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Friday, January 27, 2023

Police, firefighters honored along with civilian for ‘lifesaving actions’

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — In September of 2022, the town’s police and EMS were dispatched for a report of a two-vehicle crash. Upon arrival, they found that one driver was not injured, but the other—a 76-year-old Hopedale man—had a faint pulse and wasn’t breathing.

According to reports, Marc Rousseau, a civilian, was also trying to help the man, who had been driving a pickup truck.

“The situation was grave,” said Worcester County District Attorney Joseph D. Early, Jr. in a press statement.

However, due to the lifesaving actions of



Police arrest, charge man with multiple offenses

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

SUTTON — Police have arrested and charged a man with multiple offenses.

Nathan Picard has been taken into custody, police said, after a recent investigation by Officer Nicholas Bertone and his trainee, Ptl. Dickman, on Gilmore Drive.

“They noticed a Jeep running and parked in the middle of the roadway,” the Sutton Police Department released in a statement on social media. “When they stopped to investigate, they initially didn’t realize someone was in the Jeep because the operator was reclined in the seat and out of view.”

According to reports, the officers “began interacting” with Picard and noticed “what they believed to be crack cocaine along with other known drug paraphernalia in plain view” while they were talking to him.

“They took note of Mr. Picard’s nervous behavior and the fact that he had a knife on his person,” police said. “Also observed in the vehicle was a large number of paper money, which didn’t appear to be legitimate.”

Police said that Officers Bertone and Dickman

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the police officers, firefighters, and Rousseau, that man’s life was saved.

“Again and again, we are seeing civilians team up with first responders when a life is in jeopardy,” DA Early said. “All of these officers, firefighters and the civilian worked in unison with the singular goal of saving a man’s life.”

And for their efforts, DA Early has recently recognized these individuals. Police Officer Michael Branch, Police Officer Elias Foynes, Deputy Fire Chief John Furno, Assistant Fire Chief Kelly Manning, Fire Captain Adam Furno, Fire Lt. Corey Stevens, Fire Lt. Joe Overly, Firefighter Ryan Norton, Firefighter Danica McCallum, and

civilian Marc Rousseau were presented with the District Attorney’s Team Excellence and Merit (TEAM) Award for their efforts and actions during the Sept. 24, 2022 crash.

The incident happened around 5:15 p.m., according to reports, when Douglas Police and EMS were dispatched to the area of 94 North St. for

the accident report. Officers Branch and Foynes “arrived on scene within minutes” and saw a Jeep with minor head-on damage on the lawn nearby, the District Attorney’s Office released.

“The driver of the Jeep was not injured,” Early released.

The second vehicle, a pickup truck, had

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Statewide student essay submissions due

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — Student essay submissions for a statewide contest are due this evening.

The portrait essay contest, launched earlier this month by Gov. Maura Healey and Lt. Gov. Kimberley Driscoll, is open for all Massachusetts students.

“It’s a tradition that each new Governor and Lieutenant Governor select a portrait of a

former Massachusetts Governor to hang in their offices at the State House,” the Governor’s Press Office released.

The contest asks students in the Commonwealth to “research and suggest” a former Governor who “inspires them and should be featured in their offices.” The winners, according to contest details, will be invited to the State House to meet with Governor Healey and

Lieutenant Governor Driscoll for the unveiling of their chosen portraits.

“The State House is the people’s house, and Lieutenant Governor Driscoll and I want our future leaders to have a voice in the symbols and messages we choose to highlight,” Healey said. “This is an exciting opportunity for Massachusetts students to learn more about

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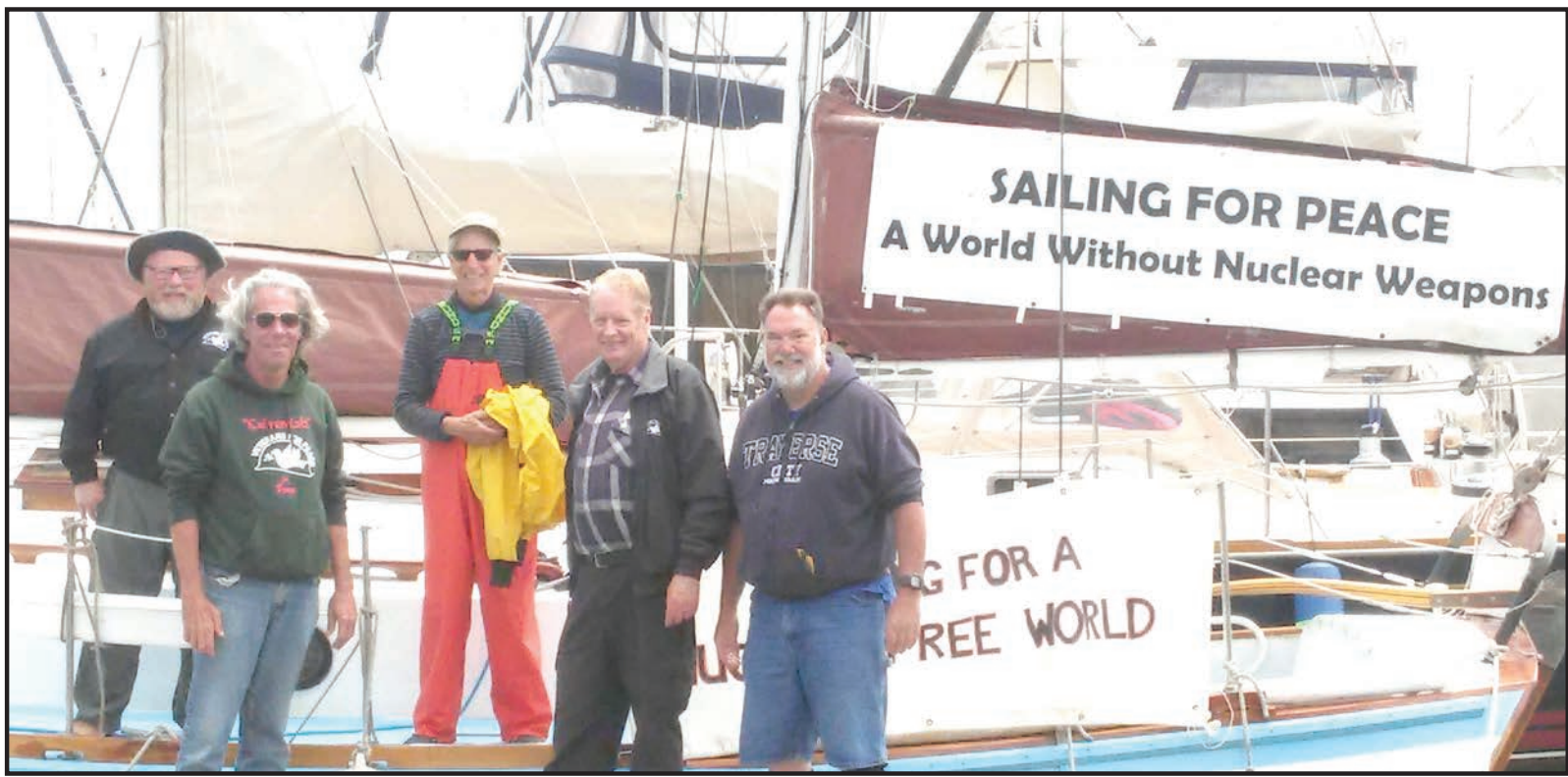
Mass. activists promote nuclear ban treaty

BY GUS STEEVES
CORRESPONDENT

REGION — Last Sunday, the world saw an anniversary that mostly passed unheralded because the US government hasn’t recognized it yet.

That date was the first anniversary of the fact the United Nations treaty banning all nuclear weapons and anything related to their production became international law. Honduras, the 50th nation to ratify it, did so Jan 22, 2022. Since then, a few dozen others have followed suit, but the list does not include any of the nine countries currently possessing nuclear weapons.

Some efforts do exist in Congress and the US public to push our government in this direction. One in the last session was H. Res 1185 by US Rep Jim McGovern calling on the president to “embrace the goals and provisions of the treaty” and the government and people to “lead a global effort to prevent nuclear war” by doing several things, including renouncing first use, ending the presi-



The crew of the Golden Rule at a stop in California last year.

dent’s ability to launch an attack by himself, taking weapons off “hair-trigger alert,” canceling the ongoing arsenal modernization plan, and “actively pursuing a verifiable agreement among nuclear-armed states to mutually eliminate their nuclear arsenals.”

