

Free by request to residents of Douglas, Northbridge, Uxbridge, Linwood, Whitinsville and North Uxbridge

SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRES

Friday, November 11, 2022

NEED TIRES?
Let Harbro Tire experts help you to be safe this winter.



(508) 526-9899
HARBROTIRE.COM



Family owned and trusted since 1973

First responders honored for dramatic rescue



Courtesy

In October, Worcester County District Attorney Joseph D. Early Jr. presented the first responders responsible for a coordinated search and rescue with the District Attorney's Team Excellence and Merit (TEAM) Award.

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — The life-saving actions of nearly 50 local first responders who conducted an extensive search to locate and rescue a man found trapped underneath a vehicle in July have been recognized.

In October, Worcester County District Attorney Joseph D. Early Jr. presented the first responders

responsible for this coordinated search and rescue with the District Attorney's Team Excellence and Merit (TEAM) Award.

"I really appreciate the dedication of my officers, dispatchers and all of the first responders involved because none of them gave up that day," Milford Police Chief James Falvey said. "The collective knowledge of all the rescuers helped find this

man and save him."

According to reports, just after 8:20 a.m. on July 17, Milford police received a call from their neighboring department, Hopedale police.

"They required help finding a missing resident who had not returned home and was last seen around 2 p.m. the previous day," the District Attorney's Office released. "From the moment the call came in,

officials worked together and diligently to find the 60-year-old man."

"When this call came in, there was one goal, and it was a goal shared across everyone involved; to find this man and get him back home to his family," DA Early said. "It is only fitting this group of dedicated first-responders receive the TEAM Award because every aspect of this rescue and response

embodied teamwork."

Milford Sgt. Joseph Rizoli and his entire shift initiated an investigation as soon as the call came in from Hopedale police, according to reports. Officers searched several locations in town; pings of the man's cellphone placed him somewhere in the area of the quarries around Walden Woods and Interstate 495 in Milford, the DA's Office released in a statement.

"Officers on ATVs searched the woods, and the Drone Team from the Milford Police Department was dispatched to survey the area and hopefully locate the man's Jeep," a press statement reads, adding that dispatchers from the region and members of the Massachusetts Fire District 14 Technical Rescue Team "were

Turn To **HONORED** page **A15**

BVT School Committee receives update on MCAS results

UPTON — During the School Committee meeting on October 20th at Blackstone Valley Regional Vocational Technical High School, BVT's Academic Curriculum Coordinator, Mr. Edward Evans, updated the District School Committee with a summary of the MCAS results. He explained that the Department of Elementary and Secondary Education (DESE) released the 2022 Massachusetts Comprehensive Assessment System (MCAS) results on September 29th, providing the state with its second overview of statewide learning since the start of the COVID-19 pandemic. The latest results were "mixed," said DESE, and state education officials said the learning loss that came about as a result of the pandemic and its shift towards remote schooling for more than two years is still showing up in standardized test results.

However, as educators across the state reviewed their results, some districts, including Blackstone Valley Tech, have shown improvement. The data reflects the scores of its current juniors (the Class of 2024), who took the MCAS exam as sophomores. It is worth noting that this class began their BVT careers remotely during the pandemic, and as a result of an altered testing schedule, these students had yet to take an MCAS since the seventh grade.

Despite the pandemic-related challenges, the results were impressive. 79 percent of students in English Language Arts were in the Exceeding or Meeting Expectations category. In Mathematics, 75 percent of students were in the Exceeding or Meeting Expectations category. In Science (Biology and Physics combined), 72 percent of students were in the Exceeding or Meeting Expectations category. All were well above the reported state averages.

After examining the MCAS data and reflecting on the results, it was apparent to Mr. Evans that the positive outcomes were no accident. Instead, he credits the improvements to hard-working students and dedicated teachers.

"We strive to do everything we can to keep our kids engaged and focused on learning. This was especially true during the pandemic," said Mr. Evans. "We put in the effort and worked with an all-hands-on-deck

Turn To **MCAS** page **A14**

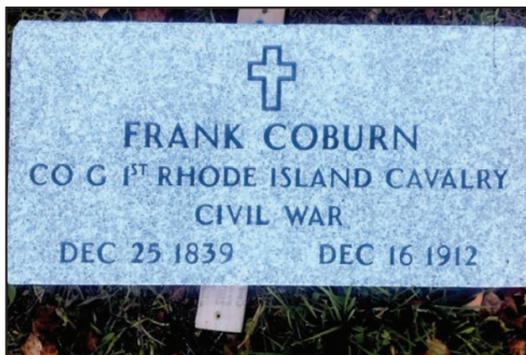
Civil War veteran's grave receives stone

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

NORTHBRIDGE — Earlier this year, WWI veteran Elmer Nault's grave—which had previously been unmarked at Saint Patrick's Cemetery since 1950—finally received a stone thanks to community donations and the commitment of two local veterans.

Now, a second unmarked veteran's grave has received its stone.

"We successfully marked another recently," said Whitinsville resident Wally Smith, the U.S.



Navy veteran working to get these graves marked. "This was a grave of a Civil War veteran in St. Patrick's cemetery in

Whitinsville."

Smith has teamed up with Jeff Cyr, a local U.S. Army veteran, for the task; the Whitinsville

Monumental Works has also helped again with the cost of the stone and engraving, Smith said.

"We also had a huge amount of help with the research from a local man who has an interest in making sure our residents who have passed on are well taken care of," Smith said. "This person wishes to remain anonymous; we thank him."

The veteran's graves being provided stones, Smith said, are the one who cannot get one through military, federal, or state sources due to "lost records, missing

Turn To **STONE** page **A14**

Dedication held for Margaret M. Carroll Memorial Greenway Access Area

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

MILLVILLE — The memory of one local historian has been honored with the dedication of the "Margaret M. Carroll

Memorial Greenway Access Area," a section of the Blackstone River Greenway in town.

Carroll served for many years as Millville's town historian, an educator, preservationist, and charter member of the

Blackstone River Valley Volunteers-In-Parks program and the John H. Chafee Blackstone River Valley National Heritage Corridor. According to an obituary, Carroll, a lifelong resident of Millville, died in March of 2021 at

the age of 97.

Legislation had been passed for this dedication at the Massachusetts State House (under Chapter 201 of the Acts of 2002) on Aug. 26, according to a statement from the Blackstone River Valley National Heritage Corridor (BHC).

"Included in the legislation is a directive that the Massachusetts Department of Conservation and Recreation shall erect a memorial bench and signage bearing this dedication," the BHC released.

State Rep. Michael J. Soter and State Sen. Ryan C. Fattman introduced the legislation first proposed by Margaret Carroll's longtime friend Joe Doherty, according to reports, and presented by BHC's Board Chair Richard T. Moore.



Courtesy

The memory of one local historian has been honored with the dedication of the "Margaret M. Carroll Memorial Greenway Access Area," a section of the Blackstone River Greenway in town.

Turn To **DEDICATION** page **A14**

HAPPY VETERANS DAY TO ALL VETERANS,
in all branches of our military, past and present,
for your sacrifice and courage to protect our freedom.
May you feel appreciated and loved on this Veterans Day
and every day.

COME JOIN OUR TEAM



Check out our team on Facebook

A sincere thank you to all veterans, current and deceased, for all that you've done to keep our country free. Happy Veterans Day!

Want a NEW CAREER? Caring for others is rewarding! We will send the right candidates to school to become a certified nursing assistant. Apply online and start helping others today!

For more information please contact: Leah Cordenas at 508.867.7716
APPLY ONLINE AT: www.quaboagonthecommon.com

Quaboag
 Rehabilitation and Skilled Nursing Center

OPEN HOUSE EVERY WEDNESDAY
 Till the end of the year from 10:00 am - 4:00 pm

\$5 Dunkins Card for every interview Raffles • Giveaways

We now have the **HIGHEST RATES** in Worcester County for direct care staff!

Seeking ALL Direct Care Staff including
 CNAs All Shifts
 NURSES 3-11 & 11-7
 DIETARY FT & PT
 Sign-On Bonus Offered!
Apply Today!

We are a Deficiency-Free community facility in a beautiful small town with a family feel.

Savers Bank would like to thank all of our veterans and families for their service to our country.



saversbank.com
 800.649.3036

Member FDIC Member DIF

Savers Bank
 Simply Better.

OUR FAVORITE VETERAN



Leonard Metcalf
 2/10/1934
 6/29/2017

We Miss You!
 Love, your wife Jeanne
 Russell, Lennie, June and Faye

SALUTING ALL WHO SERVED
 With Respect & Deep Gratitude



Beacon Pointe Realty
Sandi Grzyb
 Beacon Pointe Realty
 774.230.3500
sandigrzyb@aol.com

Today we celebrate all that America's Veterans have done for us. Thank you for your patriotism, your bravery, and your willingness to serve. We are forever grateful.

HAPPY VETERANS DAY

NAL'S PAINT CENTER
 Auburn • Worcester
 Shrewsbury
 Westborough
 Leominster
nalspaintcenter.com

Thank you to the brave men and women of our military for your service past and present!



ReMax Advantage 1
 25 Union St., Worcester MA 01604

CALL JO-ANN FOR VIEWINGS! Licensed in MA & CT

Veterans get 15% off purchases made on Nov. 11

CRAFTWORKS
 Gifts-Yarns-Classes
www.craftworkscoop.com
 243 W.Main St, Northboro, MA

We thank our veterans for their service and sacrifice!

Edward Jones
 Edward Jones Salutes
 The courage and loyalty of our troops, now and in the past. Thank you.



Dennis Antonopoulos
 Financial Advisor
 5 Albert St.
 Auburn, MA 01501-5303
 508-832-5385

GARY'S GUTTERS
 Locally Owned ~ 508-353-2279
HAPPY VETERANS DAY
 to all who have served or are currently serving our Country...
We Salute you!

Happy Veterans' Day
 Patrick Wiley, Retired Major in the United States Army, for your 25 years of service in the U.S. Army and three tours of combat duty in Iraq & Afghanistan for the protection of our freedom.



Proud to call you my friend,
 -Frank Randall

Thank you to all Veterans for your service, allowing us the freedom to be able to move and live anywhere! We are grateful for your sacrifice.

From all of us at

FRESH START
 THE MOVING CREW
508-868-4291
www.FreshStartMovingCrew.com
 MDP# 31690 | USDOT# 2407387 | MC# 828326

DeVries Dolber REALTY LLC
 Honored to work with our Veteran Buyers and Sellers with their Real Estate needs.
 We Specialize in VA LOANS.

VETERANS DAY
 Our time to remember & give thanks for your service and sacrifice



Angie: 508-826-8553
 angela@devriesdolber.com
 Janet 508-887-5136
 janet@devriesdolber.com

Angela Dolber
 Janet Dolber
 Licensed in MA, CT & RI

DeVries Dolber Realty, LLC
 971 Providence Road
 Whitinsville, MA 01588
www.devriesdolber.com

Connect Restaurant
 Eat. Drink. Connect.

The owners of Connect Restaurant are proud to recognize and thank Veterans for their service.
50% off for all Veterans on Veterans Day.
 ID required. One offer per person.
13 Mechanic St., Spencer, MA 01562
774-745-0040 connectrestaurant.com
 Dine In / Take Out Curbside Available
 Hours: Sun-Thurs 11:30am-9:00pm
 Fri & Sat: 11:30am - 10:00pm
 Find our full menu on Facebook & Website

BRIAN'S TRUCK EQUIPMENT INC.

Thank you veterans for your service and sacrifice for our country.

508-867-6500
 46 Quaboag St., Brookfield, MA

Thank you VETERANS
 HONORING ALL WHO SERVED

★ VETERANS DAY SALUTE ★ Michael K. Urella ★




U.S. MARINE CORPS (circa 1962) Corporal E4, Chaser, Expert Rifleman

To all Veterans... Past, Present and Future

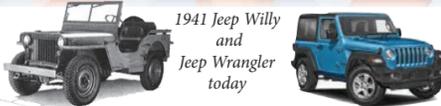
WE SALUTE YOU



E.B. FLATTS
 Uniquely Casual Dining
 Proudly Veteran Owned and Operated
 245 West Main Street - Rt 9 - East Brookfield

Guzik Motors is proud to thank the members of all branches of the military for serving our country.
 Jeep has been a part of our military vehicles since 1941.
 God bless our veterans and the U.S.A.

Guzik Motor Sales, Inc.



1941 Jeep Willy and Jeep Wrangler today

E. Main St., Rtes. 9 & 32, Ware Just Over the West Brookfield Line
413-967-4210 or 800-793-2078 • www.guzikmotor.com

PEPIN GRANITE INC
 MONUMENTS

Specializing In: Cemetery Lettering
 Monument Cleaning - Markers
 Bronze Plaques for Memorial Parks

Find comfort and closure with a personalized memorial

Call For Appointment **508-892-4193**
 Family Owned/Operated
 Indoor/Outdoor Display
 Rt. 9 • 1500 Main St.
 Leicester, MA
 Leo Pepin Jr. • Chantelle Pepin




Veterans, thank you for your service

Veterans Day is a good time to remember that our freedom isn't guaranteed.
 It's protected by the men and women in our Armed Services.
 To those who secure our way of life... thank you, from all of us at Lamoureux Ford!

LAMOUREUX  **lamoureuxford.com**

Quality Selection • Quality Service • Quality Dealer
 366 E. Main Street, Rte. 9 East Brookfield
 877-LAM-FORD or 508-885-1000

~ SALES HOURS ~
 Mon-Fri 8:30am-6pm
 Sat 8:30am-3pm

“Atomic Veterans” receive overdue recognition

BY KEVIN FLANDERS
STAFF WRITER

REGION — Barred from discussing the nature of their service for more than four decades, Atomic Veterans like Ronald Benoit are finally receiving their long overdue recognition.

Benoit, of Holland, and his fellow “Atomic Veterans” were among the enlisted personnel who participated in atmospheric nuclear weapons tests between 1945 and 1962.

Exposed to radiation and other dangerous conditions during their service, Atomic Veterans totaled about 225,000 servicemembers. To date, approximately 80-percent of these veterans have already passed away.

Working diligently over a ten-year period, with significant assistance provided by Congressman

Jim McGovern, Benoit helped ensure that Atomic Veterans are properly honored. McGovern, along with Minnesota Congressman Tom Emmer, sent a letter to the Senate and House Armed Services Committees, urging them to include a provision which would create a service medal to honor Atomic Veterans.

On July 5, the Department of Defense announced the establishment of the Atomic Veterans Commemorative Service Medal.

Veterans eligible to receive the medal include those who performed duties related to the nation’s atomic and nuclear weapons programs between July 1, 1945, and Oct. 1, 1992.

“Atomic veterans were exposed to dangerous levels of radiation in performance of their duties,

yet they have never been given the full respect and recognition they deserve,” said Congressman McGovern. “Sworn to silence for decades, these courageous and committed patriots paid a high price for their loyalty to our country.”

For Benoit, who serves as a State Commander for the National Association of Atomic Veterans, it’s an honor to advocate for fellow veterans and help bring their stories to light after four decades in the dark. During their period of sworn silence, Atomic Veterans were not even allowed to discuss the details of their service with each other or family members.

“Not many people know about Atomic Veterans. They don’t realize what happened because we were sworn to secrecy for all those years,”

said Benoit, who was a member of the team that guarded a hydrogen bomb at Bikini Atoll in 1954.

Now, as a State Commander for the National Association of Atomic Veterans, Benoit represents Massachusetts, Connecticut, Maine, Rhode Island, and Vermont.

Atomic Veterans Commemorative Service Medals are expected to be available by the end of the year. This will allow eligible veterans to finally receive the official recognition they deserve, leaders said. Several other Atomic Veterans passed away before the information on the testing program was declassified by the Clinton Administration in 1994. Many of them suffered health problems as a result of their service, but they nonetheless

maintained silence.

After watching these veterans take the government-mandated secrets of their service to the grave, Benoit and others are committed to making sure they posthumously receive their due honor.

If you would like to contact Benoit about an Atomic Veteran eligible for recognition, call 413-245-7819. You can also send an email to atom-icvet024@aol.com.

To learn more about the National Association of Atomic Veterans, visit www.naav.com.

Meanwhile, officials are urging residents to take a few moments this Veterans Day to acknowledge Atomic Veterans and the sacrifices they made.

“These veterans deserve our support. They committed to serving their nation and incurred serious health challeng-

es due to their service. They should receive the honor and recognition they deserve,” said Congressman Emmer. “I have long advocated for our Atomic Veterans. They suffered in silence for their unique service to the United States, and it is time they are honored publicly.”

Benoit thanks legislators, particularly Congressman McGovern, for their steadfast support over the years.

“Jim McGovern fought tirelessly for 11 years and successfully secured the approval of service medals to honor my fellow Atomic Vets,” Benoit said. “The Department of Defense informed us of the creation and distribution of the service medals by year end.”

Nursing students hold first craft fair

CHARLTON — The season of crafts and vendor shows is upon us. For Bay Path Practical Nursing Academy this year marks the first organized SkillsUSA Fundraiser.

The special event was a fundraiser for the Bay Path Practical Nursing Academy SkillsUSA Team. The nursing students raised funds and sought donations all in the name of competing for SkillsUSA all the way to Nationals.

According to Heidi Bedard, LPN, sub-secretary who helped organize the fair, “We wish to thank the knitters, potters, bakers, jewelers, bedazzlers, and candlestick makers, as well as the food and baked goods vendors who joined us on Saturday, Nov. 5.”

We all worked diligently to raise as much money as possible to support nursing student SkillsUSA champions. The nursing students will use the

money raised for state and national competition in the five categories namely Medical Math, Medical Terminology, Health Knowledge Bowl, First Aid/CPR, and Practical Nursing.

The Craft Fair was held from 9 a.m. to 3 p.m. at the Bay Path Regional Vocational Technical High School gymnasium. Attendees had ample time to peruse through booths, and tables, and make selections of their favorite items. Even the Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN participated with a table full of home-grown plants, propagated from seeds or cutting in various curated pots and containers. Payment may be made in many ways to Bay Path, cash, check, or money order. Those wishing to use electronic payment may do so through <https://unipaygold.unibank.com/customerinfo.aspx>.

