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Friday, April 23, 2021

BVT Student Council earns national recognition

UPTON – The Blackstone Valley Tech Student Council has been recognized as a 2021 National Gold Council of Excellence by the National Student Council for an exemplary record of leadership, service, and activities that improve their school and serve the community. This national recognition marks the third year in a row that the council has earned this distinction.

The council had to meet various criteria to earn this award - crafting a written constitution, conducting regular meetings, and adopting a democratic election process. As well as demonstrate successful sponsorship and participation in leadership development and activities. As a consecutive recipient of the gold level of excellence, the council consistently displays the highest leadership standards that reflect its well-rounded program.

“It is an honor for our council to receive this recognition,” said Superintendent-Director Dr. Michael F. Fitzpatrick. “We are proud of our Student Council and advisors Danielle Cann and Megan Potenti, who help empower our council members to serve their school and community on their journey to outstanding student leadership.”

“Our students continue to amaze me,” said Danielle Cann. “I love advising this club. I am lucky to work with an incredible group of students who consistently come together with creative ideas and work together to accomplish their goals. They often surpass expectations and successfully create an atmosphere that unifies our school.”

“Our students work hard to create exciting and Turn To **BVT** page **A17**



Courtesy

Masciarelli pictured with parents Loanny and Stephen.

Marianapolis senior signs with Central CT State University

THOMPSON, Conn. — Senior Salvatore Masciarelli from Northbridge signed his National Letter of Intent to compete in track and field for Central Connecticut State University this Saturday.

Masciarelli is a two-year captain of the Marianapolis Track and Field team and has been competing since eighth grade, when his mother started a program at his middle school. His events include the 800m, 1,500m, 3,000m, and 4x4. The runner also competed in Cross Country during his time at Marianapolis.

Following his signing on Saturday, Masciarelli broke the school record for the 1500m with a time of 4:21.57.

In choosing Central Connecticut, Masciarelli stated multiple reasons. The first was that he'd be able to run immediately, compared to other schools that only run a select few. Another was that the program and athletes held similar ideas and ambitions to his own.

“The goals of the team, where they want to be in the next couple of years, and what they want to accomplish, I think my goals line up with theirs,” Masciarelli said. “That’s the kind of atmosphere I want to be in.”

While Masciarelli has earned a great deal of points for his team across meets, he claims the New England Outdoor Track and Field Championships in 2018, his freshman year, as his favorite. That year, he beat his seed of 11 to come in the top 6, and his times have only improved since.

In college, Masciarelli looks forward to training with others who share his passion for and commitment to running.

Central Connecticut State University is a Division I school competing in the Northeast Conference.

Village Congregational Church refurbishes organ and handbells

WHITINSVILLE — Music in many forms is a large part of the programs at the Village Congregational Church, UCC, Whitinsville. Having one of the best and largest pipe organs and handbell sets in the area has brought many folks to the VCC to listen, play, and generally enjoy the quality of instruments that the church enjoys.

During this past year, both the Aeolian-Skinner organ, and the five octaves of Malmark handbells have been repaired and refurbished in order to maintain their consistent use and glorify their sound. The VCC has invested in both of these instruments to keep them up to performance standards. Both instruments require regular maintenance, and periodic overall refurbishing as was just completed.

The huge pipe organ was built by the Aeolian-Skinner Organ Company, Opus 1161 from Boston in 1948. For

Turn To **VCC** page **A17**



Courtesy

Malmark Handbells, showing the bronze casting, handle with pitch name, polished and reassembled for use. This restoration is done every eight to 10 years to keep the instrument tuned and in proper working order.

At right: A view inside the organ, both large and small metal pipes.



Community invited to join spring cleanup at Manchaug Pond

SUTTON/DOUGLAS — The Manchaug Pond Foundation will be holding their Spring Clean Up of scenic Manchaug Pond on Saturday, April 24. Volunteers are invited to join members and Friends of the Manchaug Pond Foundation in cleaning up Manchaug Pond and its watershed. Volunteers with boats are also welcome to help us clean up coves. Volunteer time will support the MPPF’s third \$319 Non-point Source Pollution Grant requirements which was awarded in the Fall of 2020 by the Massachusetts Department of Environmental Protection.

The effort is scheduled to take place Saturday, April 24, from 9 a.m. to noon, with volunteers meeting at the state Public Access Boat Ramp on Torrey Road

in Sutton. Volunteers will hit the pavement with garbage bags in hand to clean the roadsides, shoreline, and boat ramp - all areas within the Manchaug Pond watershed. Good company, beautiful scenery, safety vests, rubber gloves, and garbage bags will be provided. Masks will be required while at the boat ramp meeting area, hand sanitizer will be available, and we ask that everyone follow state regulations for social distancing. Rain date will be Sunday, April 25, and the rain date notice will be posted on the Manchaug Pond Foundation’s Facebook page and Web site.

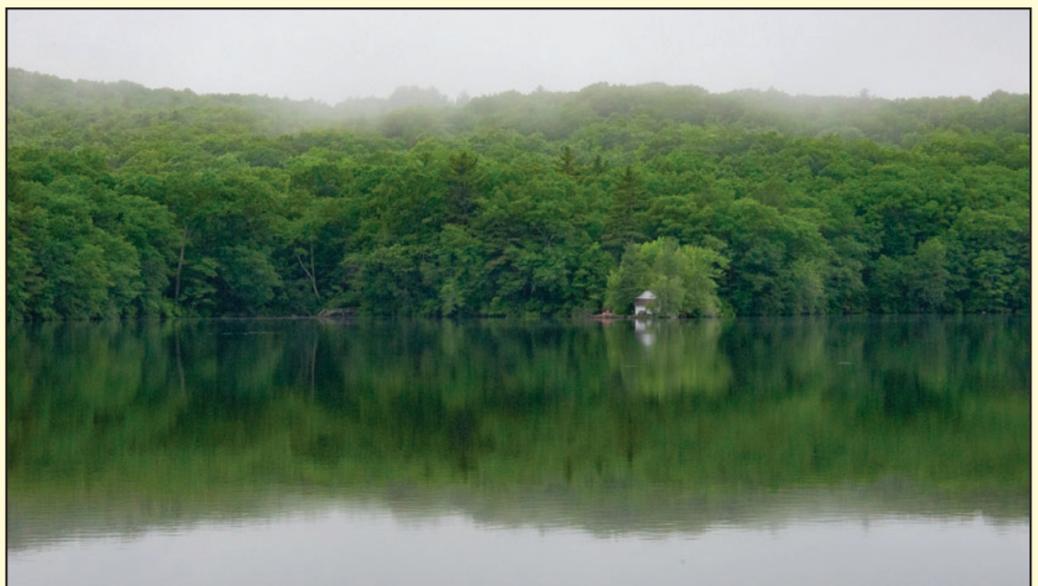
The Manchaug Pond Foundation’s educational events look to improve the water quality of the picturesque 380-acre community lake, which lies within Douglas and

Sutton, through the education of the many users and watershed residents. Educational information on residential Low Impact Development

(LID) techniques such as landscaping with buffer zones and rain gardens to limit runoff of fertilizer nutrients are available on the Foundation’s Web

site. Educational materials have been made possible by the MPPF’s previous two water quality grants awarded by the Massachusetts

Department of Environmental Protection. For more information, visit manchaugpond.org.



Johnson & Johnson vaccine paused nationwide

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — The Johnson & Johnson (J&J) vaccine has been paused “out of an abundance of caution.”

More than 6.8 million doses of the J&J vaccine had been administered in the U.S., according to mid-April numbers released in a joint statement from the Centers for Disease Control and Prevention and the Food and Drug Administration.

“CDC and FDA are reviewing data involving six reported U.S. cases of a rare and severe type

of blood clot in individuals after receiving the J&J vaccine,” said Dr. Peter Marks, director of the FDA’s Center for Biologics Evaluation and Research, in a statement. “In these cases, a type of blood clot called cerebral venous sinus thrombosis (CVST) was seen in combination with low levels of blood platelets (thrombocytopenia).”

All six cases occurred among women between the ages of 18 and 48, and symptoms occurred 6 to 13 days after vaccination, according to reports.

“Treatment of this specific type of blood clot is different from the treat-

ment that might typically be administered. Usually, an anticoagulant drug called heparin is used to treat blood clots. In this setting, administration of heparin may be dangerous, and alternative treatments need to be given,” the joint FDA/CDC statement continued.

Locally, the Milford Board of Health shared a statement from its COVID-19 Command Response Center in response to the recommendation to pause J&J vaccines.

“The Department of Public Health directed all providers to immediately

pause administration of the J&J vaccine until federal health experts investigate this matter. This action is being taken out of an abundance of caution as the FDA and CDC review these 6 cases, none of which are known to be linked to Massachusetts,” a Command Spokesperson released. “The FDA has reported over 6.8M doses of J&J have been administered nationwide. Individuals who have received a J&J vaccine should contact their physician if they have concerns.”

The CDC convened a meeting of the Advisory Committee on

Immunization Practices last week to further review these cases and assess their potential significance. The FDA will review that analysis as it also investigates these cases, reports said.

“Until that process is complete, we are recommending a pause in the use of this vaccine out of an abundance of caution,” Dr. Marks continued in the statement. “This is important, in part, to ensure that the health care provider community is aware of the potential for these adverse events and can plan for proper recognition and management due to the unique treat-

ment required with this type of blood clot.”

Right now, these adverse events appear to be extremely rare, the statement reads, adding “COVID-19 vaccine safety is a top priority for the federal government, and we take all reports of health problems following COVID-19 vaccination very seriously.”

As of April 12, reports indicate that 181,034 doses of J&J had been administered in Massachusetts, according to the Milford statement.

Having a ball!

LOCAL STUDENTS FIND A NEW WAY TO PLANT SPRING WILDFLOWERS



the preservation of open space in 15 area towns.

This winter, students from Upton Memorial School and Blackstone Valley Technical Vocational Regional High School made the seed balls from a combination of compost, clay and wildflower seeds collected at a pollinator farm in Uxbridge last fall. The purpose of the balls is to provide a fun and random way to spread the seeds while also encouraging seed growth by using materials that retain moisture. The resulting wildflowers will support a variety of native pollinator species and birds.

Cullen Jacene, a junior at BVT and a Metacomet volunteer, explained that it may seem counterintuitive to be planting seeds in the dead of winter, but the reason behind this timing has been well thought out.

“It is because of the way these seeds germinate that it was decided to disperse them in the cold of winter as that mimics the conditions they would have faced if they had naturally fallen on the ground last fall,”

Jacene said. “So, the best way to match this environment and help the plants undergo this essential process was to place them in the cold, moist, winter weather.”

The seed balls were dispersed on the pollinator field at the Szerlag Farm Preserve in Northbridge, which is a 24-acre parcel of conserved land owned by Metacomet Land Trust. Metacomet committed to creating this field three years ago to support the Blackstone Valley Heritage Corridor in its efforts to promote pollinator gardens throughout the area and to educate people about the importance of native pollinators. The field and woodland trails are open to the public.

In the future, when the pandemic is over, it is the hope of the volunteers that they can involve the surrounding neighborhood in other endeavors like this. So be prepared to watch for more plants growing and new colors covering the field. Most of the flowers are scheduled to bloom in their second year.

Grafton to hold ‘Spring Clean Up Day’ and more

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

GRAFTON — Every year on April 22, Earth Day marks the anniversary of the birth of the modern environmental movement in 1970, and one local town is celebrating Earth Day with a “Spring Clean Up Day.”

The 2021 Grafton Spring Clean Up Day will be held tomorrow, Saturday, April 24.

“This year things are a little different, but we still want to give everyone a chance to help clean up our town,” Grafton officials released in a statement.

Bundles of bags for the clean-up are available in a bin outside the town’s Municipal Center; there are three bags per bundle, and town officials are encouraging residents to “only take what you need.”

“Due to this year’s circumstances, we ask that you do not create teams for the clean-up and practice social distancing,” the town statement continued. “If you want to help clean up our neighborhoods and roadways, make sure to grab your bundle. That way you’ll be able to enjoy a walk, collect trash, and make this Earth Day a memorable one.”

According to the Earth Day campaign’s website, the day was celebrated this year parallel to the Biden Administration’s global climate summit. Topics of discussion during the Earth Day virtual event included emerging green technologies, innovative thinking that can restore the world’s ecosystems, citizen science, cleanups, and more.

Grafton officials ask that once residents complete a clean-up, they should call the Grafton Highway Department at 508-839-8525 or email gallagherk@grafton-ma.gov stating the location of the clean-up bags. Bags will be collected for proper disposal.

In other news, local communities are also celebrating “National Park Week” this week through Sunday, April 25, where parks across the country host a variety of special programs, events, and digital experiences, according to a Northbridge statement.

“Locally, take a self-guided tour of historic downtown Whitinsville, included in the Blackstone River Valley National Historical Park, established Dec. 19, 2014, as the 402nd park in the National Park System,” the town released.

For more information on the Blackstone River Valley National Historical Park, visit the Blackstone River Valley National Heritage Corridor at blackstoneheritagecorridor.org. Those interested may contact the Blackstone Valley Heritage Corridor at 508-341-0741 or email mail@blackstoneheritagecorridor.org.

TRIBUNE ALMANAC

REAL ESTATE

BLACKSTONE

\$552,897, 13 Glenside Dr, Independent Building Corp, to Sinibaldi, Mark S, and Bousquet-Sinibaldi, K E.

\$475,000, 301 Blackstone St, Minsk, Jason C, and Minsk, Catherine E, to Macneil-Coakley, Ethan, and Coakley, Katharine D.

\$275,000, 19 Blackstone St, Robinson, Mark D, and Robinson, Jessica, to Limburg, Richard R, and Limburg, Dawn M.

DOUGLAS

\$750,000, 120 Davis St, Excalibur NT, and Specker, Richard L, to K9 Realty LLC.

\$325,000, 177 Wallis St, HI VanDyke T 2017, and VanDyke, Harriet I, to Brown, Patti L, and Otoole, Susan E.

\$325,000, 181 Wallis St, HI VanDyke T 2017, and VanDyke, Harriet I, to Brown, Patti L, and Otoole, Susan E.

\$300,000, 8 Franklin St, Kantor, Angela T, to Tebaldi, Amy A, and Tebaldi, Demian D.

\$190,000, 191 Yew St, Yew Street RT, and Summer, James S, to Ware, Polina, and Ware, Adam.

\$123,000, 130 SE Main St, CDT Retirement Plan T, and Lheureux, David R, to Ferraro, David, and Ferraro, Chandra.

NORTHBRIDGE

\$400,000, 34-40 Taft St, Wiersma, Brent J, and Wiersma, Lisa J, to N&L Properties LLC.

\$321,000, 39 Johnston Ave, Perkins, Clayton E, and Perkins, Danielle A, to Greasley, Melvin C, and Greasley, Linda L.

\$306,500, 2187 Providence Rd, Aris Group LLC, to Easton, Franklin B, and Easton, Vivian.

\$259,900, 1510 Quaker St, Titus General Contracting, to Pittman, Steven, and Pittman, Caryn.

UXBRIDGE

\$420,000, 46 Hyde Park Cir #46, Arduino, Robert G, and Arduino, Rosemary M, to Duffey, Stephen C.

\$419,000, 11 Erickson St, Waters, Seth D, and Maccini, Samantha R, to Feather, William.

\$368,000, 31 Carney St, Horrocks, Allison B, and Barone, Mark S, to Haselton, Jessica, and Sacco, Bryan.

\$357,000, 71 Johnson Rd, Baghdasarian, Paramaz, and Baghdasarian, Susan, to Jennings, Kimberley, and Christopher, Steven.

\$304,900, 86 Country Squire Rd #86, M Lou Walling 2020 T, and Walling, Jay A, to Jost, Richard.

\$116,850, Chocolog Rd #1, Healy, Michael, to TTK Real Estate LLC.

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Prescription drug take back planned in Milford

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

MILFORD — In an effort to prevent drug addiction and overdose deaths, the U.S. Drug Enforcement Administration will once again conduct one of its most popular community programs—National Prescription Drug Take Back Day—which will be held across the nation tomorrow, April 24.

Locally, the Milford Police Department is participating and has issued a statement that residents will be able to drop off unwanted prescription drugs at the Milford Senior Center from 10 a.m. to 2 p.m. on Saturday, April 24.

“National Prescription Drug Take Back Day” addresses a “crucial public safety and public health issue,” said the DEA. According to a 2019 National Survey on Drug Use and Health, 9.7 million people misused prescription pain relievers, 4.9 million people misused prescription stimulants, and 5.9 million people misused prescription tranquilizers or sedatives in 2019.

The survey also showed that a majority of misused prescription drugs were obtained from family and friends, often from the home medicine cabinet, according to reports.

Milford Police shared that the public “can dispose of their unwanted prescription medications at the Milford Senior Center located at 60 North Bow St., with the assistance of the Milford Police Department.”

The collection site will be located outside the front entrance of the Milford Senior Center, police said, and COVID-19 protocols are asked, including proper social distancing and face masks.

“This initiative addresses a vital public safety and health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse,” Milford Police shared. “Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs.”

The DEA launched its prescription drug take back program when both

the Environmental Protection Agency and the Food and Drug Administration advised the public that flushing these drugs down the toilet or throwing them in the trash posed potential safety and health hazards, police added.

During the Take Back Day held last October, there was a nationwide total of 4,153 law enforcement agencies that participated over the course of four hours, with 985,392 pounds (492.7 tons) of expired, unused, or unwanted prescription drugs collected at 4,587 collection sites throughout the country.

