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Friday, February 23, 2024

Fire officials attend ice rescue training

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — Firefighters assigned to the D7 Regional Dive Team recently participated in a training ice dive in the town of Sturbridge at Long Pond.

According to town of Douglas Fire Department, the training dive included working with a sled that is used to bring divers and tenders out to the hole where a victim has fallen through via a rope and pulley system.

“This enables those working on the ice and the divers to expend as little energy as possible getting to the victim’s entry point under the ice,” Douglas Fire officials released in a statement on social media. “We would like to remind everyone that the only safe ice is at a skating rink. Ice thickness may vary considerably on the same body of water depending many factors including exposure to sunlight and water currents, just to name a



Courtesy

The sled used to bring divers and tenders out to the hole where a victim has fallen through via a rope and pulley system.

Police arrest father, son on drug and firearm charges

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

BLACKSTONE — Police have arrested two men on drug and firearms charges following the execution of a search warrant.

Blackstone Chief of Police Gregory Gilmore released that Michael Pitler, 45, of Blackstone, and Zachary Pitler, 21, of Blackstone, have been arrested and charged. The search warrant was executed on Friday, Feb. 16, at approximately 10 a.m., by officers with the Blackstone Police Department, along with members of the Milford Police Department, the Blackstone Valley Drug and Counter Crime Task Force (represented by Northbridge, Sutton, and Millbury Police), the Worcester DEA Tactical Diversion Squadron, and the U.S. Postal Inspection Service.

The search warrant was executed in the area of Michelle Lane following a months-long investigation, according to reports.

“Officers cleared the residence and arrested Michael Pitler and Zachary Pitler on-scene without incident,” the Blackstone Police

Turn To **ARREST** page **A6**

11th Annual Art Palette Contest highlights creativity in the community



Courtesy

Guests admiring art palettes at the Spaulding R. Aldrich Heritage.

WHITINSVILLE — ValleyCAST, the arts and culture arm of Open Sky Community Services, will be exhibiting the 11th Annual Art Palette Contest at the Spaulding R. Aldrich Heritage Gallery, 50 Douglas Rd., Whitinsville.

The Art Palette Contest features the creativity in the community from artists of all ages and abilities. Each artist is challenged to transform an ordinary wooden art palette into a unique work of art that will be displayed together on the gallery walls for all to enjoy.

“The possibilities are limitless,” says Mary Laliberte, Open Sky Community Services Assistant Director of Community Outreach. “Each artist begins in the same place, adds their own story, and when they are finished no two palettes look alike. It is inspiring to see the diverse perspectives and creativity showcased through art while uniting people of all ages and abilities in one exhibit.”

The opening reception will be held on Friday, March 8 from 5-7:30 p.m. The community is welcome and encouraged to attend the free wine and

cheese reception and meet the artists. From the opening through April 5 gallery guests are invited to cast a vote for their favorite palettes in three different categories and age groups. Winners will receive cash awards. The exhibit will be on display until Friday, April 21. This event is sponsored by Jerry’s Artarama, ValleyCAST and Open Sky Community Services.

ValleyCAST’s mission is to foster a creative and engaged community in the Historic Blackstone Valley that is inclusive and supportive of all people with and without disabilities. As the arts and culture arm of Open Sky, ValleyCAST curates events that bring people of all ages, abilities, and walks of life together.

Open Sky supports individuals facing complex challenges in Central Mass to achieve their definition of wellness and pursue the opportunities and relationships that are meaningful to them. We help them see beyond what they thought was possible to find their open sky.

To learn more about ValleyCAST and Open Sky, visit: www.openskycs.org.

separate statement.

“Thank you to the MSP for allowing our team to utilize your facility... and D7 dive team training coordinators Sam MacConnell [Millbury Fire] and Brian Sheridan [Auburn Fire] for a great training session on both days,” the department released.

Meanwhile, in Grafton, the fire department shared that six officers attended Company Officer Training at Auburn Fire.

“Topics discussed included leadership, scene size up, discipline, and strategies/tactics,” the Grafton Fire Department released. “This was a great learning experience, as there were over 60 officers from MA Fire District 7 sharing their experiences and ideas.”

Uxbridge Free Public Library joins ‘Minute Madness’ reading competition

UXBRIDGE — The Uxbridge Free Public Library is excited to announce its participation in the Minute Madness Reading Competition, a March Madness bracket-style event that challenges participants to log the minutes they read each week.

In this unique reading challenge, inspired by the excitement of March Madness, 23 libraries throughout the Commonwealth will compete to log the highest number of minutes read each week throughout the competition. Like the bracket format of March Madness, libraries will be grouped into head-to-head matchups, with winners advancing to subsequent rounds until a champion is determined.

This friendly competition encourages participants to log their reading minutes from a variety of sources, including audiobooks, graphic novels, and news articles. Every minute spent reading adds to the Library’s overall reading total.

“At the Uxbridge Free Public Library, we are always looking for new ways to engage with readers of all ages throughout our community,” said Director Chris Powloka. “Minute Madness offers a fun and interactive way for individuals to discover new books, challenge themselves, and share their love of reading with others.”

Starting March 1, the first week will be a “free for all” round where the 16 top-performing libraries will land a spot on the bracket. Thereafter, libraries will play head-to-head against another library in each round until the Championship. In 2023, Uxbridge patrons logged nearly 70,000 minutes and secured a spot in the Elite 8, ultimately falling to the Burlington Public Library in Week 3.

The Uxbridge Free Public Library encourages residents to sign up and participate in Minute Madness, where every minute spent reading brings Uxbridge one step closer to victory. Participants who log at least 1,000 minutes throughout the month of March will be entered in a drawing to win one of three \$25 Target gift cards. To get started, visit uxbridgelibrary.beanstack.org, download the Beanstack mobile app, or log the minutes you read in-person at the Library!

About Uxbridge Free Public Library

Located in the historic Thayer Memorial Building since 1894, the Uxbridge Free Public Library strives to be a gateway to lifelong learning by offering a full spectrum of services, materials, and events to all.

WORCESTER — Cornerstone Bank, a community bank with locations throughout Central Massachusetts, announced its donations in 2023 totaled \$506,475, benefiting 169 organizations, events and services in Central Massachusetts.

“We have long supported initiatives important to our community, our team, and our customers,” said Cornerstone Bank CEO Todd Tallman. “In 2023, we had another successful and meaningful year of giving back to the communities we serve, both in terms of financial support and time.”

A sampling of the donations Cornerstone made in 2023 includes:

- \$50,000 for the Worcester Community Action Council home heating assistance program
- \$36,483.60 (Cornerstone's match of employee donations) for the United Way of South Central Massachusetts, supporting its vital community programs
- \$25,000 to the Center of Hope Foundation in Southbridge—the first year of Cornerstone's five-year total pledge of \$125,000 to upgrade

and expand the facilities

• \$25,000 to support programs and services at the YMCA of Central Massachusetts, including The Achievers, Numbers in the Sun, LIVESTRONG and What's for Dinner.

- \$25,000 to Our Bright Future Inc. in Southbridge, committed to empowering children and developing future leaders through science, technology, engineering, and math (STEM) initiatives.

- \$15,000 to UMass Memorial Health for its nutrition-focused “Food is Medicine” program, which aims to provide higher-risk patients with access to healthy food options.

- \$15,000 to Big Brothers Big Sisters of Central Mass & Metrowest to support the organization's 60th Anniversary Big Celebration and its Golf Fore Kids event.

• \$12,500 to the EcoTarium in Worcester. This was the first of Cornerstone's two-year pledge of \$25,000 for construction of a traveling exhibit and redevelopment of its early learning play area.

- \$12,500 to the Bridge of Faith Youth Center in Southbridge. This

was the first of Cornerstone's two-year pledge of \$25,000 to support the organization's mission.

Cornerstone also provided \$40,000 in scholarships to 16 local high school seniors with plans to pursue studies in business and finance, and held community-engagement events such as its “Stuff the Bus” school supply drive benefitting the Planting the Seed Foundation of Worcester.

Throughout 2023, Cornerstone held 204 financial literacy programs, up from 114 in 2022, for children, teens, adults and seniors throughout the area, donating a total of 568 hours. Cornerstone Bank also offers employees a “volunteer day” benefit through which they can spend a paid workday volunteering for a local non-profit. In 2023, 73 employees participated for a total of 498 hours, working with groups such as the United Way, Relay for Life, Community Harvest Project, Jacob Edwards Library and Habitat for Humanity.

In September, Cornerstone Bank received the Corporate Citizen Award and was honored among

the most charitable companies in Massachusetts by the Boston Business Journal. In April, the bank received the Community Award from the Planting the Seed Foundation, which recognized Cornerstone's commitment to homeless children and their families.

To learn more about Cornerstone Bank's charitable giving, visit cornerstonebank.com/community/charitable-donations/donation-policy.

About Cornerstone Bank
Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank's local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities, through a broad range of deposit and loan products, and services. Built on Trust is not just a tag line, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank's personal and business banking offerings, please visit CornerstoneBank.com or call 800-939-9103.

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dents on being
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honor roll for
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ter of the 2023-
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Emma Berry,
David Betancur,
Dominic Boyd,
Aleah Brink,
B r i a n n a
Brink, Samuel
Ceppetelli, Lily
Chartier, Charles
Congdon, Hunter
Coombs, Emily
Corey, Valentina
C u l b e r s o n
A n n i k a
Ferrantino,
Lillian Horner,
Joshua Irons,
Jr., Nicholas
Jalbert, Cullen
MacLeod, Ava
Mastrototaro,
Felix Menard,
Tyson Moriarty,
B e n j a m i n
Nocchi, Sawyer
Schultz, Luke
S m o l s k i,
Esmerelda Velez,
Haylee Zurowski

Bitar, Edward
 Blash, Dominic
 Brodeur, Lucien
 Brodeur, Dimitri
 Burt, Liam
 Carlson, Nathan
 Chenevert, Frederick
 Cierpich, II, Maxton
 Cournoyer, Jacob
 Creeron, Brody
 Cunningham, Joseph
 Daige, Abigail
 Dejong, Myiah
 DeLaRosa, Treyton
 Dery, Cody
 Dombroski, Nathan
 Dube, Savannah
 Dubois, Aedan
 Ellis-Morris, Jocelyn
 Evans, Matthew
 Falcigno, Mya
 Federico, Jayla
 Fowler, Zarriyah
 Frechette, Rylee
 Fulmine, Aidan
 Giroux, Provencher
 Gonyea, Aliyah
 Gonyea, Arianna
 Gonzalez, Sadie
 Hawley, Luke
 Heller, Kolton
 Henry, Liam
 Hesselton, Deirdra
 Holton,

Grace Huehls,
Hannah Ingalls,
Natalie Ingles,
C h r i s t i a n
Johnson, Tabian
Keegan, Zackery
Kelleher, Ayden
Kennedy, Samuel
K i t t r e d g e,
Marshall Lafond,
Nia Laforest, Joel
Lander, Zachary
Landry, Elyse
Laramie, Phoebe
Lawendowski,
Miranda Linde,
Michael Lulu,
Mia Lussier,
P h i l i p o s
Makordimitras,
Emily McDonald,
M a d e l i n e
M c D o n a l d -
Trimby, Alexis
M e s s i n a,
Kyle Mondor,
S e b a s t i a n
Moniz, Alexis
Moody, Gianna
Morelli, Liam
Nicoll, Sebastian
Nieuwenhoff,
Cole Paradis,
Niti Patel, Amari
Pereira, Mariah
Pereira, Adam
Phaneuf, Jacob
Pratt, Kayleigh
Ramm, Grace

Retallic, Marian
R o d r i g u e z
Rivera, Nathan
Rouille Montoya,
Jordan Russell,
Nathan Steen,
Gaige Thompson,
Ashley Tingle,
Gabriel Turcotte,
T h a d a e u s
T w e n e b o a ,
Ellie Vanvleck,
S e b a s t i a n
Vargas, Gabriela
V a z q u e z
Hernandez,
Natalie Vigeant,
Ava Wall, Hunter
White, Trey
Wilkin, Madison
Williamson

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Emma Baldyga,
R h i a n n a
Balliet, Riley
Boucher, Alissa
Burlingame,
Emily Casault,
Thomas Choquet,
M a r i a n e l y s
C i n t r o n n
Perez, Hailey
Costa, Connor
Czechowski,
Max Domineck,
Christopher
Dufresne, Yandel
Feliciano, Ethan

Ford, Leia Foster,
Hailey Giguere,
A n t h o n y
Gonya, Anna
Guay, Jacoby
H e n d e r s o n ,
Allison Klar,
G a b r i e l l e
Lapan, Nicolas
Londono, Avery
McLaughlin
Chase Newman,
O s k a r y n a
Nunez, Connor
O'Brien, Kelsey
Olson, Angelica
Padilla, Maddox
Parente, Aiden
Perzanoski,
Leah Raymond,
Taylor Richard,
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Juniors named to Bay Path honor roll

CHARLTON — Bay Path Regional Vocational Technical High School congratulates the following students in grade 11 on being named to the honor roll for the second quarter of the 2023-2024 school year:

High Honors
Kornie Adams, Kaelen Anderson, Amberlyn Brindle, Jameson Burke, Philippe Dasilva, Ryan Dawson, Madison Dolan, Claire Farrar, Midrose Freeman, Keegan Hall, Ava Iozzo, Kayah Jadcak, Nathan Lashua, Logan Letourneau, Eva Lombardi, Lillian Maglish, Joseph Mancini, Ayla McGrail, Isabel McLam, Jacob Morello, Julian Mucci, Ava Murray, Maya Ortiz, Dominic Paldino, Bruna Paula, Willis Perreault, Brad Piekarczyk, Dylan Polinsi, Eva Powers, Gabriel Prado, Savannah Steiner, Matthew Twombly, Manaali Vaidya, Vincent Van Dam, Angelica Vega, Nayelix Vega, Alison Welton, Amelia White

Honors
Nicholas Adler, Rima Al-Dulaimi, Werique Alves, Yheraldine Baez, Peter Barbale, Claire Beaudreau, Connor Belanger, Jessica Benoit, Cherise Berthiaume, Dylan Bjorkman, Kendall Bond, Lake Boucher, Kaiden Brochu, Brea Brunelle-Jacoby, Julia Burgos, Jonathan Burke, Johnathon Carter, Robert Casati, Hannah Cavan, Matthew Chatterton, Joshua Chumsae, Olivia Collins, Catherine Comeau, Noah Cournoyer, Mikayla Crocker, Travis Cronin, Adison Daoust, Jenna Defosse, Rori Donohoe, Bryce Dube, Jared Dobovick, Emma Dwyer, Jaden Fall, Conor Gadbois, Corey Gaulin, Hailee Gelinas, Anthony Gonzalez, Noah Goulet, Devan Grensavitch, Matthew Guerin, Evan Gunnard, Lexie Harris, Abigail Haynes, Joshua Hemingway, Bryce Hutchinson, Molly Isaacs, Elena Jerez, Jacob Johnson, Skylar Johnson-Mello, Jacob Jurado, Sarah Kempskie, Emma Knott, Katherine Landgren, Samantha Landgren, Emma

Leclair, Benjamin Lombardi, James MacConnell, Miranda Magalhaes, Brady Marcoux, Kyle Mazur, Emma McLaughlin, Paul McManus, Jersey Mejias, Calle Merchant, Ava Millette, Cheyene Monsen, Zachary Moody, Blayke Morse, Kayleigh Norris, Dale Nussey, Jordan Packard, Alaina Pafume, Jocelyn Patterson, Catherine Pavone, Raegan Perreault, Isabella Pettinelli, Ryan Plante, Nicholas Reardon, Melany Rebeiro, Neh Reh, Casey Renaud, Kaylie Richard, Nevin Rivera, Lizmarie Rodriguez-Soto, Jennalee Rousseau, Nicholas Santoro, Dominic Schoff, Benjamin Scobie, Corey Scovil, Kalli Sheehan, Nash Sicari-Swinimer, Aysel Silva Nieves, Abigayle Simpson, Raymond St. Francis, Will Stone, Benjamin Streeter, Zaydyn Streeter-Wornham, Zoeybeth Streeter-Wornham, Anthony Sullivan, John Sullivan, Kathryn Szretter, Madison Teal, Cassandra Tinsley, Hailie Tod, Isabella Tolomio, Brady Tremblay, Colin Vaillancourt, Adrian Vitkos, Dayzyah Wintzel Neely, Naomi Yi, Cayden Young

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DOUGLAS

\$440,000, 59 Compass Point Dr #59, Lacerda, Marcela M, and Ruas, Filippe, to Quinn, Maureen.
\$121,667, 27 Laurel Glades, Daniels, Patricia J, to 27 Laurel Glades LLC.

