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 Friday, October 16, 2026

A Forest of holiday magic — and a little extra hope

BLACKSTONE VALLEY FESTIVAL OF TREES RETURNS DEC. 4–6
WITH A FESTIVE PREVIEW PARTY AND NEW MEMORIAL AND HONOR TREES

NORTHBRIDGE — Some Christmas trees tell a story through handmade ornaments. Others sparkle with ribbons, twinkling lights, and a decorator’s imagination. This December, trees at the Blackstone Valley Festival of Trees will also tell stories of people we love.

The annual festival returns to Northbridge’s Great Hall Dec. 4–6, bringing the community together for a holiday celebration that does more than brighten a room. It helps bring hope to local individuals and families experiencing homelessness.

And this year, there is a new, especially personal way to be part of the magic.

A tree with someone special in mind

New Memorial and Honor Trees invite participants to dedicate a tree in memory of a loved one or in honor of someone who has made a difference in their lives.

Imagine a tree inspired by a grandmother who made every Christmas unforgettable, a parent whose generosity still guides the family, or a teacher who helped a child believe in themselves. An Honor Tree might celebrate a friend, a community volunteer or someone whose kindness deserves a little time in the spotlight.

For families, friends and businesses, these trees offer a meaningful way to celebrate someone special while helping neighbors facing difficult times. Among

the lights and ornaments, they will add something that cannot be bought in a decoration aisle: a personal connection.

Start the season with a sparkling evening

The festivities begin with the Preview Party on Friday, Dec. 4, from 5 to 7 p.m. It is an invitation to dress up, gather with friends, and enjoy an early look at the trees in a festive setting.

Champagne, beer, food, and music will help set the mood, with entertainment from the Blackstone Valley Community

Chorus and the Blackstone Valley Swing Quartet. This year’s evening also celebrates Blackstone Valley Emergency Shelter’s 10th anniversary—a chance to toast the community that has helped its mission grow.

Consider it a holiday night out with a purpose.

Come for the trees, leave with a favorite

Throughout the festival, visitors can explore trees decorated and donated by local businesses, organizations, families, and community members. Finding a

favorite may be the hardest part. There is always another ornament to notice, another creative theme to admire and another tree that would look just right at home.

Admission to the public festival is free, and tree raffle tickets give visitors a chance to take some of that holiday magic home.

The event has quickly become a local tradition. Its first year welcomed approximately 1,000 visitors and raised more than \$20,000—a remarkable result for a celebration built on community generosity.

Every tree helps hope take root

Proceeds support Blackstone Valley Emergency Shelter, whose work extends beyond a warm place to sleep. Emergency shelter, police-referred crisis response, housing stabilization and connections to care help local people move from crisis toward greater stability.

That makes every donated tree, raffle ticket and Preview Party ticket part of a larger story.

This December, bring a friend, start a family tradition or create a tree that celebrates someone you love. There will be plenty of sparkle—and plenty of reasons to feel good about being there.

For Preview Party tickets, tree donations, sponsorships and Memorial or Honor Tree participation, visit www.bvemergencyshelter.org, www.bvfestivaloftrees.org, or email bvemercencyshelter@gmail.com.

Asa Waters Mansion to host free annual Fall Fun Day

MILLBURY — As the leaves begin to turn and autumn settles into the Blackstone Valley, Asa Waters Mansion invites the community to celebrate the season at our Fall Fun Day, taking place on Sunday, Oct. 18, from noon to 5 p.m. at the historic mansion, located at 123 Elm St., Millbury.

This free, family-friendly event will bring together local makers, artisans, farms, food vendors, community organizations and small businesses for an afternoon filled with shopping, music, family fun, food and fall activities on the grounds of Asa Waters Mansion.

“Our Fall fun Day celebrates the wonderful people, businesses and organizations that make our community special,” said Traci Parath, Executive Director of Asa Waters Mansion. “It has quickly become one of our favorite community events, and is the perfect opportunity for our community to come together, for a festive day, discover something new, listen to great local music, and simply spend an afternoon at the Mansion.”

More than 40 local vendors will be featured throughout the event, offering everything from handcrafted goods, books, pottery and art-

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A celebration of excellence at Whitinsville Christian School



Nathanael Vos (Class of 2027), recipient of the Harvard Book Prize, Tammi Gorman, and Rocky VanTol attended the awards ceremony on Oct. 7.

WHITINSVILLE — Rocky VanTol, Whitinsville Christian High School faculty member, was recognized recently as a recipient of the 2026 Harvard Club of Boston Excellence in Teaching Award. This distinguished award recognizes exceptional secondary school

educators in the Greater Boston area who demonstrate intellectual curiosity, an enduring commitment to student mentorship, and a profound dedication to academic excellence.

“Rocky’s selection is a wonderful reflection of the many ways he embodies these qualities,” said Tammi Gorman, Middle School/High School Principal. “His strong Christian faith, many years of dedicated service to our school, exceptional AP student outcomes, and unwavering commitment to his students have made a lasting impact on our school community. Year after year, he has challenged students to think deeply, pursue excellence, and develop a genuine love of learning, while also encouraging them to grow in their faith and understand how their gifts can be used to serve others. This is a truly distinguished honor, and it is exceptionally well-deserved. We are incredibly proud to celebrate Mr. VanTol and the lasting influence he has had on generations of students!”

Northbridge Disability Commission visits Plummer Place’s Brew Crew



NORTHBRIDGE — Jill Patnode and Donna Gorzela of the Northbridge Disability Commission recently visited Plummer Place, home of the Northbridge Senior Center’s Brew Crew, for an engaging and informative discussion about disability rights, accessibility, and the important work being done in the community to ensure equal access for all.

Patnode and Gorzela shared the history of the Americans with Disabilities Act (ADA), explaining the significant changes it brought about and discussing how people with disabilities were often denied equal opportunities and access to public spaces, services, and facilities before the law was enacted.

The conversation also highlighted the ongoing role of the Northbridge Disability Commission in advocating for accessibility and equal rights throughout the communi-

Turn To VISIT page A10

Whitin Community Center announces Cyber Monday membership deal

WHITINSVILLE — The Whitin Community Center (WCC) is excited to bring back its popular Cyber Monday membership promotion, offering an exclusive 30% discount on both new and renewal memberships on Monday, Nov. 30 only. New members who join online will enjoy a 30 percent discount on the 2026 rates with no joining fee, while existing members can renew their memberships in person and also receive the same incredible discount!

“We’re proud to offer this opportunity to make health, fitness, and community connection even more accessible,” said Heather Elster, WCC Executive Director. “Whether you’re new to the WCC family or a long-time member, this Cyber Monday deal is a great way to invest in your-

self and your family for the year ahead.”

Details of the Cyber Monday Offer:

Dates: Nov. 30

Discount: 30 percent off all new and renewal memberships

Offer: Online for new memberships | In person for renewals

No Joining Fee for all memberships purchased during the promotion period!

From youth programs and family activities, to group fitness and wellness programs, the WCC offers something for everyone! This exclusive one-day offer is a great way to save while becoming part of a vibrant, community-focused center dedicated to health and well-being.

For more informa-

tion, please visit [www. WhitinCommunityCenter.com](http://www.WhitinCommunityCenter.com) or contact a Member Services Representative at 508-234-8184.

The Whitin Community Center is committed to enhancing the health and well-being of individuals and families and building a strong community in the Blackstone Valley. We offer social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together. The Whitin Community Center is the Blackstone Valley’s most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park. For more information call 508-234-8184 or visit www. WhitinCommunityCenter.com.

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Whitin Community Center announces exclusive Black Friday Scratch-Off event with unbeatable membership deals

WHITINSVILLE — Get ready to kick off your Black Friday shopping with an exciting and unique twist at the Whitin Community Center (WCC)! On Friday, Nov. 27, exclusively in person from 8:00AM to 10:00AM, we’re offering a limited-time opportunity for both new and existing members to snag huge discounts on memberships through our Black Friday Scratch-Off Event.

Attendees will receive a scratch card that reveals their discount on membership fees, ranging from 30, 40, or 50 to an incredible 75 percent off! Plus, to make this event even more thrilling, one lucky winner will walk away with a free membership. Everyone is guaranteed at least 30% OFF!

“This event is unlike the other membership promotions we offer throughout the year,” says Heather Elster, Executive Director at Whitin Community Center. “Not only does everyone walk away a winner with substantial savings, but the excitement of revealing your scratch-card discount adds a fun and interactive element to our Black Friday event.”

The in-person-only event is open to all new and current members of the WCC. Supplies are limited, we have just 300 scratch tickets available, so attendees are encouraged to arrive early to secure their scratch cards and take advantage of the unbeatable discounts.

