

Douglas Elementary hosts back-to-school event



Students at Douglas Elementary School were welcomed back on campus this year in a “safe and socially-distant way” with a drive-through event.

Jon Bell — Courtesy

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — Students at Douglas Elementary School were welcomed back on campus this year in a “safe and socially-distant way” with a drive-through event. Families were able to come to the school and purchase Kona Ice and school spirit wear without leaving their vehicles.

“It is so hard for us not to have our students in school like normal and we know that our students and families are struggling with it as well,” said Douglas Elementary School Principal Jon Bell. “The beginning of the year is usually filled with excitement and anticipation. This year, it has been filled more with apprehension and frustration.”

Bell added that the idea for the event sparked when the school’s PTO was trying to think “outside the box” to still have a community event while also following guidelines from the state. So, a drive-through event was the best solution.

“I’m excited that our students and families will get to see some of the school staff, have some Kona Ice treats, and even

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Douglas EEE risk level upgraded to “moderate”

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — The town of Douglas’ risk category for EEE was recently changed from “low” to “moderate,” reflecting the state’s determination that risk factors have increased for the town.

According to a statement from town officials, a mosquito trapped in the northwest quadrant of town has tested positive for EEE.

“The mosquito was a *Coquillettidia perturbans*, the so-called ‘cattail mosquito.’ This species is an opportunistic feeder, biting both birds and mammals, and is common,” the town released. “It is considered by some to be the primary vector of EEE from birds to mammals.”

Eastern equine encephalitis (EEE) is a rare but serious disease caused by a virus that can affect people of all ages, according to information from the commonwealth. EEE is generally spread to humans through the bite of a mosquito infected with the virus and can cause severe illness and possibly lead to death in any age group. However, people under age 15 are at particular risk. EEE does not occur every year, but based on mosquito sampling, a high risk of occurrence of human cases currently exists.

Routine mosquito testing began in June across the state and will continue through October. The Department of Public Health in partnership with Local Mosquito Control Projects is conducting comprehensive surveillance activities.

Under state guidelines, residents of communities in

Turn To **EEE** page **A1**

Drought conditions declared across Massachusetts

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — Above normal temperatures throughout July and early August and more than three months of below normal rainfall have led to a Level 2 significant drought throughout the commonwealth.

“Please be mindful of water usage as we have been elevated to a Level 2 - Significant Drought,” Uxbridge town officials released in a statement.

As outlined in the Massachusetts Drought Management Plan, at a Level 2 significant drought, conditions are becoming significantly dry and warrant detailed monitoring of drought conditions, close coordination among state and federal agencies, emphasis on water conservation, more stringent watering restrictions, and technical outreach and assistance for affected municipalities.

“The combination of three months of limited rainfall and well above normal temperatures through July and early August have led to very dry conditions in every region of Massachusetts,” said Energy and Environmental Affairs Secretary Kathleen Theoharides. “All levels of government are coordinating to address these critical drought conditions, and it is essential that residents and businesses across the Commonwealth take extra care to conserve water both indoors and outdoors and be mindful of the increased risk of wildlife when using any fire or smoking materials.”

The declaration was informed by recommendations and discussions from a recent meeting of the Drought Management Task Force, composed of state and federal officials and other entities, and will remain in effect until water levels return to normal in the affected regions, according to a statement from the Executive Office of Energy and Environmental Affairs.

“Because the Commonwealth continues to experience drought conditions across the state, the public is urged to continue conserving water in order to reduce the demand on water supplies,” said Massachusetts Emergency Management Agency Director Samantha Phillips. “Dry conditions increase the threat of brush and wildland fires, so we urge residents to exercise caution when using charcoal grills, matches, and other open flames during outdoor activities and to call 911 immediately if there is a fire to prevent the fire from spreading.”

For more information, visit: www.mass.gov/drought-information-and-assistance.

Marking a milestone

BVT COMMENCEMENT CEREMONY CELEBRATES CLASS OF 2020

UPTON — The Blackstone Valley Tech Class of 2020 Commencement Ceremony was held outdoors on BVT’s athletic field on Saturday, August 8th. The socially distanced celebration marked a significant milestone for its graduates, which was worth the delayed date due to the ongoing pandemic. Face masks were required, and guests were limited to immediate family members seated six feet apart, with additional members and friends invited to view a live-stream of the ceremony from their own homes.

“I am very pleased with our community decision to defer this ceremony until we could make this possible,” said Assistant Superintendent/Director/Principal Mr. Anthony E. Steele II, during his opening remarks and discussed optimism. “We will finally have an opportunity to honor our graduates with all the pomp and circumstance they deserve.”

The morning ceremony included a beautiful rendition of the National Anthem sung by graduate, Mica McLaurin of Northbridge. Yvette Martin, Director of Student Services, delivered the benediction that included a graduation blessing and a moment to reflect upon those we have lost in our BVT family. Graduate, Derek Eplite of Douglas, gave an inspired musical performance of “Closer to the Heart” by Rush.



Courtesy

Derek Eplite of Douglas, gives a musical performance of “Closer to the Heart” by Rush during BVT’s Commencement Ceremony.

mance of “Closer to the Heart” by Rush.

Graduating during a pandemic was a unique shared experience and a common theme that the student speakers each addressed effectively. Brandon Kee of Milford, the Class Valedictorian, spoke of overcoming challenging times. Cole Peterson of Mendon, the Senior Class President, reflected on an unforgettable senior year. Logan Keefe of Milford, the Student Council President, and the Senior Class Historian, highlighted perseverance as a defining trait of their class. Melissa Vieira of Milford, the NHS-NTHS President, outlined the pillars of NHS and

being united as a class when Coronavirus turned our world upside down. Daniel McDonald of Grafton, the Class Salutatorian, recognized that in a crisis, there are opportunities, take advantage of new opportunities that emerge.

Assistant Principal, Mr. Matthew Urquhart, addressed the class, offered sage advice and spoke to the importance of family and the loss of their classmate, friend, teammate, and family member, Tony Pena. “Tony taught us about strength and commitment throughout his courageous battle. For most of you, it was your first experience with the loss of a friend, but the sense of togetherness and unity

you exhibited each day served as a reminder that we are more resilient together than we are alone.”

“We are proud of this class for leading by example during unique highs and lows. Setting a positive example for our underclassmen on how to adapt to life situations as they presented themselves,” said Superintendent/Director Dr. Michael F. Fitzpatrick. He encouraged the Class of 2020 to build upon their BVT experience and convert their dreams into future accomplishments.

Two hundred ninety-eight students concluded their dual high school

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A monthly music technol-

The all-inclusive program has no registration fees, payment plan fees or recital fees. The calendar year runs from Sept. 9 through June 23. Tuition is charged monthly based on the length of the lesson (30, 45 or 60 minutes).

Directed by voice faculty member Alisa Cassola, the program combines weekly private lessons with monthly studio classes and provides solo and collaborative performance opportunities throughout the year-long program.

In addition, both of these programs offer the same benefits as the music membership including monthly tuition payment without registration, recital or payment plan fees. The PIP and VIP programs are based on the same academic calendar year.

Apple Tree Arts' mission is to enrich our communities through the arts, by providing high-quality performing arts education and experiences for all ages, identities and abilities. Founded in 1989, the nonprofit 501 (c) 3 organization has grown to serve children and adults annually with early childhood music classes, private music, voice and acting instruction, youth songwriting programs, group piano lessons, theatre arts programs and concerts. For more information, visit www.appletreearts.org

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REAL ESTATE

BLACKSTONE

\$406,000, 53 Milk St, Ryan, Paula M, to Buruchian, Kevin, and Buruchian, Ashley.
\$380,000, 6-A Fox Hill Rd, Baszner, Geraldine, to Norbetski, Paul.
\$210,000, 8 Rivers Edge Rd #8, Costantino-Petrucci FT, and Costantino, Joseph M, to Anderson. Daniel J, and Smith, Courtney M.
\$140,000, Harkness Rd, Jarry, Beverly, to Menard, Peter, and Menard, Angela.

DOUGLAS

\$510,000, 24 Olde Carriage Ln,
Pechonis, John S, and Pechonis,
Karen M, to Anderson, Brian.

\$447,000, 36 Walnut St, Clayborne,
Leslie W, and Clayborne, Michele
T, to Guthenberg, Brant R, and
Guthenberg, Jennifer L.

\$386,900, 68 Depot St, Stevens,
Leslie M, and Stevens, Jennifer M,
to Lisk, Bernice.

\$385,000, 32 Yew St, Guthenberg,
Brant R, and Guthenberg, Jennifer,
to Braney, Frank, and Laura,
Shannon M.

NORTHBRIDGE

\$405,000, 43 Quaker St, Arnold, Jonathan S, and Ooley, Lauren N, to Moscatelli, Patricia.

UXBRIDGE

\$525,000, 408 River Rd, Champagne
LT, and Champagne, Cheryl A, to
Healy, Kevin, and Hilton, Mark.
\$270,000, 14 Peter St, Herriford,
Melissa G, to Frederick, Deborah J.
\$240,000, 173 E Hartford Ave #173,
US Bank NA Tr, to Ewida, Mariham,
and Morcos, Mark.
\$178,000, 37 Douglas St, Kiernan
David L Est, and Kiernan, Bonnie
M, to Denson, Kenneth J.

Whitinsville residents to participate in Boston Marathon® Jimmy Fund Walk

WHITINSVILLE — Two residents from Whitinsville will choose their own route on October 4th for the annual Boston Marathon® Jimmy Fund Walk presented by Hyundai. Participants are encouraged to walk wherever they choose: around their neighborhood, a local hiking trail, a treadmill, or anywhere else they are comfortable.

Dennis Bombara and Jessica Niro, along with thousands of other walkers, will participate in virtual programming during the Walk that aims to recreate the most inspiring elements of Walk day. While the event will not physically bring walkers together along the famed Boston Marathon® course, it will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The event has raised more than \$145 million for Dana-Farber Cancer Institute in its 30+ year history.

“While we can’t see everyone in person this year, we are excited for the virtual programing which will give participants the opportunity to support breakthroughs in cancer care and

research at Dana-Farber Cancer Institute,” said Zack Blackburn, Director of the Boston Marathon Jimmy Fund Walk. “Together, from a safe distance, we will take critical strides in the journey to conquer cancer.”

This year’s event will have a lower fundraising requirement (\$100 for adults and \$25 for those 12 years old and younger) and everyone will pay just a \$5 registration fee. Each walker who registers will receive a bib, and medal and the first 5,000 walkers to register will receive a commemorative Jimmy Fund Walk T-shirt.

Anyone interested in additional information can reference the Jimmy Fund Walk: Your Way frequently asked questions or can send an email to JimmyFundWalk@DFCI.harvard.edu. Funds raised from the Jimmy Fund Walk support all forms of adult and pediatric patient care and cancer research at the nation’s premier cancer center, Dana-Farber Cancer Institute. The Boston Athletic Association has supported the Jimmy Fund Walk since 1989, and Hyundai has been the presenting sponsor since 2002.

To register to walk

(#JimmyFundWalk) or to support a walker visit www.JimmyFundWalk.org or call (866) 531-9255. You can also download The Jimmy Fund Walk App in Charity Miles. The app will allow you to track the miles you walk leading up to, and on Walk day, create a team and walk with your friends, family, and teammates, share your miles and activities via social media to boost fundraising, and see important Walk day news, content, training and fundraising challenges. Download the app here.

About the Jimmy Fund
The Jimmy Fund, established in Boston in 1948, is comprised of community-based fundraising events and other programs that, solely and directly, benefit Dana-Farber Cancer Institute’s lifesaving mission to provide compassionate patient care and groundbreaking cancer research for children and adults. The Jimmy Fund is an official charity of the Boston Red Sox, the Massachusetts Chiefs of Police Association, the Pan-Mass Challenge, and the Variety Children’s Charity of New England. Since 1948, the generosity of millions of people has helped the Jimmy Fund save countless lives and reduce the bur-

den of cancer for patients and families worldwide. Follow the Jimmy Fund on Facebook, Twitter and Instagram: @TheJimmyFund.

