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Friday, December 16, 2022

# State Police Museum holds annual 'Runaway Day'

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

WHITINSVILLE — Troopers and their families, as well as many local residents, had a chance to meet Ed Locke—the real “runaway” from Norman Rockwell’s 1958 painting—last weekend at the Massachusetts State Police Museum and Learning Center.

“Every year, we have what we call a ‘Runaway Day,’” said Paul Landry, a board member and volunteer at the State Police Museum. “Every year, usually in December, we have all the troopers, local police, [and more] come in... their kids sit up at the bar and we take pictures with the family.”

According to informa-



Steve Breault — Courtesy

Johnson’s restaurant in Pittsfield to be photographed for “The Runaway.” In the decades since the painting was first published, the Norman Rockwell Museum wrote on its Web site that it has “become synonymous with law enforcement” conveying the mission to protect and serve.

“I like to paint kids... people think of their own youth,” Rockwell once said, according to the Norman Rockwell Museum. “I ran away from home when I was a kid in Mamaroneck and mooned around the shore; kicking stones and watching the whitecaps on Long Island Sound. Pretty soon it began to get dark and a cold wind sprang up and moaned in the trees. So, I went home.”

The Whitinsville-based museum even has a life-sized mock-up of the famous diner from “The Runaway” page A10

## Col. Christopher Mason and Ed Locke, the young boy in “The Runaway”

tion from the Normal Rockwell Museum in Stockbridge, “The Runaway” is an oil on canvas painting that served as the cover illustration for The Saturday Evening Post on Sept. 20, 1958.

Rockwell brought Locke, along with Massachusetts State Trooper Richard Clemens, to the Howard

Turn To RUNAWAY page A10

## Slain police sergeant remembered

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

MILFORD — Police are remembering Sgt. Walter Conley, commonly known as “Moose,” who was shot and killed in the line of duty on Dec. 10, 1980.

“Sergeant Walter ‘Moose’ Conley was a beloved member of the community and a 30-year veteran of the Milford Police Department,” Milford Chief of Police James Falvey shared in a press statement.

According to police, Sergeant Conley was shot and killed while working a detail at the Milford Savings Bank.

“Sergeant Conley was escorting a bank employee from another bank across the street. The perpetrators believed the bank employee was in possession of a large amount of cash and tried to rob the employee during the exchange,” police said. “As the perpetrators attempted this cowardly act, gunfire erupted, causing Sergeant Conley to be shot leading to his death.”

The two assailants fled, according to reports, however, after an “intense investigation and manhunt” were arrested in New York State.

The suspects were later indicted by a Worcester Grand Jury for murder, carrying a rifle without authority, and armed assault with intent to rob.

Turn To CONLEY page A10

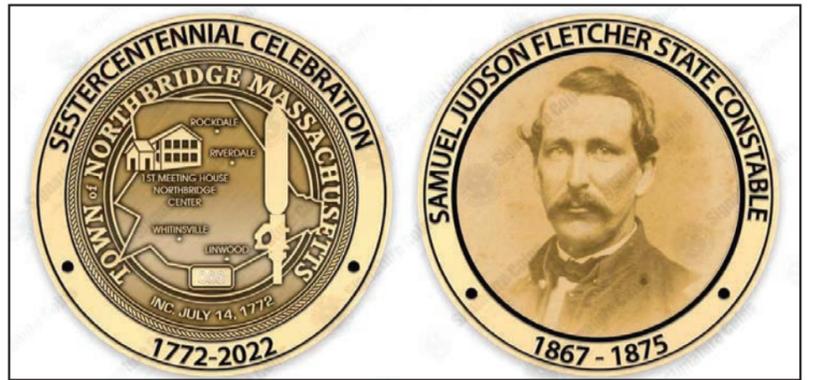
## Commemorative ‘Challenge Coin’ still available

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

NORTHBRIDGE — The Massachusetts State Police Museum and Learning Center designed a commemorative “Challenge Coin” for the town’s 250th anniversary celebration earlier this year.

Only 100 coins were made, according to reports, and as of last weekend, less than 20 remained for purchase. On one side, the coin depicts the seal of Northbridge; on the other is Samuel Judson Fletcher, the first state police constable from town.

“People are fascinated to think that somebody from town was one of our first constables,” said Paul Landry, a board member and volunteer at the muse-



um. “Although he wasn’t born here, he lived here,”

said John H. Crawford, a board member of the museum who began the coin program, adding that the museum obtained Fletcher’s biographical

information from a genealogical report.

According to historical documents, Fletcher was born on March 31, 1831, in Maine. Prior to enlisting as a private with the Fifteenth Massachusetts Volunteer Infantry in the Civil War in 1861, he had been educated at Brown University where he graduated with a degree in Engineering.

Fletcher’s brothers, James Brainerd Fletcher and George Fergo Fletcher, as well as his cousin, Edward Fletcher Chapin, enlisted with him and all served in Company H of the Fifteenth Infantry, according to reports.

Fletcher was promoted to lieutenant and was shot through the jaw at the Battle of Antietam—he survived and was promoted to First Lieutenant in 1862. His brother James was killed in Antietam at the age of twenty-three; he was shot through the head and Fletcher “caught him as he fell dead,” historical information reads.

On July 3, 1863, Fletcher was wounded again at the Battle of Gettysburg “while leading his men into battle,” according to information from the State Police Museum; he was presented with a “Sword for Bravery” by the Regimental Commander and on July 4, 1863, was promoted to Captain.

His brother George was killed in Gettysburg at age nineteen, and his cousin Edward, age twenty-three, was also killed at the Battle of Gettysburg. Fletcher was the only family member to return home alive, according to reports.

On March 8, 1864, he married Emma Luther in Ashland. He mustered out of the Fifteenth Massachusetts on July 28, 1864, as a Captain and soon after, the residents of

Northbridge elected him to the Massachusetts State Legislature Eighteenth Worcester District in 1865. Two years later, Fletcher was appointed as a State Police Deputy Constable for Worcester County.

In May of 1870, Fletcher was stabbed and was presumed dead after an alcohol raid in Uxbridge where several individuals were arrested and tried for the assault.

Crawford read from a report that described the attack as “brutal.”

“Fletcher was beaten and stabbed and thought killed,” Crawford said. “Fletcher was thrown on the floor and held while... stabbed several times in the head and face.”

After the attack, Fletcher could not be found, according to reports, and after a “diligent search” he was found “insensible” in a barn nearby. Despite receiving 11 wounds on the head and face, Fletcher was able to identify the four men and woman who had attacked him, and his injuries did not prove fatal—he lived to the age of 93.

“That’s why he’s on the coin,” Crawford said, adding that as of press time, there were 14 coins left for purchase.

Fletcher served as state constable until February 1875 when the state detective force was established, according to reports. In April 1875, he was appointed a constable in Northbridge. Fletcher and his wife had four children, Nellie, Alice, Bertha, and Edward. He passed away on July 11, 1924.

Now, he is depicted on the 250th anniversary Challenge Coin. To purchase a coin or learn more, visit the museum in Whitinsville. The coins are about the size of a sil-

Turn To COIN page A10

## Milford Regional’s Annual Tree of Life benefit raises nearly \$18,000 for Oliva Fund



Courtesy

Members of the Whitinsville Christian School’s girls varsity soccer team raised \$2,630 for the Oliva Fund. Pictured left to right are: Soccer Coach Beth Cutler, Meadow O’Connell, Amanda Cinelli, Milford Regional President and CEO Edward J. Kelly, Milford Regional Vice President of Patient Care Services and Chief Nursing Officer Judy Kelly, Margaret Johnson and Gillian McGee.

MILFORD — A warmer than average December evening brought out a crowd of local residents and members of the Milford Regional Medical Center community for the hospital’s Tree of Life fundraiser, held on Dec. 5. The annual event raised nearly \$18,000 this year and is hosted by the Milford Regional Healthcare Foundation. This is the most funding raised since the event began in 2003.

The Tree of Life honors and pays tribute to those who have been affected by cancer and benefits the Oliva Fund. Established in 2007, the Oliva Fund has been providing resources to support patients being treated at Milford Regional and the Dana-Farber/Brigham & Women’s Cancer Center at Milford Regional and their families.

A portion of this year’s proceeds came from members of the Whitinsville Christian School girls varsity soccer team, who raised \$2,630 for the Oliva Fund. Several members of the team presented Milford Regional’s President and CEO Edward J. Kelly and Milford Regional’s Vice President of Patient Care Services and Chief Nursing Officer Judy Kelly with a check during the Tree of Life ceremony.

The evening kicked off with a brief speaking program, followed by Milford resident Louis Guerriere lighting the tree in memory of his wife, Janice. The evening culminated with a performance by the Whitinsville Christian School Vocal Ensemble.

# Free Community Christmas Dinner at BVUMC

WHITINSVILLE — Parishioners and volunteers from the Blackstone Valley United Methodist Church would like to cordially invite the community to a traditional turkey dinner, including the usual holiday

meal favorites; potatoes, vegetables, squash, stuffing and cranberry sauce. This year's meal will be served on Sunday, Dec. 25, from noon to 2 p.m. in the Blackstone Valley United Methodist Faith Hall at 61

Linwood Ave., Whitinsville. Parking is available behind the church accessible from Church Street. The dinner is open to everyone free of charge. Please come join us for a joyous Christmas celebration that

will include holiday fun, food, and fellowship with many from the community. For more information, call the church office at 508-234-2275.

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Pictured are Jacob, Maggie, Ellie, Logan and Connor McIsaac, as well as Mike Shain, the founder and president of Thanks To Yanks a local charity dedicated to supporting those who serve in our military, recently the charity made a \$500 donation to the Italian American Post # 40, in support of their dedication of service to others, for more information on Thanks To Yanks, please like them on Facebook.



Courtesy

**KNIGHTS OF COLUMBUS DONATE WINTER COATS TO SAINT MARY'S**  
Uxbridge Knights of Columbus, Council 1562 recently donated 36 new winter coats for kids to Saint Mary's Parish.

