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Friday, March 3, 2023

# Police participate in 'BFit' challenge

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

**SUTTON/UXBRIDGE** — Several members of local police departments have once again raised donations while participating in the Bruins annual "BFit" challenge at TD Garden.

"Our Sutton PD BFit team represented our department with pride this morning at the TD Garden," the Sutton Police Department released in a statement earlier this month.

The BFit Challenge—"powered by National Grid"—is a one-of-a-kind event that invites first responders, military members, and "anyone



Jacques, Officers Alexander Sinni and Adam Graves, and Lt. Lisa Sullivan, said that a new climbing level was added this year.

"It provided an amazing view of the Zakim Bridge," the department shared.

Sutton Police said they raised donations for "veteran suicide prevention and education" and chose a nonprofit called 22 Mohawks, an organization that provides "assistance to veterans who need help with navigating the struggles of everyday life when they return home from duty."

"Sadly, on average, more than 22 veterans die by suicide each day," the organization released on its website. "To us, the mohawk represents the outlier—

## Tickets on sale for upcoming brass concerts

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

**NORTHBRIDGE** — The "Afternoon of Brass" concerts are returning once again to Boston and Worcester for Memorial Day; tickets are on sale now, and the residents of several local towns are eligible for free tickets.

Previously holding several "critically and commercially acclaimed" shows since 2019, the team at Northbridge

Brass Endeavors is back to present the "Afternoon of Brass #2: Memorial Weekend Spectacular" concert series. The two "patriotic-themed concerts," according to a press statement, are planned for Saturday, May 27, at the Old South Church in Boston and Sunday, May 28, at Mechanics Hall in Worcester. Both concerts will start at 3 p.m. and concertgoers can expect a

Turn To **CONCERTS** page **A18**

in the community" to walk, run, or step to benefit First Responder Charities, the Bruins released. This year's event was held at the

beginning of February both virtually and in-person.

Members of the Sutton Police Department, including Sgt. William

Turn To **BFIT** page **A18**

## Author Nathaniel Philbrick to appear at North Main St. Church

**UXBRIDGE** — Author Nathaniel Philbrick will be presenting "Travels with George and the Importance of Local History" on Sunday, March 26, 2 p.m. at the North Main Street Church, 23 North Main St. in Uxbridge. His latest New York Times bestseller, "Travels with George: In Search of Washington and His Legacy," was published in September of 2021.

Early in his term as President, George Washington visited every state in the Union. The United States was relatively new, having won its independence half a dozen years earlier. Along the way in 1789, Washington visited Uxbridge as did Nathaniel, along with his wife Melissa, and their dog Dora in 2019 while doing research for this book.

With his passion for history, Philbrick will



Courtesy

Nathaniel Philbrick

also speak on the importance of the preservation of local history as

part of the fabric of the community and region.

Turn To **PHILBRICK** page **A18**

## Douglas' Joey Boudreau receives St. Joseph Partners in Education Award



Courtesy

**Pastor and Headmaster of Saint Joseph School, Rev. Grzegorz Chodkowski, presents the 2023 Partners in Education Award to Mr. Joey Boudreau.**

**WEBSTER** — Saint Joseph School is proud to announce that to Mr. Joey Boudreau has been awarded the Saint Joseph School 2023 Partners in Education Award.

After several years

of homeschooling, Mr. Boudreau and his wife, Beth, enrolled their children at Saint Joseph School in 2013. They were drawn to the school because of its family-oriented atmosphere and the

opportunity to continue to be involved in their children's education.

Before arriving at the Saint Joseph School, Mr. Boudreau coached his sons' baseball and basket-

Turn To **BOUDREAU** page **A18**

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# Coast Guard offers boating safety Certification Courses

REGION — The United States Coast Guard Auxiliary Tri-State Flotilla, Massachusetts will be instructing three upcoming boating safety classes in Milford. They are scheduled as “in-person” unless any further Covid restrictions move them to the Zoom video conference platform. It’s time to get your family’s boating knowledge and skills ready for the 2023 boating season.

Boat America Course - for MA, RI, or CT Certification

Two Saturday courses offered: March 25, and April 29 at Milford High School 8 a.m. to 5 p.m.

This is a one-day course developed to provide the skills and confidence needed to explore the coast and inland waters by boat. Basic knowledge and skills are needed to have safe and enjoyable boating experiences. This course is perfect for families that have just purchased any type of boat or are planning to in the future, and for the boater keeping up with changes to boating regulations and laws. Basic marline-spike seamanship (knots etc.) will also be included. Successful completion of the course will certify any minor, from 12 to 16 years of age, to operate a powerboat, including a Personal Water Craft / Jet Ski (for 16 & 17-year-old operators), on all Massachusetts waters; in conjunction with the Mass. Environmental Police. Adults completing the course will get a Mass. certification that may be required in the future. Approved by NASBLA it will also cover the requirements to operate a vessel in most other states & many countries where boating safety education is mandatory including RI and CT.

Most boating insurance companies offer a discount on premiums for successful completion of this course. The Boat America course is limited to 20 students.

Suddenly in Command Course - For anyone boating

April 19 at Milford High School 6:30 to 9 p.m.

Imagine you are out on the water when the boat’s captain somehow is incapacitated or falls overboard and cannot swim back to the boat. Are you prepared to take basic actions to get help, stop or start the engine and take the helm? A little knowledge could save lives and make you feel more comfortable boating when you are not generally at the helm. Misfortunes can and do happen while on that fishing, diving, adventure, or party charter. Being out on your own boat with that significant other at the helm, or going out on a friends’ pontoon boat, or as a personal watercraft passenger can also turn to horror if the skipper is suddenly out of commission. This is a boating safety primer for those not generally at the helm but would like to know what to do, to be better prepared. The Suddenly in Command course is limited to 30 students; so register early.

Milford High School courses offered at 31 West Fountain St., Milford. Registration is managed through the Milford Community School Use Program, Adult-Boating, at <http://mcs.milford.ma.us> or Laura Farrell (508) 478-1119; keeping in mind that availability is limited and you may receive course materials prior, if given on Zoom. There is a \$75 fee for the Boat America Certification course (registration deadline is three days prior to course), and a \$10 fee for the Suddenly in Command course (registration deadline is April 13) covering hand-out materials, certifications etc. Participants 12 to 16 years old must be accompanied in person, or online by a registered parent/guardian.

For additional USCGAux. information: [phil.uscgaux@verizon.net](mailto:phil.uscgaux@verizon.net) or (508) 478-3778.

The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The Auxiliary was created by Congress in 1939. For more information, please visit [www.cgaux.org](http://www.cgaux.org)

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Boating Safety Course & Certification in One-Day

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Milford High School

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31 West Fountain Street, Milford, MA.

REGISTER SOON AS SPACE IS LIMITED

Course offered by your local

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Registration is managed through the Milford Community School Use Program, Adult-Boating, at <http://mcs.milford.ma.us> or Laura Farrell (508) 478-1119; keeping in mind that availability is limited and you may receive course materials prior, if given on Zoom. There is a \$75 fee for the Boat America Certification course covering hand-out materials etc. (registration deadline is four days prior to course). Participants 12 to 16 years of age must

be accompanied in person, or online by a registered parent/guardian.

For additional USCGAux. information: [phil.uscgaux@verizon.net](mailto:phil.uscgaux@verizon.net) or (508) 478-3778.

Suddenly In Command

The captain becomes incapacitated or falls overboard; you purchase a new boat and step aboard for the first time. You are Suddenly In Command.

This 2.5-hour boating safety primer is designed for those not generally at the helm and will help you to “be prepared” with the basics in case of an emergency. A Course for anyone out on the water

Milford High School, 31 West Fountain Street, Milford, MA.

Wednesday April 19, 2023 6:30 to 9 PM

REGISTER SOON AS SPACE IS LIMITED

Course offered by your local U.S. Coast Guard Auxiliary Tri-State Flotilla, Massachusetts

Registration is managed through the Milford Community School Use Program, Adult-Boating, at <http://mcs.milford.ma.us> or Laura Farrell (508) 478-1119; keeping in mind that availability is limited and you may receive course materials prior, if given on Zoom. There is a \$10 fee for the Suddenly in Command course (registration deadline is April 13) covering hand-out materials etc. Participants under the age of 16 must be accompanied in person, or online by a registered parent/guardian.

For additional USCGAux. information: [phil.uscgaux@verizon.net](mailto:phil.uscgaux@verizon.net) or (508) 478-3778.

## Community mourns death of local firefighter



Paul Cloutier

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

REGION — Webster Fire/Rescue

announced last week that Firefighter Paul Cloutier passed away as he was preparing to respond to an emergency call.

According to details from the U.S. Fire Administration, Cloutier, 52, was paged for a water rescue on February 21.

“While preparing to respond, he suffered a medical emergency,” the U.S. Fire Administration shared in details on its website, [usfa.fema.gov](http://usfa.fema.gov). “He was found the next day, Wednesday, Feb. 22, 2023, in his truck, deceased.”

The cause of his death has yet to be determined, according to the USFA.

Cloutier was appointed to Webster Fire/Rescue in March 2021, and was assigned to Group 1, according to a statement on social media from Webster Fire/Rescue Chief Brian Hickey. He also served as a volunteer firefighter for the Muddy Brook Fire Department in Woodstock, Conn., where he lived.

“On behalf of Webster Fire/Rescue and the Town of Webster, I want to express our most heartfelt condolences to Paul’s family and loved ones,” Hickey released. “This is a terrible loss for them, for his brother and sister

firefighters, and for our community. As a firefighter and a friend, Paul was a deeply valued member of our team and always ready to answer a call for help.”

Several neighboring organizations offered condolences, including the Douglas Police Department, Grafton Police, and Millville Fire Rescue.

“Our thoughts and prayers are with Webster Fire Rescue during these difficult times,” Millville Fire Rescue shared in a statement.

The Muddy Brook Fire Department released that Cloutier had served the department “as a lieutenant and president.”

“Paul was an avid SCUBA diver and worked full time as a firefighter with Webster Fire / Rescue,” Muddy Brook FD said in a statement.

State Representative Mike Soter (8th Worcester) also released a statement regarding Cloutier’s death.

“We send our heartfelt condolences to the Webster Fire Department and the Town of Webster on the untimely death of Firefighter Paul Cloutier,” Soter released. “Please keep Paul and his family in your thoughts and prayers.”

## Good bugs and bad bugs in your garden

WHITINSVILLE — Join Bonnie Powers and the Blackstone Valley Gardeners at their meeting on Thursday, March 9 at 7 p.m. for a fascinating look

at the bugs that inhabit our gardens. Some are bad – but some are so beneficial, that you will find yourself trying to attract them to your garden.

Bonnie Powers has a long and varied resume, including both a BS and an MS in Zoology. She is a Master Gardener, currently the manager of the MA Master Gardener soil testing team and a volunteer and guide at Garden in the Woods in Framingham.

Bonnie will introduce us to the common beneficial insects that we encounter in our gardens, as well as some of the most pesky pests. Knowing how each of these affect our gardens, and how to manage them, will go a long way toward gardening success in the coming seasons.

The Blackstone Valley Gardeners is a group that includes people of all gardening skill levels from towns throughout the area. Meetings are held monthly at the United Methodist Church, 61 Linwood Ave. in Whitinsville. For easy access, enter through the parking lot that is behind the shops on the south side of Church Street. Use the rear entrance to the church. Guests are welcome to attend free for the first meeting; membership is \$25 per year.