NORTHBRIDGE

\$340,000, 24 Cottage St, Vlg Cong Chrch Of Whitins, to Whitinsville Social Libra.

UXBRIDGE

\$830,600, 38 Bayliss Way, Sutton Street LLC, to Phipps, William, and Vakoc, Amy.
\$225,000, 310 Blackstone St, Dumas, Lisa M, to Burrill, Cori A.
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PRESIDENT AND PUBLISHER
FRANK G. CHILINSKI
860-928-1818 EXT. 103
frank@stonebridgepress.news

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

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

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

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

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CLUES ACROSS

1. Golf scores
5. Shock therapy
8. Ballplayer’s tool
11. Quench one's thirst
13. Female relatives of American war vets (abbr.)
14. Every one of two or more things
15. Member of Muslim people
16. Play
17. Type of cheese
18. Type of lounge chair
20. __ King Cole, musician
21. Fellows
22. North, Central and South
25. In an early way
30. Foes
31. Georgia rockers
32. Cryptocurrency
33. Narrow path along a slope
38. Disallow
41. Joyousness
43. Inaccessible
45. Evoke emotions
47. Ancient kingdom near Dead Sea
49. Boston Celtic punk rockers (abbr.)
50. Sword
55. Actor Idris
56. Affirmative (slang)
57. Afflicted
59. One point north of northeast
60. Born of
61. Arabic name
62. Traumatic brain injury (abbr.)
63. Extremity
64. Post

CLUES DOWN

1. Pacific Standard Time
2. Protruding ridge on nematodes
3. Indian king
4. Type of milk
5. One who brings home the bacon
6. More comprehensible
7. Connected with sense of touch
8. Red mineral
9. Breezed through
10. Therefore
12. Supplement with difficulty
14. Early kingdom of Syria
19. Satisfy
23. They confuse doctors (abbr.)
24. Brass instrument
25. Domesticated animal
26. Ribonucleic acid
27. Snakelike fish
28. Woman (French)
29. Economically-minded aircraft
34. When you hope to get somewhere
35. Tease
36. Actress Gretchen
37. Midway between northeast and east
39. Inoffensive
40. Yellowish cotton cloth
41. Consume
42. Does not tell the truth
44. Improved something
45. Spiritual leader
46. Abba __, Israeli politician
47. Fix
48. Evergreen tree genus
51. Swiss river
52. Prejudice
53. Major C. European river
54. Long, narrow strap
58. Male parent

PUZZLE SOLUTION	D	N	E	S				D	N	E			I	A	D
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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Longer,
lighter
days have
returned!

At last, we are on the cusp of a seasonal change which brings with it a shift in weather, more light and more health benefits! The arrival of longer, lighter days indicates a time of renewal and rejuvenation, offering a wealth of opportunities to enhance our physical and mental well-being.

One of the most notable advantages of longer, lighter days is the increased exposure to natural sunlight. As the sun lingers in the sky for more extended periods, our bodies have greater opportunities to soak in its healthful rays. Sunlight is a vital source of Vitamin D, which plays a crucial role in bone health, immune function, and mood regulation. By spending time outdoors during daylight hours, whether it be through walks, outdoor activities, or simply enjoying a cup of tea on the porch, we can replenish our Vitamin D stores and bolster our overall well-being.

The arrival of springtime brings with it a palpable sense of renewal and optimism. Research has shown that exposure to natural light can have profound effects on mood and mental health, helping to alleviate symptoms of depression, anxiety, and seasonal affective disorder (SAD).

As the days grow longer and temperatures begin to rise, we find ourselves naturally drawn outdoors. Whether it's going for a jog in the park, cycling along scenic trails, or practicing yoga in the backyard, the extended daylight hours of late winter and early spring provide ample opportunities for physical activity and exercise.

Our bodies are finely attuned to the rhythms of the natural world, and exposure to natural light plays a crucial role in regulating our internal clocks. The increased daylight hours of late winter and early spring help to synchronize our circadian rhythms, promoting healthy sleep patterns and enhancing overall sleep quality. By exposing ourselves to natural light during the day and limiting exposure to artificial light at night, we can optimize our sleep-wake cycles and enjoy more restful and rejuvenating sleep.

Letter submission
policy

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

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

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

On second thought...

To the Editor:

I did say "On second thought..."

I just can't leave well enough alone. For some reason, I am easily triggered by outright lies and gross mindlessness (edited). But I'll make this brief, and return control to what was formerly the 3 Stooges, but has metastasized into the Gang of 4.

My deepest sympathy to Mike over the loss of his dog. I have suffered the loss of too many of my 'best friends,' including one recently. You never get over it.

Which is the biggest lie:

"We're working to solve the border problem" – the Republican House refused to even debate a new border bill passed by the Senate because Trump wants to use the border as an election issue. Don't take my word for it – they admitted it. As I said last week, Trump and the GOP think you are stupid, and will continue to blame Democrats, when Republicans rejected a bipartisan border bill out of hand. I guess all the criminals, drugs, rapists, and terrorists, aren't really that big a threat, and can wait until next year.

"Global climate change is our biggest threat" – from where did you earn your science degree, Mike? Why should we believe you and the rest of the great unwashed, who think they know more than 97 percent of scientists? Tell us what is gained by inventing this crisis, and who stands to profit from it?

"Our economy has never been better" – over 300,000 new jobs last month. The stock market just set a new record. There are no shortages of anything. Economics 101: prices go up over time! Housing costs go up because of demand for houses! Imagine that? No one is forcing you to buy an EV. Do you really believe that costs, given higher wages being paid, and rising health care costs, will ever come down to previous levels? When in history has that happened? Tell me again how politicians control big business? I'd love price controls, but then all we'd hear

are screams about communism, or government overreach!! Maybe you skipped over the part of last week's Opinion, where I quoted a study finding that businesses used "inflation" as an excuse to needlessly raise prices? Just the rich doing rich stuff.

"Trump is ineligible for office" – by any standard of decency, honesty, integrity, morality, intelligence, patriotism – Trump should be ineligible for office. In fact, he should be exiled. But since we have never encountered such a despicable waste of skin, we have nothing in place with which to legally stop him. Although an intelligent electorate would certainly help. After January 6, even the legitimate vote may not be enough. The fact that Mikey even questions this, tells us all we need to know about MAGA Mike.

"My son died in Iraq" – no, Biden's son Beau died of brain cancer - believed to be linked to toxic burn pits in Iraq - at Walter Reed National Military Medical Center. You write a paean for your dog, but want to malign Biden's son's death, MAGA Mike? You are a real human being.

"I'm working night and day to reverse everything Trump" – that's Bolshoi, as they say in ballet. Actually, those were Trump's words, as he did everything he could to reverse anything that Obama had implemented. That included the Iran Nuclear Treaty - look what that has led to, with Iran now shipping weapons to Russia, funding chaos in the Middle East, and on the verge of having Nukes - and the Affordable Car Act, that now has 20 million people enrolled – that's 20 million people who previously couldn't afford health care for themselves or their families. Just to name a couple. Meanwhile, we're still waiting for the GOP's new and improved health plan that has been in the works for 7 years since Trump first announced it.

One last thing – Biden helping remove a crooked Ukrainian politician was 'quid

pro quo?' And I quote: "Sources ranging from former Obama administration officials who specialized in Ukraine and Europe, to an anti-corruption advocate in Ukraine, say the official, Viktor Shokin, was ousted for the opposite reason Trump and his allies claim. It wasn't because Shokin was investigating a natural gas company tied to Biden's son; it was because Shokin wasn't pursuing corruption among the country's politicians. Shokin's inaction prompted international calls for his ouster and ultimately resulted in his removal by Ukraine's parliament. Without pressure from Joe Biden, European diplomats, the International Monetary Fund and other international organizations, Shokin would not have been fired, said Daria Kaleniuk, co-founder and executive director of the Anti Corruption Action Centre in Kiev. "Civil society organizations in Ukraine were pressing for his resignation," Kaleniuk said, "but no one would have cared if there had not been voices from outside this country calling on him to go."

Doesn't quite fit with your narrative, does it MAGA Mike? Maybe you should expand your viewing beyond Fox Faux Noise. Although, maybe I am being too harsh... maybe you just can't read. You certainly can't be embarrassed.

Oops... one more 'last thing' – ever check what it costs to insure waterfront property these days, Mike? Assuming you can even get insurance. There's a reason for that. The rich figure they can buy whatever they want, and then afford the upkeep, even if it means an ever-expanding battle against Mother Nature. Good luck to them. The rest of us are more realistic. But, please let us know if legal tender really can stem the tide.

To my secret admirer Word Salad Annie: "Me Savant... you Jane!" Hope that's dumbed down enough for you.

*Rick Bevilacqua
Whitinsville*

How much corruption can you take?

To the Editor:

How much corruption can you take?

1. The headline at The Babylon Bee said it all. "Man with late stage dementia too senile to stand trial. Still fine to run country."

They extradite and hold trials for 93-year-old Nazi war criminals, but not Mr. Magoo. He was incompetent in 2017, but the Dems foisted him on the People in 2020. What cabal is running the country?

The Special Counsel says no jury would convict Mr. Magoo. Then, the justice system has become corrupt. Did we ever decide that a "sympathetic well-meaning elderly man" who happened to be a Mafia chieftain, Cartel Capo, or Nazi war criminal would present a difficulty for an American Jury to convict? No.

2. U.S. Treasury documents show that the federal government asked banks to spy on Americans who bought The Bible and shopped at sporting goods stores. Dick's Sporting Goods. Cabela's. Bass Pro Shops. What's next? LL Bean?

The federal government sought information on purchases that used the terms "MAGA" or "Trump" because these folks could be "possible violent extremists."

Possible? Instead, let's search for "possible" Realism Phobic cases, my Learned Friend says. You know, the folks who say the ocean is rising while their leaders buy beachfront properties - O'Biden, Obama, O'Kerry.

Our trustworthy Magoo Administration gave citizens no due process or notice of "the criminalization of their constitutional rights to property, free speech, consent to their

government's activities, and religious exercise."

Even more dangerous, VERY dangerous are Americans who buy Bibles. The government most fears The Bible and Bible commentaries, Jesus stickers and Jesus T-shirts. My Learned Friend says some people suffer from Christian Phobia.

One commentator wrote: "What are they afraid of? Why do they hate Jesus so much?" Why, indeed. Jesus threatens the Swamp just like He threatened Rome. He threatened Roman power. He threatens the power in D.C. They fear Him. Except for Mr. Magoo who jokes, and I quote: "Bless me Father for I have sinned" when talking about President Trump. Big laugh from the audience - none are Catholics or Christians. They are all Woke all the time.

3. Did you know that the Department of Homeland Non-Security is using your tax dollars to pay millions to Leftists to post social media against President Trump? And to tell you how good illegal immigration is for you? Cuban Communist Alex Majorkas uses Homeland Non-Security money to pay activists to criticize Trump, calling it "media literacy." Majorkas grants tax-money to fund "counter propaganda... to raise public awareness about disinformation."

Disinformation? In other words, the Truth.

4. A case before the U.S. Supreme Court is making the Swamp nervous. The plaintiffs allege the FBI and Swamp attorneys used the law incorrectly to persecute and prosecute Jan. 6 protestors and imprison them for years with-

out release, without cash bail, without visitors, without haircuts so that when they finally got to court, they looked like Charles Manson. Woke Justice.

5. Last but not least, Fani Willis, the corrupt Soros attorney general in Georgia, paid her boyfriend \$650,000 for prosecuting and persecuting President Trump while he spent the tax dough on her. We can be sure these two were "A" students in law school, especially in their Ethics class. This genius boyfriend never prosecuted anything more than a traffic ticket, but billed \$4,000 for two days of meetings with White House officials! What traffic attorney gets paid \$2,000 a day for plotting the destruction of a political opponent? The one bunking with Fani.

Fani ran for office on "Integrity". Her name in Swahili means "Integrity." Something was lost in translation. How much corruption can you take?

Still clinging to my Bible,

*Bev Gudanowski
Uxbridge*

PS.: Here is a quick lesson in Economics 101: While inflation is up 3 percent since January 2023, that 3 percent is added to the 15 percent achieved in Magoo's two years. So now, the cumulative inflation is 18 percent since he took office - worst inflation in 40 years. Shelter is up 19 percent, groceries up 20 percent, fuel up 32 percent. That's not Shrink inflation or Greed inflation. It's Biden-flation. A family of four pays \$1,261 more per month to purchase the same goods and services compared to the day in January 2021, when President Trump left office. And for all this, they had to cheat to get Magoo elected!

Northbridge water rate increase update

To the Editor:

It now appears the verdict is in on the Northbridge Water Rate, Mass. DPU Increase, for the overburdened taxpayers, rate payers of Northbridge for those on the private water company & town system.

1.) An increase of \$900,000 in water revenues on May 1, 2024.

2.) A subsequent increase in water revenues of \$350,000 on May 1, 2025.

3.) Total: \$1.25 million for a suggestive Increase of '35.64 percent!

Much of this Information can be found on the Commonwealth's DPU Web site, "File #23-64."

The first step increase represents an overall increase in Water Revenues of '27.3 percent' over rates in effect on Dec. 31, 2022. The second step increase represents an overall increase in Water Revenues of 8.34 percent over the rates that are agreed to go into effect on May 1, 2024. If my Old Math may be correct, that is a suggestive increase of a #11.88 percent A Year, Over Three Years, 2022, 2023, 2024?

