















SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS

Friday, January 10, 2025

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

WCS's Lawson selected for **Honors Festival**

WHITINSVILLE Whitinsville Christian School senior, Julia Lawson, has been accepted into the 2025 Eastern Educators Association All-Eastern

Honors Festival.

Based on her scores from year's last Massachusetts (MMEA) All-State Choir

20th Annual Wine & Chocolate Tasting supports BV emergency shelter and Rotary

UXBRIDGE — Get ready to indulge your senses and make a difference at the 20th Annual Wine & Chocolate Tasting Charity Event, now called the Blackstone Valley Tasting Event, hosted by the Blackstone Valley Emergency Shelter and the Blackstone Valley Rotary. Scheduled for March 8 at 7 p.m., this event promises an evening of delight and philanthropy at the picturesque Blissful Meadows Golf Club in Uxbridge.

With live auctions, raffles, prizes, and an array of breweries, distilleries, and wineries, attendees can anticipate an unforgettable experience. Currently, committed participants are; Courthouse Brewery (Worcester), Murder Hill (Whitinsville), Rushford and Sons (Upton), Craftroots Brewery (Milford), and GlenPharmer Distillery (Franklin). You will experience these amazing companies and more while supporting two significant causes: aiding the homeless in the Blackstone Valley and funding scholarships through the BV Rotary Club.

'The event isn't just about indulgence; it's about coming together as a community to uplift those in need," remarked Leslie Reichert, CEO of the Blackstone Valley Emergency Shelter. Proceeds from the evening will be allocated to the Blackstone Valley Emergency Shelter, providing essential support to those experiencing homelessness in the Valley.

With an expected turnout of approximately 250 guests, organizers urge community members to participate in various capacities. Whether attending, sponsoring the event, or donating raffle baskets, every contribution is valued and makes a tangible impact.

"We extend our heartfelt gratitude for everyone's generosity and support. Together, we can make a meaningful difference in the lives of those experiencing homelessness. Together, we can give them HOPE," concluded Reichert, expressing appreciation to the community for its ongoing dedication.

For those interested in participating or contributing, further information and tickets can be obtained at https://square.link/u/P0U6pFPi, www.BVemergencyshelter.org, or on Facebook at BVwinetasting. Tickets are \$40 per person.



audition, Lawson was selected for the 2025 National Association for Music Education (NAfME) All-Eastern Treble Choir.

"More than 2,000 students from Massachusetts, New Hampshire, Maine, Vermont, Rhode Island, Connecticut, New York, Pennsylvania, New Jersey, Delaware, and Maryland, as well as Canada and Europe, applied for this opportunity that happens every other year," said Baird Lashley, WCS Director of Bands and Choirs. "We are thrilled for Julia and her accomplishment, and I look forward to her participation in the festival in Connecticut this April."

Lawson has attended WCS since the first grade and has been involved in many musical productions, choirs, and ensembles throughout the years. She is currently a member of the WCS Drama Club, Vocal Ensemble, and High School Choir. She plans to major in history and continue singing in college next fall.

Courtesy (Left) Julia Lawson

Douglas Historical Society hosting potluck and Yankee swap

holidays? The Douglas Historical Society Board of Directors feels your pain, and we're offering a fun antidote!

Come join us at the E.N. Jenckes Store Museum for a relaxing Pot Luck and Yankee Swap on Saturday, Jan. 11 starting at 6 p.m.

Secretary Ursula Levi explains, "We want to offer members and friends a chance to unwind, catch up with friends and make new ones. And

DOUGLAS — Exhausted and frazzled from the this is a terrific opportunity to "regift" that awkward Christmas present!"

Please join us at the Store Museum at 283 Main St. in Douglas. Bring your favorite dish or dessert (a list of ingredients is required for each food item offered due to allergy safety), your own beverages and a wrapped swap gift. You don't want to miss this! Email the Society at enjenckes1833@gmail.com for more information about the Society and the Store Museum.

Sheriff's Office toy drive benefits local families

local families and organizations benefited from the annual toy drive run by the Worcester County Sheriff's Office.

Staff members from the Sheriff's Office combined to collect massive piles of toys for families in need throughout the

recent weeks, were delivered tovs to the following local organizations: Net of Compassion, El Buen Samaritano Food Program, Inc., Planting The Seed Foundation, and Safe Exit Initiative-

"A big thank-you to all of the staff members who contributed and made a difference in the lives of others," read a statement released by the Worcester County Sheriff's Office.

Courtesy (Right) Members of the **Worcester County Sheriff's** Office recently held a toy drive to help brighten the holiday season for local families.



CLUES ACROSS

- 1. Hand (Spanish)
- 5. Siskel and __, critics
- 10. Seaman
- 12. Chemical weapon
- 14. One who eliminates
- 16. They precede C
- 18. Baseball stat 19. Americans' "uncle"
- 20. Cassia tree
- 22. Surround
- 23. Crisp and Pebbles are two
- 25. A sudden very loud sound
- 26. Affirmative
- 27. Disadvantage
- 28. Corpuscle count (abbr.)
- 30. OJ trial judge
- 31. New York art district
- 33. Become more bleak
- 35. Upstate NY city

- 37. Clarified butters
- 38. One who witnesses 40. Condemn
- 41. __ juris
- 42. Natural
- 44. Prohibit
- 45. Swiss river
- 48. Greek war god
- 50. 5 iron
- 52. New Zealand mountain parrot
- 53. Scandinavian surname
- 55. Follows sigma
- 56. Doctor of Education
- 57. Spanish be
- 58. One that feeds on bugs
- 63. Tooth issue 65. Get into
- 66. Lumps of clay
- 67. Overly studious student

CLUES DOWN

- 1. Variety of Chinese
- 2. Boxing's GOAT
- 3. Japanese classical theater
- 4. Praver
- 5. Inspire with love
- 6. Ballplayers' accessory
- 7. Retailer payment system
- 8. More raw
- 9. Atomic #81
- Fencing sword
- 11. Hostilities 13. Sea dweller
- 15. Resinlike substance secreted by certain insects
- 17. Businessmen
- 18. Rest here please (abbr.)
- 21. Loud devices
- 23. Make a soft murmuring sound 24. One point west of due south

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- 27. Trout
- 29. Type of grass

- 32. South American plant 34. Letter of the Greek alphabet
- 35. Not secure
- 36. Traveler
- 39. Sweet potato
- 40. Period after sunrise and before sunset
- 43. Some are choppy
- 44. Asian country
- 46. Genus of mosquitoes
- 47. Cool!
- 49. Shrill, wailing sound
- 51. A baglike structure in a plant or animal
- 54. Within
- 59. Unhappy
- 60. Decorate a cake with frosting
- 61. Videocassette recorder

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62. Largest English dictionary (abbr.)

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to Medina, Rosa G, and Dasilvasa, LLC. Edmilson. \$425,000, 20 Austin St, Roy, Bettye-Jean, and Roy, Jeremy K, to Cherry, LLC

T Series 2016-Ctt, and Us Bank Na Tr,

BLACKSTONE

to Pariseau, Henry J.

G, and Sa, Edmilson D.

Hewitt, Steven.

Kimberly E.

\$350,000, 17 Ives St #17, Storme,

\$570,000, 10 Park St, Charles, Sierra,

\$500,000, 8 Rennie Dr, Mako LLC, to

\$380,000, 7 Essex St #7, Danahy,

James T, and Danahy, Dale T, to

Marchand, Clayton M, and Johnson,

\$370,000, 11 Residential Ln #11,

\$320,000, 9 Residential Ln #9, Gillis

Antonitis, Nancy I, to Medina, Rosa

Jessica A, to Laskowski, Meghan J.

Shawn P, and Haller, Jessica L.

to Solorzano, Elsa. \$100,000, 27 Elm St, Cavoli, Andre, and Dacosta, Marcio J, to Cavoli, Andre G.

DOUGLAS

\$580,000, 29 Reid Rd, Joyal, Christopher J, and Klobucher, Mellissa L, to Whitten, Kevin T.

\$580,000, 302 Wallum Lake Rd, Joyal, Christopher J, and Klobucher, Mellissa L, to Whitten, Kevin T.

\$700,000, 82 NW Main St, Shepherd, Ryan D, and Shepherd, Jennifer, to Wagner, Cameron P, and Wagner,

\$682,500, 11 Potter Rd, Bengtson, Jessica A, and Bengtson, Justin, to Linsay A Geer Lt, and Geer, Linsay A. \$682,500, 17 Potter Rd, Bengtson, Jessica A, and Bengtson, Justin, to

Linsay A Geer Lt, and Geer, Linsay A. \$545,000, 182 Yew St, Carneiro, Angela, to Weatherby, Kelley, and Weatherby, Zachary.

\$500,000, 17 Churchill Rd, Morse, Kevin D, and Jackson, Tina M, to Landry, Christopher.

\$490,000, 782 NW Main St, Ross Stephen Adam Est, and Tobias, Martha R, to Potter, Michael R, and Plante, Savanah.

\$248,400, 34 Nautical Way #34, Northbrown LLC, to Randolph Sr, Xavier, and Randolph, Markeisha.

\$155,000, Mumford Rd #12, Bek Ft, and Bek, Stephen S, to Danlyn Realty LLC.

\$785,000, 146 Monroe St, Holdgate, Theodore, and Holdgate, Elke, to Kumnick, Jason, and Kumnick, Cassondra.

\$555,000, 136 South St, Hutnak, Mark A, and Hutnak, Laurie T, to Shepherd, Ryan, and Shepherd, Jennifer.

\$542,000, 94 Webster St, Krasner, Jay, and Krasner, Lori, to Tervo, Julianne, and Tervo, Justin C.

\$440,000, 70 Martin Rd, Cloverhill Properties LLC, to Aponte-Cosme, Lisandra A.

NORTHBRIDGE

\$665,000, 217 Sand Trap Ct #217, Ryan, Robert, and Ryan, Gloria, to Jones, Cathy, and Jones, John.