About Dana-Farber Cancer Institute
Dana-Farber Cancer Institute is one of the world’s leading centers of cancer research and treatment. Dana-Farber’s mission is to reduce the burden of cancer through scientific inquiry, clinical care, education, community engagement, and advocacy. We provide the latest treatments in cancer for adults through Dana-Farber/Brigham and Women’s Cancer Center and for children through Dana-Farber/Boston Children’s Cancer and Blood Disorders Center. Dana-Farber is the only hospital nationwide with a top 10 U.S. News & World Report Best Cancer Hospital ranking in both adult and pediatric care.

As a global leader in oncology, Dana-Farber is dedicated to a unique and equal balance between cancer research and care, translating the results of discovery into new treatments for patients locally and around the world, offering more than 1,100 clinical trials.



ACCURACY WATCH

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

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

Lions schedule shredding event

UXBRIDGE — The semi-annual Uxbridge Lions Club Shred Event is planned for Saturday, Sept. 26, from 9 a.m. to noon, at the VFW parking lot on Cross Road in Uxbridge. With Pellegrino Trucking Co. and Onsite Computers, the Lions Club once again ensures secure paper shredding while you watch and certified guaranteed electronic destruction.

The donation of \$5 per copy paper sized box of paper or electronic item will benefit local programs supported by the Uxbridge Lions Club which includes scholarships, eye glass and hearing aid assistance, Uxbridge Senior Center support, local youth sports clubs and more. Onsite Computers will accept any small electronic item except televisions and CRT monitors. No household appliances. Dispose of devices such as phones, electrical cords, DVDs, cameras, USB cables, flat screen computer monitors, keyboards, radios and stereos.

Get rid of those documents you no longer need which are not kept securely and can pose a threat to your identity. The Pellegrino Truck will shred securely on site and the tons of paper resulting will be recycled.

The procedure for driving up to the site will be clearly marked and a member of the Lions will assist with your materials to be shredded. Wear a mask, please.

The Uxbridge Lions meet every third Wednesday of the month at 7 p.m. Until further notice, meetings will be held via Zoom. Contact President Diane Seely, dmseely@hotmail.com. New members are always welcome to join the largest service organization in the world whose motto is “We Serve.”



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Uxbridge residents to participate in Boston Marathon® Jimmy Fund Walk

UXBRIDGE — Six residents from Uxbridge will choose their own route on Oct. 4 for the annual Boston Marathon® Jimmy Fund Walk presented by Hyundai. Participants are encouraged to walk wherever they choose: around their neighborhood, a local hiking trail, a treadmill, or anywhere else they are comfortable.

Jacqueline Canal, Beth Hughes, Dawn Lefrancois, Jeffrey Lourie, Melissa MicKunas, and Hailey Minichiello, along with thousands of other walkers, will participate in virtual programming during the Walk that aims to recreate the most inspiring elements of Walk day. While the event will not physically bring walkers together along the famed Boston Marathon® course, it will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The event has raised more than \$145 million for Dana-Farber Cancer Institute in its 30-plus year history.

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Grief Recovery support group starts Sept. 8

WHITINSVILLE — A new grief recovery support group starts up on Tuesday, Sept. 8, at the Pleasant Street Church. GriefShare is a program designed to help people in bereavement find encouragement and support during the grieving process. GriefShare meetings are for anyone who is grieving the loss of someone close.

The meetings will be done I a hybrid fashion. Participants can come to the in-person meeting or participate online via Zoom if that is more comfortable.

Each GriefShare session includes a video seminar and group discussion, providing an opportunity to interact with others who have experienced a recent loss. Weekly topics include “Living with Grief,” “The Effects of Grief,” “Your Family and Grief,” “Why,” and “Stuck in Grief.”

The program continues for 13 weeks, and attendees are welcome to join the group at any point.

GriefShare is free, non-denominational, and open to all.

Meetings begin Tuesday, Sept. 8, from 6:30 to 8:30 p.m. at Pleasant Street Church, 25 Cross St., Whitinsville. Contact the church office at 508-234-5268, e-mail howard@psrc.org or visit www.psrc.org for more information and to register.

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

DIRECTOR NEWS
FOR SEPTEMBER 2020
NEWSLETTER

It's September, Happy Senior Center Month Everyone!
The 2020 theme is: Senior Centers: Delivering Vital Connections!
National Senior Center Month is celebrated every year in September. This year's theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources. During senior center month here's how the Uxbridge Senior Center plays a vital role in our community, promotes a positive image of aging, and creates interest among prospective new participants.

Our key words this celebration are Mind, Body, Spirit, Community. They are important reminders to take a holistic approach. During our celebration we would like to share with you some programs that connect to:

Mind: Join in on a Coffee Talk Zoom educational program or play Facebook Live Pictionary with Sally on Fridays at 1pm;
Body: Join in on the walking club with Sally on Wednesdays at 10am or participate in a Zumba or Chair Yoga class;
Spirit: Make a craft with Sally on Thursdays at 2:30pm or join in on an outdoor concert or outdoor program;
Community: Join in on a Virtual Trip with Sally around Uxbridge or go on one of our shopping trips to Foppema's Farm or to other local stores.
For more information on how you can be more involved, please contact the senior center.

The Senior Center is scaling up programs and is scheduled to open on September 9th on Mondays, Wednesdays, and Fridays only, from 10am-2pm, by appointment only, for assistance with applications, information and referral, and outreach. The Congregate Lunch Program is still closed. Visitors will need to call ahead and schedule an appointment to meet one on one with senior center staff. (at a 6 ft. social

distance) Each visitor will be asked the following questions:
Do you not have a mask?
Do you have any symptoms of COVID-19?
Do you have contact with someone who is COVID-19 positive?
If they answer YES to any of these questions—They are NOT ALLOWED into the Center.
Precautions are in place to insure everyone's safety. Visitors will be required to sign in via our Senior Space equipment to adhere to contact tracing requirements.
Curbside pick-up lunches will take place on Friday, Sept 11 and Sept 25. Check out this newsletter for more details. Thank you, State Rep. Mike Soter, for sponsoring the Sept 11th lunch!!
We are pleased to announce that the Senior Center was awarded a used 2017 van which will replace our 2009 Medical Transportation van. This van is from the Massachusetts Department of Transportation and will be used for medical appointments. It is equipped with a wheelchair lift to accommodate those that need a little extra help. The van will be lettered and on the road soon!
Thank you to our Town Manager, Steve Sette, for helping us acquire this new van. We appreciate his efforts and interest in assisting our senior residents.
Thank you,
Lisa Bernard
Director

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

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

ZUMBA with Amy – Continuation of 8-week Session – September 3rd, 10th, 17th & 24th –Thursdays at 2:00 pm. Members will receive an Email with the link. You can also message or call the senior center with your email address if you want to participate. Donations are graciously accepted. This is sponsored by the Uxbridge Elderly Connection.

Monday, September 7th – The senior center will be closed in observance of Labor Day.

Friday, September 11th - 12:00 pm – Cookout Curbside Pickup sponsored by State Rep. Mike Soter. Must RSVP by Friday, Sept. 4th. Meal includes hamburger, hot dog, mac salad, chips, drink & dessert. This will be curb side pick-up only. Please call 508-278-8622 to sign up by Sept. 4th.

Monday, September 21st – 1:00 pm – 2:00 pm - Outdoor Concert with Tim Brooks ~ The Crooner At Large! This will be at the Uxbridge Housing Authority for residents only (Calumet & Centennial Court Apartments). Not open to the public. Sign up in the laundry room and remember to bring a mask and keep your social distancing. Seating will be provided. Rain Date Sept. 28th.

Friday, Sept. 25th – 12:00 pm – Baked Fish Curbside Pickup. Lunch includes baked fish, roasted autumn veggies, wild rice & dessert. You must call 508-278-8622 to sign up and RSVP by Sept. 18th.

Wednesday, September 30th – 11 am – 2 pm – Hannaford gift card Distribution will be held at the Uxbridge Senior Center. If you are interested, please call the center for more information. Gift card amounts are being increased to \$35 each. Thank you to our Board of Selectman for your support!!

Uxbridge Senior Center On The Move - Videos will be posted every Monday at 10:00 am! Get ready to join Sally on VIRTUAL trips around Uxbridge to learn and find out about local hot spots! Stay tuned for more information! Any suggestions, please let us know!

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

Every Tuesday – Virtual Chair exercises with Sally posted on the Uxbridge Senior Center Facebook page & YouTube.

Every Wednesday @ 10 am – Walking Club with Sally! Meet at the Blackstone River Greenway located on Adams Street. This is weather permitting and be sure to wear your mask and bring a water bottle. Walking times may change.

1st and 3rd Wednesdays @ 10:00 am* – Bank & Pharmacy Rides. Please call at least 24 hours in advance if you need a ride. Masks must be work as well. *NOTE CHANGE IN TIME

2nd & 4th Wednesdays @ 10:00 am* – Shopping trip to Foppema's Farm. There will only be 4 people allowed on the van per visit. Call ahead to sign up! Masks must be worn. *NOTE CHANGE IN TIME

2nd and 4th Thursdays @ 9:30 am* – Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance if you need a ride. Masks must be work and limited to 4 people on the van. *NOTE CHANGE IN TIME

Every Thursday – Virtual Crafts with Sally posted on the Uxbridge Senior Center Facebook page and YouTube.

Every Friday @ 1:00 pm – Live Facebook Pictionary with Sally! Come play along with Sally & Gail. Tune in to the Uxbridge Senior Center Facebook page. *NOTE: Change in time for Sept 11th & Sept 25th will be @ 2:00 pm.

The Healthy Living Center of Excellence: My Life, My Health – Sign up for a Free Six Week Workshop! Sponsored by Tri-Valley, Inc.

Virtual Workshops: Wednesdays, Sept. 23, 2020 – Nov. 4, 2020

Sept. 23rd session: 1:00 – 1:45 pm (review of virtual platform)
Sept. 30th – Nov. 4th sessions: 1:00 – 3:30 pm

For more info or to Register: Please call Sue at 508-949-6640, ext. 3308 or Muriel at 508-949-6640, ext. 3388

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

Uxbridge-ma.gov/Council-Aging
https://www.Facebook.com/UxbridgeMASeniorCenter
https://www.youtube.com/channel/UCNh_RIq99rucmFH-UO7VFBw
https://www.uxbridgetv.org/schedule/192

NEWS FROM SHINE FOR SEPTEMBER 2020
IMPORTANT MAIL ABOUT YOUR DRUG AND HEALTH PLANS!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), your Plan will mail you an information packet called an ANNUAL NOTICE OF CHANGE by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2021.

Your plan premiums, deductibles, copays, providers and covered drugs may change significantly!

This is important information and if you do not understand it, you should discuss it with your family or caregivers. During the current COVID crisis, we will not be doing on site presentations at senior centers. We will make presentations available on our website, www.shinema.org, and also through your local cable channel.

During the annual Medicare Open Enrollment Period (October 15th - December 7th), you will have a chance to CHANGE your plan for next year. SHINE's certified Medicare counselors can help you understand your plan changes, as well as other options you may have.

