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Friday, June 24, 2022

# Northbridge High School students receive junior medal awards



## Local police officers receive recognition

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

UXBRIDGE/SUTTON — Two area police officers have recently received recognition.

Uxbridge Police Officer Jesse Miller has completed the Metropolitan Law Enforcement Council's Basic Motorcycle Operator's program, and Sutton Police Officer Alex Sinni has received a Mothers Against Drunk Driving award for his efforts.

The Uxbridge Police Department congratulated Officer Miller on the completion of the METRO-LEC motorcycle program, which the department described as an intensified two-week police motorcycle training that is "not for the faint of heart."

"Officer Miller now joins Lieutenant Timothy Burke and Officer Kyle Tripp on the UXPd's motorcycle unit," the department shared. "Be sure to give him a wave around town."

METRO-LEC is a consortium of more than 46 local police and sheriff departments in the south metropolitan Boston area, according to the organization, which covers 600 square miles and has a corresponding residential population of 850,000 people.

"It is impossible for every community to be fully trained and equipped for every possible contingency. Therefore, local communities have banded together to create organizations, such as METRO-LEC, to help each other thus making us all safer in the end," METRO-LEC released in a statement. "The member communities acknowledge that certain critical incidents call for a law enforcement response that may exceed the capabilities of any one single agency. METRO-LEC was designed for these types of incidents."

The law enforcement council consists of several operational components comprised of personnel from throughout the METRO-LEC communities. These units receive specialized training and equipment and are available to "assist any of the member communities in their time of need."

The council currently operates several divisions, including: Canine Unit; Child Abduction Response Team; Computer Crime Unit; Crisis Negotiation Team; Criminal Investigation Division; Mobile Operations Motorcycle Unit; Regional Response Team; Special Weapons & Tactics; and a Marine Unit.

Uxbridge Police added that this is a "great reminder to all" that it is "prime motorcycle riding season."

"Remember the saying 'check twice for motorcycles, save a life,'" police added.

In Sutton, the department reported that Officer Alex Sinni has received the Mothers Against Drunk Driving OUI Enforcement Achievement Award for his "outstanding efforts last year in detecting and removing impaired drivers" from the roads.

"Congratulations Alex on a job well done," the department shared in a statement.

Mothers Against Drunk Driving's mission is to "end drunk driving, help fight drugged driving, support the victims of these violent crimes, and prevent underage drinking," according to an award description.

NORTHBRIDGE — Sixteen junior medal awards were given out to thirteen juniors at Northbridge High School at a ceremony on June 8. Junior medals are awarded to students in various areas of curriculum for outstanding effort and achievement. The ceremony was beautifully orchestrated by guidance secretary Lori Susienka.

Massachusetts State Rep. David Muradian awarded Graham

Williams with the 9th district award.

Muradian said of Williams, "When it comes to his awareness of social issues, he is at the top of his class. His ability to analyze current events and formulate arguments defending his perspective demonstrates his mature mindset. He is able to hold a conversation with anyone regardless of their political inclinations or their depth of knowledge on the topic."

Kiera Touhey received the World language award and the University of Rochester Bausch & Lomb award. The language award is given to someone who has excelled at studying and utilizing Spanish and/or French for at least three years and plans to continue language studies. Additionally, the award is always given to a student who exemplifies strong character that enriches the class community.

Department Chair Elena Batchelder said, "She is described as an exceptionally bright student who always has a positive attitude, a role model for others because she asks great questions, has patience when learning something new, and truly wants to learn Spanish."

The Bausch & Lomb award is recognized for  
Turn To **NHS** page **A17**

## Drought alert issued across region

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

REGION — The Massachusetts Executive Office of Energy and Environmental Affairs has declared a level two "significant drought" in the northeast and southeast regions of the Commonwealth, as well as a level one "mild drought" across parts of the state.

"Please be mindful of your water use to ensure essential needs, such as drinking water and fire

protection, are being met, and habitats have enough water to support their natural functions," the town of Northbridge released on its website.

The drought declaration was issued due to more than three months of "below normal rainfall," according to state officials; the Commonwealth has once again started to experience drought conditions. The last drought was from January to August 2021, according to reports.

"As drought conditions

continue to worsen and we are in the growing season, it is important for residents and businesses to be mindful of their water use and conserve water both outdoors and indoors, fix leaks, and for communities to prepare for long-term resiliency to droughts," Secretary of Energy and Environmental Affairs Bethany Card and Acting Director of MEMA Dawn Brantley released in a drought alert.

A level one "mild drought" has also

been declared in the Connecticut River Valley, central, and islands regions. For a level one drought, residents and businesses are asked to focus on water conservation indoors, to fix leaks, and to reduce any outdoor watering to one day per week.

In level two significant drought areas, residents and businesses are encouraged to minimize water use, conserve water indoors, limit outdoor watering to hand-

Turn To **DROUGHT** page **A17**

## Scholarships awarded to Class of 2022

UXBRIDGE — Traditionally, late May and early June are times for celebrating at awards ceremonies and graduations in high schools across the country, and Blackstone Valley towns are no exception. Recently in Uxbridge, members of three Scholarship Committees were busy giving monetary awards to high school seniors at Uxbridge, Hopedale, and Blackstone Valley Tech.

On June 1, Jane F. Keegan joined John Wise, Chair of the Uxbridge High School Scholarship Committee, who presented five \$1,000 scholarships to these graduating seniors: Grace Boisvert,

Turn To **SCHOLARSHIPS** page **A17**



Zoe Greenwald, recipient of the Virginia Blanchard Scholarship, taken in a classroom, preserved as a 'museum' in the historic, restored Virginia Blanchard School now repurposed for affordable housing. Courtesy



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JUNE 28	HIT THE BUS BAND <i>Eclectic mix of hits from the '50s to today</i>	
JULY 05	ZYDECO CONNECTION <i>Spicy mix of zydeco, waltzes, two-step, blues and boogie-woogie</i>	
JULY 12	BEATLES FOR SALE <i>Beatles tribute band</i>	
JULY 19	DON'T TELL DAN <i>Jazz and oldies</i>	
JULY 26	THE WILDCAT O'HALLORAN BAND <i>High-energy blues</i>	

The Overlook has been awarded the Best of Central MA Senior Living Community by Worcester Telegram & Gazette for the past five years (2017-2021).

Courtesy

## ‘THE KING’ VISITS PLUMMER PLACE

Seniors and older adults at Plummer Place enjoyed a live music concert this week from award-winning Elvis tribute artist Dan Fontaine and guitar virtuoso Brian Martin of the Memphis Sun Mafia Band! This amazing duo took folks on an acoustic journey through the music of Elvis Presley and concert-goers enjoyed a phenomenal tribute to all eras of the King’s musical legacy. Seniors sang and danced to Elvis’ number one hit, “Heartbreak Hotel,” along with favorites such as “Blue Suede Shoes,” “Don’t Be Cruel,” “Hound Dog,” “Love Me Tender,” and “All Shook Up!” A Memphis-themed BBQ lunch was provided by the Mendon Street Kitchen which was thoroughly enjoyed by all! Struggles and Snuggles, a local non-profit organization that has partnered with Plummer Place to bring handmade blankets to children in foster care, donated three Elvis-themed gift baskets for attendees. The Mason family donated two raffle baskets of Elvis memorabilia in memoriam of a family member who had been a big Elvis fan. This concert was brought at no cost to local seniors by the Friends of Northbridge Elders, Inc. (FINE). For more information on Plummer Place or FINE please call (508) 234-2002.



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# News from Beginning Bridges

BeginningBridgesCFCE.weebly.com  
Facebook: Beginning Bridges CFCE  
Emurray@smoc.org  
508-278-5110

Beginning Bridges CFCE's vision is that children, youth and families reach their full potential now and in the future. Our mission is to work with families and community partners to create the conditions for children, youth and families to thrive socially, academically and economically. Funding for the Coordinated Family & Community Engagement Grant (CFCE) is provided

## TRIBUNE ALMANAC

REAL ESTATE

### BLACKSTONE

\$590,000, 42 Bellingham Rd, Walls, Brian, to Carlin, Spencer, and Carlin, Lauren.

\$400,000, 75-77 Elm St, Jolicoeur, Gary A, and Jolicoeur, Michele A, to Donaher, Rebecca, and Felice, Anthony.

### DOUGLAS

\$743,500, 11 Hilltop Dr, Brown, Jonathan A, and Brown, Lisa A, to Lombardi, David A, and Lombardi, Nicole.

\$551,000, 103 Franklin St, Makepar Corp, to Drost 3rd, James R, and Drost, Kristen L.

\$525,000, 29 Marilyn Dr, Salerno, Dante N, and Salerno, Sandra L, to Anzivino 3rd, Matthew F, and Anzivino, Kara A.

\$510,000, 42 Pine St, Lawrence, Kimberly J, to Urmston, Jeffrey W, and Urmston, Shauna L.

\$479,500, 41 Fairbanks Ct, Bernard, Zachary N, to Otto Jr, Bernard P, and Otto, Deborah L.

\$421,000, 32 Hemlock St, Luginbuhl, Amy C, and Dupuis, Nathaniel B, to Olivo, David M.

\$220,000, 46 West St, Moynagh, Pamela, to Ryan, Christopher G, and Ryan, Theresa M.

\$141,100, 60 Birch Hill Rd, Guilmain, Harold J, and Longbridge Financial LLC, to On The Flip Side LLC.

\$87,000, 17 Joseph Rd, JMT Sleepy Hollow LLC, to Lobisser Building Corp.

\$85,000, 18 Joseph Rd, JMT Sleepy Hollow LLC, to Lobisser Building Corp.

### NORTHBRIDGE

\$2,650,000, 10-16 A St, Gadoury Homes LLC, to Blackstone Vly Realty LLC.

\$2,650,000, 164-174 Border St, Gadoury Homes LLC, to Blackstone Vly Realty LLC.

\$2,650,000, 173-179 East St, Gadoury Homes LLC, to Blackstone Vly Realty LLC.

\$2,650,000, 46-56 Overlook St, Gadoury Homes LLC, to Blackstone Vly Realty LLC.

\$2,650,000, 48-54 Water St, Gadoury Homes LLC, to Blackstone Vly Realty LLC.

\$651,000, 205 Morgan Rd, Holahan, Johanna, and Holahan, Keiran, to Baits, Cj, and Baits, Laura.

\$512,000, 49 Brook St, Omara, Janet, to Higginbotham, Wyatt.

\$425,000, 30-32 Water St, Poisson, Arthur R, and Poisson, April M, to Palmer, Matt, and Oconnell, Shannon.

\$350,000, Upton St, Vanbossuyt, Rufin, and Richard, Rena M, to SR Golf Club LLC.

\$341,000, 235 Heritage Dr #235, Brown, Beth A, to Cottengaim, Joseph.

\$250,000, 41 D St #41, Orn, Adam R, and Orn, Sherry, to Cardoza, David B, and Cardoza, Katelyn T.

\$215,000, Rocky Rd, Bedigian, Harry, and Bedigian, Jean, to Geikie, Glenn T, and Geikie, Tina M.

\$129,900, 109 Church St #109, Pasqualone, Sandra, to Henry, Paul.

\$100,000, 68 Cooper Rd, Castonguay, Laurie J, to Castonguay, James, and Castonguay, Barbara.

### UXBRIDGE

\$1,099,000, 400 West St, Uxbridge Pro Storage Inc, to Pro Storage Group Inc.

\$532,500, 42 Andrews Dr #42, Mullarkey, Patricia L, and Blais, Mark R, to Mortimer, Lori-Anne, and Mortimer, Mark.

\$526,000, 4 Peter St, Remillard, Timothy S, and Remillard, Jamie E, to Christensen, Bryan, and Christensen, Elizabeth.

\$525,000, 67 Brookside Dr, Robert S Bridges FT, and Bridges, Robert S, to Moniz, Michael, and Moniz, Kathleen.

\$474,900, 17 Pouts Ln #17, West River Homes LLC, to Yelle, Randall A, and Yelle, Eileen.

\$465,000, 16 Brandy Ln, Otto, Bernard P, and Otto, Deborah L, to Cassano, Heather N, and Delisle, Scott.

\$420,000, 139 Hazel St, Cronin, James, and Cronin, Christina, to Carlin, Janviere S, and Carlin 3rd, Marvin W.

\$315,000, 10 Manor House Ln #10, Santiago, Mildred, to Stoychoff, Curtis J, and Novia, Sarah.

by the Massachusetts Dept. of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC-Childcare/Head Start). Beginning Bridges CFCE has funding for the towns of Mendon, Northbridge, Upton & Uxbridge. Currently, our FREE comprehensive services include weekly indoor and outdoor parent/child playgroups. We also offer parent education programs, the Ages & Stages Developmental Questionnaire and can connect families to community resources.

Upcoming Events-Registration is required for all upcoming events. Links can be accessed on our website or contact Emily Murray at 508-278-5110 or Emurray@smoc.org.

Please check our website and Facebook page for our summer program and read around town events in Uxbridge, Northbridge and Mendon in our Summer 2022 Newsletter.

07/06, 7/14, 8/18, 8/25, 9/1, Parent Child Playtimes, 9:00 to 10:45am, at the Uxbridge Playcenter, 9 North Main Street, Uxbridge, MA, lower left office

Tuesday, 09/13, Open House, 9:00am to 11:00am, at the Uxbridge Playcenter, 9 North Main Street, Uxbridge, MA, lower left office, meet playgroup facilitators, register for fall groups, ask questions about participation

Thursdays, 07/07, 09/08, 11/03, Coffee and Conversations, 9:30 to 10:30 am at Taft Public Library, 29 North Ave in

Mendon, join us for an informal drop-in playtime where families will be able to build social connections, learn about early childhood development and family friendly resources. Please bring your own coffee. Muffins from Muffin House Cafe will be provided.

Wednesdays, 07/20/22, 08/10/22 & 09/21, Music and Movement with Deb Hudgins, 10:30 to 11:00am at Whitinsville Social Library.

Tuesdays, 07/5, 08/02 & 09/06, Music and Movement with Deb Hudgins, 10:30 to 11:00am at Upton Town Library.

Tuesday 7/12, Story Walk - Vanderzicht Stables, 10:00am - 2:00pm, 61 Rawson St, Uxbridge

## 'Age Friendly Central Mass' to hold local listening session

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

NORTHBRIDGE — To help gain insight regarding the needs of older adults in the community, one regional group will hold a listening session next week.

The event, hosted by Age Friendly Central Mass—a group of community and regional stakeholders with diverse expertise and the goal of “making Central Massachusetts livable for all ages”—is slated for 11 a.m. – 12:30 p.m. on Monday, June 27, at the Northbridge Senior Center, 20 Highland St., Whitinsville.

“The purpose of the listening session is to gain input that highlights the needs of older adults in our communities and to form a Regional Action Plan to ensure the

needs of all residents are met to age in place equitably, comfortably, and safely,” the group released in a statement.

According to event details, this Southeast subregion session is part of six sub-regional age-friendly community listening sessions. The Southeast subregional community listening session is geared toward residents of Blackstone, Douglas, Grafton, Hopedale, Mendon, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge.

The event has a 50-person capacity; register by emailing agefriendly@cmrpc.org.

According to the U.S. Census Bureau, persons aged 60 and older currently account for 22.4 percent of the total population in Worcester County. More specifically in the Central Massachusetts

regional planning area, the UMASS Donahue Institute reported a higher percentage of 24 percent, according to Age Friendly Central Mass. By 2040, persons aged 60 and older are projected to increase to nearly 30 percent of the total population across the region's 40 communities. “The Age Friendly Central Mass initiative was developed to ensure that all residents are able to maintain active, healthy, safe, and connected lifestyles as they age in Central Massachusetts,” the group shared.

Since the launch of the Tufts Health Plan Foundation, 89 communities across Massachusetts have been designated as “age-friendly communities” with approved action plans, while 87 communities are considered “emerging age-friendly communities”

working toward action plan development.

The Central Massachusetts Regional Planning Commission, in partnership with the Massachusetts Healthy Aging Collaborative, was awarded District Local Technical Assistance funding in March to pursue a “regional age-dementia friendly designation.”

“This effort coincides with the agency's development of Imagine2050—a region-wide comprehensive planning initiative that aims to improve the welfare and prosperity for those that live, work, and visit Central Massachusetts—to provide an age-friendly perspective that supports the plan,” the Central Massachusetts Regional Planning Commission added.

## More than 2,000 students make Dean's List at CCU

CONWAY, S.C. — More than 2,000 undergraduate students at Coastal Carolina University were named to the Dean's List for the Spring 2022 semester. Students who make the Dean's List have achieved a grade point average between 3.5-3.99 for the semester. This semester's honored students included:

Madison Boermeester, a Marketing Pre-Major major of Whitinsville.

Kira Sullivan, a Psychology major of Uxbridge.

Caleb Visbeek, a Exercise and Sport Science major of Uxbridge.

Coastal Carolina University is a dynamic, public comprehensive liberal arts institution located in Conway, located just minutes from the resort area of Myrtle Beach, S.C.

CCU offers baccalaureate degrees in 95 major fields of study. Among the University's graduate-level programs are 27 master's degrees, two educational specialist degrees, and the doctorates in education and in marine science: coastal and marine systems science. CCU boasts a growing array of internship, research and international oppor-

tunities for students, as well as numerous online programs through Coastal Online.

More than 10,400 students from across the country and around the world interact with a world-class faculty, and enjoy a nationally competitive NCAA I athletic program, an inspiring cultural calendar, and a tradition of community interaction that is fueled by more than 180 student clubs and organizations.

Visit coastal.edu for more information.



Courtesy

### DAR HONORS NANCY GREENE

The Captain Job Knapp Chapter of the National Society of the Daughters of the American Revolution (DAR) honored Chapter Chaplain Nancy Greene on her 50th Anniversary of dedicated service to the DAR. Greene, a resident of Douglas who is a past Chapter Regent, was pinned by Regent Anne Marie Safaee with her aunt's 50th anniversary pin. It was her aunt that encouraged and helped her to join the DAR in 1972. Nancy was presented with a framed DAR 50th Anniversary Certificate, an engraved jewelry box and flowers. It's members like Greene that contribute to the long term success of the DAR. The National Society Daughters of the American Revolution (NSDAR), founded in 1890 and headquartered in Washington, D.C., is a volunteer women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education for children. It is a nonprofit, non-political, volunteer women's service organization. Any woman who has an ancestor who fought in or rendered aid in the American Revolution may be eligible for membership in DAR. For information, please contact Chapter Registrar Margaret Fournier at mimifournier1@verizon.net.

