



Free by request to residents of Douglas, Northbridge, Uxbridge, Linwood, Whitinsville and North Uxbridge

SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS Friday, September 10, 2021



Courtesy
Franc Flores-Perez from Whitinsville was signed by the New England Revolution and Special Olympics Massachusetts to the 2021 Unified Team and will participate in the Unified Match on Sept. 18.

Whitinsville Special Olympic athlete signed to 2021 Unified Team

BOSTON — Whitinsville Special Olympic athlete Franc Flores-Perez was signed by the New England Revolution and Special Olympics Massachusetts to their 2021 Unified Team on Aug. 17 at Gillette Stadium.

Supported by Arbella Insurance, the signing is part of the organizations’ partnership with Special Olympics Massachusetts that leverages the power of sports to promote an environment of inclusion and friendly competition. As the club’s longstanding partner in support of the Revolution Unified Team, Arbella Insurance donated \$35,000 to Special Olympics Massachusetts during the Revs match on August 18.

The 13 members of the 2021 Revolution Unified Team, all of whom reside in Massachusetts, signed their contracts as they were welcomed to the club by President of Kraft Family Philanthropies Josh Kraft, Revolution Sporting Director & Head Coach Bruce Arena, and Revolution President Brian Bilello. Play Unified soccer returns to the Gillette Stadium pitch on Saturday, Sept. 18 when the Revolution Unified Team hosts the Andover Stars Unified Team following New England’s MLS match against the Columbus Crew.



Uxbridge High School receives grant for ‘innovation pathway’ implementation

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

U X B R I D G E — Uxbridge High School has earned a grant to support its recently designed business, finance, and logistics pathways.

School officials said that Gov. Charlie Baker and Commissioner of Education Jeffrey Riley announced Uxbridge High School among the 18 programs statewide to earn this implementation grant funding.

“Through the efforts of Principal Rubin and his team, UHS students have access to career exploration aligned with academic rigor, providing

an exceptional opportunity for students to dabble within various vocations,” said Dr. Patrick Dillon, Superintendent of the Uxbridge Public Schools.

Uxbridge High School had its most recent pathway approved earlier this year and now has four recognized student “pathways,” the school released in a statement. According to the school, students at UHS enroll in a “year-long exploratory in grade 8 that introduces the students to each of the four pathways,” which include engineering, media/information science, biomedical science, and business.

“Following the year-long exploratory, students can then elect a four-year pathway that results in post-secondary credit and industry-recognized credentials,” the school released.

Launched in 2017, Innovation Pathways are designed to create strong partnerships with employers to expose students to career options and help them develop knowledge and skills related to a particular field before they graduate high school.

Innovation Pathways “provide students in traditional high schools with career-oriented education that is too rare-

ly available outside of vocational programs,” according to Education Secretary James Peyser. These pathways “prepare students for a variety of educational and career opportunities in a broad industry or sector.”

“As we continue to develop career pathways that merge student interest with the needs of our community, we are grateful for the support of the Commonwealth and the ability to access these resources to support our staff,” said UHS Principal Michael Rubin. “We will continue to move forward, which means keeping essential skills, industry-recognized credentials

Turn To **GRANT** page **A11**

West Nile virus found in Northbridge, Grafton

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — At least two communities have announced that West Nile Virus—which is most commonly transmitted to humans by the bite of an infection mosquito—has been detected in mosquitoes collected locally.

The Massachusetts

Department of Public Health said that WNV had been detected in mosquitos collected from Northbridge and Grafton, according to recent town announcements.

“The mosquitoes that carry this virus are common throughout the state and are found in urban as well as more rural areas,” the Northbridge Board of

Health released. “While WNV can infect people of all ages, people over the age of 50 are at higher risk for severe infection.”

Residents can protect themselves by taking precautions, including avoiding mosquito bites by applying insect repellent when outdoors and wearing clothing that can help reduce mosquito

bites such as long sleeves, long pants, and socks.

Also, remain aware of “peak mosquito hours,” which are from dusk to dawn, according to the Northbridge BOH. These are “peak biting times for many mosquitos.”

“When risk is

Turn To **WEST NILE** page **A11**

Ida underscores Baker’s emphasis on emergency preparedness

BY KEVIN FLANDERS
STAFF WRITER

REGION – Just hours after Gov. Charlie Baker proclaimed September as Emergency Preparedness Month, Mother Nature resoundingly underscored his message with the remnants of Hurricane Ida.

Days after slamming into Louisiana as one of the strongest landfalling hurricanes in the state’s history, the once Category 4 storm marched northeast in a deadly path of flooding and destruction. On the night of Sept. 1, the storm caused historic flooding impacts across the New York metro area before moving into New England.

In total, the storm was responsible for 56 deaths across the country.

Locally, several roads were made briefly impassable from flooding. Many towns experienced power outages, but the damage was far less than that experienced in the mid-Atlantic states. In New York City, the National Weather Service declared the first ever flash flood emergency for the city. In New Jersey, floods ravaged the northern part of the state while tornadoes struck the southern region.

For Massachusetts leaders, the storm represented the latest example of the importance of emergency readiness. As part



Courtesy
The remnants of Hurricane Ida caused flooding throughout the region last week, with multiple roads closed due to rising water.

of the state’s Emergency Preparedness Month, the Massachusetts Emergency Management Agency (MEMA) is promoting its “30 Days of Preparedness” program. The initiative breaks down emergency preparedness into simple steps residents can take in 30 days to be more prepared by the end of the month.

“To protect our families and communities, it is critical that our residents take steps to prepare for emergencies of all kinds, and Emergency Preparedness Month is an opportunity to do just that,” said Baker.

“Preparedness can improve public health and safety and can help minimize property damage and the economic impacts of disasters.”

Visitors to www.Mass.gov/Ready can view a full list of preparedness steps that can be taken in 30 days. The website also features ways to prepare for specific threats and hazards. From the possibility of tornadoes and hurricanes in warmer months, to ice storms and blizzards in the winter, New England residents have to be ready for all kinds of wild weather.

“Emergency

Preparedness Month is a time each year to make ourselves and our families better prepared,” said Lt. Gov. Karyn Polito. “While MEMA and other agencies continue to strengthen our state’s preparedness for the next disaster, we encourage the Commonwealth’s residents and businesses to take simple steps to prepare before the next emergency.”

Added Acting Public Safety and Security Secretary Director Terrence Reidy, “Massachusetts faces a variety of hazards

Turn To **IDA** page **A11**

Bay Path Practical Nursing students start donation drive

CHARLTON — Providing prudent nursing care is what Bay Path Practical Nursing Academy students master in ten months however, service learning is also a focus.

Helping members of the community who are in need has been a tradition for the practical nursing students and faculty at Bay Path Practical Nursing Academy since 2013. Random acts of kindness and organized activities allows practical nursing students to

help the needy. For the current cohort, through the efforts of Marylee Panient, the PN Class of 2022 had the opportunity to assist a patient's family and a community in Cuba.

According to Panient, "with the recent weather we are having, much of the community has been left in a vulnerable state as well as economic struggles and desperate need."

The PN class of 2022 and Bay Path

Practical Nursing Academy alumni, faculty, and staff were able to donate personal Hygiene supplies (Toothpaste/Toothbrush, soap, adult & baby/newborn diapers, etc.), Adult briefs, clothes (male/female of any size), blankets, canned goods, OTC medicine (such as APAP, Ibuprofen), entertainment/ toys, and supplements (such as Pediasure).

"We were able to include everyone in the effort, but much credit goes to the Practical Nursing students for their caring heart and compassionate spirit," Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director explained.

The previous years, the PN students helped many children through the UNICEF club.

"This year, PN Class of 2022 wanted to do more even with COVID-19, rather, especially with COVID-19. The pandemic makes it clearer how much we need to be helping those in need," Bolandrina said.

The practical nursing students remain masked in class and continue to keep their distance. Not very different from last year, and the passion to help, the love and compassion remain the



Marylee Panient

same. Service learning during the pandemic is more meaningful than ever.

"As nursing students, we are thinking of doing something like this once every couple of months and send help to a different community each time," said Panient.

