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Friday, March 17, 2023

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Boston Marathon bombing survivor running again to support Milford Regional Medical Center

MILFORD — Michele Blackburn is running this year's Boston Marathon to raise awareness and funding for the lymphedema therapy she received at Milford Regional Rehabilitation & Sports Medicine. The Uxbridge resident's lymphedema diagnosis results from injuries sustained nearly ten years ago and fuels her motivation to run the 2023 marathon on April 17.

On April 15, 2013, Michele Mahoney (now Blackburn) was standing on Boylston Street waiting to see her best friend cross the Boston Marathon finish line. At 2:49 p.m., a bomb detonated two feet from where Blackburn was standing, causing severe damage to both of her legs. She was



Michele Blackburn

Courtesy

told her left foot would likely need to be amputated; however, due to her skilled surgeon and extensive skin grafting, she was able to keep both of her legs.

After two years of grueling physical therapy, Blackburn began living her life again. She got married and had two children and her injuries had little impact on her day-to-day life.

Following the 2013 bombing, the Boston Athletic Association each year offers an invitational entry to survivors who would like to run the marathon themselves or gift to someone to run in their honor. "Over the years, so many people told me I should run the marathon myself, but honestly it was never really on my radar," said Blackburn, who last year gifted her entry to well-known Peloton instructor Jess Sims.

Watching Sims finish the 2022 race was the first time Blackburn returned to the marathon route since the 2013 bombings.

"When I saw her cross the finish line, it really inspired me, and that's when I first thought, 'I might actually be able to run this myself,'" she said.

It was about that time (Spring 2022), when Blackburn began noticing painful swelling in her legs, particularly in her left leg. Her primary care physician recommended she see a specialist for lymphedema (the buildup of lymph fluid in the fatty tissues under skin that causes swelling and pain).

Initially, Blackburn had a difficult time locat-

Turn To **BLACKBURN** page **A8**

Local businesses team up to offer "eat while you bowl" experience

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

WHITINSVILLE — Two local businesses owned by a husband-and-wife duo have teamed up to offer new services to the community.

"We're always willing to try something to better the community," said Lisa Moon, adding that now, customers can eat while they bowl.

The Neighborhood Kitchen on Church Street in Whitinsville, owned by Moon, is now working with the bowling alley on the same street—Spare Time Recreation, owned by her husband Mark Moon—to offer an "eat while you bowl" experience.

"There's a kiosk at the bowling alley where you can order directly to the restaurant," said Lisa Moon. "We deliver it right over once the order is processed and made."

The restaurant offers "American-comfort food" items such as meatloaf, shepherd's pie, a turkey dinner, and American chop suey, as well as a Shake Shop with custom-built shakes; the restaurant also offers catering.

"Our cooks are amazing, our front staff is amazing, we've got a good thing going on," Moon said.

Meanwhile, at the bowling alley, there are bowling leagues, pool leagues, an "old-school" experience, and an arcade, Moon said, as well as entertainment including live stand-up

Turn To **BOWL** page **A8**

One dead after Blackstone stabbing

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

BLACKSTONE — One man has died after being stabbed inside a Blackstone home last weekend.

According to Blackstone Police Chief Gregory Gilmore, the incident was isolated and there is "no danger to the public," he said.

A spokesperson from the Worcester County District Attorney's Office said that last Saturday at around 11:15 a.m., officers from the Blackstone Police Department responded to a Blackstone Street home for a "report of an assault," according to reports.

"Investigators discovered a 42-year-old man who had been

stabbed inside the home," the Worcester County District Attorney's Office released. "The man was transported to a Rhode Island hospital where he was pronounced dead."

An investigation by the Blackstone Police Department and Massachusetts State Police Detectives assigned to the Worcester County District Attorney's Office led to the arrest of a 32-year-old man, who was charged with murder and assault and battery with a dangerous weapon causing serious bodily injury.

Due to the domestic nature of the incident, the identities of the suspect and victim will not be released at this time, the District

Attorney's Office commented.

According to reports, the suspect was scheduled to be arraigned in Uxbridge District Court last Monday.

Chief Gilmore referred to this as "an isolated incident," adding that there was no danger to the public.

"Chief Gregory Gilmore reports that there [was] a large police presence in the area of lower Blackstone Street while an investigation [was] ongoing," the Blackstone Police Department released in statement on social media. "There is no danger to the public."

As of our press deadline, no other details were immediately available.

Local police departments host training events



BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

MILFORD — The police department has recently hosted a specialized training on interview techniques.

The training—entitled "Interview Techniques, Excellence in the Pursuit of the Truth"—was taught by Captain Matt Episcopo (Ret.), according to the Milford Police Department.

"The Milford Police Department is committed to providing its officers with the most up-to-date training and resources to ensure they are well-equipped to handle any situation," said Deputy Chief John Sanchioni.

According to a department statement, the training was an "intensive, two-day" training focused on the latest techniques

for interviewing victims, witnesses, and suspects.

"Officers learned how to develop rapport and trust with those they are interviewing and how to craft effective interviews that can lead to the truth," the Milford Police Department shared in a statement.

The training also covered the legal aspects of interviewing, such as Miranda rights, the department shared.

"Officers also learned how to recognize and respond to deception, as well as how to document and report interviews," Milford Police said.

In addition to hosting the training event, the department shared that several of its members also attended the training. Attending from the department

were: Officer Jhan Wade; Officer Felicia Gonzales; Officer Michael Gonçalves; Officer Jonathan Branch; Officer Michael Johnson; Detective Stephen Foss; Sergeant Joseph Rizoli; Sergeant Paul Pinto; and Sergeant Todd Fletcher.

In other news, Grafton Police Officers Benoit and Alves also recently held ALICE Training with staff at the Grafton Public Library.

"We are glad to partner with our community members to help improve situational awareness and safety training," the Grafton Police Department shared in a statement.

According to police, ALICE Training is a "widely adopted, effective method of active shooter response training."

"The Mission of ALICE is to Improve

Chances of Survival," Grafton Police released. "The threat of an active shooter attack is rare but very real. The aim is to eradicate the 'It can't happen to me' mentality and change the way people everywhere respond to armed intruders."

ALICE Training is to "prepare people for active shooter events and empowered to make their own life-saving decisions."

"Once empowered to make their own life-saving decisions, individuals must be trained in proactive active shooter response options, rather than a passive, mandated, one-size-fits-all response," police added.

This is part two of this training program with police and library staff, according to police.