A rumor the 'Private Water Company' received a bigger increase because of new mandates from the EPA, and the State for Infrastructure

Improvements may be part of the Issue? Hopefully, our Town Manager may make sure those Improvements are comprehensively done? Plus, can our Board of Selectmen freeze the Water Meter Service Charges? Plus any additional charges?

Which also usually go up when a Rate Increase is approved for the Private Water Companies users, and the Town Water Supply users?

How many Northbridge taxpayers that Work received an almost 12 percent yearly pay raise those three years?

My guess is not too many, plus those on Social Security only received a 17.8 percent increase for the same time period, plus Medicare Part-B offset costs, and prescription costs. The Water Company should receive 35.4 percent increase for that same duration? Not bad?

Maybe they should advocate for seniors on Social Security?

Many Northbridge taxpayers are struggling significantly now' with overall major inflation' exceeding 20 percent over the last three years.

Hopefully, our excellent Board of Selectmen may consider a Commercial Property offset for the

residential rate payers to help 'soften this excessive burden for residential rate payers and renters in town? Plus those on fixed incomes, and for our shut-ins?

Hopefully, our Town Manger before the next rate increase request, may put our water supply needs out to bid to see if Aquarian in Millbury, or other surrounding towns, a private business in Riverdale, or our old town water wells off of Sutton Street in Rockdale may be a better economical choice for the Northbridge taxpayers? Plus, will our Town Manager release our Town Counsel's report on how he fought for the Northbridge ratepayers during this endeavoring Rate request process? May only the Shadow know, at #7 Main St.?

For so many, the "Rent Is Just Too Darn High," and some are suggestively saving on their water bills by using rain water to flush their toilets, in these ever challenging economic times. Not since the President Carter years and a crisis of confidence for those who remember.

Sincerely,

*Barry Gallant
Whitinsville*

LETTERS CONTINUED page **A8**

Fish & Wildlife prepares for spring trout stocking

There was limited ice fishing on dangerous ice conditions throughout the valley this past weekend, but conditions were much better north and west of the valley! A couple of members fishing the Uxbridge Rod & Gun Club this past weekend, had a great time catching and releasing some impressive rainbow and brook trout.

Mass. Fish & Wildlife is busy repairing trucks for the upcoming stocking of trout this spring, as anglers are already fishing open water in the valley and on the Cape. This week's picture shows the success some are having on open water using spinning gear. This week's picture shows a big brown trout caught locally last week and weighed in at Jerry's Bait & Tackle.

Black bear dens are being visited by Mass Fish & Wildlife personnel to check on the bears' winter survival, and successful newborns.

The Bald Eagle population is rapidly growing in Mass., with new nests being built annually. Their breeding season is only a month away! Sightings of this majestic bird are almost a weekly occurrence, in the valley area.



THE GREAT OUTDOORS
RALPH TRUE

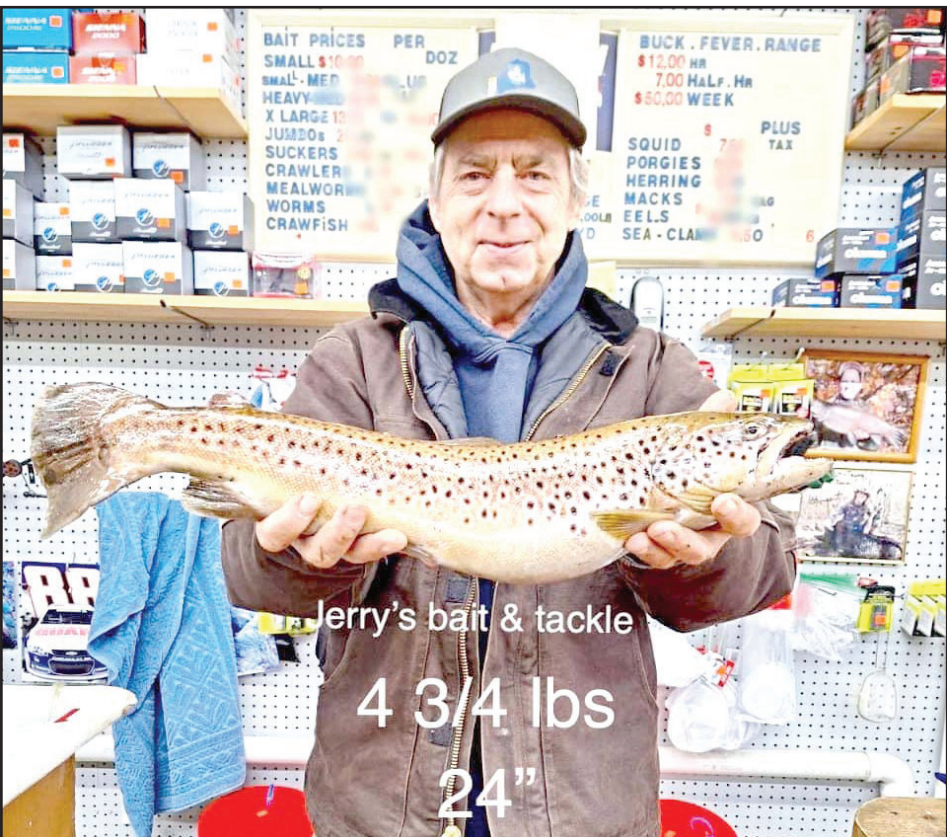
Public hearings on the saltwater recreational fishing regulations are being held soon. Unfortunately, most anglers were disappointed after leaving the hearings in the past, with no changes to their recommendations. It is a waste of time! More cuts to recreational saltwater fishing limits and sizes are expected again this year, in both Mass. & Rhode Island. The public hearings have become just a formality.

The Springfield Sportsmen's show is scheduled to open this week, Feb. 23-25. It is a great way to enjoy a day with friends, before the spring fishing begins on both fresh & saltwater.

The New England Saltwater Fishing Show will open their doors at the Rhode Island Convention Center on March 8-10. If you fish saltwater, you need to attend this great show.

Rod & Gun Club renewals at many local clubs are now being held! Don't lose your membership. There is a deadline for renewing your membership at most clubs in the valley.

Take A Kid Fishing & Keep Them Rods Bending!



A four-and-three-quarter-pound Brown Trout caught last week at a local pond in Mass. by Justin, on rod & reel.

Starting plants from seeds indoors



GARDEN MOMENTS
MELINDA MYERS



Melinda Myers

Keep your green thumb in shape this winter while getting a jump on the growing season by starting your favorite or hard-to-find plants indoors. It's fun, simpler than you think, and can help stretch your plant budget.

Start with some clean containers that you purchase, recycle, or make from newspapers. Be sure to add drainage holes to any repurposed yogurt or similar containers you are using for starting seeds to avoid waterlogged soil. Always clean used pots by soaking them in a one-part bleach and nine-part water solution for ten minutes then rinse with clear water. This helps reduce the risk of disease.

Fill the containers with a moist well-drained potting mix or a sterile seed starting mix. Once the containers are filled, check the back of your seed packets for planting directions. Most contain all the information you need for when and how to plant the seeds. Some seed companies now provide this information on their website instead of the seed packets.

Most seeds are planted about twice the seed diameter deep while smaller seeds are often set on the soil surface and gently watered in place. Once again, check the seed packet for the seeds you are growing. Plant two seeds per container just in case one of the seeds fails to sprout.

Once planted, move the containers to a warm location. Many gardeners use heating pads designed for germinating seeds to help speed sprouting. Covering the containers with a sheet of plastic or one of the prefab domes will help conserve moisture so you will need to water less often.

Check the soil moisture daily and water often enough to keep the soil evenly moist but not soggy wet. Remove the plastic and move the containers to a sunny window or better yet, under artificial lights as soon as any green appears.

Regularly rotate plants that are growing in sunny windows to promote more even growth. Adjust artificial lights as plants grow. Most seedlings benefit from keeping the lights four to six inches above the top of the seedlings. Leave the lights on for 14 but no more than 16

Seedlings should be moved to a sunny window or placed under artificial lights as soon as any green appears.

hours a day. Using a timer is an easy way to make sure the plants receive the right amount of light each day.

Once the seedlings develop two sets of true leaves (these will look like the leaves of the plants you are growing), it is time to do some thinning. Remove the weakest seedling in each pot so only one strong seedling remains. Trimming the weaker seedlings back to ground level instead of pulling avoids damage to the remaining seedling.

Once seedlings have been thinned and are actively growing, use a fertilizer labeled for this use. Continue to water thoroughly and often enough to keep the planting mix slightly moist but not soggy wet.

Check the weather and seed packet to determine when it is safe to move your plants outdoors. You'll need to prepare them for their new home outdoors with a technique called hardening off. Start by moving the plants to a sheltered and shaded location after the danger of frost has passed. Stop fertilizing, and check soil moisture daily but allow it to dry just slightly before watering thoroughly.

Gradually increase the amount of sunlight the plants receive each day. Cover or move them indoors when frost is in the forecast. Your transplants are ready to move to their permanent location after a week or two.

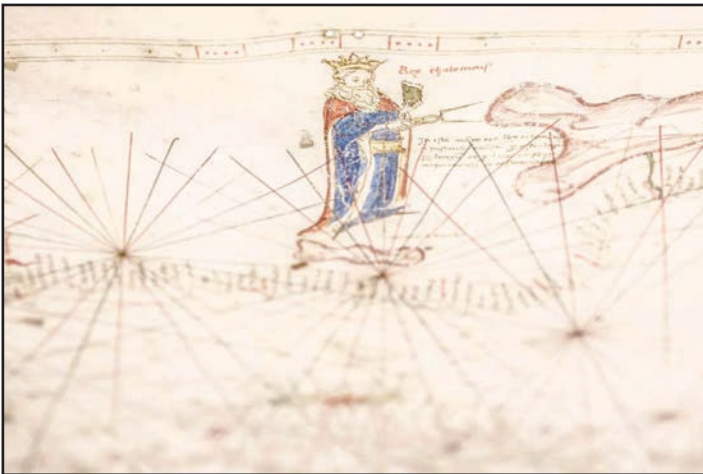
Start gathering your supplies and seeds now. And before you know it, you will be enjoying the beautiful blooms and tasty vegetables you started from seed yourself.

Melinda Myers has written more than 20 gardening books, including Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' Web site is www.MelindaMyers.com.

Latest antiques and collectibles news



ANTIQUES, COLLECTIBLES & ESTATES
WAYNE TUISKULA



It's been close to three months since my last update on antique and collectibles news. As you might expect, a lot has taken place since then. I'll focus on some major estate sale finds today.

In 2023, Jeanette Davies saw two antique teddy bears at a yard sale in South Wales. Teddy bears got their name when Teddy Roosevelt was hunting with (American bear hunter and sportsman) Holt Collier. Collier stunned and cornered a bear and Roosevelt wouldn't shoot it, believing it to be unsportsmanlike. Davies paid £130, or around \$155 for both yard sale bears. One turned out to be a World War II era teddy worth between \$92 and \$142 USD. Davies correctly believed the other bear to be a Steiff bear. Steiff began producing high quality teddy bears three years after the incident with Roosevelt. The 1905 Steiff bear was auctioned with a \$5,100 minimum bid.

Across the country, a California man recently found an old tin box of baseball cards that his dad collected. The man identified only as John said his father Ed began collecting cards in the 1920s, according to Newsweek. Ed had shown John some cards occasionally, but John only saw the tin box with all the cards after Ed's passing. The collection includes 20 Babe Ruth cards, a Shoeless Joe Jackson, and many other Hall of Famers. The sale of the cards is expected to bring in the high six figures.

Also in California, a map dealer's keen eye and knowledge may have netted him millions. Alex Clausen was taking a virtual tour of oil heir Gordon Getty's estate sale and became focused on an old map, according to the Los Angeles Times. He spotted a map listed as a portolan chart and as being from 1500 to 1525. Portolan maps were hand drawn maps on animal skin created by navigators. According to the LA Times, they "often feature drawings of compass roses, flags, sea monsters and ships; unlike modern maps, interior details of land are not the key focus." The \$100,000 to \$150,000 estimate seemed reasonable for a 16th century map, but some clues led Clausen to believe it could be older. Granada in Southwestern Spain had a different flag than other kingdoms in the Iberian Peninsula, making him think the map was at least from the 15th century before they would have adopted a new flag. After hundreds of hours of research, researchers dated the map to 1360. The chart is the only 14th century portolan known to exist outside of Europe. The map is being sold in a gallery where it is on course to bring \$7.5 million.

We are currently cataloging our comic books, sports cards, and collectibles auction. We are still accepting consignments of gold jewelry, sterling silver serving ware, art, coins, and other antiques, and collectibles for our early summer auction. I'll be teaching my antiques and collectibles night class again on March 5 at the Bay Path Evening School in Charlton. I'll also be presenting at Learning in Retirement event in Danielson, Connecticut on May 6. Please visit our Web site, <https://centralmassauctions.com>, for links to other upcoming events.

Contact us to consign items or for auction information at: Wayne Tuiskula Auctioneer / Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services info@centralmassauctions.com or (508-612-6111).

Avoid tapping into retirement savings early

If you want to make a big purchase, such as a new car or a piece of property, or you were faced with a large, unexpected expense, such as a major home or auto repair, would you have the funds readily available? If not, you might look at what may be your biggest pool of money — your 401(k) or IRA. But should you tap into these accounts well before you retire? Maybe not — and here's why:

Less money in retirement — The more money you invest in your retirement accounts, and the longer you keep it invested, the more you'll probably have when you need it most — when you're retired. Consequently, taking out sizable amounts from these accounts before you retire could be costly, as it would disrupt

the benefits of compounding that can be achieved by holding investments for the long term.

Possible bump into higher tax bracket — The money you take out from your traditional IRA and 401(k) is taxable in the year of withdrawal. So, if you withdraw a significant amount of money at once from your traditional IRA or 401(k), you could be pushed into a higher tax bracket, at least for one year.

Tax penalties — If you take money out of a 401(k) or traditional IRA before you turn 59 and a half, you could face a 10 percent tax penalty, although some exceptions exist. Penalty-free withdrawals can be made for several reasons, including for education and medical expenses, first-time purchase of a home



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

(up to \$10,000), after the birth or adoption of a child (up to \$5,000) and more (see irs.gov/taxtopics/tc557). With a Roth IRA, which is funded with after-tax dollars, you can withdraw contributions — but not earnings — at any time, for any purpose, without incurring penalties.

Given these issues, how can you avoid dipping into your retirement accounts when you're faced with a financial need?

One possibility is to take out a loan from your 401(k). Unlike a 401(k) withdrawal, a loan is neither taxable nor subject to tax penalties. Also, the interest you pay on a 401(k) loan goes back into your

account. Still, a 401(k) loan has its drawbacks. If you leave your job, you'll likely have to repay the loan in a short period of time and if you don't have all the money to repay it, the loan will be considered in default, so you'll owe taxes and the 10 percent penalty if you're younger than 59 and a half. But even if you don't leave your job and you do repay the loan, you'll still have taken away money that could have potentially kept growing within your tax-deferred account. As mentioned above, as your money compounds, you'll want to minimize disruptions.

