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Friday, September 15, 2023

Bay State Trail Riders Association celebrates 50 years

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

UXBRIDGE — The Bay State Trail Riders Association recently held an event at Arrowhead Acres in town commemorating 50 years of maintenance, preservation, and acquisition of trails and more.

The 50th celebration event began with 47 equestrian riders and a driver that rode on the Southern New England Trunkline Trail (SNETT) and back, as well as lunch.

“[Bay State Trail Riders Association (BSTRA)] is committed to keeping our communities’ trails preserved and maintained for outdoor recreation and to keep trails open to equestrians,” said BSTRA President Becky Kalagher.

The founders of BSTRA had a vision, Kalagher said.

“Most of the trails that were in use were not ‘protected.’ Getting them protected meant that they could not be lost to development or a new landowner deciding they didn’t want anyone on their property anymore,” Kalagher said.

One such example the SNETT.

“Our founders realized that this should be protected and that it was the backbone of a great trail interstate trail system. There is no way to know exactly how many hours were spent on this endeavor,” Kalagher said, adding that once the SNETT was protected, BSTRA met the requirements for 10 years to get it designated as a National Recreational Trail.

During its 50th event, held last month,



Becky Kalagher
Sharron Cochran, Julie Taddei, Sue and Megan Sanders, Lynn Paresky, Joanne and Chris Podles, and Marcia Ferro

Tree falls into roadway, onto passing vehicle

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — One person was severely injured last week after a tree fell into the roadway and onto a passing motor vehicle.

The Douglas Fire Department released that at around 3 p.m. on Sept. 7., Douglas Fire and Police were alerted to “respond to the report of a tree and wires down on a motor vehicle with injuries” in the area of 38 South Street in Douglas.

“Upon arrival, Douglas Police and Fire Units



Courtesy Douglas Fire Department

Crews working to clear South Street. found a large tree completely blocking South Street that had spontaneously fallen, taking down multiple electric lines. Turn To **TREE** page **A122**

Yondr Bag program to help decrease Northbridge students’ cell phone use

Students and staff entering Northbridge High School on Tuesday morning, Sept. 5, were officially introduced to the district’s newest program, the Yondr Bag. Every student in the high school was given a locking bag designed to limit students’ access to their phones while in the building. Northbridge adopted this program to increase student participation by removing the distraction of phones in the classroom and Northbridge Middle School introduced the same expectations to their students later that week.

According to the company website, the Yondr program is in use in 16 countries with over a million students participating daily. Northbridge was chosen to participate as part of a statewide pilot program funded by grants from the Massachusetts Department of Education. Initial reactions to the bags were mixed. Superintendent of Northbridge Public Schools, Amy McKinstry held a public forum in August to allow parents and community members to weigh in on the plan. While some parents voiced



Courtesy

The Yondr Bag is designed to limit students’ access to their phones while on school grounds. concerns over having access to their children during the school day, there was an overall understanding of the importance of making a change to the status quo in technology usage in school. NHS Assistant Principal, Eric Tracey, says the roll out of the program with students went smoother than expected, “Students were cooperative and some were

even eager to see what it was all about.”

Each morning students will be asked to place their phones in their personal Yondr bags and lock them for the day. As students leave, they simply swipe the bag at one of the six unlocking stations to release the lock and gain access to their phones. “It’s going to be a change for students and they will need to adjust, but this is the direction the state is going and other schools are watching Northbridge this year with the hopes of following in our footsteps”, says new NHS principal, Scott Connery. While NHS staff have shown enthusiasm, some students have been more skeptical according to Connery, “They’ll get there, it may take some time, but in the end the benefits outweigh their concerns.

As the year progresses, the school plans to collect data on areas such as discipline, test scores and classroom participation to determine the success of the new initiative. But hopes are high that this change will be one for the better for all students at Northbridge High School.

Beautiful mural added in Whitinsville



Photos courtesy Open Sky Community Services

Individuals served by Open Sky Community Services joined artist Ben Jundanian (in camouflage hat), Open Sky employees, and community members on Wednesday, September 6th to paint a mural designed by Jundanian that covers the Alternatives’ Whitin Mill building at 70 Douglas Road in Whitinsville. The building houses Open Sky’s Family Support Center and other programs that serve individuals and families with intellectual/developmental disabilities. Jundanian interviewed staff and individuals in the programs for their input on the colorful design.

Sutton welcomes refugee families in the Emergency Assistance Family Shelter

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

SUTTON — At the end of August, the town welcomed 10 refugee families from South America and the Caribbean.

“There are currently 25 families in Sutton that entered the Emergency Assistance Family Shelter System as asylum seekers and are currently homeless because of their new arrival status,” the town of Sutton released in a press statement.

The Select Board, Public Safety Departments, Public Health Department, School Department,

the legislative delegation, and other enlisted state agencies “mobilized immediately to coordinate the pressing needs of these 25 families, which includes children.”

“The Town is also in close communication with other communities in our region who are also housing many of these families,” the town released.

The Executive Office of Housing & Livable Communities, specifically the Division of Housing Stabilization, is responsible for administration of the Emergency Assistance Family Shelter System, which is obligated under the “Right to Shelter” statute to shelter all eligible unhoused families with at least one child (defined as under 21).

“Due to a recent surge in the number of homeless families in Massachusetts, the Office of Refugees & Immigrants has begun placing families into hotels as a last resort. The Department of Public Health is supporting health and medical needs of new arrivals and as of today, a Rapid Response Team including nurses were onsite to assess medical needs,”

Turn To **REFUGEES** page **A122**

Annual Police vs. Fire Baseball Classic raises \$15,750 for Why Me and Sherry’s House



WORCESTER — To launch Childhood Cancer Awareness Month in September, the second annual Police vs. Fire Baseball Classic, presented by Country Bank at Polar Park on Sunday, August 27, raised \$15,750 for Why Me & Sherry’s House, a Worcester nonprofit that provides resources and support to children battling cancer and their families.

The Worcester Police Officers defeated the Worcester Firefighters 14-3 in nine innings.

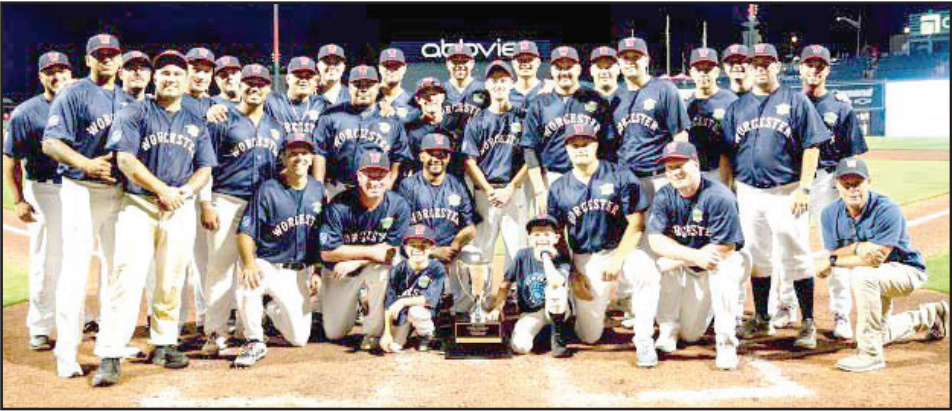
As the home team, the Worcester Fire Department selected Why Me & Sherry’s House to benefit from this year’s event in honor of retired Fire Captain Mark Wyco, who lost his daughter Bridget to childhood cancer in 1996.

After the game, the Worcester Red Sox and Country Bank presented the check for \$15,750 to Rebecca Kuczarski, the Executive Director of Why Me & Sherry’s House.

They also presented the 2023 Paul Scully Most Valuable Player Award to Officer Ty Sterner, a southpaw who allowed just two hits and one run in six innings pitched. The Worcester native, who has served in the Worcester Police Department for two years, was drafted by the Cincinnati Reds in the 23rd round of the 2014 Major League Baseball June Amateur Draft from the University of Rhode Island. However, a pair of Tommy John surgeries cut his professional baseball career short.

As the M.V.P., Officer Sterner won a Country Bank jersey, four V.I.P. tickets to a future WooSox game—at which he will be honored with the opportunity to throw a Ceremonial First Pitch—and a gift card to The Mercantile Restaurant.

“There was an extraordinary feeling at this year’s event,” said Dr. Charles A. Steinberg, President of the Worcester Red Sox and the WooSox Foundation.



“Our first responders are the heart and soul of Worcester, and we believe this friendly but competitive game will continue to grow into a civic treasure. We thank our friends and founding partners at Country Bank for collaborating with us yet again on what has become one of the most fun—and impactful—events of the year.”

“Country Bank is honored to partner with the Worcester Red Sox Foundation in presenting the Police vs. Fire game,” said Paul Scully, President and CEO of Country Bank. “We have been a long-time supporter of the Police and Fire Departments across the many markets we serve. The critical work these departments do each and every day truly makes a difference for our communities. It is also our privilege to support Why Me Sherry’s House with this year’s donation to assist them in the great work they do for Childhood Cancer.”

At the inaugural game September 26,

2022, \$15,680 was raised for the Manny 267 Foundation, which honors and celebrates the life of the late Worcester Police Officer Emmanuel “Manny” Familia, who made the ultimate sacrifice June 4, 2021, when he heroically dove into Green Hill Pond to attempt to save a drowning teenage boy.

In its first two years, the event raised \$31,430 for local causes that hit home for Worcester’s first responders.

Country Bank is one of the WooSox’ 21 founding partners. The WooSox Foundation and Country Bank also collaborate on the “Most Valuable Teachers” (MVTs) program, which recognizes extraordinary teachers in the region, as well as the “WooStars” program, which rewards nonprofits driving social change across Central Massachusetts.

So far in 2023, the WooSox Foundation has donated \$88,760 toward the effort to conquer cancer.

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**Massachusetts based folk troubadours Mark Mandeville
and Raianne Richards to perform in Bellingham**

Local folk troubadours Mark Mandeville and Raianne Richards will perform Saturday, Sept. 16 at the Bellingham Town Common at 2 p.m. In case of bad weather, the concert will move indoors to Bellingham Public Library. Bring a blanket or chair and enjoy some great summer music outdoors! Family friendly! This concert is sponsored by the Bellingham Cultural Council and in partnership with the Bellingham Public Library.

The concert will feature songs from the new CD “Road May Rise,”

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their third studio album recorded at Signature Sounds Studio (Pomfret, CT) and mixed/mastered at Black Forest Sound Studios (Philadelphia, PA). The title track, written by Mandeville for a play performed at the Factory Theater in Chicago, has been awarded Honorable Mention by the Songwriters' Association of Washington DC (SAW). Studio musicians include Doug Williamson (piano, guitar, mandolin, upright bass), Peter Hart (pedal steel, guitar) and Zack Ciras (upright bass).

ALL WE KNOW IS LOCAL ~ StonebridgePress.com



Bay Path Practical Nursing Academy

Director serving 11 years as PMC Volunteer

CHARLTON — Bay Path Practical Nursing Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN completed her 11th year as a volunteer for the Pan Mass Challenge (PMC, www.pmc.org) helping those who raise funds for Dana-Farber Cancer Institute in Boston.

In August 2012, Bolandrina, and her family, (all of Douglas), husband Joseph, daughter Lilly, and son Max, first volunteered for PMC.

“I was initially with the Medical tent,” said Bolandrina, “because of my nursing background.” The following year, she joined her children Lilly and Max under the big white tent as volunteers for the dessert table for all the riders. Joseph is a volunteer for bike parking. The following year, Gretheline became the signs and supplies coordinator at the Provincetown Inn finish line and eventually at the Monument Finish line at Provincetown, MA. To coordinate signs and supplies, she is in contact with all crew leaders 90, 60 and 30 days before the event and completes an onsite visit at PMC head quarters in Needham.

