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SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS

Friday, March 7, 2025

Grafton High School Co-Op Swim Team makes waves with outstanding season

WHITINSVILLE — The Grafton High School Co-op Swim Team has made a splash this season, delivering record-breaking performances and proving their dominance in the pool. Comprising athletes from Grafton, Auburn, Blackstone Millville Regional, Douglas, Millbury, Nipmuc Regional, Northbridge, Sutton, and Blackstone Valley Tech, the team, led by Head Coach Kevin Saleeba and assisted by Sydney Cayer and Peter Zeiger, has solidified its position as one of the top programs in the region.



Training out of the

Technical swimmers also made an impact, securing second place overall at the State Vocational Championships with 18 top-five finishes.

Looking ahead – Sectionals & States

As the season progresses, the team has its sights set on Sectionals and State Championships, with an impressive 47 qualifying swims for Sectionals and 28 for States.

"This season has been nothing short of remarkable," said Head Coach Kevin Saleeba. "Our swimmers have shown unwavering dedication, resilience, and a true team spirit. We are incredibly proud of their accomplishments and are excited to see what they achieve at Sectionals and States."

With a winning legacy and championship mindset, the Grafton High School Co-op Swim Team is ready to dive into the next stage of competition and continue making waves in the world of high school swimming.

March 13 Open House at Blackstone Valley Gardeners

WHITINSVILLE — It's that time again – and it can't come soon enough for gardeners in New England. Spring is on the way! Now we must dig in and try to figure out how to make our garden harvests even better than in past years. If your challenges tend toward the orchard or berry patch join speaker Nick Socrat as he shares his secrets about "The Growing and Care of Fruits and Berries."

Socrat comes to us from Douglas Orchard and Farm. He uses natural farming methods to produce the best Pick-Your-Own apples and blueberries. A graduate of UMass Amherst Stockbridge School of Agriculture, he also concentrates his energies on the Farm's peaches, raspberries and blackberries. His program will offer tips on growing fruits and berries as well as some general guidelines on pruning for optimum harvest.

Thursday, March 13 is the last Open House of the club's gardening season. All are welcome to this free presentation. Membership in the Blackstone Valley Gardeners is \$25 a year (April – March) and additional family members from the same address may join for half the individual fee. Meetings are held at the Blackstone Valley United Methodist Church, 61 Linwood Avenue in Whitinsville. Parking and entrance are at the rear of the building. Use the alley beside Domino's Pizza on Church Street for easy access to the parking lot. A hospitality gathering begins at 6:30 p.m., with the program at 7 p.m.

It will not be long before your fruit trees and berries burst into their spring growth. Be prepared this year with Socrat's advice on "The Growing and Care of Fruits and Berries."

Whitin Community Center in Whitinsville, the team's relentless dedication has resulted in incredible victories and shattered records across multiple championships.

Midland-Wachusett League Championships – A season of champions

At the Midland-Wachusett League Championships, the boys' team clinched first place,

while the girls' team secured an impressive second-place finish. The combined efforts of both teams led to a staggering 38 top-10 finishes. In a historic moment, the relay team of Breacan Shea, George Lam, Braedon Ando, and Simon Turcotte rewrote the record books, setting a new meet record in the 200 Medley Relay with a time of 1:39.93.

Dominance in dual meets & vocational championships

The team didn't stop at league championships—their regular season performance was just as dominant.

• Boys' Team: Undeclared with a perfect 10-0 record.

• Girls' Team: Nearly unstoppable, finishing 9-1 in dual meets.

Blackstone Valley

Uxbridge Historical Society hosting memorabilia show

UXBRIDGE — The Uxbridge Historical Society will host a Memorabilia Show on March 16 from 1 p.m. to 3 p.m. at the First Congregational Church's Community House on Court Street.

Everyone is welcome to bring their Uxbridge-related memorabilia, including stories, photos, maps, artifacts, advertising materials, or any other items that represent the town's history. Tables will be available for those wishing to display their collections. Exhibitors may begin setting up at 12:30 p.m. To reserve a table, please contact the Historical Society in advance to help with planning. Guests will



have the opportunity to chat with exhibitors and learn more about Uxbridge's rich history. Membership and donation information

will be available at the event.

For more information and table reservations, contact the Uxbridge Historical Society at

uxbridgehistorical-society@gmail.com or reach out to Mary Beauchamp at (508) 930-6021.

Amazing prize drawings part of Douglas Common Preservation Society's spring donation drive

BY LYNN PARESKY
DOUGLAS COMMON PRESERVATION SOCIETY

DOUGLAS — Thanks to the extremely generous support of local businesses, the Douglas Common Preservation Society's Annual Spring Donation Drive includes ten amazing thank you prizes as part of the fundraiser!

The Spring Donation Drive is being kicked off on March 1 to raise funding for 2025 maintenance, improvements, gardening, decorations and fun activities held at the Common – including the Fall Scarecrow Contest that was so popular last year, and the fantastic holiday decorations, lighting and Holiday Tree Lighting Celebration complete with professional carolers, a visit from Santa and refreshments! We are working to organize an additional new activity on May 3 – a Hummingbird Festival complete with vendors, performances and educational components – all to celebrate the return of the hummingbirds, the warmer weather and the return of beautiful flowers in the beds in the Common.

We are looking forward to keeping the Common as a 2025 location for the whole community to enjoy throughout all the seasons, but we rely on your support in order to fund our work. One hundred percent of proceeds raised from our Donation Drive will be used for the Common, and the draw-

ings are our way of thanking our supporters!

We will provide entries in your name for the 10 prize drawings when you donate at least \$25 to us during our Spring Donation Drive. You will get 15 entries into the drawings with EACH \$25 donated, and you may choose which drawing(s) your entries go into. The drawings will be held on May 3 at 1 p.m. at the Hummingbird Festival at the Common, and winners will be notified if not present.

We hope the community will help make our Spring Donation Drive a success by participating in our fundraiser. Not only will you be supporting your community when you make your donation, but you may be the lucky winner of a prize or two!

The total value of all ten prizes being given away is more than \$1,760 and the values range from \$64 to \$600 per prize. As you can see from the following list, all ten prizes are highly desirable and appeal to a variety of people.

Drawing 1: Certificate for a one-night Cape Cod Getaway during period of Sept. 15 to May 15, Sunday to Friday, for two adults/two children in a Deluxe Room with two Queen eds at Bayside Resort Hotel in West Yarmouth. It includes a full breakfast and \$6 dinner Discount Vouchers. Advance reservations are required at least seven days prior to arrival – and are subject



to availability. Certificate shows all Terms for Use. Value of the Getaway is \$175.

Drawing 2: Gift Certificate for 2025 Summer Concert Series Pass at Douglas Orchard and Farm, Douglas, a \$90 value.

Drawing 3: Gift Certificate for 2026 Memorial Day Weekend 3-Night Stay, Nest Cabin, Wallis Cove Cabins, Douglas - \$600 Value

Drawing 4: Gift Certificate for Free Spring/Summer Insect Treatment by Holmes Pest Solutions – Value of \$160 to \$210

Drawing 5: \$100 Gift Certificate to Avenue on Main Beauty, Douglas

Drawing 6: 2 Gift Cards to Rev Fitness Center,

Sutton – 1 for Membership & Classes; the other for Personal Training – combined value \$245

Drawing 7: Package of four passes to New England Botanic Garden at Tower Hill, Boylston, and an original Fused Glass Pocket Vase by local artist, Suzanne Thibodeau – combined value \$129

Drawing 8: \$100 Gift Card for Price Chopper or Market 32

Drawing 9: \$100 Gift Certificate to Breezy Picnic Grounds & Waterslides, Douglas

Drawing 10: General Admission for 2 Adults to Southwick's Zoo, Mendon - \$64 value

Donations may be made by check payable to Douglas Common Preservation Society, Inc.

All donors will be listed on the 2025 Recognition Banner displayed at the Common.

Special thanks to Bayside Resort Hotel, Douglas Orchard and Farm, Wallis Cove Cabins, Holmes Pest Solutions, Avenue on Main Beauty, REV Fitness Center, New England Botanic Garden at Tower Hill, Price Chopper/Market 32, Breezy Picnic Grounds & Waterslides, Southwick's Zoo and Suzanne Thibodeau for their generous donation of prizes for our Spring Donation Drive Thank You Drawings.

We have a busy year planned at the Common. The total cost for the work

we would like to complete for 2025 projects is estimated at over \$29,000. Major proposed projects include prepping and repainting the gazebo, installation of a replacement irrigation system, and professional help with weeding the banking bed, fertilizing and aerating the grass area. Our nonprofit organization serves the Town by completing much needed improvement projects to our historic park, and we rely on tax-deductible donations from the community, both individuals and businesses, to cover these Common expenses and make our work possible.

As we move into spring, we can look forward to some bright additional blossoms at the Common as the new Cherry trees planted last year and the 450 tulip bulbs planted around them last Fall burst into bloom.

Whether you are visiting the Common for one of our events or just coming to enjoy the setting, we hope you enjoy the Common and all the improvements and beautification efforts your tax-deductible donations to the Douglas Common Preservation Society have made possible. We are a 501(c)(3) nonprofit organization made up entirely of volunteers and are always looking for people willing to volunteer. If you would like to be part of our friendly group, please contact lynnparesky@aol.com at your convenience.

Whitinsville Social Library

(508) 234-2151
 Event registration: northbridge-mass.assabetinteractive.com/calendar
 Museum passes: northbridge-mass.assabetinteractive.com/museum-passes
 Catalog: whitinsville.cwmars.org
 Website: northbridge-mass.org/WSL

Hours:
 Monday - Thursday 10 a.m.-8 p.m.
 Friday 10 a.m.-5 p.m.
 Saturday 10 a.m.-2 p.m.

Music & Movement with Miss Deb
 Wednesdays at 10:30 AM
 Join Miss Deb for singing, dancing, games, stories, and lots of fun. Ages 1-5. Registration required.

Storytime with Miss Isabel
 Thursdays at 10:30 AM
 Join Miss

Isabel on Thursday mornings to read books, sing songs, and do some coloring or a craft. Ages 1-5. Drop in.

The Historian is In
 Wednesdays from 2-3 PM
 Drop in on Wednesdays to get in-person assistance with your local history research from Northbridge Historical Society member Carol Brouwer.

Teen Creative Writing Club
 Monday 3/3 & 3/17 from 4-5 PM
 This is the perfect program for teens (grades 7-12) who are seeking a place to write and share ideas. We will discuss different genres of writing, complete writing prompts, and use time at the end to journal and/or work on our own writing pieces. Please

bring your own notebook! Registration required.

Lego Club
 Wednesday 3/5 from 3:30-4:30 PM
 Join Miss Isabel on the first Wednesday of each month for Lego Club! Your masterpiece can be inspired by our chosen theme of the month or you can make up your own design! Ages 5-12. Please register.

STEM Hour: Mosquitos and Ticks!
 Monday 3/10 at 3:30 PM
 Join Regional Public Health Nurse, Deb Vescera, from the Blackstone Valley Partnership for Public Health, for a fun and educational adventure diving into the fascinating world of ticks and mosquitos! You'll learn all about these tiny crea-

tures and their role in nature. Discover how they live, where they hide, and how to protect yourself while enjoying the great outdoors. With engaging activities and exciting facts, you'll become an expert in no time. Don't miss out on this amazing opportunity to explore the wonders of nature in a kid-friendly way.