Building an emergency fund is another way to gain access to cash. Such a fund should contain at least six months' worth of living expenses, with the money

kept in a liquid, low-risk account. It can take time to build a fund of this size, so it's never too soon to start putting away money for it. To avoid the temptation of dipping into your emergency fund, you'd ideally keep this fund separate from your daily spending accounts.

Explore all your options before tapping into your IRA or 401(k) early. Keeping these accounts intact as long as possible is one of the best moves you can make to help build your future retirement income.

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

WEBSTER-DUDLEY VETERANS SERVICE

PART TIME CLERK POSITION 19 HOURS

The Town of Dudley is seeking a qualified professional to serve as the Veterans' Services Clerk. This position falls under the direction of the Director of Veteran Services.

Candidate must have excellent organizational skills with the ability to manage time effectively, computer proficiency is required along with writing ability. Knowledge of departmental operations and exercise judgment in responding to the needs of our veterans. Attend veterans-oriented trainings and educational courses as required, assists with community events such as Memorial Day and Veteran Day parades, and helps veterans in completing applications for State and Federal Veteran benefits.

A high school education or GED is required with one year of office experience. Salary is \$20.28/hour.

Please send a cover letter and resume to townadmin2@dudleyma.gov.

Resumes will be accepted until the position is filled.

Thank you
St. Jude
for
answered
prayers
CC and FB

LETTERS TO THE EDITOR CONTINUED

What Bernie Sanders really stands against

To the Editor:

Good news: nobody has to be “all in for Trump” because Bernie Sanders is not a “socialist.” However, he most certainly is, by his own words and book, a democratic socialist or, as some would say, a social democrat. That essential distinction means he gets to keep his paycheck and possessions, and we can still have a more equitable society for each citizen. Gregory (May 2019) describes the largest American socialist party, DSA, as specifically wanting ‘to abolish capitalism as we know it,’ unlike Sanders.

As noted in The Nation (March 23), Sanders stated: “But, as Roosevelt explained almost 80 years ago, if we are serious about creating a truly free society, we must take the next step forward and guarantee every man, woman, and child in our country basic economic rights: the right to quality health care, the right to a good education, the right to decent and affordable housing, the right to a secure retirement. And the right to secure a well-paying and meaningful job (where antiunion capitalism is not tolerated). To achieve the genuine freedom we are entitled to as human beings, we cannot be satisfied with political democracy alone, especially when democracy itself is under fierce attack. We need economic democracy every bit as much as we need political democracy.

“What Berman noted about social

democrats, as experienced in Denmark and Scandinavia, is that they want to help people learn how to savor the best parts of capitalism while mitigating the downsides of such a system successfully – (New Yorker) essentially giving up “the dream of a worker-controlled society.”

Sanders is likely in this camp but does stand for workplace democracy.

Here's what Sanders is really against – those who would deny us and our neighbors political and economic democracy. Sanders doesn't believe American oligarchs should replace “one man, one vote” with (Reich) “government of and by a few exceedingly rich people or families who control the major institutions of society, and therefore have power over other people's lives” to ensure their corporate profits.

Let's make it clear with a great example of Tim Dunn: “The billionaire bully who wants to turn (all of) Texas into a Christian theocracy” (Texas Monthly, Gold, March 2024). This 68-year-old oil American billionaire oligarch uses his checkbook to decide what laws elected officials will pass because he controls which officials get elected. “He has built his own caucus within the Legislature that is financially beholden to him.” Yes, billionaires can do that. Now, is it fair to the average citizen that 735 billionaires (2023) will decide our futures? Political scientists Gilens and Page have found “that American

lawmakers respond to the demands of wealthy individuals, typically corporate executives, Wall Street moguls, and big corporations.” That is what Bernie, another old man, is railing against. He does not support oligarchy, where the billionaires get to make the country's decisions based on their financial votes, effectively nullifying your vote. Why should that be desired or tolerated?

Who do you think Trump has worked with and is working with? The New Republic framed the dark money that moved from Barre Seid to Leonard Leo of the Federalist Society to provide Trump with his Supreme Court nominees. The Heritage Society, funded by more billionaire oligarchs including Coors, Mellon, Mercer, and the Koch brothers, funded the preparation for the Mandates for Leadership for 2025 – the road map for Trump's next term – our future.

Numerous billionaires have ‘donated’ to the super PAC Make America Great Again. None of these efforts include the people's voice or vote. Face it, Trump doesn't care what you want, but he sure does listen to those special interests that fund him.

So, if you still have to be ‘all in’ for Trump, purchasing a pair of his golden sneakers for \$399 (made in China?) may be more efficacious. His current side hustle can be found at <https://gettrumpsneakers.com/>. And if those are sold out, perhaps as CNBC notes, you can pur-

chase his digital trading cards, which come with a snippet of his suit on the day of his arrest or his cologne. Given the most recent court judgments, this may be way more helpful to Trump than your precious vote, friend.

Linda Lacki
Northbridge

Starting over

Starting all over again often feels like carrying the weight of an ending. It's challenging to move forward when your thoughts are tethered to the past, making each step into the unknown feel heavier with the memories and efforts that once defined your path.

These moments, usually fraught with dread and disbelief, carry the essence of beginning from square one and feeling like less than zero. It's hard to see that the seeds required to embrace a new start are sown within these moments of defeat.

Consider the story of a love that once felt like destiny. Two souls intertwined, embarking on a journey that seemed certain to withstand the test of time. But as the chapters unfolded, the narrative shifted, leaving one in despair and forced to enter the dating world again.

It reminds me of a quote by J.K. Rowling: “Rock bottom became the solid foundation on which I rebuilt my life.”

Picture the entrepreneur who charted a path from a local franchisee to a high-flying executive at the national headquarters. This journey, marked by first-class travels and the trappings of success, comes to an abrupt halt with a dismissal that cuts deep. The aftermath was a maelstrom of emotions—anger, sadness, anxiety—confronting the harsh reality of sustaining a lifestyle without the security of a steady income and facing an unwelcome choice between giving up or reinvention.

C.S. Lewis: “You are never too old to set another goal or to dream a new dream.”

Imagine the diligent student whose academic endeavors were fueled by the promise of a fulfilling career. Years of sacrifice and sleepless nights culminate in achieving a coveted degree, only to discover the chosen path is filled with dissatisfaction and the realization that one's true calling lies elsewhere. It is a terrifying dilemma.

F. Scott Fitzgerald said, “It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over.”

Consider the journey of an artist whose every performance was a testament to a life dedicated to the craft. Creating art that resonated with audiences far and

wide. Yet, the unpredictability of the business, the constant rejection, and the fleeting nature of fame began to erode the joy once found in the spotlight.

The emotional toll of years spent chasing the next opportunity left our artist feeling disillusioned. The passion that once fueled late-night rehearsals had dimmed, leaving behind a yearning for something more, something different. The decision to stay where it feels comfortable or to start all over doing something new is paralyzing.

“Fall forward. Every failed experiment is one step closer to success. You've got to take risks.” — Denzel Washington.

Life, in all its uncertainty, shows us that the comfort of security isn't truly secure. The tales of love lost, career dissatisfaction, and the quest for reinvention are chapters in a story familiar to many of us. These narratives underscore the universal journey of starting anew.

No doubt you've been in similar situations, with no other option than to choose a relentless pursuit of a new beginning. Trudging forward after a significant setback. It's an awful feeling, but what's the alternative? Become bitter and resentful? No thanks.

Human beings may crave security, yet the truth is that everything carries a risk.

As Jim Rohn eloquently said, “Everything in life is risky; I'll tell you how risky life is... you're not going to get out of life alive.”

This acknowledgment can help us to face the unknown with an open mind. Your mindset can significantly influence whether the journey ahead leads to a positive transformation or becomes a hurdle too challenging to overcome.

Starting over again presents a unique chance to reevaluate our mental patterns and expectations, setting the stage for a shift that can either uplift or challenge us, depending on our perspective.

Within the realm of uncertainty, we uncover something truly extraordinary: the power to reshape our destiny. Here lies the potential for reinvention, for altering our paths, and for reconstructing our lives from the ground up. Learn to embrace your new beginnings and unlock the promise of tomorrow.

A Peek into Flowering Signs of Spring

Nothing brightens up the cold, white, winter landscape like the annual arrival of early spring buds. From crocuses to lilacs, nostalgic perennials are the staple of New England gardens. Plentiful and easy to grow, this week's column will spotlight a few common flowers that usher in the arrival of spring each year;

Crocus (The little princess of the garden): Crocus has a long heritage in New England, as the favored flower is among the first to be brought to North America by settlers. Popping up in gardens in mid-March, the sight of crocus bulbs are cause for celebration by winter weary Easterners. In fact, the crocus has been known to bloom while snow is still on the ground, offering a visual promise of the upcoming season.

The humble flowers, boasting an array of hues from pale yellow to deep purple, open their cup shaped blooms fully only on sunny days. Perhaps the popularity of the

humble flower is attributed to its easy going nature. Requiring only a light alkaline soil and plenty of sunlight, and it will reward the eye with many colorful, low growing flowers that multiply each spring.

Crocus in Mythology: The crocus famously appears in a legendary Greek tragedy of Crocus (Krocus) and Smilax. According to the legend a young mortal named Crocus headed into the Athens forest in pursuit of the nymph Smilax. Catching her attention, Smilax is smitten but only briefly, by the handsome Crocus. Soon she becomes bored and spawns his amorous advances. When crocus persists in pursuing the beauty against her wishes, the gods transforms him into a saffron Crocus flower; its orange stigmas symbolizing his undying passion for her.

Planting Crocus: Spring crocus bulbs are best planted in the fall when the soil is below 60 degrees, but well before

the first hard frost. Plant pointy side up about four inches apart. For the best visual affect plant in clumps of about a dozen bulbs. Water well and cover with a few inches of mulch for cold weather insulation. Since moles and mice are also attracted to crocus, those who have such pests in the garden are advised to plant in buried wire cages or other devices designed to repel the hungry critters.

Daffy Delights: Daffodils' sunny yellow flowers make this perennial a delightful and most welcoming sign of spring. The hearty bulbs have been known to survive in the ground for well over a century, offering decades of flowing blooms. There are more than 27,000 cultivated varieties of daffodils, so it's no wonder the daffodil is one of the most popular spring flowers!

Mythology and History: The botanical name for the daffodil is “Narcissus,” which is named after the youth

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in Greek mythology who fell in love with his own reflection in a pool of water. The bending flowers represent Narcissus and mice are also attracted to crocus, those who have such pests in the garden are advised to plant in buried wire cages or other devices designed to repel the hungry critters.

Daffodils have a rich history beyond the mythology. The Romans were known to have planted narcissus in memory of those fallen in battle. Daffodils were eventually transported to England by the Romans who hailed the flowers' healing properties. Early settlers brought the precious daffodil bulbs with them to America as a reminder of their homeland.

Today, Daffodils represent new beginnings, rebirth and joy. In China, the daffodil symbolizes good fortune.

Planting Daffodils: Plant bulbs in the fall two to three weeks before the ground freezes for spring blooms. Bulbs need proper drainage; therefore, the bulbs require a large hole and loosened soil; plant pointy side up about six inches deep. Bulbs should be thoroughly watered at the time of planting and again in the spring when they begin to grow. Most gardeners agree planting daffodils in clumps of five or more creates a most pleasing garden landscape.

Note: Nothing adds a ray of sunshine to your indoor space better than a pot of miniature daffodils. The bright, yellow blooms are perfect for the desktop, whether you're in a spacious home office or a crowded cubicle. At just a few dollars per pot, they are an inexpensive pick me up that keeps on giving. After the blossoms wilt, the bulbs can be

replanted in the ground to rebloom outside for years to come!

Lovely Lilacs
Fragrant clusters of lilacs adorned colonial yards and gardens of early America. Lilacs were grown both for their beauty and their medicinal properties. In fact, in the late 18th century, both Thomas Jefferson and George Washington wrote about their lilac plants. The species is so hardy that early lilac bushes, in a testament of survival, have continued to thrive in colonial homesteads, long after the homes were abandoned or destroyed.

Lilacs have been known to survive hundreds of years, making them a true heirloom flower. The Governor Wentworth Estate in Portsmouth, NH boasts the oldest surviving lilac bushes, said to have been planted circa 1750. While there are many strains of the flower, the most nostalgic is the common lavender hued lilac (Syringa Vulgaris), which was brought to America in the mid 1700s from eastern Europe.

Lilac Legends: Legend has it lilac drives away evil wherever it is planted or strewn. It is said that lilac bushes were planted on the homestead by colonists in an effort to protect the inhabitants from bad forces.

Immigrants from Europe brought tales of lilac folklore from the “old country” to America, including the belief that finding a white lilac blossom with five petals is a sign good fortune would follow. Meanwhile, in certain sections of England it was considered bad luck to bring blooming Lilacs into the house and all white Lilacs were especially banned from display inside the home.

Growing Lilacs
New England is the perfect climate to grow lilacs, as it

is very cold hardy, requiring a frost to prompt bud blooming.

For optimum blooms, a lilac bush should be planted in areas that receive full sun (at least six hours per day). Lilacs like a slightly alkaline soil. Spread roots out vertically and cover with topsoil. A newly planted lilac bush should be kept well watered. Add a loose mulch above the roots to help with water absorption. Keep in mind different varieties of lilacs bloom at different times.

When lilac flowers have finished blooming, prune the dead flowers back to just above where new buds are forming. Be prudent with pruning, as over cutting can result in a decrease of blooms next year.

Win Dinner for Two at the Publick House

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

Do you have a 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.

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Wildlife officials urge caution during coyote mating season

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — Late January through early March is mating season for coyotes, and wildlife officials have recently released information on how residents might prevent conflicts during this time.

“Coyotes are very active during the winter while courting mates and defending their territory,” the state’s Division of Fisheries and Wildlife (MassWildlife) released. “Coyotes are in every city and town in mainland Massachusetts, meaning the opportunity for human-coyote interaction is high.”

The mere presence of a coyote is not a cause for concern, MassWildlife officials said, yet they reminded the public to take “three simple steps” to prevent conflict with coyotes during the mating season, including protecting pets, removing food sources, and “hazing” coyotes.

“Pets should always be directly supervised on a leash when outdoors, especially during the coyote mating season,” wildlife officials said, adding that coyotes can’t differentiate between their natural prey and small pets, so they will “view unprotected outdoor cats and small dogs as a potential food source.”

“Coyotes can’t distinguish your dog from an intruding coyote, causing the coyote to be more aggressive toward medium- and large-sized dogs as they will view them as potential competition for mates and territory,” a press statement reads.

It is not recommended to supervise pets from a distance, including from on a porch or at the backdoor.