According to Gretheline, the Bolandrina family volunteers for PMC because of family and close family friends who are cancer warriors or survivors. Close to their hearts is Rita Thorne of Acton. Thorne, a close family friend passed away early this year of a rare intrahepatic cholangiocarcinoma (bile duct cancer) and Chronic Myeloid Leukemia



Gretheline Bolandrina
(CML). Thorne was a cancer warrior and inspiration to her many followers as she bravely shared her journey through Chemo. Gretheline said, “Rita’s strength throughout her fight with cancer was incredible! She was a role model who showed us how to be graceful, philanthropic, kind, empathetic, confident and memorable. Rita was a pillar of the Filipino American community in

New England and a dedicated volunteer for the Bay Path Practical Nursing Academy.”

About PMC: The Pan-Mass Challenge is a Massachusetts-based bike-a-thon that raises more money for charity than any other single athletic fundraising event in the country. Always held the first weekend in August, the PMC raises funds for Dana-Farber Cancer Institute, a world leader in adult and pediatric cancer treatment and research. Each summer, thousands of riders

and volunteers from 43 states and 12 countries participate in the PMC, all with a common goal: to find a cure for cancer. 100 percent of all rider-raised funds go directly to cancer research and treatment at Dana-Farber and the Jimmy Fund. The PMC is Dana-Farber’s single largest supporter and is more than 60 percent of the Jimmy Fund’s annual revenue. Since 1980, the PMC has raised \$900 million for Dana-Farber.

Local residents to participate in Boston Marathon Jimmy Fund Walk

Seven residents from Blackstone and one from Millville will participate in the Boston Marathon Jimmy Fund Walk presented by Hyundai on Sunday, October 1.

M a r y Benjamin, Jeanne Lunny, Leslie Paterson, Heidi Cavicchi, Ben Benjamin, Ross Atstupenas, and Erika Paterson of Blackstone, and Kelly Kelleher of Millville, along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation’s premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022.

“Throughout the past 34 years, the Jimmy Fund Walk has continuously supported life-saving research and cancer care at Dana-Farber. The 2023 Walk will be held during the Jimmy Fund’s 75th anniversary year and will aim to raise \$9 million in the effort to prevent, treat, and defy cancer,” said Zack Blackburn, Director of the Jimmy Fund Walk. “This year also marks the 35th annual Jimmy Fund Walk. We are eager to get out on the course and see all our outstanding walkers and teams come together to support this great cause.”

The Jimmy Fund Walk is the only organized walk permitted on the famed Boston M a r a t h o n ® course, and participants have the flexibility to choose from four distance options: 5K walk (from Dana-Farber Cancer Institute’s L o n g w o o d Medical Campus), 10K walk (from Newton), Half Marathon walk (from Wellesley), and Marathon walk (from Hopkinton).

Whatever route walkers choose, participants will be treated to 10 refueling stations as well as poster-sized photographs of patients – Jimmy Fund Walk Heroes – displayed at each mile and half-mile marker as

inspiration. All four routes of the Jimmy Fund Walk will culminate at the Jimmy Fund Walk Finish Line Powered by Schneider Electric. Due to construction in Copley Square, the Jimmy Fund Walk Finish Line location has been moved to the Fenway neighborhood for 2023. Walkers should know that distances may be slightly shorter as we finish the walk in front of Fenway Park. The finish line will include a celebration complete with food, music, and a speaking program.

If walkers wish to participate a bit closer to home, the Jimmy Fund Walk has flexible opportunities. Participants can also join the event virtually by “walking their way” from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Materials to support Virtual Walkers are available.

To register to walk or volunteer (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

About the Jimmy Fund

The Jimmy Fund, celebrating its 75th anniversary in 2023, is comprised of community-based fundraising events and other programs that, solely and directly, benefit Dana-Farber Cancer Institute’s lifesaving mission to provide compassionate patient care and groundbreaking cancer research for children and adults. The Jimmy Fund is an official charity of the Boston Red Sox, the Massachusetts Chiefs of Police Association, the Pan-Mass Challenge, and the Variety Children’s Charity of New England. Since 1948, the generosity of millions of people has helped the Jimmy Fund save countless lives and reduce the burden of cancer for patients and families worldwide. Follow the Jimmy Fund

on Facebook, Twitter and Instagram: @TheJimmyFund.

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India Society of Worcester hosts first Asian Business Pitch Contest

The India Society of Worcester (ISW) is pleased to host the first ever Asian Business Pitch Contest in the MetroWest area on October 10, 2023, at the ISW India Center. Co-hosted with ElevAsian, a nonprofit committed to uplifting Asian entrepreneurs, the contest is open to Asian owned or managed small business owners and home-based businesses. This is an opportunity for them to present their unique ideas, products, or services to a panel of seasoned judges, win prize money, and receive valuable advice on how to grow your business. Contestants have a chance to win prizes from \$500 to \$1000 in two categories – established businesses and new ventures/ideas. The event is FREE and interested applicants can find more information and submit their application at the ISW Website.

BVT Food Services program fuels students for success with Healthy Meals Incentives Grant

UPTON—The Blackstone Valley Regional Vocational Technical High School (BVT) Food Services program is fueling its students for success through high-quality breakfast and lunch offerings that are nutritious and delicious. As a proud recipient of a \$65,800 Healthy Meals Incentives grant from Action for Healthy Kids (AFHK), the funds will support their efforts to enhance the nutritional quality of school meals.

The grant is part of an allocation of nearly \$30 million by the USDA Food and Nutrition Service to 264 schools across 44 states and the District of Columbia. "We're committed to creating restaurant-quality school meals that contain fresh, nutritious ingredients. Having continued access to nutritious meals promotes student learning and lifelong healthy eating behaviors," said Chef Eric Carlson, BVT's Director of Food Services, who works alongside BVT's Nutritionist Martha Pellegrino and the Food Services staff. "To help our students and staff manage their healthy eating habits, our lunch menu includes each item's nutritional value."

As part of the USDA's Healthy Meals Incentives grant program, AFHK and with the support of its partners, the Chef Ann Foundation and Rocky Mountain Center for Health Promotion and Education, will provide BVT's Food Services staff with in-depth, individualized assistance and opportunities to collaborate during the school year on topics such as menu planning, recipe development, and food safety. With this grant, the school will also modernize its operations with a walk-in refrigerator and meal prep workstations for its cafeteria.

BVT is proud to partner with Action for Healthy Kids and USDA to strengthen its school meal program. To learn more about the Healthy Meals Incentives grant and the tasty items on this month's lunch menu, visit www.valleytech.k12.ma.us/foodnutrition.

About Blackstone Valley Regional Vocational Technical High School (BVT): Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.

ISW's Professional and Entrepreneurial Network (ISW PEN) hosts regular meetings focused on topics relevant to the professional and entrepreneurial community. "We are thrilled to be working with ElevAsian to provide this much needed service to budding Asian businesses in the MetroWest area," said Puneet Kohli, President of ISW. "The Asian community is one of the fastest growing in the suburbs and is seeded with many entrepreneurs and aspiring entrepreneurs. We hope this helps them accelerate their ideas to fruition."

"We are excited about this partnership with ISW and look forward to supporting the entrepreneurs pitching," remarked Andrew Goldberg, Founder/CEO, ElevAsian. "ElevAsian provides a safe space for Asian entrepreneurs to grow from an owner employee to an owner strategist, with the support of instructors, mentors, and peers who genuinely care about you and want to see you succeed."

REAL ESTATE

BLACKSTONE

\$452,000, 324 Blackstone St #324, Train, Kurt W, to Madden, Doris K.
\$389,900, 260 Main St #4, Cb2 Builders LLC, to Chipman, Warren F, and Lopez, Jocelyn.
\$330,000, 29 Ledgebrook Dr #29, M Christian Joseph T, and Joseph, Christian, to Donovan, Susan.

DOUGLAS

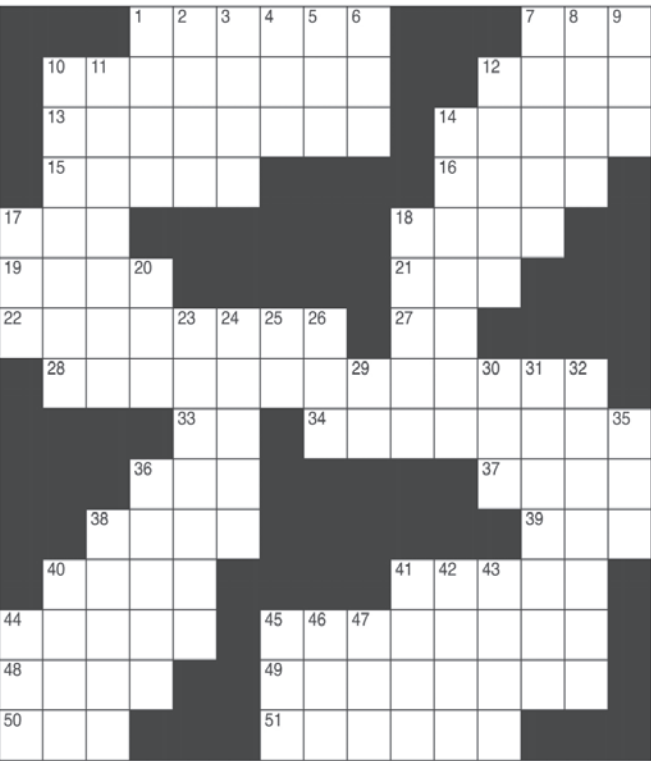
\$500,000, 153 Main St, Jarman, Vannary, and Jarman, Matthew T, to Mearthur, Tyler.
\$300,000, 8 Bowen Ct, Heinz, Debra A, to Lamotte, William B.
\$230,000, 403 NE Main St, Amaral Jr, Robert J, and Amaral, Amy J, to Allan Defaria Rt LLC.
\$85,000, 21 Birch St, Barron, Judy L, to Desire Homes LLC.
\$84,000, 19 Birch St, Rennell, Judy L, to Desire Homes LLC.

NORTHBRIDGE

\$835,000, 573 Roosevelt Dr, Kadra, Joseph, and Kadra, Mary, to Nguyen, Timothy D, and Lam, Kim-Thanh.
\$738,000, 129 Shining Rock Dr, Poole, Bethann, to Cyr, Criag, and Butera, Marisa.
\$510,000, 11 Mendon Rd, Atlantic Prop Group LLC, to Otoole, Cameron, and Turpin, Shelbe.
\$285,000, 65-67 Prospect St, Johnson Jr, Joseph H, and Rd W Spv LLC, to Rd W Spv LLC.
Oakham

UXBRIDGE

\$800,000, 775 Quaker Hwy, Rachwal, Mark J, to Giguere Realty LLC.
\$706,000, 25 Turner Farm Rd, Benner, Maggie, and Benner, Steven, to Calabro Jr, Daniel, and Calabro, Loren.
\$675,000, 33 Spinning Wheel Dr, Horwath, James A, and Horwath, Christine M, to Kowal, Christopher D, and Kowal, Nicole.
\$631,000, 5 Manorview Way, Salzberg, John R, and Salzberg, Donna, to Bounville, Laura A, and Sheldermine, Daniel P.
\$542,440, 172 Crownshield Ave #172, Independence Uxbridge Rlt, to Priya, Alok, and Singh, Neetu K.
\$504,055, 60 Tea Party Dr #60, Independence Uxbridge Rlt, to Kumaresan, Parthiban, and Baskaran, Indhumathi.
\$497,000, 47 Pouts Ln #47, West River Homes LLC, to Goswami, Joyanta.
\$425,475, 21 Fletcher St, Liberty Rt Of 2016, and Liberty, Robert H, to Connerney, Beth A, and Donnell, Joseph T.