Mark your calendars and don’t miss this chance to unlock incredible savings at the Whitin Community Center’s Black Friday event. Whether you’re a fitness enthusiast or someone just looking for a great deal, this is an opportunity you won’t want to pass up!

For more information, visit www. WhitinCommunityCenter.com or contact a Member Services Representative at 508-234-8184.

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We offer social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together. The Whitin Community Center is the Blackstone Valley’s most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park. For more information call 508-234-8184 or visit www. WhitinCommunityCenter.com.

GriefShare seminar in Sutton to offer support for those facing the holidays after a loss

SUTTON — For those grieving the death of a loved one, the holiday season can be an especially difficult time. A special GriefShare seminar, “Surviving the Holidays,” will be held Monday, Nov. 16, from 6 to 8 p.m. at 65 Gilmore Dr. in Sutton to provide encouragement, practical advice and support for individuals navigating the season while coping with loss.

The two-hour program is designed to help participants prepare for the emotional challenges that often accompany Thanksgiving, Christmas and other holiday gatherings following the death of someone close to them.

Through video interviews with professional counselors, grief experts and individuals who have experienced the holidays after losing loved ones, the seminar will offer practical suggestions and reassurance to those struggling with grief.

Among the topics to be addressed are managing difficult emotions, deciding whether to maintain or change family traditions, navigating social gatherings and finding sources of comfort and strength during what can be an emotionally demanding time of year.

Those interested in attending are asked to register online at [**https://find.griefshare.org/events/304964**](https://find.griefshare.org/events/304964).

The program offers an opportunity for individuals facing the holidays without a loved one to receive guidance, reassurance and encouragement as they prepare for the weeks ahead.

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<https://www.mareinc.org/child/21182352036>

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



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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

The true spirit of Christmas shines through giving

There is something about a Christmas tree that brings people together. Perhaps it is the memories attached to ornaments collected over the years, the familiar glow of lights on a December evening or the traditions passed from one generation to the next. Whatever the reason, a Christmas tree often represents something much greater than the decorations hanging from its branches.

This December, the Blackstone Valley Festival of Trees will offer a particularly meaningful reminder of what the holiday season ought to represent: compassion, generosity and a willingness to help neighbors who may be struggling.

The annual celebration, scheduled for Dec. 4-6 at the Great Hall in Northbridge, promises the familiar sights and sounds of the season. Beautifully decorated trees, music, laughter and the excitement of a holiday raffle will undoubtedly draw families and friends together.

But the most important part of this celebration cannot be measured in ornaments, ribbons or strings of lights. It is the difference the event can make in the lives of people experiencing homelessness.

The festival benefits Blackstone Valley Emergency Shelter, an organization that provides emergency shelter, crisis assistance and connections to services intended to help individuals and families regain stability.

In communities such as Northbridge, Uxbridge, Sutton and Douglas, homelessness can be easy to overlook. Unlike larger cities, where the problem may be more visible, housing insecurity in smaller towns often exists quietly. A family may be staying temporarily with relatives. Someone who recently lost a job may be struggling to keep up with rent. A neighbor facing an unexpected crisis may suddenly find that the security of having a place to call home is slipping away. These situations are not always apparent, but they are no less urgent. That is why organizations such as Blackstone Valley Emergency Shelter deserve the community's attention and support.

This year's festival introduces an especially thoughtful addition: Memorial and Honor Trees. Participants will have the opportunity to dedicate a decorated tree to someone they have lost or someone whose kindness and influence deserve recognition. It is a wonderful concept, one that connects the generosity of the present with the memories and relationships that shape our lives.

A tree honoring a beloved grandparent, a dedicated teacher, a longtime volunteer or a cherished friend becomes more than a holiday decoration. It becomes a tribute to the lasting impact one person can have on others. And when that tribute also helps someone facing hardship, the gesture becomes even more meaningful.

The festival also demonstrates how much can be accomplished when a community rallies around a common purpose. Its inaugural event reportedly attracted approximately 1,000 visitors and raised more than \$20,000. Those figures speak to the generosity of local residents, businesses and organizations that understand the importance of looking after their neighbors. This year's Preview Party on Dec. 4 will also mark the shelter's 10th anniversary, an appropriate occasion to recognize a decade of service and the people who have helped sustain that mission.

There is something encouraging about an event that combines holiday enjoyment with genuine community service. Attending the festival does not require a grand gesture or an extraordinary financial commitment. Sometimes making a difference begins with purchasing a raffle ticket, donating a decorated tree, volunteering a few hours or inviting a friend to participate.

Of course, addressing homelessness requires far more than a successful holiday fundraiser. Affordable housing, access to services and long-term stability remain challenges that cannot be solved over a single weekend. But community support is an essential part of that larger effort.

As the holiday season approaches, the Festival of Trees offers an opportunity to remember that generosity is not measured solely by the gifts placed beneath a Christmas tree. Sometimes, its greatest expression is making certain that a neighbor has a safe place to sleep. And that is a holiday tradition worth preserving.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

"Incensed!"

To the Editor:

Is quite precisely how the world at large is reacting to Maura Healey's cold-hearted signing and scurrilously false defense of our State's new and improved abortion rights act.

Under the old 12N a "Lethal Fetal Anomaly" was something that a physician had to find and diagnose as a pre-existing condition while precisely documenting that preexisting condition for proper medical review.

However, now it appears that any attending physician or otherwise "qualified" person can quite literally cause that LFA without restriction... right up until mere minutes before the expected birth.

Adding to the dilemma is the fact that most if not all of that language is retroactive to the start of the Biden administration. And in that way represents an attempt to render amnesty to any otherwise unwarranted abortion that just so happened to occur during the near entirety of Joe Biden's reign.

Thus some exceptionally serious questions are arising that involve Mexico and its very pregnant females who came to America during Covid for the allegedly top notch childbirth care.

And that ain't good!

STEPHEN GAMBONE
NORTHBRIDGE

Paralysis by analysis

To the Editor:

Do you know that our state government agencies do not follow their own Green Clean Climate regulations for reducing emissions from their fleet vehicles?

What?! The state agencies do not comply with their own policies? Stop the presses.

The Commonwealth Beacon (CB), a leftist online news service, reported: "No state agency submitted reports to comply with a 2017 rule requiring cuts to emissions from state-owned vehicles. Environmental regulators didn't enforce the rule."

"Massachusetts agencies that own or lease at least 30 passenger vehicles, from the Executive Office of Energy and Environmental Affairs to the Department of Transportation, are compelled to reduce the pollution stemming from that vehicle fleet each year by specific amounts and submit reports to the Department of Environmental Protection [Mass DEP] in order to show compliance," CB said.

But "Mass DEP has no records of these reports and didn't follow up with the relevant agencies to demand that data for each year going back to 2019, when the reports were first due, according to the court documents filed in the lawsuit the then Attorney General [Healey] brought against Exxon Mobil," said CB.

And this year, reports were due in March, but none were filed again according to the Massachusetts Department of Environmental Protection. Now, instead, the DEP defends itself saying that the 2017 vehicle fleet regulation was "effectively superseded by a 2021 executive order by Governor Baker which was designed to electrify the state vehicle fleet by 2050" – when he'd be long gone.

Still, this sudden interpretation leaves citizens in the dark about "actual pollution from state vehicles," writes CB. Even the Conservation Law Foundation which brought the original suit against the state in 2016 said: "Without clear transparent reporting, there's no way to know whether real progress is being made or if the state is complying with the law." Our state has no transparency at all.

In fact, journalism groups cite Massachusetts as a "black hole," the least transparent of all the states regarding public records!

The state has not yet reached 6 per cent of its state fleet vehicles to be zero-emission vehicles. There is no accounting as

to whether the state's fleet is meeting the state's own emission reduction standards!

Way back in 2016, a court ruled that the "state needed to issue more specific stringent agency regulations in order to meet the [state's own] 2050 climate commitment to reduce greenhouse gas emissions." The state never did.

In the Exxon lawsuit, "Mass DEP made the admission." Maura Healey, the then state Attorney General, sued Exxon, "accusing the company of deceiving the public and investors about the risks of climate change and its contributory role."

Exxon tried to get "data and documents pertaining to Massachusetts's vehicle fleet in discovery." The court rejected their request. Exxon filed a public records request. The state denied that request. Exxon sued and got a few documents. "Exxon, believing that the state was withholding additional information, pressed the state for more. That's when, in defense of the state's motion to dismiss the records case, DEP admitted that "no agencies had submitted reports." Wait, what?

The Conservation Law Foundation complained that they fought for these Global Warming Solutions Act regulations to ensure climate action by agencies. "All levels of government are bound. When they're ignored, it's a step backward for the climate goals!" says the CLF. No one noticed. Nothing happened to the climate.

