

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

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Friday, March 19, 2021

Uxbridge principal to present at national conference

BY KIMBERLY PALMUCCI RIBUNE CORRESPONDENT

UXBRIDGE Uxbridge High School Principal Michael Rubin—who was named the 2020 Massachusetts High School Principal of the Year-will be presenting as part of a panel discussion at this year's South by Southwest Education Conference.

The conference, which is commonly referred to as SXSW-EDU, is being held virtually this year in March. The panel is sponsored by American Student Assistance, a national nonprofit "committed to helping kids know themselves, know their options, and make informed choices to achieve their education and career goals," according to an Uxbridge district statement.

"It is always a privilege to highlight the work of our team at UHS," Rubin said. "Even in the midst of a global pandemic, our

educators are innovating and developing better ways to prepare students for their futures. We share how the balance between skills and content drives what our students and staff do in our classes to inspire and energize others.²

Entitled "Skills-based Hiring: A Paradigm Shift for Educators," the dis-cussion will focus on ways that schools can incorporate skill development and career readiness into traditional models, the district released.

"As employers are moving from a pedigree-based to a skills-based hiring approach, educators are stepping up to instill students with the new foundational skills needed to succeed including life skills, which are the largest barrier to students' life readiness after high school," Uxbridge said in its statement.

The other panelists include: Grace Suh, Vice President, Education at IBM Corporation; Jake Hirsch-Allen, North Workforce America Development and Higher Ed System Lead for LinkedIn Learning; Carlos Moreno, Executive Director, Big Picture Learning; and Pat Leonard, Vice President, Strategic Partner and Business Development, Credly. Julie Lammers, the Vice President for Government Relations Advocacy and for American Student Assistance, will serve as moderator.

"It's been our experience that in order to drive change, it is critical to have engaged principals at the helm," said Jean Eddy, the CEO of American Student Assistance. "And, we couldn't be more pleased that Mike Rubin joined our SXSW-EDU panel on the Paradigm Shift to Skill-based Hiring. The skills required of the modern workforce have changed: greater digital intensity, increased business acumen, and

more versatile human skills. Mike's insight into how Uxbridge High School embraces the paradigm shift and embeds skill acquisition in the coursework sets the gold standard for other high schools."

Rubin was named the 2020 Massachusetts High School Principal of the Year, and Uxbridge High School has developed three career pathways in advanced manufacturing/engineering, biomedical science, and information technology/media studies. The school is in the approval process for a fourth pathway in business, finance, and logistics, the district statement said. Under Rubin's leadership, UHS has earned acclaim among the top 20 percent of high schools nationally, according to US News and World Report, and has earned acceptance into both the CAPS Network and National Consortium of

Turn To RUBIN page A6



Michael Rubin

Sutton police join other departments to support local toddler battling cancer

BY KIMBERLY PALMUCCI T R I B U N E CORRESPONDENT

Rowan who is battling a rare form of childhood Police

their community named some driving 2 hours to be here," the Warwick Department

Drive-by donations for Food Bank held at

SUTTON — More than 130 police cruisers, fire trucks, and more from all across the region-and even a State Police helicopter—recently gath-ered in Warwick, R.I. to brighten up the day of a two-year-old who is fighting cancer.

Rowan Shaw has been battling a rare form of childhood cancer; the Sutton Police Department was among the many agencies across Massachusetts and Rhode Island that joined the effort.

"The Warwick, R.I. Police Department put the call out the other day for a little tyke in

cancer," Sutton police released in a statement. "WPD was looking to brighten up Rowan's day by having a drive-by his house of all kinds of emergency vehicles."

Hearing the call, Sutton Patrolmen Derek Desruisseaux and Chong Her, Jr. washed up a few of the department's cruisers and headed to Warwick.

"We don't have enough space in a post to individually thank each department that showed up, but we had police and fire representation from almost every city and town in Rhode Island as well as many from Massachusetts,

shared on social media after the event. "We even had the Massachusetts State Police helicopter flying over the procession of vehicles. Rowan's smile and thumbs up at the end of the procession leads us to believe he enjoyed the show."

In a statement on the "Fight for Rowan" Facebook page-established so members of the community can follow Rowan's fight against childhood cancer-it was confirmed that 131 cars and a helicopter attended the event.

"First responders from all over our state and all Turn To SUPPORT page A6

Millbury First Congregational Church

MILLBURY — The Millbury First Congregational Church, at 148 West Main St. is inviting people to bring donations of Food, Personal Hygiene Items, Goretti's or CVS Gift Certificates to the church parking lot on Saturday, April 17, from 11 a.m. to 2 p.m. All donations will be taken to the Millbury Senior Center. Suggested items include Canned Tomato Macaroni Meals, Fruit Juices, Canned Hash, Spam, Mini Hot Dogs, Jelly or Jam, Ketchup, Mayo, Mustard, Relish, Salad Dressing, Pop Tarts, Cracker Snack Packs, and Paper Towels. A long row of tables will be set up so you can drive along side, and you can put your donation on the table, or stay in your car, pop your trunk or hatch back and we will remove your donation. Please Enter from West Main Street and Exit to Beach Street.

Please join us in celebrating the blessing of being able to help those in need.



Uxbridge art students earn accolades

BY KIMBERLY PALMUCCI RIBUNE CORRESPONDEN

UXBRIDGE — The artwork of several local students from Uxbridge High School has recently been selected to art award showcases across the Commonwealth.

Uxbridge High School Principal Michael Rubin announced that the artwork of students Keku Wheelock, Taylor Sanford, Margaux Lewis, and Jalyn Gingras has been recognized.

Courtesy

An award-winning drawing by Keku Wheelock.

Wheelock, a grade 11 student, won a Regional Award for the Scholastic Art and Writing Awards, the school announced, describing the accolade as "the nation's longest standing and most prestigious art and writing awards for scholastic achievement in the arts," with awards selected across 27 different categories.

"In Keku's case, the award was in the drawing category, defined as art that is composed of marks made with a manual or mechanical instrument on a two-dimensional surface," the school announced.

Drawings include "all renderings made by an instrument on a surface" and may include formal, realistic and/or abstract imagery, the school released. Illustrations are works that "graphically depict a concept or subject." Either drawings or drawn illustrations could be submitted to this category.

In addition, Taylor Sanford, a grade 12 student, Margaux Lewis, grade 12, and Jalyn Gingras, grade 9, had their work accepted to the Massachusetts Emerging Amazing Artists Recognitions Exhibit. This online gallery has been open for public viewings as of March 8.

"The growth of our fine

art program over the past several years has been remarkable," Rubin said. "We have educators who are completely dedicated to the craft of creativity and who inspire students from all abilities to demonstrate their ideas and inspiration."

Uxbridge High School's art department includes Lisa Struppa and Claire Munley, as well as Joseph Barros, who also works in the technology education department, focusing mostly on digital media, school officials added. Struppa teaches courses in textile design, drawing, and ceramics, and Munley focuses on introductory courses, drawing and painting, and digital media.

UXBRIDGE FREE PUBLIC LIBRARY

15 North Main St. Uxbridge, MA 01569 www.uxbridgelibrary. org

Please visit our website or call 508-278-8624 x100 for our most up-to-date hours of operations, services, and additional programs!

2021 Virtual April Programs

Adult Programs

Virtual Gentle Yoga -Saturdays at 10:00am

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

Virtual Mindfulness Meditation - Thursdays, April 1st and April 15th at 6pm

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

Virtual Bookies Book Club - Monday, April 26th at 6:30pm

Zach will lead a discussion on Writers & Lovers by Lily King. This title is available through CWMARS and through the Hoopla Digital app. Patrons interested in participating should email zparrish@cwmars.org for a link to the Zoom

Youth Programs

Take-Home Crafty Wednesday's-Wednesday mornings and afternoons Our weekly crafts are back! Let us know how many you would like in

Virtual Story Times -Monday and Wednesday mornings at 10:30am

vour curbside bag!

Join Lindsev and Iggv on Facebook Live for songs, rhymes, stories, and more! Best for ages 0-4.

Virtual PJ Story Time Thursday, April 29th at 7:00pm

Join us on the last Thursday of the month on Facebook Live with cozy picture

books! Best for all ages.

Virtual Music and Movement with Deb Hudgins Tuesday mornings

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

of Trustees.

*Virtual Mug Meals: Pepperoni Pizza Wednesday, April 14th at 5pm

Join us and Chef Julie on Zoom to make pizza in a mug!!

4 Tbsp. all purpose flour

7/8 tsp. baking powder 1/16 tsp. baking soda

1/8 tsp. salt

3 Tbsp. milk

1 Tbsp. olive oil

1Tbsp. marinara sauce 1 generous Tbsp. shredded mozzarella cheese

5 mini pepperoni 1/2 Tsp. dried Italian herbs (basil or oregano will work)

Large mug

Ingredients can be adjusted to accommodate food allergies and sensitivities. Visit our Calendar to register. This program is best for ages 8 and up. Brought to you by the Library Board of Trustees.

*Virtual Mug Meals: French Toast -Wednesday, April 28th at 5pm

Enjoy a cozy breakfast-for-dinner treat!

1 or 2 slices of bread, cubed (just fill your cup

to overflowing a bit) 2 Tbsp. butter

1 egg

3 Tbsp. milk

Dash cinnamon Drop of vanilla extract

(optional)

Large mug

Ingredients can be adjusted to accommodate food allergies and sensitivities. Visit our Calendar to register. This program is best for ages 8 and up. Brought to you by the Library Board of Trustees.

*Super Smash Bros. Ultimate Online Tournament - Thursday, April 15th, 7-9pm

We are partnering with One Up Games for tournament! another Format of games will be 1v1, Best of 3, and Double Elimination. Play for a chance to win a prize! See below for expectations:

No cheating/using hacks

No abusing glitches

Players are encouraged to record or stream the event from their own account. We just ask that you mention us in your description

No whining or spamming

Have fun! Visit our Calendar to register. After registration you will receive a confirmation email a few days prior to the event with instructions on how to join and queue up for your matches. Best for ages 10 and up. Brought to you by the Library Board of Trustees.

*Virtual Family Trivia: Games Edition - Thursday, April 22nd, 7-8pm

The Trivia Brothers are back again for more fun! This hour long program will consist of trivia questions all about games. You will need TWO DEVICES in order to enjoy the optimal experience - a computer (to join the Zoom meeting) and a smartphone or tablet (to play the game). Teams can be composed of individual or multiple players. Recommended team size is 3-6 players. Visit our Calendar to register! Best for all ages. Brought to you by the Mendon Taft Library and Uxbridge Library Board of Trustees.