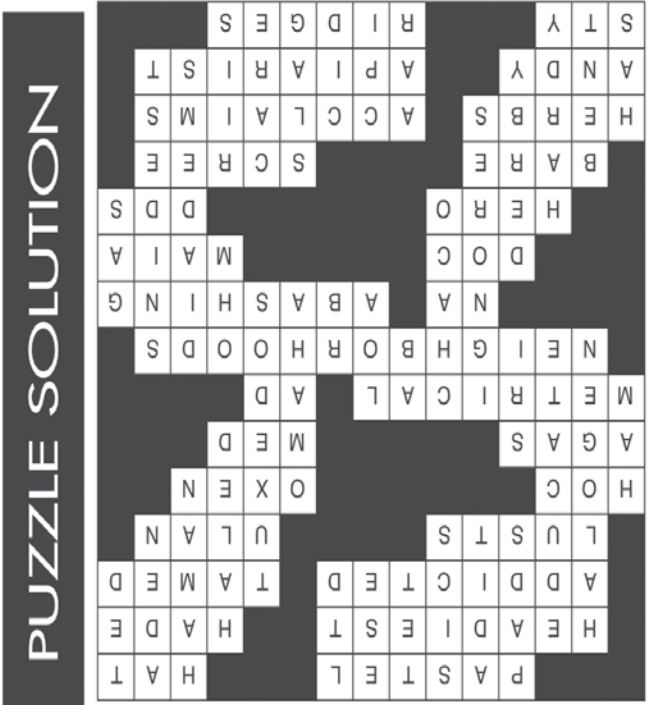


CLUES ACROSS

- 1. Type of crayon
- 7. Fashion accessory
- 10. Most cerebral
- 12. Incline from vertical
- 13. Dependent on
- 14. Broken in
- 15. Strongly desires
- 16. Mounted soldier
- 17. Ad __; when necessary
- 18. Cattle
- 19. Ottoman military commanders
- 21. __ student, learns healing
- 22. Composed in poetic meter
- 27. Promotional material
- 28. Where people live
- 33. Sodium
- 34. Embarrassing
- 36. Medical man
- 37. Mother of Hermes
- 38. One who saves the day
- 39. Tooth caregiver
- 40. Not clothed
- 41. Slope covered with loose stones
- 44. Used to cook
- 45. Praises enthusiastically
- 48. Rooney is a famous one
- 49. Beekeeper
- 50. Pigeon
- 51. Potato chip brand

CLUES DOWN

- 1. Living quarters
- 2. Horizontal passage
- 3. Attacks
- 4. Vietnamese offensive
- 5. Midway between east and southeast
- 6. Confined (abbr.)
- 7. Book of Esther antagonist
- 8. Port in Yemen
- 9. CNN's founder
- 10. Type of bulb
- 11. Prepare
- 12. Promoted
- 14. Dinner jackets
- 17. Partner to cheese
- 18. Nebraska city
- 20. Human gene
- 23. Pays no attention to
- 24. Lowland South American plain
- 25. Blood group
- 26. Mauna __, Hawaiian volcano
- 29. Atomic #37
- 30. Unit of electrical resistance
- 31. Jeweled crowns
- 32. Nastiest
- 35. Traditional cars need it
- 36. Bowler hat
- 38. Robust
- 40. Not straight
- 41. Stony waste matter
- 42. Have an interest in
- 43. Jacob __, journalist
- 44. Maintains possession of
- 45. Swiss river
- 46. Average cost of market goods
- 47. Spanish soldier: El __



PAW of the WEEK



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PRESIDENT AND PUBLISHER
FRANK G. CHILINSKI
860-928-1818 EXT. 103
frank@stonebridgepress.news

BUSINESS MANAGER
RYAN CORNEAU
860-928-1818 EXT. 102
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DI NICOLA
508-764-6102
jdinicola@stonebridgepress.news

EDITOR
BRENDAN BERUBE
508-909-4106
news@stonebridgepress.news

PRODUCTION MANAGER
JULIE CLARKE
860-928-1818, EXT. 305
julie@villagernews.com

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Cornerstone Bank offers new checking account designed specifically for students

WORCESTER — With school back in session, Cornerstone Bank, a community bank with 10 locations throughout Central Massachusetts, is pleased to offer a new checking account designed for the unique needs of students. The account offers a variety of features and benefits to help students get a strong start toward financial independence. The best part? It's free for students ages 16 through 25.

"We are big proponents of financial literacy, so we wanted to create an account that makes it easier for students in high school and college to start banking on their own," said Cornerstone Bank CEO Todd Tallman. "Our RITE Student Checking Account is free for students until they're 26 and comes with many benefits and money-saving perks they will really appreciate."

It only takes \$25 to open the account and there is no minimum monthly balance requirement. Unlimited ATM surcharge reimbursements, as well as online and mobile banking, mean the account works well for students attending school away from home.

Annual Day of Play Family Festival takes place Sept. 16 at Elm Park

WORCESTER — Worcester's 12th annual Day of Play Family Festival is on Saturday, September 16th from 11:00AM-4:00PM at Elm Park.

Immerse in the power of play with over 50 activities to explore and performers to enjoy.

"This festival brings our community together and it is an honor for Edward Street to host this festival for the 12th year," said Eve Gilmore, Edward Street CEO. "We look forward to welcoming the children and families of Central Massachusetts once again to join in the joy of play."

Day of Play was founded by Edward Street in 2010 and continues to be an annual chance to unite the community. The festival features seven key areas of play for children and their families: Active, Construction, Creative Arts, Health & Wellness, Mindfulness, Reading, and STEM. Community volunteers and organizations help bring these play activities to life.

Set to perform are the Joy of Music Program (JOMP), Crocodile River Music, the Traditional Lion Dancers, Chuck & Mud (and Buds), Janoah Bailin, In Da Zone, Cory Scott, and magician Francis Flynn. As well, the South High Marching Band will lead a procession around Elm Park. Featured activities include an obstacle course, robot coding, bubble making, and rocket design/build/launch activities. The Worcester Art Museum will provide a watercolor painting project and the SE Asian Coalition (SEAC) will host a face painting and henna tattoo activity for play participants to discover. Local mascot characters including Jake the Lion (The Bravehearts), the Woofster (WooSox) and Benjie (Bay State Savings Bank) will also be on hand.

Day of Play is a free, volunteer-based event and open to the public thanks to our sponsors including:

Presenting Sponsors: Edward Street, Worcester Family Partnership,

Beyond banking benefits, which include rewards for everyday purchases and Early Pay with direct deposit, the RITE Student Checking Account also boasts valuable non-banking perks that both students and their parents will appreciate. These include discounts from local and national retailers, cell phone protection, roadside assistance, ID Theft Aid, buyer's protection and extended warranty, a health savings card and more.

"We know today's students have a lot of expenses and stress, so we wanted to offer them a checking account that provides the services and security they need," said Cornerstone Bank EVP, Retail Banking, Altaf Ahmed. "For example, if they pay their cell phone bill through their RITE Student Checking Account, the phone is covered for repair or replacement up to \$400 per claim. It's extras like these that can help provide peace of mind for students and parents, especially when students are leaving home for college."

Applicants must be active students ages 16 to 25. Students who are 16 require a parent or guardian as a joint account owner. Monthly

maintenance service charges are waived until the student reaches age 26, at which time a \$6 monthly maintenance service charge will be assessed.

About Cornerstone Bank

Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank's local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone pro-

vides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities, through a broad range of deposit and loan products, and services. Built on Trust is not just a tag line, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank's personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.

Local business turns over the reins to a new generation

Jumbo Donuts under new ownership

UXBRIDGE—State Representatives Michael J. Soter (R-Bellingham), David K. Muradian (R-Grafton), and Joseph D. McKenna (R-Webster) presented Jumbo Donuts' owners with a House Citation as the Mitkonis Family turns the business over to the new owners. Selectman John Wise also presented the Mitkonis family with citations of congratulations.

"The Mitkonis family are the embodiment of the American Dream. They have been able to build a successful business in the past 33 years after coming to America in search of a better life. I have gotten to know the Mitkonis family over the years that I have been State Representative. I am truly blessed to call them friends," said Representative Michael Soter. "They always were ready to serve their communities with a smile on their face. They are always willing to go above and beyond. I want to wish them a happy, and restful retirement. We cannot wait to start a relationship with the new owners!"

"The Mitkonis family has been serving southern Worcester County for over 33 years and has given back to our communities time and time again", stated Representative David Muradian. "I wish them a happy and healthy retirement, and thank them for their outstanding contributions locally."

"Thank you to the Mitkonis Family for investing in the Awesome Town of Uxbridge. We appreciate your generosity to the community, wonderful food and service, as well as your hugs and friendship. You will all be missed. We have high hopes for the new owners and look forward to building a relationship with them," said Uxbridge Selectman John Wise.

"I have known the Mitkonis family for years, as neighbors. They have been know for decades through Jumbo Donuts as an institution in southern Worcester County. Thank you so much for all your generosity in taking care of those in our community," said Worcester County Sherriff Lew Evangelidis.

families every day. To our employees, thank you for your dedication, and being a part of our success. To our loyal regulars who come in every single day, sometimes twice or three times a day, your unwavering love and support of our small businesses will never be forgotten. It's been a long and often challenging road, but with hard work, and with love for what you do, anything is possible. We've striven for integrity and excellence in everything we did. We want everyone to know that the American Dream is real. Find your passion and work hard to make your dreams come true. Never give up and take pride in all you do and you will be successful. I am so proud to be an American. We are excited for the new owners and we know they will continue the Jumbo Donuts legacy with pride."

"As the new owners of Jumbo Donuts, we want to express our immense gratitude, respect, and want to acknowledge the remarkable journey that Rhoda, Christos, Marilena and Christina have embarked upon and nurtured for over three decades. We salute their efforts and express our heartfelt gratitude for entrusting us with this treasure. We understand the significance of Jumbo Donuts to countless lives and promise to treat it with the same care and passion as they did. We are honored to step into the shoes of those who created this haven, and we pledge to honor their legacy while breathing fresh energy into the business, said new owner, Anita Mathema. "To the loyal customers who have been the bedrock of Jumbo Donuts' success, we thank you for your unwavering support. We're here to continue serving you with the same love and quality that you've come to expect. To the hardworking employees who have dedicated years to making Jumbo Donuts a cherished gathering spot, we extend our gratitude for your commitment. We look forward to collaborating with you to carry forward the welcoming atmosphere."

With the previous owners' blessings and the goodwill of this incredible community, we step into this new role with humility and excitement. We invite you to join us in this journey as we infuse Jumbo Donuts with renewed vigor and a fresh perspective, while remaining rooted in the values that have made it a beloved institution. Thank you for your continued support and trust. We look forward to welcoming you to Jumbo Donuts and forging new friendships as we embark on this exciting adventure together."



Community Connection

Girl Scouts of Central and Western Massachusetts to welcome hundreds to annual Geek Is Glam

WORCESTER — Hundreds of middle school girls and dozens of high school girls will convene at Worcester Polytechnic Institute (WPI) October 14, 2023 to celebrate Science, Technology, Engineering and Mathematics at the Girl Scouts of Central and Western Massachusetts Geek Is Glam (GIG) STEM Event and it's not too late to participate.

The day-long interactive STEM conference for girls in grades 4 through 12 is hosted by Girl Scouts of Central and Western Massachusetts (GSCWM) and WPI with over 60 area education and adventure collaborators. Participants will be exposed to some of the area's top scientific and engineering minds as they engage in the hands-on aspect of exploration and discovery while they build, explore, assemble and imagine. The day kicks off at 9 AM with Keynote speakers Daisha Ramos-Ortiz, WPI freshman and five-time Geek Is Glam participant and Ms. Massachusetts 2023 Chelsea Vuong.

Participants will spend the day in interactive workshops, demonstrations, and hands-on exhibits presented by: Cummings School of Veterinary Medicine at Tufts University, The Discovery Museums, New England Sci-Tech, UMass Amherst Polymer Science and Engineering, WCVB Channel 5 Boston, Sub Zero Nitrogen Ice Cream, and New England Botanic Garden at Tower Hill, to name a few. From Mystic Aquarium to Morse Code, from rainbows

to robots, girls will be engaged in interactive activities, games and displays.

For more information and to register go to <https://www.gscwm.org/en/discover/activities/special-events.html> or call 413-584-2602. The fee is \$45 per girl in grades 4-8 and \$50 per girl in grades 9-12 and includes lunch, snacks, a Geek is Glam t-shirt, drawstring backpack, and an exclusive Geek is Glam patch. Financial assistance is available. No previous Girl Scout experience necessary to attend.

Registration closes September 18.