\$465,000, 79 Ivy Ln, Skene, Ryan, and Skene, Sarah, to Andreadis,

\$460,000, 120 Ash St #120, Mathers, Ashley, to Guyette, James D, and Guyette, Rebecca M.

\$425,000, 55 Sherry St, Nieviedgal 3rd, John T, to Casello, Alannah.

WEEK





Edgar- 8 Months

Meet Edgar, the ultimate good boy who's ready to snuggle his way into your heart! Edgar is a gentle and sweet soul who absolutely thrives in the company of other dogs. He's always happy to share his toys, his space, and his heart, making him a wonderful companion for a household with other pups. He loves zooming around with his dog friends and is food-motivated, which makes him eager to earn. Edgar has already mastered "sit" and is working hard on "come." He's incredibly gentle and adores

Since arriving in New England from down south, Edgar has embraced the changing seasons to the fullest -from rolling in leaves to cozying up in his soft, gorgeous coat. And what a coat it is - the softest fur, perfect for snuggling up this winter! This curious pup loves exploring walking trails, travels well in the car, and has a big, affectionate heart. He's

even enjoyed fun field trips, but what he'd love most is one final field trip - straight to his forever home! As a young pup, Edgar has spent too of his short life in the shelter and truly deserves a family to call his own If you're looking for a dog who's equal parts playful, cuddly, and loving, Edgar might just be the perfect fit! Apply today and meet this sweet soul- he can't wait to start his next adventure with you!

500 Legacy Farms North • Hopkinton, MA 01748









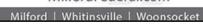
Bring your furry friend along on your next trip to MFB for a treat from our drive-up tellers, or stop in any branch and bring home a treat from our complimentary doggy treat bar.

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Pet of the Week!



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\$410,000, 29 Glen Dr. Roy Judith Louise Est, and Citro, Susan M, to Ostroskey, Douglas, and Ostroskey, Meghan.

REAL ESTATE

\$680,000, 9 Sycamore, Delis, Thomas \$335,000, 36 Brook St, Cheras, A, and Delis, Jaime M, to Dominik, Janet, to Cawley, David, and Cawley,

\$265,000, 32-34 Fowler Rd, Anderson, Mary E, to Calnan, Christopher R. \$235,000, 139 Border St #139, Levesque, Ryan T, to Burkle, Angelika

\$229,900, 120 Ash St #120, Equinox Properties Rt, and Bookhouse, Anthony J, to Marcum, Ashley.

\$1,100,000. 2341Providence Rd, Rockdale Properties LLC, to Northbridge Mills LLC.

\$1,100,000, Railroad St, Rockdale Thomas D Est, and Gillis, Charles A, Properties LLC, to Northbridge Mills

> \$1,100,000, Sutton St, Rockdale Properties LLC, to Northbridge Mills \$670,000, 49 Nathaniel Dr, Roberge,

\$278,500, 10 Fox Run Rd #10, Rmac Kevin, and Roberge, Nicole D, to Series 2016-Ctt, and Us Bank Na Tr, Syed, Jeffrey, and Syed, Saman. \$585,000, 2171 Providence Rd, Bellal Realty Group LLC, to Mcevoy, Ciaran.

\$582,800, 14 East St, Bedigian, Philip, and Bedigian, Harry, to Holmes, Jodie, and Horne, Chandler. \$460,000, 104 Sullivan Dr, B & M Wiersma Lt, and Wiersma, Bernard

S, to Goodson, Louis J. \$360,000, 2011 Providence Rd, Elevator Properties Inc, to Berube,

Michael. \$350,000, 71 Heritage Dr #71, Mccaughey, Joan M, to Deltoro-

Rodriguez, Jose M. \$330,000, 236 N Main St, Scanlon Lt, and Scanlon, Thomas J, to Beech Homes Inc.

\$299,900, 26 Maple St #26, Dube, Tatjana, to Surette, Marion. \$229,900, 137 Border St #137, Levesque, Stephanie K, to Alarcon,

\$950,000, 113 Rocky Rd, Stanick, Kris T, to Bullio, Marc, and Bullio, Stefanie. \$600,000, 51 Hudson St #51, Graves, Cynthia, and Graves, Christopher, to

Nazareth, Serlivane S, and Santos, Livia S. \$550,000, 1983 Hill St, All Ideal Homes LLC, to Gubolin, Christofer

\$325,000, 12 Oak St #12, Gosselin Jr, James M, to Rodriguez, Dayvon J, and Rodriguez, Nakiya.

Juan C.

UXBRIDGE \$600,000, 436 Hazel St. Graveson, Christine A, to Obrien, Mckena, and Obrien, Brendon.

565 Blackstone St. \$515,000, Matthews, Leandra, and Mccluskey, Michael, to Deoliveira, Amauri J.

\$675,000, 310 N Main St, Dasilva, Geraldo M, to Castro, Manuel A, and Cela, Carmen G. Crownshield Ave \$609,040, 181 #A, Woodlands Uxbridge Rlty L,

to Chemanchula, Hemanth K, and Bonam, Mounika. \$599,900, 55 N Main St #A, Benoit, Stephen P, to Azevedo, Livia T, and

Azevedo, Italo M. \$550,390, 179 Crownshield Ave #A, Woodlands Uxbridge Rlty L, to Bello, Gjergji, and Bello, Manuela.

\$545,000, 61 Pouts Ln #61, West River Homes LLC, to Vitols, Joseph E, and Smith, Hannah C. \$535,000, 242 Rivulet St, Caissie,

David A, and Caissie, Christine S, to Waller, Heidi L. \$340,000, 1 Manor House Ln #1, Castagnaro, Patrick, to E Silva,

Mauro M, and E Silva, A D. \$235,000, 32 Glendale Ave, Grenon, Gilbert, and Bk Of Ny Mellon Tr, to 32 Glendale Ave Rt, and Gallo, Christopher.

Wolf Dev Corp, to Wilson, Edward, and Wilson, Mandi. \$749,000, 83 Brookside Dr, Treide, Susan L, and Treide, Philip L, to

\$225,000, 50 Freedoms Way, Gray

Braza, Emilia, and Aguirre, Geovannie. \$594,000, 21 Acorn Dr, Germain, John, and Germain, Cynthia M, to Brian & Diane Roth Ft, and Roth,

Brian C. \$505,000, 45 Lexington Ln #45, Bennett Ft, and Bennett, Philip J, to

Wagner, Wendy D. \$470,000, 11 Fagan St, Ann F Hagl 2023 Irt, and Mulligan, Mark J, to Placido, Augusto L, and Placido, Renatha M.

\$435,000, 155 High St, Kaymol Care Solutions LLC, to Romero, Alberto R. \$400,000, 20 Hitchin Post Ln #20, Cynthia L Wedekind RET, and Wedekind, Cynthia L, to Weiser, Brenda A.

\$362,000, 95 High St #A, Kenco Realty LLC, to Fortin, D J, and Fortin, Barbara J.

\$100,000, 12 Mccaffrey St, 85 South Main St Wscp LLC, to Kjc Precast LLC.

\$65,000, 560 Aldrich St, House, Lori A, and Fantini Jr, Robert A, to Fantini Jr, Robert A.



Millbury Senior Center

NEW YEAR CELEBRATION Tuesday, January 14th at 11 A.M. Entertainment with Steven George Homemade Lunch Chili and Cornbread will be served Suggested \$3 donation per person

TRANSPORTATION Monday - Thursday 8 - 4 P.M. Friday 8 - 11:30 A.M.

Need a ride outside the WRTA Catchment Area?

Rides need to made in advance! Call the Senior Center to schedule your ride 508-865-9154

FLORAL ARRANGMENT CLASS SAM'S STEMS

Thursday, January 9th 1 P.M. - 3

price is \$20

Call the center to sign up!

BETTER BREATHERS CLUB Tuesday, January 28th 10:30 A.M.

SENATOR MOORE'S OFFICE Meet with a representative from Senator Moore's office!

Wednesday, January 8th First Wednesday of the month between 11 – 12 P.M.

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

for assistance

TRANSPORTATION

All appointments will be accepted by the WRTA

Millbury Seniors 60 and older / those with ADA services call 508-752-9283 in order to register with the WRTA in advance if they need transportation

Transportation Hours are Monday through Thursday from 8 A.M. to 3:30 P.M. & Fridays 8 A.M. to 11:30

Rides have to be scheduled by 4:30 P.M. the day before by calling 508-

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

SENIOR CENTER EXERCISE CLASSES!

ZUMBA CLASSES Mondays at 1 P.M. (Class is \$3)

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

TAI CHI Tuesdays 9:30 - 10:30 A.M. (class 11:30 A.M.

LINE DANCING CLASSES Wednesdays at 10:30 A.M. (Class

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

SENIOR CENTER ACTIVITIES!

MAHJONG

Mondays at 12:45 P.M.

CRIBBAGE Monday through Friday 8:30 A.M.

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

SOCIAL BINGO Wednesdays at 1 P.M. Bring your pennies!

PITCH Thursdays 1 – 3 P.M.

COLORING Thursdays at 10 A.M.

Lunches are served Monday through Thursday 12 P.M. Friday

The menu is available on the town

website, www.townofmillbury.org Or our Millbury Senior Center

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

"MEMORY CAFÉ"

Please join us on Tuesday, January 28th at 1 P.M.

Refreshments will be served

A Memory Café is a monthly gathering for people with memory loss / challenges and their care partners. It is a time to socialize, make new friends, and have a good time

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

SNAP APPLICATIONS (Food

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

Call for an appointment & required documentation 508-865-9154

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

This institution is an equal opportunity provider

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

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

QCC's Intersession courses offer more access to education

WORCESTER - Quinsigamond Community College is offering accelerated courses during its Intersession semester, which runs from Jan. 6 to Jan. 22. Students can earn up to four college credits per course in

only two and a

half weeks.

