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NESA members exhibit at Alternatives’ Whitin Mill

WHITINSVILLE — ValleyCAST, the arts and culture arm of Open Sky Community Services, has once again collaborated with the New England Sculptors Association to bring a unique exhibit of sculpture to the Whitin Mill. More than 30 sculptures are included in the exhibit and displayed inside the Spaulding R. Aldrich Heritage Gallery, out on the Community Plaza, and around the grounds of the Alternatives’ Whitin Mill Complex, 50 Douglas Rd., Whitinsville. Artists from all over New England are represented in the exhibit.

Prizes for favorites will be awarded by people’s choice for first, second, and third place.

“Explore the grounds and gallery to see all the amazing sculpture “Inside and Out” and then vote for your favorites by casting a ballot inside the gallery!” says Cristi Collari, judge and curator for the exhibit, and Director of Community Outreach for Open Sky.

If you missed the opening reception on Friday, Jan. 13, you’re in luck. They are also holding a wine and cheese closing reception and awards ceremony in the Gallery on Friday, Feb. 24 from 5:30-



“Applause” with maker, Dudley artist Madeliene Lord.

Courtesy

Local police react to footage of Tyre Nichols’ death

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — Several area police departments have released statements following the death of 29-year-old Tyre Nichols at the hands of five former Memphis, Tenn. police officers.

“The Uxbridge Police Department stands in solidarity with our local and national law enforcement partners and condemns the violent acts shown during the video release of the events in Memphis,” Uxbridge Police issued in a statement. “Such behavior is not acceptable and inconsistent with the values and standards of the Uxbridge Police.”

According to various reports, on Jan. 7, five officers from the Memphis Police Department severely beat Nichols during a traffic stop, resulting in his death three days later in the hospital.

“The members of the Grafton Police Department are outraged by the treatment and subsequent death of Tyre Nichols and [condemn] the actions of the former Memphis police officers involved,” said Chief Normand Crepeau and the members of the Grafton Police Department in a statement. “The abhorrent behavior of these former officers defies law enforcement principles, training and ethics, and in no way reflects on who we are as a department and what we stand for as a profession. We offer our condolences to the family and friends of Tyre Nichols and pray that justice is served to assuage the grief they are experiencing.”

The Grafton Police Department added that it is “committed to treating everyone with dignity, compassion, fairness and respect, protecting their rights and ensuring their safety.”

In a separate statement, the Millbury Police Department described the videos recently released by the Memphis Police Department as “horrific.”

“The men and [women] of the Millbury Police Department want our community to know that we absolutely condemn the appalling actions of these former officers,” the department shared. “Millbury Police Officers are dedicated to our community and strive to treat everyone with fairness, compassion, and respect. We are committed to building bonds

Turn To **NICHOLS** page **A10**

7:30 p.m. This event is free and open to the public. Regular gallery hours are Mondays through Fridays from 9 a.m. – 4 p.m. The gallery will be closed on Monday, Feb. 20 for Presidents Day. Visits outside of regular gallery hours are by Turn To **EXHIBIT** page **A10**

Douglas to host meeting on water/sewer upgrades

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — Douglas residents are invited to an upcoming meeting with officials to share their ideas and concerns regarding a sizeable water/sewer infrastructure upgrade project in town.

The project, described in a recent letter to residents as a continuation of “new economic development growth” in Douglas, is slated to take place along upper North Street, between Gilboa Street and the Sutton town line, and will also include a new water storage tank.

“This presents a unique one-time opportunity to improve this entire length of the North Street roadway,” the letter—written by Water/Sewer Systems Manager Robert Sullivan, Director of Community Development Matthew C. Benoit, and Economic Development Project Facilitator Robert Minarik—reads.

Residents are invited to a meeting on Wednesday, Feb. 15, at 6:30 p.m. in the Douglas High School auditorium, located at 33 Davis Street. The purpose of the meeting is to “collect feedback from Douglas residents living in the vicinity of

upper North Street” regarding the current and future roadway condition, the town released.

“Local residents are encouraged to meet with Douglas officials at this meeting to share their ideas, including identifying any issues, concerns, or questions about the roadway and its immediate environment.”

In case of inclement weather, the meeting will be held on Wednesday, February 22. Residents who are unable to attend and want to provide written comment can email

Turn To **DOUGLAS** page **A10**

Local police K9 remembered after ‘courageous’ cancer battle

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

WEBSTER — Area Police K9 Bandit has been laid to rest following a courageous battle with cancer. His handler, Webster Police K9 Officer Aaron Suss, was by his side.

“K9 Bandit had recently been diagnosed with an aggressive form of cancer,” the Webster Police Department released. “Despite a courageous fight, K9 Bandit could not stave off the disease, and the difficult decision was made to end his suffering.”

The department said it is “forever indebted” to K9 Bandit for “always answering the call and being there when we asked.”

“His devotion to duty was second to none, and he and Officer Suss were a pair that could not be matched,” the department reported.

Members of the department, as well as Webster Fire, EMS, and the South Worcester County Communication Center, gathered recently to pay their final respects to Bandit.

“As painful as this day was for all of us, and even more so for Officer Suss, we take some solace in that Bandit will be watching over us for the rest of our careers,” the department added.

Webster Police also thanked Grafton K9 Officer Joe Coggans for “support throughout this process.”

The Grafton Police Department also issued statement regarding K9 Bandit, offering condolences to the Webster department and Officer Suss.

“Over the years K9 Bandit has assisted us here in Grafton with our Youth Police Academy, National Night Out and in his role with the



CEMLEC Regional K9 team,” Grafton Police said. “A tragic loss for the community. Thank you for your service to Town of Webster and to the surrounding communities.”

Webster Police added that the staff of Webster Animal Hospital has offered “unwavering assistance and support” of the Webster Police K9 program over the past 15 years.

“We certainly would not have the program we do if it were not for you all,” police said. “The words thank you are not enough.”

According to reports, K9 Bandit started in 2015. He had been deployed 279 times, 74 of which resulted in arrests where he was “a key factor.”

“Bandit, you will be forever missed but never forgotten.”

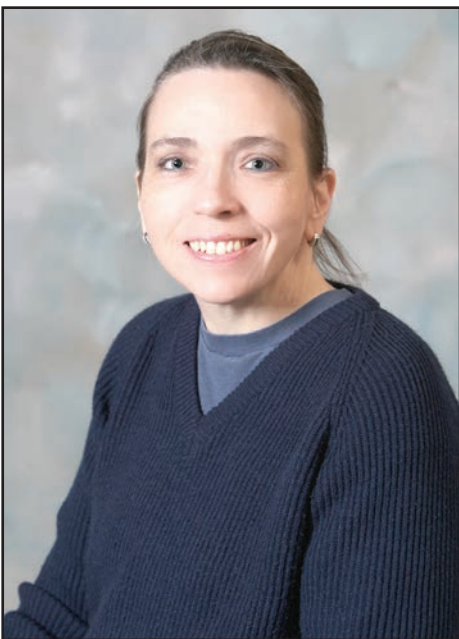
Breast surgeon Colette Whitby joins Milford Regional Physician Group

MILFORD — Colette Whitby, MD, FACS, has joined Milford Regional Physician Group (MRPG) and will see patients at Milford Regional's Breast Center, 14 Prospect St., Milford. She joins Dr. Diana Caragacianu, Physician Assistant Tracy Kuck, and Nurse Practitioner Monique Burchard.

Dr. Whitby comes to MRPG from Sturdy Medical Associates in Attleboro, where she practiced breast and general surgery. Prior to Sturdy, Dr. Whitby worked for Harrington Hospital for eight years, specializing in adult and pediatric general surgery. While at Harrington, she was a cancer liaison physician, instrumental in helping the hospital's cancer center obtain ACS accreditation, and also actively participated in a variety of quality and safety committees.

Dr. Whitby earned her medical degree from Brown University and is board certified in surgery. She completed her internship and residency in general surgery at Rhode Island Hospital and Beth Israel Deaconess Medical Center; and completed her residency in pediatric surgery at Boston Children's Hospital. A native of Woonsocket, R.I., Dr. Whitby currently resides in Uxbridge.

Patients at Milford Regional's nationally accredited Breast Center can expect an individualized, multi-disciplinary team approach for all screening, diagnostic, high-risk evaluation and cancer treatment needs and, when necessary,



Colette Whitby
a seamless collaboration with Dana-Farber/Brigham and Women's Cancer Center at Milford Regional. For more information, please visit: <https://www.milfordregional.org/medical-services/womens-health/the-breast-center/>

Established in 1992, MRPG is one of the largest physician practice groups in the MetroWest and Blackstone Valley

Region. MRPG, along with Milford Regional Medical Center, forms the Milford Regional Healthcare System, and consists of 43 primary care and specialty practices, including over 130 physicians, 82 advanced practitioners and 630 total staff.

Dr. Whitby is currently accept-

ing new patients and can be reached at 508-482-5439. For more information about MRPG's services, practices and physicians, visit www.milfordregional-physicians.org, follow us on Facebook @MilfordRegionalPhysicianGroup, or contact our New Patient Liaison at 1-833-GET-MRPG.

BVT's HVAC&R shop gets a facelift

UPTON — To keep pace with technological advancements, the Blackstone Valley Vocational Regional School District enhances its vocational, academic, and community offerings with grants that strengthen its ability to serve its students and the greater community. With a \$225,000 FY22 Massachusetts Skills Capital Grant for equipment, the highly-popular Heating, Ventilation, Air Conditioning & Refrigeration (HVAC&R) shop has undergone an impressive renovation.

The grant allowed the school to acquire and install industry-grade equipment like air purification systems, boilers, furnaces, building automation workstations, and line sets. The numerous upgrades increased the vocational-technical training for the day students and adult learners in the new HVAC&R Moonlight Program, as well as help increase the number of skilled workers entering the trades.

The shop renovation occurred over the summer break with the help of students, staff, retirees, and the facilities department, which manages numerous preventative maintenance projects during that time frame. It was an impressive undertaking:

- All furniture and equipment were removed from the shop.
- Ceiling, walls, and trim were cleaned and painted.
- Interior and exterior shop doors were replaced.
- Installation included a new epoxy floor; LED lighting, moveable wood workstations, a sink, student lockers, a heating/AC unit, and standard safety signage.