Our state DEP took no action to require agencies to report their own compliance. In a deposition in the Exxon lawsuit, the DEP Deputy Director for Air and Climate programs admitted that "DEP has no documents showing any instances of "compliance verification or other enforcement actions in spite of the fact that no agency appears to have filed reports detailing the emissions of its vehicle fleet."

The latest Commonwealth Beacon complains that despite all the millions our state received from the Big Bad Biden Increase Inflation Act, \$64 million, our state has not installed one, not one, EV charger! The CB had to file a Freedom of Info Request to get this information, and discovered \$4 million has been spent on "engineering, planning and permitting." Paralysis by analysis. That's our state.

BEV GUDANOWSKI
UXBRIDGE

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The family conversation your estate plan is waiting for



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

Finishing your estate plan is a big step, but failing to notify the people involved can lead to confusion and complications when it's time to use it. Since the events that bring those plans into action, such as an accident, serious illness or hospitalization, rarely come with a warning, talking with your family about your estate plan before a crisis occurs can provide clarity and help reduce uncertainty, conflict and stress later

Would your loved ones know what to do?

About half of Americans turning 65 today will need some form of long-term care, according to the U.S. Department of Health and Human Services. If you became unable to make medical or financial decisions, documents such as powers of attorney and advance directives can help ensure someone you trust can step in. Just as important is making sure your loved ones know those documents exist and where to find them. Without access to them, even close family members may be unable to access bank accounts, pay bills or make medical decisions on your behalf without going through a court.

Who should be included in an estate plan conversation?

When you're ready to talk with loved ones, start with anyone named in a formal role in your estate plan, such as a financial power of attorney, health care proxy, trustee or executor. You may also want to include family members who are likely to be involved in your care or inherit assets.

Think about the dynamics of your family as you plan the conversation. Some families are comfortable discussing everything together, while others communicate more effectively through smaller group discussions or one-on-one conversations.

What should your family know about your estate plan?

Start with your values and the goals behind your decisions. Explaining what matters most to you can help family members better understand your wishes.

From there, review practical details, including who serves in key roles, where important documents are stored and how to contact your estate-planning attorney. You may also want to discuss your care preferences if you were to lose independence and any decisions that family members might find surprising. For example, if inheritances will not be divided equally, sharing your reasoning now may help prevent misunderstandings later.

Most importantly, leave time for questions. The goal is not to cover every possible scenario in a single meeting. It's to create understanding and give loved ones confidence about what matters to you.

If a single conversation feels overwhelming, consider breaking it into a few shorter discussions over time.

Need help starting the conversation?

Many people worry about how family members will react or feel unsure about where to begin. A financial advisor can help you prepare for the conversation and, in some cases, facilitate it. Having a neutral third party involved can help keep discussions productive and ensure everyone leaves with greater clarity about your wishes.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com. Edward Jones, Member SIPC. Edward Jones, its employees and financial advisors, cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

LETTERS TO THE EDITOR

The ‘F’ word

To the Editor:

No, not that one, pottymouth! The ‘f’ word I want to discuss, is ‘fear’ – the destructive, paralyzing passion that modern analyses have identified as being systematically and culturally applied by demagogues, as a mechanism for political influence and behavioral regulation. By ‘demagogues,’ I am referring to political leaders, or orators, who gain power and popularity by arousing the emotions, fears, prejudices, and passions of ordinary people, rather than by using rational arguments, facts, or sound policies.

If you’ve been the unwitting victim of a recent Trump speech, or the latest BVT diatribe from my favorite of the Three Stooges, Moe of Uxbridge, you’ll understand why the words ‘socialist’ and ‘communist’ have become recurring epithets among their torrent of lies...it’s to instill fear! Moe used a variation of the word ‘Communist’ five times in an attempt to mystically connect ‘communism’ to a voluntary MA school program on the foundations of racism in this country. What better way to instill irrational fear in a populace – put “children” and “communism” in the same sentence!

The dictionary defines fear as “a primal, protective emotion that signals danger and triggers your body’s survival response. Fear alerts you to real or imagined threats, activating your fight, flight, or freeze response.” So, when you want a non-intellectual, non-reasoned reaction from someone, just frighten them! There is one

requirement though, as Herman Melville so astutely stated: “Ignorance is the parent of fear.” And ignorance is abundant here in America.

The Republican Party has elevated fear to an art form. They tell us that anything that benefits we-the-people, and is funded by our tax dollars, is ‘socialism’. They say that anyone who is not white, straight, and Christian, is someone we must fear. We should fear Immigrants – black, brown or undocumented, who pay more in taxes than the billionaires in this country, and do the jobs that Americans won’t.

This isn’t new. When a political demagogue calls something ‘socialist’, what are they actually describing? Social security was attacked as ‘socialism’ in 1935. Medicare was attacked as ‘socialized medicine’. When a constitutional amendment to ban child labor was proposed in 1924, a U.S. Senator said that every Bolshevik and Communist in America was behind this. The National Association of Manufacturers called the law that created the minimum wage, overtime pay, and the 40-hour workweek in 1938, a step towards communism. In reality, none of them are ‘socialism’ or ‘communism’. None of them eliminated private property, and none of them ended free elections. It was the simple application of fear tactics.

Just to help Moe out, I thought I’d define some terms for her: Socialism - an economic and political system where the means of production—such as factories, land, machinery, and natural resources—are owned or controlled collectively by the public or the state rather than by private individuals. Our federal government under Trump, now holds or is tracking direct equity and quasi-equity stakes in 34 companies — doesn’t that already make us the feared ‘socialist state’?

Socialism is not the same as communism, and it has existed in both democratic and authoritarian forms. Denmark, Sweden, Finland have all been called ‘socialist’ countries. They are not. They are market economies with private companies, stock markets, and billionaires. What they have is high taxes that pay for universal health care, education, and a strong safety net. A pretty good trade-off, if you ask me. (And our taxes wouldn’t be ‘high’ if millionaires, billionaires, and corporations actually paid theirs.) They are social democracies. They are also

acclaimed the happiest places in the world to live. I’m sure that is just coincidental.

Communism is a political and economic ideology that aims to create a classless society with public or communal ownership of the means of production, such as factories, land, and resources. In practice, every government that has called itself ‘communist’ has been a state completely controlled by one party, like China, North Korea, Cuba, and Vietnam. This is never going to happen in America, and only exists in Moe’s fevered brain.

Our social democrats are neither ‘socialists’ nor ‘communists’. They are proposing tax funded programs inside a market economy. The U.S. has always had a mixed economic system – capitalism as its foundation, with publicly funded programs layered on top. That is not socialism. That is not communism. That is social democracy. That is America. That is what Republicans want to eliminate. Their idea of ‘capitalism’ is survival of the fittest, dog eat dog, I got mine – you’re on your own, and whoever has the most toys/money wins. Is that the world you really want to live in?

So, the question you need to ask yourself before you vote is this: when anyone labels a policy or a party as ‘socialist’ or ‘communists’, are they trying to scare you into voting against your own best interests. That should be a huge red flag, and you should run the other way.

Regarding “Our schools and communism” the latest from Moe of Uxbridge: she claims that Massachusetts reading and math scores have fallen every single year since 2019, and that is somehow a failure of MA teachers, unions, books, Democrats, social workers, and sugar plum fairies. Though overall student achievement remains below pre-pandemic baselines, the drop followed the COVID-19 pandemic, and happened nationwide, not just in Massachusetts. The causes were a combination of abrupt academic changes, severe mental health strain, systemic institutional disruption, and a surge in chronic absenteeism. The \$8 billion in increased spending here in MA is to ameliorate those issues. Moe neglected to mention that the Trump administration cut \$106 million in K-12 education grant funding for Massachusetts by abruptly ending the federal Education Stabilization Fund in March 2025. A simple over-

sight on her part, I assume? The drop in achievement has nothing to do with the 1619 Project book. It has nothing to do with communism. It took me less than 5 minutes to learn the facts. Moe prefers to just copy from the fascist Boston Herald and add in some fear words for good luck. Maybe next week she will tell us how electricity costs relate to affordable housing in the state, as she claims.

Moe says that we should vote conservative for a change. A change of what? More war? More corruption? More ineptitude? More diseases? More reductions in air, food, water quality? More destruction of our forests and parks? More lies, vanity projects, billions in crypto profits, disruptions of free trade, support for dictators at the expense of our allies...Oh, I can’t wait! Think about it – today you woke up with a former Fox News host running our military, a former heroin addict overseeing our health, and they both report to a convicted felon! JD Vance asks that we give them another chance! I assume it’s a chance to complete the destruction of America as we knew it before the Trump Crime Family.

There actually is an ‘f’ word that we do have to fear – fascism: a far-right, authoritarian, and ultranationalist political ideology characterized by a dictatorial leader, centralized autocratic power, militarism, and the forcible suppression of political opposition, like Jimmy Kimmel and Stephen Colbert. Sound familiar?