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And I in my cap,  
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And our hearts took a soar  
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The very next day.  
He sold them our home,  
To our family's delight,  
On terms that were fair  
And a price that was right.  
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As he drove out of sight,  
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# Milford Regional recognized nationally as top teaching hospital

MILFORD — Milford Regional Medical Center was recently recognized as a 2022 top teaching hospital in the nation by the Leapfrog Group, an independent national watchdog organization committed to healthcare quality and safety for patients. Milford Regional also received a Grade “A” in patient safety from Leapfrog for the ninth consecutive time.

Top teaching hospital distinction Milford is one of only two hospitals in Massachusetts,

five in New England and 58 across the country to receive Leapfrog’s Top Teaching Hospital honor. Milford Regional serves as a teaching hospital for the University of Massachusetts Chan Medical School in Worcester. Brigham and Women’s Hospital in Boston, two hospitals in Maine and Hartford Hospital in Connecticut were among the others honored in New England.

To qualify for a top distinction from Leapfrog, hospitals must

rank highest among peers on the Leapfrog Hospital Survey, which assesses the quality of patient care across many areas of hospital performance including infection rates, practices for safe surgery, maternity care and preventing medication errors.

“Milford Regional Medical Center is proud to be recognized as one of the top teaching hospitals in the country and the region,” said Milford Regional President and CEO Edward J. Kelly. “Our

team at Milford Regional takes great pride in maintaining the highest standards of care as we care for our community and have a hand in training current and future generations of medical professionals.”

Leapfrog awards Milford Regional with Grade “A” for patient safety

Milford Regional also received an “A” in the fall 2022 Leapfrog Hospital Safety Grade; a national distinction recognizing the hospital’s achievements in protecting patients

from accidents, injuries, errors, and infections. This is the ninth consecutive “A” Milford Regional has received from Leapfrog. The Leapfrog group’s patient safety grading comes out twice annually.

“This distinction is a testament to the diligence of our clinicians and staff who ensure safety as a top priority at Milford Regional,” said Vice President and Chief Quality Officer Bert Thurlow Walsh.

The Leapfrog grade uses up to 22 evi-

dence-based measures of patient safety, including ICU physician staffing, nurse communication, doctor communication, staff responsiveness and discharge information.

Leapfrog calculated a numerical score for all eligible hospitals in the county. The numerical score was then converted into one of five letter grades, with “A” representing

the best grade followed by “B,” “C,” “D,” and “F.” The Leapfrog Hospital Safety Grade is the only hospital rating focused exclusively on hospital safety

## Douglas Adult Social Center Events

**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

**DECEMBER EVENTS:**

The center will be

closed on Monday December 26th, Happy holidays!

**Blood Pressure Clinic** on Thursday 12/8 & Monday 12/19 is expanding to more than just blood pressure. This clinic will now be called Wellness Clinic with Nurse Ann. She will check your weight, blood sugar, blood pressure and heart rate. She will also talk with you about any health concerns you have and go over your medication list with you. Appointments are required between the hours of 10:00 and 11:30 am, walk-ins will be welcome from 11:30 to 12:00.

**“Holiday Party”** on Thursday 12/15 @ 12:00 pm. Come

in enjoy a nice ham luncheon and spread some holiday cheer with friends. Stephen George will be returning to the center to provide a fun afternoon of songs and carols. RSVP before 12/8

**“Picture & video transformation”** on Wednesday 12/28 @ 11:30 am. Come in and learn how about how to put your pictures or old videos onto a newer digital format for viewing.

**JANUARY EVENTS:**

The center will be closed on Monday January 2 & Monday January 16.

**Sunshine Club New Years Party** on 1/5/23 @ 12 pm with a cold luncheon, \$5.00

p/p. The entertainment for this event is being sponsored by the Douglas Cultural Council.

Lunch and a movie, “The Bucket List” on 1/11/23 @ 12 pm, American Chop Suey \$4.00 p/p

Craft making, “wooden snowmen” and card making on 1/18/23 @ 11:30 a.m. There is no charge for this event. Refreshments will be served.

Fuel Assistance will be here on 1/19/23 @ 10:00 a.m. by appointment only.

Darci will be here for hearing aid cleaning on 1/19/23 @ 10 a.m.

Please call the center to sign up for programs, 508-476-2283

## Northbridge Senior Center

Please note, Plummer Place will be closed Friday, December 23rd and Monday, December 26th for the holiday. We wish you all a very happy and healthy holiday season!

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.

**Book Club** at Plummer Place will meet Wednesday, December 21st @ 10:30am. Call Michelle for the current book we are reading.

**Intergenerational “Storytime & Crafts with Miss Amy”**, Thursday, December 22nd @ 10:00am. If you are a grandparent with a grandchild between the ages of three and five, join us for this fun morning. Amy Cowen has prepared crafts and stories for the holidays for you and your grandchild to enjoy. Sign up at the front office.

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.

**Tap Class** at

Plummer Place, every Wednesday from 2:30-3:30 with instructor Ed Burch. Come join this high energy, fun exercise class—no experience necessary! Call Michelle for more information. Joy of Movement class, Thursdays from 10-11:00am. If you enjoy dance, this class is for you. Our instructor, Gypsy, will introduce you to many dance moves including hula and belly dancing. Very low impact exercise, with a great instructor. Call for more information.

## Reduce, Re-use, Recycle!

### WEBSTER PUBLIC SCHOOLS Park Ave Elementary: Assistant Cook

#### RESPONSIBILITIES AND DUTIES:

All duties pertaining to the preparation and serving of food, as well as cleaning of kitchen equipment and facility. Position includes general procedures of food prep and cooking duties.

Vital components of the position include following health and food safety standards and maintains proper temperature control of food, food service, cleaning duties, and other work related duties as instructed. Employees maintain a positive, cooperative and productive working relationship with staff, students and teachers through the use of patience, courtesy and tactful communication.

This is a physically demanding position requiring frequent lifting, carrying, and walking with significant standing required on shift. Food service experience and ServSafe certification preferred

#### QUALIFICATIONS:

- Must enjoy interacting with students in a food service environment
- Must be willing to learn and practice food safety and school nutrition service requirements
- School Nutrition, Culinary and/or Food Service experience preferred
- Working knowledge of food preparation methods, food safety and procurement
- Ability to multi-task and work under pressure
- Physically demanding position requiring frequent lifting, carrying, and walking with significant standing required per shift; must be able to lift/carry 50 lbs and push/pull/transport food carts, food items including boxes, and food bags
- Must have availability and reliable transportation to attend work hours outlined for position
- Must agree to CORI check and fingerprinting (at employee’s expense) prior to start date

If interested, please contact Kelsey Sanders by phone at (508) 943-0104 ex: 40016 or by email at [ksanders@webster-schools.org](mailto:ksanders@webster-schools.org).

### WEBSTER PUBLIC SCHOOLS JOB DESCRIPTION

#### Cafeteria Worker/Server: SUBSTITUE POSTION All Schools

#### RESPONSIBILITIES:

All duties pertaining to the preparation and serving of food and cleaning of kitchen equipment and facility. Duties include interaction with students, and food service adhering to food safety practices.

This position entails all duties to the preparation of meals and food service. Substitutes are required to perform work related duties as instructed, and follow food safety and school nutrition service guidelines. This is a physically demanding position requiring frequent lifting, carrying, and walking with significant standing required per shift.

#### QUALIFICATIONS:

- School Nutrition, Culinary and/or Food Service experience preferred
- Ability to multi-task and work under pressure, and ability to work well with others
- Understanding of National School Lunch Program requirements preferred
- Working knowledge of food preparation methods, food safety and procurement
- Physically demanding position requiring frequent lifting, carrying, and walking with significant standing required per shift; must be able to lift/carry 50 lbs and push/pull/transport food carts, food items including boxes, and food bags
- Must agree to CORI check and fingerprinting (at employee’s expense) prior to start date

This position is for an as needed cafeteria substitute alternative. There are no set hours, however help is often needed and utilized from fill in subs.

If interested, please contact Kelsey Sanders by phone at (508) 943-0104 ex: 40016 or by email at [ksanders@webster-schools.org](mailto:ksanders@webster-schools.org).



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He is an adorably fluffy boy with an outgoing personality. He is still a young man with lots to learn. He is playful, silly, and very smart. We think he would thrive with an active family.

Leo is super food motivated and enjoys training; he may even be a good agility dog! Sometimes he can be unaware of his long legs and height, so he is looking for a home with teens or older. We are unsure about cats at this time. If you are interested apply today, and email [adopt@baypathhumane.org](mailto:adopt@baypathhumane.org).

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Milford Federal Bank is proud to sponsor Baypath Humane Society's Pet of the Week!

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# Uxbridge Senior Center Events

Need help filing your tax returns? Sign up for the AARP Tax Assistance Program! The program starts on Monday, February 6th and every Monday morning until mid-April. This program is open to Uxbridge residents only; please call the Center soon to book your appointment.

Thank you to everyone who purchased Krispy Kreme doughnuts for the Uxbridge Senior Center Activity Fundraiser. Jeanne Metcalf was our winner for the most doughnuts sold and received a Hannaford's gift card. Congratulations Jeanne! The senior center raised over \$700. We especially want to thank Sally Selvidge, Activity Coordinator, for her hard work and dedication for making these events very successful!! Thank you for all you do Sally!

Many of you smell the odor from Cresco Labs Cannabis Cultivation located at 612 Douglas Street in your travels or hear

## Izzy Go performs in "Requiem for Colour" at Belmont University

NASHVILLE, Tenn. — On Saturday, Nov. 4, School of Music Professor Dr. Jeffery Ames debuted his masterwork composition, Requiem for Colour, at Belmont's Fisher Center for the Performing Arts.

Izzy Go (of Whitinsville) performed in Belmont's Orchestra in front of an audience of more than 1,200 people. Ames led more than 450 students of Belmont's Oratorio and orchestra and invited an impressive ensemble of guests to participate in the evening's dynamic display of storytelling.