In Massachusetts, 175 law enforcement agencies participated, collecting a total of 40,285 pounds of unwanted and unused prescription drugs.

“Please help us in keeping our community safe from this dangerous hazard,” Milford Police said.

More information about the day can be found online at takebackday.dea.gov.



ACCURACY WATCH

The Blackstone Valley Tribune is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page A3 in a timely manner.

If you find a mistake, email news@stonebridgepress.news or call (508) 909-4106 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

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Sean Morrissey of Uxbridge competing on Assumption's Men's Track & Field Team

WORCESTER — The Assumption Department of Athletics has announced that Sean Morrissey, of Uxbridge, has been named to the 2021 Track & Field team.

“Our student-athletes are committed to excellence in competition and in the classroom,” said Peter Early, first-year head coach of the Assumption's Track & Field team. “With the continued support of the Department of Athletics, we are invested in supporting our student-athletes' efforts to improve as competitors and individuals, and continue to build on the solid foundation and tradition this program has built over its many years.”

The Assumption University Men's Track & Field team returned to competition in April after the 2020 spring season was cancelled due to the pandemic. The Hounds took home

third place at the Merrimack Invitational, in which they competed against Division I schools Merrimack College, UMass Lowell, and Bryant University.

On March 11, Assumption announced the full return to competition for all spring sports programs with a number of safety protocols in place, including regular COVID-19 testing for student-athletes. Resuming participation in NE10 competition this spring is contingent upon student-athletes' compliance with all COVID-19 health and safety protocols put in place by the University and the NE10 Conference. For more information, click here.

For more information on Assumption athletics, visit www.assumptiongreyhounds.com.

Assumption University, founded in 1904 by the Augustinians

of the Assumption, is New England's premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master's and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

Watershed Group needs volunteers

UXBRIDGE — The Blackstone River Coalition (BRC) needs volunteers to assist with its 18th year of water quality monitoring of 28 sites in the mid-reach section of the watershed. Enjoy being out along waterways? Volunteer as a regular site monitor assigned to a particular site or serve as a “floater” to cover sites on an “as needed” basis. Fieldwork not your thing? Come volunteer in the water-testing lab which operates out of the Tri-River Family Health Center on Oak Street in Uxbridge.

The BRC trains community scientists to participate in the Coalition's watershed-wide water quality monitoring program. The goal of this long-running program is to gather information about the current status of, and long-term changes in, the health of the Blackstone River watershed. This information helps local policy makers, state officials, and concerned community members make the Blackstone River cleaner for people and for wildlife.

More than 90 volunteers work with the BRC to sample 75 sites throughout the watershed from Worcester to Pawtucket. Sites are sampled on the second Saturday of each month from April through November. Field monitors and floaters are trained in a one-hour session

to test for dissolved oxygen at the site, record physical and aesthetic parameters, and collect a water sample that they drop off at the lab between 9 a.m. and noon on the Saturday of testing. Lab volunteers, who help test these samples for nutrients, conductivity, and turbidity, do not need to commit to helping each month and can be trained the first time they assist.

The Headwaters Team samples waterways from Worcester to Grafton and runs its testing lab out of Mass Audubon's Broad Meadow Brook Wildlife Sanctuary in Worcester. The Rhode Island Team samples waterways from Woonsocket to Pawtucket and runs its lab out of the Blackstone River Watershed Council's Education Center in Lincoln.

To volunteer as a field monitor, floater, or lab assistant, please contact Susan Thomas, Coordinator, BRC Volunteer WQM Program at 508-471-0988/ acadia94@zo-ho.com.

Declan Chapman named to Honors List at Pomfret School

POMFRET, Conn. — Declan Chapman of Douglas, from the Class of 2022, was named to the Winter 2020-2021 Honors List at Pomfret School. To achieve this level of distinction, Declan earned a grade point average of at least 3.330 and received no grade lower than a B.

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

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MAKING SENSE OF INVESTING

Stella Noecker of Douglas competing on Assumption's Track & Field Team

WORCESTER — The Assumption Department of Athletics has announced that Stella Noecker, of Douglas, has been named to the 2021 Track & Field team.

"Our student-athletes are committed to excellence in competition and in the classroom," said Peter Early, first-year head coach of the

Assumption's Track & Field team. "With the continued support of the Department of Athletics, we are invested in supporting our student-athletes' efforts to improve as competitors and individuals, and continue to build on the solid foundation and tradition this program has built over its many years."

The Assumption

University Women's Track & Field team returned to competition in April after the 2020 spring season was cancelled due to the pandemic. The Hounds tied for third place at the Merrimack Invitational, in which they competed against Division I schools Merrimack College, UMass Lowell, and Bryant University.

Following the meet, the relay team of Kate Carleson '24, Chelsea Garcia-Baez '24, Jaimee Hirschfeld '23, and Victoria Steffon '22 earned Northeast-10 Conference Relay of the Week honors for their performance in the 4x100 relay.

On March 11, Assumption announced the full return to competition for all spring sports programs with a number of safety protocols in place, including regular COVID-19 testing for student-athletes. Resuming participation in NE10 competition this spring is contingent upon student-athletes' compli-

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located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master's and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

Annual membership to the Daniels Farmstead

BLACKSTONE — It is that time of year to think about purchasing a Daniels Farmstead Annual Membership. Rates range from \$20 for a student or senior, to \$50 for a family of four; see www.danielsfarmstead.org for all rate options.

The Annual Membership period is Jan. 1 to Dec. 31 of each calendar year, and may be purchased at any time throughout the year. Membership is renewable any time after January of each calendar year. Membership or donations are tax deductible.

Membership benefits include the following: a \$5 off voucher to redeem at the Farmers Market with select Vendors, weekly produce special from the farmstead garden during Farmers' Market season, complimentary tours, weekly Sunday specials at Doris's Kitchen during the Farmers' Market season, Membership Referral Program, member only raffles, free parking at public events, special invitations to private events and more.

Membership is important to the Farmstead, with 100 percent of proceeds used to protect and preserve the historically significant property. Plans are to restore the 1870 cider mill, as well as operate a living museum where visitors can learn about the New England Farm life from the 18th and 19th centuries.

Please visit the Daniels Farmstead Foundation Inc. website www.danielsfarmstead.org or the Daniels Farmstead Farmers' Market Facebook page www.facebook.com/Daniels-Farmstead-Farmers-Market for all the details. You may also email the Daniels Farmstead at info@danielsfarmstead.org.

Daniels Farmstead seeking volunteers for 2021 season

BLACKSTONE — Your time is valuable to you and to us!

The Daniels Farmstead Foundation's continuance relies heavily on our amazing volunteers, members, and donors. As a volunteer, the farmstead is first and foremost grateful for your time! Positions include working in the garden, selling our beautiful produce or working in Doris's Kitchen during Sunday Farmer's Market, or helping with events. Volunteers at the Daniels Farmstead contribute to the preservation of one of the Blackstone Valley's historic gems. If interested in volunteering, please email the farmstead at info@danielsfarmstead.org.

Worcester Polytechnic Institute students complete intensive research projects

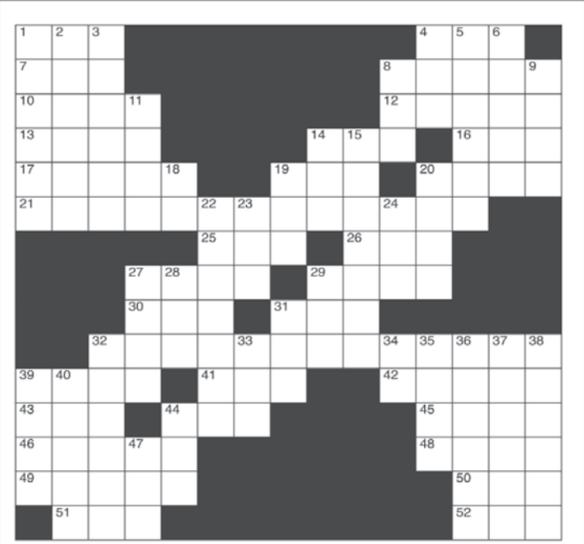
WORCESTER — At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to

addresses an important societal need or issue. The following students completed their IQP this spring:

Emily Philbrook of Uxbridge, majoring in Biomedical Engineering, completed a project titled Carbon Footprint Study with Costa Rica Project Center.

Grace Malabanti of Whitinsville, majoring in Mathematical Sciences, completed a project titled The Path of the American Eel with Hong Kong Project Center.

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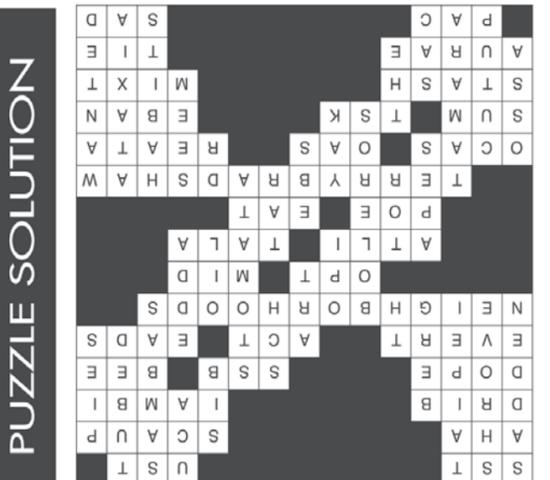


CLUES ACROSS

- 1. Ocean surface indicator (abbr.)
- 4. American time
- 7. Satisfaction
- 8. Diving duck
- 10. Very small amount
- 12. Metrical units
- 13. An ignorant or foolish person
- 14. Sino-Soviet block (abbr.)
- 16. It may sting you
- 17. Turn outward
- 19. Perform on stage
- 20. "CSI" actor George
- 21. Localities
- 25. Make a choice
- 26. Indicates position
- 27. One of Thor's names
- 29. Indian musical rhythmic pattern
- 30. "The Raven" author
- 31. Take in solid food
- 32. Legendary QB
- 39. Sorrels
- 41. Organization of nations
- 42. Texas pharmaceutical company
- 43. Mathematical term
- 44. Expression of disappointment
- 45. Abba __, Israeli politician
- 46. Hide away
- 48. Salad restaurant
- 49. Daughters of Boreas (mythology)
- 50. Men's fashion accessory
- 51. Political action committee
- 52. Unhappy

CLUES DOWN

- 1. Make unhappy
- 2. Heard the confession of
- 3. Capital of Taiwan
- 4. Fiddler crab
- 5. Brazilian dances
- 6. Fit with device to assist breathing
- 8. Brother or sister
- 9. Pastries
- 11. "Lone Survivor" director Peter
- 14. Boat type (abbr.)
- 15. Apertures (biology)
- 18. Suffix
- 19. Creative endeavor
- 20. Icelandic poem
- 22. Spanish dances
- 23. Town in Central Italy
- 24. Cars need it
- 27. Mimics
- 28. Rocky peak
- 29. Cigarette (slang)
- 31. One point south of due east
- 32. Soap actress Braun
- 33. Large domesticated wild ox
- 34. Island nation
- 35. Appear
- 36. Addictive practices
- 37. Loss of control of one's body
- 38. Type of poster
- 39. Greek mountain
- 40. Funny person
- 44. One and only
- 47. Pouch



OBITUARIES

Arthur Robert Lepage, 75



Robert Lepage, 75, of Honolulu, died April 12, 2021, after a brief battle with pancreatic cancer.

Known as "Bob" or "Bobby" to family and childhood friends and "Art" in his adulthood, Mr. Lepage was born in Whitinsville and raised in Linwood, the eldest son of the late Arthur G. & M. Gilberte (Royer) Lepage. He was a 1963 graduate of Northbridge High School.

Bob moved to Hawaii in 1972 to chase the perfect wave and returned to surfing a few years ago after a 25-year hiatus. He was a plumber for 44 years at the Princess Kaiulani Hotel in Waikiki, where he enjoyed entertaining guests in the weekly "Golden Oldies" employee show and taking care of the hotel's koi fish ponds, until his retirement in 2016.

He was a talented singer, specializing in 1960s hits, and did a perfect cover of Roy Orbison's "Pretty Woman." He also enjoyed fishing, tracking his stock portfolio, basketball and the Boston Celtics. He was a lifelong supporter of liberal causes and politics.

He is survived by his wife Joann Lepage of Honolulu; daughter and son-in-law Shawna & Ben Roth of West Orange, NJ; son and daughter-in-law Paxton Lepage and Tracey DeLong of Round Hill, VA; brothers and their wives Richard & Bonnie Lepage of Douglas, John & Sina Lepage of Middleboro, and Kenneth & Heidi Lepage, of Uxbridge; and grandchildren Warren, Laura, and Jill Roth and Xanth Lepage.

Bob's ashes will be scattered at sea so that he can continue to surf the waves into eternity. In lieu of flowers, please consider a donation to the Southern Poverty Law Center (an organization that Bob supported for over 30 years), 400 Washington Ave., Montgomery, AL 36104.



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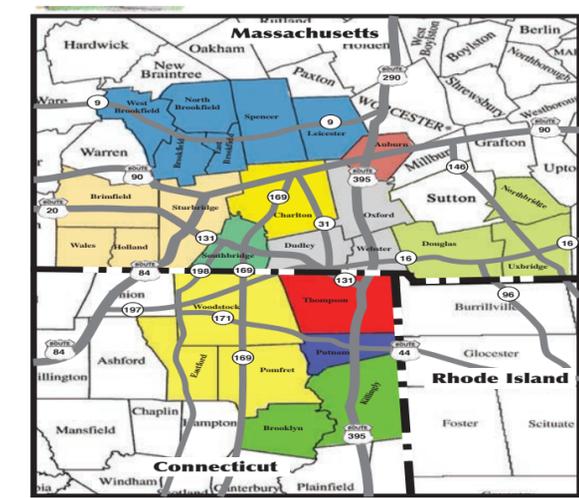
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EDITORIAL

A change must come

“Everyone thinks of changing the world, but no one thinks of changing himself,” Russian author Leo Tolstoy wrote in the late 19th century.

Racism continues to rear its ugly head. A black man was recently harassed for walking in the ‘wrong’ neighborhood. A neighborhood in which he lives. Wouldn’t it have been just as easy for the individual who questioned his presence there to simply smile, wave, and go about tending to their own business?

We recently listened to old radio interviews from the 1930’s and the 1940’s in which former slaves were discussing their lives. One man was talking about needing a pass to leave the property, and needing another pass when he left the store he was sent to in order to walk back home. One woman mentioned watching a female friend be whipped for a trivial ‘infraction,’ and recalled how she screamed. Another man talked about the day he found out he was free. His family was given one last meal, then sent out on their own. He noted that the family had nowhere to go, did not know how to read or write because they were not allowed to go to school, had no money, and job prospects were nil to zero given their skin color. To have actual audio of those enslaved is a stark realization that this didn’t happen all that long ago.

These are not enjoyable topics to bring up, but as we were taught in school, this is our history. It happened. We cannot be afraid to not discuss the truth about the society in which we came from for fear it might offend someone. The fact is, racism should make any reasonable thinking person upset. Knowledge is power, and the more you know, the more you understand, the more you can change the world around you, even if that orbit includes your own personal circle of friends and family.

One of those who quietly but effectively challenged America’s prejudiced attitudes was Jackie Robinson, and indeed, Jackie Robinson Day just passed on April 15. This is a day that has been commemorated since 2004. At Ebbets Field, on Opening Day in 1947, Robinson, donning the number 42, made his Major League debut, suiting up for the Brooklyn Dodgers, playing first base. He was the first black baseball player to play in the league, but not without much peril, including death threats. Robinson was harassed by fans and players on opposing teams as well as his own, in the middle of games and at his own home. His perseverance was astonishing.

On this day every year, umpires, coaches, managers and players for both teams wear the number 42. This day has been described as not only a significant day for baseball, but for the country. In 1963, Robinson was inducted into the Baseball Hall of Fame. In 1997, the number ‘42’ was retired across all major league teams.

As Albert Einstein once wrote, “The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”

LETTERS

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If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!

OPINION

Opinion and commentary from the Blackstone Valley and beyond

Timely Garden Tips

After a long New England winter (and surprise April snowstorm), most backyard gardeners are itching to get their hands into some soil right about now! Whether you start seeds indoors, or prefer to wait to transplant commercial seedlings, this week’s column will give you a head start on making the gardening chores ahead go a little smoother. Read on for some tried and true garden tips:



TAKE THE HINT
KAREN TRAINOR

Seed Sense: Hard shelled seeds do not always germinate properly. But you can aid the germination process by making an x cut in the hard seed with a sharp knife. Or, to speed germination in without breaking the surface, try soaking hard shelled seeds overnight in water.

Corn Caper: Garden experts recommend this clever method to get a jump start on germinating corn: Place corn seeds in a wet paper towel, and fold over towel, covering the top and bottom of the seeds. Allow to pre-sprout. As a bonus, corn seed treated this way is less likely to rot in cold soil.

To Sprout or Not to Sprout: If you are using last year’s seeds, you can easily test the package by viability this way: Wrap a few of the seeds in a moist paper towel and then into a ziplock bag to keep the towel from drying out. Keep it at room temperature and within a week most of the seeds should sprout. If they don’t, toss out the old seed package.

Sowing Seeds: Many veteran gardeners mix fine seeds in sand or very loose potting soil to allow for even seed distribution. Just make your row and drizzle the seed evenly. And, when you are planting dark seeds, you can better see where you’re sprinkling them if you sprinkle some flour into the package and shake it up for even sowing.