Other such bills included Rep Eleanor Norton’s “Warheads to Windmills” bill, which demands shifting the funds from “the technology of extinction to other pressing needs,” including climate, health care, housing, education and peace. (Norton was also a cosponsor or McGovern’s bill, as was Rep Richard Neal.) Mass US Sen Ed Markey also proposed the “Smarter Approach to Nuclear Expenditures (SANE) Act, which would cancel or reduce nuclear weapons programs over the next decade,” according to that bill’s press release.

Bills for this year’s session are now being filed and given numbers.

As Vicki Elson of Nuclear Ban US, one of the organizations behind the treaty’s expansion, said “People are tired of messing around with partisan solutions. I don’t think we have the time

Turn To **TREATY** page **A10**

Puzzle Pals at Plummer Place

NORTHBRIDGE — Plummer Place, Home of the Northbridge Senior Center, hosted an intergenerational program called Puzzle Pals for older adults in our community and local Daisy troop #65224. Spearheaded by Amy Cowen, program and volunteer coordinator of Plummer Place, and Krista Kugler, Daisy troop leader, each Puzzle Pal participant was asked to decorate a puzzle piece with items they enjoyed most or liked doing in and around our local community.

Last week, the Puzzle Pal participants came together at a reception at Plummer Place to



meet one another and talk about how they are each individual people like the puzzle pieces, but together make one wonderful community. “This was a fab-

ulous program!” said Cowen. “We were thrilled to be able to host this noteworthy program that connected different generations.” Common themes



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across the generations and their puzzle pieces included a love of reading, math, friends, playgrounds, and family.

Lori Gannon, local author and participant, shared, “I loved our Puzzle Pals event! It was



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a joy to see the young Daisies and the older women come together to discuss our shared experi-

ences about what makes our community special. Each individual testimony and decorated puzzle piece

blended together, forming a beautiful whole picture of Northbridge as a beloved community.”

At the end of the event, Ms. Gannon offered autographed copies of her book, “Leona’s Gift,” to each member of the Daisy troop. Plummer Place would like to thank the Friends of Northbridge Elders (FINE) for sponsoring this event. For more information on Plummer Place and its special programs and activities, please call Amy at (508) 234-2002. For more information on Daisy Troop #65224, please call Krista at (508) 654-5041. For more information on “Leona’s Gift,” please contact Lori at Ggannon@charternet.net.



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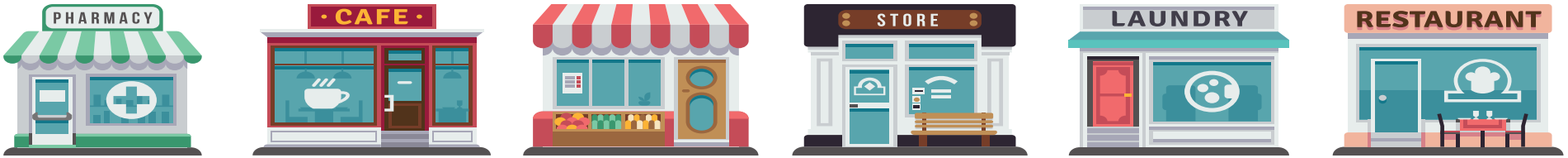
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Dinner 7:30pm

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Douglas Adult Social Center

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

DAILY ACTIVITIES: All our daily activities are free of charge.
Monday: Painting class 10am to 12:30pm, Balance & Strength Exercise 10am, Mat yoga 2 pm
Tuesday: Cribbage 9:30am, Zumba 9:30am, Bingo 12:00 pm, Technology Class 1pm, Jenga or Connect4 2pm (bring a friend, and play a game!)
Wednesday: Balance & Strength 10am, MahJong 1pm
Thursday: Chair Yoga 9:30am, WII Games 11am, Hand and Foot card game 1 pm
Friday: Balance & Strength 10am
The center has masks available and COVID test kits for free to residents. You may call the center for pick up. If you, yourself are sick or have been in contact with someone sick please stay in your car upon arrival, call the center and we will bring them out to you.

Scammers: There are so many scams who can keep track! Remember not to buy anything over the phone, if someone calls and something doesn't seem right ask for their phone number to call them back or hang up and call the Police or The Federal Trade Commission 1-877-382-4357. If your credit card, bank, or anyone else calls you should not have to provide your personal information they already have it. Never share your personal information over the phone without verifying who is calling you. Also, look out for robo calls that could sound like your family members! Scammers are smart and they have new technology and new ways to get you every day.
Center Programs: We have programs at the center to fit any age group. If you haven't stopped in to visit us or take advantage of one of our many free programs we would love to meet you. We offer an ambassador program so, if it's your first time visiting the center you won't be alone, we will pair you up with a new friend give you a tour, and tell you about all our events.

Food insecurity: Sadly this is a reality for many seniors if you need assistance with food please call the center we will refer you confidentially to resources that can help.
Patrice Rousseau
Director/Outreach Case Manager

FEBRUARY EVENTS:

THE CENTER WILL BE CLOSED ON MONDAY FEBRUARY 20th.
• Valentine's Day Canvas Craft, on 2/2/2023 @ 11 am. Refreshments will be available. There is no charge for this event. Please call the center to sign up @ 508-476-2283
• Lunch & a movie, "Shall We Dance" on 2/8/23 @ 12 p.m. The movie is free, chicken dinner lunch is \$4.00 p/p. Please call the center to sign up @ 508-

476-2283.
• We are having a Valentine's Day Luau on 2/14 @ 12:00. We will have sweet & sour chicken/pork and rice for \$4.00 p/p. Join us as we listen to the musical stylings of a Steel Drum Band. This event is being sponsored by the Douglas Cultural Council. Please call the center to sign up @ 508-476-2283.
• Wellness Clinic dates are February 13 & 28. Please call the center to schedule a time to come in @ 508-476-2283. Walk-ins only from 11:30 to 12:00.

MARCH EVENTS:

• Lunch & A Movie "Thirteen Lives" on Tuesday March 1 @ 12 pm. Cost for lunch is \$4.00 per person. Please call the center to sign up, 508-476-2283
• Shamrock Wreath Craft on Thursday March 2 @ 11

am. There is no charge for this craft. Refreshments will be available. Please call the center to sign up, 508-476-2283
• Grip Strength Presentation on Tuesday March 8 @ 11 am. Come in learn a little about strength and test yours with a hand held device. Refreshments will be available. Please call the center to sign up, 508-476-2283
• St. Patrick's Day Celebration Wednesday March 15 @ 12 pm. Lunch will be corn beef and cabbage, \$8.00 per person. Tickets must be purchased

by 3/8. "Fiddle Hill" will be playing 12:30 to 2:00, sponsored by the Douglas Cultural Council. Please call the center to sign up, 508-476-2283
• Monday March 20, HAPPY FIRST DAY OF SPRING!
Easter egg making with strings on Thursday March 30 @ 11 am. Come in and try this craft with us and have a beautiful egg to display at home. Refreshments will be available. There is no charge for this event. Please call the center to sign up, 508-476-2283

Free Science of Snow event for Northbridge area girls Feb. 1

WHITINSVILLE — Girls and their guardian are invited to a FREE Science of Snow event on Wednesday, Feb. 1 from 6 to 7 p.m. at Blackstone Valley Methodist Church, 61 Linwood Ave., Whitinsville. Participants will learn about the different types of snowflakes, learn why it snows, make their own snow,

and earn their first official Girl Scout patch. This event is for kindergarten and first grade girls, who are not currently Girl Scouts. RSVP by Jan. 28 at <https://bit.ly/snownorthbridge>. For information on Girl Scouts contact lbrochu@gschw.org Telephone: 508-749-3611.



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- ✓ Learning from club members, guest speakers, and fly tiers
- ✓ Conservation & outreach programs
- ✓ Guest speaker events & Potlucks
- ✓ Club Picnics, Spring Banquets, outings, and fishing trips throughout the year

Join us at our open house!
When: Monday, January 30th & Monday, February 6th from 7:00 pm-9:00 pm,
Where: Singletary Rod & Gun Club, 300 Sutton Ave, Oxford, MA 01540
Adult Fly-Tying and Rod Building Classes, starting in February...Sign up Today!