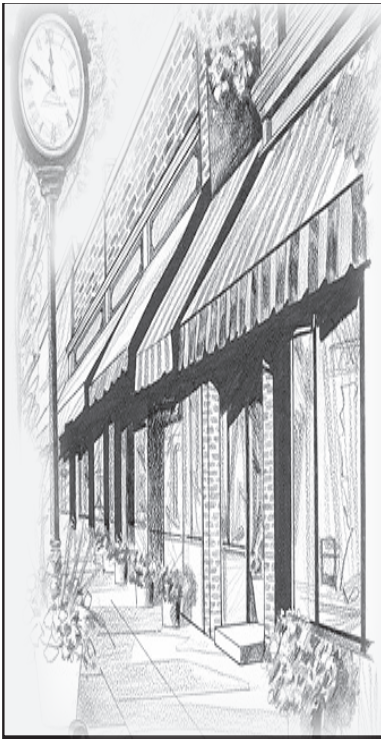
Trump’s lies aside, Republicans have nothing to run on, nothing to qualify them to lead our country, nothing to show for the years they have been in office, except our own version of the Gestapo. Nothing good, anyways. All they have left is fear. They assume that if you were stupid enough to elect them in the 1st place, you are stupid enough to react favorably to their scare tactics.

The Republicans have already destroyed the world-wide trust, respect and good will that it took us 250 years to build. This is the most openly corrupt administration in our history. Sure...let’s give them another chance....a snowball’s chance in hell. As a registered Independent, I urge you to vote blue.

RICK BEVILACQUA
WHITINSVILLE

Letter submission policy

Letters to the Editor must include the author’s name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author’s name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted. It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



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BVCC launches business leadership summit series

WHITINSVILLE — The Blackstone Valley Chamber of Commerce (BVCC) is proud to announce a quarterly leadership series exploring the forces reshaping businesses. The inaugural summit will focus on Artificial Intelligence, designed for business owners, executives and department leaders to make better decisions about where AI belongs, where it does not, and where human judgment still matters most. Leading Through the Age of AI, will take place on Wednesday, Oct. 28, from 8 a.m.-

1:30 p.m., at Whitinsville Golf Club, located at 179 Fletcher St., Whitinsville. This executive-level, hands-on, half-day summit will give you confidence in your decisions, your team, and your business. Joining us will be two facilitators bringing different, but complimentary perspectives to the conversation. Lynn Whitney-Turner, Founder of CORE XP Business Solutions, will lead “Riding the Waves: Helping Leaders Navigate the Forces Changing Business.” Drawing from her experience participat-

ing in AI leadership summits and examining the forces reshaping today’s business environment, Lynn will help leaders look beyond the technology itself and consider how they can lead effectively through rapid change. Her session will focus on building clarity, confidence and control, particularly for leaders who may already be using AI every day, are skeptical of it, or are somewhere in between. Kham Inthirath, CEO of AI Advisor Guy, who will take participants from conversation into applica-

tion, with a practical look at how AI can become part of the way they actually work. Rather than simply demonstrating another collection of AI tools, Kham will help participants build an AI workspace and assistant around the way you work, creating an experience that is relevant to your own workflow and responsibilities. “This is a working summit, not just a presentation,” said Jeannie Hebert, BVCC President & CEO. “We want our leaders to leave with something they can actually use. Whether

they are just beginning to explore AI or already incorporating it into their daily work, the goal is for participants to return to their businesses with greater confidence, a clearer understanding of what matters, and practical tools they can continue using.” To register, please visit, www.blackstonevalley.org/events. Pricing for Members is \$199, and \$249 for Future Members. Business leaders are encouraged to register early for the inaugural summit, bring a laptop, and one real business challenge

they face to be discussed. Coffee and lunch is included!

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



Courtesy

The three placing teams of the 2026 Open Sky Community Services Valley Bag Toss come together for a photo. Pictured from left to right are the third, first, and second place teams: The Corne Identity's Tim Lang, of North Attleboro, and Mike Thompson, of Ashland; Wixtead Wonders' Karen McNelly and Jaime McNelly, of Douglas; and Tele Tubbies' John Johnson, of Upton, and Jim Cowen, of Mendon.

Valley Chapel presents “Jailhouse Rock!”

UXBRIDGE — What begins as an exciting week of hiking, swimming, and outdoor adventures takes an unexpected turn in Valley Chapel’s upcoming children’s musical, “Jailhouse Rock!”

The musical follows a group of children as they arrive at Camp Koinonia, eager to enjoy all the fun that a week at camp has to offer. But their plans quickly change when a torrential downpour leaves them “jailed up” inside the camp mess hall.

Although the rain may have put a damper on their outdoor activities, it opens the door to an important lesson. With the help of the Camp Director and Junior Counselors, the children learn about the experiences of Paul, Silas, and Peter, who each faced their own difficult experiences being “locked up.” Through their stories, the campers discover how prayer, praise, and faith can make a difference—even when circumstances seem discouraging. Most importantly, they are learning they can be set free of their sins through the saving work of Jesus on the cross.

Filled with music, humor, and an encouraging message, “Jailhouse Rock!” promises an entertaining afternoon for the whole family while reminding audiences of the power of faith in challenging times.

The community is invited to experience the musical on Saturday, Nov. 21, at 3 p.m. in the Valley Chapel Sanctuary. Admission is free!

Following the performance, audience members are welcome to join the cast and choir for desserts in the café and enjoy an opportunity to celebrate with the performers.

Come for the music, stay for the fellowship, and discover how even a rainy day at camp can become an opportunity to shake, rattle, roll—and praise!

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Courtesy
Wixtead Wonders team members Karen McNelly and Jaime McNelly, of Douglas, won the 12th annual Valley Bag Toss at Alternatives’ Whitin Mill in Whitinsville on Sept. 19. The inclusive and accessible cornhole tournament raised more than \$26,000 to support Open Sky Community Services’ health and wellness programming for individuals in Central Massachusetts facing complex challenges.

Country music dance in Uxbridge Sunday

UXBRIDGE —The New England Country Music Club will hold a dance with live, classic country music on Sunday, Oct. 18 with Borrowed Time at the Uxbridge Progressive Club, 18 Whitin St., Uxbridge. Doors open at 12:30 p.m., with music from 1-5 p.m. Admission charge, cash bar, and snacks are allowed.

www.StonebridgePress.com



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The fine art of doing nothing

There was a time when a man could sit on his front porch for half an hour without anybody assuming something was wrong with him.

He didn't need a book. He didn't need a telephone. He certainly didn't need a device strapped to his wrist reminding him that he hadn't taken enough steps. He could simply sit.

I was thinking about this the other afternoon when I found myself with an unexpected hour to spare. The lawn didn't need mowing, the laundry was caught up, and there was nothing particularly urgent demanding my attention.

Naturally, I became suspicious. At my age, an empty hour usually means I've forgotten something.

I wandered around the house looking for a task. I straightened a picture that wasn't crooked. I opened the refrigerator despite having eaten lunch twenty minutes earlier. I checked the weather, although I could have obtained essentially the same information by looking out the window.

Finally, my wife asked what I was doing.

"Nothing," I said.

"Well, you're making an awful lot of noise doing it."

She had a point.

Somewhere along the way, we've developed the peculiar belief that every waking minute ought to be productive. If we're not working, we should be improving ourselves. If we're not improving ourselves, we should be exercising. If we're not exercising, we should be cleaning something, fixing something or planning something.

Even relaxing has become a competitive sport.

People now keep track of how well they sleep. Imagine explaining that to your grandfather.

"How'd you sleep last night, Grandpa?"

"Fine."

"Yes, but what was your sleep score?"

I suspect the conversation would end right there, possibly with an invitation to go split some firewood.

When I was younger, the older men in the neighborhood seemed to understand something we've largely forgotten.

They could sit outside and watch the world go by without feeling obligated to participate in every passing moment.

One fellow I remember used to spend summer evenings in a lawn chair near his driveway. He'd wave at passing cars, occasionally offer an opinion about the weather, and otherwise appear perfectly content.

As a boy, I couldn't understand it. There were bicycles to ride, baseballs to throw and entire afternoons to fill with adventures. Why would anybody choose to sit still?

Now, some 40 or 50 years later, I think that man may have been the smartest fellow on the street. He wasn't bored. He was paying attention. There's a difference.

These days, we seem almost frightened of silence. Sit in a waiting room and everyone reaches for a phone. Stop at a traffic light and somebody is checking a screen. Even a walk through the neighborhood can become an opportunity to listen to a podcast about becoming a more efficient human being.

I have nothing against technology. I appreciate being able to find directions without unfolding a road map the size of a bedsheet. And I rather enjoy knowing the answer to a question without spending three days looking through encyclopedias.