Letters to Librarians Have you ever had a pen pal? Do you wonder what the librarians have been up to? Email Lindsey at lcentrella@ cwmars.org to join our Letters to Librarians pen pal program!

Do you miss LEGO club?? We sure do! Email Lindsey at lcentrella@ cwmars.org if you'd want to join a virtual LEGO club at the library!

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

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Douglas Public Schools to hold Kindergarten registration

DOUGLAS — The Douglas Public Schools will be holding Kindergarten registration on Thursday and Friday, April 8 and 9.

Children eligible for Kindergarten in September must be five years of age on or before Sept. 1. Registration will be held in the foyer at the main entrance of Douglas Primary School, 17 Gleason Ct., from 9 a.m. to noon on April 8 and noon-2:30 p.m. on April 9. Registration packets will be mailed to eligible residents prior to March 16.

Parents must present their child's original birth certificate or a certified copy together with immunization records at the time of registration. If you have any questions, please call (508) 476-2154.





FOR A LIMITED TIME:

We have CNA scholarships available to the right applicants. Please inquire for further information.





Rehabilitation and Skilled Nursing Center



5 out of 5 Stars $\triangle \Delta \triangle \Delta \Delta \Delta$ Centers for Medicare & Medicaid Services Rating system for: Health Inspection Staffing and Quality Measures.

Spring Into A Rewarding New Career in 2021

We are grateful to be a part of this wonderful community. Thank you for "social distancing" to keep us all safe. We hope you'll consider Quaboag as your next career move.

Positions Available

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- SIGN-ON BONUS (\$3000 SIGN-ON BONUS FOR **FULL-TIME NURSES FOR A LIMITED TIME)**
- Referral Bonus (for when you bring a friend)
- Education Reimbursement

"One of my favorite things about working at Quaboag is that you can tell the staff is here because they care about the patients. I have also found that my supervisor and administrator are very approachable when I have any concern. There are a lot of places where someone in a supervisor position is not that approachable." — Nicole F. (CNA)

"I am Definitely glad to be a part of the team as well. I feel like I'm home and everyone has been wonderful. - Nicole V. (LPN)

"In the time that I have been working at Quaboag I have witnessed the well-being and comfort of the residents as the main priority of the facility. The facility is centered around patient care and is designed in the best interest of the residents.

– Lynnea T. (CNA)

We are a Deficiency-Free community facility in a beautiful small town with a family feel.



For more information please contact: Julie Stapleton at 508.867.7716 Or apply online at: quaboagonthecommon.com

"Start growing a herb garden," say local gardening experts

— Even though it hit 65 REGION degrees last week, it's still too early to plant outside. But many people have food, herbs and flowers started indoors, and now is an ideal time to learn something new about gardening.

That's the energy behind a regional library collaboration to provide online programs from educators at Blackstone Valley Veggie Gardens. It began Feb. 23 and runs every Tuesday at 6:30 p.m. on Zoom through April 20.

Last week's session looked at growing herbs.

"If you want to do something easy, no muss, no fuss, start growing a herb garden," said Kathleen Donovan, who has grown them for food, medicine and gifts for many years. Later, she added, ... If you want to be self-sufficient in the Covid and post-Covid age, you want to save your seeds."

Starting them from seed "can be tricky because herb seeds are tiny," but it's easy from cuttings taken from last year's plants.

Typically, Donovan said, that should be done "at the end of summer, once the plants are big." She showed two short videos - one with Donna Emery, the other with an unnamed male gardener talking about how to do it. He described the ideal cuttings as being "semi-ripe," with the base "slightly woody," coming from healthy but not yet flowering plants. If you get a clean four- to sixinch cut just below a leaf joint, they can be stored in the fridge up to 12 hours before dipping them in an organic gel (Donovan later noted unpasteurized honey or cinnamon work well). They generally root in six to eight weeks, but sometimes take up to four months in a greenhouse, cold frame or under a clear plastic bag, provided they're not in direct sunlight. When the roots form, they can be potted and/or transferred to the garden, he said.

Emery noted best results require pots with a "lightweight cutting mix" of vermiculite and peat (can make it yourself, but it's also cheap by the bag). That's also how she starts from seed, a more complex process. Because "many seeds need light to germinate," it's very easy to plant them too deep; all they need is a sprinkling of soil atop them and plenty of water, she said.

They should be started indoors in a warm, well-lit area that's not in direct sunlight until the shoots come up. When outdoor conditions are good, and the plants are big enough, they can be "hardened" over three or four days in warm shade outdoors, but brought back inside at night.

'Basil is probably the easiest herb to grow," but "it can't tolerate any cold" and needs night temperatures above 40 degrees, Emery said. Donovan agreed, describing it as "a finicky annual" that comes in many varieties, but is one of the things she "must do every year."

"I don't think it's summer until I've had my caprese salad," made from tomatoes, mozzarella and basil, she said. It's also a well-known ingredient in pesto (garlic, basil and olive oil with or without pine or other nuts) and can become a tea.

Donovan summarized planting issues and uses of several well-known herbs, both annuals and perennials. One of the former is parsley, which is actually a biennial that is a "reasonably sized plant" which dies with frost; that year is best for the leaves. The second year it's "a parsley tree, almost"; that's when you get the seeds.

Also popular is cilantro, a parsley relative which is a perennial in areas warmer than New England (planting zone 6A). The plant goes to seed rapidly in heat. She noted the seed (called coriander, which she likes) "doesn't have the least flavor profile of the leaf" (which she doesn't). The leaf is a wellknown part of Mexican dishes. When ground to powder, the seeds are a key ingredient in India's garam masala.

Medicinally, chamomile is good to have around. Donovan said she "take[s] it every day and it really cut down my migraines;" it also helps reduce inflammation and can make sleep come more easily. She said she only uses the dried flowers, but other sources note the leaves are also safe.

Dill provides a good example of alternative uses. Besides its leaves and seeds being good for flavoring, oil distilled from them is used in soap, she said.

For perennials, Donovan focused on the large mint family, which are "extremely hardy." She noted they're "extremely aggressive at the root, so I suggest you grow it in its own pot." One mint is lemon balm, which isn't quite as aggressive but a "very prolific spreader.

. You never know where it'll come up." Like chamomile, it has mild sedative qualities. Several species of mint grow wild in New England.

She also cited sage and oregano - a "hardy perennial, but loses flavor rather quickly;" when fresh "it's out of this world." It also "seems to do a good job on colds," and other sources note sage has antibiotic traits.

Donovan observed that most perenni-

al herb seeds are "very small," showing a photo of dozens of them dwarfed by a dime. Herbs generally "don't have huge roots ... they're very fragile." That often makes them hard to transplant, and means they do best in "light and fluffy" soil ("far less than a quarter inch") rather than denser dirt or pure compost. Likewise, "if you plant [the seed] down too much ... before it pops up, it's going to run

out of steam. "It's good to grow herbs right with your veggies, not only because you get the benefits, but herbs also help repel pests," she noted. She listed several examples, including dill (repels aphids, squash bugs, cabbage loopers), basil (repels flies and mosquitoes, as do several lemon-scented plants), oregano ("repellant to many pests") and several mints (repels fleas and squash bugs).

When harvested, most of them can be dried simply by hanging loose bundles

of them or laying them flat on a cookie sheet. But the catch is to make sure bone, "they're bone, bone dry," because storing them afterward in any container will allow mold to develop otherwise. You can also use a dehydrator on the lowest setting, but that will require frequent checking.

"I grow a lot of things I don't like [to eat]," Donovan added. "I have to grow things just to see I can do it." People can sign up for future gardening forums by going to the websites of the

Southbridge, Sturbridge, Charlton, Oxford or Sutton public libraries.

Gus Steeves can be reached at gus. steeves2@gmail. com.



ACCURACY WATCH

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

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





toys or chasing a ball, and If Bella could play ball all day long, she would! She enjoys going for walks, and would love to have a home with a yard to play in! Bella can be nervous when she first meets new people, but once she warms up she will be your best friend! Men tend to scare her more, but she warms up to them with time and treats! She can also be frightened by cars and new things, so she is not looking to live in the city or in an apartment setting. Bella wants to soak up all the attention in her new home, so she is looking to be the only animal. She would do well in a home with teenagers and adults. If you think Bella is the girl you've been waiting for, please email adopt@baypathhumane.org today!

News from Beginning Bridges

parents as their children's first, best and most Music Together. important teachers in the communities of Mendon. Northbridge, Upton & Uxbridge. We are a non-profit, family support organization that provides FREE comprehensive services. Currently our programs include weekly virtual early literacy story times, outdoor story walks, a Culture Club and many activity suggestions on our webpage. We also sponsor parent education programs, offer the Ages & Stages Developmental Questionnaire and can connect families to resources. Our goal is to support parents as they guide their children to reach their optimum potential. We work with many community partners who share the same goal of strengthening our communities. 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). Upcoming Events-Registration is required for all upcoming events. Links can be accessed on our website or contact Emily Murray at 508-278-5110 or Emurray@smoc.org. Mondays, Yoga for Children Ages 3+, virtually at 12:30 pm: The principles of Yoga teach children kindness, sharing, compassion, mindfulness and awareness. Tuesdays, Music Together, virtually at 10 am: Ages 0-5, 30 minutes of music,

UXBRIDGE — Beginning Bridges CFCE supports movement, fun and learning with Vicki DeMott of

TRIBUNE Almanac **REAL ESTATE** -

BLACKSTONE

None.

DOUGLAS

\$125,000, 134 Yew St, Gressak, Betty J, to Corcoran, Richard.

NORTHBRIDGE

\$280,000, 70 Heritage Dr #70, Alice R

UXBRIDGE

\$618,282, 30 Tabor Rd, Downeast Realty LLC, to Leblanc, Monique, and Leblanc, Elisabeth.

\$423,650, 194 Crownshield Ave #J4, Independence Uxbridge Rlt, to Peacock, James, and Peacock, Beth.

Tuesday 3/23, Watch Me Grow – Five and Below, virtually at 7:15pm: Learn about early child development, connect with others and create a photo keepsake capturing your child's development.

Wednesdays, virtual Alphabet Story Time, every Wednesday at 10:00am: It's all about the Alphabet!

Wednesdays, World Explorers, 2/27 - 5/26 at 12:30pm, virtually: Ages 3+, please join us in celebrating children all over the world through literature, music, art and images.

