art Association may have gone underground, but our members have been very busy this Spring and Summer. Several members have stepped up to the plate and have made our scheduled shows go Virtual. We have a Monochrome and a Climate Control, and a Heritage Corridor show on our social media and web areas for viewing. The presentations include the artwork as well as a voice over by the artists explaining their process, inspiration, and thoughts. It has been a learning experience for us all, and hope you take the

time to view these offerings. Our Saturday open studios continue, virtually of course. Every Saturday from 10 a.m.-noon, Luke Macneil has presented classes on the more technical ends of photography, and Laura Cenedella, does a live painting demonstration from 1-3 p.m.

Many towns along the Blackstone have awarded us with Cultural Council Grants, the most we have ever received. Unfortunately, Covid has put a stop to gatherings, so we are attempting to come up with ways to encourage people from these towns to explore their towns, take a pencil and paper,

paints or cameras and document something that catches your eye. The first three towns we will do this in is Grafton, Mendon and Upton, at the very least the show will be shown virtually. We are hoping to find areas to display the paintings in each town, to increase visibility and help promote business in the area. Prizes will be awarded. Deadline for submission is Aug. 29.

Submit your work to BVAA.ORG under the submission title. Please label your work as Paint the town _____. We have display space in Mendon at the Muffin House and in Grafton at Hunter's Tavern. If any

one in Upton has wall space for us to display the artwork, we would love to hear from you. We have professional panels that we can use as well. This is open to all ages and ability. There are guidelines on our web page as to how the work needs to be presented for hanging. The virtual show does not require framing. Once you have sent in a submission, we will inform you how to send in your image for the virtual production. Present gallery space is limited to the first 20 submissions in both towns. Please keep them 16x20 or less, preferably less. Can't wait to see what you come up with.

Many members have also been busy with a few shows which are presently open for business. Verne Thayer of Milford, has a solo show at the Milford Library. Deb Bottomley, of Milford, has a pastel painting in the Central Ma. Pastel Society's "Marks of Distinction Show". over 700 submissions were received and 123 were chosen for the show. Beverly Tinklenberg, from Whitinsville, has a piece chosen for the Lyme Art Association "Wind, Waves and Water Show". Carol Frieswick has art in the Morini Gallery Virtual show as well as "The Great

American Paint-In" a virtual show from artists from across the country. She also has work at the Spring Bull and South County Art Associations shows. Frank Robertson has artwork in the Morini Virtual show as well.

Annual Membership drive starts in September, unfortunately we do not have any set in stone plans for the next few months. We are hoping for field trips, workshops, and more virtual offerings.

A big thank you to the towns of Mendon, Upton and Grafton for their grants selection.

Contact Carol Frieswick, info@bvaa.org.

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will take you there. If you don't have a mask, we will give you one.


Also if you are in need of a home delivered meal give us a call and we will set you up to get one delivered to you.

Sorry to say that all our June trips are canceled, we will be researching to see if they can be rescheduled in the future.

Keep safe and remember to wear a mask if you go out and to wash your hands frequently.

OBITUARIES

Pauline M. Haley



U X B R I D G E - Pauline M. (Gervais) Haley, a lifelong resident of Douglas St. passed away on Mon. July 13, 2020 after an illness.

She is survived by her husband of 61 years Robert M. Haley; her son James M. Haley and his wife Lisa of Uxbridge; 2 grandchildren Madison P. Haley and Sean M. Haley; a sister whom she cared for over the years Theresa Gervais of Uxbridge; and many nieces and nephews. She was predeceased by a grandson Patrick J. Haley who died in 2016 and was sister of the late Henry Gervais, Real Gervais, Lauretta Chiuchiolo, Yvonne Lariviere, Jeannette Kilgour, Rita Lefebvre,

Florence Aubin, Norma Bruneau, Marie Gervais, and Normand Gervais who died at birth. Born in Uxbridge, MA she was one of 13 children born to Henry and Malvina (Normandin) Gervais and lived in Uxbridge all her life.

Pauline was a hard worker, being a homemaker for her family and working at the Waukantuk Mill, The Fair Department Store, Skane Knitting and finally at the Wrentham State School. She was a graduate of Uxbridge High School and was a member of the Uxbridge Democratic Town Committee, volunteering for many political campaigns. She loved watching old movies, especially starring Judy Garland, and the TV program "Morning Joe" She was a faithful member of St. Mary's Church and will be remembered as a good wife who was devoted to her entire family and was everyone's mom.

Her funeral will be held Sat. July 18 from Tancrell Jackman Funeral Home, 35 Snowling Rd. with a Mass at 11:30 am in St. Mary's Church, 77 Mendon St. Burial will follow in St. Mary's Cemetery. Calling hours at the funeral home are Fri. July 17 from 5 to 7 pm. Memorial donations may be made to Friars of the Atonement, Box 300 Garrison, NY 10524, http://www.atonementfriars.org. To leave a condolence message for the family please visit: www.Jackmanfuneralhomes.com

Molly Vincent named to High Honors List at Pomfret School

POMFRET, Conn. — Molly Vincent of Douglas, from the Class of 2020, was named to the Spring 2020 High Honors list at Pomfret School. To achieve this level of distinction, Molly earned a grade point average of at least 3.670 and received no grade lower than a B+.

Founded in 1894, Pomfret School is an independent college preparatory school for boarding and day students in grades 9 through 12. We also offer a postgraduate year. Set on 500 acres in the celebrated Last Green Valley of Northeastern Connecticut, our mission is to cultivate a healthy interdependence of mind, body, and spirit in our students. We offer 8 academic disciplines, more than 100 elective courses, 25 athletic options, and numerous opportunities to participate in community outreach and service programs.

Spring Head of School Scholar Honors announced at Pomfret School

POMFRET, Conn. — Students named to this list earned a grade point average of 4.00 and received no grade lower than an A- for the Spring 2020 Term.

Jackson Medeiros of Douglas
Rachael Mello of Douglas

Founded in 1894, Pomfret School is an independent college preparatory school for boarding and day students in grades 9 through 12. We also offer a postgraduate year. Set on 500 acres in the celebrated Last Green Valley of Northeastern Connecticut, our mission is to cultivate a healthy interdependence of mind, body, and spirit in our students. We offer 8 academic disciplines, more than 100 elective courses, 25 athletic options, and numerous opportunities to participate in community outreach and service programs.