“All money raised will go towards the nursing students’ SkillsUSA competition,” Bedard reminded. For more



information contact Heidi Bedard, LPN 508-248-5971, ext. 1674 or via email HBedard@baypath.net.

About Bay Path RVTHS Practical Nursing Academy

Bay Path Practical Nursing Academy offers a 40-week (10-month), full-time,

Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing, 239 Causeway St., Boston, MA 02114 617-973-0800 www.mass.gov/dph/boards/rn The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org. Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges 209 Burlington Rd., Suite 201 Bedford, MA, 01730-1433 781-271-0022 www.neasc.org

Big Brothers Big Sisters of Central Mass and MetroWest teams up with Celtics Royalty, Bob Cousy, for a “once in a lifetime” experience



REGION — Big Brothers Big Sisters of Central Mass and MetroWest is pleased to share the outcome of a recent auction package donated by Boston Celtics legend, Bob Cousy. Late Spring, BBBS partnered with longtime friend and supporter, Bob Cousy to auction off a once in a lifetime experience to meet the basketball icon at his home, take a photo with him, and receive some signed memorabilia.

BBBS raised \$65,000 thanks to loyal supporter Mr. Bob Atchinson who bid on the package, plus donations from others who wanted to support Mr. Cousy’s efforts. This past Saturday, Mr. Atchinson and his two grandsons had the opportunity to meet Mr. Cousy.

“He’s been a leader, not just as a basketball player,” Atchinson said of Cousy. “He’s been a leader in a lot of ways for a long time...I really wanted to meet him. So that was a thrill.”

Mr. Atchinson and his grandsons had the opportunity to ask Mr. Cousy about his Presidential Medal of Freedom, his love for Big Brothers Big Sisters, and about his time in the NBA. They posed for a photo-op in front of the Bob Cousy statue at the College of the Holy Cross.

The proceeds from the Bob Cousy auction will support BBBS’ mentoring programs that serve opportunity youth in 87 towns and cities throughout Central Massachusetts and MetroWest.

Bob Cousy still receives requests for autographs daily, in which he will happily oblige, after taking a donation for Big Brothers Big Sisters of Central Mass & MetroWest.

BBBS CEO, Connie Askin, said “We are in the business of relationships and happiness, and on Saturday, with Mr. Cousy’s assist, we saw that come together in a really magical way.”

Bob Cousy is a six-time NBA

Champion and the 1957 NBA MVP. He is an alum from the College of the Holy Cross and has lived in Worcester, MA ever since. Mr. Cousy has volunteered as a Big with BBBS three different times over his life and continues to be a true advocate for its mission.

About Big Brothers Big Sisters of Central Mass & MetroWest

The mission of Big Brothers Big Sisters of Central Mass & MetroWest is to create professionally supported mentoring relationships, empowering youth to realize their potential and build brighter futures. Children’s lives are enhanced when they have a mentor in their lives to celebrate their successes. To learn more about Big Brothers Big Sisters of Central Mass & MetroWest, please visit www.bbbscm.org.



BUMA
FUNERAL HOMES

Uxbridge • Whitinsville • Milford

www.bumafuneralhome.com

LOWEST PRICES • FULL SERVICE

Serving Worcester County for almost 60 years! Shrewsbury’s Own...



AL’S OIL SERVICE

www.alsoil.com

We accept most major credit cards

24-HOUR EXPERT BURNER SERVICE • 508-753-7221



Enjoy the Day - Run, Fetch, Play!




PAW of the WEEK

Artie *Special Pup Needs Loving Home*

Meet Artie! He’s is a 4 ½-month-old, 17lb, male husky mix pup! Artie is a sweet pup who has a lot of love to give. He is looking for dog savvy adopter who is willing to provide him with the direction & guidance he missed as a baby. Artie had a rough start, being removed from his mom too soon & left with his siblings in a room with no ventilation, food or water. We have been working on proper socialization with other dogs with the help of a certified trainer. Artie’s new family will need to help him to continue learning proper social cues & appropriate play behavior. If you’re looking for a friendly, playful & snuggly pup who needs some help integrating with “the pack” then look no further as Artie could be the pup for you!

www.PawfectLifeRescue.org

Uxbridge, MA (Showings by appointment)





Est. 1887 Our Community. Your Bank.

Milford Federal Bank is proud to sponsor the Pawfect Life Rescue PAW of the WEEK!

Bring your furry friend along on your next trip to MFB for a treat from our drive-up tellers, or stop in any branch and bring home a treat from our complimentary doggy biscuit bar.

 1271 Providence Rd, Whitinsville, MA 508.234.8256 • 800.357.2265 MilfordFederal.com

Milford | Whitinsville | Woonsocket

[www.Stonebridge Press.com](http://www.StonebridgePress.com)

Edward Jones > edwardjones.com | Member SIPC

Compare our CD Rates
Bank-issued, FDIC-insured

6-month	4.50 % APY*
9-month	4.55 % APY*
1-year	4.65 % APY*

Call or visit your local financial advisor today.



Frank Randall
Financial Advisor

1097 Pleasant St Suite E
Worcester, MA 01602-1248
508-459-0140

Minimum contribution is \$1K.
* Annual Percentage Yield (APY) effective 11/04/2022. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

FDI-1867L-A © 2022 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED. AECSPAD

Milford Regional Medical Center secures grant to continue school based health center at BVT

MILFORD — In keeping with its goal to provide exceptional community healthcare services to those in its service region, Milford Regional Medical Center (MRMC) has secured a grant to continue its School Based Health Center (SBHC) at Blackstone Valley Regional Vocational Technical High School in Upton. The grant was welcome funding as the need for adolescent services continues to grow.

The ten-year renewable \$150,000 per year grant was awarded by the Massachusetts Executive Office of Health and Human Services Department of Public Health. It will be utilized to fund the salaries of the SBHC's Nurse Practitioner and Officer Coordinator/Community Outreach, who MRMC employs, and mental health services provided through Riverside Community Care clinicians.

For more than 20 years, Milford Regional's School Based Health Center has been collaborating with BVT's nurses and counselors to offer students access to healthcare, including mental health services. Services provided at the School Based Health Center include diagnosing and treating acute and chronic medical conditions, physical exams for sports, school, and employment, support and education regarding healthy relationships, and consultations with primary care providers.

Through its counselors, the SBHC program also provides mental health evaluations and on-campus counseling for depression, anxiety, substance abuse, relationships, and self-esteem. Nutrition education, such as assessments, diabetes support, and counseling to maximize healthy living, is available at the Health Center.

"I'm proud to contribute to the collaboration between Milford Regional and BVT," said Maureen Menard, MRMC's SBHC Office Coordinator/Community Outreach. "In this role, I work closely with the School Counselors and local Community Outreach Programs. In addition to the many SBHC services and supports, we also help with food assistance/holiday donations for BVT students and their families, another welcomed resource."

"We are so grateful for the ongoing collaboration

between Milford Regional and BVT," said Joni Brown, MRMC's Senior Director of Rehabilitation and Sports Medicine and School Based Health Services. "The School Based Health Center continues to provide many crucial services that allows students not only access to care but the ability to stay in school instead of forgoing an entire day or more."

The need for the School Based Health Center has greatly increased over the past several years, particularly with the onset of COVID-19. According to some of the latest data, during the 2020-21 school year, there were a total of 1,132 visits to the Health Center. In December 2020, 27 percent of SBHC visits at BVT were medical provider visits, and 73 percent of visits were mental health provider visits. The following year, in December 2021, 10 percent of SBHC visits were medical provider visits, while 90 percent of visits were mental

health provider visits. Recent data also indicates a 17 percent increase in student need for SBHC mental health services within the past year.

"BVT values our relationship with Milford Regional Medical Center and the additional resources and services we are able to provide to our students because of this partnership," said Yvette Martin, Director of Student Services at BVT.

"Thanks to the recent grant and our partnership with Milford Regional Medical Center, our students have convenient and timely access to health services," said BVT's Superintendent-Director, Dr. Michael F. Fitzpatrick. "This high-quality grant ensures convenient student-focused health care is available on our campus for years to come."

Catholic Charities invites volunteers to assist on Thanksgiving Day

WORCESTER — Catholic Charities Worcester County announced today that they are still accepting volunteers to deliver and serve Thanksgiving dinner to those in need. Whether delivering meals or serving the noontime meal at St. Paul Cathedral, volunteers will have an opportunity to visit with people who would otherwise be alone this Thanksgiving.

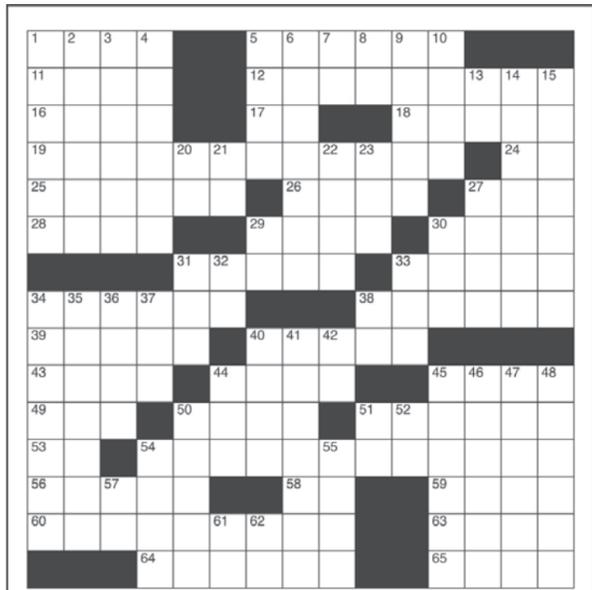
For more than 60 years, the Bishop of Worcester has hosted a dinner provided by Catholic Charities Worcester County to assure a meal and fellowship to homebound elders, people with disabilities, homeless individuals, and those who would otherwise be alone on Thanksgiving and Christmas. Both sit-down dinners at the Cathedral of St. Paul and home-delivered meals are available to those in need on these important holidays. In 2021, the Bishop's Holiday Dinners on Thanksgiving and Christmas provided over 6,000 home-delivered meals to those in need by nearly 1300 volunteers.

Volunteers are needed at both the sit-down dinner located at the Cathedral of St. Paul, 38 High St., Worcester; and meal delivery from St. Peter's Catholic Elementary School. Sit-down dinner volunteers should arrive between 11:30 a.m. and noon, and can register at this link: <https://www.ccworc.org/cathedralregistration/>. Meal delivery volunteers begin arriving at 8am to receive the meals and delivery route. Meal delivery volunteers should register at this link: <https://www.ccworc.org/bishopsdinnervolunteer/>. Meals will be picked up drive-through style at the gym at St. Peter's Catholic Elementary School, entrance on 10 Hammond St., Worcester, MA 01610. If you

would like to request a meal, call 508-798-0191 or go to the following link: <https://form.jotform.com/222785930706159>.

Most Rev. Bishop Robert J. McManus invites anyone and their family to join him at St. Paul's Cathedral for a Thanksgiving dinner. Catholic Charities provides bus routes to and from St. Paul's Cathedral and will pick up individuals at: Lincoln Village, Booth Apartments, Seabury Heights, Green Hill Towers, Belmont Apartments, Green Island NOC, Greenwood Gardens, Canterbury Towers, Elm Park Towers, Pleasant Towers, Murray Avenue Apartments, Marble Apartments, and Webster Square Towers.

Sponsored by: Saint Francis Community Healthcare, Inc., Rockland Trust, BayState Savings Bank, J.J. Bafaro, Inc., Griffin and Company, Price Chopper, Hanover Insurance, The Protector Group Charitable Foundation, The Boston Red Sox, The Camosse Family Foundation, TD Bank, Cornerstone Bank, Worker's Credit Union, Clinton Savings Bank, Grantham Group, Reliant Medical Group, Dauphinais Concrete, Hanover Insurance Group, The Grenon Family Foundation, Berkshire Bank, Digital Federal Credit Union, Cornerstone Bank, Fallon Health, Risk Strategies, Savers Bank, Southbridge Credit Union, UniBank, Worcester State University, The Eppinger Family Foundation, Atlas Distributing, DiMeo Schneider & Associates, Leominster Credit Union, Eastern Bank, Machado Consulting, Reliant Medical Group, Rollstone Bank & Trust, St. John's High School, Greater Worcester Community Foundation and more to come!

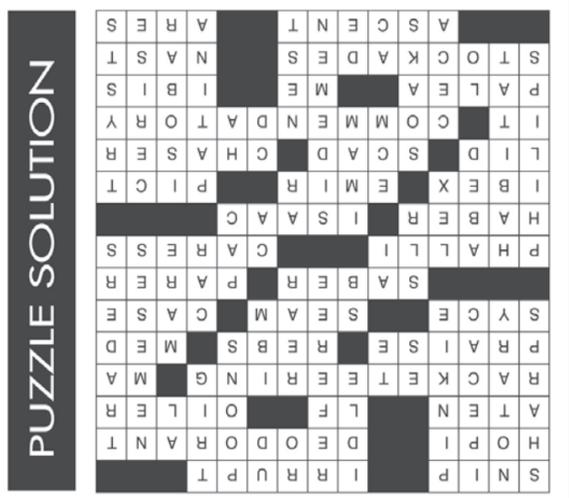


CLUES ACROSS

- 1. Clip a small piece
- 5. Enter forcibly
- 11. Southwestern Native American tribe
- 12. Helps you smell better
- 16. Sun or solar disk
- 17. Low frequency
- 18. Former Houston football player
- 19. Federal crime
- 24. Home to Boston (abbr.)
- 25. Approval
- 26. Those who fight an establishment (abbr.)
- 27. ___ student, learns healing
- 28. Indian groomer of horses
- 29. Line where two pieces meet
- 30. One might be brief
- 31. Type of sword
- 33. Knife for fruits or vegetables
- 34. Stinkhorns
- 38. Stroke
- 39. Industrial process for producing ammonia
- 40. Sir ___ Newton
- 43. Wild goat
- 44. Muslim ruler
- 45. Scottish ancestor
- 49. Hat
- 50. Horse mackerel
- 51. Alcoholic accompaniment
- 53. Tech department
- 54. Manifesting approval
- 56. Upper bract of grass
- 58. Of I
- 59. Large wading bird
- 60. Military prisons
- 63. Famed American cartoonist
- 64. Rise
- 65. Greek God of war and courage

CLUES DOWN

- 1. Sewing needles
- 2. Functionary
- 3. Induces vomiting
- 4. The finger farthest from the thumb
- 5. Not moving
- 6. Sports official
- 7. Water purification process (abbr.)
- 8. University of Dayton
- 9. Indo-Malaysian evergreens
- 10. High schoolers' math course
- 13. Yankovic is a weird one
- 14. Adversaries
- 15. Merchandisers
- 20. Radioactive metal (abbr.)
- 21. Atomic #52
- 22. The back
- 23. One-time computer giant
- 27. Female of a horse
- 29. Football's big game (abbr.)
- 30. Vehicle
- 31. Single Lens Reflex
- 32. It's becoming more prevalent
- 33. Political action committee
- 34. Makes lightbulbs
- 35. Natural home of an animal
- 36. In bed
- 37. Superman villain
- 38. The Golden State
- 40. One who leads prayers in a mosque
- 41. They accompany a leader
- 42. Atomic #18
- 44. Electronic countermeasures
- 45. The appearance of something
- 46. Connecting line on a map
- 47. Deep red color
- 48. Secret affairs
- 50. Drenches
- 51. Contains music
- 52. Expression of surprise
- 54. Intestinal pouches
- 55. Where birds are born
- 57. ___ and behold
- 61. Cools your home
- 62. The First State



Quinsigamond Community College, Hanover Insurance Group partner to offer mentoring

WORCESTER — The Hanover Insurance Group has recently joined as a core partner of Quinsigamond Community College's (QCC) mentoring program. Core partners are organizations that provide at least 10 mentors who will be matched with QCC students. The Hanover will be providing mentors from Mi Familia, one of its business resources groups which supports the Hispanic/Latinx community and its allies.

"We are excited to partner with The Hanover, a well-known and respected organization that, like QCC, is dedicated to diversity, equity and inclusion," said QCC President Luis G. Pedraja, Ph.D. "This is a partnership that will have an incredibly positive impact on our student mentees and our community as a whole."

QCC mentees work with their mentors to develop employer desired skills, gain an understanding of workplace expectations and have the opportunity to network, increasing the likelihood of finding a rewarding career. They also gain a personal and professional connection with their mentor, who provides guidance, training, and overall support. Mentors use the experience to build leadership skills and are able to give back to the community in which they work. In addition to the one-on-one

relationships, mentors and mentees attend monthly events that expand their networks and build community.

"The Hanover and QCC are closely aligned in core values – with a focus on inclusion, diversity and equity, so supporting this program as a core partner made perfect sense," said Karen Andrade, vice president and chief operations officer, business insurance, at The Hanover. "This program will provide students with insight into what to consider in a career journey and how to maintain a work/life balance as they further their education. As a grateful and proud Asian American, Hanover leader, executive co-sponsor of Mi Familia, and QCC graduate, I believe this furthers our journey and commitment to advocating for inclusion, diversity and equity, especially for under-represented communities right here in our neighborhood."

Eduardo Anaya, a QCC alumnus from the Business Administration program, received a bachelor's degree after transferring to Worcester State University through the Mass Transfer program. He wasn't sure where to apply his new skills but when a temp-to-hire position brought him to The Hanover, he knew the company culture was a good fit. When he discovered the QCC mentoring program through a networking event at The Hanover, he applied immediately.

"I always knew I wanted to be involved as much as possible in my career and community," Anaya said. "As a QCC alum, I feel like I can truly understand the issues that many students face, such as working full-time while going to school. It takes programs like the QCC-Hanover mentoring partnership to help bring out a student's full potential. This is a great experience for them to learn their strengths and weaknesses, making them better prepared for the workforce or whatever next step they choose."