The upgrades, such as cleaning, painting, and installing new industry-grade equipment and workstations, were completed with in-house resources. The vocational instructors helped with plumbing, electrical, carpentry, and painting projects. Additionally, HVAC&R Instructor Matthew LaJoie, had students



Travis Cook and Robert Poirier working in the shop over the summer, as did Painting & Design Instructor Tim Buono, who worked with students Maddison Moore and Emma Fiore.

The District will make nearly a half-million dollars of enhancements parlaying the grant from the state with a \$200,000 match from its certified excess and deficiency fund with the added value of student project designers and laborers to renovate without financially impacting local tax dollars or municipal assessment requests.

If you're ready to take that next step toward a new and exciting career, one of our Moonlight Programs might be for you. For more information, visit www.valleytech.k12.ma.us/moonlightprograms.

About Blackstone Valley Regional Vocational Technical High School (BVT)
Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopdale, 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.

Activities Assistant for Council on Aging (15 hours per week) – Town of Charlton



The Council on Aging Department is seeking an Activities Assistant to help with bringing new innovative programs and organizing activities for our very active senior community. Some administrative work will be required. Please see job description for complete list of qualifications and responsibilities. Hourly rate: \$16.06 – \$17.72 dependent on experience and education. Please apply online at <https://www.townofcharlton.net/158/Human-Resources> no later than February 13, 2023.

Position will remain open until filled. The Town of Charlton is an equal opportunity employer and encourages diversity.

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Worcester Polytechnic Institute announces Fall 2022 Dean's List

WORCESTER — A total of 2,069 undergraduate students achieved the criteria required for Worcester Polytechnic Institute's (WPI) fall 2022 Dean's List. The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

"WPI's academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students work on open-ended problems for communities around the world. The problems are important and the impact is real" said dean of undergraduate studies Arthur C. Heinricher. "Some of this nation's best and brightest students come to WPI to study engineering and science and business and the humanities. Those named to the Dean's List have excelled in all of their work, and we are exceptionally proud of these outstanding students."

The following students were named to the Dean's List for fall 2022:

Jonathan Adams of Douglas, majoring in Mechanical Engineering, class of 2024

Samantha Arroyas of Uxbridge, majoring in Industrial Engineering (BS), class of 2025

Christina Aube of Douglas, majoring in Electrical and Computer Engineering (BS) Robotics Engineering (BS), class of 2024

Tyler Bliss of Whitinsville, majoring in Aerospace Engineering (BS), class of 2026

Connor Chartier of Uxbridge, majoring in Computer Science (BS), class of 2025

Maline Demers of Uxbridge, majoring in Psychological Science (BS), class of 2025

Lauren Flanagan of Douglas, majoring in Data Science, class of 2024

Emily Frick of Uxbridge, majoring in Biomedical Engineering (BS), class of 2023

Philip Heney of Douglas, majoring in Computer Science (BS), class of 2025

Jocelyn Hinchcliffe of Uxbridge, majoring in Biology and Biotechnology (BS), class of 2025

Theron Howe of Douglas, majoring in Civil Engineering (BS), class of 2023

Megan Jacene of Northbridge, majoring in Mechanical Engineering

(BS), class of 2023

Katelyn Lombardo of Whitinsville, majoring in Biology and Biotechnology (BS), class of 2025

Robert Mellen of Uxbridge, majoring in Robotics Engineering (BS), class of 2026

Cristian Oliveira of Uxbridge, majoring in Robotics Engineering (BS), class of 2026

Christopher Smith of Northbridge, majoring in Computer Science (BS), class of 2026

Hannah Smith of Uxbridge, majoring in Biology and Biotechnology (BS), class of 2023

Myles St. Jean of Whitinsville, majoring in Computer Science (BS), class of 2025

Clarice Stumpf of Uxbridge, majoring in Biochemistry (BS), class of 2025

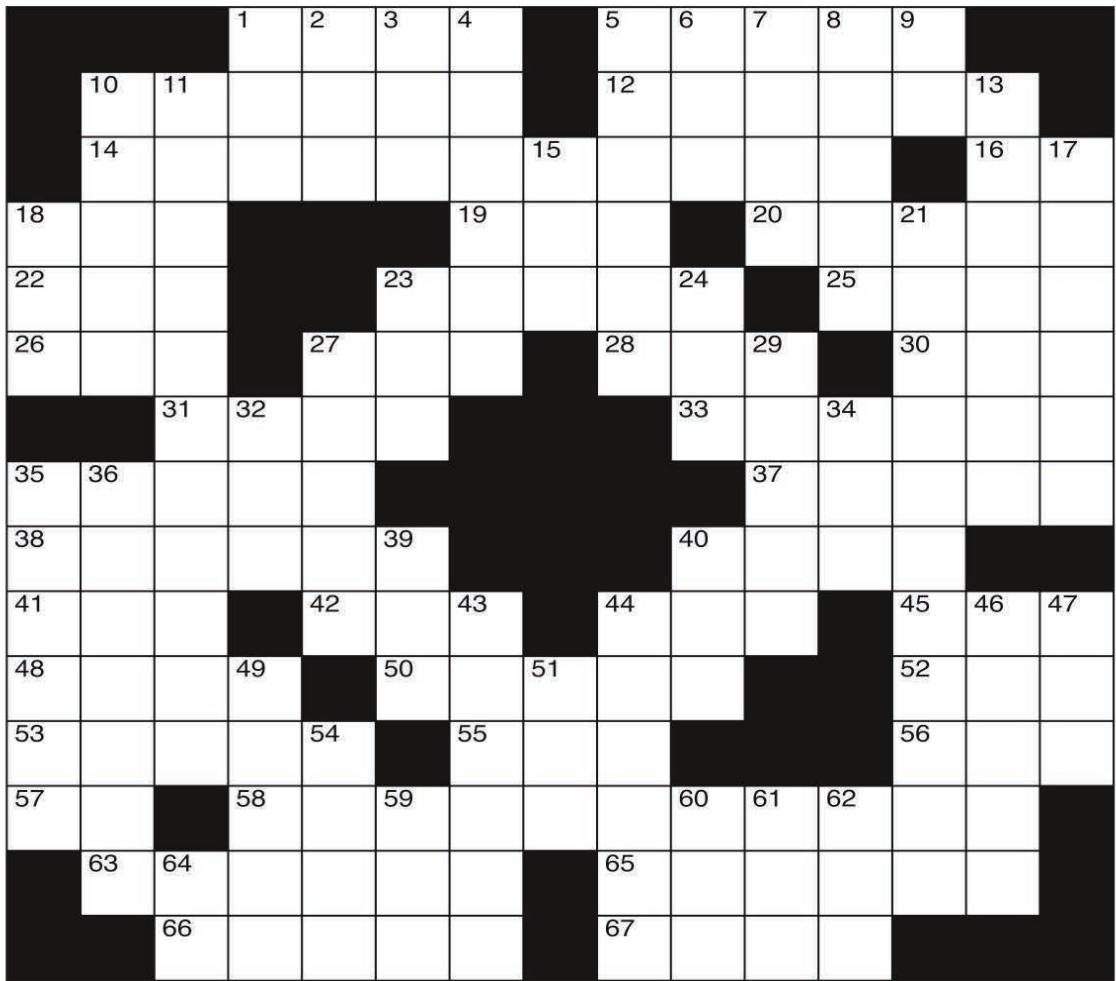
Molly Vincent of Douglas, majoring in Mechanical Engineering (BS), class of 2024

Bryan Wheeler of Douglas, majoring in Electrical and Computer Engineering (BS), class of 2026

Desmond Woodson of Douglas, majoring in Civil Engineering (BS), class of 2023

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber; data, and security systems; learning science; and more. www.wpi.edu