“Most coyote attacks involve dogs that are unsupervised or being supervised from a distance in a backyard,” reports indicate.

Removing human-associated food sources from one’s property will also help.

“As opportunistic omnivores, coyotes will utilize naturally available food, like small mammals and birds, and human-mammated foods, like bird seed, garbage, compost, pet food left outdoors, and backyard chickens,” MassWildlife released.

Coyotes that find human-associated food sources will spend more time in yards and neighborhoods.

“It’s essential for neighbors to work together to secure or remove all human-associated food sources in a community,” wildlife officials said. “Coyotes that become dependent on human-associated food sources can start to exhibit bold behavior toward people. Never intentionally feed coyotes.”

Additionally, “hazing” coyotes is another option. Hazing is described as “a safe technique used to deter an animal from an area or to change its behavior. The intent of hazing is to

frighten, not injure, the animal.”

“While coyotes are naturally wary of people, this fear can lessen over time when they spend a lot of time around people or when they are fed, intentionally or unintentionally, by people.

When you see a coyote in your yard, you should aggressively haze it,” MassWildlife reported.

One can haze a coyote by creating loud noises by yelling or using a small air horn, waving a jacket overhead to look bigger, spraying a

hose or throwing small objects in the coyote’s direction, and physically chasing and driving the coyote off.

“Haze the animal until it has fully left the area,” wildlife officials said. “Hazing will not be effective if it’s done from inside a building, from behind a screen door, or from a car. Hazing is most effective when it’s done repeatedly, when a variety of techniques are used, and when many people participate.”

Negative encounters with coyotes are rare, according to reports, and

human-coyote attacks are “exceptionally rare.”

“If you encounter a coyote that is exhibiting concerning behavior like approaching leashed pets, closely following people, or not running off when effectively hazed, you should contact your local Animal Control Officer or local MassWildlife office for assistance. If there is an immediate threat to public safety, call local law enforcement.”

Learn more about coyotes at mass.gov/coyotes.

Uxbridge High School honor roll

UXBRIDGE — Uxbridge High School has released its honor roll for the second quarter of the 2023-2024 school year.

Grade 8
High Honors: Taylor Anderson, Evan Bourgeois, Elyse Bousquet, Stacy Calderon, Matteo Casasanta, Jaidyn DeLuca, Tucker Denietolis, Lily Derouen, Jacob Dwight, Jacob Dzivasen, Ryan Fitzgerald, Logan Fleming, Paige Foley, Margaret Fox, Casey Griffiths, Everett Hazel, Emily Hughes, Benjamin Johnson, Ashton Khondker, Bronwyn LaChapelle, Katelyn Laflamme, Madyn Lame, Kevin Marchand, Olivia Mazzola, Carly McKay, Thomas Newhall, Nadia Nolan, Connor Osper, Shea Paxton, Zooeey Pominville, Jack Posterro, Olivia Rivet, James Sadd, Emmett Sharr, Mason Soucy, Abigail Spiecker, Adeline Tartakoff, Haley Walsh, Avery Wood, David Zaitoun

Honors: Cayden Almy, Nina Bandstra, Cooper Bartlett, Desmond Botelho, Kiersten Bradwin, Emily Cabral, Bryana Fernandes, Violet Fratus, Emily Geshelin, Kelly Greene, Logan Harris, Lola Hawkins, Aiden Jennings, Balin Jones, Nathanel Kinyanjui, Jessica Labonte, Matthew Lambert, Logan Leshinski, Abigayle Livingstone, Ryder Lovell, Blake Mace, Clayton Maracle, Jacoby Martins, William McClintock, Cooper McCuin, Julia McDonnell, Salah Mohamed, Nathan Rivera Najarro, Elijah Norman, Ava Rosborough, Blake Rosborough, Benjamin Rota, Lily Savoia, Hope Tibedo, Silas Tripp, Lily Trottier, Malik Uddin, Kevin Vietro, Autumn Wood, Matthew Yarger

Honorable Mention: Kadin Cabana, Kendra Cabana, Emily Calderon, Aiden Danforth, Anthony Adir Dos Anjos, Ryan Fitzgerald, Liam Gover, Emma Harney, Myles Loos, Mazzy Martone, Reagan Moriarty, Isaac Nagle, Quinn O’Brian, Hayden O’Toole, Marissa Pirrotta, Emily Ross, Benjamin Snyder, Piper Sullivan, Sarah Szajna

Kammerer, Mathias Lalakidis, Ella-Mae Libby, Mia Ouellette, Katherine Pratt, Lukas Tierney, Samuel Trottier, Josiah Vaillancourt, Benjamin Yoffe

Grade 10
High Honors: Aidan Arsenault, Ella Bain ,Amelia Blood, Novelle Bousquet, Gaurav Boyalla, Sebastian Bradwin, Lauren Cabral, Julianna Casucci, Kason Chludenski, Hunter Douangsavanh, Samuel Dow, Brady Esposito, Alison Fleming, Nicholas Fortier, Zachary Fortier, Kendall Gilmore, Lola Grube, Mazen Hamza, Ethan Lachapelle, Lily Laliberte, Daniel Mach, Brayden Mackin, Niamh McSweeney, Erin O’Day, Julia Brynn Okenquist, Keira Paul, Liam Powers, Liam Palmer Ramirez, Jake Richardson, Jacob Rivet, Erin Roche, Brian Stumpf, Andrew Tamsky, Jacob Tavares, Eabha Twohig-Mann, Grady Walsh, Austin Walusiak

Honors: Alexander Aldrich, Taylor Bettencourt, Jeremiah Bourguignon, Maxwell Brayman, Emerson Burns, Morgan Charbonnier, Tyler Constantineau, Finnegan Cove, Adriana Cugini, Logen Erickson, Jadyen Flood, Joshua Fontes, Camden LaChapelle, Julianna Lopes, Skylar O’Neill, Wilson Obiocha, Krish Patel, Victora Alessandra Ribeiro, McKenna Savage, Camron Savoie, Riley Spicer, Thatcher Sweeney,

Honorable Mention: Angelica Afonso, Mitchill Andre, Colin Dwyer, Sophia Freire, Caleb Gonyea, Isaac Kling, Cameron McIsaac, Migui Medeiros, Mylie Prachith, Julian Rosenberg, Zachary Turcotte, Malachi Vaillancourt, Sydney Vanderzicht, Cody Veneziano

Anderson, Maria Aprili, Catherine Buma, Brady Chludenski, Camden Chludenski, Charles Criscola, MacKenzie Drennan, Briana Ferschke, Ewan Fortin, Liam Kaferlein, Isadora Malta, Macen Martone, Awwab Mohamed, Abigaile Oliveira, Olivia Pirrotta, Julia Porter, Evelyn Rivera, Talen Rosborough, Kheirid Saint-Fleur, Bruno Sampaio, Dominic Silva, Morrodox Sisowath, Colin Spencer, Jamal Uddin, Caroline Usenia, Ella Vadenais, Ashton Watt

Honorable Mention: Curtis Blais, Madison Currie, Jillian Dimo, Shane Gilmore, Amelia Hay, Shawn Lemovitz, Max Meagher, Rafael Rodrigues De Miranda, Madison Silbor, Jack Sullivan, Jacob Taft, Cassady Westcott, Zadria William, Denning Yoffe

Grade 12
High Honors: Alanah Allard, Rosario Astorga, Lillianna Avila, Rylie Beland, James Bernard, Lilliana Bernier, Dylan Bibeault, Aidan Blood, Luke Boisvert, Benjamin Bourgeois, Jocelin Bourque, Ashlee Brodeur, Kathryn Cahill, Braden Cammuso, Cameron Caso, Emma Demers, Matthew DiLiberio, Brynn Doherty, Syrianna Douangsavanh, Luke Esposito, Madison Fairweather, Nathan Fuoss, Carter Gilmore, Olivia Gray, Olivia Holden, Brianna Hughes, Catherine Hughes, Samantha Jones, Kahlea Lachapelle, Kellen Lachapelle, Kamryn Leroy, Elizabeth Lewis, Grace Linsley, Jessica Lutton, , Sara Morton, Brianna Moss, Gage Nichols, Sean O’Day, Shane Okenquist, Mikayla Ouellette, Ella Pezzullo, Phetmany Phianesin, Cooper Phoenix, Lukkas Ritacco, Benjamin Roerden, Payson Roy, Maria Sobrinho, Christopher Szajna, Matthew Thayer, Siobhan Twohig-Mann, Emma Walker, Brayden Wilcox, Zoe Wojnowski, Greyson Yarger

Honors: Owen Burrill, Thomas Costa, Jack Emmons, Jalyn Gingras, Ezekiel Hamel, Cassidy Leach, Iris Marcello, Aiden Marquez-LeRoy, Samuel Noel, Jack Phoenix, Ava Pitner, Avari Powers, Liam Rigney, Lincoln Schiller

Honorable Mention: Parin Boyalla, Lucas DeFreitas, Andrew Flynn, Tessa Johnston, Hailey Kinyanjui, Jackson Livingstone, Jaden Mello, Nathan Noyes, Frank Osimo, Mason Sanford, Ellie Thompson

St. Peter’s Parish offers ALPHA program

NORTHBRIDGE — St. Peter’s Parish in Northbridge is offering the ALPHA program on Tuesday evenings from 6:30 to 8 p.m. Sessions will be held in the parish hall, 39 Church Ave., Northbridge.

ALPHA is a series of interactive sessions to help people explore the basics of the Christian faith. The goal of ALPHA is to create a warm welcoming, non-threatening, non-pressured and non-judgmental environment where guests are accepted unconditionally. Each session looks at a different question

around faith. We start with a light meal, followed by a video and small group discussion.

There is no charge to attend ALPHA evenings. There is a good will offering to help cover the cost of the meal. If you would like to join us for ALPHA, please contact Louise Forget, 508-234-6355 or email: religious@stpeterrockdale.org to register or for more information.

Grade 9
High Honors: Aaron Alves-Thomas, Bradley Anderson, Iain Andrews, Aubrey Beland, Gabriela Belanger, Aubrey Bouchard, Ava Cahill, Hadassah Calixto, Madison Cammuso, Isabela Chapman, Skylar Daniels, Joao P de Souza-Rodrigues, Miranda ElTurkmani, Daniel Ferreira, Alyssa Friis, Brianna Fuoss, Olivia Gauthier, Brian Guertin, Jordan Hilgenberg, William Hinchcliffe, Samantha Huth, Brooklyn Kaferlein, Emrie Kling, Madison Labonte, Sydney Loisel, Mary Lowrey, Braelyn Matheson, Benjamin O’Neill, Caiden Pellegrino, Hannah Samolinski, Chawanvi Sillapachairuang, Maddilyn Silva, Saanvi Singh, Lelia Sjogren, Sarah Stark, William Stark, Gabriel Stone, Erik Ward, Samuel Weeks

Honors: Ammar Alomar, Clarah Avery-Boyer, Addie Blood, Blake Burr, Austin Clancy, Aiden Costigan, Parker DaCosta, Dylan Demers, Parker Dery, Ethan DeVito, Savannah Gassett, Allie Gauthier, Nathan Goryl, Cameron Gray, Mallorie Hallfelder, Tyler Joyce, Joshua Lavergne, Lilianna McClintock, Nathan Oliveira, Blake Oliver, Emma Peloquin, Enzo Pimentel, Aidan Power, Yosselin Alfaro Ramirez, Charlie Roy, Eliasa Roy, Noah Samolinski, Kole Silvestro, Annabel Smutok, Aidan Valenti, Madison Webber


Honorable Mention: Joseph Cascella, Susana Casper, Lindsay Genoa, Gabriel Gomes, Elaina Horgan, Amir Julien, Maxwell



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Watershed group needs volunteers

WORCESTER—The Blackstone River Coalition (BRC) needs volunteers to assist with its 21st 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 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 longterm 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 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.

There are two additional sampling teams in

the program. The Headwaters Team samples waterways from Worcester to Grafton and runs its 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 Sycamore Landing in Lincoln, RI. The

Rhode Island Team and the Headwaters Team are also looking for volunteers. To volunteer

as a field monitor, floater, or lab assistant, please contact Heather Parry, Coordinator, BRC Volunteer

WQM Program,
at 508-579-9188
or heatherpar-
ry.wqm@gmail.
com.

*Thanks To Yanks, Milford Public Library support
military families with donation from Giving Tree*

MILFORD — Thanks To Yanks, a non-political 501(c)(3) organization recently accepted and delivered a donation from Milford Town Library holiday giving tree including homemade winter hats, gloves and scarves to local military families.

"We are pleased to donate to military families

during the holiday season,” said Jacque Gorman of the Milford Public Library. “Our hope is for families to stay warm during the winter months ahead.”

Thanks To Yanks mission is to support military members, veterans, and their families. We are also engaged in community building including school, library,

ies, civic, and religious groups with programs that support our military, veterans and their families. Milford Public Library's generous donation promotes support and compassion for our deployed troops and their

families. "I offer my sincere thanks to Milford Public Library for their giving tree donation and support to the military community" said Mike Shain, Founder & President, Thanks To Yanks. "We are

honored with your generosity in supporting our military families.” Thanks to Yanks is a non-political 501(c)(3) organization whose mission is to support military members, veterans, and their

families. For additional information regarding Thanks To Yanks, please visit our website at Thankstoyanks.org or follow us on Facebook and Instagram.



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OBITUARIES

Joan Brooks

Northbridge- Joan (Deschene) Brooks of Douglas, formerly of Northbridge and Dover-Foxcroft, ME, passed away on Friday, February 9, 2024 at home surrounded by her loving family, following a period of declining health.

She is survived by her children, Joan (Charles) Brothers of Douglas; Joseph H. Brooks, Ill of North Grosvenordale, CT; Julie (Jason) Phelps of Douglas; Lisa (James) Cove of Douglas, with whom she made her home; and Lynn (Eric) Johnson of Topsham, ME, and by her sister, Sharon McCarthy, of Uxbridge. Joan leaves behind 9 grandchildren: Jarrod and Aaron Brothers, Melissa and Lori Brooks, Samuel and Benjamin Phelps, Chad Fletcher and Leann (Steven) Rosenlund, and Emily Johnson. Joan also leaves behind 10 great-grandchildren: Christopher, Brianna and Brendon Brothers; Brody, Mason and Colton Fletcher, Wesley and Cameron Rosenlund, Avery Phelps, Magnus Andersen, Aspen Cove, and many dear nieces and nephews. Joan was predeceased by her husband of 68 years, Joseph H. "Sonny" Brooks Jr., her son, Jeffrey Brooks, and by her brothers Doug Deschene and Ronnie Deschene.

Born in Whitinsville, MA on February 10, 1938 to Napoleon and Phoebe (Plante) Deschene, Joan was educated in the Northbridge Public Schools. She worked locally at Tupper's, GE and The Usual. Following her husband's retirement, she and Joe moved to Dover-Foxcroft, ME in 1992, returning



home to reside with her daughter, Lisa, in 2018.

