



# Fire officials seek public’s help investigating drive-in blaze



The cause of a fire in the area of the former Sutton Motor-In drive-in theater remains under investigation.

**BY KIMBERLY PALMUCCI**  
TRIBUNE CORRESPONDENT

SUTTON — Fire and police officials are asking for the public’s help in the investigation of a recent brush fire in the area of the former Sutton Motor-In drive-in theater.

As of press time, Sutton Fire Chief Matthew R. Belsito, Sutton Police Chief Dennis J. Towle, and State Fire Marshal Peter J. Ostroskey said the origin and cause of the fire remained under investigation.

“While emphasizing that no conclusions have been drawn at this time, officials are asking anyone with information on the fire to share it with investigators,” Belsito released in a statement. “Our goal right now is to gather as much information as possible.”

The four-alarm fire was first reported at around 4:38 p.m. on Sunday, May 1, by motorists on Route 146. The fire consumed “several acres of brush on both sides of that roadway,” according to

reports, and destroyed the drive-in’s screen tower.

It grew to four alarms and drew mutual aid companies from Millbury, Grafton, Uxbridge, Douglas, Northbridge, Auburn, Mendon, Webster, Oxford, and the Department of Conservation & Recreation before being extinguished at 9:19 p.m., Belsito added.

“The fire departments of Charlton and Leicester provided station coverage during the incident,” he said.

The fire remains under investigation

by the Sutton Fire Department, the Sutton Police Department, and the State Police Fire & Explosion Investigation Unit assigned to the State Fire Marshal’s office.

“You can remain anonymous if you wish,” Belsito said.

The Arson Watch Reward Program provides rewards of up to \$5,000 for information that helps to detect or prevent an arson fire. The confidential hotline can be reached by calling 1-800-682-9229.

# Student artwork on display at Springfield Armory

**BY KIMBERLY PALMUCCI**  
TRIBUNE CORRESPONDENT

UXBRIDGE — A high school sophomore will have artwork displayed as part of a state-wide project at the Springfield Armory.

Gage Nichols, UHS student, completed his work entitled “Assembly Line: Parts That Make a Whole” under the direction of Uxbridge High School Art Teacher Lisa Struppa. “Creativity and persistence are just two of the traits that we hope to see in all of our students,” said Uxbridge High School Principal Michael Rubin. “We continue to be impressed and amazed by the work of our art students, and I am proud of Gage and Ms. Struppa’s efforts in finding ways to connect our art classes to a broader audience and purpose.”

One-hundred and twenty-one students from six Massachusetts schools interpreted the theme, “A Global Connection,” to create original artwork panels focusing on inventions that “changed our lives and the lives of those before us”—such as, the first laptop in 1982, the first cloned sheep in 1996, and the first jar of mayonnaise in 1756, according to a press statement released by the school.

“Students worked with the premise that as a research and development facility, not only for military arms, but for the techniques required to manufacture them, Springfield Armory was part of a global network,” the school released. “Ideas from other countries were investigated and modified in Armory manufacturing techniques and designs, not just for firearms, but for many everyday items as well.”

Nichols’ art, completed using printmaking media, included Softcut block, carving tools, and printing ink, school officials added, and helped showcase how the Springfield Armory building used assembly lines to produce many products and specifically show how many parts contribute to the whole.

Springfield Armory National Historic Site has partnered with the International Fiber Collaborative and local schools to exhibit student artwork. The collaboration produced its new temporary exhibit, A Global Connection, on display at the museum through June 13.

According to a press statement, the Springfield Armory National Historic Site is the location of the nation’s first armory (1794 – 1968) and was established by George Washington. The museum is open Wednesday through Sunday, 9:30 a.m. – 4 p.m. For further information, call 413-734-8551 or visit the Web site at [www.nps.gov/spar](http://www.nps.gov/spar).

**BY KIMBERLY PALMUCCI**  
TRIBUNE CORRESPONDENT

NORTHBRIDGE — Local firefighters will have a chance to win \$1,000 during a live, onstage lottery as part of the upcoming “Afternoon of Brass” concert.

Northbridge Brass Endeavors recently announced details of the concert lottery; one fire department and one firefighter are to “win a cash award of at least \$1,000,” according to event details.

The concert, which the Northbridge-based event organizers have said “honors local firefighters,” will be held at Mechanics Hall in Worcester on Sunday, June 5.

For the fire department lottery, 17 fire departments—and no others, event organizers said—are already included in the lottery:

Worcester, Northbridge, Auburn, Burlington, Charlton, Grafton, Hopedale, Sterling, Uxbridge, West Boylston, Holden, Boylston, Shrewsbury, Millbury, Leicester, Paxton, and Wellesley.

“To win, there must be at least one Firefighter in attendance at the concert during the live drawing from the fire department selected by lottery drawing,” Northbridge Brass Endeavors announced. “If no member of the selected fire department is present, then an additional drawing will be made until a winner is declared.”

For the individual firefighter lottery, entry is by purchase of a ticket at the 50 percent discounted price offered to firefighters and up to three guests.

“When a Firefighter purchases ticket(s) using the discount promo code ‘ABFFirefighter’ (mnemonic:

Afternoon of Brass Firefighter) that firefighter and their guests are automatically entered into the lottery,” event organizers added. “If a Firefighter or any of his/her guests are selected by lottery drawing, then the Firefighter (not the guest) is to receive the cash award.”

A firefighter with the maximum of three guests will have four entries in the lottery, a press statement added.

Tickets must be purchased before 11:59 p.m. on Sunday, May 22, in order to guarantee entry into the lottery.

“Late ticket purchases by Firefighters may or may not be entered into the lottery,” Northbridge Brass Endeavors shared.

Northbridge Brass Endeavors  
Turn To **LOTTERY** page **A12**

# DA Early supports safe post-graduation event in Uxbridge

U X B R I D G E — Worcester County District Attorney Joseph D. Early Jr. is helping fund a safe post-graduation event for the Uxbridge High School Parents for Safe Graduation this year thanks to his annual grant program.

This year, Mr. Early’s office awarded a total of \$25,000 in grants to 18 different schools across Worcester County to support programming that helps keep students from drinking and driving after celebratory events like prom and graduation, preventing tragedies before they happen.

“This time of year should be a celebration for our students and their families,” Mr. Early said. “These celebrations can turn into tragedies in the blink of an eye when drinking and driving is involved. These programs help keep kids safe while they have fun and

celebrate rituals of high school life.”

Mr. Early and his Community Outreach Team also offer presentations about the dangers of mixing drugs and alcohol, social host liability awareness for parents,

and distracted driving in order to promote safety.

The funding for the grants Mr. Early is providing to high schools across the county is made possible through the Massachusetts Office for Victim Assistance Drunk

Driving Trust Fund, which is a state grant that provides support services and advocacy to victims, witnesses, and family members impacted by drunk and drugged driving crashes.



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# Get your 2022 vessel safety check

REGION — The United States Coast Guard urges area residents to obtain boat safety checks for the 2022 season at one of the following locations: Memorial Beach Boat Ramp, Saturday, June 11, Nipmuc Cove, Webster Lake; and Wallum Lake Boat Ramp, Saturday, June 18, Douglas State Forest.

Bringing any type of watercraft from kayaks, canoes, PWCs, sailboats, cabin cruisers, to ski & pontoon boats for a

stem to stern check of equipment for compliance to federal and state safety regulations. Vessels can be inspected on a trailer as well as afloat.

Trailered vessels, not having Webster access sticker and not launching, can be examined at the entrance gate to Memorial Ramp. Personal Watercraft, not allowed to launch at the Wallum Lake Ramp on weekends, can also be examined at the gate. Both locations

can accommodate boats arriving by water. The stations will be active from 9 a.m. to 4 p.m. at both these locations.

Vessel Examiners are qualified and experienced to answer any boating related questions or concerns along with being trained to spot any potential problems. They will award your vessel with a 2022 VSC decal if it meets Auxiliary standards on items such as: registration & hull numbering, life jackets, fire extinguishers, expiration dates on flares (if required), working navigation lights, overall vessel condition, etc. A VSC is conducted only with your consent; no reports are filed with any law enforcement agency. There are no citations, legal obligations, or penalties on violations or

potential problems found. A VSC decal might result in a boat insurance discount and will indicate to law enforcement on the water that your vessel complies with safety regulations. The Examiner will give the vessel owner options and information on correcting any issues. Often a quick trip to the nearest boating supply vendor is all that is necessary to obtain missing safety items and easily pass a re-inspection, sometimes on the same day.

Coast Guard Auxiliary Vessel Examiners will be around the local lakes at various, un-scheduled times during the boating season; they are few in number and not readily available inland. Can't make it to the station... schedule a VSC online at the link below.

Best to take advantage of this scheduled opportunity and start your boating season with a visit to our station and a free 2022 VSC Decal on your craft.

<http://www.vesselsafetycheck.org/CGAux1002@aol.com>

# Blackstone River Valley National Historical Park hosts 2022 Walkabout season

WHITINSVILLE — After a two-year hiatus, the staff at Blackstone River Valley National Historical Park are pleased to announce the return of the Summer Walkabout Series. Learn about your local national park—and other fascinating historic spots in the Blackstone Valley—by joining us for 13 free, guided walking tours this June, July, and August.

Walkabouts are hour-long walking tours that immerse participants in local history.

Supervisory Ranger Kevin Klyberg explains, “a walkabout is a great way to see a familiar landscape in a new way. It may also be a chance to see a place that you have never explored before.” This year’s lineup covers all six of the sites, or “nodes,” that make up Blackstone River Valley National Historical Park. Rangers will also be offering tours in other Blackstone Valley communities, including Providence, R.I., Central Falls, R.I., and Worcester.

Some highlights include:

On Thursday, June 23, the park will co-host a free night out at the Worcester Historical Museum in honor of Worcester’s 300th birthday.

On July 21, The Haus of Glitter will co-host a

walkabout on slavery, reconciliation, and healing, at the Esek Hopkins House in Providence, R.I.

On Aug. 25, celebrate the National Park Service’s 106th birthday in style by touring America’s first mill village, Slatersville, R.I.

This series will begin on Thursday, June 2, and will run on consecutive Thursday evenings at 6:30 p.m. EDT through Aug. 25. All programs are free and do not require registration.

To learn more about specific walks, visit the National Historical Park’s Web site at [www.nps.gov/blrv](http://www.nps.gov/blrv). For more information, contact Park Ranger Allison Horrocks at [Allison\\_Horrocks@NPS.gov](mailto:Allison_Horrocks@NPS.gov).

More than 20,000 National Park Service employees care for America’s 423 national parks and work with communities across the nation to help preserve local history and create close-to home recreational opportunities. Visit us at [www.nps.gov](http://www.nps.gov), on Facebook [www.facebook.com/national-parkservice](https://www.facebook.com/national-parkservice), Twitter [www.twitter.com/natlparkservice](https://www.twitter.com/natlparkservice), and YouTube [www.youtube.com/national-parkservice](https://www.youtube.com/national-parkservice).

## Registration now open for Family Fun Fishing Day

UXBRIDGE — Open Sky Community Services is excited to co-host the Seventh Annual Family Fun Fishing Day at Riverbend Farm in Uxbridge along with the Blackstone River National Heritage Corridor Volunteers-in-Parks Program, the Blackstone River Watershed Association, Massachusetts Department of Conservation & Recreation, Massachusetts Division of Fisheries & Wildlife.

