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Friday, January 20, 2023

# Rare gopher tortoise returns home safely

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

REGION — A type of tortoise rarely seen in this region has been returned to its native range in the south after it was found wandering around central Massachusetts this summer.

According to wildlife experts, the gopher tortoise was likely a victim of the illegal wildlife trade, a “growing problem threatening America’s native turtles and tortoises.”

“Turtles are vulnerable to illegal wildlife trade,” the state’s Division of Fisheries and Wildlife (MassWildlife) released in a press statement.

The gopher tortoise lives in parts of Alabama, Florida, Georgia, Louisiana, Mississippi, and South Carolina, according to wildlife experts.

“They are protected at the state level in these areas, and the western part of their population is listed as federally endangered under the U.S. Endangered Species Act,” MassWildlife released.



Courtesy

A type of tortoise rarely seen in this region has been returned to its native range in the south after it was found wandering around central Massachusetts this summer.

But reports indicate that a gopher tortoise was found wandering around central Massachusetts over the summer.

“Many animals are illegally removed from their natural habitats every year to live in homes as pets,” wildlife experts said. “Turtle poaching is especially problematic, since removing even a single wild turtle can have a negative impact on the entire local population.”

Turn To **TORTOISE** page **A12**

## Bill filed to ban TikTok on state government devices

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

BOSTON — State Rep. Mike Soter (8th Worcester) has filed a bill that aims to ban TikTok on Commonwealth-owned electronic devices.

The bill—HD.260: An Act Relative to Protecting the Residents of the Commonwealth—is “critical for the safety and security” of residents’ private data, Rep. Soter released in a statement on social media.

“TikTok’s Chinese parent company, Byte Dance, cannot be trusted with access to United States’ user data because of the potential national security risk,” Soter said. “This is in part because Byte Dance is required by Chinese law to assist the government, which could include sharing user data from anywhere in the world.”

The purpose of the bill, according to reports, is to “protect residents of the Commonwealth

Turn To **TIKTOK** page **A12**

## Police: “Move over for emergency vehicles”

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

REGION — With recent wet roads and temperatures dropping, local law enforcement officials are reminding residents of the state’s “Move Over Law.”

“If you see emergency vehicles in the roadway please move over if it is safe to do so,” the Uxbridge Police Department released in a statement.

The law, which went into effect in Massachusetts in 2009, states

“slow down and move over for stationary emergency vehicles, tow trucks, and highway maintenance vehicles,” police said. Drivers approaching a stationary emergency or maintenance vehicle with flashing lights are required to “move to the next adjacent lane and slow down,” as long as it is safe.

In Massachusetts, the law aims to make police, firefighters, paramedics, tow truck drivers, and all roadside emergency

and maintenance professionals “safer on the job,” according to public information offered by the Massachusetts State Police.

“Every year, first responders across the country are injured or killed on the job while providing emergency help,” police said. “All citizens are asked to make a personal pledge to always move over to make Massachusetts roadways safer for everyone.”

When approaching a station-

Turn To **MOVE OVER** page **A12**

# Koopman Lumber recognized as ‘Best Family-Owned Business’ by Worcester Business Journal

WHITINSVILLE — The Worcester Business Journal (WBJ) recently announced that it is recognizing Koopman Lumber, a family-owned and -operated business with 11 locations in Massachusetts, as the “Best Family-Owned Business” in its Best of Business Awards.

“This award means a lot to us because we are proud to be a family-owned business that honors the same values our grandfather, Peter T. Koopman, established when he founded Koopman Lumber in 1939,” said Dirk Koopman, CEO of Koopman Lumber. “Every day, we strive to meet the high standard he set so many years ago. Honesty, integrity and hard work undergird all we do at Koopman Lumber.”

Koopman is now co-owned by its third generation. Dirk Koopman’s sister, Denise Brookhouse is the company’s CFO and her husband, Tony Brookhouse, serves as COO. Koopman’s son, Peter Koopman, and his daughter, Sarah Thomas, also play key roles within the organization as part of the fourth generation of the Koopman family.

Denise Brookhouse noted, however, that the Koopman name does not guarantee employment in the family business.

“Our rule is that family members have to work four years somewhere else before they can join the company,” she said. “Once they do, they complete a series of 9-to-11-month rotations within different areas of the business. They also work with outside consultants and are reviewed by other employees who are not relatives before their career path is developed.”

The WBJ’s Best of Business Awards, which will be held on Thursday, Jan. 26, at the Beechwood Hotel in Worcester, celebrate the business-to-business companies in Central Massachusetts that have been recognized by their peers as the “best of the best.”

Professional builders and remodelers make up about 90 percent of Koopman’s client base. Their locations include three full-line lumber, hardware, paint, lawn and garden stores in Whitinsville, Uxbridge and North Grafton; one lumber, hardware, paint and kitchen design



Courtesy

Third-generation owners of Koopman Lumber (left to right): Tony Brookhouse, COO; Denise Brookhouse, CFO; and Dirk Koopman, CEO; and fourth-generation Koopman-family employees Sarah Thomas and Peter Koopman.

center in Sharon; a full-service paint store in Milford; lumber yards and kitchen design centers in Hudson, Andover, Fairhaven and Indian Orchard; and distribution centers in Uxbridge and Sutton. A new location in Dennis on Cape Cod is currently under construction and expected to open this April.

**About Koopman Lumber & Hardware**

Family-owned and -operated since 1939, Koopman Lumber & Hardware has 11 Massachusetts locations including three full-line lumber, hardware, paint, lawn and garden stores in Whitinsville, Uxbridge and North

Grafton; one lumber, hardware, paint and kitchen design center in Sharon; a full-service paint store in Milford; lumber yards and kitchen design centers in Hudson, Andover, Fairhaven and Indian Orchard; and distribution centers in Uxbridge and Sutton. They specialize in building materials and supplies including lumber and hardware, moulding and millwork, tools, power equipment, windows and doors, engineered lumber, kitchen and more. An extensive network of outside sales professionals delivers expertise in lumber, millwork, kitchens and paint. To learn more, visit [koopmanlumber.com](http://koopmanlumber.com).





# OPEN HOUSE

## JANUARY 29, 2023

### 12:00 - 2:00

#### About OLV

Our Lady of the Valley Regional School (OLV) is a Catholic school serving students from preschool through grade 8. We aspire to excellence and believe that a small school can make a big difference. OLV fosters a safe, structured learning environment anchored in Faith, where students are encouraged to develop their God given talents. OLV is renowned for providing an outstanding faith-based, academically rigorous Catholic education.

**All are welcome to tour the school, to meet students and faculty and to learn about OLV!**

#### Contact Us

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ed.reynolds@olvuxbridge.com  
www.ourladyofthevalleyregional.com

# TCA looks forward to Catholic Schools Week



SOUTHBIDGE — Trinity Catholic Academy, Southbridge, looks forward to celebrating Catholic Schools Week at the end of January. This is a week dedicated to giving thanks, community outreach projects, and appreciating the many wonderful benefits of Catholic Education.

Sunday, Jan. 29 will start the exciting week off with Mass and an Open House to invite curious families to see what Trinity is all about.

Monday is Student Appreciation Day and a Schoolwide STREAM (Science, Technology, Religion, Engineering, Art, & Math) activity. On Tuesday, students will experience Winter Games while wearing their class color. As the week progresses, Grandparents will be invited for a special breakfast at the school on Wednesday. Thursday, students will attend an all-school Mass for the “Feast of the Presentation of the Lord,” which will be held at St. Mary’s Church. That evening parents will enjoy the annual Student Talent Show as a thank you from the school for their dedication to Catholic Education. Students will entertain their families with their many talents. The week will end on Friday with a community outreach activity and Drop Everything and Read Day! Learn more at [www.trinitycatholicacademy.org](http://www.trinitycatholicacademy.org)

Coinciding with these festivities, Southbridge Catholic Alumni, former students of all Southbridge catholic schools in town are holding an online fundraiser in support of the future of Southbridge Catholic Schools ([sbdge-cathalum@tca11.com](mailto:sbdge-cathalum@tca11.com)).

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# DA offers funds to support safe end-of-year school events

WORCESTER — For the fifth year, District Attorney Joseph D. Early Jr. is offering funding to support safe post-prom and post-graduation programs designed to keep students from driving impaired.

“Prom and graduation are major milestones that deserve to be celebrated, but too often we see these celebrations turn into tragedies,” Mr. Early said. “We’ve been proud to help fund nearly 20 different post-prom and post-graduation events for the last five years. We will continue to offer these funds to help provide students with the fun and safe events they deserve.”



These events, organized and overseen by adults, offer safe drug- and alcohol-free alternatives to high-risk activities that often follow end of the year celebrations for high school students. District Attorney

Early felt it was vital to continue supporting these programs and is utilizing his Drug Forfeiture Reinvestment Program this year. Funding to support these grants was previously

provided by the Massachusetts Office of Victim Assistance Drunk Driving Trust Fund. Schools and parent groups can apply for these grants to either support existing events

or to assist in establishing new events. Applications for funding requests are due by Feb. 16. To request a grant application, contact Ellen Miller at ellen.miller@mass.gov.

## St. Peter Parish hosting ham dinner

NORTHBRIDGE — St. Peter Parish in Northbridge is having a Ham Dinner on Saturday, Feb. 11 starting at 5:30 p.m. in the Parish Hall. Bring you family and friends for a wonderful meal and meet some new friends!

for pick up at 5 p.m., and all orders must be purchased in advance. “Pay It Forward” purchase an extra dinner and we will deliver it to someone in need in our local community. Please call the parish office at 508-234-2156 or email parishoffice@stpeterrockdale.org to purchase tickets or if you have any questions.

## Uxbridge Free Public Library

**February 2023 Programs**

**POETRY AT THE LIBRARY: ROBIN BALLOU BOUCHER**

Join us on Thursday, February 16 at 7pm for the first event in a series of quarterly poetry readings, presented by the Shawna E. Shea Memorial Foundation as part of their Library Poetry Tour. Hosted by Worcester poet Tony Brown, recipient of the Stanley Kunitz Medal Award in 2022, each reading will spotlight a different poet with roots in central Massachusetts. Robin Ballou Boucher is the featured poet for February. Ballou Boucher is on the Board of Directors of the Worcester County Poetry Association. Please visit our website calendar to register.

**STREAM MUSIC WITH THE NEW FREEGAL MUSIC+ APP**

We’re very excited for the January 17 launch of the new Freegal Music+ app! Freegal Music is a free music service from your library. The app offers access to about 15 million songs, including Sony Music’s catalog of legendary artists. With your Uxbridge library card, you can use Freegal to create your own playlists,

stream songs and albums, and download songs that you can keep. This new update will see a complete redesign that you won’t want to miss!

**ADULT PROGRAMS**

Register now: Gentle Flow Yoga - Mondays, Feb. 6, 13, and 27 at 7pm and Saturday, Feb. 18 at 10am

Cardmaking Hands - On Workshop - Feb. 2 at 6:15pm

PopUp Library at the Senior Center - Feb. 9 and 23 at 11:30am

Shawna Foundation Library Poetry Tour - Feb. 16 at 7pm

Let’s Get Crafty: Adult Knitting Program - Feb. 23 at 3pm

Book-a-Librarian - Need help downloading e-books and using other library digital resources? Contact the library to book a 30-minute appointment with a librari-

an for hands-on tech assistance. Wednesdays from 2:30pm-4pm.

**Join a Book Club:** Uxbridge Senior Center Book Club - The Old Place by Bobby Finger, Feb. 14 at 1pm

Historical Fiction Book Club - The Four Winds by Kristin Hannah, Feb. 21 at 3:30pm

Bookies Book Club - Ninety-Nine Glimpses of Princess Margaret by Craig Brown, Feb. 27 at 6:30pm

**YOUTH & TEEN PROGRAMS**

Register now: Teen Book-In-A-Bag (ages 13+) - Pick up your themed book-in-a-bag choice between Feb. 1-15

Teen Movie & Pizza Night - Feb. 16 at 5:30pm

Teen Window Cling Art - Feb. 13 at 6pm

Little Lotus Yoga (ages 6+) - Feb. 6, 13, 23, & 27 at 4pm

Music and Movement with Deb Hudgins (all

ages) - Feb. 2 and 9 at 11am

Lego Challenge Build - Feb. 14 and 28 at 4pm

Stunt Frisbee Show (All ages) at Taft ELC - Feb. 22 at 4pm

Family Candy Bar Bingo (All ages) - Feb. 4 at 11:30am

STEAM Night with Buildwave - Feb. 23 at 6pm

Tracks - Story & Exploration at West Hill Dam - Feb. 21 at 10:30am

Dragon Twirler Craft (ages 4-7) - Feb. 8 at 3:30pm

Paper Lantern Hot Air Balloons Craft (ages 8-12) - Feb. 7 at 3:30pm

Virtual Fortnite Tournament - Feb. 9 at 6pm

Full of Love Garland Craft (ages 8-12) - Feb. 21 at 3:30pm

Animal Pals Craft (ages 4-7) - Feb. 15 at 3:30pm

Storytimes (registration required): Baby Storytime (0-2 years) - Monday, Feb. 6 at 11am

Toddler / Preschool Storytime (2-3 years) - Wednesdays, Feb. 8 and 22 at 11am

**Drop-In Programs:** Crafty Wednesdays - Wednesday mornings and afternoons

Valentine Treat Bags- Feb. 14 through the day

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

## PET of the WEEK



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\$375,000, 260 Main St #1, Cb2 Builders LLC, to Mcavoy, David P. DOUGLAS

\$750,000, 17 Hemlock St, Mcclure, Sarah, and Mcclure, Jonathan, to Wyllie, Shylah D, and Abry-Laprade, Jonathan. \$537,096, 443 NE Main St, Lobisser Building Corp, to Boivin, Craig A, and Boivin, Jacquelynne A.

\$460,000, 203 NW Main St, Pastore, Michael L, and Pastore, Ramona R, to Hall, Rachel.

\$415,000, 36 Depot St, CJ RT, and Josey, Brian K, to Lachapelle, Peter, and Lachapelle, Tammy.