Thursdays – 03/04 - 04/08, Fairytale Fun, at 10am or 11am, ages 3 to 5, curbside pick-up of art materials every Tues. & Wed. 12-4 pm, Thurs. 2-6:30 pm and Fri. 12-4 pm at Taft Library in Mendon;

Pajamarama, with Deb Hutchins, Enjoy a PJ Music time at your own leisure. Link on our website.

Douglas preschool/ pre-kindergarten program accepting applications

DOUGLAS — Beginning March 8, the Douglas Preschool/ Pre-Kindergarten program will be accepting applications from Douglas residents for the 2021-2022 school year.

Our program offers preschool for three-year-olds and Pre-Kindergarten for four-year-olds. We offer a half day program for three-year-olds and both half- and full-day programs for four-year-olds. A variety of options, including two, three, or five days, are available.

Open House will be held later this year at Douglas Primary School, 17 Gleason Ct.

Applications are available on the Douglas Public Schools Web site or by calling the Douglas Primary School at (508) 476-2154. Children must be three years of age by Sept. 1. Deadline for applications is March 26.



500 Legacy Farms North • Hopkinton, MA 01748

Thank you to Milford Federal for being our Pet of the Week Sponsor!



TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: news@stonebridgepress.news OR send to Blackstone Valley Tribune P.O. Box 90, Southbridge, MA 01550

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UXBRIDGE SENIOR CENTER

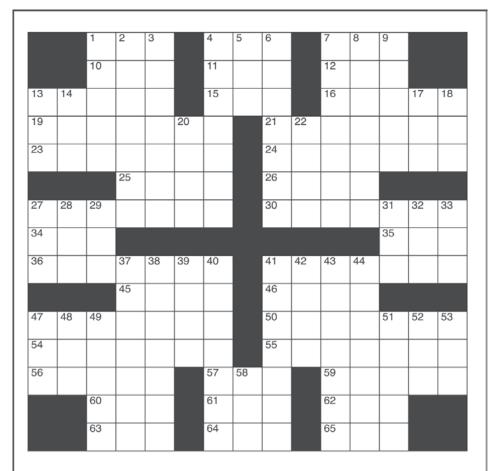
36 South Main St. (508) 278-8622

Lisa Bernard – Director Gail Boutiette – Outreach Coordinator Donna Oncay – Transportation Coordinator

Omer Boucher – Van Driver Sally Selvidge–Activities Coordinator Edwina Porter – Chef

The month of April is a special month to celebrate our volunteers. The theme for National Volunteer Week, which takes place from April 18-24, is Points of Light, shining a light on the people and causes that inspire us to serve. National Volunteer Week is an opportunity to recognize and thank volunteers who utilize their time, talent, voice and resources to meet the critical needs of our community. This is a time to celebrate the impact of volunteer service in our Town.

I want to thank all of our volunteers in the Town of Uxbridge, not only at the Senior Center, but throughout the Town. Many of our volunteers are seniors, especially those who work for the Senior Work-off Program, who serve in different departments. Our volunteers serve in various capacities including answering telephone calls, filing, assisting others, working in the hot lunch program, serving on various town committees and inputting computer info, to name a few. Volunteerism empowers individuals to find their pur-



CLUES ACROSS

- 1. ____ fi: popular genre
- 4. Curved shape
- 7. Defunct airline
- 10. Beverage receptacle
- 11. Corporate bigwig
- 12. Belong to he
- 13. They cover cuts
- 15. Cost per mille
- 16. Walk into
- 19. Power-producing machine
- 21. Part of one's character
- perceived by others
- 23. Emotionally appealed to
- 24. Protected
- 25. Wrestling icon Okerlund
- 26. Thailand's former name
- 27. Muscle weaknesses

- 35. Expression of satisfaction
- 36. Mythical winged horse
- 41. Ballplayers
- 45. Edible seaweed
- 46. Chinese politician
- 47. Tested for fertility
- 50. Glove worn with medieval armor
- 54. Basaltic lavas
- 55. Small shoaling fish
- 56. Surrendered
- 57. Taxi
- 59. Potato part
- 60. Female sheep
- 61. Trouble or difficulty
- 62. Put into service
- 63. Soviet Socialist Republic
- 64. 17th letter of Greek alphabet

pose, to take their passion and turn it into meaningful change. This is a time to honor the impact of all those who do good in our Town, and inspire others to make a difference. THANK YOU!

Curbside lunches will resume now that the weather conditions are improving. This nutritious lunch will be available to those who are able to come to the senior center parking lot for a drive-thru pick up. All precautions are in place to ensure for your safety. The lunches will be scheduled for the first and third Friday of each month. RSVP is required and a donation of \$3.00 per meal is greatly appreciated. Check out the menu enclosed in this newsletter for more information.

Outdoor activities (weather permitting) will be scheduled this month. The activities will have a limited number of participants to ensure for everyone's safety and those participants will meet outside and be spaced to ensure a six-foot social distance. RSVP will be required. Please check out the Activities Calendar inside this newsletter for more information.

The Senior Center, in collaboration with the Uxbridge BOH, continues to help folks with the COVID vaccination appointments. Please call the senior center for assistance and information. The Senior Center wishes to thank the Uxbridge BOH for all their hard work and dedication in helping keep our seniors safe during this unprecedented time.

Our Medical Transportation Program is up and running. Please feel free to contact the senior center if you need transportation for a medical appointment or to get to a local COVID vaccination site. Please contact Donna Oncay, Transportation Coordinator, to book your ride. Our vehicles are equipped with plexiglass barriers for your safety and all vehicles are properly sanitized after each run for your safety.

A special THANK YOU to State Rep. Mike Soter for distributing Easter lunches to Uxbridge residents during his RISE UP INITIATIVE on March 28th. This event was well received and sincerely appreciated during these difficult times.

Happy Spring and Happy Easter to all!

Thank you,

Lisa

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

Krispy Kreme Doughnut Fundraiser – Help us raise Dough for our Senior Activities! Krispy Kreme Original Glazed® sell at a price of \$10.00 per dozen. We challenge you to sell, as well, and top seller will receive a \$20.00 Hannaford Gift Card! Ps. These doughnuts freeze well. Pre-Order yours now by calling 508-278-8622. Pickup will be on Friday, April 30th from 10 am – 5:00 pm at the Uxbridge Senior Center, 36 S. Main Street, Uxbridge. Place order by Friday, April 23rd.

you would like to participate, call 508-278-8622 or order a kit before April 15th. Donation amount TBA.

Uxbridge Elderly Connection, Inc. Annual Meeting will be held on May 12, 2021 @ 6 pm. Annual Report/Elect Board Members. Call 508-278-8622 for Zoom invitation.

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

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

Every Tuesday – Virtual Chair exercises with Sally posted on the Uxbridge Senior Center Facebook page & YouTube after 2:30 pm.

Walking Club will be every Wednesday @ 10:00 am starting in May. Contact the senior center for waiver form before starting date of May 5th. Masks & social distancing required. Meeting spot is at the Blackstone Valley Greenway located on Adams Street, South Uxbridge.

1st and 3rd Wednesdays – April 7th & April 21st @ 10:00 am – Bank & Pharmacy Rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn as well.

2nd and 4th Wednesday – April 14th & April 28th @ 9:30 am – Shopping trip to Walmart. There will only be 4 people allowed on the van per visit. Call ahead to sign up! Masks must be worn.

2nd & 4th Thursdays – April 8th & April 22nd @ 9:30 am – Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance if you need a ride. Masks must be worn and limited to 4 people on the van.

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

Every Friday @ 1:00 pm – Live Facebook Pictionary with Sally & Gail! Tune in to the Uxbridge Senior Center Facebook page. Note: start time will be 2:00 pm when we have our curbside lunch pickup on April 2nd & April 16th.

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

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

30. Chooses34. American film studio.

CLUES DOWN

- 1. Frighten
- 2. Partner to corned beef
- 3. Parts
- 4. Agrees to a demand
- 5. Elected official
- 6. Navigator's tool
- 7. Relating to heat
- 8. Attractive
- 9. Wealthy US merchant
- 13. Engine additive
- 14. A passage with access only at one end
- 17. Midway between northeast and east
- 18. Cool!
- 20. Brazilian NBAer
- 22. NW Pennsylvania city
- 27. Young dog
- 28. Mimic
- 29. Large truck

- 65. Type of student
- 31. The NFL's Newton
- 32. One and only
- 33. Diego, Francisco, Anselmo
- 37. Julie ___, actress
- 38. More nourishing
- 39. Compound
- 40. A small carrier attached to the side of a motorcycle
- 41. Object of fear or alarm
- 42. Ladd, actor
- 43. Sacred place
- 44. A way to express enjoyment
- 47. Trigonometric function
- 48. A team's best pitcher
- 49. Intersecting points
- 51. Roundishly shaped
- 52. Adam's partner

58. Human hormone

- 53. God of battle (Scandinavian)
- D Ξ Μ 0 Н Я Я S S Ξ Ξ S Π 0 D A Ξ Μ SOLUTION Я Ξ Π Т В A С D Ξ Ξ С В Я Λ Ο Н С Ν A Ξ A 0 С S Y Ι Ξ Ð Ξ Ν A С Τ ٦ Τ Ν A D ٦ D ٦ Я 0 Ν Ν A Π I A S A Ξ Μ Ξ S В S Π Ð Ξ Ν Ч A A Н L Ч Π S \bot С Ξ ٦ Ξ S S Ξ S Ξ Я A Ч Ð Μ A S Ξ Ν Ξ Ι Μ Я A D Ξ A D Ξ Я Ο D Ξ ٦ Ч S Ξ Ξ Ν В Я Π Τ A Ν Ο Я Р С Я Ξ Τ Ν Ξ Μ Ч S В A С S 0 Ξ S Н С Ν A С Ι Я С S A Μ С A \bot I

Zumba Gold will continue on Thursdays April 1st – May 13th. New participants should call 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. Sessions will be sent via email.

Friday, April 2nd & April 16th – 12:00 pm - Baked Fish Curbside Pickup Is Back! RSVP is required and a donation of \$3.00 per meal is greatly appreciated. Call 508-278-8622 to reserve your meal.

National Volunteer Week – April 18th – April 24th – Thank you to our many volunteers!

Monday, April 19th – The Senior Center will be closed in observance of Patriot's Day. We will re-open on Tuesday, April 20th.