Culminated from an idea conceived more than a decade ago, Ames' labor of love pays musical homage to the sufferers and saviors, the casualties and champions of Black American peoples in a requiem or mass for the dead.

"We were a huge force of musicians who told the story in a unique manner," Ames said. "I truly believed God and African ancestors were pleased."

The premiere musical

event was an unforgettable experience for all present, from listening in theater seats to singing to performing under the theater lights. What was meant to be a one night only performance is starting to grow legs with conversations about additional performances, nationally and internationally.

**About Belmont University**  
Located two miles from downtown Nashville, Tennessee, Belmont University comprises nearly 9,000 students from every state and 33 countries. Nationally ranked and consistently recognized by U.S. News & World Report for innovation in higher education, the University offers more than 115 areas of undergraduate study, 41 master's programs and five doctoral degrees. With a focus on whole person formation and data-informed social innovation, Belmont is committed to forming diverse leaders of character equipped to solve the world's complex problems. For more information, visit [www.belmont.edu](http://www.belmont.edu).

about it from residents. A hotline has been created to track the odor. Please share this with anyone you think would benefit. The call should be made as soon as odor is detected as it will be confirmed by an 'odor receiver' within 30 minutes of the call: 800-285-7232

The Senior Center in partnership with the Uxbridge Police Department will be starting a program to assist residents—adult or juvenile, who may be in jeopardy due to the tendency to wander. The Return Home Registry Program is in the beginning stages, but if you are interested, the senior center would love to hear from you. According to the Alzheimer's Association facts: Six in 10 people living with dementia will wander at least once; many do so repeatedly. Although common, wandering can be dangerous — even life threatening — and the stress of this risk weighs heavily on caregivers and family. For the juvenile, who may be a risk due to autism or developmental disabilities, the Return Home Registry Program may be of benefit to all. This program would put together a database for the police department to utilize if a resident wanders off from their residence. For more information and to enroll in this important program, please contact the senior center.

Many of you have been asking for updates regarding your fuel assistance applications. A recent message from SMOC indicates that they are extremely behind. Last year, they had only received 2,000 applications. This year they have already received more than 3,500 (not including NEW apps that have not been entered). The increase in applications and being short staffed has made them extremely behind. They truly are doing everything they can. If you need fuel assistance, please call the senior center to book your appointment!

Sincerely,  
Lisa  
Thursday, January 5th – 10:30 am – Veterans' Services with Carl Bradshaw by appointment only. Call 508-278-8622 to sign up.

Thursday, January 5th & 19th – 12:30 pm – "PopUp Library". Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program being offered by the Uxbridge Free Public Library.

Friday, January 6th – 12:00 pm – Lunch & Learn with Chief Montminy. Guest speaker will be Patty Berthiaume from Tri-Valley Elder Services and her topic will be Hoarding.

Tuesday, January 10th – 1:00 pm – Uxbridge Library Book Club. They will be reading Still Life by Louise Penny. You are welcome to join us for lunch on this day.

## REAL ESTATE

**BLACKSTONE**  
\$699,000, 98 Canal St, Soldiers Square LLC, to Blackstone Block Rlty LLC.  
\$175,000, 7 Summer St, Pollard, Ann M, and Pollard, Bruce, to Fallas, Steven.

**DOUGLAS**  
\$647,000, 14 Joseph Rd, Lobisser Building Corp, to Patel, Nimishaben G, and Patel, Khushi G.  
\$550,000, 53 Mumford St, Moccio, Robert A, and Moccio, Lucille N, to Washburn, Ronald S, and Haddad-Washburn, Lauren E.  
\$407,300, 5 A St, Nelson, Leonard L, and Nelson, Christine T, to Gerardi, Benjamin.  
\$248,400, 74 Compass Point Dr #74, Northbrown LLC, to Raymond, Sabrina.

**NORTHBRIDGE**  
\$580,000, 162 Nathaniel Dr, Le, Phu S, and Thien-Le, Kim, to Marchetti, John, and Parsons, Olivia.  
\$554,210, 28 Crestwood Cir #71, Stone Hill Partners LLC, to Thomas A Gallant T, and Gallant, Thomas A.  
\$540,000, 306 Jessica Way, Sylvestre, Frantz, to Elie, Smith.  
\$509,695, 32 Crestwood Cir #69, Stone Hill Partners LLC, to Gregory D Dionis 2019 RET, and Dionis, Gregory D.  
\$408,000, 211-213 Main St, Goncalves, David, and Goncalves, Acacio F, to Aragao-Decastro, Anderson, and Decastro, Marilda A.  
\$375,000, 91 Freedoms Way, Delaney, Jack J, and Oleary, Maria, to Odell, Wesley.  
\$110,000, Providence Rd #3, Jacobs, Michael N, to 13 Gables Inc.

**UXBRIDGE**  
\$397,900, 74 Carrington Ln #74, Dufficy, Jeffrey P, to Sylvestre, Frantz.

Tuesday, January 10th – 1:00 pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment with Katelynn Wackell. Next date will be Feb. 14th.

Monday, January 16th – The Senior Center will be closed in observance of Martin Luther King Jr. Day. We will re-open on Tuesday, January 17th. 'What are you doing for others? Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others.' Martin Luther King Jr.

Monday, January 23rd - 1:30 pm – "Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment at the Uxbridge Senior center.

Tuesday, January 24th - 11:00 am – 12:00 pm – Ask the Nurse Free Blood Pressure Clinic with Nancy Favulli, Salmon Health VNA. RSVP to participate and to join us for lunch.

Card Game played on Monday and BINGO on Wednesday during our congregate lunches.

Computer Class Tutoring every Monday – 3:00 pm by appointment only. Please call ahead to sign up. No classes on January 2nd & 16th.

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

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

1st and 3rd Wednesdays – January 4th & 18th – Bank & Pharmacy Rides. Please call at least 24 hours in advance.

Every Wednesday – "Canasta" Hand, Knee & Foot Card Game – 1:00 pm – 3:30 pm.

2nd & 4th Thursdays – January 12th & 26th – 8:30 am - Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance.

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

The senior center is in need of the following donations: Newly packaged napkins, paper towels, tissues, toilet paper, ground regular & decaf coffee. We thank you for your support!

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

• [https://www.youtube.com/channel/UCNh\\_Rlq99rucmFH-U07VFBw](https://www.youtube.com/channel/UCNh_Rlq99rucmFH-U07VFBw)  
• <https://www.uxbridgetv.org/schedule/192>

## Sheriff's Office warns of uptick in scam calls using Sheriff's name & number

REGIONAL — Worcester County Sheriff Lew Evangelidis is warning residents about a recent phone scam in which the caller claims that they're a Sheriff's Office employee and tells victims that they have an arrest warrant in their name or the name of a loved one. To avoid going to jail, the caller tells the individual that they need to pay a fine. Other popular phone scams involve claims of missed jury duty that also results in fines. The Sheriff's Office has now received numerous reports of phone scams. In some cases, the scammer identifies himself as an Officer of the Worcester County Sheriff's Office and then asks for money to clear up a warrant. In some instances, the caller requests that payments be made in the form of gift certificates. The caller will then have the victim remain on the line the entire time until the victim purchases the gift certificates and relays specific financial information from the gift certificate to the caller. The Worcester County Sheriff's Office encourages people to be aware of calls like this and to never give personal or financial information over the phone to anyone whom you didn't call yourself. "Our department does not contact residents and demand payment or ask for credit card information. Today's scam artists are always testing new tactics. Residents need to beware of any unsolicited calls that ask for their personal or financial information," commented Evangelidis. "These callers can sound convincing, may be aggressive, and try to intimidate you with threats of jail time or steep fines. We encourage anyone who gets a suspicious call to hang up and contact their associated institutions directly to verify any requests."

## LEGALS

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Worcester Probate and Family Court  
225 Main Street  
Worcester, MA 01608  
(508) 831-2200  
Docket No. WO22C0571CA  
CITATION ON PETITION TO CHANGE NAME  
In the matter of:

Logal Michael Guilmain  
A Petition to Change Name of Adult has been filed by Logan Michael Guilmain of Millville MA

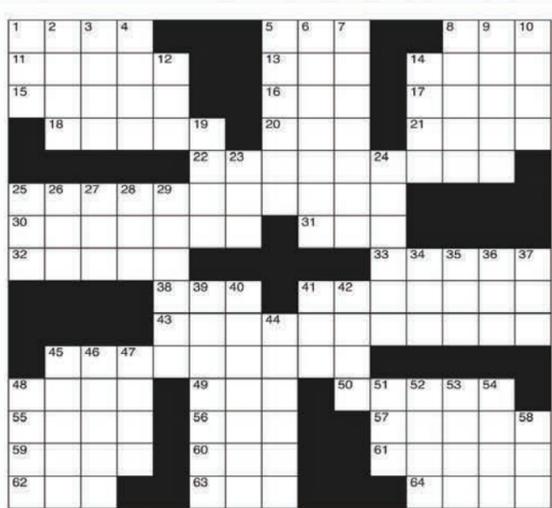
requesting that the court enter a Decree changing their name to:  
Logan Michael Cook

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 12/27/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.  
Date: November 30, 2022