Joan enjoyed puzzles and was a voracious reader. She looked forward to trips to St. Maarten with Peg and Stan Rozak and to the casino with her siblings, Ronnie and Sharon. An accomplished cook and baker, Joan was known for her warmth and unconditional love, and her home

was always open and the coffee was on; she was a people person who genuinely enjoyed each interaction thoroughly. She embraced life, lending her sense of humor and infectious laugh to anyone she spoke with, and she loved to speak with everyone, feeling that strangers were just friends she hadn't yet met. She was most at home with a houseful of friends and family, displaying her expertise in cooking and baking, but always held those special gatherings with her family as a loving first priority, dispensing hugs, laughter, advice and wisdom with love.

Her funeral home service will be held in Jackman Funeral Home, 12 Spring St., Whitinsville, on Friday, February 23rd at 11 AM. Interment will follow in Fairview Cemetery, South Grafton. Memorial calling hours will be held prior to the service from 9:30- 11 AM. In lieu of flowers, donations in Joan's name may be made to the American Red Cross, or to a charity of one's choice. To leave a condolence message for her family please visit: <http://www.Jackmanfuneralhomes.com>

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March 2024 Programs

IRISH IN AMERICA - LIVE IRISH MUSIC AT THE LIBRARY

Come join us as Mary King, Cathy Clasper-Torch, and Dan Lanier return to the library and take us on a musical journey celebrating the Irish in America! Irish music was influenced by immigrants and their travels throughout New England, the Midwest, Appalachia and the West. Their Celtic traditions were infused with new styles and instruments creating a new voice to their culture, along with the old. On March 21st at 6pm, join us at the library to get your green on, warm up your voices and enjoy the warmth, spirit and hilarity of the Irish in America! Please register online or by phone as seating is limited.

ADULT PROGRAMS

Register now:

Gentle Flow Yoga – Mondays, Mar 4, 11, 18, and 25 at 7pm
Uxbridge Knit-n-Stitch Circle – Mondays, Mar 4, 11, 18, and 25 at 6:30pm
Cardmaking Hands-On Workshop – Mar 7 at 6:15pm
PopUp Library at the Senior Center – Mar 8 at 11:30am
Irish in America: Live Irish Music – Mar 21 at 6pm
Embroidery 101 with Madonna Terlizzi – Mar 27 at 1pm and Mar 28 at 6pm
Book-a-Librarian – Need help downloading e-books and using other library digital resources? Contact the library to book a 30-minute appointment with a librarian for hands-on tech assistance. Wednesdays from 2:30pm-4pm.

Join a Book Club:

Uxbridge Senior Center Book Club – Remarkably Bright Creatures by Shelby Van Pelt, Mar 12 at 1pm
Historical Fiction Book Club – Golden Hill by Francis Spufford, Mar 19 at 3:30pm
Bookies Book Club – Black Cake by Charmaine Wilkerson – Mar 25 at 6:30pm

YOUTH & TEEN PROGRAMS

Register now:

Teen Book-In-A-Bag (ages 13+) – Pick up your themed book-in-a-bag choice between Mar 2-16
Teen Paint-a-T-Shirt (ages 13+) – Mar 11 at 6pm
Teen Snacks & Board Games (ages 13+) – Mar 18 & Mar 25 at 6pm
Music and Movement with Deb Hudgins (all ages) – Mar 7 & Mar 21 at 11am
Blossoming Youth Yoga (ages 5-12) – Mar 4, 11, 18, & 25 at 6pm
Lego Challenge Build (ages 6+) – Mar 6 & Mar 27 at 4pm
Ceramic Flower Bowls (ages 8-12) – Mar 2 at 12:30pm
Frog & Lily (ages 4-7) – Mar 5 at 4pm
The Reptile Nook (ages 6+) – Mar 7 at 5:45pm
Family Candy Bar Bingo: Dogs! (ages 6+) – Mar 9 at 12pm
Lucky Charm Bracelets (ages 8-12) – Mar 12 at 4pm
Science with Amanda: Seals (ages 6+) – Mar 14 at 4:30pm
Virtual Fortnite Tournament (ages 8+) – Mar 14 at 6pm (Duos/Build)
Ocean Life Painting (ages 4-7) – Mar 19 at 4pm
Henna by Jen (ages 10+) – Mar 21 at 6pm
Egg Hunt Hop (ages 3-12) – Mar 30 at 12pm

Storytimes (registration required):

Baby Storytime (0-2 years) – Mondays, Mar 11 & Mar 18 at 11:30am
Toddler/Preschool Storytime (2-4 years) – Wednesdays, Mar 13 & Mar 20 at 11:30am
Baby Bumble (Socialization playgroup, 0-2 years) – Tuesdays, Mar 5 & Mar 19 at 11am
Toddler Tumble (Socialization playgroup, 2-5 years) – Tuesday, Mar 12 & Mar 26 at 11am

Drop-In Programs:

Crafty Wednesdays – Wednesday mornings and afternoons

Please visit the Library's website at uxbridgelibrary.org or call us at 508-278-8624 to inquire about our upcoming programs or to register to attend! Many of our programs are supported by the Uxbridge Board of Library Trustees and the Friends of the Uxbridge Free Public Library.



Blackstone Police arrested two men on drug and firearms charges following the execution of a search warrant.

ARREST

continued from page A1

Department released. "Both suspects were transported to the Blackstone Police Department for booking."

"Through these arrests we have removed a significant amount of narcotics from our community," Gilmore said. "Our department takes our commitment to narcotics enforcement seriously and will not stop pursuing dealers who make Blackstone their base of operations. Thank you to our law enforcement partners for their assistance and professionalism throughout this investigation."

According to reports, the individuals have been arrested and charged with the following:

Michael Pitler was arrested and charged with Possession of a Class B Substance.

Zachary Pitler was arrested and charged with: Trafficking Cocaine (More than 100 grams less than 200 grams); Possession of a Firearm Without a License to Carry; Possession of a Firearm With a Defaced Serial Number; Possession of Ammunition Without a Firearms Identification Card; Possession of a Class B Substance (More than 100 grams); Intent to Distribute a Class B Substance; Possession of a Class C Substance (More than 100 grams); Intent to Distribute a Class C Substance; Possession of a Class D Substance (More than 300 grams); Intent to Distribute a Class D Substance; Possession of a Class E Substance (More than 50 grams); and Intent to Distribute a Class E Substance.

Blackstone Valley Arts Association seeks artists for landscape show

REGION — The BVAA is reaching out to community members to exercise their creative voices to depict the community about them. Our next show will feature the landscapes of the Blackstone Valley towns. This includes both photography, paintings, drawings, digital art. It must be original, created with your own skills. Drop off is March 2, a submission form and more info can be found at BVAA.org. There is no charge to participate in this show, thanks to grants from our local Cultural Councils. Our annual Anything Goes Photography show was a huge success. More than 50 photographs were

submitted by members and non-members making for a beautiful show, of varied photographs both colored and black and white. Our Sunday Salon speaker was Stephen DiRado, a professional photographer and professor at Clark University. He spoke of his photography journey, and of his new book coming out soon. Stephen is a dynamic speaker and it was standing room only. Winning photographers were Sarah Lemansky, first place, Francesca Tramboulaskis, second place, Gene StPierre third place, Lisa Shea, Linda Bonnacors, James Hunt honorable mentions. Our March Activities Include a full day pas-

tel workshop with Jane Penfield, on March 16, at Open Skies in the Sing Performance Center. Cost is \$65 for members and \$85 for non members. Info about Jane's work and credentials can be found on our web page BVAA.org. Our monthly meeting will be held on March 19, at Open Skies Gallery, 5 S. Main St., Uxbridge. Featured artist will be Bayda Asbridge, well know multi-media artist, from Worcester. Her work has been shown at the Worcester, Fitchburg and Whistler Art Museums. She has also shown in many local venues, including the Small Stones Festival of the Arts.

Coffee Break continues with "The Fruit of the Spirit"

WHITINSVILLE — Coffee Break, a community Bible study for women, will continue its Winter season with a study of "The Fruit of the Spirit" on March 12. God loves us and has wonderful plans for our lives – no matter what the current events look like. Come join with others in a study of The Fruit of the Spirit as we look at who God is and the power and glory He is about to display in the earth. Our God is so trustworthy. All

peace and joy are found in Him. You're only allowed to be a newcomer the first week. After that, we're all friends. We look forward to meeting you.

Refreshments and childcare are provided—There's loving care for your babies and toddlers through age five.

Coffee Break is held each Tuesday from 9:30 to 11 a.m. and offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and con-

cerns, and develop new friendships. There's no "homework" required, and no previous Bible knowledge is necessary. Study guides and Bibles are provided free of charge.

Pleasant St. Church is located at 25 Cross St. in Whitinsville. For directions, questions, or to get more information, please call Anna 508-234-4902, email churchoffice@psrc.org or visit psrc.org/adults.

St. Peter Parish hosting corned beef and cabbage dinner

NORTHBRIDGE — St. Peter Parish in Northbridge is having a Corned Beef & Cabbage Dinner on Saturday, March 16 starting at 5:30 p.m. in the Parish Hall. Bring your family and friends for a wonderful meal and Irish Music by Alto Vista. Tickets are \$17 per dinner, and include potatoes, carrots, salad and dessert. To go meals will be available for pick up at 5 p.m., and all orders must be purchased in advance. "Pay It Forward" purchase an extra dinner and we will deliver it to someone in need in our local community. Please call the parish office at 508-234-2156 or email parishoffice@stpeterrockdale.org to purchase tickets or if you have any questions.

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Douglas Public Schools accepting Kindergarten registrations

DOUGLAS — The Douglas Public Schools will be accepting ongoing Kindergarten registration starting March 4. Registration packets will be mailed to eligible residents by Feb. 29. The registration documents may be returned either in-person between 9 a.m. and 3:45 p.m., mailed to Douglas Primary School, 17 Gleason Ct., Douglas, MA 01516 or via e-mail to phannon@douglasps.net. Please return all forms by March 28. Children eligible for Kindergarten in September must be five years of age on or before Sept. 1.

Parents must present their child's original birth certificate or a certified copy in person prior to March 28. Immunization records are also required with the returned registration paperwork. If you have any questions, please call (508) 476-2154.

Sunshine Club hosting free program March 1

DOUGLAS — Spring is coming, so start thinking about your gardens now! Join us for a free gardening program on Friday, March 1 at 11:30 a.m. at the Douglas Adult Social Center. The Sunshine Club has invited Lanette Lepper from Armstrong Acres in Dudley to the Douglas Adult Social Center to discuss good practices for your gardens this year. She has been actively sharing her year's of experience and knowledge with other garden enthusiasts with a very common sense approach to help any level of gardener.

Lepper discussed garden planning and preparation with us last year and is returning with another presentation this year to further our gardening skills. There will be time to answer any questions you have during and after the program. Light refreshments will be served. Everyone is welcome. Please call the center at 508-476-2283 to sign up. Located at 331 Main St., Douglas.



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SPORTS

‘True team effort’ helps Rams get by ‘tough’ Bay Path

Northbridge again tops Minutemen in Clark Tournament rematch



Nick Ethier

Northbridge's Ellory Manning prepares to make a move on Bay Path defender Allison Welton.



Nick Ethier

Macie Allen of Northbridge has enough space between two Bay Path defenders to release a shot.



Nick Ethier

Northbridge's Erika Dresp spins away from Allison Welton of Bay Path before attempting an inside shot.

BY NICK ETHIER
SPORTS EDITOR

NORTHBRIDGE — It was Senior Night at Veterans Memorial Field House on Thursday, Feb. 15, as the Northbridge girls' varsity basketball team hosted Bay Path. The Rams' five seniors — Delaney Mahoney, Macie Allen, Natalie Zborowski, Rachel Sawyer and Erika Dresp (10 points) — all started, all contributed, and junior Molly Gahan chipped in with a double-double (14 points, 14 rebounds), as Northbridge topped the Minutemen, 36-25.

“On Senior Night, it was a true team



Nick Ethier

Rachel Sawyer of Northbridge slices her way through a pair of Bay Path defenders.

effort,” said Jeff Kozik, head coach of the Rams.

Northbridge improved to 13-5 on the season, while Bay Path slipped to 14-4.

“Bay Path is a very tough team. They keep coming at you. I thought a couple times we were going to put some distance between us, and they just crawled back. There's absolutely no quit in that team,” Kozik said of the Minutemen. “That's only their fourth loss of the season, so that's a very good team that doesn't get the respect it deserves in the State ranking.

“For our girls, being able to mentally stick with it — it's tough when you're

trying to put a team away and they keep coming back — so to be able to make timely baskets and big defensive stops was huge,” Kozik continued.

Bay Path head coach Randy Schulman mentioned that it wasn't the type of game his team has been accustomed to playing as of late.

“I just think we didn't come out and play our game. We didn't play as aggressive as we had all season. We had more turnovers than we usually do, and our defense usually leads to offense,” said Schulman. “We've been shooting well the last three or four games, but not tonight. I think we only made one 3 tonight.”

The Minutemen — who were paced by Annika Ferrantino's 9-point, 9-rebound effort — had little time to worry about the loss to the Rams, as Bay Path and Northbridge met again on Saturday, Feb. 17 in the first round of the Clark Tournament Large Schools bracket at Grafton High before the tourney moved to Clark University for the semifinal and final rounds.

“It will be a tough game on a neutral floor,” Kozik said of the upcoming rematch. “We'll watch the tape, I'll cut it up and we'll watch it as a team, and I don't think either team will drastically change much, you just try to fine-tune, see where your mistakes were.”

“There's a fine line of what you want to

show and what you don't want to show,” Schulman added of the two games in three days situation. “I know we lost, but I'm encouraged with what we saw here tonight. It was a seven- to eight-point game for most of the game. We closed it to 25-20 and then we had one defensive lapse.”

With the score at the aforementioned 25-20 just seconds before the third quarter concluded, Gahan gathered two offensive rebounds and made a post move for a bucket at the buzzer. Then, in the final period, Gahan again had a situation play out where she had two offensive boards and then made a basket. That time it made the score 32-25 in the Rams' favor.

“We know that they're a good team and they work around Molly,” Schulman said of Gahan. “She got a lot of put-backs and when she got the ball in the paint, she made us pay for it.”

Both coaches had positive thoughts about the Clark Tournament, which Northbridge took part in last season.

“That's the goal, play at the Kneller Center,” Kozik said of trying to defeat Bay Path and then make it to the Clark floor for the later rounds. “(Our girls) got to play two games there (last year), so I think it could be in our advantage.”

The Clark is a new experience for the Minutemen, as it is the girls' debut in the tournament, while the boys haven't taken part in over 30 years.

“Bay Path hasn't been in the Clark since 1992, so we're excited,” said Schulman. “The goal is hopefully to win one game so we can actually play at Clark.”

In their second matchup, No. 2 Northbridge again defeated seventh seeded Bay Path, this time by a final score of 44-39. The Rams then took on No. 3 Hudson at the Kneller Center on Monday, Feb. 19. There, Northbridge topped the Hawks, 36-28. The Rams will now play No. 1 Tantasqua for the Clark title on Saturday, Feb. 24 at 7:45 p.m.