Grass Roots Coffeehouse returns April 15

NORTHBRIDGE — The Grass Roots Coffeehouse, founded in 2000, has been hosting Bluegrass and Folk concerts for more than 20 years. After closing down due to the pandemic, the venue will be restarting with two concerts this spring.

Our first concert is on Saturday, April 15 with the band Redwood Hill performing. Redwood Hill is a tribute band that pays homage to one of the greatest and most influential bluegrass groups of all time - The Country Gentlemen, originally formed in the 1950's in Washington, D.C. and active until 2004. The name Redwood Hill, a popular Country Gentlemen song is an original of Gordon Lightfoot. The Gents were one of the first bands to integrate songs outside of bluegrass, such as from Lightfoot and Bob Dylan into their main repertoire. The band also sought out new venues, like colleges and coffeehouses for performances. Redwood Hill is a joyous, cohesive quartet of veteran southern and western New England musicians featuring Dave Orlomoski, Terry McGill, Keith Edwards, and Lilian Fraker.

The Grass Roots Coffeehouse is located at the Rockdale Congregational Church, 42 Fowler Rd., Northbridge, and is run by Krissy and Bob Dick. Bob is a longtime member of the New England Bluegrass community. The concerts are held downstairs and hot soups/chili, beverages and desserts are available for purchase. Admission



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Redwood Hill
is \$15, \$5 for students under 18. Doors open at 6:45 p.m., and concert begins at 7:30 p.m. Proceeds benefit the Rockdale Congregational Church. Information: www.rockdalechurchonline.org, aplantobob@aol.com, 617-429-0347.

Ham & bean supper back by popular demand

UXBRIDGE — A Home Baked Ham & Bean Supper will be held April 22 at 5 p.m. in the Community House, 8 Court St., Uxbridge, located behind the Uxbridge Town Common.

Sponsored by the Uxbridge Congregational Church. Menu includes baked ham, home baked beans, potato salad, coleslaw, brown bread, beverages & dessert. Donation of \$12 per adult, children under six free. Raffles will also be available. For reservations call 508-244-7849. Limited tickets will be sold at door. Come enjoy great food and fellowship.

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Local graphic design agency moves into historic new space

MILLBURY — Allen Creative Group, a best-in-class, visual solutions graphic design agency, has moved into the historic Felter's Mill in Millbury. Their new office location is 22 West St. Millbury.

Allen Creative Group has been providing creative branding solutions, visual communication, and a myriad of graphic design materials for more than 15 years to B2B clients. Their national customer base includes industries such as health care, life sciences, engineering, manufacturing, telecommunications, and various service industries.

"We were located at this same location but in a different studio from 2015-2020 but decided to move out of a brick-and-mortar environment during the pandemic. We became fully remote and were able to continue to function seamlessly and provide our clients with the same top-quality service and design capabilities we've always delivered, despite the worldwide disruption. Now, we are physically reunited in a spacious studio, still thriving," said principal and creative director Jennie Allen.

"We're glad to be in a space where

our creative team can once again collaborate. Working remotely is very hard creatively. We enjoy working with businesses and organizations that have a national profile, and we are eagerly pursuing a new strategy to build a more locally focused client base. Now that the pandemic is over and we can again meet in person, we'd like to add some of the local and regional businesses here in Central Massachusetts to our client roster who can benefit from our expertise," she said.

About Allen Creative Group

For more than 15 years, Allen Creative Group has been servicing a national client base of B2B and B2C industries with the highest quality creative design, development, and digital production of marketing communications tools.

"We hold ourselves to the highest standards when it comes to blending creativity with measured campaign results and I believe that's why we have retained our clients for many years," Allen said. "We are responsive, up-beat and driven. It is our mission to ensure our clients' success."

Allen Creative is a brand savvy graphic design agency that works



nimbly to meet the demands of today's marketing climate. Their team brings their clients' brands to life in print and online. They provide the ideas, experience, and guidance of a large agency, without the overhead and formality. Their Creatives work directly with the client, serving as a seamless extension of each of our client's marketing team, not just as another vendor. To learn more about Allen Creative Group, please visit www.allencreativegroup.com.

Blackstone Valley Tech's annual Golf Tourney tees off June 12

UPTON – Even a 'rough' day on the golf course is a good day! Don't miss this opportunity to hit the links and show off your trick shot (even those that land in the rough) at BVT's 24th Annual Golf Tournament. A fun-filled day of golfing on Monday, June 12, at Highfields Golf & Country Club in Grafton will benefit the Valley Tech Education Foundation and Athletic Department activities and programs.


Your registration (individual golfer \$150/golf foursome \$125 per person) includes 18 holes on the championship course, a golf cart, and a buffet dinner. Take part in the silent auction and raffles, all to help support a special cause. Not a golfer, consider sponsoring a tee, putting green, or a cart to display your company name in the program proudly and during the event.

The day promises to be full of fun and friendly competition. For all tournament details, to view sponsorship opportunities, donate a raffle item, or access the online golfer registration and payment portal, visit www.valleytech.k12.ma.us/golftournament. Register today to secure your spot.

WCS welcomes Dr. Abbondanza for community event

WHITINSVILLE — Whitinsville Christian School is pleased to welcome Dr. John Abbondanza, a specialist in vision therapy and vision-related learning problems, for an informative presentation regarding the critical link between vision and learning. The event will be held at WCS, 279 Linwood Ave. in Whitinsville on Wednesday, March 22, at 5:15 p.m. Admission is free and all interested parents, guardians, and educators are invited to attend.

Dr. Abbondanza graduated from Milford High School, Boston College, and from the New England College of Optometry. He lectures nationally and internationally to optometrists, educators, occupation-



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Webber Named to Emmanuel College Dean's List

BOSTON — Madison Webber of Douglas has made Emmanuel College's Dean's List for the Fall 2022 semester. To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

Emmanuel College is a co-educational, residential institution with a 17-acre campus in the heart of Boston's educational, scientific, cultural and medical communities. Enrolling more than 2,000 undergraduate and graduate students, the College provides boundless opportunities for students to expand their worldview through rigorous coursework, significant internship and career opportunities throughout the Boston area and beyond, collaborations with distinguished and dedicated faculty, and participation in a dynamic campus community. Emmanuel's more than 70 programs in the sciences, liberal arts, business, nursing, and education foster spirited discourse and substantive learning experiences that honor the College's Catholic educational mission to educate the whole person and provide an ethi-

cal and relevant 21st-century education.