In addition to The Hanover, QCC's other core partners include AbbVie, UMass Memorial Medical Center, The City of Worcester, Worcester County Bar Association, and Family Behavioral Health. To learn more about QCC's Mentoring program, visit www.qcc.edu/mentoring.



TO PLACE AN AD:
 JUNE SIMAKAUKAS
 (508) 909-4062
jsima@stonebridgepress.news

SUBSCRIPTION SERVICES:
 KERRI PETERSON
 (508) 909-4103
kerri@stonebridgepress.news

TO PRINT AN OBITUARY:
 E-MAIL
obits@stonebridgepress.news
 CALL: 508-909-4149
 OR send to Blackstone Valley Tribune
 P.O. Box 90, Southbridge, MA 01550

TO SUBMIT A LETTER TO THE EDITOR:
 E-MAIL:
news@stonebridgepress.news
 OR send to Blackstone Valley Tribune
 P.O. Box 90, Southbridge, MA 01550

BLACKSTONE VALLEY TRIBUNE PUBLISHED BY STONEBRIDGE PRESS
 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 DINICOLA
 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@villagenewspapers.com

The Blackstone Valley Tribune (USPS 024-873) is published weekly by Stonebridge Press, 25 Elm St., Southbridge, MA 01550. Periodicals postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to the Blackstone Valley Tribune, P.O. Box 90, Southbridge, MA 01550.

Small Stones Festival of the Arts announces winning artists



Courtesy

"Crow on Top" by Ria Hill.

GRAFTON — Small Stones Festival of the Arts has announced the winning artists of its fifth annual juried fine art painting and photography exhibition held at the Great Hall, One Grafton Common.

The first-place awards of \$500 were given to Pam Short of Lancaster in the fine art category for her pastel

"Beauty in My Own Back Yard 4" and in the photography category, to Attleboro resident Kenneth Salmone for his photograph, "On the Rocks."

An accomplished artist, Short entered her beautiful pastel on a whim and was surprised and delighted to learn that she had won a first-place award. She enjoys painting landscapes, seascapes, animals and wildlife and buildings.

Pastels are her preferred medium. Short believes "Beauty is everywhere if you choose to see it." Her art clearly embodies this idea. Her artwork has been featured in the Fruitland Museum Shop, Petersham Craft Center and at the NOA Gallery at the Groton Inn.

Salmone quoted Henry David Thoreau, "It's not what you look at that matters, it's what you see," to explain his approach to photography. He noted that he has travelled to beautiful places to capture exquisite landscapes, but

"I still manage to discover overlooked and often unseen snippets of beauty within the small, natural worlds" that are close to my home. Different pieces of his art show how a twig, ice crystals and frozen bubbles; a lingering leaf falling into quickly freezing ice and a thin veil of ice with rocks beneath it may capture our imaginations.

Second (\$250) and third place (\$100) awards were given in each category. Winning second place artists included

Allan Forrest Small of Ashburnham who won for his transparent watercolor of "Essex Lady," an abandoned, once beautiful Georgian house and photographer Anne Foley of South Dennis for her portrait of a majestic windmill, "Brightly Shining." Third place winners were Susan Hong-Sammons of West Boylston for her oil painting, "Lioness" and David Long of Shrewsbury won for his photograph "Foggy Holland."

Each juror for each category chose their favorite artwork for a juror's choice award. This year the winners in fine art juror's choice awards included Ria Hill of Uxbridge for her acrylic painting, "Crow on Top," Simone Scholes of Mansfield won for her oil painting of a beautiful woman, "Lady in the Window" and Marsha Gleason of Northborough won for her mixed media painting "Rewind." The winners in photography included Kenneth Salmone for "Taken," Joseph Allen of Shrewsbury for "Study in Gray" and Robert Arnold of Sturbridge for "Old Colony," film photography.

This year, the People's Choice awards were won by Bonnie Frederico in the fine art category for her oil painting,

"Peonies" and in the photography category Amanda Conyers won for "Eye to Eye." Both reside in Grafton.

The exhibit featured artwork of 90

artists with 143 pieces of artwork beautifully displayed at the Great Hall,

One Grafton Common in Grafton. Five regional art organizations Apple Tree Arts, Blackstone Valley Art Association, Claflin Hill Symphony Orchestra, Shakespeare Club of Grafton and Worcester County Camera Club have developed a multi-genre festival with a variety of programs illuminating different art forms.

Lectures by prominent authors and educators, a dramatic reenactment of a literary figure, a musical lecture on abstract form and structure and talks of interest to artists and art supporters were offered at the 2022 festival.

The festival's hardback printed exhibition catalog is available online at <https://smallstonesfestival.org>. The participating artists reside in communities in Massachusetts, Connecticut, Rhode Island, Maine, Vermont and beyond.

Planning for the 2023 Small Stones Festival of the Arts will start early next year. The organizing committee is considering a midsummer date for the Art Call. Please contact Ken Crater at ken@graffonarts.org if you're interested in participating in the Festival or for sponsorship details. For more information, visit <https://smallstonesfestival.org>.

Event to focus on diversity in Worcester

WORCESTER — Guardians of Traditions and Mechanics Hall are proud to present "A Night to Remember: Folk Guardians of Worcester" at Mechanics Hall, Worcester, Sunday, Nov. 13, 3 p.m. - 5 p.m. (Hall of Culture) and 6 - 8 p.m. (Live Performances).

This event is free, but we ask that guests please pre-register for the 6:00 pm performance - registration link below)

A Night to Remember: Folk Guardians of Worcester will take guests on a journey all around the world to countries with rich African heritage; where the sounds and choreographies made are the syncretism* of the Afro with the Indigenous, giving rise to the emergence of the first Afro-Latino, Afro-Caribbean and Afro-American dances.

Guests will learn about the richness of African culture and its intersectionality with countries such as Haiti, United States, Mali, Dominican Republic, Brazil, Peru, Puerto Rico, Ghana, Colombia, and Trinidad & Tobago. Experience the beauty of traditional folk dances and songs and be transported to a country you've never visited, immersing yourself in the sound of music and the exuberance of their melodious dances. Jump to the beat of some African drumming with Crocodile River Music. Join the all-star group Querencia with their high energy and synchronized salsa dance. Be amazed by the intensity of the Afro-Brazilian dance Maculelé. Move your body to the tune of the always energetic Haitian and Afro-Dominican dances and end the evening with the pageantry and exhilaration of Guardians of Traditions' masqueraders.

REAL ESTATE

BLACKSTONE

\$475,000, 29 Bellingham Rd #B, Huntley, Ernest, and Huntley, Cheryl, to Grinnan, Brian G, and Grinnan, Laura E.

\$370,000, 39 Lakeview St, Burnham, Nicholas J, and Burnham, Lisa M, to Barrett, Victoria E.

\$360,000, 12 Residential Ln #12, Cotnoir, Jeffery A, and Cotnoir, Melissa A, to Desouza-Leal, Andre, and Leal, Karolline R.

\$298,000, 15 Diana St #15, Dambra, Mia, to Roberts, Denise R.

\$10,000, 20 Park St, Masse, Sherry L, to Hagan 4th, James E.

DOUGLAS

\$1,100,000, 334 SW Main St, 334 SW Main LLC, to Laliberte Jr, James, and Laliberte, Rachel.

\$445,000, 68 Compass Point Dr #68, Northbrown LLC, to Arcand-Johnson, Jennifer.

\$248,400, 55 Compass Point Dr #55, Northbrown LLC, to Patrice, Leila.

NORTHBRIDGE

\$560,000, 154 Hill St, Palmer FT, and Palmer, Edward J, to Mcgrath, Justin P.

\$525,000, 369 Cooper Rd, Johnson, Paul K, and Johnson, Jennifer L, to Abouhasira, Houssam, and Albizreh, Suzanne.

\$501,000, 99-103 Church Ave, Evans, David J, and Evans, Teresa A, to Silva, Davi.

UXBRIDGE

\$352,000, 82 Rivulet St, Voss, Rosemary, to Woodrow, Mary B, and Maher, Paul.

This event focuses on celebrating the richness and diversity of the city of Worcester, demonstrating that we can retain our cultural identity and diversity and be part of the community; after all, 'where there are roots, there's power.

*syncretism, the merging of different regions, cultures, or schools of thought.

The exhibit hall and immersive experience

will be held from 3:00 pm-5:00 pm, and the performances begin promptly at 6 p.m. Admission to this event is free and open to all, but guests must register for the 6:00 performances at the following link: <https://www.mechanicshall.org/guardians/> [Mechanicshall.org](https://www.mechanicshall.org/), <https://www.eventbrite.com/e/a-night-to-remember-folk-guardians-of-worcester-tickets-418966539197>

Collaborators include Monano Art and Creative Hub Worcester.

The Hanover Insurance Group Foundation, Country Bank, Cornerstone Bank, Worcester Arts Council/Mass Cultural Council, and Greater Worcester Community Foundation sponsor this event. Please contact Vanessa Joga, Executive Director of Guardians of Traditions, at leo-leo1911@hotmail.com with any questions.

UniBank to hold annual Holiday Giving Program

WHITINSVILLE — UniBank recently announced that the bank will kick off its annual Holiday Giving Tree Program on Nov. 25 to make the season brighter for individuals and families throughout the community. The program is part of the bank's dedication to improving life for the communities it serves.

Each UniBank branch has chosen an organization that fills a need in their community and supports the program by making and purchasing items, and accepting donations from customers and the general public. Many local residents face difficult times around the holiday season and UniBank is pleased to work with local charitable organizations in support of this effort to help its neighbors. Branch collections are as follows:

Blackstone: Requesting items to be distributed by the Divine Mercy Parish for individuals in Blackstone.

Douglas: Collecting non-perishable food items for the Douglas Food Pantry located at St. Denis Church.

Hopkinton: Requesting items that will be distributed to families in need by Project Just Because.

Milford: Requesting items that will be given to individuals and families in need in the Milford Community. Donations will be distributed by the St. Vincent de Paul Society at St. Mary of the Assumption Church.

North Grafton: Requesting items needed by senior citizens that will be distributed by the Grafton Senior Center.

Shrewsbury: Requesting donations of non-perishable food items that will be donated to a local food pantry.

Sutton: Items for senior citizens to be distributed by the Sutton Senior Center.

Upton: Items needed by senior citizens to be handed out by the Upton

Senior Center.

Uxbridge: Requesting specific items for individuals in Uxbridge to be distributed by the People First Food Pantry.

Whitinsville Main: Requesting items that will be distributed by the Friends of Northbridge Elders to individuals in Northbridge.

Whitinsville Plaza: Requesting items to be distributed by the Massachusetts Department of Children and Families to benefit local children.

Worcester: Tags requesting specific items needed by women and children to be distributed by the YWCA.

Donated items may be dropped off during regular banking hours through mid-December. Check with your local branch for specific details and dead-

lines. Visit www.unibank.com for a listing of branch locations and hours.

UniBank is rooted in the Blackstone Valley with assets of \$2.4 billion as of September 30, 2022. A full-service, mutually owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts. UniBank is dedicated to contributing to the overall quality of life and economic health of the communities it serves, while maintaining a high level of financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC and Member DIF. UniBank NMLS #583135. The company Web site is www.unibank.com.

QCC opens CNA testing site to assist with shortage

WORCESTER — Quinsigamond Community College's Healthcare and Workforce Development Center opened its labs to offer Certified Nursing Assistant testing last week after administration learned that hundreds of people in Massachusetts were waiting to take the test to become a CNA.

"Federal regulations require a demonstration of skills, which require the use of equipment necessary to demonstrate those skills," said Katherleen Conti assistant director of media relations for the Massachusetts Department of Public Health.

In early August 2022, QCC was awarded close to \$500,000 in Skills Capital Grant funding, which was used to update three nursing labs with state-of-the-art equipment.

"Quinsigamond Community College is centrally located in Massachusetts, making it an ideal site for CNA testing," Conti continued. "DPH is committed to ensuring that nurse aides receive high-quality training and certification to protect the health and safety of nursing home residents."

QCC tested over 100 people and those who successfully pass the state-approved test will be eligible for employment or continue employment in healthcare settings as defined by the Massachusetts Department of Public Health.

"Our nursing faculty and students adapted to help support these exams," said QCC's Dean of the School of Healthcare, Pat Schmohl.

According to the U.S. Bureau of Labor Statistics, the average 10-year growth rate for this occupation is 5 percent, the same as the average growth rate for all occupations.



BULLETIN BOARD

Have an upcoming event or Fall Festival? Post it here!

Call June at 508-909-4062 or email jsima@stonebridgepress.news

TRUST

Trust Your Neighbors

StonebridgePress.com

BAY PATH EDUCATION FOUNDATION



Santa Claus

PANCAKE BREAKFAST

SAT., DEC. 3 • 7:30-10:30AM

Raffle & Bring your phones or cameras for pictures with Santa

Please be in line by 9:45 am to ensure ample time for picture with Santa. Tickets \$5 ~ Children under 5 FREE

Cash or Checks accepted • Checks Payable to: Bay Path Education Foundation

Tickets available at the door: Bay Path Regional Vocational Technical School 57 Muggett Hill Road Charlton



HEALTH FACT:

THIS IS THE TERM FOR SOMEONE WHO AVOIDS EATING ANIMAL PRODUCTS.

ANSWER: VEGAN

Creative Coloring

Celebrate cooking vegan foods. Color in this picture to create your own masterpiece.



THIS DAY IN...



- **1892:** PUDGE HEFFEL-FINGER BECOMES THE FIRST PROFESSIONAL AMERICAN FOOTBALL PLAYER ON RECORD.
- **1933:** NAZI GERMANY USES A REFERENDUM TO RATIFY ITS WITHDRAWAL FROM THE LEAGUE OF NATIONS.
- **1936:** IN CALIFORNIA, THE SAN FRANCISCO-OAKLAND BAY BRIDGE OPENS TO TRAFFIC.



EDAMAME

a dish of green soybeans boiled or steamed in their pods

Cornerstone Bank donates \$50,000 to Worcester Community Action Council

WORCESTER — Cornerstone Bank, a community bank with 10 locations throughout Central Massachusetts, has donated \$50,000 to the Worcester Community Action Council (WCAC) in support of its Emergency Fuel Fund. Due to higher fuel costs and an increase in calls for support from the community, the emergency fund has been depleted. In September and October of 2021, WCAC helped over 350 households with payments totaling more than \$150,000. This is the third consecutive year Cornerstone Bank has donated to WCAC.

“We are proud to support WCAC’s mission of helping those struggling to heat their homes as the weather begins to trend colder,” said Cornerstone Bank CEO Todd Tallman. “As a community bank, we put a major focus on bettering the lives of our neighbors. We were happy to answer WCAC’s call for help to ensure the people they serve will be warm this winter.”

The Worcester Community Action Council is one of 23 community action agencies in Massachusetts with the mission of helping people toward economic self-sufficiency through programs, partnerships, and advocacy. To help break the cycle of poverty for tens of thousands of people annually, WCAC provides opportunities for energy assistance, early education and care, financial empowerment, positive youth development, and career pathways.

To learn more about Cornerstone Bank and their charitable work, please visit cornerstonebank.com.

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 provides 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 tagline, 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.

How they SAY that in...

ENGLISH: Fruit
SPANISH: Fruta
ITALIAN: Frutto
FRENCH: Fruit
GERMAN: Frucht

Did you know?

VEGETABLES, FRUITS, WHOLE GRAINS, AND BEANS MAKE UP MUCH OF VEGAN DINING.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: SOY FOODS

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to role models. Each number corresponds to a letter. (Hint: 19 = E)

A. 3 10 4 20 6 19
Clue: Have a goal to reach

B. 9 19 3 7 19 6
Clue: One in charge

C. 25 17 20 7 19
Clue: Show the way

D. 20 22 10 14 6 17 5 14
Clue: Direct

Answers: A. aspire B. leader C. guide D. instruct

SUDOKU

Fun By The Numbers

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

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

Level: Intermediate

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!

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

ANSWER:

Community Connection

Your area guide to local businesses! To advertise on this page please contact June at 508-909-4062 or jsima@stonebridgepress.news

Morin JEWELERS

The Jewelry store where you buy with confidence

WE BUY GOLD

Specializing in Custom Designs
All types of Jewelry Repairs

MASTER JEWELERS™
BRILLIANCE YOU DESERVE®

409 Main St. Southbridge, MA
morinjewelers.com • 508-764-7250
Located at CVS Plaza

Crooked Creek Farm

~ est. 1992 ~
East Brookfield, Massachusetts

Stock up now!

Retail Cuts, Quarter, & Half sides of beef Available!

To purchase your meat packages
CALL/TEXT: (774) 200-7308
www.CrookedCreekFarmMA.com

FREE LOCAL DELIVERY!

Find Us on Social Media

Got Space? we do.

Contact Your Sales Representative Today.
508-764-4325



Fall Home

This section reaches 47,000 households
in 7 Massachusetts newspapers.
Call 508-764-4325
or email ads@stonebridgepress.news
for more information

& Auto

AUTO BODY / REPAIRS

KEARNS
COLLISION REPAIR

Since 1969
Always Going The Extra Mile For Our Customers

Free Written Estimates • Damage Appraisal
Color Matching Specialists • Rental Car Services
Warrantied Work & Repairs
Diagnostics • A/C Repair
Tune Ups & Engine Repair
Brakes • Alternators • Starters • ABS
Alignments • Tires...and more

Major Insurance Referral Shop
Honoring All Insurance Estimates

1734 Providence Road (Rt 122)
Northbridge, MA 01534
Ph: 508-234-5211 • Fax: 508-234-2231
www.kearnscollision.com
Fully Certified • RS# 2678

BEST WINDOW COMPANY

KUBALA
HOME IMPROVEMENT
The Door and Window Experts

MACSL100114 | MAHic150118 | CTHic0619712

Award Winning
High Performance
Windows & Doors

100% FINANCING AVAILABLE | Lifetime Warranty

508-784-1550

BBB ACCREDITED BUSINESS A+ f

BUILDER

Todd A. Ethier
TAE
B·U·I·L·D·E·R
INCORPORATED

Remodeling Expert

- ◆ FINISHED BASEMENTS
- ◆ ADDITIONS ◆ GARAGES
- ◆ SIDING ◆ ROOFING ◆ DECKS
- ◆ WINDOWS ◆ DOORS
- ◆ KITCHEN ◆ BATHS

Quality Building Since 1985
Licensed & Insured

508-764-2293 ◆ 774-230-3967

Gutters

GARY'S GUTTERS
~ Locally Owned ~

Gutter Cleaning

COMMERCIAL • RESIDENTIAL

Fully Insured ~ Installations
Cleaning ~ Repairs

FREE ESTIMATES

Call or Text 508.353.2279

gotogutterguy.com

Snow & Ice Control

BRIAN'S TRUCK EQUIPMENT INC.