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  - Bailey is housetrained and does well on car rides.
  - Bailey LOVES toys! He is like a puppy with his stuffed animals - he is the cutest!
  - Bailey loves his walks and is a perfect gentleman on leash and doesn't pull!
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# Discern'd Cannabis Purveyors requires all team members to hold Dispensary Associate Certificate

GRAFTON—Discern'd Cannabis Purveyors—a retail operator committed to educating consumers about the benefits of cannabis—has established a company-wide mandate requiring that all team members hold a Dispensary Associate Certificate, part of a professional credential program administered by GF Institute through Green Flower, Inc.

A professional membership program developed by leaders in the cannabis industry, GF Institute is designed to promote the highest standards of professionalism, credibility and equity for dispensaries and related facilities nationwide. Green Flower is

the industry standard for cannabis education, training and certification, working with industry leaders since 2014 to create best-in-class training programs for individuals and businesses.

The Dispensary Associate Certificate is awarded as the culmination of a comprehensive 26-module program that serves as a turnkey solution for helping entry-level cannabis professionals acclimate to their new dispensary and retail careers. In addition to automatically becoming members of GF Institute, all graduates receive a digital badge that allows them to post their newly achieved credentials online—as well as man-

age, share and verify their competencies digitally—as a testament to their quality commitment within the cannabis industry.

Being a founding member of the GF Institute—as well as an investor in the GF curriculum—reflects Discern'd Cannabis Purveyors' commitment to making education a top priority in its dispensary business model.

“Requiring all Discern'd purveyors to hold the Dispensary Associate Certificate is further evidence of our commitment to educate consumers about the role cannabis can play in enhancing their lives,” states Discern'd Chief Executive Officer Allan

Villatoro, MBA. “A competitive differentiator at Discern'd is the stress we place on education as the key that enables consumers to truly appreciate the innate nuances, subtleties and characteristics of cannabis. Our mission is to create a comfortable, approachable retail space where knowledge can be shared by our in-store purveyors with our customers—thereby optimizing the benefits of the experience, while simultaneously enhancing overall safety and responsibility among adult users.”

Discern'd Cannabis Purveyors is scheduled to open in the summer of 2022.

About Discern'd Cannabis Purveyors

Located off Massachusetts Turnpike Exit 96 (Millbury/Route 122) in Grafton, Discern'd Cannabis Purveyors occupies 2,383 square feet of interior space at the rear of a two-story building. To help mitigate traffic congestion, there are parking spaces for more than three times the anticipated volume of customers. For more information, contact Allan Villatoro at [info@discerndcannabis.com](mailto:info@discerndcannabis.com) or visit [discerndcannabis.com](http://discerndcannabis.com).

About GF Institute  
GF Institute was formed to develop standardized, industry-backed certificate programs that bring a new level of profession-

alism, credibility and equity to the cannabis industry. Developed in partnership with more than 30 industry leaders comprising three separate independent steering committees, the GFI Credentials (offered through GF Institute) represent a future-forward, independent, standards-based approach to workforce development that recognizes how much our future talent will be recruited from other industries, and thus will have no readily available cannabis knowledge on which to help them acclimate to their new roles. For more information, visit [gfinsitute.org](http://gfinsitute.org).

## DOUGLAS ADULT SOCIAL CENTER

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### DAILY ACTIVITIES:

Monday: Painting class 10am to 12:30pm, Balance & Strength Exercise 10am, Mat yoga 2 pm  
Tuesday: Cribbage 9:30am, Zumba 9:30am, Technology Class 1pm, Jenga 2pm  
Wednesday: Balance & Strength 10am, Hand and Foot card games 11 am, Knit & Crotchet 12pm, MahJong 1pm  
Thursday: Yoga 9:30am, Wii Games 11am  
Friday: Balance & Strength 10am, first and third Friday Checkers with Patrice 10:30am, second and fourth Friday Scrabble with Jennifer 10am

### JUNE EVENTS:

Free Ice Cream & Pictionary June 29 @ 12:30 pm RSVP before 6/22. Join us for a fun filled afternoon of laughs.

### JULY EVENTS:

The center will be closed Monday July 4th in observance for Independence Day.

Worcester Talking Library Thursday July 7th @ 12 pm. Grilled cheese or tuna sandwich lunch will be served, the cost is \$3.00 per person for lunch. RSVP before 7/1 They will be discussing their services and application process. You can receive large print books by mail, join the large print book club in a bag. They will show you how to use a talking book player, or enjoy dial a story.

Fill your spice jars Tuesday July 12th @ 11 am. RSVP by 7/1 Learn a little about different

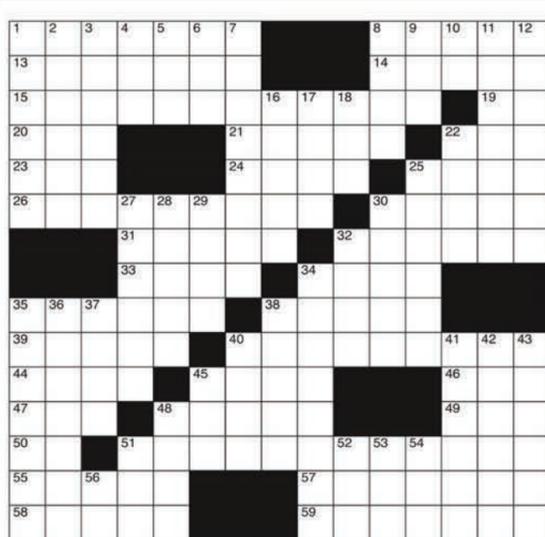
herbs and how to use them. The cost of the event is \$5.00 and each person will get to make 2 jars of herbs to take home. This event is sponsored by The Douglas Cultural Council. Coffee & donuts will be available.

Emergency To Go Bags Wednesday July 13th @ 11:00 am. RSVP before 7/5 The state will be here to discuss emergency safety situations and hand out free emergency kits to everyone. French toast casserole and sausage will be served for lunch. The cost is \$3.00 per person.

Lunch & a Movie July 19th @12 pm. RSVP before 7/13 We will be watching “Rescued by Ruby” and a pasta lunch will be served. The cost for lunch is \$3.00 per person.

Hearing discussion with Darcy Thursday July 21st @ 11:30 RSVP before 7/15 Refreshments will be served.

If you have any questions please feel free to call the center at 508-476-2283

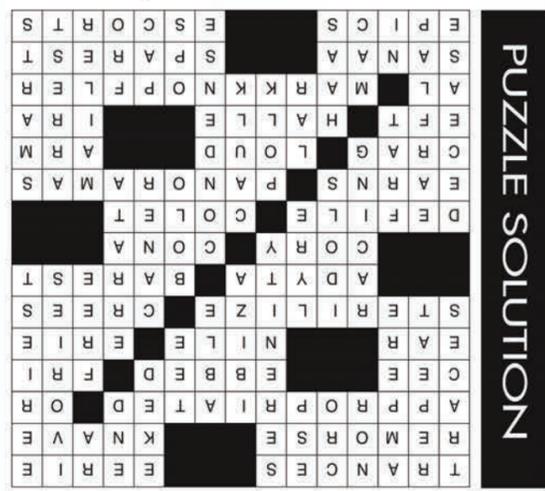


### CLUES ACROSS

- 1. Half-conscious states
- 8. Unnatural
- 13. Deep regret
- 14. Rogue
- 15. Took without permission
- 19. An alternative
- 20. After B
- 21. Partner to “flowed”
- 22. The best day of the week (abbr.)
- 23. Helps you hear
- 24. Egyptian river
- 25. Lake \_\_, one of the Great
- 26. Make free from bacteria
- 30. Indigenous peoples of central Canada
- 31. Sanctuaries in Greek temples
- 32. Most unclothed
- 33. NJ senator Booker
- 34. Tibetan lake
- 35. Desecrate something sacred
- 38. John \_\_, English educator 1467-1519
- 39. Obtains in return for labor
- 40. Views
- 44. Rugged cliff
- 45. Not quiet
- 46. Body part
- 47. Newt
- 48. German city
- 49. A way to save money
- 50. NBC's Roker
- 51. Dire Straits frontman
- 55. Actress Lathan
- 57. Most meager
- 58. Poems
- 59. Companions

### CLUES DOWN

- 1. Draws over
- 2. Recur
- 3. Current unit
- 4. Neither
- 5. Certified Radio Operator (abbr.)
- 6. Power of perception
- 7. Peace
- 8. Supplemented with difficulty
- 9. The last section or part of anything
- 10. Dorm worker
- 11. Bones
- 12. Most unnatural
- 16. Spanish island
- 17. The skill to do something
- 18. Where golf games begin
- 22. Untethered
- 25. Print errors
- 27. The sport of engaging in contests of speed
- 28. Ones to look up to
- 29. Stringed instrument
- 30. Gives whippings
- 32. Type of tie
- 34. Make more concentrated
- 35. Die
- 36. Part of a winter hat
- 37. Young men's club
- 38. Bathrooms need it
- 40. U.S. president
- 41. American novelist
- 42. Take into custody
- 43. Hurts
- 45. Type of gibbon
- 48. American actor Lukas
- 51. Partner to cheese
- 52. Some are covert
- 53. Political action committee
- 54. To and \_\_
- 56. Atomic #28



PUZZLE SOLUTION



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## Bryant University graduates inspired, ready to make their mark

SMITHFIELD, R.I. — On May 21 at Bryant University's 159th Commencement celebration, 775 members of the class of 2022 received a Bryant degree at a time when the value of a Bryant education has never been greater. Bryant was recently ranked in the top 1 percent in the nation for return on investment and was also cited as a top school for economic mobility.

Four years ago, members of Bryant's undergraduate Class of 2022 arrived from around the world, each with unique goals and dreams and all envisioning the moment they would step through Bryant's iconic Archway ready to contribute to the future. Little did anyone imagine the unprecedented challenges they would face when in 2020, a global pandemic changed the world for everyone. Undeterred, this group of students has forged ahead with resilience and determination, becoming stronger for the journey.

“We will continue to proudly represent Bryant wherever we go—whether our travels take us abroad or to local communities. Being Bryant Strong means turning obstacles into opportunities, challenges into choices, and vanquishments into victories,” said Paul Theriault '22, who delivered the Student Charge at the Commencement ceremony.

Bryant graduates now join powerful alumni network of more than 50,000 accomplished leaders around the world. Congratulations to the Class of 2022 graduates including:

Isabelle Azize of Uxbridge, Bachelor of Science in Business Administration, Digital Marketing.

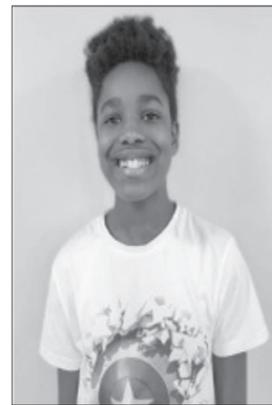
Clark Bishop of Douglas, Bachelor of Science, Actuarial Mathematics.

Savannah Schreiber of Uxbridge, Bachelor of Science International Business, Finance.

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## Friday's Child



Corey  
Age 14

### I want to be a scientist when I grow up!

Corey is a happy, loveable and insightful young man of African American descent. He enjoys Legos, roller coasters, and anything athletic. Corey loves Chinese food and he can cook grilled cheese, eggs, and pancakes. He is an appealing and sociable child who relates well to older kids and adults and has formed positive relationships with his peers and works well in group activities. Corey wants to be a scientist when he grows up.

Legally freed for adoption, Corey's social worker is looking for a loving and supportive two-parent family or a single parent with other adults in the home or in close proximity for daily support. It is also important that

he has a mother figure and he is the youngest in the home. Corey needs to maintain contact with his big sister, Kiy'aa, who is also free for adoption, and if possible would love a family willing to open their home to her.  
<https://www.mareinc.org/waiting-child-profiles#gallery/child/7295>

### Can I Adopt?

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. As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts.

The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at (617) 964-6273 or visit [www.mareinc.org](http://www.mareinc.org). Start the process today and give a waiting child a permanent place to call home.



# Worcester Polytechnic Institute students complete intensive research projects

WORCESTER — At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to address an important societal need or issue. About two-thirds of students complete a project at one of the university's 50-plus off-campus project centers, which are located around the world. A signature element of the innovative undergraduate experience at WPI, the project-based curriculum offers students the opportunity to apply their scientific and technical knowledge to develop

thoughtful solutions to real problems that affect the quality of people's lives and make a difference before they graduate.

"The WPI project-based curriculum's focus on global studies brings students out of the classroom and their comfort zones and into the global community to apply their knowledge and to solve problems," said Professor Kent Rissmiller, professor of Integrative & Global Studies and associate dean of The Global School. "Students are immersed in all aspects of a different culture, from the way people live

and work to the values they hold to the foods they eat - all valuable perspectives for surviving and thriving in today's global marketplace. They also learn the meaning and magic of teamwork; make a real and meaningful difference in their host community; and gain a competitive edge for any resume, or graduate or professional school application."

The following students completed intensive research projects:

Uxbridge resident Kali Sander, class of 2023, majoring in Environmental Engineering (BS),

completed the project titled Improving the Tree Census Method in Cuenca IQP

Uxbridge resident Hannah Smith, class of 2023, majoring in Biology and Biotechnology (BS), completed the project titled Traditional Medicine

Northbridge resident Allison Colon-Heyliger, class of 2023, majoring in Mechanical Engineering (BS), completed the project titled Improving Alianza Verdes

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier

technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50

project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. [www.wpi.edu](http://www.wpi.edu)

# UniBank celebrates 152nd Anniversary with Annual Meeting at historic Northbridge Town Hall

WHITINSVILLE — UniBank, the largest Mutual Community Bank headquartered in Central Massachusetts, recently announced that they held their Annual Meeting in the historic Northbridge Town Hall, as part of their 150 + 2 year anniversary.

Adam Gaudette, Northbridge Town Manager said, "UniBank is the pillar of community excellence in town for serving our population with their financial needs and their on-going charitable support of many non-profit organizations in town, year after year. It was a pleasure for the Town to host Chairman Wickstrom, Michael Welch (UniBank CEO), Chris Foley (UniBank President) and their dedicated team on their milestone anniversary."

Michael Welch, CEO of UniBank, stated, "Since the pandemic delayed our celebration two years ago, we decided to hold our 150 + 2 Anniversary - Annual Meeting in the Northbridge Town Hall. We like to think that while the leaders of Northbridge were laying the groundwork for the town's growth in this hal-

lowed hall, we took the baton 152 years later and pledged to commit to the same core values of growth and prosperity for the community established in 1870 for the next 152 years and beyond."

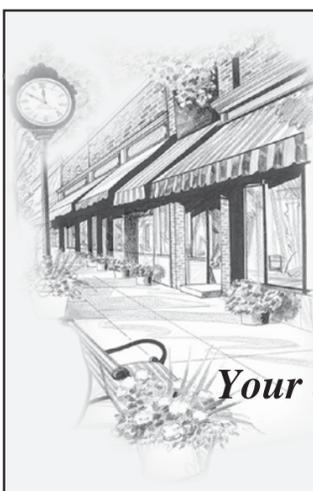
Tim Wickstrom, Chairman of UniBank, said, "As a fourth generation Whitinsville native, it was a great honor to have the UniBank Annual Meeting in one of the most historic buildings in town, financed by one of our Founders, John Whittin. It is our privilege and duty to serve the community and it was a great venue to communicate our servitude."

UniBank is rooted in the Blackstone Valley with assets over \$2 billion as of March 31. A full-service, mutually owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts. UniBank is an Official Founding Partner of the Worcester Red Sox. UniBank is dedicated to contributing to the overall quality of life and economic health of the communities it



serves, while maintaining a high level of financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC and Member DIF.

UniBank NMLS #583135. The company website is [www.unibank.com](http://www.unibank.com).



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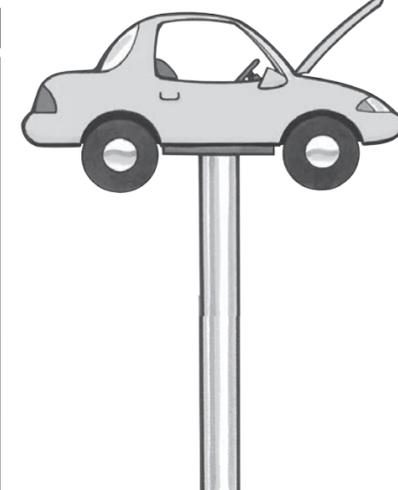
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## EDITORIAL

# Facing down the tough times

While our current economy hasn't dipped to the level it did during the Great Depression, several conversations as of late have gone there, particularly since COVID-19 and the war in Ukraine, have put a strain on our economy. Further, electricity rates have increased dramatically, and will only get worse this winter, when colder weather settles in again and we need more light to stave off the darkness at 4 p.m. Will it get so bad that people will turn to flashlights and candles around the dinner table? Let's hope not. Perhaps a new push for solar energy will resurface.

To date, the Great Depression was the worst economic decline in modern times. A hard jump from the 'Roaring Twenties,' when Americans were enjoying a robust economy with more time to spend and recreate.

After the stock market crash in 1929, those who were still employed saw a decrease in pay of roughly 40 percent. This included doctors and other affluent careers. One quarter of the population remained without a living wage. With that said, the typical American had to adapt to a new way of life that included a level of scrimping and saving never seen before.

Homemakers, who were primarily women back then, were shown how to make due with what they had in the kitchen. Meals were stretched as far as possible. To do so, people learned to enjoy more casseroles, such as macaroni and cheese, chili, Mulligan stew (a mix of anything available), bologna casserole, and a 'poorman's meal' (fried potato with diced hot dogs). Another go-to was 'hot water pie,' which was made up from simple ingredients such as butter, vanilla, sugar and flour. Potluck gatherings were also a cheap way for people to come together and socialize. Thrift gardens popped up in vacant lots across the country where community members could grow food, feeding thousands.

Movie theaters were a major source of entertainment during the years leading up to the depression. After the economy tanked, people had to find other, cheaper forms of leisure. One third of the cinemas in the country were shuttered. Miniature golf courses charged people no more than 50 cents per round, making the low-key game another popular thing to do. With that said, board games such as Scrabble and Monopoly became all the rage. People were also tuning into the radio for comedy shows and other dramas.

More women became employed to supplement lost income, despite the fact that they were paid significantly less than men. Government help was also more socially acceptable after President Franklin D. Roosevelt introduced New Deal programs. Before the Depression, those receiving welfare were listed in local newspapers, which was a deterrent for many to accept government assistance.

Men grew insecure after not being able to provide for their families, which caused an uptick in suicide. Divorce rates were low, because couples could not afford to separate, even though many couples did unofficially split.

Traveling by rail became very common for teenagers who sought work to help their families on the road. As far as lawlessness, violent crimes did increase; however fell after a few years.

On another note, one topic of conversation has been in regard to political theatre. Stay informed, watch unbiased news reports and pay attention to the words that are coming out of the mouths of actual people, not newscasters. You can draw a lot from what people are actually saying and doing, without watching a bit of news, then go from there. To comment on an issue, be informed. If you are not informed, don't vote and refrain from conversations about topics of which you cannot contribute.