\$351,400, 257 Main St, Ursch Andrew H Est, and Ursch, Kathleen, to Mckanobb, Randy.

\$110,000, 41 Hemlock St, White, James S, and White, Suzanne S, to Depinho, Julio C.

\$85,000, 443 NE Main St, JMT Sleepy Hollow LLC, to Lobisser Building Corp.

## NORTHBRIDGE

\$874,380, 401 Rebecca Rd, J&F Marinella Dev Corp, to Fadgen, Keith E, and Marshall, Megan A.

\$566,810, 24 Crestwood Cir #73, Stone Hill Partners LLC, to Rufo, Karen.

\$425,000, 39 Edmonds Cir #39, Pawlowski Jr Edward J Est, and Mantha, Gary P, to Reilly, Matthew, and Reilly, Johanna B.

\$375,000, 59-61 Upton St, Foley, Paul C, to Raneri, Andrew, and Connolly, Erin.

\$339,900, 17 East St, Tsimogiannis, Catherine, to Jones, Kevin M, and Jones, Deborah A.

\$320,000, 188-190 Church St, Ling, Song Y, and Shi, Ai Q, to 86 Douglas St LLC.

\$145,000, 35 Thurston Ave #35, Joubert, Emily R, to Challenger, Kimberly.

\$130,000, 1962 Quaker St, Keyes Nancy A Est, and Keyes, Stacy, to Constitution Prop LLC.

## UXBRIDGE

\$433,000, 324 Hartford Ave W, Palmer Jr, Frederick R, to Lachapelle, Trevor.

\$420,000, 45 Douglas St, Fraga, Maria, and Fraga, Rosalino M, to Thigpen Jr, Lance T, and Thigpen, Brianna M.

\$400,000, 10 Marion St, Thyne, Nicole A, and Thyne 3rd, James G, to Higley, Peter G.

\$225,000, 5 Kings Forest Path #5, Cardoza Family 2019 IRT, and Cardoza, Peter F, to Cardoza, Andrew F.

\$155,000, 377 Mendon St, Mendon Street Realty LLC, to Haldeman, Brendon A

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## CLUES ACROSS

1. Not invited  
6. Whale ship captain  
10. One point south of southwest  
14. Small cavity in a rock  
15. Recidivists  
17. City of Angels hoopster  
19. A way to mark with one’s signature  
20. OJ trial judge  
21. Rice cooked in broth  
22. One point east of due south  
23. One point east of southeast  
24. Complements an entree  
26. Grouped by twos  
29. Disfigure  
31. Woods  
32. Political action committee  
34. Longer of 2 bones in the forearm
35. Kin groups  
37. Philippine Island  
38. Contrary to  
39. Bluish-gray fur  
40. Comprehend the written word  
41. Natural depressions  
43. Felines  
45. Breathe noisily  
46. Taxi  
47. Pancake made from buckwheat flour  
49. Swiss river  
50. Foot (Latin)  
53. Have surgery  
57. Formal withdrawal  
58. Monetary units of Peru  
59. Greek war god  
60. 2,000 lbs.

## CLUES DOWN

1. Green and yellow citrus fruit  
2. A bright color  
3. Thicket  
4. Journalist Tarbell  
5. A place to work or relax  
6. Sharp mountain ridge  
7. Helicopter  
8. Mimic  
9. Suggests  
10. More musty  
11. Large, flightless rail  
12. Make beer  
13. Soviet Socialist Republic  
16. People who account for you  
18. Taunt  
22. South Dakota  
23. Cover the entirety of  
24. Kids’ favorite visitor  
25. A way to save for retirement  
27. Fencing swords  
28. C. China mountain range  
29. Type of sandwich
30. Team  
31. Paddle  
33. Partly digested food  
35. Most cagey  
36. Shoppers make one  
37. Cathode-ray tube  
39. Food supplies  
42. Backbones  
43. Concern  
44. Blood group  
46. Broadway songwriter Sammy  
47. Dutch colonist  
48. Full-grown pike fish  
49. Deity of a monotheistic cult  
50. Type of bread  
51. S. Nigerian people  
52. Scottish tax  
53. Young women’s association  
54. Brazilian city  
55. Hide of a young animal  
56. Midway between north and northeast

PUZZLE SOLUTION

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# BVT announces first trimester commendation list

UPTON – Blackstone Valley Regional Vocational Technical High School (BVT) has released the Superintendent-Director’s Commendation List for the first trimester of the 2022–2023 school year. To be named to the Commendation List, students must meet rigorous standards, such as maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester. To view the complete list, visit [www.valleytech.k12.ma.us/1tcommendationlist](http://www.valleytech.k12.ma.us/1tcommendationlist).

The following students, grouped by grade level and hometown, were named to the first trimester Commendation List:

**SENIORS (Class of 2023)**  
**Bellingham**  
Nicholas Cummings, Advanced Manufacturing & Fabrication; Hailey Davis, Construction Technology; Tyler Morin, HVAC&R; and Kaitlyn Mullen, Health Services.

**Blackstone**  
Evan Bouvier, Multimedia Communications; Daniel Cardone, Electronics & Engineering Technology; Brock Chapman, Advanced Manufacturing & Fabrication; and Sophia Mazzuchelli, Advanced Manufacturing & Fabrication.

**Douglas**  
Griffin Beaulieu, Advanced Manufacturing & Fabrication; Kyle Forget, Engineering & Robotics; Murphy Potter, Painting & Design Technology; Megan Roe, Multimedia Communications; Brett Staples, Electronics & Engineering Technology; and Julia White, Cosmetology.

**Grafton**  
Juliana Errara, Health Services; Noah Mariano, Engineering & Robotics; Owen Mathieu, HVAC&R; and Henry Warfield, Electronics & Engineering Technology.

**Hopedale**  
Hayle Orta, Health Services; Jay Patel, Information Technology; and Jackson Staheli, Electronics & Engineering Technology.

**Mendon**  
Amanda Pajak, Multimedia Communications; Naomi Tsuda, Culinary Arts; and Natalia Vazquez, Engineering & Robotics.

**Milford**  
Jack Abbuso, Information Technology; Jaclyn Bader, Engineering & Robotics; Zachary Barnes, Information Technology; Kaitlyn Beaudrot, Culinary Arts; Jason Cardente, Electronics & Engineering Technology; Colin Chambless, Engineering & Robotics; Dilon Costa, Electronics & Engineering Technology; Thays De Assis, Drafting & Design Technology; Lauren Gobbi, Dental Assisting; Ana Guaman, Construction Technology; Allison Kee, Health Services; Alya Lainez, Automotive Technology; Lyanna Pimentel, Multimedia Communications; Morgan Pitts, Health Services; and Joshua Schorn, Culinary Arts.

**Millbury**  
Samuel Bazydlo, Advanced Manufacturing & Fabrication; Brianne Laudani, Advanced Manufacturing & Fabrication; Brooke Maguire, Health Services; and Natalie Rutkiewicz, Cosmetology.

**Millville**  
Joshua Platt, Information Technology.

**Northbridge**  
Riley Driver, Electrical; Sam Grilli, Drafting & Design Technology; Emily Hourihan, Culinary Arts; Maya Laydon, Construction Technology; Noah Malkasian, Electronics & Engineering Technology; Gradie Sanford, Drafting & Design Technology; and Emily Wildfeuer, Drafting & Design Technology.

**Sutton**  
Benjamin Judson, Automotive Collision Repair & Refinishing; Samuel Judson, Drafting & Design Technology; Haley Kirouac, Engineering & Robotics; Ryann Lombardi, Health Services; and Colin Medeiros, Electronics & Engineering Technology;

**Upton**  
Julia Bern, Construction Technology; Jack Dunham, Health Services; Bradley Lyon, Drafting & Design Technology; Jason Nguyen, Dental Assisting; Amelia Rouleau, Construction Technology; and Katelyn Steele, Engineering & Robotics;

**Uxbridge**  
Isabel Cahill, Multimedia Communications; William Crosby, Painting & Design Technology; Isabella Gannon, Advanced Manufacturing & Fabrication; Maxwell Guyton, Engineering & Robotics; and Sunny Moscatelli, Cosmetology.

**JUNIORS (Class of 2024)**  
**Bellingham**  
Ellen Franco, Information Technology; Sara Lewis, Engineering & Robotics; and Aiden Simpson, Information Technology.  
**Blackstone**  
Darshannie Francis Drackett, Dental Assisting; Brandon Labonte, HVAC&R; Julia Matson, Plumbing; and Luke Tellier, HVA&R.  
**Douglas**  
Laney Beahn, Engineering &

Robotics; Zachary Beaudry, Culinary Arts; Jack Dooner, Electronics & Engineering Technology; Jonah Rosenkrantz, Advanced Manufacturing & Fabrication; Baron Sherry, Engineering & Robotics; Sorcha Twohig-Mann, Health Services; and Chloe Vescio, Engineering & Robotics.

**Grafton**  
Caitlin Brown, Dental Assisting; Danica Fiore, Advanced Manufacturing & Fabrication; Skylar Jack, Construction Technology; Carlie Jensen, Painting & Design Technology; Soumith Madadi, Information Technology; Grant Purcell, Engineering & Robotics; Haleigh Reynolds, Dental Assisting; Ryan St. Angelo, Culinary Arts; Lily Turcotte, Construction Technology; and John Wingate, Engineering & Robotics.

**Hopedale**  
Ashlyn Leonard, Health Services; John McShane, Construction Technology; Eleanor Poitras, Health Services; Avery Sanosi, Culinary Arts; and Mikayla Sanosi, Multimedia Communications.

**Mendon**  
Tyler Clare, Information Technology; Noah LeFave, Electronics & Engineering Technology; Ava Lozeau, Construction Technology; and Arthur Tusoni, Multimedia Communications.

**Milford**  
Igor Freeman, Engineering & Robotics; Ashly Guaman, Dental Assisting; Benjamin Kinsella, Multimedia Communications; Joseph Manzi, Electrical; Hannah Murphy, Multimedia Communications; Leah Neves, Construction Technology; Anthony Persico, Information Technology; Thamyres Salviano, Health Services; Emma Sanborn, Painting & Design Technology, and Lizmary Vidal-Sanchez, Dental Assisting.

**Millbury**  
Ava Lawton, Engineering & Robotics; James Richert, Electronics & Engineering Technology; Isabella Rose, Health Services; and Emma Shum, Dental Assisting.

**Millville**  
Violette Durand, Culinary Arts; and Trey Kovolyan, Electronics & Engineering Technology.

**Northbridge**  
Logan Feehan, Painting & Design Technology; Izamar Laboy Villegas, Information Technology; Lily Marshall, Dental Assisting; Ella Rogozenski, Engineering & Robotics; Bridget Roy, Culinary Arts; Brandon Spiller, Electronics & Engineering Technology; and Jonathon Spiller, Painting & Design Technology.

**Sutton**  
Kylie Carlsen, Multimedia Communications; Christopher Gubbins, Construction Technology; Julianna Hawley, Multimedia Communications; and Peyton Nolan, Multimedia Communications.

**Upton**  
Andrew Adams, Drafting & Design Technology; Jacob Giancola, Engineering & Robotics; Brian O’Connell, Automotive Technology; Robert Poirier, HVAC&R; Logan Rae, Health Services; and Laith Shloul, Electrical.

**Uxbridge**  
Yara Alomar, Health Services; Kali Bly, Cosmetology; Savannah Brodeur, Cosmetology; Noah Cahill, Engineering & Robotics; Caterina Corapi, Engineering & Robotics; Micah Deary, Electronics & Engineering Technology; Trevor Horgan, Electronics & Engineering Technology; Sean Knox, Advanced Manufacturing & Fabrication; Grace Mathieu, Engineering & Robotics; and Marissa Osimo, Health Services.

**SOPHOMORES (Class of 2025)**  
**Bellingham**  
Isabella Brancato, Electronics & Engineering Technology; Abigail Noyes, Plumbing; and Kiele Sarnie, Construction Technology.

**Blackstone**  
Nathaniel Cook, Biotechnology; Braedon Ando, Culinary Arts; Paige Connolly, Culinary Arts; Mia DelVecchio, Culinary Arts; Keira Kelliher, Health Services; and Matheus De Carvalho, Plumbing.

**Douglas**  
Haley Chamberlain, Cosmetology; Kaylie Ciccone, Health Services; Justin Dooner, Engineering & Robotics; Tyler Grybowski, Information Technology; Cassidy Hackett, Cosmetology; Braydin Levesque, HVAC&R; Emily Muniz, Engineering & Robotics; Om Patel, Engineering & Robotics; Samantha Pinto, Health Services; Evan Pupka, Culinary Arts; Jaden Roddick, Multimedia Communications; Addison Taylor, Health Services; and Willow Windoloski, Electronics & Engineering Technology.

**Grafton**  
Steven Caya, Engineering & Robotics; Raghav Dave, Electronics & Engineering Technology; Rowan Hackett, Multimedia Communications; Nora Iadarola, Multimedia Communications; Christopher Joiner, Biotechnology; Ella McCann, Advanced Manufacturing & Fabrication; Brodie Remillard, Electronics & Engineering Technology; Carly Simpson, Health Services; and Daniel

Warfield, Electronics & Engineering Technology.

**Hopedale**  
Kallie Allen, Biotechnology; Nathaniel Allen, Information Technology; Anthony Bucchino, Engineering & Robotics; Benjamin Catalogna, Information Technology; Eric Deppe, Engineering & Robotics; Connor Griffin, Electrical; Gabriella Griffin, Health Services; Declan Reilly, Information Technology; and Christopher Russell, Biotechnology.

**Mendon**  
Kalynn Bellefontaine, Health Services; Samantha Fairhurst, Health Services; Leila Leyvas, Health Services; Kyle Miller, Electrical; and Abigail Scharnagle, Health Services.

**Milford**  
Lacey Coffman, Multimedia Communications; Adriana Hawkins, Culinary Arts; Matthew Hunter, Biotechnology; Charbel Jebara, Electronics & Engineering Technology; and Joel Puri, Engineering & Robotics.