Each meeting of this vibrant 30-year-old group includes a brief hospitality gathering as well as a program of interest. The club sponsors a public plant sale each May featuring plants from members’ gardens.



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\$650,000, 1 Carter Ave, Desmond, Rena M, to Carter Ave LLC.  
\$229,000, 11 Michelle Ln #11, Budd, Alan P, and Wilmington Svgs Fund Soc, to Vangos, John E.

### DOUGLAS

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### NORTHBRIDGE

\$535,000, 120 Clubhouse Ln #120, Pickette RET Ft, and Pickette Jr, Thomas R, to Archibald, Jane, and Archibald, James.  
\$280,000, 171 Heritage Dr #171, Cora Lane Group LLC, to Cote, Beverly A.  
\$255,000, 34-36 Church Ave, Valenti, Sandra P, and U S Bank Na Tr, to V & J LLC.

### UXBRIDGE

\$675,000, 38 Tabor Rd, Downeast Realty LLC, to Tabak, Eli, and Tabak, Danna.  
\$549,900, 42 Spring Hill Dr #42, Ohearne Forest Glen LLC, to Nolan, Clare.  
\$549,900, 44 Spring Hill Dr #44, Ohearne Forest Glen LLC, to Pullo, Francis, and Pullo, Mary.  
\$500,000, Elm St #1, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Elm St #2, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Elm St #3, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Elm St #4, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Elm St #5, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Elm St #6, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Rivulet St #1, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Rivulet St #2, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Rivulet St #3, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Rivulet St #4, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
\$500,000, Rivulet St #5, Baker Robert S Est, and Baker Jr, Gerald W, to Sherman Farm Estates LLC.  
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\$478,000, 64 E Hartford Ave, Dishington Const Inc, to Lopes, Debora A, and Deoliveira, Alciley N.  
\$220,000, 12 Fletcher St, Rosborough, Brenda, and Griffiths, Betsy, to Rfgm Investing LLC.

# KuruKuru Ramen celebrates anniversary



**WILLIMANTIC** — KuruKuru Ramen opened a little over a year ago, amid the pandemic by the brother and sister team of Gino and Jesi Bolandrina, formerly of Douglas, (Douglas High School alumni 2012 and 2009, respectively), plus Jesi's fiancé Nick Pietroniro of Wolcott, Conn. They have not officially celebrated an anniversary

and celebrated its anniversary. Community members and local business owners joined the KuruKuru Ramen team in celebrating. "It was a memorable learning and dining experience," said Jesi, co-owner at KuruKuru Ramen. "Because we truly care about the craft and the quality of your meal, every single time. Cooking Across Cultures at CLiCK was a sold-out event. It was indeed, a night of learning new recipes and the culture behind different delicious Ramen dishes." At KuruKuru Ramen, there's no "instant ramen" — the chefs, Gino Bolandrina and Nick Pietroniro puts up to 16 hours of preparation work into their Ramen dishes. They prepared and served classic shio (salt) and shoyu (soy sauce) ramen. They served bowls with toppings like roasted pork, scallions, and soft-boiled eggs. KuruKuru Ramen thanked the CLiCK community for their support. "Any other celebration would not have been as

memorable. The local support in CLiCK helped a lot. CLiCK made a night of learning, serving, and celebrating possible," said Chef Gino.

Chief Ramen Chef Gino Bolandrina genuinely loves cooking and loves Ramen. He appreciates the art (and patience) to preparing a deliciously beautiful bowl of ramen. He is not one to cut any corners. Gino had been passionate about food since his childhood. At age seven, he trained at the Heny Sison Culinary School (Manila, Philippines) under Chef Jill Sandique (International ICE

alumni and a graduate of the Institute of Culinary Education Pastry & Baking Arts program). Gino's culinary experiences range from apprenticeship (The Ivy Restaurant, Boston), to Cooking Shows (Chef Heny Sison), to employments (Harvard Faculty Club, Cambridge; Pikaichi, Boston), to teaching Japanese cooking (Bay Path Adult Evening School, Charlton). He has traveled to Japan extensively and has enjoyed Ramen in Chiba, Kanagawa, Osaka, Kamikatsu, and Tokyo. At Pikaichi in Boston, where he worked as a waiter then

kitchen chef, he honed in his passion for Ramen. He has over 10 years of experience running and managing Ramen restaurants in the Greater Boston Area. Gino leads menu creation, daily food prep, and all other cooking-related responsibilities at KuruKuru. He works with suppliers, ensures food quality in every meal, and assists with all back-of-house tasks and duties.

For more information, visit <https://www.kurukururamenshop.com/> or email [info@kurukururamen.com](mailto:info@kurukururamen.com).

# Roger Williams University announces Fall 2022 Dean's List

**BRISTOL, R.I.** — Select students have been named to the Fall 2022 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester.

Nicholas Allegrezza of Uxbridge  
Jaylin Bodell of Uxbridge  
Matt Boutiette of Douglas  
Benjamin Brodeur of Whitinsville  
Rylie Loftus of Uxbridge  
About RWU

At Roger Williams University, students are prepared to be thinkers and doers ready to solve challenging problems with innovative solutions. RWU offers 50 majors and robust offerings of graduate and professional programs

across eight schools of study including Rhode Island's only law school, with campuses on the coast of Bristol and in the heart of Providence, R.I. With small classrooms and a focus on undergraduate and graduate research and community engagement, a Roger Williams education blends the strength of liberal arts and professional studies, providing all students with the depth and breadth of interdisciplinary thinking and well-rounded knowledge necessary to succeed in our interconnected, global world. RWU is committed to strengthening society through engaged scholarship so that students graduate with the ability to think critically and apply the practical skills that today's employers demand.



Courtesy

## THANKS TO YANKS SUPPORTS LOCAL OFFICER'S PARTICIPATION IN TOUGH RUCK

**Mike Johnson**, a local police officer and a nine-plus-year veteran of the US Army, will be participating in this year's 26.2-mile Massachusetts Tough Ruck. While deployed to Afghanistan, Officer Johnson's unit suffered multiple losses of life during combat operations and several in his unit were wounded. When his unit returned to Fort Lewis, following their deployments, Officer Johnson and his brothers would lose nearly a dozen more members of his battalion to suicide. Mike realized that his coping mechanism over the loss of his brothers, is pushing himself and his physical limits. Using the lives and sacrifices of his brothers as internal motivation to accomplish these feats. In this photo, Thanks To Yanks President and founder Mike Shain is making a donation to support Officer Johnson's noble cause of completing the 2023 Tough Ruck, from money raised during the Make Change for Veteran's Coin Drive at the Milford elementary schools this past fall he is accompanied by the McIsaac family Connor, Ellie, Logan, Jacob and Maggie. Thanks to Yanks is a local nonprofit that supports all who serve and sacrifice for our freedoms. Funds raised by Tough Ruck are used to honor and support the families of fallen service members and first responders.

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## University of Maine announces fall 2022 Dean's List

**ORONO, Maine** — The University of Maine recognized 3,010 students for achieving Dean's List honors in the fall 2022 semester, including Jacob Chaplin, Briana Harper, and Dom Mezzadri of Blackstone; Molly Bogner of Milford; Amber Folger of Millbury; Hayley Vecchione of Millville; Tyler Nielsen of North Grafton; Chloe Lamont and Abbie Lax of Northbridge; Becca Rinoldo of Upton; and Mina Helinski of Whitinsville.

Of the students who made the Dean's List, 1,983 are from Maine, 957 are from 45 other states and 70 are from 25 countries other than the U.S.

To be eligible for the Full-time Dean's List, a student must have completed 12 or more calculable credits in the semester and have earned a 3.50 or higher semester GPA. Students who have part-time status during both the fall and spring semesters of a given academic year are eligible for Part-time Dean's List. They must have completed 12 or more calculable credits over both terms and have earned a combined GPA in those terms of 3.50 or higher.

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Uxbridge, MA (Showings by appointment)

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DAILY ACTIVITIES: All our daily activities are free of charge.

Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 12 pm, Mat yoga 2 pm  
Tuesday: Cribbage 9:30am, Zumba 9:30am, Bingo 12:00 pm, Technology Class 1pm, Jenga or Connect4 2pm (bring a friend, and play a game!)  
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

Tickets must be purchased by 3/8. Irish Duo "Fiddle Hill" will be playing 12:30 to 2:00, the entertainment for this event is being sponsored by the Douglas Cultural Council. Please call the center to sign up, 508-476-2283.  
Monday March 20, HAPPY FIRST DAY OF SPRING!  
Easter egg making with strings on Thursday March 30 @ 11 am. Come in and try this craft with us and have a beautiful egg to display at home. Refreshments will be served. There is no charge for this event. Please call the center to sign up @ 508-476-2283.

### APRIL EVENTS:

Memory Detecting with artifacts found with a metal detector. Wednesday April 5 @ 11:30. Steve has turned his hobby of Metal Detecting and Bottle Digging into a fascinating "show and tell" program. Refreshments will be served. Please call the center to sign up @ 508-476-2283 by 3/30.

Lunch & A Movie "The Ultimate Life" on Wednesday April 12 @ 12 pm. Chicken Fajitas, cost for lunch is \$4.00 per person. Please call the center to up @ 508-476-2283 by 4/5.

Breakfast & entertainment at the Douglas High School, Thursday April 13 @ 9 am. There is no charge for this event. Please call the center to sign up @ 508-476-2283 by 3/30.

Pizza & Pictionary on Thursday April 20 @ 12 pm. Join us for a free lunch courtesy of Unibank and have an afternoon sure to be full of laughs. Please call the center to sign up @ 508-476-2283 by 4/17.

### MARCH EVENTS:

Grip Strength Presentation on Wednesday March 8 @ 11 am. Come in and learn about strength and test yours with a hand held device. Refreshments will be served. Please call the center @ 508-476-2283 to sign up by 3/6.

St. Patrick's Day Celebration Wednesday March 15 @ 12 pm. Lunch will be corn beef and cabbage, \$8.00 per person.

# MILLBURY SENIOR CENTER

LINE DANCING CLASSES!  
Every Wednesday at 10:30 A.M.  
Class is \$3 per person  
No reservations required

Thursdays at 10 - 11 A.M.  
No reservations required for any of our activities or exercise classes!

HERBERT BERG FLORIST OF WORCESTER ARRANGMENT CLASS  
Take home a Floral arrangement that you create!

Next class is Thursday, March 16th  
\$15 per person includes all materials  
Price can vary based on specific project  
RSVP a week before classes 508-865-9154

CRAFT CLASS  
Tuesday, March 14th  
Once a month  
12:30 - 1:30 P.M.  
Price is \$5 and includes all Materials  
For more information or to RSVP call the center! 508-865-9154

Meet with a representative from Senator Moore's office!  
Wednesday, March 1st  
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

### 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.  
Tuesdays at 1:00 P.M.  
BLOOD PRESSURE CLINIC  
Every Tuesday from 9 A.M. - 10 A.M.  
SOCIAL BINGO  
Wednesdays at 1 P.M.  
Bring your pennies!  
COLORING  
Thursdays at 10 A.M.  
DULL MENS CLUB

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, March 28th at 2 - 3:30 P.M.  
Refreshments will be served  
A Memory Café is a monthly gathering for people with memory loss/challenges and their care partners. It is a time to socialize, make new friends, and have a good time.

Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!

### SNAP APPLICATIONS (Food Stamps)

Our appointments are on Tuesdays & Thursdays 10 A.M. - 2:00 P.M.  
Call for an appointment & required documentation  
508-865-9154  
"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

An important update regarding SMOC Fuel Assistance: they are extremely behind processing applications. They have received almost twice as many applications as last year and have been short staffed as well. SMOC is processing as quickly as they can, please be patient if you have applied. If you still need to apply for fuel assistance, call Jeanne at the Center to make an appointment.

Daily Coffee Time 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!

Billiards Organized Games, every Wednesday 8:30-10:30am.

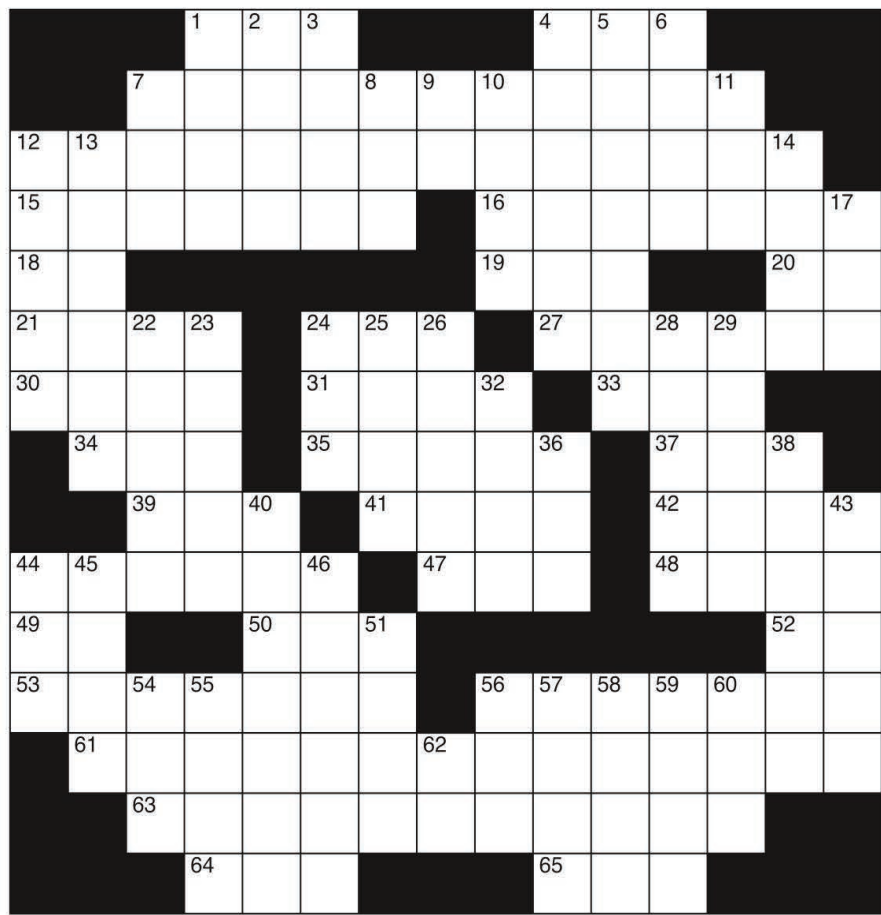
Tickets are on sale now for FINE's 120 Club raffle, \$20/ticket. Chance to win \$20 each week through May 18th when on that day they will draw winners for \$500, \$400, \$300, \$200, and \$100. Purchase your tickets at the front desk.

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.

We need Volunteer Medical Drivers at Plummer Place. If you can spare a few hours a week to drive a senior to an out-of-town medical appointment, call us. We reimburse you for mileage; pick your own days you can help and pick where you drive to. It's that easy! Contact Michelle for more information.

New, gentle, basic, Yoga Class starts Tuesday, March 7th @ 10:00am with instructor Bobbi Tosti Anderson. Bring your own mat or use ours! \$2/class.

Movie Afternoon, Wednesday, March 8th @ 1:00pm showing "Casablanca". Popcorn and beverages served! Call Michelle to sign up.



### CLUES ACROSS

- 1. Relaxing place
- 4. Plant by scattering
- 7. A type of explorer
- 12. Unique traits
- 15. Lady
- 16. Dismayed
- 18. Railway
- 19. Type of whale
- 20. Sodium
- 21. Manning and Lilly are two
- 24. Where golfers begin
- 27. Entrapped
- 30. Influential punk artist
- 31. Hebrew calendar month
- 33. Car mechanics group
- 34. Undesirable rodent
- 35. Minneapolis suburb
- 37. Witch
- 39. Get free of
- 41. A written proposal or reminder
- 42. British School
- 44. Country on west coast of Africa
- 47. Cool!
- 48. Information
- 49. \_\_ route
- 50. Jim Nantz's network
- 52. Something to register (abbr.)
- 53. Give cards incorrectly
- 56. One who's learning on the job
- 61. Stevenson adventure novel
- 63. Taking careful notice
- 64. CNN's founder
- 65. Speak badly of

### CLUES DOWN

- 1. A person with unusual powers of foresight
- 2. Single sheet of glass
- 3. Portrays a character
- 4. Expresses happiness
- 5. Acquires
- 6. "The Martian" author
- 7. Degree
- 8. 60-minute intervals
- 9. A detective's pal
- 10. Group of nations (abbr.)
- 11. Popular Georgia rockers
- 12. Fencing swords
- 13. Basement
- 14. Samoan monetary unit
- 17. Male parent
- 22. Finnish lake
- 23. A smooth fabric
- 24. Arctic explorers (abbr.)
- 25. Mild yellow Dutch cheese
- 26. Very willing
- 28. Expressed pleasure
- 29. Lasso
- 32. Hindu model of ideal man
- 36. Move your head in approval
- 38. Ill-\_\_: gained illegally
- 40. Die
- 43. Accused publicly
- 44. Precious stone
- 45. Individual thing or person
- 46. Behaved in a way that degraded
- 51. Derogatory term
- 54. No seats available
- 55. Liability
- 56. Popular beverage
- 57. Tough outer skin of fruit
- 58. \_\_ Spumante (Italian wine)
- 59. Troubles
- 60. Negative
- 62. Camper





Courtesy



# People First Food Pantry grateful for support of Souper Bowl of Caring

The People First Food Pantry of Uxbridge would like to thank all of the wonderful parishioners of St. Mary's Church for supporting their annual Souper Bowl of Caring! Through their generosity, they collected 4,572 pounds of donations and \$100 in gift cards! Countless volunteers worked tirelessly to make sure this year was a huge success! "Our shelves are stocked to the brim! We are so appreciative to everyone who helped support this event. This is such an amazing show of compassion and dedication to helping our neighbors in need!" stated Executive Director Denise Mussulli.

## Local residents named to RIT Dean's List

ROCHESTER, N.Y. — The following students were named to the Dean's List at Rochester Institute of Technology for the fall semester of the 2022-2023 academic year. Full-time degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.400; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours.

- Ethan Connolly of Northbridge, who is in the mechanical engineering program.
- Ethan Smith of Northbridge, who is in the 3D digital design program.
- Madison Gannon of Uxbridge, who is in the biomedical engineering program.
- Keegan Tony of Uxbridge, who is in the physics program.

Rochester Institute of Technology is home to leading creators, entrepreneurs, innovators and researchers. Founded in 1829, RIT enrolls about 19,700 students in more than 200 career-oriented and professional programs, making it among the largest private universities in the U.S.

The university is internationally recognized and ranked for academic leadership in business, computing, engineering, imaging science, liberal arts, sustainability, and fine and applied arts. RIT also offers unparalleled support services for deaf and hard-of-hearing students. The cooperative education program is one of the oldest and largest in the nation. Global partnerships include campuses in China,



### TO PLACE AN AD:

MIKAELA VICTOR  
(774) 200-7308  
mikaela@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

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TRIBUNE PUBLISHED BY  
STONEBRIDGE PRESS  
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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.

www.StonebridgePress.com

# Stonebridge Press

# HELLO NEIGHBOR!



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

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And you can trust me!  
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Mikaela

**Mikaela Victor**  
Local Resident  
Advertising Account Executive  
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(774)200-7308



# LEGALS

**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. WO23C0048CA  
CITATION ON PETITION TO  
CHANGE NAME  
In the matter of:**

**Jacob Benjamin Long Keller**  
A Petition to Change Name of Adult has been filed by **Jacob Benjamin Long Keller** of **Whitinsville MA** requesting that the court enter a Decree changing his name to: **Livia Vanessa Keller**  
**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 03/21/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.**  
**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: February 01, 2023  
Stephanie K. Fattman

Register of Probate  
March 3, 2023

(SEAL)  
COMMONWEALTH OF MASSACHUSETTS  
LAND COURT  
DEPARTMENT OF THE TRIAL COURT  
23 SM 000550  
ORDER OF NOTICE

TO:  
Joseph Ferranti  
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act: 50 U.S.C. c. 50 § 3901 (et seq): PennyMac Loan Services, LLC claiming to have an interest in a Mortgage covering real property in Uxbridge, numbered 22 Pleasant Street, given by Joseph Ferranti to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for First Home Mortgage Corporation dba First Home Mortgage Services, dated August 30, 2017, and recorded at Worcester County (Worcester District) Registry of Deeds in Book 57666, Page 108, 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 March 27, 2023 or you may lose the opportunity to challenge the foreclosure on the grounds of noncompliance with the Act.

Witness, GORDON H. PIPER, Chief Justice of said Court on February 7, 2023

Attest:  
Deborah J. Patterson  
Recorder  
February 24, 2023  
March 3, 2023  
March 10, 2023

**NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE**

Premises: 302 South Street, Douglas, MA 01516

By virtue and in execution of the Power of Sale contained in a certain mortgage given by David G. Lamontagne Sr. and Roseanna H. Lamontagne to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for Lendia, Inc, and now held by **Wells Fargo Bank N.A., as Trustee, for Carrington Mortgage Loan Trust, Series 2006-NC5 Asset-Backed Pass-Through Certificates**, said mortgage dated October 11, 2006 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 39966, Page 30, said mortgage was assigned from Mortgage Electronic Registration Systems, Inc. to Wells Fargo Bank N.A., as Trustee, for Carrington Mortgage Loan Trust, Series 2006-NC5 Asset-Backed Pass-Through Certificates by assignment dated June 21, 2011 and recorded with said Registry of Deeds in Book 47539, Page 16; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on April 3, 2023 at 04:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

*The land in Douglas, Worcester County, Massachusetts, on the easterly side of South Street, shown as Lot 2 on a plan entitled "Plan of Land owned by Noel A. & Sarah E. McKeon in Douglas Mass "Scale 1"-50' dated June 10, 1986 drawn by Andrews Survey & Engineering, Inc, Uxbridge, Mass., recorded with the Worcester District Registry of Deeds, Plan Book 564, Plan 68, and bounded and described as follows: BEGINNING at a point on the easterly side of South Street at the northwesterly corner of the herein described premises and at the southwesterly corner of Lot 1 as shown on said plan; THENCE N. 81 degrees 28' 24" E, by said Lot 1, a distance of 463.91 feet to a point at land now or formerly of McKeon; THENCE S. 07 degrees 00' 00" E. by said McKeon land, 185.000 feet to a point at Lot 3; THENCE S. 79 degrees 48' 63" W. by Lot 3, a distance of 479.67 feet to a point on the easterly side of South Street; THENCE Northerly by said South Street and by, a curve to the right, the radius of whose are is 970.00 feet, a distance of 98.97 feet to a Worcester County Highway bound; THENCE N. 01 degrees 12' 00" W. by said South Street, 101.03 feet to the point of beginning. Containing 2.08 acres of land, more or less, according to said plan. For title, see deed from Casiano B. Endriga and Susan T. Endriga dated June 27, 2002 and recorded in the Worcester South Registry of Deeds in Book 26914, Page 381.*

*The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.*

*For Mortgagor's Title see deed dated June 27, 2002 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 26914, Page 381.*

**TERMS OF SALE:** Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

**FIVE THOUSAND (\$5,000.00)**  
Dollars of the purchase price must

be paid in cash, certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within thirty (30) days after the date of sale.