The Whodunnits
 Tuesday 3/11 at 11 AM
 Read and discuss "Death on the Nile" by Agatha Christie. Copies of the book are available at the circulation desk or via Libby after the February meeting. Refreshments provided. This mystery, suspense and true crime book club meets the second Tuesday of each month. Register.

Pajama Storytime
 Tuesday 3/11 from 6:30-7 PM
 Grab your coziest PJs and favorite small stuffed animal and join Miss Isabel for Pajama Storytime! Every other Tuesday we'll read bedtime stories and sing songs. Ages 1-6. Registration

required.
 Memoir Book Club
 Wednesday 3/12 at 6 PM
 Read "An Invisible Thread: The True Story of an 11-Year-Old Panhandler, a Busy Sales Executive, and an Unlikely Meeting with Destiny" by Laura Schroff and Alex Tresniowski. Copies of the book are available at the library or online via Libby. Refreshments will be served. Please register.

Knits & Knots
 Wednesdays 3/12 & 3/26 at 6:30 PM
 Calling all fiber artists! Bring whatever you're working on and join us at the library on the second and fourth Wednesday of each month for crafting and conversation. Light refreshments provided. Register.

Craft Hour for Children and Teens
 Saturday 3/15 from 12-1 PM
 Drop in to the Tween & Teen Room for a Saint Patrick's Day themed craft. For ages 1-17.

Craft Night

for Children and Teens
 Wednesday 3/19 from 5:30-6:30 PM
 Drop in to the Tween & Teen Room for a craft night. For ages 1-17.

Pages & Pals Book Club
 Tuesday 3/25 from 4:15-4:45 PM
 The perfect book club for book lovers in Grades 1-4! We'll pick a book series every few months and read the first 3 books of each series. In March we'll read book #2 of the "Babysitters Little Sister" series, "Karen's Roller Skates" by Ann M. Martin. Along with discussions, we will complete a fun activity related to the book. Snacks will be provided. Registration required. Copies of the book will be available at the children's and teens monthly book club display.

Introverts Book Club
 Thursday 3/27 6-8 PM
 Come gather at the library with fellow book lovers to read and relax. There are no assigned readings. Bring your own book or browse and borrow one of the library's.

Register.
 Tween & Teen Graphic Novel Club
 Monday 3/31 at 4 PM

Discuss March's Book Club pick, "Drama" by Raina Telgemeier. Along with discussion, we will also complete an activity related to the book. Snacks will be provided. Ages 10-14. Registration required. This book will be available about a month prior to the book club meeting and can be found at the children's and teens monthly book club display. Please read the book before attending the meeting.

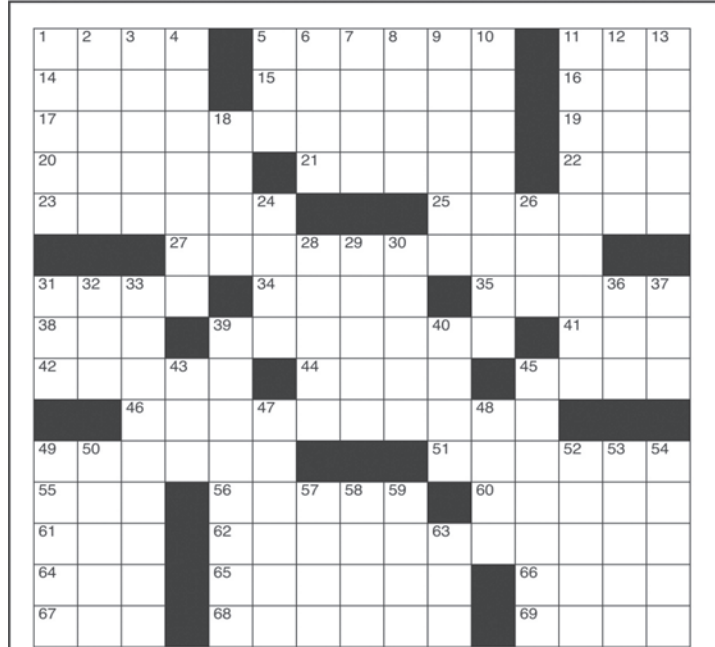
The Meet Cutes
 Tuesday 4/1 at 4 PM
 Discuss "Chasing Cassandra" by Lisa Kleypas. Copies of the book are available at the circulation desk or via Libby. Refreshments provided. This book club for readers of romance meets the first Tuesday of each month at 4 PM. Register.

Fiction Book of the Month
 Monday 4/7 at 6 PM
 Read "Tom Lake" by Ann Patchett. Books are available for pick up at the library. Ebooks are available via Overdrive/Libby. Meetings take place at the library on the first Monday of each month. Refreshments provided. Register.

Virtual Program: Local Farms, MA Produce, Meats, Dairy, Oh My!
 Monday 4/7 at 7 PM

Join the growing number of people who are buying their produce, meats, dairy products from local farms! Not only are they fresher and organic, supporting our local farms creates a more sustainable ecosystem. Sure, you might not get raspberries in December, but when you get them in August, they will be the best tasting raspberries you could ever have! Working with Ashland's Town Sustainability Coordinator, Samantha Riley, we'll have a panel of farmer's who will help us understand the benefits of shopping locally grown and give us suggestions for reputable growers in our area. This is a virtual program that will take place via Zoom. Register on our event calendar to receive a link to access the Zoom Webinar.

The Whodunnits
 Tuesday 4/8 at 11 AM
 Read and discuss "The Only One Left" by Riley Sager. Copies of the book are available at the circulation desk or via Libby after the February meeting. Refreshments provided. This mystery, suspense and true crime book club meets the second Tuesday of each month. Register.



CLUES ACROSS

- 1. Cut a little bit off
- 5. State with confidence
- 11. River in NE Scotland
- 14. Not narrow
- 15. Lacking social polish
- 16. Amount of time
- 17. Frame
- 19. Automobile
- 20. Toadstools
- 21. High school dances
- 22. Utilize
- 23. Challenged
- 25. One-sided
- 27. Showing extreme greed
- 31. Potted plants
- 34. Everyone has one
- 35. Lake in Botswana
- 38. E.T. rode in one
- 39. Juniors' parents
- 41. Small amount
- 42. Mother of Perseus
- 44. Ornamental box
- 45. Gov't investigators
- 46. Uncertain
- 49. A cotton fabric with a satiny finish
- 51. The vast grassy plains in S. America
- 55. Your consciousness of your own identity
- 56. Noted consumer advocate
- 60. Spanish sports club
- 61. Body part
- 62. Tractability
- 64. Woman (French)
- 65. Ready and willing to be taught
- 66. Muslim ruler title
- 67. Depressed
- 68. Gradually gave way
- 69. Clear-thinking

CLUES DOWN

- 1. Brushed aside
- 2. Water sprite
- 3. Ones to look up to
- 4. Monetary units
- 5. A number everyone has
- 6. Marine invertebrate
- 7. One who takes you to court
- 8. Indicates outer
- 9. Parallelograms
- 10. Strains
- 11. Cross
- 12. A way to remove
- 13. Some pages are dog-__
- 18. Ukraine city
- 24. A citizen of Denmark
- 26. Summer month (abbr.)
- 28. Hindu queens
- 29. Jewelry brand
- 30. Fictional rider of Rohan
- 31. Wet dirt
- 32. Russian city
- 33. Observed
- 36. Furious
- 37. Drivers' licenses
- 39. Musical composition
- 40. Auction
- 43. They __
- 45. Women
- 47. Inspire with love
- 48. Japanese ankle sock
- 49. Appears
- 50. Old World lizard
- 52. The leading performer
- 53. Type of protein
- 54. Pennsylvania town
- 57. Art __ around 1920
- 58. __ Blyton, children's author
- 59. Abnormal breathing
- 63. A place to sleep




Local residents make Dean's List at Wentworth Institute of Technology

BOSTON — The following local students have made the dean's list at Wentworth Institute of Technology for the Fall 2024 semester.

- Daniel Benoit of Douglas
- Isaac Stevens of Douglas
- Vince Decatur of Millbury
- Christopher Marnell of Millbury
- Chase Patel of Sutton
- Benjamin Pattison of Sutton
- Augustus McGee of Sutton
- Wentworth Institute of Technology

Founded in 1904, Wentworth Institute of Technology provides a comprehensive, interdisciplinary, project-based education in architecture and design, computing and data science, engineering, management, and sciences and humanities that integrates classroom, laboratory, studio, cooperative and experiential learning to develop career-ready, skilled professionals, and engaged citizens. The University of Opportunity, Wentworth aims to be a student-centered institution that offers high-quality undergraduate, graduate, and life-long learning programs, and embraces a culture of innovation and creativity. Hands-on. Future-Ready. Education that's worth it. Wentworth.



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TRIBUNE ALMANAC

— REAL ESTATE —

BLACKSTONE

\$400,000, 16-18 Milton St, Jolicoeur, Gary A, to Harris, Joshua A, and Harris, Kimberly.

DOUGLAS

\$120,000,000, Lackey Dam Rd, Ch Rlty Ix-Sp 1 Boston Bl, to Uxbridge Distribution Own.
 \$1,125,000, 287 SE Main St, New Sherborn LLC, to Benjamin, Robert R, and Benjamin, Celeste A.
 \$550,000, 366 Se Main St, Ryan Jr, Scott M, and Ryan, Christine, to Williams-Beroth, Devin M, and Cook, Brenna A.
 \$390,000, 302 South St, 302 Douglas LLC, to Smith, Thomas D, and Smith, Alexxa M.
 \$380,000, 459 NE Main St #459, Tarasiak, Kimberly, to Testa, Joseph, and Testa, Taylor.
 \$248,400, 17 Nautical Way #17, Northbrown LLC, to Vanbeek, Hayden.

NORTHBRIDGE

\$650,000, Hill St #2, Jft Real Estate LLC, to Rjrr Development LLC.
 \$578,975, 15 Crestwood Cir #47, Stone Hill Partners LLC, to Mcaleer Jr, Edward L, and Mcaleer, Paula A.
 \$490,000, 406 Highland St, Dearborn, Katherine M, and Dearborn, Robert, to Giordano, David J, and Giordano, Sydney.
 \$205,500, 8 B St #8, Gelinas, Aaron, to Laviorie, Nicole.

UXBRIDGE

\$120,000,000, Lackey Dam Rd, Ch Rlty Ix-Sp 1 Boston Bl, to Uxbridge Distribution Own.
 \$400,000, Rifleman Way #3, Mjt Re LLC, to Gibbons Ft, and Gibbons 3rd, Thomas M.
 \$360,000, 214 Douglas St, Pendleton Jr, Charles W, and Gould, Nancy J, to Monteith, Kevin R, and Babicz, Elena K.

Local schools receive grant funding for mental health services

BY KEVIN FLANDERS
STAFF WRITER

REGION — Local school districts will receive grant funding as part of a state effort to expand student access to behavioral and mental health services.

The Healey-Driscoll Administration will award \$5,540,875 in grants to 60 school districts, educational collaboratives, and charter schools across Massachusetts.

Funds can be used to create or

expand student support programs and services. Funds can also assist with building school partnerships with community-based mental health agencies or providers.