**Millbury**  
Mason Diosomito, Engineering & Robotics; Ethan Ikeda, Construction Technology; Gianna Konisky, Engineering & Robotics; Maya Lorion, Automotive Technology; Maeghan Plourde, Health Services; and Jayden Quang, Engineering & Robotics.

**Millville**  
Julia Trujillo, Health Services.

**Northbridge**  
Perry Derkosrofian, Construction Technology; Sosie Derkosrofian, Health Services; Zabel Derkosrofian, Information Technology; Abigail Dineen, Dental Assisting; Faith Ellis, Multimedia Communications; Conner Gomez, Engineering & Robotics; Haden Houatchanthara, Plumbing; Mara Keane, Electronics & Engineering Technology; Dylan Leeds, Engineering & Robotics; Haley Marston, Dental Assisting; Markas Petone, Health Services; Isabella Reed, Biotechnology; Sean Russo, Information Technology; Eva Schairer, Health Services; Scarlet Sergel, Dental Assisting; Alexa Seward, Engineering & Robotics; and Addison Snow, Culinary Arts.

**Sutton**  
Emma Cliadakis, Culinary Arts; Morgan Gervais, Advanced Manufacturing & Fabrication; Benjamin Hicks, Electronics & Engineering Technology; Tyler Houlihan, Health Services; William Kelly, Construction Technology; Madison Malo, Dental Assisting; Caroline Martin, Engineering & Robotics; and Jaren Peckham, Construction Technology.

**Upton**  
Samantha Carroll, Information Technology; Eric Dunham, Engineering & Robotics; Kylie French, Painting & Design Technology; Cassidy Lyon, Health Services; Jack Nealley, HVAC&R; and John Simas, Electronics & Engineering Technology.

**Uxbridge**  
Alexi Cox, Electronics & Engineering Technology; Samuel Kirby, Electrical; Mikaela Swanson, Biotechnology; and Stephanie Zaitoun, Engineering & Robotics.

**FRESHMEN (Class of 2026)**  
**Bellingham**  
Madyson, Voss, Biotechnology; and Justin Walsh, Biotechnology.

**Blackstone**  
Jack Marino, Advanced

Manufacturing & Fabrication.

**Douglas**  
Jayce Boyko, Automotive Technology; Maddison Dos Santos, HVAC&R; Caitlin Kelly, Health Services; Zachary Mitchell, HVAC&R; Sophie Rivard, Engineering & Robotics; and Bryce Sheldon, Engineering & Robotics.

**Grafton**  
Logan Black, Electrical; Douglas Kennedy, Engineering & Robotics; Kevin Magill, Electronics & Engineering Technology; Benjamin Miller, Engineering & Robotics; Cooper Often, Engineering & Robotics; and Delaney Waldo, Biotechnology.

**Hopedale**  
Jason Abbruzzese, Engineering & Robotics; Isabella-Marie Adriko, Engineering & Robotics; Ella Foster, Engineering & Robotics; Evan Griffin, Information Technology; Ethan Novelli, Multimedia Communications; and Shiv Patel, Engineering & Robotics.

**Mendon**  
Matthew Brennan, Electronics & Engineering Technology; Phoebe Burke, Engineering & Robotics; Yasmin Freitas, Health Services; Charles Lozeau, Engineering & Robotics; and Jacob MacDonald, Electronics & Engineering Technology.

**Milford**  
Ethan Dahmer, Biotechnology; Cecelia Dualu, Dental Assisting; Arieta Flanagan, Biotechnology; and Myles Guikema, Engineering & Robotics.

**Millbury**  
Allison Garden, Engineering & Robotics; Lily Kelley, Multimedia Communications; Giana Piscitelli, Construction Technology; and Isabella Raymond, Health Services.

**Millville**  
Genevieve Kovolyan, Health Services; and Ayden Mendes, Painting & Design Technology.

**Northbridge**  
Isabelle Balon, Biotechnology; Aidan Naughton, Information Technology; Benjamin Rivelli, Plumbing; Allegra Sadik, Health Services; and Adalynn Wooster, Cosmetology.

**Upton**  
Thomas Bailey, Automotive Collision Repair & Refinishing; Justin Fransen, Engineering & Robotics; Jack Lupien, Electrical; Ryan May, Electronics & Engineering Technology; and Van Richard, Engineering & Robotics.

**Uxbridge**  
Gabrielle Gannon, Engineering & Robotics; Veronica Jordan, Health Services; Daniel Noel, Engineering & Robotics; Khari Torku, HVAC&R; and Parker Waugh, Electronics & Engineering Technology.

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



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# Uxbridge senior Center

The Town of Uxbridge announces that it will launch its electricity aggregation program, known as Uxbridge Community Electricity, in March 2023. The program is designed to provide more electricity options for resi-

dents and businesses in Uxbridge. The program prices will be fixed over the 21-month term of the Electric Service Agreement from March 2023 through December 2024. The standard product of the program will be 16.310 cents per kWh. The National Grid

Residential Basic Service rate from November 1, 2022 to April 30, 2023 is 33.891 cents per kWh. Future savings under the program compared to the National Grid Residential Basic Service rate are not guaranteed. All Uxbridge electricity accounts

on National Grid Basic Service will be eligible for automatic enrollment in the standard product as of their March 2023 meter read. At least 30 days before enrollment, each eligible customer will receive a Customer Notification Letter with detailed program information and instructions on how to choose an optional product or how not to participate. Customers can opt-out of the program at any time without penalties or termination fees. Customers who are currently enrolled with a third-party electric supplier will not receive the Customer Notification Letter and will not be automatically enrolled. These customers can voluntarily join the program but may be subject to penalties or early termination fees from their current supplier. For more information about the program, go to [uxbridgeelectricity.org](http://uxbridgeelectricity.org) or call 508-301-4152.

The Uxbridge Senior Center has been selected again to receive \$1 from every \$2.50 reusable Community Bag sold during the month of

February 2023 at: Hannaford 158 No. Main Street, Uxbridge MA. We thank you for your support!

Free telehealth consultations for COVID-19 treatment with Paxlovid are available for eligible individuals 18 or older who are currently living in Massachusetts and insurance is not required. The Massachusetts telehealth service for COVID-19 treatment can now be accessed by a telephone number (833-273-6330) from 8:00 AM to 10:00 PM daily or go to: [color.com/covid-19-treatment-ma](http://color.com/covid-19-treatment-ma). The telehealth service can tell you if the COVID-19 treatment is right for you, and the treatment can be sent to your pharmacy or to your home for free. U.S. households can once again order four at-home COVID-19 tests that will be mailed directly to them for free. Call 1-800-232-0233 (TTY 1-888-720-7489). The senior center has a supply of COVID test kits available. If you are in need, please stop by to pick them up. Sincerely, Lisa

Sally. \$7.00 donation call ahead to sign up!

**T h u r s d a y ,**  
February 2nd – 10:30am–Veterans’ Services with Carl Bradshaw by appointment only. Call 508-278-8622 to sign up.

**T h u r s d a y s ,**  
February 2nd & 9th – 1:30 pm – 2:30 pm – Make up Zumba Classes at the McCloskey School.

**T h u r s d a y ,**  
February 2nd – 2:45 – 3:45 pm – Make Up Yoga Class at the McCloskey School.

**F r i d a y ,**  
February 3rd – 12:00pm–Lunch & Learn with Chief Montminy. Guest speaker will be Dr. Tapscott and his topic will be the MVP Whitin Dam Project.

**M o n d a y ,**  
February 6th, 13th & 27th – 1:30 pm – Water Color Painting with Susan Franz. Please call ahead to sign up and let us know if you will be joining us for lunch. \$5.00 donation per class.

**T h u r s d a y ,**  
February 9th & 23rd – 12:30 pm – “PopUp Library”. Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program being offered by the Uxbridge Free Public Library.

Friday, February 10th – Annual Valentine’s Day Celebration sponsored by the Uxbridge Elderly Connection Inc. Entertainment will be provided by MGM; Michael Orlando & Gary Arnold! Call ahead to reserve your lunch!

**T u e s d a y ,**  
February 14th – 1:00 pm – Uxbridge Library Book Club. They will be reading The Old Place by Bobby Finger. You are welcome to join us for lunch on this day.

**T u e s d a y ,**  
February 14th – 1:00 pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment with Katelynn Wackell.

Next date will be March 14th.

**W e d n e s d a y ,**  
February 15th – 1:30 pm – 3:30 pm – BINGO at the Uxbridge Senior Center. Join us for a fun afternoon of BINGO & cash prizes! Packets of 10 games for \$10. Refreshments can be purchased and transportation provided. Let us know if you’d like to join us for lunch on this date by calling or stop in to RSVP.

**T h u r s d a y ,**  
February 16th – 1:30 pm – 2:30 pm – New 8-week ZUMGA Class starts at the McCloskey School! \$25.00 donation. Stop by to pick up registration forms.

**T h u r s d a y ,**  
February 16th – 2:45 pm – 3:30 pm – New 8-week Low Impact Exercise Class starts at the McCloskey School! \$25.00 donation. Stop by to pick up your registration forms.

**M o n d a y ,**  
February 20th – The Senior Center will be closed in observance of President’s Day. We will re-open on Tuesday, February 21st. “Efforts and courage are not enough without purpose and direction.” John F. Kennedy

**M o n d a y ,**  
February 27th – 1:30 pm – “Ask the Attorney” with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment at the Uxbridge Senior center.

**T u e s d a y ,**  
February 28th – 11:00 am – 12:00 pm – Ask the Nurse Free Blood Pressure Clinic with Nancy Favulli, Salmon Health VNA. RSVP to participate and to join us for lunch.

Card Game played on Monday and BINGO on Wednesday during our congregate lunches.

AARP Tax appointments are available on Mondays from 8:30 am – 11:30 pm. Call

to set up yours!

Computer Class Tutoring every Monday – 3:00 pm by appointment only. Please call ahead to sign up. No classes on Feb. 20th.

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

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

1st and 3rd Wednesdays – February 1st & 15th – Bank & Pharmacy Rides. Please call at least 24 hours in advance.

E v e r y Wednesday – “Canasta” Hand, Knee & Foot Card Game – 1:00 pm – 3:30 pm. There will not be a game on Wed. February 15th.

2nd & 4th Thursdays – February 9th & 23rd – 8:30 am – Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance.

M e d i c a l Transportation is accepting appointments. Call 508-278-8622 to schedule your rides.

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

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

<https://www.facebook.com/UxbridgeMASeniorCenter>  
[https://www.youtube.com/channel/UCNh\\_RIq99rucmFH-UO7VFBw](https://www.youtube.com/channel/UCNh_RIq99rucmFH-UO7VFBw)  
<https://www.uxbridgetv.org/schedule/192>

## SNHU announces Fall 2022 Dean’s List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University

(SNHU) congratulates the following students on being named to the Fall 2022 Dean's List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Ella Moscatelli of Uxbridge Courtney Giles of Whitesville Southern New Hampshire University (SNHU) is a private, non-profit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, New Hampshire. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).

**PUBLIC NOTICE**  
**RIGHT OF WAY MAINTENANCE**

As required by Massachusetts General Law Chapter 132B, National Grid (New England Power and/or Massachusetts Electric Company) hereby gives notice that it intends to selectively apply herbicides along specific transmission line rights-of-way in 2023.

The selective use of herbicides to manage vegetation along rights-of-way is done within the context of an Integrated Vegetation Management (IVM) program consisting of mechanical, chemical, natural and cultural components. In right-of-way vegetation management the pest or target is vegetation (primarily tall growing) that will cause outages and safety issues. National Grid's IVM program encourages natural controls by promoting low growing plant communities that resist invasion by target vegetation. The selective use of herbicides and mechanical controls are the direct techniques used to control target vegetation and help establish and maintain natural controls.

Rodeo, and possibly one of the following herbicides, Arsenal or Arsenal Powerline, will be applied directly to the surface of stumps immediately after target vegetation is cut (Cut Stump Treatment). Garlon 4 or Garlon 4 Ultra will be applied selectively to the stems of target vegetation using hand-held equipment (Basal Treatment and Dormant stem treatment). Krenite S or Rodeo, mixed with Escort XP, and one of the following herbicides, Arsenal or Arsenal Powerline, or Milestone will be applied selectively to the foliage of target vegetation using hand-held equipment (Foliar Treatment). Applications shall not commence more than ten days before nor conclude more than ten days after the following treatment periods. The herbicide mixes and additional information about rights of way management in Massachusetts can be found here: <https://www.mass.gov/rights-of-way-vegetation-management>

Municipalities that have rights-of-way scheduled for herbicide treatments in 2023:  
Douglas

**Treatment Periods**

January 23, 2023 – May 30, 2023	May 30, 2023 - Oct 15, 2023	Oct 15, 2023 – Dec 31, 2023
CST	Foliar	CST
Basal	CST	Basal
Dormant Stem	Basal	Dormant Stem
	Cut stubble	

*\*The exact treatment dates are dependent upon weather conditions and field crew progress.*

Further information may be requested by contacting (during business hours, Mon-Fri from 8:00 am-4:00 pm):  
Mariclaire Rigby, National Grid, 939 Southbridge Street, Worcester, MA 01610.  
Telephone: (508) 860-6282 or email: [mariclaire.rigby@nationalgrid.com](mailto:mariclaire.rigby@nationalgrid.com)

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FRIGIDAIRE SIDE-BY-SIDE REFRIGERATOR **\$1199.99** WAS. \$1,599.99

AMANA WASHER OR DRYER #NED4655EW **\$499.99** WAS. \$599.99

MAYTAG DRYER #VEDC46HW **\$649.99** WAS. \$699.99

GE FRENCH DOOR BOTTOM FREEZER **\$2399.99** WAS. \$2,699

MAYTAG TOP FREEZER 18 CU. FT. **\$749.99** WAS. \$899.99

AMANA GAS RANGE #AGR1533CBAS • Stainless Steel **\$599.99** WAS. \$699.99

GE FRONT LOAD WASHER #GFWSOSSNWW **\$849.99** WAS. \$999.99

WHIRPOOL REFRIGERATOR Counter Depth **\$1799.99** WAS. \$2,299.99

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# Cornerstone Bank now accepting applications for \$2,500 scholarships

WORCESTER — Cornerstone Bank, a community bank with 10 locations throughout Central Massachusetts, will award \$2,500 scholarships to 16 local high school seniors who anticipate pursuing studies in business and finance. The scholarships will be granted to students who best demonstrate achievement in academics, extracurricular activities, and community involvement. Applications are being accepted through Thursday, April 6.