Fixed Annuities Current Rate Information

Fixed Annuity Rates - Effective September 1, 2021

5-Year Term		
Insurer	Rating*	Rate**
Americo	A	2.65 %
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Insurer	Rating*	Rate**
Fidelity and Guaranty Life	A-	1.85 %
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* Financial rating from A.M. Best rating agency. ** Rates are subject to change. Contact an infonex investment program representative for current rates.

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Melissa Mahr, MD

Board certified in internal medicine, Dr. Mahr earned her medical degree from Tufts University School of Medicine. Upon completion of a combined internal medicine and pediatrics residency at University of Maryland, she spent three years in primary care at Johns Hopkins and the last 16 years with Reliant Medical Group.

For an appointment, please call 508-731-2570

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Free Community Shred Event

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Saturday 12-4

Sunday 12-4

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Bay Path LPN advocates for safe staffing ratios

CHARLTON — Even before the pandemic, safe staffing levels have always been a key concern in the nursing profession. COVID-19 highlighted the nurses’ struggles. Bay Path Practical Nursing Academy alumna Ashlee Stevens-Ringuette, LPN from class of 2016 is advocating for change, writing academic papers on implementing safe staffing ratios to improve the nursing environment and quality of care.

A federal staffing standard do not exist. Currently, California is the only state with mandated staffing ratios after legislation was passed there in 2004. California’s law outlines exactly how many patients a nurse can take care of in specified units like intensive care units and operating rooms. New York and several other states have laws requiring nurse-led staffing committees.

Stevens-Ringuette wrote that “maintaining safe nurse-to-patient ratios in healthcare facilities is a moral and ethical issue, as well as a patient safety issue.” She emphasized that “more research on the frequently forgotten long-term care facilities is needed when it comes to staffing ratio models.”

Further, she adds “it is clear that nursing homes, as well as all healthcare facilities, could benefit from safer nursing staff ratios.”

Stevens-Ringuette’s professional experience includes staff nurse position at the Apple Rehabilitation (Colchester, Conn.) and Wingate at Hampden (Hampden). While a student at Bay Path Practical Nursing Academy, she was inducted to the National Technical Honor Society, was an elected officer for the UNICEF Club and received a gold medal and silver medal for SkillsUSA



Bay Path Practical Nursing Academy alumna Ashlee Stevens-Ringuette, LPN from class of 2016 is advocating for change, writing academic papers on implementing safe staffing ratios to improve the nursing environment and quality of care.

district and state competition respectively for the Health Knowledge Bowl. She received the PN Class of 2016 academic excellence award for earning the highest GPA. Stevens-Ringuette was a finalist for the Massachusetts Vocational Association’s Post-Secondary Student of the Year Award. She was a recipient of the 2016 Massachusetts Senior Care Foundation Scholarship. She is currently

working on obtaining her bachelor’s degree in nursing at Goodwin University (East Hartford, Conn.) with an anticipated spring 2023 completion.

Live senior Zumba classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live 8-week session of Zumba classes for Seniors. Zumba is a fitness program that fuses entertainment and culture into an exhilarating dance party workout. This is an eight-week specialized program designed for seniors.

The program will begin Thursday, Oct. 7 from 1:30-2:30 p.m. at the Uxbridge Senior Center Satellite Site, which is located at the McCloskey School at 62 Capron St. The class will run for one hour, one day a week for an eight-week period of time. The instructor, Amy Smith, is a licensed Gold Zumba instructor. The suggested donation cost of this 8-week class is \$25.00. Checks may be payable to the Uxbridge Senior Center.

The benefits of Zumba include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! The class would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge and is open Monday thru Friday from 8 a.m. to 4 p.m.

Douglas Historical Society to hold last giant yard sale of the season

DOUGLAS — Volunteers of the Douglas Historical Society will hold a final yard sale on Saturday and Sunday, Sept. 18 & 19 from 10 a.m. to 3 p.m. each day. The sale will be held at the E.N. Jenckes Store Museum at 283 Main St. in Douglas. This final sale will be held rain or shine.

Special and unique items have been collected for this yard sale and it is a special opportunity to add to your collections, grab some great dorm items for a student or just find out what you’ve been missing! All proceeds go towards the care and operation of the E.N. Jenckes Store Museum. Stop in for a tour!

BOY SCOUT TROOP 273
FALL YARD SALE
Saturday, September 18, 2021
Universal Tag Parking Lot, 36 Hall Rd, Dudley
Early Birds (8am to 9am) \$10.00 p.p. fee
9am until 3pm FREE
“New this Year, we are able to accept CREDIT CARDS!”
24,000 sqft of yard sale items - **ONE DAY ONLY** -
Pick your items and Make an offer!

Grouped Items:
Electronics - stereos, speakers, etc. (no TVs) **Tools** - hand tools, lights, flooring etc... **Furniture** - Tables, chairs, bed frames, cabinets, hutches, etc... **Housewares** - glassware, dishes, pictures, mirrors, bowls, cups, small appliances **Sporting goods** - Bikes, skis, baseball equipment, golf, exercise equipment **Clothes** - shirts, pants, jackets, shoes, bags
Kids toys and baby items - high chairs, bouncy, games, seats **Antiques**

TRIBUNE ALMANAC
REAL ESTATE

BLACKSTONE
\$355,000, 7 Rhode Island Ave, Glaude, Robert E, and Glaude, Samantha E, to Sawtelle, James.
\$227,500, 101 Blackstone St, Frederick, Jacob A, to RJ Investment LLC.

DOUGLAS
\$87,000, 11 Joseph Rd, JMT Sleepy Hollow LLC, to Lobisser Building Corp.
\$85,000, 6 Joseph Rd, JMT Sleepy Hollow LLC, to Lobisser Building Corp.
\$53,000, 25 Richie Rd, Saina, Sabina, and Zharmagambetov, Arman, to Carroll, Robert, and Krastanov, Phyllis K.
\$20,000, Forest St (off) #15, Yale University, to Sutton Douglas Dev LLC.

NORTHBRIDGE
\$725,000, 708 Marston Rd, Winchell, Thomas P, and Winchell, Amy L, to Paulino-Vasquez, Jessica, and Vasquez, Stanley J.
\$650,000, 240 Roosevelt Dr, Hill, James E, and Hill, Elizabeth A, to Greenberg, Samantha, and Smith, Alexander.
\$463,000, 904 Hill St, Ricci, Samantha D, and Ricci, Elizabeth R, to Jenicek, David P.
\$413,000, 14 Linden St, A E Wild Jr T 2019, and Wild, A Edward, to Sambito, Matthew, and Delrose, Stephano.
\$385,000, 424-426 Fowler Rd, Crooker, Linda E, to Richards, Benjamin E.
\$347,900, 82 Hillview Ln #82, Hadge, Ronald, and Hadge, Marie A, to Sheridan, Linda.

UXBRIDGE
\$456,740, 140 Crownshield Ave #140, Independence Uxbridge Rlt, to Akkoyunlu, Tarik.
\$325,000, 85 N Main St #3, Duhamel Jane D Est, and Duval, Angelique T, to Sanosi, Christopher J.

BLACKSTONE VALLEY TRIBUNE

ACCURACY WATCH

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

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

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Socially Speaking...

This feature is for churches, senior centers, libraries, or other civic organizations who have events coming up.

Call June at 508-909-4062 or email jsima@stonebridgepress.news for advertising sizes and prices

IN-PERSON
SERVICES,
WITH
COVID
SAFETY
PROTOCOLS,
RESUME
SEPT. 12

From the outside.

On the inside, Rev.

The community-building that happens inside the church on Grafton Common doesn't just stay inside. It radiates out to the larger community through programs that support equality.



community feeding programs, and scholarships.

The Unitarian

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Building a New Way...

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In return for voluntary service at a town department
For more information or to pick up an application please call the center at 508-865-9154

We will be walking around the garden
This will be followed by coffee in the garden!
SOCIAL BINGO
Wednesdays at 1 P.M.
Bring your pennies!
DULL MENS CLUB
Thursdays at 10 – 11 A.M

No reservations required for any of our activities! If you would like Lunch ahead of time a 48 hour reservation is required call the center at 508-865-9154

MILLBURY SENIOR CENTER ACTIVITIES!!

LIGHT EXERCISE CLASSES
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TAI CHI IS BACK!!
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MAHJONG
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BLOOD PRESSURE CLINIC
Every Tuesday from 9 A.M. - 10 A.M.
WALKING CLUB
Tuesdays at 8:30 A.M.