"Intersession is a great way to quickly earn college credits, whether you're a student from QCC or a student from another institution looking to fill in a course at QCC during winter break," said President

Strategic

Student and Engagement

Michelle Tufau. QCC is offering more than diverse classes during Intersession that cover a variety of topics such as Cultural Anthropology, Windows Client

Enrollment Systems, Principles Management and Social Problems & Social Change.

Students from other institutions are encouraged to contact their registrar's office to ensure credits will transfer before enrolling. An official tran-Operating script from QCC

will be required to transfer credits to another institution.

To learn more about Intersession courses, visit theq.qcc.edu/ ICS/Course Offerings_and_ Schedule.jnz.

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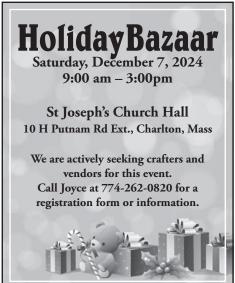
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Presents





A Night of Live with Worcester band The Vig! **Poems and Music**



Feb 8th 7-10pm





Scan or

Box Office 30 Front St. **Putnam, CT**

\$25.00/ \$30.00 at the Door Contact Karen.Warinsky@gmail.com to be in the Open Mic

NEWS







'Friday's



Aliyana Age 10 Registration # 7858

Hi! My name is Aliyana and I

love to play in the water! Aliyana, also known as Ali, is an active and curious girl who is described as "adorable, sweet, affectionate and highly intelligent." She loves to explore, and would be happy to spend all day outside looking at bugs and plants. Her very favorite thing to do is play with water, whether in a pool, water table or even a puddle! Aliyana also enjoys pretend play like feeding stuffed animals and putting them to bed. She will put Little

People toys in the bus and drive it around while singing "Wheels on the Bus," and can also be heard singing other songs such as "Baby Shark" throughout the

https://adopt.mareinc.org/waiting-child-profiles#gallery/ child/7858

Can I Adopt?

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

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

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





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Frank G. CHILINSKI PRESIDENT & PUBLISHER

Brendan BERUBE **E**DITOR

EDITORIAL

Leave the phone 'til last in the morning

Most weeks, our Editorial space is typically some-thing our staff is curious about. While the subject of cell phone and screen addiction comes up often, this week, there was a noticeable shift in our view on the topic after receiving a wise tip.

That tip was to ignore your phone, don't even look at it, until 30 minutes after you wake up. In that time, sit down, have your morning coffee and read a book. When you start to scroll on your phone just after waking up, you put yourself into what's called a passive scrolling phase, which can derail your entire day and ward off productivity.

A few days into following this new advice and there is a noticeable sense of comfort and relaxation that can carry you throughout your day. It's like taking 30 minutes every morning to get back to the basics and recall simpler times.

Most people feel like they are in control of their phone use, but are you? How can you determine if you have a phone addiction, or are just part of the modern era grind? We've said it before, and we'll say it again, nothing beats the days of watching Jeopar- dy uninterrupted, without the pressure of responding to a ding from your phone.

In 2011, only 35 percent of the population owned smartphones, now 81 percent do. It is our main form of communication, so much so that now there is a term called nomophobia, or the fear of going with-out your phone.

Excessive cell phone use is a huge problem for many. As far as addiction goes, some experts say the dopamine connection the phone offers can be linked to something akin to a drug addiction The triggering of that chemical in your brain reinforces compulsive behavior. When we can't predict when we will receive a text or a "like" on social media, we check our phones more often.

Adolescents are more vulnerable to this problem than any other age group. Excessive use in that age group is such an issue that most teenagers never turn off their phones. Experts say that the younger a child has access to a phone, the sooner the problems begin. Problematic cell phone use is linked to low self esteem, low impulse control, depression and anxiety.

Signs you may have a phone addiction could be that you reach for your phone if you're bored, you feel anxious or upset if you can't get to your phone, you wake throughout the night to check it, or your phone has caused you to get into an accident. Other signs could be that you spend most of your waking hours on your phone, and that it interferes with per-sonal relationships or work.

When trying to focus on work, or any task, you are significantly disrupted and your concentration is thrown off.

Ways to break the addiction in order to fix your relationships, your health and other responsibilities include figuring out if there is a larger issue as to why you're using your phone so much. Are you avoiding something else bigger? Resolving the larger issue at hand, could cause a decrease in phone use.

Change your settings to remove notifications and other alerts, set your screen to dark mode at night, keep your phone out of sight and never charge it in your bedroom. After a certain time, set your phone up so that only emergency contacts can get through to you, everyone else can wait. Try replacing games on your phone with real in person games, or devel- op a hobby you've been wanting to try. Too much cell phone use can develop into a loss of control.

There have been some experiments where people have gone two days without their phones. Some people choose to give up their phones all together, while others make significant changes to reduce use.

The potential risk of depression, insomnia and lack of productivity just isn't worth it. Think back to pre cell phone times. While there are safety bene- fits to having a phone, we don't need to be connected 24/7, and we don't need to respond or answer our phones just because

Your responsibility is to yourself and it's wild how much you can get done if you just unplug. Take a breather, shut your phone completely off for 15 minutes and see how you feel. If you do try this trick, send us an email and let us know what you find.

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 and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR Give thanks and credit where due

To the Editor:

Letter-writing to the Tribune is not for those with faint hearts or thin skins.

Repeated pleas to other authors and management about 'disrespectful' descriptions of those with differing opinions seem in vain. Therefore, slings and arrows, resulting from letters like mine or another 01569 writer, are quietly accepted with no comment. However, after reading a Sir Galahad-defense of "Bev and Jane," exception must be

To the Editor:

Nice to get a shout out from little MAGA Mikey Downing, fresh off building sand levees in Provincetown, to save Meemaw's doublewide from a one-way trip to Davey Jones' locker. Recipient of the Professor Irwin Corey 'Foremost Authority' award in Climate Science, as awarded by the Dunning-Kruger Society, Mikey accuses me of being a 'nonsense slinger' without providing so much as a single example. What happened to

respect is given when earned'? I have always presented 'facts,' those pesky little tidbits of truth - easily verifiable – which are obviously not Mikey's strong suit. In addition to rehashing stale right-wing demagoguery, Mikey now says that higher inflation was due to 'no fracking!' I realize that 'ignorance is bliss,' Mikey, but aren't you embarrassed to expose your dearth of knowledge of economics and the world market for oil, on a par with Trump's lack of understanding how tariffs work? Trump added three conservative judges to the SJC – effectively 'stacking the court' 6 to 3 – who in turn gave him immunity for his past and future criminal acts. Yet you accuse the Democrats of wanting to stack the court? Regarding Seth Moulton - one Salem Democratic City Committee chairperson says she will find someone to run against him because of his stance on trans women in sports (which I agree with, by the way). That's a little different degree of arm-bending than "Presidentelect Donald Trump said senators who oppose his cabinet nominees should be

In the Dec. 16 issue, a letter entitled "Respect is given when earned" was a cogent explanation about why there is such disarray among the other party today. Previously, many letters focused on Democrat policies which some writers felt harmful to the American people, as proved at the ballot box in November.

To those disappointed by the election, (FYI) stating simple facts, as Mr. Dowling did nicely, does not constitute

Hook, line & sinker...

have worn a hat while peeing into the wind on the Cape.

Which brings me to the cellar dweller hypocrite from Uxbridge. She-whoshall-not-be-named (don't want to invoke Satan here) recently tried to draw parallels between Abraham Lincoln and Don-the-Con. After all, both were/are hated: Lincoln for wanting to slow the spread of slavery in America, and ultimately freeing the slaves, and the Great Grifter hated for being a convicted felon – found guilty of fraud and sexual abuse, as well as being a pathological liar, and the completely fabricated persona of a fictional book and reality TV show. Despite the hatred, both were elected: Lincoln because the majority of people in America believed that human beings no matter the color of their skin shouldn't be chattel; and Trump because 49 percent of people in America are uninformed, under educated, and devoid of critical thinking skills. But I can see the similarities.

On the plus side, our favorite cellar dweller did offer a quote from "A Christmas Carol" that caught my eye: "Business?" Jacob Marley replied. "Mankind was my business! Their common welfare was my business." "Would that our politicians consider that line instead of lining their pockets." I assume that she was referring to Herr Trump - he of the gold sneakers, bibles, gold watches, guitars, NFTs, and now bitcoin? The same Trump who is now reported to have made \$1.6 billion during his first administration? And 'the common welfare is my business' refers to Republicans

being 'disrespectful' to those leaders who clearly should be held accountable for ideas, actions and their consequenc-

As to encouragement of "Bev and Jane" to continue educating and entertaining, my thanks are offered and 'respectful' credit given where due. Meanwhile, good will towards all in 2025... regardless of political affiliation! Jane F. Keegan

wanting to privatize social security and the postal service, end Medicare and the Affordable Care Act, end the FDIC insurance on bank deposits, so banks can re-engage with risky investments, and not be responsible for losing depositors money, and sue the free press into submission? That common welfare?

I recently read an article suggesting that we stop trying to save America let Republicans destroy democracy – let them turn America into a failed Hungary-West, or Russia-West state. At this point, it is the only way we can expunge fascist, right-wing, neo-populism from our shores. Just looking at Trump's picks for cabinet positions in his administration shows how dire the situation is: not a single qualified candidate. Well, no qualification other than they will do whatever Trump wants. On the bright side, RFK Jr. proposes to eliminate vaccines so we can again die like medieval peasants. That's

As for Trump's campaign promises: "Prices will come down immediately" - now it's "Once prices are up there, it's really difficult to bring them down... it's really hard". "I will end the war in Ukraine before I even take office!" – now it's "Well, I'm trying to. I'm trying to end it, if I can." Sounds just like his promise of a "new and improved health care plan" that became "Who knew health care was so complicated?" Like Charlie the Tuna, you deep thinkers bought his lies again - hook, line and sinker. Shame

> Rick Bevilacqua Whitinsville

The time has come again to speak up

To the Editor:

Did you ever consider the brave citizens who stepped up to do the right thing during World War II, or who step up now to call out the wrongs?

primaried." Mikey, you really should

The Greatest Generation selflessly fought World War II. Our own high school principal, Michael Rubin, recently spoke up against anti-Semitism. Brave!