Other terms to be announced at the sale.

Brock & Scott, PLLC  
1080 Main Street, Suite 200  
Pawtucket, RI 02860  
Attorney for Wells Fargo Bank N.A., as Trustee, for Carrington Mortgage Loan Trust, Series 2006-NC5 Asset-Backed Pass-Through Certificates  
Present Holder of the Mortgage  
(401) 217-8701

February 24, 2023  
March 3, 2023  
March 10, 2023

**NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE**

By virtue, and in execution of the Power of Sale contained in a certain mortgage dated September 13, 2021 given by Joseph H. Johnson, Jr., Trustee of BEDFORD FOREST REAL ESTATE DEVELOPMENT TRUST, u/d/t dated September 11, 2020, a Certificate of Trust of which is recorded with the Worcester County (Worcester District) Registry of Deeds in Book 63277, Page 214 to RD W SPV LLC, said mortgage recorded with the Worcester County (Worcester District) Registry of Deeds in Book 66066, Page 266, and which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 11:00 a.m. on the 13<sup>th</sup> day of March, 2023 at 0 (65-67) Prospect Street, Northbridge, Massachusetts, all and singular the premises described in said mortgage. To wit:

Property Address: 0 Prospect Street, Northbridge, Massachusetts

The land located on the westerly side of Prospect Street shown as Parcel "A" on plan of land entitled, "Plan of Land in Northbridge, MA" Scale 1" = 40 Feet, dated August 5, 2004, Owner(s) Estate of Bette Lou OoSterman, prepared by Guerriere & Halnon, Inc. and recorded with the Worcester District Registry of Deeds in Plan Book 815, Plan 89.

Parcel ID#: 0015-000220  
Property address is commonly known as: Prospect Street (Map 15, Lot 220), Northbridge MA 01588

For Mortgagor's title, see Deed recorded with the Worcester District Registry of Deeds in Book 63277, Page 217.

Premises to 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 and rights of any tenants and parties in possession, if there be any, 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. The successful bidder will pay all costs of recording the foreclosure deed and any other foreclosure documents including, without limitation, all state and county excise stamp fees, and shall also be responsible for any Title V inspection and repair requirements.

Terms of sale: A deposit of Ten Thousand and 00/100 Dollars (\$10,000.00) 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 to Baker, Braverman & Barbadoro, P.C., 300 Crown Colony Drive, Suite 500, Quincy, MA 02169 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. In the event of an error in this publication, the description of the premises contained in said mortgage shall control.

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

RD W SPV LLC Present holder of said mortgage By its Attorneys, Baker, Braverman & Barbadoro, P.C. 300 Crown Colony Drive, Suite 500, Quincy, MA 02169  
February 17, 2023  
February 24, 2023  
March 3, 2023

(SEAL)  
**TRIAL COURT OF MASSACHUSETTS  
THE SUPERIOR COURT  
Worcester Superior Court  
225 Main Street  
Worcester, Massachusetts 01608  
Docket No: 2285CV01207  
ORDER OF NOTICE  
BY PUBLICATION  
Jonathan M Nydam et al  
vs**

**Heartland Home Finance, Inc. et al**  
WHEREAS a civil action has been begun against you in our Superior Court by Jonathan M Nydam wherein it is seeking to;

Quiet title to the property located at 400 Quaker Street, Northbridge, Massachusetts and recorded in the Worcester County Registry of Deeds at Book 26551, Page 223 (the "Mortgage") be discharged.

Declare the rights and obligation of the parties by declaring that the Mortgage constitutes an unlawful cloud on title to be discharged forthwith.

Award Plaintiffs equitable relief by ordering that the Mortgage be discharged Order such other, further, or different relief as the Court deems just and proper.

We COMMAND YOU if you intend to make any defense, that on 03/24/2023 or within such further time as the law allows you do cause your written pleading to be filed in the office of the Clerk of Court named above, in said Commonwealth, and further that you defend against said suit according to law if you intend any defense, and that you do and receive what the Court shall order and adjudge therein.

Hereof fail not, at your peril, or as otherwise said suit may be adjudged and orders entered in your absence.

It appearing to this Court that no personal service of the Complaint has been made on the defendant a deputy sheriff having made a return on the summons that after diligent search he can find no one upon whom he can lawfully make service, a copy of which is hereto attached and made part of this notice, it is ORDERED that notice of this suit be given to them by publishing, once a week for three successive weeks, the last publication to be at least 20-days before said return day in the:

February 24, 2023  
March 3, 2023  
March 10, 2023



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# Sage Hurteau named to President's List at Coastal Carolina University

CONWAY, S.C. — More than 1,100 students were named to the President's List at Coastal Carolina University for the Fall 2022 semester, including Sage Hurteau, from Douglas. Students who made the President's List have achieved a 4.0 grade point average during the semester.

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

CCU offers baccalaureate degrees in 104 major fields of study. Among the University's graduate-level programs are 27 master's degrees, one educational specialist degree, and the doctorates in education and in marine science: coastal and marine systems science. CCU boasts a growing array of internship, research, and international opportunities for students, as well as numerous online programs through Coastal Online.

More than 10,300 students from across the country and around the world interact with a world-class faculty, and enjoy a nationally competitive NCAA I athletic program, an inspiring cultural calendar, and a tradition of community interaction that is fueled by more than 180 student clubs and organizations.

Visit [coastal.edu](http://coastal.edu) for more information.

# Local residents earn award from WGU

SALT LAKE CITY, Utah — The following local residents have earned an Award of Excellence at Western Governors University. The award is given to students who perform at a superior level in their coursework.

\* Filipe Araujo of Millbury has earned an Award of Excellence at Western Governors University College of Information Technology.

**ABOUT WGU**  
Established in 1997 by 19 U.S. governors with a mission to expand access to high-quality, affordable higher education, online, nonprofit WGU now serves more than 138,000 students nationwide and has more than 300,000 graduates in all 50 states. Driving innovation as the nation's leading competency-based university, WGU has been recognized by the White House, state leaders, employers, and students as a model that works in postsecondary education. In just 25 years, the university has become a leading influence in changing the lives of individuals and families, and preparing the workforce needed in today's rapidly evolving economy. WGU is accredited by the Northwest Commission on Colleges and Universities, has been named one of Fast Company's Most Innovative Companies, and was featured on NPR, NBC Nightly News, CNN, and in The New York Times. Learn more at [www.wgu.edu](http://www.wgu.edu).

# Kindergarten registration opens today in Douglas

DOUGLAS — The Douglas Public Schools will be accepting ongoing Kindergarten registration starting March 3. Registration packets will be mailed to eligible residents by March 3. The registration documents may be returned either in-person between 9 a.m. and 3:45 p.m.; mailed to Douglas Primary School, 17 Gleason Ct., Douglas, MA 01516; or via e-mail to [phannon@douglasps.net](mailto:phannon@douglasps.net). Please return all forms by March 31. Children eligible for Kindergarten in September must be five years of age on or before Sept. 1.

Parents must present their child's original birth certificate or a certified copy in person prior to March 31. Immunization records are also required with the returned registration paperwork. If you have any questions, please call (508) 476-2154.

# Caleb Visbeek earns spot on the Dean's List at Coastal Carolina University

CONWAY, S.C. — More than 2,700 undergraduate students at Coastal Carolina University were named to the Dean's List for the Fall 2022 semester, including Caleb Visbeek, from Uxbridge. Students who make the Dean's List have achieved a grade point average of 3.5 or higher (3.25 for freshmen) for the semester.

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

CCU offers baccalaureate degrees in 104 major fields of study. Among the University's graduate-level programs are 27 master's degrees, one educational specialist degree, and the doctorates in education and in marine science: coastal and marine systems science. CCU boasts a growing array of internship, research, and international opportunities for students, as well as numerous online programs through Coastal Online.

More than 10,300 students from across the country and around the world interact with a world-class faculty, and enjoy a nationally competitive NCAA I athletic program, an inspiring cultural calendar, and a tradition of community interaction that is fueled by more than 180 student clubs and organizations.

Visit [coastal.edu](http://coastal.edu) for more information.



# Winter Home & Auto

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**BRENDAN BERUBE**  
EDITOR

## EDITORIAL

# When winter heats up

It's no secret that this winter has been unseasonably warm. This mild weather is in part due to a weather pattern called Arctic Oscillation. This has been in a positive phase, keeping cold air trapped in the Arctic region, which permits warmer air to flow into the east.

Also contributing to the milder weather is La Nina, a climate pattern that is cooler than average sea surface temperatures. This pattern tends to create drier weather, especially in New England. Other causes have been attributed to the warming of the Earth's atmosphere due to the burning of fossil fuels, which alters weather patterns.

Jet Stream fluctuations affect weather, and experts suggest that they may have been weaker than usual this season, permitting warm air to flow north from the Gulf of Mexico into New England. Evidence suggests that New England winters have warmed increasingly over the years. The average winter temperature in New England has increased by roughly three to four degrees over the past 100 years.

As we know, this past winter did have some cold snaps, with places in northern New England seeing temperatures go down to negative 57 with windchill, but the trend has been overwhelmingly toward warmer temperatures. The impacts of a warming climate on the upper east and globally is complex. It's important for individuals to take climate change seriously.

Those who are unaware of history can repeat the most massive mistakes of the past, unknowingly and unwittingly, without intention. Boston's new Mayor, Michelle Woo, is not oblivious or unaware of history when it comes to political ideology. She knows full well the historical implications of bad public policy in history. Yet she has just introduced the repeat nightmare of rent control in Boston, which is still yet to be fully enacted.

Who can forget the calamity of "control boards," the fancy calculations based on the inflation rate and the absolute pro-tenant, faux legal system robbing every property owner of liberty to control the very property they supposedly own? Like the many deadly iterations of socialism that are in the book of historical failures, rent control has its own legacy of failure. I encourage you to investigate them.

Almost all market control by the government supports a "planned economic" approach which will always subvert freedom of choice. The policy supporters disguise it as one way to "level the playing field" with the best interest of fairness to the collective. Plainly stated, I believe rent control is more backdoor socialism. It supports large "professional" land ownership consolidation, government control of markets, and insertion of

### Letter submission policy

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

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

# OPINION

Opinion and commentary from the Blackstone Valley and beyond

## LETTERS TO THE EDITOR

### The prescience of Joseph Warren

To the Editor:

What I believe. Feel free to disagree. Time to be an American patriot.