Stephanie K. Fattman  
Register of Probate  
December 16, 2022

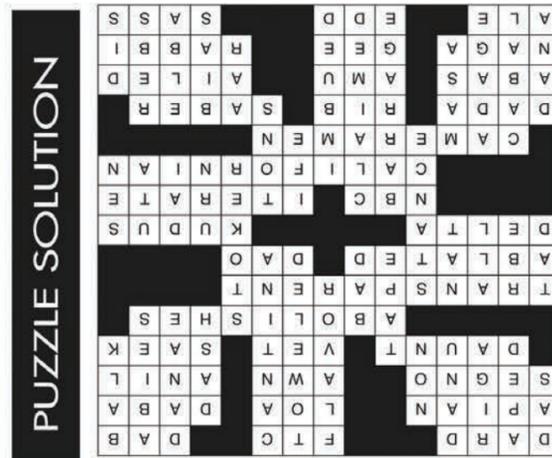


### CLUES ACROSS

1. A people of Eastern Afghanistan
5. Supervises interstate commerce
8. Touch lightly
11. Relating to bees
13. Mauna \_\_\_, Hawaiian volcano
14. Mosuo culture religion
15. Italian village
16. Stiff bristle
17. Wealthy enclave in Rio
18. Cause to lose courage
20. Examines animals
21. Ethnic group of Laos and Thailand
22. Gets rid of
25. Having easily perceived thoughts
30. Removed surgically
31. Principle underlying the universe
32. Popular airline
33. Antelopes
38. Peacock network
41. Utter repeatedly
43. One from the Golden State
45. Photographers
48. Father
49. Popular BBQ dish
50. Cavalry sword
55. Ancient Greek sophist
56. Atomic mass unit
57. Affiliated in mind or body
59. Indian mythological figure
60. Mild expression of surprise
61. Jewish spiritual leader
62. Brew
63. Doctor of Education
64. Impudence

### CLUES DOWN

1. State attorneys
2. Imitated
3. Latvian capital
4. Irish goddess
5. Taste
6. Dried
7. Spanish saloon
8. Mother of Perseus
9. Evergreen coniferous trees
10. Refuse to comply
12. Negative
14. Hyphen
19. A way to record
23. Not good
24. One who tends the furnace
25. Small amount
26. Relative biological effectiveness (abbr.)
27. The whole quantity
28. \_\_ King Cole, musician
29. One's opinion
34. Holds ashes
35. Stablecoin cryptocurrency
36. Side-blotched lizards genus
37. Legislator (abbr.)
39. Concentrated bombardment
40. Took for oneself
41. Nigerian City
42. Thousands of pounds
44. Inspired
45. Secret clique
46. Expression
47. Dough made from corn flour
48. Comedian Carvey
51. Swiss river
52. Prejudice
53. Actor Idris
54. Resistance fighters
58. Criticize



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# Bay Path Nursing students supporting literacy across the globe



RANDOLPH — Bay Path Practical Nursing Academy students recently volunteered with Bagong Kulturalang Pinoy (BKP) to pack books for delivery to mini-libraries and elementary schools in villages in the Philippines. The sorting, processing, and packing of donated books was held at Tower Hill, Randolph.

BKP is an acronym for Bagong Kulturalang Pinoy, a Tagalog phrase that translates as “new Filipino culture.” BKP is a nonprofit organization, driven by the efforts of volunteers, whose mission is to develop a reading culture and promote literacy among children in poverty-stricken areas of the Philippines. Many children in the Philippines lack access to books on their reading level, or a variety of choices that interest them. BKP’s goal is to help these children acquire strong reading skills and proficiency in the English language, with the belief that these will lead them to a bet-

ter education that in turn will open the doors to better opportunities. “Research from Unite for Literacy found that if a child grows up in a home with more than 100 books, they have a 90 PERCENT probability of graduating ninth grade, compared to 30 PERCENT in bookless homes.”

In an email to Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director, Liz Freeman, Volunteer Coordinator of BKP (www.bkpin.org) thanked the Bay Path Practical Nursing student volunteers who sorted, processed, packed and moved heavy boxes of books. The student volunteers were Etta Lahai, Faith Wanjohi, Patrick Kariuki, Nancy Kamicha, Katherine Stano, Maureen Bittner, and Laurie Barkoskie. They hope that their volunteering continues to inspire the next generation of lifelong readers by reducing barriers to learning. Linda Ott of BKP recognized

the assistance and support of Randolph Public School Superintendent Thea Scovell and Director Alpha Sanford. Regularly scheduled book pack-

ings are held at 153 Andover Street in Danvers. To volunteer contact Liz Freeman, Lindentree85@comcast.net or call 781-521-3564.

## DA partners with local police for gun buyback



Courtesy

Worcester County District Attorney Joseph Early, Jr., recently teamed up with local police departments for a community safety event.

REGION — The Worcester County District Attorney’s Office once again teamed up with local police departments this year to help make the community safer.

District Attorney Joseph Early, Jr., and his team supported area police officials last week as they took part in the annual Guns 2 Gardens buyback program.

Each year, the program allows residents to earn grocery gift cards in exchange for operable guns.

“We’re honored to support the Guns 2 Gardens buyback again this year, and to be able to increase our financial support to double the value of the gift cards provided to those who turn in their unwanted guns,” read a statement released by the District Attorney’s office.

Participating police departments in this year’s program included Spencer, Auburn, Worcester, Dudley, Northborough, and Fitchburg, among others.

“Thank you to our local police departments for participating. As always, thank you to UMass Memorial Medical Center’s Dr. Michael Hirsh for organizing this important prevention program,” read the statement issued by the DA’s office.

For law enforcement and health officials, it’s critical to provide additional ways to keep guns out of the hands of individuals who aren’t supposed to have them. For residents who are no longer interested in owning a weapon—or are unable to safely secure and manage their firearms—the buyback program is a safe opportunity to exchange it.

“An unsecured weapon in the home is a public health danger that leads to more frequent homicides, burglaries, lethal domestic violence, accidental shootings, and suicides,” Dr. Hirsh said.

Buyback programs took place throughout the day at local police departments on Dec. 10.

## Recycle your Christmas tree

NORTHBRIDGE — The town of Northbridge will hold its annual Christmas tree recycling program Saturday, Jan. 14 from 10 a.m.-1 p.m. at the wastewater treatment facility, 644 Providence Rd. (Route 122).

Don’t throw away that Christmas tree! Bring it to the treatment facility, where it will be recycled.

This event is sponsored by the Northbridge Conservation Commission.

## Food for the Poor program at St. John’s becomes classroom for QCC Occupational Therapy students

WORCESTER — At Quinsigamond Community College, educating students transcends the traditional classroom setting for second-year students in the college’s Occupational Therapy Assistant (OTA) program.

On Wednesday, Dec. 7, OTA students took part in hands-on learning with members of Worcester’s unhoused community at St. John’s Food for the Poor Program, located at the St. Francis Xavier Center in downtown Worcester. The group of 11 traditional age and non-traditional age students come from all over the region.

“As occupational therapy assistant students at QCC, we’re trying to improve our understanding of the unhoused community in Worcester,” explained Rebecca Gervais, a mother of five from rural Connecticut. “It was really amazing to see that even when individuals are struggling and have very little, they are still really a community and do so much to support each other.”

The occupational therapy assistant students hosted various activi-

ties that fostered social participation and health management. The students set up stations at the Xavier Center that offered participants small first-aid kits, access to information on housing, food and health resources, as well as picking up a winter care kit.

The students did their homework, visiting the Xavier Center earlier in the semester to learn about the interests, needs and goals of the individuals who rely on the daily hot breakfast served at the center.

“As future practitioners in the field of occupational therapy, we’re learning to uphold the standards of our profession,” said Nick DePasquale, a father who currently works as a receptionist at Tufts Animal Hospital. “While working with the unhoused community through our community outreach program, we are honing our skills to sustain meaningful occupations, or activi-

ties, that members of our community engage in daily.”

This outreach event was part of the fieldwork that all occupational therapy assistant students must complete as part of their degree.

“In occupational therapy, we believe that simple classroom learning is not enough to prepare students, so we pair our course work with field experiences where we engage with the community to learn the occupational needs of different populations,” said Erin Connor, professor of QCC’s OTA Program.

Students in QCC’s OTA program at QCC attend classes at the college’s downtown campus on Federal Street in Worcester.

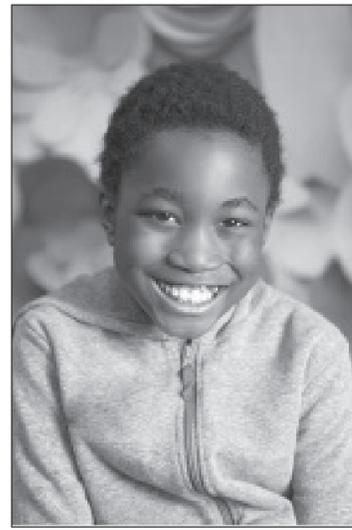
“We realized that we share this community with an increasing number of people who are unhoused — really we’re the ones coming into their neighborhood each day for school. As

OTA students, we’re supposed to think about potential clients as whole people who engage in activities that bring meaning to their lives,” said Jonathan Dudley, a non-traditional preschool teacher in Gardner. “We realized we’ve got a lot to learn from our neighbors.”

St. John’s Food for the Poor program at the St. Francis Xavier Center serves over 500 meals a day, five days a week, all year long.

“We cannot thank you (QCC OTA students) enough for all your care for our friends and your efforts to help them (the food program participants),” said Father John Madden.

## Friday’s Child



J’Quan Age 10

Hi! My name is J’Quan and I am very caring!

J’Quan is an active young child of African American descent. J’Quan describes himself as humorous, kind, and fun to be around. He is a very affectionate child and enjoys showing his love to those he cares about. J’Quan’s favorite activities are playing with his Legos, riding his bike, and playing outside. He is currently in the third grade and is receiving support in school to help him do his best.

Legally freed for adoption, J’Quan would thrive in an attentive, supportive family with one or two parents. A family for J’Quan will need to support the relationship that J’Quan has with his sister. A family should also be able to maintain contact with members of J’Quan’s birth family. J’Quan would also benefit from a

visiting resource.