This year’s event will be held on Saturday, June 4 from 10 a.m. to 1 p.m. with a rain date of Sunday, June 5th. There will be activities for the whole family and food and ice cream will be available for purchase from GottaQ BBQ and the Sweet Wise Ice Cream truck. All ages and ability levels welcome. Fishing poles, bait and instruction will be available with pre-registration and participants are welcome to bring their own.

Registration is now open at [thebrwa.org/familyfishing2022](http://thebrwa.org/familyfishing2022). This is a free event, but pre-registration is required. Please contact Lori Girard with any questions at 508-234-6232 or [lori.girard@openskycs.org](mailto:lori.girard@openskycs.org).

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Puck is looking for an adult-only home (or home with older teens) who have experience with dogs. If you think Puck could be your new best friend, please email [adopt@baypathhumane.org](mailto:adopt@baypathhumane.org) today!

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**DIRECTOR’S NEWS FOR JUNE 2022**  
New Way for Medicare Beneficiaries to Get Free Over-the-Counter COVID-19 Tests!  
Americans with Medicare Part B, including those enrolled in a Medicare Advantage plan, now have access to Food and Drug Administration (FDA) approved, authorized, or cleared over-the-counter COVID-19 tests at no cost. People with Medicare can get up to eight tests per calendar month from participating pharmacies and health care providers for the duration of the COVID-19 public health emergency.  
Seniors should check with their pharmacy or health care provider to see if they are participating, and if so, their pharmacy or health care provider can provide their tests and will bill Medicare on their behalf. A partial list of participating pharmacies can be found at <https://www.medicare.gov/medicare-coronavirus>. People should bring

their red, white, and blue Medicare card to get their free tests (even if they have a Medicare Advantage Plan or Medicare Part D plan), but the pharmacy may be able to get the information it needs to bill Medicare without the card. To learn more go to: <https://www.cms.gov/newsroom/press-releases/biden-harris-administration-announces-new-way-medicare-beneficiaries-get-free-over-counter-covid-19>  
What is Mild Cognitive Impairment (MCI)?  
Mild cognitive impairment (MCI) is an early stage of memory loss or other cognitive ability loss (such as language or visual/spatial perception) in individuals who maintain the ability to independently perform most activities of daily living. Mild cognitive impairment (MCI) causes cognitive changes that are serious enough to be noticed by the person affected and by family members and friends, but may not affect the individual’s ability to carry out everyday activities. Approximately 12% to 18% of people age 60 or older are living with MCI. The population of Americans age 60 and older has grown more than 30% over the past decade, and the number of older individuals in the United States is expected to increase significantly by 2050.

Individuals with MCI may have a higher risk of developing dementia. Studies estimate that 10% to 15% of individuals with MCI go on to develop dementia each year. About one-third of people with MCI develop dementia due to Alzheimer’s disease within five years. However, some individuals with MCI revert to normal cognition or do not have additional cognitive decline. Early intervention offers the best opportunity for management and treatment, allowing individuals with MCI or MCI due to Alzheimer’s disease more time to plan for the future, adopt lifestyle changes that may help slow disease progression, participate in clinical trials and to live more fully, with a higher quality of life, for as long as possible. If you would like more information about MCI, please speak to your primary care physician. Reference: alzheimers-facts-and-figures-special-report.pdf

Stay safe and enjoy the summer time weather!  
Lisa

**Wednesday,**  
June 1st – 12:15 pm - Woo Sox vs Syracuse game at Polar Park. This is sponsored by The Uxbridge Elderly Connection Inc. and cost per senior will be \$10.00 each. We have a limited amount of tickets for this game, but would love for you to join us! Please sign up early, transportation will be provided.

**Thursday,** June 2nd – 10:30 am – 11:30am–Veterans’ Services with Carl Bradshaw by appointment only. Call 508-278-8622 to sign up.

**Thursdays,** June 2nd & 23rd – 11:30 am – 12:30 pm – “PopUp Library. Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program being offered by the Uxbridge Free Public Library.

**ZUMBA Classes Continue** on Thursdays June 2nd – July 7th.  
Chair Yoga Classes Continue on Thursdays, June 2nd – July 7th. Classes are held at the McCloskey School, 62 Capron Street. The suggested donation is \$25.00 for the 8 weeks. Checks may be payable to the Uxbridge Senior Center. Applications and waiver forms are required prior to the start of these programs.

**Friday,** June 3rd – 12:00 pm – Lunch & Learn with Chief Montminy ~ His guest speaker will be Pout Pond Recreation Committee member Patrick Tuer. Please call ahead to reserve your lunch.

**Saturday,** June 4th – 11:00 am - The Worcester County Sheriff’s Office is holding the Sheriff’s Annual Senior Picnic Drive-Thru. If you would like to attend and ride on the Uxbridge Senior Center van, call 508-278-8622 or stop by to sign up. Everyone must be registered by May 11th to attend.

**Monday,** June 6th – 1:30 pm – Christmas Tree Shopping Trip with Sally. Sign up early as seating is limited.

**Thursday,** June 9th – 8:30 am – Dr. Biancamano. Call to make an appointment.

**Monday,** June 13th – 1:30 pm - Flag Craft with Sally. Cost will be \$5 per person.

**Tuesday,** June 14th – 12:00 pm – Herbs Make Scents – Tea Demo with Terry Michaelson! Be sure to call ahead to reserve your lunch for this date!

**Tuesday,** June 14th – 1:00 pm – Uxbridge Library Book Club. They will be reading The Love Story of Missy Carmichael by Beth Morrey. You are welcome to join us for lunch on this day. Please remember to RSVP.

**Tuesday,** June 14th – 1:00 pm – 2:00pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment with Cole Ackerson. Next date will be July 12th.

**Tuesday,** June 14th – 3:00 pm – Annual COA Meeting at the senior center.

**Friday,** June 17th – 9:00 am – Bird Watching with Strickland Wheelock. Meet at the Riverbend Farm located at 287 Oak Street. Do not forget to wear your walking shoes! Please call the senior center to sign up by June 10th.

**Friday,** June 17th – 12 noon – Annual Father’s Day Celebration with Tim Brooks ~ The Crooner at Large! This is sponsored by the Uxbridge Elderly Connection Inc. Call ahead to RSVP.

**Monday,** June 20th – The senior center will be closed in observance of Juneteenth Day. We will re-open on June 21st.

**Tuesday,** June 21st – 11:00 am – 1:00 pm – Pout Pond Lunch Outing with Bob Moon - Acoustic Guitarist! This is being sponsored by the Uxbridge Elderly Connection Inc. Rain Date will be June 28th. Van ride available and you can also meet us there! Call ahead to RSVP.

**Wednesday,** June 22nd – 5:00 pm – Movie Night at the Uxbridge Senior Center. Pizza and beverages will be served! Movie will be Blue Hawaii with Elvis Presley. Please RSVP.

**Saturday,** June 25th – 9:00 am – 2:00 pm – Indoor-Outdoor Yard Sale at the Uxbridge Senior Center. Call the center to inquire about table rentals or come shop and have a light lunch! Hot dog/chips/soda \$5.00. This sale is to benefit the Uxbridge Senior Center.

**Monday,** June 27th -1:30 pm – “Ask the Attorney” with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment at the Uxbridge Senior center.

**Tuesday,** June 28th – 9:00 am – SHINE Appointments available for health

insurance questions with Pat Nectow. Please call 508-278-8622 to schedule.

**Tuesday,** June 28th – 11:00 am – 12:00 pm – Ask the Nurse Free Blood Pressure Clinic with Celeste Kopech, Salmon Health VNA. RSVP to participate and to join us for lunch.

Card Game will be played during our Monday Congregate lunches and BINGO will be on Wednesdays.  
Computer Class Tutoring every Monday ~ 3:00 pm \*By appointment only. Students from BVT will be available to help you with your computers and/or devices. \*Please call ahead to book an appointment.

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.

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

Every Wednesday @ \*9:00 am – Sally’s Walking Club. Contact the senior center for waiver forms before starting and this is weather permitting. Meeting spot is the Blackstone Valley Greenway located on Adams Street in S. Uxbridge. This is incorporated with The Walk Mass Challenge! \*New start time and No Walking Club on June 1st.

1st and 3rd Wednesday – June 1st & 15th @ 10:00 am – Bank & Pharmacy Rides. Please call at least 24 hours in advance. Masks must be worn as well.

2nd and 4th Thursdays – June 9th & 23rd – Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance. Masks must be worn and limited to 4 people on the van.

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

The senior center is in need of the following donations: Newly packaged napkins, paper towels, 8 oz. Styrofoam cups, 8 oz plastic cups, ground regular & decaf coffee, coffee filters, tea bags, sugar packets (regular, sweet n’ low, & other brands), tissues & toilet paper. We thank you for your support!

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

<https://www.Facebook.com/UxbridgeMASeniorCenter>  
[https://www.youtube.com/channel/UCNh\\_Rlq99rucmFH-UO7VFBw](https://www.youtube.com/channel/UCNh_Rlq99rucmFH-UO7VFBw)  
<https://www.uxbridgetv.org/schedule/192>

## DOUGLAS ADULT SOCIAL CENTER

331 Main St.  
(508) 476-2283

**DAILY ACTIVITIES:**  
Monday: Painting class 10am to 12:30pm, Balance & Strength Exercise 10am, Mat yoga2 pm  
Tuesday: Cribbage 9:30am, Zumba 9:30am, Technology Class 1pm, Jenga 2pm  
Wednesday: Balance & Strength 10am, Knit & Crotchet 12pm, MahJong 1pm  
Thursday: Yoga 9:30am, Wii Games 11am  
Friday: Balance & Strength 10am, first and third Friday Checkers with Patrice 10:30am, Second and fourth Friday Scrabble with Jennifer 10am

**MAY EVENTS:**  
Card Making & Free Mother’s Day Luncheon May 4 @ 12 pm Rsvp by 4/27  
Free breakfast @ the high school May 11 @ 9 am Rsvp by 5/3  
Fire Safety w/ Joe & Tea Time w/Jen May 12 @ 10 am Rsvp by 5/9  
Lunch & Movie \$3.00 “YES DAY” May 18 @ 12 pm Rsvp by 5/13  
Fire & Ice Adventures Sunshine Club Luncheon May 25 @ 12:00 RSVP by 5/20  
Make your own herb garden May 31 @ 11 am \$10.00 P/P Rsvp by 5/19