“We are delighted to again help local students pursue higher education, while also fostering advancement in the fields of business and finance,” said CEO Todd Tallman. “We appreciate the opportunity to reward some of the many exemplary students in our community and hope these scholarships alleviate some of the financial burden involved with a college education.”

To apply for a scholarship, the student must:

- Be a 2023 high school graduate
- Anticipate being a full-time student at an accredited, degree-granting institution of higher education
- Anticipate studying in a business or financial field
- Demonstrate achievement and high standards in academics, extracurricular activities and community involvement
- Submit an official transcript and GPA from their guidance office

In addition, the student must submit a one-page, typed essay based on the prompt:

our company’s customer promise, Built on Trust, is not just a brand, but also a corporate focus. Whether a business or personal partnership, Cornerstone Bank rests on the foundation that relationships are built on trust. We stand by our core values of teamwork, relationships, user-friendly, solutions-based and transparency. Describe a time when you embraced one of the Cornerstone core values.

Applications must be submitted electronically to Cornerstone Bank by Thursday, April 6, 2023. Please apply through the online submission form. Scholarship funds will be disbursed to the student after successful completion

REGION — Central One Federal Credit Union is pleased to announce the following changes to our management team.

Owen Russell, Vice President of Retail Services, will remain at the Shrewsbury Main Office and oversee all retail branch operations. Owen joined the Central One team in 2006 as the Auburn Branch Manager. Owen has been managing the Shrewsbury branch retail team since 2017 and became AVP of Retail Services in 2020, where his responsibilities grew to oversee all Central One's retail branches. In 2022, he was promoted to his current position.

Heather Forchilli, Northborough

of the first semester; and upon presentation of an official copy of the first-semester transcript and second-semester bill.

For more information, and to complete the online application form, please visit [cornerstonebank.com/scholarships](https://cornerstonebank.com/scholarships).

**About Cornerstone Bank**

Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank’s local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal

Branch Manager, has transferred to our Shrewsbury Main Branch. Heather joined Central One in 2015 as a Senior Teller and was promoted to Personal Financial Representative. In 2017, Heather was promoted to Northborough Assistant Branch Manager, and in 2019, promoted to Northborough Branch Manager.

Andri Jashari, Auburn Assistant Branch Manager, has been promoted to Northborough Branch Manager. Andri joined Central One in 2014, starting as a Senior Teller, eventually holding the titles of Personal Financial Representative and Senior PFR, and then promoted to Auburn Assistant

touch. Cornerstone provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities, through a broad range of deposit and loan products, and services. Built on Trust is not just a tagline, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank’s personal and business banking offerings, please visit [cornerstonebank.com](https://cornerstonebank.com) or call 800-939-9103.

Manager in 2020.

**About Central One Federal Credit Union**

Central One Federal Credit Union is a full-service, not-for-profit, cooperative financial institution serving Massachusetts residents and businesses. Central One has grown into one of central Massachusetts's largest federal credit unions serving Worcester County and parts of Norfolk and Middlesex counties. Branches are located in Auburn, Northborough, Shrewsbury, Westborough, and Worcester, with a Milford branch will be opening in the Spring of 2023. To learn more, visit [www.centralfcu.com](https://www.centralfcu.com).

## Central One Federal Credit Union announces branch changes



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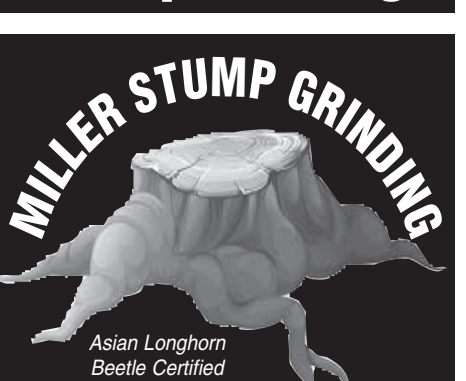
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PRESIDENT & PUBLISHER

**BRENDAN BERUBE**  
EDITOR

# EDITORIAL

## Some tips for surviving flu season

Flu season has peaked in New Hampshire, and COVID cases are back on the rise. Hospitals in Boston have reported putting several patients on ventilators due to COVID complications. A highly contagious variant, XBB has surfaced, and experts have reminded people to remain vigilant and take precautions such as wearing a mask on a plane or in any other space that puts one in close quarters with others.

The Flu has run rampant this year, and with many still unsure about getting vaccinated against influenza, we have some reminders and tips that will boost your immune system. Noted is the fact that even a flu shot cannot completely keep you safe from falling ill. Depending on what you want to find, you can read arguments on both sides of the flu vaccine debate. One thing we can all agree on, with or without the shot, is that there are things we can do to boost our immune system. Below is a friendly reminder of those simple steps.

The first and most obvious step is to wash your hands as this is the most effective way to prevent the flu. The next step is to be mindful of maintaining gut health. Experts say 70 to 80 percent of our immune system lives there. Eating whole foods that are nutrient-dense is key. Abstaining from a diet with processed foods can boost your immunity — after all, food is medicine. Sticking with foods that you can't open, besides, of course, the famous banana is a good rule of thumb. Foods loaded with sugar weaken the immune system; this includes refined flours found in breads, pastries, crackers, pasta, and cereal.

Loading up on vitamins A and D will help support your immune system. The highest levels of vitamin A are found in the liver of many animals such as duck, goose, beef, and lamb. If you refuse to eat liver, such as this Editor, an alternative would be sweet potatoes, cantaloupe, squash, carrots, spinach, and apricots.

Drinking bone broth can restore much needed minerals back into our bodies. Modern farming practices as well as the influx of processed foods has made the absorption of minerals more of a challenge. Bone broth contains magnesium, zinc, calcium, phosphorus, and Sulphur.

Taking probiotics promote healthy gut flora which can help the body fight against viruses. Taking vitamin C is something we've heard our care givers repeat constantly throughout our youth. Some doctors suggest taking 1,000 milligrams a day on an empty stomach. If you already have a cold or a flu taking 1,000 milligrams two to four times a day could help according to doctors.

Lastly, find a way to get a good night's sleep, keep your stress at bay and exercise. Lack of sleep can increase inflammation levels in your body giving you a high white blood cell count. Sleep produces the hormones prolactin and melatonin, if you don't have enough of these, you will be more susceptible to infections. Avoid stress because it can cause a biochemical change in your gut as well which can compromise your immune system. A good workout will also boost your immune system.

The flu is primarily spread through droplets made when those infected sneeze, talk or cough. The virus can be transmitted from up to six feet away.

### Letter submission policy

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

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

# OPINION

Opinion and commentary from the Blackstone Valley and beyond

## LETTERS TO THE EDITOR

### The reckoning begins

To the Editor:  
What I believe. Feel free to disagree. Time to be Wide Awake: The Reckoning. Have you taken a moment consider that, instead of Watergate from the Nixon Era, we now have Biden's Top Secret Document scandal?

Turns out, our Feckless Leader [how-dumb-can-you-be Biden] kept classified documents about China and Ukraine in his University of Pennsylvania "Biden" Center for Diplomacy and Global Engagement office. UPenn paid him one million dollars for teaching. Did he teach any classes? You know the answer. How much money did UPenn rake in from China? A cool \$30 million. Yikes.

Who had access to Biden's university office? First, the janitor who came in to clean each night. Was it a Chinese spy/janitor? Was it the Notorious Hunter Biden?

Slow Joe's "personal lawyers" found similar classified documents in his Washington office. And more classified documents in his garage next to the oil cans and trash bin. There, for six years after he left office as Vice President.

Let's remember that he had no legal right to possess classified documents outside of the White House. Obama ran a tight ship, right? Just who gave Biden the "heads-up" on his possession of classified docs? Certainly, it was not Biden. He cannot find his way off a stage. Someone told him: "You are in deep [expletive]."

New documents were just discovered by "Biden's personal lawyers" at his home library in Delaware. Why do you think his "personal lawyers" are searching for documents? As one legal expert said on Fox Entertainment News, all communications between Biden and his "personal lawyers" are blanketed by attorney-client privilege.

Some documents were first discovered on Nov. 2, days before the 2022 Election. Did anyone tell you this on Nov. 3? Did the Transparently Dumb White House tell you so you could make an informed decision about Biden's Marxist Democrats? No, of course not. Vote first. Find out the truth later.

Keep in mind that President Trump knew where his classified documents were at all times, at his estate, Mar a

Lago, in Florida. Have you ever tried to get into Mar a Lago? It is blanketed in Secret Service men and women who protect the former President. It is one of those estates you see in Palm Beach with high stone fences capped with pretty Spanish tiles and massive iron gates and security booths, and security personnel dressed in black with tiny little wires in their ears. Very secure.

At Mar a Lago, in 2022, Trump's lawyers were working with the government lawyers to determine which documents should be returned to the National Archives - the record keepers, the paper pushers. They were having a legal discussion, a dispute, over which classified documents needed to be returned to the National Archives. A cordial dispute. No weapons were drawn.

Suddenly, the Neo-Marxist Department of Justice and the FBI decided a full-throttle pre-dawn raid on President Trumps' home was just the thing to stir people up before the 2022 Election. To remind voters how corrupt the Leftists believe President Trump to be. They removed classified documents, including attorney client privilege documents, passports, and Melania's Dolce Gabana red high heels.

Now, someone [could it be a law-abiding, decent someone?] is leaking this damaging information about Biden's illegal possession of classified documents. In my opinion, this is all about corrupt Hunter Biden. Hunter's only marketable skill - as one radio wit said - is that his last name is Biden. Ask yourself, why was skill-less Hunter being paid so much by China and Ukraine? You know the answer.

Shock and awe, journalists in Washington start asking hard questions of the incompetent White House PR person. It's no longer only Peter Doucy of Fox Entertainment News asking Biden: "Classified documents were next to your Corvette in the garage! What were you thinking!"

As my Learned Friend says, "the Democrats unleashed the Document Demons from Hell. Now the demons are coming after them."

Signed, your humble correspondent,  
*Bev Gudanowski  
Uxbridge*

## Readers Share Hacks and Hints

The holiday are over, and winter remains in full swing, but thanks to readers' suggestions, the season can be a little more hassle free! From easing pain to cleaning up, everyday tasks are a bit easier with the following ideas! Read on for the latest readers' roster of tips and tricks.

And remember, send in your favorite tips and you could win a three-course dinner for two at Publick House in Sturbridge!

This clever reader turns the tables on a common hassle:

To unscrew small caps from wide containers such as chicken stock broth boxes I found that it's easier to turn the box rather than the cap. I set the box on the counter, grab the cap with one hand, and then use my other hand to turn the box until the seal breaks.

Donna Lewandowski  
Charlton, MA

Pinecone wreaths are beautiful, until they're not! Here's a clever way to repurpose worn out wreaths that have served their time:

A somewhat dilapidated pinecone wreath makes a good base placed flat under a plant. Extra greenery or decorations may be placed among the cones.

Or, smear with peanut butter and bird seed and hang in a tree. Delighted birds will be YOUR treat!

Anne Wuelfing  
Spencer, MA

This repurposing tip relieves pain and your budget!

Do you have bad knees? Use an old sock with the toe end cut off to make a sleeve to ease the pain of the knee. It works like the copper fit knee sleeves you buy for the same purpose.

Paul Davignon  
Uxbridge, MA

Baking is a year round labor of love, and this reader found a simple way to make sure your tinted cookies are always eye appealing:

TAKE THE HINT

KAREN TRAINOR

Joan Mazeika  
Oxford, MA

We all know if dryer lint traps aren't cleaned often, they can be a fire hazard. Thanks to this reader's hint, makes grabbing even that last bit of lint quicker and easier:

My tip is to use a toothbrush to clean lint from the dryer's lint trap. It works really well!

Terry Maiorana  
Ashford, CT

Prize Winner  
Congratulations to Joan Mazeika of Oxford, MA, whose name was drawn as winner for Dinner for Two at the Publick House in Sturbridge. She offered the great kitchen tip above.

Win Dinner for Two at the Publick House

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

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

## Heroes come in all shapes and sizes

### POSITIVELY SPEAKING

TOBY MOORE

We've seen so many superhero movies that we've been conditioned to think that a hero must have superhuman abilities. Like Superman, "faster than a speeding bullet, more powerful than a locomotive!" They must be able to fly, shoot lasers through their eyes, and perform feats of incredible strength and agility.

The truth is that heroes come in all shapes and sizes. Sometimes even a little girl can stand up to great tyranny and win.

It reminds me of the old phrase, "It's not the size of the person, but the size of their heart that counts."

Have you ever heard of Malala Yousafzai? Malala Yousafzai was born in Pakistan on July 12, 1997. She was raised in a conservative family and received her early education at home. Her father was a teacher and an education activist. He instilled in her a love for learning and a desire to improve the education system in Pakistan.

In 2009, when Malala was only 12 years old. The Taliban began taking control of the Swat Valley, where Malala lived. The Taliban's brutal reign of terror was a nightmare for the local population.

As the Islamist extremist group tightened its grip on the region, they imposed a harsh version of the Islamic law that stripped away the people's fundamental rights and freedoms.

Girls were banned from school, and those who dared to defy the ban were tortured and killed. The Taliban destroyed dozens of girls' schools, leaving thousands of young girls without access to education. Women were forced to wear burqas in public and were beaten and killed if they dared to defy this oppressive rule.

The Taliban thugs carried out random bombings and targeted assassinations, causing absolute fear and panic.

Public executions and amputations were punishments for crimes. Anyone accused of spying or collaborating with the Pakistani government was publicly beheaded.

In this situation, I'm sure many of the local population sought help from the government or lobbied the United Nations for Peacekeepers. No doubt, many prayed for a miracle, never realizing their miracle was a twelve-year-old girl.