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.

Millbury Senior Center Transportation
Transportation is provided for Millbury Senior
Residents
Monday through Friday from 9 A.M. to 4 P.M.

We travel one town out in each direction including Sutton, Grafton, Auburn and Worcester

A 48 hour notice is required for scheduling rides (business days)

Rides are free until July 1st

For more information or to schedule transportation call the center at 508-865-9154

“MEMORY CAFÉ”
Please join us September 28th, 2 - 3:30
P.M.

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.

Fourth Tuesday of each month, refreshments will be served. 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!

Millbury Friendly Visitor Program
Our Friendly Visitor Program is now
being provided by telephone
Volunteers call clients to check in
with them, chat and hear a friendly
voice
For more information on coordinat-
ing a Friendly visitor
Call the center at 508-865-9154

SNAP APPLICATIONS (Food Stamps)
Our appointments are on Tuesdays & Thursdays 10 A.M. – 2:00 P.M.
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508-865-9154
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1. It governs Federer and Nadal's sport
4. Golden apple tree
8. Central Mexican river
10. Horn
11. Egg-shaped
12. With tooth
13. French modernist painter
15. Disprove
16. Painful intestinal obstruction
17. Baby shoes
18. Make the grade
21. Type of screen
22. Christian fraternal organization (abbr.)
23. Computer giant
24. When you hope to get there
25. Corporate executive title (abbr.)
26. Shout of welcome or farewell
27. Imaginary awards for good deeds
34. A citizen of Iran
35. It can be sounded
36. Making dirty
37. Romanian city
38. Baking ingredient
39. Share a common boundary with
40. Succulent plants
41. Penny
42. Jr. U.S. Senator Paul
43. "Laurie Partridge" actress Susan

1. A type of bomb
2. Pacific island country
3. Earth is one
4. A place to gather around
5. Expressed opposite views
6. Group that lives near Siberia
7. Ore deposit
9. Language related to Eskimo
10. Narrative piece of music
12. The distance covered by normal stride
14. Glycoprotein hormone (abbr.)
15. Mathematical term (abbr.)
17. Popular beer
19. Jabbing
20. Historic Swedish castle
23. Humorous expressions
24. Christmas and New Year's Day each have one
25. Filled up
26. Nerve that serves the forearm (abbr.)
27. One of British descent
28. A way to get at
29. Food-related allergic reaction
30. Group of arteries near the pelvis
31. Picked up
32. Being three in one
33. Obscene
34. Dravidian language
36. Growl



PAWFECTION
LIFE RESCUE

Enjoy the Day - Run, Fetch, Play!



PAW of the WEEK

Ashley is a 7 month old, 30 lbs, female, lab/aussie/terrier mix.

She's a sweet pup that is good with kids and loves to play with other dogs. Ashley is an active, intelligent little lady who is looking for an adventurous family to call her own. If you're looking for a happy go lucky pup then Ashley is the one for you!

You can apply online at www.PawfectLifeRescue.org




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Bravehearts partner with Open Sky for Pen Pal Club

WORCESTER — Throughout the 2021 season, members of the Worcester Bravehearts baseball team had the unique opportunity of getting to know members of Open Sky Community Services through the Braveheart Pen Pal Club sponsored by Cornerstone Bank and Beltone. The summer-long program culminated with a cookout at Fitton Field on August 11 where the pen pals were able to meet in person.

The Community Membership team at Open Sky coordinated with Dave Peterson, Bravehearts General Manager, and Nate Gonelli, Director of Sales, to connect individuals served by Open Sky with Worcester Bravehearts players. The pen pals corresponded back and forth through a journal over the course of the summer to help the Bravehearts players feel welcome in Central Mass.

The individuals served by Open Sky who participate in the program had intellectual/developmental disabilities, mental health challenges or brain injury. This was an opportunity for them to be a part of the community and form a connection with the players. At the season-ending cookout, individuals from Open Sky gave baseball caps with the agency's logo to their Bravehearts pen pals and in return received signed books, baseball cards and Bravehearts baseball caps. Peterson welcomed the individuals from Open Sky, and Matt Small, COO of Open Sky was in attendance as well.

"It is important for the student athletes of the Worcester Bravehearts to engage in a program like this, so they can develop connections with people who may not have had the same opportunities or experience they have had in their lives," said Peterson. "A partnership like this goes a long way for our players to learn how to become role models in the community especially if they have aspirations to continue their playing careers at a professional level."

Everyone had a chance to talk, get autographs and take photos. Several of the pen pals exchanged information and plan to stay in touch even once the season has ended. The individuals from Open Sky attended the game that evening and Lori Holden, an individual served by the agency, got to take home a pop-fly ball after it landed near her and a kind baseball fan helped her grab the ball.

Since 2015 the Bravehearts have hosted a Pen Pal Club, but 2021 was the first year the Bravehearts partnered with Open Sky to get in contact with those individuals served by the organization. The Bravehearts Pen Pal Club is sponsored by Cornerstone Bank and Beltone.

Open Sky is proud to partner with several local sports teams to ensure that the individuals served by the agency have every opportunity to be a part of the Central Mass community.

About Open Sky Community Services Open Sky was formed through

the 2018 affiliation of Alternatives Unlimited and The Bridge of Central Massachusetts. With over 100 programs throughout Central Massachusetts, the organization provides services and supports to more than 4,900 adults, young adults and youth with mental health challenges, developmental disabilities, brain injury, substance use disorders, homelessness or other complex chal-

lenges. Open Sky also provides services and supports for LGBTQIA+ youth through its Safe Homes program, as well as expert training for human service professionals and school personnel on evidence-based practices and best practice treatment models through the Bridge Training Institute.

For more information about Open Sky, visit openskycs.org.

Douglas Fire Department receives grant funding

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — The Douglas Fire Department announced that it has received grant funding in the amount of \$238,095, which will be used to enhance firefighter and public safety.

The funding, which comes in the form of a FEMA Assistance to Firefighters Grant, will be used to support the replacement of a 1973 AMC Forestry Truck, the department released.

"The vehicle will become the department's first due vehicle for forestry incidents in our community and our 5900-acre state forest," the Douglas Fire Department stated. "With the fire season becoming more severe and lengthy, we cannot underestimate the importance of the Douglas Fire Department

being equipped with a modern forestry vehicle to protect structures that border the wooded areas in our community."

The department added that large fires could have the potential to "impact major transportation routes," could result in a loss of use of open space, agricultural space/animals, damage to power transmission lines or water infrastructure, as well as "cause health impacts from poor air quality."

"This modern forestry vehicle will undoubtedly improve the department's capability to safely and efficiently manage our community's urban/wildland interface risks," the Douglas Fire continued. "This new vehicle will enhance firefighter and public safety in both the Town of Douglas and the communities that the Douglas provides mutual aid to."

According to FEMA, the primary goal of the Assistance to Firefighters Grant is to "meet the firefighting and emergency response needs of fire departments and non-affiliated emergency medical service organizations."

"Since 2001, AFG has helped firefighters and other first responders obtain critically needed equipment, protective gear, emergency vehicles, training and other resources necessary for protecting the public and emergency personnel from fire and related hazards," FEMA stated.

According to a list of grant recipients, the following local departments have also recently received funding: Milford, \$406,089 for Vehicle Acquisition; and Upton, \$30,171 for Operations and Safety.

Live chair yoga classes available

UXBRIDGE — The Uxbridge Senior Center is proud to sponsor a live eight-week Chair Yoga Class.

Yoga has been shown to improve overall health when practiced regularly. Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. Other benefits include improved balance to help prevent falls, increased energy, and improved relaxation. The class will focus on stretching, breathing, and allowing the mind to be still.

The program is scheduled to begin Thursday, Oct. 7 from 2:45-3:45 p.m. at the Senior Center's Satellite Site which is the McCloskey School located at 62 Capron St. in Uxbridge. The instructor will be Dr. David Tapscott, certified yoga instructor. Dr. Tapscott has been an instructor since 2014 and has a deep passion for yoga. As an instructor, he sees himself as a practitioner at the front of the room, offering guidance and suggestions to allow others to move along their journey of discovery. The class will run one hour, one day a week for an eight-week period of time. The suggested donation cost for this eight-week class is \$25, and is open to all in

the community including those outside the Town of Uxbridge. Checks should be made payable to the Uxbridge Senior Center. Bring your own yoga mats and blocks, if you have them.