Thursday, April 22nd – 2:00 pm – 3:00 pm – Earth Day Outdoor Craft – Springtime Succulent Planters -Weather permitting. Rain date will be Thursday, April 29th. Limited to 5 people with social distancing, safety precautions in place and masks required. This will also be available virtually. If Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridgema.gov/coa or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by.

Uxbridge-ma.gov/Council-Aging

https://www.Facebook.com/ UxbridgeMASeniorCenter

https://www.youtube.com/channel/ UCNh_RIq99rucmFH-UO7VFBw

https://www.uxbridgetv.org/schedule/192

Uxbridge Elderly Connection, Inc.

Sign Up for 2021 Membership ~ \$5.00 Support the non-profit that supports our seniors!

Interested in serving on Board of Directors?

Let us know by calling 508-278-8622 Uxbridge Senior Center, 36 S. Main Street, Uxbridge MA 01569

Make checks payable to the Uxbridge Elderly Connection

Thank you for your support!



News, really close to home

MILLBURY SENIOR CENTER

Millbury Senior Center COVID-19 Vaccine Assistance

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

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

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

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

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

508-865-9154

Blood Pressure Clinic

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

inside now Come to front door and we will let

escort vou from there!

Masks required, along with social distancing!

Millbury Senior Center Transportation

Transportation is provided for Millbury Senior Residents

Monday through Friday from 9 A.M. to 4 P.M.

We travel one town out in each direction including Sutton, Grafton, Auburn and Worcester

A 48 hour notice is required for scheduling rides (business days)

Rides are free until July 1st For more information or to schedule

transportation call the center at 508-865-9154

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

9 A.M to 1 P.M.

Please call ahead to place your order and pick up

508-865-9154

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

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

For more information on coordinating a Friendly visitor

Call the center at 508-865-9154

"MEMORY CAFÉ"

Our Traveling Memory Café is visiting people monthly.

If you are interested in a visit (out-

side) please call Julieanne Fitzgerald at the senior center

We are also looking for volunteers to assist with this program

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

"Grab & Go Meals"

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

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

Or our Millbury Senior Center Facebook page A 48 hour reservation is required

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

THE MILLBURY SENIOR CENTER IS ACCEPTING

APPLICATIONS SNAP (Food Stamps)

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

Call for an appointment & required documentation

508-865-9154

"This project has been funded at least in part with Federal Funds from USDA. This institution is an equal opportunity provider.

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

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

The Senior Center is closed to the Public.

While the building is not open to the public the Food Pantry at the Millbury Senior Center is available from 9am to 1pm Monday thru Friday by calling 508or we will deliver it.

We are still here to answer any quesmask, we will give you one.

Also if you are in need of a home

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

865-9247 for an appointment our food pantry is fully stocked at this time tell us what you need and you can pick it up

tions you may have and we are available for your transportation to Doctors appointments or if you need to go to the drug store for your prescriptions, we will take you there. If you don't have a

delivered meal give us a call and we will set you up to get one delivered to you.

If it's important to you, It's important to us.

StonebridgePress.com

Amanda Keith welcomed into Alpha Lambda Delta National Honor Society

SPRINGFIELD

Amanda Keith, of Douglas, was among over 30 students from the Western New England University College of Business inducted into Alpha Lambda Delta National Honor Society in a virtual ceremony held on March 5. Keith is working toward a BSBA in Human Resource Management.

Alpha Lambda Delta recognizes the best and brightest members of the nation's first-year college students. The mission of the Society is to encourage superior academic achievement, to promote intelligent living and a high standard of learning, and to assist students in recognizing and developing meaningful goals in society. Students in Alpha Lambda Delta must have а grade point average of at least 3.5 after their first semester of full-time

enrollment.

University President Dr. Robert E. Johnson, Interim Provost Dr. Curt Hamakawa, and Vice President for Student Affairs Kerri Jarzabski joined with the Deans of the College of Arts and Sciences, College of Business, and College of Engineering in awarding certificates to new inductees, who recited the Alpha Lambda Delta pledge:

"I pledge myself to accept membership in Alpha Lambda Delta with the understanding that in doing so I accept the responsibility of maintaining its standards of Service, of Industry and of Integrity. I shall do all in my power to maintain high scholarship throughout my life and to use my education always, for the benefit of the Community, my Nation, and the World in which we live. In this

spirit I accept the membership into Alpha Lambda Delta."

Alpha Lambda Delta first-year honor society was founded in 1924 at the University of Illinois and has over 280 chapters in the United States.

Having just celebrated its Centennial, Western New England University is a private, independent, coeducational institution. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, Western New England serves 3,690 students, including 2,486 full-time undergraduate students. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy and Health Sciences, and the School of Law.

Worcester business leaders fund new scholarship at Nichols College

 $DUDLEY - A\,new\,schol$ arship at Nichols College to benefit transfer students from Quinsigamond Community College has been created through contributions from two longterm Worcester business and community leaders.

R. Joseph Salois, owner and president of Atlas Distributing Inc., and Robert Vaudreuil, retired president and CEO of The Protector Group, have committed to sponsor the Nichols Connect Scholarship, which will assist QCC graduates who pursue a Nichols degree.

"As the scholarship's name implies, this effort will connect our institutions in a meaningful way and enhance our longstanding partnership with QCC through the Affordable Business and Leadership Education initiative," said Bill Boffi, Nichols College vice president for enrollment. "We are grateful to Joe Salois and Bob Vaudreuil for strengthening our bridge to Worcester and extending Nichols' exceptional

educational opportunities to its students.²

Students enrolled in a minimum of six credits at Nichols are eligible for the Nichols Connect Award Scholarship. amounts will vary based on status as a resident student, undergraduate evening or commuter student, or student in the Affordable Business and Leadership Education initiative.

"From my experience as a non-traditional student, I understand the motivation of students who want to take their education to the next level and the importance of a scholarship that offers them the means to reach it," said Salois, a 1998 graduate and past trustee of Nichols College.

Vaudreuil, a 1977 graduate of Nichols College and former chair of its Board of Trustees, added, "I see this scholarship as a win for QCC, for Nichols, and for the Worcester business community which will continue to be strengthened by the opportunities

and educational resources provided by this partnership."

For more information on the Nichols Connect Scholarship, please call the Nichols College Enrollment Office at 508-213-2038

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.





THIS HOLIDAY HONORS A PATRON SAINT OF A EUROPEAN NATION, BUT IT IS WIDELY CELEBRATED AROUND THE WORLD.

ANSWER: ST. PATRICK'S DAY



ENGLISH: Irish

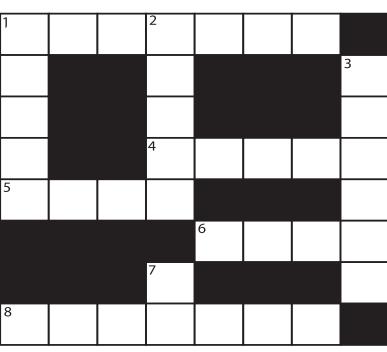
SPANISH: Irlandés

ITALIAN: Irlandese

FRENCH: Irlandais

GERMAN: Irisch

Crossword Puzzle



ACROSS

- 1. Festive day
- 4. Sweet ingredient
- 5. Slang for "yes"
- 6. A story
- 8. Irish patron saint

DOWN

- 1. Joyous
- 2. From Ireland
- 3. <u>beef and</u> cabbage
- 7. Area of a hospital (abbr.)

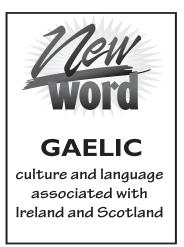
Across Across 1. Holiday 4. Sugar 5. Yeah 6. Tale 8. Patrick Down 1. Happy 2. Irish 3. Corned 7. ER



• **1762:** THE FIRST ST. PATRICK'S DAY PARADE IN NEW YORK CITY TAKES PLACE.

• **1941:** U.S. PRESIDENT FRANKLIN D. ROOSEVELT OFFICIALLY OPENS THE NATIONAL GALLERY OF ART IN WASHINGTON, D.C.

• **1963:** MOUNT AGUNG ON BALI ERUPTS.





ACCORDING TO LEGEND, LEPRECHAUNS WILL PINCH ANYONE WHO IS CAUGHT NOT WEARING THE COLOR GREEN ON ST. PATRICK'S DAY.



Can you guess what the bigger picture is?

* * * Friday's Child * * *



Mariyah Age 9

Hi! My name is Mariyah and I have a contagious laugh!

Mariyah is a playful girl of African American, Hispanic, and Caucasian descent. Those who know Mariyah best would say she is helpful, bright and very caring. She has strong communication skills and is a great advocate for herself. Mariyah has a wide variety of interests which include arts and crafts projects, dance classes, puzzles, and reading. In school, she is very social and has made quite a few friends.

Mariyah is legally freed for adoption and would do well in

a one or two parent family. If there are other children in the home, it is recommended that they are high school aged or older. Mariyah would do best in a home where there is previous parenting experience. The placement should also have a predictable and consistent schedule for Mariyah but also maintain flexibility. Interested families should be open to maintaining visits and contact with Mariyah's birth parents and siblings.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? 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.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

SUPPORT continued from page A1

the way up to and including Boston showed up to tell me goodnight. We don't even have words that can express how amazing this was," the Fight for Rowan page shared. "Truly a memory to last a lifetime and then some. I can't wait until I'm grown and get to look

RUBIN

continued from page A1

Secondary STEM Schools.

Most recently, UHS' work for innovating during the pandemic earned the school recognition as part of the "Canopy Project," a national network of about 220 programs and schools that have developed new ways of learning during the COVID-19 pandemic.

back on the community that helped me get through this. I feel like a true superstar."

More information on Rowan and his courageous fight can be found on the Facebook page "Fight for Rowan." Donations can be made directly to Rowan's GoFundMe page: gofund.me/ bd581987.

"The model being implemented at UHS of partnerships and collaborations, and looking at the essential skills for success, has had a direct impact not only on the entire Uxbridge district and our community, but the region as a whole," said Uxbridge Superintendent of Schools Dr. Frank Tiano. "This work is the future of where schools will be, and Uxbridge continues to be at the forefront."

A Real Keeper



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FRANK G. CHILINSKI PRESIDENT & PUBLISHER BRENDAN BERUBE Editor

Editorial

Ice safety tips

Naturally, warmer temperatures in the afternoon means the lakes, ponds and rivers will start to melt; however, the cooler mornings could be deceptive as to how thick the ice actually is. More people fall through ice this time of year than in any other.