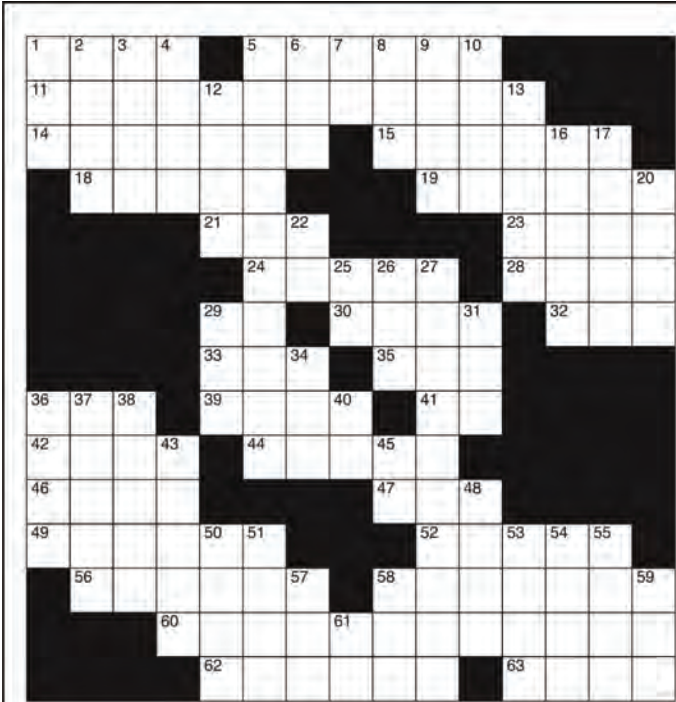
Trained SHINE (Serving Health Information Needs of Everyone) counselors can help you! We offer, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your local senior center and ask for a SHINE appointment. Remember you can contact us at the regional office: 508-422-9931. Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back.

We are available via multiple platforms such as FaceTime, Zoom and Skype to do one-on-one appointments if needed. Watch our website for Medicare 101 presentations on Zoom.

Our newly upgraded website: www.shinema.org has information on Medicare, MassHealth, links that can be a valuable resource.

ARE YOU AWARE OF THE NUMBER OF PEOPLE THAT ARE HELPED AT THE UXBRIDGE SENIOR CENTER? The following numbers represent the people served in JULY 2020:

TELEPHONE CALLS	2007
LUNCH DELIVERY	900
INDIVIDUAL SHOPPING	2
MEDICAL RUNS	19
HANNAFORD	32
MASK DELIVERYS	20
VIRTUAL ACTIVITIES	2894
LUNCH VAN MILEAGE	273
MED VAN MILEAGE	273
VIRTUAL CHAIR YOGA	49
\$20 GIFT CARDS	125
\$5 GIFT CARD	45



CLUES ACROSS

1. Popular musical awards show

5. Speech in one's honor

11. A state of poor nutrition

14. Not ingested

15. More lacking in taste

18. "Popeye" cartoonist

19. Helps to reduce speed

21. January 1 greeting (abbr.)

23. Georgian currency

24. Proverb expressing a truth

28. Jewish calendar month

29. Volume measurement

30. Fair-skinned

32. Patti Hearst's captors

33. Have already done
35. Touch lightly

36. Autonomic nervous system

39. Plant part

41. College degree

42. Military alliance

44. Tokyo's former name

46. Carpenter's tool

47. Before

49. Consent to receive

52. Passages

56. The Duke of Edinburgh

58. Utter repeatedly

60. Linked together in a chain

62. Quality that evokes pity

63. Maintained possession of

CLUES DOWN

1. U.S. military school

2. Controls

3. Away from wind

4. Grab quickly

5. Being everlasting

6. Vase

7. Atomic #3

8. Type of medication

9. Encircle with a belt

10. Belonging to you

12. American state

13. City in Zambia

16. Good Gosh!

17. Of the country

20. Helsinki district

22. 36 inches

25. Reporters' group

26. The voice of Olaf

27. Explains in detail
29. Tooth caregiver

31. One point south of due east

34. Scottish river

36. Elsa's sister

37. Civil Rights group

38. Line of poetry

40. Doctor

43. Fatty acid

45. Avatar (abbr.)

48. Awe-inspiring garden

50. Fall down

51. Rock icon Turner

53. Asian country (alt. sp.)

54. UK museum network

55. Stairs have at least one

57. Part of (abbr.)

58. Simpson trial judge

59. Sun up in New York

61. Exclamation of surprise



MILLBURY SENIOR CENTER

Blood Pressure Clinic
Every Tuesday from 9 A.M. - 10 A.M.
Held outside In front of the Millbury Senior Center under the Awning
Masks required along with social distancing!

EXERCISE IN THE GARDEN
The center is closed at this time, but all are welcome to continue lite exercise in the garden on Monday and Fridays 9:30 – 10:15 A.M.
Weather permitting & social distancing is a must!

Grab & Go Meals”
Lunch meals will be available to be picked up daily at the front door, 11:30 A.M.
Menu is available on Town Website, www.town-ofmillbury.org
Or our Millbury Senior Center Facebook page
A 48 hour reservation is required
For more information or reservations call us at 508-865-9154

The Senior Center is closed to the Public.

While the building is not open to the public the Food Pantry at the Millbury Senior Center is available from 9am to 1pm Monday thru Friday by calling 508-865-9247 for an appointment our food pantry is fully stocked at this time tell us what you need and you can pick it up or we will deliver it.

We are still here to answer any questions you may have and we are available for your transportation to Doctors appointments or if you need to go to the drug store for your prescriptions, we will take you there. If you don't have a mask, we will give you one.

Also if you are in need of a home delivered meal give us a call and we will set you up to get one delivered to you.

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

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September 2020 Virtual Programs

ADULT PROGRAMS

Virtual Gentle Yoga – Thursdays and Saturdays at 10:00am
Tune in to YouTube Live to start off your day with a yoga session with Marise Nazzaro! Search YouTube for the Uxbridge Free Public Library channel. The Thursday morning class is sponsored by the Friends of the Simon Fairfield Public Library and the Saturday morning class is sponsored by

the Uxbridge Board of Library Trustees.

Virtual Mindfulness Meditation – Thursdays, September 3rd and 17th at 6:00pm
We’re changing it up! Tune in on Zoom for an interactive virtual meditation session with Jenny Xie! To register, please email jenny.lynn.xie@gmail.com for the Zoom link. Thank you to the Friends of the Library for sponsoring this program and to the Central Massachusetts Library Advocates for sponsoring the platform.

Virtual Celebration of Animation Presentation: The 100 Greatest Cartoon Characters of All-Time – Thursday, September 24th at 6:30pm
Award-winning author and pop culture historian Martin Gitlin hosts this fun, nostalgic, and

enlightening presentation based on his book, A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History. He is the only author to actually rank the greatest cartoon characters ever, such as Popeye, Bugs Bunny, Mickey Mouse, Scooby Doo, Snoopy, and SpongeBob SquarePants. He will show funny cartoon snippets of characters from the past century, play trivia with attendees, discuss the criteria he used to rank the best of the best, and speak about their impact on American pop culture. Marty will have autographed and personalized copies of his book available online for purchase after the event. To register for this event, please email uxbridgelibrary@cwmar.org to have the link sent directly to your email the day of the event. This class is

sponsored by the Uxbridge Free Public Library and the Whitinsville Social Library.

Virtual Bookies Book Club - Monday, September 28th at 6:30pm
Zach will lead a discussion on The Housekeeper by Natalie Barelli. This title is available on the Hoopla Digital app. Patrons interested in participating should email zparrish@cwmar.org to register and receive the Zoom link.

YOUTH PROGRAMS

Take-Home Crafty Wednesdays - Wednesday mornings and afternoons
Our weekly crafts are back! Grab one if you're browsing, or let us know if you'd like a craft in your curbside bag!

Virtual Story Time

with Lindsey and Iggy the Sheep - Monday and Wednesday mornings at 10:30am
Join us on Facebook Live for songs, rhymes, stories, and more! Best for ages 0-4.

Virtual Read Aloud with Lindsey and Iggy the Sheep - Thursday nights at 7pm
Wind down with us on Facebook Live for some stories and a chapter or two of the book of the month! Best for all ages.

Virtual Kids Yoga - Wednesdays, September 16th and 30th at 6pm
Tune in to YouTube Live and learn new poses, enjoy stories while practicing, and most of all, have fun! Best for ages 5 and up.

*Virtual French Toast Mug Meals - Thursday, September 17th at 2pm

Join us on Zoom and learn how to make french toast in your favorite mug with Chef Julie! This program is best for ages 10 and up. Email Lindsey to register, receive an ingredients list, and Zoom info at lcentrella@cwmar.org. Brought to you by the Library Board of Trustees.

*Virtual Chocolate Lava Cake Mug Meals - Thursday, September 24th at 2pm

It's dessert time! Join Chef Julie to make ooey gooey lava cake in your favorite mug. This program is best for ages 10 and up. Email Lindsey to register, receive an ingredients list, and Zoom info at lcentrella@cwmar.org. Brought to you by the Library Board of Trustees.

*Registration required

Apple Tree Arts relaunches “Conversation with An Artist” auction

GRAFTON — Apple Tree Arts’ “Curtains Up! Act 3: Conversation with An Artist” returns after an extended intermission paused the fundraising event in solidarity with the Black community. The auction closes at 6 p.m. Friday, Aug. 28.
The mission themed online auction provides a way for regional, national and international networks to support Apple Tree Arts, a nonprofit music and performing arts education organization by bidding on conversations with artists, gift certificates and packages donated by individuals and businesses. In addition, you may donate to our newly-established scholarship fund. <https://charityauction.bid/apple-treetarts>
This is an excellent opportunity for anyone interested in music, theatre, film and/or TV to have a conversation with musicians, performers and other profession-

als who are working in music and/or performing arts. The “artists,” who live coast-to-coast in the U.S. and Germany, have agreed to a half-hour conversation with the winning bidders. Whether that’s a phone call, through Zoom or another option, will be decided by the winning bidder and artist (facilitated by Apple Tree Arts).
Is there a college grad, teenager, family member or friend who would benefit or appreciate one of these conversations? Give an unusual gift to a special friend that lets them gain insight about a career in music or the performing arts from an accomplished professional. Support the arts today with a unique opportunity to inspire someone.
Apple Tree Arts thanks the auction sponsors: Homefield Credit Union, Apollo Piano Company and Beatz Dance Studio.

Artists include:
National and international tour Broadway actors, stage managers, producers and directors (“Annie,” “Anastasia,” “Amos Heart,” “Hairspray,” “Joseph and The Technicolor Dreamcoat,” “Master Class,” “My Fair Lady,” “The Producers,” “Hamilton,” “Wicked,” “The Book of Mormon,” “Les Misérables,” “The Phantom of The Opera,” “Miss Saigon”)
Television actors and screenwriters (“All in The Family,” “Archie Bunker’s Place,” “Rescue Me,” “Star Trek: Voyager,” “The Sopranos,” “Ugly Betty,” “Days of Our Lives,” “The Middle,” “Supah Ninjas,” “All of My Children,” Skateboarding on Nickelodeon, HGTV series “House Hunters” and “Design on a Dime”)
Founder of television producing company, Goldman Taylor Entertainment (has pro-

duced movies, documentaries, reality series’ and more).
Film actors, screenwriters, directors, producers (“Fangs,” “The Producers,” “The Bronx is Burning,” “The Dangerous Lives of Altar Boys,” “Bridge to Terabithia,” “A Wrinkle in Time,” “The Social Network,” “Bride Wars,” “Surrogates,” “Friends with Benefits”)
Songwriters, music producers and radio personalities (Natasha Bedingfield’s “Unwritten” and “Pocketful of Sunshine,” Adam Levine’s “Lost Stars,” “Twisted Tunes” and “Twisted Christmas”)
Chart-topping/award winning rock, jazz and blues band lead and back up vocalists and instrumentalists - percussion, guitar (New Radicals, Sara Bareilles, John Oates, Jennifer Nettles, The Contenders, Brittany Spears, Black

Eyed Peas, Taylor Swift, JADA, Alanis Morissette, Mick Jagger, The B-52’s, Carly Simon, Lisa Marie Presley, Michelle Branch)
Internationally known and awarded classical pianist and conductor
CEO of Independent Film Company, 50 Eggs (who is also an Olympian and recovering lawyer). 50 Eggs explores the concept of overcoming obstacles, whether it is a fight for social change or issues of poverty and lack of opportunity.
Founder of Completely Ridiculous Productions, an acting training center and theatre lab
Documentary producer and director of human resource videos for McDonald’s Corp and The New York Police Department
Grammy award winning recording engineers and productions (Flo Rida, Michael Bublé, Ludacris, Adam

Lambert, “Fantasia,” Michael Bolton, “Weird Al” Yankovic, “Outlander,” “Black Sails,” “The Walking Dead,” “Marvel’s Agents of S.H.I.E.L.D.,” “Eureka”)
Internationally known electronic composition music producer and DJ
Watch for daily social media posts and information highlighting participating artists and their work as well as shout outs to auction donors. Bid for yourself, a family member or friend or make it a family conversation. As a bidder, you will support Apple Tree Arts while giving someone a gift of a conversation that may change their life!
If you would like more information about Conversations with An Artist or Apple Tree Arts, please contact Liz at liz.c@appletreearts.org or 508-839-4286.