# OPINION

Opinion and commentary from the Blackstone Valley and beyond

## LETTERS TO THE EDITOR

### God has been with America since the beginning

To the Editor:

What I believe. Feel free to disagree. It's time to be an Ordinary Factual Radical.

Have you taken a moment to consider how God's hand has been at the tiller of our national ship during its history? Don't take my word for it. Here are some facts.

As John Adams famously said: "facts are stubborn things; and whatever may be our wishes...or the dictates of our passion, they cannot alter the state of facts."

At the opening of the First Continental Congress on Sept. 7, 1774, the Reverend of Christ Church, Philadelphia, prayed these words: "O Lord, our Heavenly Father, ...look down in mercy ...on these our American states, who have fled to Thee from the rod of the oppressor and thrown themselves on Thy gracious protection...To Thee, have they appealed for the righteousness of their cause. Give them wisdom in Council and valor in the field." The Continental Congress was loaded with firebrands. Did they agree to open in prayer? They did.

Let's consider that in 1776, Thomas Jefferson brilliantly wrote the Declaration of Independence, signed on July 4, in the same year. It boldly stated: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of happiness." Jefferson acknowledged that certain rights come from our "Creator" - not from any government.

John Adams was a "church-going animal." [This, from PBS.org, no less.] He made no secret of his strong religious beliefs. Although he wrote to Jefferson that there have been times when he felt "this would be the best of all worlds if there were no religion," yet he continued: "Without religion, this world would be something not fit to be mentioned in polite company...I mean hell."

When George Washington was sworn in as our first President on April 30, 1789, he placed his hand upon an open Bible. After pledging his oath, Washington said: "so help me, God." Just a few days before, Congress had passed this resolution: "Resolved, that after the oath shall have been administered to the President, he, attended by the Vice

President and members of the Senate and House of Representatives, shall proceed to St. Paul's (N.Y.) Chapel to hear divine service." They went to church. No one forced them to go at the point of a bayonet.

Even Old Mumbling Joe swore his oath of office on a Bible in 2021. Why? Who cares whether he swore on a Bible or his Grandma's left shoe? We the People care.

Let's also consider how this small group of colonies clinging to the East Coast of North America took on the biggest military power in the world in 1776 and somehow, incredibly, won, despite many mistakes. Luck? Or Providence?

Just after the colonies became the independent United States, the first full Bible in English was printed. It is known as the Bible of the Revolution. It is the only Bible officially endorsed by Congress. A rare copy just sold at auction for \$81,000.

At the time of the Civil War in the 1860's, our nation came close to breaking apart. Yet it was mightily guided by Lincoln at the helm. After he won the 1860 election, the full weight of Presidential responsibility fell on him. Lincoln asked his friends to pray for him. On his journey east to Washington, D.C., he said to people at the in train station in Columbus, Ohio:

"There has fallen upon me a task such as did not rest even upon the Father of this country, and so I cannot but turn and look for the support without which it will be impossible for me to perform that great task. I turn, then, and look to the American people and to that God who has never forsaken them." Feb. 13, 1861.

Do school children know these facts? Our Founders fiercely separated religion from the government because they had experienced governmental religious tyranny first hand. Are we free to express our religious views today? Are Christians under attack? Can you bring a Bible to school? I would bet money that school children do not know the answer to that last question. What say you?

As Emily Dickinson wrote, "I'm Nobody! Who are you? Are you - Nobody - too? Then there's a pair of us!"

BEV GUDANOWSKI  
UXBRIDGE

### Things that make you go "Hmmm..."

To the Editor:

Damn Democrats...yes, those same Democrats who have given us every social advance of the past 100 years, including, but not limited to: Social Security, Medicare, Medicaid, the minimum wage, 40-hour work week, Worker's Compensation, G.I. Bill of Rights, OSHA, the Equal Pay Act, the Civil Rights Act, are at it again. Those same Democrats are now trying to enact measures that will help stop the American carnage caused by guns. How dare those misguided do-gooders! Are they implying that the GOP's "thought and prayers" haven't worked? I recently learned that, if AR ownership is restricted, there will be a whole new set of victims. This heinous infringement will create a group of poor souls who, without AR-style rifles to protect themselves, will dissolve in a puddle of feminized testosterone (credit to Tucker Carlson), when attacked by South Dakotan prairie dogs. Even after undergoing testicular tanning! Without AR's, imagine the peril, if, as on January 6, the government were to attack its citizens again, in an attempt to end our democracy! Oh, it was the reverse? Never mind.

Lost in the conversation are the facts that 84 percent of voters, including over 75 percent of Republicans, and 82 percent of Independents, favor enhancing background checks, and other changes to gun laws. No one, but the purveyors of artificial discord, are talking about gun confiscation. But the NRA, who last year alone donated between \$1.2 and \$13.5 million dollars to each of 9 different Republican Senators, ensures that nothing gets done.

In full disclosure, I am not a Democrat. I am a registered Independent, and, loathe to admit, am a former Republican. I changed affiliation once the Koch brother's Libertarians took over the Republican Party. You know, the Libertarians who want to do away with Social Security, Medicaid and even the child labor laws. Take some time to research the Libertarian's social and legislative philosophy. Then tell me how well you sleep at night. Bottom line, I believe that the Democrats are inept, and the Republicans are corrupt, so I decided not to pick my poison.

From the Uxbridge Coven - "Bubble, bubble, toil and trouble." I must admit that without my Flash Gordon secret decoder ring, I had great difficulty with the non-sequiturs, contradictions, and 'mis,' if not 'dis' information submitted by another esteemed contributor. I was able to glean the following: she desires 'a respect for individual rights', yet her party wants to force women to

have unwanted children; she thinks that 'disinformation' is a form of dictatorship, yet pretty much states that while the January 6 committee hearings are going on, Congress isn't doing anything else. That statement, in itself, is the definition of 'disinformation' - as if our government can't walk and chew gum at the same time. The January 6 committee has only nine members, so there are over 500 Congresspersons remaining to do the government's work. "Doing nothing else" may stem from the dozens of Republican Congressmen who are busy dodging subpoenas, and hiding from their involvement in the attempted coup. Or stem from the other GOP stalwarts who are busying themselves voting against proposed bills: to fix the baby formula shortage, to extend child tax credits, to eliminate gas price gouging, to provide veteran cancer care, to ensure fair elections, to end domestic terrorism, and against forming an independent Jan 6 commission. She states that "easing current pains" should take priority over "focusing attention on something that happened 18 months ago". The following is a quote from Judge J. Michael Luttig, a prominent Republican conservative judge, who testified before the committee: "No American should turn away from Jan. 6, 2021, until all of America comes to grips with what befell our country that day, and we decide what we want for our democracy from this day forward."

As for "our seminal documents being rooted in Judeo-Christian philosophy", please let us know which ones, and provide examples. Do they include the ones that failed to abolish slavery, and only gave the vote to men who owned property? When you say "by a firm separation of powers enshrined in the Constitution which has offered protection for both aspects...", do you understand that "a firm separation of powers" refers to the tri-cameral structure of our government - the executive, judicial, and legislative branches, not 'both aspects' of church and state? But as she states, "concise, clear prose," with "no obfuscation."

Lastly, an opinion letter is not like an equation. There are no equal mathematical expressions. In the framework of any letter, a good writer has a purpose - the message he wants to convey; a scope - the limits of what he wants to cover; and a viewpoint - the audience he is addressing. My audience is those who have at least earned their high school diploma, not those who have received an 'honorary' one. "And your little dog too."

RICK BEVILACQUA  
WHITINSVILLE

# Shaking up your thought routine

Most of us have a daily routine. We get out of bed, make some coffee, have some food, go to work, come back home and do it all over again the next day.

In the same way that we have a daily physical routine, we also have a routine thought life. Because we are doing the same types of things every day, we also start thinking the same kinds of thoughts every day. These thought patterns become so ingrained into our minds that it's hard to think and feel differently. Our thought patterns become so strong that it usually feels impossible to change unless something terrible happens that forces us to change.

When we exercise the same parts of our brain every day, those parts become stronger, while the parts of our brain that we don't use become weaker.

I had a friend in college who said out loud several times a day, "I'm such a loser!" Despite his constant negativity, he was a good guy and very funny, but he had this habit of shouting negative things whenever anything inconvenient happened to him.

One time my dad came up to visit me at college. He and my dad got into a long conversation about positive thinking. During the conversation, my dad suggested that instead of telling himself negative things, he tried telling himself positive things. He responded, "Well, that would be a lie to do that. It's not how I truly feel; it feels unnatural even to consider it."

My dad shrugged and said, "I think if you forced yourself to do it, it would begin to feel natural."

There is a principle that Napoleon Hill wrote about in Think and Grow Rich called "Autosuggestion." He says, "Autosuggestion is the agency of control through which an individual may voluntarily feed his subconscious mind on thoughts of a creative nature, or, by neglect, permit thoughts of a destructive nature..."

Autosuggestion is a technique we have all used knowingly or unknowingly. When you affirm negative or positive thoughts, you're tapping into the principle of Autosuggestion.

When my friend from college constantly affirmed negativity, he was negatively using Autosuggestion.

One of the most basic ways to use Autosuggestion for good is to repeat positive affirmations.

There were times in my life when I felt overwhelmed; I'd catch myself saying, "I can't do this anymore!". I'd repeat it over and over unconsciously until I felt such despair it became hard to continue. I felt dysfunctional and unable to accomplish my dreams. Later, I decided to practice Autosuggestion. When I found myself in overwhelming situations, I started repeating, "I can do this; I have all I need to accomplish this and more." As a result, I became more productive, focused, competent, and less stressed.

Many studies have shown that if you positively use Autosuggestion, by repeating positive affirmations and removing negative ones, new thinking patterns will emerge; they'll become familiar and eventually become the dominant thoughts in your life.

I understand that Autosuggestion may not be for everybody. I was talking to a friend about this the other day, he wanted to change his thoughts, but he found it impossible. He said, "I've tried, but no matter what, my negative thought life takes over. I can't do it!"

I met a prominent person in the marketing world who used to have a lot of success as a child

Turn To **POSITIVELY** page **A9**

# The ups and downs of saltwater fishing



My granddaughter Andrea, my great granddaughter Eva, myself, and my great grandson Logan aboard my nephew's boat Fishnet Charters a couple of weeks ago. They all love to fish!

Saltwater fishing had its ups and downs this past week on all fronts. "You should have been here yesterday," was heard numerous times by local angler's fishing salt water for numerous species, including stripers and seabass. The canal was hot one day, and slow the next. Nothing has changed. It happens every year. You need to put your time in if you want to catch fish. My brother Ken and I made a trip to the Providence River last Friday, launching the boat at the Hanes park boat ramp. There was not a single car at the boat ramp when we arrived at 5 a.m., which did not look good.

The 25 hp motor was started at 5:30 a.m., and we cruised out to our fishing spot, watching for any signs of baitfish (porgies) to be exact. We had two rods that were equipped with snag hooks, in case a school was spotted. As we headed back towards one of our fishing spots my brother Ken hooked into a nice size bluefish. After a brief battle, the fish was boated and placed in the cooler, which was packed with ice. That is one fish that needs to be bled out and kept cold if you want one for the table. We soon spotted a small group of boats near what they call the windmill area, because of a half dozen windmills in the area.

As we approached the area, we could see that some of the anglers in the boats were in fact attempting to snag some porgies for bait. They were not doing very well, but we decided to hang around the area for a short time, hoping to see some action. Suddenly, my brother spotted a few rises from the bow of my boat

and informed me that he saw a few porgies break the water. We quickly cast our snag hooks in their direction, and we both hooked into one. Quickly placing the fresh caught porgie on our circle hook that was ready for action on another rod, the baitfish was allowed to swim away. I was watching my fish finder when suddenly the screen lit up showing a good school of bass down 10 feet under our boat.

"Get ready, Ken!" I shouted. I no sooner said that and a large striper was on the end of my brother's line. I suddenly felt a hard tug on my rod, and we both were fighting a good size bass. Both fish were boated after a 10-minute battle, but we thought we had a problem, because it looked as though they were over the limit allowed to retain. After measuring the two fish, our concerns were over, and we placed the two fish into the cooler. They both were just under the 35-inch limit. We decided to try catching some more porgies for another day's fishing when the outboard motor stopped. "OH, oh" were my first words out of my mouth. I lifted the gas tank and realized we were out of gas. Luckily, I had a spare tank that was full.

Quickly hooking the fuel line to the full tank, the motor quickly responded to the tank of somewhat fresh gas. My relief was short lived as the motor started to sputter and stopped. The tank was found in my shed a year ago, and I took the time to carefully clean it out before adding the new gas. Evidently, I did not do a good job. I got the motor started and we headed for home with my constant squeezing the ball to keep the gas flowing, and the motor running. I was sure glad to pull into the boat ramp. No tow job needed today!

After putting the boat on the trailer, I opened the cooler to admire our catch. It took the pain of the screwed-up motor out of my mind, and I realized we were lucky to make it back to the boat ramp. The joys of owning a boat! Contaminated gas can sure ruin a good day of fishing, but we were lucky on that day to come in on our own.

This week's picture shows Nate True with a monster striper he caught while fishing with his dad in one of the bays in Rhode Island last week. The fish is not the largest bass he has caught while fishing with his dad, and I am sure they will get bigger as the days and years go by. Captain Mel True often fished with his dad on my boat back when Mel, Jr. was

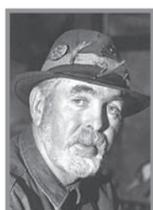


Courtesy

This week's picture shows Nate True with his 47-inch striper he caught, while fishing with his dad, Captain Mel True, Jr. last week in Narragansett Bay.

Nates age. He loved fishing then and loves it even more today. They will be making a lot of memories in the years ahead. Keep them rods bending!

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## POSITIVELY

continued from page A8

actor. Once he became an adult, the acting jobs became few and far between; this led him to many years of being very depressed. Eventually, he overcame his depression; he became a very positive, successful person in a completely different career.

How was he able to

do this? He developed a habit, every morning, of writing on paper ten things for which he is grateful. This habit helped him put things in perspective and caused negative thought patterns to die off. He replaced his negative thought patterns with gratitude.

Plenty of evidence shows that Autosuggestion and Gratitude are very effective

methods for changing your thought patterns. Try one or both; if you can do it for long enough, a new way of living will open up to you in a way you never thought possible.

Toby Moore is a columnist, the star of Emmy-Nominated *A Separate Peace*, and the CEO of *Cubestream Inc.*

# Tips to Grow Great Tomatoes

The taste of a garden tomato, warmed from the sun and plucked fresh from the vine, is a simple pleasure worth waiting all year for. While tasty tomatoes are undoubtedly the highlight of most backyard gardens, their sweet success can often be ensured with a few tricks of the trade. Read on for a compilation of tried and true tips:



TAKE  
THE  
HINT

KAREN  
TRAINOR

**Prep Plants:** Harden off tomato plants for a week to ten days before transplanting outside.

**Timely Transplants:** Transplant tomatoes in late afternoon for best results.

**Deep Seated:** Growing deep, extensive roots and full leaves will help establish newly transplanted tomatoes. Many experienced tomato growers pull off the first flowers, so the plant does not devote energy to forming fruit before its roots and foliage have filled out.

**Rotation Inoculation:** Expert growers claim insect infesta-

tion and plant disease is reduced if you never plant tomatoes in the same spot more than three years in a row.

**Mulching Mix:** Mulching is an important garden task and natural mulches such as straw, leaves, pine needles and dried grass all are beneficial to tomato plants.

**Warm Up To Cool Down:** Since mulch keeps the ground cool, it's important to wait until the ground soil warms to 65 degrees before laying the mulch.

**Companion Crops:** The plants in which tomatoes keep company with can affect their growth. Tomatoes like to grow near onions, parsley, chives, garlic, and carrots.

**Early Irrigation:** Water tomato plants early in the day to be sure leaves will be dry by nightfall

**Think Ahead:** Pound in stakes for future support at the same time you plant tomatoes. Waiting until later could the roots.

**Tie it Up:** Stake ties made of strips of old panty hose or lightweight fabric won't cut into plants

**Faded Flavor:** If your tomatoes are large, but lack flavor, over watering might be the culprit. \*\*

**Freezing Tomatoes:** If you're lucky enough to have too many tomatoes to use or give away at the end of the season, you might want to consider freezing them. Did you know it is possible to quickly freeze raw tomatoes without blanching them first? They can be frozen without their skins or frozen whole with their skins.

Note: Frozen tomatoes are best used in cooked foods such as soups, sauces  
Turn To **HINT** page **A13**

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# OBITUARIES

## Sandra M. Moody, 62



**WEBSTER** — Sandra M. (Sgariglia) Moody, 62, of Webster, died peacefully on Thursday, June 16, 2022, in her home. She is survived by four children, Angela M. Bernard of North Grosvenordale,

Dennis A. Bernard, Jr., of North Grosvenordale, Cole R. Bernard of North Grosvenordale, and Emily L. Moody of Webster; her father, Anthony E. Sgariglia Jr. of Oxford; two brothers, Anthony Sgariglia of Oxford and Michael Sgariglia and his companion Cindy Cormier of Auburn; her twin sister, Susan Saad of Oxford; her granddaughter, Mackenzie C. Bernard of North Grosvenordale; her sister-in-law, Tammy Sgariglia of Webster; her former husband, Dennis A. Bernard Sr., of North Grosvenordale; her second former husband, Lee C. Moody of Sturbridge; a close friend, Deborah Boucher of Worcester; and many nieces, nephews, and cousins. She was predeceased by a brother, Joseph Sgariglia

who died in 2022. She was born in Worcester, daughter of the late Judith B. (Holmes) Sgariglia, and lived in Webster for seven years. She graduated from Oxford High School in Oxford.

Ms. Moody was a teacher's assistant at the Chaffee and Clara Barton Schools in Oxford for 12 years. In addition, she worked at N&J Donuts with her twin sister for many years. She cared for her home and family when her children were young. Sandy loved crocheting, crafts, baking and refinishing furniture. She enjoyed researching her ancestry and always watched Facebook Marketplace for items that her friends and family might need. She enjoyed flower gardening and loved her cat, Harold. She will be best remembered for her kindness, her thoughtful caring ways, the selflessness she showed when helping others, and her loving heart.

Services will be held privately for her family. In lieu of flowers, memorial contributions may be made to the Wings Program, P.O. Box 29309, Chicago, IL 60629.

Paradis-Givner Funeral Home in Oxford is directing the arrangements.

## Save money by planting flower seeds directly in the garden

Don't worry if you have already spent most of your plant budget for the year. Fill voids in your gardens and containers with heat tolerant annuals planted from seeds directly in the garden.