We wanted to offer some awareness, and a reminder of what to do should you find yourself or anyone else in this unfortunate situation, albeit, completely unavoidable.

First, remember to stay calm. Try not to let the shock of the freezing water take over, it'll take your breath away and is painful, which is frightening. At this time, you will have roughly ten minutes before you get too cold to pull yourself out. Experts say to leave your winter clothes on and let them act as a buoy. These clothes tend to hold onto warm air and can help you float.

Next, turn back toward the direction in which you came and use solid ice to try to pull yourself out. The ice is likely thicker where you were just standing, meaning chances are it is strong enough to hold you while you pull yourself out. If you find that your clothes have trapped too much water, lift yourself up part way and lean on your elbows while the water drains out. You then want to extend your arms flat on the ice and start to shimmy yourself back onto the surface. Remember the two words "kick and pull."

Brace yourselves. In January 2021, our Congress - ever ready to help the American people - took action! For their first action, they banned the words "Father, Mother, Sister, Brother, Husband, Wife, daughter, son, she, he" in any legislation. They also banned any word with the word "man" in it.

Wait, what? This is the first action they took in 2021? And we pay them for this?

In January, Congressional Rep. Emanuel Cleaver, (a pastor of what church I do not know, nor can even imagine), concluded the opening prayer for the 117th Congress with "Amen and Awomen". Let us pray that he was joking because "amen" has nothing whatsoever to do with men or women, unless they utter the word. "Amen" [from ancient Greek/Hebrew] means "truly" or "it is so." I don't know about you, but I take my "amens" very seriously. I don't joke about them.

Now, finally, after two months in session, they pass a Covid Relief bill, at a cost of \$1.9 trillion American tax dollars. Do you know that only 9 percent of this money actually goes to Covid relief and one percent for vaccines? We are in dire need of infrastructure repair, but did they designate the other 90 percent of the money to go to our roads, buildings, and power supply? No, 90 percent of the Covid Relief money goes to museums, libraries, felons such as the Marathon Bomber, mismanaged union pension funds, and state governments. Did you know that this "Covid Relief "will cost each man, woman and child \$5,000? So, you just paid \$5,000 to get \$1,400 "from the government." And, oh, by the way, the \$478 billion in last year's Covid Relief legislation?

A MOMENT IN HISTORY BEVERLY GUDANOWSKI UXBRIDGE

Unspent. But I digress.

Banning words is a slippery slope. Soon, you find yourself tripping over your ownrules. Congressman Jim McGovern's website and his emails announce he is the "Congressman" for the 2nd District of Massachusetts. I have emailed McGovern's office pointing out that he should now be known as the "Congress person" or "Congress-human." I have yet to receive an answer.

Or, when you ban words, you find yourself in bad company:

Communist China bans words. It is forbidden to say Winnie the Pooh because some people compare Xi Zinping, the President of China for LIFE, to Winnie. They banned the words "Dalai Lama" because he is a symbol of an Independent Tibet. They banned Soviet jokes because such humor makes fun of Communism. And Communism is not funny.

Also banned is "Go Hong Kong" because this slogan supports the pro-Democracy protests in Hong Kong. They banned the "great firewall of China" because even discussing Chinese censorship is forbidden.

Iran has banned speaking English altogether. The Venezuelan government banned "independence." In 2019, the United Nations created the first investigation into atrocities committed by the Venezuelan government. I have heard no outcome from the U.N., have you? In the mail, I just received a genuine Venezuelan "dollar", the Bolivar. Want to guess what it is worth? Ten cents.

Opinion and commentary from the Blackstone Valley and beyond

In Somalia, the Al-Qaeda terrorist group - which has killed over 4,000 Somalis in the last decade - banned plastic bags. I am so relieved, aren't you?

In 2019, the Cuban government banned the annual gay "Conga" parade due to "unrest." Some of our Congressional representatives love Cuba. Why, our own Rep. Jim McGovern has been going to Cuba since 1979 and most recently in 2019. I did not hear him condemn the Communist Cuban Government for cancellation of the Conga. Maybe I missed it.

Like Iran, let's just ban that pesky English language. Too many words like 'free speech, Constitution, the First Amendment, an independent judiciary, Patriot, independence, freedom of thought, freedom to have kooky thoughts, freedom of religion, One nation under God, the Star Spangled Banner, one person one vote, U.S. citizen, George Washington, the right to bear arms, the right to petition the government for redress, the right to be politically incorrect...Mom and apple pie." You get the idea. These pesky words set some people's hair on fire.

The good thing is that we still have our U.S. Constitution and the First Amendment protection of speech so we can still say politically incorrect words such as "I protest against the politicians in Washington who install guns and fences to protect themselves, but refuse to protect the American people along our southern order with guns and fences." Such words remain protected under our U.S. Constitution. And no one can stop me or you from saying them. Not yet.

Financial checklist for new(er) parents



If you're a brand-new parent, or even if you've been one for a little while, you're no doubt filled with the many joys your child brings you. But as caught up as you are with the feelings and experiences of today, you also need to think about the future – specifically, the financial issues that accompany a growing family. What are some of the key moves you need to make? Here's "checklist" to consider:

Establish a budget. If you're going to meet the additional expenses of a child, plus make progress toward other objectives, such as paying down debts, you'll need to know where your money is going. Setting a budget, and sticking to it, may seem difficult, but once you've gotten into the habit, it will become easier - and for many people, following a budget actually gives them more of a sense of control over their finances. Over time, expenses related to your children will change, so you'll need to adjust your budget accordingly – for example, once a child is in school full-time, childcare expenses may drop, which could allow you to boost your savings.

Protect against the unexpected. If something were to happen to you, how would your child, or children, be affected? Even a family with two working parents can face serious financial difficulties if one of the parents were to die prematurely, or even just drop out of the workforce temporarily due to illness or injury. To help ensure your family could still stay in your home and your children could still afford to pursue higher education, you'll want to create an appropriate protection strategy involving both life and disability insurance. Your employer may offer both, but the coverage provided may not be sufficient for your needs, so you may need to purchase your own policies. And here's another protection-related idea: Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. Without such a fund, you might have to tap into your longer-term investments to pay unexpected costs, such as a major car repair. Prepare for high cost of higher education. You may already be thinking about sending your child to college. And it is indeed a good idea to start planning early because college is expensive, and it's getting more so every year. However, you can prepare for these expenses through a college-savings vehicle, such as a 529 plan. A financial professional can help you pick the investment, or investment strategy, that's appropriate for your needs. But whatever route you decide to follow, you won't want to wait until your child is close to college age. Keep long-term goals in mind. Even while planning for the costs associated with raising a child, including saving for college, you can't forget your other long-term goals. It isn't selfish to build resources for your own retirement – in fact, you'll ultimately be helping your family greatly by taking steps to maintain your financial independence throughout your life. So, during your working years, try to consistently contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. Having a child is obviously a life-changing event, and one with considerable financial challenges – but they can be manageable if you make the right moves at the right times.

LETTERS TO THE EDITOR Unify or divide: That's the question

To the Editor:

As snow melts in March, so our liberties, 'guaranteed' by the Bill of Rights and US Constitution, disappear with hardly a word of protest. Nothing about the Jan. 6 breach of the Capitol can be condoned. But we should ask if anyone is watching or caring enough to express righteous, public anger at what is happening today? The First Amendment to the Constitution states, "Congress shall make no law ... abridging the freedom of speech, or of the press, of the right of the people peaceably to assemble, and to petition the Government for a redress of grievances." Today, elected representatives in Congress perpetrate a greater assault on our freedoms than was achieved by the Jan. 6 mob. Today, freedom of speech is curtailed in 'hallowed hall' and by social media with power to silence opposing voices. Further, TV/print media so completely skew news factual perspectives on what's-actually-happening is hard to discern. Plus being human, we tend to believe what is constantly drummed into our heads as 'truth'. Unless anger exerts itself when we engage in independent thought, followed by legitimate (peaceful) protest, freedom of speech is lost. Today, freedom of the press is curtailed in innumerable ways. The latest, prime example involves removal of Dr. Seuss books in the name of wokeness. 'Woke' (originally meaning well-informed and up-to-date) now translates to emphasis on racial or social discrimination and injustice. That single-minded perspective is poisoning our thinking to the point where logic and common sense do not exist! Attempts at equality become so distorted, through this all-encompassing prism, that meaningful discourse is stifled. Add constant 'cancel culture' to the mix (canceling or withdrawing support for all things objectionable or offensive), and what history remains which allows future generations to avoid past mistakes? This is not 'progressive' behavior but 'regressive' reminders of Nazi book banning/ burning days and McCarthy-like blacklists of those with differing opinions. Today, Washington, D.C. is an armed camp of National Guard troops, layers of fencing and razor wire. Prominently displayed, does actionable intelligence

warrant this continuing show of force at taxpayer expense? Or does it support a narrative fellow citizens are lawless, untrustworthy individuals to be shunned? Or perhaps this optic serves to discourage a Constitutional right of 'peaceable assembly' and limits opportunities for expression of legitimate anger? Today, "For the People Act" (HR-1) has passed the House and is pending in the Senate. Its Intent is innocuous sounding- cleaner, fairer elections- but nothing could be farther from truth. If adopted, some of its general framework promises: restrictions on campaign finance; extreme expansion of voting rules/roles and how Congressional districts are redrawn (without consent of State Legislatures with Constitutional authority over such issues); adding D.C. as a state. One Congressman stated, "If we don't see sweeping reforms contained in this bill passed, we are [expletive] as a nation." If 'We, the People' allow it, he is correct! Today, hypocrisy, represented by do-as-I say-not-as-I-do directives and double-standards, runs rampant. Have we been brainwashed into turning a blind eye to realities facing America when otherwise sound policies are being systematically dismantled over political partisanship? The border issue has caused humanitarian child/ migrant 'challenges' with attendant security, social, health, economic and education problems. Energy independence is hurt by no Key Stone pipeline. Middle East peace accords are threatened by Iran. Due to COVID: children are still out-of-school with many still unemployed, and more untargeted relief money printed adding to unfathomable national debt. 'Identity' (race) is the foremost qualification for federal appointments not resumes citing applicable knowledge and experience. Is anyone angry this is SOP for 'governing' the 'land of the free?' St. Augustine suggested change requires three elements. Hope; anger so that what must not be, cannot be (on many subjects); and courage so that what can be, will be (on those same subjects)... if we act appropriately and responsibly. Unify or divide that's the question. Hope is my answer; what's yours?