For a Full List of Activities visit <http://www.gscwm.org/en/events/special-events/geek.html>

About Girl Scouts of Central & Western Massachusetts

Girl Scouts of Central and Western Massachusetts serves over 5,000 girls in grades K through 12 with the strong support of 3,000 adult volunteers in 186 towns and cities in central and western Massachusetts. Girl Scouts' mission is to build girls of courage, confidence, and character who make the world a better place. Since 1912, girls have explored new fields of knowledge, learned valuable skills, and developed strong core values through Girl Scouts. Today, Girl Scouts is, as it always has been, the organization best positioned to help girls develop important leadership skills they need to become successful adults.



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Millbury Senior Center

Millbury Senior Center
1 River St.

FLU SHOTS
Thursday, September 28th at 9 -12 P.M.
Need to fill out paperwork and provide Insurance card along with License / I.D.
Call or stop by the center to schedule an appointment.
508-865-9154

TRANSPORTATION
Starting on Monday, July 3rd all appointments will be accepted by the WRTA
Millbury Seniors 60 and older / those with ADA services call 508-752-9283 in order to register with the WRTA in advance if they need transportation
Transportation Hours are Monday through Thursday from 8 A.M. to 3:30 P.M. & Fridays 8 A.M. to 11:30 A.M.
Rides have to be scheduled by 4:30 P.M. the day before by calling 508-752-9283

For more information on regards to transportation call the center at 508-865-9154

Upcoming Presentations

Vascular Surgeon Presentation
Tuesday, September 19th at 1 – 1:30 P.M.
Gift of Hospice Presentation
Tuesday, September 26th at 11 – 12 P.M.
Sheriff Presentation
Thursday, September 28th at 10 – 12 P.M.

SENIOR CENTER EXERCISE CLASSES!!
ZUMBA CLASSES
Mondays at 1 P.M. starting on September 11th (Class is \$3)
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)
LINE DANCING CLASSES
Wednesdays at 10:30 A.M. (Class

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

SENIOR CENTER ACTIVITIES!
MAHJONG
Mondays at 12:45 P.M.
CRIBBAGE
Monday through Friday 8:30 A.M. Tuesdays at 1:00 P.M.
BLOOD PRESSURE CLINIC
Every Tuesday from 9 A.M. - 10 A.M.
SOCIAL BINGO
Wednesdays at 1 P.M.
Bring your pennies!
COLORING
Thursdays at 10 A.M.

Lunches are served Monday through Thursday 12 P.M. Friday 11:30 A.M.
The menu is available on the town website, www.townofmillbury.org
Or our Millbury Senior Center Facebook page.
A 48 hour reservation is required.
Call the center at 508-865-9154

Please join us on Tuesday, September 26th at 2:00 - 3:30 P.M.
Refreshments will be served
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, and have a good time
Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 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
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Douglas Adult Social Center

331 Main St.
(508) 476-2283
Hours of operation: Monday through Thursday, 9 a.m.-3 p.m.; Friday 9 a.m.-noon

DAILY ACTIVITIES: All our daily activities are free of charge.
Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 12 pm, Mat yoga 2 pm
Tuesday: Cribbage 9:30 am, Zumba 9:30 am, Bingo 12:00 pm, Technology Class 1pm (call to make an appt.), Jenga or Connect4 @ 2pm (bring a friend, and play a game!)
Wednesday: Balance & Strength 10 am, MahJong 1 pm
Thursday: Chair Yoga 9:30 am, Wii Games 11am, Hand and Foot card game 12:30 pm
Friday: Balance & Strength 10 am

SEPTEMBER EVENTS:
• **FREE VETERAN'S BREAKFAST:** Thursday, Sept. 28th @ 9 am. The center would like to invite all veteran's to come in have free coffee, breakfast and socialize. This event will be on 2nd and 4th Thursday of the month.
• **BITE LAB:** Wednesday Sept. 20th @ 12 pm. A nurse from the state health department will be here to talk about tic, mosquito and other bug bites and how they affect your health. Lasagna will be served for \$4.00 and will be at 11:30.
• **FREE CRAFT DAY:** Wednesday

Sept. 27th @ 12 pm. Come in and join make a fun festive Halloween craft. Refreshments will be served.
• **HEALTH & WELLNESS FAIR:** Thursday Sept. 28th @ 11:30 to 2:30. Come in and see what our vendors have to offer. There will be a variety of vendors, free raffles, and fun.
Our annual flu clinic will be on Monday October 2nd from 9 am to 1 pm. Please call the center to reserve a spot. This event is held in conjunction with Hannaford Pharmacy.
Save the date for our **ANNUAL SMILE DAY EVENT** in October! More details to follow!
SUNSHINE CLUB INVITES YOU TO: Join us for a river cruise down the Danube River on an AMA Water Way cruise ship. We will be going in October 2024. The Sunshine Club is organizing this trip through the AAA office in Webster. The trip is a seven day tour with an optional three day pre cruise in Prague and/ or 2 day post cruise tour in Budapest. Experience cultural and culinary highlights of this historic European region at the different port stops along the Danube River. For more information about this itinerary and travel plans, please contact Pam Schwartz @ 508-476-4474. This trip is open to everyone!
Check our website for events that may not be listed here
<https://www.douglas-ma.gov/202/Adult-Social-Center-Senior-Center>

Sutton Cultural Council Announces Grant Opportunity

SUTTON — Organizations, schools and individuals may apply for local grants that support community related arts, humanities and science programs in the town of Sutton. Proposals are due to the Sutton Cultural Council by October 17, 2023. This year the Town of Sutton will distribute \$7,300 in grants. The grants can support a variety of artistic projects and cultural activities in Sutton including exhibits, festivals, field trips, and performances in schools, workshops and concerts. Past grants have included 4-H projects, Concerts on the Common, the Sutton Cleanup and many more.
The Cultural Council is a part of a network of 329 local Cultural Councils serving all 351 communities in the Commonwealth. The LCC Program is the largest grass-

roots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates the funds to each community.
Applications are submitted online through the Massachusetts Cultural Council web page at <https://massculturalcouncil.org>
Go to Application Process and follow steps listed.
For questions about the application process or your local Sutton Council or if you are interested in becoming a Cultural Council member please contact Sherry Haskins at (508-868-8788) or at haskolla@aol.com.

Whitinsville Christian a host site for Christian College Fair

The Whitinsville Christian School, located at 279 Linwood Ave. in Whitinsville, is pleased to be a host site for the 2023 Christian College Fair. More than 20 Christian colleges and universities from across the United States will be represent-

ed. Students and parents will be able to pick up catalogs and brochures and meet college representatives on Tuesday, October 3, from 6:30 - 8:30 p.m. For more information, please visit findyourchristiancollege.com.

To advertise in this directory the 2nd and 4th weeks of the month, please call Mikaela at 774-200-7308 or email mikaela@stonebridgepress.news

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Friday's Child

Yomiah
Age 13

Hi! My name is Yomiah, 13, and I love music!

Yomiah is a happy and inquisitive boy who is described by those who know him best as sweet and kind with a love of music. He sings a variety of songs, from B-I-N-G-O to Lady Gaga, and will often listen to musical toys by holding them up to his ears. Yomiah is an active child who likes to play independently, and will also engage with adults by reaching for their hands and sitting in their laps.

Yomiah receives supportive services to assist him in all areas of development. He communicates using a combination of words, signs, and augmentative communication and is also working with tactile symbols and Braille. Yomiah benefits from individualized attention and support within a predictable and stable routine. He often sings specific songs to specific people, showing awareness and familiarity with them.

Yomiah will be best supported by a family who has a medical background, or a willingness to learn, and who is prepared to support and advocate for him throughout his life. Caregivers who are patient, nurturing, affectionate and strong advocates would be the best match for him.

<https://adopt.mareinc.org/waiting-child-profiles#gallery/child/5871>

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 visit www.mareinc.org. Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care.



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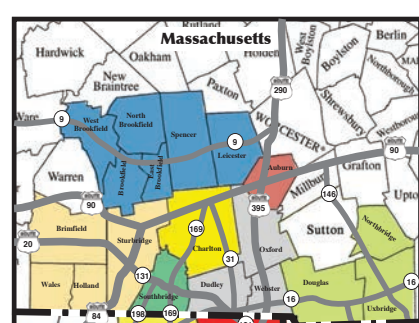
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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Governing Beyond Faith: Elected Officials Must Serve All

In a diverse and pluralistic society, the principle of separation between church and state is fundamental to preserving individual liberties and ensuring that government serves the interests of all citizens, regardless of their religious beliefs or lack thereof. Elected officials have a solemn duty to represent the entire community, making decisions that respect the rich tapestry of religious beliefs that exist in our nation. However, there have been instances where some officials have allowed their personal religious convictions to guide their governance, raising concerns about the fairness and inclusivity of their actions.

One of the cornerstones of democracy is the idea that elected officials are entrusted with the responsibility to serve the interests of all their constituents, not just those who share their religious beliefs. Our society is incredibly diverse, with individuals from various faiths and belief systems coexisting harmoniously. It is imperative that our elected representatives reflect this diversity in their decision-making processes and refrain from imposing their own religious beliefs upon the broader population.

When elected officials allow their personal religious convictions to dictate policy, it can lead to the exclusion of those who hold different beliefs. This is not only unjust but also undermines the very essence of a democratic society that values religious freedom and tolerance. Our nation's history is replete with instances where religious intolerance and discrimination have caused immense harm, and we must not forget the lessons of the past.

Furthermore, the potential for religiously driven governance to teeter into radicalism is a grave concern. While most people practice their faith peacefully, there is a risk that individuals with extreme religious views may seek to impose their beliefs on society through the political process. Such radicalism can lead to policies that not only infringe on the rights of those outside the particular faith but also create an environment of hatred and divisiveness.

It is crucial for elected officials to remember that the separation of church and state is not an attack on religion but a safeguard for both government and faith. It ensures that religious institutions remain free from government interference and that government remains neutral and inclusive. This principle allows people of all faiths and none to coexist peacefully and participate fully in our democracy without fear of discrimination or marginalization.

To uphold the values of fairness, inclusivity, and religious freedom that our nation holds dear, elected officials must commit themselves to serving all their constituents, regardless of their religious beliefs. They must resist the temptation to govern based on personal religious convictions and instead prioritize policies that promote the common good and respect the diverse beliefs of the people they represent.

The importance of elected officials serving all people, irrespective of their religious beliefs, cannot be overstated. Our democracy thrives when it respects the principles of religious freedom, tolerance, and inclusivity. Elected officials must uphold these principles by governing without bias and ensuring that their decisions reflect the diverse and pluralistic nature of our society. By doing so, we can build a stronger, more united, and truly democratic nation where every citizen is valued and protected.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Illegal immigrants receive shelter, while locals suffer

To the Editor:

The only conclusion is that half the nation is suffering from lunacy. Or stupidity? Biden welcomes 7 million illegal immigrants. What could possible go wrong?

In the Dukakis administration in the 1980's, they passed the Right to Shelter law for homeless "persons". Massachusetts General Law Chapter 23B Section 30: "Subject to appropriation [the state legislature shall set aside funds for this project], the department [Housing and Community Development] shall administer a program of emergency housing assistance to needy families with children and pregnant woman with no other children. The department shall administer the program throughout the commonwealth at locations that are geographically convenient to families who are homeless or at-risk of homelessness and shall administer the program in a fair, just and equitable manner."

I assert that this applies only to citizens and that the intent of the legislature was to provide for residents of Massachusetts. Not residents of the World.

Over the past 40 years, did anyone in Boston make an effort to build affordable housing or temporary small units for temporarily homeless? Are we over-flowing with vacant affordable housing units in this state? You know the answer.

This is idealistic pie in the sky until the sky falls down. Governor Healey encouraged cities and towns to become sanctuary cities and towns. Now, suddenly, we have so many illegal immigrants that she has declared an emergency. The state is spending \$45 million of your hard earned tax dollars on such shelter per month. Per month for shelter, food, electricity, medicine, you name it.