Interested individuals should call the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge and is open Monday thru Fridays from 8 a.m. to 4 p.m. For participant's safety, social distancing guidelines will be adhered to. Namaste!

A year of unprecedented challenges culminates in celebration of achievement for Bryant graduates

SMITHFIELD, R.I. — At Bryant University's 158th Commencement ceremonies on Saturday, May 22, 840 graduates of the Class of 2021 and their families and guests gathered on campus to celebrate earning a Bryant degree. Karni Murray of Uxbridge graduated Magna Cum Laude with a Bachelor of Arts degree in Communication.

"There has probably never been a graduating class more deserving of a Commencement and celebration than the Class of 2021," said Bryant President Ross Gittel, Ph.D. "You have earned your degree under extraordinary circumstances. You successfully responded to unprecedented challenges."

About Bryant University

For 158 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.bryant.edu.

“The Search” begins Oct. 4 at St. Mary Church

UXBRIDGE — Starting Monday, Oct. 4, St. Mary Church will be hosting seven evenings presenting the acclaimed video series "The Search."

"The Search" is an innovative video series that tackles the key questions of every human heart. In seven beautifully filmed episodes, Chris Stefanick and experts from multiple fields of science, medicine, psychology, art, and religion examine our place in the larger story of existence.

Whether you're a practiced inquirer or a jaded skeptic, "The Search" will speak to you. You may be reassured by some parts, and challenged by others. Either way, you'll find a lot here to think about. And when all is said and done, life's questions demand to be answered. Are you ready for "The Search?"

For additional information, please visit <https://stmaryuxbridge.org/the-search> or call the Church Office at 508-278-2226.

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Jamie's was a wife, mother and a friend who lost her life tragically to domestic violence on June 22nd, 2021.
Jamie's three children are now left without a Mother or a Father.

This benefit is to help her Children and to make their lives a little brighter.

OBITUARIES

Sally Ann O'Day, 77



DOUGLAS-- Sally Ann (Hammond) O'Day, 77, passed away peacefully on Sun. August 29, 2021 surrounded by family after a long illness. Sally was predeceased by her husband of 49 years, Wayne O'Day

in 2016.

She is survived by her children, A. Wayne O'Day Jr., his wife Sherry, and their children Sean and Erin, and her daughter Jennifer Ashworth, her husband Michael, and their son Benjamin. She is also survived by a brother, Charles Thomas II «Tommy», and two nephews, Mark Dennis Hammond, and Patrick Hammond. She was also predeceased by a brother, Mark Dennis who died as a young child, and her dear aunt, Mary Jarvis Bateman.

Born in Connecticut on April 27, 1944, she was the daughter of Charles T. and Sally Anne (Bateman) Hammond, and grew up in Madison, CT. She was a graduate of St. Mary's High School in New Haven, CT, Class of 1962, and attended Albutus Magnus Catholic College, also in New Haven. Sally grew up in Madison, CT and spent her summers on Hammonasset State Beach in

Madison and her family's beach cottage on Leetes Island in Guilford, CT. She met and married her husband Wayne in 1966 and they moved to Douglas, MA shortly after to raise a family and eventually came to live in the O'Day family home on the Whiting Reservoir where they spent nearly 50 years together enjoying family and friends on "The Res".

Sally was the heart of her family: an extraordinary wife, mother, and grandmother, and a great friend to many. She was an avid reader, Patriot's fan, home cook, and could often be found walking with dear friends around the Res for health and wellness year-round. Most of all, she enjoyed life and brought tremendous joy and love to her family and friends.

Her graveside funeral service was held on Fri. Sept. 3 at 11:30am in Union Cemetery, 108 N. Smithfield Expy N. Smithfield, RI. Calling hours at Jackman Funeral Home, 7 Mechanic St., Douglas are Fri. Sept. 3 from 9 to 11 am. In lieu of flowers, donations in Sally's memory may be made to ALZ of Massachusetts, Alzheimer's Association 480 Pleasant St. Watertown, MA 02472. To leave a condolence message for her family please visit www.jackmanfuneralhomes.com

Keep gardening after the first fall frost

There is nothing worse than frost in the forecast and a garden full of vegetables not quite ready for picking. Use some simple strategies to extend the growing season and keep enjoying garden-fresh vegetables.



GARDEN MOMENTS

MELINDA MYERS

Fortunately, some vegetables like cabbage, broccoli, cauliflower, kale, and Brussels sprouts tolerate frost and even taste better after a slight chill. Most of these can tolerate temperatures as low as 24 to 28 degrees Fahrenheit.

Leeks are another vegetable that thrive in cooler temperatures. Many tolerate temperatures as low as 20 degrees Fahrenheit. Just mound some protective mulch around the plants and continue harvesting. Leave some of your carrots, turnips, and parsnips in the ground for winter. Just cover the soil with straw or evergreen boughs after it lightly freezes. Dig as needed or during a winter thaw. You will enjoy their wonderfully sweet flavor.

Protect frost-sensitive plants with old bed sheets and even mattress pads. Cover the plants in late afternoon and remove them as soon as the temperatures climb above freezing. Keep them handy and be ready to cover whenever frost is in the forecast.

Make it easier by using all-purpose garden fabric row covers. This spun material allows air, light, and water through while protecting the plants from frost. Loosely cover the plants and anchor the edges with stones, boards, or garden pins. You only need to remove the fabric to harvest ripe vegetables. Otherwise, it can stay in place until the vegetables stop producing or you decide it is time to end the season.

Create a high tunnel over garden beds filled with large plants. Use hoops and row covers to allow easy access for harvesting while protecting the plants. Systems like Maxi Garden Hoops stand seven feet tall and five feet wide when installed. Simply cover the set of three hoops with row cover fabric.

Cloches have long been used to jump start the season or extend it beyond the first fall frost. You will find a variety of shapes and sizes available. Select one large enough to cover your plants and protect them as needed. Look for those with vents to prevent plants from overheating and ones like the cool weather row cloches (gardeners.com) that allow

water through while trapping in the heat.

Don't let unripe tomatoes go to waste if you are unable or unwilling to protect them from frost. Harvest any that are starting to show color before the killing frost and finish ripening them indoors. The bottom of

the tomato should be greenish white or starting to color up. Store your green tomatoes in a cool (60 to 65 degrees) location to extend their storage life.

Spread the tomatoes out on heavy paper or wrap them individually in newspaper so the fruit do not touch. They will ripen over the next few weeks. Speed up the process by moving a few tomatoes to a warm, bright location a few days before they are needed. Enjoy green tomatoes fried, in relish, salsa, pies or one of many more ways.

And when the season finally ends for you, start planning for next year. Many of these same strategies can be used to jump start the season for an earlier harvest.

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



Courtesy — Gardener's Supply Company

High tunnel systems with hoops and row covers work well on garden beds filled with large plants, allowing easy access for harvesting while protecting the plants.

ANTIQUES

continued from page A8

talent and paid for two terms of study for Greenwood at Wilbraham Academy. Greenwood made a living painting local landscapes. The Greenwood painting I found in this estate had been damaged, but still sold for over \$2,000.

A collection of phonographs was the most valuable find. There were Edison cylinder players that were selling in the \$300 to \$500 range at the time. A metal sign advertising Edison records pic-

turing Thomas Edison sold for nearly \$1,000. But the best find was a Berliner gramophone. Emile Berliner manufactured phonographs that played discs in competition with Edison's cylinder players. The Berliner gramophone hit a high note with bidders when it sold for over \$5,000 at one of our auctions.