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Xavier
Age 12

Friday's Child

Hi! My name is Xavier and I love being active!
Xavier is a charming young boy of Caucasian, African American and Native American descent. People who know him best describe him as very caring and a hard worker who is eager to succeed with a great sense of humor. When you first meet Xavier, there is a good chance he will share a smile and make you laugh. Xavier has many interests including art, electronics, LEGO's or anything having to do with building, SpongeBob and Disney movies.
He also loves spending time outdoors, especially if that means shooting hoops at a local basketball court, swimming, building sandcastles, riding his bike, or playing "Dr. Dodge." His dream job is to be a construction worker.
Xavier loves learning, especially if it's interactive! He's a very inquisitive child who is very happy to have conversations with others and ask questions about how different things work. Xavier is described as very bright academically.
Legally freed for adoption, Xavier would thrive in a home where he is the only child or the youngest by many years as he responds well to individualized attention and nurturing. Xavier holds great hopes and dreams about growing up in a loving family with similar interests. He has remained very patient and open-minded about the kind of home he will live in one day. Xavier would love to help care for a dog or other pets and have his own bedroom. A family that is willing to maintain connections with Xavier's biological parents and siblings is important to him as well.
<https://www.mareinc.org/waiting-child-profiles#gallery/child/6964>
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To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mareinc.org. Start the process today and give a waiting child a permanent place to call



Millbury Senior Center

LINE DANCING CLASSES!
Join us once a month
Next class is Wednesday, February 1st at 10:30 A.M.
Class is \$3 per person
Call or stop by the center to RSVP 508-865-9154

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through Friday 12 P.M. at the Senior Center
The menu is available on the town website, www.townofmillbury.org
Or our Millbury Senior Center Facebook page.
A 48 hour reservation is required. Call the center at 508-865-9154

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Refreshments will be served
A Memory Café is a monthly gathering for people with memory loss/challenges and their care partners. It is a time to socialize, make new friends, and have a good time.
Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-

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Wednesday, February 1st
One Wednesday every month between 11 – 12 P.M.
All are welcome to meet and discuss issues of importance or looking for assistance
Any questions please call 508-865-9154

SENIOR CENTER EXERCISE CLASSES!!
LIGHT EXERCISE CLASSES
Mondays and Fridays 9:30 A.M. – 10:15 A.M. (Free!)
TAI CHI
Tuesdays 9:30 - 10:30 A.M. (class is \$3)
YOGA
Thursdays 9 – 10 A.M. (Class is \$3)

SENIOR CENTER ACTIVITIES!
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Mondays at 12:30 P.M.
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CRIBBAGE
Monday through Friday 8:30 A.M.
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BLOOD PRESSURE CLINIC
Every Tuesday from 9 A.M. - 10 A.M.
SOCIAL BINGO
Wednesdays at 1 P.M.
Bring your pennies!
COLORING
Thursdays at 10 A.M.
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Thursdays at 10 – 11 A.M.
No reservations required for any of our activities or exercise classes!

Lunches are served Monday

NORTHBRIDGE — Saint Peter’s Parish in Northbridge will be holding a Yard Sale and Vendor Fair on Saturday, June 3, 7:30 a.m. to 3 p.m. on the church lawn. Rain date will be Saturday, June 10.
If you are moving, cleaning out

a family member’s house, condo, apartment or just have too much clutter, give us a call. We will have our volunteers come and pick up your donated items. We are also looking for vendors for our yard sale on June 3, Vendor Table rental is \$40.

Please call or email the parish office to make an appointment for pick up, reserve a vendor table or if you have any questions: 508-234-2156 or email: parishoffice@stpeterrockdale.org.

Assumption students named to university’s Dean’s List

WORCESTER — Assumption University has announced those who have been named to the University's Dean's List for the fall 2022 semester. Students named to the Dean's List must achieve a grade point average of 3.5 for a minimum of a five-class, 15-credit semester to be included on the prestigious list. The Dean's List is announced at the completion of each fall and spring semester.

Juliana Buchanan, Class of 2026, of Douglas
Kaleigh Chesley, Class of 2025, of Douglas

Alexandra Padula, Class of 2025, of Whitinsville
Megan Place, Class of 2023, of Whitinsville
Julianne Sutherland, Class of 2023, of Uxbridge
Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England's premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester,

Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 38 majors and 50 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master's and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

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New senior Zumba classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live eight-week session of Zumba Gold classes for Seniors. Zumba is a fitness program that fuses entertainment and culture into an exhilarating dance party workout. This is an eight-week specialized program designed for seniors.

The program will begin Thursday, Feb. 16 from 1:30-2:30 p.m. at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron St. The class will run for one hour, one day a week, on Thursdays, for an 8-week period of time. The instructor, Amy Smith, is a licensed Zumba Gold instructor. The suggested donation cost of this eight-

week class is \$25. Checks may be payable to the Uxbridge Senior Center.

The benefits of Zumba include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! The class would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior

Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main Street in Uxbridge and is open Monday thru Friday from 8 a.m. to 4 p.m.

WCS hosting open house

WHITINSVILLE — Join us for an All-School Open House on Thursday, Feb. 2, at 6:30 p.m. and discover the many ways we are Inspiring Minds and Igniting Hearts. The evening will include a school tour, presentations from the elementary, middle, and high school administrators, and

a parent/student panel. Whitinsville Christian School is located at 279 Linwood Ave. in Whitinsville. Please RSVP at whitinsvillechristian.org.



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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Winter travel through the years

The first big storm of the season has come and gone, leaving us with anywhere from three to 12 inches of snow, depending on where you are. As with most things, we like to think about how our ancestors handled certain situations. It was during a snowy drive last winter that this writer became grateful for studded snow tires and heat. That experience prompted thoughts about how those who came before us dealt with travel during snowstorms.

During the winter of 1717, a storm dumped four feet of snow, creating snowdrifts of up to 25 feet. Passing through the snow-covered roads was too much for a postman who traded his horse for a pair of snowshoes. Objects similar to skis were attached to carriages as a means of winter transportation.

Streets had to be passable for wood and food deliveries. When the roads were not passable townspeople would gather together in large groups and dig out a path. The snow was placed into the back of a horse-drawn cart by gangs of men and driven to the closest river to be dumped. Salt was also used on streets, but many people complained because it ruined their shoes and clothes.

Fast forward to 1840, when the first snowplow patent came to be. It wasn't until 1862 that the first snowplow was put into use. The plow was attached to a cart and pulled by a team of horses. Soon after, many cities began to use the horse-drawn snowplow.

Typically, the use of the horse-drawn plow was only used to clear main streets, leaving side streets and sidewalks snowed in by large piles often blocking entrances to businesses. Many business owners actually brought lawsuits against the plowing companies as a result because their customers could not gain access to the storefronts.

The solution to that conundrum, was the hiring of snow shovelers to accompany the plow. The blizzard of 1888, however, was too much for the "modernized" plow, leaving many people trapped inside their homes. This emergency was the catalyst cities needed to begin coming up with a better plan for snow removal. One idea was to stay on top of the storm as it started, instead of waiting for it to end. Different men driving the plows were assigned to certain neighborhoods as well.

The invention of the automobile brought with it a crutch and a new possibility as far as snow removal went. The crutch being that an entirely new method needed to be engineered and put into use. In New York, in 1913 a dump truck could be seen on city streets. Seven years later the first snow loader, came on to the scene. It had a big scoop with a conveyor belt. The snow would go into the scoop via the belt, then dumped into the back of the truck. From there, off to the river it went.

It wasn't until 1959 when the weather was able to be predicted more accurately, allowing towns and cities to better prepare for any incoming storms.

Reading old diaries of our New England ancestors gives the perfect window as to what it was like to experience a bitter cold winter, prior to modern practices. A shining example is the quote below from literary critic Van Wyck Brooks.

"All praise to winter, then, was Henry's feeling. Let others have their sultry luxuries. How full of creative genius was the air in which these snow-crystals were generated. He could hardly have marveled more if real stars had fallen and lodged on his coat. What a world to live in, where myriads of these little discs, so beautiful to the most prying eye, were whirled down on every traveler's coat, on the restless squirrel's fur and on the far-stretching fields and forests, the wooded dells and mountain-tops, --these glorious spangles, the sweepings of heaven's floor."

— The Flowering of New England, 1815-1865

Letter submission policy

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

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

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Let's get real about energy

To the Editor:

What I believe. Feel free to disagree. It's still time to be a climate realist.

Have you considered the power of the Green New Deal and the power of batteries to solve our electric needs? Are you sitting down?

According to the Wall Street Journal, we have enough batteries in the world today to power the world's electrical needs for 75 seconds. Wow.

And in 10 years when the Climate Hysterics have produced the target number of batteries, we will have enough batteries to power the world's electrical needs for 11 minutes! Bow wow, wow. That's a hunting dog that won't hunt.

Climate Czar St. John Kerry jets around the world to stop climate change while spewing more carbon dioxide in one week than you will produce from your car in 10 years. It's a secret. His staff has been told not to put anything down in writing.