Did you know that less than 1 percent of those who fought in World War II are still with us today? Many lived well into their 90's and even 100's. How did they do that? They ate unprocessed food, produce from the backyard garden and chickens from the backyard coop. Farm to Table. This is what RFK Jr. is talking about. They did not eat fast food or need a gym. They worked hard.

They worked in factories, shoveled snow by hand, built a playhouse in the backyard, dug the garden, remodeled the kitchen, played baseball in the summer evenings on the company team and fixed flat tires by themselves on the road side.

A veteran from East Boston (of all places) recently took five WWII veterans back to Europe on the 80th Anniversary of the Battle of the Bulge. Boston Police Officer Andy Biggio raised money to take the veterans back to see the land they liberated from the Nazis. Andy is named after his Grand Uncle Private First Class Andrew Biggio who died in battle in Barberino, Italy, on Sept. 17,

Officer Biggio has made 20 trips since 2016. On this recent trip, he took veterans in age from 99 to 102. He was sad, though,

because there will not be a trip on the 90th Anniversary for these five veterans or for many others of advanced age.

One of these men served in the 26th Infantry Division, was also a body builder, and an early trainer of Arnold Schwarzenegger. Another veteran served as a truck driver in the Red Ball Express, an African American segregated unit that supplied Allied frontlines in Europe. Another man was gifted a flight by a Belgian pilot to see the old battlegrounds on the very day 80 years ago that he was nearly shot down while flying in a bomber there. The 4th vet saw "foxhole from which he fought to free France. The 5th vet was a gunner on a bomber that was shot down in the war, rendering him a prisoner of war. He saw the tattered remains of a ball turret that may have been his own. Wow.

I lost my own Dad in 2020, at age 97. He was a Navy torpedo man who served in the Pacific in WWII. He passed away, not from Covid. Instead, the Evil Midget Fauci shut down all the nursing homes preventing adult children from visiting.

The parents of many friends died in 2020, not from Covid. We would have worn masks and quarantine suits, if they had permitted us. Our parents thought we had abandoned them. We all believe that is the reason they passed away. Breaks my heart to this day. I will never forgive Fauci who is responsible for all the Covid deaths and the related deaths like my Dad's. Dr. Faustus refused to permit the use of life-saving Ivermectin or Hydroxycloroquin in Covid patients. That's why he fears RFK Jr., and why he desperately needs a

Now we turn to our current hero, Uxbridge High School Principal Michael Rubin. Unexpectedly, Mr. Rubin turned up in a story in The Boston Herald about the education tech conference held in association with the Massachusetts Association of School Superintendents (MassCue) at Gillette Stadium two months ago.

Many educators and the Anti-Defamation League are calling for an apology after "hateful Anti-Israel and Holocaust presentations" during a panel on "equity in education." The speakers "leaned very heavily into the Israeli-Palestinian conflict in a very one-sided, dangerous rhetoric," Principal Rubin told The Herald. "It was jarring, unexpected and unprofessional," he added.

According to the Herald, Principal Rubin recalled that one panelist said that the teaching of the Holocaust "has been one-sided" and "two perspectives need to be taught. "I guess the panelist thinks we need to tell the Nazis' side of the story. The ADL condemned the "hateful biased rhetoric." Five board members of MassCUE recently resigned in protest, but MassCue issued no apology. It merely expressed "regrets" that the language used on the panel may have been "hurtful."

World War II was a time to speak up. Now is such a time, too.

> Bev Gudanowski Uxbridge

Please don't say...

Minority rights, Women's rights, Trans, Trans rights, Gay rights, anybody's rights other than white male rights, marginalized communities, white privilege, the 1619 project, intersectionality, CRT, women in combat, women's rights to bodily autonomy, women's reproductive health care, women's rights to just about anything they desire.

The value of college education, Ivy League colleges unless you have matriculated there like Vance or DeSantis, the value of highly educated women unless discussing Heritage's position.

Green deals, really anything green (sorry, Elphaba and probably Wicked too), the color of M&Ms, especially green, purple, or brown ones, Barbie, Disney princesses that are not white, racists, deplorables, equity, DEI, insurrection, classified materials, sexual abuse judgment, Springsteen.

President Musk, 'Elonia Muskrat,' President Vivek Vice Musk, 'Ramaswampy.'

Anything woke, so no discussion of historical usage from 1923 - unjust treatment of Black teenagers, or 1960s use to be well-informed or aware, or Badu's 2008 song usage or 2014 usage to stay woke during the BLM movement. and BLM mention either. The word itself is so scary because they see it as a threat to traditional values - white patriarchy. And don't elude to white

privilege, white patriarchy, hetero normative anything, political correctness, or censorship; realize anything Maga doesn't like is generically classified as

Oligarchy, billionaires and oligarchy, fascist behaviors that match Hitler's rise to power, oligarchs kissing the ring, oligarchs bowing, oligarchs kissing anything down at Mar a Lago.

Gaza genocide.

Masks, mask mandates, vaccines, polio vaccine, mandated vaccines, COVID shots, flu shots, and mandated any shots, mandates of anything except Republican state legislatures that target marginalized communities

of human beings with mandates. Unelected billionaires running our government, dark money influencing every level of government, what the billionaires actually think of American worker's intelligence, Trump's complete lack of rhythm, hypermasculinity, toxic hyper-masculinity, sexual abuse, no-fault divorce, that maybe those 30's some bros should grow up and figure out to support themselves like women their age are doing and quit using misogyny and anti-intellectualism, reading books,

listening to books, books. Science is valuable when based on facts; science is required for our society to prosper and for medical advanc-

> SEE **LETTER** PAGE A8 **LETTERS CONTINUED PAGE A5**

To the Editor:

During 2025, if you want to support our MAGA brethren as they govern, realize they are very sensitive creatures who need all their strength to focus on governing. As seen previously, they will spend needless time and energy canceling anything that scares them. So let's review what not to mention as their collective nervous system can become so easily dysregulated. When that happens, they likely won't be able to collectively use all of their cognitive abilities to make good decisions for our country. Please, for all our sakes,

avoid the following words, phrases, and topics whenever possible:

Pronouns, in particular, they/them, trans, trans man, trans women, gender dysphoria, gender confirmation surgery, all the human chromosomal variations vs. only two genders, intersex human beings, same-sex couples, same-sex couples with biological children, YMCA was originally adopted as a gay anthem, drag queens, drag queens reading in a library, other people's genitals, having genitals for sex, rainbows, guys painting their fingernails, happy holidays, different hair colors, Bud Light.

Books, libraries, banned books like

Vegans, vegetarians.

Any language but English spoken in public spaces.

Random Tips and Tricks

From boosting your hearing to cutting cleaning tasks down to size, the following random tips and tricks are easy ways to make everyday life a little easier.

And remember readers send in your best hints and you could win a three course Dinner for Two at the Publick House in Sturbridge. Drawing will take place next week!

Hydrogen Peroxide Hint: Hydrogen peroxide. It does much more than sooth a sore throat or clean a cut. Did you know one cup of H2O2 to one quart water creates a safe bleach substitute for fine washables? Pouring a couple of ounces of hydrogen peroxide in a full dishpan can prevent the spread of germs when had washing. Even your plants can benefit from H2O2. Just water or mist plants with an ounce of hydrogen peroxide in

one quart water.

Boost your fitness training with these tips!: Experts advise doing cardio and weights in the same workout, rather than switching off days to boost your fat burning. They claim you can get most out of your weight lifting workout if you do just five minutes of cardio warmup followed by your weight training sets, rather than doing your entire cardio session first.

Want to make a fabulous first impression? Try these tips: Be positive and make others feel comfortable. Lean into a greeting with a firm handshake and a smile. Avoid these red flags of anxiety: Frequently touching your mouth, a tight or forced smile, swinging your foot or leg, folding or crossing your arms, slouching and avoiding eye contact.

The virtues of a cup of tea go way beyond taste! A study conducted by Harvard University found that those who drank one or more cups of black tea per day had more than a 40 percent lower risk of having a heart attack compared to non-tea drinkers. Need another reason to take a tea time break? Tea contains 1/3 less caffeine than coffee or cola!.

Resolving to walk more? These tips are for you! Walking to "digest your meal" is more than an after dinner pastime. Studies show when you walk within 30 minutes after eating you can increase the amount of calories you burn by as much as 30 per cent! But be sure to avoid caffeinated beverages before you walk. They cause thirst and a loss of bodily fluids.

Cut cleaning time in half with these tips!: After cleaning grout and tile, rub liquid turtle wax car wax on, and polish when dry. It makes the tiles twice as easy to clean next time. When you clean your refrigerator or freezer, wipe the inside down with straight white vinegar and allow it to air dry. It will discourage future growth of mold and mildew and instantly deodorize your refrigerator.

Attention Baby Boomers, if your night sight isn't what it used to be - improving night vision can be as close as your refrigerator! Did you know foods containing beta-carotene help you to see better in dim light? Cantaloupe, carrots, collard greens, kale and chicken all help deliver vision boosting Vitamin A!

Do you suffer from frequent backaches? Try drinking lots of water! It helps prevent dehydration that can contribute to muscle aches. By drinking eight 8-ounces of water daily, you ll also flush out acidic wastes that can build up in the tissues & muscles - another contributor to back

Have a headache? Try these unconventional remedies: Mix two tablespoons of apple cider vinegar with two teaspoons of honey in a glass of water, drink it slowly, and get results within a half-hour! Or eat ten to twelve almonds. Experts say the almonds are equal to taking two aspirins but won't irritate your stomach.