But I wonder whether we've traded away something valuable in our determination never to be idle. So, that afternoon, I conducted a little experiment. I took a chair outside, sat down and decided not to accomplish anything. At first, it was surprisingly difficult. I noticed a branch that needed trimming. Then I remembered a loose hinge on the shed door. A few minutes later, I started mentally composing a grocery list. I resisted.

Eventually, I began noticing

other things. A squirrel was engaged in what appeared to be a bitter territorial dispute with another squirrel. A neighbor was teaching a young child to ride a bicycle. Somewhere down the road, a dog barked three times and apparently decided he'd made his point. The breeze shifted. A few leaves skittered across the driveway. The afternoon sun moved slowly across the yard.

Nothing extraordinary happened. And that was rather nice.

After a while, my wife came outside and asked whether I was feeling all right.

"Perfectly fine," I told her.

"What are you doing?"

"Practicing."

"Practicing what?"

"Doing nothing."

She considered this for a moment.

"Well, don't overdo it."

Then she went back inside.

I sat there another 20 minutes, enjoying the rare sensation of not being behind schedule.

The world continued turning without my assistance. Nobody called to ask why I hadn't completed a task. No great catastrophe resulted from my failure to be productive. Eventually, I got up and went inside.

I can't say the experience changed my life. The bills still need paying, the lawn will eventually need mowing, and that shed hinge isn't going to repair itself. But I did come away with a modest realization.

We've become so accustomed to measuring our days by what we get done that we sometimes forget to appreciate the days themselves.

There ought to be room for an occasional afternoon that produces absolutely nothing except a little peace of mind.

I'm thinking of making this a regular habit. Perhaps 20 minutes every afternoon, weather permitting.

Of course, knowing me, I'll probably start keeping track of how much nothing I accomplish. And then I'll have to figure out whether I'm getting better at it.

PLUMMER PLACE

Home of the Northbridge Senior Center

The following events will take place at Plummer Place, Home of the Northbridge Senior Center. We are located at 20 Highland St. in Whitinsville. Telephone: (508) 234-2002. Northbridge residents have priority for all programming and events. Please call the main office to sign up for special events and programs, so we can plan accordingly.

Medical Drivers
We are in need of medical drivers for out-of-town medical appointments. This is a very important service that we provide for seniors who cannot drive themselves to their medical appointments. If you are interested and can spare any time, it would be most appreciated. Drivers are reimbursed for their mileage. For more information, please call the main office.

Regular Programs:
NEW Tech Cafe!
2nd Monday of the month
1:30pm-3:00pm
Bring your tech questions — drop-in appointments — no need to sign up in advance!
Meditation with Kelly:
Every Thursday morning at 9:30am
Book Club:
3rd Wednesday of the month at 10:30am
Please call Kelly for more information.
Brew Crew:
1st Wednesday of the month at 9:30am
Please call Amy for more information.
Dull Men's Club:
4th Tuesday of the month at

9:30am
October 27th: David Pickart, Northbridge Conservation Agent
Please call Amy for more information.
Scrabble:
Monday October 19th at 9:30am
Women's Collective:
2nd Thursday of the month at 10:00am
Please call Amy for more information.
Writing Your Way:
2nd and 4th Thursdays at 2:00pm
Please call Lori for more information.

Special Programs and Events
A Spooktacular Afternoon with the Muleskinners
Halloween Party and Luncheon
Wednesday, October 28th
12:30pm-2:00pm
Put on your favorite costume and join us for a fun-filled afternoon of Halloween entertainment! Enjoy live music by The Muleskinners, featuring toe-tapping bluegrass favorites that are sure to keep you dancing. Gather with friends for a festive celebration filled with music, laughter, and Halloween spirit. Costumes are encouraged, so come dressed in your Halloween best and get ready for a hauntingly good time! Menu: turkey/roast beef wraps, antipasto pasta salad, baby spinach salad, chips, and hot apple crisp with vanilla ice cream & caramel sauce for dessert. Tickets are \$10 each and cover the cost of the luncheon and the entertainment. Tickets are available in the Main Office. Limit of 2 tickets per person. Northbridge residents receive ticket priority. Tickets must be purchased in person, and everyone must have a ticket to attend.

Plant Land to host first Paws & Plants Benefit Oct. 17

UXBRIDGE — Plant Land will combine a love of gardening with a commitment to helping animals when it hosts its first annual Paws & Plants Benefit on Saturday, Oct. 17, from 7 a.m. to 5 p.m. at 125 North Main St.

The fall fundraising event will support a local animal shelter, with Plant Land pledging to donate \$1 for every plant sold throughout the day.

The event offers residents an opportunity to shop for plants while contributing to the care and well-being of animals in need. Every plant purchase will help increase the day's donation, giving customers an added incentive to bring home something green while supporting a community cause.

In addition to the plant sale fundraiser, the Wicked Wieners food truck will be on site throughout the day, offering food for visitors as they browse the selection of plants.

As an added attraction, Plant Land will give visitors a free dachshund rubber duck while supplies last, a playful nod to the event's animal-focused theme.



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LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE
Premises: 54 Carney Street, Uxbridge, MA 01569
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Bear Iona McColloch and Courtney R. McColloch to Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Cardinal Financial Company, and now held by **Freedom Mortgage Corporation**, said mortgage dated April 18, 2024 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 70411, Page 210, said mortgage was assigned from Mortgage Electronic Registration Systems, Inc. ("MERS") as mortgagee, as nominee for Cardinal Financial Company Limited Partnership to Freedom Mortgage Corporation by assignment dated July 23, 2025 and recorded with said Registry of Deeds in Book 72296, Page 247; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction on November 9, 2026 at 11:00 AM** Local Time upon the premises, all and singular the premises described in said mortgage, to wit:
A certain lot or parcel of land being shown as Lot No. 1 on a plan entitled "Plan of Land in Uxbridge, Massachusetts, Prepared for Harold F., Jr. and Jeanne M. Francis, Scale 1" = 40' dated January 16, 1997 by Andrews Survey and Engineering,

Inc., 104 Mendon Street, Uxbridge, Mass. 01569" and being recorded in the Worcester District Registry of Deeds in Plan Book 713 as Plan 64. This conveyance is made subject to and with the benefit of restrictions and easements of record so far as now in force and applicable. For title see deed recorded herewith.
The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.
For Mortgagor's Title see deed dated April 9, 2024 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 70411, Page 207.
TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.
FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within thirty (30) days after the date of sale. Other terms to be announced at the sale.
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Present Holder of the Mortgage (401) 217-8701
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Docket No. WO26P3243EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate Of:
Barbara Ann Shanks
Also known as: Barbara A Shanks
Date of Death: 04/26/2026
To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Theodore D Shanks Jr of Blackstone MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.
The Petitioner requests that: .
Theodore D Shanks Jr of Blackstone MA and Kimberly A Shanks of Blackstone 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 11/03/2026.**
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. Kathryn M. Bailey, First Justice of this Court.
Date: October 01, 2026
Stephanie Fattman,
Register of Probate
October 16, 2026

DOUGLAS ADULT SOCIAL CENTER

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

DAILY ACTIVITIES: All our daily activities are free of charge.
Monday: Painting class 9:45am to 11:45am, Balance & Strength Exercise 12pm, Mat yoga 2pm
Tuesday: Walking club 9am, Cribbage 9am, Lunch & Bingo 11:30am, Technology class 1pm (call to make an appt.) Line Dancing 2pm
Wednesday: Balance & strength 10am, Darts 11:30am, Mahjong 12:45pm, Dominoes 1 to 2:30pm
Thursday: Walking club 9am, Pitch 9am, Chair Yoga 9:30am, Tai Chi 10:45am, Hand and Foot card game 12:30pm
Friday: Balance & strength 10am, Zumba 11:15am

Friday Shopping Trips: Please call 48 hours in advance to schedule your ride. Grocery shopping pick up starts at 9:30.
Hannaford: 10/30
Price Chopper: 10/9
Walmart: 10/2 & 10/16
Rider's choice: 10/23

Tuesday & Thursday lunch club, please call the Friday before to sign up. Lunch is \$4.00 per person. If you would like to attend, we offer free rides to & from the center and are willing to waive the lunch fee is necessary.
October Lunch Menu: Tuesday/Thursday lunch club please call the center the Friday before to sign up!
Tuesday 10/6: Pasta primavera, garden salad, garlic bread & ice cream
Tuesday 10/13: Stuffed peppers, candied carrots & brownies
Tuesday 10/20: BBQ pork

chops, seasoned potatoes, fiesta corn & corn
Thursday 10/22: Butternut bisque, ham salad sandwich & cheesecake pudding w/ strawberries
Tuesday 10/27: Chicken fajitas, tater tots & pudding

October Events: The center will be closed for daily activities on Monday October 12th in observance of Indigenous Peoples' Day. Plant sale is scheduled, hosted by the Sunshine Club. Details below.