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PAW of the WEEK

DUKE-

2 year old, Male. Duke is looking for a family to call his own! He's looking for a quieter area, as he is a country boy at heart, and city noise is a little too much for him! Duke enjoys laying out in the sun watching the time pass by. He is a very smart boy who knows the command sit and will even offer you paw. Duke is a sweet boy, who needs a family with dog experience to help build his confidence and is work with him on walking on leash. He does best walking along side his canine friends. Duke loves his dog friends! He needs another dog in his home because it helps him show his true colors! He would also love a fenced yard to run around in. At this time, we are unsure of how Duke feels about cats.

Please visit his bio for more information:
<https://www.shelterluv.com/embed/animal/BPHS-A-15037>
www.PawfectLifeRescue.org
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Friday's Child

Hi! My name is Wyatt and I like horses!

Wyatt is a happy and energetic boy who loves to run and play! He also enjoys reading books and listening to music. Wyatt does well in school with extra support. His teachers are calling this year "The Year of Wyatt" due to his academic gains! Wyatt gets along well with other children and adults.


Legally freed for adoption, Wyatt would do well in a family of any constellation. He would like to maintain contact with his birth father and siblings. Wyatt's social worker is looking for a family that will help to support his needs. He would do well in a home that is active and can provide structure and routine.

<https://adopt.mareinc.org/waiting-child-profiles#gallery/child/8053>

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.



Grass Roots Coffeehouse returns April 15

NORTH GRAFTON — The Chamber of Greater Easthampton and the Blackstone Valley Chamber of Commerce are proud to announce their partnership in bringing the Easthampton Chamber's successful ignite professional development conference to the Blackstone Valley Chamber of Commerce. Ignite Blackstone Valley will take place April 4 & 5 at Community Harvest Project, 37 Wheeler Rd., North Grafton.

The Conference is aimed at professionals who want to improve their Emotional Intelligence and learn how to interact with co-workers, customers, or donors more effectively. Through the power of storytelling, attendees will learn how to hone their decision-making skills and improve their chances of success in business.

The two-day conference will include keynote speeches from industry leaders, interactive workshops, and network building opportunities. Attendees will gain insights into the latest trends and best practices in Emotional Intelligence, leadership, and communication.

"Emotional Intelligence is a vital skill for any professional looking to succeed in the modern workplace," said Moe Belliveau, Executive Director, The Chamber of Greater Easthampton. "We are thrilled to partner with Blackstone Valley Chamber of Commerce to bring our conference to their members and to the wider business community. Attendees will leave the conference equipped with practical tools and strategies that

they can implement immediately to improve and drive business success."

"We are excited to partner with The Chamber of Greater Easthampton for this conference," said Jeannie Hebert, President/CEO of Blackstone Valley Chamber of Commerce. "We believe that storytelling is a powerful tool for building and developing leadership skills. We look forward to sharing our expertise and insights with the attendees and helping them achieve their professional goals."

Tickets for ignite Blackstone Valley are now available through the Blackstone Valley Chamber of Commerce Web site.

The Chamber of Greater Easthampton is fulfilling its purpose-driven mission of economic development through professional development, leadership education, the WorkHub on Union co-workspace project, Blueprint Easthampton, relationship building, resource navigation and connection, technical assistance, marketing and promotion and entrepreneurial support. For more information, visit www.easthampton-chamber.org.

The Blackstone Valley Chamber of Commerce's mission is to preserve and enhance the economic vitality of the Blackstone Valley by addressing the needs and concerns of the businesses and providing leadership, support, and resources in connection with the issues which impact commerce and the quality of life in the Valley. For more information visit www.blackstonevalley.org.

St. Peter Parish hosting chicken parm dinner

NORTHBRIDGE — St. Peter Parish in Northbridge is having a Chicken Parm Dinner on Saturday, April 15 starting at 5:30 p.m. in the Parish Hall. Bring you family and friends for a wonderful meal and meet some new friends! Tickets are \$17 per dinner, and include salad and dessert. To go meals will be available

for pick up at 5:00pm and all orders must be purchased in advance. "Pay It Forward" purchase an extra dinner and we will deliver it to someone in need in our local community. Please call the parish office at 508-234-2156 or email parishoffice@stpeterrockdale.org to purchase tickets or if you have any questions.

REAL ESTATE

BLACKSTONE

\$299,000, 22 Devlin Cir #22, Goudreau, Stephen, and Goudreau, Ellen, to Mills, Moira C.
\$275,000, 50 Main St, Hoyle Dawn Marie Est, and Sawyer, Diane E, to 48-50 Main St LLC.

DOUGLAS

\$702,000, 206 West St, Gray, Barbara K, to Ruocco, Victoria L, and Vansicklen, Keegan.
\$641,400, 225 Yew St, Rogiej Inc, to Cooke, Kellie, and Farquharson, Joshua M.
\$525,000, 115 North St, Cooke, Kellie A, to Lagerholm, Michael, and Lagerholm, Julia E.
\$460,000, 4 N Woods Dr; Lund, John A, and Whitney, Darlene J, to Soucy, Gregory, and Soucy, Charity.
\$425,000, 8 Wallis St, Cote, Beverly A, to Zylstra, Alison R, and Zylstra, Jonathan P.
\$275,000, 15 Webster St #15, Blais, Bertrand G, and Blais, Brenda D, to Ryan, Cathryn.

NORTHBRIDGE

\$560,656, 182 Stone Hill Dr #16, Stone Hill Partners LLC, to Field, Sheila G.
\$430,000, 13 Cottage St, Courtman Arthur R Est, and Whitehouse, Ashley B, to Bishop, Erin, and Larrivee, Daniel.
\$332,000, 927 Providence Rd, My Three Sons Invs LLC, to Jakubiak, Christopher P.