CLUES ACROSS

1. Shed tears

5. Luxury jewelry designer

10. Goddess of wisdom

12. Convert into a particular form

14. Working-class people

16. It borders Canada (abbr.)

18. A princess can detect its presence

19. Red-brown sea bream

20. Defunct retail empire

22. Vase

23. Demeter's equivalent

25. Monetary unit of the Maldives

26. French and Belgian river

27. Small amount

28. High schoolers' test

30. Animal's foot

31. Some is red

33. Per __: each

35. Swedish jazz pop duo
37. Plate for Eucharist

38. Train line

40. Russian pop duo

41. Stake

42. Plant by scattering

44. Female sibling

45. City of Angels hoopsters (abbr.)

48. Popular cookie brand

50. Group of Niger-Congo languages

52. A team's best pitcher

53. Vomits

55. 19th letter of Greek alphabet

56. Men's fashion accessory

57. Its capital is Pierre (abbr.)

58. Expensive cut of steak

63. Popular James Cameron film

65. A __: relating to knowledge gleaned from deduction

66. Kids' snow toys

67. Flip side to yin

CLUES DOWN

1. Global public health agency

2. Snake-like fish

3. Midway between northeast and east

4. Dabbed

5. TV show

6. Folk singer DiFranco

7. Canadian flyers

8. Of the dowry

9. Commercial

10. The act of imitating

11. Equipment used to broadcast radio or TV signals

13. Lands of an emir

15. Swiss river

17. Island

18. Monetary unit of Afghanistan

21. One who surrenders under agreed conditions

23. Garfield is one

24. A baglike structure in a plant or animal
27. Small boats used in the Black Sea

29. Small savory Spanish dishes

32. Body part

34. Touch lightly

35. Popular grilled foods on a stick

36. __ Hess: oil company

39. Antelope with a reddish coat

40. Pharaoh of Lower Egypt

43. Pink Floyd's Roger

44. Short and thick

46. Small, sac-like cavities

47. Performer __-Lo

49. Entrails of animal used as food

51. __ King Cole, musician

54. Where construction is done

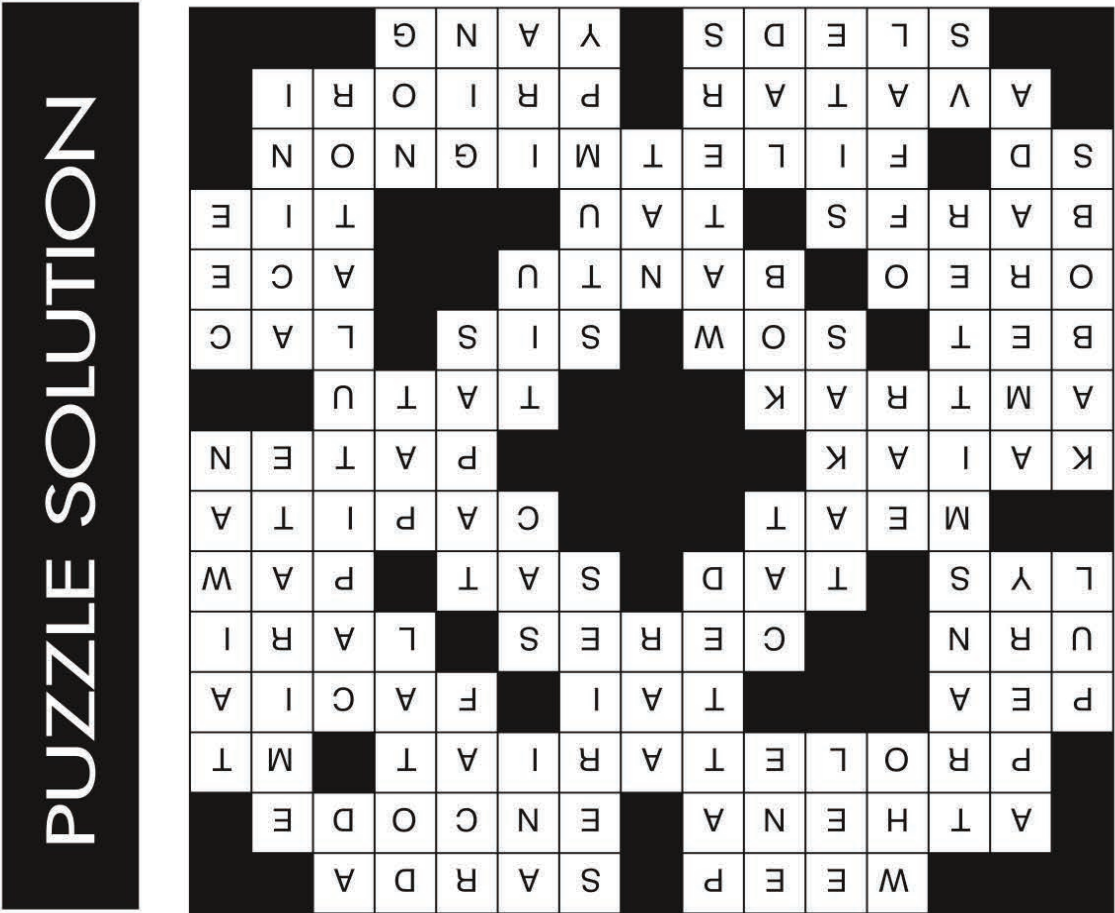
59. Chap


60. Investment vehicle

61. Often mixed with tonic

62. Holiday beverage egg __

64. Against





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Douglas Adult Social Center

Douglas Adult Social Center
331 Main St.
(508) 476-2283
Hours of operation: Monday through Thursday, 9 a.m.-3 p.m.; Friday 9 a.m.-noon
DAILY ACTIVITIES: All our daily activities are free of charge.
Monday: Painting class 10am to 12:30pm, Balance & Strength Exercise 10am, Mat yoga 2 pm
Tuesday: Cribbage 9:30am, Zumba 9:30am, Bingo 12:00 pm, Technology Class 1pm, Jenga or Connect4 2pm (bring a friend, and play a game!)
Wednesday: Balance & Strength 10am, MahJong 1pm
Thursday: Chair Yoga 9:30am, Wii Games 11am, Hand and Foot card game 1 pm
Friday: Balance & Strength 10am
The center has masks available and COVID test kits for free to residents. You may call the center for pick up. If you, yourself are sick or have been in contact with someone sick please stay in your car upon arrival, call the center and we will bring them out to you.
Center Programs: We have programs at the center to fit any age group. If you haven't stopped in to visit us or take advantage of one of our many free programs we would love to meet you. We offer an ambassador program so, if it's your first time visiting the center you won't be alone, we will pair you up with a new friend to give you a tour, and tell you about all our events.
Food insecurity: Sadly this is a reality for many seniors if you need assistance with food please call the center we will refer you confidentially to resources that can help.
Patrice Rousseau
Director/Outreach Case Manager
FEBRUARY EVENTS:
THE CENTER WILL BE CLOSED ON MONDAY FEBRUARY 20th.
• Valentine's Day Canvas Craft, on 2/2/2023 @ 11 am. Refreshments will be available. There is no charge for this

event. Please call the center to sign up @ 508-476-2283
• Lunch & a movie, "Shall We Dance" on 2/8/23 @ 12 p.m. The movie is free, chicken dinner lunch is \$4.00 p/p. Please call the center to sign up @ 508-476-2283.
• We are having a Valentine's Day Luau on 2/14 @ 12:00. We will have sweet & sour chicken/pork and rice for \$4.00 p/p. Join us as we listen to the musical stylings of a Steel Drum Band. This event is being sponsored by the Douglas Cultural Council. Please call the center to sign up @ 508-476-2283.
• Wellness Clinic dates are February 13 & 28. Please call the center to schedule a time to come in @ 508-476-2283. Walk-ins only from 11:30 to 12:00.
MARCH EVENTS:
• Lunch & A Movie "Thirteen Lives" on Tuesday March 1 @ 12 pm. Cost for lunch is \$4.00 per person. Please call the center to sign up, 508-476-2283
• Shamrock Wreath Craft on Thursday March 2 @ 11 am. There is no charge for this craft. Refreshments will be available. Please call the center to sign up, 508-476-2283
• Grip Strength Presentation on Tuesday March 8 @ 11 am. Come in learn a little about strength and test yours with a hand held device. Refreshments will be available. Please call the center to sign up, 508-476-2283
• St. Patrick's Day Celebration Wednesday March 15 @ 12 pm. Lunch will be corn beef and cabbage, \$8.00 per person. Tickets must be purchased by 3/8. "Fiddle Hill" will be playing 12:30 to 2:00, sponsored by the Douglas Cultural Council. Please call the center to sign up, 508-476-2283
• Monday March 20, HAPPY FIRST DAY OF SPRING!
Easter egg making with strings on Thursday March 30 @ 11 am. Come in and try this craft with us and have a beautiful egg to display at home. Refreshments will be available. There is no charge for this event. Please call the center to sign up, 508-476-2283

Millbury Senior Center

LINE DANCING CLASSES!
Every Wednesday at 10:30 A.M.
Class is \$3 per person
Call or stop by the center to RSVP 508-865-9154
HERBERT BERG FLORIST OF WORCESTER ARRANGMENT CLASS
Next class is Thursday, February 2nd
Take home a Floral arrangement that you create!
Cost is \$15 per person includes all materials
Price can vary based on specific project
RSVP a week before classes 508-865-9154
DULL MENS CLUB
Thursdays at 10 – 11 A.M.
No reservations required for any of our activities or exercise classes!
Lunches are served Monday through Friday 12 P.M. at the Senior Center
The menu is available on the town website, www.townofmillbury.org
Or our Millbury Senior Center Facebook page.
A 48 hour reservation is required.
Call the center at 508-865-9154
Friends of the Millbury Senior Center Transportation
Transportation is provided for Millbury Senior Residents Monday through Friday
Between 9 A.M. and 3:00 P.M.
We travel one town out in each direction including Sutton, Grafton, Auburn and Worcester
A 48 hour notice is required for scheduled rides (business days)
Rides are free until January 1st
To schedule transportation call the center at 508-865-9247
"MEMORY CAFÉ"
Please join us on Tuesday, February 28th at 2 - 3:30 P.M.
Refreshments will be served
A Memory Café is a monthly gathering for people with memory loss/challenges and their care partners. It is a time to socialize, make new friends, and have a good time.
Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!
SNAP APPLICATIONS (Food Stamps)
Our appointments are on Tuesdays & Thursdays 10 A.M. – 2:00 P.M.
Call for an appointment & required documentation 508-865-9154
"This project has been funded at least in part with Federal Funds from USDA. This institution is an equal opportunity provider
The SNAP Logo is a service of the U.S. Department of Agriculture.
USDA does not endorse any goods, services or enterprises."

Northbridge Senior Center

An important update regarding SMOC Fuel Assistance: they are extremely behind processing applications. They have received almost twice as many applications as last year and have been short staffed as well. SMOC is processing as quickly as they can, please be patient if you have applied. If you still need to apply for fuel assistance, call Jeanne at the Center to make an appointment.
Daily Coffee Time at Plummer Place, every day from 9:00-11:30am, come enjoy a fresh cup of coffee or tea, snack on some pastries or doughnuts, and meet up with friends in our warm and inviting dining area. No need to sign up, come when you can!
Billiards Organized Games, every Wednesday 8:30-10:30am.
Tickets are on sale now for FINE's 120 Club raffle, \$20/ticket. Chance to win \$20 each week through May 18th when on that day they will draw winners for \$500, \$400, \$300, \$200, and \$100. Purchase your tickets at the front desk.
Tickets on sale now at Plummer Place for FINE's raffle to win a 65"LG Smart TV, a \$250 gift card to Walmart or \$100 cash. Tickets are 1 for \$10 and 3 for \$20. The winners will be drawn at the Plummer Place Superbowl Party on February 9th.
Book Club at Plummer Place will

meet Wednesday, February 15th @ 10:30am. Call Michelle for the current book we are reading.
"The Violin Kat", Wednesday, February 22nd from 1:00-2:00pm. Come and enjoy the sounds of violinist, Kathryn Haddad, an eclectic freelance violinist based in the Worcester area, playing a wide variety of music from top 100 hits to jazz to classical. Light refreshments will be served. Sign up at our main office. Hurry, space is limited!
Katelynn Wackell, Care Manager at Tri-Valley, will be at Plummer Place the third Thursday of every month from 1-2:00pm. Katelynn will provide public benefit resources and options. This includes assistance with applications for SNAP, CHAMP, MRC, RAFT and MassHealth. She can also help with housing including subsidized housing applications, tenancy preservation, rental assistance, and congregate housing. Call the Center to make an appointment with Katelynn.
We need Volunteer Medical Drivers at Plummer Place. If you can spare a few hours a week to drive a senior to an out-of-town medical appointment, call us. We reimburse you for mileage; pick your days you can help and pick where you will drive to. It's that easy! Contact Michelle for more information.

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Help Wanted

Whitin Community Center announces first ever Photo Contest

What does community look like to you?

WHITINSVILLE — The Whitin Community Center is excited to announce our first ever Community Photo Contest in honor of our 100th anniversary! Using the prompt “What does community look like to you?” share your best photos that celebrate community in the Blackstone Valley.