Our Governor is providing shelter to 6,000 illegal immigrants. They are being shipped from Boston to Sutton, Shrewsbury, and the Cape. Of course, veterans must move out of their shelter to provide housing for illegal immigrants. Homeless people are in tents on the Yarmouth town common. No affordable shelter for life-long residents of that town, yet hundreds of illegals - who entered the country illegally - are being housed in the Yarmouth Resort hotel. The National Guard is baby-sit-

ting. See the Hyannis News. Their motto: "Your Life, your Liberty, your Pursuit of Happiness." This must refer only to illegal immigrants.

On September 7, the lieutenant governor held a secret meeting with representatives on the illegal immigrant crisis. No press, no public allowed. This means you! Keep out. But the Boston Herald was waiting for them after the meeting.

Representatives were furious. "All we got is that they are 'planning on planning a plan'," said Braintree Democrat Mark Cusack. "A lot of 'we'll get back to you.' A lot of 'we don't know the answer'." He said: "the federal delegation has been absolutely useless." Hello, Miss Native American Liz-no-can-do Warren?

This is Crazy Town. This is Toxic Socialism. Toxic Communism. This is Toxic Biden-ism. Burdening the states with shelter for 7 million illegal immigrants, while our own citizens suffer under crushing Biden-flation.

Did you know that Toxic Biden allowed the Emergency Food stamp provision to expire recently? Now, poor families - citizens - who are barely making it on food stamps have no safety net. Biden just let it expire. Biden worries more about his Elite Donor Friends in high places and college students. Not the poor.

Representative Durant of Spencer said: "Our homeless shelters are maxed out. Hotels across the state have been converted to shelters. The problem is growing on a daily basis. Worse yet, all of this assistance is being taken away from our legal residents and it is a potential safety risk for the children. It is time to repeal the Right to Settle law, so Massachusetts will stop being a magnet state."

Even New York City Mayor Eric Adams asked a judge to relieve NYC from the New York right to shelter law.

No worries. Biden has a solution. Make them stay in Texas. That will serve Texas right for sending illegals to NYC, Boston, Chicago, and Obama's Vineyard!

God is always with His people, but are Americans now so God-less that He has sent the Babylonians to destroy us? 7 million illegal immigrants. What could possibly go wrong?

Bev Gudanowski
Uxbridge

Politics for Dummies

Yes, you know who you are. This is for you.

The Biden administration, as part of the Inflation Reduction Act, effective 2026, will lower the cost of 10 of the most expensive drugs on the market, by allowing Medicare, in the interim, to negotiate drug prices. Republicans and the pharma industry made sure to preclude this capability on the part of Medicare, when the Medicare Prescription Drug, Improvement, and Modernization Act was signed in 2003. Following that, another 10 drugs will be negotiated, and then another 10-15 every year after that. So while Republicans have you banning books, and worrying about your children learning history, and taking away women's rights, and hating anyone who isn't straight, white, and uneducated, or salivating over the porn on Hunter's laptop, the Democrats continue to help us - the 99%....whether we deserve it - and a lot of you really don't - or not.

Added to the list of other bills that the Biden administration has passed - see last week's Opinion piece - let's compare it to what Republicans have passed in the last 2.5 years..... What's that? Crickets! Let's expand it to the last 6.5 years, to include the Trump administration.....? Well, there was the big tax cut for the rich, I'll give you that. But what else? Abrogating the Iran Nuclear Deal? Yes, that was a brilliant foreign policy gambit, which will be hurting us for decades. By my reckoning then, it seems that voting Republican would be a really dumb thing to do. Unless, of course, you are rich, or just really into 'hate'.

I usually spend my leisure time picking through, and correcting the torrent of readily fact-checked misstatements emanating from the Oracle of Uxbridge. I have more beneficial things to do this week, so will focus on just a couple of the most egregious points. First, is the statement that Massachusetts is spending \$45 million/month on 'illegals'. (They aren't 'illegals' if they are here awaiting judgment on their petition as asylum seekers.) That figure is from a 2019 online post. This year's numbers, according to FairUS.org, work out to \$2.4 million/month, which is still a lot of money, but seems more realistic. As long as Republicans choose to keep immigration an open sore, that number will be rising. How difficult would it be to allow the DACA kids to attain citizenship, and finally achieve a bipartisan fix to the long-standing immigration problem? Instead, we, and the immigrants, continue to suffer, just to provide a perennial whipping post for the GOP. It was interesting to notice

that the Oracle is suddenly concerned with our veterans, after Republicans refused to extend their health care benefits, until John Stewart embarrassed them, for all to see. Could there be light at the end of her tunnel?

Second, is the Oracle's ridiculous statement that Roosevelt's Great Society policies destroyed black families. She cherry picked a single opinion proffered by two researchers in 2005, and ignored every other socio-economic factor that was listed. If you want a full understanding of the latest on what was, and is, impacting black families, go to Wikipedia, and look up 'African-American family structure'. (How come the Oracle never provides sources?? Do they all start with 'Fox.'?)

So, last week, we got another helping of American Carnage from our radically realistic conservative. Strangely, though, no recommendations on how to fix anything! Easier to just blame Democrats. It's their fault, 'and shall forever remain'. (Leviticus, 12, 3). I do agree that we need two political parties, as long as one of them isn't the fascist, domestic terrorist organization disguised as the Republican Party. So how could Republicans fix homelessness, when they are responsible for the ever-increasing level of income inequality in this country? ("Unions?... We don't need no stinkin' unions'!) How could Republicans fix illicit drug usage, when they are already talking about doing away with all of our existing social supports? Maybe by making it easier for people to buy more, bigger guns? How could Republicans fix immigration - even though this is Politics for Dummies, please don't insult our readers by proposing to 'build a wall' - by making it more difficult to vote? By illegally gerrymandering more State districts? By trying to impeach every liberal judge? By opposing every piece of legislation that doesn't benefit their rich donors? Maybe Judge Clarabelle Thomas can provide answers while on one of his Republican donor paid-for vacation trips. (Boy, that guy must have one hell of a personality, for all these rich, white dudes wanting to be his 'friend'!) It seems, as with Trump's super-duper, ready-to-eat, greatest-ever-seen - and 'everyone knows it' - health care plan, we'll just have to wait to find out.

Thanks for reading. Hope this has helped. Watch for my next self-help book - Critical Thinking for Really Dumb Dummies. In bookstores everywhere.

Rick Bevilacqua
Whitinsville

LETTERS CONTINUED page A11

‘If you don’t use it, you’ll lose it’ when it comes to the brain

POSITIVELY SPEAKING

TOBY MOORE

The maxim "If you don't use it, you'll lose it"—heard so often- it's practically a background track to our lives. But wait! Before you glaze over, have you ever considered the gravity behind this statement? It's not just a snappy saying—it's a golden nugget of wisdom with far-reaching implications.

The workings of the brain are spell-binding. Picture your brain as a thriving tree in a lush forest. Each new piece of knowledge you gain is like planting a seed that eventually sprouts into branches and leaves. This isn't poetic license; it's backed by the science of neuroplasticity—the brain's incredible ability to form new neural connections throughout life.

Each time you learn or practice a skill, you reshape your brain and strengthen neural pathways, fortifying those branches and leaves on your cerebral tree. In this way, your brain doesn't just store information—it evolves, hardwiring itself to flourish when you practice or learn something over time.

I began competitive swimming as a child, which was far from natural, but I was determined, and every lap I swam was like adding another leaf to a growing branch in my "swimming tree" in the brain. Each practice session was a mental workout, a "branching out" in my neural forest, solidifying the pathways that would improve my abilities.

I was learning to cut through the water more efficiently and grasping intricate techniques that required keen mental focus. While athletics is primarily seen as a physical endeavor, the cerebral component is enormous.

If you find the "learning tree" concept captivating, you'll be equally intrigued by the neuroscience of "pruning."

When you neglect other learned abilities or information, those corresponding branches in your brain don't get the same nourishment. Just as a gardener would trim away the dead or overgrown branches to let a tree flourish, your brain also conducts selective maintenance.

Pruning is when the brain cuts out extra connections between neurons. This helps the brain work more efficiently by eliminating pathways it doesn't need.

This is one reason why we forget things that we haven't thought about in a long time.

Every so often, I feel the urge to get in swimming shape again, but let me tell you, those first few laps? A downright battle!

So, while my brain still holds the blueprints of a capable swimmer, the lack of recent practice means those finely tuned circuits are no longer firing on all cylinders.

Have you ever had that frustrating "tip of the tongue" moment when you can't recall a word or name?

What about long division after years of not thinking about math? It's like trying to crack the Da Vinci code without a cipher. For me, those branches have been pruned.

If you don't regularly engage your mind and reinforce what you've learned, your mental acuity in those specific subjects may decline.

Brain pruning extends beyond mere skills and talents; it touches the very core of our dreams and ambitions. Your deepest aspirations require constant nourishment and attention. Whether penning poetry, mastering the guitar, or revolutionizing digital design, each dream has its dedicated neural pathway that thrives on focus and diligence.

Another way to think of it is that our brains are like librarians, constantly deciding which books—skills, memories, abilities—deserve prime shelf space and should be stored in the attic.

When you choose not to follow your dreams, you're pruning a part of yourself that once flourished. Keep those neural pathways strong and connected, and watch them grow into full-fledged realities.

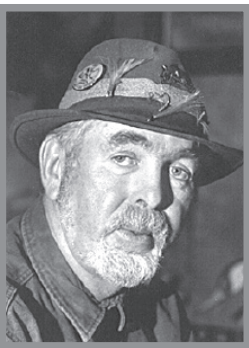
The lesson here is to actively nurture the pathways in your brain that matter most to you, whether that's your dreams, goals, or cherished friendships. If you neglect them, your brain might prune these connections away, making it seem as if they never existed.

The "use it or lose it" principle is life's ultimate maintenance guide. It's a nudge to action. Your skills, your relationships, your dreams—think of them as a cherished garden. Left unattended, even the prettiest rose bushes turn to weeds.

So? What are you waiting for? Exercise that grey matter! You've got nothing to lose but everything you don't use.

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

Still a strong fishing season as bird hunting looms



THE GREAT
OUTDOORS
.....
RALPH
TRUE

The weather sure has been hot for the last few weeks, but it should start to cool off before you read this column. Fishing has been hot on the saltwater for many species, much like the weather. The tautog bite is getting better every day, and sea bass fishing is also staying strong. Catching limits of seabass requires catching a lot of throwbacks, but some impressive fish are being caught.

Reports of schools of false albacore are coming in every day. Galilee, Rhode Island has been hot

Courtesy photos

(Left) Milo and Graham Alexion, seen here, along with the entire family, enjoys fishing.



out in front of the lighthouse and the shores around Matunic, and the Charlestown Breachway are also producing a lot of fish including a few bluefish.

This week’s two pictures show Milo Alexion with his bass he caught recently while fishing with his parents. His older brother Graham is shown holding his large brown trout. The Alexion family enjoy fishing and some of the results are shown in this week’s two photos. Nice fish!

Striper fishing is good one day and a bit slow on another, but anglers that know where and when to fish have enjoyed some great striper fishing, although most need to be released because of the slot limit size. As always, evening fishing is the best. The canal fishing is not for the elderly, as climbing over the rocks to get down to a good fishing spot can be dangerous, as most anglers know.

Pheasant hunting is only four weeks away, and sportsmen that have a good dog to hunt alongside, have had to do some early morning training before the season opens, and will pay off when the season opens! There are a few Rod & Gun Clubs that are planning to open a bit earlier, but opening day in Mass. will be on October 14, statewide. This year Upland bird hunting will open on the same day as waterfowl which could see some conflict among hunters. Woodcock hunting opens on October 2, if you can find any birds in the area. The Blackstone Valley continues to lose a lot of the habitat essential for local and migrating birds like woodcock. Local woodcock habitat in the Blackstone Valley area has taken a hard hit in the past 10 years or more, and open covers continue to dwindle, mainly because of construction of new homes. Going North of Worcester to hunt could provide some better hunting opportunities.

Grouse are almost extinct in the Uxbridge area and surrounding towns. Areas like Petersham, Mass. do have a small population of grouse, and the farther you go North, their populations are still quite good.