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NORTHBRIDGE HIGH SCHOOL HONOR ROLL

NORTHBRIDGE — Northbridge High School has released its final honor roll for the 2019-2020 school year.

Highest Honors
Grade 12: Codey Battista, Hailey Bober, Samantha Chrabaszcz, Thomas Dowd, Chloe Frabotta, Noelle Haas, Kelly Heffernan, Emma Holtz, Olesya Kyrychok, Ethan Phillips, Sara Pohlman
Grade 11: Afia Aning, Wendy Gordor, Emma LaChapelle, Abby Larochelle, Brennan Mahoney, Justine Michaud, Katharine Tubbs, Jared Wielsma
Grade 10: Julianna Borruso, John Buckley, Haley Cormier, Jared Dermoosehagian, Caitlyn Mahoney, Christopher Smith, Celia Walker
Grade 9: Abby Barnatt, Karlee Battista, Hannah Drenzo, Mary Goodrow, Madeleine Lannon, Caroline O'Brien, Kathryn O'Brien, Abigail Schofield, Nina Szymanowski, Keira Touhey, Sarah Tubbs, Jack Vaughan, Emily Wheeler

High Honors
Grade 12: Marcus Babiy, Hailey Banas, Adam Briand, Rianne Cooney, Joshua Fung-A-Fat, Colin Gosselin, Emma Grilli, Tia Bella Haroutunian, Lauren Johnson, Marisa McComiskey, Emily O'Bannon, Megan O'Meara, Grace Verra, Robert Zanca
Grade 11: Emma Barnatt, Ally Boucher, Kristina Brenn, Colin Brody, Mason Consigli, Jonathan Cray, Kevin Doherty, Vincent Duca, Callie Ellis, Asa Flannery, Charlotte French, Mikayla Gallerani, Emma Ganley, Emily Lafreniere,

Chloe Lamont, Katelyn Lombardo, Hannah Lomonaco, Angela Lovering, Morgan Mawn, Kiera McMahon, Trevor Moorey, Alexandra Padula, Avery Senosk, Melanie Warner, Michael Wilkes
Grade 10: Samantha Billmyer, Cameron Boucher, Sydney Boudreau, David Castellon Palma, Nicholas Cleary, Emma Donahue, Collin Falconer, Abigail Fraser, Charles Garrigan, Joseph Gauthier, John Gifford, Olivia Guest, Ruby Holtz, Lydia Joslin, Kayla Kamishlian, Maeve Kelly, Dev Patel, Elizabeth Quimby, Christopher Ramalha, Tyler Richards, Christopher Rivelli, Jessica Ross, Aiden Roy, Aaron Smeglin, Patrick Smith, Connor Tames, Colton Verra, Lindzy Winslow
Grade 9: Molly Conroy, Elizabeth Duca, Ian Gahan, Ryleigh Johnson, Ryan Lax, Adam Minior, Kayla Munson, James Oatis, Liam Pinoos, Caramia Pozzi, Bella Roberge, David Rousseau, Colin Seitz, Kayleigh Silva, Megan Stearns, Jenny Wagenhoffer, Graham Williams, Nathan Williams

Honors
Grade 12: Lauren Barrows, Thomas Baselious, Emily Bergeron, Morgan Carroll, Cora Gauthier, Cassidy Gies, Isabel Go, Tessa Hatfield, Owen Hogan, Elizabeth Hubbard, Sophia Merian, Jacob Oosterman, Zachary Pryor, Madison Riordan, Bartholomew Szymanowski
Grade 11: Derek Angell, Patrick Gahan, Thomas Gogolinski, Brook Jackson, Jill Labrie, Abbie Lax, Rocco MacNeil, Domenic Malone, Kaylee

Marchant, Ariel Marko, Julia Mezynski, Lily Modica, Emma Paulhus, Allison Ronan, Nicholas Rosario Jr, Patrick Rosenlund, Kayla Snow, Kayley Tivnan, Domenic Trombino, Erin Vierck
Grade 10: Angelique Akeley, Makenzi Alicea, Anderson Barnicoat-Sansone, Sara Bedigian, Tyler Bliss, Olivia Clemente, Molly Consigli, Kyla Dominquez De Los Santos, James Donnelly, Lauren Ferreira, Daniel Fung-A-Fat, Claire Green, Virginia Greenan, Travis Hartung, Hayleigh Hoffman, Adam Lange, Joshua Malkasian, Isaac Maynard, Isabella Mogollon, Paige Morrisette, Megan

Natale, Alexander Quaranta, Yarelis Ronda Rivera, Walker Sengtong, Liam Simoneau, Zoe Taylor, Conlin Tognazzi, Timothy Visbeek, Alison Warren, Matthew Wildman
Grade 9: Brynn Burt, James Canoy, Michael Cary, Andrew Ceruti, Meghan Cummiskey, Connor DeCiero, Brooke Giuliano, Kiana Hardy, Nikauly Hernandez, Timothy Labrie, Jenna Malone, Coulton Manning, Xavier Murphy, Katie Murray, Lillian Naylor, Andrew Padula, Gracie Place, Caitlin Porcelli, Dominic Scichilone, Madison Scott

David Briggs graduates from University of New Haven

WEST HAVEN, Conn. — David Briggs of Douglas, received a Bachelor of Science in Mechanical Engineering from the Tagliatela College of Engineering at the University of New Haven in May.
About the University of New Haven
The University of New Haven is a private, co-educational university that was founded on the Yale campus in 1920.
Over the past 16 years, under the leadership of President Steven H. Kaplan, the university has experienced significant growth — both in enrollment and in the expansion of the university’s West Haven campus. Enrollment has increased by 60 percent to approximately 7,000 undergraduate and graduate students.
In the last decade, the university, which has been recognized among the nation’s top colleges by The Princeton Review and U.S. News & World Report, has completed more than \$300 million in major capital projects while launching more than two dozen new academic programs. The university has also added campuses in Prato, Italy, and Orange, Conn.
For more information on the University of New Haven, visit www.newhaven.edu