FISHER THE PLOWMAN

FISHER SNOW & ICE CONTROL
Authorized Distributor

508-867-6500

46 Quaboag St., Brookfield, MA

*Advertise on this page
for one low price!
Get 7 papers.
Call 508-764-4325*

- Spencer New Leader
- Webster Times
- Sturbridge Villager
- Auburn News
- Charlton Villager
- Blackstone Valley Tribune
- Southbridge News

Stump Grinding

MILLER STUMP GRINDING

Asian Longhorn Beetle Certified

Fully Insured • Free Quotes

REASONABLE RATES
PROMPT SERVICE

ROD MILLER • NICK MILLER
OWNERS / OPERATORS

508-688-2159

This section reaches 47,000 households in 7 Massachusetts newspapers.

APPLIANCE REPAIR

John Shea's Appliance Repair

A NAME YOU CAN TRUST!

All Makes & Models
Friendly Same Day Service
Get It Done Right

CALL US FIRST!
508-867-7124
508-853-8105
Cell: 774-200-1391

Bathrooms

Finishing Touches

HARDWOOD FLOOR COMPANY

Remodels Bathrooms!

Give your home the Finishing Touch!

Charlton, MA
508-248-4224

CHIMNEYS/MASONRY

CHIMNEY CLEANINGS ONLY \$99

ALL KINDS OF MASONRY & CONCRETE WORK

New & Repairs, Repointing, Rebuilding, Re-lining, Waterproofing, Foundation & Chimney Repair, New & Stair Repair, Concrete Walkways, Stonewalls, New Roofs, Construction & Carpentry.

Need to get it done? Call me!

-FREE Estimates-
Quality Chimney (508)752-1003

ELECTRICIAN

ALDEN
Electrical Contractors, Inc.
LICENSED ELECTRICIAN

New Construction
Remodelling
Kitchen & Bath
Service Updates

W. Brookfield, MA
1.774.230.9606
Talden1987@gmail.com

Fully Insured

Accepts credit card payments & free online bank transfers

Licenses:
MA-13705-21777A,
NH-13932M, RI-B013781

FIREWOOD

Firewood
Cut, Split, & Delivered
\$325/cord

508-987-1373

*Advertise on this page
for one low price!*

Handyman

No Job Too Small Home Improvement
-Insured-
MA Reg #174661

- General Carpentry
- Laminated Floors
- Remodeling
- Kitchen, Bath & Cellar
- Painting
- Handyman Services
- Floor Leveling
- Power Washing and MORE!

See Our Work Online
nojobtoosmallhomeimprovement.com

Tel. 508.414.7792
Sturbridge, MA

Home Improvement

BONETTI'S Home Improvement

Roofing
Siding
Decks
Remodeling
Windows
Doors
Basement Finishing
Gutters Cleaning
Pressure Washing
Painting Landscaping

Over 25 Years Experience
Residential Specialist

Licensed and Insured
128231

508-347-4906
Cell 508-688-0072

KITCHENS

NU-FACE KITCHENS

Cabinets For Baths, Office & Kitchen
Custom Painting Of Cabinetry (Any Color)
Refacing Existing Cabinets Or Replace Cabinets

Countertops: Quartz, Quartzite, Granite And Corian
Free Hardware With Order
Free Estimates

Studio Hours:
by Appointment Only
298 Boston Turnpike Rd.
Suite 5
Shrewsbury, MA 01545
E Mail: Sheila@Nufacekitchens.com
508 842-6677

MASONRY

C J
MASONRY HARDSCAPE
RETAINING WALLS
OUTDOOR LIVING CONSTRUCTION

Chimney Repair
Foundation Repair
Steps, Patios
Pool Surrounds
Pressure Washing
Property Maintenance
Water Proofing
Delivery of Aggregate
Cord Wood

Brian French
(413)222-5542
frenchyn45@gmail.com

Plastering

Glenn LeBlanc PLASTERING

Plastering small jobs; additions, ceilings, bathrooms, remodels, patches.

Over 40 Years Experience.

Quality Workmanship

Insured

CALL
508-612-9573

PLUMBING

JOHN DALY Plumbing

Water heaters, Faucets, Toilets, New pex water piping, Outside hose connections replaced or added, Dishwashers, Garbage disposals, Water filters, Tub & shower valves, Tub & shower replacements
Any repair or replacement needed.

Buy your own fixtures & faucets, or I will supply.
Serving all of Worcester County
Lic.#MPL-21763
Since 1988
Call John 508.304.7816

We are home owners' plumbers!
jdman714@aol.com

REMODELING

ROGERS REMODELLING

Custom Basements
Bathrooms
Tile Floors
Roofs
Decks
Painting

Fully Insured
All Calls Returned
508-612-7768

Roofing

SAUNDERS & SONS ROOFING
When you need a roof, hire a roofing company, that's what we do!

Call Bill Toll-Free
1-866-961-Roof
508-765-0100

Lifetime material warranty & 25 yr. labor warranty available

MA Reg #153955
CSL #095459
CT-HIC #0638641
Fully Insured,
Free Estimates

Family Owned and Operated
Now Accepting All Major Credit Cards

BBB ACCREDITED BUSINESS A+

ROOFING

GUARANTEED Roofing & Building Maintenance LLC

Roofing, Siding, Gutter and Gutter Cleaning

Contact:
Daniel Truax
508-450-7472
gbmaintco.com

Senior Citizen Discount
Credit Cards Accepted
Over 30 years of satisfied customers
Fully Insured - Free Estimates

A+ Rating BBB
MA HIC Lic #146620
MA CSL #099487

ROOFING

David Barbale ROOFING

Roofing/Gutters
Repair Work

Fully Licensed and Insured

MA LIC #CS069127
MA HIC, LIC #1079721
INS. # CAC032585

C: 508-397-6709
O: 508-248-6709
davidbarbale.com



*Advertise on this page
for one low price!
Get 7 papers. Call 508-764-4325*

- Spencer New Leader
- Webster Times
- Sturbridge Villager
- Auburn News
- Charlton Villager
- Blackstone Valley Tribune
- Southbridge News





25 ELM ST.
SOUTHBRIDGE, MA 01550
TELEPHONE: (508) 909-4126
FAX: (508) 764-8015
WWW.STONEBRIDGEPRESS.COM

FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

A time to thank those who serve us

We would like to begin this Editorial by sharing words of gratitude to our veterans. Thank you for your valor, your sacrifices and your courage to defend our rights and to keep us safe. With that said, we thought we would share some history behind how Veterans Day came to be.

The Great War was officially over when the Treaty of Versailles was signed in June of 1919, in France. Actual fighting ended seven months earlier between Germany and Allied nations, on the eleventh hour of the eleventh day of the eleventh month. Since then, Nov. 11, 1918 is known as 'the war to end all wars.'

In 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day. Wilson stated, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

In June of 1926, Congress officially recognized the end of WWI, passing a resolution. Part of that resolution stated, "Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and Whereas the legislatures of twenty-seven of our States have already declared Nov. 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on Nov. 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

In 1938, Nov. 11 became a legal holiday to celebrate all veterans in WWI and WWII. Armistice was replaced with Veterans. In 1954, Veteran's Day would honor all veterans in all wars.

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

Great weather pays off for local bow hunters



This week's picture shows Andrea Henchey at the shooting range in Uxbridge.

It sure was nice to have such fantastic weather this past week. It was great for archers sitting in their tree stand waiting for the perfect shot at a big buck. It has already paid off for some archers who bagged big bucks last week, as the rut heated up. Some impressive does have also been harvested as of last week, making for some great eating. Of course, there are the stories of archers that made bad shots, totally missing the deer. With Massachusetts still pondering the crossbow bill it is going to take more time to get this bill through.

Pheasant stocking in the Uxbridge



THE GREAT OUTDOORS

RALPH TRUE

area came to screeching halt this past week with no birds planned for future stockings. Speaking with Todd Olanyk, district manager for MFW, the two areas that are stocked with Pheasant are no longer suitable for stocking birds. Unfortunately, West Hill had the fields mowed without supervision and destroyed most of the bird cover. Hopefully, they will grow back in time for next year's hunting season.

Tick populations are extremely high right now, with numerous hunters sounding the alarm. Deer ticks can cause severe health problems in both humans and pets. I personally removed numerous deer ticks from my dogs last week after a short hunting trip. Parents need to check their family and pets regularly for these disease carrying insects that are no larger than the head of a pin.

Tautog fishing remains good to excellent, and should stay that way until at least Thanksgiving. Seabass are still be caught, but you need to fish in deeper water.

Trout fishing also is providing some great fishing for anglers that enjoy catching and eating them. Numerous anglers are smoking the fish and are enjoying the fish at numerous family gatherings.

Take A Kid Fishing & Keep Them Rods Bending!

Give the gift of preserving the garden's harvest

Give a gift that helps your favorite gardeners enjoy the flavors of their garden well past the end of the growing season. Both new and experienced gardeners often spend their gardening budget on plants and seeds, leaving little or none to invest in food preservation equipment and supplies. Prepare your favorite gardener for the next harvest season with some food preservation supplies and equipment.

Canning jars, freezer containers, spice cubes and airtight bottles for canning, freezing, and storing dehydrated herbs and vegetables are always welcome gifts. These supplies come in handy throughout the harvest season and are often in short supply when food preservation is at its peak.

Most gardeners grow their own fresh herbs and drying is the easiest way to preserve the harvest. Simply gather stems, secure with a rubber band, and suspend in a warm, dry location. As the stems dry and shrink, the rubber band does as well, keeping the stems secure. Use a spring clothespin to secure the herb bundles to wires or other support. Create your own drying set up or invest in one of the commercial herb drying racks. If space is limited, your gift recipient will appreciate a system like the Stack-it Herb Drying Rack (gardeners.com) that allows them to dry lots of herbs in a very small footprint. The drying system you purchase or create should provide the needed space for the harvest and allow sufficient air circulation for fast drying.

Herbs with high moisture content like basil, oregano, lemon balm and mints will mold if not dried quickly. If this has been a problem in the past, try placing a small bunch in a paper bag with holes in the side and stems outside the bag. Hang these from a drying rack or speed up the process by using a microwave or food dehydrator.

Many gardeners grow onions, garlic, and potatoes for long-term storage. All three of these vegetables prefer cool, dark storage locations with good air circulation. Separate potatoes from onions that give off pungent gases that can taint the potatoes' flavor.

Avoid plastic bags that retain moisture and can shorten these vegetables storage life. Breathable potato and onion storage baskets have been used by gardeners for centuries. Boost the style and space savings with the Stackable Bamboo Harvest Storage Basket with Lid. Just stack as needed and place on the rolling base for easy storage and accessibility.

Help your gift recipient turn their harvest into something delicious. Fermentation is a relatively easy preservation technique that has been used for thousands of years. Preserve some of



Courtesy — Gardener's Supply Company

Tomato press and sauce makers turn garden-ripe tomatoes into a seed-free, skin-free sauce with the turn of a handle.



GARDEN MOMENTS

MELINDA MYERS

your cucumbers as pickles, cabbage as sauerkraut, and berries as preserves with fermentation.

For most projects you just need the fruit or vegetables, water, salt, and spices. The desired ingredients are placed in a covered vessel like a Stoneware Pickling Crock. Weights are used to keep the fruit and vegetables submerged in water throughout the fermentation process.

Consider smaller fermentation kits for those with limited space. A three-liter glass jar with an air-lock lid and ceramic weights will allow you to ferment small quantities of vegetables.

Reduce the workload and boost the enjoyment for those making tomato juice, sauces, and soups. Hand crank and electric tomato presses, strainers and sauce makers allow gardeners to separate the skins and seeds from the tomato meat for quicker and easier processing.

Giving a gift that helps preserve flavors from the recipient's garden will be useful and remembered for seasons to come.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening* and *Midwest Gardener's Handbook, 2nd Edition*. She hosts *The Great Courses "How to Grow Anything"* DVD series and the *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by *Gardener's Supply* for her expertise to write this article. Her Web site is www.MelindaMyers.com.

Here's your 'recession survival' checklist



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

It's unfortunate, but recessions are a fairly normal part of the economic landscape. When a recession occurs, how might you be affected? The answer depends on your individual situation, but regardless of your circumstances, you might want to consider the items in this recession survival checklist:

Assess your income stability. If your employment remains steady, you may not have to do anything different during a recession. But if you think your income could be threatened or disrupted, you might want to consider joining the "gig economy" or looking for freelance or consulting opportunities.

Review your spending. Look for ways to trim your spending, such as canceling subscription services you don't use, eating out less often, and so on.

Pay down your debts. Try to reduce your debts, especially those with high interest rates.

Plan your emergency fund. If you haven't already built one, try to create an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid account.

Review your protection plan. If your health or life insurance is tied to your work, a change in your employment status could jeopardize this coverage. Review all your options for replacing these types of protection. Also, look for ways to lower premiums on home or auto insurance, without significantly sacrificing coverage, to free up money that could be used for health/life insurance.

Keep your long-term goals in mind. Even if you adjust your portfolio during times of volatility, don't lose sight of your long-term goals. Trying to "outsmart" the market with short-term strategies can often lead to missteps and missed opportunities.

Don't stop investing. If you can afford it, try to continue investing. Coming out of a recession, stock prices tend to bottom out and then rebound, so if you had headed to the investment "sidelines," you would have missed the opportunity to benefit from a market rally.

Revisit your performance expectations. During a bear market, you will constantly be reminded of the decline of a particular market index, such as the S&P 500 or the Dow Jones Industrial Average. But instead of focusing on these short-term numbers, look instead at the long-term performance of your portfolio to determine if you're still on track toward meeting your goals.

Assess your risk tolerance. If you find yourself worrying excessively about declines in your investment statements, you may want to reevaluate your tolerance for risk. One's risk tolerance can change over time — and it's important you feel comfortable with the amount of risk you take when investing.

Keep diversifying. Diversification is always important for investors — by having a mix of stocks, mutual funds and bonds, you can reduce the impact of market volatility on your portfolio. To cite one example: Higher-quality bonds, such as Treasuries, often move in the opposite direction of stocks, so the presence of these bonds in your portfolio, if appropriate for your goals, can be valuable when market conditions are worsening. (Keep in mind, though, that diversification cannot guarantee profits or protect against all losses in a declining market.)

A recession accompanied by a bear market is not pleasant. But by taking the appropriate steps, you can boost your chances of getting through a difficult period and staying on track toward your important financial goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edward-jones.com.

In a Nutshell: Nuts are Rx for Good Health

If you plan to put a bowl of nuts on your holiday table this year, you should know nuts are much more than a tasty treat, they are full of vitamins, antioxidants and compounds that promote good health. Touted as a "brain boosting" food, fresh nuts are an affordable, healthy alternative to sugary snacks. Whether your favorite nut is a peanut or a pecan, breaking out the nut cracker can benefit much more than your palate. Read on for some reasons to go nuts over nuts!

Note: Nuts and peanuts can cause allergic reactions, which are sometimes severe and can be fatal. The following information and recipes are not for those who are allergic or suspect they may be allergic to nuts. Contact your physician for more information about nut allergies.

Walnuts: Walnuts have long been hailed as an amazing "health food." A handful of walnuts are not only a tasty snack, but numerous medical studies prove good old fashioned walnuts are beneficial to good health.

Medical research reveal walnuts can improve the health of some diabetics. A study published in the European Journal of Clinical Nutrition found that walnuts, known for their high content of polyunsaturated fat (13g), significantly improve metabolic factors in overweight individuals

with type 2 diabetes. In addition, data published in the International Journal of Obesity², evaluated weight loss patterns of overweight men and women and found improved weight loss with consumption of foods such as walnuts.

Searching for the fountain of youth? Early studies show it could be as close as your nut bowl! Animal research published in the British Journal of Nutrition found a diet containing as much as 6 percent walnuts (equivalent to one ounce or 1/4 cup in humans) was able to reverse age-related motor and cognitive deficits in aged rats.

Walnuts have even been hailed as a mood booster. Professor James Duke's book "Anti-Aging Prescriptions," claims walnuts may be able to relieve the disorders commonly treated with antidepressant drugs such as insomnia, depression, overeating and other compulsive behavior naturally, without the dangerous side effects.

Walnuts, rich in omega-3 fatty acids which fight inflammation, contain manganese, which research indicates may reduce PMS symptoms. And walnuts can even help you sleep more soundly. The nuts boost melatonin levels, which induces sleep, to three times the norm!

Note: All walnuts are not created equal. For



TAKE THE HINT
KAREN TRAINOR

optimum health benefits choose raw, non roasted black walnuts.

Peanuts
At almost 30% protein, peanuts are a snack that packs a great nutritional punch. For those not allergic to peanuts, they are a healthy and tasty "health food."

While peanuts have received a bad rap for their high fat content, 85% of the fats in the nuts are heart friendly unsaturated fats. In addition, half of peanuts' unsaturated fat is monounsaturated fat, which aids in sweeping bad LDL from the blood. According to a FDA report, evidence suggests eating 1.5 ounces of peanuts a day, as part of a daily diet low in saturated fat and cholesterol, may actually reduce the risk of heart disease!

And, medical research shows peanuts may play an important role in controlling your weight if you eat them in moderation. Data shows that same 1.5 ounce serving of peanuts can help prevent weight gain. The vitamins in peanuts are also beneficial to hair and skin, and the potassium also improves muscle tone when your work out.