Our current online model railroad and die-cast car auction ends on Sept. 22. Our online estate auction with 1950s and 1960s Corvettes, boat motors, tools and other estate items will be open for bidding by September 22nd. I'll be teaching my "Evaluating your antiques" night class Nov. 10 at Bay Path Evening School in Charlton and on Nov. 13 I'll also be appraising items virtually for the Townsend, Mass. Historical Society. Please visit our website for more details on upcoming events: <https://central-massauctions.com>

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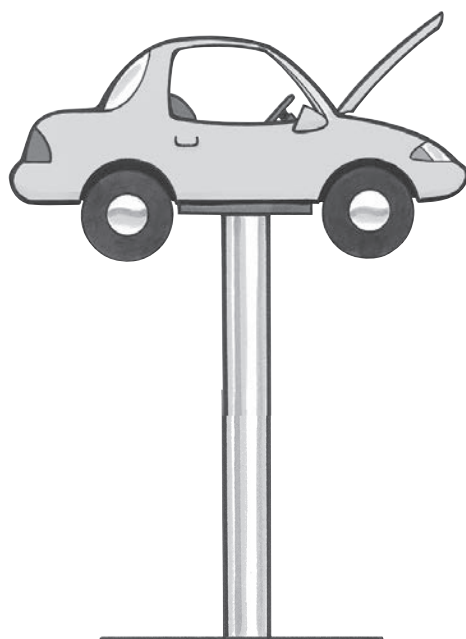
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EDITORIAL

‘Tis the season... for fairs

The first day of fall is just around the corner, and while we love the summer months, there is no season better than fall. One of the reasons for that is, of course, the slew of county fairs taking place all around us.

While entertainment and rides have evolved over the years, there is something so refreshingly simple about a fair that brings everyone down a few notches. When we remember why county fairs came to be, we are reminded of the simplicity that once was the way of life for our ancestors.

Each year, the fair served as a vehicle for farmers to show off their produce and livestock in various categories. As the years progressed, more activities of course took place, however at the core is farm life.

When walking around through the different exhibits, complete with crafts and baked goods, the feeling of down home, old fashioned living welcomes us like a warm morning sunrise. To make things even better, it is the one place where just about the entire community will venture off too, making for a grand reunion of sorts.

We cannot write about a fair, without talking about fair food. Each year, we tell ourselves the same thing — ‘no fair food this year.’ Or perhaps you tell yourself something completely different, such as ‘I cannot wait for fried dough and maple syrup’. But the fact remains, you should not exit the fair gates without eating a caramel apple or a steak bomb. An honorable mention goes out to kettle corn, fresh lemonade, soft pretzels and nachos.

The music scene at the county fair tends to lean towards country. This is just fine with us, as it helps to set the perfect backdrop to our ears for watching a draft horse pull or a demolition derby.

There is never a dull moment at a fair, especially for youngsters. There are petting zoos, contests and plenty of stores selling anything you can think of. Funny thing about the shops, they seem to be selling the same things they had in stock for the past 25 years. Mirrors, with a horse pictured in the middle with the silver or gold trimmed frame, invisible ink, rabbit foot key chains and a plethora of leather goods.

The midway games are a treat. We never really could figure out the basketball hoop, although we know there’s a trick to it. The dart game, where you send one, hopefully straight into a balloon is a blast, but again, there’s a technique involved.

In the states, the first fair took place in Pittsfield, Mass. in 1807, and was organized by Franklin Watson. Eventually, it became known as the Berkshire Country Fair and is still running today.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

What have the talking heads ever really done?

To the Editor:
What I believe. Feel free to disagree.
Have you taken a moment to think about the really hard jobs that women do today?

No, it’s not being the Congresswoman from Missouri who requires \$100,000 worth of security forces to keep her safe while de-funding the Police. No, it’s not our absent Vice President. It’s the following:

Military Service: Marine Sgt. Johanny Rosario Pichardo, age 25, was killed on Aug. 26 when Taliban/Isis/AlKaida terrorists attacked our troops in Kabul. She was killed, doing her job, along with 12 comrades and 169 Afghans.

Rosario Pichardo and her family are from one of the poorest cities in the state. Nevertheless, she graduated from Lawrence High’s math, science and technology school and Junior ROTC. She served with the Marine Naval Amphibious Task Force 51/5th Marine Expeditionary Brigade. A photo of her demonstrates that she was a brave, confident woman, soldier and Patriot, with a can-do attitude. An example of what it means to be an American. Grateful Americans take a knee, bow our heads, and salute her. She was willing to go into harm’s way, but she needed a Commander in Chief to protect her. He didn’t.

Policewomen: Officer Ella French, 29, a Chicago Policewoman, was killed after being shot point blank by two young hoodlums on Aug. 9 during a traffic stop. Her brother, Andrew, described her as a “person of integrity. She’s always done the right thing even when nobody’s looking.” Andrew, an Iraq War veteran, said that “even before she joined the force, she wanted to see people get the help they needed, more than throwing people in jail.” The criminals killed her anyway. Because she was a cop. Who started this war on the police? You know the answer.

When Mayor Lori Lightfoot tried to visit at the hospital, 30 Chicago policemen who stood guard turned their backs on her, signifying their disgust with the lack of support from the liberal Defund the Police Mayor. When Lightfoot tried to talk with the officer’s father, a retired

cop, he ripped her apart verbally and blamed her for what happened. When she then tried to comfort grieving officers, they walked away. City Alderman Tony Napolitano, a former cop and firefighter, blamed “progressive politics...I will put this 550 percent on these socialists and these progressives in the city council.”

And if the Mayor or the socialist aldermen are in danger and need the police, the police will be there in a heartbeat because that is what they do.

Oil driller. EMT. Construction worker. Trash hauler. Fork lift operator. Welder. Nurse. Doctor. Lab technician. Bus driver. No one ever talks about these women and these jobs. All we ever hear about are the women politicians or On Air Talent with lots of opinions but no expertise. Have they ever done one Covid test? One research experiment? Been a cook and served breakfast to hundreds of people? Run a cleaning business and cleaned houses for other people? Taught math or science to children? Thank you to all these women of action.

Moms: Some of the most competent, multi-skilled women are the Moms with children. Experienced chefs, they run a kitchen and serve three meals a day to fussy people. Hair stylists, they cut hair. They run professional cleaning businesses; keeping a clean house with kids and a Dad is no walk in the park. Many home school their children. They are teachers, researchers, test examiners, art directors, virtual nurses, home cleaning engineers, and pastors. Would you take on the task of teaching four children of different ages at home? Daunting, isn’t it?

The women on TV all day tell us how politically incorrect we are or how we suffer from white fragility or lack of Woke-ness. Next time some On Air Talent lightweight lectures you, ask this question: what have you ever done other than read the news from a teleprompter or give opinions? Even Biden can do that. It requires no talent whatsoever. What say you?

Nevertheless, she persisted.

BEV GUDANOWSKI
UXBRIDGE

Déjà vu all over again

To the Editor:

Why do I ‘save’ things? When something ‘impresses’ me, I tend to save it on the premise, like my dear departed father, it is likely to be needed someday! Proving that fact, the very points made five years ago (!) by Lee Hamilton, a 34-year member of Congress, in an opinion piece, “Beyond Civic Engagement,” published in the Tribune (Sept. 1, 2017) under the headline, “Restoring faith in representative democracy,” are able to be re-made, albeit briefly, today. Quotation marks indicate his words. Bottom line: “threats” to our democracy enumerated then sadly remain the same today!

Most “worrisome” was “Americans’ loss of faith in politics and democratic institutions.” In 2021, we bear witness to the ‘withdrawal’ from Afghanistan (surrender) with its many consequences, seen and unseen, too numerous to mention here. We are anxious as the COVID pendulum swings wildly. We watch the purchasing power of our money decline with increasing inflation. We see unemployment rates going up, yet jobs go begging. We listen to legislative, scorched-earth proposals that, if they become laws, will fundamentally remake America. All the while this winner-take-all type of politics is damaging to a democratic soci-

ety that is losing techniques of “civility, negotiation, compromise, transparency, respect for minority views and accountability.” So said Mr. Hamilton then, and these are exactly the same complaints still voiced today!

Mr. Hamilton outlined “deep-seated, long-standing problems facing America which are never addressed by our elected officials... incapable of forging consensus among diverse members.” Accordingly, his solution to “restoring faith” is a sustained effort on the part of our political leaders and our citizens to recognize the “erosion of faith in our political institutions that is undermining our system and take meaningful steps to address it.” Otherwise, “our distress will only grow.” And there it is... déjà vu all over again!

Can we stand up, as a united Nation, taking action to restore our faith in elected/appointed leaders and government institutions? Are Americans of every political persuasion ever going to join together and willingly engage in anger, hope and courage that are required to make desperately needed changes now? Or will it be ever thus...déjà vu all over again?

JANE F. KEEGAN
UXBRIDGE

Some of my best estate finds



come to mind.