Win a Three Course 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 (or whenever I receive enough tips for a column) will win a fabulous three course dinner for two at the renowned restau-



rant, located on Route 131 TAKE across the town common THE in historic Sturbridge. Because I'm in the busi-HINT ness of dispensing tips, not inventing them (although I KAREN can take credit for some), TRAINOR I'm counting on you read-

best helpful hints!

Do you have a helpful hint or handy

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

ers out there to share your

Is buying a home always the right move?

FINANCIAL

Focus

DENNIS

ANTONOPOULOS

It's widely thought that home ownership is a key to building wealth — but is it? And should you consistently make sacrifices to buy your own home?

Let's start with the first question: Is owning a home

essential to building wealth? It would probably be more accurate to say that home ownership can be helpful in building wealth. Building home equity essentially, the difference between the size of your home's value and what you still owe — is certainly valuable. Plus, the bigger your equity, the less you might have to take out in a new mortgage if you ever want to buy a different home.

Now for the next question: How much should you sacrifice to buy your own home? This isn't an easy question to answer because buying a home isn't just a financial issue — it's also an emotional one. Many people simply like the feeling of owning a home. If you fall into this category, you might be willing to make many sacrifices to join the ranks of homeowners.

However, if you're relatively young and you are part of a single or even a dual-income household, you may well find that your other priorities are more important than home ownership, at least for the moment. These priorities can include paying off student loans, reducing other debts, paying for child care, meeting health care costs and even saving for retirement. With all these expenses, you might not be able to take on a big mortgage, along with real estate taxes, homeowners' insurance and the inevitable but costly repairs that come with owning a

In addition to the danger of becoming "house poor" by paying too high a percentage of your income on your mortgage, you could face another issue by sinking too much money into your home — and that's liquidity. A home is much more illiquid than savings or investment accounts, so if you needed

money in a hurry, and most of yours was tied up in your home, you might be in a jam. You could tap into your home equity through a loan or a line of credit, but that's basically taking on even more debt, though these loans and credit lines typically offer lower interest rates than other forms of borrowing.

So, here's the bottom line: You don't need to feel that you are missing out on a chance to build wealth by not buying a home immediately — especially if you would feel extremely stretched by the mortgage payments, given how expensive homes are today. You won't hurt yourself — and, in fact, you'll likely help yourself — by taking care of your most pressing priorities first.

Of course, this doesn't mean that you can never become a homeowner. If you would still like to own a home someday, vou could start saving for a down payment, keeping the money in a liquid, lowrisk account. Just as importantly, though, you should plan on how owning a home can fit into your budget and how it will affect your cash flow. If you can manage it, you may indeed find that there's no place like home.

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.

New Year's victory

After their stunning victory on Christmas morning, 1776, Washington and his army held Trenton, aware that the British would not let the humiliation go unanswered. Just days earlier, they had achieved the impossible. After a dar-

ing midnight crossing of the icy Delaware River, Washington's army launched a surprise attack on the Hessians, overwhelming the enemy in a fierce battle. The victory saw over 900 enemy soldiers captured and reignited hope for the revolutionary cause.

But Washington knew the war wasn't over. The British, eager for revenge, sent reinforcements to crush the rebellion. Washington, outnumbered, outgunned, and with no easy escape, prepared his men for the inevitable showdown. Suspense hung in the frigid air as the sound of marching British troops grew closer each day, setting the stage for a desperate fight to survive.

On Jan. 2. the British arrived in Trenton with 8,000 men under General Cornwallis. "We've got the old fox now!" Cornwallis reportedly exclaimed, convinced there was no escape for the Continental Army. Throughout the day, Washington's men battled fiercely, holding the British at bay in skirmishes that pushed them to the brink. As night fell, the British, certain of their impending victory, settled in to rest, confident they would crush the rebels at dawn.

But Washington wasn't about to wait for defeat. Knowing that hold-

POSITIVELY ing Trenton was impossible, he devised a bold plan. On New Year's night, under the **SPEAKING** cover of darkness, he ordered his men to quietly abandon **TOBY** their campfires, leaving them **MOORE** burning brightly to deceive the British into thinking the

> army was still there. Then, in a daring maneuver, Washington led his troops on a silent march toward Princeton.

> Princeton, about 12 miles away, as strategically vital. It housed a smaller British force and was a key supply and communication hub. Striking Princeton would weaken the British and allow Washington to escape the trap at Trenton and keep the momentum of his campaign

> In the early hours of Jan. 3, Washington's army arrived at Princeton under the cover of darkness. The Redcoats caught off guard, scrambled to defend themselves as the Continental troops launched a swift and ferocious attack.

> Initially, the element of surprise worked in Washington's favor, but the British quickly regrouped. Their disciplined volleys tore through the smoke-filled air, threatening to break the Continental line.

> Amid the chaos, General Hugh Mercer, one of Washington's most trusted officers and a key leader, was surrounded by British soldiers and mortally wounded while leading a daring charge. His fall sent a ripple of panic through the American ranks, and the line began to falter. Soldiers hesitated, their resolve SEE **MOORE** PAGE A8

To the Editor: Please join me in my effort to empower our beloved Millbury Community through your Donation to the Legal Fund to "Appeal the Rice Pond Village 40B Project" on my GoFundMe page: Gofundme.com/f/millburys-fight-against-unsafe-development 'Appeal Rice Pond Village 40B -Project.

This 40B appeal would require the state to look at the very serious disruption and adverse changes to the quality life and property values of a 40B Rice Pond Village neighborhood, and the extremely serious public safety issues with the accessing roadways that this 40B Project would cause for Millbury.

The state must be allowed to see why this is the wrong place for such an overdevelopment, and why just "rubber stamping" an approval for this 40B project could potentially put peoples' quality of life and lives at risk.

Please join our 40B Update on our Zoom Meeting, Wednesday, JAN 15, at 7:00 p.m.

https://us02web.zoom.us. j/81218300096?pwd=pGi1FbtMrfP2IyMluRSkZwbboEhMy4.1

Meeting ID: 812 1830 0096 Passcode: rice We can win this appeal! Your neighbor and friend,

Terry Burke Dotson Millbury

Ignoring the wisdom of MLK

LETTERS TO THE EDITOR CONTINUED

Fight to appeal Rice Pond Village

40B project approval

To the Editor:

"Life's piano can only produce melodies of brotherhood when it is recognized that the black keys are as basic, necessary and beautiful as the white keys."

Here within the early days of 2025, a variety of members of the Democratic Party's multitude of extremist cults continue to ignore the wisdom of Rev. Martin Luther King, Jr.'s eloquently expressed words. While the members of the music theory and piano lesson cults do very much the same thing.

With all the related cults presently doing everything they can to build new legacies of lies and falsehoods on top of their old legacies of lies and falsehoods. So readers should be very wary of

this year's, pseudo-scientific, left-wing biased, online piano lesson scam.

'Skip the gym, pump up your piano is how the scam starts. And while "lifetime" membership to such a music theory cult might seem like a good deal at over 60 percent off the "original" sticker price, the true market value of such an AI empowered app is well below zero dollars. Simply because of the very real potential of harm from things like repetitive strain injury.

With it worth noting that Yahoo disabled comments with its sales pitch. While Popular Science most definitely did not put that piano app through any truly scientific testing procedure.

Stephen Gambone *Northbridge*



Community Connection



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2025 is the year of the Monstera



GARDEN Moments MELINDA **MYERS**

Kick-off 2025 with the addition of a monstera plant to your indoor garden. You'll join other gardeners observing 2025 as the Year of the Monstera. Each year, the National Garden Bureau (NGB) selects and celebrates one plant in each of the following categories: annual, perennial, bulb, edible, and shrub. The plants are chosen for their popularity, easy-care nature, adaptability, diversity, and versatility.

certainly Monstera meets the criteria and as NGB declared it is "the world's most iconic indoor plant." The large, glossy heart-shaped leaves have distinct perforations fenestrations. called Scientists speculate these holes allow tropical downpours to pass through, minimizing plant damage.

There are several different monsteras, ranging in size and leaf shape including some with variegated leaves. Some are easy to grow while others are a bit fussier. Always check the plant label for specifics on caring for the monstera you select.

One of the most popular and readily available is the Monstera deliciosa, commonly called split-leaf philodendron, even though it is not a philodendron. It's known for its large heart-shaped perforated leaves on thick stems. In its native habitat, it can grow 66 feet tall but typically grows up to 7 or 8 feet indoors. The flowers that seldom appear indoors are like a peace lily with a coneshaped structure (spadix) surrounded by a cupped white sheath (spathe). The flowers may be followed by an edible fruit that tastes like a combination of pineapple, banana, and mango. This flavorful combination inspired its nickname, fruit salad plant, and the botanical name that translates to delicious monstrosity.



The National Garden Bureau has declared 2025 as the Year of the Monstera, calling it "the world's most iconic indoor plant."

In general, these tropical beauties prefer growing conditions like that of their native habitat. They prefer bright, filtered indirect sunlight. Avoid direct sunlight that can scorch or cause leaves to turn yellow. Grow monsteras in a quality well-drained potting mix in a container with drainage holes. Water them thoroughly when the top two inches of soil are dry. Pour off excess water or place the pot on pebbles in a saucer. The pebbles elevate the pot above any water that collects in the saucer to avoid root rot. As this water evaporates, humidity increases around the plant.

Further boost the humidity by placing your monstera with other plants. As one plant loses moisture or transpires, the neighboring plants

will benefit. Only apply houseplant fertilizer when the plants are actively growing, usually March through October. Let the plant and your garden goals be your fertilization guide. Fertilizers provide needed nutrients to plants in need of a nutrient boost or when you want to stimulate more growth.