Not sure which variety of peanuts to reach for? According to the U.S. Department of Agriculture figures, 1 oz. of oil roasted, salted peanuts contains about 0.5 grams more saturated fat and 89 milligrams more salt than the same amount of dry-roasted, unsalted peanuts. Raw peanuts contain slightly less saturated fat and calories than dry-roasted peanuts, but each nut packs more protein, fiber, iron, calcium and vitamin E.

Almonds; Almonds are one of the most nutritious nuts. So versatile are almonds, that they can be easily incorporated into a daily diet, enjoyed in both sweet and savory dishes.

While almonds are touted for their taste, they are a powerhouse of health promoting properties.

With all the talk today about blood sugar concerns, it's important to know almonds may offer a great health benefit. According to a medical study, those who ate 20 percent of their calories from almonds for four months saw their bad LDL cholesterol drop and their insulin resistance decrease compared to a control group who didn't eat the almonds.

Almonds consistently boast impressive heart healthy results. A study by the Health Research and Studies Center, Inc. showed that almonds improved blood cholesterol levels in study

groups. As a bonus, the addition of nuts didn't create any weight gain. Furthermore, A Loma Linda School of Public Health study showed those who consumed nuts five times a week had a 50% reduction in risk of heart attack.

Containing three grams of fiber per ounce, which is higher than most other nuts, almonds are also the richest in vitamin E. According to a study published in the International Journal of Obesity dieters who included almonds in their meal plans lost more weight than those who ate more complex carbohydrates.

Mixed Nuts: Read on for a mixed bag of health benefits of nuts!

"Brazil nuts are not only one of the most challenging to crack open, they are also rich in magnesium and selenium, both powerful antioxidants. Selenium can help "bad" cholesterol and reduce the risk of blood clots and heart disease. In addition, the nuts are touted as especially beneficial for men. Studies show they support prostate health for men, who can get their daily dose of selenium in just one Brazil nut.

"While all varieties of nuts are hailed as "brain food" due to their antioxidant content, hazelnuts are particularly effective at reducing "brain fog" and enhancing good moods.

nearly 25% of the daily requirement of magnesium, which promotes more oxygen in the blood, translating into improved memory.

*Iron rich cashews can also help prevent anemia, while the zinc in the nut boosts immune health.

Win Dinner for Two at the Publick House

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

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

What is fear?

If I were to walk down the street and ask each person what they were afraid of, they would most likely say, "nothing."

What is fear? One definition is to be afraid of someone or something likely to be dangerous, painful, or threatening.

When we think of fearful situations, we may think of something dangerous like a war, painful like losing a loved one, or threatening like being face-to-face with a serial killer.

How many people would consider following your dreams dangerous, painful, or threatening?

Some dreams are dangerous and can result in death; think of Martin Luther King or Amelia Earhart. Other dreams are not so dangerous but may instill similar amounts of fear.

Is fear a bad thing? Fear is an emotion that can help protect us. It's like a warning that cautions us to be careful. It makes you alert to danger and prepares you to deal with it. Imagine if you weren't afraid of touching a hot flame, falling down the stairs, or walking off the edge of a cliff.

Fear can cause indecision, which in turn causes doubt, and when all three begin to mix, a person can become paralyzed. When overcome by fear, it can cause a person to stop moving forward, overcome with worry. Worry is a subtle sustained fear that little by little, destroys your reasoning, self-confidence, and initiative.

What are the different types of fear? What symptoms do they cause? What, if anything, is the remedy?

There are many types of fear. Some fears are rational, others are instinctual, and others are irrational; they tend not to make logical sense and vary significantly from person to person.

Rational and primal fears serve a useful purpose. What about irrational fear? They might also be helpful, but irratio-

POSITIVELY SPEAKING

TOBY MOORE

nal fear is the type of fear that could also be holding you back from your dreams and doing what you want to do with your life. Irrational fear can cause one to live in a false reality, not be present, and influence one to make unhealthy decisions.

On the face of it, none of these fears sound irrational, but how they can make you behave can be irrational and detrimental.

Fear of poverty: It can be good if it makes you work hard or not waste money. Often this can cause someone to behave irrationally, like being dishonest in business and taking advantage of others.

Fear of Criticism: If you're afraid of criticism, you may be more self-conscious, unable to express your true personality, and generally feel inferior to those around you. This fear is a significant impediment to following your dreams. What's more rational? Living your life purpose or being so afraid of what others think, you never try.

The Fear of Ill Health: When studying the placebo effect, it's been suggested that those who fear a disease the most can sometimes have symptoms of that disease even though they don't have it. To be in constant worry about ill health isn't healthy! After taking proper precautions, will you still let the fear of ill health keep you from living life to its fullest?

The Fear of Death or Old Age: We are all growing old; embrace it. Don't let the fear of old age cause you to live a lesser life. I've heard thirty-year-olds say they are too old and sixty-year-olds say they are too young. Do you have an old or youthful state of mind?

The Fear of Loss of Love: Most of us lose love at least once. Don't let this fear cause you to be jealous, find fault, overcompensate, and block you from finding new and lasting love. Fear is

a double-edged sword. Sometimes it's healthy; sometimes, it's unhealthy. Just like anything, fear might be best in moderation.

If you suspect your fears are irrational and causing you to make harmful decisions, you may need the help of a

mental health professional. Don't be afraid to find help if you need it.

Are you letting fear control your life? I encourage you to let go of the fears that are holding you back and start living the life you always wanted.



To advertise in this directory the 2nd and 4th weeks of the month, please call June at 508-909-4062 or email jsima@stonebridgepress.news. It's the best deal in the house!

ROOFING

ROOFING SHINGLES OR RUBBER
WINDOWS & DOORS or paradigm
Quality Work... Always
Mark Vaz 774-244-6781
Bill Skerry 508-414-9457
HAMMERHEAD CARPENTRY

SELF-STORAGE

KEY STORAGE
Drive-up access Temperature controlled RV & boat storage
NEWLY OPENED Self-Storage Facility in Downtown Uxbridge
www.keystorage1.com
508-278-3846

PAINTING

FRESH START PAINTING
"Give Your House A Fresh Start"
Free Estimates Interior/Exterior • Powerwashing Fully Insured Over 30 Years Experience
Frank Home: (508) 278-0186 Cell: (508) 320-0867 usefreshstartpainting@gmail.com

TREE SERVICE

BOB'S TREE SERVICE & FIREWOOD
Uxbridge, MA • Call 508-234-WOOD (9663)
No tree too BIG or too small Firewood - Green & Seasoned \$275/cord + Delivery
Licensed & Insured In business for over 30 years Free Estimates

StonebridgePress.com
If it's important to you,
It's important to us.

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 10am to 12:30pm, Balance & Strength Exercise 10am, Mat yoga 2 pm

Tuesday: Cribbage 9:30am, Zumba 9:30am, Bingo 12:00 pm, Technology Class 1pm, Jenga or Connect4 2pm

Wednesday: Balance & Strength 10am, MahJong 1pm

Thursday: Chair Yoga 9:30am, Wii Games 11am, Hand and Foot card game 1 pm

Friday: Balance & Strength 10am

NOVEMBER EVENTS:

The center will be closed on

November 11th, and November 24th. On November 23rd we will close at 12 pm. Happy Veteran's Day and Happy Thanksgiving.

Hearing Aid cleaning with Darci on November 17th @ 10 am. If you would like to come in Darci spends about 1 hour here and would happy to assist you.

Sunshine Club presents "Nancy Marshall" musical entertainer and Beef Stew dinner on November 18th @ 5:30. Dinner will be served at 6 pm. The cost for this event is \$10.00 per person. You may call the center to sign up. RSVP before 11/9

Bemis Nursery is back November 30th @ 11:00. We will be making a centerpiece surprise and the cost is \$15.00 per person. RSVP before 11/23

DECEMBER EVENTS:

The center will be closed on

Monday December 26th and Monday January 2nd. Happy holidays!

BLOOD PRESSURE CLINIC ON THURSDAY 12/8 & MONDAY 12/19 @ 10:00 AM

Monday 12/1 @ 11:30 We Will Be Making Ornaments At The Center. There Will Be Refreshments Served. There Is No Charge For This Event. Rsvp Before 11/23

Gingerbread House Decorating On 12/2 @ 10 Am. The Sunshine Club Sponsors This Event Each Year And It Is Always Fun. There Is No Charge For This Event. Sign Up, Come Down And Show Off Your Design Skills. Rsvp Before 11/23

Wine Bottle Decorating On Wednesday 12/7 @ 11:30. We Will Supply The Wine Bottle, Paint To Decorate And A Cork That Will Light The Bottle. Refreshments Will Be Served. These

Could Make A Great Gift! Rsvp Before 11/29

Lunch & Pictionary Thursday 12/8 @ 11:30. The Sunshine Club Invites You For Lunch And A Fun Afternoon Of Game Playing! Lunch Is \$5.00 P/P Rsvp Before 12/1

Holiday Party Thursday 12/15 @ 12. Come In Enjoy A Nice Ham Luncheon And Spread Some Holiday Cheer With Friends. Stephen George Will Be Providing Us With A Fun Afternoon Of Songs And Carols. Rsvp Before 12/8

Picture And Video Transformation Wednesday 12/28 @ 11:30. Come In And Learn About How To Put Your Pictures Or Old Videos Onto A Newer Digital Format For Viewing.

Please Call The Center To Sign Up For Programs, 508-476-2283

MILLBURY SENIOR CENTER

SENIOR CENTER EXERCISE CLASSES!

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

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

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

SENIOR CENTER ACTIVITIES!

WII BOWLING
Mondays at 12:30 P.M.

MAHJONG
Mondays at 12:45 P.M.

CRIBBAGE
Monday through Friday 8:30 A.M.

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

SOCIAL BINGO
Wednesdays at 1 P.M.

COLORING
Thursdays at 10 A.M.

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

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

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

The menu is available on the town website, www.townofmillbury.org

Or our Millbury Senior Center Facebook page.

A 48 hour reservation is required. Call the center at 508-865-9154

Friends of the Millbury Senior Center Transportation

Transportation is provided for Millbury Senior Residents Monday through Friday

Between 9 A.M. and 3:00 P.M.

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

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

Rides are free until January 1st

To schedule transportation call the center at 508-865-9247

"MEMORY CAFÉ"
Please join us on Tuesday, November 29th at 2 - 3:30 P.M.

HERBERT BERG FLORIST OF WORCESTER ARRANGMENT CLASS

3rd Thursday each month

Take home a Floral arrangement that you create!

Cost is \$15 per person includes all materials

Price can vary based on specific project

RSVP a week before classes 508-865-9154

CRAFT CLASS

Once a month

Tuesday, November 15th

12:30 - 1:30 P.M.

Price is \$5 and includes all Materials

To RSVP call the center! 508-865-9154

Meet with a representative from Senator Moore's office!

Wednesday, Dec. 14th

One Wednesday every month between 11 - 12 P.M.

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

Any questions please call 508-865-9154

We will be decorating Holiday Cookies!

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.

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

Our Outreach worker, Julie Fitzgerald, is happy to answer

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

SNAP APPLICATIONS (Food Stamps)

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

Call for an appointment & required documentation

508-865-9154

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

This institution is an equal opportunity provider

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

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

NORTHBRIDGE SENIOR CENTER

Daily Coffee Time is back at Plummer Place. Every day from 9:00-11:30am,

come enjoy a fresh cup of coffee or tea, snack on some pastries or doughnuts,

and meet up with friends in our warm and inviting dining area. No need to sign up, come when you can!

Take a Hike walking club will meet, Tuesday, November 15th @ 10:00am at Blackstone River Greenway, Central Street parking area, 44 Hope Street, Millville. Call Jeanne if you would like

to join.

SHINE Informational Meeting, Tuesday, November 15th @ 10:00am. Medicare Open Enrollment begins October 15th through December 7th. Every year, Medicare prescription plans and Medicare Advantage plans can change your costs, covered medications and provider networks can change from year to year. It's important to review your options EVERY year during this time to make sure you have the plan that works best for you next year. Our SHINE counselor will be here to help you understand changes to your current plan as well as discuss other options you may have. Call the front office to sign up.

Our monthly Book Club will meet on Wednesday, November 16th @ 10:30. Call Michelle if you are interested in joining us.

Fire Safety Lunch and Learn in December. Join Northbridge firefighter, Arthur Fenno on Wednesday, December 7th from 11:15-12:15pm in our main dining room for a pizza lunch and plenty of safety information including safely using home and medical oxygen, preventing cooking fires, how to create an escape plan and so much more. Please sign up at the main office.

Katelynn Wackell, Care Manager at Tri-Valley, will be at Plummer Place the

third Thursday of every month from 1-2:00pm. Katelynn will provide public benefit resources and options. This includes assistance with applications for SNAP, CHAMP, MRC, RAFT and MassHealth. She can also help with housing including subsidized housing applications, tenancy preservation, rental assistance, and congregate housing. Call the Center to make an appointment with Katelynn.

Tap Class at Plummer Place, every Wednesday from 2:30-3:30 with instructor Ed Burch. Come join this high energy, fun exercise class-no experience necessary! Call Michelle for more information.

Joy of Movement class, Thursdays from 10-11:00am. If you enjoy dance, this class is for you. Our instructor, Gypsy, will introduce you to many dance moves including hula and belly dancing. Very low impact exercise, with a great instructor. Call for more information.

LEGALS

SEAL)

THE COMMONWEALTH OF MASSACHUSETTS

LAND COURT

DEPARTMENT OF THE TRIAL COURT

ORDER OF NOTICE

Docket: 22 SM 003279

TO: Dennis Novinger and Kyla Novinger and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq) Federal Home Loan Mortgage Corporation, as Trustee for the benefit of the Freddie Mac Seasoned Loans Structured Transaction Trust, Series 2020-2 claiming to have an interest in a mortgage covering real property in Whitinsville (Northbridge), numbered 121 Border Street Unit C, 117-127 Meadow Pond Condominium, given by Dennis Novinger and Kyla Novinger to Mortgage Electronic Registration Systems, Inc. as nominee for Taylor, Bean and Whitaker Mortgage Corp., dated August 28, 2007, and recorded at Worcester County (Worcester District) Registry of Deeds in Book 41721, Page 193, as affected by a Loan modification dated April 30, 2018, and recorded June 12, 2018, at Book 58933, Page 109, and further affected by a loan modification agreement dated April 30, 2018, and recorded June 29, 2018, at Book 59025, Page 36, and now held by Plaintiff by assignment, has filed with this court a complaint for determination of Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before December 19, 2022, or you may lose the opportunity to challenge the foreclosure on the ground of non-compliance with the Act. Witness, GORDON H. PIPER, Chief Justice of said Court on November 1, 2022. Attest: Deborah J. Patterson Recorder November 11, 2022





Friday's Child







Olivia
Age 10

Hi! My name is Olivia and I like to play Just Dance!

Olivia is a friendly and spunky young girl of Caucasian descent. Olivia enjoys cooking, playing with her dolls, painting her nails and playing board games. She also is quite energetic and enjoys being active and playing outside at the playground.

Olivia is social, friendly and outgoing and easily engages in conversation. Olivia has built positive relationships with her peers and caregivers. She responds well to support and praise. Olivia can get silly and is often seen joking with others.

Legally freed for adoption, Olivia will benefit from a home with at least one female parent, with or without older children in the home. A family will need to have the time and patience to appropriately care for Olivia in order to best support her needs. Olivia has a relationship with her three siblings, and a family should be willing to support these relationships post-adoption.

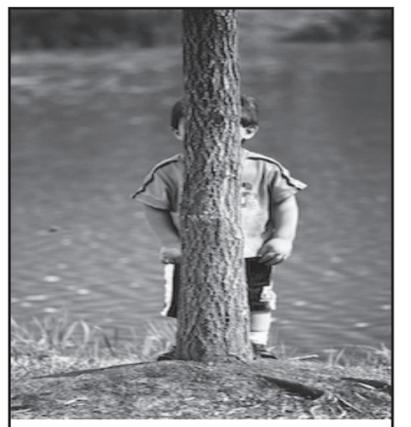
<https://www.mareinc.org/waiting-child-profiles#gallery/child/7789>

Can I Adopt?

If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ+ singles and couples. As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts.

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

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



Customers can't find you if they can't see you

Get seen every week by thousands of people!