UXBRIDGE

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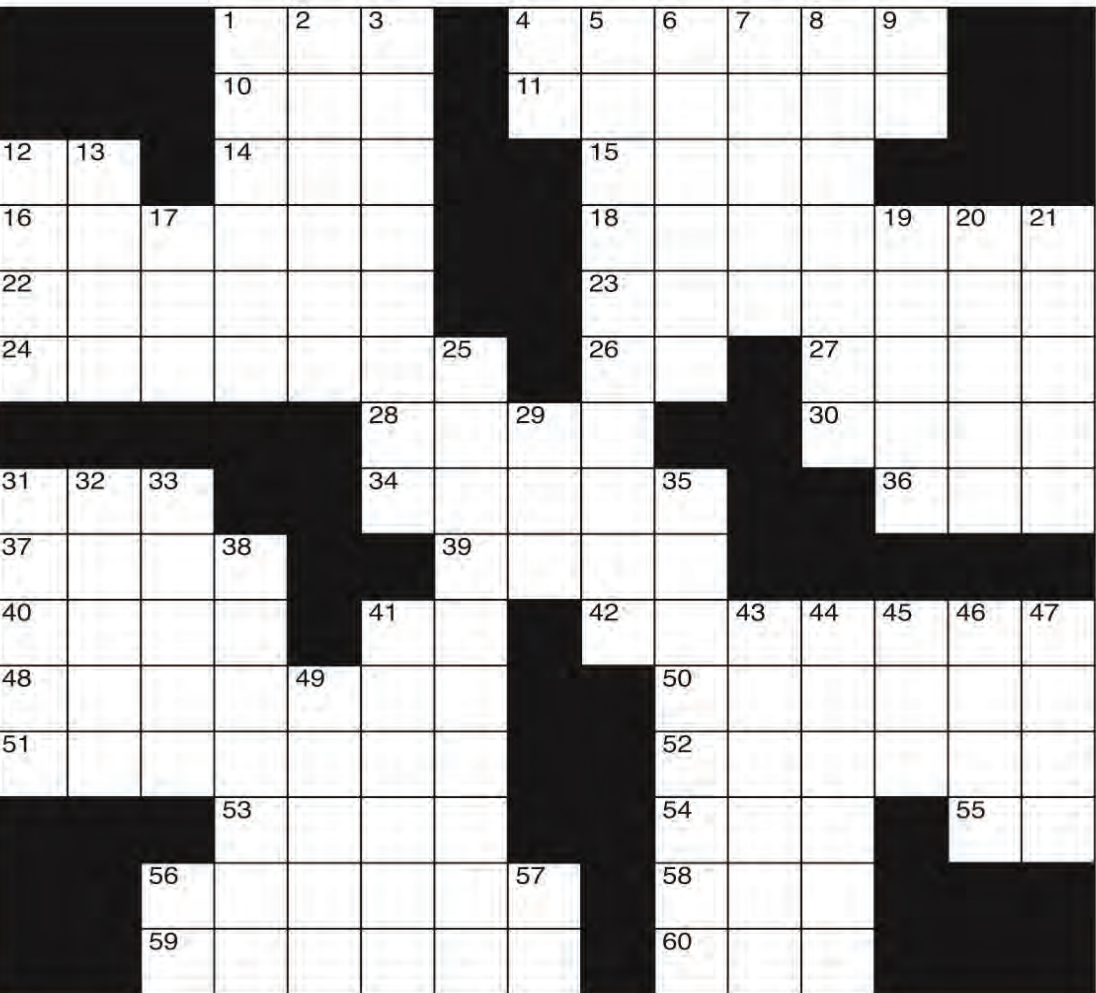
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CLUES ACROSS