If you do find yourself in a situation where ice could be an issue, carry an ice pick. Avid fishermen have been known to carry screwdrivers or nails on them just in case, as they make for better claws then gloved or bare hands.

Remember to stay flat when you are back on the surface, and don't stand up too soon, as you may cause the ice to crack again. Begin to roll away from the spot where you fell through to keep your weight distributed across the ice.

Once you are in the clear, get into dry clothes and a warm place immediately. Hypothermia kicks in roughly after 30 minutes of being submerged in ice water. Seek medical attention as your body may go into shock as the cold blood from your extremities can reach your heart, causing a heart attack.

If you are with someone who falls through the ice, do not get too close as you may be the next one to fall through. Instead yell instructions to them, on what to do, to get to safety and remain encouraging.

Reaching out to the victim without stepping onto the ice is best if at all possible. Use anything you can such as a pole, ladder or anything else that you can extend to them. If you can't reach the victim this way, try throwing them a rope or anything that you might be able to use to pull them to safety.

If none of the above are options, try to find something to float on so that you can reach the victim yourself. If a floating device is not available, do not walk upright to the victim, try instead to lay flat and roll out to the edge.

Whatever situation you are in, it will require fast action and quick thinking. The best advice is to be prepared with the proper knowledge and equipment if you do plan on spending time on the ice. JANE F. KEEGAN UXBRIDGE

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

What is behind local gas prices?

To the Editor:

I have lived in this town my entire life, and never have seen gasoline prices like this. It seems most of the gas station owners have gotten together and agreed to charge a certain dollar amount at all the stations throughout town. There are only a few owners who own most of the stations.

Gas prices in our town are higher than they are on Route 146, and everyone knows highway prices are typically much more than local prices. It's pretty sad when a small group of owners get together to control these prices. I for one now drive out of town (and not too far) to save 10 to 15 cents a gallon on gas. Hopefully, more people realize this and do the same.

WALLACE SMITH NORTHBRIDGE

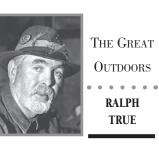
Preparations for spring fishing

Now is the time to start planning your spring fishing trips, weather it will be saltwater or freshwater. Making sure all of your fishing gear is ready, and what type of bait you will be using, cuts the cost of your fishing trips. Freshwater anglers are finding live bait is becoming very expensive, and there

is a way to cut the cost dramatically. Catching shiners only requires a little bit of research to locate a body of water that still has a good population of shiners. Purchasing a small shiner trap at a local bait & tackle shop, will run you around \$12. A piece of light rope will need to be attached to the trap, and a small amount of bread placed into the trap before lowering it into the water.

You should place the trap a foot or two from the bottom of the pond or river, and secure the rope to something solid so that you can easily pull the trap up. After a couple of days, you need to check the trap for any shiners. If the trap is empty, you should find another spot. It may take a few try's before you locate them, but once you do you will have plenty of live bait to fish with. If you can locate a place to store them, you will need to build a small box with wire on all four sides, that you can keep them in. Running water like a brook or small stream is ideal, but you will need to place it out of the way, from other fishermen.

Locating worms and Nightcrawlers is another way to save money. They are easy to catch after a day of rain in the springtime, after the frost leaves the ground. All that is needed is a small pail and a flashlight. After dark, you need to find a good lawn or golf course to pick your nightcrawlers on. Be sure to ask for permission before going on private property, and be sure to bring the youngsters along. They will have



a great time trying to catch them. The trick is not to shine the flashlight directly onto the crawlers or they will quickly retract themselves into their back After hole. picking a couple hundred crawlers, you

need to properly store them. A small refrigerator like they use for college is ideal. Locate a couple of Styrofoam boxes that will fit into the refrigerator.

There are many small refrigerators at yard sales that can be purchased cheap. Using a few sheets of damp newspaper on the bottom of the box, you will need to add a few inches of good top soil. Be sure not to get the soil too wet. Place the nightcrawlers on top of the soil and cover them with a piece of an old ragbag , slightly moistened. Set the temperature at 45 degrees, and check them regularly. Adding a few used coffee grounds to the mix works very well.

With trout season starting any day now, many anglers prefer to practice catch & release. Trout need to be handled very carefully if they are going to be released. Try to keep the trout in the water after they have been netted. Anglers that handle the trout that are going to be released, often do not realize that handling them removes the slime coat of the trout leaving them vulnerable to fungus and disease. Saltwater fish like haddock suffer high mortality after being handled and then released. Catch and release of stripers, has fishermen questioning the practice.

Studies have shown a high mortality after releasing big fish. They are often fought and played with until they are exhausted. Reviving the stripers to be released, has proved to still have a high mortality, especially if the angler has a



period of photo shoots before releasing the fish! Allowing anglers to catch and keep a big striper makes more sense than catching and releasing numerous fish which some will die, until he catches and retains his legal striper. It looks as though the same regulations on all species of saltwater fish will remain the same as last year, in Mass. & Rhode Island. Circle hooks may be required for both commercial and recreational anglers fishing for stripers in both Mass. & Rhode Island!

Charter boats are hoping for a good season this year, after strict regulations from last year on limited patrons per trip. Unfortunately, some charter boats went out of business, and will not be reopening. The Clipper Fleet in Salisbury sold their boats and will not return. It had a great family business for many years, and was run by the Grady family, originally from Millville. Many local anglers including this writer, fished many years with Captain Joe Grady. Unfortunately,



many of his patrons decided it was not worth the expense and time to fish, because of the limits placed on legal size fish, and daily bag limits.

Catching numerous limits of haddock which needed to be released because of their size, and a complete shutdown of cod and wolffish left little for anglers to retain for the dinner table. We do have great memories of the good times, as this week's two picture show. First picture shows a huge wolffish taken aboard the Clipper Fleet and the second picture shows some local boys that caught some huge cod aboard the "Challenger " which was also part of the Clipper fleet. Only one cod is allowed in the daily bag limit this year, and the season is short. Haddock limits have been relaxed somewhat and there populations are higher than in previous years.

Take A Kid Fishing & Keep Them **Rods Bending!**

Blooming Signs of Spring: Part II

Last week's column reviewed two flowering signs of spring: Forsythia Pussywillows. and Expanding on that theme, this column with highlight two more favorites, crocus and my all-time favorite – lilacs! Read on for more on these nostalgic favorites:

Crocus

Crocus, dubbed "the little princess of the garden," has a long heritage in New England, as the favored flower is among the first to be brought to North America by settlers. Popping up in ardens in mid-March, the sight of crocus bulbs are cause for celebration by winter weary Easterners. In fact, the crocus has been known to bloom while snow is still on the ground, offering a visual promise of the upcoming season. The humble flowers, boasting an array of hues from pale yellow to deep purple, open their cup shaped blooms fully only on sunny days. Perhaps the popularity of the humble flower is attributed to its easy going nature. Requiring only

a light alkaline soil and plenty of sunlight, and it will reward the eye with many colorful, low growing flowers that multiply each spring.

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



clumps of about a dozen bulbs. Water well and cover with a few inches of mulch for cold weather insulation. Since moles and mice are also attracted to crocus, those who have such pests in the garden are advised to plant in buried wire cages or other tevices designed to

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

Europe.

Lilac Legends: Legend has it lilac drives away evil wherever it is planted or strewn. It is said that lilac bushes were planted on the homestead by colonists in an effort to protect the inhabitants from bad forces. Immigrants from Europe brought tales of lilac folklore from the "old country" to America, including the belief that finding a white lilac blossom with five petals is a sign good fortune would follow. Meanwhile, in certain sections of England it was considered bad luck

to bring blooming Lilacs into the house and all white Lilacs were especially banned from display inside the home.

Growing Lilacs: New England is the perfect climate to grow lilacs, as it is very cold hardy, requiring a frost to prompt bud blooming. For optimum blooms, a lilac bush should be planted in areas that receive full sun (at least six hours per day). Lilacs like a slightly alkaline soil. Spread roots out vertically and cover with topsoil. A newly planted lilac bush should

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

hint or handy tip that has

Planting Crocus: Spring crocus bulbs are best planted in the fall when the soil is below 60 degrees, but well before the first hard frost. Plant pointy side up about four inches apart. For the best visual affect plant in

reper the hungry critters.

Lilacs

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

be kept well watered. Add a loose mulch above the roots to help with water absorption. Keep in mind different varieties of lilacs bloom at different times. When lilac flowers have finished blooming, prune the dead flowers back to just above where new buds are forming. Be prudent with pruning, as over cutting can result in a decrease of blooms next year.

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the

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

Expand your planting space



 Gardeners Supply Company Courtesv -

Some raised beds have built-in water reservoirs to extend the time between watering.

When your plant list is longer than the available gardening space it is time to expand your planting options. Create new gardening space by adding raised bed gardens, elevated planters, and containers wherever space allows.

Convert the end of the drive or edge of the patio into raised bed gardens. Just use a raised bed liner to contain the soil. Raising the garden makes planting, maintaining and harvesting easier on the back and knees. It also allows you to create the perfect soil foundation by filling your raised bed with a quality planting mix.

Long lasting cedar is a traditional choice for raised beds. Now you can also find them made of a wood and plastic composite or metal and in a variety of shapes and sizes. Finding one to complement your gardening style and space is much easier these days.

Reduce time spent watering with a self-watering metal raised bed (gardeners.com) or similar product. Selfwatering raised beds have built-in water reservoirs to extend the time between watering. Or use a raised bed drip or soaker hose irrigation system to easily apply water right to the soil where it is needed.

Elevated gardens are just containers on legs. They are perfect for patios, balconies and other hard surfaces. Use them to define space, create privacy and of course grow ornamental and edible plants. Those on wheels can easily be moved out of the way when guests arrive. Or wheel them into the gathering, so everyone can harvest and dress up their meals with garden-fresh herbs and veggies.

Just pull up a chair and start planting or weeding your elevated garden. Grow vines in those with built-in trellises and extend the season by protecting plantings with frost and insect covers. Select elevated planters with a shelf below to conveniently store gardening tools and accessories.

Even small space gardeners can expand their planting space with the help of containers. You'll find plenty of attractive options to fit your front steps, patio, balcony or deck.

Railing planters and window boxes don't take up floor space yet dress up any outdoor area. Grow herbs in planters located near the kitchen and flowers wherever additional color is needed. Add a few pollinator-friendly plants to attract butterflies and hummingbirds to watch and enjoy.