The Minutemen then played Lunenburg in a consolation game on Monday, Feb. 19. They lost that contest, 49-45. Before the Division 2 State Tournament, Bay Path will host Lynn Voke in the State Vocational Large Schools Tournament on Friday, Feb. 23 at 5:30 p.m.

Douglas, Uxbridge do battle in Clark Tournament Small Schools bracket

Tigers first win, then lose in semifinals, while Spartans can't get past Hopedale

OXFORD — The Clark Tournament Small Schools bracket got underway at Oxford High on Saturday, Feb. 17, and locals from the Douglas and Uxbridge boys' varsity basketball teams were part of it.

The Tigers, seeded third in the tournament, tipped off against their Dual Valley Conference brethren and No. 6 Sutton. Douglas, which defeated the Sammies twice in regular season play, were able to upend Sutton again, this time by a final score of 59-53.

The Tigers then took on No. 2 David Prouty in the semifinals the following day

at Clark University's Kneller Center. The Panthers, who won the Clark a season ago, ended Douglas' tournament run with a 56-37 win. Douglas finished its regular season with a record of 13-7 and will next play in the Division 5 State Tournament.

The Spartans were seeded fourth in the Clark and played No. 5 Hopedale. There, the Blue Raiders got past Uxbridge, 62-38. That dropped the Spartans to 11-8 as they will play Oxford, who lost to Maynard in the Clark, in a consolation game after press time. Uxbridge will then take part in the Division 4 State Tournament.



Nick Ethier

Owen Gray of Douglas soars through Sutton's defense and toward the basket for two points.



Nick Ethier

(Right) Uxbridge's Aidan Blood takes and makes a jump shot versus Hopedale.

LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 32 Glendale Avenue, Uxbridge, MA 01569

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Gilbert Grenon to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for First Horizon Home Loan Corporation, and now held by **The Bank of New York Mellon f/k/a The Bank of New York as Trustee for First Horizon Alternative Mortgage Securities Trust 2004-AA7**, said mortgage dated November 23, 2004 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 35165, Page 312, said mortgage was assigned from Mortgage Electronic Registration Systems, Inc., as nominee for First Horizon Home Loan Corporation to The Bank of New York Mellon, as Trustee for First Horizon Alternative Mortgage Securities Trust 2004-AA7 by assignment dated March 27, 2015 and recorded with said Registry of Deeds in Book 53521, Page 349; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction** on March 25, 2024 at 12:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

The land in said Uxbridge, with the buildings thereon, on the easterly side of Glendale Avenue, easterly of the easterly side of North Main Street, which is Lot numbered 69 as shown on a plan of Uxbridge Gardens, made by F. T. Westcott, C.E., dated May 1917 and recorded with Worcester District Registry of Deeds in Plan Book 31,

Plan 7, which lot is more particularly bounded and described as follows: BEGINNING at a point on the easterly line of Glendale Avenue at the southwest corner of the lot herein described; THENCE easterly 80 feet, more or less, along the line of Lot 70 as shown on said plan to a point at land now of formerly of Providence and Worcester Railroad; THENCE southerly by said land now or formerly of said Railroad, 40 feet more or less to a point; THENCE westerly along the line of lot 68 as shown on said plan, 80 feet. more or less, to a point on the easterly line of Glendale Avenue; THENCE northerly along the easterly line of Glendale Avenue, 40 feet, more or less, to the point of beginning. Also granting hereby a triangular trace of land adjoining the first described tract and being a portion of Lot No. 70 as shown on said plan, bounded and described as follows: BEGINNING at a corner of Lot No. 69 aforesaid on the easterly line of Glendale Avenue; THENCE easterly by the line of Lot No. 69, 80 feet to the railroad, THENCE westerly by land now or formerly of Ernest A. Lane, 80.15 feet to the line of said street; THENCE by said street line southerly, 5 feet to the place of beginning. Together with a right to pass and repass over land of said Lane adjoining the granted premises to and from said Glendale Avenue to the of said premises. For title reference see deed from Savers Co-Operative Bank date February 2, 2000 and recorded at Book 22473, Page 367. Property Address: 32 Glendale Avenue, Uxbridge MA

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

For Mortgagor's Title see deed dated February 2, 2000 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 22473, Page 367.

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

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within thirty (30) days after the date of sale.

Other terms to be announced at the sale.

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ORDER OF NOTICE
TO: Wayne David LeBoeuf a/k/a Wayne D. LeBoeuf
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq):
Digital Federal Credit Union
claiming to have an interest in a Mortgage covering real property in Whitinsville (Northbridge), numbered 158 Goldthwaite Road, given by Wayne David LeBoeuf a/k/a Wayne D. LeBoeuf to Digital Federal Credit Union, dated November 30, 2017, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 58113, Page 67, has/have filed with this court a complaint for determination of Defendant's/Defendants Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above -mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before 03/25/2024 or you may lose the opportunity to challenge the foreclosure on the ground of non-compliance with the Act.

Witness, GORDON H. PIPER
Chief Justice of this Court on 2/9/2024
Attest: Deborah J. Patterson, Recorder
February 23, 2024

SPORTS

Spartans defeat Hopedale, move to Clark Tournament semifinals

Uxbridge then can't get past top seeded Sutton

WEST BOYLSTON — In its second year open to local girls' varsity basketball teams, the Clark Tournament had the Small Schools Quarterfinals at West Boylston High on Saturday, Feb. 17. There, No. 4 seed Hopedale took on No. 5 seed Uxbridge. These two teams met in December during the Millis Hoops Holiday Tournament where Uxbridge narrowly won, 38-36.

Uxbridge took the first quarter, 11-3. Hopedale was unable to find their first basket until halfway through the quarter while trading possessions with Uxbridge. Contrasting play saw Uxbridge putting points on the board when they quickly moved down the court after collecting defensive rebounds.

Uxbridge doubled their score through the second quarter. Uxbridge was commanding the game with rhythm and pace. Hopedale had difficulty finding a way to break through Uxbridge's very aggressive style of play, offensively and defensively. Uxbridge extended their lead to 22-9 going into halftime.

Baskets were slow coming out of halftime for both teams. Uxbridge maintained their game play with many reminders from sideline pac-



Courtesy Dawn Pepka-Jones
Olivia Pirrotta of Uxbridge releases the ball while shooting a free throw.



Courtesy Dawn Pepka-Jones
Bronwyn LaChapelle of Uxbridge brings the ball up-court to start the offense.



Courtesy Dawn Pepka-Jones
Uxbridge's Kate Cahill takes a jumper from outside the paint.



Courtesy Dawn Pepka-Jones
Bailey Dzivasen of Uxbridge gets in between the Hopedale defense for a shot.

Courtesy Dawn Pepka-Jones
(Left) Uxbridge's Tessa Johnston looks to make a pass to a teammate.

ing head coach John Gniadek to "relax." The West Boylston High School's Lion's Den seemed to be guarding the scoring secret from Hopedale, even after multiple offensive attempts in a row, the ball found a way to stay out of the basket. Hopedale was held to just 4 points this quarter. Uxbridge added 7, advancing their point total at the end of the third to 29-13.

Uxbridge stayed the course of their game plan through the fourth quarter; aggressive play while patiently working the ball looking for the shot opportunities. Uxbridge moved on to the Semifinals with this 38-24 win.

The next round was played at Clark University's Kneller Center on Monday, Feb. 19. The Spartans had the tall task of taking on No. 1 Sutton, an undefeated squad. Although Uxbridge lost the game, 38-33, they will take their 12-8 record into the upcoming Division 4 State Tournament.

CMCFO Sportsmanship Award goes to Spartans' football team



The Uxbridge High football team was presented with the CMCFO 2023 Sportsmanship Award.

The Central Mass. Conference of Football Officials (CMCFO) presented their 2023 Sportsmanship Award to the Uxbridge High football team during halftime of last Thursday's Uxbridge vs. Northbridge boys' varsity basket-

ball game. Mike Doherty and Marty Hayes of CMCFO are pictured with Uxbridge Head Coach Matt Blood, his coaching staff and members of the undefeated 2023 Division 7 State Super Bowl Football

Championship team. The Award reflects exemplary sportsmanship exhibited and reflected by the team, coaching staff, student body and fans during the 2023 season.

Madison Culcasi named to Hamilton College Dean's List

CLINTON, N.Y. — Madison Culcasi, of Northbridge has been named to the Dean's List at Hamilton College for the 2023 fall semester.

To be named to the Dean's List, a student must have carried a course load of four or more graded credits throughout the semester and earned an average of 3.5 or above on a 4.0 scale.

Culcasi, a senior majoring in environmental studies, is a graduate of Groton School.

Hamilton College, a leading liberal arts institution located in Clinton, New York, is where exceptional students explore passions through an open curriculum and robust research, internship, and off-campus study opportunities. Students graduate ready to lead purposeful lives thanks to highly regarded faculty mentors, generous resources that support each student's interests, and a loyal alumni network. The College's need-blind admission policy ensures access for talented students with limited financial means. Learn more at www.hamilton.edu.

Holy Cross announces Dean's List

WORCESTER — More than 1,600 students were named to the College of the Holy Cross' Dean's List for outstanding academic achievement during the Fall semester of the 2023-24 academic year. The following local students made the list:

Madeline Kay of Uxbridge, Class of 2027

Khushi Patel of Douglas, Class of 2025

Daniel Wickstrom of Whitinsville, Class of 2026

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

About Holy Cross

The College of the Holy Cross, in Worcester, Mass., is among the nation's leading liberal arts institutions. A highly selective, four-year, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous, personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.

Natalie Ottaviano named to Muhlenberg College Dean's List

ALLENTOWN, Pa. — Congratulations to Natalie Ottaviano of Newtonville on being named to the Muhlenberg College Dean's List for the Fall 2023 semester.

Muhlenberg College students and Muhlenberg College School of Continuing Studies students with a term GPA of 3.50 or higher were recognized for this academic achievement.

Founded in 1848, Muhlenberg is a highly selective, private, four-year residential, liberal arts college offering baccalaureate and graduate programs. With an enrollment of nearly 2,000 students, Muhlenberg College is dedicated to shaping creative, compassionate, collaborative leaders through rigorous academic programs in the arts, humanities, natural sciences and social sciences; selected preprofessional programs, including accounting, business, education and public health; and progressive workforce-focused post-baccalaureate certificates and master's degrees. Located in Allentown, Pennsylvania, approximately 90 miles west of New York City, Muhlenberg is a member of the Centennial Conference, competing in 23 varsity sports. Muhlenberg is affiliated with the Evangelical Lutheran Church in America.

Matthew Trychon makes Curry College Dean's List

MILTON — Curry College congratulates Matthew Trychon of Douglas, who was named to the Fall 2023 Dean's List.

About Curry College

Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton. The College extends its educational programs to a continuing education branch campus in Plymouth. The College offers more than 90 majors, minors, and concentrations in specialized and liberal arts programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,050 students. The student body consists of 1,830 traditional students and nearly 220 continuing education and graduate students. The College offers a wide array of co-curricular activities ranging from 17 NCAA Division III athletic teams to an outstanding theatre and visual arts program. Visit us on the Web at www.curry.edu.

29 famous leaplings

Individuals who are born on February 29 are known as leaplings. The chances of being born on a Leap Day are slim, as estimates suggests there is a one in 1,461 chance of becoming a leapling.

Being born on Leap Day can be both entertaining and frustrating, as it means having to celebrate your birthday on a day that is not exactly the true anniversary of your birth. However, since February 29 comes around just once every four years, it may mean you can celebrate four times as much to make up for lost time.

Many notable individuals were born on February 29. Here's a look at 29 well-known individuals who were born on February 29.

1. Ja Rule: Hip-hop artist.
2. Tyrese Haliburton: Athletes
3. Ferrán Torres: Athlete
4. Joss Ackland: Actor
5. Tony Robbins: Motivational speaker
6. Pedro Sánchez: Spanish politician
7. Mark Foster: Rock singer
8. Jessie Usher: Actor
9. Peter Scanavino: Actor
10. Max Torina: Actor
11. Korede Bello: Pop singer
12. Khaled: Folk singer
13. Dinah Shore: Pop singer
14. Gioachino Rossini: Composer
15. Lena Gercke: Model
16. Jessica Long: Athlete
17. Majesty Rose: Pop singer
18. Antonio Sabato, Jr.: Actor
19. Bizzy: Rapper
20. Dennis Farina: Actor
21. Deelodoitall: Rapper
22. Joey Greco: Actor
23. Monte Kiffin: Football coach
24. Janvi Chheda: Television actress
25. Dave Williams: Singer
26. Lydia Jacoby: Athlete
27. Jimmy Dorsey: Jazz musician
28. Pepper Martin: Athlete
29. Masten Gregory: Race car driver

Leap into these Leap Year facts

Leap Year typically takes place every four years. The process of adding a day to the calendar every four years was designed to realign the clock and calendar more closely with how long it takes the Earth to rotate around the sun, which is slightly longer than the 365 days attributed to a year. If not for Leap Year, the seasons would slowly shift out of place.

There are many interesting facts to learn about Leap Year, and February 29 is the perfect time to explore them.

- It takes the Earth 365 days, 5 hours, 48 minutes and 45 seconds to circle once around the sun, says Time and Date. Without leap years, we'd lose almost six hours every year. After a century, the calendar would be off by nearly 24 days.
- Despite 2100, the next turn of the century, being divisible by four, it will not be a leap year. That's because it is divisible by 100 but not 400, which means it will not be a leap year. This exception to the rule pertains to new century years.
- Forbes reports that it's likely the calendar will need to be changed again since the Earth's rotation rate, the axial tilt orientation and the Earth's orbital motion around the sun is not constant. Various effects, such as earthquakes and something called tidal braking, affect the passage of time.
- Legend states that on February 29 it is alright for a woman to propose to a man, a custom attributed to St. Bridget. Bridget complained to St. Patrick that some women had to wait too long for their suitors to pop the question. As the legend goes, Patrick supposedly provided women this day to propose to compensate.
- Some cultures view February 29 as an unlucky day. In Greece, couples are warned against planning weddings during leap years. In Italy, the phrase, "Anno biseto, anno funesto" ("leap year, doom year") is uttered.
- Individuals who are born on February 29th are known as leaplings or leapers.
- Leap Day is not considered a legal day. Those who are leaplings have to choose February 28 or March 1 for their official and legal birthdays.
- Individuals who are paid fixed monthly incomes often work for free on February 29th because their wages will not be calculated to include the extra day.
- Guinness World Records indicates the only family it could verify as producing three consecutive generations born on leap days belongs to the Keoghs. The elder Patrick Anthony Keogh was born in 1940, his son Peter Eric was born in 1964, and his granddaughter Bethany in 1996.