If you are looking for an area to hunt quail heading towards the Cape is your best bet. A small population of Grouse are still providing some good hunting, if you know where to go.

Duck hunting in the valley opens on October 14 along with the regular goose season. The two bird daily limit on geese this year is troublesome, but it is what it is. The early Canada goose season closes September 22. The youth waterfowl hunt opens September 13 and October 7. Early waterfowl season for active military and veterans is scheduled to be September 23 and 29. Always check your hunting abstracts before hunting any wild game.

Take A Kid Fishing & Keep them Rods Bending!

New Hampshire woman finds ‘life-changing’ painting from thrift shop

The latest auction news begins here in New England, where a New Hampshire woman who purchased old frames from a thrift shop later found that she had walked away with something much more significant. An old white frame she purchased for \$4 from a Saver’s store held a painting by renowned artist



ANTIQUES,
COLLECTIBLES
& ESTATES
.....
WAYNE TUISKULA

N.C. Wyeth, according to NPR. Maine conservator Lauren Lewis was called in to help determine the painting’s authenticity. She described Wyeth as one of the “preeminent illustrators in the early 20th century.” Wyeth’s illustrations appeared in Robert Louis Stevenson’s 1911 “Treasure Island” book. He was the father of painter Andrew Wyeth and grandfather of artist Jamie Wyeth. The painting was one of four illustrations that Wyeth did for Helen Hunt Jackson’s “Ramona,” which is about a Scottish-Native American orphan living in California after the Spanish-American War. After consulting with Christine Podmaniczky, curator emerita of the Brandywine Museum of Art, Lewis determined it was an authentic Wyeth. The sellers have chosen to remain anonymous, but Lewis did share some information about them. “They are not your typical art collectors,” she stated. The auction estimate is \$250,000 and “this would be life-changing for them,” she added.

Elsewhere in the United States, a gun created during the 1976 Bicentennial for Elvis Presley recently sold at auction, according to Fox Business News. The Smith & Wesson model 53 was inlaid with silver and gold designs. The gun was heavily engraved with two silver stars. It was designed with an American flag and eagle below the hammer and marked “1776-1976.” A golden Minuteman appeared on one side of the frame and Liberty Bell was on the backstrap. It was delivered to Elvis on November 16, 1976 before he passed away on August 16, 1977. It brought nearly \$200,000 at auction.

In news from across the pond, an uncorrected proof copy of “Harry Potter and the Philosopher’s Stone” was recently sold by a British auction house. The proof book published by Bloomsbury Publishing was one of only 200 copies ever printed. The title page misspelled JK Rowling’s name as JA Rowling. A primary school purchased it in a warehouse sale for £1 in 1997. The book had a white cover with a yellow band along the center and didn’t stand out among the other children’s books that featured brighter, more appealing covers. It appeared to have been barely read when the school pulled it from the shelves in 2002 after realizing that the book might have value due to the popularity of Harry Potter. It was temporarily misplaced and school officials feared it may have been discarded until they found it in 2015. The school recently consigned it to auction. It sold for £15,000 (approximately \$18,697 U.S.), proving the adage that you can’t judge a book by its cover.

We’ll be auctioning some books



soon, but of the comic variety. Our toy and comic book online auction will begin later this month or in early October. Our next auction after that is scheduled for late October or early November and will include art, sterling silver, and a wide variety of antiques and collectibles. We are still accepting coins and other consignments for that auction. I’ll also be teaching my “Evaluating your

Antiques” class on Tuesday, October 3rd at Bay Path Adult Evening School in Charlton. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services www.centralmassauctions.com (508-612-6111).

Brighten your fall landscape with mums



GARDEN
MOMENTS
.....
MELINDA
MYERS

Mums are a favorite fall flower that adds weeks of seasonal color to containers, gardens and fall displays. They are also a popular gift plant in garden centers and floral shops. Choosing the right one for the purpose and providing proper care will help you achieve your desired results.

Start by selecting the best mum for your gardening goals. You’ll find mums labeled as garden, perennial, gift or florist mums. All these names for plants that look alike can be confusing. The answer lies in their response to day length, hardiness and use.

Mums set flowers based on day length. Growers can force them into bloom by covering them to create shorter days that initiate flowering. Those grown as gift mums, often called florist mums, usually require the longest periods of uninterrupted darkness or shorter days. When these mums are grown under natural daylight they usually don’t flower until late fall or early winter. These late bloomers are usually killed by cold temperatures before or soon after the flowers appear in colder areas.

Nurseries selling mums ready to flower in the fall often refer to them as garden mums. These may be perennial mums or “florist” mums forced to flower for fall displays. The intent is to use them as annuals. Select ones with lots of buds and just a few if any open flowers to maximize the bloom time and your enjoyment. Place one or two mums on the front steps, plant them in vacant spots in the garden or combine them with other fall favorites in containers.

These garden mums may be hardy and suited to the area but since all the energy is directed to the flowers little is left to establish a hardy, robust root system. If you have success overwintering your garden mums, feel free to brag. If



Photo courtesy of MelindaMyers.com

Mums add seasonal color to the fall landscape.

your plants don’t survive or you don’t try, don’t worry. You are using them as a fall annual as they were intended. This also provides space for new plants in the spring and an opportunity to try a different color mum next fall.

Those mums sold as perennials are hardy enough to survive the winter and flower in late summer or early fall providing weeks of color in the garden. They are often sold alongside other perennials, labeled as perennials, or promoted as hardy for the area. Increase your success by planting them in spring. This allows the plant time to develop a robust root system before it begins flowering in the fall which will increase its ability to survive cold winters.

Place mums in an area with full sun and water thoroughly and often enough to keep the soil moist but not soggy wet. Check the soil in containers daily and water when the top few inches of soil are starting to dry. Always use a container with drainage holes or a self-watering pot.

Increase overwintering success by

leaving the plants intact in the garden over winter. Those gardening in colder regions may opt to cover the plants with evergreen boughs after the ground freezes, providing extra insulation. Remove the mulch when temperatures begin hovering above freezing. Whether covered or not, prune out the dead stems in spring as new growth appears.

Whatever you call them, add a few colorful mums to your fall displays. You are sure to enjoy the blast of color they provide to your landscape before winter arrives.

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”* instant video and 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 website is www.MelindaMyers.com.



Creative Coloring

Celebrate National Hispanic Heritage Month.
Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- **1609:** HENRY HUDSON REACHES THE RIVER THAT WOULD EVENTUALLY BEAR HIS NAME.
- **1898:** HANNIBAL GOODWIN PATENTS CELLULOID PHOTOGRAPHIC FILM.
- **1956:** THE IBM 305 RAMAC IS INTRODUCED. IT IS THE FIRST COMMERCIAL COMPUTER TO USE DISK STORAGE.



THIS EVENT THAT STRETCHES FROM SEPTEMBER 15 TO OCTOBER 15 CELEBRATES CITIZENS FROM SPAIN, MEXICO, THE CARIBBEAN, AND CENTRAL AND SOUTH AMERICA.

ANSWER: NAT'L HISPANIC HERITAGE MONTH



HERITAGE

valued objects and qualities passed down from previous generations

How they SAY that in...

ENGLISH: Culture

SPANISH: Cultura

ITALIAN: Cultura

FRENCH: Culture

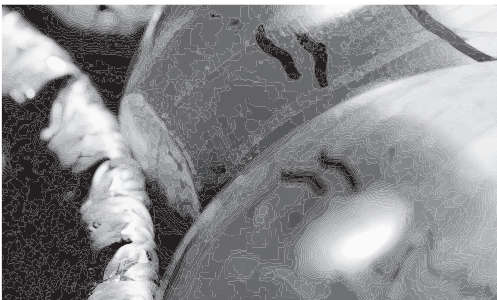
GERMAN: Kultur

Did you know?

NATIONAL HISPANIC HERITAGE MONTH BEGAN AS A WEEK-LONG OBSERVATION. IT WAS EXPANDED BY PRESIDENT RONALD REAGAN IN 1988.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: MARACAS

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to mold awareness.
Each number corresponds to a letter.
(Hint: 25 = E)

A. 4 18 7 16

Clue: Structure fungi can form

B. 4 6 7 16 25 1

Clue: White type of mold

C. 4 18 6 17 5 20 21 25

Clue: Dampness

D. 10 21 25 13 5 8 25

Clue: Inhale/exhale

Answers: A. mold B. mildew C. moisture D. breathe

SUDOKU

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

Level: Advanced

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!

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

ANSWER:

“Ignite Success” and learn to tell your story at professional development workshop

NORTH GRAFTON — The Blackstone Valley Chamber of Commerce (BVCC) is proud to launch “Ignite Success” A Professional Development Conference on Thursday, Oct. 12, 8 a.m. to 4 p.m. at the Community Harvest Project Barn, 37 Wheeler Rd., North Grafton. The Conference is aimed at professionals in business and non-profits who want to improve their Emotional Intelligence and learn how to interact with co-workers, customers, sponsors, and donors more effectively. Through the power of storytelling, attendees will learn how to hone their decision-making skills and improve their chances of success in business.

“Whether you are in sales communicating with your customer, a non-profit trying to reach potential donors, or an entrepreneur; becoming proficient in story telling is a provocative way to reach your target audience,” said Jeannie Hebert, President and CEO of the BVCC.

Participants will be walked through a

framework of storytelling as is used in PBS’ Stories from the Stage, by Cheryl Hamilton, the show’s Producer and Founder of Stellar Story Company.

Hamilton points out, “Each day we write a story when we decide what to focus on, what we rehash and what we worry about.”

Ignite Success: A Professional Development Conference will give you the tools to help drive how you interact co-workers, form decision-making and ultimately attain success. Fabulous for team building! Facilitators joining Cheryl include Lynn Whitney-Turner, Business Coach and Owner of CoreXP Business Solutions, Andrew Shelffo, Professional Story Teller and Coach, and Elizabeth Solomon, Certified Coleman Emotional Intelligence Coach. While some of the participants are preparing their “Story Slam,” we will be joined by a professional panel including John Penrose, CEO Leading Indicator Systems, Inc., Inventor of AgileBrain, Peter Stanton, Publisher Worcester

Business Journal, (our Media Sponsor) and Moe Belliveau, ED of the Greater East Hampton Chamber of Commerce and whose Ignite conference we are modeled from. They will be discussing “Why Our Story connections Matter.” Thank you to our Sponsors CoreXP and

WBJ!

Register online at www.blackstonevalley.org/events. The Conference includes presenter materials, continental breakfast, lunch, and afternoon snacks. Members \$200, future members \$275. Group discounts available.

Elmira College Recognizes Annual Key Award Recipients

ELMIRA, N.Y. — Elmira College recently announced this year's recipients of its annual Key Award. This year's award was given to 783 students in 16 states. A tradition that goes back to 1935, the Key Award is presented to outstanding students in their junior year of high school or preparatory school.

This year's recipients included: Chloe McDonald of Uxbridge Natalie Reade of Douglas Molly Stinchfield of Douglas

“This award is given to students with the potential to excel academically, serve as leaders, and go on to enjoy success in life,” said Charles Lindsay, president of Elmira College. “We hope they will choose to make Elmira College their place.”

Sponsored by the EC Alumni Association, the Key Award recognizes students for high scholastic achievement, leadership, citizenship, and participation in extracurricular activities.

ABOUT ELMIRA COLLEGE

Founded in 1855, Elmira College is a private, residential, liberal arts college offering 25-plus majors, an honors program, 17 academic societies, and 16 Division III varsity teams. Located in the Southern Finger Lakes Region of New York, Elmira's undergraduate and graduate student population hails from more than 20 states and nine countries. Elmira is a Phi Beta Kappa College and has been ranked a top college, nationally, for student internships. The College is also home to the Center for Mark Twain Studies, one of four historically significant Twain heritage sites in the U.S., which attracts Twain scholars and educators from around the world for research on the famous literary icon. Proud of its history and tradition, the College is committed to the ideals of community service, and intellectual and individual growth.