Zinnia and marigolds are traditional favorites often started from seeds planted directly in the garden. These germinate quickly and begin flowering in about eight weeks.

Zinnias are heat and drought tolerant once established. The Profusion series are compact, disease resistant, and produce flowers early and all season long. The Zahara series of zinnias are also heat and drought tolerant and resistant to leaf spot and mildew. Zinnias have excellent pollinator appeal and make great cut flowers.

Moss rose's drought tolerance makes it an excellent choice for sandy, gravelly, and rocky areas. The fine seeds make it a bit more challenging to plant. Try mixing the seeds with sand to help distribute the seeds more evenly. Look for varieties like Afternoon Delight and the Happy Hour and Sundial series with flowers that open earlier or stay open later in the day, extending your enjoyment.

Cleome is a big annual that can easily fill the space between those small, newly planted shrubs. It prefers full sun and moist well-drained soil but will tolerate dry conditions. Thin seeds so the final spacing of plants is between 1 to 3 feet. The more space, the fuller and bushier the plant. These plants reseed readily so watch for volunteer plants in next year's garden.

Sunflowers are commonly started from seeds in the garden. You will find single and double flowered varieties ranging in height from 18 inches to 12 feet or more. Stagger your planting to extend the bloom time. Plant seeds every two weeks, so you have lots of fresh flowers to enjoy. Just check the seed packet for the number of days from planting until flowering. Make sure your last planting has time to reach maturity and bloom before the end of your growing season.



All-America Selections — Courtesy

Sunflowers, like Suntastic Jaune Coeur Noir, are commonly started from seeds in the garden.

Mexican sunflower is not as well known as the common sunflower but is just as welcome in the garden. The bright orange flowers combine nicely with yellow, blue, and purple flowers and attract butterflies and other pollinators to the garden. Grow these in a sunny area with well-drained soil. Avoid windy locations that may cause the brittle stems to break. Give this big plant plenty of room to reach its mature size. Mexican sunflower grows four to six feet tall and two to three feet wide. Fiesta del Sol and Goldfinger are shorter varieties that are a better fit for smaller spaces.

Check the seed packet for more details on planting seeds of these and other flowers directly in the garden. With proper planting and care you will have lots of flowers to enjoy this season.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* DVD series and the nationally-syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

GARDEN MOMENTS  
.....  
MELINDA MYERS



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## LEGALS

**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
**Worcester Division**  
**Docket No. WO22P1952EA**  
**Estate of:**  
Theresa M Montville  
**Date Of Death: April 11, 2022**  
**INFORMAL PROBATE**  
**PUBLICATION NOTICE**

To all persons interested in the above-captioned estate by Petition of Petitioner **Donna M Lariviere of Northbridge MA**

a Will has been admitted to informal probate.

**Donna M Lariviere of Northbridge MA**

has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal 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 interested parties 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. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representative appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

June 24, 2022

**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. WWO22P12059EA**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Andrew J Clain  
**Date of Death: 07/07/2007**

To all interested persons:

A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed

by **Laurel A Clain of Uxbridge MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that **Laurel A Clain of Uxbridge MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **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 07/12/2022**. 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: June 14, 2022

Stephanie K. Fattman,  
Register of Probate  
June 23, 2022

**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. WWO22P1990EA**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Estate of:

Michelle Ann Sanchez  
**Also known of:**  
Michelle A Sanchez  
**Date of Death: 04/21/2022**

To all interested persons:  
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by

**Pauline A Welsh of Bellingham MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that

**Pauline A Welsh of Bellingham MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **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 07/19/2022**. 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: June 16, 2022

Stephanie K. Fattman,  
Register of Probate  
June 24, 2022

**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. WWO22P1990EA**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Estate of:

Michelle Ann Sanchez  
**Also known of:**  
Michelle A Sanchez  
**Date of Death: 04/21/2022**

To all interested persons:  
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by

**Pauline A Welsh of Bellingham MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that

**Pauline A Welsh of Bellingham MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **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 07/19/2022**. 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: June 15, 2022

Stephanie K. Fattman,  
Register of Probate  
June 24, 2022

**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. WO22P2080EA**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Adeline Desmarais  
**Date of Death: 04/019/2022**

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by

**Lisa M Dumas of Bellingham MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that

**Lisa M Dumas of Bellingham MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **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 07/19/2022**. 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: June 16, 2022

Stephanie K. Fattman,  
Register of Probate  
June 24, 2022

**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. WWO22P1990EA**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Estate of:

Michelle Ann Sanchez  
**Also known of:**  
Michelle A Sanchez  
**Date of Death: 04/21/2022**

To all interested persons:  
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by

**Pauline A Welsh of Bellingham MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that

**Pauline A Welsh of Bellingham MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

**IMPORTANT NOTICE**

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WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: June 16, 2022

Stephanie K. Fattman,  
Register of Probate  
June 24, 2022

**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. WWO22P1990EA**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Estate of:

Michelle Ann Sanchez  
**Also known of:**  
Michelle A Sanchez  
**Date of Death: 04/21/2022**

To all interested persons:  
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by

**Pauline A Welsh of Bellingham MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that

**Pauline A Welsh of Bellingham MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

**IMPORTANT NOTICE**

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WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.  
Date: June 15, 2022

Stephanie K. Fattman,  
Register of Probate  
June 24, 2022

# UXBRIDGE FREE PUBLIC LIBRARY

15 North Main St., Uxbridge  
www.uxbridgelibrary.org  
508-278-8624, ext. 100

Mon & Thurs: 10am-8pm, Tues & Wed:  
10am-5:30pm, Fri: 9am-2pm (Closed on  
Saturdays in the Summer)

## July 2022 Programs

It's summer camp at the Uxbridge Free Public Library! This year, join us as we Read Beyond the Beaten Path with a summer reading program that celebrates the great outdoors. Whether you're hiking, birdwatching, or beachcombing, a world of adventures awaits you this summer! Our Summer Reading program is open to readers of all ages. Using the Beanstack app, you can track your reading progress, complete fun activities, and participate in summer reading whether you're at home or on-the-go. Our summer reading program starts on June 30th. Visit [uxbridgelibrary.beanstack.org](http://uxbridgelibrary.beanstack.org) or download the Beanstack app and search for Uxbridge to register.

## Adult Programs

Mindfulness Meditation - Thursdays,  
July 14 and 28 at 6pm

Mindfulness is the energy and continuous practice of being aware and awake to the present moment. In this hour-long workshop, you will practice mindful sitting meditation, mindful walking meditation, and mindful breathing in the tradition of Thich Nhat Hanh. Registration is required, please visit our website calendar to register and to learn more about the topic of each session. This program is sponsored by the Board of Library Trustees.

Gentle Flow Yoga - Mondays, July 11,  
18, and 25 at 7pm

Join Michelle Forest, a 200HR registered yoga teacher, for a gentle yoga class at the library! Michelle's gentle yoga class combines creative and balanced movements which connect to a theme to help you deepen your practice. Beginners are encouraged and always welcome to attend! Registration is required, please visit our website calendar to register. This class is sponsored by the Board of Library Trustees.

Book-a-Librarian - Wednesdays from  
2:30pm-4pm

Need help downloading e-books and audiobooks on your tablet, using online databases, or setting up an email account? Book up to thirty minutes with a librarian for tech assistance. Registration is required, please contact the library at 508-278-8624 x100 or visit our website calendar to register

Cardmaking Hands-On Workshop -  
Thursday, July 14 at 6:15pm

Learn about the paper craft of making greeting cards for family and friends with our staff member, Susan. Go home with a couple of your own unique creations. Registration is required, please visit our website calendar to register. This class is sponsored by the Friends of the Uxbridge Free Public Library..

PopUp Library at the Senior Center -

Thursday, July 7 and 21 at 11:30am

Coming now to the Uxbridge Senior Center... is the PopUp Library! Stop by during the lunch meal program to sign up for a library card, browse an assortment of books, and learn what your librarians are up to! Please contact the Senior Center at 508-278-8622 to reserve your lunch for these days.

Senior Center Book Club - Tuesday,  
July 12 at 1pm

At the July meeting of the Senior Center Book Club, we will be discussing The Paper Palace by Miranda Cowley Heller. While staying at "The Paper Palace" — the family summer place she has visited every summer of her life, 50-year-old Elle must decide between the life she has built with her husband and the life she always imagined she would have had with her childhood love.

Historical Fiction Book Club -  
Tuesday, July 19 at 3:30pm

At the July meeting of the Historical Fiction Book Club, we will be discussing Orphan Train by Christine Baker Kline. Close to aging out of the foster care system, Molly Ayer takes a position helping an elderly woman named Vivian and discovers that they are more alike than different as she helps Vivian solve a mystery from her past.

Bookies Book Club - Monday, July 25  
at 6:30pm

Be part of the conversation — we'll be choosing our July Bookies Book Club selection at our June meeting. Visit our website or contact the library for more information.

## Youth Programs

Baby Storytime Ages 0-2 years  
(Mondays at 11am)& Toddler/Preschool  
Storytime

Ages 2-3 years (Wednesdays at 11am)  
Have fun with your children during our weekly storytimes, as you engage in songs, rhymes, stories, and movement. This encourages language development, social, and listening skills. Registration is required. The program will move indoors in inclement weather.

Crafty Wednesdays - Mornings and  
Afternoons

Get crafty and creative with your kids every Wednesday! Improves coordination, fine motor skills, and encourages creativity. Alternatively, we will have some crafts ready to go as Take-Homes.

Music and Movement with Deb  
Hudgins - Friday, July 8 at 11am

Join Deb Hudgins as she leads a fun-filled, theme-based program with songs, rhymes, dancing and more!. Registration is required. Brought to you by the Board of Library Trustees. The program will move indoors in inclement weather.

Little Lotus Yoga with Lindsey -  
Mondays, July 11, 18, & 25 at 4pm

Join Lindsey to practice yoga postures and mindful activities which will help you relax, lessen anxiety, and teach young ones to find their calmness.

## MILLBURY SENIOR CENTER

UPCOMING SUMMER CONCERTS  
The Millbury Senior Center  
Announces...

Thursday, July 14th, 6 – 8 P.M.  
4 Ever Fab "A Beatles Tribute Band"

Join us in the Senior Center Garden  
These events will be held rain or  
shine, bring your lawn chairs!

COMPUTER / CELL PHONE  
CLASSES

Every Monday 2:30 P.M. – 3:30 P.M.  
Will coordinate day. If you need help  
or have questions on how to use your  
devices  
Call the center to RSVP 508-865-9154

HERBERT BERG FLORIST  
ARRANGMENT CLASS

3RD Thursday of each month at 2  
P.M.

Take home a Floral arrangement that  
you create!

Cost is \$15 includes all materials and  
class

Price may vary based on project  
Minimum of 15 people

Call or stop by the center to RSVP a  
week before classes 508-865-9154

Worcester County Sheriff's House  
Numbering Program

Designed to assist emergency personnel  
in locating homes!

Will create a custom wooden house  
number sign Free of Charge!

If interested come by the Senior  
Center or call us at 508-865-9154

Meet with a representative  
from Senator Moore's office!

Monday, July 18th  
One Wednesday every month between  
11 – 12 P.M.

All are welcome to meet and discuss  
issues of importance or looking for  
assistance

Any questions please call 508-865-9154

COVID-19BOOSTERAPPOINTMENT  
ASSISTANCE

We will assist Millbury Senior residents

If you do not have access to a computer  
and need help scheduling an appointment

ment for the Booster  
Please call the center at 508-865-9154

SENIOR WORK – OFF PROGRAM  
For Eligible seniors, 60 or older that  
are residents of Millbury

Receive up to \$1,500 per year that can  
be used to pay real estate property tax

In return for voluntary service at a  
town department

For more information or to pick up  
an application please call the center at  
508-865-9154

SENIOR CENTER EXERCISE  
CLASSES!!

LIGHT EXERCISE CLASSES  
Mondays and Fridays 9:30 A.M. – 10:15  
A.M. (Free!)

TAI CHI  
Tuesdays 9:30 - 10:30 A.M. (class is \$3)

YOGA  
Thursdays 9 – 10 A.M. ( Class is \$3)

SENIOR CENTER ACTIVITIES!

WII BOWLING  
Mondays at 12:30 P.M.

MAHJONG  
Mondays at 12:45 P.M.

BLOOD PRESSURE CLINIC  
Every Tuesday from 9 A.M. - 10 A.M.

CRIBBAGE  
Tuesdays at 1 P.M.

SOCIAL BINGO  
Wednesdays at 1 P.M.

Bring your pennies!

PITCH  
Thursdays at 1 P.M.

DULL MENS CLUB  
Thursdays at 10 – 11 A.M.

No reservations required for any of  
our activities or exercise classes!

Lunches are served Monday through  
Friday 12 P.M. at the Senior Center

The menu is available on the town  
website, [www.townofmillbury.org](http://www.townofmillbury.org)

Or our Millbury Senior Center  
Facebook page.

A 48 hour reservation is required.

Millbury Senior Center  
Transportation

Transportation is provided for  
Millbury Senior Residents

Monday through Friday from 9 A.M.  
to 3 P.M.

Registration is required. Brought to  
you by the Board of Library Trustees.

Lego Club - Drop-in on Tuesdays from  
4pm-5pm

Lego Club is drop-in style. The  
library will provide all materials for  
the kids to exercise their imagination,  
creativity, social skills, and sportsman-  
ship. We will display the creations for 1  
week when it will be rotated back to the  
bins to create again the following week.  
Ages 5y-10y

Library Lawn Games - Fridays  
11am-1pm

From July 1 - September 2, stop by  
the library on Fridays from 11am-1pm  
(weather permitting) to play some fun  
outdoor games! We'll have Cornhole,  
Jumbo Jenga, and Mulkky. Library  
Lawn Games are fun for all ages and  
everyone is welcome to come and play!

Making n' Baking Virtual Mug Meal -  
Thursday, July 7 at 6pm, Ages 8+

Encouraging kids' confidence and  
knowledge in the kitchen. Mixing math,  
stirring in science, and cooking up culture!  
Foster their independence while  
satisfying their hunger with meals they  
can create on their own. Please join  
Chef Julie Manning at Simply Focused  
Coaching to learn how to use simple  
ingredients to make healthy desserts  
and meals. We will be making Nut  
Butter Honey Granola Bars. This event  
will take place virtually. Registration  
is required. You will receive an email  
with the Zoom link and recipe list closer  
to the event. Brought to you by the  
Board of Library Trustees.

Introduction to American Sign  
Language for Families - Thursdays,  
July 7, 14, 21, 28 at 3:30pm

This program runs for 6 consecutive  
weeks for families who would like to  
learn beginner ASL. Each class builds  
upon the prior one. At the end of 6  
weeks, children, teens, and caregivers  
will be able to sign the alphabet, greet  
others, learn food related signs, express  
emotions and feelings, learn numbers  
and tell time. Come join Emily Cole to  
learn and practice ASL! 1 adult plus 2  
kids (ages 0-10) per family. Registration  
is required. The program will be under  
a tent but will move indoors in inclement  
weather.

Read Around Uxbridge is at Sunburst  
Blueberry Farm - Tuesday, July 12 at  
10am

Enjoy a Storywalk featuring the classic  
book Jamberry and visit the stables  
across the street at your leisure. Meet  
the horses and enjoy a free pony ride.  
Registration is required for the pony  
ride — see our website for more  
information. Sunburst Blueberry Farm  
is located at 44 Rawson St, Uxbridge,  
MA. Parking is available at the farm  
and at the stables. In the event of rain,  
this program will be canceled. Hosted  
by Beginning Bridges CFCE and the  
Uxbridge Free Public Library.

Robotics Interactive Exhibition -  
Tuesday, July 12 at 12:00-3:30pm

BVT Robotics Team will be co-host-

We travel one town out in each direction  
including Sutton, Grafton, Auburn  
and Worcester

A 48 hour notice is required for scheduling  
rides (business days)

Rides are free until January 1st

For more information or to schedule  
transportation call the center at  
508-865-9154

"MEMORY CAFÉ"

Please join us on Tuesday, June 28th  
2 - 3:30 P.M.

A Memory Café is a monthly gathering  
for people with memory loss/  
challenges

and their care partners. It is a time  
to socialize, make new friends, have  
a good time and enjoy some refreshments!

We are also looking for volunteers to  
assist with this program!

Our Outreach worker, Julie  
Fitzgerald, is happy to answer

any questions, call to RSVP 508-865-  
9154!

Millbury Friendly Visitor Program

Our Friendly Visitor Program is now  
being provided by telephone

Volunteers call clients to check in  
with them, chat and hear a friendly  
voice

For more information on coordinating  
a Friendly visitor

Call the center at 508-865-9154

SNAP APPLICATIONS (Food  
Stamps)

Our appointments are on Tuesdays &  
Thursdays 10 A.M. – 2:00 P.M.

Call for an appointment & required  
documentation

508-865-9154

"This project has been funded at least  
in part with Federal Funds from USDA.

This institution is an equal opportunity  
provider

The SNAP Logo is a service of the U.S.  
Department of Agriculture.

USDA does not endorse any goods,  
services or enterprises."

ing an interactive robotics demonstration  
for kids. There will be mini-robots to  
navigate through an obstacle course  
controlled by you! Can you do it?!  
Registration is required.

Mason Jar Dragon or Fairy  
Silhouettes Lanterns - Wednesday, July  
20 at 4pm

We'll be designing mason jars with  
fairies or dragons lit up by solar lights  
inside. You can hang them in your  
garden, your room, your porch or deck...  
or anywhere you want to add some  
lighting. For children ages 8+. Registration  
is required.

Virtual Fortnite Tournament -  
Monday, July 25 at 6pm

We are partnering with One Up  
Games for another Fortnite tournament  
that will be Zero-Build Solos!  
Open to children ages 8+, the entire  
event will consist of FOUR games with  
short breaks in between each game.  
Platforms include Xbox One / Series X,  
PlayStation 4 / 5, Nintendo Switch, or  
PC, and participants will need a Discord  
account. Registration is required. After  
registration you will receive a confirmation  
email a few days prior to the event with  
instructions on how to join and queue  
up for your matches. Brought to you  
by the Board of Library Trustees.

Read Around Uxbridge is at West Hill  
Dam - Tuesday, July 26 at 10am

Join us in learning about rocks  
through storytelling and by exploring  
the wonders of West Hill Dam. A take-  
home activity will also be provided.  
Please bring extra water as water is not  
available at the park. Dress accordingly.  
There is plenty of available parking at  
518 E. Hartford Avenue in Uxbridge.  
Hosted by Beginning Bridges CFCE and  
Uxbridge Library. In the event of rain,  
this program will be canceled.

DIY Stress Balls - Wednesday, July  
27 at 4pm

Stress balls have a range of emotional  
and physical benefits from tension  
release to mood enhancement. An added  
bonus is fun when kids make them  
for themselves or friends! For children  
ages 8+ Registration is required.