Malala's father, who ran a school for girls, refused to comply with the ban, and Malala began speaking out against the Taliban's actions.

In September 2008, Malala wrote a blog for the BBC under a pen name, describing life under the Taliban. The blog was a huge success. Soon after, she began speaking to the media about her life and the importance of education for girls.

What kind of threat could a twelve-year-old girl be to the mighty Taliban? Enough of a threat that Taliban leadership unanimously decided to kill her; and they knew where she lived. Death threats were delivered to her house and slid underneath her door. Even newspapers began publishing threats against her.

One day in 2012, she had defiantly attended a school to take an exam; while riding a bus on the way home, a Taliban hitman boarded the bus and asked which of the children was Malala; after identifying herself, he put a bullet in her head, and injuring two others.

Indeed, the attacker thought he was successful in his attempt. After being rushed to the hospital for a five-hour surgery to remove the bullet, miraculously, the doctors said she had a 70% chance of survival.

Malala survived and seemed to have a full recovery. In 2013, she spoke at the United Nations. She said, "The terrorists thought they would change my aims and stop my ambitions, but nothing changed in my life except this: weakness, fear, and hopelessness died. Strength, power, and courage were born ..."

Despite the odds, Malala Yousafzai stood up against the Taliban's brutal regime and fought for girls' education in Pakistan.

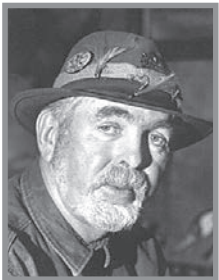
In 2014, she became the youngest ever to receive the Nobel Peace Prize.

Malala Yousafzai continues to fight and, no doubt, is just beginning her journey to greatness. Although the Taliban is alive and well, Malala has won. Her international fame and attention have captivated the world, and there is no turning back.

You have within you a strength that is greater than you can imagine. Like Malala, you can pursue your dreams, stand up against tyranny, and win.



# Jig fishing



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Ice fishing remains on hold, at least for this neck of the woods. I decided to wait a week to discuss the joy and techniques of Jig fishing, which is also called Spudding! Back in the day, many Swedish families were living in the Worcester area, and worked in the Steel Mill on Millbury Street. They were hard workers, but also loved fishing, and were very good at it. Ice fishing was one of their favorite forms of fishing, and they made their fishing gear from scratch. One particular Swedish gentleman lived on Millbury Street, almost across from the steel mill, and was well known by many ice fishing anglers. I often stopped by to buy some of the tackle he made in his garage. They also had made bags to carry the fish in, which also had a spot to carry a little liquid refreshment!

One of my first visits to his garage had me amazed at what he was making in his little workshop. He was making his own jigs that were in the form of a teardrop, with brass on one side and chrome on the other. They were heavy enough to go through a thin layer of slush, often left in the hole after chopping a hole with his hand made ice chisel. They had a single hook attached to the jig which was often baited with a perch eye from one of his first freshly caught perch, using a piece of worm.

Jig fishing requires cutting a lot of holes in the ice, and although the holes were a bit rough, and only a three of inches around, yellow perch could easily be brought through them to the surface of the ice. If a large fish was encountered, the angler would come over to the hole and chisel it larger, as the angler held the fish just under the ice until the hole was made larger. It happened often, as many large bass and sometimes a large perch, was too small to bring the fish through. An angler would often cut more than 100 holes a day, with their ice chisels that were made at their workplace. The ice chisels were of high quality, and were a prize possession of each angler. This writer often fished with the late Stan Melnicki of Douglas, and before he passed, he gave me his homemade ice chisel, that has cut many holes in the ice over he years, until the power ice augers came into my possession. The chisel has saved my life on numerous occasions, as I still use it to test the ice as I travel across new frozen ponds and lakes. I guess Stan is still watching over me!

The latest ice augers are making ice fishing a lot easier for today's anglers. Cutting 10 inch holes through eight or ten inches of ice can be done in seconds, allowing for more time fishing. Using jig sticks, an angler can catch a lot of fish in a day, but most jig fishing anglers return many of them to fight again. My brother Ken and I often targeted yellow perch, and they were often cooked the same day, by simply frying them in a cast iron skillet with a bit of cooking oil and rolling them in a mixture of yellow corn meal and flower. The sweet taste of the yellow perch was an annual meal, and as my wife cooked them I would run down to the Food Works restaurant in North Uxbridge, for an order of shrimp fried rice, and hot mustard, I am hoping for sum ice soon to have at least one meal before the warmer weather arrives. We could often



This week's picture shows a group of Whitinsville ice fishing anglers fishing at Meadow pond a few years ago. They are hoping for some ice soon so they can test their skills at catching a big fish.

catch eight or ten perch from one hole before chopping another hole just a few feet from the hole we were fishing. Perch swim in schools, and are often moving, so it is necessary to locate them when the hole stops producing. We often set in a couple

of ice fishing tilts, just in case a big fish is in the area, but the coat of a dozen large shiners from a bait shop now sells for \$12. You can catch big fish on a jig stick also, and it is a lot more fun. Today jig sticks are widely accessible for little money, so do not

leave home without one and be sure to bring the family. Hopefully, you will get a chance to try jig fishing, before spring arrives!

Take a Kid Fishing & Keep Them Rods Bending.

## New winning flower and vegetable varieties



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

It's never too early to start planning new additions to this year's gardens and containers. Start compiling your list now so you are ready to place your seed order or buy plants early when the selection is the greatest.

Consider including a few All-America Selections (AAS) winners. These plants have been "Tested Nationally & Proven Locally™" for their superior performance in home gardens and containers. Grow a few of these 2023 flower winners for a new look to some long-time favorites.

Coral Candy Coleus is part of the Premium Sun series of coleus. It is the first coleus grown from seed to be selected as an AAS Winner. This uniformly compact coleus has unique narrow, serrated, multicolored leaves. The AAS judges found this variety maintained the color even when grown in full sun. It performed well all season and had almost no flowers. You will only need three seeds to fill a 14 to 16 inch container.

Bring a bit of the tropics to your garden, patio, or balcony with Royal Hawaiian® Waikiki colocasia. This beautiful elephant ear wowed the judges with its sturdy burgundy stems and large glossy leaves featuring pink veins and creamy white centers. Waikiki reveals these striking colors earlier than other variegated colocasia. This compact variety holds up well in wind and rain.

The stunning orange flowers of Doubleshot snapdragons will have you looking for spaces in the garden and containers to include this winner. This 18 to 20 inch tall snapdragon features open-faced double flowers that start out in shades of orange and orange-red transitioning to a dusty shade as they age. Its strong stems produce lots of flower-filled branches all season long that don't break off in high winds.

Blue By You salvia is bursting with bright blue flowers from late spring into fall when spent flowers are removed. This perennial blooms up to two weeks earlier than similar varieties already on the market. It was tested over three seasons, including winters and proven to be hardy in zones 4b to 9a. It is a favorite of hummingbirds and butterflies, makes a great cut flower, is suitable for containers, and is heat tolerant. All this and it's less favored by deer and rabbits.

Make space in the vegetable garden for the high-yielding Kabocha Sweet Jade winter squash. The fruit weighs between one and two pounds, making it perfect for



The strong stems of Doubleshot snapdragons produce a plethora of stunning orange flowers all season.

single servings of squash, as an edible soup bowl, or added to a variety of Asian-style dishes where a sweet, earthy nutritious squash is typically recommended. Roast, bake, or puree Sweet Jade's deep orange flesh that has a dry texture with a sweet flavor.

Grow San Joaquin jalapeno pepper when looking for big harvests in a short timeframe. This means you'll have lots of peppers available for canning, pickling, and serving roasted and stuffed to large groups of guests. Leave them on the plant longer; allowing them to turn a beautiful red while maintaining their flavor. These thick-walled peppers have just a hint of heat at 2,500-6,000 Scoville units.

Make room in your gardens and containers for these and other winning varieties. Adding new introductions that have been trialed by horticulture professionals across North America helps increase your gardening success.

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

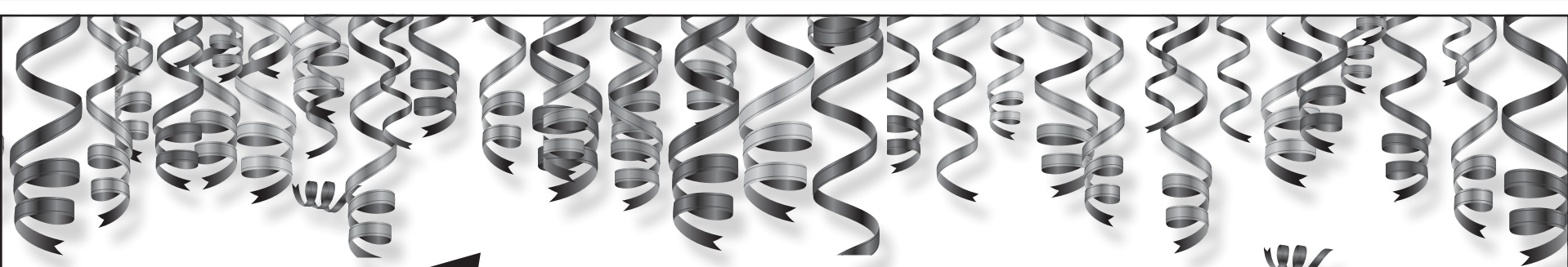


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Minimum purchase of four

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# Baker leaves office with launch of behavioral health centers

**BY KEVIN FLANDERS**  
STAFF WRITER

REGION — In one of its final accomplishments in office, the Baker-Polito Administration recently launched several behavioral health centers across the Commonwealth.

A total of 25 facilities opened earlier this month as part of the former Governor’s implementation of a behavioral health reform plan that took several years to create. The centers will offer comprehensive mental healthcare, as well as substance use treatment and community-based crisis intervention.

The facilities are available to all Massachusetts residents, regardless of ability to pay.

“Over the past eight years, our administration has collaborated with healthcare providers, medical professionals, and our legislative colleagues to make sure Massachusetts treats behavioral health with the same importance as physical health,” said former Gov. Charlie Baker, whose term ended this month after he did not seek re-election. “The implementation of behavioral health reform is the latest step in those efforts.”

Prior to the opening of the facilities, the state invested in clinical programming and the addition of more than 3,000 treatment beds. The state was already struggling to deal with mental and behavioral health

challenges prior to the pandemic, but COVID-19 exacerbated the problem significantly, officials said.

“It’s critical we provide residents and families with access to behavioral health services so they can lead healthier lives, and we are proud of our administration’s work to do just that over the past eight years,” said former Lt. Gov. Karyn Polito. “These investments and initiatives will continue to make a big difference for residents who need access to these services for years to come.”

Additionally, the state will soon launch its 24/7 behavioral health help line to keep residents informed of their options. The service will provide information on the nearest facilities and treatment opportunities available to callers.

Since 2015, the Baker-Polito Administration invested more than \$26.5 billion in behavioral health services across multiple initiatives and state agencies. And even though the administration is no longer in office to see the services in action, they’re confident in the foundation they have helped create for improved treatment options.

“Across the spectrum of behavioral health, the administration has worked with providers to increase program capacity by more than 3,000 beds since taking office in 2015, ranging from inpatient treatment to supportive community residential services, including more than

500 additional inpatient psychiatric beds,” read a statement released by the former Governor’s office.

The launch of the new system was also made possible by feedback received from nearly 700 residents, families, treatment providers, and other stakeholders who identified the need for improved health equity. The overall goal was to create a new, centralized service for residents or their loved ones to call, text, or walk in to get connected to mental health and addiction treatment services, officials said.

The 25 community behavioral health centers, conveniently located across the state, will serve as an entry

point for residents requiring treatment for mental health conditions, substance use disorders, urgent visits, and 24/7 community-based crisis intervention. These options will also help relieve the strain on emergency departments at the state’s hospitals, which are crowded each year with patients who would be better served in a more specialized treatment environment, officials said.

The 24/7 behavioral health help line will offer real-time clinical triage and service navigation in more than 200 languages.

To learn more about behavioral health facilities near you, visit [www.mass.gov](http://www.mass.gov).

## Douglas Adult Social Center

Douglas Adult Social Center  
331 Main St.  
(508) 476-2283  
Hours of operation: Monday through Thursday, 9 a.m.-3 p.m.; Friday 9 a.m.-noon

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

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

Tuesday: Cribbage 9:30am, Zumba 9:30am, Bingo 12:00 pm, Technology Class 1pm, Jenga or Connect4 2pm (bring a friend, and play a game!)

Wednesday: Balance & Strength 10am, MahJong 1pm

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

Friday: Balance & Strength 10am

JANUARY EVENTS:

• Quilt of Valor Celebration on 1/25/23

Resolve to start your New Year with good health!

We are expanding our twice monthly Blood Pressure Clinics with Nurse Ann to offer additional health and wellness services. Come by to have your blood pressure and heart rate checked, get to know what your blood sugar level is by having a quick finger stick, review your current medications, and/or discuss any of your health concerns. Appointments are required between the hours of

9:30 am & 11:30 am. Walk-ins will be welcome between 11:30am and 12 noon. Please call the Adult Social Center at 508-476-2283 to schedule your appointment. CLINIC DATES: January 9, 24

**HAVE A HAPPY & HEALTHY NEW YEAR!!!**

**FEBRUARY EVENTS:**

THE CENTER WILL BE CLOSED ON MONDAY FEBRUARY 20th.

• Valentine’s Day Canvas Craft, on 2/2/2023 @ 11 am. Refreshments will be available. There is no charge for this event. Please call the center to sign up @ 508-476-2283

• Lunch & a movie, “Shall We Dance” on 2/8/23 @ 12 p.m. The movie is free and chicken dinner lunch is \$4.00 p/p. Please call the center to sign up @ 508-476-2283.

• We are having a Valentine’s Day Luau on 2/14 @ 12:00. We will have sweet & sour chicken/pork and rice for \$4.00 p/p. Join us as we listen to the musical stylings of a Steel Drum Band. This event is being sponsored by the Douglas Cultural Council. Please call the center to sign up @ 508-476-2283.