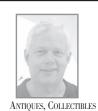
Support the plant with a moss pole or trellis as it starts to climb. The large aerial roots attach to nearby surfaces to help them climb. In nature, these roots help monsteras to climb trees and have been used to make rope in Peru and baskets in Mexico.

Use these beauties to create an indoor tropical paradise or to provide some green relief. No matter your indoor décor, this unique plant will make a welcome addition.

Melinda Myers has written over 20 gardening books, including Midwest Gardener's Handbook, Revised 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.

Transportation memorabilia





& ESTATES WAYNE TUISKULA

Happy New Year! Thank you to those of you who reached out after my latest top 10 auction items column. As I mentioned in that column, there are many other categories of antiques and collectibles that are selling well in addition to those I listed, but we've had good results recently for the 10 items I mentioned. We'll start in reverse

order with number 10 on my list: transportation memorabilia. Before European settlers arrived, Native Americans traveled by foot, canoe, and some by horseback.

The colonists used many of those same methods to travel. Many of the trails used by Native Americans were widened to accommodate wagons. By 1735, stagecoaches were running between Boston and New York. Sailing ships were used in Egypt prior to 3000 BC. Steamship development started in the 1700s and Robert Fulton made the first commercial steamboat trip from New York to Albany in 1807. In 1830, the Baltimore and Ohio Railroad ran the first train service for passengers and freight. As for aviation, the Wright Brothers made the first heavier than air powered aircraft flight in 1903.

Whether by plane, train, automobile, or ship, many collectors have an attachment to some form of transportation memorabilia. I'll

start by discussing nautical memorabilia and trains. I'll cover additional methods of transportation in my next

column. Ship paintings by good artists are always popular. We sold a ship painting by Canadian artist John O'Brien for over \$20,000 in 2016. Over a decade ago, we auctioned a book of trade cards, many related to the 19th century shipping trade, which brought a figure in the mid-thousands. Some of our more recent sales were for a brass ship's telegraph for \$1,250, a model of the U.S.S. Constitution by Lannan Ship Galleries in Boston that brought \$1,300, and a Chelsea Ship's clock for \$550.

Some rarer pieces can bring even stronger auction results. A 1907 moonlight image of Cunard Lines Lusitania

SEE **ANTIQUES** PAGE A8

Bay Path LPN promoted to Unit Manager

Evalvne Njoroge, LPN of Southbridge the Unit Manager Southbridge Rehabilitation and Health Care Center southbridgerehab.com.

Nioroge plays a key role in managing the daily activities and tasks of the unit. She organizes and directs all the operations of the unit including evaluation of the staff and overseeing training programs. Njoroge is a self-described kind and sympathetic LPN who is well-versed in anatomy & physiology, nursing principles. and medical terminologies. She demonstrates calmness when managing emergency situations. Njoroge has a record of successfully managing a demanding workload that

involves reporting, charting, and observation while offering treatment to many patients.

Njoroge gradu-

ated from Bay Path Practical Nursing Academy with the class of 2022. While at Bay Path, Nioroge obtained her certifications in Dementia Care, Mental Health First Aid, and Stop The Bleed. She was a member of the UNICEF Club and actively participated in many volunteer activities such as the Blood Pressure Clinic at the Charlton Senior Center, the Blood Pressure & FSBS Clinic at the Shepherd Hill Craft Fair, and the Vision, Hearing & BMI Screening at the Charlton Middle School. She was a District Champion at the SkillsŪSA First Aid/CPR receiving a Silver Medal



Evalyne Njoroge with her family.

and a competitor for the SkillsUSA State Conference. Njoroge participated in the Walk American Foundation for Suicide Prevention Awareness and an attendee at the COVID-19 Contact Tracing at Johns Hopkins University. She was the class liaison for Walmart giving and Big Y

cial projects at the academy.

Nioroge serves as a role model for compassion, service, giving back, and striving to make the world a better place and has made important contributions to the Bay Path community and remains connected with Bay Path Practical Nursing Academy.

Before join-

ing Southbridge Rehabilitation and Health Care Center, Njoroge was with Quaboag Rehabilitation and Skilled Care Center. She reflects on her nursing journey at Bay Practical

Courtesy

Nursing Academy dedicates her success to her family, her husband

Kamau and their children Jayden and Kevin Njoroge. Photo

and her family on a recent trip to Kenya.

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1/24 SETH LOCONTO

1/31 RYAN HOOD

Health screening by Bay Path Nursing students at Shepherd Hill

DUDLEY — Dr. Adelina Healy of Dudley led a group of grateful Bay Path Practical Nursing students who volunteered for health screening to assist the school nurses at the Shepherd Hill Regional High School. The team included student nurse volunteers Elizabeth Achayo Worcester, Maria de Amorim Hentschke Worcester, Loise Ngigi of South Grafton, and Grant Peterson of Millbury. Photo shows Dr. Healy

with Loise Ngigi.

The health screenings were for height, weight, vision, and hearing. The health screenings for 10th gradthe were coordinated by school nurse Hannah Lombardo, RN, Shepherd Hill High Regional School Nurse and Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director for Bay Path Practical Nursing Academy. In a statement. Lombardo stated, "thank you very much for your assistance and volunteering. I am excited to have you helping and learning as we go."



Bay Path Practical Nursing Academy adjunct faculty, Dr. Healv supervised who the student volstated, unteers "all the Practical Nursing student volunteers did a great job!"

The experience at the Health Screening gives the nursing students the opportunity to work hand in hand with the

school nurses. "This is the first time that Practical our Nursing students volunteered with a school where a graduate is the school nurse. I am grateful for school nurse and graduate of the PN Class of 2015, Hannah Lombardo, RN, for reaching out to **Bay Path Practical** Nursing Academy extending the invitation to allow our Practical Nursing students

participate with the health screening," said Bolandrina.

donations for spe-

"We recognize the importance of service-learning and are grateful to get involved outside the classroom to better prepare our practical nursing students,' added Bolandrina.

In other service-learning activities, the practical nursing students assist the healthcare team, assess,

give out COVID-19 vaccines, monitor for untoward reactions, and complete tasks efficiently, all under the supervision of qualified PN faculty. The training for the future nursing workforce in the Bay Path community and across the region allows practical nursing students to respond to emergencies and assist in community events.

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OBITUARIES

Lea M. Patella, 93

Uxbridge-(Gervais) Patella, 93, passed away peacefully on Fri. Dec 27, 2024 at home with her loving family at her side. Her husband of 69 years, Arnold J. Patella passed away on November 24, 2021.

She is survived by her children Barry Patella and his wife Rebecca of Illinois,

John Patella and his wife Mary Anne of Whitinsville, Bonnie Kocur and her partner Doug Schow of Uxbridge, Cheryl Nicoll and her partner Earl Lanagan of Uxbridge, Anthony Patella and his wife Debra of Ocala, Fl and Brian Patella and his partner Donna Barron of Blackstone; 11 grandchildren; 11 great-grandchildren; 3 greatgreat grandchildren and many nephews and nieces. She was predeceased by her brother Bernard E. Gervais in

Born in Uxbridge on April 19, 1931 she

wavering as confusion spread across

Washington rode to the front, a com-

manding figure on horseback. With

bullets whizzing past him, he placed

himself squarely in the line of fire,

rallying his men with an unshak-

able display of courage. "Stand firm.

men!" he shouted, his voice steady

and resolute, cutting through the din

Inspired by their command-

The tide of the battle turned. The

Continental soldiers pressed their

advantage, outflanking and over-

whelming the British forces. By mid-morning on Jan. 3, 1777, the town of Princeton was firmly in

American hands. The victory was

hard-fought and costly, but it proved

once again that Washington's leader-

ship and the army's tenacity could

er's fearless leadership, the troops

surged forward with renewed deter-

critical

FROM PAGE A5

moment,

MOORE

the battlefield.

of battle.

mination.

was the daughter of Romeo and Myrtle (Migneault) Hoogendyk, Gervais and grew up and lived in Uxbridge all her life. She was educated from the Uxbridge Public school system. Mainly a homemaker, Mrs. Patella also had worked over the years for Snyder's Meat Packing in Sutton; and, Kmart in Milford.

In her free time, Mrs. Patella enjoyed quilting, and needlepoint stitching. Over the years, she loved traveling and had a great love of music. Above all she was a devoted wife, mother, and grandmother who loved spending time with her family.

According to her wishes, her funeral services will be privately held at the convenience of her family. To leave a condolence message for her family please visit http://www.jackmanfuneralhomes.com

triumph against all odds.

The back-to-back wins at Trenton and Princeton reinvigorated the revolutionary cause at its darkest hour. Washington's daring maneuvers and ability to outthink and outfight the British proved that the Continental Army was a force to be reckoned with.

Cornwallis, upon discovering Washington's brilliant escape, was stunned. Across the colonies, news of the victory spread like wildfire across the colonies, inspiring hope and a new wave of recruits joining the fight for independence.

General Washington and his band of underdogs had prevailed. His New Year's resolutions were clear: defy the odds, outwit his enemies, and keep the dream of independence alive, no matter the cost.

Let this be the year you face your battles, big or small, with the same fearless resolve-proving that, like Washington and his army, you, too, can achieve greatness against the odds. What will your resolutions be this year?

brought \$1,300 in 2022.

Railroad memorabilia has brought strong prices in other auction hous- ues of loving your neighbor as youres as well. A 1935 poster advertising trips to Atlantic City sold for \$7,500 in 2023. A rare Kansas Pacific railway lantern from 1869 reached \$41,900 in 2022. For those who like larger memorabilia, a New York Central System caboose that had been restored and described as a tiny house sold for \$37,500 in 2018. That's some steep

We are still cataloging the Civil War memorabilia auction, an online auction of antiques in a Beacon Hill estate, and a comic book, sports memorabilia, and collectibles auction. We are also accepting consignments of items in my top 10 list for future auctions. Please visit our website https://centralmassauctions.com for

com or (508-612-6111).