Teen Book-In-A-Bag

"Book in a Bag " is a teen subscription  
book program for ages 13+. Each  
month teens can sign up for the program  
where they will know the theme of the  
month chosen for the books, which will  
be checked out for 1 month, and placed  
in their choice of a tote or drawstring  
backpack, theirs to keep, with a bag  
of popcorn, and a motivational poster,  
Zentangle art, or a Gaming poster, and  
a surprise item inside. This month's  
theme is Fantasy — teens can pick up  
their book from July 1-15. Registration  
is required.

Henna Design for Teens! - Thursday,  
July 21 at 6pm

Henna, a plant-based dye that safely  
stains the skin for 1-2 weeks that is a  
popular art form among teens. Henna  
by Jen will turn your hands into a  
work of art on the back of your hands  
using an all-natural henna paste. The  
henna design will last approximately  
1-2 weeks. Participation of this program  
is limited to students entering  
grades 6 through 12. Space is limited —  
registration is required. Parents must  
sign a permission form to allow teens  
to participate. Brought to you by the  
Board of Library Trustees.

Teen Game Night - Thursday, July 28  
at 6pm Drop-in!

We have many new board games  
for you to try out in the YA Room.  
Exploding Kittens, Betrayal at the  
House on the Hill, Pandemic, Wingspan,  
King of Tokyo, Disney Villainous, Azul,  
Sagrada, and more!

*Kevin Burokas graduates  
from the University of  
Hartford's The Hartt School*

WEST HARTFORD, Conn. — Kevin  
Burokas of Northbridge graduated from  
the University of Hartford in May of  
2022.

Kevin earned their Diploma in Viola  
Performance.

Congratulations to Kevin and the  
entire UHart Class of 2022!

Spread across seven dynamic schools  
and colleges, the University of Hartford  
has been guiding the purpose and passion  
of students for over six decades. On our  
350-acre campus alongside Connecticut's  
capital city, approximately 5,000 undergraduate  
and 1,500 graduate students from 48 states  
and countries come together for a common  
purpose: to collaborate across different  
disciplines, diversify perspectives, and  
broaden worldviews. We're a four-year  
private university focused on advancing  
the public good through meaningful  
connections within our communities. Our  
unique approach to comprehensive  
education gives us the critical perspectives  
that lead to impactful change, regionally  
and beyond. With degree programs  
spanning the arts, humanities, business,  
engineering and technology, education,  
and health professions, we focus on doing  
the work that matters. Visit [www.hartford.edu](http://www.hartford.edu) for more information.

# Blackstone Valley Tech announces scholarships & awards

UPTON – The Blackstone Valley Vocational Regional School District is proud to announce its class of 2022 scholarship and award recipients.

As BVT's newest graduates prepare to advance their career training, awards totaling nearly 11 million in renewable value are a catalyst allowing its recipients the financial freedom to implement their career plans across various pathways.

“Some students use financial aid to cover tuition at colleges or universities, while others purchase new tools, clothing, and equipment to launch their careers,” said Superintendent-Director Dr. Michael F. Fitzpatrick. “The assistance of these scholarships and awards set our graduates in motion toward a bright future to contribute as well-trained, educated, and skilled members of the workforce.”

The following is a list of the scholarships and awards earned by members of the Class of 2022, including immediate plans for career training. Students are categorized by town and listed alphabetically by last name. Scholarship amounts reflect the first-year total. For more details, visit [www.valleytech.k12.ma.us/scholarshiprecipients2022](http://www.valleytech.k12.ma.us/scholarshiprecipients2022).

**BLACKSTONE**  
Abrants, Madison – Bridgewater State University (Elementary Education)

Crimson Merit Scholarship: \$5,000.00  
John & Abigail Adams Scholarship: \$970.00

Atkins, Owen – Western New England University (Mechanical Engineering)

ANP Blackstone Energy Company Scholarship: \$500.00

Atstupenas, Allana – Culinary Institute of America (Food Business Management/Pastry Arts)  
CIA Bachelor's Earn & Learn Scholarship: \$3,000.00  
CIA Early Application Award: \$4,500.00  
CIA Excellence Award: \$12,000.00  
CIA Recognition Award: \$1,000.00  
Mathew L. Fleming Memorial Award: \$200.00  
CIA Grant: \$1,000.00

Atstupenas, Kendra – Ithaca College (Occupational Therapy)  
Ithaca College Grant: \$6,100.00  
Ithaca College Scholarship: \$27,000.00  
James Sochia Memorial Award for Tools: \$500.00  
Ithaca College Residential Experience Scholarship: \$2,000.00

Bouchard, Isabella – Salem State University (Nursing)  
Viking Grant: \$1,000.00  
Grant: \$1,800.00

Buehler, Grace – University of Massachusetts-Amherst (Marketing)  
  
John & Abigail Adams Scholarship: \$1,714.00

Buteau, Jane – Worcester State University (Nursing)  
Worcester State University Grant: \$10,000.00  
Blackstone Lions Club Scholarship: \$500.00

Claro, Anna – Wentworth Institute of Technology (Architecture)  
Wentworth Presidential Scholarship: \$18,500.00

Cook, Leah – United States Air Force Academy (Aeronautical Engineering)

Class of 2021 Scholarship: \$500.00  
Corp. John Dawson Memorial Award: \$500.00  
Student Council Scholarship: \$300.00  
Valley Tech School Committee Academic Award: \$200.00  
United States Air Force Academy Scholarship: \$416,000.00

Goyer, Kaitlyn – Baylor University (Biology, Pre-med Track)  
Baylor Excellence Award: \$56,000.00

Hanson, Katelyn – Quinsigamond Community College (Nursing)  
Milford Lions Club Scholarship: \$1,000.00

Hayward, Joshua – Rochester Institute of Technology (Computer Information Services)  
Rochester Institute of Technology Grant: \$12,000.00

Huff, Alyssa – The University of Alabama (Communications)  
Stoney Brook Grant: \$500.00

Konicki, Andrew – Bryant University (Marketing)  
Bryant University Scholarship: \$25,000.00

Matson, Connor – American International College (General Business)  
Athletic scholarship: \$5,000.00  
BVT Teachers Association - Richard Bernard Scholarship: \$500.00  
Presidential Scholarship: \$25,000.00

Mezzadri, Alexander – Medway Oil & Propane (Employed, Assistant Service Technician)  
James Franklin Memorial Award: \$300.00

Penta, Kyle – Embry-Riddle Aeronautical University-Daytona Beach (Aeronautical Science)  
Big Y Scholarship for Academic Excellence: \$1,000.00  
NHS Scholarship: \$500.00  
Provost Scholarship: \$12,000.00  
Woonsocket Teachers Union Scholarship: \$500.00

Rogers, Katherine – University of Rhode Island (Criminal Justice/Criminology)

University of Rhode Island Presidential Scholarship: \$15,000.00

Simpson, Mandolin – University of New Hampshire (Biomedical Sciences/Biotechnology)  
NSDC Award - Academic Growth and Student Leadership Award: \$200.00  
Trustee's Scholarship: \$12,000.00

Sprague, Krystal – Bridgewater State University (Elementary Education Special Education)

ANP Blackstone Energy Company Scholarship: \$500.00

**D O U G L A S**  
Aquilino, Sophia – Wentworth Institute of Technology (Biomedical Engineering)  
Early Action Scholarship: \$1,000.00

Wentworth Fund: \$800.00

Beahn, Zoey – University of South Carolina-Columbia (Marine Science)  
US Veterans Motorcycle Club Scholarship: \$500.00  
USC Presidential Scholarship: \$10,000.00

Bellefleur, Mark – Assumption University (Political Science Law)

Assumption University Grant: \$20,000.00

Chrul, Joshua – Kearn's Collision Repair (Employed, Automotive Collision Technician)  
Town Fair Tire Foundation - Toolship Scholarship: \$500.00

Furno, John – Franklin Pierce University (Criminal Justice)  
Athletic scholarship: \$54,500.00

Hughes, Jordan – Hampshire College (Creative Writing & Film Studies)  
Hampshire College Scholarship: \$24,000.00

Jones, Brennan – Quinsigamond Community College (Mechanical Engineering)  
Gene Haas Foundation Machining Technology Scholarship: \$2,500.00

Levesque, Alexis – Massachusetts College of Pharmacy and Health Sciences (Dental Hygiene)  
Presidential Award: \$18,000.00  
Rita D. Skinner EMT Scholarship: \$500.00

Morin, Kymber – University of South Florida-Main Campus (Health Sciences)  
  
Rita D. Skinner EMT Scholarship: \$500.00

Morrissey, Erin – Suffolk University (Political Science)  
First-generation college student Scholarship: \$1,000.00

Muscattell, Dominic – University of Maine (Civil Engineering)  
Merit Scholarship: \$20,000.00

Payne, Guenevere – New England Institute of Technology (Interior Design)  
Dean Bank Scholarship: \$500.00  
NEIT Grant: \$1,600.00

Payson, Sophia – K a d a n t Solutions Division (Employed, Welder)

Town Fair Tire Foundation - Toolship Scholarship: \$500.00

Provost, Lindsey – University of New England (Medical Biology, Pre-PA Track)

Bellingham Police Association: \$500.00  
Presidential Scholarship: \$22,000.00  
Rita D. Skinner EMT Scholarship: \$500.00

Schilling, Alyssa – Salve Regina University (Biology)  
Cliff Walk Award: \$6,500.00  
Presidential Scholarship: \$21,000.00

Tyra, Tatiana – University of Massachusetts-Amherst (Kinesiology)

Herman Buma Memorial Scholarship: \$500.00  
Rita D. Skinner EMT Scholarship: \$500.00

Wheeler, Bryan – Worcester Polytechnic Institute (Electrical & Computer Engineering)  
Merit Scholarship: \$21,000.00  
Project Lead the Way Scholarship: \$20,000.00

**G R A F T O N**  
Alessi, Meghan – High Point University

(Molecular Biology)  
Leadership Fellowship: \$6,500.00  
Presidential Scholarship: \$25,000.00

Bayreuther, Stephen – West Virginia University (Electrical / Mechanical Engineering)  
Gene Haas Foundation Machining Technology Scholarship: \$2,500.00  
MSS Scholarship: \$2,000.00

Conkey, Emma – Keene State College (Safety & Occupational Health)

Grafton Lions Club Scholarship: \$1,000.00

Consuegra, Baraka – University of Maine (Mechanical Engineering)  
MA Flagship Scholarship: \$17,147.00

Corbett, Andrew – University of Massachusetts-Amherst (Computer Science)  
John & Abigail Adams Scholarship: \$1,714.00

Linton, Harrison – University of Massachusetts-Amherst (Mechanical Engineering)  
Dell Scholarship \$1,000.00

McCann, Maggie – Wentworth Institute of Technology (Mechanical Engineering)  
Co-op Scholarship: \$7,500.00  
Early Action Scholarship: \$1,000.00  
Gene Haas Foundation Machining Technology Scholarship: \$2,500.00  
Leopard Pride Scholarship: \$2,500.00  
Wentworth Presidents Award: \$18,500.00  
Lenze Americas of Uxbridge Scholarship: \$500.00

McDonald, Noelle – University of Pittsburgh-Pittsburgh Campus (Molecular Biology)  
University Academic Scholarship: \$15,000.00  
Valley Tech School Committee Vocational Award: \$200.00  
National Honor Society Scholarship: \$500.00

Roban, Samaha – University of Massachusetts-Amherst (Health Sciences & Public Health)  
John & Abigail Adams Scholarship: \$1,714.00

Vaz, Celine – Seeking employment in the IT field (Information Technology Technician)  
Andrew J. Simmler Memorial Scholarship: \$500.00

Yitts, Sofia – Culinary Institute of America (Culinary Arts & Food Business Management)  
2022 MRAEF/NRAEF Co-branded Scholarship: \$2,500.00  
CIA Alumni Referral Scholarship: \$1,000.00  
CIA Bachelor's Earn & Learn Scholarship: \$3,000.00  
CIA Early Application Award: \$1,000.00  
CIA Excellence Award: \$12,000.00  
CIA Recognition Award: \$1,500.00

**M I L F O R D**  
Allemao, Morgan – Wentworth Institute of Technology (Computer Engineering)  
Presidential Scholarship: \$30,000.00

Awuku-Asante, Joel – Princeton University (Electrical Engineering)  
MVA Outstanding Vocational Student Award: \$200.00  
Princeton University Grant: \$50,100.00

Balducci, Heather – Massachusetts College of Pharmacy and Health Sciences (Dental Hygiene)  
Presidential Scholarship: \$18,000.00

Ferreira, Brianna – University of Massachusetts-Boston (Nursing)  
Dean Merit Scholarship: \$7,000.00

Goncalves, Bruno – Blasius Auto Group (Employed, Automotive Technician)  
Andrew J. Simmler Memorial Scholarship: \$500.00  
John Lachapelle Memorial Award: \$600.00  
Mass. Gas Collectors Association David Millard Memorial: \$200.00  
VTC Memorial Scholarship: \$1,000.00

Haley, Ashley – Bridgewater State University (Psychology)  
BVT Teachers Association Scholarship: \$250.00

Leet, Gianna – Rhode Island School of Design (Graphic Design)  
RISD Scholarship: \$33,000.00

McNamara, Connor – Millibar Inc. (Employed, Machinist)  
VTC Memorial Scholarship: \$1,000.00

Miano, Benjamin – Worcester State University (Criminal Justice)  
Upton Police Association Scholarship: \$500.00

Paine, Daniel – Springfield College (Exercise Science)  
Springfield College Trustee Scholarship: \$25,000.00

Plante, Megan – Keene State College (Nutrition)  
KSC President Scholarship: \$6,500.00

Shipperd, Alec – Braza & Mancini Electrical Company (Employed, Electrical Apprentice)

James Brochu Memorial Scholarship: \$425.00

**M I L L B U R Y**  
Allain, Julia – Quinnipiac University (Nursing)  
Andrew Cocaine Memorial Scholarship: \$1,000.00  
Quinnipiac Presidential: \$28,000.00  
BBB Barbara Sinnott Scholarship: \$1,000.00  
Hanover Foundation Scholarship: \$1,000.00

Beaudoin, Logan – Worcester State University (Communication)  
Robert Goddard Achievement Scholarship: \$17,000.00

Brouillard, Gabriella – Assumption University (Nursing)  
Presidential Scholarship: \$23,000.00

Cashman, Morgan – Rochester Institute of Technology (Advertising Photography)  
Homefield Credit Union Scholarship: \$500.00  
Rochester Institute of Technology DLP: \$10,000.00  
Rochester Institute of Technology Presidential Scholarship: \$16,000.00

Drapeau, Julia – University of Massachusetts-Amherst (Biology)

IBA Robert J. Belsito Memorial Scholarship: \$2,000.00  
John & Abigail Adams Scholarship: \$1,714.00  
MSA A Student Achievement Award: \$500.00

Farquhar-Alarie, Jeffrey – Bridgewater State University (Criminology)  
William D. Ford Grant: \$9,500.00

Forget, Madison – Bridgewater State University (Theater Education)  
Presidential Scholarship: \$10,732.00

Kenary, Jenna – Massachusetts College of Art and Design (Architecture)  
John & Abigail Adams Scholarship: \$1,030.00

Krause, Aivrielle – University of Massachusetts-Amherst (Public Health)  
John & Abigail Adams Scholarship: \$1,714.00  
Marcelyn Karagosian Memorial Scholarship: \$500.00  
UMass Amherst Grant: \$5,500.00

Lapointe, Cordillia – University of Rhode Island (Mechanical Engineering)

Gene Haas Foundation Machining Technology Scholarship: \$2,500.00  
University of Rhode Island Grant: \$25,591.00

Marnell, Trout – Wentworth Institute of Technology (Electrical Engineering)  
  
Presidential Scholarship: \$17,000.00

Moore, Seth – University of Massachusetts-Amherst (Life Sciences/Biology)  
John & Abigail Adams Scholarship: \$1,714.00

Noel, Paul – Precision Heating & Cooling (Employed, HVAC Service Technician)

James Franklin Memorial Award: \$300.00

O'Leary, Thomas J. – Worcester Polytechnic Institute (Computer Science)  
Presidential Scholarship: \$21,000.00

Perrotta, Katherine – Montserrat College of Art (Illustration)  
Presidential Scholarship: \$19,000.00

Rose, Anthony – Rochester Institute of Technology (Computer/AI Engineering)  
RIT presidential scholarship: \$16,000.00

Santon, Leah – University of Maine (Education)  
University of Maine Grant: \$22,000.00

Shum, Isabelle – University of California-Los Angeles (Biology, Pre-med Track)  
Class of 2021 Scholarship: \$500.00  
Marcelyn Karagosian Memorial Scholarship: \$500.00

**M I L L V I L L E**  
Dehestani, Myra – Bridgewater State University (Biology)  
Mendon Lions Scholarship: \$1,000.00  
MVA Non-Traditional Student Award: \$200.00  
The Paul Tsongas Scholarship: \$10,732.00

Humphries, Logan – University of Rhode Island (Communication Sciences & Disorders)  
Clarice Daniels Southwick Scholarship: \$500.00

Jackson, Sofie – University of Rhode Island (Psychology)  
Presidential Scholarship: \$11,000.00  
University of Rhode Island Presidential Scholarship: \$11,000.00

LaForest, Camden – Worcester Polytechnic Institute (Computer Science)

**BVT**continued from page **A12**

WPI Presidential Scholarship: \$20,000.00

Lambert, Natalie – Johnson & Wales University-Providence (Culinary Arts)

Culinary Arts Alumni “Mr. B.” Scholarship: \$1,000.00

Michael Drinkwater Scholarship: \$2,000.00

Johnson & Wales Presidential Scholarship: \$24,000.00

**N O R T H B R I D G E**  
Barrows, Katelyn – Worcester State University (Communication)  
Academic Scholarship: \$2,000.00

Braley, Benjamin – Milton CAT (Employed, Diesel Service Technician/Warehouse Worker)  
BVT Teachers Association Scholarship: \$250.00

Brueggemann, Justine – Plymouth State University (Health Sciences)  
Presidential Scholarship: \$10,000.00

Darnell, Riley – Fitchburg State University (Video Game Development & Design)  
Fitchburg State University Grant: \$14,187.00

Davis, Faith – Massachusetts College of Pharmacy and Health Sciences (Nursing)  
Dean Bank Scholarship: \$500.00  
Deans Merit Scholarship: \$16,000.00

DePaula, Kai – University of New Hampshire-Main Campus (Psychology)  
Jason K. Ball Memorial Scholarship: \$500.00  
Presidential Scholarship: \$8,000.00

Dziekiewicz, Kaia – Northeastern University (Biology)  
National Technical Honor Society Scholarship: \$500.00