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Tax Savings Event on windows!

We're celebrating our **Tax Savings Event** all month long!

Through August 31st only, **save \$330 on every window** and **save \$725 on every patio and entry door**, and **get 6.25% off your entire project** with **\$0 down, 0 monthly payments and 0% interest for one year!**¹

- From last year we know that these appointments fill up quickly; call today
- This Tax Savings Event is **even better than last year's!**



Must call by August 31st, 2020

1

SAVE \$330
on every window¹

SAVE \$725
on every patio and entry door¹

Minimum purchase of four.

AND

2

6.25% OFF
your entire project¹

No minimum purchase required.

WITH

3

\$0 0 0%
Down Monthly Interest
Payments

FOR 1 YEAR¹

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months. Participating states require the payment of sales taxes on all product sales.

Don't settle for poor-quality vinyl windows.

Not only can they look shiny and low-end, some poor-quality vinyl windows can warp, leak and become drafty after just a few years. Our windows are made of our exclusive Fibrex[®] material, which is twice as strong as vinyl.

Unlike some other companies, we warrant our windows and installation.*

Renewal by Andersen is the full-service replacement window division of Andersen Corporation, and because they've been around for 117 years, you know we'll be around to stand behind our window, our service and our installation.* And know that we've adjusted our operations to serve you in the **safest** way possible **and** make your home more secure.



Make your home more secure. Book a Virtual or In-Home Appointment

1-800-209-2746

¹DETAILS OF OFFER – Offer expires 9/19/2020. You must set your appointment by 8/31/2020 and purchase by 9/19/2020. Not valid with other offers or prior purchases. Get \$330 off each window and \$725 off each patio/entry door and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio/entry doors between 8/1/2020 and 9/19/2020. Additional 6.25% off your entire project, no minimum purchase required, taken after initial discount(s), when you set your appointment by 8/31/2020 and purchase by 9/19/2020. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky[®] consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2020 Andersen Corporation. All rights reserved. ©2020 Lead Surge LLC. All rights reserved. *See limited warranty for details.

Douglas Fire Department to receive federal grant

DOUGLAS — The Federal Emergency Management Agency (FEMA) announced today \$7.8 million in direct assistance grants to 340 fire depart-

EVENT
continued from page A1

get their hands on some new Douglas swag,” added Bell. “For the last six months, our schools have felt so empty and it is exciting to finally have our community back together again, even if it is from a social distance.”

Second-grader Bailey and fourth-grader Armen attended the event and said they were excited to see friends and get a treat.

“I am excited to get to see some friends and try new flavors,” said Armen.

Parents also expressed their excitement for the event.

“I am so happy that the PTO is able to host this event, with the support of the town and school departments, so that families can enjoy something ‘Kool’ while practicing social distancing,” said Melissa, a parent. “It is important for us to think outside of the box for events that give the children and families of Douglas a reason to smile and have a little bit of fun.”

According to a recent announcement, the Douglas Public Schools has formulated a plan for reopening for both in-person and remote learning opportunities and will implement a Hybrid Learning Model.

“We understand that flexibility to move between plans is paramount and may very well be needed at some point this year. As of today, based on the data and our analysis the Douglas Public Schools will implement a Hybrid Learning Model,” the district released in a statement.

ments nationwide through the agency’s FY2020 Assistance to Firefighters Grant COVID-19 Supplemental program (AFG-S). Additional phases will soon be announced.

The AFG-S Program includes grants to the following fire departments in Massachusetts:
Athol – Fire Department - \$15,876
Barre – Fire Department - \$7,646
Berlin – Fire Department - \$13,548
Bolton – Fire Department - \$16,887
Boston – Fire Department - \$397,057
Boxford – Fire Department - \$4,785
Boylston – Fire Department - \$3,520
Brewster – Fire Department - \$53,115
Charlton – Fire Department - \$5,536

EEE
continued from page A1

the moderate risk category should take several precautions, including: Repair or replace any damaged screens; Wear insect repellent whenever outdoors, and especially from dusk to dawn; Wear long sleeves and long pants from dusk to dawn; Use mosquito netting on baby carriages and playpens; Avoid areas with obvious mosquito activity.

As of press time, there has been no announcement in Douglas of any plan to conduct aerial spraying against mosquitoes.

If there is any increase in the risk level or plans to spray, the town has announced that it will update residents.

Chatham – Fire Department - \$15,329
Douglas – Fire Department - \$2,198
East Longmeadow – Fire Department - \$17,933
Essex – Fire Department - \$2,926
Harvard – Fire Department - \$1,770
Holliston – Fire Department - \$9,630
Lincoln – Fire Department - \$6,931
Lynnfield – Fire Department - \$49,533
Manchester by the Sea – Fire Department - \$5,035
Nahant – Fire Department - \$16,682
Nantucket – Fire Department - \$20,216
Paxton – Fire Department - \$4,923
Plainville – Fire Department - \$7,598
Sterling – Fire Department - \$15,610
The Fiscal Year 2020 Assistance to Firefighters Grant Program – COVID-19 Supplemental (AFG-S) is a supplemental funding opportunity under the Assistance to Firefighters Grant Program (AFG). AFG is one of three FEMA grant programs that focus on enhancing the safety of the public and firefighters with respect to fire

BVT
continued from page A1

education and received their vocational certificates and diplomas. That certifies mastery of the competencies in their career-technical programs, and a rigorous academic course of the study. The ceremony ended with a round of applause as the graduates tossed their caps towards the sky.
About Blackstone Valley Regional Vocational Technical High School (BVT)

and fire-related hazards. The AFG-S Program accomplishes this by providing financial assistance directly to eligible fire departments, nonaffiliated emergency medical service organizations, and State Fire Training Academies for critical Personal Protective Equipment and supplies needed to prevent, prepare for, and respond to the COVID-19 public health emergency. The AFG-S Program represents part of a comprehensive set of measures authorized by Congress and implemented by the Department of Homeland Security.
FEMA obligates funding for this project directly to the recipient agencies. It is the recipient agency’s responsibility to manage their grant award within federal guidelines with technical assistance and monitoring provided by FEMA Fire Program Specialists.
Additional information about FEMA’s Assistance to Firefighters grant program(s) may be found at <https://www.fema.gov/firegrants>.

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. The school’s Web site is www.valleytech.k12.ma.us.



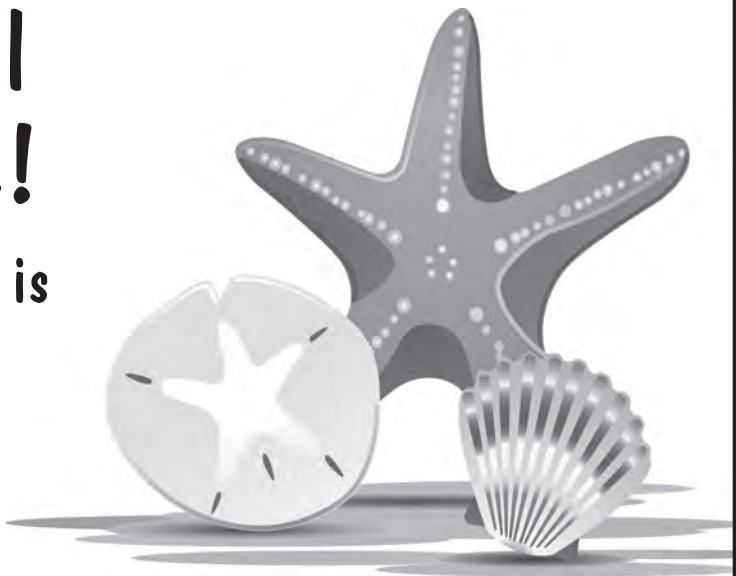
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Welcome to our 2nd Annual ABC's of Summer Scramble!

The Winner of a random drawing of all entries is
Julie Caron of West Brookfield

Thank you to all who entered our Scramble Contest
and to all of our ABC Businesses.
Hope you will join us again in the Fall!



ABC'S OF SUMMER SCRAMBLE ANSWERS

(These are not in alphabetical order)

1. NSHASEE SALNO
Sheenas Salon

2. UROY CDB EORST
Your CBD Store

3. INHIGSG EERYNG RVNEALTIEA
Higgins Energy Alternative

4. WHIRDCKA MSRAREF
Hardwick Farmers

5. KIAEAML ADN NJUE
Mikaela and June

6. EMRIROC EELSWJER
Cormier Jewelers

7. EBNS KALETC HKSCA
Bens Tackle Shack

8. BAIETCN OTEPD
Cabinet Depot

9. LOXAMUERU DROF
Lamoureux Ford

10. EATACURC TPSE CLTOONR
Accurate Pest Control

11. REPIOEN EALLVY LOI / RMANCIEA TSNUCROID OIL
Pioneer Valley Oil / American Discount Oil

12. IASL CANRO TEXTI RLEA SEAETT
Lisa Caron Exit Real Estate

13. BE STAFTL
EB Flatts

14. AOGAUBQ LEIAITTAINHOBR
Quaboag Rehabilitation

15. IYOTCVR SERTGOA
Victory Storage

16. DGBUXREI OEHIDOPCTSR
Uxbridge Orthopedics

17. DTVICNEAHRZ ALRE STEETA
Vanderzicht Real Estate

18. GRYSA TRETSUG
Garys Gutters

19. LCLIHA ETRI NDA AUTO
Cahill Tire and Auto

20. SODOYW TUAO YDOB
Woody's Auto Body

21. RNOAIRDD OEEKFE EASH
Dorrinda Okeefe Shea


22. IFVE VLAEOS
Five Loaves

23. ASLN TNPAI TNEREC NALS
Paint Center

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FRANK G. CHILINSKI
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BRENDAN BERUBE
EDITOR

EDITORIAL

A change of opinion signals growth

As the world turns, so do people's opinions — even moreso now that it's an election year. Further, there has been so much civil unrest currently, in addition to the fact that we are all living through a global pandemic. We are all constantly being bombarded with opinions. You see them on social media, the radio, television, newspapers, and even on signs in people's yards.

As overwhelming, and sometimes unsettling, as this can be, it is actually quite healthy to have and share your opinions. Some individuals have no issue sharing their opinions, while others tend to shy away. Perhaps the latter is on to something but we digress. As we write this, and as you read it, somewhere, two people are in the midst of a debate.

When we share opinions, it's a sign that we are yearning to be more educated and more knowledgeable about the world we live in. The problem arises when a person will insult, lie and attack to turn their opinion into truth. It's important during a debate or heated discussion to remain open minded, as hard as that can be at times. When harsh words are exchanged, they are here for good.