GOULD

continued from page A1

Upon graduation from law school, Gould was commissioned a Second Lieutenant in the U.S. Army. Between his enlisted years, active duty, and service in the Active Reserves, he spent over 29 years in the Army, retiring as a Lieutenant

Colonel. Upon retiring from the U.S. Army Reserves, he was awarded the Meritorious Service Medal for Outstanding Meritorious Service from 1976 to 1986.
After completing his active duty service, Gould returned home to pursue his legal career in Worcester—first with Vaughan, Esty, Crotty

and Mason, then as a partner in Maher, McCann and Talcott, later Talcott, Gould and Cosgrove. He ended his practice as a sole practitioner in Uxbridge, according to obituary details, for what he termed “semi-retirement,” which meant he could spend more time dedicated to community service and pro-bono work.

As a member of the Northbridge Historical Society, Gould enjoyed the lectures and the opportunity to delve into the history of his town. He loved music and enjoyed decades of performances

by the Worcester County Music Association and Boston performances of Broadway plays and musicals. Reading and watching the Red Sox, Patriots, and Bruins rounded out his spare time.

For more information and to read Gould’s full obituary and life story, visit: <https://www.carr-funeralhome.com/obituary/Harold-Gould>.

GARDEN

continued from page A1

Solar Fountain \$350
Circle of Pavers \$850
Pavers for the Cross: \$1,500
Hooking up Water: \$4,000
Archway to Garden \$60 (4 archways available)
Stone Dust \$400

Land Fill \$600
Shed \$1,250

If you would like to donate to our project, simply go to our Web site www.mystpatrick.com and go to online giving. There is a tab there to donate to the garden. Thank you in advance for your donation and stop by in August to see our progress!

LIBRARY

continued from page A1

mornings,” Snook said. “Moving forward, please call or email to be added to a delivery list. If you enroll, you will continue to receive delivery on Thursdays if you have items available. This will continue until you inform us otherwise. If you do not enroll, your items will remain on the

hold shelf.”

Snook also noted that the library is currently fine-free and plans to remain so for the foreseeable future. However, Snook said he has received reports that some patrons have seen fines accruing on their items.

“This is a problem with the system (we’re ask-

ing a lot from our open-source integrated library system that we share with the whole network right now),” Snook said. “We’re trying to catch all these anomalies, but do not pay fines that accrued on anything—no matter where it came from—between March 1 and July 1. Do not pay fines on Douglas items period. Call us or email me.”

DOG PARK

continued from page A1

Cultural Council.


The mission of the Uxbridge Dog Park,

according to its Facebook page, is to provide a safe, clean, and secure environment where owners may exercise and train their dogs off leash, “thus providing effective socialization opportunities for

people and their dogs as well as enhancing positive interaction between dog owners and the community.”

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Friday's Child



**Devan
Age 13**

Hi! My name is Devan and I hope to become a basketball player one day and beat LeBron James!

Devan is a thoughtful, motivated young man of Asian descent. Those who know Devan best describe him as being focused, polite, and helpful. Devan enjoys cooking, sports (especially basketball), and playing chess. Devan enjoys spending time in the community, and recently had a lot of fun on trips to both the aquarium and to a Celtics game! While he can sometimes be shy while meeting new people, Devan has a great sense of humor and enjoys telling jokes or being sarcastic to make friends with peers.

Legally freed for adoption, Devan would bring happiness and laughter to a family of any constellation. A family for Devan should be patient and open to a slow transition which begins as a visiting resource. A family should also be willing to support relationships with the people Devan is close to.

.Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



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EDITORIAL

Music appreciation

Sometimes, we just need to take a break from the status quo, and talk about those little things in life that bring us joy — in this case, music. With the news ever changing, and so much uncertainty surrounding us, we can always rely on our stereo's volume buttons to lift us up. Research has proven that music is a mood booster and can shift our thoughts. We thought it would be fun to take a staff poll: What are your three favorite bands, and why?

Our Editor pulled all three of his right out of the 1960's. "The Rolling Stones, because their reputation isn't just hype, they really are the greatest rock and roll band in the world and have been for decades; Creedence Clearwater Revival, or CCR to those in the know because "I think they're the best band America ever produced and John Fogerty is criminally underrated as a musician"; and The Band. "All five of them were such ridiculously talented musicians and their first two albums changed the direction of popular music in America away from psychedelia and toward a more home-grown hybrid sound between rock and country. Not many bands can claim to have been that influential."

Another staff member realized being able to choose just three would make for a tough task. First and foremost, though, is The Doors. Lead singer Jim Morrison and his bandmates pushed the envelope — sometimes to a jaw dropping degree — during a time when pushing envelopes was extremely frowned upon. Morrison's dark poetry and lyrics mixed in with a pop sound for the time, has always been an intriguing hybrid to listen to. Ray Manzarek's keyboard sweetens the deal. When listening to old interviews, Giles said it is clear that Morrison was, in her father's words, "extremely intelligent, but not smart."

Next on the list is Janet Jackson. While this genre is far from that of The Doors, Janet is a triple threat. She can sing, dance and act. Her music offers something for every mood. You need to cheer up? There's a song for you. You feel down in the dumps? There's a song. Social injustice? There's a song. Jackson's dancing ability however may be her best talent. Her sharp moves and intricate style along with her enormous productions at her shows give her a top spot on this list.

Lastly, we have Led Zeppelin. The English rock band was formed in 1968 out of London. There's something about Robert Plant's voice that pulls us in and makes us want to pay attention. He goes from story teller to rock God in a flash. The lyrics of their discography pretty much cover any advice you need in life. There isn't one Led Zeppelin song you can listen to, where you won't find your foot tapping the floor, or your hand hitting your steering wheel in rhythm.

One of our reporters came back with Tom Waits as her first pick. "He's a wordsmith and broke musical ground." Waits has been described as focusing on the underbelly of society, using his gravelly voice, inspired by Bob Dylan and the folk music scene.

Next on Larcom's list was Australia's Nick Cave. "He's a story teller and has evolved his sound with time."