In addition, the Massachusetts Department of Elementary and Secondary Education (DESE) will provide related professional development opportunities for school staff members.

“We have a mental health crisis that was only made worse

by the pandemic, particularly for students. That’s why improving students’ access to behavioral and mental healthcare is a priority for our administration,” said Gov. Maura Healey. “These grants will help districts connect students with the services they need to be safe, healthy, and successful today and into the future.”

Local grant recipients include Southbridge Public Schools (\$63,125); Uxbridge Public Schools (\$50,864); Pathfinder

Regional Vocational Technical High School (\$37,150); and Belchertown Public Schools (\$25,080).

“We are grateful to the educators and community-based providers who are partnering and innovating to improve supports for students,” said Lt. Gov. Kim Driscoll. “These services are essential for helping students be successful academically and to build healthy relationships with their peers and teach-

ers.”

Grant funding will provide students with a range of services and resources to help them address mental health and behavioral health challenges. Additionally, funds will help school districts establish cross-system coordination to improve integration of behavioral and mental health supports, ensuring seamless transitions between schools and communities while improving data systems to

track efforts and results.

“The Healey-Driscoll Administration is focused on healing, stabilizing, and transforming our education system that is still recovering from the lasting impacts of the pandemic. These grants are providing our schools, from North Adams to Dennis, with the funding they need to foster environments that support healthy social and emotional development in their classrooms and

beyond,” said Massachusetts Education Secretary Patrick Tutwiler, who recently visited the Spencer-East Brookfield Regional School District and has been active across central and western Massachusetts.

Addressing the youth mental health crisis remains a top priority for the Healey-Driscoll Administration. Healey’s Fiscal Year 2026 budget includes more than \$21 million to support student behavioral and mental

health services.

“Our educators are working to create safe and healthy learning environments that are joyful, engaging, and equitable for every child,” said Massachusetts Elementary and Secondary Education Commissioner Russell Johnston. “These grants will help provide student supports that advance that important work.”

To learn more about grant opportunities and recipients, visit www.mass.gov.

Plummer Place

Home of the Northbridge Senior Center

(508) 234-2002

Northbridge Senior Center’s 50th Anniversary Gala, Thursday, June 19th from 4:00-8:00pm at Pleasant Valley Country Club. This amazing event, a fundraiser and a benefit to celebrate the Northbridge Senior Center’s 50th year, includes a three-course meal, dancing to “Flamingo” a 15 piece all women big band, raffles and a silent auction. Also included is valet parking. Tickets are \$50 per person, and you may purchase your tickets at the Center starting Monday, March 3rd. Tickets are limited, don’t miss this exciting event!

Tickets are now on sale for our St. Patrick’s Day Breakfast being held on Wednesday,

March 12th from 9:30-11:00am. We will have entertainment featuring Davis Bates and his tales and songs from Ireland, Scotland and Wales. He will share stories of seal folk and wee folk with sing-alongs galore! Tickets are \$10/person with Northbridge residents having priority. This event is sponsored in part by a grant from the Northbridge Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.

VA Services Rep, Carl Bradshaw, will be at Plummer Place on Thursday, March 13th to help you with questions or concerns regarding VA services. His office hour will be from 10-11:00am in the main dining room.

Plummer Place Singers meets on Wednesdays at 1:00pm. Raianne Richards will lead you as a group, to develop your skills, to enjoy the camaraderie, and to perhaps sing for others. If you would like to join this group, please call the Center to sign up. The cost is \$5 per class.

“Writing Your Way” will meet every 2nd and 4th Thursday of the month from 2:00-3:30pm. All writers are welcome to share their writing with others, get motivated to write their story, and get feedback from fellow writers! Lori Gannon is the instructor for this class, call the Center for more information. \$5/class.

Meditation group meets every Thursday at 9:30am. Set your

intentions to start your day in a calm, relaxing manner. There is no commitment, join us when you can. Beginners to meditation are always welcome.

Grief Support Group will meet March 10th at 2:00pm. Sign up in the main office or call Michelle at Plummer Place for more information.

We are accepting donations for our Plummer Place Café. Heavy duty plasticware utensils, heavy duty plates large and small, bowls, napkins, plastic cups, crystal lite packs, bottled water either large or small, creamers, decaf coffee and regular coffee, Shaw’s gift cards. We appreciate all donations to help our café run successfully!

Douglas Sunshine Club invites community to Spring Luau

DOUGLAS — Spring is on our doorstep! Come have some fun with the Douglas Sunshine Club at our Spring Luau on Friday, March 21.

The Douglas Sunshine Club invites you to join us at the Douglas Adult Social center, 331 Main St., Douglas, for Hawaiian pizza, cheese pizza, salad

and dessert starting at 6 p.m. (doors opening at 5:30 p.m.). There will be dancing to follow with Rhonda leading us in some line dancing which will also include how to do the hula!

Tickets are \$5 per person and please call to reserve a spot at our welcome to spring event. Call 508-476-2283 by March 17.

St. Patrick’s Fish & Chips dinners back by popular demand

WHITINSVILLE — Back by popular demand, St. Patrick’s Church, 7 East St., Whitinsville, will be offering delicious Fish & Chips Dinners again this year

during Lent on Ash Wednesday & Fridays (March 5 - April 11) from 4:30 to 7 p.m.

Dinner options are baked fish/baked potato & coleslaw or fried fish/fries & cole-

slaw dinners for \$15. Vegetable Soup or Clam Chowder for \$6/bowl. Mac & cheese/fries for \$5. In-house dining includes drink/dessert. Place orders to go

by calling 508-234-3511 after 4 p.m. Payment by Venmo or Cash. Thank you for supporting the Youth in Action Summer Service Trip to Billings, Mont.

Reduce, Re-use, Recycle!



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RESTAURANT & TAVERN
260 West Main Street, West Brookfield, MA 01585

Come on in for a delicious meal!

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For more info visit www.salemcrossinn.com (508)867-2345
Hours: Thursday, Friday & Saturday 4-8; Sunday 12-5
Hexmark Tavern Hours: Thursday & Friday 4-8

NEWS

ESSENTIAL local NEWS

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PET of the WEEK



Radar



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EDITOR

OPINION *Opinion and commentary from the Blackstone Valley and beyond*

LETTERS TO THE EDITOR
Climate change fantasy football

EDITORIAL
Neighbors helping neighbors — why sticking local matters more than ever

The world feels overwhelming right now. Between national headlines, global crises, and a constant stream of bad news, it's easy to feel powerless. But the truth is, the biggest impact we can make is right in our own backyard. When times are tough, neighbors helping neighbors is what keeps communities strong, and nothing embodies that better than mutual aid.

Mutual aid isn't charity. It's not about "helping the less fortunate" from a place of pity or obligation. It's about people looking out for one another as equals, sharing resources, skills, and support in a way that builds real relationships and resilience. It's knowing that today you might have something to offer, and tomorrow, you might be the one who needs a hand. It's the reminder that none of us are in this alone.

When we stick local, we see real change in ways that big systems and distant politicians never seem to deliver. A neighbor plows another neighbor's driveway without being asked. A small business donates food to families who need it. A community pulls together to keep the heat on for someone who's struggling. This isn't a feel-good fantasy; it's how people survive and thrive when they realize the best safety net is each other.

Relying on each other isn't weakness it's power. Mutual aid cuts through red tape, bureaucracy, and the "not my problem" mentality that can leave people falling through the cracks. It's fast, direct, and built on trust. While big institutions debate solutions, neighbors are already making them happen.

And the best part? It's contagious. When people see their community stepping up, they want to be part of it too. They realize that helping doesn't have to be complicated. It can be as simple as sharing a meal, giving someone a ride, or just checking in.

So, while the world feels like it's spinning out of control, the best thing we can do is turn toward one another. Forget waiting on the big guys to fix things. Stick local, help your neighbors, and build the kind of community where people know they can count on each other.

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.

To the Editor:
Did you know that our state continues to believe in its Woke climate agenda? They voted for 100 percent renewable energy by 2030, or some future fantasy date.

This is fantasy football for climate activists. The Governor is pushing for total electric vehicle use by everyone; that means you and me, whether we want to or not.

First, there is the cost of EVs and the simple lack of charging stations or infrastructure. As of Jan. 1, "Massachusetts is mandating truck dealers to sell one electric truck for every ten diesel trucks sold." The Massachusetts Fiscal Alliance said:

"According to the Massachusetts Trucking Association, this time last year there were over 1,000 new EV trucks on order but this year there are less than 10. Just one charge for these electric trucks takes the same amount of power a home needs in one month." Our geniuses moved the date to 2026 because it is unrealistic.

This may shock you, but these people on Beacon Hill are stark raving crazy.

Did you know, that according to the CAL Matters website, as of Jan. 14, California abandoned "its ground breaking regulations phasing out diesel trucks and requiring cleaner locomotives because the incoming Trump administration is unlikely to allow the state to implement them." After 10 years of working on California's new high speed train and spending billions of federal credit card money, they have not laid one rail of track. Not one rail of track after ten years.

To the Editor:

Who knew that when America's voters bought their tickets to ride aboard the Trump juggernaut of freedom, that things would turn out this great this fast?

What's not to love about Homeland Security's new America-First Sheriff-in-Chief, Kristi Noem?

Those two immigration-policy commercials she starred in are just the sort of epic adventures into old school Americana that real Americans were looking for.

Two, count them. Two enchanting, immigration policy beauties. Which I'm pretty sure quickly explodes into "almost ten" right-wing commercial exploitation diatribes. As such would likely be counted, denounced, trounced and decried from within Whitinsville's die-hard, left-wing strongholds, as well as from the remaining AOC/DEI encampments.

How dare Sheriff Noem put such things out there in the liberalist despised language known as English without first pinning a gold star to her finely tailored jacket? In that way

To the Editor:

No, not the measles outbreak among the adherents to RFK, Jr.'s 'vaccine bad, disease good' ethos, but the contagion of mistruths, prevarications, deceits, falsities, fabrications, perjures... lies! Apparently, lies are now considered just coin of the realm...nothing to be concerned with, no harm no foul, doesn't matter.... what is 'truth,' anyway?

After more than 30,000 documented lies or mistruths during his first administration, thousands more on the campaign trail (how about those lower egg prices, lower inflation, mass deportations and an end to the war in Ukraine!), and in the first weeks of the You-Thought-That-Was-Bad second term, a lie every time he opens his fetid pie-hole...why am I triggered now?

It isn't bad enough that he lies to us with a Goebbels-like intensity; he is now lying to the face of our allies - as he just did to Macron (France) and Starmer (Great Britain). Falsum in uno... falsum in omnibus. He lied to Macron about the amount of money we have provided Ukraine - doubling the actual amount. He was corrected in real time, but remarked, "Well, if you want to believe that..." He then told the same lie to Starmer! He also said that the U.S. has provided more funds than the EU, and that their funds were all structured as loans, both of which are patently false. Macron and Starmer both corrected him. This pales in comparison to what Trump did to Ukraine's Zelensky - and America's image - on Friday. I have never been more ashamed to be an American - an ignorant man-child, and his hillbilly lackey, attacked the valiant leader of a besieged democratic country, and showed the whole world that America is now a Russian satellite, and Trump is a fawning Putin lap dog. Threatening, shaking down - Soprano-like, an American ally... in front of the entire world. You can watch it for yourself. Soviet media was seen celebrating, as their American butt-boy stuck a dagger in another democratic nation. Just as he has done to America. Trump reacted to his staged Nobel Peace Prize-audition failure with

Biden approved the California Air Resources Board's "mandate phasing out new gas-powered cars by 2035." Meanwhile, back at the Commie Ranch of Massachusetts, our geniuses on Beacon Hill passed a law to ban all gas-powered cars by 2035. Yup, we are second only to California, in stupidity.