Call us today to reserve your spot 508.764.4325

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 Alan P. Budd, Deborah J. Budd to East/West Mortgage Company, Inc., dated February 8, 1994 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 16057, Page 212, of which mortgage the undersigned is the present holder, by assignment from:

East/West Mortgage Company, Inc. to Countrywide Funding Corporation, recorded on February 14, 1994, in Book No. 16057, at Page 222

Countrywide Home Loans, Inc. to Green Tree Servicing LLC, recorded on August 9, 2013, in Book No. 51336, at Page 345

Ditech Financial LLC FKA Green Tree Servicing LLC sometimes known as Green Tree Services LLC to Wilmington Savings Fund Society, FSB, d/b/a Christiana Trust, not individually but as Trustee for Pretium Mortgage Acquisition Trust, recorded on October 22, 2018, in Book No. 59575, at Page 356

Countrywide Home Loans, Inc., formerly known as Countrywide Funding Corporation to Countrywide Home Loans, Inc., recorded on October 31, 2018, in Book No. 59622, at Page 264 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 10:00 AM on December 2, 2022, on the mortgaged premises located at 11 Michelle Lane, Unit 11, Shudd Condominium, Blackstone, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

Unit No. 11 ("Unit") in the building located at 11 Michelle Lane, Blackstone, Worcester County, Massachusetts, No. 11 ("Building") of the Condominium known AS SHUDD Condominium ("Condominium"), Blackstone, Worcester County, Massachusetts, a Condominium established by the Grantor pursuant to Massachusetts General Laws Chapter 183A, by Master Deed dated 1993 recorded with Worcester Registry of Deeds on 2-14-94, in Instr. 20187 ("Master Deed") which Unit is shown on Floor Plans of the Building recorded simultaneously with said Master Deed and on the copy of the portion of said plans attached hereto and made a part hereof, to which is affixed the verified statement of a Registered Land Surveyor in the form required by Section 9 of said Chapter 183A. The Post Office address of the Unit and the Grantee is Unit No. 11, 11 Michelle Lane, SHUDD Condominium, Blackstone, Massachusetts. Said Unit is conveyed together with: I. An undivided .50 percent interest in the common areas and facilities of the Condominium as defined and described in said Master Deed. 2. An easement for the continuance of all encroachments by the Unit on any other Units or common areas and facilities existing or if any such encroachment shall occur hereafter as a result of (a) settling of the building, or (b) alteration or repair to the common areas and facilities by or with the consent of the Condominium Trustees, or (c) as a result of repair or restoration of the Building or a Unit after damage by fire or other casualty, or (d) as the result of condemnation of eminent domain proceedings. 3. The right to use the common areas in common with the owners of other Units, as provided in the Master Deed, including an easement in common to use any pipes, wires, ducts, flues, cables, conduits, public utility lines and other common facilities located in any of the other Units or elsewhere on the property and servicing the Unit. 4. The exclusive right to occupy, subject to such reasonable rules and regulations as may be established by the Trustees of the Condominium ("Trustees") together with a duty to maintain with respect to repairs required in whole or in part on account of such occupancy, parking spaces as shown on the Plan. 5. An exclusive right to use the decks and parking space, if any, appurtenant to the Unit as set forth in the Master Deed. Said Unit is conveyed subject to: 1. Easements in favor of all other Units and in favor of the Common Areas and Facilities for the continuance of all encroachments of such other Units or Common Areas and Facilities now existing or which shall occur hereafter as a result of (a) settling of the building, or (b) alteration or repair to the Common Areas and Facilities by or with the consent of the Trustees, or (c) as the result of the repair or restoration of the building or a Unit after damages by fire or other casualty, or (d) as the result of condemnation or eminent domain proceedings. 2. An easement in favor of all other Units to use the

pipes, wires, ducts, flues, conduits, cables, public utility lines and other common facilities located in the Unit or elsewhere on the property and servicing such other Units and fully set forth in the Master Deed. 3. An easement in favor of all other Units to permit maintenance of such common facilities as are located therein. The Trustees have a right to access each Unit at reasonable times and in such manner as not unreasonably to interfere with other use of said Unit to inspect the same, to remove violations therefrom, and to maintain, repair or replace the common areas and facilities contained therein. 4. The provisions of the Master Deed and the By-Laws of the SHUDD Condominium dated 1993, recorded with County Registry of Deeds on 1993, Book Page ("By-Laws") and Floor Plans of the Condominium recorded simultaneously with and as part of the Master Deed, as the same may be amended from time to time by instrument recorded with said Registry of Deeds, which provisions, together with any amendments thereto and the Rules and Regulations from time to time adopted thereunder, shall constitute covenants running with the land and shall bind any person having at any time any interest or estate in the Unit, is family, servants and visitors, as though such provisions were recited and stipulate at length herein. 5. The provisions of said Chapter 183A as it may be amended from time to time. Unless otherwise permitted by the By-Laws of the Condominium, no use may be made of the Unit except as a residence by one (1) family Unit, or two (2). No business use may be made of any Unit or of any part of the Common Areas and Facilities, provided however, that a Unit Owner or occupant may use a portion of his Unit for such office and studio use as is customarily carried on as incidental to the use of a single family residence. No structural alteration or addition to the Unit shall be made without the prior written permission of the Trustees of the Condominium. For mortgagor's(s)' title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 16057, Page 196.

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.

WILMINGTON SAVINGS FUND SOCIETY, FSB, D/B/A CHRISTIANA TRUST, NOT INDIVIDUALLY BUT AS TRUSTEE FOR PRETIUM MORTGAGE ACQUISITION TRUST Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 21414 November 4, 2022 November 11, 2022 November 18, 2022

(SEAL)

THE COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket No. 22 SM 003280 ORDER OF NOTICE

TO: Richard S. Cole, Patricia J. Cole and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. C. 50 §3901 (et seq): GITSIT Solutions, LLC FKA Kondaur Capital LLC claiming to have an interest in a Mortgage covering real property in Douglas, numbered 34 Hemlock Street, given by Richard S. Cole and

Patricia J. Cole to American Liberty Mortgage & Loan Corporation, dated November 4, 2003, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 32175, Page 37, as affected by a Loan Modification Agreement dated April 1, 2009, and recorded at said Registry of Deeds in Book 45439, Page 209, and further affected by a Loan Modification Agreement dated August 1, 2016, and recorded at said Registry of Deeds in Book 56766, Page 326, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before 12/19/2022 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, GORDON H. PIPER Chief Justice of this Court on 11/1/2022. Attest: Deborah J. Patterson, Recorder November 11, 2022

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court

225 Main Street Worcester, MA 01608 (508) 831-2200

Docket No. WO22P3764EA CITATION ON PETITION FOR FORMAL ADJUDICATION

Estate of:

Robert P Flynn

Date of Death: 03/14/2007

A Formal Adjudication of Intestacy

has been filed by

Diane M Burd of Blackstone MA

requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 11/29/2022.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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

Date: November 02, 2022

Stephanie K. Fattman,

Register of Probate

November 11, 2022

(SEAL)

THE COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket No. 22 SM 003154 ORDER OF NOTICE

To:

Robert G. Landry; Ann M. Landry; Christopher M. Hall

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq):

HSBC Bank USA, National Association, as Trustee, in trust for the registered holders of ACE Securities Corp. Home Equity Loan Trust, Series 2006-NC3, Asset Backed Pass-Through Certificates,

claiming to have an interest in a Mortgage covering real property in Northbridge, numbered 659 Highland Street, given by Robert G. Landry and Ann M. Landry to New Century Mortgage Corporation, dated May 19, 2006, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 39021, Page 138, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before December 12, 2022, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, GORDON H. PIPER, Chief Justice of this Court on October 25, 2022.

Attest:

Deborah J. Patterson

Recorder

19-000373

November 11, 2022

Commonwealth of Massachusetts

The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200

Docket No. WO22C0534CA

CITATION ON PETITION TO CHANGE NAME

In the matter of:

John David Hopkins

A Petition to Change Name of Adult has been filed by **John David Hopkins of North Uxbridge MA**

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

David John Hopkins

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 12/03/2022. 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: November 03, 2022

Stephanie K. Fattman

Register of Probate

November 11, 2022

Commonwealth of Massachusetts

The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200

Docket No. WO22C0530CA

CITATION ON PETITION TO CHANGE NAME

In the matter of:

Emma Marie Hubert

A Petition to Change Name of Minor has been filed by **Emma Marie Hubert of Whitinsville MA**

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

Emma Marie Valdivia

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 11/29/2022. 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: October 31, 2022

Stephanie K. Fattman

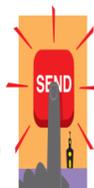
Register of Probate

November 11, 2022

SEND US YOUR NEWS!!!



news@stonebridgepress.news



SPORTS

PLAYOFF FOOTBALL IN THE BLACKSTONE VALLEY

Uxbridge, Valley Tech survive; Northbridge falls to Millbury

BY NICK ETHIER
SPORTS EDITOR

And Dean P. St. Laurent Sports Correspondent
High school playoff football came through the Blackstone Valley this past weekend, with Blackstone Valley Tech (Division 6), Northbridge High (Division 7) and Uxbridge High (Division 7) taking part in their respective State Tournaments.

On Saturday, Nov. 5, the Spartans hosted No. 11 Lunenburg High in a Round of 16 matchup. And Uxbridge, seeded sixth, won a shootout over the Blue Knights, 36-34.

"We were able to outlast them. That's a very good football team," Uxbridge head coach Matt Blood said of Lunenburg (5-4).

The Blue Knights tried to win the game through the air. Quarterback Alex Figueroa passed 56 times, completing 37 of the throws for 425 yards. Figueroa threw three touchdown passes and rushed in another TD.

"We knew they were coming in to throw the ball," said Blood. "No mystery to us, we practiced it probably more than half of the time this week."

As successful as Lunenburg was passing the football, the Spartans' defense improved against it the more the game went on. Zachary Oliveira came away with two interceptions, and Uxbridge recovered a Blue Knights' fumble. Braden Cammuso also made many stops from his cornerback position while defending against a much taller Jaden Jenkins.

"We might be undersized at corner, but we fight and compete for the ball," said Blood.

Uxbridge was able to score its points thanks to a strong rushing attack. The Spartans combined for 420 yards on the ground. Kellen LaChapelle (106 yards) and Anthony Fair (112 yards) both scored two touchdowns, and Ryan Labonte (81 yards) added one as well.

Next up for Uxbridge (7-2) was a Quarterfinal round matchup against No. 3 Saint Bernard's High (8-1). The game will be played at the Bernardian Bowl on Friday, Nov. 11 at 7 p.m.

Earlier in the day, No. 5 Valley Tech hosted No. 12 Arlington Catholic. And the Beavers were able to reach the Quarterfinals — where they will host No. 13 Cardinal Spellman (4-5) on Saturday, Nov. 12 at 1 p.m. — thanks to a 33-21 victory as they improved to 5-3.

Valley Tech's Adam Fransen was a workhorse in the first half, scoring touchdowns on runs of 62 and 42 yards and catching a 41-yard touchdown pass. That reception was the highlight of the half, with quarterback Alex Vosburgh executing a double reverse pass to Fransen.

The Beavers' defense had a pair of



Nick Ethier photos

Uxbridge's Kellen LaChapelle gets loose for a 13-yard rushing touchdown.

stands with Arlington Catholic driving the ball into the red zone. And the defense kept their opponents in check, with Arlington Catholic making the final score look closer thanks to a touchdown with 11 seconds remaining.

Unfortunately for Northbridge High, the Rams ran into the potent offense of Millbury High on Friday, Nov. 4. Taking on the undefeated Woolies at Alumni Field, No. 5 Millbury took care of the 12th ranked Rams in the Round of 16, 49-7.

Millbury jumped out to a quick lead early and kept their foot on the gas pedal, forcing turnovers that created short fields much of the first half and went into halftime up, 42-0. Despite not having much that went in their favor the Rams fought until the end, letting up just seven second-half points and they also put together two very nice drives late in the contest.

Late in the third quarter, following Millbury's last scoring drive of the game, the Rams trotted onto the field following the kickoff and started their second to last drive of the game at their own 8-yard line. Sparked by two long runs (25 and



Defender Aidan Blood of Uxbridge (5) zones in on Lunenburg quarterback Alex Figueroa.

18 yards) by senior running back Scott Hopkins, the Rams had the ball at the Woolies' 1-yard line. Unfortunately, on second-and-goal, a bad snap was recovered by Millbury.

Northbridge was able to get the ball back and put together their first scoring drive of the night led by freshman quarterback Joel LaChapelle who set

the Rams up in the red zone with a 25-yard scamper and finished the drive connecting with junior running back Adam Federici for a 16-yard TD rolling to the left on the run avoiding the Woolies' pass rush.

Northbridge (3-6) will now play at Lunenburg High in a non-playoff matchup on Friday, Nov. 11 at 6 p.m.



Adam Fransen of Blackstone Valley Tech breaks off a long rushing score.



Blackstone Valley Tech's Jayden Roderigues employs a stiff-arm maneuver on an Arlington Catholic defender.

STATE TOURNAMENT SCOREBOARD

All results are through Monday evening, Nov. 7

Friday, Nov. 4

Division 4 Field Hockey Round of 32
(15) Blackstone Valley Tech 3, (18) Hopedale 2 (2OT) — The Beavers survived overtime to advance to the Round of 16, and that game got underway after press time.

Division 4 Girls' Soccer Round of 32
(9) Blackstone Valley Tech 8, (24) Arlington Catholic 1 — A high goal-scoring output helped the Beavers win and reach the Round of 16, which was played after press time.

Saturday, Nov. 5
Division 5 Volleyball Round of 32
Douglas 3, Mohawk Trail 0 — Set scores in Douglas were 25-14, 25-16, 25-13 as the Tigers improved to 13-6. Douglas,

which reached the Central Mass. Athletic Directors Association's Class C Tournament final earlier in the week, advanced to the Round of 16, which was played after press time.

Division 4 Field Hockey Round of 32
(1) Uxbridge 7, (32) Westport 1 — The undefeated Spartans took care of business in their first playoff game and then hosted a Round of 16 game, after press time.

(2) Manchester Essex 5, (31) Northbridge 0 — After the Rams valiantly fought to reach the State Tournament, they reached the end of the road in a loss to Manchester Essex. Northbridge finished 8-11-1.

Sunday, Nov. 6
Division 4 Boys' Soccer Round of 32
(4) Rockland 3, (29) Uxbridge 2 — The Spartans nearly pulled off the upset,

but their season ended with a Round of 32 exit. First, Uxbridge defeated the No. 36 Trivium School, 5-0, in the Preliminary Round two days prior. The Spartans finished 7-10-3.

(6) Blackstone Valley Tech 3, (27) Ipswich 2 — The Beavers hung on for victory, which advanced the team to the Round of 16. That game took place after press time.

Division 5 Boys' Soccer Round of 32
(3) Douglas 4, (35) Hopkins Academy 1 — The Tigers, who reached the State Final a year ago, won their playoff opener to advance. The Round of 16 game took place after press time.

Division 4 Girls' Soccer Round of 32
(2) Northbridge 7, (34) Nantucket 1 — One of the top teams in the bracket, the Rams easily dispatched Nantucket and will now play after press time in the Round of 16.

(10) Uxbridge 4, (23) St. Mary of Westfield 0 — The Spartans also won their playoff opener and are set to play in the Round of 16 after press time.

Division 5 Girls' Soccer Round of 32
(4) Douglas 6, (29) Hopkins Academy 0 — A big win catapulted the Tigers into the Round of 16. That game was played after press time.

Monday, Nov. 7
Division 4 Volleyball Round of 16
(7) Nantucket 3, (10) Blackstone Valley Tech 1 — The Beavers made the long trip and unfortunately couldn't bring a victory home with them. Set scores were 25-21, 21-25, 25-13, 25-23 as Valley Tech finished 18-4. The Beavers won their Round of 32 matchup with No. 23 Malden Catholic, 3-2, four days prior. Those set scores were 22-25, 25-20, 26-24, 24-26, 15-10.

SPORTS

Crusaders crowned champions of CMADA Soccer Tournaments



Nick Ethier photos

For the second straight season, the Whitinsville Christian School's girls' soccer team won the CMADA Class D Championship, defeating David Prouty Regional, 3-2, on Tuesday, Nov. 1 at Millbury High's Alumni Field.



Earning the CMADA Class D Championship, Whitinsville Christian's boys' soccer team poses for a photo after beating Hopedale High, 2-0, at Millbury High's Alumni Field on Tuesday, Nov. 1.

BY NICK ETHIER
SPORTS EDITOR

MILLBURY — What a day it was for the Whitinsville Christian School's soccer program on Tuesday, Nov. 1 at Millbury High's Alumni Field. Both the girls' and boys' varsity teams played for the Central Mass. Athletic Directors Association's (CMADA) Class D Championships, and both sets of Crusaders emerged victorious.

First, the top-ranked girls' team battled against No. 3 David Prouty Regional and won a 3-2 decision. In the nightcap, the boys — also the top seed — defeated No. 2 Hopedale High, 2-0.

"We're super excited. This is a great atmosphere and a great experience for the girls. It's always good to go into the States playing well, and I thought we had our moments," said Beth Cutler, head coach of the girls' team, who were playing their first game all season on a turf field.

"We've scored 15 goals in three [CMADA Tournament] games and haven't given up a goal," added Greg Massotti, head coach of the boys' group. "This is probably the best team I've had in six years."

In the girls' game, Whitinsville Christian jumped on the Panthers with a goal in the eighth minute. Hailey Kindl sent a short pass over to Margaret Johnson, who one-touched the ball to give it some forward momentum. From there, she blasted a shot into the lower left-hand portion of the goal.

The Crusaders doubled the lead to 2-0 in the 21st minute when Meadow O'Connell sent the ball down the left side. Hannah Lashley hustled to keep the ball inbounds around the goal line and faked a shot to the right before scoring inside the near left post.

Prouty made it a 2-1 game at halftime with a goal off the head of Olivia Pepin in the 37th minute, but Whitinsville Christian extended the lead to 3-1 in the 49th minute. There, Lashley possessed



Whitinsville Christian's Max DeFrancisco, center, is surrounded by teammates after staking the Crusaders to a 2-0 lead late in the game against Hopedale.

the ball down the right side before centering a pass to the feet of Johnson, who one-timed a shot into the net.

All three of the Crusaders' goals were beautiful soccer plays with plenty of ball movement.

"We're not a kick-and-run [team] and we're better when we share the ball. We're better when we pass the ball," said Cutler.

Although the Panthers' Eliana Barnett scored in the 79th minute to account for the 3-2 final, Cutler was pleased with her team's effort of shutting down Barnett — Prouty's leading goal scorer — and the rest of the Prouty squad.

"I thought our defense stepped up and our midfield was terrific," she said.

Now with their second straight CMADA Championship, Whitinsville Christian (11-5-2) moved to the Division 5 State Tournament where they were seeded fifth. The Crusaders hosted No. 28 Holbrook High in the Round of 32 on Monday, Nov. 7, winning a 6-1 decision. They then hosted No. 21 Drury in the Round of 16, with that game taking place after press time.

In the boys' game, Whitinsville Christian took advantage of a pair of free kicks to avenge their loss to



Meadow O'Connell of Whitinsville Christian hustles after a loose ball against David Prouty.

Hopedale in last year's CMADA Final.

The Crusaders' first goal came in the 22nd minute when Noah Massotti took the free kick from 30 yards out. Looking to Coach Massotti for advice, Greg Massotti said to put the shot on frame. Noah Massotti did just that, putting the ball in a perfect spot under the crossbar to give Whitinsville Christian a 1-0 halftime advantage.