Stamping Out Damping Off Disease: Damping off disease, which causes seedlings to die from fungi, is a gardener’s nightmare. Here are some tips to prevent the common plant plague: Since fungus thrives in moist conditions, a seedling bed provides the perfect source of growth. But you can up the odds of beating damping off disease by watering this way: Thoroughly saturate the soil and then do not water again until the soil is dry but before plants begin to wilt. This procedure keeps the soil dry for the longest time possible without killing the plants. Frequent sprinkling promotes fungal growth.

Let There Be Light: Did you know it isn’t always necessary to purchase costly plant light bulbs for inside seedlings? It is possible to achieve satisfactory results by utilizing your ordinary shop lights. Simply replace the bulbs with two four watt bulbs, one cool white and one warm white. Hang the lights about two feet above the seedlings.

Perfect Peat: The addition of peat moss is necessary to keep window boxes and other container gardens properly watered. But, if you are not wetting down the peat moss before adding it to the soil, you may be doing your garden more harm than good. Peat moss must be moistened before you use it in potting mixes. When dry, the substance actually repels water! Here’s how to pretreat it: If you want to wet a full bag of peat moss, poke several holes in the bottom of the bag and open the top. Then pour water slowly into the top of the bag until it seeps out of the bottom holes. Push on the bag and knead it to ensure the peat is getting saturated. To test, scoop out a handful of peat moss and squeeze it. If you can squeeze water out, it is ready to use. If not, keep wetting until you can.

Test Number 2: Here’s an easy test to gauge if your garden soil is ready to plant. Simply scoop up a handful of dirt and squeeze it into a ball. If the ball crumbles when you release your fingers, the soil is all set for digging. If the ball sticks together, the soil is still to wet to work.

Flower bulbs are now plentiful at large garden centers. But, bulbs sold at such places are a bargain only if you know how to avoid poor quality bulbs. Here are some tips: * Bulbs should feel solid and heavy. If they are light, they may be dried out. * Avoid bulbs with discolored, dark or moldy spots. * Make sure there are no holes or other signs of insect damage on bulbs. * Pick over bulbs that have sprouted; it is better if they grow roots first. ***

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the 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!

Please note the contest had been suspended due to COVID restrictions. It is expected to start up again in June. All entries have been collected and will be entered into an upcoming drawing.

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

LETTERS TO THE EDITOR

We need to live in reality

To the Editor:

What I believe. Feel free to disagree. I believe in an Energy Independent U.S.A., not a country on its knees begging other nations to go solar and reduce their carbon footprint. Imagine convincing China or Russia or Iran or North Korea to do anything? An energy dependent U.S.A. suits their plan. Who will pay? The poorest Americans.

A recent editorial by Stephen Moore, a former White House Economics Adviser, spelled out the work done by the former President to create not only an Energy Independent U.S.A. with net zero imports of oil and gas from Russia and Saudi Arabia, but an Energy Dominant U.S.A. Did you know that during President Trump’s administration, we imported zero gallons of oil from Saudi Arabia for the first time in 35 years? Instead, we had become the world’s largest energy exporter.

Let me repeat: the world’s largest energy exporter.

This saved the U.S.A. \$200 billion a year, lowered energy costs to the poorest of Americans, and served as a massive job producer here.

Meanwhile, China is building 184 new coal plants. New coal plants are being built in South Korea (seven), in Japan (13), and in India (52). China is building and financing hundreds more coal fired plants in Turkey, Vietnam, Indonesia, Philippines, Egypt and Bangladesh. Coal plants, not green energy solar farms. If you are an environmentalist, I trust this keeps you awake at night.

So, the Woke Committee running

the Presidency cancelled the Keystone Pipeline, vital to our energy infrastructure, a pipeline from our friends the Canadians that cost the taxpayer zero dollars. Gone are 11,000 jobs at salaries near \$150,000 a year, to be replaced by 8,000 phantom jobs at \$42,000 a year - at some fantasy time in the future - under the \$2 trillion “infrastructure” Green plan.

This Presidential Committee lives in a fantasy world, including the fantasy that the President is running things. [The only thing he is running is running back to Delaware every weekend. Did you notice there were no actual pictures of him actually playing golf this past weekend? Instead, the media showed pictures of him actually playing golf in 2014, probably the only time he actually played golf in recent history.] The Committee does not like reality, like the catastrophic reality on the southern border. They prefer the “idea” of green energy, the “idea” of green jobs, the “idea” of the whole world going solar and the “idea” of zero emissions.

How solar and green and emission-free are the hundreds of thousands of Amazon, Prime, FedEx, UPS, and other delivery trucks on our roads night and day, hand delivering tons and tons of cardboard packages? It must be a fantasy of my imagination.

I prefer reality, the reality of an energy independent U.S.A. How about you?

Signed,

BEVERLY GUDANOWSKI
UXBRIDGE

Be conscious of your investment environment



FINANCIAL FOCUS
DARREN PARENT

On April 22, we observe Earth Day, an occasion that has inspired millions of people over the decades to take steps to clean up our world. Of course, your physical surroundings are important, but you also operate in other “ecosystems” – social, cultural and political. And you’ll need to consider your investment environment, too. How can you improve it?

Here are a few suggestions:

Avoid “toxic” investment strategies. The dangers of pollution helped drive the creation of Earth Day. As an investor, you also need to watch out for “toxins” – particularly in the form of unhealthy investment techniques. For example, chasing after “hot” stocks can burn you. In the first place, by the time you’ve heard of them, they may already be cooling off. Second, and probably more important, these hot stocks just may be wrong for the investment mix that’s appropriate for your needs. Another toxic investment strategy: trying to “time” the market by “buying low and selling high.” No one can really predict when market highs and lows will occur, and if you’re always jumping in and out of the investment world, you’ll likely waste time and effort – not to mention money. Instead of looking for today’s hottest stocks or guessing where the market is heading, try to create and follow a long-term investment strategy based on your goals, risk tolerance and time horizon.

Reduce waste. From an environmental standpoint, the less waste and garbage we produce, the better it is for our planet. As an investor, can you find “wasteful” elements in your portfolio? It’s possible that you own some investments that may be redundant – that is, they are virtually indistinguishable from others you may have. Also, some investments, due to their risk profile or performance, no longer may be suitable for your needs. In either case – redundancy or unsuitability – you might be better off selling the investments and using the proceeds to purchase others that can be more helpful.

Recycle wisely. Recycling is a major part of the environmental movement. At first, though, you might not think the concept of recycling could apply to investing. But consider this: If you own stocks or mutual funds, you may receive dividends, and, like many people, you may choose to automatically reinvest those dividends back into the stocks or funds. So, in a sense, you are indeed “recycling” your dividend payments to boost your ownership stakes – without expending additional resources. And, in fact, this can be quite an effective and efficient way to increase your wealth over time.

Plant some “trees.” Planting trees has always been a key activity among boosters of the environment – with the recognition that their efforts will take years, or even decades, to reach fruition. When you invest, you must sometimes start small. By purchasing a limited amount of an investment and nurturing it over the years by adding more shares, you may one day have achieved significant growth. (Keep in mind, though, that there are no guarantees – variable investments such as stocks can lose principal.)

By making these and other moves, you can create a healthy investment environment – one that can help you achieve your long-term goals.

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

Be sure to buy your gear locally

Bad weather did not hamper the Whitinsville Fish & Game Club fishing derby & the Lousia Lake kids fishing derby last weekend! More than 25 anglers fished the Whitinsville fishing derby, and more than 150 kids attended the Lousia Derby. Massachusetts Fish & Game Department stocked Lousia Lake a few days before the derby to ensure everyone had a great time. Webster Lake was also stocked with trout again last week, with some impressive brown and rainbow trout. Stocking of trout by the Mass. Fish & Wildlife in lakes and streams will continue to Memorial Day.



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few I visited have their shelves well stocked with fishing gear. Fish finders and GPS units are also in high demand, and have left the shelves empty by the fishing and boating public.

Ammunition is extremely hard to get, and when you do find it, it is sometimes double or triple the price. Many shooting ranges are noticing a big drop in target shooting this year, and it is because of the price and unavailability of ammunition. Shotgun shells are also absent from the store shelves, and it may be wise to purchase a few boxes for your bird hunting this fall, if you can find them.

Tautog fishing is starting to heat up, with numerous reports of anglers catching their limits in Rhode Island and Massachusetts waters. Green crabs are the number one bait for catching Tautog. An old saying among diehard tautog fishing anglers is, "when the dandelions are out, it is time to fish for tautog." Although a three fish limit is in effect in the spring in both states, overfishing this great eating fish needs to be carefully managed, allowing them to spawn in the spring. Only a few years ago, commercial fishing was stopped in the spring, to allow the fish to lay their eggs. Commercial fishing anglers now have a longer fishing season in the fall, which makes sense. Tautog grow very slow compared to other bottom feeding fish.

Haddock and cod fishing is providing some great fishing for anglers fishing on private boats and charter boats. Limits of 15 haddock and one cod per person are being caught daily. Stripers are starting to show in some areas of Rhode Island and it should explode with action in a week or two in the Providence River. Any person fishing for strippers in Mass & Rhode Island will be required to use circle hooks this year. Only one fish will be allowed daily, and the slot limit will be implemented again this year.

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During the pandemic, many families adopted or purchased a dog, as many people were working from home, and it also gave the kids something to take up the void of socializing & talking with their classmates. Now that many families are returning to work and the kids are back to school, their pets are not receiving the love and attention that they once had. Many dogs and cats are going to be abandoned! Please if you can no longer care for your dog or cat, take them to an animal shelter or find them a good home. Do not abandon them on a street or local woodlot. They will more than likely get hit by a car or killed by wild animals. Many sportsmen are looking for a good hunting companion, and will gladly help you out if you have a hunting breed dog. Contacting your local sportsmen's club could have you sleeping better, if you know your pet is safe and enjoying a happy life!

Last week's second picture was misidentified. Gregory Sabatino was in the second picture holding his two trout. Sorry for the mix up! This guy really loved fishing and was extremely excited with his catch.



Courtesy
Eight-year-old Khloe Hetherington with her brook trout she caught at the Whitinsville Fish & Game Club fishing derby last week while fishing with her dad.



This week's second picture shows Nick Parker waiting to enter his trout into the Whitinsville Fish & Game Club fishing derby last week.

Wild Turkey hunting opens this coming Monday, April 26. The birds are becoming very vocal in the early morning & chances of harvest-

ing a Wild Turkey are very good this year. The mild winter weather and heavy acorn drop this past fall, had birds & deer coming through the win-

ter in good shape. Take a Kid Fishing & Keep Them Rods Bending!

Confessions of a "Barbecue Master Pitster" wannabe...

Last week, I mentioned that I love online cooking tutorials. There are so many great opportunities to learn, but my favorite is a little less refined than most. Barbecue Pit Boys or www.bbqpitboys.com are a cross between ZZ Top and the Grateful Dead. These "good ol' boys" live for their grills and have created and collected a mass of great recipes, all cooked in their outdoor barbecue pit. In fact, they've become so popular that chapters are popping up all over the world ... so I've started one and begun inviting a close group of friends to join. We are now officially the "Barbecue Pitsters."



POSITIVELY
SPEAKING
GARY W.
MOORE

Oh, before we go on ... why isn't barbecue popular in Italy? Could it be because the spaghetti keeps falling through the grill? (Lump bump)

The plan is to grill once a month, on a weekend. The guys will assemble at lunchtime, have a few snacks on the grill and plan our evening meal. Our wives will join us around 5:00 for appetizers and dinner, all cooked outside. They can then praise us for our culinary excellence at "the pit." Because as a true Pitster would say, "it's gonna be guud (not just good).

Oh ... "What's the difference between South Korean BBQ and American BBQ? South Korean BBQ has more Seoul..."

I'm now in training. Like Rocky Balboa, preparing for Apollo Creed, I'm awake before the sun rises. I grab my phone and begin learning new ways and things to barbecue or smoke. I'm obsessed. I have a beautiful grill and smoker, but as I told you last week, I ordered a new outdoor pizza oven and a special rotisserie grill. I've assembled a variety of wood chunks for smoking ... cherry, apple, pecan, hickory, mesquite, just to name a few. My stomach cancer battle will prohibit me from eating most of what I cook, and that's okay. Through it all, I realize it's the process I love. I'll get little nibbles here and there. Some of the softer foods I can handle, but if I never ate a bite, I'd still love to cook for others.

So, the pantry is quickly filling with a plethora of spices and sauces. My back patio is beginning to look more like an official "Pit." I stand in front of my three grills and I'm an astronaut and

my grills are my control panels. I stand outside in anticipation and feel like a "Master of the Barbecue Universe." I'm committed. I'm ready.

Forgive me ... but here's one more. "You know that mouth-watering sensation you get when you're grilling a steak on the BBQ? I wonder ... do vegans get that when they mow the lawn?"

I think my first dinner will be baby back ribs with my special sauce (my recipe), "Red Neck Beans" from the Pit Boys collection, corn roasted on the grill and Hasselback Potato's. And for dessert, my Moms Pineapple Upside Down Cake in an iron skillet, and yes, cooked on the grill. Nothing cooked indoors.

There's just something ... I don't know ... something Neanderthal that emerges from my DNA when I see meat. A barbecue grill seems to assert a man's masculinity. I get this irresistible urge to start a fire and go to work. Primitive? I guess. Channeling my inner macho man? Maybe. All I know is that I love everything involved. Just writing about it has my testosterone flowing.

A friend of mine suggested that slaughtering a cow for food is murder. He is a vegan of course and I respect his choice. I love animals and am very soft-hearted, but uncharacteristically responded, "If God didn't want us to eat cows, He wouldn't have made them out of beef!"

Thank you for reading the meanderings of my "inner-griller." That's right. I'm a shameless "Barbecue Master Pitster" wannabe." I'm firing up the grills and I'm ready for summer. If you're hungry, just step outside and follow your nose to my pit. I'll greet you with a cold drink and a charred chunk of flesh.

My straw cowboy hat is firmly on my head. The charcoal is blazing, and I've got my "Barbecue Shoes" on.

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

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BVT ANNOUNCES SECOND TRIMESTER COMMENDATION LIST

UPTON – Superintendent-Director Dr. Michael F. Fitzpatrick has released the following Commendation List for the second trimester of the 2020-2021 academic school year at Blackstone Valley Regional Vocational Technical High School.

To be named to the Commendation List, students must meet rigorous standards that include maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester. Students are listed by grade level, hometown, and alphabetically by their last name. To view the entire Commendation List for the second trimester, please visit www.valleytech.k12.ma.us/2tcommendationlist.

SENIORS (Class of 2021)

Blackstone
Jada-Jane Chapman, Automotive Technology; Carrie Chase, Culinary Arts; Avry Guilbert, Painting & Design Technology; Victoria Lemieux, Health Services; Sean Tasker, Electronics & Engineering Technology; and Grant Van Dyke, Engineering & Robotics.

Douglas
Giannah Downen, Health Services; Kayla Drew, Culinary Arts; Ryleigh Flansburg, Dental Assisting; Krista Helstrom, Multimedia Communications; Madison Mathieu, Electrical; and Luke Morrison, Electronics & Engineering Technology.

Grafton
Rebecca Ashmore, Electronics & Engineering Technology; and Audrey Karyabdi, Dental Assisting.

Milford
Bianca Sayuri Oliveira, Advanced Manufacturing & Fabrication; Alaina Gobbi, Dental Assisting; Jacob Manor, Engineering & Robotics; Kaitlyn Manzi, Health Services; Christopher Mason, Engineering & Robotics; and Joseph Tutela, Culinary Arts.

Millbury
Nicholas Healey, Electrical; Evan Pariseau, Engineering & Robotics; Nicole Rannikko, Health Services; Noah Thomas, Painting & Design Technology; Abigail Weagle, Health Services.

Millville
Aaron Canali, Electrical; Nicholas Kirby, Engineering & Robotics; and Hayley Vecchione, Health Services.

Northbridge
Kevin Downing, Electronics & Engineering Technology; Meghan Griggs, Engineering & Robotics; Grant Houatchanthara, Information Technology; Victoria Lopez, Heating, Ventilation, Air Conditioning & Refrigeration; Kaitlyn McPherson, Cosmetology; Donna Ross, Health Services; Kevin Sawyer, Automotive Collision Repair & Refinishing; Matthew Trenholm, Engineering & Robotics; Evelyn Williams, Painting & Design Technology.

Sutton
Erin Fitman, Dental Assisting; Jenna Jennison, Culinary Arts; Hannah Limanek, Electronics & Engineering Technology; and Blake Stone, Business & Entrepreneurship.

Upton
Adam Jeronimo, Construction Technology.
Uxbridge
Nicholas Boisvert, Electronics & Engineering Technology; Thomas Breau, Information Technology; Jacob Constable, Electronics & Engineering Technology; Molly Curley, Health Services; Madison Gannon, Engineering & Robotics; Casey Goyette, Engineering & Robotics; Khushi Patel, Health Services; and Caroline Sanford, Engineering & Robotics.

JUNIORS (Class of 2022)

Blackstone
Madison Abrants, Painting & Design Technology; Allana Atstupenas, Advanced Manufacturing & Fabrication; Kendra Atstupenas, Automotive Collision Repair & Refinishing; Grace Buehler, Engineering & Robotics; Jane Buteau, Health Services; Anna Claro, Information Technology; Leah Cook, Engineering & Robotics; Kaitlyn Goyer, Cosmetology; Katelyn Hanson, Health Services; Andrew Konicki, Business Technology & Entrepreneurship; Cody Larson, Cosmetology; Connor Matson, Plumbing; Kyle Penta,

Business & Entrepreneurship; and Mandolin Simpson, Engineering & Robotics.