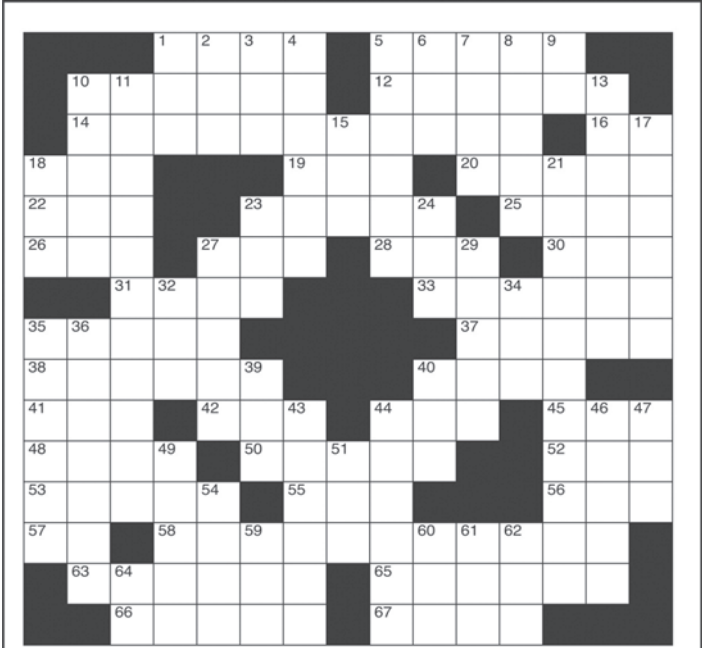
**JUNE EVENTS:**  
RECAP SOLUTIONS Lunch will be served \$3.00 June 1 @ 12pm Rsvp by 5/25  
RE-EQUIPMENT Pasta lunch \$3.00 June 8 @ 12 pm Rsvp by 6/ 2  
Hearing Aid Cleaning w/ Darcy June 9 @ 10:30 Call to schedule!  
Christopher Heights Presentation Free lunch will be served by Christopher Heights June 9 @ 11:30 Rsvp by 6/1  
Free Police BBQ June 20 @ 12 pm Rsvp by 6/10  
Lunch & Movie \$3.00 “POMS” June 22 @ 12 pm Rsvp by 6/15  
Pine Cone Picture Make & Take Craft June 28 @ 11 am \$15. P/P Rsvp by 6/21  
Free Ice Cream & Pictionary June 29 @ 12:30 pm Rsvp by 6/22



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- CLUES ACROSS**

  - 1. Amounts of time
  - 5. A ship’s place at a wharf
  - 10 Point a finger at
  - 12 Large, burrowing rodent
  - 14. Raises the stakes
  - 16. Measure of illumination
  - 18. Cast out
  - 19. One who is staid
  - 20. A word used for emphasis
  - 22. Military missions
  - 23. Wet with rain
  - 25. Selling at specially reduced prices
  - 26. Word element meaning ear
  - 27. \_\_ student,
  - 28. Blood relation
  - 30. Make into leather
  - 31. One billionth of a second (abbr.)
  - 33. Containing salt
  - 35. A seat
- 37. A type of fine pottery
  - 38. You’re caught red-\_\_!
  - 40. “Heat” director Michael
  - 41. Expression of creative skill
  - 42. Title of respect
  - 44. Crony
  - 45. Payroll experts
  - 48. Actress Remini
  - 50. Famed consumer advocate
  - 52. Indigenous Thai person
  - 53. Fitzgerald and Baker are two
  - 55. Cooking tool
  - 56. Decorate a cake with frosting
  - 57. The seventh note of a major scale
  - 58. Transfer from private to state ownership
  - 63. A set of five
  - 65. Removes
  - 66. Foolish persons
  - 67. Lower parts of a wall

- CLUES DOWN**

  - 1. Old EU money
  - 2. Some put it on steak
  - 3. Sign language
  - 4. Sowed on the ground
  - 5. Tags
  - 6. Everyone has one
  - 7. Arguments
  - 8. N. African capital
  - 9. Midgame (abbr.)
  - 10. Change as needed
  - 11. Functioning as a consonant
  - 13. An island in the north Atlantic
  - 15. Carpenter’s tool
  - 17. Small football player
  - 18. Ghosts say it
  - 21. Explain through logic
  - 23. Having ten
  - 24. Criticize
  - 27. Arms of the sea
- 29. Belonging to a bottom layer
  - 32. \_\_ Caesar, comedian
  - 34. Licensed health care pro (abbr.)
  - 35. Swiss cottage
  - 36. Cleft lip
  - 39. Loud, unpleasant noise
  - 40. Disfigure
  - 43. Kayakers traverse them
  - 44. Authored
  - 46. Small freshwater fishes
  - 47. Macabre poet
  - 49. Carthaginian statesman
  - 51. Principle underlying the universe
  - 54. Common Japanese surname
  - 59. The bill in a restaurant
  - 60. Small constellation
  - 61. Chap
  - 62. Equal
  - 64. One quintillion bytes (abbr.)

**PUZZLE SOLUTION**

			E	R	A	S		B	E	R	T	H	
	A	C	C	U	S	E		A	G	O	U	T	I
	D	O	U	B	L	E	S	D	O	W	N		C
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# NORTHBRIDGE SENIOR CENTER

Calling all Grandparents: bring your grandchildren ages 3-5 to Plummer Place and join us for Storytime and Crafts on Thursday, June 9th and Thursday, June 23rd from 10-11:00am. Please call Amy at the Center to sign up.

The Alzheimer's Association presents "Effective Communication". Julie McMurray will be here from the Alzheimer's Association to start off our Caregiver Support series at Plummer Place - Wednesday, May 25th from 10:00-11:00. Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages and get tips to better communicate with people living with the disease. Sign up by calling Michelle at the Center. Light snacks will be provided.

Learn to Play Day, Thursday, June 9th from 1-2:00pm. Learn to play Mahjong, Scrabble or Cribbage on our outdoor patio. Come on down and learn to play, help others learn or just play! Sign up at the Center or call Amy for more information.

Open Recreation for Corn Hole Players, Mondays from 1-3:00pm.

Scrabble is once again at the Center! Meets every Monday at 10:00am. Call Jeanne for more information.

Women's Discussion Group and Coffee Hour: our next meeting is Wednesday, May 25, 1-2:00pm. Come hang out with friends and meet new ones in this informal discussion group, topics unknown! Call Amy to sign up or for more information.

Next walk with "Take a Hike" is Tuesday, May 24th at 10:00am. The group will meet in the parking lot at Upton State Forest. Call Jeanne for more information.

Next Book Club will meet, Wednesday, May 18th at 10:30am. We are currently reading "Where the Crawdads Sing" by Delia Owens. Always looking for additional members, the book is available at the Center. Call Michelle for more information.

"A Celebration of Rodgers and Hammerstein" with Ruth Harcovitz, Thursday, May 26th at 12:30pm. Come join us

for this afternoon filled with beautiful music sung by Ruth Harcovitz and inspired by the musicals Oklahoma, South Pacific, The Sound of Music and many more! Light snacks will be served. Please sign up at the front desk or with Amy.

Outdoor Concert, Wednesday, June 1st, 1-2:00pm: Mark Mandeville & Raianne Richards back by popular demand. Come experience this fresh and refined folk music duo. You don't want to miss this performance, last year filled up fast, call Amy or the front desk to sign up. Refreshments will be served.

Tim VanEgmond Outdoor Concert, Thursday, June 30th 1-2:00pm. Tim is returning to entertain us with "Forest, Field and Town", a collection of traditional and contemporary songs as well as tales about what draws a community together. Tim entertains with a wide range of instruments, sure to wow the crowd. Refreshments will be served, sign up with Amy or at the front desk.

Check out our shows on Northbridge Cable TV, channel 194, Monday through Friday from 9-11:00am. We show exercise classes for our senior population as well as entertainment.

Computer Help every Wednesday from 1:30-3:30, call to sign up.

Day Trips are back at Plummer Place! Through Best of Times Travel the following day trips are being organized by Amy at the Center: Wednesday, June 15th "The McCartney Years: Live in Concert", Danvers, MA. \$101pp. Wednesday, August 17th "Takin' it to the Streets: Ultimate Doobie Brothers Tribute Show", Plymouth, NH \$101pp. Wednesday, September 7th "Lake Winnepesaukee Cruise & Castle in the Clouds Estate Tour", \$151pp. Call Amy for more information on any of these trips and to sign up.

Thank you to the Northbridge Cultural Council for their continued support through grants to bring Ruth Harcovitz, Mark and Raianne, and Tim VanEgmond to our Center. We truly value your generous support!

## UPCOMING SUMMER CONCERTS

The Millbury Senior Center Announces...

Thursday, June 16th, 6 - 7:15 P.M.  
Featuring Robert Black an ELVIS IMPERSONATOR

Thursday, July 14th, 6 - 8 P.M.  
4 Ever Fab "A Beatles Tribute Band"

Join us in the Senior Center Garden  
These events will be held rain or shine, bring your lawn chairs!

## NARRAGANSETT BAY LIGHTHOUSE & CRUISE TRIP

Tuesday, June 28th depart from the Senior Center at 9:30 A.M.

Return at 5:30 P.M.  
Trip includes a delicious full course meal  
Served at the Quonset Point Officer's Club

Choice of fresh Baked Scrod or Baked Chicken with Lemon

After lunch you will board the Millennium Ferry for a narrated Narragansett Bay

Lighthouse tour including ten beautiful lighthouses along with a historic Newport Harbor Tour!

Trip including meal and cruise is \$111.00 (price also includes gratuity for the driver)

For more information or to RSVP call the center at 508-865-9154

## COMPUTER / CELL PHONE CLASSES

Every Thursday at 2:30 P.M. - 3:30 P.M.

If you need help or have questions on how to use your devices

Call the center to RSVP 508-865-9154

## FLORAL ARRANGEMENT CLASS

3RD Thursday of each month at 2 P.M.

Take home a Floral arrangement that you create!!

Cost is \$12.50 includes all materials and class

Price may vary based on project

Minimum of 15 people

Call or stop by the center to RSVP a week before classes 508-865-9154

## Worcester County Sheriff's House Numbering Program

Designed to assist emergency personnel in locating homes!

Will create a custom wooden house number sign Free of Charge!

If interested come by the Senior Center or call us at 508-865-9154

Meet with a representative from Senator Moore's office!

Wednesday, June 8th 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

## COVID-19 BOOSTER APPOINTMENT ASSISTANCE

We will assist Millbury Senior residents

If you do not have access to a computer and need help scheduling an appointment for the Booster

Please call the center at 508-865-9154

## SENIOR WORK - OFF PROGRAM

For Eligible seniors, 60 or older that are residents of Millbury

Receive up to \$1,500 per year that can be used to pay real estate property tax

In return for voluntary service at a town department

For more information or to pick up an application please call the center at 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!

WII BOWLING  
Mondays at 12:30 P.M.

MAHJONG  
Mondays at 12:45 P.M.

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

CRIBBAGE  
Tuesdays at 1 P.M.

SOCIAL BINGO  
Wednesdays at 1 P.M.

Bring your pennies!  
PITCH  
Thursdays at 1 P.M.

DULL MENS CLUB  
Thursdays at 10 - 11 A.M.

No reservations required for any of our activities or exercise classes!

Lunches are served Monday through Friday 12 P.M. at the Senior Center

The menu is available on the town website, [www.townofmillbury.org](http://www.townofmillbury.org)

Or our Millbury Senior Center Facebook page.

A 48 hour reservation is required.

Millbury Senior Center Transportation is provided for Millbury Senior Residents

Monday through Friday from 9 A.M. to 3 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 January 1st

For more information or to schedule transportation call the center at 508-865-9154

## "MEMORY CAFÉ"

Please join us on Tuesday, May 24th 2 - 3:30 P.M.