<https://www.mareinc.org/waiting-child-profiles#gallery/child/7705>

### Can I Adopt?

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

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

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



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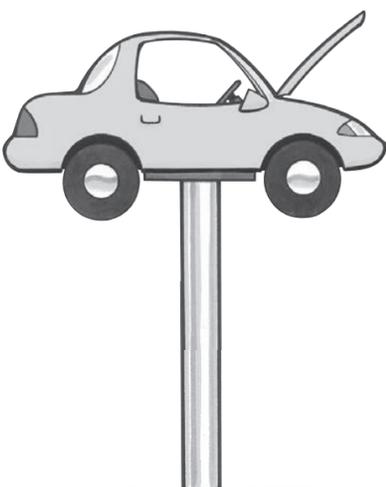
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EDITOR

## EDITORIAL

# Asking the right questions

It's holiday party season, and for most of us, that is a good thing. We get together with friends and family, enjoy some eggnog and a plethora of our favorite appetizers. However, we do know that often, we are invited by our significant others to attend a work soiree, or we are attending one ourselves. Being in a room where you only know one or a few people could seem like a daunting task for our introverted readers, but have no fear, below we have ways for you to have memorable conversations that you may end up enjoying.

Instead of discussing the weather or asking the mundane questions such as "Where are you from?" why not simply ask, "What's your story?" Other conversation starters include, "How do you know the host?" "What was the highlight of your week?" or "Are you working on anything exciting?"

If you're shy or feeling a bit awkward, you can keep the conversation going by talking about the food being served or the venue where the event is taking place. Asking a person what they have tried so far, and how they liked it is an easy conversation starter. If you research the history of a place, you can always begin with the "Did you know?" questions. We know everyone loves a good history story and bits of local trivia.

If the person you are speaking with is from the area, ask them what they do for entertainment in town, including where and what their favorite restaurants are. Looking up recent sports standings is never a bad idea, even if you don't particularly care for sports. This way when you nod and smile, you can have some confidence in knowing that you are at least somewhat in the loop. If you've bumped into a fellow skier, discussing snow conditions and ski hills is an easy topic. Look up a recent odd news story that is interesting and humorous, that way during a lull, you can say, "So I was reading about a man who appeared before a Dutch court and requested that he legally be made 20 years younger." (Yes, that actually happened. If we see you at a holiday bash we will fill you in.)

Most conversations remain on the surface, which is appropriate when you don't really know someone. However, if you feel comfortable and are enjoying the conversation don't be afraid to go a bit bolder. Generally, most people like to talk about themselves, not necessarily for selfish reasons, but who doesn't want to be known and appreciated? We all have unique personalities that are worth sharing.

Such questions that go beneath the surface may include, "What is your biggest fear?" "When you were growing up, what was your dream job?" "Have you been to any interesting places lately?" "Have you learned anything this week, that you weren't aware of last week?"

The easiest thing to do while in conversation this month is to ask how a person celebrates the holidays. Asking about traditions and the best holiday a person has ever had brings up fond memories and positive energy.

These questions tend to snowball naturally, and before you know it, a solid, meaningful conversation has been had, and you could even make a new comrade along the way.

## 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

### Celebrating working moms

To the Editor:

What I believe. Feel free to disagree. It's time to celebrate Christmas and working Moms.

Have you taken a moment to consider how many moms were "Working Moms" before it was fashionable? Before Women's Liberation? Before the birth of Christ?

Women tilled the soil, foraged for berries, and roasted the meat of the Woolly Mammoth after they discovered that eating it raw was gross. (The guys were fine with raw meat, but even the men soon found that roasted Mammoth was tasty.) Women bore the children (they still do), raised the children, and fed them. Women cleaned the skins of whatever the men killed. Women simply did not have the upper body strength to send spears flying through the air into prey.

Women wove textiles (linen, hemp), ground grain, baked bread, gathered wood, carried water, churned butter. Once the Greek and Roman Empires were established, women got to perform the same tasks - no longer for themselves - but as slaves for the wives of rich men and politicians, but I repeat myself. (Honestly, do you know any poor politicians?)

And woman worked - doing all of the above - while pregnant, while caring for a newborn and minding the other little minions. There was no staying home under the Family Medical Leave Act. If you did not work, your family did not eat.

Once the Industrial Revolution took place in the 1760's, women, children and men left the farms and began working outside the home for wages in textile mills. Women, children and men worked long hard hours. In 1793, Samuel Slater built his first mill in Pawtucket, R.I., and hired men, women and children to work the looms. In 1803, he built a mill in Slatersville, North Smithfield, R.I. Women and children worked there alongside men.

In 1807, President Thomas Jefferson enacted the Embargo Act, outlawing trade between America and any foreign port. This closed down the American economy and led to the War of 1812. [Leftist President acts. Economy crashes. War starts. Sound familiar?] Textile mill owners had no choice but to lay off workers.

By 1824, Pawtucket mill owners extended the working day an hour and decreased power loom weavers pay by 25 percent. The women who worked the power looms revolted and caused a week-long strike. The first strike by women in U.S. history.

Over time, child labor and women's working hours were limited by law, and they were barred from some dangerous and heavy occupations such as working in battery factories or mining. In the 1970's, women entered the coal mines.

Today, women can become anything. Women can become Navy Seals if they pass the rigorous training program. Women have become U.S. Army Rangers. In 1993, aviation combat positions were opened to women. Women now drive trash haulers and forklifts. They work as iron workers and steel workers, oil drillers, and in law enforcement.

Women can even become the top law enforcement officer in the state (Attorney General) without ever having to work for a law firm or litigate any cases or be a criminal defense attorney. Meet our new Attorney General in Massachusetts, Andrea Campbell, a graduate of Boston Latin, Princeton, UCLA Law School. You would think with all those fancy degrees, she would be a top lawyer in Boston. Nope, she briefly provided free legal services on "education rights" in Roxbury, then became Deputy Legal Counsel to Deval Patrick. Then, she became a Boston City Councilor. Ran for Mayor of Boston, placed third. And finally found an office she could run for, and win against a real trial lawyer. Yay.

My Grandmas, who were born in the 1890's, worked in factories when they came to America, in between children. My aunts worked as soon as my cousins were in school. One founded a business. My Mom went to work when I was one year old, way before it was fashionable, back when it was a necessity to help dear old Dad put groceries on the table. They had one car. And no telephone. And they lived with my Grandparents. God bless them.

Working Moms are not new under the sun. We have always been here. (Well, we cannot all be Mary Baileys!) It's a Wonderful Life! Merry Christmas!

Signed,

*Bev Gudanowski  
Uxbridge*

## Bettering ourselves requires sacrifice

Everybody enjoys talking about being better because talking about it is easier than doing it.

To truly become better, we must be willing to sacrifice. The person you want to become will only come into existence once you sacrifice the person you no longer wish to be.

One definition says that "sacrifice" means "the surrender or destruction of something prized or desirable for the sake of something considered as having a higher or more pressing claim."

Throughout my life, I've always struggled with my weight. I've tried almost every diet, and I'm happy to say that they all work. I've tried low-carb, low-fat, low-sugar, fasting, juicing, vegan, vegetarian, fruitarian, all-beef diet, intermittent fasting, and calorie counting. I lost weight while trying all of these plans.

Although they've all worked for me, they only worked in the short term. They didn't work long-term because, eventually, I no longer wanted to abstain from certain foods that violated the tenets of the plan I was desperately trying to adhere to. In short, I stopped making the necessary sacrifices.

No matter what, my cravings for bad food eventually got the best of me.

Once I opened the floodgates, there was no stopping the torrent of bad food decisions that followed after.

When I was doing the low-fat plan, I eventually rolled through a KFC, got a bucket, and never looked back. When I was on the low-carb method, I soon discovered I had a new addiction to raw cookie dough that wouldn't go away. When I was counting calories, one day, I just wanted to eat as much as possible and not know if I went past my calorie count; then, I just kept doing it.

I'm not here to endorse one weight loss plan over another, and I'm not here to give health advice. I am here to point out the commonality behind all of these plans.

The one thing that all of these plans have in common is they all require varying degrees of sacrifice. For most of us, if we're going to lose weight, we have to make sacrifices.

If you are on a low-carb diet, you'll

### POSITIVELY SPEAKING

TOBY MOORE

have to sacrifice the bread, the sugars, and all the delicious starchy-fried things.

If you're on a low-fat diet, you'll have to sacrifice fast food and embrace a life of celery and cauliflower. Mmmmm!

If you're going to lose weight by being vegan, you'll have to sacrifice all animal-made products and learn to enjoy some avocado toast instead.

If you want results, you have to sacrifice. How are you going to lose weight without feeling hungry some of the time?

I've heard of diet plans where being hungry isn't a part of the deal, but most of us who've gone on diets would agree there is no such thing as losing weight without feeling hungry at least some of the time.

Even when the plan allows me to gorge on bacon and ribeyes all day, I eventually feel like there's a hole in my stomach that not even bacon can fill.

Does change always require sacrifice?

What about accomplishing your dreams? Can you achieve them without sacrifice?

What will you have to sacrifice if you want to build a business but also work a full-time job?

Want a promotion at work? Would you like a better relationship with your family? What will you have to sacrifice?

Are you thinking of starting a family? What will you have to sacrifice?

What will you sacrifice to get rid of your debt, addiction, and negative thought patterns?

Many have sacrificed their own lives to change the world.

Although the modern world has produced products that can make sacrificing easier, there is still no magic pill you can take that gives you a perfect life without sacrificing anything.

How great a sacrifice must you make?

I'll leave you with a quote by a pioneer in the self-help movement James Allen, "He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly."

## Readers Share Tips and Tricks

It's time to take a peek into the Take the Hint! mailbox. Thanks to all the readers who have taken time from the hustle and bustle of



TAKE THE HINT  
KAREN TRAINOR

holiday preparations to send in their great tips for dealing with the little nuisances in life. And remember readers, your tip puts you in the running for a three course dinner for two at the Publick House!

From prepping a favorite winter vegetable to building a better mousetrap, readers share their favorite hints in this week's column. Read on and keep the tips coming!

Painting can be messy, but it doesn't have to be with this do-it-yourselfer's quick and easy way to prevent drips and spills:

I used this trick this past week. Stretch a wide rubber band over an open paint can you are using while painting (vertical) so the band lies across where you dip the brush. Anchor it securely stretched also across the bottom of the can.