Wellness Clinic dates are February 13 & 28. Please call the center to schedule a time to come in @ 508-476-2283. Walk-ins only from 11:30 to 12:00.

# American International College announces Fall 2022 Dean’s List

SPRINGFIELD — AIC has named 453 students to the Dean's List for the Fall 2022 semester. Dean's List students are full-time students who have achieved a 3.3 to 4.0 GPA. AIC commends the efforts and accomplishments of these dedicated and hard-working students.

The following local students have earned Dean's List honors:

Grace Boisvert of Uxbridge, who majors in General Business

Jackson Haker of Uxbridge, who majors in Health Science

Morgan Martellio of Uxbridge, who majors in Health Science

Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massachusetts, comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its students and the community.

## Nichols College students earn academic honors for fall 2022

DUDLEY — More than 400 students at Nichols College in Dudley have achieved President's List or Dean's List honors during the fall 2022 semester.

The President's List and Dean's List recognize those students who achieve high grades during a single semester. To be included on the President's List, a student must

have a grade point average of 3.85 or higher for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester. Students with a minimum grade point average of 3.5 for at least 12 undergraduate credit-hours and no grades below B- will receive Dean's List honors.

Boucher of Douglas

Kristina Brenn of Whitinsville

Saige Frazier of Uxbridge

Noelle Haas of Northbridge

Andrew McCarthy of Uxbridge

Hannah Murphy of Northbridge

Benjamin Wiersma of Uxbridge

About Nichols College

The mission of Nichols College

is to educate

and enlighten students to capitalize on their ambitions and to become impactful, forward looking global leaders.



## Simon Fairfield Library’s Intrepid Readers to discuss “West with the Night”

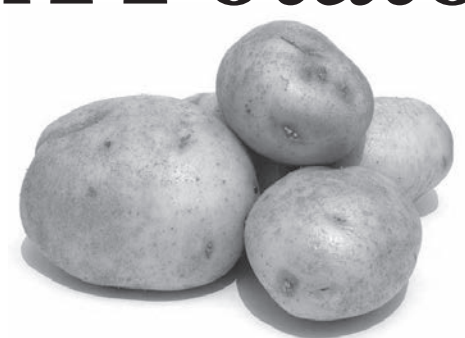
DOUGLAS — Next month, on Tuesday, Feb. 14 at 6:30 p.m., the Intrepid Readers at the Simon Fairfield Public Library, 290 Main St., Douglas, are discussing Beryl Markham’s “West with the Night.”

The author describes growing up in an Africa that no longer exists, training and breeding race horses, flying mail to Sudan, and being the

first woman to fly the Atlantic, east to west.

The Douglas Library will have copies of the book. Call them for a copy, 508-476-2695. If you use Libby for books or audio, it is also available there. Refreshments inspired by the book will be served. All are welcome to come.

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# OBITUARIES

## William J. “Jack” Graveson, 82



Uxbridge- William J. “Jack” Graveson, 82, of Hazel St. passed away on Sun. Jan. 8, 2023 at home after an illness.

He is survived by his wife of 59 years Christine A. (Wassenar) Graveson; his son John W. Graveson; his 2 daughters Melissa M. Hendriks and her spouse Jan and Alison E. Joyal; his 5 grandchildren who were special to him, Jeffrey Graveson, Ryder Hendriks, Mckena Hendriks, Jack Joyal, and Brody Joyal; sister-in-law Dorothy “Dotty Graveson; and many nieces, nephews, cousins and life long friends. He was brother of the late Mary Stanley, Germaine Bernier, Edward L. “Butch” Graveson, Joseph M. “Pete” Graveson, Lillian Duclos, Rachel Bergeron, and Laura Goyette. Born in Sanford, ME on Sept. 7, 1940 he was the son of Edward and Marie Rose (Pellerin) Graveson and lived in Uxbridge most of his life.

Mr. Graveson worked as a Professional Pilot for Executive Airlines at Logan Airport in Boston. He then flew the executive jet for Wyman Gordon Corp. and later became an Instructor at East Coast Aerotech. He was a graduate

of Uxbridge High School, Class of 1959 and later from East Coast Aerotech in 1968. He was a Vietnam Era US Army Veteran serving in Germany and Massachusetts. A jack-of-all trades, he built his and his children’s homes and enjoyed camping, fishing, shooting, sailing, photography, and motorcycles. He enjoyed attending his grandchildren’s games and events and baking bread with them. A corvette enthusiast he also loved riding his ATV and was a skilled woodworker. He was a member of Singletary Rod and Gun Club. Jack will be remembered as a great husband, dad, and grandfather with a yearning to learn and a love of passing on his knowledge to others.

His Funeral Service was held Sat. Jan. 14 at 11 am in Tancrell-Jackman Funeral Home, 35 Snowling Rd. Calling hours at the funeral home in Uxbridge were Fri. Jan. 13 from 6 to 8 pm and Sat. Jan. 14 from 9 to 11 am. Donations in his memory may be made to Veteran’s Inc. 69 Grove St. Worcester, MA 01605. To leave a condolence message for his family please visit <http://www.jackmanfuneralhomes.com>



### TORTOISE

continued from page A1

Turtles can live a long time, and they are slow to reproduce. MassWildlife officials said that, for example, the box turtle—a native species of special concern in Massachusetts—can live for more than 100 years, but only a small percentage of turtles ever reach adulthood.

“Turtle eggs and hatchlings make an easy meal for many predators, and crossing roads presents a danger to turtles of all ages. Most adult turtles must engage in breeding for their entire lives to replace themselves in the wild population,” wildlife officials said. “For this reason, losing any adult turtles, especially adult females, can result in the extirpation (complete disappearance) of a local population.”

With help from volunteers, the gopher tortoise found in Massachusetts has been “safely returned to its natural range” and is now living at a gopher tortoise preserve in South Carolina.

MassWildlife staff said they regularly receive turtles and other ani-

mals that have escaped their enclosures, are surrendered by pet owners, or confiscated by law enforcement. In each case, MassWildlife “works for the best possible conservation outcome.”

“After the gopher tortoise was discovered in Massachusetts this summer, the animal was cared for by the Turtle Rescue League in Southbridge until arrangements could be made to return it to its natural range.”

In November, the turtle was transported by a volunteer to a gopher tortoise sanctuary in South Carolina, in coordination with South Carolina Department of Natural Resources, according to reports.

So, how can residents help turtles in this region? Leave them alone when you see them in the wild and report wildlife crime.

“Most species of turtles in Massachusetts are protected and cannot be captured or kept as pets. In fact, six of our ten native freshwater turtles are listed under the Massachusetts Endangered Species Act,” MassWildlife officials said. “It is also illegal to move turtles from one location to another.”

### TIKTOK

continued from page A1

from the threat posed by certain foreign adversaries using current or potential future social media companies that those foreign adversaries control to surveil residents of the Commonwealth.”

The bill states that “no employee of the commonwealth, county, or municipality shall use or download any applications or software” including Byte Dance, TikTok, and WeChat on Commonwealth-owned electronic devices.

As outlined in the bill, “electronic devices” means any government-issued devices, including commonwealth, county, and municipally-issued cell phones, laptops, or other devices capable of connecting to the

internet, except for public safety purposes.

“This legislation would no way infringe on the private use of apps like TikTok,” Rep. Soter added. “This legislation would only affect government employees. This would ensure that countries of concern would not be able to gain access to secure data maintained by the state, county, and municipal agencies.”

The federal government recently passed a bill banning TikTok from U.S. government devices, according to numerous sources.

“The Commonwealth should be in line with the Federal Government on this issue. The Federal Government would not have passed this measure if they did not think that the security of American’s data was at risk,” Soter said.

### MOVE OVER

continued from page A1

any emergency vehicle with flashing lights, drivers should proceed with caution, reduce the speed of

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# Beginning Bridges

Beginning Bridges CFCE’s vision is that children, youth, and families reach their full potential now and in the future. Our mission is to work with families and community partners to create the conditions for children, youth and families to thrive socially, academically and economically. Funding for the Coordinated Family & Community Engagement Grant (CFCE) is provided by the Massachusetts Dept. of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC-Childcare/Head Start). Beginning Bridges CFCE has funding for the towns of Mendon, Northbridge, Upton & Uxbridge. Currently, our FREE comprehensive services include weekly indoor and outdoor parent/child playgroups. We also offer parent education programs, the Ages & Stages Developmental Questionnaire and can connect families to community resources.

Upcoming Events-Registration is required for all upcoming events. Links can be accessed on our website ([BeginningBridgesCFCE.weebly.com](http://BeginningBridgesCFCE.weebly.com)) or contact Emily Murray at 508-278-5110 or [Emurray@smoc.org](mailto:Emurray@smoc.org).

Mondays to Fridays, Parent Child Playgroups, 9:00 to 10:45am, at the Uxbridge Playcenter, 9 North Main Street, Uxbridge, MA, lower left office.

Wednesday, 02/01/23, Coffee and Conversations, 9:15 to 10:15 am at Taft Public Library, 29 North Ave in Mendon, join us for an informal playtime where families will be able to build social connections, learn about early childhood devel-

opment and family friendly resources. Muffins from Muffin House Cafe will be provided. Please stay for the 10:30am Puppet Storytime.

Tuesday, 02/07/23, Music and Movement with Deb Hudgins, 10:30 to 11:00am at Upton Town Library. Check Library website for location and registration information.

Wednesday, 02/15/23, Music and Movement with Deb Hudgins, 10:30 to 11:00am at Whitinsville Social Library. Check Library website for registration information.

Thursdays, 02/19 – 3/16/23, Elephant, Piggy & Friends, 9:00 to 10:30am, at Taft Public Library, 29 North Ave in Mendon, join us in playful exploration of sensory driven activities, art, and early literature favorites.

Thursdays, 02/02 – 02/16/23, Lap Babies, 10:15 to 11:45 am, at the Uxbridge Playcenter, 9 North Main Street, Uxbridge, MA, lower left office. This is a time for caregivers and 0 to 12-months babies to circle up and enjoy singing, finger plays, tummy time and reading.

Thursdays, 02/02 – 3/16/23, Makerspace, 12:30 – 2:00 pm, at the Uxbridge Playcenter, 9 North Main Street, Uxbridge, MA, lower left office. For children 2.9 to 5 years. This playgroup invites children to embrace their curiosities through exploring and experimenting.

Tuesday, 2/21/23, Story Walk – Tracks in the Snow, start times 10am or 10:30 am, at West Hill Dam, 518 E. Hartford Ave., Uxbridge. (Rain date – Wednesday, 1/25). Enjoy the benefits of exploring outdoors while experiencing a classic children’s book.

## Blackstone Valley Chamber, BVEF, BVHub celebrate partnership with open house

WHITINSVILLE — The Blackstone Valley Chamber of Commerce (BVCC), Blackstone Valley Education Foundation (BVEF), and the Blackstone Valley Hub for Workforce Development (BVHub) are ringing in the New Year with an Open House celebrating partnership within the three organizations.

On Wednesday, Jan. 25 from 5 to 7 p.m., the organizations are opening their doors at The Linwood Mill, 670 Linwood Ave., Entrance A, Whitinsville, for an Open House event. The public is invited to join in the festivities. You can register through the BVCC at <https://www.blackstonevalley.org/events>.

The celebration will include tours of the newly renovated offices, demonstrations of certificate training by students and teachers at the BV Hub for Workforce Development, and the launch of the new branding for the partnership. Also scheduled is a meet and greet by President and CEO of the BVCC, Jeannie Hebert, new Executive Directors, Joscelyn Young of the BVEF, and Ashley

Bregman of the BV Hub, and BV Hub Operations Director, Bob Evans, as well as all staff members. Food, beverage, and entertainment will round out the celebration.

BVCC, BVEF, and BV Hub are looking forward to the opportunity to meet with all of our regional partners, legislators, and the public at large to not only present our new office space, but also to educate the public on the opportunities offered through the three organizations to connect work and learning. We look forward to meeting with you and sharing information and ideas to enhance the quality of life in Blackstone Valley.

We hope to see you on Jan. 25!

The Mission of the Blackstone Valley Chamber of Commerce is to preserve and enhance the economic vitality of the Blackstone Valley by addressing the needs and concerns of businesses and providing leadership, support and resources in connection with issues which impact commerce and the quality of life in the Valley.

## SNHU announces Fall 2022 President’s List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2022 President’s List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President’s List.

Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Christopher Johnson of Douglas  
Beth Bergstrom of Douglas  
Jereme West of Douglas  
Angelina Carneiro of Douglas  
Julie Roby of Northbridge  
Morgan O’Brien of Uxbridge  
Frankie Nieves

of Uxbridge  
Sal Ante of Uxbridge  
Trevor Phaneuf of Whitinsville

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, New Hampshire. Recognized as one of the “Most Innovative” regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).