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, have a good time and enjoy some refreshments!

We are also looking for volunteers to assist with this program!

Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 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

## SNAP APPLICATIONS (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

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



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# WHITIN INTERMEDIATE SCHOOL HONOR ROLL

UXBRIDGE — Whitin Intermediated School has released its honor roll for the second term of the 2021-2022 school year.

**High Honors**  
Grade 6: Cayden Almy, Kaylee Arsenault, Sophia Bombard, Evan Bourgeois, Elyse Bousquet, Cooper Burdick, Kendra Cabana, Matteo Casasanta, Noah Cole, Jaidyn DeLuca, Tucker Denietolis, Jacob Dzivasen, Ryan E. Fitzgerald, Paige Foley, Violet Fratus, Casey Griffiths, Everett Hazel, Ashton Khondker, Jessica Labonte, Katelyn Laflamme, Madyn Lane, Ryder Lovell, Clayton Maracle, Carly McKay, Thomas Newhall, Hayden O'Toole, Shea Paxton, Zooey Pominville, Olivia Rivet, Gabriel Rodrigues, James Sadd, Emmett Sharr, Kimora Smith, Mason Soucy, Abigail Spiecker, Avery Wood, David Zaitoun

Grade 7: Ammar Alomar, Bradley Anderson, Connor Antobenedetto, Nicholas Arruda, Ava Cahill, Hadassah Calixto, Alex Channing, Parker Dery, Miranda EITurkmani, Lindsay Genoa, Cameron Gray, Mallorie Hallfelder, Jordan Hilgenberg, Samantha Huth, Emrie Kling, Madison Labonte, Charlotte Lewis, Braelyn Matheson, Kaia Mollica, Mia Ouellette, Caiden Pellegrino, Emma Peloquin, Rachel Scott, Chawanvit Sillapachairuang, Maddilyn Silva, Sarah Stark, William Stark, Gabriel Stone

**Honors**  
Grade 6: Taylor Anderson, Emily Cabral, Ecstacy Calderon, Hunter Doyon, Ryan T. Fitzgerald, Logan Fleming, Margaret Fox, Christopher Friis, Elliot Gnatek, Liam Gover, Evelyn Gray, Kelly Greene, Emma Harney, Logan Harris, Lola Hawkins, Emily Hughes, Aiden Jennings, Balin Jones, Bronwyn LaChapelle, Abigail Livingstone, Blake Mace, Jacoby Martins, Olivia Mazzola, Cooper McCuin, Salah Mohamed, Isaac Nagle, Nadia Nolan, Elijah Norman, Marissa Pirrotta, Sarah Pomeroy, Jack Posterro, Kyle Reardon, Ava Rosborough, Emily Ross, Dylan Shay, Piper Sullivan, Sarah Szajna, Adeline Tartakoff, Lily Trotter, Kevin Vietro

Grade 7: Aaron Alves-Thomas, Lilliana Ambrosino, Iain Andrews, Gabriela Belanger, Addie Blood, Madison Cammuso, Susana Casper, Isabela Chapman, Dolan Comforti, Skyler Daniels, Joao Pedro de Souza-Rodrigues, Dylan Demars, Eissa George, Ava Fenner, Daniel Ferreira, Alyssa Friis, Savannah Gasset, Olivia Gauthier, Nathan Goryl, Brian Guertin, Ian Heim, Matthew Hicks, William Hinchcliffe, Elaina Horgan, Brooklyn Kaferlein, Julie Lafontaine, Logan Lalakidis, Joshua Lavergne, Sydney Loiselle, Dominic Mastroianni, Lilianna McClintock, Adam Morrisette, Benjamin O'Neill, Nathan Oliveira, Nicolis Polselli, Aidan Power, Charlie Roy, Eliasa Roy, Hannah Samolinski, Noah Samolinski, Caroline Simonds, Lelia Sjogren, Lukas Tierney, Kai Torku, Kumani Torku, Erik Ward, Samuel Weeks

## Lakeside kids' event planned at Memorial Beach

WEBSTER — The United States Coast Guard will take part in a lakeside event for kids at Memorial Beach on Webster Lake Thursday, June 9 from 4 – 7 p.m. Sponsored by Lakeview Marine, this event has been planned to introduce the kids of our community to the fun that can be had on and around the water! Learn the many ways to enjoy our beautiful lakes - sign up for swim lessons, try out a kayak, learn fishing casting techniques, "Touch a Boat" get up close to recreational & public safety boats from the police and fire departments. The Coast Guard Auxiliary Tri-State Flotilla will have a boating safety tent with information, handouts, and CG coloring books for kids. VSC examiners will also be available there for boat owners wanting a 2022 decal. The posted activities are subject to change based on weather conditions and vendor availability.

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Age 8

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

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

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

Cherilyn Reno

## Cherilyn Reno leads UUSGU Religious Exploration Program

GRAFTON — Cherilyn Reno has joined the Unitarian Universalist Society of Grafton and Upton (UUSGU) as Director of Religious Exploration. Ms. Reno comes with a strong background in religious education, and a commitment to help children sort through the barrage of information they face in today's world.

UUSGU offers a variety of programs for elementary school age children through high school. The UUSGU Religious Exploration program helps students understand other cultures and traditions, start a spiritual journey for life, and examine complicated social justice questions.

Unitarian Universalism is based on seven principles that serve as strong values and a moral guide for our congregation. We honor all background and beliefs, and embrace the search for social justice in the world.

For additional information, visit: <https://www.uusgu.org/religious-exploration>.

## TREATS & SECRETS FROM AMERICA'S FORGOTTEN WAR

NORTHBRIDGE — On May 4, seniors and older adults celebrated Mother's Day at Plummer's Place, home of the Northbridge Senior Center, with a vintage Victorian tea, special treats, and a visit from First Lady Dolley Madison, also known as Janet Parnes. Janet Parnes, of Historical Portrayals by Lady J, in her role as First Lady Dolley Madison shared with the attendees the highs and lows from America's Forgotten War ~ The War of 1812. Although riddled with missteps and military ineptness, this War, however, changed perspectives and generated policies that helped sculpt the United States into a world power.

Plummer Place's dining space was full and beautifully decorated in different shades of pink, yellow and green! Spectacular floral centerpieces, donated from Shaw's grocery store thanks to Amy Chen and Deb Sinatra, graced each table and added to the feel of a bygone era. In a free raffle drawing, a gorgeous rose-covered teapot and a lovely lavender bath basket complete with soaps, body lotions, and hand creams were awarded to two lucky winners.

"It was a delightful afternoon! Janet Parnes is a wonderful entertainer and we loved seeing and hearing her perform about America's Forgotten War. We also enjoyed the stunning vintage tea decorations, the tea-themed desserts from The Gingersnap Baker and gathering to celebrate both Mother's Day and women in general!" said Nancy Hill, one of the attendees.

Janet Parnes' performance was supported by a grant from the Northbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Plummer Place would like to thank the Northbridge Cultural Council for helping to bring this program and others to Plummer Place this year. For more information on Plummer Place please call (508) 234-2002.



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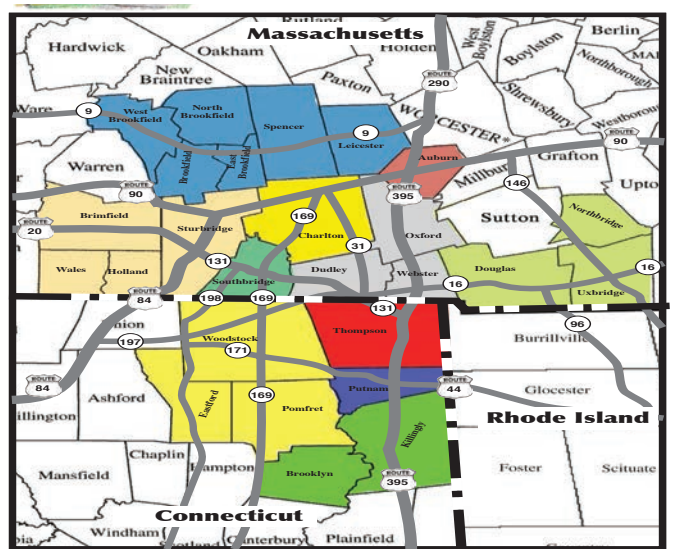
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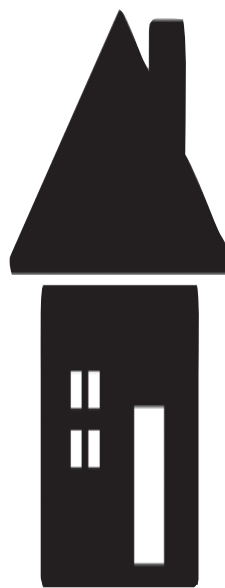
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# Spring cleaning can improve your health

It's been a week mixed with sunshine and rain, which means that spending time inside organizing and cleaning (along with watching the Red Sox) has been top on our list. Spring cleaning, a chore that happens every year feels great when complete. Why is it that something so tedious and boring could be so good for us?

Did you know that cleaning actually supports your immune system? Cleaning is of huge benefit, especially to those with allergies. Getting rid of dust, pet dander, mildew and mold can trigger the immune system causing unnecessary illness. Those with cluttered homes tend to suffer the worst. To avoid indoor allergies, vacuum regularly, this to include your furniture.

Cleaning reduces stress. While cleaning, your brain is able to relax. This mindless activity can give you a chance to de-stress. Experts say that cleaning for as little as twenty minutes can reduce anxiety by up to 20 percent. It's a win/win. Sure, it's no day at the spa, but constructive relaxation is always good. Using products with scents said to induce relaxation such as lavender is also an expert tip.

Heart health can be improved by cleaning by way of exercise. Just a half an hour of vacuuming can burn up to 100 calories. It's a known fact that people who like to keep their homes clean tend to take more interest in their overall health and well being.

A tidy bedroom is said to help you sleep better. Individuals who make their beds are roughly 20 percent more likely to get a more restful night sleep. Seventy-five percent of people polled sleep better on clean sheets, in a room with less clutter.

When you are in a tidy area, your production increases. Less clutter, means less distraction which is said to clear up mental space. A study from 2011, from the Journal of Neuroscience, used MRI's to track the brain's response to cleanliness. More clutter, was found to significantly limit the brain's processing capability.

Checking off the cleaning to do list can make you feel more satisfied and can boost your mood. A clean, fresh house is said to naturally boost endorphins and boost energy levels which leads to a decrease in depression.

Cleaning and organization can have a domino effect in that it can lead to sprucing up other areas of your life. Interesting, was the one finding that stated when individuals were placed in a clean, well organized space they were more likely to choose healthier menu items.

In the wise words of William Morris, "Have nothing in your house that you do not know to be useful, or believe to be beautiful."

## LETTERS

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We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



# OPINION

Opinion and commentary from the Blackstone Valley and beyond

## LETTERS TO THE EDITOR

### Blows to our democratic bases keep coming

To the Editor:

Pardon yet another letter from me, but too many important subjects are in the news lately not to speak out. This week, it is a 'leaked' SCOTUS opinion, drafted in February, on the hot-button issue of Roe vs. Wade. I offer no comments on what may/may not be the final decision coming in June, and no broader opinion related to women's health issues... except thus far (from what I have read), the draft outlines undeniable, historical fact and speaks of no wholesale, nationwide ban on abortions.