"Noah's the guy that takes our free kicks. He's our best shooter and been our best player, so we put him in that spot. The first one, I don't think anybody's making that save. It's a good number...and I think he put it in the right spot," said Greg Massotti.

After the Blue Raiders came out of the gate hot in the second half, looking to tie the score, the Crusaders weathered that storm and put the game away in the 77th minute. Noah Massotti again took a free kick, this one from 40 yards

out. The ball was saved, but a rebound was tracked down by Max DeFrancisco and he shot into the open net to make it 2-0.

"You put it on net and good things happen. It's kind of a wet night and so the ball is skidding around. I said, 'crash the net and you never know when the ball's going to bounce out,'" said Greg Massotti, who added that assistant coach Eric DeGregorio advised Coach Massotti to insert DeFrancisco onto that side of the field just minutes prior.

Keeper Caleb Deters registered six saves to earn the clean sheet shutout. Whitinsville Christian then entered the Division 4 State Tournament as the No. 17 seed. They played at No. 16 Tech Boston Academy on Friday, Nov. 4 in the Round of 32. Unfortunately for the Crusaders, they lost by a final of 2-1 and their season has come to a close. Whitinsville Christian finished 11-5-3.

Whitinsville Christian rallies past Tri-County for State Tournament win

CRUSADERS THEN FALL SHORT AGAINST TURNERS FALLS IN ROUND OF 16



Nick Ethier photos

Whitinsville Christian's Maria Ramos opens the Crusaders playoff game against Tri-County with a serve.



Ally Weedon of Whitinsville Christian returns a Tri-County serve.



Whitinsville Christian's Hannah Rejmer elevates and smashes the ball back over the net.

The Crusaders won the first set, only for the Cougars to take the next two. But Whitinsville Christian rallied to win the final two sets and claim a 3-2, come-from-behind victory. Set scores were 25-21, 22-25, 16-25, 25-21, 15-11.

Pacing the offense for the Crusaders were Ally Weedon (21 service points, 6 aces, 16 kills), Maria Ramos (16 service points, 7 aces), Rebeca DaSilva (14 service points, 1 ace, 9 digs, 3 kills) and Faith Najem (10 service points, 29 assists).

"Winning any five-set match feels great, but it was especially rewarding

to have the team come back in the fourth set after being down 1-2," said Whitinsville Christian head coach Kelly Penning. "Tri-County was scrappy and had great setting, so being able to adjust to that, while really focusing on serving runs helped us push through all five sets."

The Crusaders next took on No. 4 Turners Falls High of Montague in the Round of 16 on Monday, Nov. 7. Whitinsville Christian lost that matchup, 3-0, as the Crusaders finished the season with a record of 10-12.

Email Us!

Email us your thoughts to:
news@stonebridgepress.news

NORTHBIDGE — In a Round of 32 matchup played at the Nehemiah Center on Thursday, Nov. 3, the 13th seeded Whitinsville Christian School's volleyball team was in a fight against No. 20 Tri-County Regional of Franklin in the Division 5 State Tournament.

MCAS
continued from page A1

approach to make school happen, no matter what that looked like. We were quick to adapt to an unorthodox model during the pandemic because we have an unorthodox model operating within a longer school year."

Mr. Evans spoke about the dedicated team of administrators who developed a comprehensive return-to-school plan for the 2021-2022 school year, including orientation days for freshmen (the Class of 2024), a transition week, and a six-tiered operational model. It successfully addressed the Massachusetts Commissioner of Education, Jeffrey C. Riley's message to safely bring back as many students as possible to in-person learning. It allowed the school to move from tier to tier as needed, which empowered BVT families to plan with predictability regardless of tier status. And by design, it was meant to increase the rigor and expectations of the students to return to a pre-March 2020 system of grading and assessment and focus on "live instruction" utilizing a daily schedule of classes for both academics and vocational shops. In presenting to the School Committee, Mr. Evans attributed some key factors contributing to the recent positive outcomes to the numerous preparedness measures supported by the Committee during the pandemic to combat learning loss by meeting students where they were. Such as rolling out optional enrichment activities to help keep students engaged. They also offered creative ideas to support parents with virtual office hours where they could speak privately with a counselor to online support groups and

resources to share concerns and support each other. They ran a voluntary opt-in Summer Learning Series. They rolled out a school-wide laptop program. They also provided Acceleration Academies (grant-funded Math camps over vacation weeks), which offered personalized instruction, one of the best ways to approach learning gaps.

The latest results were reported a month after the Board of Elementary and Secondary Education voted to increase the MCAS scores that tenth graders need to graduate, starting with the class of 2026.

Mr. Evans said, "After looking at the historical data for this class, which had an elongated exploratory process and remote-hybrid learning experiences, to have such positive outcomes is very rewarding. We all worked really hard to address our students' academic and social-emotional needs. As a result of these contributors to success, we are confident that our students will meet or exceed the new threshold."

BVT's School Committee was very impressed with the results.

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.

STONE
continued from page A1

records, or no records at all due to how long ago the veteran served."

Smith hopes to continue the project and ultimately, get all the unmarked veterans' graves in town a military-style stone.

Donations are being accepted for the cause.

"We have used all of the money we had in our account and are hoping that anyone who reads this will send us a donation of any amount so we can continue with this worthwhile cause," Smith said. "All veterans

who served honorably deserve to have a stone on their grave and our goal is to provide as many as possible throughout our area."

Donations can be made to the Northbridge American Legion, 198 Church Ave., Northbridge, MA, 01534.

DEDICATION
continued from page A1

"As a researcher and writer of Blackstone Valley history, I have met many people involved with revitalizing the river over the years, but none as enthusiastic and tireless as Margaret," Doherty said, adding that the friendship began in 1990. "She always encouraged me in historical endeavors, to the point that even today when I write about the Blackstone River, it's Margaret I picture reading my words."

Doherty reached out to the BHC in the summer of 2021 following her passing earlier that year. He connected with Moore to "explore some recognition in Carroll's name" in the town of Millville for her role leading to the establishment of the Blackstone River Valley National Heritage Corridor and the Blackstone River Greenway, which passes through Millville, BHC released. Moore suggested the idea of "naming the access point to the Greenway in Millville in her name and reached out to Rep. Soter."

"It was an honor to officially dedicate this site as the Margaret Carroll Memorial Access Area. Margaret was an educator, preservationist, and town

historian, faithfully dedicating her time to the community and the revitalization of the Blackstone River," Soter released in a statement on social media. "I want to thank Senator Ryan Fattman, Former Senator Dick Moore, Jack Carroll and Bonnie Combs for their hard work in making sure Margaret is honored for her dedication. This site will be enjoyed by all who use it, thanks in large part to Margaret's hard work."

"Margaret Carroll contributed so much of her time and talent to preserving the history of the Blackstone Valley," Moore added. "Her dedication to the youth of Millville and the Blackstone Valley has been honored by the Blackstone-Millville Regional School District with the dedication of the Millville Elementary School Auditorium in her honor during her lifetime. I know that this was a source of great pride for her. I believe dedicating a portion of the Blackstone River Greenway properly recognizes Margaret's enthusiasm for volunteering for the Corridor and the Valley's history, and I am pleased to see this come to fruition."

A ribbon-cutting dedication ceremony was held on Oct. 27 at the Millville parking area for the Blackstone River Greenway at the corner of Central and Hope Street in Millville.



HOPE
REAL ESTATE GROUP
43 East Main Street Webster, MA 01570
Fine Realtor Associates to Serve You!

hope2own.com
508.943.4333

Sharon Pelletier - Owner Broker
Licensed in MA, CT & RI

We Want Your Listings!

June Cazeault * Laurie Sullivan * Matthew Ross * Lori Johnson-Chausse * William Gilmore II * Brian Bohenko * John Kokocinski

Featured Listing!
DOUGLAS - 7 MOUNT DANIELS WAY
DOUGLAS - 7 Mount Daniels Way 1st TIME OFFERED!
Custom 4 Bedroom Cape with inground Pool. Abutting Douglas State Forest. Stone fireplace. 1st floor bedroom. 2 Car Attached Garage! 2 ACRES! Located on a cul de sac road
\$565,000.

WEBSTER - 18 THIRD STREET
2 Family - Needs work! 1st Flr has 4 Rooms - 2 Bedrooms. 2nd & 3rd Flr - 6 Rooms, 2 Bedrooms 2nd Flr & 2 Bedrooms on 3rd Flr! \$2,560/-sf. .75 Acre - Property being sold "As-is".
\$259,000.

DUDLEY - 18 WARSAW AVE
ON DEPOSIT IN 6 DAYS
3 bedroom ranch has gleaming hardwood floors, Corian countertops, 3 season porch. Many updates! New shingle roof, Buderus boiler, Roth Tank + New Hot Water Heater. Central Air! Heated lower level.
\$279,900.

WEBSTER - NEW ENGLAND COMMONS
ON DEPOSIT IN 6 DAYS
3 Concord Court UNIT B ADULT 55+ COMMUNITY! Rare resale opportunity! 2 bedrooms, 2 full baths, & 1,367 sq/ft of living space! Hardwood floors. Spacious cabinet packed kitchen w/ peninsula! Master bedroom w/tray ceiling, large unfinished basement! Front farmers porch! Attached garage. Community center that is free to use for large family gatherings!
\$329,900.

THOMPSON - 266 POMPEO ROAD
Unique, spacious raised ranch, TRI-LEVEL on 1.96 ACRES! 11 spacious rooms! 2800+/- Sf above grade living area. 3 bedrooms & 2 baths. Primary Bedroom Suite w/Hardwoods, full bath, walk-in closet & Private exterior balcony! Upgraded cherry cabinets, granite countertops, SS Appliances, so much more!
A MUST SEE! NEW PRICE \$525,000.

WEBSTER - 17 BRODEUR AVENUE
Land only 21757 +/- sf. w/foundation, Town Water & Sewer, City Gas in street
\$140,000.
Option 1 - Custom Build your HOME!
Option 2 - Build a 3 Family!
Option 3 - Build a 2 Family!

WEBSTER LAKE - 0 PATTISON RD
LAND - Terrific opportunity 14,798 Sq. Ft. of LAND. CONSERVATION APPROVAL for proposed Building, MASS DEP# 313-1167. 248+/- Road Frontage, 279+/- Water Frontage. Town Water & Sewer accessible.
\$250,000.

DUDLEY - 48 HAYDEN POND ROAD
WATERFRONT - ON HAYDEN POND
Nicely updated ranch. Cathedral ceilings, skylights, partially covered deck! quartz counter top, stainless steel appliances! Master with half bath. set back a distance from the road, having a long paved drive.
assisted sale \$525,000.

WOODSTOCK • 540 NORWICH WORCESTER TURNPIKE RTE 169
SORRY, SOLD!
ELEGANT, AUTHENTIC COLONIAL on HISTORIC WOODSTOCK HILL!
\$689,500.

LAND: WEBSTER/OXFORD/PUTNAM
WEBSTER LAKE LAND - 22 SOUTH POINT RD Architectural Plans included! **\$315,000.**
OXFORD - LAND - General Business Zoned! Marijuana OVERLAY DISTRICT! LAND with 4,095 SF Metal Building! 124 SOUTHBRIDGE RD (RTE 20). Town Sewer Project Plans are Approved. 22,884 sq. ft. Level Lot. 140 ft of road frontage. **EXPLORE THE POSSIBILITIES! \$795,000.**
OXFORD - LAND - RTE 20 General Business Zoned! Marijuana OVERLAY DISTRICT! Vacant LAND, Level & cleared. 39,549 SF. **\$419,900.**
PUTNAM - LAND Zoned General Business 29 acres 1037' frontage. Water, Sewer, & city gas available. 2 street entrances. **\$125,000**
OXFORD - 2 Merriam Rd 80+/- Wooded! Acres in Oxford & Charlton.
ON DEPOSIT \$329,000

On the shores of Lake Chargoggagogmanchauggagoggchaubunagungamaugg

Webster Lake 13 Loveland Rd
Eastern Exposure & Amazing Sunrises! Beautiful shoreline, 3 bedroom Cape features eat in kitchen w/island, fireplace living & dining room. 2nd floor, 2 bedrooms with 1/2 bath! Lower Level walkout, fireplace Family Room! Half bath.
\$785,000

Webster - 27 South Point Road
OOH! WHAT A VIEW!!! Middle & South Ponds! Unique opportunity to Own Waterfront Property with an 80' +/- ft sandy beach! .22 Acre & 100' rd frontage - expansion possibilities! 2 Bedrm, 2 1/2 Bath, Garage,
\$811,000.

Webster Lake 13 Bates Point Road
1st Time Offered! Impeccable Home! 6 Room, 3 bedroom 2-1/2 Baths. Master bedroom, Master Bath. Many recent updates! Oversize 2 car garage! Level Lot to the Shoreline. Nicely Landscaped!
\$705,000

PUT YOUR TRUST IN US
TEAMWORK AND EXPERIENCE
Jo-Ann Szymczak 774-230-5044
Diane Luong 774-239-2937
Maria Reed 508-873-9254
ReMax Advantage 1 • 25 Union St., Worcester MA 01604
CALL FOR A MARKET ANALYSIS
Licensed in MA & CT

Make the move!
Find the homes of your neighborhood

STURBRIDGE - Ideal for extended Family
Totally updated! New septic kitchen, Oak floors, Carpeting, Granite counters, 3 baths, Home office, Gas heating systems, New plumbing, Electric, and new stainless steel appliances
21 River Road - \$515,000

MILFORD - 3,000 Sq. Ft. Cape
4 bedrooms. 3.5 baths, Cathedral ceiling sitting room, Hardwood floors, Main bedroom suite - bath, bedroom, nursery or office, Gourmet kitchen with gas stove top
24 Woodridge Road - \$649,900

HONORED

continued from page A1

all pivotal” in helping search the area and relay information.

Authorities were able to contact a satellite radio service and obtain coordinates for the man’s vehicle; reports indicate that around 3:40 p.m. on July 17, searchers located the man’s Jeep, which was overturned.

“The man was trapped and hurt, but he was conscious and alert. He was freed and transported to an area hospital,” the

DA’s Office released.

“I can’t stress enough the importance of teamwork,” Milford Fire Chief Mark Nelson said. “Our agencies work hand in hand every day. We appreciate the recognition. This rescue was the result of teamwork and coordination, the hallmarks of being a first responder.”

“It was a great feeling to find this man, injured but alive. It was an amazing group effort,” added Hopkinton Fire Chief Bill Miller.

The TEAM Award was

created by DA Early in 2019 to recognize public safety employees who go above and beyond the call of duty. To nominate someone for this award, contact the Worcester County District Attorney’s Office at 508-755-8601.

A full list of TEAM Award recipients include: Milford Police Department: Milford Police Chief James Falvey; Deputy Police Chief Robert Tusino; Sgt. Joseph Rizoli; Officer Jeanne Van Patten-Steiger; Officer Jacob

Campbell, Officer Crystal Gallagher; Officer Jonathan Branch; Officer Michael Johnson; K-9 Officer Brian Sanchioni; Drone Officer James Woodward; Dispatcher Amanda Gresian; Dispatcher Jonathan Schuman; Dispatcher Lisa Trusas; and Dispatcher Jason Covino
Milford Fire Department: Fire Chief Mark Nelson; Lt. Steven Gies; FF/EMT-P Chris Alt; FF/EMT Christopher Tuttle; FF/EMT Luis Gomes; FF/EMT Cody Caffrey; FF/

EMT Brian Keefe; and FF/EMT James Hayes
Hopkinton Fire Department: Fire Chief William R. Miller; Deputy Fire Chief Gary Daugherty; Lt. John Sheridan; Lt. John Krauss; FF/Medic Allyson Gaudette; FF/EMT Travis Metcalf; FF/EMT Pat Gross; and FF/Medic Pat Rahill
Hopkinton Police Department: Officer Jessica Ferriera; Sgt. Aaron O’Neil; Officer Basit Dennis; Dispatcher Kiley Davis; and Dispatcher Benjamin

Campbell
Fire District 14 Tech Rescue Members: Hopkinton Fire Lt. Scott Jurasek; Southborough Fire Lt. Ken Franks; Ashland Fire Lt. Matt Boland; Milford Fire Lt. Scott Keefe; Framingham Fire Lt. Tom Rinaldo; Natick Fire Captain Andy Hladick; Westborough Fire FF/Medic Barry Sullivan; Natick Fire FF/Medic Chris Wozny; and Wayland Fire FF/Medic Mitch Mabardy
Community EMS: Jeffrey Tye and Robert Mahoney



MEET YOUR LOCAL REAL ESTATE PROFESSIONALS

Perfect for Realtors, Mortgage Companies, Banks, Real Estate Attorneys, Home Inspectors, Chimney Inspectors, Lead Removal businesses, Insurance Companies, etc... any business involved in the buying or selling of real estate.

To join this section, please contact your local sales rep, 1-800-367-9898 or email jsima@stonebridgepress.news

LISA CARON
REAL ESTATE
FOR ALL YOUR REAL ESTATE NEEDS

GRI, ABR, SRS, SRES, RENE, C2EX, MRP, PSA, E-PRO
Call: 508-341-8299
Lisa Caron Broker/Owner
42 West Main Street, Brookfield, MA
~ Notary Public ~
Representing Buyers & Sellers for over 15 years
caronlisarick@aol.com • lisacaron.com

Mary Hicks Realtor®
Over 20 years experience!
CENTURY 21
NORTH EAST

Direct: 508.612.4794
Home Office: 508.867.2222
www.maryhicks.com

I have a beautiful mobile home in Ware, 55 and older! Call me!
270 Main Street, Spencer, MA 01562
maryangela87@yahoo.com
Each office is independently owned and operated.

Jules Lusignan
#1 in Sales 2006-2022
South Worcester County
\$170,261,130.00 SOLD

Jules Lusignan
Owner Broker Founder
Lake Realty
A 43 Year Company!

111 East Main St., Webster, MA
Thinking of selling? Call 1-800-552-7444
www.LakeRealty.net
www.WebsterLake.net

ERA Key Realty Services
“Put 37 years of combined real estate experience to work for you!”