Extend your time outdoors with outdoor lighting. Or look for multi-functional options like solar illuminated planters. Powered by the sun and with a flip of a switch, you can choose a single or multi-changing light color display.

Don't let the thought of frequent watering stop you from growing in containers and elevated gardens. Selfwatering options are available in a variety of shapes and sizes including



the classic, yet curvy self-watering Valencia window box.

Once you select your raised bed, elevated garden, or container, you will need to fill it with a planting or potting mix. Figure out exactly how much is needed with a soil calculator. Just plug the size and shape into the form. It tells you how many cubic yards or cubic feet of soil are needed for raised beds and the number of quarts for containers and elevated gardens.

Expanding the garden doesn't have to mean a lot more work. Selecting the right option that provides convenience and ease of care can help you grow more flowers and garden-fresh produce this season.

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

OBITUARIES

John A. Brothers, 73



UXBRIDGE- John Brothers, Α. 73, passed away suddenly at Milford Hospital after being stricken ill at home. He passed peacefully aside his loving wife of 49 years, Diane M.

(LeBlanc) Brothers. He is also survived by his son Christopher J. Brothers of Millbury, his beloved granddaughter, Brielle Brothers; siblings, Gladys Aubin, Donald Brothers, William Brothers, David Brothers, Judy Brothers; several nieces and nephews, and many great friends. He was predeceased by 2 brothers, Gerald and Charles Brothers.

Born in Whitinsville on April 14, 1947 he was son of the late Romeo and Harriet (Ackerman) Brothers and grew up in Northbridge. He was educated in the Northbridge School System and has worked many years as a truck driver for numerous area companies. He was still actively working. John was an avid golfer and a member of the Harwich Port Golf Club. He enjoyed traveling with his wife, vacationing at their home on the Cape, and spending lots of time at the beach. He was also an antique car enthusiast and had owned a 1975 Chevy Corvette, as well as a 1939 Chevy street rod.

John truly enjoyed all the friendships he nurtured over the years. He was known to be the guy to call if you needed something fixed. He took great pleasure and pride in his work. Most of all he loved his family, he adored his granddaughter and went to her softball, basketball, and soccer games. He was an amazing husband, father, and grandfather and will be sorely missed by his family and friends.

John's calling hours will be held on Tues, March 16th from 4-7 pm in Tancrell-Jackman Funeral Home, 35 Snowling Rd., Uxbridge. In lieu of flowers, donations in his memory may be made to the Special Olympics, Attn: Web Gifts, 1133 19th Street NW, 12th Floor Washington, DC 20036-3604, or via their webpage www.specialolympics.org/ To leave a condolence message for his family please visit: www. Jackmanfuneralhomes.com



Boulanger) DuQuesnay, 86, of Alton Bay, NH and formerly of Cass City, Ml went to be with the Lord February 27, 2021 with family by her side.

Born in Northbridge, MA on August 3, 1934, she was the only daughter of the late Doria and Mignonne (Bernier) Boulanger of Linwood, MA.

Cecile

Cecile is survived by her son Steven DuQuesnay (Suzanne) of Woonsocket, RI and her daughter Denise Bent of Alton Bay, NH, with whom she lived. She also leaves behind her grandchildren Kyle DuQuesnay (Nicole), Brenda DuQuesnay, Russell Bent (Kymmy), Amy Wilkewicz (Christopher), and Scott DuQuesnay, as well as her greatgrandchildren Hailey and Christopher Bent, and Garrett and Noah DuQuesnay Cecile leaves her lifelong friend/sister-in-law Mary Boulanger of Millville, MA, many nieces, nephews, great nieces, great nephews and many beloved friends.

Cecile was predeceased by her son Brian DuQuesnay of Cass City, Ml and her infant son Kevin DuQuesnay of Northbridge, MA as well as her six brothers Gerard, Adelard, Bernard, Edward, Wilfred, and Emile.

She graduated Northbridge High School in Northbridge, MA in 1952. Cecile worked at General Electric in

Cecile T. DuQuesnay, 86,

Τ.

Ashland, MA for many decades. After retiring, she moved to Ml to be near her son Brian and family, later moving to NH to be near her son and daughter.

Cecile was steadfast in her faith and praying often was her daily routine. Kind and thoughtful, she supported the Wounded Warriors and other Veteran organizations. She was an avid reader and enjoyed jigsaw puzzles, cribbage, scrabble, and bowling. She especially loved having weekend lunches outside on her porch with her daughter, and watching the birds stop by, which was a favorite hobby of hers. She also had quite the green thumb.

Also known for having a cheerful and friendly way about her, Cecile (known as C.C.) had many wonderful friends whom she loved dearly.

Celebration of life will be at a future date. In lieu of flowers, her family suggests a donation in Cecile's name be made to Gilman Library at 100 Main St, Alton NH 03809 or Landmark Baptist Church at 103 Chichester Rd, Loudon, NH 03307.

Cecile's family would like to thank the ICU staff at Concord Hospital in NH for the care and compassion shown to Cecile and to her family. A special thank you for their gentle and caring ways in guiding Cecile to be comfortable and at peace, while also showing patience, kindness and privacy to those by her side.

Her family and friends will miss her immensely.

Send all obituary notices to Stonebridge Press, PO Box 90, Southbridge, MA 01550, or by e-mail to obits@stonebridgepress.news. Deadline is Monday noon for Friday publication.



DOUGLAS- Robert J. Colton, 61, passed unexpectedly at home in Largo, FL on Sun. March 7, 2021. He leaves behind his mother, Joan R. Colton, and two brothers, Steven and David

Robert J. Colton, 61

of Douglas.

Bob grew up in Douglas and lived there most of his life until moving to Florida a few years ago. He will be forever remembered for his ready smile, perseverance, and "heart of gold". He was genuinely kind and always willing to help others in need.

According to his family's wishes burial will be private.

Is hope the anchor of our soul?

One of my first business lessons came after explaining my sales plan to my father. He asked for the details and at the end I said, "I hope it all works." Dad smiled and said, "that's fine, but hope isn't a plan."

Dad was right. Hope isn't a plan but is an essential part of living a happy life. Hope is the foundation to making your dreams come true. So, what is hope and why is it important?

Having hope is wanting an outcome that makes your life better in some way. We all hope for a better life. Not only can hope help make a difficult present situation more bearable but it can also eventually improve our lives. Envisioning a better future motivates



hope a plan, but

having hope for a better outcome is the beginning of a happier life.

I also believe that hope is where your body and soul begin to conspire to make your hope become your reality. Hope is more than just looking at the bright side of issues. Hope is where dreams are born, and our desires begin to take root.

Hope, Optimism, Plan and Execute = and shame on those who may try. H.O.P.E.

Hope for a better outcome, creates optimism that tells you that one is available, followed by the plan to achieve what you hope for, finally followed by executing the plan to make it so. As I said, it all begins with hope.

I hope to beat cancer and extend my life to spend more time with my family. My hope has driven me to seek out a world-leading expert at a world-renown cancer canter to have access to cutting edge information and treatment. My hope and optimism created the beginning of the plan that brought me to Dr. Kasi and the Holden Comprehensive Cancer Center at the University of Iowa

Now to you ... what is it you hope for? Longer life? Better health? Higher income? A new career? Regardless of where hope leads you, life is more enjoyable and fruitful with hope. Without it, you have accepted status quo and have no dreams of a brighter future.

Hope brings beauty into our lives. Never give up your hope. Hope is the seeds of greatness living within you waiting to be planted and nurtured. Your dreams can become your reality beginning with hope.

I hope for more time with family. I hope for more time to write to you.

POSITIVELY SPEAKING GARY W. MOORE

isn't

A life without hope is a sad life. As

us to take the steps to make it happen.



a history buff, I've read numerous accounts of Jewish life in Nazi internment camps. Almost every retelling of their time in captivity mentions that it was only hope that drove them to remain alive. I cannot imagine living a hopeless life.

While writing this, Arlene asked me what the difference was between hope and optimism. I believe hope is wishing for a better outcome and optimism is believing a better outcome will happen. I believe hope is the beginning that inspires optimism, which creates the plan to make our hopes our reality.

Hospitals. There, Dr. Kasi created the plan to extend my life and together we are now executing our plan.

Beware of those who will try to steal your hope. We all have naysayers in our lives, so we must be strong enough to cling to our hope. I've run across several in the medical profession who have tried to extinguish my flame of hope. So far, I've proven them all wrong and defied the odds. And why not? Someday, someone will be the first to beat stage four gastric cancer. Why not me? And if not, I can certainly go the distance and continue to surpass their predictions. No one has the right to steal your hope

I believe hope is the anchor of our soul.

What do you hope for?

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

LEGALS

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO21C0071CA **CITATION ON PETITION TO CHANGE NAME** In the matter of: Catarina Merolli A Petition to Change Name of Adult

has been filed by Catarina Merolli of Millville MA

requesting that the court enter a Decree changing their name to:

Catarina Marie Rotatori **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 04/06/2021. 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: March 05, 2021

Stephanie K. Fattman Register of Probate March 19, 2021

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO21P0617EA **CITATION ON PETITION FOR** FORMAL ADJUDICATION Estate of: Sandra A. Spicer Date of Death: 05/15/2020

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by John E. Spicer of Uxbridge MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that John E. Spicer of Uxbridge MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 03/23/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS

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

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

Date: February 25, 2021

Stephanie K. Fattman, **Register of Probate** March 19, 2021

Commonwealth of Massachusetts The Trial Court **Probate and Family Court Worcester Division** Docket No. WO21P0774EA Estate of: Frances Wassenar Date Of Death: 12/16/2020

NOTICE OF **INFORMAL PROBATE**

To all persons interested in the above-captioned estate, by Petition of Petitioner David J. Wassenar of Northbridge MA

a Will has been admitted to informal probate.

David J. Wassenar of Northbridge MA

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

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

March 19, 2021

LEGALS

CONSERVATION PUBLIC HEARING/ MEETING NOTICES

The Uxbridge Conservation Commission will hold a Remote Public Hearing on Monday, April 5, 2021 at 6:30PM. Members of the public who wish to participate may do so in the following manner:

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

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

Persons who would like to view/listen to this meeting live may do so by watching the Government Channel @ www.uxbridgetv.org or on Uxbridge Community Television Channel 191. Those unable to watch it live may view the recording of the meeting on the Government Channel @ http://archive. uxbridgetv.org. The meeting will review the following applications under the MA Wetlands Protection Act (MGL Ch. 131, Sec. 40). Plans may be reviewed by appointment in the Town Clerk's office or by emailing uxbconservation@ uxbridge-ma.gov.