Rather, if some version of this 'draft' becomes a majority opinion, the current iteration leans towards returning the subject to state legislatures, where that power was seated pre-1973, and laws, reflecting views and values of those residing therein, were crafted by local, elected representatives. (High school Civics teaches the Constitution gives states and Congress the power to 'legislate', i.e., to enact laws while SCOTUS is charged with power to 'interpret'- not make them!) That's a striking difference from most media reports, spouted or written without knowledge of the yet-to-be published majority decision including legal explanations therein, plus concurrent and dissenting (minority) opinions.

But before a final outcome is known, 'targeting' has begun of six Supreme Court justices in their homes and public

places they frequent, including Catholic churches. To be subjected to such forms of 'activism' is emotional torture and terrorism for their families, and horror for us witnesses. Not really 'peaceful protest', its purpose seems more like blatant attempts to influence decision-making and intimidate the makers (BTW, a federal crime). To date, such incitement has actually been encouraged by Washington's political leaders and pundits and condemned by none which is shameful enough!

Of more critical importance is the 'betrayal' of trust embodied in the Supreme Court's sacred rule of confidentiality. In pursuit of a political cause the 'leaker' deliberately destroyed heretofore private discussion space the nine Justices had as the 'bedrock' of their deliberative process. That should remain inviolate no matter what! Now, by applying mob-like pressure, this is seen by many as another example of a systematic 'drip, drip' eroding the porous, marble foundations of cherished documents and institutions in our democratic Republic. Regardless of 'your side,' everyone should be labelling this particular situation an 'abomination'! Loose not heart; anger, hope and courage make change.

JANE F. KEEGAN  
UXBRIDGE

## Growing tomatoes in pots

Keep garden-fresh tomatoes close at hand this season. Grow one or more in containers on your patio, balcony, or front steps.

Any tomato can be grown in a pot, but determinate varieties are smaller and more compact, so they are a bit easier to manage in a container. They produce fruit in a relatively short period of time, making them great choices for preserving as well as using fresh. Look for a D or determinate on the plant tag, seed packet or in the catalog description.

Indeterminate tomatoes, often identified with an I, are large, sprawling plants. These are usually staked or grown in wire cages to save space, reduce pest problems and make harvesting easier. They continue to grow, flower, and produce fruit until the frost kills the plant. Indeterminate tomatoes usually produce more tomatoes, but the harvest is later in the season than determinate varieties. New containers with built-in trellises or creative gardeners crafting their own makes growing indeterminate tomatoes in pots an easier possibility.

Grow one tomato per container for maximum productivity. Use a 5-gallon or bigger container for large varieties and at least a two to three gallon or similar size pot for smaller varieties. Some research suggests growing tomatoes in a pot that is at least 14 inches but preferably 20 inches wide will yield greater results. Adding flowers and herbs to the container boosts the beauty and diversity of your container garden but will reduce the number of tomatoes produced.

Growing tomatoes in containers also allows you to extend the season. Start earlier by moving the planter inside when the weather is harsh and back outside when the weather is warm and sunny. As the weather turns cold at the end of the growing season, cover the planter or move it into a frost-free location as needed. Some gardeners even move a pot or two inside to finish off the tomato season.

Grow tomatoes in a container with drainage holes or a self-watering pot that has a reservoir to hold water and extend the time between watering. Further reduce the need to water by adding an organic, sustainable soil amendment like Wild Valley Farms' wool pellets ([wildvalleyfarms.com](http://wildvalleyfarms.com)) to the potting mix. Made from wool waste, this product reduces watering by up to 25 percent. Adding a low nitrogen, slow-release fertilizer at planting will eliminate the need to fertilize weekly. Just make a second application, if needed, midseason.

Plant tall tomato transplants a few inches deeper than they were growing in their container. Remove the lowest leaves that would otherwise be buried in the soil. Cover with soil and water. This is also a good time to install any stakes, trellises, or cages to support taller varieties.

Initially, check tomatoes growing in containers every day and water often



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

enough to keep the developing root system moist. Reduce watering frequency as plants become established. Feel the top few inches of soil and water the established plants thoroughly whenever this is dry. Mulch the soil with evergreen needles, shredded leaves, or other organic mulch to keep the soil consistently moist and suppress weeds. Consistent soil moisture encourages more flowering and fruiting, while reducing the risk of blossom end rot, cracking, and misshapen fruit.

Harvest tomatoes when fully colored or leave them on the plant a few more days for an even sweeter flavor. You'll enjoy the convenience of harvesting fresh tomatoes right outside your door for use in salads, sauces, and other favorite recipes.

*Melinda Myers has written 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 the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Wild Valley Farms for her expertise to write this article. Myers' Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).*



Courtesy — All-America Selections

**Terenzo is a productive red cherry determinate tumbler tomato excellent for hanging baskets.**

## Yesterday's mistakes don't define you

The Irish dramatist George Bernard Shaw coined, "Youth is wasted on the young." He later went on to say, "they're brainless and don't know what they have; they squander every opportunity of being young, on being young."

I read that today, and immediately wondered why he said this. I interpreted that he was a little bitter about his own life, and possibly felt regretful that he had squandered the opportunities of his youth. I don't know if he did or did not; although I learned about him in school, I am certainly not a George Bernard Shaw historian.

We've all made mistakes; we've all done things we wish we wouldn't have. Some of us have failed to recognize an opportunity and squandered our resources, but life happens, and we aren't perfect.

I've indeed spent many an hour wishing I would have done things differently when I was younger. I know many people wish they could go back and do it over. We think that if we could go back and do it again, we'd be much further along in life. We believe if we could've had a second chance, the relationship wouldn't have ended; the business wouldn't have succeeded; we would've graduated from school, or we wouldn't have said that hateful comment.

We've heard it said that we should live a life without regret, that's a good maxim to live by, but I suspect every one of us has regrets. The problem with regret is that if we don't process it the right way, we can allow ourselves to become defined by our failures.

Regret can be helpful if it causes you to make a positive change so that it doesn't happen again, allowing you to become a better person in the process. It's good if the regret forces you to go back and make something right that went wrong.

Maybe it will cause you to go back and finish what you started.

It could cause you to apologize, ask forgiveness, or stop making unhealthy lifestyle choices that you became addicted to long ago.

If you can go back and finish what you started, that's a huge blessing. Get started, and don't waste time!

Sometimes it's been too long; it's too late, and the opportunity has passed. If positive change isn't going to come from your regret, you're just beating yourself up. Is that helping you or harming you? If you beat yourself up for too long, you're in danger of letting your mistakes define who you are.

"I messed up in my last relationship; I'm just bad at relationships," "I failed in business; I guess I'm a terrible businessperson," or "I've made such bad choices in life, and I guess that's how I'll always be."

There comes the point when living in regret becomes unhealthy, and can lead us down the road of bitterness and resentment. The guilt and the shame that comes with regret can morph into depression and anger. If you allow yourself to feel that way for too long, you'll start to believe that's who you are, and there is no hope for change.

Living in bitterness causes low self-confidence, and leaves you unable to have a healthy relationship. You won't be able to see the good in others. You'll only see the bad, and you might blame everyone for genuine or imagined grievances.

Another option is acceptance. Maybe it's time to apologize for beating yourself up for so long. Forgive yourself for making the wrong decisions; stop being so hard on yourself. Just 'cause you messed up in the past doesn't mean that's who you are. You're only human, and your decisions yesterday don't have to be your decisions today. Let it go, think about the future life you'd like to have, and make decisions that will lead you to that life. When you live like that, the darkness of the past will begin to recede, and the future will shine brighter and brighter.

# From trout to turkey



THE GREAT  
OUTDOORS  
.....  
RALPH  
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Hope all of the moms out there had a great day with family and friends last weekend. Many moms were having a great day fishing with their children and grandchildren this past Saturday. Fishing at a few of the fishing derby's last weekend was great, and were well attended. This week's two pictures show some of the attendees with their prize-winning fish. It did not matter if they were trout or not for some youngsters, as long as they were catching fish. I was impressed with the turnout of fishing men, women and children, and the cold wind did not deter them from enjoying the day.

Local lakes and ponds continue to be stocked with some impressive trout from Massachusetts hatcheries. The large brown trout that are being stocked weekly are extremely impressive this year, with numerous trout fishing anglers giving high marks for the state's efforts to raise the impressive trout. They have come a long way from the '50's and '60's, when fish were raised at the Sutton hatchery, which usually measured six to 10 inches. A 12-inch trout was considered a "Whopper" back in the day.

Striper fishing is heating up, with many slot limit size fish being caught and retained for the table fare. The Providence River is producing a lot of legal-size fish and it should be red hot by the time you read this column. The windy conditions should have also slowed making fishing for stripers a lot



Courtesy

One of this week's pictures shows three-year-old Elise Bangma and her dad Mike with a trout she caught this past weekend at the Pout Pond fishing derby in Uxbridge.

more enjoyable. Snagging a few menhaden before fishing should help in catching a few stripers. Remember that only circle hooks are allowed when using bait for striper fishing.

Two major changes in the amount of summer flounder and seabass being caught by commercial fishermen for 2022 have been increased 35 percent for summer flounder and 28 percent for seabass, by Marine fisheries. No increases have been made for the recreational angler? We lose again!

Turkey hunting has been slow for some hunters, while others have



This week's picture shows Elianaor & Dexter Weed, along with their parents & dog fishing & relaxing at the Uxbridge Rod & Gun Club kids' fishing derby last Saturday!

already limited out. My brother Ken harvested two birds on the same day this past Thursday and was happy with his accomplishment. Although the birds were both jakes the meat on both birds was impressive, and will provide him with some great eating for the summer outings. Some people are trophy hunters, but he and I are happy to harvest a bird that provides some great eating. Like I always said, you cannot eat the beard.

Now that Covid is infecting less people, our lives are getting back to normal, whatever that is. It has motivated numerous Rod & Gun Clubs to start planning outdoor events like the annual clambake at the Uxbridge Rod & Gun Club. The club has planned to hold their clambake on June 11 this year, with ticket prices to hold at \$55 each, which will be sold on a first come first serve basis. Do not miss this great event that has not been held for a few years. More meals are being planned in the coming months.

Take a Kid Fishing & Keep them Rods Bending!

## Quick Fixes for Less Than Perfect Flea Market Finds

It's Brimfield flea market week and if you're an avid "antiquer" you know from experience few vintage wares have survived the years unscathed. To usher in a new season of flea markets, tag sales and estate auctions, this week's column will review some of my favorite tricks to transform your tarnished treasures into fabulous finds!

Foil Folly: Was that antique mirror a deal because of its peeling silver? Before you dish out big bucks to resilver the glass, try "foiling" the eye by taping pieces of aluminum foil to the backs of the offending spots.

Clearer Choice: Or, if you can't live with a tinfoil patch, completely remove silver from the back of the old mirror with a razor blade. Have a new mirror cut to fit the size of your frame and attach it to the frame behind the old glass. Voila! You have the look of the old glass with a nice clear view!

Perfect Polish: To save serious cash on commercial wax wood restorers, check your shoe shine kit. Lackluster wood finishes on mahogany or cherry furniture or frames can be instantly renewed with a coat of cordovan color wax shoe polish.