Donna Flannery
508-885-6665
donnaflannery.com
donnaflann@aol.com

Kayleen Flannery-Sauvageau
508-612-9843
Kayleen00@aol.com

415B Main Street, Spencer, MA 01562

Sandi Grzyb
Exit Beacon Pointe Realty!
I look forward to serving you in all of your real estate ventures!

- Buying
- Selling
- Investing

Contact Info:
774.230.3500 | 508.943.6960
sandigrzyb@aol.com

Exit Beacon Pointe Realty
435 Shrewsbury St. Worcester, MA 01604

REAL ESTATE REDEFINED

RE/MAX PROFESSIONAL ASSOCIATES
49 MAIN STREET, STURBRIDGE, MA

Patrick Sweeney
Realtor
License #9529769
(774) 452-3578

Carrie Aysalsh
Realtor
License #904677
(508) 641-0150

Licensed in MA and CT

EXIT
EXIT Real Estate Executives

Why call the Michelle Terry Team to sell your home?

We have a great marketing plan that includes:

- Home staging services
- Home warranties
- 3D videos
- Professional photography
- Ramped up open houses!
- And so much more...

YOUR LOCAL REAL ESTATE PROFESSIONALS
130 W. Main Street
Spencer, MA 01562
Michelle Terry • Broker /Owner
michelleterryteam.com

Give us a call today! 508-202-0008

WEBSTER – 2 UNITS – \$419,900

Hardwood floors, Modern kitchen and baths, Eat-in kitchen, Near Webster Lake, Off-street parking, Updated roof, siding, windows & electric
142 Killdeer Rd

ReMax Advantage 1
25 Union St., Worcester MA 01604

Jo-Ann Szymczak
CRS, GRI, SRES
508-943-7669
774-230-5044

CALL JO-ANN FOR VIEWINGS!

Licensed in MA & CT

FOR ADVERTISING INFORMATION
CALL 508-764-4325

Home Town Service,
Town-to-Town BIG TIME RESULTS

CLASSIFIEDS
1-800-536-5836

Place your ad today!

VISA MasterCard DISCOVER

Town Of Spencer ~ Senior Clerk

The Town of Spencer has an immediate opening for a Senior Clerk (31.5 hours/week) to provide a wide range of clerical support for the Office of the Treasurer / Collector. Position requires from one to two years of bookkeeping experience and proficiency in Microsoft Office applications. Complete job description and application available at www.spencerma.gov. Experience in a municipal or customer service setting is preferred. Starting salary is \$22.71 per hour.

Submit resume and standard town employment application form, available at www.spencerma.gov to the Office of Town Administrator, Town of Spencer, 157 Main St., Spencer, MA 01562, or email bsavoie@spencerma.gov.
Open until filled. Subject to Union Rules and Regulations. EEO Employer.

NOW HIRING!

frma
A Division Of CUMMINS-WAGNER
100% Employee Owned

Join Our Team!

FIELD SERVICE TECHNICIANS AND SHOP SERVICE TECHNICIAN

- Hands-on technical services for pumps and pump stations
- Requires a motivated professional with a strong degree of mechanical aptitude to provide in-shop and field service to support customers throughout New England
- \$22-\$30/hour full-time with regular O/T opportunities and significant additional wage incentives
- Full benefits, regular bonuses, employee owner annual stock distribution and other incentives
- Part-time opportunities are also available

Scan to apply and find out more information
FULL BENEFITS INCLUDING HEALTH, DENTAL, VISION, LIFE INSURANCE, 401 (K) CONTRIBUTIONS, ETC.
100% Employee-Owned Company

Apply online at www.cummins-wagner.com/careers/

TREES / FIELDSTONE
Trees - Evergreens, Excellent Privacy Border.
Hemlocks-Spruces-Pines (3'-4' Tall)... **5 for \$99.**
Colorado Blue Spruce (18"-22" Tall)... **10 for \$99.**
New England Fieldstone Round/Flat,
Excellent Retaining Wallstone... **\$25/Ton**
Firewood – All Hardwood Seasoned... **\$185/cord**
(508) 278-5762 Evenings

Salem Cross INN
RESTAURANT & TAVERN
260 West Main Street, West Brookfield, MA 01585

NOW HIRING
HOUSEKEEPER
Applications available at salemcrossinn.com, or send resume to info@salemcrossinn.com

FOSTER PARENTS WANTED:
Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need.
24/7 Support
Generous Reimbursement, \$1000 Sign-On Bonus. Call For Details.
Devereux Therapeutic Foster Care.
(508)829-6769

WAR RELICS & WAR SOUVENIERS WANTED:
WWII & EARLIER CASH WAITING!
Helmets, Swords, Daggers, Bayonets, Medals, Badges, Rags, Uniforms, etc.
Over 40 years' experience.
Call David
(508) 688-0847.
I'LL COME TO YOU!

www.StonebridgePress.com

FIREWOOD
Cut, Split & Delivered Green
Call Paul 508-769-2351

FOR ADVERTISING INFORMATION
CALL 508-764-4325



RENEWAL
by **ANDERSEN**
FULL-SERVICE WINDOW & DOOR REPLACEMENT

Countdown to
BLACK FRIDAY
Window and Door Sale!

★ Our
Biggest
BOGO Deal
Ever ★

E N D S
N O V 28

When it comes to protection from the elements, your **windows** are **as essential** as your roof and walls. Safeguard your home against drafts and replace your windows and doors **before winter**.



November 1st–November 28th only!

Buy 1 window or door, get 1 window or door **50% OFF¹**

Minimum purchase of four.

PAY NOTHING FOR ONE FULL YEAR¹



\$0 Down **0** Monthly Payments **0%** Interest **FOR 1 YEAR¹**

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months.



It's almost like getting FREE windows and doors for a whole year!
Replace your windows and doors this holiday season, and you'll pay nothing until November 2023.¹ It's a gift to yourself that won't put a dent in your wallet this time of year.

Inferior vinyl windows can cost you more in the long run.
Choose a poor-quality vinyl window and you'll be searching for another window sale in a few years! Take advantage of this sale on our Fibrex® windows, and you'll be set for decades!²

We make the holiday season less stressful.
Unlike most other companies, we handle the entire process, from selling to installation to warranty—with no middleman!



RENEWAL
by **ANDERSEN**
FULL-SERVICE WINDOW & DOOR REPLACEMENT



Limited appointments available!

Call for your **FREE Window and Door Diagnosis**

1-800-209-2746

¹DETAILS OF OFFER: Offer expires 12/10/2022. You must set your appointment by 11/28/2022 and purchase by 12/10/2022. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 50% off, and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 11/1/2022 and 12/10/2022. 50% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2022 Andersen Corporation. All rights reserved. ©2022 Lead Surge LLC. All rights reserved. ²See limited warranty for details. ³Review aggregator survey of 5-star reviews among leading full service window replacement companies. December 2020 Reputation.com.



Courtesy

GRASS ROOTS COFFEEHOUSE PRESENTS CHRISTMAS IN NEW ENGLAND ON DEC. 3

Christmas in New England will be back for a live concert after two years of virtual shows! The group will be performing at the Rockdale Congregational Church, 42 Fowler Rd., Northbridge, on Saturday, Dec. 3, 2022 at 7:30 PM. The group consists of New England based veteran bluegrass musicians Dave Dick, Amy Gallatin, Roger Williams, Karen Lincoln Wilber, and Bob & Krissy Dick. This will mark their 18th year of performing traditional and contemporary Christmas music in an acoustic music format. Both Amy and Bob have new Christmas recordings that were released over the last two years and are looking forward to sharing this music. Admission is \$15 at the door only. Doors open at 6:30 PM. There will also be desserts and beverages available at intermission and a Cookie Walk. Boxes can be purchased for \$10 and there will be home-baked cookies to stuff the boxes with. Proceeds from the concert and the Cookie Walk go to benefit the Rockdale Congregational Church. For more information, visit www.christmasinnewengland.net or call 617-429-0347.

Country Bank announces promotion

WARE — Country Bank, a full-service financial institution serving Central and Western Massachusetts, is pleased to announce that Lisa Saletnik has been promoted to Vice President of Business Systems Optimization.

Saletnik holds an Associate's degree from Bay Path University in Health Science and graduated from The New England School for Financial Studies. Lisa has been with Country Bank for 23 years, and has extensive experience in the bank's core systems and digital technologies. Having worked in various departments at the bank, she found her

passion in the Information Technology and Innovation Department in 2018. Before joining the IT Department, she managed the eServices area for eight years. She has been instrumental in working with vendors and partners to continue to find the best solutions to help the bank best serve its internal and external customers.

"I am thrilled to congratulate Lisa on her promotion and all of the accomplishments that got her here; she is a key part of our success. We're pleased to provide opportunities for our people to develop not only within their roles today, but into new opportunities tomorrow. These team members embody our corporate values of iSTEP - Integrity, Service, Teamwork, Excellence and Prosperity," stated Miriam Siegel, First Senior Vice President of Human Resources.

Maximize your money.
Keep it 100% safe.

Choose your savings option!

25-Month CD	19-Month CD	11-Month CD
3.75%[*] APY	3.50%[*] APY	3.25%[*] APY

\$500 minimum to open. Limited to funds that are new to Fidelity Bank.

Fall Into Savings Account

up to **2.75%^{**}** APY

\$5,000 minimum to open. On balances up to \$500,000. Limited to funds that are new to Fidelity Bank.

Maximize your savings and rest easy knowing that you are protected. Your money is safe, secure and 100% insured at Fidelity Bank with our combination of FDIC and DIF insurance. We've got your back.



With Fidelity Bank's LifeDesign approach, you'll get the clarity you need to make informed financial decisions and move forward with confidence.

That's what it means to work with a bank that cares.

Lock-in these great rates today!

Scan for great rates!

Fidelity Bank LifeDesign Banking



Open an account at any Fidelity Bank location or at FidelityBankOnline.com/SaveSecurely

Member **FDIC** **DIF** *Annual Percentage Yield(s) (APY) effective as of 11/7/22. Certificates of Deposit (CDs) are FDIC insured and offer a fixed rate of return if held to maturity. Penalty will be imposed for early withdrawal. Interest is compounded daily and credited every month. \$500 minimum deposit to open. Minimum balance to earn APY is \$0.01. Offer is not valid to existing funds on deposit at the bank and is limited only to funds that are new to Fidelity Bank. Fees could reduce earning on the account. Personal accounts only. Offer subject to change or cancellation at any time. **Annual Percentage Yield(s) (APY) effective as of 10/17/22. Offer is not valid to existing funds on deposit at the bank and is limited only to funds that are new to Fidelity Bank. \$5,000 minimum initial deposit to open. All subsequent deposits to this account must be new funds to Fidelity Bank. No transfers from other Fidelity Bank accounts allowed. The APY for the Fall Into Savings Account as of 10/17/22 is 2.75% for balances up to \$500,000, and APY is 2.75% - 0.10% for balances \$500,000.01 and over, if client either has an existing or opens a new CompleteCare, CareMore, or SecureCare Checking account at time of account opening. APY is 2.50% for balances up to \$500,000, and APY is 2.50% - 0.10% for balances \$500,000.01 and over, if client does not have a CompleteCare, CareMore, or SecureCare checking account. Required checking account type must remain open, active, and in good standing to receive highest rate. If required checking is closed, dormant, or negative, APY may be adjusted 2.50%. Rate is blended. APY and APY tiers are subject to change at any time. Minimum opening deposit requirements for eligible checking accounts are: CompleteCare (\$250), CareMore (\$100), and SecureCare (\$25). Visit fidelitybankonline.com for more details on required checking accounts. Limit one account per tax reported owner. Personal accounts only. The minimum balance to earn interest is \$0.01. Offer subject to change or cancellation at any time.

THE INNOVATION THAT SAVED EARL.



Where do you turn after you're told that a major blood vessel in your abdomen is in danger of rupturing and you're in danger of dying? For Earl Baumgardner, the answer was simple. He turned west to Worcester and the surgery team that could save his life.



UMass Memorial Health is home to countless innovations that are changing medicine and saving lives. To learn about FEVAR, the procedure that saved Earl's life, visit ummhealth.org/relentless.



Whether you're building or buying a new home, want to make improvements to your current home or looking to refinance, we have the loan you need.

Our experts have been serving the financial needs of the community for over 152 years!

Call or email Beth for competitive rates for conventional and jumbo mortgages today!



Beth Caico
AVP, Mortgage Consultant
Beth.Caico@unibank.com
508.341.1096 • NMLS #414859

UNIBANK

Connecting all offices: 1.800.578.4270 • www.unibank.com
UniBank NMLS #583135 • Member FDIC/Member DIF



NOR'EASTER ROOFING INC.
Over 30 Years Experience

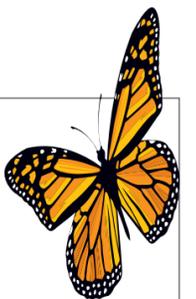
Our roofs will weather the storm!

Thank You for making us your #1 choice.
Deal directly with the owner, Rob Chaile, No outside salesman!

ROOFING • VINYL SIDING • WINDOWS
CHIMNEY REPAIRS • SEAMLESS GUTTERS
SPRAY FOAM INSULATION

Residential & Commercial
From a hole in your roof... to a whole new roof!
508-NOR-EAST / 508-667-3278
www.NoreasterRoofing.com
Visit our showroom
1 Providence Ln., Whitinsville, MA
Call us for a FREE Estimate
CS#69907 HIC#160483

facebook



Say it in living color!

The world isn't black and white. So, why is your ad?

Thanksgiving Dinner 2022
To Go At Your House
New England Steak and Seafood
~ Announces ~
TURKEY with all the FIXINS
Fresh Birds Never Frozen • Cooked with Reheating Directions
Let Us Do the Work for You!

Call 508-478-0871

One Size Fits All Approx 20 lb turkey feeds approx. 12 people.
Includes: stuffing, mashed potatoes, gravy, peas, pearl onions, cranberry sauce, and 2 pies.
\$325.00

NOTE: All Birds Are Cooked Fresh Thanksgiving Day

Cinnamon Rolls \$15.99 doz. | Onion Rolls \$15.99 doz.
Pumpkin Bread \$15.99 doz.

All orders must be in by Nov. 21 & picked up on Nov. 24 between 11am & 2pm
"NOTE... PLEASE ORDER EARLY!!!!!!"
Please Look for Our Christmas Dinner To Go Special

Route. 16, Mendon, MA • 508.478.0871 or 508.473.5079
See our menu on our website:
nesteakandseafood.com or on facebook®

BLACK NOVEMBER APPLIANCE SALE
SHOP NOW FOR THE LOWEST PRICES IN 3 YEARS!

LG SAMSUNG GE Whirlpool FRIGIDAIRE
WASHERS, DRYERS, STOVES, REFRIGERATORS & MICROWAVES

GIANT TOY DEPARTMENT

FRIGIDAIRE DISHWASHER #7150 \$399⁹⁹ WAS \$599.99	LG WASHER #WT7150 \$699⁹⁹ WAS \$899.99	MAYTAG DISHWASHER #MDB4949SKZ \$649⁹⁹ WAS \$849.99
SAMSUNG FRONT LOAD WASHER #WF4576200AW \$649⁹⁹ WAS \$899.99	AMANA WASHER OR DRYER #NED4655EW \$479⁹⁹ WAS \$599.99	MAYTAG WASHER OR DRYER #VEDC46HW \$599⁹⁹ WAS \$749.99
GE TOP FREEZER 18 CU. FT. \$699⁹⁹ WAS \$899.99	AMANA GAS RANGE #AGR1533CBAS • Stainless Steel \$599⁹⁹ WAS \$699.99	GE FRONT LOAD WASHER #GFWS05SNWW \$749⁹⁹ WAS \$999.99
WHIRLPOOL REFRIGERATOR #WRA055CNKZ • Counter Depth \$1799⁹⁹ WAS \$2299.99	LG ELECTRIC STOVE #LGRERL6323 \$799⁹⁹ WAS \$999.99	AMANA MICROWAVE #JYM3160RFSS \$199⁹⁹ WAS \$329.99

NO CREDIT? BAD CREDIT? NEW EAST FINANCING TERMS ON EVERYTHING IN THE STORE!

WHITCO 140 MAIN STREET SPENCER, MA 508.885.9343
SEE WHITCOSALES.COM FOR 100'S OF DEALS!

Store Hours: Mon.-Fri: 10am-9pm • Sat: 9am-8pm • Sun: 1200pm-7:00pm

INSTANT FINANCING UP TO \$10,000!

VISA MasterCard Discover

SEND US YOUR NEWS!!!

news@stonebridgepress.news

Hearthstone Market & Catering

Complete thanksgiving meals available

Check our website or stop in store for more details.

Order early limited supply.

Rt. 20, 630 Main Street
Sturbridge, MA 01566 • 508-347-7077
Open 7 Days a Week • 11am-7pm

hearthstonemarket1@gmail.com • hearthstonemarketandcatering.com

Sealy FIND YOUR BEST NIGHT'S SLEEP TODAY!

FOR A LIMITED TIME ONLY

Sealy Carrington Chase Wensley Cushion Firm or Plush Queen mattress only **\$579***

SPECIAL SAVINGS Sealy Carrington Chase Bardsley Firm Queen mattress only **\$399***

Sealy Carrington Chase Stoneleigh Firm or Plush Queen mattress only **\$899***

Sealy Carrington Chase Northpointe Plush Pillowtop Queen mattress only **\$999***

UPGRADE TO AN ADJUSTABLE BASE

WE ALSO CARRY TEMPUR-PEDIC STEARNS & FOSTER

• LAYAWAY • FREE DELIVERY & REMOVAL • FREE FINANCING AVAILABLE

SUNDEEN FURNITURE 241 Providence Rd., Whitinsville, MA 01588 | 508-234-8777
Mon, Tues, Wed 9:30-6 • Thur, Fri 9:30-8
Sat 9:30-6 / Sun 11-5

*See store for details. Copyright 2022 Sealy, Inc. All rights reserved.