Fields, Sabrina – University of New Hampshire (Biomedical Science, Pre-Dental Track)  
Yvette Manosh Memorial: \$1,000.00

Flauto, Ryan – University of Massachusetts-Dartmouth (Mechanical Engineering)  
Chad A. Holbrook Memorial Sports Scholarships: \$500.00  
Dean’s Scholarship: \$4,500.00  
John & Abigail Adams Scholarship: \$1,418.00  
NYBA Scholarship: \$500.00  
Polyfoam Corporation Scholarship: \$500.00

French, Allison – Western Connecticut State University (Meteorology)  
Deans Scholarship: \$8,000.00

Froment, Kyle – Bryant University (Finance)  
Bryant University Scholarship: \$25,000.00

Gray, Carmen – Northeastern University (Environmental Engineering)  
MVA Presidential Certificate of Merit: \$150.00  
Northeastern Honors Scholarship: \$20,000.00  
Northeastern University Grant: \$29,600.00

Jacene, Cullen – Worcester Polytechnic Institute (Mechanical Engineering)  
Presidential Scholarship: \$21,000.00  
Project Lead the Way Scholarship: \$40,000.00  
WPI Presidential Scholarship: \$1,000.00

Johnson, Darlene – University of New Haven (Forensic Science)  
Gino Tellier Memorial Scholarship: \$500.00  
Presidential Scholarship: \$24,000.00

Johnson, Julia – Waters Corporation (Employed, Experimental Machinist)  
Stanley Award for Tools: \$200.00

Khan, Ansha – Worcester State University (Communication Sciences & Disorders)  
John & Abigail Adams Scholarship: \$970.00  
Worcester State Scholarship: \$1,000.00  
Valley Tech Ed Foundation Scholarship: \$500.00

Lange, Olivia – Worcester State University (Undecided)  
Worcester State Scholarship: \$1,000.00

Malone, Mackenzie – University of Rhode Island (Nursing)  
Presidential Scholarship: \$12,000.00

McIntyre, Brendan – Quinnipiac University (Finance)  
Trustee Award: \$28,000.00

Munson, Hailey – Worcester State University (Nursing)  
Ken Baker Memorial Scholarship: \$500.00

Osterman, Zachariah – Western New England University (Construction Management)  
Western New England Merit Scholarship: \$16,000.00

Rice, Thomas – Rochester Institute of Technology (Engineering Exploratory)

RIT Recognition Scholarship and RIT Founders Scholarships: \$19,500.00

Sawyer, Faith – The Catholic University of America (Biology)  
Catholic University Grant: \$26,000.00

Schairer, Carolyn – Endicott College (Interior Architecture)  
Endicott College Grant: \$1,000.00  
The Presidential Art Scholarship: \$14,000.00

Silveira, Bianca – University of Massachusetts-Dartmouth (Psychology)

John & Abigail Adams Scholarship: \$1,418.00

**S U T T O N**  
Capobianco, Carley – University of Rhode Island (Communications)  
Presidential Scholarship: \$60,000.00

DiStefano, Trinity – Salem State University (Biology)  
Salem State Grant: \$1,000.00

Dube, Gwyneth – Worcester Polytechnic Institute (Biomedical Engineering)

Milford Federal Bank Scholarship: \$1,000.00  
WPI Presidential Scholarship: \$17,000.00  
Two Towers Scholarship: \$10,000.00

Grant, Sarah – Eastern Connecticut State University (Biology)  
ECSU Presidential Scholarship: \$8,000.00

Judson, Luke – Wheaton College - Massachusetts (Film & New Media Studies/Design)  
Wheaton Presidential Award: \$37,000.00  
Wheaton Trustee Scholar Award: \$3,000.00

Leonard, Kyleigh – Imperial Chevy/Massachusetts Bay Community College (Automotive Technology-General Motors)  
Michael J. Cammuso Jr. Memorial Scholarship: \$500  
Timothy J. Yacino Sr. Memorial Award: \$500.00  
Town Fair Tire Foundation - Toolship Scholarship: \$500.00

Moroney, Camilla – University of Massachusetts-Amherst (Psychology, Pre-PA Track)  
John & Abigail Adams Scholarship: \$1,714.00  
Valley Tech Ed Foundation Scholarship: \$500.00

Morris, Adriana – G & C Plumbing and Heating (Employed, Apprentice Plumber)  
Andrew Cocaine Memorial Scholarship: \$1,000.00  
Fran Dupre Memorial Scholarship: \$250.00  
Milford Lions Club Scholarship: \$1,250.00  
Polyfoam Corporation Scholarship: \$250.00  
VTC Memorial Scholarship: \$1,000.00

Myette, Coryn – Roger Williams University (Environmental Science)  
Roger Williams University Grant: \$36,000.00

Powers, Samuel – Roger Williams University (Historic Preservation)  
Roger Williams Presidential Scholarship: \$20,000.00

Reed, Kaitlyn – Emmanuel College (Nursing)  
UniBank Scholarship: \$2,000.00  
Sutton Lions Club Scholarship: \$1,000.00

Trottier, Mason – Clark University (Computer Science)  
Robert Goddard Achievement Scholarship: \$17,000.00

Vincelette, Kaden – Montana State University (Environmental Design/Architecture)  
Montana State University Merit Based Scholarship: \$40,000.00  
The Blue and Gold Scholarship: \$4,000.00

Wallace, Amanda – Johnson & Wales

University-Providence (Hospitality Management)

Johnson and Wales Culinary Essentials Scholarship: \$1,000.00  
Presidential Academic Scholarship: \$23,500.00

Westbury, Emily – Rhode Island College (Nursing)  
Rhode Island College Academic Scholarship: \$1,000.00

Westbury, Ethan – Santon Plumbing & Heating (Employed, Apprentice Plumber)  
Casey Bulger Memorial Scholarship: \$500.00

**U P T O N**  
Ballard, Emma – The Catholic University of America (Nursing)  
James Sochia Memorial Scholarship - Good Citizenship: \$1,000.00  
NSDC Award - Academic Growth and Student Leadership Award: \$200.00  
Upton Men’s Club Scholarship: \$1,500.00  
Conway School of Nursing Scholarship: \$5,500.00  
Impact Grant: \$5,000.00  
Cornerstone Grant: \$29,000.00

Ballard, Kyra – University of Hartford (Radiologic Technologies)  
University of Hartford Grant: \$30,000.00  
Upton Fire and EMS Scholarship: \$500.00

Bombara, Matthew – University of Massachusetts-Amherst (Mechanical Engineering)  
Gene Haas Foundation Machining Technology Scholarship: \$2,500.00

Charron, Evan – Ace Temperature Control (Employed, HVAC/R Apprentice)  
James Franklin Memorial Award: \$300.00

Hardcastle, Paul – Emmanuel College (Psychology)  
Emmanuel College Grant: \$27,000.00

Konieczny, Kelli – Merrimack College (Communications & Media)  
First Unitarian Society of Upton Memorial Scholarship: \$500.00  
President’s Scholarship: \$27,000.00  
Upton Men’s Club Scholarship: \$1,500.00

May, Rachel – Worcester Polytechnic Institute (Aerospace Engineering)  
First Unitarian Society of Upton Memorial Scholarship: \$500.00  
WPI Presidential Scholarship: \$22,500.00  
WPI Scholarship: \$10,170.00  
National Technical Honor Society Scholarship: \$500.00  
Upton VFW Scholarship: \$300.00

Powers, Jeffrey – Roger Williams University (Construction Management)  
Presidential Scholarship: \$18,000.00

Taylor, Emily – Framingham State University (American Sign Language/Deaf Studies)  
John & Abigail Adams Scholarship: \$970.00

Terrell, Chloe – University of Delaware (Art Conservation)  
University of Delaware Grant: \$16,000.00

**U X B R I D G E**  
Brochu, Amanda – Bridgewater State University (Theater)  
Raymond & Lydia Rondeau Scholarship Foundation: \$1,500.00  
Town of Uxbridge Scholarship: \$1,500.00

Ells, Amber – Westfield State University (Elementary Education)  
John & Abigail Adams Scholarship: \$970.00

Garille, Quentin – Hamilton Storage Technologies, Inc. (Employed, Refrigerant Engineer)  
Town Fair Tire Foundation - Toolship Scholarship: \$500.00

**HINT**continued from page **A9**

es and stews as they become mushy when they’re thawed.

Here’s how: Select firm, ripe tomatoes for freezing. Sort the tomatoes, discarding any that are spoiled. Wash them in clean water. Dry them by blotting with a clean cloth or paper towels.

Freezing Whole Tomatoes with Peels: Prepare tomatoes as described above. Cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers. Seal tightly. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

Freezing Peeled Tomatoes: If you prefer to freeze peeled tomatoes, you can wash the tomatoes and then dip them in boiling water for about 1 minute or until the skins split. Peel and then freeze as noted above.

Lifespan: To extend the lifetime of frozen foods maintain good quality, package foods in material intended for freezing and keep the temperature of

Hallfelder, Ryan – University of Massachusetts-Amherst (Electrical Engineering)  
John & Abigail Adams Scholarship: \$1,714.00

Holt, Nolan – Massachusetts College of Pharmacy and Health Sciences (Pharmacology & Toxicology)  
Presidential Scholarship: \$18,000.00  
Grant: \$14,000.00

Holt, Riley – Georgia Institute of Technology-Main Campus (Aerospace Engineering)  
MVA Presidential Certificate of Merit: \$150.00

Howe, Trey – Assumption University (Business Management)  
Uxbridge Dollars for Scholars - Andrews Scholarship: \$5,000.00

Laflamme, Marissa – Loyola University New Orleans (Nursing)  
Crescent City Scholarship: \$3,000.00  
Loyola Scholarship: \$20,000.00

Laverdiere, Benjamin – A. Custom Company, Inc., Plumbing & Heating (Employed, HVAC Service Technician)

BVT Teachers Association - Paul Sullivan Scholarship: \$500.00  
VTC Memorial Scholarship: \$1,000.00

Mach, Aleksandra – Johnson & Wales University-Providence (Baking & Pastry Food and Beverage Industry Management)  
Johnson and Wales University Presidential Scholarship: \$24,000.00

Manuels, Abigail – Roger Williams University (Marketing)  
Roger Williams Presidential Scholarship: \$24,000.00

Mellen, Robert – Worcester Polytechnic Institute (Robotics Engineering)  
Class of 2021 Scholarship: \$500.00  
Presidential Scholarship: \$20,000.00  
Lenze Americas of Uxbridge Scholarship: \$500.00

Mullen, MaKenna – Massachusetts College of Art and Design (Painting)  
Mass Art Grant: \$16,000.00

Pratt, Adam – Worcester Polytechnic Institute (Mechanical Engineering)

Project Lead the Way Scholarship: \$20,000.00  
Town of Uxbridge Selectman Scholarship: \$1,000.00  
WPI Presidential Scholarship: \$17,000.00

Rosado, Jace – Salem State (Business Management)  
Gino Tellier Memorial Scholarship: \$1,000.00

Sanchez, Abril – Johnson & Wales University-Providence (Media & Communication Studies)  
JWU Presidential Scholarship: \$24,500.00  
Raymond & Lydia Rondeau Scholarship Foundation: \$1,500.00

Taipina, Ines – Worcester State University (Chemistry)  
Achievement Scholarship: \$2,000.00

Takessian, Benjamin – JJ Mechanical (Employed, HVAC Technician)  
Derek Yanick Memorial: \$500.00

Warner, Emily – University of Hartford (Illustration)  
Artist of Promise Award: \$21,000.00  
Thimble Pleasures Quilt Guild Scholarship: \$1,000.00

Wilson, Cailen – Fitchburg State University (Electrical Engineering)

Fitchburg State University Honors College Scholarship: \$2,000.00

Zajas, Lia – Dean College (Musical Theater/Communications)  
Dean College Scholarship: \$28,000.00

the freezer at 0 degrees F or below. It is generally recommended frozen vegetables be eaten within about eight months for best quality.

\*\*  
Win Dinner for Two at the Publick House

Your tips can win you a great three course 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 renowned 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 email [KDRR@aol.com](mailto:KDRR@aol.com). Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

## Dean College announces Spring 2022 Dean’s List

FRANKLIN — Dean College is pleased to announce the students that have earned a place on the Dean’s List for the Spring 2022 semester. These students have demonstrated a serious commitment to their studies while at Dean College.

Tammy Reynolds of Whitinsville

William Wray of Whitinsville

Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 145 minutes from Boston and Providence, R.I.. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

# Local residents earn Dean's List honors from MassBay Community College

WELLESLEY HILLS — The following local students have been named to the MassBay Community College Dean's List, achieving this outstanding academic honor for the spring 2022 semester.

To be eligible for the MassBay Dean's List, students must complete at least six credits of college-level courses, be in good standing with the College, and earn a grade point average of 3.5 or higher.

\* Courtney Schultz of Millbury, who studies Radiologic Technology

To learn more about MassBay, visit [massbay.edu](http://massbay.edu).

MassBay Community College is the most affordable higher education option in MetroWest Boston, offering a robust portfolio of courses and more than 70 associate degree and certificate programs with flexible day, evening, and weekend classes in Ashland,

Framingham, Wellesley Hills, and online. MassBay students receive an unmatched educational value by earning stackable credits that transfer to bachelor's degree programs, and workforce-ready skills necessary to advance careers in high-demand fields such as health and life sciences, automotive technology, engineering, business, cybersecurity, and the humanities. MassBay's Associate Degree in Nursing (RN) and Practical Nursing (LPN) programs were both ranked as the #1 Nursing Program in Massachusetts in 2020-2021 by national nursing advocacy organizations RegisteredNursing.org, and PracticalNursing.org. Since its founding in 1961, MassBay has been accredited by several governing bodies and remains firmly committed to its mission of meeting the needs of the diverse local communities it serves. We value the intrinsic worth of all individuals, collectively in pursuit of inclusiveness and prioritize our work towards achieving equity within our community and beyond.

# Uxbridge resident named to President's List at Dean College

FRANKLIN — Evenfall Bair of Uxbridge has earned a place on the President's List for the Spring 2022 semester. Students named to the President's List have demonstrated a series commitment to their studies while at Dean College.

Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

# More than 6,300 URI students named to Dean's List

KINGSTON, R.I. — The University of Rhode Island is pleased to announce the Spring 2022 Dean's List. Students named to the Dean's List represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries.

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average.

- Isabella Biamonte of Northbridge
- Daphny Calixto of Uxbridge
- Paige Fontes of Uxbridge
- Elena Franzosa of Uxbridge
- Jenny Frick of Uxbridge
- Emma Kraich of Uxbridge
- Jarrett Martin of Uxbridge
- Alex Matkowski of Uxbridge
- Rachel McGee of Uxbridge
- Sarah McGee of Uxbridge
- Brady Murray of Whitinsville
- Gabriella Oum of Douglas
- Ben Prior of Whitinsville
- Jacob Rancourt of Uxbridge
- Anna Thompson of Douglas
- Tori Trapasso of Whitinsville
- Connor Zisk of Douglas
- Molly Zona of Northbridge

To view the entire Dean's List, visit: [uri.edu/academics/deans-list/](http://uri.edu/academics/deans-list/).

Note: Students who qualified for the Dean's List, but have restricted access to their information under the Family Education Rights and Privacy Act (FERPA) guidelines, are not included on this public listing.

About the University of Rhode Island  
Founded in 1892, the University of Rhode Island is the principal public flagship research and graduate institution in Rhode Island. Competitive and high-

ly regarded, its more than 14,500 undergraduate students and 2,200 graduate students represent 48 states and 76 countries across the globe. With 203 academic programs, URI offers its undergraduate, graduate, and professional students distinctive educational opportunities designed to meet the global challenges of today's world and the rapidly evolving needs of tomorrow. At URI, you will find some of today's leading innovators, discoverers, and creative problem solvers. To learn more, visit: [uri.edu](http://uri.edu).

# Dean's, President's List students named for UA Spring 2022 Term

TUSCALOOSA, Ala. — A total of 11,224 students enrolled during Spring Semester 2022 at The University of Alabama were named to the dean's list with an academic record of 3.5 (or above) or the president's list with an academic record of 4.0 (all A's).

The UA dean's and president's lists recognize full-time undergraduate students. The lists do not apply to graduate students or undergraduate students who take less than a full course load.

Local students listed:  
Isabella Caccavelli of Uxbridge  
James Stark of Uxbridge  
For more information, visit [news.ua.edu](http://news.ua.edu).

The University of Alabama, part of The University of Alabama System, is the state's flagship university. UA shapes a better world through its teaching, research and service. With a global reputation for excellence, UA provides an inclusive, forward-thinking environment and nearly 200 degree programs on a beautiful, student-centered campus. A leader in cutting-edge research, UA advances discovery, creative inquiry and knowledge through more than 30 research centers. As the state's largest higher education institution, UA drives economic growth in Alabama and beyond.

# Tori Trapasso of Whitinsville named to University of Rhode Island Dean's List

KINGSTON, R.I. — The University of Rhode Island is pleased to announce that Tori Trapasso of Whitinsville has been named to the Spring 2022 Dean's List.

Students named to the Dean's List represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries.

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average.

To view the entire Dean's List, visit: [uri.edu/academics/deans-list/](http://uri.edu/academics/deans-list/).

Students who qualified for the Dean's List, but have restricted access to their information under the Family Education Rights and Privacy Act (FERPA) guidelines, are not included on this public listing.

# Jessica Perkins named to President's List at Plymouth State University

PLYMOUTH, New Hampshire — Jessica Perkins of Uxbridge has been named to the Plymouth State University President's List for the Spring 2022 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Spring 2022 semester and must have attempted at least 12 credit hours during the semester. Perkins is a Allied Health Sciences major at Plymouth State.

About Plymouth State University  
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

**kids' corner**

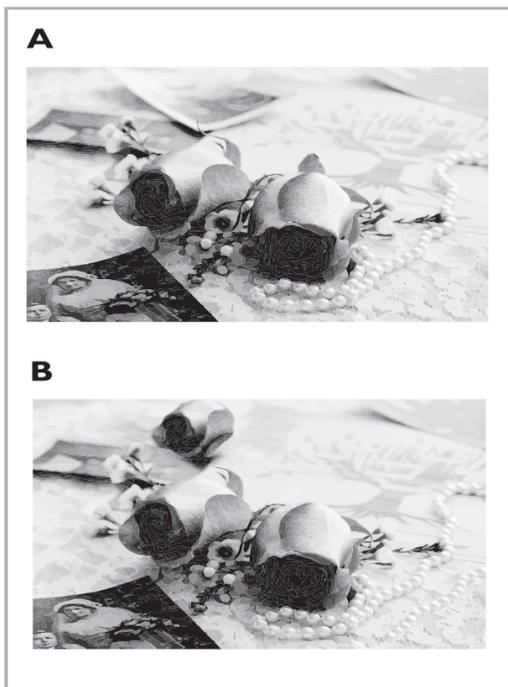
**FOOD FACT**

TRUE OR FALSE?  
NO COMMON FLOWERS GROWN IN BACKYARD GARDENS ARE EDIBLE.