Douglas
Sophia Aquilino, Health Services; Zoey Beahn, Construction Technology; Joshua Chrul, Automotive Collision Repair & Refinishing; Gabrielle Gallant, Construction Technology; Alexis Levesque, Dental Assisting; Joshua McCullen, Electrical; Sophia Payson, Advanced Manufacturing & Fabrication; Lindsey Provost, Health Services; Alyssa Schilling, Cosmetology; Tatiana Tyra, Construction Technology; and Bryan Wheeler, Engineering & Robotics.

Grafton
Andrew Corbett, Engineering & Robotics; Noelle McDonald, Construction Technology; Samaha Roban, Business & Entrepreneurship; Allison Susi, Cosmetology; and Sofia Yitts, Culinary Arts.

Milford
Joel Awuku-Asante, Heating, Ventilation, Air Conditioning & Refrigeration; Jacob Brock, Drafting & Design Technology; Andrew Costa, Dental Assisting; Brianna Ferreira, Health Services; Gianna Leet, Multimedia Communications; Benjamin Miano, Construction Technology; Cameron Schermerhorn, Electronics & Engineering Technology; Stephanie Schotten Dasilva, Cosmetology; and Holly Swain, Cosmetology.

Millbury
Gabriella Brouillard, Health Services; Ava DiDonna, Health Services; Julia Drapeau, Dental Assisting; Madison Forget, Multimedia Communications; Aivrielle Krause, Health Services; Adam Moroney, Electronics & Engineering Technology; Thomas O'Leary, Electronics & Engineering Technology; and Isabelle Shum, Health Services.

Millville
Myra Dehestani, Engineering & Robotics; Isabelle Hilditch, Painting & Design Technology; Logan Humphries, Plumbing; Camden Laforest, Information Technology; and Natalie Lambert, Culinary Arts.

Northbridge
Katelyn Barrows, Culinary Arts; Kai DePaula, Advanced Manufacturing & Fabrication; Kaia Dziekiewicz, Dental Assisting; Carmen Gray, Engineering & Robotics; Cullen Jacene, Engineering & Robotics; Ansha Khan, Culinary Arts; Olivia Lange, Dental Assisting; Brendan McIntyre, Construction Technology; Nicolas Petone, Drafting & Design Technology; and Bianca Silveira, Painting & Design Technology.

Sutton
Gwyneth Dube, Health Services; Sarah Grant, Multimedia Communications; Kyleigh Leonard, Automotive Technology; Camilla Moroney, Health Services; Coryn Myette, Drafting & Design Technology; and Kaitlyn Reed, Health Services.

Upton
Emma Ballard, Health Services; Paul Hardcastle, Construction Technology; Kelli Konieczny, Multimedia Communications; Rachel May, Engineering & Robotics; and Amber Straponi, Information Technology.

Uxbridge
Amber Ells, Painting & Design Technology; Nolan Holt, Culinary Arts; Riley Holt, Engineering & Robotics; Abigail Lane, Engineering & Robotics; Aisha Lutwama, Culinary Arts; Robert Mellen, Engineering & Robotics; Abril Sanchez, Multimedia Communications; Ines Taipina, Business & Entrepreneurship; Emily Warner, Culinary Arts; and Lia Zajas, Multimedia Communications.

SOPHOMORES (Class of 2023)

Blackstone
Mason Baldini, Engineering & Robotics; Daniel Cardone, Electronics & Engineering Technology; and Sophia Mazzuchelli, Advanced Manufacturing & Fabrication Technology.

Douglas
Katelin Carlson, Health Services; Brooke Lukasevicz, Health Services; Murphy Potter, Painting & Design Technology; Brett Staples, Electronics & Engineering Technology; and Julia White, Cosmetology.

Grafton
Jordyn Carroll, Health Services; Juliana Errara, Health Services; Hailey Lutjelusche, Engineering & Robotics; Noah Mariano, Engineering

& Robotics; Owen Mathieu, Heating, Ventilation, Air Conditioning & Refrigeration; Ashley Waldo, Plumbing; and Henry Warfield, Electronics & Engineering Technology.

Millford
Jack Abbuso, Information Technology; Jaclyn Bader, Engineering & Robotics; Zachary Barnes, Information Technology; Logan Betti, Information Technology; Jason Cardente, Electronics & Engineering Technology; Colin Chambless, Engineering & Robotics; Dillon Costa, Electronics & Engineering Technology; Thays De Assis, Automotive Technology; Mayra Desousa, Health Services; Jake Ferreira, Engineering & Robotics; Marcella Ferreira, Construction Technology; Lauren Gobbi, Dental Assisting; Ana Guaman, Construction Technology; Heather Jarek, Multimedia Communications; Allison Kee, Health Services; Alya Lainez, Automotive Technology; Rillary Madrugra Ferreira, Engineering & Robotics; Ashley McIsaac, Heating, Ventilation, Air Conditioning & Refrigeration; Lyanna Pimentel, Multimedia Communications; Kioni Sankofa, Painting & Design Technology; and Joshua Schorn, Culinary Arts.

Millbury
Natalie Rutkiewicz, Cosmetology; and Brooke Vaillancourt, Dental Assisting.

Millville
Matthew Alves, Engineering & Robotics; and Emma Caddell, Culinary Arts.

Northbridge
Vanessa Calles, Drafting & Design Technology; Riley Driver, Electrical; Sam Grilli, Drafting & Design Technology; and Emily Wildfeuer, Drafting & Design Technology.

Sutton
Samuel Judson, Drafting & Design Technology; Haley Kirouac, Engineering & Robotics; Ryann Lombardi, Health Services; Adrian Lowell, Information Technology; Aidan Mcgrail, Electronics & Engineering Technology; Paige McMullan, Painting & Design Technology; Colin Medeiros, Electronics & Engineering Technology; Lena Paroulidis, Plumbing; and Benjamin Tufts, Advanced Manufacturing & Fabrication.

Upton
Julia Bern, Construction Technology; Bradley Lyon, Drafting & Design Technology; Jason Nguyen, Dental Assisting; Kathleen Russo, Culinary Arts; and Katelyn Steele, Engineering & Robotics.

Uxbridge
Isabel Cahill, Multimedia Communications; Maxwell Guyton, Engineering & Robotics; Autumn Herrick, Electrical; Jack Moscatelli, Cosmetology; and Jayda Paxton, Painting & Design Technology.

FRESHMEN (Class of 2024)

Blackstone
Darshannie Francis Drackett, Dental Assisting; Parker Guilbert, Cosmetology; Julia Matson, Plumbing; Olivia Picanso, Multimedia Communications; Carolyn Powers, Automotive Collision Repair & Refinishing; and Luke Tellier, Heating, Ventilation, Air Conditioning & Refrigeration.

Douglas
Laney Beahn, Engineering & Robotics; Cameron Burdick, Heating, Ventilation, Air Conditioning & Refrigeration; Mary Chrul, Health Services; Jack Dooner, Electronics & Engineering Technology; Matthew Phelps, Plumbing; Kendra Rowe, Cosmetology; Sorcha Twohig-Mann, Health Services; Maia Tyra, Electronics & Engineering Technology; Chloe Vescio, Engineering & Robotics; and Logan Visser, Heating, Ventilation, Air Conditioning & Refrigeration.

Grafton
James Benoit, Electrical; Caitlin Brown, Dental Assisting; Lourenco DaSilva, Information Technology; Alison Graves, Construction Technology; Skyla Jack, Construction Technology; Carlie Jensen, Painting & Design Technology; Ethan Keenan, Health Services; Soumith Madadi, Information Technology;

Ava Mills, Engineering & Robotics; Joshua Mumford, Automotive Collision Repair & Refinishing; Grant Purcell, Engineering & Robotics; Haleigh Reynolds, Dental Assisting; Lily Turcotte, Construction Technology; Nicholas Valoras, Engineering & Robotics; Madeline White,

Multimedia Communications; and Casey Wong, Engineering & Robotics.

Milford
Amelia Carr, Health Services; Igor Freeman, Engineering & Robotics; Benjamin Kinsella, Engineering & Robotics; Joseph Manzi, Electrical; Brendan Morin, Engineering & Robotics; Hannah Murphy, Multimedia Communications; Leah Neves, Construction Technology; Nelle Norris, Painting & Design Technology; Victoria Russo, Heating, Ventilation, Air Conditioning & Refrigeration; Whitney Russo, Health Services; Emma Sanborn, Painting & Design Technology; and Lizmary Vidal-Sanchez, Dental Assisting.

Millbury
Michael Borowski, Multimedia Communications; Nicole Boucher, Health Services; Lillian Bousquet, Health Services; Ava Lawton, Engineering & Robotics; Madison Moore, Painting & Design Technology; McKenna Morin, Engineering & Robotics; James Richert, Advanced Manufacturing & Fabrication; Nathan Richert, Automotive Technology; Isabella Rose, Health Services; and Emma Shum, Dental Assisting.

Millville
Violette Durand, Culinary Arts; Trey Kovolyan, Electronics & Engineering Technology; Rene Marcotte, Plumbing; Colby Milanoski, Engineering & Robotics; and Ryan Sauter, Plumbing.

Northbridge
Riley Austin, Painting & Design Technology; Giovanni Biagioni, Electronics & Engineering Technology; Hailey Feehan, Painting & Design Technology; Logan Feehan, Painting & Design Technology; Landry Fitzgerald, Plumbing; Yaliz Jimenez, Health Services; Izamar Laboy Villegas, Information Technology; Trysta Lamarche, Dental Assisting; Emily Legge, Health Services; Kayla Leppamaki, Engineering & Robotics; Lily Marshall, Dental Assisting; Ella Rogozenski, Engineering & Robotics; Bridget Roy, Culinary Arts; Mikaela Sadik, Multimedia Communications; Sophia Schuster, Health Services; Adriana Tillison, Engineering & Robotics; and Emma Vaughan, Culinary Arts.

Sutton
David Garabedian, Heating, Ventilation, Air Conditioning & Refrigeration; Michaela Gledhill, Construction Technology; Christopher Gubbins, Construction Technology; Julianna Hawley, Multimedia Communications; and Macyn White, Construction Technology.

Upton
Matthew Gaglin, Plumbing; Jacob Giancola, Engineering & Robotics; Mason Gibbons, Electrical; Benjamin Joseph, Information Technology; Kendall Pierce, Health Services; Robert Poirier, Heating, Ventilation, Air Conditioning & Refrigeration; Emily Reardon, Painting & Design Technology; Dillon Reilly, Electronics & Engineering Technology; Sierra Sherwin, Cosmetology; and Laith Shloul, Electrical.

Uxbridge
Yara Alomar, Health Services; Noah Cahill, Engineering & Robotics; Caitlyn DeLuca, Cosmetology; Avery Herrick, Multimedia Communications; Makaylah Holzman, Engineering & Robotics; Trevor Horgan, Electronics & Engineering Technology; Sean Knox, Advanced Manufacturing & Fabrication; Jillian Lutton, Heating, Ventilation, Air Conditioning & Refrigeration; Grace Mathieu, Engineering & Robotics; Olivia Stefanick, Electrical; and Joshua Thompson, Multimedia Communications.

About Blackstone Valley Regional Vocational Technical High School (BVT)

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

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Lisa Bernard – Director
Gail Boutiette – Outreach Coordinator
Donna Oncay – Transportation Coordinator
Omer Boucher – Van Driver
Sally Selvidge – Activities Coordinator
Edwina Porter – Chef

DIRECTOR NEWS FOR MAY 2021 NEWSLETTER

The month of May represents “Older Americans Month” (aka: OAM). The theme for this year’s event is “Communities of Strength”.

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection

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May 2021 Virtual Programs

Adult Programs

Virtual Gentle Yoga - Saturdays at 10:00am

Tune in to YouTube Live to start off your day with a yoga session with Marise Nazzaro! Search YouTube for the Uxbridge Free Public Library channel. This class is sponsored by the Uxbridge Board of Library Trustees.

Virtual Mindfulness Meditation - Thursdays, May 13th and May 27th at 6pm

Tune in on Facebook Live for an interactive virtual meditation session with Jenny Xie! This class is sponsored by the Friends of the Library.

Virtual Bookies Book Club - Monday, May 24th at 6:30pm

Zach will lead a discussion on An American Marriage by Tayari Jones. This title is available through CWMARS and through the Hoopla Digital app. Patrons interested in participating should email zparrish@cwmar.org for a link to the session.

Youth Programs

Take-Home Crafty Wednesday’s-Wednesday mornings and afternoons

Our weekly crafts are back! Let us know how many you would like in your curbside bag!

Virtual Music and Movement with Deb Hudgins - Tuesday mornings

Deb is on YouTube with more songs, rhymes, and activities about seasons, friends, and more! Visit our Calendar for the program link each Tuesday. Best for ages 0-4. Brought to you by the Library Board of Trustees.

Fortnite Online Tournament - Thursday, May 20th, 7-9pm

We are partnering with One Up Games for another Fortnite tournament! The entire event will consist of FIVE games with short breaks in between each game. Platforms include Xbox One / Series X, PlayStation 4 / 5, Nintendo Switch, or PC, and participants will need a Discord account. Visit our Calendar to register! After registration you will receive a confirmation email a few days prior to the event with instructions on how to join and queue up for your matches. Brought to you by the Library Board of Trustees.

Virtual Mug Meals: Coffee Cup Quiche - Wednesday, May 26th at 5pm

Join Chef Julie and learn how to make the perfect breakfast-for-dinner treat!

1 egg
1 1/2 tablespoons milk
Salt
Ground black pepper
1/4 of a bagel (or similar amount of French bread, etc.)
2 teaspoons cream cheese
1/2 slice prosciutto or ham
Fresh thyme leaves or fresh chopped chives
Dijon mustard
Ingredients can be adjusted to accommodate food allergies and sensitivities. Visit our Calendar to register. This program is best for ages 8 and up. Brought to you by the Library Board of Trustees.

Stay tuned for more information on our 2021 Summer Reading Program: Tails and Tales!

Story times will be resuming soon — thank you to all who shared the wonderful virtual space with Lindsey and Iggy!

Check our website and social media for additional programs as the month unfolds!

and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

Here, at the Uxbridge Senior Center, we try to focus our activities and events on improving

our seniors lives. Please consider joining in on a virtual exercise class, or join in on our walking club, come for a nutritious curbside lunch pick-up, or socialize with your peers at our outdoor craft activity program, or participate in our Pen Pal program. The Center provides our seniors the opportunity to make a difference in our community by sharing their talents, wisdom and time. Check our monthly Activity Calendar and join in to make our Center stronger through your experience, knowledge, and willingness to share with others. We are blessed to have your presence, your love, and your unmatched perspective. You deserve and we owe you nothing less.

The Spring Town Meeting is scheduled for Saturday, May 15th at 2pm at McCloskey School located at 62 Capron Street. Please plan on attending to participate in this important civic event.

The Uxbridge Elderly Connection will be holding their Annual Meeting on Wednesday, May 12th at 6pm via a Zoom invitation. Please contact the senior center to RSVP, if you would like to participate, and get the Zoom link. The Uxbridge Elderly Connection is the fundraising arm of the senior center and provides financial funding for some of the senior center’s activities and programs. See the back of this newsletter for more information.

Our Walking Club is back! Sally is resuming the Walking Club starting Wednesday, May 5th and every Wednesday morning at 10am. Sally will also be holding additional outdoor activities including the Knitting Group on Thursdays and a new program with BINGO on Friday, May 14th. Masks and social distancing will be required. Check out the Activities Calendar for more info. Please call the senior center to RSVP.

Best wishes for a Happy Mother’s Day and restful Memorial Day to all!

Thank you,
Lisa Bernard, Director

Virtual programs will be aired on Local Cable Channel 192 Tuesday – Thursdays, 9:30am & 5:30pm also 10:00am & 6:00pm (times may vary). You can also check out our Facebook page and YouTube channel.

MCOA Walk Massachusetts Challenge – Lace up your sneakers – Walk the Mass Challenge is Back! Program runs from May 1st – Sept. 30th. This year features more prizes and will be incorporated

rated with *Sally’s Walking Club Every Wednesday @ 10 am* Meeting at the Blackstone Valley Greenway on Adams St., South Uxbridge. 10 lucky people will win a \$50 Visa gift card, 25 people a \$25 Amazon gift card, and 50 people a \$10 Dunkin’ gift card. The first 500 people who participate will receive a handy reflective wrist band and sports pack, perfect for carrying your water bottle, keys and phone. To sign up, go to www.mcoonline.com/walkma or call 508-278-8622.

Zumba Gold will continue on Thursday May 6th & May 13th. Sessions will be sent via email.

Friday, May 7th –12:00 pm - Mother’s Day Baked Fish Curbside Pickup. Dessert is sponsored by Atria Draper Place! RSVP is required and a donation of \$3.00 per meal is greatly appreciated. Call 508-278-8622 to reserve your meal.

Saturday, May 9th – 9 am – 12 pm – Uxbridge Lions Shred Event -VFW Parking lot, Rt. 16, Uxbridge – Paper & Electronics \$5.00 per box or item.

Wednesday, May 12th – Uxbridge Elderly Connection, Inc. Annual Meeting @ 6:00 pm. Annual report/Elect board members. Call 508-278-8622 for ZOOM invitation.

Thursday, May 13th – 2:00 pm – Outdoor Craft w/Sally Painting Bird Houses! Limited to 5 people – donation of \$7.00 per bird house. RSVP to reserve your spot by. Rain date is Thursday, May 20th. Social distancing, safety precautions in place and masks required.