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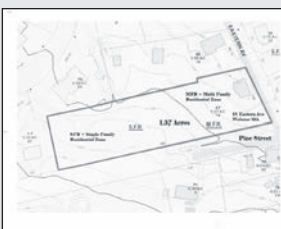
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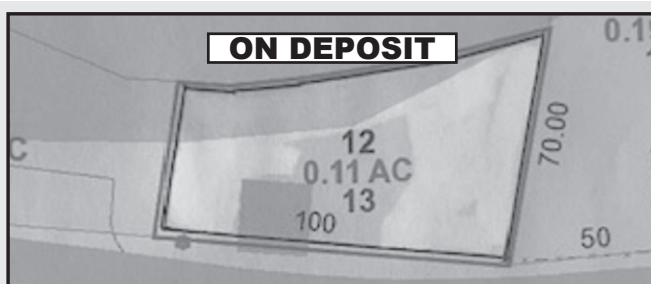
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 acre Lot! OPEN FLOOR PLAN. Living room, dining room, upscaled kitchen with 8' island, 3 bedroom, 2 baths, Beautiful Hardwood Floors! central air. 2 car garage, & shed. **\$615,000**
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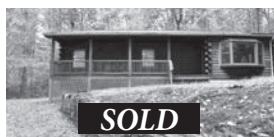
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What’s the Difference?

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

A



B



Answers: 1. Man is wearing tie 2. Extra milk in cart 3. Price on sign is different 4. "Shop" missing from the back wall

THIS DAY IN...



HISTORY

- 1815: NAPOLEON BONAPARTE ESCAPES FROM EXILE.
- 1919: PRESIDENT WOODROW WILSON SIGNS AN ACT OF CONGRESS THAT ESTABLISHES THE GRAND CANYON NATIONAL PARK .
- 2008: THE NEW YORK PHILHARMONIC PERFORMS IN NORTH KOREA.



CHECKOUT

a point at which goods are paid for in a store



THIS TYPE OF STORE IS WHERE MOST PEOPLE BUY THEIR FOOD AND OTHER SUPPLIES.

ANSWER: SUPERMARKET



- ENGLISH: Aisle
- SPANISH: Pasillo
- ITALIAN: Corridoio
- FRENCH: Allée
- GERMAN: Gang



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Can you guess what the bigger picture is?

ANSWER: CHECKOUT COUNTER

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to time management. Each number corresponds to a letter. (Hint: 3 = A)

A. 11 13 9 4 22 14 17 4

Clue: Intended timelines

B. 13 3 17 4 23 22 3 8

Clue: System of organizing days

C. 5 17 3 23

Clue: Proposal to do something

D. 22 7 11 2 8 3 13 2

Clue: Pull attention away

Answers: A. schedule B. calendar C. plan D. distract

SUDOKU

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

Level: Advanced

Here’s How It Works:

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

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

ANSWER:

Uxbridge Senior Center

36 South Main St.
(508) 278-8622
Lisa Bernard – Director
Gail Boutiette–Outreach Coordinator
Donna Oncay – Transportation Coordinator
Omer Boucher – Van Driver
Sally Selvidge – Activities Coordinator
Pat Ordway – Chef

DIRECTOR NEWS FOR MARCH 2024 NEWSLETTER
State Rep. Mike Soter and the Uxbridge Elderly Connection will be distributing Easter lunches to Uxbridge residents during the annual RISE UP INITIATIVE on Saturday, March 23rd. Lunches will be delivered to your home on this day, please call the senior center to reserve your lunch by March 8th. Donations are greatly appreciated and can be sent to the Uxbridge Senior Center at 36 South Main Street, Uxbridge. Please make checks payable to the Uxbridge Elderly Connection. Thank you Rep. Soter for your ongoing support of our seniors!

Caregiver Appreciation Day is observed on March 3rd every year. The day aims to honor, appreciate, and thank the selfless caregivers who give their time and effort to care for those in need. Caregivers cater to people with different conditions such as those living with disabilities, illnesses, and the elderly.

Some of these challenges a family caregiver face are:
• Managing their time. Caregivers often find they have less time for themselves and other family members. ...
• Emotional and physical stress. ...
• Lack of privacy. ...
• Financial strain. ...
• Sleep deprivation. ...
• Being afraid to ask for help. ...
• Depression and isolation. What do caregivers need most?
1. Help with caregiving. ...
2. More financial support. ...
3. Emotional support.
4. Recognition and understanding. ...
5. Time to recharge.

Each caregiver faces unique challenges, including physical and emotional exhaustion, financial strain, and balancing personal and caregiving responsibilities. If you are a caregiver and need help, please call the senior center to find resources that may be of assistance to you. We are here to help!

Last call for Fuel Assistance! The SMOC fuel assistance program for the winter season is ending soon. If you need help with your heating costs, please call the Center to make an appointment to apply or inquire about eligibility requirements.

The St. Patrick’s Party will be held on Friday, March 15th at 12 noon. Our traditional menu is corned beef and cabbage. Unfortunately, we know some of our seniors will not be able to attend since it is Lent, meat is abstained on Fridays during this time. We considered changing the date; however, we must take into consideration the lack of parking at the center Monday through Thursdays, and the limited schedule of

our entertainer. We apologize ahead of time for any inconvenience.

Lisa
Friday, March 1, 2024 – 12:00 pm – Lunch & Learn with Chief Montminy. Meet the Uxbridge Police Departments new comfort dog, Officer Shamus McDoodle. He will be accompanied by ACO Officer Kevin Sullivan/Susan Banner. Be sure to RSVP for this informational luncheon.

Mondays, March 4th – April 8th – AARP Tax Assistance Program continues. All appointments are currently full and there is a waitlist.
Monday, March 4, 2024 – 3:00 pm – 4:00 pm - Computer Tutoring with students from BVT. Please call ahead to book an appointment. This will be held on the first Monday of each month. Next date will be Monday, April 8th.
Thursday, March 7, 2024 – 10:30 am – Veterans’ Services with Carl Bradshaw by appointment only. Call 508-278-8622 to sign up.

Thursdays, March 7th, 14th & 28th – *1:00 pm – Come play Scrabble! *Note New Time* Call us if you’d like to come to lunch and then have a relaxing afternoon playing Scrabble! No scrabble on March 21st.

Friday, March 8, 2024 – 11:30 am - 12:30 pm – “PopUp Library”. Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program is being offered by the Uxbridge Free Public Library.

Monday, March 11, 2024 – 1:30 pm – Learn the art of Pysanky! Come and learn about the colorful world of Pysanky, the Ukrainian art form in which an egg is designed with traditional folk motifs using wax and dyes. This class is sponsored by the Uxbridge Cultural Council. Registration is required and you must RSVP March 6th & class is limited to 20.

Tuesday, March 12, 2024 – 1:00 pm – Uxbridge Library Book Club. They will be discussing “Remarkably Bright Creatures” by Shelby Van Pelt. You are welcome to join us for lunch on this day, just be sure to call ahead to “book” yours! Next month is on Tuesday April 9th.

Tuesday, March 12, 2024 – 1:00 pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment with Katelynn Wackell. Next date will be March 12th.

Thursday, March 14, 2024 - 2:45 pm – 3:45 pm- New Low Impact Exercise Classes Starting! All classes are held at the senior center satellite campus, McCloskey School at 62 Capron Street in Uxbridge. Sign up for 8 weeks at a requested donation of \$25.00. Pre-registration is required, stop by the center to pick up your registration and waiver forms.

Thursday, March 21, 2024 – 1:30 pm – 2:30 pm – New Zumba Classes Starting! All classes are held at the senior center satellite campus, McCloskey School at 62 Capron Street in Uxbridge. Sign up for 8 weeks at a requested donation of

\$25.00. Pre-registration is required, stop by the center to pick up your registration and waiver forms.

Friday, March 15, 2024 – Annual St. Patrick’s Day Celebration sponsored by the Uxbridge Elderly Connection Inc., complete with corn beef & cabbage. Dublin Down will be our entertainers featuring Irish & Celtic music. Call ahead to RSVP.

Friday, March 22, 2024 - Uxbridge Fire Department Quarterly Lunch. Come join us for lunch and meet the Uxbridge Fire Department. Please RSVP.

Saturday, March 23, 2024 – 12:00 pm – 1:30 pm - Mike Soter’s Rise Up Initiative Easter Meal Delivery. Sponsored by the UEC and State Representative Mike Soter. Please call the center by March 8th to reserve your free ham lunch which will be delivered to your door.

Monday, March 25, 2024 - 1:30 pm – “Ask the Attorney” with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment.

Tuesday, March 26, 2024 - 11:00 am – 12:00 pm – Ask the Nurse Free Blood Pressure Clinic with Nancy Favulli, Salmon Health VNA. RSVP to participate and to join us for lunch.

Friday, March 29, 2024 – Annual Easter Celebration with Tim Brooks – The Crooner At Large Sponsored by the Uxbridge Elderly Connection Inc. We will also have a special visit from Premeer Real Estate Murray The Easter Bunny! Be sure to call ahead to RSVP.

Friday, March 29, 2024 – 12 noon – March Birthday Cake Celebration!

Card Game played during lunch on Mondays.

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.

Knitting Club every Tuesday @ 1:30 pm – Come join the fun!

Every Wednesday – 9 am – 3 pm – The Uxbridge Senior Center Transportation Program Community Shuttle. This shuttle is for seniors and individuals with disabilities to destinations such as post office, pet care appointments, hair salon or barber, bank, pharmacy & shopping anywhere in the Uxbridge/Northbridge area. Note: this replaces the weekly bank/pharmacy and Shaw’s Ocean State rides. Call 508-278-8622 for more information and to book your ride. Requests require a 48-hour notice.

Wednesdays – “Canasta” Hand, Knee & Foot Card Game – 1:00 pm – 3:30 pm.

Every Thursday – Play Scrabble! – *1:00 pm – Come by for an afternoon playing Scrabble. Boards are supplied by the senior center. Let us know if you’d like to join us for lunch! No Scrabble on March 21st. *Note New Start Time*

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

The senior center is in need of the following donations: Lysol wipes, newly packaged napkins, paper towels, tissues, toilet paper, ground regular & decaf coffee. We thank you for your support!

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.

• https://www.youtube.com/channel/UCNh_RIq9rucmFH-UO7VFBw
• <https://www.uxbridgetv.org/schedule/192>

Blackstone Valley Community Chorus hosting open call for spring season

DOUGLAS — The Blackstone Valley Community Chorus welcomes new and returning singers to Open Call for the 2024 Spring season!

The BVCC is preparing a program of music celebrating American folk and jazz music. Open Call will take place on Sunday, March 10, at 6 p.m. at the Douglas Municipal Center Resource Room located at 29 Depot St. in Douglas. New members do not need to prepare an audition song, but should come ready to sing. There is a \$35 membership fee to join. Rehearsals take place on Sundays at 6:30 p.m. at the Douglas Municipal Center beginning on March 17.

The Blackstone Valley Community Chorus is a non-audition chorus with people of varied ages and musical abilities brought together by a shared love of music and a commitment to providing our community with exceptional musical experiences. We welcome anyone who would like to join us, we only ask that you have the ability to carry a tune. Whether you enjoy singing at your school, with a church choir, or in your car or shower, we hope you will consider joining our friendly musical family! For more information on the BVCC, visit us on Facebook or at www.bvccchorus.org.

Lily Gyasi-Denteh graduates from Elms College

CHICOPEE — Lily Gyasi-Denteh of Whitinsville graduated from Elms College with a Bachelor of Science in Nursing following the conclusion of the fall 2023 semester.

Gyasi-Denteh was among 75 students who received their degrees in December.

Elms College is a coed Catholic college offering a liberal arts curriculum that prepares students holistically for a purposeful life in a diverse and interconnected world. Founded in 1928 by the Sisters of St. Joseph, Elms College has a tradition of educating reflective, principled and creative learners, who are rooted in faith, educated in mind, compassionate in heart, responsive to civic and social obligations, and capable of adjusting to change without compromising principle.

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Country Bank supports communities with 2023 donations exceeding \$1.2 million

REGION — Country Bank, a full-service financial institution serving Central and Western Massachusetts, proudly reported more than \$1.2 million in donations for 2023. The bank's philanthropic efforts supported local non-profits throughout its communities, with 463 organizations receiving grants in 2023.

In addition to financial support, Country Bank's team members dedicated their time and expertise to make a difference. They volunteered 1,255 hours of community service, demonstrating their commitment to giving back. Furthermore, 37 team members served on 65 non-profit boards and committees, actively contributing to the success of these organizations.

As a community bank, it recognizes the importance of supporting financial literacy; Country Bank held four Credit for Life Fairs for 1,500 High School Seniors to educate them on credit, budgeting, and how their decisions impact their financial wellness. Classes were also held at Christina's House and within various schools throughout the community. In partnership with Greenlight, the bank launched a debit card for kids to support parents in teaching children early on how to spend, share, and save. The bank also introduced a new program to support financial literacy, Money School, to support local schools with educational opportunities for in-classroom teachings for all ages, and an online financial educational program on the bank's website.



One of the highlights of Country Bank's philanthropic efforts in 2023 was its partnership with the Wonder Fund during the "Season of Difference" Campaign. This collaboration aimed to support kids and families in Central and Western Massachusetts' Department of Children and Families (DCF) system. By joining forces with the Wonder Fund, Country Bank demonstrated its commitment to improving the lives of vulnerable children and families in the community with over \$30,000 in support.

Some of the organizations receiving donations were The Ronald McDonald House, Christina's House, The YWCA, The Boys and Girls Clubs, Behavioral Health Network, The United Way, Salvation Army, The Food Bank of Western Mass, The Worcester County Food Bank, Be Like Brit, Juniper Outreach, Springfield Revitalize CDC, Friends of the Homeless, and 21 Senior Centers and 19 Food Pantries across the region.

Paul Scully, President and CEO of Country Bank, emphasized the bank's dedication to its communities. He stated, "As a community partner, we care deeply about the sustainability of our communities. We are honored to support many organizations through donations and volunteerism to help them with their work. Supporting and enriching our communities is not only a part of our mission; it's who we are as an organization, and we know that it makes a difference for so many."

Local students make Dean's List at CCU

CONWAY, S.C. — More than 3,000 undergraduate students at Coastal Carolina University were named to the Dean's List for the Fall 2023 semester. Students who make the Dean's List have achieved a grade point average of 3.5 or higher (3.25 for freshmen) for the semester.

Madison Boormeester of Whitinsville
Sage Hurteau of Douglas
Nicholas Laflamme of Uxbridge
Kira Sullivan of Uxbridge
Caleb Visbeek of Uxbridge

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

CCU offers baccalaureate degrees in more than 100 major fields of study. Among the University's graduate-level programs are 27 master's degrees, one educational specialist degree, and the doctorates in education and in marine science: coastal and marine systems science. CCU boasts a growing array of internship, research and international opportunities for students, as well as numerous online programs through Coastal Online.

More than 10,800 students from across the country and around the world interact with a world-class faculty, and enjoy a nationally competitive NCAA I athletic program, an inspiring cultural calendar, and a tradition of community interaction that is fueled by more than 180 student clubs and organizations.

Visit coastal.edu for more information.

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