Have you ever considered the inspiring words of Dr. Joseph Warren, who spoke on March 5, 1772, to honor the first anniversary of the Boston Massacre?

Who is Dr. Joseph Warren, you say? He is one of our most illustrious American patriots, doctor to the Founding Fathers and Mothers, early epidemic (smallpox) inoculator, and humble ordinary soldier who died on Bunker Hill.

According to the New England Historical Society, Dr. Warren died a martyr's death at the Battle of Bunker Hill on June 17, 1775. He was 34. British General Gage said Warren's death was "worth the death of 500 men." And the British earned it, with nearly 1,000 dead or dying after the Battle of Bunker Hill.

Warren was born in 1741 in Roxbury, outside of Boston. After studying at Harvard - back when it meant something - he practiced medicine. Being handsome, smart and charming, he married an heiress. Have you seen his portrait at the Museum of Fine Arts? It is something to behold. Smart, confident. Rebellious. Dangerous.

Dangerously, he joined Sam Adams and John Hancock as a member of the Revolutionary Sons of Liberty. He not only was a physician to folks such as John Adams, but he gave speeches and wrote newspaper essays. In April of 1775, he recruited Paul Revere and William Dawes to take their famous midnight ride to Lexington and Concord. He led a militia, harassing British soldiers as they wearily marched back to Boston after farmers in Lexington and Concord beat them. Farmers. Farmers with guns. Our students need to know this.

By June 13, 1775, the British planned to occupy the hills of Charlestown near Boston, but the plan leaked to the Sons of Liberty. Some suspected Mrs. Gage was a secret Revolutionary. Colonial leaders acted: 1,200 Americans stealthily took over Bunker Hill and built earthworks overnight.

The next day, Warren - even though he was a Major General in the Massachusetts militia - insisted on fighting as a private because he had no military experience. Alas, it would cost him dearly.

To the Editor:

Woke. Seems to be a pejorative thrown around this page with great intensity and glee. Let's consider a single example. No history today, just a quick example, and by the way, that term does have a long and, at times, rather colorful history.

Sarah Huckabee recently claimed that President Biden is the "...first man to surrender his presidency to a woke mob that can't even tell you what a woman is."

Sen. Rick Scott is very clear, and says definitively "Humans are born male and female, there are two genders, and to deny that is to deny science."

And there's Trump trying to out Desantis Desantis with "Donald Trump's new gender policy proposals — which would bar federal agencies from promoting "the concept of sex and gender transition at any age" and require the government to recognize male and female, as assigned at birth, as the only genders — are aimed both at his fervent base and the general electorate."

So logically, the "woke" must believe that there may be some ambiguity about this issue. And just for simplicity, we will assume that the unwoke know absolutely that there are only two genders, and that is based on science, according to Rick Scott.

However, the Cleveland clinic's Web site states: "People who are intersex have genitals, chromosomes or reproductive organs that don't fit into a male/female sex binary. Their genitals might not match their reproductive organs, or they may have traits of both.

Being intersex may be evident at birth, childhood, later in adulthood or never. An estimated 1 in 100 Americans is intersex. Around 2 percent of people worldwide have inter sex traits."

### Injustice is not the solution to injustice

To the Editor:

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It cost the British dearly too. At least a thousand British soldiers were killed or wounded. But this defeat set the stage for the British General hesitating in the Battle of Long Island, New York, allowing Washington and our troops to escape.

On June 17, 1775, Warren fought behind the earthworks. The patriots exhausted their meager ammunition. Retreat was ordered, but Warren remained as the British made the final assault on the patriot earthworks.

Unfortunately, British soldiers had witnessed some of Dr. Warren's fiery speeches at Old South Meeting House. They passionately wanted him dead. So as the British came over the earthworks, an officer recognized Warren and shot him, point blank. He died instantly. They mutilated his body and buried him right on the battlefield.

Paul Revere identified his body by the silver dental work he had done for Warren. Another friend wrote to his wife of "inexpressible grief." Dr. Warren was killed "in a manner more glorious than the fate of Wolf on the plains of Abraham (Quebec, Canada)."

Do school children learn this today? Or, are they too indoctrinated into Broke Woke World? Too busy on social media to learn history or math?

How did I come to be thinking of Dr. Warren? In reading "A Fallen Sparrow" by Lynne Tagawa, she described Dr. Warren's speech on March 5, 1772, the first anniversary of the Boston Massacre. How the British and Loyalists hated him, for this is what he said in addressing British tyranny:

"If we complain, our complaints are treated with contempt. If we assert our rights, that assertion is deemed insolence. If we humbly offer to submit the matter to the imperial decision of reason, the sword is judged the most proper argument to silence our murmurs." Kinda like today.

"There is nothing new under the sun." Ecclesiastes 1:9, The Bible.

signed, an amateur historian and American patriot,

Bev Gudanowski  
Uxbridge

PS.: I commend Toby Moore on his splendid column about Jesse Owens.

Further, according to the Cleveland clinic, "People who are intersex have a range of gender identities, just like everyone else. Some people who are intersex consider their gender to be intersex. Others identify as female, male, nonbinary or a different gender."

Seriously, perhaps their contributions represent only what we can know today in 2023 about gender. Ten years from now, perhaps their Web site may offer different assessments as we learn more. In the near term, it is likely to suspect that the unwoke will continue to deny what science has to say about this in 2023, but for what reason? I suspect it as simple as fear: Fear of the unknown. Fear that they may have to confront their personal world views that may not hold up to much scrutiny. It is simply easier to think of gender as a binary choice than to have to acknowledge a more inclusive view that considers a continuum of choices. Shouldn't more information makes us more understanding about the diversity of human experience? See the danger here, the unwoke continue to refuse to expose their fallacious thinking to any critical review of what we know now in 2023. The "Optimal Gender Policy" of the 1950s, etc. was a horrible time for this population - their freedom and ability to choose how to live was often denied. We want to base our 2023 politics on that? Been there done it... already.

This isn't a religious issue nor a moral one, but certainly a personal one. And as it turns out, a dynamite one for pandering to the unwoke while running for office.

Finally, Cleveland Clinic states: "Being intersex isn't a disorder, disease or condition."

And I would add it's just very human.  
Linda Lacki  
Northbridge

massive bureaucracy.

In truth, the cure for the ills of the rental markets which are actually caused by several types of bureaucracy in place now, can't be cured by more bureaucracy. The roots of this problem are ingrained in the whole financial-governmental system itself, which Mayor Woo can hardly begin to solve. Even the admittedly abnormal 118th U.S. Congress currently installed saw fit to renounce the evils of socialist ideology with House Concurrent Resolution 9, passed in congress Feb. 2, and referred it to the Senate on the 7th.

We the people must also stand up to this repeat attempt at failed policy and denounce it as another attempt at socialism. It must always be remembered, that we the sovereign people established a government and gave it limited authority to protect our life, liberty and pursuit of happiness. We prescribed those limitations in our original constitution. An ideal objective of the pursuit of happiness should always be a fair distribution of wealth based on merit with maximum participation by all. This can never be accomplished by exceeding the limitations of the constitution and impinging on the very property rights and liberty the constitution protects. You cannot solve injustice with more injustice.

Philip M. Landry  
Douglas

## Simple Meatless Recipes



TAKE  
THE  
HINT  
KAREN  
TRAINOR

While people avoid eating meat for a myriad of reasons, during the Lenten season, even more of us jump on the no-meat bandwagon - even if just a day a week.

If coming up with interesting meatless meals is testing your culinary creativity - read on. This week's column will feature some easy, yet delicious Lenten recipes that are so yummy, your family won't even miss the meat. Best of all, you can whip up these winners in practically no time flat!

**Old Fashioned Mini Clam Cakes**

What is more nostalgic than Friday night drive-in movies and clam cakes? These concession stand favorites are easy and fun to make. (Is my boomer age showing?) Serve clam cakes up with a bowl of chowder for a rich and hearty main dish meal. Note: Recipe can be doubled

Ingredients: two eggs; one half cup clam juice; one half cup milk; dash pepper; one and one half cups flour; one quarter teaspoon salt; three teaspoon baking powder; one 6.5 ounce can minced clams or equal weight of fresh, chopped clams.

Directions: Beat eggs. Add milk and clam juice. Sift flour, baking powder, salt and pepper. Add the minced clams to the sifted flour and then add enough of the liquid to make a thick, lumpy batter. Drop batter by tablespoon into 375 degree oil. When one side is cooked, the cakes will roll over by themselves. Drain on brown paper and serve immediately with chowder.

Baked version: Drop by tablespoon on a parchment lined cookie sheet. Cook at 425 degree oven for about 20 minutes until lightly and crispy - or try the air fryer with the same temperature (time till doneness will vary)

**Shrimp & Alfredo Sauce a la Olive Garden**

If you read this column, this recipe is familiar, but since it is the one most people ask me for, it bears repeating on an annual basis! Yes it is very delicious, but it is also very rich and high in calories. However, after one bite, you'll likely agree it's worth the risk!

Ingredients: one eight ounce package cream cheese, cut into pieces; 3/4 cup grated Parmesan cheese; eight tablespoons butter; a half cup milk; one half to one pound fresh peeled and deveined shrimp.

Directions: Place first four ingredients in large saucepan over medium heat. Stir constantly until thickened and remove from heat as soon as it gets hot. Add fresh shrimp and stir until warmed. Serve over eight ounces of cooked fettuccini. Recipe can be doubled.

**Deep Dish Tuna Fish Pie**

Homemade pot pies are one of winter's simple pleasures. And with this easy recipe, you can whip up this comfort food supper with little time and effort!

Ingredients: One uncooked deep dish pie shell (you can use the premade ones); one medium potato, diced; one quarter cup water; one can cream of mushroom soup; one third cup milk; one third cup Parmesan cheese; one can of tuna; one tablespoon lemon juice; three quarters of a teaspoon of. Dill weed; one quarter tsp. pepper; one pound package of frozen vegetables, or use leftovers.

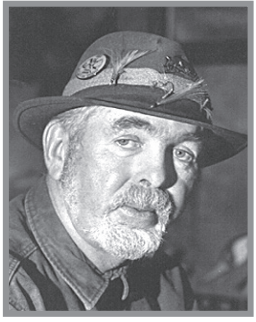
Directions: Prepare pie crust. Set aside. In a large skillet cook onion and potato in water, covered, about seven minutes. Drain off liquid, stir in soup, milk, cheese, lemon juice and spices. Cook and stir until bubbly. Stir in frozen veggies and tuna. Spoon into an ungreased two quart casserole. Prepare pastry and fit over top of casserole and cut slits for steam to escape. Brush crust with a beaten egg. Bake in a 400 degree oven for about 40-45 minutes.