If it’s important to you, It’s important to us.  
[StonebridgePress.com](http://StonebridgePress.com)



# LEGALS

## MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Robert E. Jordan and Mary Lou Jordan to Mortgage Electronic Registration Systems, Inc., as nominee for Florida Capital Bank, NA dba Florida Capital Bank Mortgage, its successors and assigns, dated April 16, 2009 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 44115, Page 208 as affected by a Loan Modification recorded on December 21, 2018 in Said Registry of Deeds at Book 59852, Page 376, subsequently assigned to Bank of America, N.A., successor by merger to BAC Home Loans Servicing, LP FKA Countrywide Home Loans Servicing, LP by Mortgage Electronic Registration Systems, Inc. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 48221, Page 301, subsequently assigned to Secretary of Housing and Urban Development by Bank of America, N.A., successor by merger to BAC Home Loans Servicing, LP, FKA Countrywide Home Loans Servicing LP by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 53699, Page 83, subsequently assigned to GCAT 2014-4, LLC by Secretary of Housing and Urban Development by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 53750, Page 257, subsequently assigned to Wilmington Savings Fund Society, FSB, doing business as Christiana trust, not in its individual capacity but solely as trustee for BCAT 2014 4TT by GCAT 2014-4, LLC by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 54081, Page 44, subsequently assigned to Citibank, N.A., as Trustee for CMLTI Asset Trust by Wilmington Savings Fund Society, FSB, doing business as Christiana trust, not in its individual capacity but solely as trustee for BCAT 2014-4TT by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 60960, Page 382, subsequently assigned to U.S Bank Trust National Association, not in its individual capacity, but solely as Trustee of Citigroup Mortgage Loan Trust 2019-E by Citibank, N.A., as Trustee for CMLTI Asset Trust by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 61984, Page 48 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 10:00 AM on January 27, 2023 at 395 High Street, Uxbridge, MA, all and singular the premises described in said Mortgage, to wit:

The land in Uxbridge, Massachusetts, on the northwesterly of High Street, shown as Lot 1 on a plan entitled "Division of Land, Assessors Plat 28, Map 28, Lot 162B, Uxbridge, Massachusetts, Grace C. Jordon, Trustee," dated May 1992, prepared by Lunar Mapping Ltd. and recorded in the Worcester District Registry of Deeds in Plan Book 659, Plan 124, bounded and described as follow: Beginning at the most easterly corner of lot 1 and the most southerly corner of lot 2 as shown on said plan, at a point in the northwesterly line of High Street;

Thence by the northwesterly line of High Street by the following courses: South 79° 23' 56" west 63.03 feet; South 68° 01' 52" west 96.92 feet; South 61° 46' 16" west 97.88 feet; South 58° 42' 29" west 42.17 feet to the most southerly corner of lot 1 as shown on said plan;

Thence north 38° 05' 15" west 295 feet to a point in the line of lot 3 as shown on said plan;

Thence north 66° 56' 04" east 335 feet by lot 3 on the most westerly corner of lot 2 as shown on said plan;

Thence south 30° 52' 6" east 288.20 feet by lot 2 to the point of beginning. Containing 87,245 square feet of land, as shown on said plan.

Being a portion of the premises conveyed to Grace C. Jordon by a deed dated March 1, 1991, and recorded in said Registry, in Book 12658, Page 257.

For title reference see deed into Robert E. Jordon and Mary Lou Byron, dated July 2, 1992 and recorded July 14, 1992 in Book 14372 at Page 82 of the Worcester South Registry of Deeds. See also deed herewith in B. 44115 P. 206

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00)

in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

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

U.S. Bank Trust National Association, not in its individual capacity, but solely as trustee of Citigroup Mortgage Loan Trust 2019-E

Present Holder of said Mortgage,

By Its Attorneys,

ORLANS PC

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Waltham, MA 02454

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20-005006

January 6, 2023

January 13, 2023

January 20, 2023 01

## NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Jerrold N. Arnowitz a/k/a Jerrold Arnowitz, Maria Kellaghan a/k/a Maria E. Kellaghan to Champion Mortgage Co., Inc., dated January 25, 2001 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 23486, Page 240, of which mortgage the undersigned is the present holder, by assignment from: Champion Mortgage, A Division of KeyBank, NA as successor by merger to Champion Mortgage, a Division of Key Bank, USA, NA as successor in interest to Champion Mortgage Co., Inc., a National Bank to Household Finance Corp II, recorded on March 14, 2007, in Book No. 40815, at Page 35

Household Finance Corporation II to DLJ Mortgage Capital, Inc., recorded on December 1, 2017, in Book No. 58123, at Page 278

DLJ Mortgage Capital, Inc. to CSMC 2019-JR1 Trust, recorded on August 12, 2020, in Book No. 63010, at Page 246

CSMC 2019-JR1 Trust to Wilmington Savings Fund Society, FSB, not in its individual capacity but solely as Owner Trustee of CSMC 2019-JR1 Trust, recorded on October 19, 2020, in Book No. 63522, at Page 202

Wilmington Savings Fund Society, FSB, not in its individual capacity but solely as Owner Trustee of CSMC 2019-JR1 Trust to Wilmington Savings Fund Society, FSB, not in its individual capacity but solely as Owner Trustee of CSMC 2019-JR1 Trust, recorded on September 14, 2021, in Book No. 66057, at Page 174

for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 2:00 PM on February 10, 2023, on the mortgaged premises located at 22 Oak Drive, Upton, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

A CERTAIN PIECE OR PARCEL OF LAND KNOWN AS 22 OAK DRIVE, IN THE TOWN OF UPTON, COUNTY OF WORCESTER, AND STATE OF MASSACHUSETTS AND BEING MORE PARTICULARLY DESCRIBED IN A DEED RECORDED ON DECEMBER 31, 1996, IN BOOK 18515 AT PAGE 20 OF THE WORCESTER COUNTY DISTRICT REGISTRY OF DEEDS.

TITLE HELD IN: JERROLD N. ARNOWITZ AKA JERROLD ARNOWITZ AND MARIA KELLAGHAN

Subject to a first mortgage dated December 30, 1996 and recorded in the Worcester County (Worcester District) Registry of Deeds at Book 18515, Page 23 in the original principal amount of \$249,500.00.

For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 18515, Page 20.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other munic-

ipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

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

WILMINGTON SAVINGS FUND SOCIETY, FSB, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY AS OWNER TRUSTEE OF CSMC 2021-JR1 TRUST

Present holder of said mortgage

By its Attorneys,

HARMON LAW OFFICES, P.C.

150 California St.

Newton, MA 02458

(617)558-0500

19170

January 13, 2023

January 20, 2023

January 27, 2023

## LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Lisa M. Dumas and Michael Dumas a/k/a Michael A. Dumas to Bank of America, N.A., dated October 20, 2012 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 49894, Page 122 (the "Mortgage"), as affected by Judgment dated February 4, 2020, and recorded at said Registry of Deeds in Book 61961, Page 275 of which mortgage Nationstar Mortgage LLC d/b/a Mr. Cooper is the present holder by Assignment from Bank of America, N.A. to Federal National Mortgage Association dated August 20, 2015 and recorded at said Registry of Deeds in Book 54242, Page 119, and Assignment from Federal National Mortgage Association to Nationstar Mortgage LLC dated August 15, 2022 and recorded at said Registry of Deeds in Book 68117, Page 283, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 394 Douglas Street, Uxbridge, MA 01569 will be sold at a Public Auction at 4:00 PM on February 14, 2023, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF WORCESTER, STATE OF MASSACHUSETTS AND IS DESCRIBED AS FOLLOWS: ALL THAT PARCEL OF LAND IN TOWNSHIP OF UXBRIDGE, WORCESTER COUNTY, COMMONWEALTH OF MASSACHUSETTS, AS MORE FULLY DESCRIBED IN DEED BOOK 16959, PAGE 362, ID# 304-023.0-3082-0000.0, BEING KNOWN AND DESIGNATED AS BEING SHOWN AS LOT 1 ON A PLAN DATED 8/25/82 AND FILED IN PLAN BOOK 499 PLAN 95. BEING MORE FULLY DESCRIBED BY DEED IN BOOK 16959 PAGE 362 FILED 3/31/95. THIS IS RECORDED LAND WITH WORCESTER COUNTY REGISTRY OF DEEDS. MORE COMMONLY KNOWN AS 394 DOUGLAS ST UXBRIDGE MA 01569 BY FEE SIMPLE DEED FROM RUSSELL E. LEGASSEY AS SET FORTH IN BOOK 16959 PAGE 362 DATED 03/15/1995 AND RECORDED 03/31/1995, WORCESTER COUNTY RECORDS, COMMONWEALTH OF MASSACHUSETTS.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 16959, Page 362.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and

subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.

Terms of the Sale:

Cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable by certified check in thirty (30) days from the date of the sale at the offices of mortgagee's attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the sale.

Nationstar Mortgage LLC d/b/a Mr. Cooper

Korde & Associates, P.C.

900 Chelmsford Street

Suite 3102

Lowell, MA 01851

(978) 256-1500

Dumas, Lisa M. & Michael Dumas, 22-040720

January 20, 2023

January 27, 2023

February 3, 2023

**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. WO23C0002CA**  
**CITATION ON PETITION TO CHANGE NAME**  
**In the matter of:**  
**Benjamin James Edward Fox**  
**A Petition to Change Name of Adult**  
has been filed by **Benjamin James Edward Fox of Uxbridge MA** requesting that the court enter a Decree changing their name to:  
**Attica Marie Annerose Fox**  
**IMPORTANT NOTICE**  
**Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 01/31/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.**  
**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: January 6, 2023  
Stephanie K. Fattman  
Register of Probate  
Janury 20, 2023

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# UniBank wins two awards

WHITINSVILLE — UniBank, the largest Mutual Community Bank in Central Massachusetts, has recently won two awards for banking.

Readers of the Telegram & Gazette voted UniBank as the “Best Bank of Central Massachusetts” while readers of the Worcester Business Journal voted UniBank as the “Best Bank” within the Best of Business awards for the 10th year.

Michael Welch, CEO of UniBank stated, “It’s humbling to receive such recognition from the community which we serve. Such validation from the people who live and work in Central Massachusetts serves as further inspiration for all of us at UniBank. As the largest finan-

cial institution headquartered in Worcester County these awards are a testament to the hard work, and commitment of our employees to our mission as a mutual bank. As a non-stock bank, our mission can be fully about the people, institutions and needs of our community, as distinct from serving the needs of stockholders and share price from across the country. To receive these awards, voted by individuals who live in our communities, including those who own/run businesses, is an endorsement that we are large enough to serve a wide variety of personal and business needs, yet, not too big to know people by name. We are thankful for the faith and trust that the

community has in us.”

UniBank is rooted in the Blackstone Valley with assets of \$2.5 billion as of Sept. 30. A full-service, mutually owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts. UniBank is dedicated to contributing to the

overall quality of life and economic health of the communities it serves, while maintaining a high level of financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC and Member DIF. UniBank NMLS #583135. The company Web site is [www.unibank.com](http://www.unibank.com).

## Shawna Foundation launches unique library poetry tour in Uxbridge, Milford

## Daniel Bourguignon named to Dean’s Honor List at Cedarville University

CEDARVILLE, Ohio — Daniel Bourguignon, a Whitinsville student majoring in Elec Engineering, was named to the fall 2022 Dean’s Honor List at Cedarville University. Students receive this achievement for obtaining a 3.75 GPA or higher for the semester and carrying a minimum of 12 credit hours.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 5,082 undergraduate, graduate, and

dual-enrolled high school students in more than 175 areas of study. Founded in 1887, Cedarville is one of the largest private universities in Ohio, recognized nationally for its authentic Christian community, rigorous academic programs, high graduation and retention rates, accredited professional and health science offerings, and the #4 national ranking by the Wall Street Journal for student engagement. For more information about the University, visit [cedarville.edu](http://cedarville.edu).

UXBRIDGE — The Shawna Foundation presents The Library Poetry Tour, bringing live poetry readings to the Milford Town Library and the Uxbridge Free Library quarterly throughout 2023. The readings will be held quarterly, hosted by Tony Brown, the winner of the 2022 Stanley Kunitz Medal, endowed by the late U.S. Poet Laureate and Worcester native and awarded annually to a poet for lifetime achievement and service to the Central Massachusetts poetry community.

Robin Ballou Boucher is the featured poet for February. Robin is on the Board of Directors of the Worcester County Poetry Association and has studied with local poets, attended writing retreats and workshops and has taken classes through Grub Street and with Stanford University.

Executive Director of the Shawna Foundation Skip Shea says, “We are excited to start this new program in the towns of Milford and Uxbridge. Uxbridge was Shawna’s hometown

and she had a love of poetry and was a writer herself. We felt this was a great way to continue to honor her memory. Having Tony Brown host and Robin Ballou Boucher the first reader of the program is also very special as they both have Uxbridge roots.”

The first readings of 2023 will be held on Feb. 8, 7 p.m. at the Milford Town Library and Feb. 16, 7 p.m. at the Uxbridge Free Library. The program is financed in part by the Milford Cultural Council and the Massachusetts Cultural Council.

The Shawna E. Shea Memorial Foundation, Inc is a 501(c)(3) non-profit whose mission is to support and showcase artists in filmmaking, performance arts and creative endeavors with a focus on underrepresented communities.

We do it all in memory of Shawna Shea who passed away in 1999 at the age of 16.

For more information, visit [shawnafoundation.org](http://shawnafoundation.org).

## Springfield College recognizes Dean’s List students for fall semester

SPRINGFIELD — Springfield College Recognizes Dean’s List Students for the 2022 Fall Semester.

Springfield College has named Devin Haire from Douglas to the dean’s list for academic excellence for the 2022 fall semester. Haire has a primary major of Health Science.

Springfield College has named Brooke Hooper from Douglas to the dean’s list for academic excellence for the 2022 fall semester. Hooper has a primary major of Comm. Sci. and Disorders.

Springfield College has named Brynn Hurley from Douglas to the dean’s list for academic excellence for the 2022 fall semester. Hurley has a primary major of Health Sci / Pre-PA.

The criteria for selection to the Dean’s List are as follows: The student must have

completed a minimum of 12 credit hours of graded coursework for the term, exclusive of “P” grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.




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**American Red Cross**



**Barry**  
Age 6

### Friday’s Child

**Hi! My name is Barry and I love to play!**

Barry is an energetic and affectionate boy of African American and Caucasian descent who loves to explore outside and play with cars and trains. He is described by those who know him best as kind, loving and “an absolute joy” with unparalleled empathy and an amazing laugh. Barry will comfort others if they are upset or hurt, and his laughter and carefree demeanor lift the spirits of everyone he meets. In addition to outdoor play, Barry loves painting and any kind of sensory play like slime, water and sensory bins. He recently learned to jump with both feet off the ground!

Barry has made significant progress with his speech and language, and now uses more than 50 spoken words. He communicates in two- to three-word phrases, and occasionally supplements this with gestures, signs or his communication device. Diagnosed with autism and some additional medical needs, Barry is followed by a team of specialists. He is thriving in a small classroom with individualized attention, and loves being around peers- he even enjoys sharing with them! The adults in his life note that he has strong problem-solving skills and is able to make connections, such as going to get a paper towel if he notices that something has spilled.