Now you can just, dip, rub off brush and paint. No more painted on stuck lids or putting bent holes in the rim of your cans of paint!

Viola Bramel  
Northbridge, MA

\*\*

Butternut squash is a holiday favorite, but cutting and cleaning the hard vegetable can be a workout! Try this reader's simple trick to cut the job down to size:

I have an easy tip for prepping butternut squash. The squash is delicious, but it can be such a difficult thing to prepare. Here's a trick you can use to make that process easier. Just place the squash in the microwave for 2-3 minutes. Afterwards you'll see that the squash becomes much easier to seed, peel and cube.

Donna Lewandowski  
Charlton, MA

\*\*

If country mice have taken up residence in your home this season, you'll be thankful for this reader's common sense adaptation to the age-old mousetrap:

A helpful add-on to a mouse trap is a length of string tied to the front of the sprung loop. It makes it easier to retrieve and release the critter and not touch it. I now will never use the trap without it.

Paul Davignon  
Uxbridge, MA

\*\*

Read on for a trio of tips from a reader: Here are a few tips:

1. Oops! You bought the wrong mouthwash and you hate the flavor if it? Don't throw it out, use it for an antiseptic cleanser!

2. Did you know that insects hate coffee? I use the leftover coffee pods from my coffee maker and put the pod in a plastic or paper cup so that they don't spill. I place the cup anywhere I don't want the insects to be.

3. My daughter told me this one: "To prevent parents from accidentally leaving children in the back seat of the car unattended, parents can place one of their shoes in the back with the baby. You will have to get the show when you get to your destination." You can also use your cell phone for this purpose.

Sharon Conlon  
Whitinsville, MA

\*\*

Yard work is a chore, and even more so if you don't have a wheelbarrow or garden wagon. Try this reader's tip to improvise:

Here's a tip for when you are working outside in your yard, but don't have a wagon on hand,

You can take a kid's round or long snow sled with rope, and fill it with your supplies, mulch, etc. Now you can pull it around the yard with ease.

JoAnn Wypych  
Gilbertville, MA

\*\*

Prize Winner  
Congratulations to Mari JoAnn Wypych of Gilbertville, who submitted the sled repurposing tip above. Her name was drawn for a three course Dinner for Two at the Publick House.

Win Dinner for Two at the Publick House

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

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

# Fresh snow makes tracking easier



THE GREAT  
OUTDOORS  
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Now that the shotgun deer season has ended in Mass., sportsmen have set their sights on excellence. The snow that fell on Sunday made hunting conditions excellent for tracking. The new rifled single shot guns are extremely accurate, and many hunters prefer using the .50 caliber guns over their shotguns. There are still a lot of deer out there for hunters to harvest before the season ends on Dec. 31! Last week saw many deer hunters harvest some more impressive bucks, sporting some very impressive antlers and weighing in at close to 200 pounds. A Douglas man harvested a huge buck that sported a set of antlers that had 17 points during the shotgun deer season. It is one of the most impressive deer harvested this year. Kurt Salvas of Douglas also harvested a couple of deer that sported impressive antlers. Because of most deer being checked in online, the results of the final harvest of deer in Mass. will not be available until the middle or late February of 2023.

Coyotes are in the news again! Some towns are experiencing numerous problems with these predators, and are asking the state to control their populations. Unfortunately, there is no real way to bring their populations down, even by killing them. A northern state tried to eliminate them by killing them, only to have their populations increase to their original level in a matter of a few years. They are here to stay, and residents will need to learn to live with them. Residents will need to keep a close eye on their family and pets, to ensure their safety.

This is the time of year that many families consider buying a new family pet. It may seem like a good time of year



Courtesy

This week's picture shows 10 year old Hunter Weed with his impressive eight point buck he harvested recently while hunting with his dad. It is not his first deer! Nice job.

to buy a dog or cat, but it is most often the wrong time to do so. Christmas is too hectic of a time as it is to bring a new pet into most homes. There are exceptions, but for most, waiting until spring is the best option, and adopting a pet could be the right way to go. During the pandemic of last year, many pets were purchased, as many adults were working from home and had time to care for them. As they started to return to their workplace, the pets were put up for adoption or brought

to a shelter. The new pet owners had little time to care for their family and a dog, and they quickly found out the expense of owning one was more than they expected. Vet bills can pile up fast, costing hundreds if not thousands of dollars to treat them if they become sick or injured. Vet bills are through the roof!

Many of the dogs that were purchased were often purebred pups costing the owners \$2,000 or \$3,000. You need to consider the responsibility of owning a dog

for as long as 12 to 14 years. It could cost you as much as raising another child during their lifetime. If you have the time and resources to own a dog, you will never regret it. They are loyal and entertaining to have, and can cheer you up when you come home from a hard day at work or the office.

I have had dogs for most of my adult years, and they all have been great to have. All of my dogs were hunting dogs that consisted of Beagles, Labrador Retrievers, and English pointers. They have provided for my wife and I many memorable moments over the years, and we never regretted having them in our family. Today, many pups are selling for as much as \$3,000 to \$4,000, and if you want one, you need to wait three to four years to buy one. Many breeders have a waiting list of people interested in purchasing them. Today, I live alone, and my two dogs help me enjoy every day to its fullest. Dogs never seem to have a bad day, and are always there to cheer you up. If you have the resources to own a dog, it is the best thing to do. You will never regret it. When their final days are near, and you lose one of them, it is like losing a family member. Even grown men cry after the loss of a family pet or hunting companion, but the memories will last a lifetime.

Ice fishing cannot be far away! It only takes a few days of temperatures near zero to freeze up some of the smaller local ponds. Be sure to have a talk with your family members about the dangers of thin ice. Every year, some youngster falls through thin ice, that often has a bad outcome. I can already smell the venison cooking on outdoor stoves and fires, as anglers wait for the flag to pop on one of their ice tilts. Jig fishing through the ice is my favorite form of ice fishing! Can't wait!

Take A Kid Fishing & Keep Them Rods Bending!

## Latest auction, antiques, and collectibles news



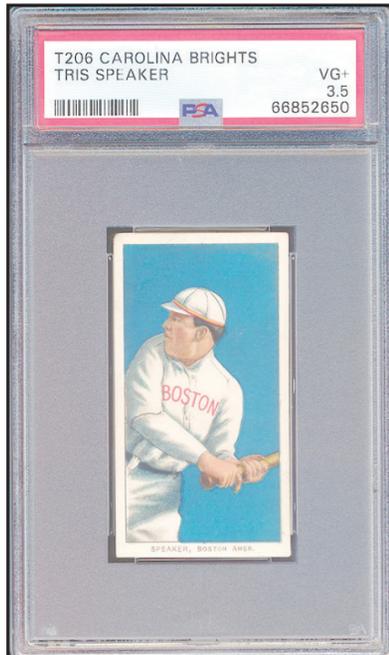
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There has been a lot of auction news since my last column, beginning with the sale of a dinosaur skull. The New York Times reported that the skull was discovered on private land in a section of Northwestern South Dakota known to contain large amounts of fossils. The fossil was reported to still have 30 of the 39 original bones. There were high expectations for the skull nicknamed "Maximus." A Deinonychus skeleton for \$12.4 million and a Gorgosaurus skeleton brought \$6.1 million earlier this year. It had an auction estimate of \$15 to \$20 million but sold for only \$6.1 million.

There was also some post-dinosaur animal auction news. A Charles Darwin manuscript on natural selection recently broke a record for a Darwin document, according to Yahoo News. The document was described as Darwin's "definitive statement on natural selection and his legacy". The English scientist theorized that all living creatures developed from a common ancestor through natural selection. After his death in 1882, natural selection was widely accepted as a key part of evolution by scientists. The previous record for a Darwin document was a little over \$400,000. This manuscript sold for \$882,000.

If you want to soar like the King of Rock and Roll did, you'll soon have the opportunity to buy his jet. The Smithsonian Magazine reported that Elvis Presley's 1976 JetStar plane will soon be auctioned. The top of the line was "decked out with custom red velvet upholstery, gold-finish hardware, a microwave, a VCR player, a cassette player and other lavish amenities", according to the Smithsonian. The jet is in poor condition after sitting at the Roswell Air Center in Roswell, New Mexico and mechanics removed the engines and many other components. The auction house hasn't estimated the value but believes that there will be plenty of interest from Elvis fans wanting to own a piece of his legacy.

In baseball auction news, Aaron Judge's 62nd home run ball will soon be hitting the auction block. The New York Times reported that Cory Youmans caught the ball at Globe Life Stadium in Arlington, Texas. Security ushered him inside the park and confirmed that the ball he caught had the special markings that were used on balls pitched to Judge when he was nearing the American League single season home run record. After it was confirmed that he caught the record ball, he fielded offers from people wanting to purchase it. He placed it in a safe deposit box until it was moved to the auction house by armed guards. It is



estimated to sell for \$3 million.

We also have our own baseball auction news to report. Our November sports cards and memorabilia auction brought some great results. We sold a collection of T206 (1909-1911) baseball cards in that auction. They were manufactured by the Carolina Brights Tobacco Company. A limited amount of these cards were produced for Carolina Brights and the cards are quite scarce. A Tris Speaker card graded at a 3.5 out of 10 sold for over \$30,000 and a 1.5 Fair condition Ty Cobb card sold for over \$50,000. We were pleased to see so many bidders step up to the plate for this great collection.

It was nice meeting the readers of this column who came to the Rotman auction of local memorabilia. We will also have a large auction of art, historical memorabilia and other antiques and collectibles online auction beginning later this month. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

Please contact us at [www.centralmassauctions.com](http://www.centralmassauctions.com) (508-612-6111) [info@centralmassauctions.com](mailto:info@centralmassauctions.com) for antiques and collectibles auction services.

## Keep holiday greens looking their best



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

Wreaths, door swags, garlands, and containers filled with evergreens have long been part of winter celebrations and displays. Keep them fresh and looking their best throughout the holidays with minimal effort.