Friday, May 14th @ 1:00 pm – Outdoor BINGO! This will be held in our parking lot (weather permitting) and prizes will be awarded! Must call 508-278-8622 to sign up as space is limited. Social distancing & masks are required.

Saturday, May 15th – 2:00 pm – Uxbridge Spring Annual Town meeting will be at the McCloskey School.

Friday, May 21st – 12:00 pm - Baked Fish Curbside Pickup – Sponsored by ERA Key Realty Charitable Trust Fund! RSVP is required. Please Call 508-278-8622 to reserve your meal.

Friday, May 28th & Monday, May 31st – The Senior Center will be closed in observance of Memorial Day. We will re-open on Tuesday, June 1st.

Uxbridge Senior Center On The Move - Videos will be posted every Monday at 10:00 am! Get ready to join Sally & Gail on VIRTUAL Trips in and around Uxbridge!

Hannaford grocery shopping every Tuesday. Pick up begins at 8:30 AM. Please sign up in advance by calling us at 508-278-8622 to reserve your seat on the van. Masks are required and seating is limited.

Every Tuesday – Virtual Chair exer-

cises with Sally posted on the Uxbridge Senior Center Facebook page & YouTube after 2:30 pm.

*Walking Club will be every Wednesday @ 10:00 am. Contact the senior center for waiver form before starting. Weather Permitting, masks & social distancing required. Meeting spot is at the Blackstone Valley Greenway located on Adams Street, South Uxbridge.

1st and 3rd Wednesdays – May 5th & May 19th @ 10:00 am – Bank & Pharmacy Rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn as well.

2nd and 4th Wednesday – May 12th & May 26th @ 9:30 am – Shopping trip to Walmart. There will only be 4 people allowed on the van per visit. Call ahead to sign up! Masks must be worn.

2nd & 4th Thursdays – May 13th & May 27th @ 9:30 am – Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn and limited to 4 people on the van.

Welcome back knitters! Knitters can meet every Thursday @ 1:30 pm in the senior center parking lot. Masks & social distancing required (weather permitting). Please bring your own chair and water bottle. You must RSVP 508-278-8622.

Every Thursday – Virtual Crafts with Sally posted on the Uxbridge Senior Center Facebook page and YouTube after 2:30 pm.

Every 1st & 3rd Friday @ 1:00 pm – Live Facebook Pictionary with Sally & Gail! Tune in to the Uxbridge Senior Center Facebook page. Prize given to first place participant!

Medical Transportation is accepting appointments. Call 508-278-8622 to schedule your rides.

The Uxbridge Senior Center Donation Funds are used to pay for services, programs, and activities for Uxbridge older adults and are not considered part of the Town’s operating budget for the Center. Anyone wishing to donate may do so by making checks payable to the “Uxbridge Senior Center”. Donations may also be made in honor of, in memory of, or in appreciation of. Contributions are greatly appreciated. Our seniors Thank You!

Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by.

Uxbridge-ma.gov/Council-Aging
<https://www.facebook.com/UxbridgeMASeniorCenter>
https://www.youtube.com/channel/UCNh_RIq99rucmFH-UO7VFBw
<https://www.uxbridgetv.org/schedule/192>

MILLBURY SENIOR CENTER

SENIOR WORK – OFF PROGRAM

For Eligible seniors, 60 or older that are residents of Millbury

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

In return for voluntary service at a town department

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

MILLBURY SENIOR CENTER ACTIVITIES!!

EXERCISE CLASSES – Beginning on Monday, April 26th

Mondays and Fridays 9:30 A.M. – 10:15 A.M.

Classes are held inside with limited capacity

Reservations required, please call the center at 508-865-9154

WALKING CLUB – Starting on Tuesday, May 4th

Tuesdays at 8:30 A.M.

We will be walking around the garden This will be followed by coffee in the garden!

SOCIAL BINGO – Beginning on Wednesday, May 5th at 12:30 P.M.

will be outside weather permitting

Bring your pennies!

Registration required, Please call the center at 508-865-9154

SUMMER CONCERTS ARE BACK! The Millbury Senior Center Announces...

Thursday, June 17th, 6 – 7:15 P.M. Featuring Robert Black an ELVIS IMPERSONATOR

Thursday, July 15th, 6 – 8 P.M. 4 Ever Fab “A Beatles Tribute Band”

Thursday, August 19th, 5:30 – 7:30 P.M. Eddie Forman Polka Band Orchestra

Concerts are sponsored by the Massachusetts Cultural Council & Mike and Lucille Maguire

Hot dogs & drinks will be available for sale. These events will be held rain or shine, bring your lawn chairs!

Masks required along with social distancing!

Millbury Senior Center COVID-19 Vaccine Assistance

We will assist Millbury residents who are 65 and older schedule a vaccine appointment

The sites open are the larger ones the Governor has set in place.

As soon as a nearby site opens up we will call you

If you have a computer you can go on to the Mass.gov website and schedule an appointment

If you do not have access to a computer or require assistance, please call the center and leave your name and phone number

508-865-9154

Blood Pressure Clinic Every Tuesday from 9 A.M. - 10 A.M.

The Blood Pressure Clinic is held inside now

Come to front door and we will let escort you from there!

Masks required, along with social distancing!

Millbury Senior Center Transportation is provided for Millbury Senior Residents

Monday through Friday from 9 A.M. to 4 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 July 1st

For more information or to schedule transportation call the center at

508-865-9154

Millbury Senior Center Food Pantry Our pantry is open for Millbury residents Monday through Friday

9 A.M. to 1 P.M.

Please call ahead to place your order and pick up

508-865-9154

Millbury Friendly Visitor Program Our Friendly Visitor Program is now being provided by telephone

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

For more information on coordinating a Friendly visitor

Call the center at 508-865-9154

“MEMORY CAFÉ”

Our Traveling Memory Café is visiting people monthly.

If you are interested in a visit (outside) please call Julieanne Fitzgerald at the senior center

We are also looking for volunteers to assist with this program

For more information call to RSVP 508-865-9154!

“Grab & Go Meals”

Lunch meals will be available to be picked up daily at the front door, 11:30 A.M.

Menu is available on Town Website, www.townofmillbury.org

Or our Millbury Senior Center Facebook page

A 48 hour reservation is required

For more information or reservations call us at 508-865-9154

THE MILLBURY SENIOR CENTER IS ACCEPTING

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.”

The Senior Center is closed to the Public.

While the building is not open to the public the Food Pantry at the Millbury Senior Center is available from 9am to 1pm Monday thru Friday by calling 508-865-9247 for an appointment our food pantry is fully stocked at this time tell us what you need and you can pick it up or we will deliver it.

We are still here to answer any questions you may have and we are available for your transportation to Doctors appointments or if you need to go to the drug store for your prescriptions, we will take you there. If you don’t have a mask, we will give you one.

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

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

What is an antique's provenance?

For those of you who collect antiques or even watch antique related television shows, you've probably heard the term "provenance." Merriam Webster's definition is "the history of ownership of a valued object or work of art or literature."

It is always helpful to have some historical information that has passed been down with your family heirlooms. Most of the information that we hear from family members is valid. Sometimes the stories have been embellished. Other times the facts may be true but there is no way to confirm it and sometimes the family history doesn't line up with the facts.

When I first started this business over 20 years ago, a woman contacted me and said that she had a rifle that family history said was used by a soldier in an African American regiment during the Civil War. The rifle was old enough to have been used then. An expert on antique weapons from New Hampshire accompanied me to view the rifle. He was familiar with the weapons used by Civil War regiments. The rifle was a model that wasn't one used by African American regiments.



ANTIQUE,
COLLECTIBLES
& ESTATES
•••••
WAYNE TUISKULA

Another potential consignor from the Southwestern part of the country contacted us regarding an early desk that he had. He claimed that it belonged to Mother Goose, who is said to have written some of the world's most famous nursery rhymes. Mary Goose was buried in the Old Granary Burying Ground in Boston in 1690, according to the History Channel's Web site. Local legend said that she was the person who penned the famous Mother Goose nursery rhymes. The History Channel said that Mary Goose in Boston isn't the person

who wrote the nursery rhymes though. References to Mother Goose date back to the Roman Empire during the 8th century. "Mere l'oye" or "mere oye" (Mother Goose) was a term used in France during the mid-17th century to describe a woman who captivated children with delightful tales," according to the History Channel. There were two problems with the desk that the consignor wanted us to sell. There was no documentation showing that the desk belonged to Mary Goose and evidence shows that Mary Goose

wasn't Mother Goose. The desk would have to be sold for what it was, just an antique desk.

Here are some things that you may have that can increase the provenance and subsequent value of your items. We sometimes find hand-written notes along with objects in an estate describing who owned the piece and when it was acquired. An old sales receipt can determine provenance. Sometimes photos can be matched with the item. For example, we've had a photo from the late 1800s of a woman wearing a piece of jewelry that we were selling. A certificate of authenticity by a reputable company is always helpful, but even a signed letter by the person who received an item from a celebrity explaining when and how they received something is beneficial. When we sold a jacket that belonged to Admiral Byrd we had a letter saying that it had been de-accessioned back to the family from the Smithsonian Museum. It's hard to find any better provenance than that.

Our multi-estate online auction ending June 2 features Rock n' Roll memorabilia from a New York promoter who was James Brown's agent. Items include rings that belonged to Elvis Presley, a Janice Joplin bracelet, along with other



Courtesy

A bracelet worn by groundbreaking rock vocalist Janis Joplin.

pieces owned by Freddie Mercury, and James Brown. There will be letters of provenance accompanying these items. We are still accepting quality consignments for this auction. Our online auction of sports and non-sports cards all from one estate will be running soon. The third session of model trains, die-cast cars, and other toys is now running online. See our Web site for details on upcoming events: <https://centralmassauctions.com>.

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

LEGALS

Town of Uxbridge Conservation Commission PUBLIC HEARING MEETING NOTICE

The Uxbridge Conservation Commission will hold a Remote Public Hearing on Monday, May 3 2021 at 6:30PM. Members of the public who wish to participate may do so in the following manner:

To access online: <https://uxbridge.zoom.us/j/8616203349>

To access by telephone: 301-715-8592 meeting i.d.: 861 620 3349

Persons who would like to view/listen to this meeting live may do so by watching the Government Channel @ www.uxbridgetv.org or on Uxbridge Community Television Channel 191. Those unable to watch it live may view the recording of the meeting on the Government Channel @ <http://archive.uxbridgetv.org>. The meeting will review the following applications under the MA Wetlands Protection Act (MGL Ch. 131, Sec. 40). Plans may be reviewed by appointment in the Town Clerk's office or by emailing uxbconservation@uxbridge-ma.gov. Request for Determination of Applicability for 32 Crown and Eagle Road, Map 12B, Lot 3023 for alteration of the 100 Foot Buffer Zone of Bordering Vegetated Wetlands.

Submitted by Michèle Grenier, PWS, CWS Conservation Agent, Uxbridge Conservation Commission April 23, 2021

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Division Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 Docket No. SU21P0585GD CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L.c. 190B, §5-305 In the matter of: Mary Doyle Of: Douglas, MA RESPONDENT

Alleged Incapacitated Person To the named Respondent and all other interested persons, a petition has been filed by Beth Israel D Medical Center of Boston, MA in the above captioned matter alleging that Mary Doyle is in need of a Guardian requesting that Brian J McLaughlin, Esq of Boston, MA, (or some other suitable person) be appointed as Guardian to serve Without Surety on the bond. The petition asks the court to determine that the Respondent is incapacitated, that a protective order or appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 05/06/2021. This day is NOT a hearing date, but a deadline date by which you have object to the account(s). If you fail to file the written appearance and objection by said return date, action may be taken in this matter without further notice to you, including the allowance of the account(s). Additionally, within thirty days after said return day (or within such other time as the Court upon motion may order), you must file a written affidavit of objections stating the specific facts and grounds upon which each objection is based and a copy shall be served upon the Guardian pursuant to Rule 3 of the Supplemental Rules of the Probate & Family Court. You have the right to send to the Guardian, by registered or certified mail, a written request to receive a copy of the Petition and account(s) at no cost to you.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the abovenamed person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.

Date: March 35, 2021

Felix D. Arroyo
Register of Probate

April 23, 2021

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Division Docket No. WO21P1256EA Estate of: Kathleen T. Johnson Date Of Death: January 15, 2021 INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner Margaret Mary Johnson of Northbridge MA

a Will has been admitted to informal probate.

Margaret Mary Johnson of Northbridge MA

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

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

April 23, 2021

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. WO21P1018EA CITATION ON PETITION FOR FORMAL ADJUDICATION Estate of:

Nancy J Oliveria

Also Known As: Nanacy Jane Oliveria
Date of Death: 11/17/2020

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Kimberly J. Oliveria of Blackstone MA

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

The Petitioner requests that Kimberly J. Oliveria of Blackstone MA

be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written ap-

pearance and objection at this Court before: 10:00 a.m. on the return day of 05/11/2021.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

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

Date: April 13, 2021

Stephanie K. Fattman,
Register of Probate
April 23, 2021

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. WO21P1299EA CITATION ON PETITION FOR FORMAL ADJUDICATION Estate of: George L Pendleton Date of Death: 03/12/2021

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by David J Pendleton, Sr. of Harrisville RI requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition.

The Petitioner requests that David J Pendleton, Sr. of Harrisville RI

be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 05/18/2021.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

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

Date: April 15, 2021

Stephanie K. Fattman,
Register of Probate
April 23, 2021

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. WO20P2086EA CITATION ON PETITION FOR SALE OF REAL ESTATE BY PERSONAL REPRESENTATIVE Estate of: Richard G Lewis Date of Death: 01/30/2019

To all interested persons:

A Petition for Sale of Real Estate has been filed by:

Vincent A. Vilkas of Shrewsbury, MA requesting that court authorize the Personal Representative to sell the decedent's real estate at a private sale.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 05/11/2021.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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

Date: April 07, 2021

Stephanie K. Fattman,
Register of Probate
April 23, 2021

NOTICE OF PUBLIC HEARING

In accordance with the provisions of M.G.L Ch. 40A, Section 11, and Chapter 173, Section 47 of the Northbridge Zoning By-Laws, the Northbridge Zoning Board of Appeals will hold a public hearing on Thursday, May 13, 2021, at 6:30 P.M. Via Zoom

Douglas Curving is inviting you to a scheduled Zoom meeting. Topic: Town of Northbridge ZBA meeting

Time: May 13, 2021 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/92898963115?pwd=Nl0wMnF6cV05UWl1Z2ZlUWJFrdHcrZz09>

Meeting ID: 928 9896 3115

Passcode: 550586

Dial By Phone: +1 929 205 6099 US (New York)

To consider the petition of Ron Henault, 304 Providence Road, Grafton, MA 01560 for nine Special Permits (8-SP-2021 /16-SP-2021) to construct nine two-family dwellings on a proposed subdivision roadway known as Mike's Way in accordance with Article X, Section 173-47 and Article V, Section 173-12 (Table of Use Regulations). The property, shown on Assessor's Map 19 as parcels 96 & 193 is located within a Residential 2 Zoning District.

The purpose of this hearing is to provide an opportunity for public comment.

Anyone wishing to be heard regarding this matter should attend said meeting at the time and place designated. A copy of the petition is available for review at the office of the Town Clerk and Zoning Board of Appeals and may be reviewed during normal business hours.

Douglas Curving, Chairman Northbridge Zoning Board of Appeals

April 23, 2021

April 30, 2021



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

Door Special! Window Special!

Special ends on May 1st

SAVE 20%
on windows¹
+
SAVE 20%
on entry and patio doors¹

Minimum purchase of four.

PLUS AN ADDITIONAL

\$250 OFF
your entire project¹

Minimum purchase of four.

WITH

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

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



- Our beautiful, custom-made **entry doors will transform how you feel about your home**
- Our patio doors will continue to slide smoothly for years using **Andersen's dual ball-bearing engineering**
- Our composite Fibrex[®] window material is twice as strong as vinyl so **our weather-tight seals stay weather-tight**
- For peace of mind, know that we've adjusted our operations to serve you in the **safest way possible**

Now offering
virtual
appointments,
too!

We handle every part of the replacement process:
- Sell - Custom-Build
- Install - Warranty

Hear from one of our customers:

“ The entire experience was great. The installation crew was fantastic. They arrived on time and worked efficiently. They were all master craftsmen who were extremely knowledgeable about the product they were installing and the end-to-end installation process. They were courteous, professional and left our house very clean after each day of work. ”

- Heather S., Renewal by Andersen customer, Holliston, MA

Make your home more secure. Book a Virtual or In-Home Appointment.