WELLNESS CLINIC DATES: Monday October 5th & Tuesday October 20th. Clinic is open from 10 am to 12 pm.
Monday October 12 from 10 to 2: The Sunshine Club will be holding a plant swap. Bring your seeds, plants, perennials, etc. & take something new home.
Thursday October 15 @ 12:00: Bemis Nursery will be here to make an Everlasting Flower Box. This craft is \$25.00 and must be paid for when you sign up. You get a pretty wooden box, to arrange dried flowers in. Sign up by 10/8.
Thursday October 22 @ 11:30: Lunch & a movie, Mrs. Harris Goes to Paris. Lunch is \$4.00 per person, soup, sandwich & dessert. Sign up by 10/16.
Friday October 30 @ 12:30: Sunshine Club Annual Halloween Party. Refreshments, friends, fun & laughs. Prizes will be awarded for costumes.

PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES
Check our website for events that may not be listed here
<https://www.douglas-ma.gov/202/AdultSocial-Center-Senior-Center>

Playful Foundations: Simple ways to support your little learner through play

MENDON — What if one hour could help you feel more confident supporting your child's learning?
Parents and caregivers of children ages three to six are invited to Playful Foundations, a free hands-on workshop at Taft Public Library in Mendon on Thursday, Nov. 5 from 6-7 p.m.
Discover how simple, everyday play can build early literacy, math, fine motor skills, problem-solving, independence, confidence, and kindergarten readiness—without worksheets,

expensive learning toys or hours of research, prep and planning.
Participants will have the opportunity to explore simple, hands-on activities designed with purposeful play in mind. Using materials you likely already have at home, you'll discover the important skills developing beneath each activity and leave with practical ideas and take-home resources you can use right away.
Little learners are welcome to attend! Children can play and explore alongside their grown-up/s as they experience

some of the activities together.
Playful Foundations is led by veteran educator Cindy Bly, who brings more than 30 years of experience working with young children, families and educators.
The program is free, but registration is required as space is limited. Please register with Taft Public Library at 508-473-3259.
This program is funded in part by a grant from the Mendon Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.

Thanksgiving project needs your help

UXBRIDGE — The Uxbridge Senior Center is organizing our annual Thanksgiving lunch distribution to more than 275 seniors and homebound. We are looking for assistance from volunteers to make this project a success. The amount of organization and preparation is surmountable, but with many hands, the work is attainable and rewarding.
This project takes place on Monday, Nov. 23 at the

Uxbridge Senior Center. Volunteers can help by donating monetary donations made payable to the Uxbridge Senior Center at 36 South Main St., Uxbridge. Others may help by volunteering their time to help package or deliver the meals. Your time would consist of a few hours between the hours of 10 a.m. and 2 p.m., depending on the assignment. We appreciate your willingness to help.
In addition, the senior center

is accepting names of Uxbridge residents that would like lunch, please call the center and indicate if you would like the meal delivered to your home or if would like to pick it up at the senior center.
If you can help in anyway, please reach out to the Uxbridge Senior Center by Nov. 16, contact Gail Boutiette, Outreach Coordinator, at 508-278-8622. Thank you for your consideration and support.

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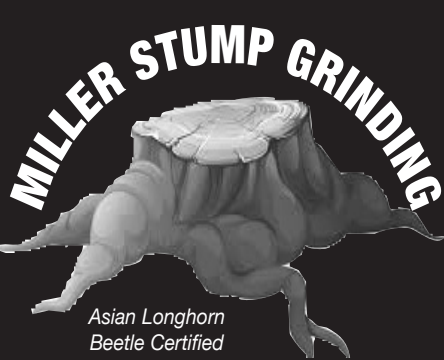
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Gail Boutiette – Outreach Coordinator
Donna Oncay – Transportation Coordinator
Omer Boucher – Van Driver
Sally Selvidge – Activities Coordinator
Pat Ordway – Chef

DIRECTOR NEWS
FOR NOVEMBER 2026
NEWSLETTER

Welcome to November and the start of the holiday season!

The Senior Center will carry on the annual free Thanksgiving meal distribution for Uxbridge residents. This year’s meal will be held on Monday, November 23rd. At your request, lunch can be delivered to your home between the hours of 11:30am-1:30pm, or, if you prefer, you can drive by the senior center to pick it up. Lunch will consist of hot, sliced, turkey with gravy with mashed potatoes, stuffing, vegetable, and a roll, and cranberry sauce on the side along with a personal sized Table Talk Pie for dessert. The lunch is free and open to all Uxbridge seniors and the disabled. Please call the Center if you would like a lunch, or to volunteer to help.

Honoring Our Veterans
The senior center will be closed on Weds, November 11th to celebrate Veterans Day.

Veterans Day was originally called “Armistice Day” and has always been celebrated on Nov. 11th. This is to commemorate the first anniversary of the end of WW I which ended Nov 11, 1919. Congress passed a resolution in 1926 for an annual observance, and Nov 11 became a national holiday beginning in 1938.

In celebration of our Veterans, the senior center wishes to invite our Veterans to a complimentary lunch at the center the entire month

of November. This is our way of thanking our local Veterans for your sacrifice and service to our country. THANK YOU! Please be sure to sign up early.

A big shout out to the Hannaford’s Pharmacy for sponsoring our Flu and COVID Shot Clinic last month. Over 60 vaccines were distributed in this event! Thank you, Hannaford’s Pharmacy, for keeping our seniors safe!

Appointments are available to help folks with Fuel Assistance Applications with SMOC (South Middlesex Opportunity Council). This program begins on November 1, 2026. Please call the senior center for more information and schedule your appointment.

Don’t forget, Medicare open enrollment is from October 15th-December 7th!

Please call the senior center and book your appointment with Pat Nectow, our SHINE counselor, as soon as possible. Pat is available to meet one-on-one with you to discuss your health insurance options.

Happy Thanksgiving to All!
Lisa

Monday, November 2nd – 3:00 pm – 4:00 pm - Computer Tutoring with students from Blackstone Valley Tech. Please call ahead to book an appointment. This will be held on the first Monday of each month.

Mondays, November 2nd, 9th, 16th 30th & December 7th & 14th – 1:30 pm – Pitch at the Uxbridge Senior Center.

Tuesdays, November 3rd, 10th, 17th & 24th – 9 am – SHINE Appointments. Pat Nectow will be available for your health insurance questions. Call to book an appointment.

Thursday, November 5th – 10:30 am – Veteran’s

Services. Please call to make an appointment.

Thursday, November 5th – 1:30 pm – Free Afternoon movie watching Steve Martin & John Candy in “Planes, Trains & Automobiles”. Refreshments to be served and transportation is available.

Friday, November 6th – 12:00 pm – Lunch & Learn with Chief Montminy with guest Christopher Murphy from Massachusetts Equipment Distribution Program (MassEDP & Mass Relay), which offer hearing devices for hearing & visually impaired. There is typically a wait list for these events. Be sure to RSVP.

Mondays, November 9th, 16th, 23rd, 30th December 7th – 10:30 am – 11:30 am – Chair Yoga Exercise Series Continue with Sue Gustafson.

Mondays, November 9th, 16th, 23rd, 30th December 7th – 11:45 am -12:45 pm – Low Impact Exercise Series with Pam Landi.

Monday, November 9th – 1:30 – Pumpkin Craft with Sally! Cost will be \$7 per person payable upon sign-up. Stop in to sign up.

Tuesday, November 10th – 1:00 pm – Uxbridge Library Book Club. They will be discussing “Theo of Golden” by Allen Levi. You are welcome to join us for lunch on this day, just be sure to call ahead to “book” yours! Next book club meeting is on Tuesday, December 8th.

Tuesday, November 10th - 1:00 pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment. Next date will be December 8th.

Wednesday, November 11th – The Senior Center will be closed in Veterans Day. We will re-open on Thursday, November 12th at 8:00 am.

Annual Turkey Raffle returns to Millbury FCC Friday

MILLBURY — The Millbury First Congregational Church will be holding the Annual Turkey Raffle on Friday, Nov. 20 at 6:30 p.m. It will take place at the Charles F. Minney FFW Post at 16 South Main St., Millbury. Doors open at 5:30 p.m.

The Top four prizes will include:
*First Prize: \$500 in cash
*Second Prize: \$250 Amazon Gift Card
*Third Prize: Case of Assorted Wines
*Fourth Prize: Thanksgiving Dinner Basket with Turkey
*In Addition, numerous items on display will be raffled off during the evening.

Refreshments will be sold during the event, including hot dogs and other delicious surprises. Please come early and enjoy the fun on November 20th.