1. Belonging to a thing

4. Pass or go by

10. Partner to cheese

11. Subjects

12. U.S. State (abbr.)

14. Bits per inch

15. Forest-dwelling deer

16. Illinois city

18. A salt or ester of acetic acid

22. Wholly unharmed

23. Cuddled

24. Bane

26. Global investment bank (abbr.)

27. Oh my gosh!

28. Arrive

30. Famed Spanish artist

31. Home of "Frontline"

34. Group of quill feathers
36. Keyboard key

37. Army training group

39. Detail

40. Pole with flat blade

41. Football play

42. Makes unhappy

48. Island in Hawaii

50. Back in business

51. Of an individual

52. Painful chest condition

53. Tropical American monkey

54. Matchstick game

55. For instance

56. Even again

58. Popular beverage

59. Evaluate

60. Time units (abbr.)

CLUES DOWN

1. Stain one's hands

2. Nocturnal hooved animals

3. Back condition

4. Popular movie alien

5. City of Angels

6. Peaks

7. Infantry weapons

8. Left

9. Atomic #99

12. Told a good yarn

13. Vale

17. Resistance unit

19. Aquatic plant

20. Bluish greens

21. About some Norse poems

25. Reinforces
29. Egyptian mythological goddess

31. Supportive material

32. Subatomic particle

33. Expired bread

35. Cereal grain

38. Goes against

41. Walkie ____

43. One who does not accept

44. Beliefs

45. Indicates near

46. Brazilian NBA star

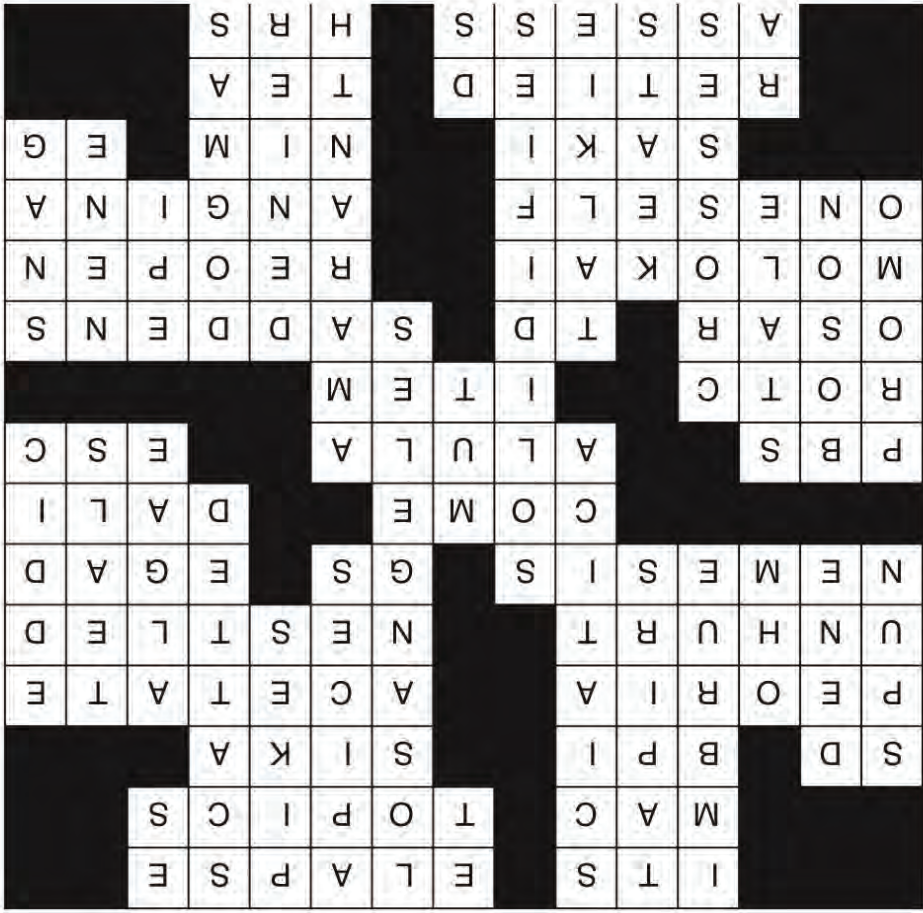
47. Grab quickly

49. Romantic poet

56. College dorm worker

57. Set of data

PUZZLE SOLUTION



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Meet with a representative from Senator Moore's office!
Wednesday, April 5th
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All are welcome to meet and discuss issues of importance or looking for assistance
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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 scheduling rides (business days)
Rides are free until January 1st
To schedule transportation call the center at 508-865-9247

"MEMORY CAFÉ"
Please join us on Tuesday, March 28th

at 2 - 3:30 P.M.
Refreshments will be served
A Memory Café is a monthly gathering for people with memory loss/challenges and their care partners. It is a time to socialize, make new friends, and have a good time.

Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!

SNAP APPLICATIONS (Food Stamps)

Douglas Democrats to caucus on March 18

DOUGLAS—The Douglas Democratic Town Committee will hold its caucus for the town's annual May election on Saturday, March 18 at 10 a.m. at the Municipal Center at 29 Depot St.
Candidates for Board of Selectmen (1 year term), Board of Selectmen (3 year term), Planning Board (5 year term), Assessor (3 year term), Agent Moses Wallis Devise (1 year term), School Committee (3 year term), Trustee Public Library (3 year term), Cemetery Commission (3 year term), Water Sewer

Our appointments are on Tuesdays & Thursdays 10 A.M. – 2:00 P.M.
Call for an appointment & required documentation 508-865-9154
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Commission (3 year term), 2 seats on the Recreation Commission (3 year terms), and a seat on the Housing Authority (5 year term).
The caucus is open to all registered Democrats and those unenrolled candidates wishing to be endorsed by the Democratic Town Committee. The Municipal Center is handicapped accessible. For more information please contact Lisa Mosczyński, Democratic Town Committee Chair, at 508-341-4876.

St. Peter Parish hosting Trivia Night

WHITINSVILLE — Saint Peter Parish in Northbridge will be holding a Trivia Night, Friday, May 5 at the Knights of Columbus, 77 Prescott Rd. in Whitinsville. Tickets are \$20 per person and can be purchased in advance or at the door. Get your tickets early, seating is limited! There will be a cash bar, food for purchase and a 50/50 raffle. Doors

open at 6 p.m., and the Trivia Game starts at 7 p.m. Cash prize for the winning team.
Come with your family & friends for a night of fun and see who will be Saint Peter's Trivia Champions! To purchase your tickets please call the parish office 508-234-2156 or email: parishoffice@stpeterrockdale.org.



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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Let’s end Daylight Savings Time once and for all

Last year, United States Senators voted unanimously to nix daylight savings. The plan is to make daylight savings time permanent. If the bill passes, it will go into effect in November of 2023 to avoid a scheduling nightmare with the travel industry. The bill is called the Sunshine Protection Act. Florida Senator Marco Rubio noted that most people despise the changes, and he questioned why the practice of turning our clocks back or forward one hour at the onset of winter and spring is still, as the younger generations say, a ‘thing.’ The time change first became known to Americans in 1918. Rhode Island Democrat Sheldon Whitehouse noted that the change places New England in complete darkness during afternoon hours, affecting youth sports and leads to depression. A sunset of 4:15 p.m. is not conducive to daily life. Some experts relayed that year-round daylight savings will make people happier and more productive. We are all always happier when it’s lighter longer. Most of us. If the bill passes, the rest of the country will join the likes of Arizona, Australia and Hawaii who opt not to spring forward and fall back. Daylight savings time is used in roughly 70 countries across the globe. Here we compiled a list of pro’s and con’s so you can determine your own thoughts. The idea of DST is to utilize activity during daylight hours. Some benefits include decreased electricity consumption, a decrease in the number of traffic accidents and crime. DST also increases recreational time, hence boosting the economy. According to studies the changes cost \$60 billion. Interesting is the fact that the barbecue industry and small convenience stores increase sales by \$135 billion. As for energy consumption a study in 1997 revealed that no significant effects occurred when DST was observed all year. In all, energy demands were reduced by just 2.6 percent.

Another pro is the decrease in traffic accidents. When more people drive during daylight the risk of accidents decreases due to the simple fact that driving in the dark is typically more dangerous. Pedestrian accidents would also significantly drop. A reduction in crime has also landed on the pro list. When folks finish work, and run errands while it’s still light out, the exposure to crime becomes less since more crimes take place at night. The increase in recreational time is a no brainer. The longer it’s lighter out, the more time there is to have fun outdoors. As stated above this is also an economy booster. When more people are out and about, they spend more money. The exposure to more vitamin D that the sun provides also proves as a health benefit. On the flip side of the coin, the change may disrupt sleep schedules. The transition can be rough especially for those who don’t get more than five hours per night as it is. However, after the initial adjustments no long-term adverse effects on circadian rhythms were noted.

The longer the day, the more fuel consumption takes place in the atmosphere. The increase in evening traffic emits more pollution in the air. It’s clear the pros outweigh the cons. In our opinion, the natural cadence of the sun should not be altered. If we stick with longer days and leave it at that, we think a much more positive population would ensue.

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

White privilege has a documented history

To the Editor:
Whiteness. Fear, not necessity, was the mother of this ‘American’ Colonial invention. “What the colonists created was an extreme form of slavery that had existed nowhere in the world.” (Wilkerson, Gross) As James Madison (1787) noted, “We have seen the mere distinction of colour made in the most enlightened period of time a ground of the most oppressive dominion exercised by man over man.” This dominion “made the enslavers among the richest people in the world” (Wilkerson). And the ‘Invention of White People’ (Battalora) via Colonial Laws operationalized the dichotomy required to lay their fears to rest.

Virginia 1619: The first African Americans arrived in Jamestown, Virginia. Legal structure for indentured enacted.

Virginia, 1639: Act X. All persons except Negroes are to be provided with arms and ammunitions or be fined at the pleasure of the governor and council.