RENEWAL
by **ANDERSEN**
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WEBSTER LAKE - 11 Bay View Rd! One of the Lake's Premier Properties! 9,822' of Real Nice Set on .68 Acres of Park Like Grounds with 297' Waterfront! Over \$4 Million Spent! Nothing was Spared! 18 Spacious Rooms! 5 Water View Bedrooms, 4 with their Own Bathrooms! 5.5 Bathrooms Total! Brazilian Cherry Hardwood Floors, Grand & Spiral Stairways! Elevator from the Ground Floor up 3 to the Master Suite! In-door Resistance Swimming Pool, Hot Tub & Bathroom with Steam Shower just off the Mirrored Exercise Room! Billiard Room! Media Room with Custom Cabinetry & Wet Bar! Fantastic Center Island Granite Kitchen with Viking Gas Range, Sub-Zero Refrigerator, 16' Butler's Pantry & Breakfast Bar! Open Floor Plan! Dining Area, Family Room with Cherry Entertainment Center & Wet Bar! Open Formal Dining Room, Fireplace Living Room & Atrium! Library with Private Deck! Waterfront Master Suite with Private Office, Bedroom with Triple Glass Door to its Private Deck with Panoramic Lake Views, 3 Walk-in Closets, Lake View Bathroom with Huge Multi-Head Shower, Whirlpool Tub, Double Vanity Sinks & Separate Commode/Bidet/Pedestal Sink Area! 16 Zones of Updated Geothermal Heat & Air Conditioning - 30 Tons! Recessed Lighting & Sprinkler System Through Out! 3 Car Heated Garage! Full House Generator! Slate Roof! All Decks & Railings Brazilian Ipe Hardwood! Copper Gutters & Downspouts! It's Time to Reward Yourself! **\$2,249,900.00**

WEBSTER - 35 Everett Ave! 2 FAMILY - GREAT INVESTMENT! 4/4 Rms, 2/2 Bdrms, 1/1 Baths! Family Home Lovingly Cared For! Quiet Residential Area! Set on a 11,000' Level Lot! Great Yard! Updates include Roof, Boiler, Electrical, Gutters, Porch, Sewer Lines, Insulation in Attic, Basement and Exterior Walls by Mass Save! Replacement Windows & Doors! Hrdwds! Garage or Workshop! **\$224,900.00**

WEBSTER - 44 Sunny Ave! Sought After Neighborhood! 7 Room 1,632' Colonial! 1st Flr Features Open Flr Plan, Kit w/Is, Din Area, Fam Rm, Frplcd Liv Rm, 1.5 Baths! 2nd Flr w/3 Bedrooms & Bathrm! 2.5 Baths Total! Tile Flrs Throughout! LP Gas Heat & Hot Water! Town Services! **\$289,900.00**



WEBSTER - 69 Minebrook Rd! Conveniently Located 7 Rm Split Entry! 1.04 Acre Lot! House set well off the Road for added Privacy! Open Floor Plan! Eat-in Appliance Kit w/Island & Seating, Tile Flr, Tile Backsplash & Ceiling Fan! Din Rm w/frwd Flrs & Slider to the Deck Overlooking the Private Backyard! Frplcd Liv Rm w/Tile Flr & 3 Bdrms w/ Marble Tile Flr & Shower Surround! Hrdwd Stairs, the Finished Lower Level Fam Rm w/Recessed Lighting, Stone & Tile Hearth w/Woodstove, 1/2 Bath w/Tile Flr, Laundry Rm w/Sink & Tile Flr, Utility Rm w/Storage! 2 Car Garage w/Electric Openers & Door to Backyard! Oil Heat! Steel "T" Beam Construction! Shed! Won't Last! **\$349,900.00**



WEBSTER LAKE - 11 Henry Road! Bates Point - Middle Pond + Panoramic Views + Western Exposure = Beautiful Sunsets! Never 2 the Same! 3,184' 9 Room Fully Furnished Colonial Built from the Ground Up as a New Home in 2005! This Home Features 4 Bedrooms, 2 of which are Master Suites, 1 of which Overlooks the Lake, 4.5 Bathrooms, 2 of which have Separate Showers & Whirlpool Tubs, 3 of which have Double Granite Vanities, 2 Complete Granite/Stainless Kitchens! The First Floor Open Floor Plan with Hardwood Floors Features an Eat-in Kitchen with LP Gas Jenn-Air Range, Double Drawer Dishwasher & Trash Compactor! Spacious Formal Dining Room with Crown Mouldings & Chair Rails! Lake Facing Great Room/Living Room with Gas Fireplace, Wet Bar with Bottle Cooler, Surround Sound & Slider to Composite Deck! Half Bath with Laundry Closet! The Second Floor with 4 Bedrooms! Comfortable Front 16x16 and Back 17x17 Masters with Tray Ceilings, Recessed Lighting, Ceiling Fans, Surround Sound & Full Tile/Granite Bathrooms! Full Hall Bath for the other 2 Bedrooms! Fully Finished Walk-out Lower Level with Full Summer Kitchen, Family Room with Gas Fireplace, Surround Sound, Slider to Paver Patio & Full Bath! Buderus 3 Zone Oil Heat! 3 Zone Air Conditioning! Central Vac! Security! 2 Car Heated Garage! Boat Dock! **\$1,099,900.00**



CHARLTON - 74 Daniels Road! Completely Renovated 9 Rm, 4 Bdrm, 2.5 Bath Gambrel w/Attached In-Law Apt! Picturesque 3.39 Acres! Deeded Water Rights to South Charlton Reservoir! Extensive Updates! House w/New Roof, Siding, Kit, Bthrms, Windows, Int Doors, Electrical, Flooring, R60 Insulation in Attic, Water Heater, Well Pump & More! In-Law w/Open Flr Plan, Kit, Bdrm w/Walk-in Closet, Full Bath w/Laundry! Both Fully Appliance! 2 New Driveways, Irrigation, AG Pool! Shed! Security! Generator Hookup! **\$489,900.00**



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Featured New Listing!

WEBSTER 99 UPPER GORE ROAD
Location! Scenic Upper Gore! "BIRDS EYE VIEW" of Webster Lake! Spacious Tr-Level, 2,279 sq. ft., 4 BRS, 1 full Bath, 2 half baths, Inground pool, 2 Car Garage **\$275,000.**

WEBSTER - 155 THOMPSON ROAD
SORRY, SOLD!
Terrific opportunity for one Large business or Several businesses. 4784 sq ft bldg, Zoned B5. Off 1395 exit 1. High Traffic & Visibility. Excellent Location! assisted sale **\$695,000.**

June Cazeault * Laurie Sullivan * Matthew Ross * Lori Johnson-Chause * William Gilmore II * Brian Bohenko

WATERFRONT THOMPSON - BECOLA RD
ON DEPOSIT
5+ Acre Waterfront Land On "Little Pond/Schoolhouse Pond. Private Setting. Open Field. 250+ feet Waterfrontage. Dead end road!
\$179,900

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LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS
Webster- Douglas Rd (Rte. 16) 29 ACRES on Sugarloaf Hill 900 feet rd frtg. **NEW LISTING! \$200,000**
Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided! **ON DEPOSIT \$89,900**
Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE. **\$115,000.**
Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **Each \$24,500.**

WEBSTER - 17 BRODEUR AVENUE
Featured New Listing!
To Be Built or Build to Suit - 2000+ Sq Ft Custom Cape! 3 large bedrooms, Master suite, Central air, 2 Fireplaces! 2 car garage. All town services. **\$425,000.**

WEBSTER • 9 BIRCHWOOD DRIVE
SORRY, SOLD!
Beautiful CAPE! Enormous amount of updates. New Asphalt Shingles, & 8 New Skylights! 4 Bedrooms! 3 - 1/2 Baths! 24 x 26 Great Rm w/ Gas Fireplace! Master Suite w/"Spa Like" Bath & Soaking Tub! WHAT MORE COULD YOU WANT? INGROUND POOL? OK! has that TOO! All Painted! SS Appliances. New Tankless Hot Water Boiler. **\$467,000**

WEBSTER - 103 UPPER GORE RD
SORRY, SOLD!
Estate Sale! Scenic View of Beautiful Webster Lake! Boarding Stone Walls! Split Level! 3 Bedrooms, Kitchen, Dining Rm, Hollywood Bath! Master Bedroom & Master Bath. Fireplaced Living Room! Finished Lower Level w/1/2 Bath, Garage. "Salt Water" Inground Pool. **\$319,000.**

WEBSTER • 233 - 235 NORTH MAIN STREET
ON DEPOSIT
large 3 Family - a rare find! 1st Floor spacious 2 bedroom apartment. 2 - 2nd floor, 3 bedroom apartments Walkout basement to off street parking. **\$289,900.**

On the shores of Lake Chargoggagogmanhauggagoggchaubunagungamaugg

Webster Lake - 100 Lakeside Ave
WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind. Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a .25 acre level peninsula, 180' +/- prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplaced living room, gourmet kitchen, lake facing dining , formal dining room, media room & spacious 1st floor guest BR Suite w/ private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! **Remember, Timing is Everything!** **\$1,075,000.**

Lake Shirley - 647 Reservoir Rd
Lakefront! Lake Shirley! Modern Flare on a Lakefront Colonial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, Impala black granite, center island, 3 season porch, overlooking the lake. 1st FL suite suite w/ shower and jacuzzi tub. 2nd floor Master Suite! Lower level Summer kitchen, full bath, game room. Crown moulding & hardwood floors throughout, wired sound system, radiant floors. oversize 2 car garage. Additional Guest House! assisted sale **\$1,040,000.**



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44 Highland St ~ \$479,900

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Discern'd Cannabis Purveyors receives provisional adult-use cannabis license

GRAFTON—Discern'd Cannabis Purveyors, a retail operator committed to educating consumers about the benefits of cannabis, has been granted a provisional adult-use license by the Cannabis Control Commission (CCC) for a dispensary. As a next step, post-final inspection for the final adult-use license will be scheduled.

"This represents a very exciting milestone for us," says Discern'd co-owner and Marine Corps veteran Bruce Spinney. "It's been our vision for quite some time to open a facility that helps take the mystery out of cannabis. Discern'd will sell the finest-quality products in a relaxed, supportive environment—staffed by employees tasked with educating customers about the many ways cannabis can enhance their lives."

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

Evin Pingalore named to Dean's List at Palmer College of Chiropractic

DAVENPORT, Iowa — Evin Pingalore of Douglas has been named to the winter 2021 quarter Dean's List at Palmer College of Chiropractic's Florida campus in Port Orange, Fla.

Palmer College of Chiropractic, the first and largest college in the chiropractic profession, has campuses in Davenport, Iowa; San Jose, Calif.; and Port Orange, Fla.



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Spencer - Point Eastalee - Charming 1 bdrm cabin on Sugden Reservoir with 100 feet of water frontage on this full recreational lake! Vaulted & beamed ceiling with a fieldstone fireplace. Updated roof & artesian well. Being sold in "as is" condition. Nice, dead end street!
\$299,900

Spencer - Wilson St - Turn key colonial on almost 2 acres, 3bdrm, 2 ba, 2600 sq ft. New kitchen w/ custom cabinetry, granite counters & center island w/ bar addition. 2 garages that will fit 8-10 cars! Parking for 40+ vehicles! This property is perfect for the car buff, landscaper, mechanic! Zoned for mixed use! **\$595,000.**

Spencer - Jolicoeur Ave - Immaculate waterfront beauty poised on Cranberry Meadow Lake! 50 feet of water frontage! 2600 sq ft, 3 bdrm, 2.5 ba. Beautifully updated kitchen w/ breakfast bar, open to a formal dining area & living room. Lower level family room & 3 season room - perfect for lake front parties! **\$525,000**

Sturbridge - 1st time on the market! Two units, duplex style on Main St, 4 bdrms, 2 baths. Town water & sewer! 350 ft of road frontage. Great for 1st time homebuyer looking for a mortgage helper or someone who wants to share a house with a relative or friend.
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Town of Charlton seeks a FT Conservation Agent
Qualified candidates will have knowledge of Mass General Law relating to the MA Wetlands Protection Act. Working knowledge of soil types; ability to verify wetland boundaries; familiarity with permit and grant writing. Minimum qualifications includes Bachelor's Degree in an environmental field, five years' experience in environment management, land conservation or a related field; or equivalent combination of education and experience. Engineering Degree a plus. Must be able to lift 30 lbs. and have the physical ability to walk rough terrain and access all areas of inspection sites. Hiring range \$27.43/hr. - \$30.93/hr. dependent on experience and education.
Position will remain open until filled.
Apply online at <https://townofcharlton.net/158/Human-Resources>
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Town of Charlton seeks to fill a PT (15 hr) Local Inspector in our Building Department
Must have thorough knowledge of the State Building Code, local zoning bylaws and other applicable state statutes, rules and regulations. High School diploma and advanced technical training; five years of experience in the supervision of building construction or design; or an equivalent combination of education and experience. State certification as a Local Inspector, Massachusetts Construction Supervisor's License and Massachusetts driver's license required. Hourly rate: \$25.00 - \$28.00/hr dependent on qualifications.
Full job description available online at <https://townofcharlton.net/158/Human-Resources>.
Deadline to apply is 5/4/21.
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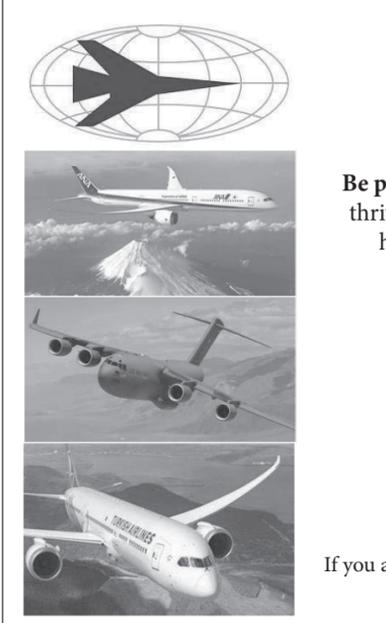
Town of Douglas
Full Time Administrative Assistant / Fire Department
The Town of Douglas Fire Department is currently seeking qualified applicants for the position of Administrative Assistant for the Fire Chief. Requirements include a high school diploma or equivalent, a minimum of the (3) years' experience in office administration, office management, personnel, financial and administrative practices. Applicant must possess strong computer skills, basic knowledge of office equipment, and have the ability to effectively and tactfully interact with personnel and the public on a daily basis. This is a thirty (30) hour a week position Monday - Friday 9am - 3pm with occasional four (4) hour shifts on Saturdays January thru May during Open Brush Burning season.
CLOSING DATE: Position will remain open until filled.
Qualified applicants can mail a resume, cover letter, and Town of Douglas Application (found on the town website www.douglas-ma.gov) to Douglas Fire Department Attn: Chief Kent Vinson PO Box 222 Douglas, MA 01516.
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Planting tips for growing success



them adjust to the outdoor growing conditions, so plants will suffer less transplant shock and establish more quickly.

Start by moving the plants outdoors to a sheltered shady location about one to two weeks before the recommended planting date. Stop fertilizing and water thoroughly when the planting mix is starting to dry. Move plants into an hour of direct sunlight the first day, increasing the time by an hour

Photo

Courtesy — Gardener's Supply Company
Set tomato stakes or towers in place at the time of planting and make sure they are strong and tall enough to support the mature plants.

each day. Make this easier by placing transplants in a wagon, old saucer sled or Gardener's Supply Garden Cart (gardeners.com). Keep frost protection handy or move plants indoors when frost is in the forecast.

Once the plants are hardened off, move them into the garden. Water the planting mix thoroughly the night before planting. If possible, plant in the morning or on a cloudy day to reduce

moisture loss and stress on the plants.

Follow spacing recommendations on the plant tags to save money and time. You will need fewer plants to fill the space and allow each plant to reach its full potential.

Press on the sides of the pot to loosen the roots and carefully slide the plant out of the container. Do not pull the plant out by the stem or you may end up with all stem and no attached roots.

Gently loosen any encircling and tightly bound roots. This encourages the roots to explore the surrounding soil and establish a strong root system. Use fingers to tease apart the roots or a sharp knife to slice through the surface roots in a few places.

Plant tomato transplants several inches deeper or set long leggy plants in a trench. This encourages roots to form along the buried stem. Remove the lowest leaves that will be covered by the soil and loosen the roots on the hardened-off transplant.

Dig a shallow trench two to three inches deep. Lay the leggy tomato in the trench and carefully bend the stem so the upper portion remains above ground. Cover the stem with soil and water.

Set stakes and towers in place at the time of planting to reduce the risk of damaging roots and stems when trying to secure tall plants. Make sure the support is strong and tall enough for the plants. Gardener's Supply Vertex toma-

GARDEN MOMENTS
MELINDA MYERS



to cages and supports are flexible, lightweight and can be installed around established plants without damage.

Remove any flowers and fruit on the transplants at the time of planting so plants can direct energy into forming roots, resulting in more flowers and

fruit over time. If you cannot bring yourself to do this, try removing flowers on every other plant or row at planting. Do the same to the remaining flowers the following week.

Water new transplants often enough to keep the soil moist, but not soggy wet. Water thoroughly and gradually extend the amount of time between watering to encourage deep, more drought-tolerant roots. Adding a layer of shredded leaves, evergreen needles or other organic mulch will help conserve moisture, suppress weeds, and improve the soil as it decomposes.

Implementing these strategies will help increase your enjoyment and reduce maintenance throughout the growing season.

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

VCC

continued from page A1

organ buffs, it has an EP Pitman Chest, 36 ranks, 2241 pipes, 3 manuals, 31 stops, and 37 registers. When built, it retained 23 stops from the 1899 Hutchings organ, and had some pipes added by Schlicker from Buffalo in 1960. The organ is maintained by the respected organ company of Czelusniak Et Dugal, Inc., from Southampton, MA, and has been played by many local and guest organists over the years.

Upon first view, one would see an organist sitting at the console of 3 keyboards, pedals below, and a large row of pipes up front. But as you step inside the cabinet of the organ, you would find the 2,241 pipes, of metal and wood, (round, square, and conical), ranging from less than a foot long to pipes more than 20

BVT

continued from page A1

meaningful events for their classmates and community," said Megan Potenti. "With distance learning, they adapted their efforts working in new ways to keep the community connected and achieving this recognition three years in a row. I am very proud of our students."

"Earning the 2021 National Gold Council of Excellence Award requires a team effort, and we have an incredible team," said Isabella Caccavelli, Student Council President. "Student Council is a rewarding school activity. We take a great sense of pride in our service projects and fundraising efforts. We organize a turkey run to provide Thanksgiving dinners and coordinate the holiday drive to purchase Christmas presents. Seeing our efforts direct impacting the families in our school community is an incredibly moving experience."