Renew Wrought Iron: Black and brown sponge-on shoe polish are also great touch up tools for old wrought iron pieces.

Shine On: If you are a fan of hammered aluminum, but hate the dull finish on the aged metal, try polishing the aluminum with silver polish to add a high gloss shine. This works especially well on large showy pieces such as canister sets.

De-Warp DoWops: Vinyl records can be a great retro find, but not if they're warped. Try this trick to put them on the straight and narrow: Put records on a flat surface under a heavy piece of flat glass (such as a cutting board). Put a weight on top if necessary. Then place in direct sunlight. The warmth from the sun will relax the vinyl



TAKE  
THE  
HINT  
.....  
KAREN  
TRAINOR

and it should eventually lie flat. (Test this method before you use it on a valuable record). type or any other you can find, and place it over the record in direct sunlight.

Marble Fix: Marble repairs can break the budget, but this do-it-yourself tip does the trick for a lot less! Small cracks in marble can be hidden with a mixture of wax and chalk dust. Melt a candle the color of the marble, blend in chalk dust to give it body and apply to the crack carefully with a paintbrush.

Scratch Cover: Retro plastic furniture and accessories are hot collectibles. But many of the vintage pieces on the market are well used - and scratched up! The good news is, you can sometimes hide surface scratches on plastic simply by applying a good coat of car wax.

Repair Veneer: If the veneer is bubbled up, place a piece of stiff cardboard on the wood and press with an iron set at medium heat. Press until you the heat softens the glue and you can feel the wood give a bit. Then press down and weight the area until the glue has redried.

Got Milk? If you have a decorative plate with a crack - don't fret! If it's for display only, try this tried and true tip to disguise the imperfection: Gently boil the plate in skim milk. Believe it or not, the proteins in the milk oftentimes seals the crack invisibly!

Trunk Trick: Vintage trunks are affordable finds, but they often come with a musty odor from basement storage. Here's a quick fix: Simply sprinkle some powdered cat litter box deodorizer generously in the trunk. Close it up and let it sit for a week. Better yet, after you've mowed the lawn,

toss some grass clippings inside and close the lid. Stir the grass each day for a week. The chlorophyll from the grass will absorb the smell!

Weld Wicker: Old wicker is gorgeous, but it isn't always without its splits and breaks. Here is the easiest way to repair old wicker: For breaks that require the two pieces to be fused: Coat each half of the break with Elmer's glue, applying glue to area around break points. Cover wicker on both sides with wax paper and clamp the broken piece between boards overnight. If the break requires further strength, it can be further reinforced by weaving wire through the surrounding wicker to secure. Wicker splits can be repaired in the same manner.

No Ink Spots: Old games and boxes sometimes still wear their original price tags written in permanent marker. Try wetting a Mr. Clean Eraser and carefully rubbing away the ink. This works well on glossy finishes. Be careful, if you start wearing away the paper, stop. Or try removing marker on washable surfaces with hair spray. Spray on and immediately wipe off. Repeat as necessary.

Dolly Makeover: Vinyl baby dolls and Barbie dolls are hot collectibles, but vinyl is prone to staining, so dark spots are a common dolly blemish. Doll restorers claim Clearasil or OXY-10 acne creams and SUNXY can fade such stains. To try: apply the cream to the stain only and set it in direct sun for as long as it takes to fade. This could take several days or weeks depending upon how dark the stain is. According to experts "green ear syndrome," which can develop from the chemical reaction of earrings on early Barbie dolls can also be treated with the method above.

Win Dinner for Two at the Publick House - Contest has resumed! Your tips can win you a great three course dinner

Turn To HINT page A10

To advertise in this directory the 2nd and 4th weeks of the month, please call June at 508-909-4062 or email [jsima@stonebridgepress.news](mailto:jsima@stonebridgepress.news).  
**It's the best deal in the house!**

### Infection Control- Residential/Commercial

#### Clorox® Total 360® ProPack System

**CloroxPro Total 360™ Disinfectant Cleaner Kills COVID-19 virus' cold and flu viruses, norovirus & MRSA**

Now more than ever, homes and facilities need technology to help keep their spaces and healthier. The Clorox® Total 360® is a system with superior electrostatic disinfecting performance to help ensure surfaces – front, back and sides – can properly disinfect and sanitize both large and cramped spaces.

**Dave Wallen**  
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**A New Way to fight the High Cost of Illness and Maintain a Safer Environment**

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#### Clorox® Total 360® Disinfectant Cleaner

EPA-registered

- Kills 99.9% of bacteria in 5 seconds
- Kills SARS-CoV-2, the cause of COVID-19 in 2 minutes
- 51 organisms claims: Kills cold and flu viruses, MRSA an Norovirus in 2 minutes or less
- Sanitizes soft surfaces
- Inhibits the growth of mold and mildew for up to 7 days

**CLOROX 360® DOESN'T LEAVE RESIDUE OR HARMFUL BY PRODUCTS IN THE ENVIRONMENT AND IS FRAGRANCE FREE AND CHLORINE-FREE**

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**508-414-9457**

**HAMMERHEAD CARPENTRY**

HINT  
continued from page A9

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 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 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.

Cornerstone Bank pledges \$34,500 for sponsorship of Worcester State University's Bridge to Excellence: Summer STEM Retention Program

WORCESTER — Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, is proud to announce its renewed sponsorship of the Worcester State University Bridge to Excellence: Summer STEM Retention Program. The bank is providing \$11,500 per year over the next three years for a total of \$34,500 by 2024 to help the program's incoming science, technology, engineering and math (STEM) majors. The goals of the program are to strengthen the school's retention in these important fields and help more students complete their degree. This is the second three-year sponsorship pledge Cornerstone Bank has made in support of this program.

"We had the opportunity back in 2018 to sponsor the pilot program, which was a great success," said Cornerstone Bank CEO Todd Tallman. "We are happy to extend our commitment to give students some much-needed support toward obtaining their degrees in vital STEM fields. The transition to the first year of college is a big one, and the extra support students receive through this program helps ensure they can be successful."

The Summer STEM Retention Program is composed of three main elements. The first allows students to take their first-year seminar course over the summer to lighten their first fall semester course load. Second, students are offered extra support with their math courses through exclusive tutoring services. And third, students participate

in a service project to give back to the community that supports them while gaining valuable skills and experience.

"During our initial sponsorship, our contribution helped Worcester State support 60 students," continued Tallman. "We are excited to see this program grow, helping more students pursue their passions in fields that are increasingly in demand."

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

Central MA Regional Planning Commission launches Imagine 2050 survey

WORCESTER — The Central Massachusetts Regional Planning Commission (CMRPC) is excited to announce the launch of our first survey for Imagine 2050: A Vision for Central Massachusetts. Imagine 2050 is a region-wide comprehensive planning initiative that will establish long-range strategies for the 40-community region. Survey link: <http://www.cmrpcregionalservices.org/survey>.

Working with residents, business owners, governments, and institutional partners, CMRPC will facilitate development of the community-driven plan. The project aims to identify the resourc-

es, problems, possibilities, and needs of the region; these findings will inform a plan to improve the welfare and prosperity of those who live, work, and visit Central Massachusetts.

Imagine 2050 is intended to help local, regional, and state actors make informed public policy and investment decisions. Community needs and preferences will be identified through robust community engagement processes. Recommendations will derive from community surveys, listening and visioning sessions, data and trend analysis, and scenario planning. This represents the region's first comprehensive planning effort in more than 20 years.

At CMRPC's September Quarterly Commission Meeting, Executive Director Janet A. Pierce called on residents and other stakeholders to get involved: "Imagine 2050 is an opportunity to help define the future of Central Massachusetts. If you love where you live, you should participate. If there are things you would like to see changed about the region, you should participate. Whether you live in the heart of Worcester or the heart of New Braintree, we are asking for your insight and your preferences. Please join us in charting a path for all of Central Massachusetts."

This preliminary survey covers a wide array of topics under the themes of economy, environment, and equity. The survey's goal is to create a vision statement for Imagine 2050. Look out for CMRPC staff, who will be on the road this summer through "Imagine on the Go", promoting surveys at your favorite summer events & facilitating visioning sessions to hear from as many Central Massachusetts residents as possible. Paper surveys will also be available in each community. Box locations are posted at <http://www.cmrpcregionalservices.org/survey>.

About CMRPC  
About the Central Massachusetts Regional Planning Commission: CMRPC is the designated planning entity for Central Massachusetts. Founded by the Legislature in 1963, CMRPC provides a variety of planning services to our constituencies and bring a regional perspective to planning and development. One of 13 Regional Planning Agencies in Massachusetts, CMRPC serves the City of Worcester and 39 surrounding communities in the southern two-thirds of Worcester County. CMRPC's programs include Regional Collaboration and Community Planning, Transportation, Homeland Security, Geographic Information Systems (GIS), and other services.



**BUZZER BEATER!**  
CHECK OUT THE SPORTS ACTION!

# Memorial Day Rememberances

## In the Stonebridge Press Newspapers

**Deadline Friday, May 20th @ Noon**  
**Send us a deceased loved one's photo, with a special message to be published on a special Memorial Day page.**

**Cost is just \$25 per block per paper.**  
**First come, first serve for full color.**



**John Smith**  
January 3, 1918 - May 10, 1999  
*"Forever in our hearts"*  
Love Mary, John and Kathy, and grandkids.

Please email photo and message to [jsima@stonebridgepress.news](mailto:jsima@stonebridgepress.news).  
Choose from the following:

*Spencer New Leader, Auburn News, Charlton Villager, Blackstone Valley Tribune, Webster Times, Sturbridge Villager, Southbridge News*

*Let's remember those who sacrificed so much for our freedom and all of our departed loved ones.*

*God Bless America.*

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. WO22P1127EA**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Johnny D Brown  
**Date of Death: 02/03/2022**  
To all interested persons:  
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Anthony W Brown of Worcester MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that **Anthony W Brown of Worcester MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.  
**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 05/31/2022**. 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: April 28, 2022  
Stephanie K. Fattman,  
Register of Probate  
May 13, 2022  
**Commonwealth of Massachusetts**  
**The Trial Court**  
**Worcester Probate and Family Court**  
**225 Main Street**  
**Worcester, MA 01608**  
**Docket No. WO22D0321DR**  
**DIVORCE SUMMONS BY PUBLICATION AND MAILING**  
**Meghan Bonina vs. Jeffery Bonina**  
To the Defendant:  
The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for Irretrievable Breakdown. The Complaint is on file at the Court. An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**  
You are hereby summoned and required to serve upon:  
**Meghan Bonina**  
**44 Eagle Drive**  
**East Douglas, MA 01516**  
your answer, if any, on or before **07/27/2022**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.  
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.  
Date: May 2, 2022  
Stephanie K. Fattman  
Register of Probate  
May 13, 2022  
**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. WO22P1490EA**  
**CITATION ON PETITION FOR**

**FORMAL ADJUDICATION**  
Donald K Lange  
**Date of Death: 09/09/2021**  
To all interested persons:  
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Jeffery Lange of Whitinsville MA** and **Kurt Lange of Whitinsville MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that **Jeffery Lange of Whitinsville MA** and **Kurt Lange of Whitinsville MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.  
**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 05/31/2022**. 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.  
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WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.  
Date: April 28, 2022  
Stephanie K. Fattman,  
Register of Probate  
May 13, 2022



**RENEWAL**  
by **ANDERSEN**  
FULL-SERVICE WINDOW & DOOR REPLACEMENT



# Memorial Day Window & Door Sales Event



- Renewal by Andersen has **installed 364,575 windows in MA and Southern NH**, and each one is etched with the Andersen logo—a symbol of excellence for 119 years
- Our Fibrex® composite material is so strong **we’re able to build thinner frames with a greater glass area** that allows more natural light into your home



★  
*We eliminate the middleman and manage your entire project — from selling and building the windows to the installation and warranty*

**Make your home more secure.**  
**Book a Virtual or In-Home Appointment.**  
**1-800-209-2746**

**This special holiday sales event ends on May 31<sup>st</sup>!**

**SAVE 20%**  
on windows<sup>1</sup>

**SAVE 20%**  
on entry doors<sup>1</sup>

**SAVE 20%**  
on patio doors<sup>1</sup>

★★★★★ **with** ★★★★★★

**\$0 Down**

**0 Monthly Payments**

**0% Interest**

★ **for 2 years!<sup>1</sup>**

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 24 months.