Our Community Photo Contest is accepting submissions from Jan. 23 to Feb. 24. There will be winners in the Kids, Amateur, and Professional categories, as well as a “Community Choice” winner and recipients of several special judges awards. There is no entry fee, although donations to fund a display for the winning photographs are accepted; click the “Donate” button at the top of the WCC homepage and select the photo contest from the campaign drop-down menu. Get

creative, and remember that community comes in all different forms!

Submissions will be accepted online and in person. Email the submission form and one photograph in digital JPG format to Submissions@OurGym.org by February 24th; send a separate email for each different entry, including the photograph and a new submission form. In person submissions can be turned in at the WCC Member Services Desk along with a printed submission form. Photographs submitted without submission forms will not be considered in judging. Submission forms and a detailed contest description can be found

online at <https://www.whitincommunitycenter.com/programs/events/>.

Winners in the Kids, Amateur, and Professional categories will each win

four discounted tickets to the Boston Museum of Fine Art, a gift card to a Boston restaurant, and WCC 100th anniversary merchandise. The Community Choice winner and special award recipients will receive WCC 100th anniversary merchandise. All entrants will have the opportunity to be featured in WCC promotional materials, social media, and in the WCC 100th Anniversary Gala photo display!

The WCC’s Community Photo Contest is being launched to celebrate the 100th anniversary of the Whitin Community Center, a non-profit 501(c)(3) organization, that is committed to the health and well-being of individuals and families and to building a strong community in the Blackstone Valley. The Whitin Community Center has been serving

the Blackstone Valley for 100 years offering social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together.

The Whitin Community Center is committed to

enhancing the health and well-being of individuals and families and building a strong community in the Blackstone Valley. The Whitin Community Center is the Blackstone Valley’s most complete family and recreation center

with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park. For more information, call 508-234-8184 or visit www.WhitinCommunityCenter.com.

Natalie Ottaviano of Newtonville named to Muhlenberg College Dean’s List

ALLENTOWN, Pa. — Congratulations to Natalie Ottaviano of Newtonville for being named to the Muhlenberg College Dean’s List for the Fall 2022 semester.

Muhlenberg College students and Muhlenberg College School of Continuing Studies students with a term GPA of 3.50 or higher were recognized for this academic achievement.

Founded in 1848, Muhlenberg is a highly

selective, private, four-year residential, liberal arts college offering baccalaureate and graduate programs. With an enrollment of approximately 2,200 students, Muhlenberg College is dedicated to shaping creative, compassionate, collaborative leaders through rigorous academic programs in the arts, humanities, natural sciences and social sciences; selected preprofessional programs, including account-

ing, business, education and public health; and progressive workforce-focused post-baccalaureate certificates and master’s degrees. Located in Allentown, Pennsylvania, approximately 90 miles west of New York City, Muhlenberg is a member of the Centennial Conference, competing in 22 varsity sports. Muhlenberg is affiliated with the Evangelical Lutheran Church in America.



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PRESIDENT & PUBLISHER

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EDITOR

EDITORIAL

Take time away from your phone

Most weeks, our Editorial column spins off of a subject we curious about. While the subject of cell phone and screen addiction comes up often, this week, our perspective on the issue noticeably shifted after receiving a wise tip. A national news story broke, relaying that many younger people are switching to flip phones as a way to curb mental illness and burnout.

There are several tips as far as screen time and how to manage it. The first one is to ignore your phone, don't even look at it, until 30 minutes after you wake up. In that time, sit down, have your morning coffee, and read a book. When you start to scroll on your phone just after waking up, you put yourself into what's called a passive scrolling phase, which can derail your entire day and ward off productivity.

A few days of following this new advice, and there is a noticeable sense of comfort and relaxation that can carry you throughout your day. It's like taking 30 minutes every morning to get back to the basics and recall simpler times.

Most people feel like they are in control of their phone use, but are you? How can you determine if you have a phone addiction, or are just part of the modern era grind? We've said it before, and we'll say it again — nothing beats the days of watching "Jeopardy!" uninterrupted, without the pressure of responding to a ding from your phone.

In 2011, only 35 percent of the population owned Smartphones; today, 81 percent do. It is our main form of communication, so much so that now there is a term called nomophobia, or the fear of going without your phone.

Excessive cell phone use is a huge problem for many. As far as addiction goes, some experts say the dopamine connection the phone offers can be linked to something akin to a drug addiction. The triggering of that chemical in your brain, reinforces compulsive behavior: When we can't predict when we will receive a text or a "like" on social media, we check our phones more often.

Adolescents are more vulnerable to this problem than any other age group. Excessive use in that age group is such an issue that most teenagers never turn off their phones. Experts say that the younger a child has access to a phone, the sooner the problems begin. Problematic cell phone use is linked to low self-esteem, low impulse control, depression and anxiety.

Signs you may have a phone addiction could be that you reach for your phone if you're bored, you feel anxious or upset if you can't get to your phone, you wake throughout the night to check it, or your phone has caused you to get into an accident. Other signs could be that you spend most of your waking hours on your phone, and that it interferes with personal relationships or work.

When trying to focus on work, or any task, you are significantly disrupted, and your concentration is thrown off.

Ways to break the addiction in order to fix your relationships, your health and other responsibilities include figuring out if there is a larger issue as to why you're using your phone so much. Are you avoiding something else bigger? Resolving the larger issue at hand, could cause a decrease in phone use.

Change your settings to remove notifications and other alerts, set your screen to dark mode at night, keep your phone out of sight and never charge it in your bedroom. After a certain time, set your phone up so that only emergency contacts can get through to you, everyone else can wait. Try replacing games on your phone with real in person games or develop a hobby you've been wanting to try. Too much cell phone use can develop into a loss of control.

There have been some experiments where people have gone two days without their phones. Some people choose to give up their phones all together, while others make significant changes to reduce use.

The potential risk of depression, insomnia and lack of productivity just isn't worth it. Think back to pre-cell phone times. While there are safety benefits to having a phone, we don't need to be connected 24/7, and we don't need to respond or answer our phones just because they ding.

Your responsibility is to yourself, and it is revelatory how much you can get done if you just unplug. Take a breather, shut your phone completely off for 15 minutes and see how you feel. If you do try this trick, send us an email, and let us know what you find. If you are willing to take it one step further, and switch to a flip phone temporarily, let us know how that goes. Flip phones are very affordable and often come without a plan, and can be purchased at most stores.

Letter submission policy

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

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

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR
Dr. King's legacy is our legacy

To the Editor:

What I believe. Feel free to disagree. It's time to be an Ordinary American.

Have you taken a moment to consider that some of our greatest American leaders were African American and believed deeply in God?

The Rev. Dr. Martin Luther King, Jr. was a great leader. He preached Civil Rights like a pastor and gave many speeches. Most remember the "I Have a Dream" speech, given on the steps of the Lincoln Memorial on Aug. 28, 1968.

Few remember his 1963 sermon at the funeral service for four African American girls, killed in a bombing of a Birmingham, Alabama, church. Only the most vicious, depraved person could throw a bomb into a church. On a Sunday.

Dr. King said, "We pay our last tribute of respect to these beautiful children of God. They entered the stage of history just a few years ago [three were 14, the youngest was 11], and in the brief years that they were privileged to act on this mortal stage, they played their parts exceedingly well..."

"They are the martyred heroines of a holy crusade for freedom and human dignity. And so, in a real sense they have something to say to each of us in their death. They have something to say to every minister of the gospel who has remained silent behind the safe security of stained-glass windows. They have something to say to every politician who has fed his constituents with the stale bread of hatred and the spoiled meat of racism."

"They have something to say to a federal government that has compromised with the undemocratic practices of southern Dixiecrats (Democrats) and the blatant hypocrisy of right-wing northern Republicans... They say to each of us, black and white, that we must substitute courage for caution."

[Do you exercise courage? Do you work with African American colleagues? If you do not, I question the hiring practices of your employer: If you are acquainted with African Americans socially, do you reach out to break bread with them, share stories, ask questions and try to understand how they experience life?]

Dr. King continued, "God still has a way of wringing good out of evil...The death of these little children may lead our whole

Southland from the low road of man's inhumanity to man to the high road of peace and brotherhood."

Man's inhumanity to man is still with us because of the evil that lurks in the hearts of men. It is the human condition. A government may be able to protect us from some of it, but truthfully no government can protect us from all of it.

Yet, we move forward. Georgia now has one of the most expansive voting rights laws in the country. During the 2022 mid-term election, zero percent of black voters said their voting experience was poor: 73 percent said it was excellent. In a University of Georgia poll, 99.5 percent of black voters said they had not faced a problem when voting; 94.3 percent said they were confident their vote counted as they intended. The newly-reformed law makes it "easy to vote and hard to cheat."

In 1963, during the March on Washington, Dr. King said, "We've come to our nation's capital to cash a check. When the architects of our Republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men—yes, black men as well as white men—would be guaranteed the unalienable rights of life, liberty and the pursuit of happiness."

He said famously, "My friends, I still have a dream, a dream deeply rooted in the American dream. 'We hold these truths to be self-evident, that all men are created equal.' I have a dream that my children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

"When we allow freedom to ring, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last, Free at last, Great God a-mighty, We are free at last.'

In 1963, we were a God-fearing and God-worshipping country. That fact propelled our conscience and spurred the enactment of equal rights for African Americans. We knew in our hearts it was the fair and right thing to do.

Signed, an ordinary American,
*Bev Gudanowski
Uxbridge*

Tea for Two (or more)
is Good for the Body & Soul

The daily English ritual of Tea Time may be more than a social break - in fact evidence suggests it may be just what the doctor ordered! The simple habit of sipping a cup of hot, steaming tea is being reexamined and is hailed as a cure all for many common ailments in addition to its role as a warm, comforting refreshment. In recognition of National Tea month in January - OK so by the time you read this, it might be February!), the following information highlights the many ways tasty tea truly is terrific!

**

Homegrown Herbal Tea: Making tea from freshly harvested herbs not only retains the integrity of the brew, but offers the satisfaction of "home grown" goodness. Whether you're picking plants from a backyard plot or plucking leaves from a window-sill pot, fresh herbs are an easy and affordable way to create your own signature teas. Some favorite herb tea choices include Peppermint, Lemon Balm, Chamomile, and Lavender.

If you're using fresh herbs, be sure to rub leaves to "bruise" them before brewing to release the flavors. For each cup of tea use about two heaping teaspoons of fresh leaves or flowers. Add six ounces of boiling water for each serving. Allow to steep for at least five minutes, strain and serve. Or, if you are purchasing dried herbs, simply use one tablespoon of dried herbs per cup of tea. Strain and enjoy.