Last on her list was PJ Harvey. "She is unapologetic with her lyrics," said Larcom.

Harvey, hailing from England, began her musical career in 1988. Harvey is considered punk blues, indie rock and alternative rock.

Sports Editor Josh Spaulding had Garth Brooks at the top of his list.

"Name one song of his that is bad," he joked.

Next was The Beatles, who "changed the world of music," said Spaulding.

Last on his list was Taylor Swift. "I know of nobody who has adjusted her career so successfully and continued to be loved by her fans."

OPINION

Opinion and commentary from the Blackstone Valley and beyond

Great Grilling Tips



TAKE
THE
HINT

KAREN
TRAINOR

Summer is here and neighborhood back yards are filled with the aroma of foods barbequed to perfection! There's no doubt about it, outdoor cooking is one of the season's simple pleasures. From tossing a few hot dogs on the grill to cooking a full course supper, everyone seems to have their own trademark tricks to great grilling. Before you don your outdoor apron, keep in mind these BBQ tricks of the trade!

Try putting lemon peels in your grill next time you are grilling some chicken. It adds a super smell and a flavor essence to poultry.

When using a dry rub, always allow the meat to cook for approximately half of the total time before applying any basting sauce.

Marinating to flavor and tenderize before grilling? Tender cuts of beef only need a one or two hours of marinating for optimum flavor. Soak tougher cuts overnight to tenderize completely.

Never marinate in a metal bowl or pan as the acids that work to tenderize a meat can react with metal. Opt instead for glass or plastic bowls or zipper bags.

Did you know proper marinating can cut down on grilling time? Overnight marinating can reduce cooking time by up to 35%!

After marinating, be sure to pat the meat dry with paper towels so the cut cooks evenly on the grill.

As a rule of thumb, when you grill with charcoal, it takes about 30 minutes for coals to reach a medium temperature and become ash covered.

Did you know steaks should be seasoned only after each side has browned to keep the cut tender? And for perfect

steaks, turn when juices start bubbling on the uncooked side and grill second side of steak for less time than first.

Fat can be a good thing when it's on a juicy steak. When you trim off fat, leave a little bit of it on while the meat is cooking as it seals in the flavor and juices. Just slash fat on the edge of the meat in intervals to keep the meat from curling up.

Cooking for a crowd? To ensure even grilling, meats should be placed about three quarters of an inch apart on the grill rack.

When cooking steaks on the grill don't season the meat until each side has browned. This helps keep the cut tender.

Try this chef's tip for perfect steaks on the grill: Turn when juices start bubbling on uncooked side and grill second side of steak for less time than first.

Did you know seasoning veggies with coarse salt before cooking on the grill will extract extra water from the vegetables, improving their flavors?

Pork often comes out dry when you cook it on the grill. Keep it juicy by rubbing it with a little oil or marinating liquid to keep it moist.

For best results cook pork on direct heat to seal the juices. Then finish it with indirect heat to ensure the center is completely cooked. Just be sure to preheat the grill so it will seal in the juices quickly.

Grilled fish has fabulous flavor! If you're cooking it in an aluminum foil packet, first spray the foil with vegetable spray to prevent sticking.

Does your fish dry out and break up when you cook it on the grill? Brush it with lemon juice while cooking to keep it moist.

Is shish kabob on the menu? When cooking, be sure to leave a small space between the food threaded on the skewer to allow the heat to penetrate the food evenly.

Don't forget to soak wooden skewers in water for at least a half hour before placing on the grill. As an extra measure wrap a sheet of tinfoil on the ends to prevent scorching.

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or E-mail KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

Character is revealed in the toughest of times



POSITIVELY
SPEAKING

GARY W.
MOORE

We are living through unprecedented and uncharted times. A pandemic has seized our world, while social unrest and violence has swept into our major cities. Add to it all that it's an election year and everything that is happening has become politicized. It appears that the nation has never been more divided. It has put us on the edge and I'm witnessing people I know speaking and acting in ways I would have otherwise never imagined. How we respond to what's happening in our world is as important as the events themselves.

Respond to circumstances rather than reacting.

There is a difference. A response is thoughtful while a reaction is often "knee jerk" in nature. A response is measured, while a reaction is often the first thing that comes to mind and is usually emotional. When we calmly respond, it often disarms and relaxes others to do the same. Reactions are what we see playing out on our streets and in social media.

Relax. Take a breath. The world is not coming to an end. The truth is that cable news, and reactions to it, are playing out on social media and encouraging us to believe otherwise. Don't believe it. As bad as you may believe things are

today, tomorrow the sun will rise and a new day will begin. Yes, take a breath and relax. A new day is coming.

Like the streets, Facebook can be dangerous territory. You may not get physically hit by a brick, but you can certainly suffer the loss of friendships and incite anger that dominates your life.

I rarely post anything on social media that is controversial. I use Facebook and other apps to keep up with friends and family, post my columns and news about my books. I'm a very casual social media user.

I've been following the Covid-19 issues with intense interest. The great mask debate rages on. For every medical professional that says masks are not helpful, there seems to be twenty-five that say they work. I ran across a picture that showed how the virus is spread and how masks can help. The best data I can find say that masks can reduce the spread of the virus by up to 65%. Nothings perfect. Certainly

not a mask, but a 65 percent reduction is significant. We teach our kids to cough and sneeze into their arms. It's also not perfect but better than coughing into the open. If true, isn't a mask better than nothing?

So, I posted the graphic and commented, "I think this makes sense." I didn't expect the firestorm that quickly followed. The first comment from a friend began, "You of all people should know better ..." (an example of a reaction rather than a response). Then came the numerous comments about "constitutional rights" and the idea that the pandemic is actually a "plan-demic" and a government conspiracy.

A friend of mine who is a Doctor of 35 years posted a comment about the effectiveness of masks and a young nurse offensively offered him her nursing books, as if he was totally uninformed and she had all the answers. It devolved quickly into a raging mess.

I chose to respond rather than react. Trust me, I could have easily let my emotions rage but instead, I just deleted the post and went on with my day.