Arthur Hoogendyk, 95

Arthur Whitinsville-95, Whitinsville passed away Sun. Dec. 22, 2024 in the Lutheran Home, Worcester.

Mr. Hoogendyk worked as an extractor operator for the former Whitinsville Spinning Company for 30 years until his retirement in

Arthur was born September 28, 1929, the son of the late William and Elizabeth (Haringa) Hoogendyk and was a graduate of Northbridge High School class of 1948.

He was a lifelong resident of Whitinsville and a member of the Pleasant Street Christian Reformed Church. For over 30 years, he volunteered at the former Alternatives in Whitinsville. He was an active member of the Men's Bible Class and active at the Whitinsville Community Center.

He is survived by one sister; Ms. Henrietta Hoogendyk of Worcester. He was the brother of the late Joseph Hoogendyk, Annie Herdt, Elsie Marean

BLACKSTONE VALLEY TRIBUNE

and Theresa Shaffer.

Visiting hours were held Friday, Dec. 27, 2024 from 10:30 - 11 AM in the Buma Funeral Home, 480 Church St., Whitinsville followed by a funeral service at 11 AM in the funeral home. Interment will be in Riverdale

Cemetery, Northbridge.

Memorial donations may be made to the Whitinsville Retirement Home, 10 Chestnut St., Whitinsville, MA 01588. www.bumafuneralhome.com

William P. Lyons, 82



Whitinsville-William P. Lyons, 82, of East St. passed away on Tuesday, December 17, 2024. His wife of 60 years, Dorothy Violet Marie (Larochelle) Lyons predeceased him on July 18, 2023.

He leaves behind his daughters. Kelly Lyons- Spero and her hus-

band Steven of Worcester, and Terry Houatchanthara and her husband Ponce of Whitinsville; 4 grandchildren, Evan Lyons and his wife Emily, Nicole Putnam, Grant Houatchanthara and Haden Houatchanthara; and many great-grandchildren.

Bill was born in Worcester to James F. and Margaret (Houle) Lyons, and grew up in the Grafton Hill area of Worcester. He attended St. John's High School on Temple St. before enlisting in the Marines in 1958, After the marines, he worked for his uncle, Leo Houle, as an apprentice bricklayer, a profession he crafted for many many years.

Bill was part of the Knights of Columbus Golf League for many years. He loved golf and enjoyed the outdoors and being with his "golf buddies", out on the course. Bill was a longtime parishioner of St. Patrick's Church, where he served as a Eucharistic minister for some time. He was an avid sports fan, supporting the Patriots, the Celtics and the Red Sox most of his life.

Recently, Bill became a regular at the Northbridge Senior Center. He was so grateful for the sup-

and patrons, seeing old friends and making new ones. "It's been a miracle for me," he shared with a friend during lunch one day.

port, making connections with the staff

Prior to the last few months, He spent every Friday morning at McDonalds with what he called "the crew." He so enjoyed the talks, the socialization and camaraderie, jokes and laughs.

He will be dearly missed by all who knew and loved him-

Bill's memorial calling hours will be held Saturday, January 18th from 10-11:30 at Jackman Funeral Home, 12 Spring St., Whitinsville. His Memorial Funeral Mass will follow at noon in St. Patrick's Church, 1 Cross St., Whitinsville. Memorial donations in Bill's memory may be made to a charity of one's choice. To leave a condolence message for his family, please visit Jackmanfuneralhomes.com

ANTIQUES

FROM PAGE A6

sold for over \$15,000 in 2015. George Henry Hunt was planning his return to the United States on White Star Line's "Oceanic" in 1912. The Oceanic developed mechanical problems and he was transferred to the Titanic before its ill-fated journey. Hunt was lost at sea when the ship sank. The letter he wrote to his parents explaining the change in his travel plans sold for \$275,000 at auction in 2022.

Railroad memorabilia collectors often like to collect items from their area. Others specialize in certain categories like railroad signs or lanterns. Railroad pocket watches are also popular with collectors. In 1895, railroads required that pocket watches contain 17 or more jewels so that they would be precise enough for workers in the industry. In 2020, we sold a Ball Official Railroad Standard 23 jewel gold filled pocket watch for \$425. In 2023, an Elgin 10-karat gold railroad pocket watch brought \$600. In 2011, we sold an Illinois Watch Co. "Railroader" 14-karat gold pocket watch for \$1,300. Other collectible railroad memorabilia we've sold includes a group of brass and nickel cap badges that went for \$190 in 2011. Signs and broadsides are also popular with collectors. An enamel Newmarket, New Hampshire, railroad station sign fetched \$400 last year. A sign with a map of stations along the Boston and Albany Railroad sold for even more. A Norwich and Worcester Railroad excursion broadside (sizable sheet of paper printed on one side) to see the Worcester professional baseball team play in 1881

train fare.

links to upcoming events.

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

FROM PAGE A4

Understanding the Christian valself while deporting them – criminals excluded.

Grocery prices, inflation, gas prices, what mass deportation will do to inflation, the economy, and prices.

Trump's current cabinet choices reflect his version of "DEI" on steroids - on Fox News, have wealth, are pleasing to look at, and can talk Trump no matter what he is accused of. Real credentials for each position are not critical nor required.

Tax cuts are subsidies for billionaires, corporations, and the ultra-rich, 'Billionaires and large corporations often pay lower effective tax rates than many middle-class Americans," and "400 billionaire families paid an average individual tax rate from just 8.2 percent from 2010-2018", "According to a ProPublica investigation, the 25 richest Americans paid a "true" tax rate of only 3.4 percent on \$401 billion of wealth gains from 2014-2018." "Some

billionaires, including Jeff Bezos and Elon Musk, paid no federal income taxes in certain years. Billionaires got

much more prosperous, unlike the rest of the population." Oligarchs are running our country now. Bernie Sanders was right.

Value of continued independence of Canada, Mexico, and Panama.

Flags at half-mast to recognize the death of President Carter.

Minimum wage increases Medicare for all, and continued social security.

Putin does not support America. NATO is valuable. NATO members pay their share. Ukraine deserves to preserve its borders like the US demands for itself. As history reminds us, isolationism doesn't work.

Trickle-down economics doesn't work. Tariffs are taxes on consumers. Small government doesn't invade the personal privacy of its citizens – especially their vaginas or uteruses.

Jan. 6th insurrection happened. Truth vs alternative facts: Truth exists, and reality relies on facts. Trump lies about everything, and he believes his lies. Malignant narcissism is real.

Due to obvious limitations, this is only a sample of what to avoid. But the picture should be clear about what is allowable in Maga world, or you will be personally canceled. As we know, if you can't handle opposing opinions, you are, in fact, a snowflake by definition. Surprise, surprise. Our Snowflakes seem to struggle with the changing attitudes of our culture, especially if any cultural changes focus on diversity and inclusion. It is still reasonably unclear why these societal changes are so frightening – could it be about the supposed loss of privilege? Probably the most significant thing to avoid in any discussion is the following statement I recently heard: "What do you call it when someone hears the truth, sees the truth, but still believes the lie?

> Linda Lacki *Northbridge*

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LEGALS

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO24P3282EA **CITATION ON PETITION FOR** FORMAL ADJUDICATION Estate Of: **Brenda Mae Van Houten**

Date of Death: 07/09/2023 To all interested persons: A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Joshua D Van Houten of Framingham MA

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

Joshua D Van Houten of Framingham MA

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

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to

this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 01/21/2025.

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

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

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: December 24, 2024 Stephanie K. Fattman, Register of Probate

January 10, 2025

Douglas Adult Social Center

331 Main St.

(508) 476-2283 Thursday 9 a.m.-3 p.m.; Friday 9 a.m.-

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

Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 12pm, Mat Yoga 2pm

Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call to make an appt.), Line Dancing 2 to 2:45pm (starting Jan. 7)

Wednesday: Balance & Strength 10am, Darts 10am, MahJong 1pm, Dominoes 1

Thursday: Walking club 9am, Chair Yoga 9:30am, Pitch 9:30am, Hand and Foot card game 12:30pm

Friday: Balance & Strength 10am

JANUARY EVENTS:

The center will be closed on Monday January 20th.

In the event of inclement weather the center will be closed with the Douglas School System. If there is a delay the center will open at the regular time.

 Homecare Presentation Thursday January 16th @ 11:30. Could you be getting paid to take care of your loved one? This will give you the information you need to see if you qualify. Lunch is soup & sandwich for \$4.00 per person. Please call the center to sign up by January

FREE Game Day Wednesday Hours of operation: Monday through January 22nd @ 12:00 pm. This event is sponsored by the Sunshine Club. Kevin Richman will be our game host for "Family Feud" We will be having FREE pizza luncheon sponsored by UniBank. Please call the center to sign up by January 16th.

• Wellness Clinic Tuesday January

21st from 10 am to 12 pm.

· Hearing Aid cleanings with Darci Thursday February 6th 10 am to 11 am. Call and schedule your appointment to see Darci, 508-476-2283.

SUNSHINE CLUB EVENTS:

Meetings are held at the center on the first Tuesday of the month at 2:00pm. Keep a look out for our February

events on the town website

https://douglas-ma.gov/508/ Sunshine-Club-Events

PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES Check our website for events that may not be listed here

https://www.douglas-ma.gov/202/ AdultSocial-Center-Senior-Center

Plummer Place Home of the Northbridge Senior Center

We are accepting donations for our Plummer Place Café. Heavy duty plasticware utensils, heavy duty plates large and small, bowls, napkins, plastic cups, crystal lite packs, bottled water either large or small, creamers, decaf coffee and regular coffee, Shaw's gift cards. We appreciate all donations to help our café run successfully!

Plummer Place Singers has changed its day and time. They will now meet on Wednesdays at 1:00pm. Raianne Richards will lead vou as a group, to develop your skills, to enjoy the camaraderie, and to perhaps sing for others. If you would

like to join this group, please call join us when you can. Beginners to the Center to sign up. The cost is \$5 per week.