Legally freed for adoption, Barry seeks a fun and active family who can provide a balance of the structure that he requires and the love and affection he craves. A family should be prepared to advocate for Barry and to support his independence as he continues to grow and develop. He will do best in a two-parent home, with or without other children. Visits twice a year with his biological mother will need to be supported.

<https://www.mareinc.org/waiting-child-profiles#gallery/child/7946>

**Can I Adopt?**

If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ+ singles and couples.

As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts.

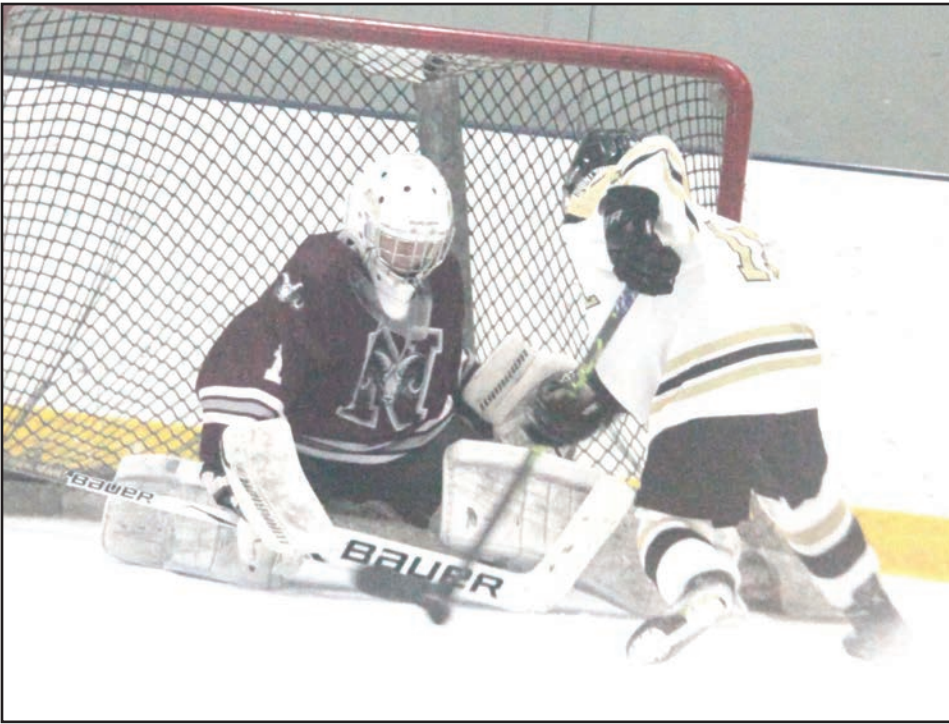
The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with.

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



# SPORTS

## One week after big loss, Rams rebound with important win over Saint Paul



Nick Ethier



Nick Ethier

Northbridge goalie Zach Menard holds his ground and makes a save on a Saint Paul player.

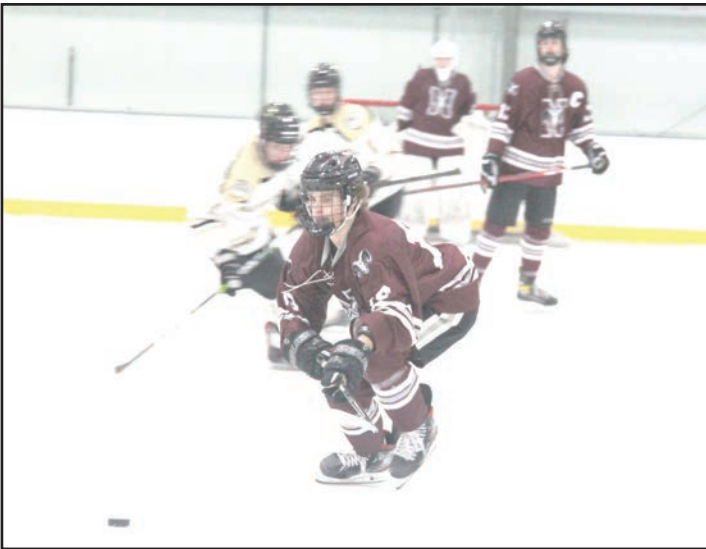
Derek Lewis of Northbridge battles with a Saint Paul player along the boards.

BY NICK ETHIER  
SPORTS EDITOR

WORCESTER — Back on Jan. 2, the Northbridge High varsity co-op hockey team lost to Saint Paul High, 6-1. The Rams were able to try and exact revenge on the Knights just nine days later when they played at the Worcester Ice Center on Wednesday, Jan. 11.

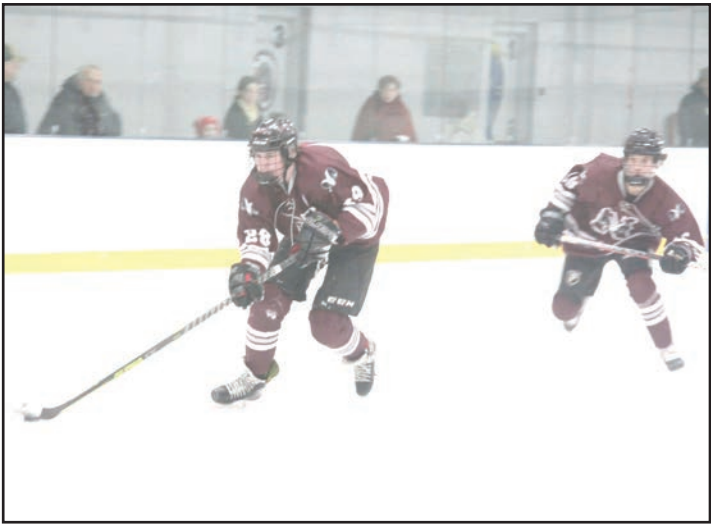
“We played these guys last week and they gave us a thorough beating, but we’re a better team than that,” explained assistant coach Jim Qualey, who was serving as head coach as Ryan Neville was away on business in Texas. “That’s what we talked about all week in practice, was we’re better than what we showed and we’ve got to work harder.”

But Saint Paul grabbed leads of 1-0, 2-1, 3-2 and 4-3 against Northbridge,



Nick Ethier

Northbridge's Ryan Ruzzo skates up to a loose puck versus Saint Paul.



Nick Ethier

Northbridge's Chase Falcon is in all alone for a breakaway versus Saint Paul, where he scored his second goal of the game.

### Girls on the Run Worcester County invites new participants for 2023 Spring Season

Girls on the Run Worcester County's registration for girl participants is now open. Girls on the Run is a physical activity-based, positive youth development program that inspires girls in grades 3-8 to be joyful, healthy and confident. The 10-week program incorporates running to teach critical life skills, encourage personal development and foster team building and community service. Volunteer coaches utilize a curriculum to engage teams of girls in fun, interactive lessons. Teams meet twice a week for 10 weeks, and the program culminates with all teams participating in a 5K event.

Girls on the Run Worcester County will serve over 30 sites throughout the 2023 Spring Season beginning the week of March 27. The non-profit organization is currently seeking girls in grades 3-8 to participate in their transformative, confidence-building Spring season.

Jennifer Bolt, a coach with Girls on the Run throughout Fall 2022, stated that her school “saw girls develop new friendships - both in the program and around school,” as well as “demonstrate great pride and excitement in knowing that they can run a 5K.” Similarly, coach Heidi Richard saw a transformation in her team, particularly in the Community Impact Project portion of the program. Each team completes this project to enhance their leadership skills and serve their community. Her team chose to collect supplies to donate to a local animal shelter. “From speaking at all school meetings, to making an announcement over the intercom each morning for a week, our girls went above and beyond to spread the word and get their community involved,” Heidi said.

Girls in grades 3-8 can register today to be entered into “lottery status,” which gives each girl a fair shot to participate in the program. The lottery will run through Feb. 3, and those who register during this period will be notified of their girl's registration status no later than Feb. 6. Following this period, registration will be on a first come, first serve basis.

For more information about coaching or registering girls in the Girls on the Run program, visit [www.gotr-worc.org](http://www.gotr-worc.org).



Nick Ethier

Cody Tkaczyk of Northbridge looks up before firing off a shot against Saint Paul.

whose co-op also includes student-athletes from Uxbridge High, Sutton High and Nipmuc Regional.

“They never gave up, and that’s something that’s sort of haunted us in the past,” said Qualey. “They were upbeat on the bench and in the locker room in between periods.”

Remaining upbeat ultimately helped the Rams, as they came from behind to dispatch the Knights, 5-4.

“Last game I think we had double digit penalties and maybe 14 shots on net. We tend to start off slow and have to find ourselves to pick it up,” explained Jack Nummela, who was instrumental in the victory as he finished with two goals and one assist.

With Saint Paul leading 3-2 late in the second period (Chase Falcon had scored the Rams’ first two goals, one shorthanded and the other on a breakaway), Northbridge drew

back-to-back penalties which resulted in a five-on-three power play. And the Rams wasted little time tying the score when Joe Sullivan sent the puck toward the net, which Nummela collected. Nummela then sent the puck across the crease to an open Brett Flanders, who scored into the open net.

Even though the Saints (5-4) grabbed a 4-3 lead early in the third period, Nummela remained persistent. He knotted the score with 9:18 remaining when he banged home a rebound into the net.

Then, with just 1:08 remaining, Nummela tipped in a shot from the point off the stick of Patrick Schrafft.

“I tipped it in front, lost it and the goalie put it in for me. It rolled past him, he dove for it and he pushed it in,” Nummela said of the winning

score.

The defense and goalie Zach Menard (22 saves) stood tall the rest of the way, resulting in the victory. Nummela was happy his team got the win for Neville, who was due back in Massachusetts the following day.

“Our coach isn’t here, he’s on a business trip, and he’ll be happy to come back. He wasn’t too happy the last time we played these guys,” said Nummela.

Qualey hopes that Northbridge, now 5-3, will continue to show progress as the season moves onward.

“Hopefully this is a big turning point,” he said.

“It will just push us and we’ll keep carrying with it. We’re starting to realize that we’re actually a good team,” added Nummela.

NEWS

ESSENTIAL local NEWS





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**SORRY, SOLD**



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Webster Lake  
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Webster Lake  
13 Bates Point Road



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OXFORD**



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# New senior low impact exercise classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live 8-week session of Low Impact Exercise classes for Seniors. This is a fitness program that will include light cardio with full body toning. This is an 8 week specialized pro-

gram designed for seniors. The program will begin Thursday, Feb. 16 from 2:45-3:45 p.m. at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron St. The class will run for one hour, one day a week,

on Thursdays, for an 8-week period of time. The instructor, Pamela Landi, is a certified personal trainer. The suggested donation cost of this eight-week class is \$25. Checks may be payable to the Uxbridge Senior Center.

The benefits of exercise include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! These workouts are safe and can be done at any fitness level. There will be an option of doing these exercises seated or standing. The class would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge and is open Monday through Friday from 8 a.m. to 4 p.m.

## Hannah Smith initiated into Omicron Delta Kappa

LEXINGTON, Va. — Hannah Smith, a native of Uxbridge, was recently initiated into the Worcester Polytechnic Institute Circle of Omicron Delta Kappa, the National Leadership Honor Society. The Society welcomed 1,085 new initiates from 45 universities during November 2022.

Students initiated into the Society must be sophomores, juniors, seniors, or graduate/professional students in the top 35% of their class, demonstrate leadership experience in at least one of the five pillars, and embrace the ODK ideals. Fewer than five percent of students on a campus are invited to join each year.

Omicron Delta Kappa Society, the National Leadership Honor Society, was founded in Lexington, Virginia, on Dec. 3, 1914. A group of 15 students and faculty members established the Society to recognize and encourage leadership at the collegiate level. The founders established the ODK Idea-

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BAIL COMMISSIONERS NEEDED

EAST BROOKFIELD DISTRICT COURT JURISDICTION

The Massachusetts Trial Court hereby gives notice of the availability of one or more Bail Commissioner appointments for the East Brookfield District Court located in Worcester County.

A Bail Commissioner is appointed by the Massachusetts Trial Court to make bail decisions and release persons arrested when courts are closed (overnights, weekends and holidays.)

PLEASE NOTE: This is an appointment only. No salary or benefits are included but fees may be collected from the person in custody at the time of release. The base fee is \$40.00. Bail Commissioners are required to have reliable transportation in order to travel to the East Brookfield District Court and the police departments located in Barre, Brookfield, East Brookfield, Hardwick, Leicester, New Braintree, Oakham, Paxton, Rutland, Spencer, Warren and West Brookfield. Proximity to the communities listed and familiarity with criminal law and procedures helpful. If you are interested in being considered for appointment please contact:

CATHERINE M. COUGHLIN, ESQUIRE

STATE BAIL ADMINISTRATOR

EXECUTIVE OFFICE OF THE TRIAL COURT

catherine.coughlin@jud.state.ma.us

The appointing authorities do not discriminate against any applicant because of race, color, sex, age, national origin, religion, sexual orientation, gender identity and/or expression, status as a veteran, basis of disability or any other federal, state or local protected class.

PUBLIC NOTICE

BAIL COMMISSIONERS NEEDED

DUDLEY DISTRICT COURT JURISDICTION

The Massachusetts Trial Court hereby gives notice of the availability of one or more Bail Commissioner appointments for the Dudley District Court located in Worcester County.

A Bail Commissioner is appointed by the Massachusetts Trial Court to make bail determinations and to release persons arrested when courts are closed (overnights, weekends and holidays.)

This is an appointment only. No salary or benefits are included but fees are collected from the person in custody at the time of release. The base fee is \$40.00.

Travel to the Dudley District Court and the cities and towns in the its jurisdiction is required: Charlton, Dudley, Oxford, Southbridge, Sturbridge and Webster. Proximity to all communities and familiarity with the criminal law and procedures is helpful.If you are interested in being considered for appointment please contact:

CATHERINE M. COUGHLIN, ESQUIRE

STATE BAIL ADMINISTRATOR

EXECUTIVE OFFICE OF THE TRIAL COURT

catherine.coughlin@jud.state.ma.us

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