**

Sip Up!: Tea is Good for What Ails You

It's no secret sipping tea offers an array of terrific health benefits. From easing arthritis pain, tea has been shown to possess impressive healing properties.

*A study funded by the Arthritis Foundation suggests drinking green tea may help ease rheumatoid arthritis. The tea's benefits are attributed to a class of compounds called polyphenols, which are abundant in tea made with fresh or green leaves.

* Here's good news for allergy sufferers. A recent study reveals a compound in green tea may help inhibit aspects of the immune system response that produces symptoms



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of common allergens such as grass, pet dander, grass or mold!

*Did you know a sore throat can be relieved by using a strong, hot tea as a gargle? Simply brew the tea of choice,

allow it to cool, and gargle once or twice a day during the cold and flu season. As a bonus, the natural, herbal gargle tastes great.

* Medical studies reveal green and black teas take center stage when it comes to boosting the immune system. Test-tube studies also suggest that the flavonoids in tea may have more antioxidant activity than certain better-known antioxidants like vitamins C and E.

*According to researchers at the University of Geneva in Switzerland, green tea is packed with caffeine and catechin polyphenols, substances proven to speed up the body's calorie-burning ability. A study they performed showed drinking three cups of the Ancient Japanese cure per day can rev up your metabolism as much as an average man walking 17 minutes!

*Studies reveal green and black tea contain fluoride and polyphenols that prevent plaque from sticking to your teeth? Studies show tea decreases the activity of the oral enzyme amylase, which is responsible for breaking down starch into sugar in the mouth. In addition, the tea plant naturally contains fluoride in its leaves which makes tooth enamel stronger and more resistant to acids. Tea also inhibits bacteria growth in the mouth.

*Sipping both black and green teas has been associated with a lower risk of heart disease. It's been speculated that the antioxidant activity of chemicals in tea called flavonoids are at least partly responsible. Black and green teas each contain different flavonoids that appear to be beneficial to health.

**

Topical Tea Treatments

Drinking tea isn't the only way to reap the benefits of the healing herbs. Here are some ways natural teas can take the place of commercial health and beauty aids.

Stress Reliever: Make up this green

Even in the darkest of times,
one person can
make a difference

POSITIVELY
SPEAKING

TOBY
MOORE

On a sprawling plantation in Maryland, Harriet Tubman took her first breath into a life of servitude, surrounded by fields of cotton, tobacco, and sorrow.

At age five, Harriet was bought by a cruel trapper who forced her to work in the icy rivers, setting muskrat traps. Soon she was too sick to work and was brought back and made to be a caretaker for the plantation owner's baby; any cries from the baby would result in a brutal whipping for Harriet.

One day, while the plantation owner and his wife were in a heated argument, Harriet spotted a bowl of sugar, something she had never tasted before. Sneaking a pinch of the sweet treat, she was seen by the Master's wife. Harriet bolted out of the house and hid in a pig pen for five hungry days rather than face another whipping. With no food or refuge, she returned and was beaten brutally.

Harriet's faith was a defining force in her life that guided her every step of the way. Rumors of escaped enslaved people reaching freedom in the North captivated Harriet. She prayed for a life beyond the constraints of slavery.

Despite her hardships, she found love for a free man named John Tubman. She often confided in John about her dream of escaping, but he threatened to report her if she ever tried.

Harriet said, "I had reasoned it out in my mind; there were two things I had a right to, Liberty or Death, and if I couldn't have one, I would have the other."

One day, a Quaker woman approached her as she worked in the fields. The Quakers were a religious society known for their commitment to anti-slavery beliefs. The lady told Harriet that she could come to her house if she ever wanted to escape.

It was the first time Harriet had met someone part of the whispered-about Underground Railroad, a network of safe houses and secret routes used by escaped slaves to reach freedom.

Escaping at night when her husband was asleep, Harriet arrived at the Quaker woman's house, where she was given food and taught to navigate using the north star, as she would always travel by night.

As she made her way towards her freedom, Harriet was taken from one safe house to another; each one offering her food and shelter along the way.

Delighted to be a free woman in Philadelphia, her mind eventually turned to family. One day news reached Harriet that her sister Mary, her children, and other relatives were to be sold at the auction house, and she was determined to rescue them.

Harriet again traveled by night, returning to the county where she once lived in slavery. With determination in her heart, she devised a plan with Mary's husband, a free man, to help her free Mary and her children. He showed up at the auction house with a forged letter, claiming the plantation had a buyer for Harriet's family, and they were to return home immediately.

The guard hesitated, his hands hovering over his rifle as he read the letter. Mary's husband held his breath for an eternity, wondering if the ploy would work. It did, and Harriet wasted no time, whisking them away to freedom. She was now a conductor on The Underground Railroad.

Harriet faced new dangers with the passage of laws allowing captured escaped slaves to be returned to their owners, even when found in the North.

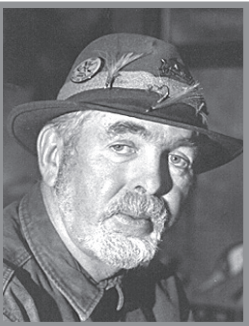
Determined, she saved for a house in Canada, where she planned to bring escaped slaves. Harriet embarked on multiple rescue missions from Canada.

It wasn't long before Harriet was a legend amongst enslaved people; they sang gospel songs in the fields about her. They called her Moses, sent to set her people free.

A reward was placed on her head, and she was sometimes forced to disguise herself as a man as she traveled from plantation to plantation to rescue any who desired freedom. She made 19 trips and rescued over seventy enslaved people.

Her legacy serves as a reminder that even in the darkest times, one person can make a difference, and that we all have the power to overcome fear and stand up to tyranny in all of its forms.

Why is Wallum Lake being neglected?



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This week, Captain Mel True will sponsor his annual fishing show Feb. 4 & 5 at the Whites of Westport. The Tried & True fishing show will have more than 85 vendors selling new and used fishing tackle. Doors open at 9 a.m. both days. Tickets will be available at the door at \$10 each; children under 12 are free. The show has a lot to offer for both seasoned anglers, and those that are just getting started. Videos of fishing by numerous boat captains will be available, showing the best tactics to catch the big ones, and where to go. It will be a fun packed day for young and old!

The warm weather continues, but this week, there could be enough cold temperatures at night to freeze up some of the small ponds, which could make for some ice fishing activities, but only for the seasoned anglers. A couple of inches of good black ice is all that is needed to hold one angler to fish on, but walking on these ice conditions needs the constant checking of ice with a chisel ,as you navigate the new frozen ponds. Small Rod & Gun club ponds could also become safe to fish on, and provide some good fishing for holdover trout. No more than one angler fishing in one spot, needs to be emphasized. Bunching up in one spot could cause unsafe ice, and a bad outcome. Stay safe and always fish with a friend!

Word has been received of a winter stocking of trout in numerous Rhode Island ponds, but Wallum Lake received nothing! Rhode Island also stocked some lake trout in a few of their ponds, along with some rainbow trout and salmon. It is unheard of in the past, that a state like Rhode Island was stocking lake trout. The salmon were not Broodstock salmon, but were similar to other strains. More information will be gathered for next week's column.

If Wallum Lake continues to be neglected by both Massachusetts and Rhode island, Sportsmen need to take matters into their own hands, and privately stock some lake trout into Wallum. The lake is ideal to introduce lake trout into, as it has the depth of water to sustain a lake trout, and the forage fish in the lake would provide plenty of food for the fish to feed on. It is a shame that both Mass. & Rhode Island cannot work together to make Wallum Lake a trophy trout pond, but do not expect any good news in the near future.

A bit more news on local Rod & Gun Clubs in the area. Most have a waiting list of sportsmen waiting to join. Be sure to pay your dues early to avoid being left out because you are late with your renewal. There also seems to be a lot more shooters that are joining clubs that are mainly interested in joining the club to use the ranges. There seems to be a lot more gun owners than in past years, and it shows at the gun ranges ,and at gun shows like the one last week in Marlborough! The lines outside to get into the show were long, with many leaving the show without getting in. There are more Gun owners that are licensed to carry because of the dangerous world that we live in today. Mass shootings by individuals that are illegally carrying a firearm are increasing every day, and it is not



This week's picture shows Chris Henchey and a couple other trap shooters, lined up for some target practice at the *Uxbridge Rod & Gun Club range recently. The range is open to any shooter that enjoys the sport ,every Sunday starting at 10 a.m. Come join in for sume fun.

going to stop anytime soon. I hate to turn on the news, like everyone else! What has made this country so violent?

The Mass. Fish & Wildlife Headquarters in Westborough has

only a few employees at their desk because of Covid. If you need to talk to someone about an issue, you need to e-mail the person you are trying to contact. Sitting down and discussing your problem or looking for infor-

mation face to face, is a thing of the past! Hopefully, this Covid thing is over soon!

Take A Kid Fishing & Keep Them Rods Bending!

Grow tasty and nutritious leafy greens indoors



GARDEN
MOMENTS
.....
MELINDA
MYERS

Boost the flavor and nutritional value of winter meals by growing a container of greens indoors. Plant, tend and harvest greens for garden-fresh flavor now and throughout the year.

Green leafy vegetables are healthy sources of carbohydrates, typically rich in fiber and nutrients, while also being low in fat and calories. Many of these vegetables can help reduce the risk of stroke, anemia, high blood pressure, certain cancers, and diabetes. They also help improve the health of your gut, heart, bone, and skin while boosting your body's immunity.

To create your own indoor garden of greens, all you need are seeds, a container, potting mix, and a sunny window or artificial lights. Select a container or planter with drainage holes or reduce maintenance with the help of self-watering containers like the Viva Round or Square self-water-



Tabletop light stands work well on kitchen counters and provide plenty of light for greens to grow.

ing planters. Their water reservoirs reduce watering frequency.

Fill the container with a quality potting mix that is well-drained and retains moisture. Plant seeds as recommended on the seed packet. You can grow each type of green in its own container or mix them up for an attractive display in larger planters like the Tartu Elevated Rectangular Planter (gardeners.com).

Water thoroughly and often enough to keep the soil moist while waiting for the seeds to sprout. Reduce the need for frequent watering by covering newly planted containers with a plastic sheet or dome. Once sprouts appear, remove the plastic and begin watering thoroughly when the top inch of soil begins to dry.

Boost productivity and increase planting space with the help of artificial lights. You will find a variety of setups for any space in your home. Counter and tabletop light stands like the Micro Grow Light Garden can be conveniently located in the kitchen or dining room. Stand-alone light shelves provide more growing space within a small footprint. Furniture-grade light stands make them easy to use in any room in the house.