Freedom of Information requests have produced a March 9 memo, such as this one from Kerry's staff: "I would also suggest a call or meeting soon with JK (John Kerry) to update him on the [fiscal budgets for 2022 and 2023], focusing on all the elements we can't put on paper." The Boston Herald has requested access to Kerry's Climate Office records, but Kerry will not release them until October 2024. The public record request was filed May 13, 2021.

Here is more fun information about the climate activists in Europe. They laughed at President Trump when he warned them not to rely on Putin's natural gas. With Old Joe in office, Putin has Europe by the throat. Germany is putting its old nuclear power plants back online, expanding their coal fields, and lining up to buy electric heaters. They fear that there will be no gas for heat. France is firing up once off-line nuclear power plants!

California has banned gas-powered cars by 2035. But on September 5, the California State Energy department asked residents to cut back on electricity because the state's power plants were not producing enough energy. The state had its first black outs starting in fancy Brentwood. They are warning of more to come.

California cannot provide enough electricity today, but magically they will have

enough electricity to power 14 million electric cars by 2035. You can trust California to have the nuttiest (almonds, pistachios) ideas of any state in the U.S. and the most failed ideas. Let's make America California!

Suddenly, gas stoves are the enemy. New York and California have already legislated the prohibition of gas stoves in new dwellings. Have they shown you the studies that proves gas stoves cause illness? No, they will never show you the studies because there are none. This is Junk Science.

Gas is bad. Electric is good - because they can control you through electricity. "There will be no electric power from 10 p.m. tonight until 8 a.m. tomorrow". Just get used to the dark and cold. Woke are in control now. Is that what you want?

As my Learned Friend says, "Climate worship is the New Paganism." Sacrifice your comfort, the economy, our success as a country, to appease the Climate gods. Do you actually believe that mere humans control our earth's climate? Do they control earthquakes, tsunamis, and volcanic eruptions? Do they control the output of the Sun? You know the answer. The Woke Humans are not powerful at all. They are just good at making you think they are. Oh, and scaring you.

"Climate change" is all about destroying Western civilization, success, and American Exceptionalism. After all, they want to guarantee equity which means the same outcome for everyone. Simply not possible. These are the same Woke Nuts who claim Tom Brady has "genetic privilege." Is that crazy enough you?

Where does New England get most of its natural gas for heating homes in winter? We get our liquified natural gas from a "sanctioned project" in the Russian Arctic. When we, in New England, are in need of natural gas this winter, can you guess what Putin will say? Nyet. That's Russian for "no". Start cutting wood for that wood stove. You're going to need it.

Signed, your humble energy realist,

Bev Gudanowski

Uxbridge

[Please note: in last week's letter, I referred to the FBI seizing Melania Trump's red high heeled shoes. This was meant to be amusing, not a fact. I apologize to any who believed it to be a fact, including my Learned Friend.]

Truth is a rarity... for some!

To the Editor:

Whenever I read Bev Gudanowski's non-stop letters to the Editor, I'm reminded of how easy it is to avoid the truth, and how easy it is to be a hypocrite.

I fail to remember one letter of outrage denouncing the actions of our (thankfully) former President over his knowingly and intentional withholding of classified documents at his residence. After numerous government attempts to reclaim those

documents from the former president they literally had to physically go to his residence and retrieve them. Comparing those actions with the actions of our current President are as similar as day is to night... that's unless you're into obfuscation of facts as promoted by Bev Gudanowski!

It's obvious that some people confuse persistence with actually having an honest life.

William T. Freer

Uxbridge

To forgive, divine

To the Editor:

Human nature is weak; blame-and-retribution game only breeds more disunity. On the other hand, honest (key word!) investigation of wrong doing and/or 'mistakes' gives meaning to what are otherwise lip-service expressions- "no one is above the law," "equal treatment," "no double standard." When questions are asked, clear answers offered, and accountability determined, only then do 'higher instincts' of our 'better' selves rise to ask for Divine blessing, the grace to forgive.

Finally, the House of Representatives means to do its sworn oversight duty of alleged misdeeds to determine truth or fiction. Not all-inclusive, but these should top the list: officials who ignore laws and/or refuse to face multiple crises by taking necessary 'corrective' actions: open borders creating multiple problems; origins of COVID; suppression of conflicting reports about efficacy of mandates/ vaccines; educational/emotional harm from school closures; federal agencies' 'weaponization' of media to bury (deny) public access to pertinent news before national elections; possession of 'classified' material by two Presidents.

More 'blind eyes' on mainstream media and Internet platforms are now 'open' to reporting what was obvious for ages to

many! Good news... more reporters are asking probing questions, so the public is actually (somewhat) better informed in a timely manner about what's happening. Bad news... while these are not partisan issues, patter of stale 'party lines' continues! The House must investigate and put forth legislation to address: rampant spending; debt ceiling crisis; and reform of immigration policy. The Senate must take up the debate and legislation must be sent to the White House for signature or veto. Government-as-usual worsens each election cycle with this dilly-dally verbal and tweeting nonsense! Meanwhile, apology is due to The People for creating these messes initially!

My baser instincts cannot 'forgive' until double-talk about double standards, hypocrisy, transparency, and 'gaslighting' cease. When 'equal treatment' of wrong doing prevails, senseless policies are repealed and Executive Orders countermanded, my prayers will be answered. (Human) 'forgiveness' can be bestowed next time with a vote for those who stop kicking-the-can down the road. Until then, The People must stay strong in faith it will happen soon... later is too late! Anger, hope and courage make change.

Jane F. Keegan

Uxbridge

Annual Cold/Flu Review

It's flu season and time for the annual cold/flu facts column. Read on to review symptom checkers to ID your ailment, along with some natural and proactive methods you can employ to increase your odds of staying healthy this season.

**

Cold or Flu? You know you're sick, but not sure how sick. Is it a common cold or the dreaded flu? Symptoms can be similar at the beginning of the infection. Since colds and flu are often treated differently, it's important to identify the illness.

**



TAKE THE HINT

KAREN TRAINOR

According to the Centers for Disease Control and Prevention (CDC), a cold is a milder respiratory ailment that has symptoms that last a few days; the flu can last weeks and result in such serious health problems as pneumonia. While a stuffy nose and aches and pains are symptoms typically present in both colds and flu, a temperature reading can often differentiate the two. A common cold rarely causes a temperature to reach over 101 degrees. Also, body aches are much more common with the flu virus.

**

Cold Symptoms: Symptoms usually

Watch out for tax season scams



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

It's that time of year when we do our taxes — but it's also the same time that tax scammers go to work. What scams should you watch for — and how can you avoid being victimized?

Sadly, the list of scams is pretty long, including demands for payment or requests for "additional information" pertaining to your tax refund, in which the sender asks for your Social Security number and other personal information. These scam emails can look quite official, often incorporating the IRS logo. You might also receive scam text messages containing bogus links claiming to be the IRS Web site or an online "tool" that can help process your refund faster.

But keep these points in mind:

- The IRS generally won't contact you by phone and won't contact you by email, text messages or social media channels to ask for personal or financial information. The IRS begins most correspondence to taxpayers through regular mail delivered by the U.S. Postal Service.

- The IRS won't call to demand you make an immediate payment through a prepaid debit card or wire transfer. If you owe taxes, the IRS generally will mail you a bill. And the IRS won't threaten to bring in the police or another law enforcement group to arrest you for not paying your taxes.

In general, be extremely skeptical about any type of communication purporting to be from the IRS that sounds bullying or over-inquisitive — and certainly don't give out any personal or financial information. But these fake messages aren't the only tax-season scams out there.

You might even receive a direct deposit from what appears to be the U.S. Treasury Department — but if you weren't expecting it, something's likely not right. This payment could be a sign that a fraudulent tax return was filed in your name, and it might be followed by a communication from a supposed IRS agent requesting this overpayment be sent to them. If this happens to you, you'll want to contact the IRS right away, and you could also ask your bank to return the deposit to the government.

Other scams don't claim to originate directly from the IRS, as scammers pretend to be from real or imaginary tax organizations. For example, you could get a message from the Taxpayer Advocate Service, an independent organization within the IRS, but this agency won't contact you without a legitimate reason. Or you could receive a message from the nonexistent "Bureau of Tax Enforcement." Your best bet is to delete these messages immediately or send them to your spam folder.