★★★★★



**RENEWAL**  
by **ANDERSEN**  
FULL-SERVICE WINDOW & DOOR REPLACEMENT



<sup>1</sup>DETAILS OF OFFER: Offer expires 5/31/2022. Not valid with other offers or prior purchases. Get 20% off your entire purchase and 24 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 5/1/2022 and 5/31/2022. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2022 Andersen Corporation. All rights reserved. ©2022 Lead Surge LLC. All rights reserved. Placed by newspaper.

LOTTERY

continued from page A1

is enlisting “professional brass players from across North America” to perform in the concert and to present an open rehearsal (at 2 p.m. on Saturday, June 4) at the Village Congregational Church in Whitinsville.

The concert begins at 3 p.m. on Sunday, June 5; tickets are on sale now. More information about the concert and open rehearsal is online at ABMH.eventbrite.com and ORPBR.eventbrite.com, respectively.

The “Afternoon of Brass” is supported in part by grants from eight Local Cultural Councils, including: Auburn, Burlington, Charlton, Grafton, Hopedale, Sterling, Uxbridge, and West Boylston, as well as a separate state-level grant from the Mass Cultural Council.

All We Know Is Local



StonebridgePress.com

BLACKSTONE

\$386,500, 118 Elm St, Benoit, Brian, and Benoit, Monique, to Acord, Dorothy, and Acord, Jason.

\$130,000, 74 Main St, Christ Cmnty Chrch, to Li, Yong.

\$119,840, 56 Fox Run Rd #56, Lefrancois G J Est, and Hamel, Gaybe-Ann, to Stepanski, Mary.

DOUGLAS

\$647,000, 39 Hilltop Dr, Loether, Travis, and Loether, Jessica M, to Leandres, Patricia E.

\$550,000, 140 Perry St, Mueller, David E, and Mueller, Beth A, to Lindstrom, Christopher P.

\$145,000, Crescent Ln #9, Johnston, Charles, and Mccarthy, Hannah, to Rodzen, Christopher, and Rodzen, Jessica.

NORTHBRIDGE

\$950,000, 333 Shining Rock Dr, John P Silva LT, and Silva, John P, to Persaud, Michael, and Persaud, Rookmin.

\$780,000, 442 Samuel Dr, Mlodzinski,

Jarek, and Mlodzinski, Sandra, to Ihesiene, Bright, and Ihesiene, Roseline.

\$765,000, 110 Genivieve Dr, Cora Lane Group LLC, to Wray, Janice M, and Glatt, Neal R.

\$749,870, 84 Genivieve Dr, J& F Marinella Dev Corp, to Polo, Robert S, and Polo, Julie M.

\$715,000, 190 Hannah Dr, Bentley, Scott D, and Bentley, Stephanie B, to Mattegunta, Venkata B, and Kotamraju, Venkata N.

\$631,000, 304 Quaker St, Stpierre, Michael, and Stpierre, Patricia, to Mccoy, Malinda M.

\$498,055, 173 Stone Hill Dr #61, Stone Hill Partners LLC, to Jeannette F Chauvin T, and Knowles, Jeannette C.

\$457,500, 911 Main St, Weydt, Brian N, to Pollock FT, and Daltorio, Yvette.

\$361,000, 235 Union St, Morin Richard J Est, and Hooker, Donna, to Leshinski, Ryan, and Leshinski, Kerri.

\$328,500, 76 Arthur Dr #76, Macdonald, Sean, to Johnson, Wako.

\$81,385, 1547 Providence Rd, Moraghan, Marcus D, to Moraghan, Colum.

UXBRIDGE

\$655,300, 444 Elmwood Ave, Knapik Builders Inc, to Pennellatore, Daniel J, and Pennellatore, Julie.

\$651,000, 108 Hecla St, Perrone, Evan, and Perrone, Jessica, to Moreshead, Michael J, and Moreshead, Cassandra B.

\$630,000, 9 Londonderry Way, Trabing FT, and Trabing, Richard A, to Sellers, Andrew, and Sellers, Lauren.

\$625,000, 6 Spring Hill Dr #6, Ohearne Forest Glen LLC, to Dalton, Christopher H, and Dalton, Traci J.

\$551,164, 101 Spring Hill Dr #101, Ohearne Forst Glen LLC, to Videtta, Michael E, and Videtta, Laura J.

\$387,500, 30 Nature View Dr #30, Claire L Patten RET, and Todaro, Barbara L, to Richard, Rita M, and Richard, Frederick J.

\$380,000, 10 Pine Grove Cir, Brodeur, Todd G, to Telo, Sharon, and Telo, Greta.

\$335,000, 85 Rivulet St, Mcalister, Michael R, and Boudreau, Stefanie, to Avila, Marc, and Avila, Melissa.

\$150,000, 129 Quaker Hwy #20, Paul E Saperstein Co, to Odonnell, Jack.

# Health & Home

## SPECIAL SUPPLEMENT SCRAMBLE ANSWERS

The Winner of a random drawing of all entries is  
**Theresa Lewis of Cherry Valley, MA**

Thank you to all you entered our contest and to all of our Health & Home advertisers! Please support our advertisers and tell them you saw their ad in our supplement!

1. EHAR OJY YOOGIAULD ..... Hear Joy Audiology

2. ODSKC AND SITLF .....Docks And Lifts

3. NENDSUE NIURRUTEF ..... Sundeen Furniture

4. HMOE ETAM NPSEIOTCNI RISEVEC ..... Home Team Inspection Service

5. NRALTCE ONE EERAFDL ..... Central One Federal

6. TPKRAIC EWSNEEY MXAER .....Patrick Sweeney ReMax

7. NIEPP TSAWE CRSEISEV ..... Pepin Waste Services

8. AWL ECFIOF OF EHICEMLL RUAYMR .....Law Office Of Michelle Murray

9. BAAUGQO RBIEAHTITLAINO ..... Quaboag Rehabilitation

10. NDOB A,DSN GERAL,V TLAAHSP .....Bond Sand, Gravel, Asphalt

11. RDUIERGSBT RSTFEHBE .....Sturbridge Herbfest

12. SILTNVAETEAR OT LTHEHA .....Alternatives To Health

13. TAAETYBS LPICAYSH PARHETY ..... Baystate Physical Therapy

14. CS& BELRUM .....C&S Lumber

15. EVEOPSRR .....Servepro

16. MIODLRF EEARLFD KABN ..... Milford Federal Bank

17. VESRAS AKBN .....Savers Bank

18. ANRLTEI CAMEDLI UGROP ..... Reliant Medical Group

19. YKE RSOGATE ..... Key Storage

20. RLMILE UTPSM GGIRNNID .....Miller Stump Grinding

21. UNYROTC KNAB .....Country Bank

22. MAYC FO LRAENTC ATSCASSEMUHST ..... YMCA Of Central Massachusetts

23. IBLK EKSEY LSHATAP NAIVPG .....Bill Keyes Asphalt Paving

24. FECA TO AECF ETAOGMGR ..... Face To Face Mortgage

25. YLFIAM VCSESRIE ..... Family Services

26. EWN HPOE CLGNEONSUI TNEECR .....New Hope Counseling Center

27. NSHGGII RNGEEY RTANESLETIVA ..... Higgins Energy Alternatives

28. TNERO MDAE ELAHTH ERCA ..... Notre Dame Health Care

29. SUGNIOMDNQAI CC ..... Quinsigamond Cc

30. RASYG GSRTUET ..... Garys Gutters

31. LDEOHN RENHIGA ADI NERECT ...Holden Hearing Aid Center

32. A ELEAG TUETSRG ..... A Eagle Gutters

33. SCPNREE IMALYF LDANET ..... Spencer Family Dental

34. OMRAC WWIODN CEIVRESS ..... Ramco Window Services

35. RCTAFWSRKO ..... Craftworks

36. ATEEHRH MCNOEK NWMA ..... Heather Mckeon Mawn

37. ETADSASTF DATNEL ..... Steadfast Dental

38. IHCEH-T BELIMO AHSW ..... Hi-Tech Mobile Wash

39. OYUR LHETAH METARST ..... Your Health Matters

40. EHIOCC PT ..... Choice PT

41. LFEI RECA OF URNUAB ..... Life Care Of Auburn

42. SANL PNATI TRNECE ..... Nals Paint Center



Welcome  
to our

# ABC's of Spring Word Search!

We hope you will enjoy this challenging puzzle. To be included in a random drawing of correct answers, please mail your puzzle to ABC's of Spring Word Search, P. O. Box 90, Southbridge, MA 01550, or take a picture and email it to jsima@stonebridgepress.news by WEDNESDAY, MAY 25th. The winner of a \$25 gift card to an ABC business will be announced in the June 3rd issue. Good luck!