Yes, I was bothered and hurt by a few of the comments. But more than

Why should you see a financial advisor?



FINANCIAL
FOCUS

DARREN
PARENT

The social distancing and stay-at-home orders necessitated by the coronavirus have led many of us to feel isolated. Still, we've fought back through social media, "virtual" gatherings and walks in the neighborhood, where we could greet friends and neighbors (from 6 feet away). But when you're dealing with the financial effects of the virus and you're investing alone, you could encounter some problems that may prove costly.

Of course, with so much investment-related information available online, on television and in any number of periodicals, it's not surprising that some people feel they can invest without any assistance. But the volatility of the financial markets over the past few months has also pointed to the dangers of going solo in the investment world. And you might find that a professional financial advisor can help you in several ways, including the following:

Taking emotions out of investing. During this period of market turbulence, many self-guided investors are letting their emotions drive their investment decisions. As a result, they sell investments when their price is down, "locking in" their losses. Furthermore, if they then stay out of the financial markets, they will miss out on the eventual recovery — and some of the biggest gains in market rallies usually occur right at the beginning. But if you work with a financial advisor who has helped you develop a personalized investment strategy based on your goals, risk tolerance and time horizon, you will be far less likely to react to extreme market conditions by making ill-advised decisions.

Maintaining perspective. When you're putting away money for the future and you suddenly have a lot less of it, you might start to wonder if that future is somehow in jeopardy. But if you've been working with a financial advisor and following your investment strategy, you'll know that you don't have to immediately cash out those investments that have lost value, and you may not need to liquidate them for decades if they were designed for a long-term goal, such as retirement. By the time you do need to sell them, their value may well have appreciated significantly. And if you've got a well-constructed portfolio, you'll also own shorter-term, less volatile investments to help meet your current cash flow needs.

Understanding the history of investing. The recent market instability is unique in the sense that its cause — a worldwide pandemic — is so highly unusual, and it hopefully will be a once-in-a-lifetime experience. Typically, prolonged market downturns are triggered by explainable financial or economic factors, such as the bursting of the "dot-com" bubble in 2000. However, market drops of 20 percent or more — generally referred to as bear markets — are not at all unusual and have happened every few years over the past several decades. Financial advisors are well aware of this history and share it with their clients. And for many people, the knowledge that "we've been here before" is reassuring and makes it easier for them to continue following their investment strategies.

The road to your financial goals is a long one, with many twists and turns. So you might like to have some experienced company along the way.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Darren Parent, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or Darren.parent@edwardjones.com. Edward Jones, member SIPC.

Great fishing a few hours away



Lake Ontario fishing for brown trout and King Salmon is providing some excellent fishing for anglers that do not mind traveling a few miles. A call to Charter boat Capt. Jimmy of “Ace Charters” was excited to share some good news about the fantastic fishing that is available on the lake. This week’s picture shows a real impressive brown

trout caught aboard his charter boat, along with King Salmon shown in the second picture. If you have never fished Lake Ontario for browns and salmon you need to go! It is as close to Alaska fishing as you can get, and it cost a lot less. It will be a great family trip or with just a few friends. To book a charter call 1-413-346-7675 or go to his Web site at acecharters36@gmail.com for more information.

Because of Covid-19, tight regulations have also been implemented on charter boat Captains this year. Ace Charters has everything on board to keep you safe, and he and his crew are ready to help you catch a fish of a life time. Trolling with downriggers will get your lures down to the fish, which is around 100 to 150 feet at this time of year. Many recent trips have had anglers limiting out on browns, lake trout and Salmon. Late July and all of August provides some great salmon fishing on the lake. Give them a call at 1-413-346-7675 or go to their Web site at Acecharters.com!

Salmon fishing on the Salmon River in Pulaski, N.Y. will start to heat up in another few weeks when the waters start to cool, and the migration of salmon start their return to spawn. It can be a lot of fun, but the ultimate satisfaction of catching a big King Salmon is on the lake, away from the crowds.

Block Island has been giving up some impressive stripers with numerous fish in the 40-to-50-pound range. Unfortunately, all of them need to be released immediately because of the slot



THE GREAT
OUTDOORS
.....
RALPH
TRUE

limit size this year. No gaffs are allowed on any striper, and need to be netted before the hook can be removed, which is sometimes hard to do. Keeping hands and fingers away from the gills and gill plate will help to ensure their survival after they are released. Fluke fishing and seabass fishing has been up and down, but for the most part reports have been good again for this time of year. Plenty of bluefish around in both Mass. and Rhode Island. The limit on bluefish was reduced from 10 fish to three fish this year, in both Massachusetts and Rhode Island.

The charter boat C-Devil out of Galilee RI. reported a 450-pound Thresher Shark being caught last week. Some small bluefin have been reported offshore last week also.

My brother Ken and his son Mark had a great day of fishing on Webster Lake catching numerous smallmouth bass, a 19-inch rainbow trout and a 15-inch calico bass. All of the fish were caught on large fly’s trolled in deep water using copper line to get the fly’s down to the fish. Fishing with copper wire needs a bit of practice before you master the art of catching fish without getting hooked up on the bottom. Using a fish finder, and constantly monitoring the depth of the water is the key. They had to fish for more than two hours before finding the fish in a deep hole.

The 100-degree temperatures this past weekend sure let us know that summer dog days are here. Water temperatures are very warm which has sent most fish into deeper holes especially in fresh



water. Jerry Gareri also reported on a great week of bass fishing in Maine, but even there the fish are deep.

Take A Kid Fishing & Keep Them Rods Bending!

Tips to help your landscape beat the heat

Summer has arrived and for many so has the heat. High temperatures and dry conditions often lead to watering bans. This is not only hard on gardeners but also our gardens and lawns. Fortunately, there are ways to help plants thrive despite stressful growing conditions.



GARDEN
MOMENTS
.....
MELINDA
MYERS

Adjust landscape care based on the weather conditions, each plant’s tolerance level and your gardening goals. Enlist these low maintenance, eco-friendly strategies to help keep your landscape looking its best throughout the summer months.

Water plants thoroughly to promote deep drought- and pest-resistant roots. Wait until the top few inches of soil are crumbly and moist or footprints remain in the lawn before watering again.