Virginia, 1667: Act III. Whereas some doubts have arisen whether children that are slaves by birth... should by virtue of their baptism be made free, it is enacted that baptism does not alter the condition to the person as to his bondage or freedom; masters freed from this doubt may more carefully propagate Christianity by permitting slaves to be admitted to that sacrament.

Virginia By 1670: A code indicated that because corporal punishment was the only means of chastising a slave, and because no one would willfully destroy his own property, the death of a slave as a result of corporal punishment could not have been deemed intentional. (Thus the death of a slave was not considered a felony, which meant that slave owners gained virtual life-and-death authority over their slaves).

Virginia, 1676: Bacon’s rebellion
Maryland, 1664: That whatsoever free-born [English] woman shall intermarry with any slave... shall serve the master of such slave during the life of her husband; and that all the issue of such free-born women, so married shall be slaves as their fathers were.

Maryland, 1681: 1681 “Irish Nell” is set free. This law makes it clear that lifelong slavery was not meant for white women or their children only for anyone other than white.

Maryland, 1705: An act concerning Servants and Slaves

According to PBS: the fate of African Americans was sealed with the slave codes of 1705. These dates predate the formation of our country. In key examples, from two colonies we can see the ‘Birth of a White Nation’ (Battalora). At the same time European markets had high demand for colonial cash crops like tobacco, sugar and rice.

Of particular note in Virginia history is Bacon’s Rebellion (1667), the ‘cherry’ on this proverbial sundae. You see, Bacon’s Rebellion in colonial Virginia in 1667 wasn’t notable just because of disputes with Indians, Indian territory, falling price of tobacco, colonial government, etc., but because it “represents the unification of laborers of African and European descent, freed servants and small landowners” who were all being treated poorly. And colonial Virginia could not allow unity among impoverished workers, both black and white, rebelling, fighting and complaining for a better life because that group could eventually outnumber the powers that be. (1708-SC it happened.) So to keep this ‘commodity’ in check they began using a caste system, ‘inspired by established slave plantation colony of Barbados’.

Prior to this: “The status of blacks in seventeenth century Virginia was extremely complex. Some were permanently unfree; others, like indentured servants, were allowed to own property and marry and were freed after a term of service. Some were even allowed to testify against whites in court and purchase white servants. In at least one county, black slaves who could prove that they had been baptized successfully sued for their freedom. There was even a surprising degree of tolerance of sexual intermixture and marriages across racial lines.”

After this, Nash states: “In rapid succession Afro-Americans lost their right to testify before a court, to engage in any kind of commercial activity, either as a buyer or seller; to hold property; to participate in the political process; to congregate in public place with more than 2 or 3 of their fellows; to travel without per-

mission and to engage in legal marriage or parenthood.” Not only did the system demand the enslaved embrace submission to the master but they must also submit to the will of all other white people. Now the enslavers could implement the final solution ensuring that no future gap in the labor supply for farming tobacco would exist. For the first time in the colonies those in power “converted human beings into currency, into machines who existed solely for the profits of their owners.” Black bodies, now sanctioned by law, are available for use to build generational wealth for others. Labor was now assured. The cost of labor eliminated.

Nobody was called white until colonial North American law created the usage—a new social status, a white identity (Allen) “The concept of white at the time was not based on an awareness of any actual genetic mutation.... instead it represents the desires of elites within the colonies to secure their position by controlling large numbers of laborers and creating greater access to women.” (Battalora) (There was a shortage of marriageable women at this time in the colonies.)

This new social status was created as “The Maryland law of 1681 reflects for the first time in law, in the land that would become the United States of America, that white was used to reflect a group of people”. (Battalora) It referenced: “diverse freeborn English or White woman...” On a surface level, it controlled English woman and other free-born women from entering such ‘shameful matches’. And on a deeper level, this inglorious system -Yes, Sam Smith – “at the body shop, doing something unholy”, impaled woman of color where they would remain fixed in an inescapable, untenable position.

The 1705 law “codified the superior status of white people and the subordination of black people. (Gross) This law gave white indentured laborers “freedom dues,” a payment in cash, land or supplies when they finished their contract- while Black people were entitled to no freedom at all” (Bilder).

The net result: “The slave code laws are established to say that Black is equated with slavery and African ancestry and White is equated with freedom” (Betty). So in summary, the colonial government created whiteness to ensure that they would not suffer a shortage of land, workers for that land or marriageable women. Whiteness clearly established who would be the masters and who would be the slaves for perpetuity.

Founding fathers cemented the spirit of colonial Virginia and Maryland slave laws and others into the constitution, though the word slave was never used, because they didn’t abolish all slavery and the Atlantic slave trade immediately. Supposedly, it was the price to bring southern states into a centralized government so they would later have the authority to abolish its own ‘Frankenstein’ but not the generational trauma that continued and continues.

The invention of “White” People, “Whiteness,” “White privilege” and “White solidarity” does have historical underpinnings and facts, and not just from the colonial period. This is where that privilege was first embedded into the forerunners of our laws. This is an example of the information/history that opponents of CRT don’t want you to have, that: a key tenet “states that race is not a biological fact, but rather a fabricated social construct.” During colonial America it was never based on anything more than greed and control.

As an American, this is ‘our’ history (the good, the bad, the ugly), and we are entitled and strong enough to know it and understand how it has impacted, and continues to impact, our culture daily. ‘Hurt feelings’ or the possibility of ‘feeling shame’ are not enough reason to avoid reality – the truth. In response to Governor Youngkin’s initial ‘whitewashing’ of curriculum standards, Henderson (The Leadership Conference) said students must be allowed to “wrestle with the difficult aspects of our history so that they are prepared to create a more just and equitable future.” “Policies attempting to suffocate such national conversations are an obstacle to equitable democracy.”

In the end, those who attempt ‘whitewashing’ or curtailing examination of our history won’t take those 1600 laws off the books nor the effects of them even if the books that contain that same history are banned or the classes t-hat teach it.

Linda Lacki
Northbridge

What I believe

but the grace of God and our own doings. We are given a guide (the Ten Commandments) and a free will. The rest is up to us.

Each one of us is responsible to our Creator, and will have to face consequences when He determines that our earthly time is up.

Today is yesterday’s tomorrow; today decides tomorrow; make it a good one. God bless us all!