There's also a difference between facts and opinions. When an uninformed person tosses out talking points with misinformation, the point of the conversation goes right out the window. Likewise, both facts and opinions can and do change. Sometimes a person will have a light bulb moment that changes everything they thought they once knew, leading to a change in their mindset. A researcher can find new discoveries, which can alter something that prior, was fact.

A person's viewpoint on something can change over the course of their lifetime. Growth happens every day with all of us. What we once thought when we were 17, could be and is likely vastly different than how we think at 50.

With that said, it's also important to not hold an individual to past statements or actions that may have been troubling. When we hold people accountable to things they did and said in the distant past, they are less likely to share their opinions, and that would be a bad thing.

Opinions are important to share, but that doesn't mean they are right. Backing up an opinion with facts is crucial and responsible. We can all agree that when it comes to personal choices that don't hurt anyone else, other's opinions are irrelevant.

We must also remember that as individuals, our life experiences have brought us each to a unique place, unlike anyone else we encounter, therefore nothing is ever cut and dry. We are seeing this too much in today's politics. Instead of looking at things issue by issue, people are automatically jumping behind one party and calling it a day. The fact remains that we are living in a complicated world, and our thoughts are naturally all over the place, and that's a good thing. Rejecting labels is refreshing.

As we grow our opinions evolve and shape who we are. So while we all have opinions, (on more than just politics) it's important to be flexible with them. Changing how we think does not make us weak, it's a sign of maturity and intelligence.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

You are not powerless unless you choose to be so

Thank you. Your letters and emails expressing your prayers, good wishes and concern for my recovery are overwhelming. I always do everything I can to answer each correspondence, so if you haven't yet received a reply, you will. Thank you for your care and concern. It strengthens and encourages me.

After expressing encouragement, the most asked question is, "How can you remain so positive while facing so much?" It's a question I have been asked most of my adult life. The answer is simple but not easy.

I remain strong and positive because of my chosen optimism. I say chosen because it is a choice. I could crumble under the weight of stage 4 stomach cancer and mentally give into it and my body will quickly do the same ... or I can expect the best outcome and fight with my medical team to extend my life and overcome the odds. It is a choice I've made. Like I said, "simple but not easy."

It's simplistic to say I choose to be optimistic when you look at the data. Fewer than 5% of the people afflicted with stomach cancer live five years. It's easier to give in and say I have a 95% chance of dying, rather than making the harder assumption, that I'll be one of the 5% to live beyond five years. I must sell and convince myself I'm a "five percenter!" If I just look at the data and take it at face value, I'd begin believing I have no responsibility for my health. The numbers already tell me what will happen. The data insinuates there is no patient impact on who lives and dies. I know that's not true and understand the choices I make about my health do have a profound impact.

I am not powerless in this fight.

One of the important aspects I've learned about surviving stomach cancer is my overall health, so I make a list and carry it with me as a reminder of all the positives I have going for me in my battle.

I don't smoke and have never smoked or used tobacco in any way.

I'm not overweight.

I am not a diabetic.

I don't have any other health problem.

I walk and keep moving.

Okay. That all works in my favor. What else?

Almost every doctor or medical professional will tell you that the attitude and



POSITIVELY
SPEAKING

GARY W.
MOORE

outlook of the patient plays an important role in treatment and recovery.

I believe I will be a survivor. The next question is always, "How can just believing help? If I believe I will survive, my mind and body conspire together to make it so.

Think logically about this ... if I believe I can survive, I wake up in the morning and get my body moving. I go about my daily business believing I'll still be here in five years and plan accordingly. My mind believes and my body responds.

Of course, I realize, as I always say, there are some medical realities that optimism may not overcome. No person lives forever. There is always an end of life here on earth, but numerous studies prove that optimistic people live longer, happier, and more successful lives than pessimistic people do.

So, a long answer to your question of how I can remain positive under the weight of a negative diagnosis. It is a simple answer but not easy in execution. It all begins with the choice to live and not die.

A charming young lady, ninety-one years young, wrote to me this week saying, "I was born a pessimist and I rely on you and your column to keep me going."

She was born a pessimist? Now she can be a "born again" optimist! In the ninth decade of her life, she's reading this column and using it to change her mindset. You are never too old ... it is never too late to join us! As I always say, it begins with a choice. Make the decision to change your life and become more optimistic. You really can do it.

Imagine what our nation and world would be like if the majority chose optimism. Optimists don't riot, loot, or destroy property. A nation of optimists would not act this way, but that's a subject for next week.

For me, I choose to live, and in addition to longer life, optimistic people are happier, healthier, and more productive than others.

Why would you choose otherwise?

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

Tips to Preserve Harvest's Bounty the Old Fashioned Way

The pleasures of the New England harvest season are truly bountiful. Whether plucked from your own backyard or purchased fresh from local gardens or farmers markets, preserving the "just picked" flavor of the New England harvest is a seasonal quest.

While freezing has long been a favorite form of "keeping" crops and traditional canning is enjoying a comeback, the old fashioned method of drying garden vegetables often gets overlooked by home gardeners. A modern dehydrator isn't necessary, as all it takes is an oven, some trays and a bit of time to maintain all the flavor, integrity and wholesomeness of the season's harvest.

**

Dry to Preserve Garden's Bounty

Drying is one of the oldest forms of food preservation, and a reliable technique that can be easily employed to stretch the goodness of home grown vegetables. Dehydrating removes moisture and therefore halts the growth of bacteria and molds, extending the life of precious garden crops.

Proper preparation of vegetables to dry is very important. Pick produce at peak of ripeness and rinse in cool water to remove dirt and debris. Dry thoroughly and cut into uniform thicknesses to ensure even drying time. Some vegetables, such as tomatoes, corn, carrots and potatoes should be blanched before drying to kill potential bacteria and enzymes that can decrease flavor and color during storage. Common foods that do not require pre blanching include mushrooms, peppers, onions, garlic and herbs. Blanch vegetables by boiling or steaming. Immediately drop into cold water briefly to stop cooking and drain and dry vegetables while still warm. (The warmth will aid the drying process.)

Place vegetables in a food dehydrator, or if drying in oven, arrange in a single layer on a wire cake cooling rack set on top of a sheet tray to allow air circulation. The optimum temperature for successful



TAKE
THE
HINT

KAREN
TRAINOR

drying is 140 degrees. This low temperature ensures moisture has completely evaporated, therefore lowering the risk of mold from any trapped moisture. If your oven doesn't have as low a setting, try the "warm" setting checking the temperature with a thermometer to avoid cooking the vegetables. Check temperature periodically to ensure oven maintains an even 140 degrees.

It can take several hours for garden produce to be properly dried. Sufficiently dehydrated vegetables and herbs will be crisp and brittle. Vegetables cut in thicker slices such as tomatoes should be dry but not hard (a bit pliable). Dried goods must be cooled completely before storing. Air tight containers such as zipper lock bags, glass mason jars and plastic freezer tubs are all good candidates for storage of dehydrated vegetables. Dried produce should be stored in a cool, dark place and can last from a few months up to a year, depending upon the vegetable. Refrigeration can extend the life of some dried vegetables, just be sure they are stored in an air tight container and always use within one year of packing. To ensure the product remains dehydrated, it is very important to check the contents periodically and discard any food that has become rehydrated, smells "off", or is moldy or tainted in any way.

**

From Décor to Diet: Garlic Braids and Pepper Wreaths

Garlic braids dangling from kitchen rafters and colorful hot pepper wreaths hung near the chopping block offer not only homegrown décor, but a handy "pick as you use" year round supply of garden produce. Storing garden garlic and dried peppers in a creative way is not only satisfying for the home gardener, but the finished products serve as ideal "garden gifts" throughout the seasons.

**

Garlic Braid: Give Bountiful Bulbs a "Twist." Garlic is easy to grow, and

Turn To **TRAINOR** page **A11**

Get the most from your 401(k)



FINANCIAL
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DARREN
PARENT

You won't see any greeting cards celebrating it, and it's not likely to be on your calendar, but in just a few weeks, National 401(k) Day will be observed. And this type of recognition may be warranted, too, because 401(k) plans have become key building blocks for a big part of people's lives – a comfortable retirement. Are you making the most of your 401(k)?

Of course, during the past few months, you may have had mixed feelings about your 401(k). After all, at the beginning of the coronavirus, when the financial markets tumbled, the value of your account probably fell significantly, although it has likely regained some ground since the initial drop.

Nonetheless, the recent market volatility and its short-term effects on your 401(k) should not unduly influence your decisions about this important retirement account. After all, a 401(k) is truly a long-term vehicle, in every sense – you contribute to it for decades while you're working, and you can draw on it, along with other sources of income, for decades during your retirement. Consequently, you'll want to consistently review your account to ensure it is working hard for you.

Here are a few suggestions:

Get the match. At a minimum, put enough into your 401(k) to earn your employer's matching contribution, if one is offered. While employers can set their own rules, a typical match is 50 percent of what you put in, up to 6 percent of your salary. So, if you don't contribute the amount needed to earn the match, you are essentially "leaving money on the table." (Be aware, though, that some employers have temporarily suspended matching contributions in response to the economic slowdown during the pandemic.)

Give yourself regular "raises." Every time your salary goes up, increase your annual contributions. Most people typically don't come anywhere near hitting the maximum annual 401(k) contribution limit (which, in 2020, is \$19,500, or \$26,000 for those 50 or older), and you might not, either, but try to put in as much as you can afford. Not only will you be building tax-deferred resources for retirement, but you'll be giving yourself a big tax break, because the more you contribute each year, the lower your taxable income (unless you have a Roth 401(k), in which case your contributions aren't deductible, but your earnings can grow tax-free).

Invest for growth. Because your 401(k) is designed to help fund your retirement, which could last 20 years or more, you'll want to build the biggest account possible. That means you'll need to include investments designed to provide growth within your 401(k), subject to your personal risk tolerance.

Be careful about loans. You can take out loans from your 401(k), but it's not always a good move. You'll have to pay yourself back, and if you leave your job, either voluntarily or involuntarily, the repayment may be due at an inconvenient time. (However, as part of the CARES economic stimulus act, many 401(k) loan repayments are being suspended for up to one year.) Furthermore, by taking out money from your account, even temporarily, you can slow its overall growth potential. So, you may want to look for other sources of income before tapping into your 401(k).

National 401(k) Day is just that – a day. But by taking the appropriate steps, you can help ensure your own 401(k) gives you many years' worth of benefits.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Darren Parent, your local Edward Jones Advisor at 51 Albert Street, Auburn, MA 01501 Tel: 508-832-5385 or Darren.parent@edwardjones.com. Edward Jones, member SIPC

Saltwater fishing opportunities



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Fly fishermen are ready to enjoy some great fishing on saltwater in the coming weeks. Bonito and False Albacore migrate to numerous saltwater bays and estuaries in both Massachusetts & Rhode Island during the month of August. They provide the angler with some great exciting fly fishing, and they are edible table fare, although many anglers release their catch because of the somewhat strong taste of the fish.

They travel in somewhat large schools, and are often spotted by their constant feeding habits on or near the surface of the water, similar to bluefish. They also are caught on small lures and plastic baits ,and provide a lot of fun catching them on light spin cast rods. It can become a bit crazy on the water, as anglers chase after the schools of bonito and false albacore with their boats, trying to stay with a school of active feeding fish.

Many of the fly-fishing public take their fishing seriously and become quite agitated with “GOGANS” (weekend warriors) as they plow through an actively feeding school of fish with their boats, driving the fish away from the area. I find it best just to sit and wait for

a school of bonito to resurface and start feeding right around the boat. The areas around Galilee RI provide a lot of action every year for this hard fighting fish.

Fluke and seabass fishing around Carpenters Beach area to the Charlestown Breachway area is best during a high tide. The outgoing tide seem to provide the best action. Fishing for seabass around the “Hooter” is also providing some great seabass fishing. The seabass limit in Rhode Island increases to six fish on Sept. 1. Hopefully, no major storms like tropical depressions will be heading up our coastline in the coming weeks. It sure can negatively impact the fishing for a week or more.