Not all tax season scams originate from fraudulent IRS representatives or fake agencies. You also need to be careful about whom you hire to prepare your taxes. If possible, get a recommendation from a trusted friend or family member. And keep in mind that a legitimate tax preparer must have a valid Preparer Tax Identification Number and must sign your tax return. If someone doesn't have this number or is reluctant to sign your return, it may well be a sign that this individual is a "ghost preparer" who only wants to pocket your fee.

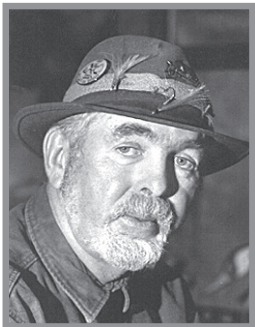
Tax scammers are, unfortunately, here to stay — but remaining vigilant can help you keep them from causing problems for you in this tax season and all the ones in the future.

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



Email us your thoughts to:
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Appreciate your rod & gun club



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Many people are happy with this winter's almost snowless season, but Ice fishing anglers are not happy about the absence of safe ice to fish on. The long range forecast is not looking good for ice fishing locally, but a couple of anglers packed their gear and traveled to the Northern part of Maine, and found six to eight inches of ice to fish on, and had a great time fishing. You've got to do what you've got to do!

The Mass. bear season ended with 223 bear being harvested during the three season hunt. Most bear were harvested in the western part of the state. It seems a bit low from the previous few years. The results of the 2021 deer season in Mass. pertaining to the Covid testing done at local stations, showed that 28 percent of the deer tested positive. The results of the 2022 deer harvest in Mass. has not been released as of this writing, but should be available any day now. There sure was a lot of big bucks taken this year.

Local clubs are planning their wild game suppers. A few clubs will not be having a game supper this year, but the Whitinsville Fish & Game club announced Feb. 18 for this year's big day. The Uxbridge Rod & Gun Club will also have their game supper this year. Tickets are now available and can be purchased at the club. These events are sold out quickly every year. Do not be left out!

Upcoming fishing shows include Tried & True fishing show on Feb. 4 & 5 in Westport Mass.! Location of the show is at Whites of Westport, Sportsmen's show at the Big E on Feb. 24-26, and the Fishing show on Jan. 28 & 29 in Boxborough, Mass. this weekend!

The Whitinsville Fish & Game Club held their annual Founders Day prime roast beef dinner this past Saturday, which was well attended. More than 80 members and guests enjoyed a prime Roast Beef dinner, put on by numerous club members. Only a few club founders remain, as most have passed on, but are remembered by the new members every day they hunt & fish on the property, or they trap shoot, use the pistol range, archery range etc.! The founders of most Rod & Gun clubs had the vision to acquire open space and

develop it by building Club houses, trout ponds, ranges, that in today's world would almost be impossible. Back in the '50's and '60's, numerous opportunities to buy open space for back taxes, and could be bought for \$1,000 per 100 acres or more. The Whitinsville Fish & Game club and the Blackstone valley Beagle Club land were a couple of clubs that purchased acreage for back taxes. Today, these two clubs are enjoying their property and all of the hunting and fishing activities that were left for future generations. Every time new members join one of these clubs, they should remember all of the hard work that was done by previous members.

The Uxbridge Rod & Gun Club also had members that had the foresight to buy land and build a clubhouse and all of the things that sportsmen need to have. There is little or



Courtesy
This week's picture shows a dad and his daughter ice fishing at a fishing derby at the Whitinsville fish & Game Club a couple of years ago! She was Jig Fishing & landed an impressive rainbow trout. She would love to fish again this year, but there is no ice!

no land that is affordable to build these special places for sportsmen and women today. The next time you visit your club to shoot fish, you should take a moment to appreciate all of the work that past members did to make it possible.

Marine fisheries are looking to cut more species of fish like Haddock, Cod, Mackerel, from the daily limits of recreational anglers and there is little that can be done to stop it. They have managed to cut recreational angler limits every year, but still allow commercial fishing boats to take more fish and longer fishing seasons. They have managed to separate charter boat anglers from the recreational boat anglers, allowing charter boats to have larger limits than the private boats. It is never going to stop.

Take A Kid Fishing & Keep Them Rods Bending!

Grow a beautiful indoor succulent garden



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Courtesy — Gardener's Supply Company

Succulents are low-maintenance houseplants that add interest and beauty to indoor décor.

to ensure it is dry and the plants need to be watered. Always pour off any excess water that collects in the saucer.

Avoid water collecting in the rosette of leaves or the cluster of prickly stems that can lead to crown rot. Use a watering can like the Haws Indoor Watering Can which has a long narrow spout that allows you to reach under the plants to water just the soil.

Make slight adjustments in your watering regime and growing environment as the seasons change. Adapting to changing conditions will keep your plants healthy and looking their best year-round.

Find a cool, sunny, draft-free location for your cacti and succulents in the fall and winter. Maximize the amount of light the plants receive by moving them to the sunniest, usually south-facing, window in your home. Water thoroughly but only when the top few inches of soil are dry and just often enough to keep the plants from shriveling. These changes in the growing conditions often encourage a spring display of colorful and unique flowers.

Boost your succulents' natural beauty by displaying them in unique containers or places in your home. Create a

living wall display with a 3-tier vertical wall planter (gardeners.com) or Mini Magnetic Galvanized Planter Pockets.

Grow a succulent centerpiece that can be enjoyed year-round. Plant a variety of succulents in a long narrow planter like the Veradek GEO Series Planter boxes. Display it on the table, and if needed, move it back to its sunny location between dinner parties. Small containers like the heart-shaped concrete tabletop planters allow you to create an attractive dish garden even when space is limited.

Whether you're a busy, experienced, or new indoor gardener, creating a succulent garden may be just what you need to brighten your home and elevate your mood.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition. She hosts The Great Courses "How to Grow Anything" DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her Web site is www.MelindaMyers.com.

From slave to hero

In 1748, James Armistead was born into the world, and his life was far from ordinary. James was born into slavery, belonging to the Armistead family, a well-established and prominent family in Virginia who owned a vast plantation and many different businesses. Little did they know, this enslaved man would become one of the greatest American heroes ever.

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TOBY
MOORE

Amidst the darkness of slavery, James learned to read and write, unlike many of his fellow enslaved people. James's ability to read and write was invaluable as the Revolutionary War was heating up and would prove to be the key that unlocked his path to freedom.

By 1781, the colonies were amid a fierce war for independence against England.

The British, led by the infamous Lord Cornwallis and his army of redcoats, were making devastating raids and attacks on the Continental Army and their cities. Under the command of General George Washington, the colonies fought bravely alongside their French allies, but it seemed as though victory was slipping from their grasp.

To turn the tide of the war, Washington sent the Marquis De Lafayette from France to reinforce the Continental Army's position in Virginia. Lafayette, a seasoned military leader, knew that the Continental Army alone was no match for British forces; he had to think outside the box.

Although enslaved people weren't allowed to fight, Lafayette recruited James; he was determined to utilize every advantage and was eager to learn more about the enemy's plans.

Together they devised a plan to infiltrate the British camp and gather vital information from within. James knew the stakes were high and was willing to take the risk.

James posed as a runaway slave and offered his services to Cornwallis, desperate for a chance to serve the British army, and Cornwallis believed him.

Day after day, as he served dinner to Lord Cornwallis and his generals, he gained their trust and listened in on their secret plans. With every word, he memorized their strategies, studied their maps, and learned their procedures. He was like a fly on the wall, unnoticed but always present, always listening.

Cornwallis and his generals had no idea

that the servant before them was not just an enslaved man but a spy working for the Continental army.

As the war was getting closer to the climax, The Battle of Yorktown, every piece of information James gathered was crucial for the Patriots to win. He was determined to help win the war and secure his freedom.

He provided the Marquis with detailed information about the location and strength of British troops, their supply lines, and plans for escape or reinforcement.

Armed with this information, The Marquis launched a bloody siege against the British army in Yorktown. The siege lasted for several weeks, as the Continental Army and the French allies bombarded the British positions with artillery.

The Patriots could anticipate the British's every move and turn the tide of the battle. Defeated, Cornwallis surrendered, and the Battle of Yorktown was over.

James's bravery and dedication to the cause of freedom for himself and our nation played a vital role in the defeat of the British.

This victory may have never been possible without James's bravery and dedication as a double agent. His actions as a spy during the war were instrumental in securing freedom for the colonies and served as a powerful example of resistance against slavery and oppression.

He defied the notion that enslaved people were merely passive victims and showed that they, too, could actively fight for their liberation.

Some believe that James and the Marquis kept in touch. Fifty years later, when The Marquis was on a rockstar tour of American Cities, almost 100,000 showed up to see him; James was there and was embraced by the Marquis as a hero while the crowds roared with approval. James took the last name Lafayette in honor of his relationship with the Marquis de Lafayette.