Fresh greenery with pliable branches and firmly attached needles will last the longest. Check for good color and an aroma you prefer. Consider buying extra greenery and storing it in the garage or another cool location. Use these to replace any indoor greenery that is starting to brown.

Recut the bottom of the stems with a sharp bypass pruner. Totally submerge the greenery in a tub of room-temperature water overnight to help rehydrate the needles. Gently crush the cut end to allow it to better absorb moisture.

Remove the cuttings from the water and once dry, seal in the moisture by spraying the greens with an anti-transpirant, often called anti-desiccant. These products seal in moisture, reducing drying due to warm, dry air indoors and drying winds and sunlight outside.

Follow label directions for application tips and dilution rates based on what you are treating. Avoid using these on juniper berries, cedar and blue spruce. The waxy coating that makes these look blue can be damaged by these products. Apply anti-desiccant products outdoors during the day, as light is needed to activate some of these chemicals. Allow the treated greens to dry for three to four hours before moving them inside.

Display indoor greenery in cool locations out of direct sunlight. This reduc-



Melinda Myers

When outdoor temperatures are cooler, green arrangements, like this winter container garden, last much longer than indoor displays.

es moisture loss and extends the life of your garland, wreaths, and arrangements.

Keep greenery away from heat sources that speed drying, decorative lights that generate heat, and flames from candles. Check the greens every few days and replace dry, brittle, and brown cuttings with fresh greens.

Outdoor greenery lasts much longer when temperatures are cooler than indoors. Further extend their longevity by placing them in more sheltered locations, out of direct sunlight and wind where they suffer less drying. Avoid hanging wreaths and swags in front of windows in direct sunlight where the reflected light can burn the foliage. Use an anti-transpirant on outdoor greenery to help reduce moisture loss and extend your enjoyment.

Keep outdoor planters of greens look-

ing their best throughout the winter. Keep the soil moist until it freezes when displaying spruce tips, cut holiday trees, and evergreen stems in outdoor containers. If and when the ground freezes, you can stop watering.

A bit of effort goes a long way in extending the beauty of holiday greenery.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

# Millbury Senior Center Events

**MAKE YOUR OWN HOLIDAY SPICE MIX with THERAPY GARDENS**  
 Tuesday, January 10th at 1:00 P.M.  
 Come learn how to make pumpkin spice, mulling spices for wine or cider, and other recipes for holiday spice blends. Bring home your own blend of Holiday spice mixture along with recipes.  
 Class is \$5 per person  
 RSVP is required call us or stop by the center! 508-865-9154  
**HOLIDAY PARTY WITH ROBERT BLACK "ELVIS IMPERSONATOR"**  
 Thursday, Dec. 22nd 10:30 - 11:30 A.M.  
 Enjoy entertainment  
 Followed by a Holiday Lunch  
 Stuffed Chicken, mashed potatoes with seasoned carrots and Cheesecake Mousse for dessert  
 To RSVP call or stop by the center 508-865-9154  
**HERBERT BERG FLORIST OF WORCESTER ARRANGMENT CLASS**  
 3rd Thursday each month  
 Take home a Floral arrangement that you create!  
 Cost is \$15 per person includes all mate-

rials  
 Price can vary based on specific project  
 RSVP a week before classes 508-865-9154  
**CRAFT CLASS**  
 Once a month  
 12:30 - 1:30 P.M.  
 Price is \$5 and includes all Materials  
 For more information or to RSVP call the center! 508-865-9154  
 Meet with a representative from Senator Moore's office!  
 Wednesday, January 4th  
 One Wednesday every month between 11 - 12 P.M.  
 All are welcome to meet and discuss issues of importance or looking for assistance  
 Any questions please call 508-865-9154  
**SENIOR CENTER EXERCISE CLASSES!!**  
**LIGHT EXERCISE CLASSES**  
 Mondays and Fridays 9:30 A.M. - 10:15 A.M. (Free!)  
**TAI CHI**  
 Tuesdays 9:30 - 10:30 A.M. (class is \$3)  
**YOGA**  
 Thursdays 9 - 10 A.M. (Class is \$3)

**SENIOR CENTER ACTIVITIES!**  
**WII BOWLING**  
 Mondays at 12:30 P.M.  
**MAHJONG**  
 Mondays at 12:45 P.M.  
**CRIBBAGE**  
 Monday through Friday 8:30 A.M. Tuesdays at 1:00 P.M.  
**BLOOD PRESSURE CLINIC**  
 Every Tuesday from 9 A.M. - 10 A.M.  
**SOCIAL BINGO**  
 Wednesdays at 1 P.M.  
 Bring your pennies!  
**COLORING**  
 Thursdays at 10 A.M.  
**DULL MENS CLUB**  
 Thursdays at 10 - 11 A.M.  
 No reservations required for any of our activities or exercise classes!  
 Lunches are served Monday through Friday 12 P.M. at the Senior Center  
 The menu is available on the town website, www.townofmillbury.org  
 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 CAFE"**  
 Please join us on Tuesday, January 24th at 2 - 3:30 P.M.  
 Christmas with Heather Rae  
 Enjoy live Holiday music!  
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 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.  
 We are also looking for volunteers to assist with this program!  
 Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!  
**SNAP APPLICATIONS (Food Stamps)**  
 Our appointments are on Tuesdays & Thursdays 10 A.M. - 2:00 P.M.  
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 USDA does not endorse any goods, services or enterprises."

## RUNAWAY

continued from page A1  
 Runaway" where visitors could pose with Locke. Landry said that hundreds of visitors showed up for the event last weekend.  
 "It's kind of a special day," Landry said. "It's a lot of people, a lot of kids... it's a fun day and pretty much the highlight of the year."  
 The Massachusetts State Police Museum and Learning Center provides

"an opportunity for visitors to explore the Massachusetts State Police's rich historical past through its interactive exhibits and Learning Center activities," according to details on the museum's website.  
 The new museum is open at 1 Memorial Square in Whitinsville and is open Tuesday and Saturday from 11 a.m. - 4 p.m.  
 For more information, visit mspmlc.org.

## COIN

continued from page A1  
 ver dollar, Crawford said, and are available for sale for \$25.  
 "They're popular among collectors, but most interesting to those that live in town," he said.

The Massachusetts State Police Museum and Learning Center is located at 1 Memorial Square in Whitinsville and is open Tuesday and Saturday from 11 a.m. - 4 p.m.  
 For more information, visit mspmlc.org.

## CONLEY

continued from page A1  
 Police said that one suspect plead guilty and was sentenced to life in prison without parole on the murder indictment, and concurrent terms of 19 to 20 years on the armed assault with intent to rob charge and four to five years on the firearm charge.  
 The second suspect was found guilty after a jury trial and was sentenced to life in prison without parole on the murder charge and concurrent terms of

18 to 20 years on the assault with intent to rob charge, and three to five years on the firearms charge.  
 On a Milford Police social media post remembering Sergeant Conley, commenters described him as a "great man" and an "amazing man." Milford Police also included a quote in the press statement from an unknown NYPD Officer at Ground Zero:  
 "We only die when nobody remembers our sacrifice, how lucky am I to be part of a profession that will never let that happen."



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<p><b>WEBSTER - 18 THIRD STREET</b></p> <p>2 Family - Needs work! 1st Flr has 4 Rooms - 2 Bedrooms. 2nd &amp; 3rd Flr - 6 Rooms, 2 Bedrooms          2nd Flr &amp; 2 Bedrooms on 3rd Flr! 32,560 +/- sf. .75 Acre - Property being sold "As-is".  <b>\$259,000.</b></p> <p><b>CLOSING SOON</b></p>	<p><b>WEBSTER LAKE - PATTISON RD</b></p> <p><b>LAND</b> - Terrific opportunity 14,798 Sq. Ft. of LAND. CONSERVATION APPROVAL for proposed Building, MASS DEP# 313-1167. 248 +/- Road Frontage, 279 +/- Water Frontage. Town Water &amp; Sewer accessible. <b>\$250,000.</b></p>	<p><b>THOMPSON - 266 POMPEO ROAD</b></p> <p>Unique, spacious raised ranch, TRI-LEVEL on 1.96 ACRES! 11 spacious rooms! 2800 +/- Sf above grade living area. 3 bedrooms &amp; 2 baths. Primary Bedroom Suite w/Hardwoods, full bath, walk-in closet &amp; Private exterior balcony! Upgraded cherry cabinets, granite countertops, SS Appliances, so much more!  <b>A MUST SEE! NEW PRICE \$525,000.</b></p>
<p><b>DOUGLAS - 7 MOUNT DANIELS WAY</b></p> <p>DOUGLAS - 7 Mount Daniels Way 1st TIME OFFERED! Custom 4 Bedroom Cape with inground Pool. Abutting Douglas State Forest. Stone fireplace. 1st floor bedroom. 2 Car Attached Garage! 2 ACRES! Located on a cul de sac road  <b>NEW PRICE \$545,000.</b></p> <p><b>ON DEPOSIT</b></p>	<p><b>DUDLEY - 18 WARSAW AVE</b></p> <p>3 bedroom ranch has gleaming hardwood floors, Corian countertops, 3 season porch. Many updates! New shingle roof, Buderus boiler, Roth Tank + New Hot Water Heater. Central Air! Heated lower level.  <b>\$279,900.</b></p> <p><b>SORRY, SOLD!</b></p>	<p><b>PUTNAM - 96 ELVIRA HGTS</b></p> <p>Exceptional opportunity! Conveniently located 5 room, 2 bedroom, 2 bath ranch! Downsized? Must see! Hardwoods, Appliance dine-in kitchen w/skylight! Fireplaced living rm, Bay window! Private bath/whirlpool tub! Central-air! Two car garage!  <b>\$287,900</b></p> <p><b>ON DEPOSIT</b></p>