Massachusetts has decided to extend their seabass season for anglers fishing on charter boats only? The season was slated to end on Sept. 9, but because of the Covid-19 pandemic, their season was started late, and will now be extended to Oct. 9 of this year. “The extra days should result in the same harvest ,if they had started the season on time,” the report stated.

The extra 31 days will not include anglers fishing from shore or in there privately owned vessel, which will end on September 8 of this year. “Because black Seabass catch rates are at their peak in the spring when the fish are near shore, aggregated, and aggressively feeding and interest in the fishery, it is at its highest,” the report stated.

Do not forget to go online



at “MASSFISHHUNT” and check out the status of your antlerless deer permit application. It is quick and easy!

Local bass anglers are enjoying some great freshwater fishing ,with numerous largemouth bass being caught almost every week. Releasing the fish to fight another day is extremely important and will provide another angler with the thrill of catching it again. Many anglers are taking the opportunity of entering the fish into the MF&W freshwater fishing awards program. The catch and release program only require you to submit a photo of the fish, along with some other simple requirements necessary to win a pin. Check it out on page 13 of your 2020 hunting and fishing abstracts.

Joe Gareri recently took a trip to Maine to do a little freshwater bass fishing, and was rewarded with a five pound, 11 ounce largemouth bass, as shown in this week’s picture.Nice fish!

Take A Kid Fishing & Keep Them Rods Bending!

LEGALS

NOTICE

The Town of Douglas Board of Selectmen, as authorized by Town Meeting, offers excess real estate in the Town of Douglas for sale, specifically, parcels 205-2 and 205-3, totaling 9.1 acres with approximately 356 feet of frontage on the south side of Webster Street (Route 16). The parcels are zoned “industrial.” The Board has voted that the parcels be sold with the restriction that they be developed to include a building or buildings totaling no less than 2,500 square feet. The Board will sell the property to the party offering the combination of price and development plan elements it determines to be most advantageous to the Town. The Request for Proposals (RFP) may be found at <https://tinyurl.com/WebsterStreetProperty>. Sealed hard copy proposals with all documentation required by the RFP must be received no later than noon on Monday, September 21, 2020 at the Office of the Selectmen, Douglas Municipal Center, 29 Depot Street, Douglas, MA 01516. August 21, 2020 August 28, 2020

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
Docket No. WO16P0256GD
NOTICE AND ORDER
PETITION FOR REMOVAL OF
GUARDIANSHIP OF A MINOR
PERSON PURSUANT TO
In the interest of:
Kiley A Kellenberger
Of: Blackstone, MA
MINOR
NOTICE TO ALL
INTERESTED PARTIES**

1. Hearing Date/Time: a hearing on a Petition to Resign as Guardian of a Minor or Petition for Removal of Guardian of a Minor filed by **Rebecca Ann Kellenberger on February 18, 2020** will be held on **09/21/2020 08:30 AM Guardianship of Minor Hearing** Located **Courtroom 11, Probate and Family Court, 225 Main Street, Worcester, MA 01608**

2. Response to Petition: You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to: File the original with the court; and Mail a copy to all interested parties at least five (5) business days before the hearing.

3. Counsel for the Minor: The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.

4. Presence of the Minor at Hearing: A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests.

Date: August 4, 2020
Stephanie K. Fattman
Register of Probate

August 21, 2020

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
Docket No. WO16P0255GD
NOTICE AND ORDER
PETITION FOR REMOVAL OF
GUARDIANSHIP OF A MINOR
PERSON PURSUANT TO
In the interest of:
Riley D Kellenberger
Of: Blackstone, MA
MINOR
NOTICE TO ALL
INTERESTED PARTIES**

1. Hearing Date/Time: a hearing on a Petition to Resign as Guardian of a Minor or Petition for Removal of Guardian of a Minor filed by **Rebecca Ann Kellenberger on February 18, 2020** will be held on **09/21/2020 08:30 AM Guardianship of Minor Hearing** Located **Courtroom 11, Probate and Family Court, 225 Main Street, Worcester, MA 01608**

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August 21, 2020

Preserve your garden produce for delicious winter meals

All your hard work is paying off with a bountiful harvest. Fresh produce is filling your garden, countertops, and refrigerator while the garden keeps producing more. Preserve some of your harvest to enjoy throughout the winter with some tried-and-true or updated variation of food preservation techniques.

Hanging bundles of herbs to dry is a long-time practice that works. Harvest herbs in the morning just after the dew has dried off the leaves. Rinse, allow them to dry, and remove any damaged or dried leaves.

Gather the dry herbs into small bundles and secure with a rubber band. Use a spring-type clothespin to hang the bundles from a clothesline or hanger in a warm, dry, airy place out of direct sunlight.

A modern twist on this tradition is the space-saving StackIt Herb Drying Rack (gardeners.com) hung from the ceiling. You will be able to dry large quantities of herbs in any narrow, out-of-the-way space.

Extend the life, flavor, and nutritional value of squash with proper harvesting and storage. Only store blemish- and damage-free fruits and vegetables to reduce the risk of mold and decay developing during storage.

Harvest zucchini when the fruit is six to eight inches long and scalloped squash when three to six inches in diameter. Store these in a plastic bag inside the vegetable crisper drawer in your refrigerator for several days.

Wait to harvest winter squash when the fruit is full-sized, and the rinds are firm and glossy. The portion touching the ground turns from cream to orange when the fruit is ripe. Use a pruner to harvest the fruit, leaving a one-inch stem on each fruit. Cure all winter squash, except for acorn, in a warm, humid location. Then move to a cool, dry, well-ventilated area to store for several months. In the past, garden-

ers stored these, potatoes, onions, and fruit in wooden racks that maximized storage space and allowed air to reach each layer of produce. An updated version, Gardener’s Supply Orchard Rack, adds convenient drawers to this traditional storage system.

Boost your cabbage harvest with this trick. Remove firm full-sized heads but leave the lower ring of leaves and roots intact. The plant will form several smaller heads.

Harvest cucumbers based on how you plan to use them. Pick the fruit when it is 1 ½ to 2 ½ inches long if you plan on making sweet pickles. Allow the cucumbers to grow a bit bigger, three to four inches, if dill pickles are on the menu. Harvest those for slicing when the skin is firm, bright green and the fruit is six to nine inches long.

Turn a portion of your harvest into something delicious. Fermentation is a relatively easy preservation technique used for thousands of years. Preserve some of your cucumbers as pickles, cabbage as sauerkraut, and berries as preserves with fermentation. Store fermented fruits and vegetables in a cool, dark place or extend their shelf life by canning the finished product. For most projects, you just need the fruit or vegetables, water, salt, and spices. The desired ingredients are placed in a covered vessel, like Gardener’s Supply three-gallon Fermentation Crock. Weights are used to keep the fruit and vegetables submerged in water throughout the fermentation process.

If your garden is still producing when frost is in the forecast, extend the harvest season. Cold frames and cloches are tried-and-true techniques used for extending the growing season. A modern method employs floating row covers. These spun fabrics allow air, light, and water through while protecting plants from frosty conditions. Cover the plantings and anchor the fabric in place. Lift to harvest and enjoy several more weeks and even



Courtesy — Gardener’s Supply Company
Wooden orchard racks maximize storage space, while allowing air to reach each layer of produce.

months of garden-fresh produce.

Select the storage and preservation methods that work best for your garden produce, growing location, and lifestyle. Once you enjoy home-grown produce in winter meals, you will start growing more produce to eat fresh, share and preserve.

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

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This section reaches 47,000 households in 7 Massachusetts newspapers.

TRAINOR

continued from page A8

even a novice gardener can produce enough garlic bulbs to store for use all year round via a well constructed garlic braid.

To do: Gather up about a dozen of fresh garlic bulbs with greens attached. Begin braiding greens of three garlic bulbs, and then begin adding more bulbs as you continue up the braid. Add a new bulb on the right and work it into the braid, then a new one in the middle and do the same, then add a bulb on the left, layering the bulbs in an attractive braid as you move up the length. At this point the braid technique resembles “French braiding” of hair. For larger bulbs bring greens in from the outer edges (forming an x with the other greens) for an attractive French braiding rope. Continue braiding until all bulbs are used.

To finish off your gar-

lic rope, wind a length of twine or raffia around the greens close to the top bulb. Tie off and tie ends together to form a loop to hang the rope. Hang in a well ventilated, warm area to dry for two to three weeks. When dry, simply snip off desired bulbs. For long term storage, hang braid in a cool storage area or root cellar.

**

Pepper Wreath: Pick Perfect Peppers

Note: Before stringing hot peppers be sure to wear gloves to ensure safety while handling. Texas A & M University advises using waxed dental floss to string and dry hot peppers like jalapeños, as the strength of their oils can dissolve normal thread.

Wreath: To make a pepper wreath with slim peppers, you’ll need to wash and dry a generous amount of fresh peppers. With a sharp knife, make two slits at the top of each pepper, under the cap. Using 12 gauge wires form a sturdy round cir-

cle (for larger wreaths double the wire or use a heavier gauge. To form circle, stretch wire over a bucket or clay flower pot. Make a loop at one end. Thread peppers onto the wire through the slits, pushing them together at different angles until the wreath is full and looks attractive. Make a hook at the end of the wire and hook onto the loop. Hang up to dry for about two weeks.

**

Swag: To string a swag of peppers, wash and dry thoroughly. Thread a heavy duty needle with fishing line or unflavored wax dental floss. Tie a knot at the end of the line and thread through the stem of the pepper, pushing peppers close together and off to each side as you form the swag. For decorative effect, alternate red and green peppers. Continue stringing until swag is desired size. Tie off and loop top and hang to dry.

**

Mock “Sun” Dried Tomatoes

What could be better than freshly picked tomatoes? How about enjoying the rich flavor of garden grown tomatoes throughout the year? Sun dried tomatoes offer a delicious way to preserve the unique tastes of the season.

The heat of an ordinary oven is a safe and reliable alternative to drying tomatoes in the sun. To make approximately one pint of sun dried tomatoes, you’ll need about five pounds garden ripe tomatoes, a sprinkling of herbs, salt, black pepper, sugar, and good quality olive oil for packing.

To do: Preheat oven to 200 degrees. Slice tomatoes about a half inch thick. If you slice them thinner, they will dry sooner, but for best results cut at least 1/3” thick to prevent hard, tough tomatoes. Lay tomatoes out in a single layer on a baking sheet lined with paper towels, sprinkle with salt and allow to set for up to an hour to draw out the natural juices. Drain mois-

ture, discard paper towels and place tomatoes on a tinfoil lined baking sheet. Bake for several hours, turning over at least twice until tomatoes have shrunk and dried but are pliable (think raisins). Allow to cool on wire cake racks.

To pack sun dried tomatoes, mix together a good quality olive oil, black pepper, salt, a dash of sugar (optional), and add herbs of choice and garlic cloves to taste. Pack tomatoes in sterilized jars and cover with olive oil mixture. Store in the refrigerator or tomatoes can be frozen for longer storage.

References:

Colorado State University Extension; Cooperative Extension, The University of Georgia; Michigan Cooperative Extension Food Preservation

**

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in

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

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

OBITUARIES

Herman Oosterman, 94



PIC

NORTHBRIDGE–Hump will not be in his workshop on the farm in the future. He was called by God to his eternal home.

Herman “Hump” Oosterman, 94 of Northbridge passed away Friday August 14, 2020, in UMass Medical Center, Worcester. He was the husband of the late Wilma (VandenAkker) Oosterman who died in 2011.