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 renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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



# Saltwater fishermen under attack



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

The saltwater fishing public is under attack by both Mass. and Rhode Island fishing regulators. Fishing bag limits are being reduced every year for the recreational angler, and the commercial limits are being increased every year. Seabass populations exploded in both states in the past 10 years, but fishing regulators continued to decrease bag limits to three fish in Rhode Island in the springtime, and Mass. is proposing a reduction in the springtime fishing to four fish this year? Fluke fishing limits in Rhode Island and Mass. are also stacked against the recreational angler, with commercial rod & reel anglers catching and retaining 14 inch fish while recreational anglers need to retain 18 inch fluke in Mass., and 17 inches in Mass. last year. Who knows what the regulators will dream up this year for fluke fishing anglers?

Commercial dragnets in Rhode Island have dragged the bottom of the ocean so many times, there is little seaweed growth on the ocean's bottom to provide a place for the fish to feed & grow! In past years, you could tell that dragnets had been working the area prior to your day of fishing, as seaweed was floating on the top of the water in many areas. Some of the floating seaweed was great for small baitfish to hide, and it also provided a great place for hungry fish to hang out, &

provided a great place for rod & reel anglers to catch some big fish.

Rhode Island winter flounder fishing has been devastated by commercial fishing to a point that most of Narragansett Bay is closed to flounder fishing for a number of years now. Only 20 or so years ago winter flounder fishing was providing some great recreational fishing for these tasty eating fish. I do need to admit that Cormorants and other shore birds also had a huge negative impact on the winter flounder fishing. Arriving at the boat ramp at Galilee, R.I., these birds, mostly cormorants, were feeding heavily on baby flounder that were scattered along the shoreline in shallow water. Winter flounders can live as long as 18 years and females can produce up to 1.5 million eggs in the springtime when they spawn. NOAA fisheries claim that the winter flounder populations are in great shape, but they forgot to check on the Rhode Island populations, as they claim that the winter flounder are not subject to overfishing! Cormorants are a shore bird that has no natural predators, and are protected from any form of hunting, allowing their populations to grow annually.

We need to get serious about how we manage our waterfowl, and to take the necessary steps to keep a healthy balance among all of our wildlife. Mute

swans are also getting out of control and are polluting our drinking water. They are also extremely territorial and will drive ducks and geese away from the areas that they inhabit. Some hunters feel it is time to have a hunting season on the swans, but that would bring an uproar from the bird lovers. No matter what, something needs to be done to slow the population growth of this majestic bird.

Shaking the eggs while in the nest could work, but it needs to be done under strict supervision of Fish & Wildlife!

This Saturday, the Singletary Rod & Gun Club will hold a hunting and fishing flea market at their club house in Oxford, Mass.! The event will start at 9 a.m., and will feature many sportsmen selling old, slightly used and also new items. If you hunt or fish, you need to attend this event. There could

Courtesy

(Right) This week's picture shows Steve with a couple of nice rainbow trout caught recently at the Uxbridge Rod & Gun Club.

be some great treasures available. It is open to the public!

Do not forget the upcoming Northeast Saltwater Fishing show on March 10-12. More next week!

Take A Kid Fishing & Keep Them Rods Bending!



## Keep your houseplants safe from cats



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

Growing houseplants when curious cats are in the house can be challenging. We want our cats to be safe and happy while keeping our houseplants intact. You can accomplish both with a few simple strategies.

Boost indoor gardening success by selecting plants suited to your home's growing conditions and gardening style. Then be sure to remove any toxic plants to ensure your pet's safety. Consult with your veterinarian and visit the American Society for the Prevention of Cruelty to Animals (ASPCA) website for a list of pet-safe and toxic plants.

Create a list of all the plants you are growing. Include both common and botanical names for accurate identification. Do a bit of research on the care they need and their toxicity to your pets. If you suspect your pet has ingested a toxic plant, you'll have the proper plant name when contacting your veterinarian.

Match the pet-friendly plants you select to their preferred light conditions. An east- or west-facing window provides enough light for most indoor plants. Keep those that need brighter light within two feet of a window. Those that prefer lower light can be grown near a north-facing window or up to six feet back or off to the side of an east- or west-facing window.

Keep toxic plants out of the reach of curious cats. This can be challenging if your cat is skilled at jumping and climbing. There are so many beautiful houseplants it may be safer to simply avoid those that are toxic.

Make your houseplants less appealing to your cat with the smell of citrus. Spray a mixture of lemon, lime, or orange juice diluted with some water on the leaves of your plant. Or purchase one of the commercial mixes. If you don't want to spray your plants, place citrus peels in the pot.

Give your cat a pot of grass to nibble on and enjoy instead of your houseplants. Most cat grass kits contain wheatgrass, oat grass, ryegrass, or a mixture of these.



Courtesy — True Leaf Market

Cat grass kits are easy to grow and provide fresh, healthy wheatgrass, oat grass, and/or ryegrass for cats to nibble on instead of your plants.

A pot of cat grass can help entertain your cat, provide fiber and some micronutrients, and aid in digestion.

There are several theories as to cats' attraction to greenery. One theory suggests plants were used to help them regurgitate undigested parts of their prey. Many cat owners find it also works for hairballs. Another theory suggests that greens provide vitamins and minerals, may promote health, and aid in digestion.

## A warrior for justice

POSITIVELY  
SPEAKING

TOBY  
MOORE

Some events are so heinous that finding a positive aspect can be challenging. In these situations, the only ray of hope that remains is justice & accountability.

Erin Brockovich is a renowned environmental advocate who Julia Roberts depicted in the blockbuster film bearing her name. She was a leading force in bringing down a California power company that knowingly contaminated California's water supply, leading to a surge in illnesses across the area. Erin stood up for the people destroyed by this environmental injustice - and won.

At the time, Erin was a single mother working as a legal assistant. Not someone we'd associate with having a powerful position capable of bringing Justice against such a giant corporation.

Clean water is a cause we can get all get behind.

As you probably heard, a train carrying a hazardous chemical known as Vinyl Chloride derailed near East Palestine, Ohio.

Brockovich alleges the authorities then conducted a controlled chemical burn by dumping it into a bare hole, contaminating the water table, and setting it on fire.

The pictures in the media looked like they came from a war zone. It turns out that burning Vinyl Chloride produces a poisonous gas that the Germans used in World War I, which can lead to a heightened risk of rare liver, brain, and lung cancers.

Brockovich began hearing from the community the very next day.

She quickly formed an organization called East Palestine Justice, consisting of attorneys, environmental activists, and scientific and medical experts. Her website states they are unafraid of taking on those that injure people in the blind pursuit of profit.

In a television interview on a major network, Brockovich was frustrated that the government had issued contradictory and confusing statements about what the residents should do. They said it was ok to drink the water; then they said to drink only bottled water.

Many farm animals in the area are dead and dying. Many locals claim they are dealing with headaches, difficulty breathing, rashes, projectile vomiting, the onset of asthma attacks, and more.

In the watershed around East

Palatine, some estimate up to 43,000 fish are now dead, and many of the animals that drink from the local waters are also sick or dying.

Brockovich said, "It's a canary in a coal mine; if it's not good for the animals, it's not good for humans."

She claims a severe lack of transparency and, some say, a coverup. A new federal lawsuit says wild animals are dying as far as 20 miles from the site.

The Ohio Governor said, "Out of an abundance of caution, we have told people, use a bottle of water; don't take a chance."

He then seemingly encourages people to throw caution to the wind by drinking residents' tap water on TV.

Brockovich has been made aware that another compound called Butyl Acrylate has been detected outside the containment area and headed for the rivers.

"What worries me about the chemical is an additive connected to Butyl Acrylate... Benzene. If Benzene is in the water, that is a Game Changer; Communities need to be on high alert!"

What are the downstream effects? The chemicals will eventually make their way into the Ohio River and then flow into the Mississippi and down to the Gulf of Mexico.

As Brockovich wades through the data, what frustrates her is the lack of information given to us by the agencies that have deemed it safe for residents to return to the area.

She states matter-of-factly, "We have a real systemic problem in this country, aged out infrastructure, lack of maintenance; profits over people."

There is no positive spin here other than it may cause those in charge to create better safety protocols for the future so this doesn't ever happen again. That will only happen if people get involved and demand accountability.

The right to clean water is a fundamental human right, and anyone who commits environmental crimes that jeopardize the health of millions must be held accountable.

Erin Brockovich is a giant slayer, and has proven capable of overcoming tremendous odds. My hopes and prayers are with her and the people affected by this catastrophe.

## LETTERS TO THE EDITOR

### Picked up pieces

To the Editor:

In anticipation of the Biden administration bashing that is sure to appear in these pages, I offer the following regarding the Ohio train crash:

"In 2018, the American Association of Railroads spent \$4,737,989, and Norfolk Southern spent \$1,025,330, on lobbying to reverse the Obama era high-tech electronic braking system rule, that was designed to prevent disasters like this. Trump then reversed the rule, as part of his de-regulation campaign. Yet he showed up in Palestine, OH, handing out bottles of 'Trump Water'. Trump Water went out of business in 2015. I wonder if he found the 8-year old bottles next to all those classified documents, at Mar-A-Lago? At least he didn't throw paper towels into the crowd, as in Puerto Rico.

This is getting embarrassing: "Wikipedia must be a fake encyclopedia." our humble correspondent says, sarcastically.

In fact, Wikipedia is a multilingual free online encyclopedia written and maintained collaboratively, by a community of anonymous volunteers: anyone with Internet access and not blocked, can write and make changes to Wikipedia articles.

Interestingly, the following 'antifa' statements from the 'encyclopedia' were omitted by our 'local patriotic insurgent and realist: "Most 'antifa' political activism is nonviolent, involving poster and flyer campaigns, mutual aid, speeches, protest marches, and community organizing"; "Many right-wing politicians and groups have characterized antifa as a domestic terrorist organization or use antifa as a catch-all term for any left-leaning or liberal protest actions."; "There have been numerous efforts to discredit antifa by various right-wing groups and individuals. Some have been

done via hoaxes on social media, many of them false flag operations originating from alt-right and 4chan users posing as antifa backers on Twitter; some hoaxes have been picked up and portrayed as fact by right-leaning media and politicians. There were repeated calls by Donald Trump and William Barr to designate antifa as a terrorist organization despite the fact that it is not an organization." Hmmm...

Even I can make an entry to Wikipedia. In fact, I am going to make one to commemorate, for posterity, our humble correspondent. Can't wait for the sarcasm then.

So African Americans have been forced to have abortions, by the KKK, Planned Parenthood and Democrats? What happened to that old trope used to criticize welfare recipients— "every 10 minutes, a black woman gives birth to an illegitimate baby?"

No one in his right mind would deny that systemic racism existed in America. Racist segregation was openly practiced in the South until the 1950's. If it exists today, it is less obvious. We still hear of redlining, payroll inequality, minority mortgage terms, and other subtle manifestations. Not to mention the number and frequency of killings of unarmed black men by police. The Dept. of Homeland Security has identified 199 known white supremacist groups in America. We should not be afraid of, nor hiding from our history. CRT is not a threat to college-age students. We learn from our mistakes, as well as from our achievements. But solely quoting black men who are long dead and buried, and who's opinions on the cause of African American problems were in reaction to the conditions of their time, is disingenuous, and self-serving at best.

Rick Bevilacqua  
Whitinsville

# SPORTS

## Clark Tournament Large Schools Final Scoring drought plagues Northbridge in loss to Gators



Nick Ethier



Nick Ethier

Northbridge's Molly Gahan squeezes through a trio of Grafton defenders while dribbling the ball.

Erika Dresp of Northbridge shields the ball away from a Grafton defender.