One of the first estates I handled after starting my auction business was full of treasures that were literally buried. The estate belonged to a doctor who served as an officer during World War II. He held on to many things throughout his lifetime, including newspapers and magazines. His newspapers covered many valuable items that were hidden beneath.

However, there were larger items that were clearly visible when I first walked through the home. There were marble-top Victorian tables as well as other Victorian era furniture. Furniture sold much better 20 years ago than it does now, and



ANTIQUES,
COLLECTIBLES
& ESTATES
• • • • •
WAYNE TUISKULA

we sold marble-top tables from the estate for around \$400 then. Two fireplace mantles that were also from the Victorian era sold for just under \$1,000 each. There were five or six stacking bookcases that brought around \$200 per stack at auction then.

I had to dig a bit deeper for other smaller valuable pieces. I found a wooden folding camera in a purple velvet lined box brought a little over \$1,000 at auction. A bookcase held a small bud vase marked “LCT.” The approximately six-inch vase was a “pulled feather pattern” by Louis Comfort Tiffany and sold for close to \$1,000 at auction.

The doctor whose estate I was handling had served in the South Pacific during World War II and had many photographic negatives from his time in the service as well as other times during his life, including photos and negatives from the 1939 New York World’s Fair. These photos and negatives sold for well over \$1,000 when split into several lots.

There were also some paintings in the estate, including one by Impressionist painter Joseph H. Greenwood of Spencer, Mass. According to a Worcester Art Museum biography, Greenwood “left school at age 11 to work in the local boot factory and later wire mill. Meanwhile, he scavenged chicken feathers for brushes and wallpaper scraps for pigment to create his first works of art.” A wealthy mill owner recognized his artistic

Enthusiasm

When people decide to pursue a dream, they usually get fired up and motivated. They lose weight; make a business plan, build the team, hire the lawyers, contact the agents, write the book, rent the office, and tell everyone they know; They make sure to dot all the i’s and cross all the t’s!

It’s easy at the beginning of a dream to keep a good attitude; we know our success is imminent. It is In this stage of a plan when people’s enthusiasm is usually through the roof.

If the dream doesn’t happen as fast as we think it ought to, sometimes people quickly become depressed, the negative voices in their head begin to say, “it’s been too long; it’s never gonna happen” “Just give up; who do you think you are?” “You weren’t cut out for this! stop wasting your time!” “No reason to stay sober, just have a drink and smoke!”

Suddenly, the enthusiasm is gone. What was once a happy and exciting endeavor has now become something different. Fear, doubt, complacency may have set in, and being fired up and excited about the possibilities is just a fading memory.

For most, this is just too much to handle. After just a couple of days of feeling like that, they’ll give up and wish they’d never have tried in the first place.

What happened? It started so well! Lots of things can happen that lead to a downfall of a dream, but the most dangerous thing that can happen is a loss of enthusiasm.

Without the enthusiasm that was first brought to the dream, the dream may become unobtainable. Sometimes it takes so long that when the opportunity for success finally presents itself, it’s ruined because the loss of enthusiasm can make you uninteresting at best, jaded and bitter at worst.

Without that original fire you brought to the dream, it will be hard for anyone to want to buy what you’re selling or even want to be of any help whatsoever.

Have you ever had a non-enthusiastic teacher hold your attention for very long? How long can you sit through a sermon from a pastor who doesn’t seem to care what they are teaching? Have you ever wanted to buy a product from a non-enthusiastic salesperson? How do you feel when your waiter acts like they hate their life? Do you want to tip them?

I got my oil changed a couple of weeks back, and I was the first customer of the day! I drove into the garage, sure to be greeted with a smile. The young man working the front just glared at me as I pulled in; it was uncomfortable! He was heartbroken at my presence; I wanted to drive away as fast as possible, but unfortunately for him and me, I had to get the oil changed right then and there.

The one ingredient missing from the above scenarios that would make everything better is enthusiasm! Without enthusiasm, you’re blah!

Enthusiasm makes you likable, it makes you interesting, and it makes people want to help you!

On the long road of accomplishing a significant dream, finding a way to keep your enthusiasm will be your most important task and maybe your most difficult.

Napoleon Hill said that “Enthusiasm is the steam that makes the engine work.”

The word “enthusiasm” has its origins in the Greek language and translates to “God Within!”

The ancient Greeks used It to describe people who possessed superhuman abilities! If you accomplished great things, the Greeks would say you have Enthusiasm!

Have you ever seen a non-enthusiastic person described as having a god within them?

It’s almost exclusively the fired-up, motivated, interested, and person who is full of life who has that quality! That’s the type of person the Greeks would say has a god living within them!

Have you lost your enthusiasm? Get it back! Get fired up! Let people see the power inside of you!

Thousands of trout being stocked this fall



This week’s picture shows Don Cook of Uxbridge with his 250-pound Thresher shark he caught last week with a few of his buddies while fish at Stellwagen Bank.

Mass. Fish & Wildlife released information on the upcoming fall stocking last week that reported more than 65,000 trout would be available for this year. They are hoping to start stocking in mid-September if the waters cool. You can check out the daily stocking list starting in Mid-September on the MFW Web site.

A public hearing will be held on Zoom at 9:30 a.m. on Sept. 28, on the proposed changes in the pheasant hunting regulations. A proposal to allow bird hunters to harvest an unlimited amount of pheasant annually, and add a pheasant & quail stamp to requirements for all bird hunters will be discussed. For more information, go to the Mass. Fish

& Wildlife hearings page. The Fish & Wildlife board will take up the proposal immediately following the hearing.

A freshwater invasive snakehead was recently caught in Mass. waters. The invasive species could cause a lot of problems to the native species if they become out of control. It is illegal to stock any species of fish in Massachusetts waters without a permit, especially nonnative fish.

The early Canada Goose season opened Sept. 1 in Central Massachusetts! The early season runs through Sept. 24,



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with a 15-bird daily bag limit. The early goose season is geared to alleviate the overpopulation of nuisance birds that are fouling our water, beaches and golf courses. The first segment of the Mass. waterfowl season opens on Oct. 11 in the Central District. For a complete list of all the waterfowl regulations, go to the Mass. Fish & Wildlife Web site.

This week’s picture of Don Cook with his Thresher shark that was brought to the boat in less than 20 minutes. This species of shark is very good eating, and this writer was given a steak from the big fish to convince me that they are very good eating. It was great. Tasted like a piece of swordfish after grilling it.

This week’s second picture shows Eva and Logan Henchey with a few seabass that they caught while fishing with their Mom, Grandfather and Papa last week. They were fishing on the Southwest side of block Island.

Reports of numerous sightings of bear and bobcat for the last few weeks in the valley is good news for some residents, and a bit scary for others. Last week, a large bobcat was spotted in South Uxbridge by numerous residents. They have been blamed for the loss of small pets over the years, but they are not a concern for adults. Residents in rural areas need to keep a watchful eye on their pets and young children. Deer populations are also high, but they will have plenty of food to sustain them through the winter, with the huge Achorn crop this year.

Deer hunters are already setting up their tree stands in anticipation of opening day of archery season on Nov. 27. A youth deer hunt will be held on Oct. 2 this year and a paraplegic hunt is planned for three days starting on



Andrea and Logan Henchey with a few seabass they caught last week while fishing on a charter boat out of Galilee, R.I.!

Oct. 28. If you no someone that is confined to a wheelchair, or some other major disability, invite them to join you for the three-day deer hunt. There are many veterans that would appreciate the invite, and time spent in the outdoors. Who deserves it more!

The Whitinsville fish & Game Club is getting ready for their annual field Day which will be held on Sept. 18 this year. They are planning a big day for all to enjoy, with a chicken bar BBQ , and plenty of other food from the kitchen. The Chicken BBQ tickets need to be purchased prior to the event. All ranges will be open to the public and there is plenty of free parking and music!

Take a Kid Fishing & Keep Them Rods Bending!

Tips to Preserve Garden’s Bounty the Old Fashioned Way

The pleasures of the New England harvest season are truly bountiful. Ripe, red tomatoes heavy on the vine, stately rows of corn stalks, and pots of leafy herbs promise home grown goodness for the family table. Whether plucked from your own backyard or purchased fresh from local gardens or farmers markets, preserving the “just picked” flavor of the New England harvest is a seasonal quest.