Grow greens you and your family like to use in your favorite recipes and salads. Green or red leaf lettuce is easy to grow indoors, and its mild flavor is most appealing to children and picky eaters.

Spinach is another popular and easy-to-grow leafy green vegetable used fresh in salads and smoothies or added to soups and sauces. It contains many vitamins and nutrients, includ-

ing iron, folic acid, and calcium.

Kale is considered a superfood. This nutrient-dense vegetable is packed with vitamins, minerals, and antioxidants. If the flavor is a bit too intense for you, try the baby leaf types that are milder in flavor, or try braising kale for a milder flavor and more tender texture.

Add a bit of peppery flavor to salads, soups, pastas, and other dishes with arugula. Add a spicier flavor with mustard greens. Sauté mustard greens or add them to your favorite Southern, Asian, Indian or savory dish.

Include color and flavor in your winter meals with beet greens. The leafy part of this vegetable is often overlooked but is the most nutritious part of the plant. Use these the same way you would spinach or kale. You can purchase beet varieties selected for growing the best greens to harvest from baby to full size.

Make it more fun by getting others involved. Hand family members and guests a plate and kitchen shears so they can harvest and help prepare the meal.

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

TRAINOR

continued from page A10

tea and oatmeal bath recipe from a New York City Day Spa, and you'll be soaking in the lap of luxury for mere pennies! The popular treatment is a great stress buster for both men and women as the green tea tones your skin and helps you unwind after a stressful day, while the oatmeal serves as a soothing for sensitive skin.

To make: Combine one half cup of loose green tea leaves (available at health stores) and one half cup rolled or instant oatmeal. Place the mixture in a muslin or cheesecloth bag to make a sachet. Then hang the bag from your bathtub spout with string or ribbon and let the warm water rush over it while filling the tub. Once steeped, remove the bag and enjoy a relaxing soak for 15 minutes or so.

**

Treat Tired Eyes: If late nights and little sleep are making your eyes puffy, this quick and easy treatment will erase the telltale signs as well as a costly cream. Brew loose tea (try a calming herb, such as chamomile) and chill in the freezer until very cold but not frozen. Dip a cotton pad in the tea to saturate, wring out, and place on puffy areas. Lay back and keep pads on for at least ten minutes.

**

Acne Aid Alternative: Studies

claim green tea can be as effective as 4% benzoyl peroxide in treating acne. Better yet, the research reveals the tea is gentler on the skin than the chemical. To try at home, simply apply brewed green tea to the skin with a cotton ball.

**

Win Dinner for Two at the Publick House

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

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

OBITUARIES

Jean-Charles R. Soucy, 74

UXBRIDGE – It is with heavy hearts we announce that Jean-Charles R. Soucy, 74, passed away on Thursday, January 19, 2023 in the Milford Regional Medical Center, Milford, after a brief illness. He was the husband of 53 years to Lorraine J. Soucy, and they raised four boys in their loving home. Jean-Charles worked as a school psychologist in the Woonsocket, RI public schools for more than 30 years and later with the town of Grafton for 10, retiring in 2011. He was beloved by his students as he helped them navigate through difficult life situations with patience and kindness.

He was born in Woonsocket, RI, the son of Jeanne-Mance (Pierel) Soucy, of Naples, FL and the late Jean-Paul Soucy. Graduated from high school at Mt. Saint Charles Academy and later earned his bachelor's degree from Providence College. He continued his education and obtained his master's degree from Boston College, plus a Certificate of Advanced Graduate Studies (CAGS) from Rhode Island College.

In addition to his wife Lorraine, he is survived by 4 sons, Michael J. Soucy of Chicago, Daniel G. Soucy and his wife Stacia of Uxbridge, Thomas M. Soucy of Uxbridge and Matthew D. Soucy and his wife Kimberly Van Zorge of Harpswell, ME. He was the proud grandfather of 3 grandchildren, Mason, Jacob



and Grace who are local with Daniel and Stacia. He also leaves 4 siblings, Pierrette O'Brien of Ft. Myers, FL, Paulette LaPrade of Foster, RI, Ruth-Anne Pouliot of Naples, FL and Rosemarie Rayos of Woonsocket, RI. Sadly, he was predeceased by his brother Marc Soucy.

He was a devoted husband, father and grandfather and spending time with his family brought him the most joy. Almost monthly he would escape with Tommy and Lorraine to his cabin in Sebago, Maine for relaxation and pursuing his hobbies of photography and reading. Dad would actively take photographs especially of nature and immerse himself in his love of books. It was this exuberance for reading that led him in 2008 to author a book of his own titled: Of Granite and Tigers. Through his writing he expressed the uniqueness their son Tommy brought to our lives as a family. It was his qualities of patience and kindness through which he lived and that touched people the most. His love could be described as unconditional and will be sorely missed, he was a great man.

Funeral services will be private. Memorial donations may be made in his name to Open Sky Community Services, 4 Mann St, Worcester, MA to benefit the Adult Learning Center @ Whitin Mill. Website: openskyks.org. www.bumafuneralhome.com

Karen Stinson, 62

SUTTON – Karen (Wassenar) Stinson fought a hard and courageous battle with cancer for eighteen months. On the morning of January 26, at age 62, she rested from that fight, and entered into the loving embrace of her Savior Jesus Christ. His promise, "Because I live, you also shall live" (John 14:19), assured Karen and those who love her of that eternal grace.

Karen was born July 30th, 1960, to the late Philip and Frances Wassenar of Uxbridge. She married her sweetheart, Steve Stinson, right out of high school. Karen and Steve had celebrated their 43rd wedding anniversary on June 16.

She is survived by her husband, Steven and three children, Adam, Analiese, and Josiah Stinson. She also leaves behind her brothers Ken of Plano, TX, David and his wife Diane (Ebbeling) of Whitinsville, MA, and her beloved sister Cindy and her husband Dean DeVries of Allendale, MI. Karen is also survived by numerous nieces and nephews.

Karen was a lifelong member of Pleasant Street Christian Reformed Church in Whitinsville. She was quietly generous, giving to many charitable causes and encouraging those around her.

Karen's greatest passion was undoubtedly her family. She and her husband Steve were made for one another and were inseparable.



Karen fiercely loved her children and supported them always in whatever ways she was able. When asked what her favorite thing was while seated at the dinner table with her family, she would answer simply, "This."

Karen's other lifelong love and fascination was antiques, which she learned from her mother. She also inherited a gift for decorating and an eye for beauty, which she in turn passed down to her daughter Analiese. With much enthusiasm and dedication, Karen owned and operated Sturbridge Antique Shops in Sturbridge over the past 20 years.

Karen lived and loved quietly, and wisely. She treasured the uncomplicated, God-given pleasures of family, work, and leisure. She had a deep appreciation for simplicity and the unhurried joys of everyday life. Her life was short, but it was full, and we are so very grateful for her.

Visiting hours will be Friday, Feb. 3, 2023, from 4 – 7 PM at Pleasant Street Christian Reformed Church, 25 Cross St., Whitinsville.

Funeral services will be held Saturday, Feb. 4, 2023, at 10 AM in the church. Burial in Pine Grove Cemetery will be private.

Memorial donations may be made to Pleasant Street Christian Reformed Church, Benevolence Fund, 25 Cross St., Whitinsville, MA 01588. www.bumafuneralhome.com

Holy Cross announces Fall 2022 Dean's List

WORCESTER — College of the Holy Cross congratulates the following students who were named to the Fall 2022 Dean's List for outstanding academic achievement during the fall semester of the 2022-23 academic year.

Tiyana-Marie Bassim of Douglas, member of the class of 2023

Khushi Patel of Douglas, member of the class of 2025

Daniel Wickstrom of Whitinsville, member of the class of 2026

To qualify, students must pass four or more letter-graded courses with no failing grades during the semester and earn a GPA of 3.5 or higher.

About Holy Cross

The College of the Holy Cross, in Worcester, Mass., is among the nation's leading liberal arts institutions. A highly selective, four-year, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous, personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.

NICHOLS

continued from page A1

and maintaining trust with all citizens. All of our officers have sworn to an oath to serve and protect the citizens of Millbury and we will continue to do so in an honorable manner."

In Sutton, the police department echoed these sentiments, adding that the body cam footage of this incident was "disgusting."

"There are thousands of honorable, [hard-working], ethical police officers across the country who likely feel the same way as we do about the recently released body cam footage from the Memphis [Tennessee] Police Department regarding the use of force incident involving Tyre Nichols," Sutton Police said in a statement. "We at the Sutton Police Department are promising to continue to work hard and prove to all of you that we believe in being fair,

empathetic, well-trained, educated, reasonable, accountable and demonstrate integrity when we police. We certainly are not perfect, but we definitely understand what it means to be humane."

The five officers involved have been fired and face charges that include kidnapping, official misconduct, and official oppression, in addition to second-degree murder, the New York Times reported.

EXHIBIT

continued from page A1

appointment only by contacting cristi.collari@openskyks.org.

Voting ends Feb. 17. Exhibit ends on Feb. 24.

For more information about the exhibit with links to participating artist websites or to vote online, visit openskyks.org/news-events.

To learn more about the New England Sculptors Association, visit nesculptors.org.

To schedule a visit to the Gallery, call: (508) 234-6232 or email: Cristi.Collari@openskyks.org.

DOUGLAS

continued from page A1

mbernoit@douglas-ma.gov.

In other news, the town of Grafton has released information regarding the CSX Railroad decommissioning of tank cars on the Grafton & Upton railroad site.

Beginning earlier this week, CSX Railroad began decommissioning 10 propane rail cars, according to an informational statement from the town's police department.

"The rail car's interiors will be heated with steam to release any residual propane. This propane will then be flared off," police said. "Do not be alarmed if

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news@stonebridgepress.news

you see clouds of steam from the heating process and an open flame from the flare off."

This process is taking place on the Grafton & Upton Railroad property off Waterville St. during daylight hours, according to reports, and should take approximately one week to complete. Police also said that the Grafton Fire Department was part of the initial safety briefings and will review emergency procedures with the CSX and Grafton & Upton staff.

Fire Department staff will also be conducting site visits during the process to ensure proper procedures are followed.

LEGALS

(SEAL)

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT

Docket Number: 23 SM 000341
ORDER OF NOTICE

TO:

Ronald Bowman and Nancy Bowman and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq.)