James Armistead Lafayette's story remained largely unknown for many decades. It was in the 20th century that historians began to acknowledge his role in the war and his significance as a symbol of courage, determination, and resilience.

Although he's no longer here, I wish to say to James, "Thank you for your service."

To advertise in this directory the 2nd and 4th weeks of the month, please call Mikaela at 774-200-7308 or email mikaela@stonebridgepress.news

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OBITUARIES

William T. Herbst, Jr., “Bill”



Webster-William T. Herbst, Jr., “Bill”, died at home, Sunday January 15, following a lengthy illness. He is survived by his wife of 50 years, Janice (Menard) Herbst; a daughter, Jennifer Herbst, and his grandson, Kyle Wronski-Herbst, all of Webster, with whom he lived, and his twin sister, Kathleen Lange and her son Gregory.

Bill was born in Worcester, March 28, 1949, the son of William T. and Margaret (Hall) Herbst, Sr. He grew up in Sutton and graduated from Sutton High School. Following graduation, Bill enlisted in the United States Navy, and served four years with the Seabees in Vietnam. Following his tour of duty, he began work at UPS in Shrewsbury where he spent 35 years, retiring as a district manager in 2004.

Bill greatly enjoyed golfing with

friends at area courses. He loved fishing, boating, and woodworking, making model boats and clocks. Most important to him, however, was his family, and the time he spent with them.

Bill was a man with two homes, the water and his family. Each action he took in life was for the sake of his family, and his love and commitment was as bountiful as the sea. His deeds will be held close to his surviving family, and his memory will be cherished always- through love and his sense of humor... along with his stubbornness.

Services will be held at a later date, at the convenience of the family. Carr Funeral Home, 24 Hill St., Whitinsville, is assisting the family with arrangements. To share a memory or condolence, please visit www.carrfuneralhome.com



Armand L. “Tiboy” Gariepy Sr., 90



Uxbridge- Armand L. “Tiboy” Gariepy Sr., 90, of West St., passed away on Mon., Jan. 16, 2023 at Milford Hospital after a period of declining health.

He is survived by his loving wife Carolyn S. (Kaminsky) Gariepy; 3 children, Armand L. Gariepy Jr. and his partner Sharon of Uxbridge, Alice Forcier and her partner Paul of Burrillville,RI, and Katherine Tappero and her husband Robert of Warren, RI ; 6 grandchildren; 10 great- grandchildren; his daughter-in-law Lisa; 7 siblings, Lillian Keyser; Lorraine Fountain, Eugene Gariepy; Lucille Gariepy; Gloria Caron, Vivian Cavanaugh, and Lionel Gariepy Jr.; and many nieces and nephews. He was brother of the late Conrad Gariepy and Theresa Carrier.

Born in Woonsocket, RI on March 28, 1932 he was the son of Lionel and Herminie (Gravel) Gariepy. He proudly served in the U.S Navy during the Korean conflict aboard the Aircraft Carrier USS Intrepid. A hard worker, Armand was employed as a textile dyer for Stanley Woolen Mill for 40 years. He then worked several years helping with his son’s textile business. He was educated at the Precious Blood Church,



where he was an alter boy, and Woonsocket public school system and was a member of VFW Post 1385 and the Charles A. Rice American Legion.

Tiboy embraced a healthy lifestyle. He boxed in the Navy, once sparring with Sugar Ray Leonard. He loved lifting weights and was even an instructor at the YMCA in Woonsocket. A self-taught mason he loved projects and building stone walls on his property. He had a nice sense of humor; loved his family and community and was known for helping others. He was a religious man and belonged to St. Mary’s Church.

His funeral was held on Friday, January 20th at 10 AM in St. Mary’s Church, 77 Mendon St., Uxbridge. Burial followed in St. Jean-Baptiste Cemetery in Bellingham. Calling hours at Tancrell Jackman Funeral Home, 35 Snowling Rd. were Thurs. Jan 19 from 5 to 7 pm. In Lieu of flowers donations in Armand’s memory may be made to the USS Intrepid Assoc., 1 Intrepid Sq., NY, NY 10036. To leave a condolence message for his family please visit: www.Jackmanfuneralhomes.com

AWARD

continued from page A1

veered off the road and into a handicap ramp attached to 94 North St. The truck was described as having “heavy front-end damage and the airbag deployed.”

“As Officer Branch prepared his medical equipment to help the driver breathe, Mr. Rousseau stated he could no longer feel a pulse,” a press statement reads. “Officer Branch then began CPR on the 76-year-old man and continued for several minutes. Just moments before EMS arrived, the officer detected a pulse.”

Douglas Fire Lt. Joe Overly and Firefighter Danica McCallum helped remove the driver from the pickup truck and continued life-saving measures on him, according to reports. The driver was taken to an area hospital and his physical health improved.

“Everyone involved in saving this man’s life is dedicated. They are dedicated to serving their communities, dedicated to protecting people and dedicated to preserving human life,” Early added.

The TEAM Award was created by

DA Early in 2019 to recognize public safety employees who “go above and beyond the call of duty.”

“I would like to commend my fire personnel for their management of both a complex and dynamic incident scene and my EMS personnel for administering life-saving medical treatment to a critically ill patient,” Douglas Fire Chief Kent Vinson said. “The bystander who helped at the scene and the police officers who performed CPR before firefighters arrived were a vital part of this incident.”

“Officer Branch and Officer Foynes are both outstanding police officers and the quick action they took that day to aid the victim was instrumental to his survival,” Douglas Police Chief Nick Miglionico said. “I must also praise Marc Rousseau, who was first on the scene to help prior to the officers arriving on scene. The Fire Department and EMS personnel did an excellent job providing advanced life support and because of this all-around team effort we had a very happy ending.”

To nominate someone for this award, contact the Worcester County District Attorney’s Office at 508-755-8601.

ARREST

continued from page A1

“had Mr. Picard step out of the vehicle,” at which point he became non-compliant; Officer Brenna Perry arrived on scene at this time to assist.

“As a search of Mr. Picard’s vehicle got underway, Ptl. Perry noticed something peculiar about one of the Jeep’s interior panels near the gas pedal area. When she looked into it a bit further...a loaded firearm fell out,” the police department released. “The gun’s serial number had been ground down and was no longer recognizable.”

In the statement, police further

described Picard as “already a convicted felon.” Picard was arrested and charged with the following offenses, according to reports: Possession of a Firearm by a Felon; Possession of Ammunition; Possession of a Large Capacity Magazine; Possession of a Gun with a Defaced Serial Number; Possession of Counterfeit Bank Bills; Possession of Class B (crack cocaine); and Resisting Arrest.

“Prior to this arrest, both St. Jacques and Sgt. Bohanan had made observations of Mr. Picard at various locations in town during unusual hours of night; they alerted other department members of their encounters, putting him on our radar,” police added.

ESSAYS

continued from page A1

our state’s history and determine for themselves what makes a great leader. We can’t wait to review the submissions.”

There is still time to submit an essay—submissions are due today—Friday, Jan. 27—at 11:59 p.m. Essays should be less than 600 words and should answer this question: “Which former Massachusetts governor inspires you the most, and why should their portrait hang in the Governor or Lieutenant Governor’s office?”

“Gov. Healey and I will be looking at these portraits every day while we are making important decisions that impact the lives of all Massachusetts residents,” Driscoll added. “Each time we see the portraits, we’ll be reminded of the lessons we learned from these student essays. We hope that all students will participate in this unique opportunity to shape our state’s future.”

Students are also asked to include at least one or two sentences about how they researched their chosen governor, contest details read. Additional details and submission

instructions can be found online at mass.gov.

“Massachusetts has a long history of impressive governors who have left a lasting mark not only on our state but on our entire country. Students are going to learn a lot about our history and government through this contest, and maybe it will even spark the interest of a future governor,” said Education Secretary Patrick Tutwiler. “We’re asking school administrators, educators, community groups and families to help us get the word out about the portrait contest to all students, including those who attend public or private school and those who are homeschooled.”

TREATY

continued from page A1

to spend on other measures” beyond a massive public push to get governments to abolish the Bomb.

Elson was one of several speakers at an online forum Sunday sponsored by the US Green Party headlined by Massachusetts resident and former Green presidential candidate Jill Stein. Stein recalled “growing up with ‘duck and cover’” and urged humanity to “get off that countdown [to doomsday].”