- 2020 - 2021 Student Council Executive Board Members
- Isabella Caccavelli, President; a senior in Health Services from Uxbridge
 - Emma Conkey, Vice President; a junior in HVAC&R from Grafton
 - Jack Kinsella, Secretary; a senior in Dental Assisting from Milford
 - Hunter Claflin, Treasurer; a sophomore in HVAC&R from Douglas
 - Aysia Parent, Historian; a senior in Multimedia Communications from Douglas
 - Victoria Lemieux, Events Coordinator; a senior in Health Services from Blackstone
 - Jace Rosado, Publicity Coordinator; a junior in HVAC&R from Uxbridge
 - Elizabeth Howell, Awards Coordinator; a senior in Health Services from Upton
 - Leah Cook, Evaluation Coordinator; a junior in Engineering & Robotics from Blackstone
 - Jada Jane Chapman, Senior Representative; a senior in Automotive Technology from Blackstone
 - Samantha Stephens, Junior Representative; a junior in Culinary Arts from Mendon
 - Bradley Lyon, Sophomore Representative; a sophomore in Drafting & Design Technology from Upton
 - Haley Fitzgerald-Moore, CDMASC Liaison/President; a senior in Multimedia Communications from Blackstone

For additional information about BVT Student Council, visit www.valleytech.k12.ma.us/studentcouncil.

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

feet tall! The blower, which is central to blowing air through the pipes to create the sound, is housed beneath the pipes. This great organ, appreciated over the years by many tours from the American Guild of Organists, creates music that ranges from soft and sublime, to grand and glorious!

The VCC also employs the English Handbell Choir, named The Village Bell Ringers, which includes nine to 12 ringers, who ring their five octaves of bells (60), and five octaves of handchimes to beautify the worship service. This handbell choir has been in existence since the instrument was given to the church by Lucy Merit in 1979. Since that time, the number of bells have increased from the original two octaves, to three octaves in 1980, to the current five octaves and all the chimes being added between 1995 and 2010.

The bell choir began under the direction of Doris Koopman, then under Karen Wielsma, and since 1988 has been directed by Harriet Forman. They have been very active in the church's music program, as well as community and regional concerts and workshops. The bell ringers have played at conventions of the Handbell Musicians of America in Maine, Rhode Island, Massachusetts, New Hampshire, and Vermont. They produced a recording, presented many holiday concerts, joined in benefit concerts, played for many community groups, brought their music to nursing homes, and to area churches.

The bell choir plays various types of music, mostly sacred, ranging from popular hymn tunes to wonderful music composed specifically for bells. The have also enjoyed performing with other musicians, including brass, woodwinds, vocal choirs, and the organ. Small ensemble bell groups of solos, duets, trios, are also formed at times. Handbells are an instrument that requires a committed group of people to play it. The music does not sound correct if there is even only one ringer missing.

Now that the church has the organ, bells, and its beautiful Steinway Grand piano all in perfect working order, it hopes to showcase these wonderful instruments to the larger community! You are welcome to come enjoy the music at a Sunday worship service, every Sunday at 10:15 a.m. However, the organ and bells are not played every Sunday, so if you would enjoy hearing one or both of these instruments, we recommend calling the church office to get dates when they are playing. (508-234-7901). The Church also hopes to host some recitals and concerts over the next year or more, to enable interested concertgoers to hear these amazing musical instruments!

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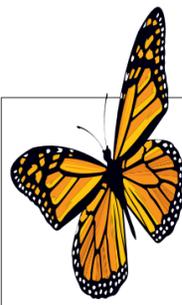
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Choice Physical Therapy Clinic Now Open!!

Spring is not only a great time to do a little spring cleaning, but also a good time to address any of those aching body parts that you may have. Hello, My Name is Grant Pattee, founder and owner of Choice Physical Therapy in Spencer Massachusetts. I wanted to take a few minutes to introduce myself and Choice PT.

Like most in my field, I had my first experience with physical therapy after I sustained a sports injury as a youth athlete. Three knee surgeries later, and a bunch of bumps and bruises in between, I was hooked on the field of movement science and the bodies amazing ability to heal. My physical therapist was critical in helping get me back to playing soccer, leaving a lasting and positive impression on me. When I took my first job as a rehabilitation aide over 20 years ago I never dreamed what an amazing

and rewarding journey this would be!

Our Clinic is located on Route 9 in Spencer conveniently serving our hometown as well as North Sturbridge, Leicester, Charlton, and all of the Brookfields. We have ample parking, a bright beautiful clinic, and an extensive collection of rehabilitation equipment. We are currently being credentialed with

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Don't let that "aching" back, or "bum" knee stop you from doing the things that you love to do. Let our competent, compassionate, and friendly staff help you and your loved ones on the road to recovery. I am grateful to be part of this wonderful community and hope you will consider us for any of your rehabilitative needs. Please feel

free to call anytime or drop in to take advantage of a free injury evaluation. I hope this spring brings all of us a new sense of joy and peace after what was a doozy of a year! Thank you so much for your time and remember it's your Life, your Health, your Choice.

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by the general public to treat common, mild acute conditions such as colds, flu, allergies and injury. The possibility of self-care with homeopathy becomes even more valuable in a society with high cost health care.

A homeopathic remedy is one that produces the same symptoms as those the sick person is experiencing, and in doing so stimulates the body into stopping these symptoms. Often the names seem to be the opposite of what you want to achieve. Coffea Cruda, for example, helps with sleep. Arnica, which is for muscle pain

bruising, is probably the most widely known. There are a multitude of remedies for everything including teething, nerve pain, stress, sleep, flu, allergies and sinuses as some examples. I would encourage the reader to look into homeopathy. These products are safe for children, pregnant women and nursing mothers.

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HEALTH

Spring 2021

A Stonebridge Press
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If being home alone and not being able to see family and friends this past year has been difficult, we have a really nice solution.



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Our residents have been able to function and maintain some normalcy because they have had each other to lean on.

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Notre Dame Health Care Mission-Driven and Resident-Focused

In 1900, the Sisters of Notre Dame de Namur viewed the undeveloped expanse of land that stretched from Plantation Street down to the shores of Lake Quinsigamond as an ideal setting for peaceful contemplation and retreat from the rigors of their teaching ministry. Since the Sisters purchased the property, its purpose has expanded significantly beyond its original intent.

Today, some 100+ years later, this property has become home to Notre Dame Health Care, a non-profit organization that takes a holistic approach to the ministry of healthcare delivery. Following the teachings of Saint Julie Billiart, who founded the Sisters of Notre Dame de Namur, the mission of Notre Dame Health Care reflects the gospel message in every aspect of its programs and services.

The Sisters have driven innovation in health care, recognizing and addressing specific needs as the times have changed. Its first program, a skilled nursing facility for both the Sisters and the greater local community, delivers high quality care with dignity and respect. The success of this program prompted the addition of other, much-needed programs and services. Through the years, Notre Dame Health Care has enhanced its portfolio of services with assisted living apartments, memory care units, post-acute and short-term rehabilitation, hospice and palliative care for adults and children, and an educational “bridge” center.

Every program at Notre Dame Health Care offers distinct features that engage residents, encourage socialization and promote a better quality of life. Social activities,



such as art and music therapy, along with social dining and field trips, help promote a sense of community for every resident. Notre Dame Health Care also offers daily Mass and the Rosary for its Catholic residents. We acknowledge the spiritual value in all faith traditions through the provision of pastoral care and ecumenical services for all.

The Sisters' influence and “special touches” are reflected in many unique features which are present throughout our facilities. Peaceful gardens and serene landscaping surround each building; lavish court-yards and green space invite residents to experience the outdoors in a safe, pleasant atmosphere; exquisite photog-

raphy and multi-medium artwork adorn the hallways. Differences in design abound in each of our facilities, giving each resident space its own distinctive character.

In addition to exceptional health care services, Notre Dame Health Care has created unique educational opportunities for staff and the local community. Emblematic of the Sisters' ministry to educate for life, the Educational Bridge Center was originally founded as a way for employees to advance in their careers. Subsequently, the Bridge Center has become a lifeline for those seeking citizenship, adult basic education programs, or support in attaining a high school diploma or an advanced degree. Drawing upon their years of service in the classroom, retired Sisters tutor students as they embark on their personal academic journeys to a better quality of life.

Not only does Notre Dame Health Care lead the industry in top-rated programs and services, the organization also has an incredible staff retention rate. Every employee exemplifies the organization's mission and works synergistically to continually raise the bar and operate at the highest possible level.

Going forward, Notre Dame Health Care anticipates changes in the industry that will require innovation, creativity and wisdom to continue serving the spiritual, social, physical and psychological needs of the lay and religious communities through all stages of life. Guided and driven by our mission, our team is poised and ready to embrace the continually changing needs of our community!

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Sustainably raised, local meats and produce are rich in flavors unlike factory farm varieties. In addition to stimulating the local economy and supporting local farmers, eating local has environmental benefits as well. Factory Farms tend to destroy the environment with pollution, water and soil contaminants, while small local farms aid in land preservation and less impact on environment.

When purchasing direct from a family farm, there are fewer steps and less hands between your food source and your stomach, allowing the product to hold a higher nutrient value. Grass-fed meat is one of the most nutrient dense proteins you can buy, aside from being delicious!

Here at Crooked Creek Farm in East Brookfield, MA we produce the highest quality meat in Central MA. As second-generation farmers we were raised on our product and strive for you and your family's satisfaction.

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These days, half of any drug commercial that you see tells you about side effects that you may not actually want. At Your Health Matters, we believe using nature to work with your body is a smarter approach than resorting to man made chemicals which force your body to work a certain way.

Most chronic diseases today are based upon runaway inflammation which overtime leads to almost every chronic disease. Visit us to learn how our top selling, clinically validated and re-researched multi herbal supplement can be like real health insurance in a bottle.

As far as what you put in your body... Are you aware that the skin care industry is unregulated? This means anything can be lurking in the products you apply to your skin. After all, what you put on your body ends up inside your body. Come get acquainted with our all-natural body care selection. Products with ingredients you'll be relieved to recognize.

Do you really know what's in the food you consume? Current research now shows that most chronic diseases stem from poor diet choices over time. Food producers are always cutting corners to cut costs. In the end, your health loses out. From nutritional drinks and healthy snacks, to natural sweeteners and low carb pastas, we can help you improve your diet!

DAVID TERMINE, CO-OWNER
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The incidence of falls among elderly people in our communities is common enough that we are all familiar with the potential consequences. Ask anyone and they will tell you that at some point in their lives they can remember an elderly relative or perhaps an elderly friend who suffered a fall and was injured as a result. The numbers are staggering; data collected in 2014 revealed there were 36 million reported falls in America that year. Of these, 8 million resulted in injury, and 32,000 resulted in deaths. The fact is that on average for every second that passes, an older person falls.

The primary concern driving the medical field to work on preventing falls in the elderly is to maintain the health and well-being of our senior community members. But the ramifications of fall prevention extend to our wallets as well. In 2015 in the U.S., 50 billion dollars in health care costs were spent on treatment for injuries resulting from falls in persons aged 65 and older. And as each year passes this age group becomes a larger demographic. In 1950, the number of person's age 65 and older represented 8.2% of the U.S. Population. This percentage grew to 20% in the year 2020. Now more than ever it is critical to maximize efforts to reduce the risk of falls for our seniors.

For those of you who question what can be done to help keep your parents and grandparents as low risk as possible, the answers are many. One good place to start is an assessment of the home. As a physical therapist, I have a checklist of items I like to ask my elderly patients and their family members. Are their railings on all staircases, whether it be a full flight of stairs or just a few steps into the house? Do they have grab bars to steady themselves when in the shower or for getting into the tub? Tile floors in kitchens and bathrooms can become quite slippery when wet. Throw rugs and clutter should be removed. Proper lighting should be available throughout the house, especially in the bedroom where trips to the bathroom occur during the night, and the bedroom light switch should be easily accessible, preferable so the light can be turned on before the senior gets out of bed.

In our clinics at Baystate Physical Therapy, we look to identify ways in which we can impact fall risk prevention through physical training. To do so effectively, it is important to have a good understanding

of the reasons why the elderly are at such a high risk for falls compared to the younger population. There are essentially three body structures that people rely on to maintain balance: the inner ear, the nerve endings in our joints, and our eyes. Each of these is responsible for providing our brains the information needed to

Fall Prevention for the Elderly



maintain balance, and each of these systems slowly degenerates with age.

The good news is that there are interventions which can help mitigate these degenerative processes. For example, as we age the declining effectiveness of our inner ear to transmit instantaneous information to our brains regarding our head's orientation to gravity results in a heightened dependence on our eyesight to give us that same information, which is so crucial to maintaining balance. In this circumstance, failing eyesight will deprive us of that all-important backup system, not to mention making it difficult to spot that object on the floor that then becomes a trip hazard. However, a visit to the eye doctor can result in being fitted with proper glasses, or to receive other interventions such as eye drops or cataract surgery. With such treatment and the addition of proper lighting installed in previously dimly lit areas of their home, vision becomes an asset instead of a liability with regard to fall risk.

Physical therapy can make a difference in training both the nervous and musculoskeletal systems to handle situations in the daily lives of seniors which might otherwise cause them to fall and incur injury.

The nerve endings in our joints, called proprioceptors, provide the brain with a continuous awareness of position of our trunk and limbs. This information allows us to maintain our body over our center of gravity when standing and walking on inclines, declines, and uneven surfaces. It also helps insure that if we begin to lose our balance, we will move one foot in the proper direction and distance to right ourselves before we fall. Research has shown that the effectiveness of these nerve endings and the number of proprioceptors

in our joints decline to some extent as we age, and this is especially true when a person adopts a sedentary lifestyle. Research also shows that with balance training and an increase in activity these proprioceptors will proliferate and more effectively transmit those messages to the brain, helping keep us upright and out of the hospital.

And we must not forget the importance of keeping muscles strong with good endurance, as there is a strong correlation between lower extremity weakness and likelihood of falls. The temptation of adopting a sedentary lifestyle in our later years can be high. One study found that only 22% of older adults regularly engage in physical activities. The problem of inactivity becomes even worse among elderly who have suffered a fall in the past, as 42 to 73% of those who have fallen once report a fear of falling again. The result is these individuals are likely to reduce their level of activity, as well as their participation in recreational group activities, and are apt to live a lower quality of life with regard to satisfaction and enjoyment. Physical therapy interventions in such cases include a focus of restoring strength and balance under the controlled conditions within our clinics, with the expectation that this will restore confidence in our patients to resume a more active lifestyle. The combination of the results of physical therapy and regular physical activity at home set up a formula for success in maintaining a low risk of falls and improving quality of life.

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How to reduce risk for Lyme disease



When the weather warms up and hours of daylight increase, few people can resist the allure of the great outdoors. Nature beckons each spring, and those answering that call must do so safely.

Lyme disease is a potential threat for people who live in certain regions. The Centers for Disease Control and Prevention reports that Lyme disease cases have been reported in nearly every state, though residents in certain states are more vulnerable than others. For example, CDC data indicates that incidence rates were highest in several states in New England, including Maine, New Hampshire and Rhode Island, while rates in Oklahoma, Missouri and Wyoming were especially low.

Lyme disease is spread by the bite of an infected tick. Playing, hiking, camping, or working in wooded or grassy places where instances of Lyme disease are high increases a person's risk of being bitten. But that doesn't mean those in areas like New England, the mid-Atlantic or the upper-midwest must avoid such activities. However, they should take steps to prevent tick bites when going out into the great outdoors.

- **Recognize where ticks live.** The CDC reports that blacklegged ticks cause Lyme disease and that such ticks live in moist and humid environments. In addition, the Lyme Disease Association notes that ticks are most likely to be in certain areas, including woods, areas where woods meet lawns and where lawns meet fields. Ticks also may be living in tall brush/grass, under leaves, under ground cover, near stone walls or wood piles, or in shady areas. Ticks also may be drawn to areas around bird feeders or outdoor areas designated for pets.

- **Wear insect repellent.** The CDC recommends wearing insect repellents registered with the Environmental Protection Agency. Repellents should contain DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. The EPA even has a tool on its website that can help people choose the right repellent products for them. That tool can be found at <https://www.epa.gov/insect-repellents/find-repellent-right-you>. The CDC advises people to treat clothing and gear, including socks and tents, with products containing 0.5 percent permethrin, which can remain protective even after several washings. Pre-treated clothing may be protective even longer.

- **Check for ticks every day.** Ticks can be found anywhere on the body, and the CDC recommends checking for ticks every day. Pay particular attention to underarms, in and around the ears, inside the belly button, the back of the knees, in and around all head and body hair, between the legs, and around the waist.

Ticks pose a threat when spending time in the great outdoors. Various preventive measures can help people reduce their risk for Lyme disease.

How to identify blacklegged ticks

Lyme disease poses a bigger threat to people living in certain areas than it does to others. For example, the Centers for Disease Control and Prevention reports that the highest incidence rates for Lyme disease occur in regions including New England, the mid-Atlantic and the upper midwest. However, no one, regardless of where they live, is immune to Lyme disease.

According to the CDC, blacklegged ticks are the specific type of tick that causes Lyme disease. Nature enthusiasts might be surprised to learn that blacklegged tick bites also can transmit other diseases and infections, including anaplasmosis, babesiosis and Powassan disease.