Notice of Intent filed by Beals and Thomas, Inc on behalf of Scannell Properties, for 40 & 100 Lackey Dam Road Carney Street, Map 3, Lot 4775 and Map 9, Lot 1465 for proposed construction of a 646,000 sq. ft commercial building within 100 Foot Buffer Zone of Bordering Vegetated Wetlands. Submitted by Michèle. Grenier, PWS, CWS Conservation Agent, Uxbridge Conservation Commission March 19, 2021

CONSERVATION PUBLIC HEARING/ MEETING NOTICES

The Uxbridge Conservation Commission will hold a Remote Public Hearing on Monday, April 5, 2021 at 6:30PM. Members of the public who wish to participate may do so in the following manner:

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

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

Persons who would like to view/listen to this meeting live may do so by watching the Government Channel @ www.uxbridgetv.org or on Uxbridge Community Television Channel 191. Those unable to watch it live may view the recording of the meeting on the Government Channel @ http://archive. uxbridgetv.org. The meeting will review the following applications under the MA Wetlands Protection Act (MGL Ch. 131, Sec. 40). Plans may be reviewed by appointment in the Town Clerk's office or by emailing uxbconservation@ uxbridge-ma.gov.

Notice of Intent filed by Green Hill Engineering on behalf of Turning Point Investment, LLC, for 137 Carney Street, Map 24B, Lot 2991 for a septic system repair within 100 Foot Buffer Zone of Bordering Vegetated Wetlands. Submitted by Michèle. Grenier, PWS, CWS Conservation Agent, Uxbridge Conservation Commission March 19, 2021 Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Leilah A. Keamy, First

Justice of this Court. Date: March 09, 2021

> Stephanie K. Fattman, Register of Probate

March 19, 2021

Office of the Superintendent Douglas Public Schools Douglas, Massachusetts 01516 Paul D. Vieira, Ed.D. 508-476-7901 Superintendent of Schools Fax 508-476-4423

In accordance with MGL Ch.71, Sec. 38N, the Douglas School Committee will hold a Public Hearing on the FY2022 Proposed Budget on Wednesday, April 7, 2021 at 7:00 p.m. This will be a remote (Zoom) meeting that will be streamed live on YouTube. All interested parties are invited to attend. Instructions on how to attend this meeting will be located on the Town of Douglas Website:

https://douglas-ma.gov/530/Remote-Meetings March 19, 2021

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508)831-2200 Docket No. WO18P2581EA Estate of: Lena M Fino Date Of Death: 06/11/2017 CITATION ON PETITION FOR FORMAL APPOINTMENT OF SUCCESSOR PERSONAL

REPRESENTATIVE To all interested persons A Petition has been filed by: **Matthew J. Fino** of **Mendon MA** requesting that the Court enter a formal Decree and Order that

Francis C. Morrissey of Braintree MA be appointed as Successor Personal Representative(s) of said estate to serve on the bond and for such other relief as requested in the Petition. You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on 04/06/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) davs of the return date, action may be taken without further notice to you. The estate is being administered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. WITNESS, Hon. Leilah A Keamy, First Justice of this Court.

to you.

WITNESS, Hon. Leilah A Keamy, First Justice of this Court. Date: March 01, 2021

C+/

Stephanie K. Fattman, Register of Probate

March 19, 2021

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Division Docket No. WO21P0702EA Estate of: Elizabeth Hutchings Also known as: Elizabeth Hutchings Date Of Death: 09/07/2020 NOTICE OF INFORMAL PROBATE

To all persons interested in the above-captioned estate, by Petition of Petitioner **Meghan Rith** of **Whitins-ville MA**

a Will has been admitted to informal probate.

Meghan Rith of Whitinsville MA

has been informally appointed as the Personal Representative of the estate to serve surety on the bond.

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

March 19, 2021

(SEAL)

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket 21 SM 000242 ORDER OF NOTICE

TO: Robert E. Jordan ; Mary Lou Jordan

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 3901 *et seq.:*

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

claiming to have an interest in a Mortgage covering real property in Uxbridge, numbered 395 High Street, 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 in Worcester **County (Worcester District) Registry** of Deeds in Book 44115, Page 208, as affected by a Loan Modification dated July 18, 2018, and recorded in Said Registry of Deeds in Book 59852, Page 376, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before April 19, 2021 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, GORDON H. PIPER, Chief Justice of this Court on March 3, 2021. Attest: Deborah J. Patterson Recorder (20-005006 Orlans) March 19, 2021

21, 2020 and recorded at said Registry of Deeds in Book 61801, Page 374, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 139 Fletcher Street, Whitinsville (Northbridge), MA 01588 will be sold at a Public Auction at 12:00 PM on April 16, 2021, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

The land in said Northbridge, in the Village of Whitinsville, on the northeasterly side of Fletcher Street, containing 14,000 square feet, more or less, being the same premises shown on a plan of land entitled, "Land of Victor Racicot, Town of Northbridge, Massachusetts," dated December 30, 1971, by Charles E. Michaud, CE recorded with Worcester District Registry of Deeds in Plan Book 359, Plan 11, and the same premises as described in a deed of Raymond J. Patnode, Jr. and Lorraine R. Patnode to those grantors dated February 15, 1977 and recorded with said Registry in Book 6124, Page 325, bounded and described as follows: Beginning at the most southerly corner thereof at a point in the northeasterly side of Fletcher Street at an iron pin in the ground in the northeasterly line of said Fletcher Street and at land now or formerly of the Whitinsville Golf Club, said point of beginning being about 12 feet northwesterly from the brook which crosses said Fletcher Street in this area; THENCE N. 50° 20' W. by and along said Fletcher Street 70 feet to an iron pin in the ground at land now or formerly of Wayne C. Smith, et ux; THENCE N. 39° 40' E. by and along said land now or formerly of Wayne C. Smith, et ux, 200 feet to an iron pin in the ground at land now or formerly of the Whitin Machine Works; THENCE S. 50° 20' E. by and along said land now or formerly of The Whitin Machine Works 70 feet to a granite bound in the ground at said land now or formerly of The Whitinsville Golf Club; THENCE S. 39° 40' W. by and along said land now or formerly of The Whitinsville Golf Club 200 feet to the point of beginning. Subject to restrictions and/or covenants referred to in Book 5897, Page 313, insofar as the same are now in force and effect. For grantor's title see deed from Federal Home Loan Mortgage Corporation dated February 25, 2019 and recorded with the Worcester District Registry of Deeds herewith.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 60085, Page 287.

The premises will be sold subject to the redemption rights in favor of the Internal Revenue Service by virtue of a Notice of Federal Tax Lien recorded in Said Registry of Deeds in Book 64501

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. WO21P0781 EA CITATION ON PETITION FOR FORMAL ADJUDICATION Estate of: Jane D Duhamel Date of Death: 12/08/2020 To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Angelique T Duval of Millville MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that Angelique T Duval of Millville MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in <u>an unsupervised</u> administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 04/06/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS

UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Date: March 01, 2021

Stephanie K. Fattman, Register of Probate

March 19, 2021

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO18P2581EA CITATION ON PETITION FOR REMOVAL Estate Of: Lena M Fino Date of death: 06/11/2017 To all interested persons: A petition has been filed by: Matthew J. Fino of Mendon MA

requesting that **Richard B Fino** of **Ashland MA** be removed as Personal Representa-

tive(s) of said estate.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on 04/06/2021.

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

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 Michael Labbe to Mortgage Electronic Registration Systems, Inc., as mortgagee, acting solely as a nominee for Quicken Loans Inc., dated February 26, 2019 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 60085, Page 290 (the "Mortgage") of which mortgage Quicken Loans, LLC f/k/a Quicken Loans Inc. is the present holder by Assignment from Mortgage Electronic Registration Systems, Inc. ("MERS") as nominee for Quicken Loans Inc. its successors and assigns to Quicken Loans Inc. dated January

Said Registry of Deeds in Book 64501, Page 162.

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 01851 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.

Quicken Loans, LLC f/k/a Quicken Loans Inc. Korde & Associates, P.C. 900 Chelmsford Street Suite 3102 Lowell, MA 01851 (978) 256-1500 Labbe, Michael, 20-037244 March 19, 2021 March 26, 2021 April 2, 2021







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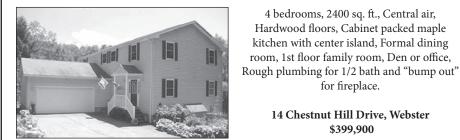
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Emerson College announcesLocal students named toDean's List bonoreesUConn Dean's List

BOSTON — The following students have been named to Emerson College's Dean's List for the Fall 2020 semester. The requirement to make Dean's List is a grade point average of 3.7 or higher for that semester. Crescent Huang of

Douglas DuBois of Joseph Uxbridge

About Emerson College Based in Boston, Massachusetts, opposite the historic Boston Common and in the heart of the city's Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has 3,780 undergraduates and 670 graduate students from across the United States and 50 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and perfor-

mance groups.

Emerson is known for its experiential learning programs in Los Angeles, Washington, D.C., the Netherlands, London, China, and the Czech Republic as well as its new Global Portals, with the first program launching this fall in Paris. The College has an active network of 51,000 alumni who hold leadership positions in communication and the arts. For more information, visit emerson.edu.

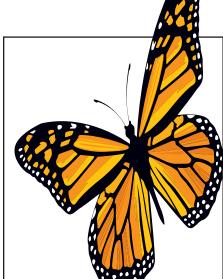
STORRS, Conn. — The University of Connecticut congratulates the following students on being named to the Dean's List for the fall semester of 2020.

Mary Foley of Douglas Lindsey Sawtelle of Grafton Annka Haerle of Sutton Hannah Ayers of Uxbridge

Grace Lemire of Uxbridge

At the end of each semester the Dean of each school and college names to the Dean's List those students who (1) were registered for at least 12 credits calculable for grade points, (2) received no grade below "C", including the actual letter grade awarded in any course under the Pass/Fail option, (3) earned at least 3.0 times as many grade points as the number of calculable credits recorded by the Registrar, and (4) were in at least the upper quartile of their school or college.









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Lamoureux Ford continues to maintain Covid-safe measures in order to keep our staff and the community safe, as recommended by the CDC guidelines. Please continue to wear a mask upon entry. Thank you.



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