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<p><i>Webster Lake Waterfront Lot - Corner of Black Point Rd &amp; Cedar Point Rd</i></p> <p><b>SORRY, SOLD!</b></p> <p>Hard to find 6500 +/- Sq Ft corner Lot. Beautiful View &amp; Setting! Sandy Beach! Few tall Pines for shade. Town Water &amp; Sewer Available! Will Custom Build if Preferred!  <b>\$330,000. FIRM</b></p>	<p><i>Webster Lake 13 Loveland Rd</i></p> <p><b>SORRY, SOLD!</b></p> <p>Eastern Exposure &amp; Amazing Sunrises! Beautiful shoreline, 3 bedroom Cape features eat in kitchen w/island, fireplace living &amp; dining room. 2nd floor, 2 bedrooms with 1 1/2 bath!  <b>\$785,000</b></p>	<p><i>Webster Lake 27 South Point Road</i></p> <p><b>SORRY, SOLD!</b></p> <p>OOH! WHAT A VIEW!!! Middle &amp; South Ponds! 80' +/- ft sandy beach! Expansion possibilities! 2 Bedrm, 2 1/2 Bath, Garage,  <b>\$811,000.</b></p>	<p><i>Webster Lake 13 Bates Point Road</i></p> <p><b>SORRY, SOLD!</b></p> <p><b>1st Time Offered!</b> Impeccable Home! 6 Room, 3 bedroom 2-1/2 Baths. Master bedroom, Master Bath! Level Lot to the Shoreline. Nicely Landscaped!  <b>\$705,000</b></p>
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# SPORTS

## Spartans rain down 3-pointers in win against Quaboag

BY NICK ETHIER  
SPORTS EDITOR

UXBRIDGE — Ryan Hippert, head coach of the Uxbridge High boys' varsity basketball team, called Quaboag Regional, the Spartans' opponent on Monday, Dec. 12, "very small and quick and athletic."

For that reason, Hippert noted, "we tried to match it with that type of lineup."

And, as a result, Uxbridge "came out hot shooting," said Hippert.

Did they ever?

With Colin Spencer, who was the Spartans' sixth man in the season opener versus Blackstone-Millville Regional three days prior, inserted into the starting lineup, all he did was make seven 3-pointers for a game-high 21 points.

Uxbridge totaled 11 treys — three more coming from Drew Gniadek and one from Thomas Costa — en route to a 67-31 victory over the Cougars, who were making their season opener.

"Colin Spencer had a hell of a game. He was just on fire. He has put in a lot of work this offseason," said Hippert of the team's lone underclassman, a sophomore. "He deserves to be here and it paid off for him tonight."

Hippert added that both Spencer and Gniadek (11 points) are "both very consistent. When they're hot, they're hot."

Last season Gniadek knocked down a school record-tying nine 3-pointers in a game, shared with Ryan Morais from the 2014-15 season, and it looked like Spencer may have a shot at the record when he canned two triples in the opening quarter, four more in the second and one early in the third.

The Spartans led after one quarter, 18-9, at halftime, 41-14, and through three periods, 54-22, before winning by 36 points.

"They out-physicaled us," said Quaboag head coach Chris Reilly, whose team lost the rebounding battle, 46-21. "They dominated the boards at both ends — dominated. Dominated. They wanted it more."

The Cougars' top performances were turned in by Ryan Fernandez (10 first half points) and Owen Stevens (9 second half points), but it wasn't nearly enough.

Reilly noted that he was "shocked" by the end result, as he envisions a successful 2022-23 season for Quaboag.

"We faced a buzz-saw tonight. I'm going to tell you that we're going to be better," said Reilly.

Uxbridge, meanwhile, is 2-0 and Hippert is impressed by his team in the early going.

"This is probably the deepest group I've had, so any given night I think you're going to see certain kids come in," he said.

Case in point was the play of Ethan McCusker, who started in the season



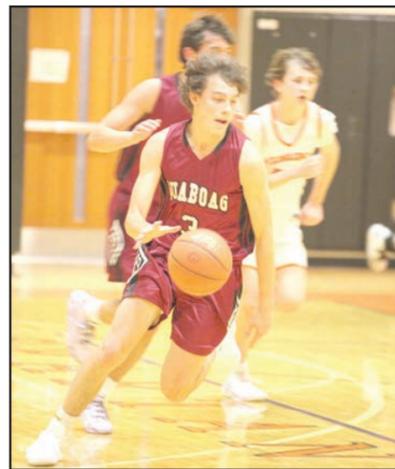
Uxbridge's Colin Spencer drives the ball around a Quaboag defender.



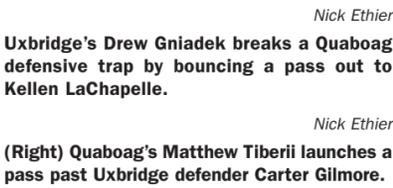
Jack Trask of Uxbridge wins the game-opening jump ball opportunity.



Uxbridge's Drew Gniadek breaks a Quaboag defensive trap by bouncing a pass out to Kellen LaChapelle.



Quaboag's Ryan Fernandez controls the ball while running the fast break.



(Right) Quaboag's Matthew Tiberi launches a pass past Uxbridge defender Carter Gilmore.



(Far Right) Chase Potvin of Quaboag dribbles the ball and enters the Uxbridge interior.



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# SPORTS

## Steiger's offense, high-pressure defense lead Pirates past Douglas

BY KEN POWERS  
SPORTS CORRESPONDENT

OXFORD — Senior captain Alexis Steiger poured in a game-high 19 points to lead the Oxford High girls' basketball team to a 40-18 victory over Douglas High in the season-opener for both teams on Friday, Dec. 9.

"Alexis gave us a very senior-like type of performance," said Oxford coach Joe Pietrzak about Steiger, who scored 12 of her points after halftime. "She got in foul trouble in the first half, which really hurt us. She got three fouls and I had to sit her with 2-1/2 minutes left in the first half. Once we got into the third quarter I think she felt free to play her game and that freed her up to do what she does."

In the second half the Pirates ratcheted up their defensive intensity, limiting the Tigers to four points, all four coming in the fourth quarter.

"We had a good effort on defense," Pietrzak said. "We decided early in the third quarter to make the commitment to play a man-to-man, half-court defense and lock down the best we could. We were successful doing that."

"The hope is that we can get a turnover and then go (on the fast break). We had a lot of turnovers tonight but we're going to live with that because we want to control the pace of the game," Pietrzak continued. "In the third quarter we just really pushed it hard. Junior Myah Guivas had a couple of finishes at the rim on layups. I was happy with our defensive effort for sure."

Oxford led, 6-5, at the end of the first quarter and 16-14 at halftime.

"My players are trying to execute the stuff that we've worked on, now it just comes down to developing their individual skill set to be able to do something with what we're doing," said Douglas coach Jerry Grudzien, who said he was pleased with his team's effort, especially in the first half. "I call it our process. We have a process to go through and this is part of it. Part of it is getting beat; part of it is winning games. That's where we're at right now."

"In the second half (Oxford) applied a little more pressure than they did in the first half and our kids are still learning how to handle that. We're a young team and they're trying to do the right things. The finishing part, that's where our inexperience shows," Grudzien added. "We will be a different team at the end of the season than we are now; we just have to learn the game. The core of our group is middle school kids who are now freshmen and they've been shoved into a varsity situation."

The Pirates began to take control of the game in the final two minutes of the second quarter. Trailing, 12-11, Oxford scored the final five points of the first half. Freshman Sarah Arndt tied the game by hitting one of two free throws with 1:23 to play before intermission and senior Carly Cornacchioli (10 points, 12 rebounds, 5 blocks) scored the final four points of the second quarter on a pair of free throws and a pretty floater from



Nick Ethier

Oxford's Alexis Steiger, who scored a game-high 19 points, releases a shot in the paint versus Douglas.



Nick Ethier

Myah Guivas of Oxford pushes off a pass down the court.



Nick Ethier

Douglas' Ariana Delgado secures a rebound while sandwiched between two Oxford players.



Nick Ethier

Gianna Smith of Douglas eyes the basket before releasing a 3-point attempt.

the middle of the lane. "Carly did a nice job for us," Pietrzak said. "Several of her blocks came on fast-break opportunities for Douglas. She stood tall in the lane, got a piece of the ball and got us going the other way. Carly forced Douglas into a lot of turnovers with her presence down low."

Steiger and Guivas each scored four points in the third quarter, after which the Pirates had extended their lead to 25-14. Steiger's points came on a pair of free throws and a runner in the lane while Guivas scored a pair of layups after Oxford's pressure forced a pair of turnovers.

The Pirates officially put the game away in the fourth quarter, extending their lead to 35-14 in the first four minutes of the period. Oxford, between the end of the first half and the 4:11 mark of the final period, outscored Douglas, 24-0.

Steiger scored eight of the Pirates' first 10 points of the fourth quarter on a three-point play, a post-up in the lane and a 3-pointer.



Nick Ethier

Oxford's Sarah Arndt releases a shot from the corner.



Nick Ethier

Douglas' Maddie Mooney pushes the ball down the court while on the fast break.

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## HELPING LOCAL SENIORS STAY SAFE

Seniors and older adults joined Arthur Fenno, Firefighter/Paramedic and public education coordinator from the Northbridge Fire Department, this week at Plummer Place for a Senior SAFE Fire Safety Lunch and Learn program. Senior SAFE provides funding to local fire departments to improve fire and life safety of older adults through education that addresses the unique fire risks of this age group. Mr. Fenno discussed safely using home and medical oxygen equipment, preventing cooking fires, using and maintaining fire and carbon monoxide alarms, the fire risks of smoking, and how to create a fire escape plan. Seniors participated in the discussion by asking questions about how to monitor fire extinguishers in their homes, properly cleaning dryers and vents, and cooking safely. The Northbridge Fire Department has been participating in this program since 2014 when the Senior SAFE grant program was initially created to address fire safety for older adults. For more information on the Northbridge Fire Department's public education programs please call Arthur Fenno at (508) 234-8448. For more information on Plummer Place or its special events, please call Amy Cowen at (508) 234-2002.



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