Merle G. Lalor
Uxbridge

LETTERS CONTINUED page A12

For Tasty Meatless Meals, Take a Tip from the Past



TAKE THE HINT
KAREN TRAINOR

Generations of home cooks have taken up the challenge each year to prepare delicious and creative meatless dishes

during the Lenten season, or all year round. Some of my fondest childhood memories include helping my mom skewer fish kebobs on metal rods and chopping chunks of Velveeta for her famous macaroni and cheese, both meals made popular courtesy of Catholic meat restrictions!

It was while I was (literally) tossing a frozen fish fillet in the oven last Friday night that I vowed to take time out to rediscover the “comfort meals” of past generations. Since I collect old cookbooks, an accumulation time-tested meals were right at my fingertips. (Yes, the internet would have been quicker, but much less authentic and interesting!) A quick look through a few of the books revealed meatless dishes that were both interesting and easier to prepare than I anticipated.

So - in the interest of uninspired cooks everywhere, this week’s column will feature a menu of meat alternatives that promise to bring rave reviews from even the most fussy family meal critic!

This mock “chicken” pie is the epitome of comfort food! I cheated and used a premade refrigerator pie crust; if you are really pressed for time, you can also substitute canned potatoes and carrots.

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

Ingredients: one medium sized onion, chopped; one cup peas: two diced carrots; two diced potatoes; one large can tuna fish; 2 T flour; one T butter; one cup milk; 1 tsp. salt; 1/8 tsp. pepper; 1/4 tsp. paprika.

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

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

Why not start a meatless meal with an elegant appetizer? This original Toll House Onion Soup recipe can be adapted to better serve today’s busy cook with the use of canned chicken stock. This is super easy!

Onion Soup - Toll House Style
Ingredients: One pound onions, sliced and cooked in butter; 1 ½ rich chicken stock; one T flour

Preparation: Cook onions until brown, sprinkle with flour and stir. Add to chicken stock slowly, stirring until smooth. Let stand for several hours or the night before for best flavor. Serve soup with a slice of French bread sprinkled with Parmesan or Romano cheese and toast in the oven the last moment. Serve grated cheese for the soup.

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

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

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

Couldn’t resist adding in my all-time favorite soup recipe! Simple, delicious, and once you make it, you’ll never want to buy canned tomato soup again! Pair with a grilled cheese for an old fashioned soup and sandwich supper.

Tomato Soup
Ingredients: One stick butter; one medium onion; two (28 oz) cans of tomatoes (whole, diced or crushed, it doesn’t matter); jar of salsa (optional); one cup of water; spices of choice (I use salt, pepper, and a dash or two of turmeric and cayenne).

Preparation: In a saucepan, place butter and onion (cut into quarters) and cook until butter melts. Add tomatoes (and salsa, if desired), and simmer for 40 minutes. Blend with an immersion blender. Add spices to taste.

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

Do you have a tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, P/O 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.

Acid rain continues to impact local fishermen



THE GREAT
OUTDOORS
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RALPH
TRUE

I knew if I took my boat out of mothballs, we would get some snow, but I did not expect a Northeaster. By the time you read this column, it will already be melting, so I guess we are over winter. Come on, springtime! Prior to the snow this week, the birds were singing in my backyard, and I even put on my summer shorts and stretched out on a lawn chair in the sun.

Mass. Fish & Wildlife has started to stock trout in numerous lakes and ponds last week, and it brought out a lot of anglers to catch some for the dinner table. Powerbait is the number one choice of bottom fishermen, and it was literally flying off the shelves at local bait shops and big box stores. Shiners are also popular with some anglers, but they are a bit pricey. What the heck happened to the old worm for fishing?

The latest news on chemically infected fish is not new, and is a problem with all water bodies in Mass. and surrounding states. The major polluters are the western utilities that continue to pollute the atmosphere, and it is carried into the clouds, and travels thousands of miles, and then deposited in our waters as acid rain. It not only pollutes local waterways, but is responsible for polluting our gardens and farmers' crops. At one time 35 years ago, the western utilities had set aside a million dollars or more, and a company called Living lakes was formed. They were responsible for treating ponds, lakes and reservoirs with lime to bring back the Ph balance that was disrupted because of the acid rain.

This writer sent in an application on behalf of Mass. Fish & Wildlife and we received a communication from Living Lakes, that Wallum lake was chosen to be treated with tons of lime to correct the problem. Approximately 10 huge tankers of lime arrived at Wallum Lake with a slurry of lime that was spread by a large boat, using digital machines that spread an even

amount of the lime on the entire lake. It brought the lakes PH back to a level that would sustain rainbow trout, as Mass. Fish & Wildlife had stopped stocking rainbow trout that they claimed would die if they were stocked. Still, 35 years later, Wallum Lake receives rainbow trout and they do very well. It is hard to believe that the one treatment of lime could last that long!

Bottom feeding fish like hornpout, perch, have the most levels of heavy metals that are dangers for humans to eat, but bass, pickerel and other freshwater fish also have seen an increase in the heavy metals. As a longtime fishing angler in local freshwater ponds I always caught a lot of yellow perch, and brought them home for a good feed. The last 10 to 15 or so years, I stopped eating the fish when I observed black spots on the skin of the fish, and when I removed the skin they had worms crawling out of the flesh. I knew we had a problem, and wrote numerous articles on my findings for many years. Not much was made of it. Saltwater fish like cod and Haddock also are showing signs of worms in their flesh for a number of years now. It sure wants to make you think about becoming a vegetarian. But wait! All of these heavy metals are also being fed into the plants with acid rain. Beef, pork, chicken, and most other meats are all subjected to heavy metals. As one report I read on the Internet last week quoted: "Eating one fish a month is equal to a month of forever chemicals." You better believe it! Freshly stocked trout should be the safest fish to eat for your family!

What do you expect as factories and mills have dumped their waste into our rivers and streams for years, and many still do. Worcester treatment plant releases raw sewage into Lake Quinsigamond every year, polluting the lake and everything downstream and it ends up into the bay. It seems that it is ok to dump everything into the ocean, but it is now coming back to haunt us. Planet earth cannot take much more before we all suffer the consequences. We sure cannot leave much of a life for our children and future generations. I ate Swordfish twice this week. I can feel my mercury level climbing! The ocean has been a dumping ground for years, which continues to this day, and when the ocean is overcome with pollution it will be the end of all mankind.



Courtesy
This week's picture shows a couple of young anglers with some impressive sea bass they caught last year.

No final limits and sizes of sea bass and Fluke were determined as of last week in both Mass. & Rhode Island, but sea bass limits are on the chopping block in both states. Stripers and bluefish should remain the same as last year in both states. It Just makes you sick!