U.S. Bank Trust National Association, as Trustee of the Igloo Series IV Trust claiming to have an interest in a Mortgage covering real property in Northbridge, 82 Sullivan Drive, given by Ronald Bowman and Nancy Bowman to Mortgage Electronic Registration Systems, Inc., as nominee for 1-800-East-West Mortgage Company, Inc., dated July 6, 2005, and recorded at the Worcester County (Worcester District) Registry of Deeds in Book 36759, Page 36, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before 3/13/2023 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Gordon H. Piper, Chief Justice of this Court on 1/25/2023

Attest:

Deborah J. Patterson Recorder
February 3, 202

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AucoinRyanRealty@verizon.net

Office	Listed & Sold Units \$ Vol*	Listed/Not Sold Units \$ Vol	Sold/Not Listed Units \$ Vol	Total Units \$ Vol*	Sides %/\$ Vol
1 Aucoin Ryan Realty Southbridge, MA 01550	10 1,792,000	22 5,979,225	4 1,138,500	36 8,909,725	46 6.42
2 1 Worcester Homes Auburn, MA 01501	1 3,500	11 3,494,800	16 4,237,000	28 7,735,300	29 5.57
3 Lamacchia Realty, Inc. Worcester, MA 01606	1 660,000	12 4,311,900	8 2,319,900	21 7,291,800	22 5.25
4 Keller Williams Realty Greater Worcester Worcester, MA 01604	-	8 2,687,325	12 3,811,900	20 6,499,225	20 4.68
5 RE/MAX Prof Associates Sturbridge, MA 01566	2 87,000	12 4,064,000	5 1,247,625	19 5,398,625	21 3.89
6 eXp Realty Auburn, MA 01501	3 2,420,000	5 1,711,000	1 490,000	9 4,621,000	12 3.33
7 Property Investors & Advisors, LLC Worcester, MA 01608	-	2 730,000	10 3,211,900	12 3,941,900	12 2.84
8 ERA Key Realty Services- Spenc Spencer, MA 01562	-	1 375,000	9 3,191,400	10 3,566,400	10 2.57
9 eXp Realty Southborough, MA 01772	1 560,000	4 921,500	5 1,877,000	10 3,358,500	11 2.42
10 Coldwell Banker Realty - Worcester Worcester, MA 01605	2 842,400	3 1,030,000	2 640,000	7 2,512,400	9 1.81

Total Listings Selected: 254
Unit Dollar Volume: \$138,873,650.00
* Unit Dollar Volume calculated using double-count method

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Send all obituary notices to
Stonebridge Press, PO Box 90,
Southbridge, MA 01550, or by e-mail
to obits@stonebridgepress.news

LEGALS

MORTGAGEE’S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Dennis Kimball and Gail Kimball to Ameriquet Mortgage Company, dated June 21, 2004 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 34022, Page 108, subsequently assigned to Deutsche Bank National Trust Company, as Trustee for, Ameriquet Mortgage Securities Inc., AssetBacked Pass-Through Certificates, Series 2004-R8, under the pooling and servicing agreement dated August 1, 2004 by Citi Residential Lending, Inc., as attorney-in-fact for Ameriquet Mortgage Company by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 43810, Page 249, subsequently assigned to Deutsche Bank National Trust Company, as Trustee for Ameriquet Mortgage Securities Inc., Asset-Backed Pass-Through Certificates, Series 2004-R8 by Ameriquet Mortgage Company by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 52295, Page 39, subsequently assigned to Deutsche Bank National Trust Company, as Trustee for Ameriquet Mortgage Securities Inc., Asset-Backed Pass-Through Certificates, Series 2004-R8 by Deutsche Bank National Trust Company, as Trustee for Ameriquet Mortgage Securities Inc., AssetBacked Pass-Through Certificates, Series 2004-R8, Under the Pooling and Servicing Agreement dated August 1, 2004 by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 54973, Page 277 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on February 24, 2023 at 40-42 North Main Street, Whitinsville (Northbridge), MA, all and singular the premises described in said Mortgage, to wit:
All that land in Northbridge, in the Village of Whitinsville, Worcester County, Massachusetts, with the buildings thereon, on the northeasterly side of North Main Street, and shown and designated as Lot #72 on a plan of land entitled “Section A, Sheet No. A-2, Whitin Machine Works, Northbridge, MA” dated March 10, 1951, by G. Bertrand Bibeault, Civil Engineering, Woonsocket, RI recorded with the Worcester District Registry of Deeds in Plan Book 173, Plan 49, said parcel of land being more particularly bounded and described as follows:
Beginning at the most westerly corner thereof at a point on the northeasterly side of said North Main Street, which point is 556.27 feet measured S. 32° 18’ E., from the corner formed the intersection of the northeasterly line of said North Main Street with the southerly line of Crescent Street, said point of beginning being the most southerly corner of Lot #73 on said plan;
Thence N. 55° 54’ E., by said Lot #73 on said plan, 105.7 feet to Lot #84 on said plan;
Thence S. 33° 36’ E., by said Lot #84 and Lot #85 on said plan, 84.94 feet to Lot #71 on said plan;
Thence S. 55° 54’ W., by said Lot #71 on said plan, 107.63 feet to a point on the northeasterly side of said North Main Street;
Thence N. 32° 18’ W., by said North Main Street, 85 feet to the point of beginning.
Containing 9,060 square feet of land, more or less.
Subject to any and all rights and easements as described in a deed of James M. Meller to Rodney N. Gallagher and Barbara A. Gallagher, dated May 13, 1974, recorded with said Registry of Deeds in Book 5490, Page 310.
For title reference see deed recorded with said Registry of Deeds in Book 27120, Page 349.
The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney’s fees and costs.
TERMS OF SALE:
A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer’s check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer’s check or other check satisfactory to Mortgagee’s attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser

shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee’s attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.
Other terms, if any, to be announced at the sale.
Deutsche Bank National Trust Company, as Trustee for Ameriquet Mortgage Securities Inc., Asset-Backed Pass-Through Certificates, Series 2004-R8 Present Holder of said Mortgage, By Its Attorneys, ORLANS PC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 21-002924
February 3, 2023
February 10, 2023
February 17, 2023

LEGAL NOTICE
MORTGAGEE’S SALE
OF REAL ESTATE
By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Lisa M. Dumas and Michael Dumas a/k/a Michael A. Dumas to Bank of America, N.A., dated October 20, 2012 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 49894, Page 122 (the “Mortgage”), as affected by Judgment dated February 4, 2020, and recorded at said Registry of Deeds in Book 61961, Page 275 of which mortgage Nationstar Mortgage LLC d/b/a Mr. Cooper is the present holder by Assignment from Bank of America, N.A. to Federal National Mortgage Association dated August 20, 2015 and recorded at said Registry of Deeds in Book 54242, Page 119, and Assignment from Federal National Mortgage Association to Nationstar Mortgage LLC dated August 15, 2022 and recorded at said Registry of Deeds in Book 68117, Page 283, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 394 Douglas Street, Uxbridge, MA 01569 will be sold at a Public Auction at 4:00 PM on February 14, 2023, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:
THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF WORCESTER, STATE OF MASSACHUSETTS AND IS DESCRIBED AS FOLLOWS: ALL THAT PARCEL OF LAND IN TOWNSHIP OF UXBRIDGE, WORCESTER COUNTY, COMMONWEALTH OF MASSACHUSETTS, AS MORE FULLY DESCRIBED IN DEED BOOK 16959, PAGE 362, ID# 304-023.0-3082-0000.0, BEING KNOWN AND DESIGNATED AS BEING SHOWN AS LOT 1 ON A PLAN DATED 8/25/82 AND FILED IN PLAN BOOK 499 PLAN 95. BEING MORE FULLY DESCRIBED BY DEED [N BOOK 16959 PAGE 362 FILED 3/31/95. THIS IS RECORDED LAND WITH WORCESTER COUNTY REGISTRY OF DEEDS. MORE COMMONLY KNOWN AS 394 DOUGLAS ST UXBRIDGE MA 01569 BY FEE SIMPLE DEED FROM RUSSELL E. LEGASSEY AS SET FORTH IN BOOK 16959 PAGE 362 DATED 03/15/1995 AND RECORDED 03/31/1995, WORCESTER COUNTY RECORDS, COMMONWEALTH OF MASSACHUSETTS.
For mortgagor’s title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 16959, Page 362.
The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.
Terms of the Sale: Cashier’s or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable by certified check in thirty (30) days from the date of the sale at the offices of mortgagee’s attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.
Other terms to be announced at the sale.
Nationstar Mortgage LLC d/b/a Mr. Cooper
Korde & Associates, P.C.
900 Chelmsford Street

Suite 3102
Lowell, MA 01851
(978) 256-1500
Dumas, Lisa M. & Michael Dumas, 22-040720