For Raffle Tickets: Linda Polisack will be selling tickets at Goretti’s on Oct. 19 and 24.

Thursday, November 12th – 1:30 pm – 3:30 pm – Big BINGO at the Uxbridge Senior Center. Join us for a fun afternoon of BINGO & cash prizes! Packets of 10 games for \$10. Transportation will be provided. Let us know if you’d like to join us for lunch on this date by calling or stopping by to RSVP. You must sign up by 12 noon the day before game day.

Friday, November 13th - 12 noon – November Birthday Cake Celebration. We will celebrate all the November birthdays!

Monday, November 16th – 1:30 – Tin Can Scarecrows Craft with Sally! Cost will be \$7 per person payable upon sign-up. Stop in to sign up.

Wednesday, November 18th – 10:30 am – 12:30 pm - National Grid Customer Care Event – A representative from National Grid will be available to answer and assist you with discount rates, payment plans, arrears forgiveness, special protections, energy saving, and more. If you plan on joining us for LUNCH on this day, please call ahead to RSVP as space is limited.

Wednesday, November 18th - 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 is being offered by the Uxbridge Free Public Library.

Thursday, November 19th – 10:30 am – River Falls Restaurant Trip - The Uxbridge Elderly Connection will sponsor participants on this trip at \$15.00 pp. Cost to you will be \$15.00 pp. Sign up early as there is a limited number of participants. Your choice of Oven Roasted Chicken, Bakes Haddock or New England Pot Roast including soft drink and Chef’s Dessert. Transportation is available and you are welcome to meet us at restaurant.

Friday, November 20th – 12:00 pm – Annual Thanksgiving Celebration with Tim Brooks – the Crooner at Large! This is a luncheon party sponsored by the Uxbridge Elderly Connection Inc. Please sign up early as space is limited.

Monday, November 23rd – 11:30 am – 1:30 pm -Thanksgiving Meal Delivery – No lunch will served at the senior center on this day.

Tuesday, November 24th - 11:00 am – 12:00 pm – Ask the Nurse Free Blood Pressure Clinic with the Salmon Health VNA. RSVP if you’d like to join us for lunch.

Wednesday, November 25th we will be closing at noontime. We will be closed on Thursday & Friday, November 26th & 27th in observance of Thanksgiving. We will re-open on Monday, November 30th at 8:00 am.

Monday, November 30th – 1:30 pm – “Ask the Attorney” with Attorney Ralph Tepper by appointment only. Please call 508-278-8622 to schedule your appointment.

Monday, November 30th – 1:30 pm – Succulent Star with Bemis Farms. Cost is \$25.00 per person and payable upon sign-up.

Card Game played during lunch on Mondays. No game Nov. 23rd.

Walk & Talk Every Monday @ 8:30 am. Join Doreen Cedrone, our wellness coordinator. They meet up at the McCloskey School, 62 Capron Street. Pre-registration required! Get enrollment forms at the center. Meet at the McCloskey School *GROUP WILL WALK INDOORS AT MCCLOSKEY STARTING IN DECEMBER*

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

Knitting Club every Tuesday @ 1:30 pm – Even if you don’t know how to

knit or crochet, come and visit us! The group members are always willing to teach you!

Mah Jongg every Tuesday @ 1:30 pm – Come join in, walk In’s welcome!

Every Wednesday – 9 am – 3 pm – The Uxbridge Senior Center Transportation Program Community Shuttle. This shuttle is for seniors and individuals with disabilities to destinations such as post office, pet care appointments, hair salon or barber, bank, pharmacy & shopping anywhere in the Uxbridge/Northbridge area. Call 508-278-8622 for more information and to book your FREE ride. Requests require a 48-hour notice. NO SHUTTLE ON NOVEMBER 11TH OR 25TH.

Every Wednesday – BINGO is played during lunch!

Wednesdays - “Canasta” Hand, Knee & Foot Card Game @ 1:15 PM. Let us know if you’d like to join us for lunch! NO GAMES ON NOVEMBER 11TH & 25TH.

Wednesdays – Play Scrabble! – 1:15 PM – Come by for an afternoon playing Scrabble. Boards are supplied by the senior center. Let us know if you’d like to join us for lunch! NO GAMES ON NOVEMBER 11TH & 25TH.

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

Feel free to contact us at 508-278-8622 or visit us on our web page at 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.

www.facebook.com/UxbridgeMASeniorCenter

https://www.youtube.com/channel/UCNh_RIq99rucmFH-UO7VFBw
https://www.uxbridgetv.org/schedule/192

FUN DAY

continued from page A1

work to specialty foods, baked treats, candles, jewelry, flowers and more. Participating vendors include Asa Waters Mansion Gift Shoppe, Millbury Historical Society, Manitou Farms, Penny Pincher Brewery, Stay Awhile Coffee, Spicy Water Distillery, The Millbury Women’s Club, The Raediate Company, Wicked Beard Company, and many other local makers and businesses.

The afternoon will also feature live performances throughout the event beginning with Lynn Anderson & Shawn Turner performing from 12:00pm to 2:00pm, followed by Friends of

Coop from 2:30 to 5 p.m.

Families can enjoy additional activities, including Dr. Cornfish Caricatures from 1 to 3 p.m. and a friendly Town Department Chili Cook-Off from 1 to 4 p.m. Be sure to cast your vote, for your favorite chili, where the winner will be announced at 5 p.m.!

Guests are encouraged to come hungry, explore the vendors, enjoy the music and take in the beauty of Asa Waters Mansion during one of the most picturesque times of the year. Admission is free, and the event is open to the public.

For more information, please contact Asa Waters Mansion Executive Director, Traci Parath at 508-865-0855 or email Traci at, tparath@millburyma.gov.

VISIT

continued from page A1

ty. The Commission provides valuable input on accessibility issues, including new and existing buildings, modifications and improvements, and researching ways to make Northbridge more accessible and welcoming to residents of all abilities.

The discussion generated plenty of questions and conversation among the seniors, particularly regarding handicap parking areas in and around town. The lively exchange demonstrated the importance of community awareness and the value of having residents’ voices heard when it comes to accessibility.

The Northbridge Disability Commission is a volunteer

commission dedicated to helping ensure that individuals with disabilities have equal rights and access to the programs, services, buildings, and opportunities available within the town. The Commission meets once a month at Northbridge Town Hall on the second Monday of each month at 6:00 p.m. Meetings are open to the public, and residents are encouraged to attend, ask questions, share concerns, and learn more about the Commission’s work.

The Brew Crew meets monthly on the first Wednesday of each month at 9:30 a.m. at the Northbridge Senior Center. Everyone is invited and welcome to attend, enjoy a cup of coffee, and join in the conversation.

Whitinsville resident joins La Salle’s second largest ever incoming class

PHILADELPHIA, Pa. — The University welcomed its second largest incoming class since 2019 to campus to begin the 2026-27 academic year, including Alexander Santiago of Whitinsville. Santiago is a Freshman Undergrad student who is studying Business Administration.

The newest class of Explorers settled into their new home on Move-In Day on Thursday, Aug. 27, and throughout Welcome Weekend.

“Being an Explorer is about more than the degree you earn. It is about having the courage to keep asking what is possible, the confidence to pursue it, and the responsibility to bring others along with you,” University President Daniel J. Allen, Ph.D., said at the New Student Welcome Convocation. “Today, that journey begins. I am proud to welcome you to La Salle University, and I am excited to see what we will build together.”

The new class of Explorers is joining the University at a time of upward trajectory. This year saw more applications than ever before, and La Salle has been making continuous upgrades to campus and creating new housing and academic options for its students.

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Presenting a meticulously maintained Colonial! This inviting home, spans 2,042 sf +/-, 4 BRs, 2-1/2 Baths. The living room offers a sophisticated ambiance, enhanced by hardwood floors, crown moldings & custom built in shelves. Also provides a 2 car att'd garage for secure parking & storage. **MLS#73523347 \$589,900**

Featured New Listing!