Some towns in our state have completely banned oil or gas furnaces in new construction of homes: can you guess? Cambridge, Concord, Lincoln, Lexington. Good. They can afford the high cost of all electric heating. Expensive.

Did you know that Vineyard One's wind turbine project is now running one turbine, producing enough electricity to power your little finger, on a good day?

Biden gave his single finger salute to Americans as he was dragged from the White House and approved the South Coast 141 wind turbine project in Massachusetts on Jan. 17. The Danish company that was slated to make billions from this project saw its stock plummet as Trump took office. No one else in the world is buying what they are selling except the Woke Deep state using our credit card.

Did you know that the Ivanpah solar electric power plant in the Mojave Desert [a pet project of Obama] in California is bankrupt after just 11 years? It was advertised to last 25 years. Like all alleged "clean green" promises, it failed. Obama gave them \$1.5 billion in federal loans (our money), \$500 million in tax breaks, and five years to write off their investment, with huge tax breaks.

Right now, Ivanpah's owners have not paid off the \$1.6 billion federal loan. It is doubtful they ever will. Can you say

Sheriff Noem

letting us all know what part of classic Americana she's coming from?

The gist of both the foreign and domestic versions was simple enough. If you're here in the US illegally, then deport yourself now. Because then you're likely to be let back into the US on our terms, without cutting the line of your fellow country folk back home.

However, if you don't... that's when the implied message morphs into an almost pure campfire, coffee pot blend of Old West, cow-roping, stop-the-cattle-rustling masterpiece. As if it's all being told by some female sheriff, theatrically staged in her stagecoach presence persona.

Sort of a cross between Dale Evans in the sequined attire department. Annie Oakley in its skilled marksmanship and twin six-guns. Along with just the right touch of the ever-elusive mother or spouse of the notorious Quick Draw McGraw in its horsemanship. The rough translation of that off-script version of the Kristi Noem speech goes something like this.

"If you and your illegal kinfolk,

Contagion!

true statesman decorum - he threw Zelensky out of the White House, and promptly cancelled already appropriated U.S. support funds. (Which only Congress can do.) King Trump badly needed to have his diaper changed!

Rather than detail the ongoing Trump corruption with the Saudis, golf leagues, crypto, immigration gold cards, the Gaza resort, etc., and Musk buying Twitter with Russian money and firing all government officials involved in investigating his own companies for fraud - none of which you seem to care about - let's talk about something that will affect you directly:

Late Tuesday night, after sending the press home, saying there would be no vote, and hoping some Democrats would follow suit, House Speaker Mike Johnson turned around and held a vote on Trump's insane budget bill that included raising our debt ceiling by \$4 trillion so he can give his donor class billionaires another \$4.5 trillion tax cut. We, the middle class, get nothing. The bill does not even mention tip workers or retired people getting the tax breaks he promised. (What happened to all the money we save by firing 100,000 government workers?)

The bill also requires \$2 trillion in cuts to "mandatory spending." So, what is "Mandatory Spending?" It's basically all those MAGA Mikey 'crying game' things - all the things important to the deep thinkers who voted for Trump. They include: Social Security - benefits for retirees, disabled individuals, and survivors; Medicare - health insurance for people aged 65-plus and some disabled individuals; Medicaid - health coverage for low-income individuals and families; Income Security Programs - includes Supplemental Security Income (SSI); Temporary Assistance for Needy Families (TANF); food stamps (SNAP), and unemployment benefits; Federal Employee and Military Retirement Benefits (pensions and benefits for retired government and military personnel); Veterans' Benefits - disability compensation, pensions, and healthcare for veterans.

Johnson, clever boy that he is,

Solyndra? All on our credit card. Can you say \$1 trillion dollars in interest every year on the U.S. taxpayers' credit card?

No nuclear power plant has gone bust in 11 years. They operate for 25-30 years. Can you say zero carbon emissions? A good investment.

The Ivanpah solar plant used giant mirrors in the Mojave Desert to direct the sun's rays toward a boiler, to boil water, to make steam, to generate electricity. It cost the rate payers of California five times more for this alleged "clean green" electricity. The "ugliest solar plant" fried millions of birds to death as they flew through this mirrored hell. The plant was known as "an expensive bird-killing eyesore."

Equally ugly are the acres of solar fields in Massachusetts, destroying our environment, the failed wind turbines, and the acres of Battery Energy Storage Facilities coming soon to backyards in Uxbridge. Five are proposed. Clear-cutting acres and acres of forests in Uxbridge! What happened to Save the Trees?

This is what happens when politicians who have never run any business make business decisions with our money. Why should we trust any politician who has never done anything but run for office? Maura Healey, Andrea Campbell, Chuckie Schumer, Elizabeth Warren, Senator Markey, Joe Biden.

Repeal the Green New Scam Pro-Inflation Biden Act. Claw back the green new scam taxpayer money. That will reduce inflation spectacularly.

*Bev Gudanowski
Uxbridge*

don't deport yourselves real quick-like, Tonto pronto, then I'll rustle up my posse to hunt you folks down to deport y'all legal 'n' proper. But remember this. By deportin' yerselves before we git ya, then with comin' back legal, there'll be a big bonus.

"Cuz y'all will be protected by our Second Amendment. Which means if you want to, you can git your own six-guns for quick drawin' like me. To better protect you 'n' yer families from all them damn thugs that Joe Biden's gang of thieves done let into America.

Now go on and skeddaddle yerselves back home right quick. And can come back sooner rather than never. Until then as America's new sheriff, I'll skip the Lone Ranger bit and exit with my six-guns doing my talkin' for me.

"Yeehaw! Blam, blam! Blam, blam!" At this point, I think we're all supposed to imagine the sound of Kristi Noem's stiletto heels clip-clomping their way across a wicked long dance floor into the distance.

*Stephen Gambone
Northbridge*

did not mention any of these specifically being cut. He figures you are too dumb to figure it out. (Even though you religiously 'do your own research' on Fox News.) The bill also eliminates student loan forgiveness, and raises the loan interest rate, which studies indicate would add \$200 month to the average monthly loan repayment. Why would they do this? The Republican Oligarchs do not want you or your kids to go to college. They need a vast uneducated, English-speaking workforce to vote for them, and to replace the deported immigrant and migrant labor who do undesirable jobs like crop picking, meat and fish packing, roofing and construction, janitorial, sanitation, and maid service. They need uneducated Americans to work for the same low pay, with no health benefits, retirement, or safety regulations. All that 'toxic masculinity' will finally find its place.

Hell freezes over - I actually agree with Bev on something. Uxbridge should look into the feasibility of employing a SMR - small modular reactor - to meet electrical power needs. Nuclear technology has advanced to the point where safety is no longer an issue. Bev has offered to have one installed right next to her house, but officials are concerned that the reactor may suffer damage from its proximity to such a toxic environment. As for the state interfering in Uxbridge issues, Bev seems okay with the Feds interfering in New York State's prosecution of Eric Adams. Paging Miss Hypocrite...

I think I have the answer to the question "How do we treat liberals?" Simple enough - have dumbholics keep up the ad hominem attacks on Dr. Fauci without providing any of the 'plain facts' referred to by the "mentally challenged, pseudoscientific dimwit" zero chord, blues in the bible guy. Isn't that the 'lie of omission' that he keeps talking about? Did I get it right?

Ring around the rosie, a pocket full of posies, ashes, ashes, we all fall down!

*Rick Bevilacqua
Whitinsville*

Roundup of Meatless Menu Ideas

Every year at this time, this column features meatless meal ideas in recognition of both Lent and the shift in dietary changes that promote less meat. While it can be a challenge to whip up exciting meat-free meals, there are a few tried and true recipes that find their way to my family's table not only during Lent, but all year round. Thus, this week's column will offer a roundup of some favorites previously featured in this column.

And remembers readers, share your meat free menu ideas and you could win Dinner for Two at the Publick House!

First offered by the historic Toll House restaurant generations ago, this mock "chicken" pie that replaces chicken with tuna fish is the epitome of comfort food!

"California Chicken" Pie (as served by Ruth Wakefield at The Toll House, Whitman, MA in the 1930s)

I cheated and used a premade refrigerator pie crust; if you are really pressed for time, you can also substitute canned potatoes and carrots.

Ingredients: one medium sized onion, chopped; one cup peas; two diced carrots; two diced potatoes; one large can tuna fish (ounces vary in today's cans, so use enough to equal one cup); 2 T flour; one T butter; one cup milk; 1 tsp. salt; 1/8 tsp. pepper; 1/4 tsp. paprika.

Preparation: Boil the carrots and potatoes. Add peas to chopped onion. Make a white sauce by melting butter, add flour and stir until smooth. Add milk, salt, pepper, and paprika. Cook until thick and smooth. Add one cup tuna, broken into small pieces.

Fill a baking dish with mixture in layers. Cover with an upper crust or buttered crumbs and bake until brown in a 450 degree oven. Serves 6.

Superb Spinach Quiche

Seasoned feta cheese hikes the taste quotient of this classic Lenten dish. If you're watching carbs, just omit the crust!

Ingredients: ½ cup butter; 3 cloves garlic, chopped; 1 small onion, chopped; 1 (10 ounce) package frozen chopped spinach, thawed and drained; 1 (4.5 ounce) can mushrooms, drained, or use fresh, uncooked; 1 (6 ounce) package herb and garlic feta cheese, crumbled; 8 ounces shredded Cheddar cheese; 1 (9 inch) deep dish pie crust, unbaked; 4 eggs, beaten; 1 cup milk; salt and pepper to taste

Directions: Preheat oven to 375 degrees. In a medium skillet, melt butter over medium heat. Sauté garlic and onion in butter until lightly browned. Stir in spinach, mushrooms, feta and ½ cup Cheddar cheese. Season with salt and pepper. Spoon mixture into pie crust.

In a medium bowl, whisk together eggs and milk. Season with salt and pepper. Pour into the pastry shell, allowing egg mixture to thoroughly combine with spinach mixture. Bake in preheated oven for 15 minutes. Sprinkle top with remaining Cheddar cheese, and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.

I haven't tried this interesting vegetarian loaf, but it sounds delicious. This is from "The American Women's Cookbook," Culinary Arts Institute, 1947. Readers who try it are encouraged to send in feedback!

Baked Bean Roast
Ingredients: 4 cups mashed baked beans; 2 eggs, slightly beaten; 2 cups bread crumbs; one cup tomatoes; 2T minced peppers; 2T minced onion; 4 T olive oil; ½ tsp. paprika, salt and pepper.
Preparation: Cook pepper and onions



TAKE THE HINT
KAREN TRAINOR

in olive oil. Add other ingredients in the order given. Bake (350 degrees) in greased baking dish for 30 minutes. Serve with brown sauce or tomato sauce.

Shrimp & Alfredo Sauce a la Olive Garden

Here it is again, the clone of the popular sauce served at the Olive Garden. This is the dish that my husband jokingly accused me of killing him with. Yes it is very delicious, but it is also very rich and high in calories. However, after one bite, you might agree it's worth the risk!