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

Dry to Preserve

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

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

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

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

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

Garlic Braids and Pepper Wreaths

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

Garlic Braid: Give Bountiful Bulbs a “Twist”: Garlic is easy to grow, and even a novice gardener can produce enough garlic bulbs to store for use all year round via a well constructed garlic braid.

To do: Gather up



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

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

Onions and shallots can be braided in the same manner.

Pepper Wreath: Pick Perfect Peppers:

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

Wreath: To make a pepper wreath with slim peppers, you’ll need to wash and dry a generous amount of fresh peppers. With a sharp knife, make two slits at the top of each pepper, under the cap. Using 12 gauge wires form a sturdy round circle (for larger wreaths double the wire or use a heavier gauge. To form circle, stretch wire over a bucket or clay flower pot. Make a loop at one end. Thread peppers

onto the wire through the slits, pushing them together at different angles until the wreath is full and looks attractive. Make a hook at the end of the wire and hook onto the loop. Hang up to dry for about two weeks.

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

until swag is desired size. Tie off and loop top and hang to dry.

Win Dinner for Two at the Publick House – Contest has resumed!

Your tips can win you a great three course 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 invent-

ing 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.

To advertise in this directory the 2nd and 4th weeks of the month, please call June at 508-909-4062 or email jsima@stonebridgepress.news. It’s the best deal in the house!

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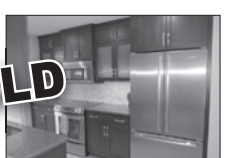
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WEBSTER LAKE - 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rooms, 6 Bedrooms, 4 Bathrooms, 3,269' AC'd Colonial! Custom SS Applianced Granite Kitchen! Formal Dining Rm w/Cherry Hardwoods! Lake Facing Living Rm w/Cathedrals, Cherry Hardwoods! Slider to Waterfront Deck! Spacious 1st Flr Master Bedroom w/Full Bath, Cherry Hardwoods & Walk-in Closet! Fireplaced Lower Level Family Rm! 1st & 2nd Floor Laundries! 2 Car Garage! **\$979,900.00**

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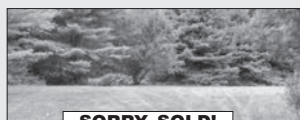


OPEN HOUSE
SUNDAY SEPT. 12 • NOON -1:30

DUDLEY - 10 MILL ROAD

Beautiful family home! 3 bedrooms, 2 full baths, newer widows & heating system. Mini split system. Hardwoods. Lg eat-in kitchen /Corian counters & Island! Warming fireplace with handsome mantel. Generous dining room, spacious enough for your family gatherings. lower level fireplace family room, Harmon pellet insert! 2 car garage. Reduced **\$340,000.**

WATERFRONT THOMPSON - BECOLA RD



SORRY, SOLD!

5+ Acre Waterfront Land On "Little Pond/Schoolhouse Pond. Private Setting. Open Field. 250+ feet Waterfrontage. Dead end road!
\$179,900

WEBSTER - 23 EMERALD AVE.



ON DEPOSIT

Extraordinary Find! Beautiful 2 Family! Owner occupied with pride and it shows. Grand Front Entry! 3,012 SF +/- living area. 12 rooms, 6 bedrooms, 2 updated Baths. 2nd Flr - Granite Countertops! High ceilings & Hardwood Floors, Modern Kitchens. Manicured 13,525 SF Lot with a Hip roof 3 car garage!
\$439,900

WEBSTER - 135 LAKE STREET



SORRY SOLD!

A RARE FIND! A TRULY ABOVE AVERAGE-TOP NOTCH-HIGH QUALITY-TWO FAMILY! SPACIOUS, CLEAN, UPDATED! Apt# 2 - 1,536 SF+ & 3 BRs, 2nd Flr. Apt# 1 - 1,290 SF+ & 2 BRs - 1st floor. Oil & Natural Gas Heat. Hardwood flrs! granite tops. Enjoy the L-Shaped Covered Farmers Porch! Level Lot!
\$399,900.

PUTNAM CT - 89 PERRY ST UNIT# 250



ON DEPOSIT

Heritage Pines Condo Town House - Everything one would expect and then more! 4 bedrooms, 3.5 baths, all Hardwood floors, granite, stainless steel appliances. central air, 2 decks, 2800 sq ft +/- of finished living area., and so much more!
\$319,900.

WOODSTOCK CT - 110 JOY RD



ON DEPOSIT

WELCOME TO MIDNIGHT FARM! 1876 Antique Colonial. Included separate Building - Studio/Store both situated on 2.5 Acres Professionally Landscaped! 5 Bedroom, Lg Living room, Fireplaced Dining room, Library, Master Bdrm, Renovated Kitchen! 3 Stall Garages! Picturesque Location!
\$455,000.

Featured Island Listing! Webster Lake - 22 Long Island



ON DEPOSIT

Once in a lifetime opportunity to own a Webster Lake Waterfront Cottage on Long Island! Properly named the "Grand View". Sandy beach, boat house! Antique Cottage w/5 Rms, 3 BRs, a stone fireplaced w/pellet stove, eat-in kitchen w/modern appliances, full bath! washer/dryer. Screened porches. Included, 25% ownership share in a main land waterfront lot at 38 Point Pleasant Rd, in sheltered Mumford Cove! land provides boat slip & winter storage. A FAR AWAY PLACE NEAR BY!
\$389,900.

WEBSTER • 22 EASTERN AVE



ON DEPOSIT

LOOKING FOR AN AFFORDABLE, HUMBLE ABODE, THAT WON'T BREAK THE BANK? Convenient Location, corner lot! 1288 SF+., 4 BRs w/1st Flr Mstr BR, Half Bath! Eat-In Kitchen, Dining/Living Room Combination! 3-Season Porch, 2nd Flr - 3 BRs. Resingled Roof, Replacement Windows, Updated Electric, Budenur Boiler. Part finished walk-out bsmt! Garage!
\$215,000

LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

Webster - Douglas Rd (Rte. 16) 26 ACRES on Sugarloaf Hill. 1000+/- ft of road frontage

SORRY SOLD! \$200,000

Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided!
\$89,900

Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE.
\$115,000.

Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **ON DEPOSIT! Each \$24,500.**

WEBSTER • 233 - 235 NORTH MAIN STREET



SORRY, SOLD!

large 3 Family- a rare find! 1st Floor spacious 2 bedroom apartment. 2 - 2nd floor, 3 bedroom apartments Walkout basement to off street parking.
\$289,900.

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



ON DEPOSIT



Webster Lake - 300 Killdeer Island

OPPORTUNITY KNOCKS! A WEBSTER LAKE waterfront property on Killdeer Circle, you won't want to miss! Offers a prime waterfront location! 64' of water frontage and a gently sloping landscape to waters edge. Crystal clear, sandy bottomed shoreline. Everyday is a new day at the Lake! Nicely arranged floor plan. 5 rooms 2 bedrooms, 2 baths! Walk out lowerlevel to nice size patio! Garage.
\$650,000.

WEBSTER - 401 TREASURE ISLAND CONDO



SORRY, SOLD!

Deck & Slider to the Patio! Natural gas heat! 2 Boat Slips! Heated Pool! Natural Sandy Beach!
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AUGUST'S SINGLE FAMILY HOMES REAL ESTATE MARKET

CHARLTON

	August 2020	August 2021	Trend
Median Price	\$406,000	\$500,00	▲
Market Volume	\$5,344,664	\$5,407,400	▲
# of Homes Sold	14	11	▼
Avg Days on Market	36	40	▲
Month Supply Inv.	1.66	1.35	▼

OXFORD

	August 2020	August 2021	Trend
Median Price	\$295,000	\$327,450	▲
Market Volume	\$3,839,100	\$4,078,400	▲
# of Homes Sold	13	12	▼
Avg Days on Market	25	21	▼
Month Supply Inv.	.99	1.01	▲

Contact us to find more about your neighborhood market & what your home is worth! Inventory is extremely low!