SROQNNQFEYQNHNPUBDROAWAGRAECNDSACDDDDTD  
IFOQGAHVTDUWIOIQRELTCERAJVBFPGUZFSWYRF  
XQREBSRCNPCIYGXGZKAPLBMJKOEILNKNSJZOFE  
SXIQEKHEFETENCUGUFQFODCCSEAPTMXRGSLFTAK  
IJAABAVBCWYJBSHISKRYOWRHYKNCCEUOZXKBHP  
SIPWLSUVYARWYFIJNTUWHELISRHQBLGAUTPXDP  
NEEOGEWRPAVNHBZGNSIPLVHCTGURZXEEELCOGOE  
RTRMCNAHDCGBTPFOANEEHAVBOTJAPJRAFRZKWH  
ZCNHMXLKGCAJQGCODMWNRWJRHRYSKBNBENOC  
HAOMEJJVILNNLTHOREODEECMATHUORPRBLKLCE  
QHIGZQOMZMFJSQWGWJEWNRRRTTGZOMVNKMIEDWTN  
MISEMLVTOLDENSKRLIHADZGNEPAAAOVXVCRTVT  
QLICTSCWRBPNEGEMCXKZZWCEYELHGKITVERS YTR  
QLLKGVIINEIRAIKKFKZCYCOUACRRYVJEOBF EA  
PSLSXLNSTMVGMEFQAOOIIPGMSLTMIVHYBVZNRL  
BTOIFYUAUIARAANQCWBPUGVYMTNDFDNYOEMIF  
AICSZMRWCAOWRGSUJDOSJNWFLUTEILZSKHIONE  
ZRSJDUPEZCGMDLKWJLRMRI XHTINWRAYMWLTSM D  
YENMCRSFWZEPJRRBWYTAJWLCFEDIENPCBQIMAE  
KARCEOASRFOCPOQCPYSMONKQFXZTWASZGRHR  
ANARLMGHSCSUCHWOAJDEUTFDACNDAYJTLXCVOA  
EDECHVPCCXTHBTTCEPOLRSTULXSQFCCEIAVNNL  
UAKPIGODIROBHTFHQBHCMEZPICRDTJZOEVNMEC  
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BTYEPNSKCKNDEBRVJTUDTZHXTTDJJQAZLRSWE  
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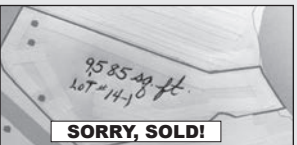
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# SPORTS

## LaBonne leads offensive charge to help Tigers overwhelm St. Bernard's



Douglas' Joe LaBonne was an offensive star for the Tigers in their 14-1 win versus St. Bernard's.

Jason McKay photos



Tommy George of Douglas winds up and delivers a pitch to the plate.



Douglas' Jude Wassell and a teammate celebrate with a high-five after recording an out.

BY KEN POWERS  
SPORTS CORRESPONDENT

DOUGLAS — Joe LaBonne took full advantage of some unexpected playing time.

LaBonne, a senior captain on the Douglas High baseball team, went 3-for-4 with an RBI, two runs scored and a stolen base as the Tigers improved to 7-3 with a 14-1 mercy-rule shortened win over St. Bernard's High of Fitchburg on Friday, May 6, at Soldiers Field.

"Joe is the best kid you'd ever want to meet," Douglas head coach Mike Brousseau said. "There's nothing he won't do for his teammates and this program. He'd run through a wall if I or my varsity assistant coach [Justin Carter] asked him to do so."

Brousseau, whose team defeated the Bernardians 17-1 on the road earlier this season, inserted LaBonne into the May 6 lineup in right field and into the No. 5 spot in the Tigers' batting order.

LaBonne made the most of his four at-bats, reaching base every time.

In the first inning LaBonne beat out an infield single to third base and came around to score. In the second inning he singled to center field and then stole second. In the third inning he reached base on a St. Bernard's error and scored later in the frame. In the fourth inning he again singled to center field, driving in teammate Jude Wassell, who was hit by a pitch three at-bats before LaBonne stepped into the batter's box.

"I felt great at the plate today," said LaBonne, who did not take the start against a struggling team (the Bernardians dropped to 3-7 with the loss) lightly. "This was an opportunity to prove myself to my team and my coaches and I tried to take advantage of the opportunity as much as I could. I was very pleased with my performance; I thought I hit the ball well today."

So did Matt Fiore, the former

Millbury High standout who serves as a hitting instructor for the Tigers.

"Joe gets into his own head sometimes and that causes him, on some days, to get down on himself," said Fiore, who works with about nine members of the Douglas team on a regular basis. "I pulled him aside recently and said to him, 'you got to believe in yourself before others can believe in you.'"

"Before his at-bats today I pulled Joe aside and said, 'have some confidence up there. If you see a strike early in the count that you like, take a swing at it and see where it goes,'" Fiore continued. "Joe's got all the mechanics of hitting down; technique-wise, he's a good hitter. With Joe, what gets in his way sometimes is the mental aspect of hitting."

LaBonne acknowledged that he struggles at times with the mental part of hitting.

"I am my own worst enemy; I think way too much. I try to always perform to the best of my ability and if I make a mistake it just eats away at me," LaBonne said. "I'm desperately trying to break that habit. When I get to the plate I've just got to focus. I can't be thinking about anything other than the at-bat I'm having right then."

After spotting St. Bernard's a 1-0 lead in the top of the first inning, Douglas scored 14 unanswered runs — three in the bottom of the first, four in the second, five in the third and two in the fourth.

In addition to LaBonne, hitting stars for Douglas included fellow seniors



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Nick Ethier photos

**Bay Path's Brandon Martocci rips a second inning single against Blackstone Valley Tech.**

BY NICK ETHIER  
SPORTS EDITOR

CHARLTON — When the Bay Path Regional and Blackstone Valley Tech varsity baseball teams are set to meet one another, Mark Sansoucy — head coach of the Minutemen — described just how big of a game it can be.

“Those are the games you circle at the beginning of the year...it’s always BVT, AMSA, Worcester [Tech],” Sansoucy said whenever Bay Path plays the Beavers, the Advanced Math and Science Academy or the Eagles, all important tilts in the Colonial Athletic League.

And the Minutemen and BVT certainly provided close contests during this 2022 season. Bay Path edged Valley Tech in the season opener, played on April 4, 10-9. And, in the most recent outing, the Minutemen again emerged victorious, also by a single run, 6-5.

“That was a big one. They’re always tough, always a good team. They hit the ball hard and have good pitching, and they’re well-coached. To beat them twice in a season is big,” Sansoucy said of the Beavers.

“That’s the second one to them,” Valley Tech head coach John Burke said of losing to Bay Path, and the Beavers’ third one-run loss of the season. “It’s just executing a few of the small things along the way. It’s all very little stuff and it’s been biting us.”

The Minutemen improved to 9-1 and have automatically clinched a berth into the upcoming Division 4 State Tournament. Valley Tech, meanwhile, dropped to 4-6.

“They’ve got a good team,” Burke said of Bay Path. “They’ve been rattling off wins and it would have been nice to get one back on them.”

The Beavers struck first for one run in the top of the first inning when Evan Charron roped an RBI double into right-center field. But the Minutemen countered with three runs in the home half of the first. With the bases loaded John Schramm was clipped by a pitch to send a run in and then Matt Rousakos grounded into a fielder’s choice. But, instead of the at-bat resulting in a double play, a throwing error allowed two more runs to cross home plate.

Valley Tech tied the game in the second inning when Sean Sage hit an RBI groundout and Jake Rinaldi (2-for-3) followed with an RBI single to left field, but Bay Path again regained the lead in the home half. There, Schramm had his

second RBI on a fielder’s choice.

The Minutemen kept the 4-3 advantage through the third and fourth innings until BVT grabbed their first lead in the top of the fifth. Corey Magill (2-for-3) tied the game with an RBI single up the middle. Magill then scored when he attempted to steal third base and a throwing error saw the ball bound into the outfield.

That ended the outing on the hill for Rousakos, Bay Path’s starter, who went 4-plus innings. Dale Nussey took over from there and finished the fifth frame, and pitched the sixth, allowing no runs on one hit with four strikeouts and no walks.

But the Beavers had the lead, and the momentum, as play shifted to the bottom of the fifth. With Adam Pratt on the mound — Pratt relieved Sage, who pitched the first three innings — and pitching well, BVT’s defense spun a double play to open the inning.

“We had the momentum, we rolled the

double play ball, and then the inning got a little sloppy,” explained Burke.

With Kaiden Brochu (single) and Jon Nussey (walk) on base, pinch hitter Joe Fritze tied the game with an opposite field RBI single into right field. With the game tied, Bay Path retook the lead when Pratt tried to pick off a base runner. But his coinciding throwing error plated the go-ahead run.

After both teams failed to score in the sixth inning, the Minutemen’s Zach Fritze (2-for-3 at the plate) closed the door with a seventh inning save. An error, hit by pitch and sacrifice bunt had two runners in scoring position, but when BVT’s Nick Laflamme sent a hard shot down the first base line that was snagged by Rousakos, the game came to its dramatic close.

“He’s tough, he’s nails. He’s hard-nosed. He thrives on stuff like that — feeds off that,” Sansoucy said of Zach Fritze, noting that he never thought about intentionally walking a Valley

Tech player to load the bases and have force outs across the diamond.

Sansoucy is thrilled with his young squad’s start to the season.

“I knew that we had a lot of really good young kids, but were they varsity ready was the question, and they’re all stepping up,” he said.

Sansoucy added that four players — Brochu (.611), Schramm (.536), Dale Nussy (.400) and Dylan McDonald (.400) — are all near the top of the league in batting average.

The Beavers, meanwhile, are hopeful to turn their season around before it becomes too late.

“We’ve been hitting well, but some days we throw it well and don’t field it well. Some days we field it well and don’t throw it well. It’s just getting everything clicking at the right time,” Burke explained. “At some point you’ve got to start winning games. It’s there. It’s just a matter of closing games out.”

## Host Uxbridge has plenty of success at SWCL Tennis Tournament



Courtesy photo

**The Uxbridge duo of Bella Nolan and Avery Guillette hold their trophies proudly after capturing the Southern Worcester County League Doubles Tennis Tournament.**

UXBRIDGE — After a long, grueling day of tennis on Friday, April 29 — at a pair of locations in Bartlett High (girls) and Uxbridge High (boys) — all semifinalists reconvened to Uxbridge the following day for the annual Southern Worcester County League (SWCL) Tennis Tournament.

And not only did the Uxbridge High courts host the event, but numerous Spartan student-athletes represented themselves, their team and their school proudly.



Nick Ethier photo

**Uxbridge's Julie Compston returns the ball over the net during semifinal round play of the Southern Worcester County League Tennis Tournament.**

In the girls’ doubles tournament, the third seeded tandem of Bella Nolan and Avery Guillette defeated the fifth ranked Grafton High duo of Veda Dave and Maya Dalan (7-6 (7-4), 6-3) for the title. To reach the final, Nolan and Guillette beat another Grafton duo of Madelynn Hernandez and Esha Batchu (seeded No. 2) in the semifinals, 4-6, 7-5, 10-5.

In girls’ singles action, Uxbridge’s Julie Compston was the No. 4 seed and played top ranked Emma Aberle of Quaboag Regional tough in the semifinals. Aberle prevailed, though, 2-6, 6-3, 10-4.



Nick Ethier photo

**Xavier Hicks of Uxbridge, competing in the semifinal round of the Southern Worcester County League Tennis Tournament, lifts the ball into the air before serving.**

Over on the boys’ side, the Spartans’ Xavier Hicks was ranked No. 7 in the singles tournament. But Hicks advanced to the semifinals, where he lost to sixth ranked Ethan Minarik of Bartlett High, 6-4, 6-4. Minarik lost to the top ranked player in the tournament, Grafton High’s Wilson Fetig, in the final, 6-0, 6-1.

## May 14 set for Northbridge American Legion Post 343 baseball signups, tryouts

On Saturday, May 14, at the Northbridge Middle School at 4 p.m., the Northbridge American Legion Post 343 baseball club will host signups and tryouts. Please contact coach/manager John Demagian with any questions at (508) 234-6008 or (774) 573-8520.

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BOY SCOUT TROOP 273  
SPRING YARD SALE  
Saturday, May 28th

Universal Tag Parking Lot, 36 Hall Road, Dudley  
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**wares** - glassware, dishes, pictures, mirrors, bowls, cups,  
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