Mr. Oosterman was born in Whitinsville in 1925 the son of the late Teake and Gertrude (Nydam) Oosterman and was a graduate of the Whitinsville Christian School and Northbridge High School. He is survived by his two daughters Carolyn J. Preble of Northbridge and Pam and her husband Len Krygsman of Northbridge; 8 grandchildren; 5 great-grandchildren, and many nieces and nephews. He was predeceased by a daughter Nancy Poirier, a sister, and four brothers.

Hump took great pride and joy in owning Rocky Hill Farm, where he lived from the day he was born and blessed to be able to work right until the day he died. He enjoyed restoring

things to their former beauty and function, from farm machinery to furniture. Over the years, he had worked for Raytheon Corp. in the custodial department, Oakhurst Retreat Center as a caretaker and groundskeeper, and once owned a furniture restoration shop. He was a Staff Sergeant serving in the US Army in the Philippines and Japan during WWII.

Herman was a lifelong member of the Pleasant Street Christian Reformed Church in Whitinsville where he served on the building committee and was a Sunday School teacher. He was also a longtime volunteer and supporter of the Whitinsville Christian School.

Visiting hours will be held Friday August 21, 2020 from 5 – 7 PM in the Pleasant Street Christian Reformed Church, 25 Cross St., Whitinsville followed by a funeral service at 7 PM in the church’s sanctuary.

Face coverings and physical distancing is required.

In lieu of flowers, memorial donations may be made to Whitinsville Christian School, Tuition Reduction Fund, 279 Linwood Ave., Whitinsville, MA 01588.

www.bumafuneralhome.co

Allan J. Bloniasz, 79

Douglas- Allan J. Bloniasz, 79, died Wed. April 1, 2020 at home after a period of declining health.

He is survived by his 4 children, Jeffery A. Bloniasz of Webster, Lisa A. Faust and her husband, Andrew, of Oxford, Wendy M. Bloniasz of Uxbridge, and Todd B. Bloniasz of Woonsocket, RI. He is also survived by a grandson, Michael Faust along with several nieces and nephews. He was predeceased by 3 siblings, Judith Brule, Janice Morin, and Robert Bloniasz.

a winter hobby. He took up snowmobiling as another means to enjoy winter with his friends outside. Boating became a hobby as well on the lake for him. Many summer nights Allan could be found fishing with his friends from Chappy’s shoreline or Judd’s canoe. He enjoyed shooting, making small repairs at home, and tinkering with appliances deep into his retirement. He also much enjoyed endless coffee with friends at The Goodness Store in Douglas.

His funeral services were postponed due to the pandemic and have been rescheduled for Wednesday, August 26th in Jackman Funeral Home, 7 Mechanic St., Douglas at 10AM. Burial will follow in St. Denis Cemetery, Douglas. In lieu of flowers, donations in Allan’s memory may be made to St Jude Children’s Research Hospital, 501 St. Jude Place, Memphis, TN 38105. To leave a condolence message for his family please visit: www.jackmanfuneralhomes.com

Madeleine L. Renault, 91

UXBRIDGE- Madeleine L. (Cadorette) Renault, 91, passed away on Mon. Aug. 10, 2020 after an illness.

She is survived by her husband of 70 years, Joseph E. Renault; her 3 children, Robert E. and his wife Lisa Renault of Millville, Janice A. and her husband Ken Moulton of Oxford, and Ronald P. Renault of Uxbridge; 7 grandchildren, and 7 great-grandchildren. Born in Northbridge, MA on July 14, 1929 she was the daughter of Domina and Amanda (Lemelin) Cadorette and lived her life in the Linwood section of Northbridge.

Mrs. Renault worked at Pelland Cleaners as a Presser, previously

worked at the former Whitin Machine Works. A graduate of St. Mary’s High School in Milford she enjoyed puzzles, knitting, reading, and spending time with her family. She played the piano and loved playing music with different groups and also in church.

According to her wishes a cremation will take place and a burial in St. Mary’s Cemetery will be at a later date. In lieu of flowers, donations in Madeline’s memory may be made to the American Cancer Society, PO Box 22478, Oklahoma City, OK 73123. To leave a condolence message for her family please visit http://www.jackmanfuneralhomes.com

Phyllis A. Roche, 85



WHITINSVILLE- Phyllis A. (Contois) Roche, 85, formerly of Whitinsville, passed away on Fri. Aug. 7, 2020 after an illness. Her husband of 37 years Thomas A. Roche died Dec. 15, 1992.

She is survived by 2 daughters Maureen A. Labrecque of New Harmony, IN and Karen J. Nyenhuis and her husband Paul of Oceanside, CA; a son Timothy M. Roche of Milford; 6 grandchildren Heather Roche, Lisa Labrecque, Kristin (Paul) LaBelle, Amanda Labrecque, Holly Labrecque, and Michelle Leone; 9 great-grandchildren Alex, Madison, Mason, Thomas, Nathaniel, Lillian, Paul, Anthony, Daniel; and a great-great-grandson Jaiden; her sister Theresa Contois; 4 brothers Richard Contois, Peter Contois, James Contois, and Robert Contois; several nieces and nephews, many cousins; and her special friends and neighbors Kevin and Gloria Mahoney and their children Milena and Alejandro. She was predeceased by her longtime companion John Secor. Born in Worcester on July 8, 1935, she was the daughter of Donat and Eva (Porter) Contois and was a resident of Blaire House in Milford the past year. Formerly she lived at Draper Place, Heritage Park and on Spring St. in Whitinsville.

Mrs. Roche worked in production for Hutchinson Co. making Trade Show Displays. Previously she worked at Bernat Yarn Co. and the Tupperware

Co. A graduate of Grafton High School, she was a member of St. Patrick’s Church. She enjoyed spending time with her family and friends and her cats Princess and Mittens. She loved to go on long drives with no destination in mind and also liked to travel, especially to Hollywood. She always looked forward to Friday night dinners with her trio of friends and seeing her favorite waitress, Paula at Jube’s. She was a lover of music and enjoyed reading and doing circle-a-word puzzles.

The funeral took place on Sat. Aug. 15 from Jackman Funeral Home, 12 Spring St., Whitinsville with a Mass at 10 am in St. Patrick’s Church, 1 Cross St. Burial followed in St. Patrick’s Cemetery. Calling hours at the funeral home in Whitinsville were Fri. Aug 14 from 5 to 8 pm. Memorial donations may be made in Phyllis’ memory to the American Cancer Society or the Alzheimer’s Foundation of America. To leave a condolence message for the family please visit www.jackmanfuneralhomes.com

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Richard A. Cronin, 77



NORTHBRIDGE- Richard A. Cronin, 77, died Wednesday, August 12, in the Saint Camillus Health Center, after a period of declining health and a broken heart, three months after the death of Suzanne (LaFlash) Cronin, his wife of 54 years. He is survived by his daughter, Tricia Lambert, and his grandchildren, Noah, Tucker, Caroline (Coco), and Alexandra Lambert of Northbridge. His son, Timothy R. Cronin, died in 2018.

Mr. Cronin was born in Quincy, September 18, 1942, the son of Arthur and Florence (Kirby) Cronin. He grew up in Hopkinton, and lived in Whitinsville 54 years. He was a graduate of Hopkinton High School and Chamberlain Junior College. He was a manufacturer’s sales representative in the wholesale carpet industry,

having worked for Shaw Industries, Philadelphia Carpets and Mohawk Carpets.

He was a member of Saint Peter’s Church in Northbridge. He enjoyed extensive travels with Suzanne, coaching his daughter’s youth softball team, enjoyed golf, and was an avid fan of college and pro sports, especially the Red Sox and Patriots. Dick’s greatest pleasure, however, was the time he spent with his grandchildren.

A Funeral Mass was held Tuesday, August 18, in Saint Peter’s Church, Church Avenue, Northbridge. Burial followed in Saint Patrick’s Cemetery. Calling Hours were Monday, August 17, in the Carr Funeral Home. Memorial donations may be made to Saint Peter’s Church, 39 Church Ave, Northbridge, MA 01534, or to the Northbridge Fire Department, 193 Main St., Whitinsville, MA 01588. To share a memory or condolence with the family, please visit www.carrfuneralhome.com

Raymond B. Craw Jr., 77



U X B R I D G E Raymond B. Craw Jr., 77, formerly of Cherry St. passed away on Tues. Aug. 11, 2020 at Webster Manor Nursing Home where he had lived the past 2 years, after a period of declining health.

He is survived by his loving wife of 52 years, Elaine M. (Tancrell) Craw.

He is also survived by a brother, William Craw and his wife Beverly of Plymouth, in-laws, and several nieces and nephews, as well as great- nieces and nephews. He was predeceased by a sister Frances Zaffiro, and 2 brothers, Harold Knight and Milton “Mickey” Knight.

Born in Taunton, MA on Aug. 14, 1942, Ray was the son of Raymond B. Sr. and Gladys I. (Knight) Craw and grew up in Plymouth and had transferred to Northbridge High school. Ray had been a resident of Uxbridge the past 42 years. Ray worked as a grounds

keeper, and also as a cook for both Westboro and Worcester state hospitals for over 30 years, retiring in 1999. A avid sports fan, Ray enjoyed watching sports games on TV, and coached Uxbridge Little League and pitched for weekly games for many years. He also enjoyed candlepin bowling, and played in a 10-pin league in Grafton. In his younger years, he was a skilled roller-skater.

His funeral service was held on Sun. Aug. 16 in Tancrell-Jackman Funeral Home, 35 Snowling Rd., Uxbridge at 4 PM. Burial in St. Mary’s Cemetery in Uxbridge will be held at a later date. Calling hours at the funeral home were held on prior to the service from 2-4 PM. In lieu of flowers, donations in Ray’s memory may be made to: The Alzheimer’s Association, National Capital Area Chapter, 8180 Greensboro Drive, Suite 400, McLean, VA 22102. To leave a condolence message for his family please visit: www.Jackmanfuneralhomes.com



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WEBSTER LAKE – 112 Gore Rd! NORTH POND! Sucker Brook Cove! 8 Rm, 3 Bdrm, 1.5 Bath Ranch is Ready for You! Southwestern Exposure! Gorgeous Sunsets! Unique Waterfront! An Open Floor Plan! Lake Views from Nearly All Rooms! 2x6 Construction! Energy Efficient Blinds in Every Room! 4 Oil Tanks - Fill Up Once a Year! C/Air! Gas Fireplace! Whole House Fan! Meticulously Cared For! Large workshop! 3 Car Garage! Carport! 2 Sheds w/Electric! Back Yard is Perfect for Family Gatherings! Plenty of Off Street Parking! Summer is Here! **\$539,900.00**

WEBSTER – 4 Jeffrey St! 5 Rm, 2 Bdrm, 2 Bath Ranch! 1/4 Acre Lot! Liv Rm w/ Cathedrals & Bay Window! Eat-in Kit, w/ Isl! Master w/Look-in Closet & Full Bath! Hall Bath w/Laundry! Freshly Painted! Front & Rear Decks! Partially Fenced Yard! Off Heat! Town Services! Garage! Lakeside Beach & Boat Ramp Near! **\$249,900.00**

WEBSTER LAKE WATERFRONT - 3 Lakeview Rd! Middle Pond – Reid Smith Cove! Ideal Summer or Yr Round 6 Rm Ranch! Western Expo – Beautiful Sunsets! Near All the Excitement that "Indian Ranch" provides, Dining, Concerts & the Indian Princess! An Arched Bridge to Your Own Private Island, a Great Place to Enjoy the Lake from! Open Flr Plan! Being Sold Fully Furnished! Recent Kit w/Quartz Counters, Breakfast Bar, SS Appliances, Tile Flr & Recessed Lighting! Liv Rm w/Hrdwd Flr, 6x14 Lake Facing Picture Window & Stone Frplcd 3 Remodeled Bdrms w/Ceiling Fans & Hrdwd Flrs! Master w/Bath & Laundry Closet! Screen Porch w/Lake Views! Dock! Carport! Shed! Still Time for this Summer! **\$579,900.00**