Nick Ethier

Northbridge's Hannah Drenzo releases a free throw attempt versus Grafton.



Nick Ethier

Melissa Sabourin of Northbridge eyes the basket while driving into the lane.

BY DEAN P. ST. LAURENT  
SPORTS CORRESPONDENT

WORCESTER — The Clark Tournament returned after a two-year hiatus and with it came a girls' tournament for the first time since 1973. On Wednesday, Feb. 22, the Northbridge High girls' varsity basketball team took to the court at the Kneller Athletic Center against Grafton High for the Large Schools Championship following wins in each of their semifinal round matchups.

Unfortunately for the second seeded Rams following a hard-fought and back-and-forth first quarter, a scoring drought in the second period gave No. 1 Grafton a comfortable 26-12 lead going into halftime. The Gators remained consistent and defeated Northbridge, 46-27, to win the Clark Championship.

"We have been trying to play inside-out most of this year," explained Northbridge head coach Jeff Kozik. "Get to the hoop and make a good decision once we get there, either finish or kick to the open shooter. We tried to do it tonight, we got to the free throw line a little bit, didn't have a lot of success there either, but my girls played hard and I am happy how they fought until the end."

Despite being down double-digits coming out of the half, the Rams kept doing their best to get something going offensively. They found a rhythm midway through the third when sophomore Molly Gahan scored all eight of her team's points in the period from the 4:26 mark. Gahan ended the game with 11 points, all coming in the second half of the contest.

"Grafton went zone, and we put her (Gahan) in the middle of the zone," stated Kozik. "She is a sophomore, but she is very talented. She has a good size and finishes well around the hoop. She got going against that zone and gave us a little bit of a spark."

Although the Rams didn't come out with the win, Northbridge was happy for this tournament to keep playing in between practices for their postseason run.

"We've got another week before States and the way the play-in games work we might have a bye, so it was good to keep playing this week, keep them active and together," Kozik stated. "Mix in a game with all of our practices."

Kozik added: "It is a great opportunity. It is an awesome tournament. They do a great job here. So thankful to Clark for hosting us. First class all the way. It is also great for our girls, experience heading into the playoffs. We would've liked to keep it a little closer and had a better game tonight, but hats off to Grafton. They did a great job. That is a good team. It is a good experience to play in a college court in front of a crowd."

The postseason brackets were revealed on Saturday, Feb. 25, and the Rams will face a familiar opponent in the Division 4 State Tournament. No. 15 Northbridge (13-7) will square off with No. 18 Uxbridge High (11-8) in the Round of 32. The Rams will host the game on Friday, March 3 at 6 p.m.

The teams split a pair of regular season games, the away team winning both contests. And they also played in the semifinals of the Clark Tournament, Northbridge winning that game, 38-27.

### Friday's Child



Yomiah  
Age 12

Hi! My name is Yomiah and I love music!

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

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

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

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

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# SPORTS

## Rams take on State Tournament favorite Medfield in regular season finale



Nick Ethier

Northbridge goalie Zach Menard focuses on the incoming puck to make one of his 27 saves versus Medfield.



Nick Ethier

Ryan Ruzzo of Northbridge collects the puck and skates down the ice.



Nick Ethier

Northbridge's Joe Sullivan prepares to flick a pass over toward a teammate.



Nick Ethier

Patrick Schrafft of Northbridge flips the puck past Medfield's Owen DuRoss.



Nick Ethier

Northbridge's Brett Flanders heads down the ice carrying the puck with a full head of steam.

MARLBOROUGH — To prepare themselves for the upcoming Division 3 State Tournament, the Northbridge High co-op ice hockey team took on Medfield High on Wednesday, Feb. 22 at the New England Sports Center. It was the regular season finale for both the Rams and Warriors.

And Medfield finished its regular season slate with an outstanding record of 17-2-1 after defeating Northbridge, 7-2. The Warriors, who picked up goals from James Tyer (two), Zachary Palmer, Charlie Hardiman, Kevin Arthur, Benjamin Lusby and John Sanderson, are one of the top teams in the D3 bracket.

et. Medfield earned the No. 3 seed and will play No. 30 Old Rochester Regional (9-10-1) in the Round of 32.

The student-athletes from Northbridge, Uxbridge High, Sutton High and Nipmuc Regional — which combine forces for the Rams' co-op — had goals from Connor DaSilva and Ryan Ruzzo. Goalie Zach Menard made 27 saves in the losing effort.

Northbridge finished its regular season with an even record of 10-10 and are seeded 25th in the same Division 3 bracket. The Rams will play at No. 8 Essex North Shore (17-1-2) in the Round of 32. That game will take place on Thursday, March 2 at the Essex Sports Center at 6:40 p.m.

## Whitinsville Christian boys win CMADA title, while Lady Crusaders fall in championship game

WORCESTER — On Saturday, Feb. 25, the Whitinsville Christian School's varsity basketball programs embarked on Assumption University's Laska Gymnasium for the finals of the Central Mass. Athletic Directors Association's (CMADA) Class D Tournament. The top seeded boys' team defeated No. 3 Saint Bernard's High, 53-36, while the same two squads met in the girls' bracket, but the second seeded Crusaders fell just short against the top ranked Bernardians, 38-32. Whitinsville Christian's boys' team (15-6) will next take part in the Division 4 State Tournament. They are seeded 23rd and will play at No. 10 West Bridgewater High (15-4) on Thursday, March 2 at 5 p.m. in the Round of 32. On the girls' side, the Crusaders (8-12) are ranked 31st in the Division 5 State Tournament and hosted No. 34 Nashoba Valley Tech (14-6) in a Preliminary Round game on Wednesday, March 1, after press time.



Photo courtesy Central Mass. Athletic Directors Association

# SPORTS

## Blackstone Valley Tech upends Minutemen in State Voke Tournament opener

*Beavers then fall short in championship; Bay Path boys' team edged in first round*



Nick Ethier



Nick Ethier



Nick Ethier

Bay Path's Kortnie Adams handles the point guard position and drives the ball across the midcourt line.

Terry Simon of Bay Path rotates the ball around her right hand before attempting a foul shot.

Bay Path's Alison Welton finds a hole in Blackstone Valley Tech's defense and releases a midrange jump shot.



Nick Ethier



Nick Ethier



Nick Ethier

Anika Ferrantino of Bay Path looks ahead while dribbling the ball into Blackstone Valley Tech's side of the court.

Blackstone Valley Tech's Lillian Bousquet goes in for the steal against Bay Path's Kortnie Adams.

Kasey Reeves of Blackstone Valley Tech chases after a loose ball.



Nick Ethier



Nick Ethier

Blackstone Valley Tech's Mara Keane flings a pass away from Bay Path's defensive unit.

Ella Rogozenski of Blackstone Valley Tech gets out of a Bay Path defensive double team by firing off a pass.

**BY NICK ETHIER**  
SPORTS EDITOR

UPTON — For their efforts through a grueling 20-game regular season schedule, both the Blackstone Valley Tech and Bay Path Regional girls' varsity basketball teams earned the right to take part in the four-team State Vocational Large Schools Tournament. The second seeded Beavers hosted the third ranked Minutemen on Friday, Feb. 24.

And Valley Tech shook off a slow start, eventually took a halftime lead and ultimately won a 14-point decision over Bay Path, 55-41. The Beavers won without the services of starting point guard Skyla Jack.

"We've had to adjust. Our main point guard, Skyla Jack, is out with an injury, so she's the person who's always initiating the steals and then the transition," explained Valley Tech head coach Nathalie Christiansen.

Christiansen added that, at times, playing without Jack has led to the other Beavers being "afraid to take those risks," of managing steals. But active hands on the defensive end allowed BVT to win the second quarter over the Minutemen, 20-9, as they led at the break, 30-23.

Bay Path then won a low scoring third quarter, 10-8, to trail by five points, 38-33, as play moved to the final frame. And the Minutemen were still well within reach at 41-35 with 4:44 remaining, but Valley Tech's Danika Kirby drained a well-timed 3-pointer to extend the advantage to 44-35.

From there, the Beavers put the game away with a run of 11-6.

"She's stepped up big, especially that Skyla's hurt. She's sort of taken a lot of that brunt on her shoulders. She's stepped up to the plate big time," Christiansen said of Kirby, who scored a game-high 18 points, many of those baskets coming at "critical" junctures. "She's been double digits the past couple of games, and it's been huge."

Another factor in Valley Tech's victory was its rebounding, as they won the battle of the boards by a 44-38 count. The Beavers' Kasey Reeves (12 points, 15 rebounds) and Mara Keane (14 points, 10 rebounds) were instrumental while posting double-doubles.

"If we can beat them on the little things, whether that's loose balls or boxing out, then we'll win the game. That's a huge thing because it gives us momentum," explained Christiansen.

Valley Tech was looking to repeat as State Vocational Large Schools champions. But the Beavers couldn't get past seeded Greater Lowell Tech when they played on Saturday, Feb. 25. The Gryphons won the game, 56-40.

The Beavers (15-7) will next take part in the Division 4 State Tournament. Valley Tech is ranked 19th and will play at No. 14 Easthampton High in the Round of 32 on Thursday, March 2 at 5 p.m.

Bay Path, meanwhile, was pleased with how they played against the Beavers.

"I thought that we were evenly

matched and I thought that down the stretch we made a few turnovers and they made a few shots in transition, but I think overall, if you look player to player and play to play, we played with them," said interim coach Rick Carrero, who was filling in at this game for head coach Joanna Gogan. "It (the deficit) didn't feel like 14 points."

In the limited time he had with the Minutemen, Carrero was pleased with the way the girls worked as a cohesive unit.

"What I thought today they did very well that they hadn't been doing is playing as a team. No matter what grouping was out there, they played with each other and they talked. It's something you want going into the State Tournament," said Carrero.

Terry Simon (10 points, 12 rebounds), Alison Welton (11 points) and Kendall Bond (7 points, 11 rebounds) were Bay Path's top performers against Valley Tech.

The Minutemen (15-6) are No. 25 in the same Division 4 State Tournament as Valley Tech and will play at No. 8 Mashpee High on Thursday, March 2 at 6:30 p.m.

"They're ready to go. I haven't seen a basketball team that works as hard as they do at practice, and that's what I was very impressed with this week. Going into the States, that's a good thing," said Carrero.

Bay Path boys edged by Lynn Tech in opening round — On Friday, Feb. 24, the Bay Path Regional boys' varsity bas-

ketball team also took part in the State Vocational Large Schools Tournament. The fourth seeded Minutemen played at No. 1 Lynn Vocational Technical Institute.

And, despite playing the top seed, Bay Path stayed well within reach. It wasn't to be, though, as Lynn emerged victorious, 53-48.

Al Greenough, head coach of the Minutemen, noted that the game was tied at 46-46 with two minutes to play.

"We had several chances to take the lead but shots wouldn't fall," Greenough explained. "They finally hit a shot with 30 seconds left and then after we turned the ball over after the next possession we had to play the foul game and they hit their foul shots."

Bay Path, which was down 19-8 after the first quarter and 35-24 at halftime, won the third quarter, 12-4, to make a game of it. The Minutemen were led by Corey Scovil (14 points, 12 rebounds), Peter Barbale (13 points) and Jon Nussey (11 points).