Webster Lake Waterfront - 86 Bates Point Rd

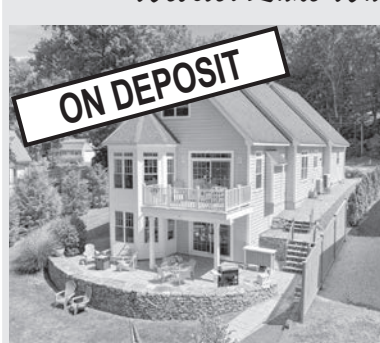
This Beautifully Maintained Two-Level Waterfront Panoramic WATER VIEWS from almost every Single Window!! 50 Ft of Sandy Shoreline!! Front-row Northwest-facing Sunsets !!... Offering a sweeping Wall of Windows to enjoy watching Mother Nature at her Finest!! Wood Flooring!!... This Main Level has an Effortless Layout adding a Roomy Convenient Bedroom & Large Closet, Full bath, 1/2 Bath & Laundry!!... Downstairs, the Walk-out Lower Level Transitions into a phenomenal Guest Retreat with 2 Bedrooms, Living space, and Full Bath!!... 2 Car Garage!! **MLS#7356983 \$1,050,000.**



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*24 Laurelwood Dr
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ON DEPOSIT

On the shores of prestigious Webster Lake! Experience ultra-luxury lakefront living with direct water access. This young modern craftsman lake home is masterfully designed to maximize panoramic Western views through a two-story architectural tower. The home boasts 3,790 +/- square feet of sophisticated, three-story living space, complete with multilevel waterside decks, a radius stone faced patio, and a tiered landscape with its own waterfall. From morning coffee to sunset gatherings, you will enjoy every minute overlooking your waterfront. The 1,735 +/- square feet main level features a spacious open floor plan, welcoming you into a kitchen, dining, and living area tailored for intimate social hosting. The living room flows seamlessly onto an expansive open deck and into an exquisite sun-drenched sitting room. A magnificent primary bedroom suite offers a private full bath, double sink vanity, walk-in closet and dressing room. The purposely designed lower level delivers effortless, large-volume entertainment, featuring a full second kitchen and a sprawling recreation room that opens to a substantial lakeside patio. With 2 additional bedrooms and bath, this level easily serves as a private guest floor. This Lake property is designed to create long-lasting memories! **MLS#73563787 \$1,750,000**

Webster ~ 33 Slater Street



ON DEPOSIT

Sprawling fieldstone faced Ranch! Located on a +/- 0.5-acre, 2 car garage. Offers: 1,860 sf main level plus 1,000 sf +/- finished lower level, 3 BRs, 2-1/2 Baths, 2 stone fireplaces-FHW BB heat. Open floor plan kitchen, living rm, dining rm, breezeway w/ sliders to rear deck, and 3 season sunroom **MLS # 73500183 \$464,900**

Webster - Douglas Rd (Rt 16) A/R Lot # 2



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Webster Lake ~

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Go To MLS # 73582966 \$277,500.



**AGENT ON SITE ~
SUN 10/18 ~ 11-1**

Webster Lake ~ 0 Wakefield Ave



**AGENT ON SITE ~
SUN 10/18 ~ 11-1**

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Neurologist and author Pria Anand to speak at Worcester Senior Center

WORCESTER — On Wednesday, Oct. 21, from 10:30-11:30 a.m., author and neurologist Pria Anand will discuss her book “The Mind Electric: a neurologist on the strangeness and wonder of our brains.” This program will take place at the Worcester Senior Center, 128 Providence St., Worcester. Books will be available after the program for sale and signing. Registration is required. To register for the program only, call 508-799-1232. To register for the program and reserve a lunch, call 508-799-8070.

In “The Mind Electric,” Dr. Anand reveals—through case study, history, fable, and memoir—all that the medical establishment has overlooked: the complexity and wonder of brains in health and in extremis, and the vast gray area between sanity and insanity, doctor and patient, and illness and wellness, each separated from the next by the thin veneer of a different story. Moving from the Boston hospital where she treats her patients, to her childhood years in India, to Isla Providencia in the Caribbean and to the Republic of Guinea in West Africa, she demonstrates again and again the compelling paradox at the heart of neurology: that even the most peculiar symptoms can show us something universal about ourselves as humans.

Dr. Pria Anand is an Assistant Professor of Neurology at the Boston University School of Medicine and the winner of the PEN/E.O. Wilson Literary Science Writing Award for her book, The Mind Electric. She is the Director of the Neurology Residency Program and the Chief of the Division of Hospital Neurology, and her academic work primarily focuses on neuro-infectious diseases and neurologic health equity. Dr. Anand’s writing has appeared in Time Magazine, The Boston Globe, The Washington Post, The New York Times, Ploughshares, and elsewhere. She lives in the Boston area with her family.

This program is hosted by the Worcester Talking Book Library, Worcester Senior Center, and Dementia Friendly Worcester. Additional sponsorship provided by AARP Mass. and RegalCare Worcester. Books available for sale by TidePool Books.

Healing Heroes Foundation launches equine-assisted recovery program

WHITINSVILLE — Responding to the growing need for mental health resources for first responders across Massachusetts, the Healing Heroes Foundation announced the launch of its Equine-Assisted Recovery Program.

The skills-based program utilizes horses as a bridge to mindfulness and grounding to combat high stress and post-traumatic stress disorder that heavily impact firefighters, EMTs, law enforcement officers, military veterans, and other first responders. Healing Heroes Foundation is a Massachusetts-based nonprofit dedicated to fostering community, connection, and camaraderie across first responders, military members, veterans, and their families.

“This experiential, relationship-based program provides the space, community, and support for first responders to ground themselves and engage with one of nature’s most empathetic creatures,” says Jaime Nicholas, Co-Director of Healing Heroes Foundation. “First responders across the country are facing significant mental health and wellness challenges, and we felt a responsibility to help address that need here in Massachusetts by introducing a unique program that fosters meaningful connection and mental well-being so first responders don’t have to navigate life’s challenges alone.”

Hosted in Whitinsville, the eight-week Equine-Assisted Recovery Program is made possible through partnerships between the Healing Heroes Foundation, Cornerstone Community Care, and Superior Stables. At the end of the program, participants will be connected with financial health resources through a partnership between Healing Heroes Foundation and First Responders Credit Union.

The program is led by Christina Cronin, LICSW, President and Clinical Director of Cornerstone Community Care. Participants will engage in structured interactions with the horses through activities such as observing, grooming, leading, and other groundwork designed to support mindfulness, self-regulation, communication, and connection. Among the horses participating in the program is one cared for by a U.S. Army veteran and current psychiatric registered nurse, further reflecting the program’s connection to the communities it serves.

The Healing Heroes Foundation has filled two cohorts of participants for its Equine-Assisted Recovery Program, showing a regional demand for this innovative resource. With a focus on solidifying the curriculum and measuring outcomes with its inaugural cohort, the organization’s long-term goal is to grow the program’s impact and geographical reach so this

critical resource can be available to first responders across the state. It is currently in talks with additional Massachusetts stables.

Equine-assisted approaches have proven to meaningfully complement clinical therapy, exposing participants to a more active, relationship-based setting. Interactions with horses such as approaching, handling, leading, and caring can make abstract concepts like consent, trust, self-regulation, and communication more tangible.

Bay Path named 2026 School of Recognition by Massachusetts Department of Elementary and Secondary Education

CHARLTON — Bay Path Regional Vocational Technical High School is the only regional vocational technical school in Massachusetts named a 2026 School of Recognition by the Massachusetts Department of Elementary and Secondary Education (DESE). The annual honor goes to a small group of schools for progress toward state accountability targets, especially improved achievement in English language arts and math. This year, 56 public schools statewide made the list.

Bay Path met 60 percent of its state accountability targets this year, up from 49% in 2025. That moved the school into DESE’s “substantial progress” category and placed it in the 76th percentile of Massachusetts high schools. The gains came while Bay Path’s roughly 1,200 students also trained across 23 vocational programs. The students come from Auburn, Charlton, Dudley, North Brookfield, Oxford, Paxton, Rutland, Southbridge, Spencer and Webster. Bay Path is the only school from those ten towns on this year’s list.

“As a school community we are very proud of this accomplishment,” said Kyle Brenner, Superintendent/Director. “Over the past several years, we have been intentional about building strong systems of learning. We’ve raised academic rigor, strengthened curriculum and instruction, and brought our academic and vocational programs into closer alignment. This recognition reflects the work of our entire school community.”

Bay Path students demonstrated measurable academic growth in the following areas:

- English Language Arts achievement increased 3.4 points.
- Mathematics achievement increased 3.8 points.
- English Language Arts growth exceeded typical growth.
- Mathematics growth exceeded typical growth.
- Four-year graduation reached 98.9 percent.
- The annual dropout rate was 0 percent.
- Chronic absenteeism decreased from 11.1 to 10.2 percent.
- “These numbers represent real progress for our students,” said Dean Packard, Bay Path principal. “This is what happens when educators collaborate around student needs, when students take ownership of their learning, and when adults across our building refuse to settle for what was good enough yesterday.”

About Bay Path
Bay Path Regional Vocational Technical High School prepares students for both college and careers through a rigorous blend of academic coursework and hands-on technical training. Accredited by the New England Association of Schools and Colleges, Bay Path serves ten Southern Worcester County communities: Auburn, Charlton, Dudley, North Brookfield, Oxford, Paxton, Rutland, Southbridge, Spencer, and Webster. Opening in 1972 atop Muggett Hill, the school has spent more than five decades offering 23 career areas alongside its academic program.



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