WEBSTER – 168 Brigham Hill Rd! 8 Rm Garrison Colonial set on 1.3Acres! 4 Comfortable Bdrms & 2 Full Bthrms! Freshly Painted, Floors Recently Refinished! Spacious Kit w/Lunch Counter! SS Appliances w/Gas Cook-Top! Grand Dining Rm for Family Gatherings! 18x26 Living Rm w/Bellevue Stove! Master Bdrm w/Dble Closets & Hot Tub! Bright & Airy Mudroom out to the 2 Car Garage! Furnace & Hot Water Tank 5 Years Young! Radon tested at 2.5! Newer Roof on Garage & Breezeway! New Well Water Tank Installed! Title V in-hand! Property Abuts Grafton Land Trust - Hiking Trails Right Out Your Back Door! Convenient to Routes 90, 9 & 20! Immediate Occupancy! **\$449,900.00**

WEBSTER LAKE – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Applianced Granite Kit! Formal Din Rm w/ Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frplcd Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! **\$949,900.00**

WEBSTER LAKE – 11 Bay View Rd! One of the Lake's Premier Properties! 9,822' of Nice! .68 Acres of Park Like Grounds! 297' Waterfront! \$4 Million Spent, Nothing Spared! 17 Rms! 5 Water View Bdrms, 5.5 Bathrms! Brazilian Cherry Hrdwd Flrs, Grand & Spiral Stairways! Elevator, Ground Flr to Master Suite! In-door Resistance Swimming Pool, Hot Tub & Bthrm w/Steam Shower off Exercise Rm! Billiard Rm! Media Rm! Center Isl Granite Kit w/Viking Gas Range, Sub-Zero Frig, Pantry & Breakfast Bar! Open Flr Plan! Din Area, Fam Rm w/Entertainment Center w/Wet Bar! Formal Din Rm, Frplcd Liv Rm & Atrium! Library w/Deck! Waterfront Master Suite w/Office, Bdrm w/Triple Glass Dr to Private Deck w/Lake Views, 3 Walk-in Closets, Bathrm w/Multi-Head Shower, Whirlpool, Dble Vanity, Separate Commode/Bidet/Sink Area! 16 Z's of Updated Geothermal Heat/A/C! Recessed Lights & Fire Sprinklers Through Out! 3 Car Garage! Generator! Slate Roof! Reward Yourself! **\$2,499,900.00**



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WEBSTER - 195-199 THOMPSON RD



3 ACRE COMMERCIAL SITE! APPROX. 550 FT ROAD FRONTAGE ON STATE HIGHWAY RTE 193 A/K/A THOMPSON ROAD. STRATEGICALLY NESTLED BETWEEN TWO (2) I-395 (NORTH & SOUTH) ON-RAMPS & TWO (2) I-395 (NORTH & SOUTH) OFF-RAMPS! PROPERTY DIRECTLY ABUTS I-395! 48'x80' CONCRETE BLOCK BUILDING, 7,680 SF TOTAL! FULL LOWER LEVEL USE & DRIVE IN GARAGE DOOR! HIGH TRAFFIC - HIGH EXPOSURE! WHAT DO YOU HAVE PLANNED?
\$600,000.

OXFORD - 4 LEICESTER ST



LAND Great Opportunity for Developer! Total 8.47 +/- Acres. 6.54 Acres on Tract I, 1.93 Acres for Tract II. Excellent location for quick commuter access to several State Highways. Nice scenic nature views. Town water & Sewer in the street. Wetland Delineation.
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WEBSTER - 36 PARK AVENUE



SORRY, SOLD!

Well cared for Colonial on Park Avenue! Hardwoods! Formal dining room, eat in kitchen, 3 bedrooms! Hollywood Bath. 1-1/2 baths total. deck! Garage! Freshly Painted!
\$264,900.

DUDLEY - G & S DRIVE



SORRY, SOLD!

Great location! Painted and ready to move in! Hardwood floors! Brick fireplace & cathedral ceiling! Open floor plan! rear covered porch. 2 large bedrooms. 1 & 1/2 baths! Recent roof in Yr. 2019.
assisted sale **\$260,000.**

LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Potential for a 2 family to be built! Town Water, Sewer.
SORRY SOLD \$70,000

Webster - 85 Upper Gore w/View of the Lake. 1+ acre! Much work done! Artesian well, Septic Design, & Conservation
NEW PRICE **\$115,000**

Webster - Cooper Rd 2 Buildable Lots! Water/Sewer Access, Zoned Lake Residential! **\$49,000. ON DEPOSIT**

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\$132,000

Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Possible to be subdivided. NEW PRICE **\$89,900**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

WEBSTER LAKE - 28 BLACK POINT RD



BOATER'S & FISHERMAN'S PARADISE! 2019 custom cape! Nnew 28 ft poly dock on a 4ft plus deep channel In quiet lower cedar cove" move to end after central AC! The benefits of Lake Living! Enjoy Sunrise Lake Views from an Expansive Back Deck & Sunset Views from your Farmer's Porch. Open Floor Plan, Cathedral Ceilings, Stone Fireplace, Upscale Gourmet Kitchen w/Huge Island, Sunny Breakfast Area w/Built In Beverage Nook, Vaulted Loft, Formal Dining, Office, Laundry Room, Oversized 2 Car Garage & 2 BRs with 1 Full Bath. 2nd FL Features, Very Private Master BR Suite, Lg Walk-in Closet, Full Bath w/ double vanity, Private W/C, large Walk-in Tile Shower! 1,500 SF+ Basement for FUTURE ENTERTAINMENT or Possible IN-LAW AREA w/ INSIDE & OUTSIDE ACCESS. Rough Plumbed for Full Bath and Kit.. Central A/C! Check out our Video Too!
NEW PRICE **\$625,000.**

WEBSTER LAKE - 100 LAKESIDE AVE



ON DEPOSIT

All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplace living room, gourmet kitchen, lake facing dining , formal dining room, media room & spacious 1st floor guest BR Suite w/private bath. Incredible 2nd floor fireplace lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! **Remember, Timing Is Everything \$1,075,000.**

LAKE SHIRLEY - 647 RESERVOIR RD



SORRY, SOLD!

Lakefront! Lake Shirley! Modern Flare on a Lakefront Colonial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, Impala black granite, center island, 3 season porch, overlooking the lake. 1st Flr bedroom suite w/ shower and jacuzzi tub. 2nd floor Master Suite! Lower level! Summer kitchen, full bath, game room. Crown moulding & hardwood floors throughout, wired sound system, radiant floors, oversize 2 car garage. Additional Guest House!
assisted sale **\$859,000.**



REAL ESTATE

DivorceCare for Kids group begins Sept. 8

WHITINSVILLE — DivorceCare for Kids is a support group for kids who are angry, hurt, and confused by their parent's divorce. DivorceCare for Kids provides a safe, fun place where children will learn to understand their feelings, express their emotions appropriately, and heal from their pain and confusion.

The meetings will be held in person only.

Each group session is filled with motivating and exciting activities, games, crafts, role playing, discussion times, journaling and activity books, to help children process the divorce and move forward in their lives. DivorceCare for Kids is for children five to 12 years old. It is free and non-denominational.

DivorceCare for Kids begins Sept. 8 and meets every Tuesday for 13 weeks from 6:30 to 8 p.m. at Pleasant Street Church, 25 Cross St., Whitinsville. Contact the church office at 508-234-5268 or e-mail Howard@psrc.org for more information and to register. For details about DivorceCare for Kids go to www.dc4k.org.

A divorce support group for adults, DivorceCare, runs concurrently with DivorceCare for Kids.

Divorce Support Group begins new session Sept. 8

WHITINSVILLE — The DivorceCare support group begins a new weekly session on Tuesday, Sept. 8. This program is for men and women struggling through separation and divorce. The program offers support from knowledgeable leaders and interaction with others going through the same experiences.

Each meeting includes time for making some new friends, refreshments, and a video, followed by small group discussion. Weekly topics include What's Happening to Me, Facing Your Anger, Depression, Financial Survival, Loneliness, and KidCare.

The meetings will be done in a hybrid fashion. Participants can come to the in-person meeting or participate online via Zoom if that is more comfortable.

The DivorceCare program is free, non-denominational, and open to all. Meetings of the group begin Tuesday, Sept. 8, from 6:30 to 8 p.m. at Pleasant Street Church, 25 Cross Street, Whitinsville. The program continues for 13 weeks, and participants can begin attending at any time. Contact the church office at 508-234-5268, e-mail info@psrc.org, or visit www.psrc.org for more information and to register.

A complementary program for kids ages five to 12, called DivorceCare for Kids, will be run concurrently with the adult program. This will be in-person only.




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Friday's Child



Alyssa
Age 15

Hi! My name is Alyssa and I love to give hugs!

Alyssa is an affectionate girl of Caucasian descent. She enjoys toys with movement and sounds. She is also a fan of bouncing on therapy balls and watching Disney movies! Alyssa is able to communicate through her facial expressions and physical gestures. She has been observed to respond to familiar names, faces, and preferred activities by smiling and waving her hands in excitement. Alyssa has been introduced to communication devices and is using picture symbols to choose between activities and objects. She also uses an iPad with assistance. In her current placement, Alyssa seeks out staff for attention and responds well to positive praise. Alyssa likes to face where she can see her peers and she will seek interaction by reaching for others or holding hands.

Legally freed for adoption, Alyssa would do best in a two-parent family with older children. Any interested family should be open to working with the providers in Alyssa's life to ensure she reaches her fullest potential! Alyssa will need to maintain contact with her sister and grandmother once a placement is identified. The open adoption agreement calls for six visits per year once she is placed, and then three visits per year post-adoption

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

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



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Town of Spencer seeks applicants to fill the Light Equipment Operator position in the Highway Department. This position is responsible for the operation of light equipment, snowplows, motorized and non-motorized hand tools. The work involves repair and maintenance of highway infrastructure including but not limited to roads, sidewalks, stormwater systems and street signs, vegetation control, snow plowing and sanding, maintenance of parks, cemeteries, and grounds. This highly responsible position is subject to emergency call-ins to respond to emergencies. High School diploma or GED plus a Mass CDL Class B are required, additional license and certifications beneficial. The willingness to be trained and increase skills and licensing is required to succeed in this position. Pay for this position ranges from \$20.95/hr. to \$25.03/hr. and includes a generous benefits package including clothing allowance, continuing education, and license cost reimbursement.

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Mechanic / Heavy Equipment Operator (HEO):

The Town of Spencer seeks qualified applicants to fill the HEO/ Mechanic position in the Highway Department. This position is responsible for the repair, retrofit and service of Highway Equipment and Vehicles, including welding and fabricating steel components. The position also is responsible for operating of heavy and light equipment, plowing and salting, repairing and maintaining stormwater systems, repairing streets and sidewalks, debris removal and other tasks assigned by the Foreman or Superintendent. The position is expected to perform skilled labor duties, be able to lead the repair activities and be the OSHA Competent Person on site. This highly responsible position is subject to emergency call-ins to respond to emergencies. High School diploma or GED, plus five years of related experience in operating heavy equipment, a Mass CDL Class B, and Hoisting 2A are required, additional license and certifications beneficial. Base pay for this position ranges from \$23.12 to \$28.49 and includes a generous benefits package, including clothing allowance, continuing education, and license cost reimbursement.

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Kayte Rooney named to Dean’s List at Loyola University Maryland

BALTIMORE, Md. — Kayte Rooney, a member of the class of 2022 from Uxbridge, has been named to the spring 2020 Dean’s List at Loyola University Maryland.

In order to qualify for the Dean’s List at Loyola, a student must achieve a minimum QPA of at least 3.500 for the term, provided that, in the term they have successfully completed courses totaling a minimum of 15 credits.

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