January 20, 2023
January 27, 2023
February 3, 2023

MORTGAGEE’S NOTICE OF SALE OF REAL ESTATE
By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Charles Adams Rose and Sandra J. Rose to Mortgage Electronic Registration Systems, Inc., as nominee for JG Wentworth Home Lending, LLC, its successors and assigns, dated June 22, 2017 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 57368, Page 214, subsequently assigned to Freedom Mortgage Corporation by Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for JG Wentworth Home Lending, LLC its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 66665, Page 124, subsequently assigned to Freedom Mortgage Corporation by Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for JG Wentworth Home Lending, LLC, its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 68027, Page 309 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 12:00 PM on February 24, 2023 at 20 Nicki Way, Unit #88, Uxbridge, MA, all and singular the premises described in said Mortgage, to wit:
THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF WORCESTER, CITY OF UXBRIDGE, STATE OF MASSACHUSETTS, AND IS DESCRIBED AS FOLLOWS: THE FOLLOWING PREMISES IN THE SUMMERFIELD AT TAFT HILL CONDOMINIUM (THE “CONDOMINIUM”) CREATED BY A MASTER DEED IN ACCORDANCE WITH THE PROVISIONS OF MASSACHUSETTS GENERAL LAWS, CHAPTER 183A, DATED SEPTEMBER 30, 2005 AND RECORDED ON OCTOBER 28, 2005 AT 11:24 AM, WITH THE WORCESTER SOUTH DISTRICT REGISTRY OF DEEDS IN BOOK 37666 AT PAGE 175, AS AMENDED AND RESTATED BY THAT CERTAIN AMENDED AND RESTATED MASTER DEED DATED FEBRUARY 21, 2006 AND RECORDED FEBRUARY 21, 2006 IN BOOK 38424 AT PAGE 189 AS MAY BE AMENDED FROM TIME TO TIME (THE “MASTER DEED”): UNIT #88
TOGETHER WITH AN UNDIVIDED 0.96 % INTEREST IN THE COMMON AREAS AND FACILITIES OF THE CONDOMINIUM APPURTENANT TO SAID UNIT AS SET FORTH IN THE MASTER DEED (SUBJECT TO THE REVISION OF THAT UNDIVIDED PERCENTAGE INTEREST PURSUANT TO THE TERMS OF THE MASTER DEED).
FOR GRANTOR’S TITLE REFERENCE MAY BE HAD TO THE DEED RECORDED IN THE LAND RECORDS OF THE SOUTH WORCESTER COUNTY DISTRICT LAND RECORDS BOOK 34880 PAGE 294.
PARCEL ID #304/023.0-4435-0059.A
THIS BEING THE SAME PROPERTY CONVEYED TO CHARLES ADAMS ROSE AND SANDRA J. ROSE, HUSBAND AND WIFE, AS TENANTS BY THE ENTIRETY FROM NORTHWIND PARTNERS MA, LLC, A MASSACHUSETTS LIMITED LIABILITY COMPANY IN A DEED DATED SEPTEMBER 18, 2013 AND RECORDED SEPTEMBER 27, 2013, IN BOOK 51551 PAGE 39.
Property Commonly Known As: 20 Nicki Way Unit#88 Uxbridge, MA 01569
For informational purposes, this property is subject to age restrictions, and at least one person occupying the property must be 55 years or older.
The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney’s fees and costs.
TERMS OF SALE:
A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer’s check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer’s

check or other check satisfactory to Mortgagee’s attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee’s attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.
Other terms, if any, to be announced at the sale.
Freedom Mortgage Corporation Present Holder of said Mortgage, By Its Attorneys, ORLANS PC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 21-004935
February 3, 2023
February 10, 2023
February 17, 2023

(SEAL)
THE COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
Worcester County, ss
2023 23 SM 000217
ORDER OF NOTICE

To:
JOSEPH H. JOHNSON, JR., TRUSTEE
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 *et seq.*
RD W SPV LLC
Claiming to have an interest in a Mortgage covering real property in Northbridge, numbered Prospect Street (Map 15, Lot 22), given by Joseph H. Johnson, Jr. Trustee of the Bedford Forest Real Estate Development Trust to RD W SPV LLC, dated September 15, 2021 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 66066, Page 266, has filed with this court a complaint for determination of Defendant’s Servicemembers status.
If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before 3/6/2023, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.
Witness, Gordon H. Piper, Chief Justice of this Court on 1/17/2023.
Attest:
Deborah J. Patterson
Recorder
February 3, 2023

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO23P0003EA
Estate of:
JEANNETTE M WHITE
Also Known As:
JEANNETTE WHITE
Date Of Death: November 18, 2022
INFORMAL PROBATE PUBLICATION NOTICE
To all persons interested in the above-captioned estate by Petition of Petitioner
DONNA M. GOSSELIN
of NORTHBRIDGE MA
a Will has been admitted to informal probate.
DONNA M. GOSSELIN
of NORTHBRIDGE MA
has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.
The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
February 3, 2023

SPORTS

With potential postseason tournaments looming, Northbridge tops Southbridge



Nick Ethier



Nick Ethier

Northbridge's Melissa Sabourin glides toward the basket for a layup. Molly Gahan of Northbridge reaches out to collect a pass thrown her way.

BY NICK ETHIER
SPORTS EDITOR

SOUTHBRIDGE — When Jeff Kozik was a basketball-playing student-athlete at Auburn High, he twice participated in the prestigious Clark Tournament. And then, while an assistant on the Rockets' staff, he also coached in the Clark.

Now in his first year as the head coach of the Northbridge High girls' varsity basketball team, Kozik is again thinking of the Clark Tournament. And that is because, for the first time, the Clark has expanded into a girls' bracket. The top eight teams that have opted in will receive bids into the Clark.

And, following the Rams' 45-8 victory over Southbridge High on Friday, Jan. 27, their record



Nick Ethier

Ryleigh Johnson of Northbridge scans the court, looking for a teammate to pass the ball to.

is stout at 9-3.

"We want to get into the Clark. I grew up a Central Mass. guy and the Clark

is, for the boys, big," said Kozik. "I played in it in high school and coached in it when I was at Auburn,

and it means a lot."

Regarding the Clark adding a girls' tournament, Kozik is ecstatic.



Nick Ethier

Northbridge's Abby Barnatt gets fouled, makes the layup and the coinciding free throw for a traditional three-point play.



Nick Ethier

Northbridge's Macie Allen dishes a bounce pass down low and into the paint.

Uxbridge football team honored with Fall 2022 Sportsmanship Award



Courtesy photo



Nick Ethier

Natalie Zborowski of Northbridge prepares to fling a long pass across the court.

"I think it's great," he noted. "Everything they do at the Clark Tournament is fantastic for the kids. The experience is fantastic."

Should Northbridge reach the tournament, Kozik will dig out the record books for the girls to see.

"I'll talk to them about the history and we'll look at past Northbridge boys' Clark stuff. It's just really fun and I want them to enjoy it," said Kozik.

The Rams will need to continue improving to ensure a bid into the tournament, though.

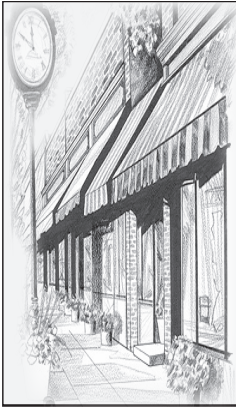
"A lot of the little things just need to be cleaned up," Kozik said of tasks such as communication on the court. "But we're playing better and coming together as a team."

If Northbridge fails to qualify for the Clark Tournament, the Rams will play in at least two games inside the CMADA (Central Mass. Athletic Directors Association) Tournament. The Division 4 State Tournament would follow.

A total team effort helped Northbridge defeat the Pioneers. Of the 12 players who dressed, 10 scored (led by Macie Allen's 10 points) and 10 secured at least one rebound (led by Katherine Kibbe's 8 boards), with all 12 achieving at least one or the other.

"It's a good tip of the cap to the program and the town of Northbridge basketball in general. Normally I can go nine deep anyways and tonight the JV girls scored, so it's great," said Kozik.

The Rams led after one quarter, 18-3, at the half, 27-5, and through three periods, 35-7, before taking the final frame, 10-1, for the big victory over Southbridge (0-8). Northbridge's defense forced the Pioneers into 25 turnovers.



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The Massachusetts Trial Court hereby gives notice of the availability of one or more Bail Commissioner appointments for the East Brookfield District Court located in Worcester County.

A Bail Commissioner is appointed by the Massachusetts Trial Court to make bail decisions and release persons arrested when courts are closed (overnights, weekends and holidays.)

PLEASE NOTE: This is an appointment only. No salary or benefits are included but fees may be collected from the person in custody at the time of release. The base fee is \$40.00. Bail Commissioners are required to have reliable transportation in order to travel to the East Brookfield District Court and the police departments located in Barre, Brookfield, East Brookfield, Hardwick, Leicester, New Braintree, Oakham, Paxton, Rutland, Spencer, Warren and West Brookfield. Proximity to the communities listed and familiarity with criminal law and procedures helpful. If you are interested in being considered for appointment please contact:

CATHERINE M. COUGHLIN, ESQUIRE
STATE BAIL ADMINISTRATOR
EXECUTIVE OFFICE OF THE TRIAL COURT
catherine.coughlin@jud.state.ma.us

The appointing authorities do not discriminate against any applicant because of race, color, sex, age, national origin, religion, sexual orientation, gender identity and/or expression, status as a veteran, basis of disability or any other federal, state or local protected class.

PUBLIC NOTICE

BAIL COMMISSIONERS NEEDED

DUDLEY DISTRICT COURT JURISDICTION

The Massachusetts Trial Court hereby gives notice of the availability of one or more Bail Commissioner appointments for the Dudley District Court located in Worcester County.

A Bail Commissioner is appointed by the Massachusetts Trial Court to make bail determinations and to release persons arrested when courts are closed (overnights, weekends and holidays.)

This is an appointment only. No salary or benefits are included but fees are collected from the person in custody at the time of release. The base fee is \$40.00.

Travel to the Dudley District Court and the cities and towns in the its jurisdiction is required: Charlton, Dudley, Oxford, Southbridge, Sturbridge and Webster. Proximity to all communities and familiarity with the criminal law and procedures is helpful.If you are interested in being considered for appointment please contact:

CATHERINE M. COUGHLIN, ESQUIRE
STATE BAIL ADMINISTRATOR
EXECUTIVE OFFICE OF THE TRIAL COURT
catherine.coughlin@jud.state.ma.us

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Annual, biennial and perennial herbs to be highlighted at Blackstone Valley Gardeners meeting

WHITINSVILLE — Can you name a perennial herb? Do you know what 'biennial' means? Even if you can answer 'yes' to those questions, you are sure to learn something new from speaker Kathi Gariepi at the next meeting of the Blackstone Valley Gardeners.

University of New Hampshire announces Dean's List

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

Skylar Manyak of Douglas, earning High Honors

Emma Ganley of Northbridge, earning High Honors

Emma Lachapelle of Northbridge, earning High Honors

Honors Kristina Kirk of Uxbridge, earning Honors

Sallie Hogan of Uxbridge, earning Highest Honors

Tobias Genova of Uxbridge, earning Highest Honors

Avery Senosk of Whitinsville, earning Highest Honors

Hailey Banas of Whitinsville, earning High Honors

Gariepi is a Master Gardener with extensive gardening experience. She will help us create an herb garden that is reflective of our own individual style, whether it is historical in feel or modern in concept. Introducing herbs that are perennial, biennial, and annual, she will also discuss soil preparation, basic herb garden design and how best to site your plants.

The Blackstone Valley Gardeners will meet at 7 p.m. on Feb. 9 at the United Methodist Church, 61 Linwood Ave. in Whitinsville. For easy access to the meeting, enter through the parking lot that is behind the shops on the south side of Church Street and use the rear entrance to the church.

Gardeners from all Valley towns are welcome free of charge as first time guests, or may become members for \$25 a year. Mark your calendar for Thursday, Feb. 9 at 7 p.m. to enjoy the scents and textures of the summer herb garden. Is it ever too early to dream of spring?



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