Stein noted that while many people are familiar with Hiroshima and Nagasaki, today’s warheads are “several hundred times” more powerful and vastly more numerous. The US and Russia have about 2,450 operational warheads between them and more than 5,000 in storage, and she speculated they’re targeting 10 or more on each major city in the other nation.

If used, she noted, “distance [from a target] should not be the comfort people once thought.” As several fairly recent studies have shown, the fallout, post-

TRAINOR

continued from page A8

begin with sore throat, runny nose followed by congestion and cough. Mucus may become thicker and darker. A slight fever is possible. Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious.

**

Flu Symptoms: Flu symptoms usually come on quicker than cold symptoms are typically more severe. They can include a sore throat, (sometimes hacking) cough, congestion, accompanied by headache, fatigue, chills and fever 102 to 104 degrees. Most symptoms improve in about five days, but fatigue can linger on for a week or more. The flu virus can be contagious from the day before the onset of the virus up to a week after.

**

How Colds & Flu are spread: Cold and flu viruses are spread when an infected person releases germs in the air via coughing, sneezing and close contact. Cold and flu viruses can live for hours on surfaces such as telephones, desks, door knobs, etc.

**

The flu is highly contagious as an infected person can spread flu germs a day before symptoms appear and can remain contagious for up to a week later. Studies show children with the flu virus can be contagious for over a week after onset. A person with a cold or flu is most contagious the first three days of infection, when the virus is most concentrated in nasal secretions. To prevent spreading the flu virus to co-workers and the public in general, the CDC recommends that people with flu stay home for 24 hours after their fever breaks.

**

Home Remedies: The following remedies are effective “first step” treatments to cold and flu. Symptoms that last more than a few days or become severe should be checked by a physician.

*A hot bath can be a powerful cold chaser and in Chinese medicine very hot baths are used to “sweat” out a cold at its earliest stages. To kick up the detox power of a bath, add a few drops of eucalyptus, rosemary or thyme essential oils to the water.

Note: Check with your doctor before taking a hot bath if you are pregnant, diabetic, have heart disease or other complications.

*Giving colds a two step punch with a double dose of ginger and lemon can relieve cold and flu symptoms. Adding ginger and lemon to a hot cup of tea not only soothes the throat, but ginger’s antimicrobial properties and lemon’s

vitamin C help fight the bug. To break up mucus, add a pinch of cayenne pepper to the hot tea.

Or try this recipe from Food Network to relieve cold and flu ailments: Combine in a mug: the juice of half a lemon, a quarter size piece of fresh ginger, two teaspoons of honey, and 3/4 cup of boiling water. Allow to steep for at least three minutes. Add dark rum if desired.

* It’s true that chicken broth can offer cold and flu sufferers relief, but did you know it’s the bone broth from the homemade brew that provides much of the healing power? Broth made from boiling bones (for about 12 hours for maximum benefit) offers magnesium, sulfur, phosphorus and other trace minerals that are easily absorbable not always readily available.

*Whether you like it hot or cold, a compress applied to sinuses can relieve congestion quickly. A freeze pack (or bag of frozen vegetables) works as a cold pack on the sinus area to decrease symptoms. Or, heat up a wet facecloth in the microwave (not to hot) and apply across the bridge of the nose for similar relief.

*While there’s no cure for the common cold some foods appear to reduce susceptibility to catching colds, or at least reduce the severity of the symptoms. Foods containing beta-carotene, vitamin C, and zinc have shown to have immune repairing and boosting properties. Research suggests that zinc (which is in many over the counter products to prevent colds) can work to reduce the duration and severity of a cold. But it is only effective if it’s started early, at the very first signs of illness.

**

Win Dinner for Two at the Publick House

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

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

war agricultural destruction leading to mass starvation, long term ecological destruction of nuclear winter and numerous toxins, and other after-effects of nuclear war will kill billions.

As fellow speaker Haig Hovaness stated, “Those living away from major cities will probably be worse off. They’ll witness the disintegration of civilization.”

“We need to pull back from these preconditions that are supercharging the nuclear threat,” Stein said, pointing specifically to US policy of “full spectrum dominance,” years of “dismantling treaties,” pushing for expanding the arsenal, and NATO expansion into Eastern Europe (including the \$115 billion so far allocated to the Ukraine War).

Regarding full-spectrum dominance, she described it as “appropriate for the bully in the school yard, but not appropriate for an interdependent world” with many global issues to solve. Regarding the treaties, she mentioned several that have been broken and the Non-Proliferation Treaty, which is still in force, but essentially being ignored. It calls on nuclear weapons states to

“work to eliminate our weapons,” but the US is dedicating \$2 trillion over 30 years to updating and modernizing them instead, and the world has already spent more than \$10 trillion on nukes since 1945, she said.

As a way to encourage public support for the Nuclear Ban Treaty, Veterans for Peace (VFP) is sailing around the US this year in its “Golden Rule Peace Boat,” a renovated sailboat first taken to the Marshall Islands in protest of nuclear testing there from 1947-58. It’s currently moving northward along the Florida coast, with plans to reach New England in May and June. Among its planned stops are Groton Naval Base, June 8-11; Providence, June 11-13; New Bedford, June 13-15; Plymouth, June 15-18; and Boston, June 18-21.

VFP’s Helen Jaccard described the trip as “a big speaking tour by water,” where the stops are aimed at eliminating funding for nukes and shifting it “to things that are life-affirming.”

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



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Hofstra University congratulates Dean’s List students

HEMPSTEAD, N.Y. — Hofstra University congratulates the students named to the Fall 2022 Dean's List for their outstanding academic achievement. Students must earn a grade point average of at least 3.5 during the semester to make the Dean's List. Students to be honored from the local area include: Hailey Bober of Whitinsville, whose major is Computer Science & Mathematics; Lindsey Labossiere of Uxbridge, whose major is Criminology; Hofstra University is an internationally ranked and recognized private university in Hempstead, N.Y. Hofstra is a dynamic community of nearly 11,000 students dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers. Our campus is a leafy oasis just a quick train ride away from New York City and all its cultural, recreational and professional opportunities. We offer small classes and personal attention, with the resources, technology and facilities of a large university. Students can choose from more than 165 undergraduate program options and 175 graduate program options in the liberal arts and sciences, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell.

Devon Gokey named to Dean’s List at Plymouth State University

PLYMOUTH, New Hampshire — Devon Gokey of Uxbridge has been named to the Plymouth State University Dean's List for the Fall 2022 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2022 semester and must have attempted at least 12 credit hours during the semester. Gokey is a Cell and Molecular Biology major at Plymouth State. Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

LEGALS

NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Jerrold N. Arnowitz a/k/a Jerrold Arnowitz, Maria Kellaghan a/k/a Maria E. Kellaghan to Champion Mortgage Co., Inc., dated January 25, 2001 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 23486, Page 240, of which mortgage the undersigned is the present holder, by assignment from: Champion Mortgage, A Division of KeyBank, NA as successor by merger to Champion Mortgage, a Division of Key Bank, USA, NA as successor in interest to Champion Mortgage Co., Inc., a National Bank to Household Finance Corp II, recorded on March 14, 2007, in Book No. 40815, at Page 35 Household Finance Corporation II to DLJ Mortgage Capital, Inc., recorded on December 1, 2017, in Book No. 58123, at Page 278 DLJ Mortgage Capital, Inc. to CSMC 2019-JR1 Trust, recorded on August 12, 2020, in Book No. 63010, at Page 246 CSMC 2019-JR1 Trust to Wilmington Savings Fund Society, FSB, not in its individual capacity but solely as Owner Trustee of CSMC 2019-JR1 Trust, recorded on October 19, 2020, in Book No. 63522, at Page 202 Wilmington Savings Fund Society, FSB, not in its individual capacity but solely as Owner Trustee of CSMC 2019-JR1 Trust to Wilmington Savings Fund Society, FSB, not in its individual capacity but solely as Owner Trustee of CSMC 2021-JR1 Trust, recorded on September 14, 2021, in Book No. 66057, at Page 174 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 2:00 PM on February 10, 2023, on the mortgaged premises located at 22 Oak Drive, Upton, Worcester County, Massachusetts, all and singular the premises described in said mortgage, TO WIT: A CERTAIN PIECE OR PARCEL OF LAND KNOWN AS 22 OAK DRIVE, IN THE TOWN OF UPTON, COUNTY OF WORCESTER, AND STATE OF MASSACHUSETTS AND BEING MORE PARTICULARLY DESCRIBED IN A DEED RECORDED ON DECEMBER 31, 1996, IN BOOK 18515 AT PAGE 20 OF THE WORCESTER COUNTY DISTRICT REGISTRY OF DEEDS. TITLE HELD IN: JERROLD N. ARNOWITZ AKA JERROLD ARNOWITZ AND MARIA KELLAGHAN Subject to a first mortgage dated December 30, 1996 and recorded in the Worcester County (Worcester District) Registry of Deeds at Book 18515, Page 23 in the original principal amount of \$249,500.00. For mortgagor’s(s’) title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 18515, Page 20. These premises will be sold and con-

veyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. TERMS OF SALE: Adeposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale. WILMINGTON SAVINGS FUND SOCIETY, FSB, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY AS OWNER TRUSTEE OF CSMC 2021-JR1 TRUST Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 19170 January 13, 2023 January 20, 2023 January 27, 2023