Avoid light, frequent watering that encourages shallow roots. Shallow roots are less able to tolerate drought and more susceptible to disease and insect problems.

Water early in the day when possible to minimize water lost to evaporation. Avoid late evening watering that leaves foliage wet going into the night. This



Melinda Myers, LLC
Mulching garden beds and around trees and shrubs conserves moisture, keeps roots cool and moist, and suppresses weeds.

POSITIVELY

continued from page A8

anything I watched in wonderment as rational and smart people so openly and purposefully began attacking others who disagreed. My response was to delete the posting and stop giving space for others to react in anger and immaturity. Once the post was gone, everything on my page normalized and I assume everyone else went on with their day.

I’m not smarter or better than anyone else, I just choose to respond rather than react. I choose to be positive and not add fuel to the fire of negativity. Some do the same thing, while the majority do not. To react or respond is a choice we make, just as being positive or negative, or

can increase the risk of disease.

Spread a two- to three-inch layer of shredded leaves, evergreen needles, or shredded bark mulch over the soil in garden beds and around trees and shrubs. Mulching will conserve moisture, keep roots cool and moist, and suppress weeds. As the organic mulch decomposes, it adds nutrients and organic matter to the soil. All these benefits stem from one maintenance task.

Mow lawns high and often, removing no more than one third the total height of the grass. Taller grass produces deeper roots, making the lawn more drought tolerant and more resistant to insects, disease, and other environmental stresses.

Leave the grass clippings on the lawn. They add nitrogen, organic matter, and moisture to the soil. One season of clippings is equal to one fertilizer application. Every time you mow you are improving the soil and fertilizing the lawn.

Sharpen your mower blades to save time by boosting efficiency. And speaking of savings, your mower will consume 22 percent less fuel and your lawn will use up to 30% less water when your mower blades are sharp.

Use a low nitrogen, slow release fertilizer if your lawn and garden plants need a nutrient boost. These types of fertilizers release small amounts of nutrients over an extended period of time. The low level of nitrogen reduces the risk of damaging your already heat-stressed plants.

Remove weeds from garden beds and borders as soon as they appear. These “plants out of place” steal water and nutrients from your desirable garden plants. Plus, they can harbor insects and diseases that are harmful to your garden plants. Removing them before they flower and set seed means you will have hundreds of less weeds to pull next season.

Provide stressed plants with a bit of shade from the hot afternoon sun. Containers can be moved to a more suitable spot during heat waves. Add a bit of temporary shade to garden plants

pessimistic or optimistic. These choices determine our success and quality of our lives. And yes, these choices determine our happiness.

Last week, I said I’d never met a successful pessimist. I’ll add to it this week by saying I’ve also never met a happy pessimist.

Want to avoid losing friends? Choose to respond rather than react. Want to be happy? Choose to become an optimist.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @GaryWMoore721 and at www.garyw-moore.com.

that are struggling to survive in the blazing hot sun. A strategically placed chair, lattice or umbrella may be all that is needed. As temperatures drop, you can move plants back in place and remove the temporary shade.

Use the shade to your advantage as well. Garden in the shady spots whenever possible or use a pop-up canopy to provide shade when needed. Always drink plenty of water, use sunscreen, and work during the cooler morning and evening hours.

Then take some time to enjoy your

A logo for "HOME IMPROVEMENT HEADQUARTERS". It features a hammer and a screwdriver crossed behind a sign that says "HOME IMPROVEMENT HEADQUARTERS".

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(SEAL)
**TRIAL COURT OF
MASSACHUSETTS
THE SUPERIOR COURT
Worcester Superior Court
225 Main Street
Worcester, Massachusetts
01608
Docket No: 2085CV0495-D
ORDER OF NOTICE
BY PUBLICATION
Globe Street Management, LLC
Plaintiff
vs.
FHB Funding Corp.
n/k/a Ehomecredit Corp
Defendant**

WHEREAS a civil action has been begun against you in our Superior Court by **Globe Street Management, LLC**, wherein it is seeking
TO: Quiet Title in which plaintiff seeks to expunge the defendant's mortgage dated April 9, 1998, encumbering the title to the real estate at 1096 Main Street, Northbridge, Massachusetts which mortgage is recorded with the Worcester South Registry of Deeds at Book 19821, Page 114.
We **COMMAND YOU** if you intend to make any defense, that on 08/31/2020 or within such further time as the law allows you do cause your written pleading to be filed in the office of the Clerk of Court named above, in said Commonwealth, and further that you defend against said suit according to law if you intend any defense, and that you do and receive what the Court shall order and adjudge therein Hereof fail not, at your peril, or as otherwise said suit may be adjudged and orders entered in your absence.
Date Issued 07/13/2020
Clerk of Courts/Asst. Clerk
Courtney Oros
July 24, 2020

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO20P1812EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Nobuko O Tidwell
Date of Death: 06/24/2019**

To all interested persons:
A Petition for **Formal Probate of Will** has been filed by **Mitzi Pendergrass of Louisville KY** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that **Mitzi Pendergrass of Louisville KY** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **an unsupervised** administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 08/04/2020.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: July 09, 2020
Stephanie K. Fattman,
Register of Probate
July 24, 2020

NOTICE OF PUBLIC HEARING
In accordance with the provisions of M.G.L Ch 40A, Section 11, and Chapter 173, Section 47 of the Northbridge Zoning By-laws, the Northbridge Zoning Board of Appeals will hold a public hearing on **Thursday, August 13, 2020 at 7:05P.M.** at the **Aldrich School Town Hall Annex, 14 Hill St., Whitinsville, MA** applicant Cora Lane Group LLC, 55 North main Street, Uxbridge, MA 01569 has filed an application for a Special Perntit (08-SP-2020) pursuant to Article V, Section 173-12 Table of Use Regulations, in order for the applicant Demo the existing single family and construct a new single family dwelling at the location of 559 Hill Street, Whitinsville, MA 01588. The property, shown on Assessor's Map 7 as Parcel 259 and is located in a Residential-I zoning district, and is owned by Virginia DeSelms of 559 Hill Street, Whitinsville, MA 01588. The Applicant also has applied for a variance (07-V-20) for this property it has less than the required area with frontage as well as reducing the side lot set back from 25 feet to 15 feet. The purpose of this hearing is to provide an opportunity for public comment. Anyone wishing to be heard regarding this matter should attend said meeting at the time and place designated. A copy of the petition is available for review at the office of the Town Clerk and Zoning Board of Appeals Office and may be reviewed during normal business hours. Thomas Hansson, Chairman
Northbridge Zoning Board of Appeals
July 24, 2020
July 31, 2020