Ingredients: one eight ounce package cream cheese, cut into pieces; ¾ cup grated Parmesan cheese; eight tablespoons butter; a half cup milk; one half to one pound fresh peeled and deveined shrimp.

Directions: Place first four ingredients in large saucepan over medium heat. Stir constantly until thickened and remove from heat as soon as it gets hot. Add fresh shrimp and stir until warmed. Serve over eight ounces of cooked fettuccini. Recipe can be doubled.

Retro Recipe: Tuna Fish Casserole
Peas and potato chips are a requisite for this Babyboomer classic that's as good as you remember it!

Ingredients: 12 oz bag broad egg noodles or elbow macaroni; one can of cream of mushroom soup; ¾ cup milk; two cans tuna fish; 10 oz package frozen peas; potato chips.

It's not about you!

We've all been there. You're just minding your business, maybe running errands or sipping coffee, when—BAM—someone snaps at you like you personally ruined their day. A rude cashier, a cranky coworker, or a stranger in traffic acting like you committed a federal offense just by existing.

Bestselling author Robert Greene famously says, "What people do to you is not personal."

Wait, hold on—what? People's bad attitudes aren't personal? It sure feels personal!

Greene breaks it down like this: When someone says something cruel or mean, they aren't aiming it at you. They're aiming it at people from their past who left emotional scars. You happen to be standing in the crossfire.

Lisa was working as a flight attendant when a man on her flight exploded over something trivial—his overhead bin space. "This is unacceptable!" he yelled, his face turning red.

Lisa, who had simply asked him to place his bag in a different compartment, was caught off guard. She felt embarrassed, even attacked. But later, as the man calmed down, he apologized. "I just got off a stressful business call," he admitted. "And my divorce was finalized yesterday."

Lisa then realized that the man's outburst had nothing to do with her. So she let it go.

I'm not excusing his behavior. Snapping at someone who's just doing their job is rude and unnecessary. But the point here isn't to justify it—it's to recognize that it's not about you. Understanding that doesn't mean you have to tolerate disrespect, but it does mean you don't have to internalize it. And that can be incredibly freeing.

But let's be honest, that's easier said than done. It's one thing to brush off a stranger's bad attitude, but what about when it's someone you actually know—someone whose opinion does matter?

Like, say, your boss, who suddenly decides that your hard work is garbage?

Jake had always respected his boss, but one morning, she stormed into the office and called his recent project "a disaster." The criticism stung. He had spent weeks on that report, triple-checking every detail. That night, frustrated, he told his friend what happened. "I don't get it,"

POSITIVELY
SPEAKING
TOBY
MOORE

Jake said. "She's never been this harsh before."

A week later, he found out why. His boss's father had passed away, and she had barely slept in days. She wasn't angry at Jake—she was grieving, overwhelmed, and exhausted.

Let's be real—sometimes, the criticism is about you. If you're consistently missing deadlines, turning in sloppy work, or replying to emails with just "k," then yeah, your boss's frustration might be earned.

But more often than not, when someone's reaction feels way out of proportion, there's something else going on beneath the surface. People carry stress, grief, and frustrations that have nothing to do with you, yet you become the unsuspecting target.

Recognizing the difference can save you a lot of unnecessary stress—and maybe even keep you from rage-quitting a perfectly good job.

Emma loved her morning routine—stopping by her local café, ordering her usual, and exchanging smiles with the barista. But one day, the barista, usually friendly, barely acknowledged her; handing over her coffee without a word. Emma felt a flash of insecurity. Did I do something wrong? she wondered.

That afternoon, she saw the same barista sitting outside on her break, eyes red from crying. It turned out she had just gone through a breakup and was struggling to keep it together at work. "I'm so sorry if I was off this morning," she said when Emma approached. "I was just in my head about some things." Emma realized that the barista's mood had nothing to do with her—it was simply a reflection of her own pain.

How much easier would life be if we stopped taking things personally?

As Robert Greene says, "If you take the angle that, 'I'm not going to get emotionally involved with this,' it's incredibly liberating."

When you stop internalizing their negativity, you free yourself from unnecessary suffering.

So the next time someone gives you attitude, remember: it's probably not about you. It's about them—their stress, their history, their bad morning.

Protect your peace, take a deep breath, and move on with your day like the emotionally untouchable legend you are.

Watch out for tax scams

It's tax season again — which also means, unfortunately, that it's time for the annual array of scams aimed at taxpayers. Fortunately, by being alert, you can protect yourself from these attempts to defraud you.



FINANCIAL FOCUS
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Your first line of defense is to recognize the warning signs of potential tax scams. The Internal Revenue Service (IRS) cites these common red flags:

- Promises of big payments — If you've filed taxes for many years, either by yourself or with the help of a tax professional, you probably have a pretty good idea of whether you're getting a refund, and how much it will be. But scammers, often using social media, may promise huge refunds by essentially encouraging you to claim tax credits to which you're not entitled and then charging large, upfront fees or a fee based on your refund amount.
- Suspicious websites — Watch out for strange-sounding or misspelled web links — these can take you to harmful sites, rather than the official site of the IRS (IRS.gov).

- Solicitations from charity imposters — The many natural disasters we've experienced in recent years has brought out great support from people wanting to help friends, neighbors and even total strangers. However, these catastrophes have also encouraged scammers who solicit contributions to bogus charitable groups. To determine whether an organization is a qualified charity that can receive tax-deductible contributions, visit the Tax Exempt Organization Search tool on IRS.gov.
- Threats or demands — IRS impersonators may threaten you with large fines, or even arrest, if you don't make immediate payments of what they claim you owe.

You can protect yourself from many tax-related scams by knowing how the IRS will or won't communicate with you. Typically, the IRS will initiate contact with you through regular mail delivered by the U.S. Postal Service. You can verify the legitimacy of any letter by visiting your secure IRS online account, under the "Notices and Letters" section.

Other ways the IRS will contact you:

- Email — Only with your permission, with a few exceptions, such as criminal investigations
- Text — Only with your permission

- Phone — Only to discuss your case, verify information or set up a meeting
- Fax — Only to verify or request employment information
- In-person visit — Rarely done, and typically only following a letter

The IRS will not:

- Contact you or take payment on social media.
- Accept gift cards or prepaid debit cards as payment.
- Threaten to call law enforcement or immigration officials.
- Take your citizenship status, driver's license or business license.
- Leave pre-recorded voicemails (robocalls).
- Mail tax debt resolution advertisements.

If you have doubts about any offers or communications, whether supposedly from the IRS or not, you may want to contact a trusted, qualified tax professional.

Also, be on guard for your elderly family members, as senior citizens are frequent targets of scammers. If you talk to these family members regularly, see if you can find out about any unusual offers or solicitations they may have received.

Finally, if you believe you are a victim of monetary or identity theft, you can report these issues using the IRS Web site at IdentityTheft.gov. You can also refer to IRS Publication 5027 — 1 Identity Theft Information for Taxpayers.

Tax scams and identity theft are serious threats — so do whatever you can to defend yourself.

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.



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Celebrate the Year of the Asclepias by planting milkweed



GARDEN MOMENTS
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Grow milkweed (Asclepias) to support monarch butterflies, hummingbirds, and bees while adding color, fragrance, and beauty to your landscape. You'll find native milkweeds throughout North and South America. In recognition of this garden star's attributes, 2025 has been deemed the Year of the Asclepias by the National Garden Bureau.

With so many to choose from, select the milkweed that is best suited to the growing conditions, your landscape design, and garden maintenance. Some milkweeds are very aggressive and can quickly take over garden beds and large areas in the landscape, requiring time and effort to maintain their spread.

Butterfly milkweed (Asclepias tuberosa) is one of the tamer milkweeds with lots of ornamental appeal. This adaptable milkweed is hardy in zones three to ten and was named the 2017 Perennial Plant of the Year.

Grow butterfly milkweed in full sun with well-drained soil. You'll appreciate its drought tolerance once it's established. If you are gardening in clay

growing Asclepias tuberosa var. clay, a natural variant found growing on clay soil. Mark the location of any butterfly milkweed in the garden or plant some spring flowering bulbs nearby to avoid accidentally digging up this late-to-emerge perennial.

You'll enjoy the orange blossoms in meadow, prairie, and even semi-formal gardens. Combine this beauty with yellow, purple, and blue flowers. Deadhead faded flowers to extend bloom time and prevent reseeding if this is a concern.

When looking for a bit larger plant that tolerates moist to wet and occasionally dry soils, check out red milkweed (Syriaca incarnata), also known as pink and swamp milkweed. You'll enjoy the fragrant reddish-pink flowers and the butterflies, bees, and hummingbirds that visit the flowers.

It's hardy in zones three to nine plus red milkweed grows three to five feet tall in upright clumps. The flowers are followed by narrow pods that release silky-haired seeds like other milkweeds. It grows best in full sun with moist soil and is less aggressive than common milkweed. Grow



Photo Melinda Myers

Milkweed (Asclepias) supports monarch butterflies and other pollinators.

this milkweed borders, natural in sunny mixed gardens, rain gar-

dens, and along-side ponds. And best of all, the deer and rabbits tend to leave it, and other milkweeds, be.

Common milkweed Asclepias syriaca is a favor-

ite of monarchs, hardy in zones three to eight, but very aggressive, spreading by deep rhizomes and seeds. The purple-pink flowers are fragrant at night, and you will find a variety of butterflies stopping by for a visit. Keep it contained by persistently removing unwanted suckers and seedpods before they open to prevent reseeding.

Sullivan's milkweed Asclepias sullivantii is similar but a bit less aggressive. It has the same great butterfly appeal and is hardy in zones four to seven.

These are just a few of the more than 100 native milkweed species, many of which you may want to add to your gardens. You can find out more about the species native to your region in the Milkweed Regional Guides located on the Xerces Society website. You are sure to find one or more to add to your garden beds.

Melinda Myers has written over 20 gardening books, including *Midwest Gardener's Handbook, Revised Edition*, and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Myers' Web site is www.MelindaMyers.com.

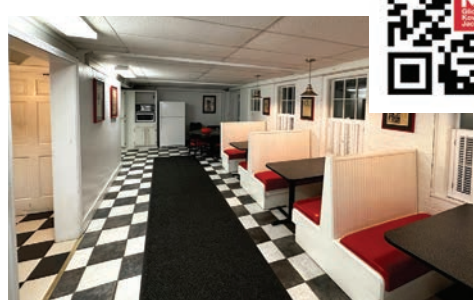
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Vintage and antique posters and advertising signs

Today, we'll discuss number 8 on my top 10 antiques and collectibles list: vintage and



ANTIQUES, COLLECTIBLES & ESTATES
WAYNE TUISKULA

antique posters and advertising signs. With eye appeal and a connection to products that collectors enjoy, advertising memorabilia has always been popular.

Several online sources, including esign.com, state that advertising dates back to 18,000 BC, when cave drawings were used to promote bartering during the Paleolithic Era. The advertising memorabilia I'll discuss begins in the 1800s and has progressed significantly since the days of cave drawings.