LEGAL NOTICE MORTGAGEE’S SALE OF REAL ESTATE
By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Lisa M. Dumas and Michael Dumas a/k/a Michael A. Dumas to Bank of America, N.A., dated October 20, 2012 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 49894, Page 122 (the “Mortgage”), as affected by Judgment dated February 4, 2020, and recorded at said Registry of Deeds in Book 61961, Page 275 of which mortgage Nationstar Mortgage LLC d/b/a Mr. Cooper is the present holder by Assignment from Bank of America, N.A. to Federal National Mortgage Association dated August 20, 2015 and recorded at said Registry of Deeds in Book 54242, Page 119, and Assignment from Federal National Mortgage Association to Nationstar Mortgage LLC dated August 15, 2022 and recorded at said Registry of Deeds in Book 68117, Page 283, for breach of conditions of said mortgage and for the

purpose of foreclosing the same, the mortgaged premises located at 394 Douglas Street, Uxbridge, MA 01569 will be sold at a Public Auction at 4:00 PM on February 14, 2023, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit: THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF WORCESTER, STATE OF MASSACHUSETTS AND IS DESCRIBED AS FOLLOWS: ALL THAT PARCEL OF LAND IN TOWNSHIP OF UXBRIDGE, WORCESTER COUNTY, COMMONWEALTH OF MASSACHUSETTS, AS MORE FULLY DESCRIBED IN DEED BOOK 16959, PAGE 362, ID# 304-023.0-3082-0000.0, BEING KNOWN AND DESIGNATED AS BEING SHOWN AS LOT 1 ON A PLAN DATED 8/25/82 AND FILED IN PLAN BOOK 499 PLAN 95. BEING MORE FULLY DESCRIBED BY DEED [N BOOK 16959 PAGE 362 FILED 3/31/95. THIS IS RECORDED LAND WITH WORCESTER COUNTY REGISTRY OF DEEDS. MORE COMMONLY KNOWN AS 394 DOUGLAS ST UXBRIDGE MA 01569 BY FEE SIMPLE DEED FROM RUSSELL E. LEGASSEY AS SET FORTH IN BOOK 16959 PAGE 362 DATED 03/15/1995 AND RECORDED 03/31/1995, WORCESTER COUNTY RECORDS, COMMONWEALTH OF MASSACHUSETTS. For mortgagor’s title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 16959, Page 362. The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession. Terms of the Sale: Cashier’s or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable by certified check in thirty (30) days from the date of the sale at the offices of mortgagee’s attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication. Other terms to be announced at the sale. Nationstar Mortgage LLC d/b/a Mr. Cooper Korde & Associates, P.C.

900 Chelmsford Street Suite 3102 Lowell, MA 01851 (978) 256-1500 Dumas, Lisa M. & Michael Dumas, 22-040720 January 20, 2023 January 27, 2023 February 3, 2023
Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO23P0101EA CITATION ON PETITION FOR FORMAL ADJUDICATION Estate of: Marcia Elaine Fraser Also known as: Marcia E Fraser Date of Death: : 05/19/2022
To all interested persons: A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Julia Fraser of Venice FL** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Julia Fraser of Venice FL** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**
IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/14/2023.** 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: January 13, 2023
Stephanie K. Fattman, Register of Probate
January 27, 2023

SPORTS

Rebounds, second-chance points help Crusaders get past Douglas



Nick Ethier

Whitinsville Christian's Amanda Cinelli drives to the basket and gets fouled from behind.



Nick Ethier

Ariana Delgado of Douglas pushes the ball down the court while on the fast break.



Nick Ethier

Charlotte Bartlett of Whitinsville Christian peers over the Douglas defense, looking to make a pass to the interior.



Nick Ethier

Douglas' Maddie Mooney sets her feet and attempts a 3-pointer.



Nick Ethier

Douglas' Paige Gosselin drives the ball into the paint, with Whitinsville Christian defender Amanda Cinelli reaching in looking for a steal.

BY NICK ETHIER
SPORTS EDITOR

DOUGLAS — The Whitinsville Christian School's girls' varsity basketball team can make 3-pointers — they drained two treys against Douglas High on Wednesday, Jan. 18 — but the Crusaders' bread and butter comes from hard work in the paint that includes rebounding and getting the put-backs into the basket. “A few of our main goals of the season are to rebound and box out, and that’s something that we’ve been working on a lot at practice. Most of the points that we get are off of our rebounds,” said Whitinsville Christian head coach Emily Kreidler. “When we run our plays all the way through and we get those opportunities to get those rebounds, it works out in our favor.”

The Crusaders corralled 36 rebounds to the Tigers’ 21 and made countless put-backs as they defeated Douglas, 43-18. Whitinsville Christian led after the first quarter, 17-5, at the half, 22-6, and through three periods, 32-15, before winning

by 25 points. The size differential — the Crusaders were the bigger team at every position — was just too much for the undermanned Tigers to overcome. “There’s not a game where we haven’t been the smallest team,” said Douglas head coach Jerry Grudzien, whose team was also undermanned with just seven players suiting up. Because of Whitinsville Christian’s length, the Tigers were unable to get the ball inside with any regularity. As a result, Douglas was forced into taking a vast majority of their shots from 3-point range. The Tigers made just three 3-pointers and three baskets from inside, plus three free throws. “We’re not rebounding offensively because it goes hand-in-hand with not getting the ball inside. We’re learning how to get the ball there and they go to the right spots, it’s just physically doing it. That’s something we’re going to focus on. They do it well in practice and they’re still trying to get into game mode,” said



Nick Ethier

Whitinsville Christian's Margaret Johnson and Douglas' Cece White go one-on-one in second quarter action.

Grudzien. “The more reps they get and the more experience they get, the more success they’ll see when they get to those spots.” Kreidler mentioned that the team’s zone defense worked wonders against Douglas. “We started off (the season) playing man and it worked pretty well, but us playing a zone is more to our advantage with the way our size is,” she said. “Typically we come out in a 3-2 and using our size and our speed to those advantages of playing that zone, I think we work well with that.” Eight players scored for the Crusaders, including Amanda Cinelli (8 points), Charlotte Bartlett (8), Delia Moloney (7), Chloe Richey (6), Margaret Johnson (5), Alexandra Weedon (4), Eden Cabral (3) and Ava Ibrahim (2). All 11 players on the ros-

ter pulled down at least one rebound, as Whitinsville Christian improved to 4-4. “Last year we were coming off of a rough season, I think we won two games last season, so anything more is an improvement, and our girls are working so hard. They’re really putting in the effort and the hard work,” said Kreidler. Douglas scorers included Maddie Mooney (7 points), Paige Gosselin (5), Cece White (3) and Zoe Greenough (3), as the Tigers dropped to 0-10, but it isn’t all about the wins and losses for Grudzien this winter. Instead, he logs hustle plays such as tips and steals as well as zoning in on defense. “We can control being aggressive on defense. We can’t control the ball going in the basket right now and it’s because we’re inexperienced. We’re getting there,” said Grudzien.



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Sophia Masciarelli of Northbridge named to Provost’s List at Hofstra University

HEMPSTEAD, N.Y. — Sophia Masciarelli of Northbridge achieved a perfect 4.0 GPA during the Fall 2022 semester, earning a spot on the Provost's List at Hofstra University. Sophia's major is English. Hofstra University is an interna-

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University of New Hampshire announces Dean’s List

DURHAM, New Hampshire — The following students have been named to the Dean's List at the University of New Hampshire for the fall 2022 semester.

Skylar Manyak of Douglas, earning High Honors

Emma Ganley of Northbridge, earning High Honors
Emma Lachapelle of Northbridge, earning High Honors
Kristina Kirk of Uxbridge, earning Honors
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Tobias Genova of Uxbridge, earning Highest Honors
Avery Senosk of Whitinsville, earning Highest Honors
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