NOTICE OF PUBLIC HEARING
In accordance with the provisions of M.G.L Ch 40A, Section 11, and Chapter 173, Section 47 of the Northbridge Zoning By-laws, the Northbridge Zoning Board of Appeals will hold a public hearing on **Thursday, August 13, 2020 at 6:50 P.M.** at the **Aldrich School Town Hall Annex, 14 Hill St., Whitinsville, MA** applicant Degmar Realty LLC, 95 A Turnpike Rd., Westborough, MA 01581 has filed an app1ication for a Special Permit (05-SP-2020) pursuant to Article V, Section 173-12 Table of Use Regulations, in order for the applicant Demo the existing two family and construct a new two family with detached garage at the location of 34-36 Hope Street, Whitinsville, MA 01588. The property, shown on Assessor's Map 23A as Parcel 147 and is located in a Residential-3 zoning district; also owned by Degmar Realty LLC. The Applicant also has applied for a variance (06-V-20) for this property it has less than the required area as well as rear lot set back requirement. The purpose of this hearing is to provide an opportunity for public comment. Anyone wishing to be heard regarding this matter should attend said meeting at the time and place designated. A copy of the petition is available for review at the office of the Town Clerk and Zoning Board of Appeals Office and may be reviewed during normal business hours. Thomas Hansson, Chairman
Northbridge Zoning Board of Appeals
July 24, 2020
July 31, 2020

NOTICE OF PUBLIC HEARING
In accordance with the provisions of M.G.L Ch 40A, Section 11, and Chapter 173, Section 47 of the Northbridge Zoning By-laws, the Northbridge Zoning Board of Appeals will hold a public hearing on **Thursday, August 13, 2020 at 7:15P.M.** at the **Aldrich School Town Hall Annex, 14 Hill St., Whitinsville, MA** applicant Dennis Latour, 88 Linwood Ave, Whitinsville, MA 01588 has filed an application for a Special Permit (09-SP-2020) pursuant to Article V, Section 173-12 Table of Use Regulations, in order for the applicant to construct a Duplex dwelling at the location of Hudson Street, Lot #3, Whitinsville, MA 01588. The property, shown on Assessor's Map 21 as Parcel 99 and is located in a Residentia)-3 zoning district, and is owned by Hudson Street Realty LLC, 14 Wheeler Rd, Sutton, MA 01590 The purpose of this hearing is to provide an opportunity for public comment.

Anyone wishing to be heard regarding this matter should attend said meeting at the time and place desgnatc:d. A copy of the petition is available for review at the office of the Town Clerk and Zoning Board of Appeals Office and may be reviewed during normal business hours. Thomas Hansson, Chairman
Northbridge Zoning Board of Appeals
July 24, 2020
July 31, 2020

NOTICE OF PUBLIC HEARING
In accordance with the provisions of M.G.L Ch 40A, Section 11, and Chapter 173, Section 47 of the Northbridge Zoning By-laws, the Northbridge Zoning Board of Appeals will hold a public hearing on **Thursday, August 13, 2020 at 6:35 P.M.** at the **Aldrich School Town Hall Annex, 14 Hill St., Whitinsville, MA** to consider the application Ronald Mathieu 198 Oxford Ave, Dudley, MA 01571 for a Special Permit(04-SP-20) pursuant to Article X, Section 173-47 Special Permit, 173-12 Table of Use Regulations in order to renovate the building located at 2679 Providence road, Northbridge, MA 01534 that he has not been able to rent for commercial use and would like to renovate building into residential making it Two duplexes. The property, shown on Assessor's Map 19 as Parcel 70, is located in a Residential-2 zoning district and is owned by Ronald Mathieu. The purpose of this hearing is to provide an opportunity for public comment. Anyone wishing to be heard regarding this matter should attend said meeting at the time and place designated. A copy of the petition is available for review at the office of the Town Clerk and Zoning Board of Appeals Office and may be reviewed during nonnal business hours Thomas Hansson, Chairman
Northbridge Zoning Board of Appeals
July 24, 2020
July 31, 2020

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court 225 Main Street
Worcester, MA 01608
(508)831-2200
Docket No. WO20P1833EA
Estate of:
Joan A Davis
Date Of Death: 04/15/2020
CITATION ON PETITION FOR
FORMAL APPOINTMENT OF
SUCCESSOR PERSONAL
REPRESENTATIVE**

To all interested persons
A Petition has been filed by:
David W. Poe of Worcester MA requesting that the Court enter a formal Decree and Order that **David W. Poe of Worcester MA** be appointed as Successor Personal Representative(s) of said estate to serve **Without Surety** on the bond and for such other relief as requested in the Petition. You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on 08/04/2020.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you. The estate is being administered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A Keamy, First Justice of this Court.
Date: July 10, 2020
Stephanie K. Fattman,
Register of Probate
July 24, 2020

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO20P1768EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Barbara Loring Gaudette
Also known as:
Barbara H Gaudette
Date of Death: 05/24/2020**

To all interested persons:
A Petition for **Formal Appointment of Personal Representative** has been filed by **Gerald L. Gaudette, III of Northbridge MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that **Gerald L. Gaudette, III of Northbridge MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **an unsupervised** administration.
IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 08/11/2020.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: July 07, 2020
Stephanie K. Fattman,
Register of Probate
July 24, 2020