In a column last year, I shared results for brewery, soda, and automobile related advertising memorabilia. Here are some top auction results for those types of signs. An enamel and neon double-sided "Drink Coca Cola in Bottles" sign sold for \$37,000 in 2022. A 1950s era large Pearl Lager Beer of Texas porcelain lighted motion sign brought \$150,000 in 2023. A circa 1929 Porcelain Musgo Gasoline Service Station Sign depicting a Native American went for \$350,000 in 2022.

You can also find advertising on items other than conventional signs. A stone-ware figurial pig marked "J.O. Sanders Dealer in Wines, Liquors & Cigars Elberton GA 1883" sold for \$8,500 last year. "Cigar Store Indians" were placed in front of tobacco shops and are said to symbolize Native Americans introducing tobacco to the colonists. A Samuel Robb (American, 1851-1928) Cigar Store Indian maiden figure brought \$37,500 in 2022. A hand-painted canvas Louis Vuitton advertising panel with images of Louis Vuitton trunks went for \$4,750 last year. A late 19th century "Ice Cream & Fancy Cake" tin trade sign picturing a scoop of ice cream in a dish reached \$50,000 in 2016.

There are some recognizable characters you might immediately associate with certain brands, and items featuring those characters are always in demand. An early paper mache Michelin Man figure sold for over \$12,000 in 2023. A 1906



cast iron peanut roaster with Mr. Peanut sitting atop the roaster brought \$132,000 last year.

More recent character advertising pieces can also bring strong results. A Styrofoam Pillsbury Doughboy figure that was approximately 4 1/2 feet tall and said to be one of fifty produced for company executives brought \$1,500 in 2021. A 7 1/2 foot Bob's Big Boy statue in his red and white overalls, holding up a hamburger went for \$4,300 earlier this year. A plastic Tony the Tiger Kellogg's Frosted Flakes cookie jar sold for over \$7,000 online last year. I'm sure the seller thought that price was more than good... grrreat!

We are still cataloging for the large one consignor Civil War memorabilia auction, Beacon Hill estate auction, and a comic book, sports memorabilia, and collectibles auction that will be taking place over the spring and summer. We are always accepting quality consignments for future auctions. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

Contact us to consign items or for auction information at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services info@centralmassauctions.com or (508-612-6111).

Assumption students tour Sheriff's Office



Courtesy

Assumption University students recently took part in a tour of the Worcester County Sheriff's Office.

REGION — The Worcester County Sheriff's Office recently hosted Assumption University students interested in pursuing careers in sociology, criminology, or criminal justice.

Students participated in a tour of the WCSO Jail and House of Correction, learning about several facets as they work toward launching their own careers in law enforcement or related

fields.

"The group visited multiple parts of our facility, heard from staff, and learned about day-to-day operations," read a statement released by the

Sheriff's Office. "It is always a pleasure to educate groups on what the Sheriff's Department does and the different career paths in the law enforcement field."

Notable events that make spring even more fun

Spring is widely considered a season of rejuvenation. The warmer post-winter air that is a hallmark of spring certainly adds an extra hop to the steps of millions of people each year, but a number of notable events also lend a festive feel to this beloved time of year.

· **St. Patrick's Day:** Though the holiday itself occurs on one of the final days of winter, St. Patrick's Day celebrations tend to take place throughout the month of March. Many communities host St. Patrick's Day parades after the spring equinox, and celebrations of the patron saint of the Emerald Isle have a reputation for being especially convivial. A St. Patrick's Day celebration at a local Irish pub featuring live music and food that would be at home on any dinner table in Ireland can mark the perfect way to close out winter and usher in spring.

· **March Madness:** Basketball fans get their fix and then some each March, when the 68-team, single-elimination NCAA Tournament tips off. Affectionately

known as March Madness, the college basketball tournament that unfolds over three weeks from mid-March to early April features its fair share of buzzer beaters, upsets and, of course, busted brackets. Regional contests ensure that just about everyone across the United States is within driving distance of the exciting, if maddening, action.

· **Major League Baseball Opening Day:** Another hallmark of early spring, Opening Day of the baseball season embodies the seasonal spirit of rejuvenation. Baseball fans across the globe know that every team has a chance come Opening Day, when millions of fans return to stadiums to see their favorite teams kick off the six-month campaign.

· **Spring flower festivals:** Spring flower festivals dot the landscape every year. Many occur between mid-March and mid-April and serve as beautiful, awe-inspiring reminders of the blooms that make spring such a colorful and enjoyable time of year.

· **Kentucky Derby:** The annual "Run for the Roses" is held on the first Saturday in

May and attracts more than 100,000 visitors to the race track at Churchill Downs. Often referred to as "The Fastest Two Minutes in Sports," the Kentucky Derby serves as the first leg of the Triple Crown and inspires men to don their best seersucker suits and women to showcase their most elaborate, and typically largest, hats as they sip a mint julep and watch the thrilling race unfold.

· **Memorial Day weekend:** Memorial Day is an American holiday that honors and mourns United States military personnel who died while serving in the nation's Armed Forces. Though there's a solemnity to Memorial Day events that is not present with other notable celebrations each spring, the weekend itself also has become a time to gather with friends and family for backyard barbecues. Beachside communities also have come to see Memorial Day weekend as the unofficial beginning of summer.

There are no shortage of events each spring that serve as reminders of why this time of year is so special and enjoyable.

7 fun ways to celebrate St. Patrick's Day

St. Patrick's Day is celebrated each year on March 17. The day honors St. Patrick, the patron saint of Ireland, but it's also a celebration of Irish culture. Although St. Patrick's Day is celebrated around the world by people who can trace their lineage to the Emerald Isle, millions more with no such heritage join in the festivities each year. That means anyone who is Irish or just Irish in spirit can take part in St.

Patrick's Day celebrations.

There are many entertaining ways to commemorate this special day. Here are a few to get the party started.

1. Eat green foods. Green is a prominent color for St. Patrick's Day and Ireland in general. Many people eat foods and consume beverages dyed green on March 17.

2. Bake soda bread. Everyone can take part in the kitchen whipping up a batch of delicious Irish

Soda Bread. This is a great recipe for kids because there's no need to wait for dough to rise. Baking soda is the "soda" in the recipe and serves as the leavening agent.

3. Take part in a parade. St. Patrick's Day parades are held in major cities across the country, making it relatively easy for people to be there in person. However, many communities also host parades that are small in scale but still big on fun.

4. Attend an Irish dancing demonstration. Irish dance is a traditional dance that originated in Ireland. It is known for its intricate footwork and minimal upper-body movement.

5. Dine the Irish way. Although corned beef and cabbage is often served on St. Patrick's Day, it is not the most authentic Irish fare one can eat. Find a restaurant that serves Irish stew, Boxt, Colcannon, or Black and white pudding, or try

making such dishes at home.

6. Host a scavenger hunt. See who can find the gold at the base of the rainbow. Pick a person to organize the scavenger hunt. This person can write the clues and hide the prize.

7. Listen to Irish music. Tune in to The Chieftains, The Dubliners, Planxty, The Gloaming, The Wolfe Tones, and others to get into a festive spirit.

Enjoy the scores of different ways to celebrate St. Patrick's Day.



Northbridge Community NAC Lenten Services:

Following Ash Wednesday, marks the start of the Lenten Season. All are invited to join the Northbridge Association of Churches (NAC) clergy as we gather for mid-week Lenten ecumenical prayer services hosted at various Northbridge churches at 6:30 pm each Wednesday of Lenten season.

March 12- At Village Congregational Church located at 5 Church St., Whitinsville with Rev. Kim Manion of BV United Methodist Church preaching. *Psalm 91: 1-2, 9-16*

March 19- At Fairlawn Christian Reformed Church located at 305 Goldthwaite Rd., Whitinsville. with Rev. Matthew Burns of Pleasant St. Christian Reformed Church preaching. *Psalm 27*

March 26- At Pleasant Street Christian Reformed Church located at 25 Cross St., Whitinsville; with Rev. Doug Bratt of Fairlawn C.R.C. preaching. *Psalm 63: 1-8*

April 2- At B. V. United Methodist Church, located at 61 Linwood Ave., Whitinsville, with Rev. Ethan Drutchas of Village Congregational Church preaching. *Psalm 32*

April 9- At United Presbyterian Church at 51 Cottage Street Whitinsville, with Fr. Michael Lavalee of St. Peter's Catholic Church preaching. *Psalm 126*

April 16 - Hosted at Trinity Episcopal Church at 33 Linwood Ave., Whitinsville with Rev. Dr. Susan DeHoff of the United Presbyterian Church preaching. *Psalm 118*

Seniors named to Bay Path's Quarter 2 honor roll

CHARLTON — Bay Path Regional Vocational Technical School congratulates the following students in grade 12 on being named to the honor roll for the second quarter of the 2024-2025 school year.

High Honors
Kaelen James Anderson, Minos Anifantis, Yheraldine Mercedes Baez, Claire Elizabeth Baudreau, Amberlyn Avon Brindle, Kendra Nicole Brooks, Jameson Patrick Burke, Mikayla Lynn Crocker, Ryan Charles Dawson, Madison Rose Dolan, Conor Fergal Gadbois, Erin Elizabeth Gallant, Keegan Gary Pike Hall, Lexie Rose Harris, McKayla Rose Hoel, Ava Lillie Iozzo, Nathan William Lashua, Eva Noel Lombardi, Miranda Rose Magalhaes, Lillian Virginia Maglich, Joseph Charles Mancini, Ayla Milagros McGraill, Isabel Constance McLam, Calle Jean Merchant, Ava Patricia Millette, Cheyenne Elizabeth Monsen, Zachary Lee Moody, Jacob John Joseph Morello, Ava Reese Murray, Maya Selena Ortiz, Willis James Perreault, Naomi Rose Peterson, Dylan Michael Polinski, Gabriel Souza Prado, Kaylie Anna Richard, Lilianna Cassandra Rockwood, Savannah Rose Steiner, Cassandra Alyson Tinsley, Brady Logan Tremblay, Vincent William Van Dam, Angelica Vega, Alison Elyse Welton, Amelia Claire White

Honors
Anna Marie Aboe, Kortnie Frances Adams, Nicholas Raymond Adler, Rima Ahmed Qays Al-Dulaimi, Wrique Gabriel Da Silva Alves, Connor Michael Belanger, Hope Elizabeth Belford, Jessica Claire Benoit, Joshua William Ricardo Blackwell, Briea Annmarie Bogar, Kendall Lynn Bond, Lake Sayge Boucher, Kaiden Conner Brochu, Brea Adriane Brunelle-Jacoby, Gianna Mary Burbank, Julia Loralie Burgos, Jonathan Riley Burke, Robert Edward Casati, Matthew Robert Chatterton, Joshua Michael Chumsae, Makayla Therese Collazo, Olivia Rose Collins, Catherine Anne Comeau, Noah Jonathon Cournoyer, Adison Lenna Daoust, Philippe Monte Santiago Dasilva, Hunter Kevin Davis, Jenna Marie Defosse, Rori Jean Rockwell Donohoe, Carly James Donohue, Jared Peter Dubovick, Emma Faith Marie Dwyer, Logan Shawn Edwards, Sophia Anna Falconer, Jaden James Fall, Claire Patricia Farrar, Midrose Davilena Freeman, Corey Michael Gaulin, Hailee Lynne Gelinias, Reyna Dianelys Gonzalez, Noah Zachary Goulet, Alicia Marie Graveson, Devan Ryan Grensavitch, Matthew David Guerin, Savannah Lee Harrison, Joshua Drew Hemingway, Valerie Ana Hilner, Molly Ruth Isaacs, Kayah Jadcza, Elena Gabriela