"So proud of the way our kids battled back," said Greenough. "After the first period, it would have been easy to give up. But this team never gives up. They play hard the whole game. Defense kept them in this game and gave them a chance to win at the end but the shots just didn't fall."

Bay Path (14-7) will next play in the Division 4 State Tournament. The Minutemen, seeded 24th, will play at No. 9 Manchester-Essex Regional in the Round of 32 on Friday, March 3 at 7 p.m.



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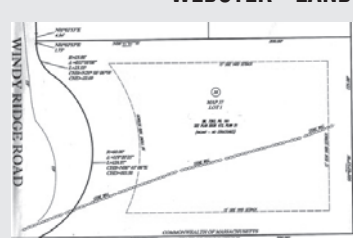
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# WCS welcomes Dr. Abbondanza for community event

WHITINSVILLE — Whitinsville Christian School is pleased to welcome Dr. John Abbondanza, a specialist in vision therapy and vision-related learning problems, for an informative presentation regarding the critical link between vision and learning. The

event will be held at WCS, 279 Linwood Ave. in Whitinsville on Wednesday, March 22, at 5:15 p.m. Admission is free and all interested parents, guardians, and educators are invited to attend. Dr. Abbondanza graduated from Milford High School, Boston College, and from

the New England College of Optometry. He lectures nationally and internationally to optometrists, educators, occupational therapists, and other groups about Behavioral Optometry and vision therapy, and teaches the Optometric Extension Program Foundation

Clinical Curriculum courses on vision therapy. He is in private practice at Vision Care Specialists in Southboro, with a specialization in vision therapy and vision related learning problems. Please RSVP at whitinsvillechristian.org.

## BFIT

continued from page A1

the person who is not afraid to go against the grain, rise up for what they believe in, and above all, stand tall in the face of adversity. Veterans and those who support them embody the mohawk. When you get a mohawk in support of veterans, you become a part of a movement that is greater than oneself.

"Thank you to all of you who so generously donated to our team," the Sutton department added.

In Uxbridge, members of the police department also participated in the event.

"Wish them luck as they climb up

and down all the stairs in the facility and run around each level of the building, including the new Verizon Tower," the department shared before the event earlier this month.

The 2023 BFit Challenge was the Bruins' 7th annual event. BFit's mission is to "encourage movement and promote healthier living throughout New England," the Bruins shared.

"Boston Bruins pledge to use their expertise in professional strength & conditioning, nutrition, physical therapy, and community as a platform to bring fitness to everyone in the community. Why fitness? Not everyone is a professional hockey player, but everyone can agree on the importance of health, wellness, and exercise."

coach for the JV boys' basketball team.

Mr. Boudreau has worked in the technology field for the past 30 years. He is a Senior Engineering Manager at an international software company, where he travels globally to support technology implementations. He also manages an international team of nine software engineers.

Saint Joseph School has also benefited from Mr. Boudreau's expertise. For many years, he coached the school's Lego Robotics teams. During that time, the teams received regional awards, which led to two State Championships in 2016. In addition, in 2018, the SJS team, "The Metallic Meteorites," was named the Most Inspirational Team at the State Championship Tournament at WPI.

Mr. Boudreau also volunteers as a Saint Joseph School Technology Committee member and is a liaison for all technology decisions. In addition, he assists with Drama Club productions, streaming the monthly awards assemblies, and more.

Mr. Boudreau grew up in Leominster, and resides with his wife and children in Douglas. His three sons graduated from Saint Joseph School: Noah in 2015, Seth in 2018, and Dale in 2021. In addition, his daughter, Leah, will graduate from Saint Joseph School this spring. He believes in living by example and is proud to be part of the Saint Joseph School community. Congratulations, Mr. Boudreau!

## CONCERT

continued from page A1

"spectacular and rousing flag-waving experience with unparalleled music at this family-friendly event."

"Featuring Boston Symphony Orchestra and Pops brass players, the program includes some of the most demanding works ever written and arranged for brass including 'Crown Imperial' (Walton), 'Finlandia' (Sibelius), 'Variations on America' (Ives), 'Resurrection Symphony Finale' (Mahler), 'Irish Tune from County Derry' (Grainger), 'Nimrod' (Elgar) and 'Semper Fi' (Sousa)," the event organizers released. "Also on the program are 'Taps' and 'Retreat' (Butterfield) specially arranged for the 'The President's Own' United States Marine Band by former USMC arranger Thomas Knox."

According to Northbridge Brass Endeavors, there is a limited supply of free tickets for residents of towns whose Local Cultural Councils granted support, including Grafton, Millbury, Northbridge, Uxbridge, and more.

"And there is more than just brass. Mezzo-soprano Heather Gallagher sings the 'Star Spangled Banner' and 'America the Beautiful' with unique arrangements for solo voice and brass," a press statement reads. "In addition,

Shakespearean scholar Robert Lublin, PhD. Professor of Theatre Arts, UMASS Boston, sets the mood with a special presentation prior to 'Romeo and Juliet' (Sergei Prokofiev arranged for brass by Joseph Kreines). We will also be joined by WGBH/WCRB's Brian McCreath as our emcee and Lawrence Isaacson as our Music Director."

Discounted tickets are available to active-duty military and veterans, first responders, and dependent family members, as well as EBT, WIC, and CC cardholders.

"Free tickets are available exclusively for residents of towns whose Local Cultural Councils (LCCs) granted support to the event," Northbridge Brass Endeavors shared. "Quantities of discounted tickets are limited."

Tickets went on sale today, March 3, at midnight; all attendees are required to have a ticket. For more information, visit [www.northbridgebrass.com/ab2](http://www.northbridgebrass.com/ab2).

The Afternoon of Brass #2 is supported in part by grants from 18 Local Cultural Councils, including Bolton, Boylston, Concord, Dudley, Grafton, Holliston, Lancaster, Lincoln, Medford, Millbury, North Reading, Northbridge, Paxton, Revere, Spencer, Sterling, Uxbridge, and Wilmington, as well as state-level grants from the Mass Cultural Council.

## BOUDREAU

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ball teams. He was also a founder of Boy Scout Troop 316 at Saint Denis Church in Douglas. While he was involved in scouting, Mr. Boudreau was an Assistant Scoutmaster and attended many leadership training sessions focused on coaching and mentoring youth. He also completed the BSA's Wood Badge training, an advanced national leadership course. He was awarded the Mill Town District "Spark Plug Award" in 2016. He coordinated many weekend camping trips with his troop, including trips to the US Military Academy at West Point camp overs on the USS Salem and Massachusetts. In addition, he dedicated many weeks at summer camps helping scouts develop leadership and life skills.

One of his first roles at Saint Joseph School was as Assistant JV Soccer Coach from 2016-2018. Then, beginning in 2016, he volunteered as the Assistant Boys' Varsity Basketball Coach. In 2018, Mr. Boudreau assumed the volunteer position of Athletic Director, where he has been instrumental in establishing the school's Cross-Country Program and coordinating and hosting all Route 395 Intramural Basketball games. In 2021, he stepped up to coach soccer again, and this past season coached the team to an undefeated season. He is also an assistant

## PHILBRICK

continued from page A1

Buildings, historic and cultural sites, records, and artifacts all play a role in protecting our heritage and leaving a legacy for future generations. On a local level this effort requires dedication and a cooperative group of people in preserving our historic treasures.

Author of "In the Heart of the Sea," winner of the National Book Award; "Mayflower," finalist for the Pulitzer Prize; "Valiant Ambition," winner of the George Washington Prize; "Bunker Hill," winner of the New England Book Award; "Sea of Glory"; "The Last Stand"; "Why Read Moby Dick?"; "Away Off Shore"; and

"Second Wind." Learn more about him at [www.nathanielphilbrick.com](http://www.nathanielphilbrick.com).

Seating is limited and registration is required. Register on-line at <https://bit.ly/3ZHEXon> or call the Uxbridge Public Library at (508) 278-8624.

A book signing will follow the presentation. Books will be available for purchase, by cash or check only, at the event courtesy of the Samuel Slater Experience Museum pop-up shop. Learn more at [www.samuel SlaterExperience.org](http://www.samuel SlaterExperience.org)

This event is being sponsored by the Uxbridge Historical Society, the Arthur R. Taft Memorial Trust, and the Uxbridge Board of Library Trustees.

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**Town of Spencer Office of the Board of Selectmen & Town Administrator**

**Laborer, Water Department:** Town of Spencer Water Department seeks applicants to fill the position of Laborer. This position will work with Water Operators in the daily maintenance of the water supply, treatment, and distribution systems. The ideal candidate will have a High School diploma from a vocational school, have strong math and science skills, and be willing to continue their education in the water industry including obtaining professional licensing as a Water Treatment and Water Distribution Operator. Experience with operating lawn care equipment and hand power tools beneficial. The candidate will be subject to emergency call-ins for water main breaks. This entry level position fits into the succession plan for the department. Pay for this position ranges from \$20.19/hr. to \$24.10/hr. and includes a generous benefits package including clothing allowance, continuing education, and license cost reimbursement.

Submit resume and standard Town application available at [www.spencerma.gov](http://www.spencerma.gov) to Town of Spencer, Town Administrator's Office, 157 Main Street, Spencer MA 01562. Subject to Union Rules and Regulation, EEO Employer.

**Town of Spencer Office of the Board of Selectmen & Town Administrator**

**Light Equipment Operator (LEO):** Town of Spencer seeks applicants to fill the Light Equipment Operator position in the Highway Department. This position is responsible for the operation of light equipment, snowplows, motorized and non-motorized hand tools. The work involves repair and maintenance of highway infrastructure including but not limited to roads, sidewalks, stormwater systems and street signs, vegetation control, snow plowing and sanding, maintenance of parks, cemeteries, and grounds. This highly responsible position is subject to emergency call-ins to respond to emergencies. High School diploma or GED plus a Mass CDL Class B are required, additional license and certifications beneficial. The willingness to be trained and increase skills and licensing is required to succeed in this position. Pay for this position ranges from \$20.95/hr. to \$25.03/hr. and includes a generous benefits package including clothing allowance, continuing education, and license cost reimbursement.

Submit resume and standard Town application available at [www.spencerma.gov](http://www.spencerma.gov) to Town of Spencer, Town Administrator's Office, 157 Main Street, Spencer MA 01562. Subject to Union Rules and Regulation, EEO Employer.



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# Erin Toomey named to Husson University's President's List

BANGOR, Maine — Whitinsville resident, Erin Toomey, has been named to Husson University's President's List for the Fall 2022 semester.

During the fall semester, Toomey was enrolled in Husson's Bachelor of Science in hospitality and tourism management program.

Students who make the President's List must be enrolled as an undergraduate student, carry a full-time load of 12 credit hours, complete all attempted courses in the time allotted for the semester, and achieve a 3.80 to 4.0 semester grade-point average. Credits from pass/fail classes do not qualify toward meeting the minimum credit hour requirement.

For nearly 125 years, Husson University has shown its adaptability and strength in delivering educational programs that prepare future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees.

With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent a superior value in higher education. The hallmarks of a Husson education include advanced knowledge delivered through quality educational programs in business; health and education; pharmacy studies; science and humanities; as well as communication. According to an analysis of tuition and fees by *U.S. News & World Report*, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit [Husson.edu](http://Husson.edu).

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