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WEBSTER: Contemporary Cape, 3.3 acres, 3 bedrooms, 2.5 baths, updated kitchen, Master bath, Cathedral ceilings, Air conditioning
42 Rawson Rd ~ \$464,900



CHARLTON: Waterfront, Log home on Glen Echo Lake, Great 2nd home, 2 bedrooms, Cathedral Ceiling, Walkout basement, Finish additional room.
199 Sunset Dr ~ \$329,000



PAXTON: 1900 sq. ft., 3 bedroom, 1.5 baths, Worcester/Paxton Line, Fireplace, 2 car detached garage
4 Boynton Pkwy ~ \$449,000



HOLLAND: Waterfront Lot, Hamilton reservoir, Build or use as an escape to the lake
Candlewood Dr ~ \$169,000



ATHOL: Island Waterfront, 4 rooms, 2.6 acres, own your own Paradise Island, Pontoon Boat
54 Island #2 Lake Ellis ~ \$424,900

WEBSTER
3 Room Apartment Available Now
1 Bedroom
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\$1500 Per Month

IDA
continued from page A1

and threats that can cause damage. Residents can improve their personal preparedness and build community resilience by knowing their risks, taking steps to prepare themselves, and knowing what to do in an emergency.”

MEMA officials will play a pivotal role in the monthlong preparedness campaign. MEMA is the agency charged with ensuring the state is prepared to withstand all types of emergencies and disasters, including natural hazards, accidents, deliberate attacks, and technological and infrastructure failures.

“Even though getting prepared may seem overwhelming, it can be simplified by breaking it down into smaller, more manageable steps,” said MEMA Deputy Director Pat Carnevale. “We encourage you to complete one task each day throughout the month and you’ll be better prepared by the end of the month.”

A few preparedness steps include

WEST NILE
continued from page A1

increased, consider rescheduling outdoor activities that occur during evening or early morning,” the Board of Health continued. “If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent.”

It is also recommended to drain any standing water near your home, as many mosquitos lay their eggs in standing water, and to install or repair

GRANT
continued from page A1

tials, and strong academics cohesively linked in every student’s experience.”

Uxbridge High School will be using the funds to develop curriculum and provide teacher professional development for their business and finance program, the school statement read. Specifically, administrators will be “evaluating how they can merge outcomes for business, finance, logistics, and entrepreneurship.”

State Rep. Michael Soter, R-Bellingham, added that he is proud of what Uxbridge High School has accomplished under the leadership of Principal Michael Rubin.

“The UHS Innovation Pathways are top-notch,” he said. “Teachers, administrators, parents, and external stakeholders are all working to ensure these programs succeed.”

ensuring you have flashlights and extra batteries; stocking up on bottled water and other supplies; readying your vehicle with blankets, water, and medical supplies in case you become stranded on the road in a storm; and making sure your home is winter-ready.

During September, MEMA and the Massachusetts Department of Public Health will share information on their respective social media accounts about emergency preparedness topics. These include emergency planning, building an emergency kit, preparing for disasters, youth preparedness, and community preparedness. Meanwhile, the Massachusetts Department of Transportation will feature signage along highways to raise awareness of Emergency Preparedness Month.

Additionally, MEMA is continuing to expand partnerships with federal, state, and local government agencies, as well as the private sector, families, nonprofits, and businesses.

“MEMA ensures the Commonwealth’s ability to rapidly recover from large

screens.

“The Northbridge Board of Health is working closely with the Central Mass Mosquito Control Project and the Massachusetts Department of Public Health to address this finding of WNV in our community,” the Board of Health continued, adding that more information can be found online at www.mass.gov/dph/mosquito.

In Grafton, the Board of Health and Town Administrator’s Office announced that the Central Massachusetts Mosquito Control Project has sprayed in the designated area of concern, including the area of Adams Road, Appaloosa Drive, Bridle Ridge Drive, Chiswell Road, Coach House Road, Gershom Drive, Glen Street, Glenwood Lane, Morgan Drive, Old Westboro Road, Robin Drive, Saddle Hill Circle and Stoneybrook Road.

“This type of pesticide is similar to ones used for flea and tick control,” the town released.

Grafton has partnered with the CMMCP to offer “comprehensive mosquito control services and programs,” according to a town statement. “Together with the Board of Health, CMMCP staff will evaluate locations for trapping and testing in addition to working with the Town on mitigating mosquito breeding areas in catch basins.”

For more information on the Central Massachusetts Mosquito Control Project, including information on spraying and requesting service, please visit www.cmmcp.org or contact them directly at 508-393-3055.

and small disasters by assessing and mitigating threats and hazards, enhancing preparedness, ensuring effective responses, and strengthening our capacity to rebuild and recover,” read a

statement released by the agency.

For additional information about MEMA and emergency preparedness, visit www.mass.gov/mema.

Blackstone Heritage Corridor seeks nominations for John H. Chafee Heritage Awards

WHITINSVILLE — The John H. Chafee Blackstone River Valley National Heritage Corridor (BHC) seeks nominations for the John H. Chafee Heritage Awards. The Chafee Awards honor individuals or groups who have worked on projects, programs, and organizations that promote cultural heritage, environmental conservation, and/or the quality of life in the Blackstone River Valley. Award winners will be honored early this winter.

BHC established the award to honor the late Senator John H. Chafee and recognizes citizens and organizations whose work in the Blackstone Valley embodies Chafee’s vision and ideas. Recipients have included community leaders, preservation heroes, business partners, environmental advocates, and students whose achievements resulted in public benefit.

To submit a nomination, send a one-page letter citing their accomplishments. In addition, please indicate if the candidate is a student for whom there is a separate category. Nominations must be received by Oct. 15, and can be mailed to Chafee Awards, Blackstone Heritage Corridor, 670 Linwood Ave., Whitinsville, MA 01588, or emailed to Devon.Kurtz@blackstoneheritagecorridor.org.



REAL ESTATE



Open House Directory

(C) Condo (B) Business (P) Land	(X) Condo (U) Duplex (L) Mobile Home	(M) Multi-Family (S) Single Family (A) Apartment	(T) Townhouse (D) Adult Community (W) Waterfront	
ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SUNDAY, SEPTEMBER 12				
DUDLEY 10 Mill Rd	S	Noon-1:30	\$340,000	Hope Real Estate Group Laurie C. Sullivan c: 508.525.0611

**To have your open house listed in this directory.
Please contact June Simakauskas 508-909-4062**



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- From last year we know that these appointments fill up quickly, so call today
- You must call by September 4th



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Must call by September 4th, 2021

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on every window¹

SAVE \$725
on every patio and entry door¹

Minimum purchase of four.

AND

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your entire project¹

Minimum purchase of four.

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¹DETAILS OF OFFER: Offer expires 9/18/2021. You must set your appointment by 9/4/2021 and purchase by 9/18/2021. Not valid with other offers or prior purchases. Get \$330 off each window and \$725 off each entry/patio door and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 8/1/2021 and 9/18/2021. Get 6.25% off your entire purchase, taken after initial discount(s), when you purchase four (4) or more windows or entry/patio doors between 8/1/2021 and 9/18/2021. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2021 Andersen Corporation. All rights reserved. ©2021 Lead Surge LLC. All rights reserved. *See limited warranty for details.

Friday's Child



Sacoya
Age 14

Hi! My name is Sacoya and I love to play active sports!

Sacoya is an outspoken, charismatic teenage girl of African-American descent who is always open to exploring new activities and settings. She loves to play active sports like soccer, basketball, cheer-leading, swimming, gymnastics, and dancing. Sacoya was on a local soccer team, as well as a Pop Warner Cheerleading team and really enjoyed it. Sacoya does very well in community activities, is very personable, and makes friends easily. She loves school and is on target academically with extra support in the classroom.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? 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.

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



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ANSWER: CAT

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THIS DAY IN...



HISTORY

- 1846: ELIAS HOWE OF MASSACHUSETTS IS GRANTED A PATENT FOR HIS SEWING MACHINE.
- 1939: CANADA DECLARES WAR ON GERMANY AND ENTERS WORLD WAR II.
- 1988: STEFFI GRAF ACHIEVES A TENNIS GRAND SLAM BY WINNING THE U.S. OPEN WOMEN'S FINAL.

New Word

PAD

the fleshy underpart of an animal's foot

How they say that in...

ENGLISH: Fur

SPANISH: Pelo

ITALIAN: Pelliccia

FRENCH: Pelage

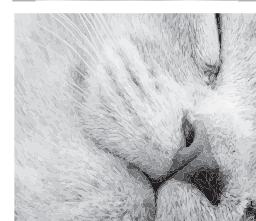
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