Jerez, Jacob Matthew Johnson, Jacob Jaiden Jurado, Emma Rose Knott, Enzo Arnaldo Lagares, Samuel Keith Lamont, Katherine Ruth Landgren, Samantha Marlene Landgren, Emma Olivia Leclair, Benjamin Ryan Lombardi, James Danlan MacConnell, Brady Francis Marcoux, Corbin James Marcustre, Kyle Francis Mazur, Emma Grace McLaughlin, Paul Joseph McManus, Jersey Alecea Mejias, Sullivan Joseph Brave Bear Morse, Elyce Chamberlynn Mort, Camron John Mortell, Julian Ryan Mucci, Yahir Jose Negrón Claudio, Kayleigh Elizabeth Norris, Matthew Christopher Nowak, Dale William Nussey, Ashlyn Joy Olejniczak, Morgan Elizabeth O'Malley, Alaina Maria Pafume, Dominic Antonio Paldino, Jack Anthony Papagni, Jocelyn Amylia Patterson, Bruna Fagundes Freitas Paula, Raegan Lydia Perreault, Isabella Britni Pettinelli, Brad Francis Guy Piekarczyk, Wojciech Alexander Plewa, Eva Amara Powers, Vince Jordan Randall-Ortiz, Nicholas Scott Reardon, Aidan Troy Roberts, Luzmarianna Jacsel Rodriguez Cirino, Jennalee Karielis Ruibal-Rios, John Cameron Rutter, Corey Justin Scovil, Nash Brennan Sicari-Swinimer, Raymond David St. Francis, Zaydyn John Streeter-Wornham, Zoeybeth Jane Streeter-Wornham, John Gustavo Sullivan,

Aaliyah Brooklyn Szkutak, Madison Riley Teal, John Phillip Tighe, Hallie Calais Sampson Tod, Matthew Lee Twombly, Manaali Durgesh Vaidya, Nayelix Marie Vega, Adrian Joseph Vitkos, Mackenzie Marie Widen, Dayzyah Jahny Wintzel Neely, Cayden James Young

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Crafts are a lucky bet for St. Patrick's Day celebrations

While it certainly can be fun to visit a pub and raise a pint in honor of St. Patrick's Day on March 17, such efforts are not necessarily a family-friendly way to commemorate the patron saint of the Emerald Isle. Thankfully, there are plenty of activities for children and adults that focus less on imbibing and more on hands-on fun so everyone can be involved equally. Crafting often fits that bill.

The following are some unique craft ideas to celebrate the spirit of St. Patrick's Day. Many of these projects include items you may already have around the house.

Shamrock key chain
Find your favorite salt dough rec-



wrap the bottom in a strip of black and place a gold "buckle" made out of a rectangle of gold or yellow paper. Glue the tube to a round of green card stock, and voila, you have a perfect leprechaun hat for decorating a room or table.

Easy rainbow craft
Grab some fruity O-shaped cereal and let kids sort the colors into red, orange, yellow, green, and purple. Glue rows of these colored cereal rings onto a piece of white cardstock to make the rainbow. At the base of the rainbow, glue some cotton balls to serve as the clouds.

Beaded bracelets
Visit a craft store and stock up on small green, white and gold beads, as well as some bracelet wire or poly string. Spend a few hours making bracelets that everyone can wear with their green attire for St. Patrick's Day. The bracelets also can be given as gifts.

Shamrock slime
Those who can find green glitter glue and shamrock confetti can turn their favorite slime recipe into one worthy of St. Patrick's Day.

Rainbow cereal bars
Incorporate some of the marshmallows from a favorite "lucky" cereal brand into the mix of rice cereal treats to give them a rainbow-inspired upgrade.

Pots of gold
If you have leftover plastic witches' cauldrons from Halloween, paint them gold and use them to store foil-wrapped chocolate coins. Otherwise, tie green helium-filled balloons to the cauldron to make a perfect centerpiece.

St. Patrick's Day crafts get the entire family in on the fun of celebrating the Emerald Isle.

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Friday's Child

Kolton
Age 14
Registration # 8558

Kolton is energetic, funny, insightful, and thoughtful! He loves listening to NPR, and is good at the "Wait, Wait Don't Tell Me" game show that is hosted on the channel. Kolton is also super creative. He can build any type of car or airplane with LEGO, and any toy he wants to play with by using paper and tape. He is also creative through other mediums, such as Mine Craft, and would play this all day if he were allowed. Kolton is not one for competitive team sports, however, he enjoys kicking a soccer ball, throwing a football, and bouncing a basketball.

<https://www.mareinc.org/child/21175660317>

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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.

ipe and use a shamrock cookie cutter to cut out the shape of a lucky clover. Poke a hole at the top where you can connect a key ring. When the shamrock is dried and hardened, paint it in a vivid shade of green. Attach keys, a school ID or anything else to the key ring, or simply hang it from a backpack.

Leprechaun hats
With a little green paint, green card stock and construction paper in black and gold, anyone can create miniature leprechaun hats. Paint the toilet paper tube green, then

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Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call to make an appt.), Line Dancing 2 to 2:45pm (starting Jan. 7)

Wednesday: Balance & Strength 10am, Darts 11:30 am, MahJong 1pm, Dominoes 1 to 2:30pm

Thursday: Walking club 9am, Chair Yoga 9:30am, Pitch 9:30am, Hand and Foot card game 12:30pm

Friday: Balance & Strength 10am
MARCH EVENTS:

Health & Wellness clinic dates are Monday March 3rd & Tuesday March 18th. The clinic is from 10 am to 12 pm. If you would like a blood pressure check, a simple sugar test, or have concerns you would like to discuss please stop in the center.

• ST. PATRICK'S DAY LUNCHEON, THURSDAY MARCH 13th @ 12:00. Corn beef and cabbage with dessert \$4.00 per person. The Douglas Cultural Council is sponsoring this event featuring the entertainment of an Irish Duo for an afternoon of music and fun. Doors will open @ 11:45. Sign up by March 6th.

• LUNCH & A MOVIE, THURSDAY MARCH 20th @ 11:30. We will be watch-

ing "The Race", lunch will be baked ziti, salad, & dessert for \$4.00. Please sign up by March 13th.

• THREE SEASON'S RESTAURANT, WEDNESDAY MARCH 26th @ 11:00. The restaurant is located inside Blackstone Valley Tech in Upton. You MUST stop in the center to sign up. Meal choice and payment need to be selected by March

15th. The cost for lunch is \$12.00 per person, thanks to our Sunshine Club for offsetting the cost. This event is for Douglas residents only.

The Sunshine Club invites to a HAWAIIAN LUAU PARTY March 21st @ 6:00 pm. Hawaiian pizza, salad & dessert will be served for \$5.00 per person. Come learn how to do the Hula, and have some

fun with friends. Please call the center to sign up by March 14th.

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>

Crochet for beginners

Hobbies pass the time and can lead to projects of significant personal and potentially financial value. Needlework can be a rewarding endeavor. Some people may be familiar with knitting but less so with crochet and how it differs from traditional knitting.

Unlike knitting, which uses two needles to create items out of yarn, crochet utilizes a single hooked tool. This hook creates fabric from loops of yarn or even thinner embroidery flosses or string. Crochet can be used to make everything from blankets to clothing to hats to dolls to bags. Some social media posts even feature fences made from crochet!

Nobody is quite certain where crochet originated. Mother Knitter, a knitting and crocheting store in New Jersey, says origin stories trace crochet to anywhere from Arabia to South America to China. The popularity of crochet in North America can be attributed to European immigration in the early nineteenth century. Indeed, the word "crochet"

is derived from the Old French word "croc," meaning "hook."

It's easy to begin to crochet and minimal equipment is needed. All a person needs is a crochet hook and some yarn. However, delving a little deeper into crochet basics can help the finished project look and feel how a person wants it to. Yarn comes in different weights, colors and fibers. Heavier, thicker yarns work better with larger hooks. Yarn labels often recommend the coordinating hook size to get the ideal results. Many beginners find it best to start with a medium weight yarn, and a size H or I crochet hook (5 to 6 mm).

Crochet patterns feature various stitches. The stitches are formed by looping the yarn around the hook and pulling through the loop a predetermined number of times. Common stitches include single crochet, double crochet, half-double crochet, and treble crochet. Patterns feature abbreviations of these stitches, which beginners will

have to learn to slowly master the techniques and patterns. Crochet recently has enjoyed a resurgence in popularity, with clubs gathering in cities and towns across the country. There also are plenty of online tutorials.

Crochet is typically faster than knitting, so people who want to see their projects completed more quickly can opt for this needlework. Keep in mind, however, that more yarn often is needed for crochet projects than knitting projects. Also, sometimes crochet fabric is less stretchy than knit fabric. Some people also find that crocheting might be easier than knitting. Since crochet works with one live stitch, it's less likely to unravel accidentally than knitting, advises SarahMaker.com. Also, to fix a crochet mistake, one only has to remove a few stitches and redo the work.

Crochet can be a fun hobby. Projects range from very basic to complex, giving people opportunities to grow their knowledge and expertise.



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Millbury Senior Center

ST PATRICK'S DAY PARTY
Monday, March 17th 11 A.M.
Entertainment with Larry Lewis
Serving a Corn Beef and Cabbage lunch
Call or stop by the center to sign up!

TRANSPORTATION
Monday - Thursday 8 - 4 P.M.
Friday 8 - 11:30 A.M.
Need a ride outside the WRTA Catchment Area?
Rides need to be made in advance!
Call the Senior Center to schedule your ride 508-865-9154

FLORAL ARRANGMENT CLASS
SAM'S STEMS
Monday, March 13th 1 P.M. - 3 P.M.
price is \$20
Call the center to sign up!

BETTER BREATHERS CLUB
Tuesday, March 25th 10:30 A.M.

SENATOR MOORE'S OFFICE
Meet with a representative from Senator Moore's office!
Wednesday, March 5th
First Wednesday of the month between 11 - 12 P.M.
All are welcome to meet and discuss issues of importance or looking for assistance

TRANSPORTATION
All appointments will be accepted by the WRTA
Millbury Seniors 60 and older / those with ADA services call 508-752-9283 in order to register with the WRTA in advance if they need transportation
Transportation Hours are Monday through Thursday from 8 A.M. to 3:30 P.M. & Fridays 8 A.M. to 11:30 A.M.
Rides have to be scheduled by 4:30 P.M. the day before by calling 508-752-9283

For more information on regards to transportation call the center at 508-865-9154

SENIOR CENTER EXERCISE CLASSES!

ZUMBA CLASSES
Mondays at 1 P.M. (Class is \$3)

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)

LINE DANCING CLASSES
Wednesdays at 10:30 A.M. (Class is \$3)

YOGA
Thursdays 9 - 10 A.M. (Class is \$3)

SENIOR CENTER ACTIVITIES!

MAHJONG
Mondays at 12:45 P.M.

CRIBBAGE
Monday through Friday 8:30 A.M.

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

SOCIAL BINGO
Wednesdays at 1 P.M.
Bring your pennies!

PITCH
Thursdays 1 - 3 P.M.

COLORING
Thursdays at 10 A.M.