"Writing Your Way" will meet Thursdays from 2:00-3:30pm. They will meet every 2nd and 4th Thursday of the month. All writers are welcome to share their writing with others, get motivated to write their story, and get feedback from fellow writers! Lori Gannon is the instructor for this class, call the Center for more information. \$5/class.

Meditation group meets every Thursday at 9:30am. Set your intentions to enter 2025 in a calm, relaxing manner. There is no commitment, meditation are always welcome.

Women on the Move will meet Wednesday, January 8th at 9:30am. If you are interested in joining our women's circle for the new year, call Amy or Michelle at the Center.

What's Cookin', our Plummer Place Recipe Club will meet on Friday, January 10th at 10:30am. Call Amy for more information.

Grief Support Group will begin Monday, January 13th at 2:00pm. This group will be held the second Monday of each month. Sign up in the main office.



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ps to reduce nutrient loss while cooking

It's not unheard of for people to turn over a healthy leaf at the start of a new year. After a holiday season filled with social engagements and diet-busting meals, it's no surprise many celebrants view January as a time to right the dietary ship.

Home cooking provides an opportunity for people to gain greater control over what they eat, and it's well known that

certain methods of cooking are healthier elevated temperatures and long cooking than others. But Healthline notes that times have been found to cause substannutrient content is often altered during tial losses of vitamin C. cooking. For example, a 2017 study published in the journal Food Science and Biotechnology noted that vitamin C is a water-soluble and temperature-sensitive vitamin, which means it is easily degraded during cooking. As a result,

researchers behind the study noted that What to know about seasonal affective disorder (SAD)

There's much to look forward to when winter begins. Outdoor enthusiasts may relish a return to the slopes to ski or snowboard each winter, while others praise the crisp fresh air and lack of insects as more conducive to activities like hiking.

Winter indeed has plenty to offer, but some people find that less daylight has an adverse effect on their mood. The National Institutes of Mental Health notes that shifts in mood and behavior that align with changes in the seasons could be indicative of seasonal affective disorder, also known as SAD.

What is SAD?

Johns Hopkins Medicine characterizes SAD as a form of depression in which individuals' mood and behavior changes when the seasons change. The NIMH notes SAD is sometimes referred to as the "winter blues."

Is SAD exclusive to winter?

Though SAD can affect people at any time of year, the NIMH reports that most cases of SAD start to affect people in late fall or early winter before symptoms begin to subside during the spring and summer. Johns Hopkins Medicine notes researchers believe the shorter days and thus fewer hours of daylight that occur each winter set off a chemical change in the brain that leads to a person experiencing symptoms of depression.

What are the symptoms of SAD?

The NIMH points out that, since SAD is a type of depression, symptoms of the condition include those associated with depression. Such symptoms include:

• A persistent sad, anxious or "empty" mood most of the day. This occurs every day for at least two

· Feelings of hopelessness or pes-

· Feelings of irritability, frustra-

tion or restlessness

· Feelings of guilt, worthlessness or helplessness

· Loss of interest or pleasure in hobbies and activities

Loss of energy or feelings of fatigue. Some also feel as if they

have slowed down. · Difficulty concentrating, remembering or making decisions

· Changes in sleep or appetite or unplanned weight changes

· Physical aches or pains, headaches, cramps, or digestive problems that have no explanation and do not subside even after treatment · Suicidal thoughts or attempts or

thoughts about death

It's important to note that the above are symptoms of depression that people with SAD may experience. Additional symptoms of winter-pattern SAD include: • Hypersomnia, or oversleeping

• Overeating that leads to weight gain. The NIMH notes people with SAD may have a particular craving for carbohydrates.

· Social withdrawal How is SAD treated?

People who suspect they have SAD are urged to speak with their physicians. Various treatments, including light therapy, psychotherapy or antidepressant medications, can help to treat SAD. Individuals may also be prescribed vitamin D supplements.

Can I prevent SAD?

The NIMH notes that since SAD is tied to seasonal changes, people can take steps in an effort to prevent it. Starting treatments prior to a change in seasons may help.

Many people experience difficulty when fall transitions to winter, and such troubles may be attributable to SAD. More information about SAD is available at www.nimh.nih.gov.

Such knowledge is undoubtedly useful, but individuals may wonder what they can do to ensure the meals they prepare remain as nutritious as possible, even after they've been cooked. When preparing meals, individuals looking to maximize the nutritional value of each meal can consider these tips.

 Consume the liquid left after cooking vegetables. It's commonplace to drain pots and pans of water after using them to cook vegetables. However, when doing so, individuals might literally be pouring nutrients down the drain. In a 2016 interview with CNN, registered dietitian and author Elaine Magee noted that boiling vegetables causes water soluble vitamins like vitamin C, B1 and folate to leach into the water, thus denying people some of the nutritional content of these healthy foods. Though it might seem unusual, consuming the water that vegetables are cooked in can ensure no nutrients are poured down the drain of a kitchen sink.

· Consume cooked vegetables within a day or two. Healthline notes that exposure to air after cooking can decrease the vitamin C content of vegetables. This is something for people to keep in mind, particularly if they like to prepare meals in advance due to hectic schedules that leave little time for daily cooking. Consume cooked vegetables within a day or so of preparing them to avoid losing out on nutrients.

· Avoid pre-cut fruits and vegetables. Some grocery store produce aisles feature an array of pre-cut fruits and vegetables. Though such offerings are undeniably convenient for time-pressed individuals who want to eat healthy, they also might not be as nutritious as shoppers hope. According to Verywell Fit, heat, oxygen and light are the three factors that lead to nutrient loss. When produce is uncut, the interiors are of the food are protected from oxygen and light. Once cuts are made, such as when apples are sliced, then nutrients such as vitamin C, vitamin A and vitamin E might be lost.

Healthy eating is a common New Year's resolution. It's important individuals aspiring to eat healthy recognize that how foods are cooked and cut may affect their nutritional value.

How to organize a home's interior



The dawn of a new year marks a convenient time to turn over a new leaf. Much attention is paid to individuals' intentions to eat healthier and exercise more at the start of a new year, but those goals are not the only ways to embrace positive change come January.

A quick look around a home's

interior may lead some to conclude that their home environments could benefit from a little less clutter and some improved organization. A more organized home may be easier to navigate and can even have a positive impact on residents' mental health. In fact, a 2021 study published in the journal Comprehensive Psychoneuroendocrinology found that women who cared for infants in cluttered homes experienced higher levels of physical stress than those whose homes were more organized. That study suggests an organized home is a less stressful environment, which itself can pay numerous dividends, as the Mayo Clinic notes chronic stress increases a person s risk for various health problems, including anxiety, depression, digestive issues, heart disease, and weight gain, among others.

With so much to gain from an organized home, individuals can consider these strategies to make interior spaces around the house less clut-

tered.

 Avoid procrastinating. A weekly, if not daily, routine that involves cleaning up spaces like the kitchen and living room can ensure a home is not overtaken by clutter before residents even realize it. Each day, go through the mail and discard papers like grocery store circulars and junk mail so they don't pile up. Parents of schoolaged children can organize papers kids return home with each day so all that homework and event announcements does not create clutter.

Purchase an entryway shoe rack. It might seem simple, but an entryway shoe rack can set an organized tone in a home. Whether the primary entryway is through the front door or a side door, a shoe rack just inside the door can ensure shoes are not strewn about and reduces the chances that floors are muddied.

• Consider furniture that doubles as storage. Many people utilize storage furniture so common spaces like living rooms are not overwhelmed by clutter. For example, a storage ottoman can hold blankets, pillows and other creature comforts so these rooms project a clutter-free vibe when not in use. Similarly, storage benches at the end of beds in each bedroom can help to establish a serene, clutter-free vibe, which can promote a

better night's sleep.

Discard older items. Clutter can pile up when storage areas like closets, dressers, nightstands, and home offices fill up with items people tend to accumulate over the years. For example, a linen closet can be overrun by bath towels that are rarely used, while nightstands can become junk drawers over the years. Periodically go through these areas and discard older items that are no longer used. These tasks won't take long, but can free up ample space throughout the

These are just a handful of the many ways individuals can effectively organize their home interiors and reap all the rewards that such efforts

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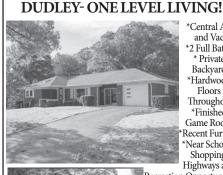


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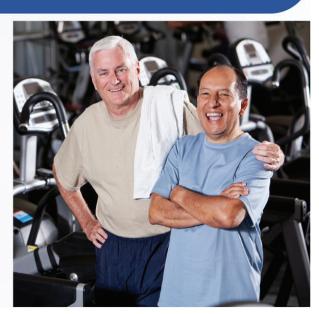
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Bay Path Nursing student awarded MassHire training grant



CHARLTON — Bay Path Practical Nursing Academy student Miriam Botuo of Worcester was named MassHire Training Grant recipient, granting her \$8,000 towards completion of her certificate in practical nursing.

Botuo is a Certified Nursing Assistant

(CNA) at St. Mary's Healthcare in Worcester, MA and has previously worked at Quest Diagnostics also in Worcester. She is an experienced phlebotomy technician and has performed venipunctures and transported specimens. Her other previous work affiliations include Reliant Medical Group and the US Labs & Radiology Inc. as a mobile phlebotomist.

Training grant funds encourage economic growth in the state and allow for additional training for the workforce. The Executive Office of Labor and Workforce Development, and Commonwealth Corporation encourage businesses to address workforce training needs. Interested parties are encouraged to visit www.commcorp.org/wtfp to learn more. "We are grateful that MassHire con-

"We are grateful that MassHire continues to support our students," said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director. "Bay Path Practical Nursing Academy alumni who were MassHire grant recipients are successful in their transition to LPNs, and this is a wonderful time to reflect upon the blessings, the amazing opportunities our students and graduates have and continue to have. MassHire offers tremendous support."



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