ANSWER: FALSE

### What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?



Answers: 1. Missing photo in back 2. Extra rose flower 3. Petals are longer 4. Missing leaf from right

### THIS DAY IN...

**HISTORY**

- 1840: SAMUEL MORSE RECEIVES A PATENT FOR THE TELEGRAPH.
- 1877: ALEXANDER GRAHAM BELL INSTALLS THE WORLD'S FIRST COMMERCIAL TELEPHONE SERVICE IN CANADA.
- 1975: THE MOVIE "JAWS" IS RELEASED IN THE U.S., BECOMING THE HIGHEST-GROSSING FILM OF THAT TIME.

**New Word**

**PETAL**

the segment of the modified leaves of a flower

*How they SAY that in...*

**ENGLISH:** Stem  
**SPANISH:** Tallo  
**ITALIAN:** Stelo  
**FRENCH:** Tige  
**GERMAN:** Stiel

**Did you know?**

FLOWERS HAVE MANY ATTRIBUTES. THEY ARE ATTRACTIVE, MAY HAVE RELIGIOUS MEANING, CAN SYMBOLIZE LOVE AND AFFECTION, AND ALSO ARE USED FOR MEDICAL REASONS.

**GET THE PICTURE?**

Can you guess what the bigger picture is?

ANSWER: ROSES

**CRYPTO FUN**

Determine the code to reveal the answer!

Solve the code to discover words related to roses. Each number corresponds to a letter. (Hint: 19 = R)

**A. 22 14 16 5 21**  
Clue: Modified flower leaf

**B. 16 8 18 19 6**  
Clue: Sharp protrusion

**C. 2 19 5 26 19 5 6 20 14**  
Clue: Aroma

**D. 20 18 21 18 19**  
Clue: Hue

Answers: A. petal B. thorn C. fragrance D. color

**SUDOKU**

			3	9				5
			4	8				
	7							8
	8	1		2				3
								4
4		2		7			5	9
9						4		
	2	3	8					6
								7

Fun By The Numbers  
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:  
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	7	3	6	6	2	4	8	8
9	8	5	4	4	1	8	2	7
8	2	3	5	7	1	6	7	6
6	5	2	7	8	2	2	4	4
1	4	7	3	5	8	8	7	9
3	8	1	2	6	2	4	7	5
2	2	8	6	5	5	8	3	3
3	8	7	6	5	5	8	6	3
7	1	5	4	8	2	2	6	1
4	5	3	9	7	1	4	4	5

ANSWER:

## Free spoken word/ poetry event June 26 in Whitinsville

WHITINSVILLE — The third in a series of free, spoken word/poetry readings will be held from 2-4 p.m. on June 26 outside on the Community Plaza at the Alternatives' Whittin Mill, 60 Douglas Rd., Whitinsville. In case of rain or extreme heat, the event moves indoors to the Singh Performance Center at the same location.

An affiliation of regional poets is performing in this series, which is split between the Whitinsville location and Roseland Park, 205 Roseland Park Rd. in Woodstock, Conn. All performances include an open mic segment as time allows. Sign-ups are at the event; 5-minute limit. Featured on June 26 are authors Ben Grossberg, Dina Stander, Robert Eugene Perry, and open mic featured reader, Sarah St. George.

Ben Grossberg is the Director of Creative Writing at the University of Hartford. He has pub-

lished four books of poems, including "Sweet Core Orchard," which won a Lambda Literary Award. His collection, "My Husband Would," (University of Tampa) won the 2021 Connecticut Book Award in poetry. This fall, he will be a Festival Poet at the Dodge Poetry Festival. Dina Stander is a poet, end-of-life navigator, and burial shroud maker. She has published two books, "Old Bones & True Stories" (2018), and "Housewife Blues" (2021) (Human Error Publishing). You can read her blog at [www.dinastander.com](http://www.dinastander.com). Robert Eugene Perry is a native of Massachusetts and the author of five books. His most recent book of poetry, "Earthsongs," was published by Human Error Publishing in 2022. He has had several poems published in Worcester Magazine, as well as Poetica Magazine's Mizmor Anthology and NatureCulture's

Honoring Nature collection.

All remaining readings in the series will be from 2-4 p.m. on July 17 (Roseland), Sept. 11 (Roseland), and Oct. 23 (Whitinsville).

This series is being hosted by ValleyCAST, the arts and culture arm of Open Sky Community Services in collaboration with Poets at Large. Following Open Sky's current COVID safety protocols, all attendees will be required to wear a mask regardless of vaccination status if the event is moved indoors to the Singh Performance Center.

For further information about this program or to learn more about participating, email Karen Warinsky: [karen.warinsky@gmail.com](mailto:karen.warinsky@gmail.com). To learn more about ValleyCAST and/or Open Sky Community Services, visit [opensky.org](http://opensky.org).

## VFW flea markets continue July 9

UPTON — Another in the summer series of flea markets, sponsored by the Upton VFW Post 5594, will be held from 8 a.m. to 1:30 p.m. July 9 at Post headquarters, 15 Milford St. (Route 140), in Upton. They will continue on the second Saturday of each month through October, weather permitting.

These events are held each summer to help the Post finance its projects and sponsorships within the community, such as the recent inclusion of a brick Veterans Memorial Walk

and tree plantings on the posts lawns.

Vendors and craftsmen are invited to participate in the markets. Spaces are \$10 each, or \$15 if a banquet sized table is needed. Reservations are not required although Post member David Kennedy can provide more information via the VFW Facebook page or by calling 508-529-3314.

Doughnuts and coffee are available during the morning, then hot dogs, cold drinks, and chips at lunchtime.

## History At Play brings immersive living history experience to Asa Waters mansion

MILLBURY — History At Play™, LLC (HAP) presents the Worcester County premiere of Diana of LOVE™, sponsored by the Friends of Asa Waters Mansion Thursday, June 23.

In this new production, HAP empowers Princess Diana in a multi-disciplinary performance honoring her life 25 years after her passing. The tragic death of the People's Princess emboldens the historical impact that Diana Spencer continues to have as a philanthropic humanitarian in the field of, healthcare, women's rights, LGBTQIA justice, mental health, aiding of war-torn nations,

art, fashion, and more.

Diana of LOVE™ features HAP Founder and Artistic Director Judith Kalaora as a woman thrust into the global spotlight. Watch as a wistful and hopeful member of the English nobility is transformed into one of the most respected and beloved philanthropists; a symbol of love who demonstrated an unmatched bravery that shattered royal tradition and would forever change society.

Standard for all HAP productions, an interactive Q&A with light refreshments follows the presentation with Kalaora, who is also the writer and producer of Di-

ana of LOVE™

Note: Conducted in authentic historical attire with vintage props, professionally designed sets, original artwork, and music. This 75-minute program contains content of a sensitive nature and viewer discretion is advised.

Tickets are \$30. For advance reservations, please call Marie at 508-865-5528. For more information, visit <https://www.millburysutton.com/story/news/2022/04/26/abolitionist-psyched-princess-whats-happening-waters-mansion/7422494001/> or [www.HistoryAtPlay.com](http://www.HistoryAtPlay.com).

## Local residents make Dean's List at Wentworth Institute of Technology

BOSTON — The following local students have made the Dean's List at Wentworth Institute of Technology for the Spring 2022 semester.

\* Emily Devine of Sutton  
\* Karina LeBlanc of Sutton  
\* Conner Pattison of Sutton

Wentworth Institute of Technology Founded in 1904, Wentworth Institute of Technology is a nationally ranked university offering career-focused education through bachelors and gradu-

ate degree programs in areas including engineering, architecture, computing and data science, life sciences, management, and design. Its 31 acres are situated in the Fenway neighborhood of Boston, Mass., within walking distance of several leading cultural, educational, sports, and medical hubs. Wentworth is known for its emphasis on career preparation for students through its leading co-op programs, hands-on learning approach, and alignment with 21st-century workforce needs.

Jack Morvan of Uxbridge  
Hannah Murphy of Northbridge  
Benjamin Wiersma of Uxbridge  
Kristina Brenn of Whitinsville  
Noelle Haas of Northbridge  
Kiley Lafortune of Douglas  
Mandy Laporte of Douglas  
Andrew McCarthy of Uxbridge  
Taylor Tornberg of Douglas

About Nichols College

The mission of Nichols College is to educate and enlighten students to capitalize on their ambitions and to become impactful, forward looking global leaders.

## Nichols College students earn academic honors

DUDLEY — More than 200 students at Nichols College in Dudley have achieved Dean's List honors for the spring 2022 semester.

The Dean's List recognizes those students who achieve high grades during a single semester. In order to be included on the Dean's List, a student must have a minimum grade point average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester.

Christian Antonioli of Douglas  
Ciarra Boucher of Douglas  
Hunter Clements of Whitinsville  
Casey Holland of Douglas  
Victoria McPherson of Whitinsville



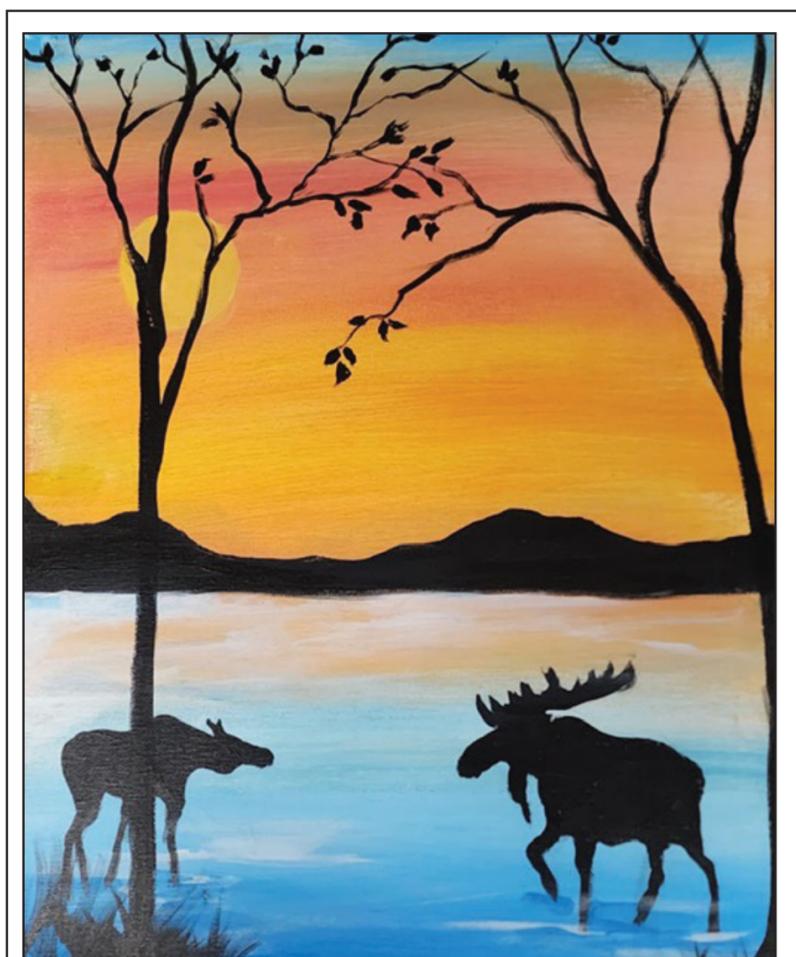
## Sutton Historical Society wants your returnable bottles & cans!

SUTTON — Sutton Historical Society, Inc., a 501(c)3 organization, will host a returnable bottle and can drive during the week of July 9-July 17. Simply swing by the M. M. Sherman Blacksmith Shop, 6 Singletary Ave., and drop your items in the trailer which will be parked alongside the building. Tell your family, friends, and neighbors. Being a small organization which is dedicated to preserving the history of Sutton, the funds from this drive help us keep our programs going and our buildings operating. So don't toss out those returnables from your 4th of July events, give them to us!

Remember, if you are out and about around town this summer, take note of the QR codes at various locations, including the Town Center Cemetery, the General Rufus Putnam Museum, the M. M. Sherman Blacksmith Shop, the Manchaug Diorama in the Manchaug Mills, and the Cattle Pound and Hearse House. These signs, funded through a grant with the Sutton Cultural Council, a local agency, supported by the Mass Cultural Council, a state agency, allow the visitor to complete a self-guided tour by accessing historical site information on their smartphones. Information can also be found under "More" - "Self-guided Tours" at [suttonhistoricalsocietyinc.org](http://suttonhistoricalsocietyinc.org). As always, members of the Society are available to provide tours of the General Rufus Putnam Museum, the Eight Lots School House, the M. M. Sherman Blacksmith Shop, and the Town Center Cemetery. If interested, please reach out to us at [Sutton1704@gmail.com](mailto:Sutton1704@gmail.com).

Lastly, for a little light reading, check out all of our historic newsletters recently uploaded to our website under the Newsletters tab.

Membership to the society is open year round. Applications can be downloaded from the Web site. Join us today and be a steward of Sutton's rich history.



Courtesy

## FCC MILLBURY TO HOST FUNDRAISING PAINT NIGHT

The First Congregational Church of Millbury, 148 West Main Street will be hosting a Fundraiser Paint Night on Tuesday, July 19 at 6:30 p.m. Sue Dion will be teaching the group to paint an 11 by 14 inch acrylic painting, "Moose in Moonlight." No experience is necessary. The \$40 fee includes canvas and all supplies. Cold beverages will be provided. Feel free to bring a snack of your choice. (No alcohol please.) Fellowship Hall is accessible to all and handicap parking is available. You may sign up Online at [Suedionart.com](http://Suedionart.com) or by calling 508-278-2768.

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<p><b>OXFORD</b> – 3 Hemlock St! 7 Rm Ranch Waiting For You! Appliance Kitchen w/Dining Area! Living Rm w/Just Refinished Hardwood Floor! 3 Bdrms w/Wood Laminate Flooring &amp; Ceiling Fans! Year Round Sun Rm w/LP Gas Stove! Full Bath! Finished Lower Level Featuring Family Rm w/Dry Bar, Possible Office &amp; Second Bathroom! Fenced Back Yard w/15X30 Inground LP Gas Heated Pool w/Pictured Patio Furniture &amp; 2 Sheds! Second Party Full Solar Array to Help Offset Electric Bills! <b>\$359,900.00</b></p>	<p><b>WEBSTER</b> – 127 Douglas Road! 8 Room Split! 3 Bdrms! 2 Baths! Set on 1.31 Acres! 2 Car Garage Under plus 2 Car Detached Garage w/Lot! Perfect for the Hobbyist or Car Collector! This Home Features Open Concept Living! Frp'd Living Room w/ Cathedral Ceiling &amp; Recent Skylights! Remodeled Eat-in Kitchen w/Granite Counters, Breakfast Bar &amp; Slider to the Deck! Oversized Full Bath w/Jacuzzi &amp; Large Walk-in Shower! Hrdwd Flrs throughout the Kit, Liv Rm &amp; Hallway! 3 Bdrms w/Wall to Wall! Finished Lower Level w/Tiled Mudroom! New Luxury Vinyl Flooring throughout Lower Level Fam Rm, Exercise Rm &amp; Bath! Above-ground Pool! Custom Fire Pit! Perfect for Entertaining! Recent Well Pump! 2013 Electrical Service! 2011 Septic! The Updates are Done! Great Commuting Location! Only Minutes to 395 or 146! <b>\$434,900.00</b></p>	<p><b>WEBSTER</b> – Lower Gore Road! Build Your Dream Home! 2.3 &amp; 5 Acre Approved Buildable Lots! Large Parcels are getting harder to come by! New England Field Stone Walls and beautiful tiger lily wildflowers can be found! Great Commuting Location, Easy Highway Access! Nearby State Boat Ramp for Easy Lake Access! Water &amp; Sewer in the Street! <b>Each @ \$99,900.00</b></p>	<p><b>DUDLEY</b> – 67 Southbridge Road! 6 Rm Ranch Set on 16,875' Lot! Appliance Eat-in Kitchen! Dining Area and Fireplace Living Room w/ Hardwood Floors! 3 Bedrooms w/ Hardwood Floors and ample Closet Space! Spacious 11X14.5 Master! Full Tile Bath! Oil Heat! Garage! <b>\$279,900.00</b></p>	<p><b>WEBSTER</b> – 6 Slater Street! Professionals Take Notice! Ideal Office Setup! 1st Floor Waiting Rm, Reception Area, 4 Offices w/Sinks, 3 Alcove/Prep Areas, Handicap Accessible 1/2 Bath, and Hrdwd Flrs! 2nd Floor Currently w/Employee Breakroom w/ Full Kitchen, Cabinets &amp; Closet Storage, 3/4 Bath and additional office/bedroom! C/Air C/Vac! Security System! <b>\$349,900.00</b></p>	<p><b>DUDLEY</b> – 50 Brandon Rd! 3 Family! 55'4 Rm! 2 1/2! Baths! Investors take Notice! Fully Rented! Solid Rental History, Long Term Tenants! Conveniently Located for Each Unit! Efficient Natural Gas Heating! Two Driveways provide Off Street Parking for up to 5 Vehicles! Dudley's Low Taxes &amp; Desirable School System! <b>\$336,900.00</b></p>
 <p><b>SOLD</b></p>	 <p><b>NEW LISTING</b></p>	 <p><b>SOLD</b></p>	 <p><b>ON DEPOSIT</b></p>	 <p><b>SOLD</b></p>	 <p><b>ON DEPOSIT</b></p>
<p><b>DUDLEY HAYDEN POND WATERFRONT</b> – 48 Hayden Pond Rd! Recently Renovated, beautifully appointed, 5 Rm Waterfront Ranch! Enjoy sunsets, fishing &amp; all water sports! Vinyl Composite decking &amp; vinyl railings! Open floor plan! Cathedral ceilings w/ skylights! Din Rm w/slider to covered deck! Kit w/quartz counters &amp; SS appliances! Liv Rm w/stunning views of the Pond! Comfortable Master w/generous closet &amp; half bath! 2nd bedroom or office! Full bath w/washer/dryer hook ups! Full basement for storage or additional living space! Floating Dock! Shed! <b>\$525,000.00</b></p>	<p><b>DUDLEY - HAYDEN POND WATERFRONT</b> – 42 Hayden Pond Rd! Down the Long Drive to Your Private 6 Rm Waterfront Home! 1 Plus Acre w/187' of Sandy Shoreline! Spacious Fireplace Living Rm Opening to Sunroom w/Vaulted Ceiling! Efficient Oak Kitchen w/Pantry &amp; Plenty of Storage! Dining Rm w/Water Views! Spacious 1st Floor Master w/Master Bath! Laundry/Mudroom leads to 2 Car Garage! Oak Stairway to 2 Second Floor Bdrms w/Walk in Closets! Full Bath w/Skylight! Full Basement Awaiting Your Finishing Touches! 2 Level Deck Overlooking Pond! Owners building Home, Delayed Occupancy, Worth the Wait! <b>\$699,000.00</b></p>	<p><b>WEBSTER LAKE</b> – 65 Bates Point Rd – Eastern Exposure – Beautiful Sunrises! Year Round – Principle Residence – Second Home – Remodel – Tear it Down and Start Anew! The Choice is Yours! Set on a 12,449' Lot, 50X249', 50.7' Waterfront! Plenty of Area for Expansion! Surrounded by Million Dollar Homes the Parcel is Yours to Create! 5+ Room Ranch with Full Walk-out Expandable Lower Level! Open Floor Plan! Appliance Kitchen, Dining Area and Living Room with Panoramic Water Views! 3 Bedrooms! Full Tile Bath! Oil Heat! Screened Porch! Detached Garage! Dock! Quick Closing! Summer is Just Around the Corner – Don't Delay! <b>\$710,950.00</b></p>	<p><b>DUDLEY</b> – 16 Joseph St! Spacious UPDATED 8 Rm Center Hall Garrison Colonial! Nicely Landscaped 25,561' Lot Set on a Cul-De-Sac "Dead End"! Ideal Residential Neighborhood! Dble Glass Door Tiled Center Hall Entry Foyer w/Guest Closet! SS Appliance Cherry Cabinet Kit w/Breakfast Bar, Corian Counters, Tile First Din Rm w/Hrdwds, Crown Moldings &amp; Bay Window! Frp'd Liv Rm w/Pellet Stove, Custom Shelving, Hrdwds &amp; Bay Window! Fam Rm w/Hrdwds, Custom Cabinetry, Ceiling Fan, French Doors &amp; Slider to Deck Overlooking Private Backyard! 1/2 Bath w/Laundry Closet! Hall w/Dble Closet to the 2 Car Garage! 2nd Flr w/4 Spacious Bdrms w/Hrdwd &amp; Vinyl Plank Flooring! MASTER w/2 Walk-in Closets, Ceiling Fan &amp; Custom Tile MASTER BATH! Hall Bath w/Custom Tile Tub/Shower Surround w/Linein Closet! Don't Delay! <b>\$449,900.00</b></p>		