Lunches are served Monday through Thursday 12 P.M. Friday 11:30 A.M.
The menu is available on the town website, www.townofmillbury.org
Or our Millbury Senior Center

Facebook page
A 48 hour reservation is required.
Call the center at 508-865-9154

"MEMORY CAFÉ"
Please join us on Tuesday, March 25th at 1 P.M.
Refreshments will be served
A Memory Café is a monthly gathering for people with memory loss / challenges and their care partners. It is a time to socialize, make new friends, and have a good time
Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!

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
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Daily steps to make a vehicle last longer

Modern cars have longer life expectancies than their predecessors. Consumer Reports indicates it's not unheard of for modern vehicles to endure for 200,000 miles or more. For many, that equates to 12 to 15 years of usage.

Even though many vehicles are built to have increased longevity, it often is up to the driver to do his or her part to ensure cars and trucks can last for years and years. Here are some daily steps vehicle owners can take to achieve longer life spans for their cars or trucks.

- Take it slow and steady. Athletes do not hit the ground running at top speed, and neither should a vehicle. Let the car gradually acclimate to being on the move each day after sitting overnight. Gently accelerate and afford the engine time to warm up and all of the components to get the fluids they require before you jump on the highway or require the vehicle to go all out. Most automotive experts warn against idling a car in the driveway to warm



it up, but starting out at a slow and steady pace is key.

- Don't be extreme. Jerky turns, gunning the gas and braking hard lead to unnecessary wear and tear on a vehicle. By smoothing out your driving, you'll put less stress on mechanical compo-

nents and help prevent them from wearing out prematurely.

- Clean it out daily. Accumulated debris often builds up inside a vehicle that is used all of the time. Taking a few minutes to clear out trash or to wipe down the interior each

day will prolong the interior components, not to mention make it easier to do a more thorough detailing when the time comes.

- Find a trusty fuel station. Bad gas can wreak havoc on a vehicle. Find a station that you trust, particularly one that takes

care of their pumps and regularly changes their pump filters. It's worth it to spend a little more overall for good gas.

- Read your oil level. Oil is essential to maintain a properly operating engine and vehicle. AARP suggests routine reading of

a car's oil level so that you can add lubricant as necessary. While this might not be a daily task, doing it regularly enough means you will keep on top of this important step.

- Park in the shade or a garage. The sun may feel good on a warm day, but the UV rays from the sun can take their toll on a vehicle's paint. Whenever possible, park out of direct sunlight so that the paint will not fade and the interior upholstery will not bleach. Those who need to park their vehicles for an extended period of time should choose a clean, dry, well-ventilated location, advises Wawanesa Insurance.

- Be attentive. Listen to the sounds your vehicle is making and give it a visual inspection each time you get in or out of the car. The sooner you catch something that is out of the ordinary, the easier it becomes to fix problems before they become costly and damaging.

Vehicle owners can take steps each day to improve the longevity of their cars and trucks.

North Brookfield highway-driver
Town of North Brookfield Highway Department is looking for a Full-time Driver, Laborer, Operator position
CDL required with HEO required within 6 months of hire.
Must be available for emergency calls days, nights, weekends & holidays.
Applications are available at the Highway Garage, 58 School St, No. Brookfield (508) 867-0213
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TOWN OF POMFRET
PART-TIME ASSISTANT TOWN CLERK
The Town of Pomfret seeks to hire a pt (up to 25 hrs/wk) Assistant Town Clerk responsible to assist the Town Clerk in the administration and management of the municipal records of the Town, its minutes, agendas, licenses, and permits as required by CT General Statutes and to perform all duties for elections, primaries and referenda. Must assist the general public and work in cooperation with municipal officials. Must be able to work independently.
A minimum of a high school diploma required. Efficient knowledge of Microsoft Office including Excel and Word. One or two years of office or secretarial experience, or one year of office administration. Bookkeeping experience and previous CCMC certification or experience helpful but not necessary. CCMC certification would be required within 4 years of employment if not currently certified.
Salary commensurate with experience. Full job description available on the Town website: www.pomfretct.gov. Submit letter of interest, application and 3 letters of reference to: Selectman's office, 5 Haven Road, Pomfret Center, Ct 06259.
Application deadline March 24, 2025. EOE/AA

The Spencer Housing Authority has an opening for a Full-Time Administrative Assistant
The Spencer Housing Authority is seeking a qualified full-time Administrative Assistant to assist with a variety of tasks including, but not limited to, processing applications, maintaining waitlists, calculating rent determinations, and general reception duties including answering phones, entering work orders, filing and assisting the public. This is a full time (40 hours) benefited position. Retirement is through the Worcester County Retirement Office. Successful candidates must have excellent written and verbal communication skills and be proficient in computer skills. Working knowledge of EOHLC, CHAMP, or PHA-Net software. The selected applicant must be able to pass a criminal background check (CORI). The full job description can be found on the SHA website. Pay: \$20.00 per hour
Applicants should submit a cover letter and resume to:
Spencer Housing Authority 13 McDonald Street Spencer, MA 01562
Attn: Kimberly Hurlbrink
You may also email cover letter and resumes to Kimberly Hurlbrink: kim.hurlbrink@spencerhousing.org
Resumes will be accepted until 2:00PM on March 21, 2025
Spencer Housing Authority is an equal Opportunity Employer.



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SOUTHBRIDGE - 140-152 HAMILTON



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Featured New Listing!!

WEBSTER - 25 SLATER ST



ON DEPOSIT
Location! Location! This Oversized & Well Maintained 2 Family offers 2,472 sf Total! Apt 1 >1st Floor Unit >has 1,052 sf, 3 BRs & 1 Bath/Apt 2 >2nd & 3rd Floor Unit has 2 levels >1,420 sf, 5 BRs, 2 Baths. Corner lot w/.30 acre, 22'x22' Two Car Garage! 12'x16' Concrete Patio. Apartments fully occupied. PLEASE DO NOT TRESPASS onto the Property. **\$559,900**



WEBSTER - 22 COOPER RD.

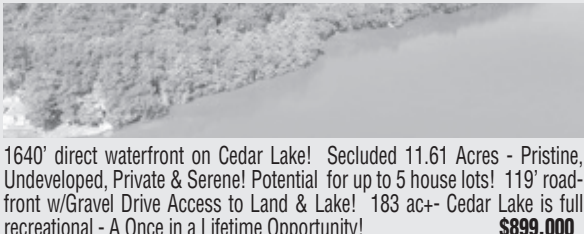
New Construction! 2nd of 4 Homes to be built! Imagine Yourself in a New Craftsman Style home - Tucked away on Cooper Rd. Near Webster Lake w/Access to Lakeside Beach/Boat Ramp. 4 BRs., 2-1/2 Baths! Walkout slider from Basement. 2 Car Garage! **\$649,900**

OXFORD - 25 SUTTON AVENUE



ON DEPOSIT
Location ~ Location! Move-in ready Commercial Office &/or Retail Space ! Ideal for >>> Small Businesses, Companies looking to expand, Banks, Medical facilities etc...2 Level Free Standing Building on a Corner Lot - Located in an Active area of Restaurants & Retail 1 Minute to Rt 395 & Rt 20...Zoned GB 10 units - .71 Acre - 26 Parking Spots **\$1,150,000**

STURBRIDGE - 66 WESTWOOD DR
1640' FRONTAGE - 11.61 ACRES! WATERFRONT LAND



1640' direct waterfront on Cedar Lake! Secluded 11.61 Acres - Pristine, Undeveloped, Private & Serene! Potential for up to 5 house lots! 119' road-front w/Gravel Drive Access to Land & Lake! 183 ac+ Cedar Lake is full recreational - A Once in a Lifetime Opportunity! **\$899,000**



WEBSTER - 38 COLONIAL RD. LAKE RESIDENTIAL

Webster Lake Area! Investors take notice! Charming Ranch with possible extra buildable lot! Home has 2 bedrooms, 1 Bath. 1 Car Garage. Recent Furnace and Ductless Mini-Split System. Vinyl Siding, Replacement Windows. 100CB. Interior needs updating* **\$399,900**

On the shores of Lake Chargoggagogmanchauggagoggchaubunagungamaugg



Featured New Listing!!

Webster Lake Waterfront- 88 Union Point

Excellent opportunity! Un altered Natural Western Facing Shoreline- Beautiful Sunsets - Panoramic Views of Middle to North Pond! 7,000 +/- Sq. Ft. Waterfront Lot! Utilize this one Bedroom Winterized cottage while making plans to construct your dream home! Or just live in, as is! Fireplaced living room ! 12 X 30 one car garage. Beautiful Pine trees at the water's edge! - Here is your chance! Showings by Appointment, with Listing Broker **\$660,000**



Webster Lake Waterfront 44 West Point Rd

1st Time Offered!! On Killdeer Island! Beautiful Waterfront Property. 3 bedrooms, 2 baths, custom kitchen, Indoor/Outdoor Fireplace! Entertainers Dream! Beautiful Sunsets! Large Garage **SORRY, SOLD \$1,270,000**



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93 Haggerty Rd \$654,900

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we do.

SloGlass returns to Grass Roots Coffeehouse



NORTHBRIDGE — The Grass Roots Coffeehouse welcomes back SloGlass for our next concert.

SloGlass features Mark Davis on guitar, Fran McConville on mandolin, David DiBasio on banjo, resonophonic guitar, and nylon string guitar and Bob Dick on bass. The music they play is a reflection of their own interests in music. From bluegrass to jazz, folk to blues all

wrapped up into a style that can only be called "SloGlass." These guys aren't afraid to sing the blues, rock it, swing it, or inject some bluegrass drive into their material. Tight three part harmonies and intricate instrumental arrangements are hallmarks of the SloGlass sound. The band has been together for more than 30 years and has recorded four albums. The Grass Roots

Coffeehouse is located at the Rockdale Congregational Church, 42 Fowler Rd., Northbridge. Admission to the concert is \$15. Hot foods, beverages and desserts are available prior to the concert and during intermission. Doors open at 6:30, concert begins at 7:30 and usually wraps up by 9:30. Proceeds support the artists and the church. The Coffeehouse is run

entirely by volunteers. For more information, visit <http://www.rockdalechurchonline.org> or call Bob at 617-429-0347.

visit <http://www.rockdalechurchonline.org>

or call Bob at 617-429-0347.

Local artist presents "Geometric Progressions" show

ASHLAND — Douglas resident Leslie Breault is pleased to announce a solo show of her paintings at the Ashland Public Library. The show, Geometric Progressions, will be on view at the library from March 3 through April 8. The public is invited to meet the artist at the opening reception from 1-3 on Saturday March 8.

Having grown up in Ashland, Breault discovered her passion for art thanks to the guidance and mentorship of her middle and

high school art teachers, making this show a true full circle event.

Her work centers on hard edge geometric acrylic paintings. She explores geometric forms and how they interact with one another based on pattern and color manipulation. She hopes viewers are drawn to contemplate the subtleties and movement in her work.

Having stepped away from her painting while raising five children, she picked up the brush again five years ago

when she received two large canvases from one of her sons.

She is pleased to be creating again and meeting other artists through her membership in area arts associations and participation in gallery shows. Breault's work has been shown in Massachusetts, Connecticut, Rhode Island and Pennsylvania. She has also participated in three public art projects, including the Winged Feet exhibit and auction at Boston Marathon starting line.

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