Various types of ticks pose a threat to human health, but blacklegged ticks may inspire the most fear due to their connection to Lyme disease. Learning to recognize blacklegged ticks can calm those fears and increase the likelihood that homeowners can prevent tick infestations before they get out of hand. According to the pest control experts at Terminix®, the following are some characteristics of blacklegged ticks.

- **Size:** Blacklegged ticks are tiny. Nymphs can be as small as the size of the head of a pin, while adults measure one-eighth of an inch. This size underscores the importance of conducting thorough examinations of your body and the bodies of your children after spending time in the yard. Inspect carefully, as ticks are so small that it's easy for them to go unrecognized.

- **Color:** Ticks are dark brown to black and have dark legs. It's easy to mistake ticks for freckles or moles. Look carefully if you notice any areas on you or your children's skin that seem to have a new freckle or mole.

- **Behavior:** Ticks need blood meals at each stage of life in order to grow. Though it's possible to find ticks anywhere on the body, the CDC notes that they tend to seek out certain areas. Such areas include under the arms, in and around the ears, inside the belly button, the backs of the knees, between the legs, and around the waist. Ticks also can be found in and around all head and body hair, so it's vital that people ask someone to inspect the hair on their heads and use a mirror to inspect private areas. Parents should carefully check their children's hair and even insist that kids wear hats when spending time in the woods or yards where ticks have been found.

Blacklegged ticks cause Lyme disease. Learning to recognize them is a crucial step to preventing Lyme disease.

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Individuals looking for a way to incorporate exercise into their lives need look no further than their own feet. Walking offers numerous health benefits to people

of all ages, and it's particularly beneficial to fitness novices. Walking can facilitate a transition between inactivity and increased intensity for those who may

7 surprising health benefits of walking

have been away from exercise for some time.

According to Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention, walking is "the closest thing people have to a wonder drug." Any physical activity is a boon to personal health, and walking provides a host of benefits.

1. **Strengthens bones:** Walking can slow down the loss of bone mass due to osteoporosis. Arthritis.org notes that a study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

2. **Boosts cardio endurance:** Regular walks can improve cardiovascular endurance, which can help people progress to more rigorous physical activity.

3. **Burns calories:** People can walk to burn calories and maintain or lose weight. The number of calories burned will depend on how briskly people walk, the distance they cover, their body weight, and the terrain on which they walk.

4. **Improves cardiovascular health:** The American Heart Association recommends adults get at least 150 minutes of

moderate-intensity activity each week. Walking can fit that bill. Walking five days a week can reduce risk for coronary heart disease by roughly 19 percent, according to a report in the *European Journal of Epidemiology*.

5. **Counteracts effects of weight-promoting genes:** Researchers at Harvard Medical School looked at 32 obesity-promoting genes in more than 12,000 people who walked briskly for about an hour a day. Walking reduced the effects of weight-promoting genes by 50 percent.

6. **Tame cravings:** People who have a sweet tooth can take notice that walking may steer people away from over-indulgence. A pair of studies from the University of Exeter found a 15-minute walk can curb cravings for chocolate and reduce the chocolate consumed in stressful situations. Walking also helped to reduce cravings for other sugary snacks.

7. **Reduces joint pain:** Walking improves blood flow and helps protect the joints. This can keep people from developing arthritis and other stiffness.

Walking has many health benefits that can support the entire body.

Top contributors to oral cancer



the mouth or throat. Other products are linked to cancer in the parts of the lips or mouth that touch the tobacco product.

Alcohol use

Drinking alcohol increases the risk of developing oral cavity and oropharyngeal cancers. The American Cancer Society says seven out of 10 people who have oral cancer are heavy drinkers.

Excessive sun exposure

Individuals who have had excessive exposure to the sun may develop cancer on the lips. Protecting the skin on the lips by using a sunscreen product for lips can reduce risk.

Skipping dental visits

Dentists perform routine cancer inspections during exams. Failure to visit the dentist regularly may prevent people from getting an early diagnosis and treatment for abnormalities in the mouth.

Human papilloma virus (HPV)

Verywell Health indicates HPV is the most commonly diagnosed sexually transmitted disease in the United States. The HPV-16 strain is linked to oral cancer, most commonly at the base of the tongue and in the tonsils.

Learning about the leading risk factors for oral cancer can help people take the necessary steps to change poor habits and behaviors.

What to know about irritable bowel syndrome

It's natural for people to keep issues regarding their personal health private. For example, some people may be hesitant to share information about illnesses they've battled with those outside their immediate families. While that reticence is understandable, it's vital that people be as forthcoming as possible with their physicians, no matter how uncomfortable situations or symptoms may be.

Irritable bowel syndrome, or IBS, is one condition that people may be hesitant to discuss with someone, including a physician. IBS can be marked by symptoms such as diarrhea, constipation and changes in bowel movements. The difficulty in describing such symptoms compels some people to resist discussing them with their physicians, at least initially. But IBS is nothing to be ashamed of. In fact, the International Foundation for Gastrointestinal Disorders notes that IBS



is the most common functional gastrointestinal (GI) disorder in the world, with worldwide prevalence rates in the range of 10 to 15 percent.

What is IBS?

The National Institute of Diabetes and Digestive and Kidney Diseases notes that IBS is a group of symptoms that occur together. Repeated pain in the abdomen and changes in bowel movements, such as diarrhea and/or constipation, may be present without any visible signs of damage or disease in the digestive tract.

What is a functional GI disorder?

IBS is a functional GI disorder, which means it is related to problems with how the brain and gut work together. The NIDDK notes that these problems can cause the gut to be more sensitive, changing how the muscles in the bowel contract and potentially leading to diarrhea, constipation or both.

What causes IBS?

The American Gastroenterological

Turn To **IBS** page 9

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IBS

continued from page 8

Association notes that the cause of IBS remains unknown, though it's suspected that various factors can cause it. One such factor is dysmotility, a condition characterized by poor regulation of the muscle contracts of the GI tract. Visceral hypersensitivity, which is a greater sensitivity of the nerves attached to the GI tract, is another potential cause of IBS.

Can IBS be treated?

The good news for people with IBS is

that various treatment plans have helped people with the condition feel better. The NIDDK notes that there might be some trial and error as doctors try to determine the best course of treatment for each patient. But dietary and lifestyle changes, medicines, probiotics, and mental health therapies are examples of IBS treatments that have helped people with the condition.

IBS symptoms can be uncomfortable to discuss with a physician. But people experiencing such symptoms should know that IBS is very common and doctors have a host of treatment options at their disposal to make it easier to live with IBS.



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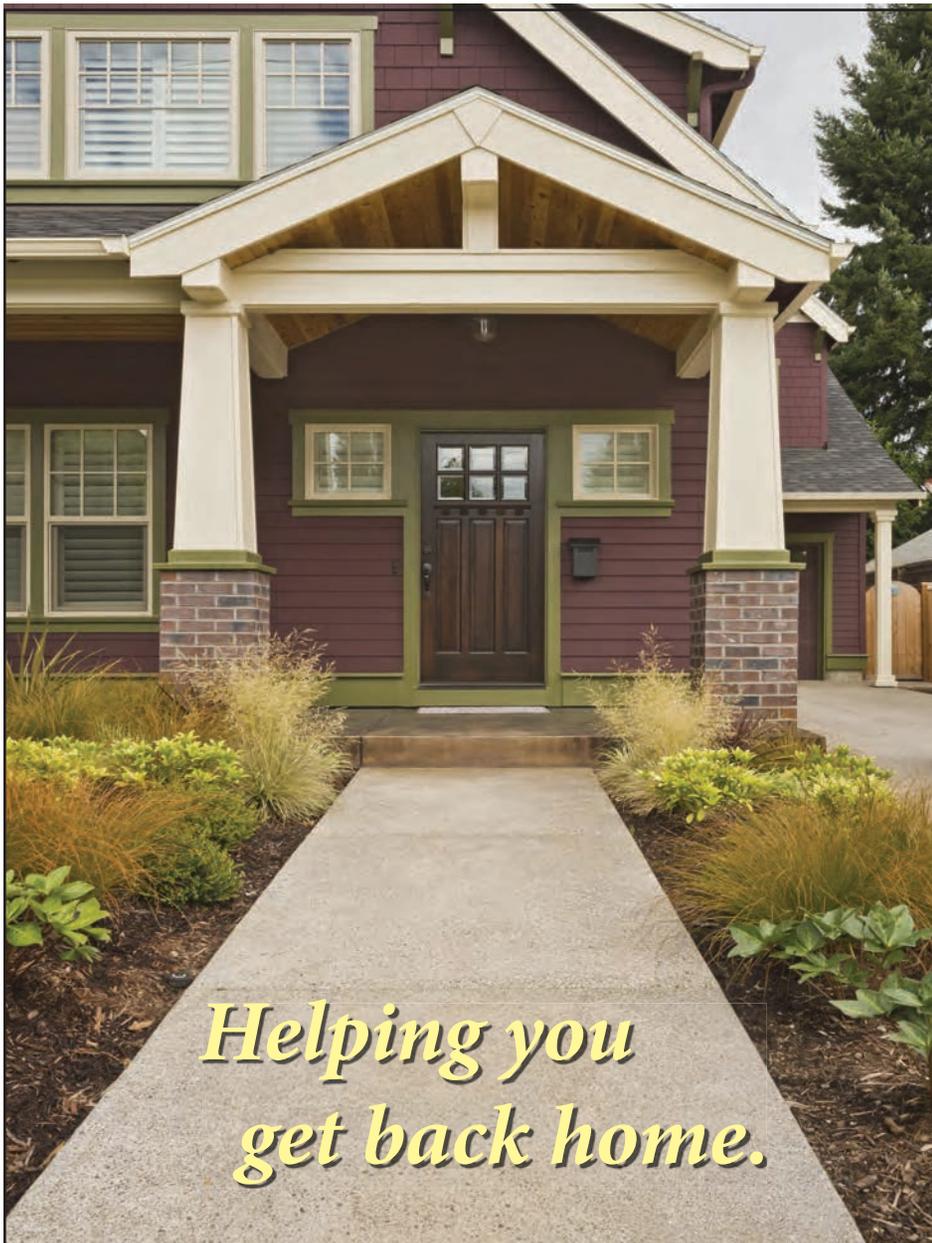
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Lisa Caron Named 2021 Ruby Level Top Producer in the Individual Category at RACM



Auburn, MA— Lisa Caron, with Lisa Caron Real Estate in Brookfield was awarded the 2021 Ruby Level Top Producer Award for Individual Production at the REALTOR® Association of Central Massachusetts Awards Ceremony on Thursday, April 7, 2021 via Zoom.

Top Producers of the Association were recognized for outstanding levels of production in real estate transactions based on dollar volume or units sold in the 2020 calendar year. Only 7% of RACM members were eligible for this award. The Top Producer Levels go as follows: Ruby Level, Emerald Level, and Diamond Level.

Caron, who joined the REALTOR® Association of Central Massachusetts in 2006, resides in Brookfield and can be reached at her office at 508-341-8299.

About Us

The REALTOR® Association of Central Massachusetts has been proudly serving its members of the Greater Worcester and Central Massachusetts areas since 1923. The Association assists over 1,800 real estate professionals, providing the services and resources necessary for a successful career as a REALTOR®. Association members are involved in residential and commercial real estate as brokers, salespeople, property man-

agers, appraisers, counselors and others engaged in all aspects of the real estate industry.

The term “REALTOR®” is a registered, collective membership mark that identifies members as professionals who subscribe to a strict Code of Ethics and Standards of Practice set forth by the National Association of REALTORS®.

For more information, contact Colleen Pappas, CEO of the Association, at 508.832-6600, or via e-mail at cpappas@realtorscentralma.org. ###end###

Save with the home heating tax credit

There is never a bad time to save money as a homeowner, but especially after the events of 2020, it is a better idea than ever to have some financial security in case things go wrong. Going green and lowering your heating bills is a great place to start. On December 28, 2020, new legislation was signed into law that created an Investment Tax Credit for homeowners who purchase a biomass fueled home heating or hot water system in 2021. This new tax credit opens a wealth of savings for homeowners looking for ways to save money on alternative heating for their homes!

How does this new tax credit work? Purchase a qualifying, high-efficiency biomass fueled home heating or hot water system and receive a 26% federal tax credit. For example, if you purchase a pellet stove for around \$4000 in 2021, you will realize a savings of over \$1000 once the credit is applied to your 2021 tax return!

What is a biomass fueled home heating system? Simply put, biomass is organic matter, such as plant material, that can be burned and used as an energy source or fuel. This means that home heating stoves such as wood or pellet burning stoves qualify as biomass-fueled and may be eligible for the federal tax credit. Higgins Energy Alternatives, located in Barre, Massachusetts, carries many brands of tax credit eligible stoves across a wide price range to suit every home and every budget.

How else can you save? The cost of fuel, operation, and maintenance on a wood or pellet stove can save you hundreds of dollars during the winter heating season alone. For example, two tons (4000 lbs.) of pellets at Higgins can cost an average of \$120 per month in the winter versus paying an average of \$220 per month on oil heat!

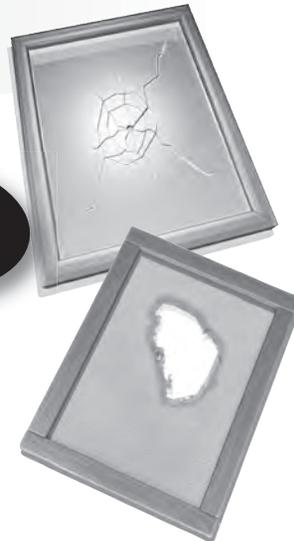
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HomeTeam Inspection Service of Worcester County/Northern CT

With Over 1,000 Home Inspections Completed in 2020, HomeTeam of Worcester Owner Charlene Bonzey (AKA "Charley") Joins an Exclusive Club within the franchise world. Worcester, MA home inspection company owner, Charlene "Charley" Bonzey racked up her busiest year ever in the middle of a pandemic, a recession, and the tightest real estate market in decades. No easy feat.

Still, it is not entirely surprising. Bonzey has been growing her Worcester, Massachusetts location every year since she opened this family-owned operation. The mother of three grown sons, including one who is currently part of her inspection teams, Bonzey has kept her nose to the grindstone. By sticking to the HomeTeam playbook, she has managed to grow her business into a budding empire. This Worcester location has expanded to all of Worcester county, North and Western MA, and Northern Connecticut.

"Charley is batting 1,000, that's for sure," HomeTeam Franchise President Adam Long said. "She's smart, has incredible drive and is a true team player who really understands why sticking

with a proven business model pays big dividends."

The HomeTeam model is a team concept home inspection company where there is always 2 inspectors or more. The team concept provides a more thorough service for the client and provides a better time commitment for agents/clients. They typically complete an inspection in 1-1/2 hours and with so many teams available they can often accommodate an inspection within 48 hours if necessary. The inspection reports are provided the very same day in full color with 100's of photos. HomeTeam has also come up with tools by providing their own HomeTeam APP to accommodate agents to make their jobs easier. "We all know how tough the market it is today for buyers and agents - we at HomeTeam hope to help alleviate some of the pressures of this tough real estate market with tools we have put in place," says Bonzey.

What accounts for her success? The booming market or marketing strategies? A little of both. The housing market is very tight. Typically, there are anywhere from 30 to 50 buyers for every single home on the market. That means a lot of buyers will inadvisably consider skipping the inspection to sweeten their offer, so HomeTeam Worcester had to look at new opportunities to keep the business growing and is determined to protect buyers from purchasing homes with big issues.

Charley is often asked how she has overcome the pandemic with such success. Bonzey states, "Before COVID-19

hit, I had been going to real estate offices to give presentations, meet new agents and attend networking groups. That was my strategy, but it had to change because of the pandemic. Offices were not open, agents all working remote meaning access to new agents and clients was getting difficult. I was not going to let the marketing drop off, so I had to learn how to adapt. I started to host networking events once a week via Zoom, available to any real estate agent who wanted to take a class and learn more about homes, how home inspections work and what we are looking for."

The brokers in our area are so excited about the online webinars because it gives them the opportunity to help their newer agents become better home sellers. The zoom class is one hour a week, covering everything from Home Inspection 101 to foundations and leaks. Bonzey also ask the agents - particularly new agents - that if they come across something in a home they don't understand or concerned about, to take a picture and send it to her or someone on her team and they will assist them in troubleshooting the area of concern and provide tips on how to explain it to their client.

In addition to all the new marketing, Charley's sister, Tricia Bonzey joined the organization in spring 2020 with a force to be reckoned with. Trish manages the day-to-day operations and had brought back some old school proven marketing techniques into the mix. "Tricia Bonzey

Turn To **HOMETEAM** page 8

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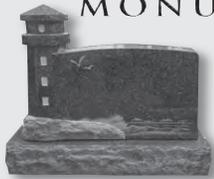
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HOMETEAM

continued from page 6

has been a major part of our success this year by going back to old school marketing methods. A handwritten note and/or a quick phone call goes a long way!" says Charley Bonzey.

Charley is often asked, "What has been your greatest source of satisfaction in this career?"

Bonzey responds with, "Here in Massachusetts, there are only about six women in this industry right now, and four of them work with us here at HomeTeam. We get a lot of kudos for that,

and that's gratifying, but it's not just a woman-power thing. We are different in the marketplace. All our inspectors, both men and women have a way of explaining things that is not alarming but educating. We love to educate our clients on how the home functions and how to maintain so bigger issues don't arise. We pride ourselves on the educational aspect of every home inspection".

The google and online reviews speak for themselves. Check out HomeTeam Inspection Service Worcester (and not just Worcester - all over MA and CT) - There is pride in what has been built thus far and looking forward to a successful 2021!

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