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<p><b>DUDLEY - 7 SHINE AVENUE</b></p>  <p><b>SORRY, SOLD!</b></p>	<p><b>WEBSTER - 6 SLATER STREET</b></p>  <p><b>SORRY, SOLD!</b></p> <p style="font-size: 8px;">Well cared for 1800's vintage building. Was updated at one time to a Dentist Office space. Interesting property in an excellent location &amp; proximity to East Main St. handicap accessibility. Needs a little work to convert to residential. Central air! assisted sale <b>\$349,900.</b></p>	<p><b>WEBSTER LAKE - 27 SOUTH POINT ROAD</b></p>  <p><b>OOH! WHAT A VIEW!!!</b> Middle &amp; South Ponds! Unique opportunity to Own Waterfront Property with an 80' +/- sandy beach! Fireworks from the comfort of your deck or lawn! 22 Acre &amp; 100' rd frontage - allows for expansion possibilities! 2 Bedrm, 2 1/2 Bath, Garage, open floor plan. 3 Season Porch for added enjoyment! Walk-out L/Level is heated with Full Bath! <b>\$1,145,000.</b></p>
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**NHS**  
continued from page A1

outstanding academic achievement and intellectual promise in the field of science.

Department Chair Robin Laurens said, "This year's recipient has challenged herself to pursue a rigorous course of study in the sciences."

Caroline O'Brien was chosen for the English Award.

Department Chair Amber Lundsten said, "The Brown University Book Award is given to an outstanding high school junior who best combines academic excellence with clarity in written and spoken expression. This year's recipient is by far one of the most well written, well spoken and well read students I have come across in my career."

Kate O'Brien was awarded the University of Rochester George

Eastman Young leaders award.

Class advisor Scott Sponseller said, "The person we are recognizing tonight has been a dependable member of our class office, helping out at every event since Freshman year. She attends all meetings, gives valuable input, and is there when we need a trusted opinion from a member of our class."

Zander Hazen was given the performing arts medal for, as fine & applied arts department chair Dave Mills put it "showing a passion for excellence in all things music. This was a tightly contested race, but this student has consistently sought out musical opportunities and even created some of his own."

Connor Deciero was awarded the business award by Mills for, "displaying a passionate drive to succeed. He is self motivated, self reliant and able to focus on what's important.. His

confident and enthusiastic attitude led to a successful year of running the DECA School Store and having a true passion for business."

Mills also gave the award for health & wellness to Karlee Battista for "embodying what we strive for in our discipline- the mental, physical and social areas of wellness."

Mills' final award went to Yeva Derkosrobian for visual arts saying "she is someone whose drive and determination are unmatched. She goes above and beyond in all aspects of her work, she is never afraid to ask questions or go the extra mile with her pieces. She is someone who takes feedback to heart and infuses it into her work, experiments with new techniques and media, and never walks away from a challenge."

NHS science department chair Robin Laurens gave the award to Meghan Cummiskey,

Laurens said this about Cummiskey: "this year's recipient has challenged herself with a rigorous course selection in the sciences. She has been a high achieving student in the core courses and excelled in Neuroscience, Anatomy & Physiology, AP Biology, AP USHistory and AP English. She is a member of the Health Sciences Academy and National Honor Society; she also serves as our Science Club Vice President."

Madeleine Lannon received the Rensselaer medal from Laurens saying, "the medal recognizes the superior academic achievement of young men and women, and to motivate students toward careers in science, engineering, and technology. The Medal is awarded to promising secondary school juniors who have distinguished themselves in mathematics and science."

Nicki Hernandez received the University

of Rochester Frederick Douglass and Susan B. Anthony Humanities and Social Science award.

Department Chair Stevie Bentley said of her, "I do not think it will come as any surprise to anyone that this student is receiving this award. She is undoubtedly the most outspoken student in the building when it comes to sharing her perspective on difficult social issues. She has taken the toughest courses our department has to offer. She is a member of the Justice Academy."

Bentley next gave the social studies department award to Nina Szymanowski stating, "When you think of the ideal social studies student, there is not one characteristic that this young woman doesn't possess. Day in and day out, she arrives with a positive attitude and smile and willingness to learn that is refreshing for her teachers."

Symanowski also

received the St. Michael's book award from National Honor Society advisor Jen Goodrich.

She said, "This year's recipient is extremely conscientious in her studies and has the determination not to just succeed but to excel in everything she tries. She is a link leader and member of the yearbook, science club, best buddies, and has just been elected class historian. She also is a peer tutor and serves as mentor to others. She is kind and compassionate, always thinking of ways to help those in need."

Math department chair Jenna Stanley gave the award to Abby Barnatt. She also received the prestigious Harvard Book Award from interim Principal Bill Bishop. This award is given to a student who displays excellence in scholarship and high character, combined with achievements in other fields.

**DROUGHT**  
continued from page A1

held between 5 p.m. - 9 a.m., and fix leaks. Cities and towns are encouraged to limited outdoor watering, implement drought or seasonal water rates, limit new landscapes and outdoor washing, and establish a leak detection program. Learn more at [www.mass.gov/ma-drought-management](http://www.mass.gov/ma-drought-management).

**SCHOLARSHIPS**  
continued from page A1

Maegan Morrissey, Cristian Oliveria, Keku Wheelock, and Zoe Jones. Other members of this committee are: Genie Stack, Kara Guy and Dr. Patrick Dillon. On June 2, John Wise of the Virginia Blanchard Scholarship Committee was again joined by Jane F. Keegan at the Hopedale Jr./Sr. High School Awards Night. In making the presentation of

a certificate and \$2,000 check, he mentioned it is given specifically to a student who pursues a degree in the field of education following in the footsteps of the scholarship's namesake. Mrs. Keegan then presented this year's recipient, Zophie Greenwald, with a crystal apple, engraved with her name, Class of 2022, "Supporting Teachers of Tomorrow." She will attend Framingham State University. Other committee members include: Alexa Romasco, Chair, Cindy Bly and Brian Plasko.

A \$1,000 Uxbridge Town Scholarship will be presented to Adam Pratt, a BVT graduate, by Committee Member John Wise at a June 13th meeting of the Board of Selectmen. The following are also members of this committee: Jane F. Keegan, Genie Stack, Arlene Liscinsky, and Dr. Patrick Dillon. Donations to any of Uxbridge's three scholarship funds are welcome c/o Board of Selectmen at the Uxbridge Town Hall.

# Local students named to Holy Cross Deans List

WORCESTER — A total of 1,457 students were named to the College of the Holy Cross' Dean's List for outstanding academic achievement during the spring semester of the 2021-22 academic year. The following local students made the list:  
Tiyana-Marie Bassim of Douglas, Class of 2023

Benjamin Johnson of Uxbridge, Class of 2025  
Khushi Patel of Uxbridge, Class of 2025  
To qualify for the Dean's List, students must pass four or more letter-graded courses with no failing grades during the semester and earn a GPA of 3.5 or higher.

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# SPORTS

## Uxbridge girls' tennis team enjoys 'ride on gravy train' to Division 4 State Semifinals



Courtesy photo

The Uxbridge High girls' tennis team proudly displays the Final Four banner and trophy for reaching the Division 4 State Semifinals after defeating Monomoy Regional in the Round of 8 back on Saturday, June 11.

BY NICK ETHIER  
SPORTS EDITOR

Way back in late March, just before the start of the tennis season, Uxbridge High girls' head coach Joe McCourt wondered just how good his Spartans would be.

"Nervous anticipation," is the phrase McCourt used via telephone on Wednesday, June 15, a day following the conclusion to the Spartans' season.

"Before the season started, I was hoping to make a run at the [league] championship again. We had won it for the first time the previous year, but I also lost four key seniors," McCourt added.

The third singles position, the entire No. 1 doubles team and one-half of the No. 2 doubles group had graduated and need-

ed to be replaced, and to say that the new Spartans inserted into the lineup — plus the returning starters — thrived would be an understatement. Uxbridge had a 12-4 regular season, the No. 1 doubles team of Avery Guillette and Bella Nolan won the Southern Worcester County League (SWCL) Doubles Tournament, and the team earned the No. 1 seed in the Central Mass. Athletic Directors Association Class B Tournament and played in the final.

"Even in the Central Mass. Tournament, I was very surprised we were seeded first," McCourt said, where Uxbridge lost to the powerhouse Advanced Math and Science Academy. "That was a nice run."

The 12-4 regular season

record could have potentially been stronger, but twin sisters Julie and Sophie Compston — the Spartans' Nos. 1 and 2 singles players — missed a couple of matches at the end of the year because of COVID protocols.

That resulted in Uxbridge drawing the No. 21 seed in the Division 4 State Tournament. They first had to make the 132-mile drive to Williams College in Williamstown, where they took on No. 12 Mount Greylock Regional in the Round of 32. There, the Spartans took care of business, 4-1.

"I think the kids were able to play very loose. After we took the three-hour ride and won the nail-biter [the 4-1 win featured multiple close matchups] it was a ride on the gravy train after that," explained

McCourt.

Next up was a pair of matches on Cape Cod, which didn't faze the now road-warrior Spartans. Uxbridge defeated No. 5 St. John Paul II of Hyannis, 3-2, and then No. 4 Monomoy Regional of Harwich, 4-1. Those Round of 16 and 8 victories propelled the Spartans into the tournament's Final Four.

"When we saw [St. John Paul II] and played really well, they played without pressure. They played just for the sport of the game," said McCourt.

The Spartans' magical tournament ride came to an end in the State Semifinals versus top-seeded Hamilton-Wenham Regional. The match, played Tuesday, June 14 at St. John's High, finished with a score of 4-1. Sophie Compston

earned Uxbridge's point at No. 2 singles with a 2-6, 6-3, 10-8 victory.

"They did not make any mistakes," McCourt said of Hamilton-Wenham. "They played flawlessly. Unforced errors in high school are a huge factor. Not only did they not make mistakes, they could do what they want. They were very talented."

Hamilton-Wenham then went on to win the State Title by defeating No. 2 Wareham High, 4-1, on Saturday, June 18 at duPont Tennis Courts on the campus of MIT.

McCourt pointed out that in the Spartans' 17-6 season, they never lost a match 5-0.

"We never got shut out all season. It's always little victories. I think we were evenly distributed throughout the lineup,"

said McCourt.

That lineup was tinkered with throughout the season, but mainly consisted of Julie Compston, Sophie Compston, Sam Hinchcliffe, Avery Guillette, Bella Nolan, Abby Sanches and Ella Haker. All seven student-athletes just completed their junior year, so in theory Uxbridge should be strong again next spring.

"We should make a lot of noise next year," said McCourt, should the Spartans' players practice on certain aspects of their games that need work. "We should have a better regular season record and a better State seeding to keep us off the road a little bit. That's the goal."

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# SPORTS

## Crusaders make school history at Division 6 State Track and Field Meet

BY KEN POWERS

SPORTS CORRESPONDENT

NORTHBIDGE — The Whitinsville Christian School (WCS) made history at the Massachusetts Division 6 Championship, held last month at Westfield State University's Jerry Gravel Track.

That's where the Crusaders captured their first-ever state title in track and field (boys or girls), with a balanced performance, placing in 11 of the 20 events that make up the competition, racking up 85-1/2 points and easily outdistancing Littleton, which finished second (52-1/2 points). Lunenburg finished third (43-1/2), Ayer-Shirley fourth (41), and Ipswich fifth (40).

Winning Division 6 state titles for WCS were senior Molly Lashley, in the two mile run, and the 3,200 meter relay team which consisted of senior twin sisters Eliza and Becky Dowling and juniors Sophia Dill and Fiona Donnelly.

The Crusaders had multiple finishers score in three events, including four in the top eight in the 800 meter run. Sophia Dill finished second in the event, while Eliza Dowling and Emily Dill — Sophia's twin sister — tied for fifth. Becky Dowling — Eliza's twin sister — finished eighth.

Lashley finished second and Emily Dill sixth in the mile. Emily Dill also finished eighth in the two mile, 82 seconds behind Lashley.

Also picking up second-place finishes for WCS were sophomore Avery Glidden, in the 400 meter dash, and the 400 meter relay team of senior twin sisters Cece and Jill LaBonte, and juniors Kira Simoncini and Lexi Foster. Cece LaBonte also finished fourth in the 100 meter hurdles and sixth in the triple jump.

The LaBontes are actually two-third of a set of triplets, but Luke LaBonte, the third member of the triplets, doesn't run track; he is a Kung Fu aficionado.

Also finishing fourth was the 1,600 meter relay team of Glidden, fellow sophomore Meadow O'Connell and freshmen Emma Wierenga and Emelyn DeWeerd. Junior Allison Cinelli was fifth in the pole vault and Simoncini was sixth in the 100 meter dash.

The two mile run was a duel between Lashley and Littleton High senior Shae Regan. Lashley's winning time was 10 minutes, 56.04 seconds while Regan crossed the finish line less than three seconds later (10:58.74).

"I really like pacing the race, so I went to the front at the 300-meter mark. It was pretty much just me and (Regan), who was right on my tail," said the petite (5-foot, 3/4 of an inch) Lashley. "Each lap we slowly kept getting faster. Our second mile was 10 seconds faster than our first mile. It was pretty much just us out in front for all eight laps.

"On the seventh lap (the final 400 meters) we both kicked it up a notch. At 200 meters I started sprinting and at 100 meters I didn't know if I had it (the win) or not; I just sprinted the whole final 200 meters," Lashley continued. "That whole race came down to the final 200 meters. Looking back, I think it was a matter of my being able to make a stronger move than her over the final 200 meters, because we were neck and neck at that point. I don't usually have a kick so I kind of shocked myself by having a kick."

Lashley finished second at the Massachusetts Meet of Champions (formerly known as the All-State Meet) on Saturday, June 4, at Jerry Gravel Track in Westfield, and fourth at the New England Regionals, held Saturday, June 11, at New Britain, Conn.'s Willow Brook Park.

Lashley, who will run cross country and track at the University of Delaware — a Division 1 program — finished 10th in the 5,000 meter run (17:26.62) at the New Balance Nationals, held Thursday,



Courtesy photo

The Whitinsville Christian School's girls' track and field team recently won the Division 6 State Title.

June 16, at historic Franklin Field in Philadelphia.

The Crusaders led wire-to-wire in the 3,200 meter relay at the Division 6 meet. Eliza Dowling ran the first leg, Donnelly the second, and Becky Dowling the third. Sophia Dill was the anchor.

"I tried to take it out fast from the gun," Eliza Dowling said. "Usually I'm the type of runner who tries to hang back more, but in that race I knew we could win it so I wanted to try and get out as fast as I could and get us the best possible lead I could."

The Crusaders had a sizeable lead when Becky Dowling took the baton from Donnelly.

"The race was really exciting for me because I got to see Eliza get us the lead and Fiona extend it," said Becky Dowling, a Douglas resident like her sister. "I could see we had a really good chance of winning it and I just needed to stay up front. I used the confidence and excitement I got from cheering for my teammates to run the best I could. I felt super confident when I got the baton that we were going to win."

The Crusaders finished the race in a combined time of 9:52.10, one second slower than the school record, which was set in 2008. Not to worry, however. WCS's 3,200-meter relay team at the Meet of Champions — Eliza Dowling, Emily Dill, Becky Dowling and Sophia Dill — smashed the school record, finishing in a time of 9:38.67.

Auburn residents Jill and Cece LaBonte served as captains of the WCS girls' outdoor track and field team this year, along with Lashley.

"We're very proud to have won states," Cece LaBonte said. "Last year we had a really successful season as well. We didn't have our DVC meet last year, but we won all of our dual meets and finished third in the Central/West Division 2 Sectional Meet (which no longer exists). So, we were really close last year, and this year we, pretty much, had the same group. We lost three seniors, but we added a bunch of freshmen. Our thinking coming into this season was, 'we were successful last year, so we can do it this year, too.'"

Jill LaBonte said she and her sister take the captainship seriously, but they do it with a light touch.

"We try to keep it really fun, which is because (WCS head coach Mike Persenaire) has us do all of our workouts together," Jill LaBonte said. "Coach P will give the 100 and 200 sprinters all the same workout."

"Because we're doing it together it's easier to help kids that might need a little motivation, or they don't quite understand the workout," Jill LaBonte

continued. "At meets I like to hang around the infield or the outside of the track and watch all the events and cheer on my teammates. Because we're

so close as a team, and friends off the track, makes all of us better."



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