NOTICE OF PUBLIC HEARING
In accordance with the provisions of M.G.L Ch 40A, Section 11, and Chapter 173, Section 47 of the Northbridge Zoning By-laws, the Northbridge Zoning Board of Appeals will hold a public hearing on **Thursday, August 13, 2020 at 7:30P.M.** at the **Aldrich School Town Hall Annex, 14 Hill St., Whitinsville, MA** applicant 342-350 Providence Rd, LLC, 6 Kerna Dr, Buzzards Bay, MA 02532 has filed an application for a Special Permit (10-SP-2020) pursuant to Article V, Section 173-12 Table of Use Regulations, in order for the applicant to convert existing building into apartments (4) with addition for 4 more total 8 Apartment dwelling at the location of 342-350 Providence Road, Northbridge, MA 01534. The property, shown on Assessor's Map 24 as Parcel 104 and is located in a ResjdcntiaJ-4 zoning district and is owned by 342-350 Providence Road, LLC, 6 Kema Dr., Buzzards Bay, MA 02532. The purpose of this hearing is to provide an opportunity for public comment. Anyone wishing to be heard regarding this matter should attend said meeting at the time and place designated. A copy of the petition is available for review at the office of the Town Clerk and Zoning Board of Appeals Office and may be reviewed during nonnal business hours. Thomas Hansson, Chairman
Northbridge Zoning Board of Appeals
July 24, 2020
July 31, 2020



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Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Possible to be subdivided.
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Webster - New Lake Listing!



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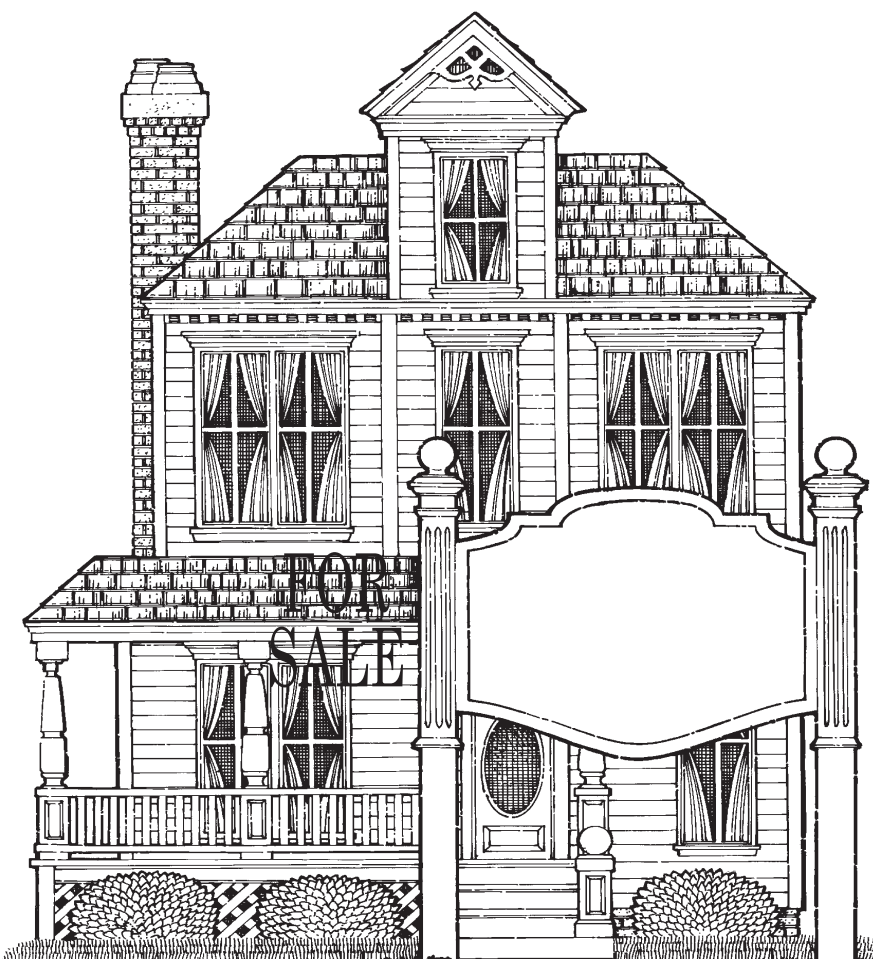
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How families can cook together as they confront COVID-19

Families are spending more time at home than ever before. Stay-at-home guidelines have led many parents to expand their culinary horizons, and time in the kitchen can be made more enjoyable by getting the whole family involved.

As stay-at-home measures continued throughout spring, boredom was a common complaint among people of all ages. Families sticking out social distancing together can confront that boredom by working together to prepare delicious, homecooked meals. The following are some simple ways to get the whole family involved when the time comes to get dinner on the table.

- Include young children. Younger children may not be able to cut, dice or chop, but that does not mean they can't participate in nightly cooking sessions. Kids can stir, pour and, perhaps most importantly, shake. The Extension Nutrition Education Program at Purdue University notes that helping to prepare food can help children feel like they're part of the family and even encourage them to make healthy choices. Each of those things can benefit children in the short- and long-term. Older kids can take on more responsibility when preparing meals, and teenagers can even tackle entire meals on their own if they so prefer.
- Rotate the responsibility for choosing dishes. The family chef may be accustomed to choosing meals. But with stay-at-home measures in place and restrictions only slowly lifting, sharing that responsibility can be a great way to make everyone more excited about mealtime. Parents can still choose the majority of meals, but let kids choose one or two meals per week. To prevent kids from always opting for less healthy fare like macaroni and cheese or pizza, establish certain rules. For example, note that each meal must include at least one fruit or vegetable, relaxing these rules as you see fit. This is a great way to teach kids about nutrition while also showing them how less nutritious fare like pizza can be made healthier by replacing toppings like pepperoni with freshly cut vegetables.
- Expand your operation. In-person baking sessions with grandparents and large Sunday dinners with extended family members may not be possible in the era of social distancing. However, such traditions need not be abandoned entirely. Utilize video conferencing apps like Zoom to prepare foods together, with each family member whipping up their own meal or dessert. Items can then safely be dropped off at each other's homes. Go the extra mile by keeping the video conference going as everyone sits down to indulge in a tasty meal.

Cooking together can be a great family-friendly pastime as adults and children look for ways to spend quality time together while stay-at-home measures remain in place or are gradually relaxed.

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