SNHU Announces Summer 2023 President’s List

MANCHESTER, N.H. — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2023 President's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Nicholas Carr of Douglas Katherine Daly of Northbridge Michael Leatham of Douglas Angelina Carneiro of Douglas

Joshua Desjardins of Northbridge Frankie Nieves of Uxbridge

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the “Most Innovative” regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

Interested candidates apply for Uxbridge Senior Work Off Program

The Senior Work Off Program is seeking interested candidates to apply for the upcoming year. This Program has been put into place in order to assist eligible seniors with the burden of property taxes, while tapping into seniors’ wealth of knowledge and skills.

Seniors work for various Town Departments with the assistance applied as an abatement to their tax bill. Space is limited. Eligibility requirements include the following:

1. Age 60 y/o or older;
2. Resident of the Town of Uxbridge for at least one year;
3. Legal owner of the property, cannot be in a trust (if in a trust, see Assessor’s office to see if you may qualify);
4. Report annual household net income;
5. Residents must possess applicable skills.

First time applicants will have priority consideration. Applicants will be chosen on the basis of skills, availability and physical ability, as necessary. Please

call the Senior Center for more information and for the application. Position assignments will start in January of 2024 with abatement applied toward 2025 tax year.

Upcoming Open House at Whitinsville Christian School

Join us for an All-School Open House on Thursday, October 5, at 6:30 p.m. and discover the many ways we are Inspiring Minds and Igniting Hearts. The evening will include a school tour, presentations from the elementary, middle, and high school administrators, and information from current parents and students. Whitinsville Christian School is located at 279 Linwood Ave. in Whitinsville. Please RSVP at whitinsvillechristian.org.

LETTERS TO THE EDITOR CONTINUED Northbridge water rate increase 53 percent?

To the Editor:

When you thought it could not get any Crazier in Northbridge, recent Property Tax Bills, Etc. Hold onto your ‘Wallets and Pocketbooks,’ an early Halloween Trick or Treat may be in store for the Taxpayers of Northbridge on the Town & Whitinsville Water Company, Water Supply System.

In a recent MA State:DPU: ‘Filing #23-64’, August 18, 2023, the Whitinsville Water Company is requesting a ‘53% Increase in all Rates.’ This will also impact those on the Northbridge Water System. Because Northbridge ‘only’ buys its Water from the ‘Whitinsville Water Company’?

A new economic study recently released states 61% of Americans are living PayCheck-to PayCheck. IMO, this is worse than the Pres. Carter years when 39% of Americans fell into that category. You do

not need to be a Brain Surgeon to see that many Americans are facing hard economic, challenging, times.

It is my understanding there will be a comprehensive ‘Public Hearing’ on this matter on ‘October 4, 2023 at 7:00 PM, in the BOS Room at the Northbridge Town Hall.’

Plus when you figure in Medicare increases and offsets. Those living on Social Security may have only received a 14%-15% increase in their Social Security COLA’s, during the same time period, but Whitinsville Water Company is seeking a 53% increase!

May our Town Manager, 7 Main Street and our BOS, ‘aggressively work in the best interest’ of the Northbridge Water Rate Payers, in these very troubling Economic Times? On this Issue, Only Time may Tell?

Barry Gallant
Whitinsville

Northbridge High, Whitinsville Christian combine forces to run Blackstone Valley Be the Match Donor Drive

To the Editor:

This year Northbridge High’s HOSA (Future Health Professionals) chapter is partnering with the Whitinsville Christian School’s HOSA chapter to run the Blackstone Valley Be the Match Donor Drive!

I recently met with our local reps from Be the Match and with Stacey Savage, the WCS’s HOSA advisor, to begin plans for this community outreach program. We believe that the best opportunity for this program to get the greatest eligible interest will be during NHS Homecoming, scheduled for Sat, Sept 23, and Whitinsville Christian School’s Homecoming, scheduled for Sat, Sept 30 (a two weekend event).

NHS will be having two school meetings by Be the Match to spark interest and success in the donor drive:

1. An in-school assembly for all students in grades 11-12 will occur at 9:00 AM on Tuesday, 9/19 in the NHS theater; you are invited to join us if you are available and want to learn more. This would be run by Be the Match educators who will simply explain to students about the need for bone marrow transplants and will include guest speaker Carla Smith (mother of grade 10 student and runs the Class of 2026 parent

group). Her mother received a lifesaving bone marrow transplant from Be the Match last year! She will be sharing their experiences.

2. A 1 hour training session for our HOSA + health science pathways students by Be the Match scientists. These students will be the ones collecting and processing the donated samples at our donor drive.

Be the Match will provide all educational materials, donor kits, postage to return the kits, and necessary supplies. Our HOSA booth will be set up at homecoming the entire day and HOSA students will be collecting samples to register ANYONE AGES 18-40 FROM ALL AROUND THE BLACKSTONE VALLEY for the donor registry. This is a fantastic opportunity to get our community active in saving lives! We need to spread the word around town. We also would gladly accept any donations that might help our drive be more successful!

I appreciate your thoughts, any suggestions, and support for making this a huge success. I hope to see you at NHS 9/19 for our assembly and at our homecoming booth on 9/23. Let’s help save some lives!!!

Robin Laurens
HOSA Club Advisor
Northbridge High School

Thank you, Rick Bevilacqua

To the Editor:

For five years I have glanced through the letters by the Oracle of Uxbridge and been frustrated by her countless misrepresentations and unsubstantiated claims. I even considered challenging them with real, existing documentation proving the contrary but said to myself, “Ah, what’s the use? Next week she’ll pen a dozen more. Facts never keep up

with trash talk.”

So I’m glad you found the fortitude to do this task for me and others. I stand up and applaud your Sisyphean efforts! You are the only reason I just don’t toss The Blackstone Valley Tribune into the recycle bin every week without looking at it.

John Weaver
Uxbridge

www.StonebridgePress.com



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As a longtime resident of South Central Massachusetts, I’ve always known what a special community we live in. For generations, we have trusted our local newspaper. Local news and advertisers you can trust, week after week. As the local advertising rep for your newspaper, it brings me great pleasure to help a local business get results!

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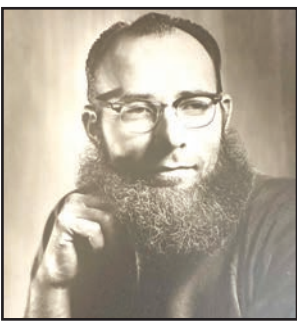


OBITUARIES

Joseph H. Stanovich Sr. , 89

Northbridge- Joseph H. Stanovich Sr. , 89, of McBride St., passed away on Wed. Sept. 6, 2023 after an illness.

He is survived by his wife of 66 years, Nancy (Ladeau) Stanovich; 8 daughters, Nancy Wentworth of Milford, Gail Stanovich of Northbridge, Dale Kenneson and her husband Bruce of Thompson, CT, June Stanovich of Whitinsville, Bonnie McComiskey and her husband Timothy of Northbridge, Tammy Augustine of Grafton, Cindy Stanovich of Lakewood, CO, Mindy Stanovich of Northbridge with whom he lived; 2 sons, Joseph Stanovich Jr. of Grafton and Dennis Stanovich and his wife Ellen of Northbridge; 17 grandchildren; 12 great-grandchildren (and one on the way); 3 step-grandchildren; 5 step-great grandchildren; a brother, Frank Stanovich of Chagrin Falls, Ohio; and several nieces and nephews. He was brother of the late Raymond P. Stanovich, John L. Stanovich, Edward Prior, and Pauline Paquette. Born in Northbridge on Nov. 8, 1933 he was the son of John and Josephine



(Demars) Stanovich and lived here all his life.

Mr. Stanovich worked for Chrysler Corp. and as a manager for several area dealerships. A master of all trades, he was also employed as a property manager for Weld Management. He also owned and operated Stan's General Repair, fixing cars on the side. Creative and talented, he was affectionately known in town as the Mechanic Magician and the Carburetor Man.

Family was everything to Joe. Sundays and holidays were always for spending time with his wife and kids, especially at the "garage café" at his daughter's home. He enjoyed flying his remote-control planes, attending air shows, and Native American Pow Wows. A member of the Experimental Aircraft Association, he spent time building his own ultralight plane. He also built a motorcycle which he rode in the Northbridge Bicentennial parade. Always devoted to his wife, Joe loved taking day trips with Nancy, especially to the Ledges Lake in Vermont. He was a member of St. Peter's Church. His family would like to thank Advinia Care and Salmon Hospice for their outstanding care and support.

His funeral was held Tues. Sept. 12 at 10 am in Jackman Funeral Home, 12 Spring St. Whitinsville. Burial followed in St. Patrick's Cemetery. Calling hours at the funeral home were Mon. Sept. 11 from 5 to 7 pm. Memorial donations in Joe's memory may be made to: Dana Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284. To leave a condolence message for his family please visit: <http://www.Jackmanfuneralhomes.com>



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12 Spring St., Whitinsville, MA

Tancrell-Jackman Funeral Home
35 Snowling Rd., Uxbridge, MA

(508) 278-2200 - Reaches All Locations

JackmanFuneralHome@yahoo.com ~ [JackmanFuneralHomes.com](http://www.JackmanFuneralHomes.com)

Beginning Bridges, CFCE October 2023

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 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 Fall 2023 Newsletter.

Wednesday, 10/4- 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. Puppet Storytime will follow at 10:30 am. Register for both on the Taft Public Library website.

Tuesday, 10/10 - Music and Movement with Deb Hudgins, 9:30 to 10:00am at Upton Town Library, 9 Milford Street, Upton. Register on the Upton Town Library website.

Wednesday, 10/18 - Music and Movement with Deb Hudgins, 10:30 to 11:00am at Whitinsville Social Library, 17 Church Street, Whitinsville. Register online at the Whitinsville Social Library website.

Fall Playgroups have begun! See website or contact Emily at 508-278-5110 for more information.

TREE

continued from page A1

and cable wires," Douglas Fire released in a press statement. "The tree landed on top of a passing motor vehicle and partially on top of a nearby home and camper in the yard of that home."

According to reports, the vehicle was noted to be "severely damaged with the majority of the passenger compartment crushed by the tree."

The vehicle had two passengers inside, the fire department released; the driver was "severely injured and had been removed from the vehicle by the passenger prior to the arrival of fire and police units."

"A Douglas Fire Ambulance trans-

ported the driver of the vehicle to UMass University Trauma Center," fire officials released. "A mutual aid ambulance from Uxbridge Fire responded and transported the passenger to UMass University Hospital as well."

No other persons were injured during the incident, according to reports; the home was evaluated by the Douglas Building Commissioner and found to be habitable.

National Grid, the Department of Conservation and Recreation, and a tree service also responded to assist in the removal of the tree and restore services to the area. As of press time, the incident was being investigated by the Douglas Police Department.

REFUGEES

continued from page A1

the town released. "Since their arrival, the Town has been working with various state agencies to coordinate food delivery, medical assessment, Mass Health resources, translator services, and other needs assessments."

On August 8, Governor Maura Healey held a press conference and declared a State of Emergency.

"She noted that 5,600 families, totaling approximately 20,000 individuals,

are currently being housed through the Commonwealth's emergency shelter system," Sutton shared. "This represents an 80 percent increase over individuals being supported last year."

Requests for needed items are posted on the town's website; for updates, visit Sutton's website suttonma.org and view "News" on the home page, or the Town of Sutton Facebook page.

"Thank you for your caring support and kindness as these families seek safe haven in our community."

LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Sallus DeSouza to Washington Mutual Bank, FA, dated November 12, 2004 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 35110, Page 332, as modified by a certain modification agreement dated July 1, 2022, and recorded with said Worcester County (Worcester District) Registry of Deeds in Book 67760, Page 298, of which mortgage the undersigned is the present holder, by assignment from:

The Federal Deposit Insurance Corporation, a corporation organized and existing under an Act of Congress (FDIC), and acting in its receivership capacity as receiver of Washington Mutual Bank f/k/a Washington Mutual Bank, FA to JPMorgan Chase Bank, National Association, recorded on March 24, 2015, in Book No. 53500, at Page 393

for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 PM on September 22, 2023, on the mortgaged premises located at 347 Douglas Street, Uxbridge, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

The land in said Uxbridge, situated on the northwesterly side of Douglas Street, bounded and described as follows:

BEGINNING at the northeasterly corner of the premises herein described at iron pipe on the northwesterly line of said Street which is a curve having a radius of 1,570 feet and at land now or formerly of Wesley Blackburn;

THENCE: S. 78° 47' W., 101 feet to stake and stone at land now or formerly of George A. Seagrave, et ux;

THENCE: S. 58° 33' W., with said Seagrave land 52.67 feet to an iron pin driven in the ground;

THENCE: S. 39° 19' E. With said Seagrave land 127 feet to stake on the northwesterly line of said Street;

THENCE: northeasterly with said Street line 156.90 feet to the point of

beginning.

This last course being the Worcester County Relocation line, dated December 21, 1934.

CONTAINING 9,734 square feet, more or less.

For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 31595, Page 80.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

JPMORGAN CHASE BANK, N.A. Present holder of said mortgage

By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
24028
September 1, 2023
September 8, 2023
Septembtr 15, 2023

Commonwealth of Massachusetts

**The Trial Court
Probate and Family Court
Worcester Division
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
Docket No. WO22P1110PM
CITATION GIVING NOTICE OF
CONSERVATOR'S ACCOUNT
In the matter of:
Laura L. Powdrell
Of: Northbridge, MA**

Protected Person/Disabled Person/
Respondent

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the **First account(s)** of Trevor Powdrell of Northbridge, MA as Conservator of the property of said Respondent has or have been presented to the Court for allowance.

You have the right to object to the account(s). If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **10/03/2023** This day is NOT a hearing date, but a deadline date by which you have to object to the account(s). If you fail to file the written appearance and objection by the return date, action may be taken in this matter without further notice to you, including the allowance of the account(s)

Additionally within 30 days after said return day (or within such time as the Court upon motion may order), you must file a written affidavit of objections stating the specific facts and grounds upon which each objection is based and a copy shall be served upon the Conservator pursuant to Rule 3 of the Supplemental Rules of the Probate & Family Court.

You have the right to send to the Conservator, by registered or certified mail, a written request to receive a copy of the Petition and account(s) at no cost to you.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal af-

fairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

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

Date: September 05

Stephanie K Fattman
Register of Probate

September 15, 2023

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. W023C0505CA
CITATION ON PETITION TO
CHANGE NAME**

**In the matter of:
Kimberly Jean Davey**

A Petition to Change Name of Adult has been filed by **Kimberly Jean Davey of Millville MA**

requesting that the court enter a Decree changing their name to:

Kimberly Jean Haines

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 10/10/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, HON. LEILAH A KEAMY, First Justice of this Court.

Date: September 08, 2023

Stephanie K. Fattman, Register of Probate

September 15, 2023



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Featured New Listing!

WEBSTER - 60 CUSHING ROAD

Young 3 Bedroom Colonial! Living Room, Kitchen, Dining Area ~ Washer/Dryer & 1/2 Bath!! 2nd Floor - 3 Bedrooms plus 2 Full Baths!! Low Traffic Neighborhood. Furnace Replaced 2023. TOWN water & sewer
\$325,000.



WEBSTER - 5 SUMMIT ST

SORRY, SOLD!

Large & Beautiful! 6 Bedroom Cape! Gently cared for. OFFERS 1,937 +/- SF OF LIVING AREA W/6 BRS. LARGE 9,900 SF LEVEL LOT, DET'D GARAGE
\$314,900.



WEBSTER - 131 LAKESIDE AVE
THIS Cape is Clean, Well Maintained, & Move-in Ready! 10,000 SF CORNER LOT! ATT'D GARAGE. Spacious Living Rm 2 - 1st Flr BRs w/Gleaming Hardwood Flrs! 2 2nd flr bedrooms. Near WEBSTER LAKE'S LAKE-SIDE SANDY BEACH & BOAT RAMP
\$329,900



WORCESTER - 35 BALTIC ROAD

SORRY, SOLD!

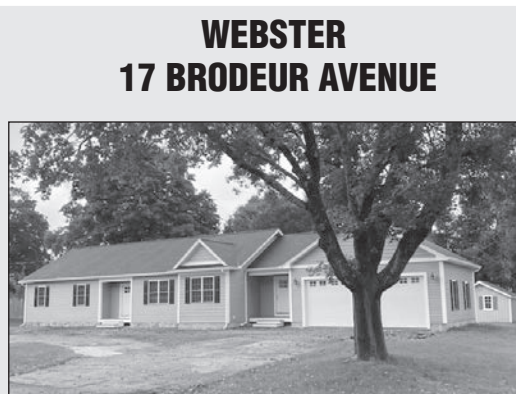
2 Bedroom, 1 Bath, Oil Heat! Hardwood Floors, Updated Kitchen /quartz counter top
\$355,000

This is the One YOU have been Waiting For! "PRISTINE" HIP ROOF R A N C H with Quality Updates Throughout!!



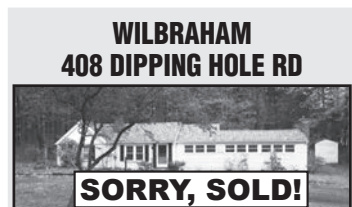
SORRY, SOLD!

KILLINGLY - 238 MASHENTUCK RD
Opportunity Knocks! 5.4-acre parcel with a Pond!! Includes Small Cabin needs final touches. recent plumbing, new shingled roof, 200 amp electrical service, new appliances. large 2-car garage! assisted sale
\$225,000



**WEBSTER
17 BRODEUR AVENUE**

BEING BUILT~ SPRAWLING ONE LEVEL RANCH HOME! Situated on a Level 1/2 Acre Lot! Private backyard. OPEN FLOOR PLAN Living room, Dining room, Upscale Kitchen with 8' Island, 3 bedroom, 2 Baths, Garage. BEAUTIFUL SOLID HARDWOOD FLOORS, Central air. Plenty off-street parking for Owners & Guests!
\$615,000.



**WILBRAHAM
408 DIPPING HOLE RD**

SORRY, SOLD!

Large 8 room ranch. Hardwood flooring. 2 acres of land. Failed Title V. As Is! assisted sale
\$200,000.



DUDLEY - 24 CENTRAL AVE

SORRY, SOLD!

NEW LISTING! Longtime Family Home for Sale!! 4 Bedroom Cape W/Over 2000SF of Living Space! Living room, Eat- in Kitchen, Main Bedroom, 1/2 Bath. Second Floor 3 Bedrooms, full bath. Economical Gas Heat! New Electrical Panel! Come Take a Look!
\$225,000.

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



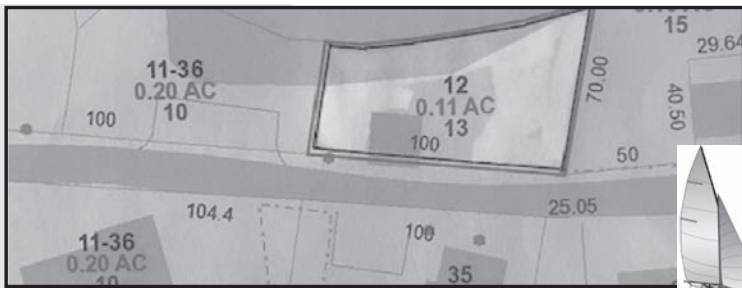
SORRY, SOLD!

*Webster Lake
48 Union Point*

Make Cherished Memories on WEBSTER LAKE! Beautiful Waterfront Cape! 12,000 sq. ft. lot, sunrises are just astonishing. Fireplaced & Vaulted ceiling, Living Room. 2 zone central air. 2 car garage. assisted sale
\$1,260,000

*Webster Lake
13 South Point Rd.*

100' of frontage on the water & road. An old cement block garage is located on the property. It's location is not Prime. Land area surveyed, DEP approval to build. Property suitable for small craft dockage/off season storage. Town Water & Sewer available
\$185,000




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Servicing all Central MA • GO WITH MOE!
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sandigrzyb@aol.com
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SPORTS

Scorching hot Spartans light up scoreboard in season opening win over Grafton

Casucci scores five goals for Uxbridge; Blood, Bouchard each net another two



Uxbridge's Addie Blood slides the ball down the field.



Bailey Dzivasen of Uxbridge looks up the field before making a play on the ball.



Aubrey Bouchard of Uxbridge begins to cut inward to move the ball away from a Grafton defender.



Uxbridge's Amelia Blood winds up and delivers a big hit to send the ball on its way.



**MORTGAGEE'S SALE OF REAL ESTATE
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Monday, September 18, 2023

5:00 PM-UXBRIDGE
166 Douglas Street
sgl fam, 986 sf liv area, 0.88 ac lot, 6 rm,
2 bdrm, 1 bth, Worcester(Worc): Bk 40484, Pg 373

Friday, September 22, 2023
12:00 PM-STURBRIDGE
108 Mashapaug Road
sgl fam, 1,822 sf liv area, 2.25 ac lot, 6 rm,
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TERMS: Cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder. No CASH. No personal checks will be accepted. Cashier/certified checks should be made out to whomever is going to bid at the auction. The balance to be paid within thirty (30) days at the law offices of Korde & Associates, P.C. 900 Chelmsford Street, Suite 5102, Lowell, MA 01851. Attorney for the Mortgagee.

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Uxbridge's Elyse Bouchard gets low and fires off a shot toward Grafton's net.

REAL ESTATE



Julianna Casucci of Uxbridge finds just enough space in Grafton's defense to shoot and score one of her five goals against the Gators.

UXBRIDGE — With the real-feel temperature in the mid-90s, it may be surprising to learn that the Uxbridge High varsity field hockey team may have been hotter than the weather when they hosted Grafton High on Thursday, Sept. 7 for the Spartans' season opener.

But Uxbridge, the two-time defending Division 4 State Champions, opened the contest — and the season — with a goal just 35 seconds into the match with the Gators. The Spartans then proceeded to take a 5-0 lead after the initial 15-minute quarter and then cruised to a 9-0 victory.

Once the big lead was established, Uxbridge worked on moving the ball around the field with crisp passes and strong communication skills, which

impressed head coach Kelly Rosborough.

"As a team, we heard some good communication going around from the start," said Rosborough, adding that the Spartans took "some good sportsmanlike approach to the game" by competing hard but not overdoing it on the scoreboard.

Julianna Casucci had five goals for Uxbridge, including the first four. She also assisted on one of Amelia Blood's two strikes. Alyse Bouchard also scored two goals, and Addie Blood added a pair of assists. Goalie Julia Brynn Okenquist earned the easy shutout without having to make a save, but Rosborough noted that Okenquist could be heard communicating with her defenders, a sign that she was always in the game.

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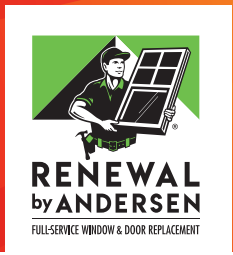
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TRAIL RIDERS

continued from page A1

wrote. BRSTA's secretary, Rose Zariczny, wrapped up by thanking attendees.

"We had a great display of our 50 years. Pictures from 1973 to 2023, old T-shirts, trophies, and ribbons, along with some of the awards that have been presented to BSTRA over the years. It was enough to take up six tables," Kalagher said.

Kalagher said that BSTRA has had an impact on trails in 36 towns in Massachusetts, three towns in Rhode Island, and two towns in Connecticut.

"I am humbled and proud at the same time of what we have

accomplished and the many partnerships we have established over the years," Kalagher said. "I have had unparalleled experiences on trails that have helped me to re-create myself, including when three orca whales swam directly underneath my kayak. Trails allow many of the most common recreation activities to exist. And by association, they enable us all to maintain our identities. If, for any reason, we take away people's ability to use trails, it has dramatic effects on their mental and physical wellbeing."

For more information, visit bstra.org.



Senator Fattman, Representative McKenna, and Becky Kalagher



(Right) Kathy Rich, Crysanda Aiola, Carolyn and Justin Weeks

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