Take a Kid Fishing & Keep Them Rods Bending!

Late winter tent caterpillar management



Melinda Myers
Eastern tent caterpillars crawling on top of their webby tent.



GARDEN
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Start this year's tree pest management with a stroll through the landscape. As you enjoy the scenery, be sure to look for any unwelcome pests that may be overwintering on the twigs of trees.

Look for and remove egg masses of tent caterpillars now through spring. These clusters of eggs look like shiny blobs of mud surrounding the twigs. Each egg mass contains hundreds and in some cases thousands of eggs.

The forest tent caterpillar is the most widely distributed tent caterpillar. It attacks a variety of trees that vary with the region. Check any sugar maples, aspen, cherries, apples, oaks, birch, ash, alder, elm, basswood, or water tupelo trees growing in your landscape.

Trees may suffer damage when large populations of these caterpillars devour the majority of the tree's leaves for several years in a row. This can result in reduced tree growth, top dieback, and tree mortality. There are several natural predators of this insect pest so working with nature is a great way to help reduce damage. Remove the egg masses found on small twigs that are more easily reached on smaller trees. After the eggs hatch, look for the caterpillars in a silken mat, not a tent like the other tent caterpillars. Remove the young caterpillars from branch tips or squash those resting on the main stem in the evening or on cool days.

You may also see similar egg masses of the Western or Eastern tent caterpillars depending on where you live. Their egg masses look similar

to those of the forest tent caterpillar. Remove the egg masses of these tent caterpillars in spring before the eggs hatch.

Once the eggs hatch, the caterpillars begin forming a webby tent in the crotch of the tree. As they feed and grow, the tent expands. They remain in the tent during the hot part of the day and rainy weather.

Knock the tents, caterpillars and all, out of the tree when the majority of caterpillars are in the tent. Smash or dump the caterpillars in a can of soapy water.

Do not burn the tents. This old practice is hazardous and the fire can severely damage the tree, much worse than the insects.

Control is usually not needed on healthy and established trees. If you decide to intervene, consider using an organic insecticide with the active ingredient Bacillus thuringiensis var. kurstaki (Btk). It is effective when applied to the tents soon after they start to form and when the caterpillars are small. Just spray the tent and the surrounding 1.5 feet of leaves. These products only kill caterpillars and will not harm other insects or birds feeding on these pests.

When working with nature, we have help from predatory insects and songbirds when managing these and other garden pests. Taking time this winter for a bit of prevention can go a long way in reducing damage from tent caterpillars.

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.

The wisdom of Sun Tzu

Unforeseen events can shake our world to the core, leaving us scrambling. COVID-19 lockdowns caught us off guard and demonstrated that even the most meticulous planning could not prepare us for the unprecedented.

While news of the outbreak surfaced months before it reached the USA, many of us remained ignorant until it disrupted our daily lives. It is a stark reminder that life can take unexpected turns, and we must learn to adapt in the face of uncertainty. Rare but catastrophic events can occur, and taking precautions is essential.

Over time, I've seen pursuing my goals as a battle I am committed to winning.

The ancient book, "The Art of War," by Sun Tzu, says: "The general who wins the battle makes many calculations in his temple before the battle is fought. The general who loses makes but few calculations beforehand."

This quote suggests that those who prepare for various potential scenarios will emerge victorious, while those who plan for only one scenario will fail.

It's good to recognize that in order to accomplish our goals, we may need to navigate numerous challenges and obstacles along the way. In other words, success may require us to dodge many bullets.

I run a tech startup and also have friends and acquaintances that work in the tech startup world. One close friend called me in tears because his startup lost all its money last week. Their money was deposited in Silicon Valley Bank (SVB). There are talks of bailouts, but at this time, there are still questions about how much of their deposit is protected.

I've been accused of pessimism when discussing preparations for every scenario. Still, I like to say, "Is it negative thinking to see the Hurricane coming, ensure your house is boarded up, and have extra water and food?"

"In peace, prepare for war," said Sun Tzu.

Is there any preparation that could have been made to prevent the loss of their money? That's tough because if you cannot trust the banks, what are you supposed to do, throw \$10 million under your mattress?

To prepare for such a scenario,

POSITIVELY
SPEAKING
.....
TOBY
MOORE

you'd have to come to the opinion that we are in economically uncertain times.

As my startup gains more investors, putting all the money in one bank may not be the best idea. As volatile as it is, I am inclined to put some into cryptocurrencies, some into cash, and maybe even into gold and silver, and the rest spread out into multiple banks.

You must build your dreams on a solid foundation, or they can all be blown away when the storms of life arrive.

Sun Tzu said, "Every battle is won or lost before it is ever fought."

bserving my father in business taught me a great deal about preparation. While he was a highly successful businessperson in many respects, I learned the most valuable lessons by watching him navigate his failures and setbacks.

I've thought a lot about one circumstance where he partnered with a close friend of his from Canada in a new business venture. While things started off promising, it wasn't long before the partner's true colors were revealed. He embezzled nearly a million dollars, leaving my dad reeling and realizing he had been caught off guard.

It's a cautionary tale that underscores the importance of always having safeguards and precautions, even with close friends and business partners.

A crisis could come at a moment's notice. We never know what life will bring.

"Plan for what is difficult while it is easy." — Sun Tzu

A fine line separates preparation and paranoia - it's essential to be ready for anything, but not at the cost of our mental well-being. Making preparations shouldn't lead us to believe that the worst-case scenario is inevitable.

Having a positive mindset in the face of potential trouble is everything. Hardship will come, but you must know in your heart and mind that you have what it takes to overcome it.

Preparing for the worst-case scenario is not a sign of pessimism — it's a necessary aspect of achieving success in the face of unexpected challenges.

Stay informed, prepared, and optimistic; embrace the unknown, and make the most of every opportunity!

OBITUARIES

Peter Rice, 89



Uxbridge- Peter E. Rice, 89, of Oak St., formerly of Hecla St. passed away peacefully on Sat. March 11, 2023 after a brief illness with his family by his side.

He is survived by his wife of 57 years Mary T. (Finnigan) Rice; 3 children Kathleen A. Rice of Uxbridge, Eileen M. Rice and her husband Randy Kibbe of Northbridge; and Peter E. Rice and his fiancé Alyson of Uxbridge; 3 grandchildren Jordon and Brendon Rice and Katherine Kibbe; and many nieces and nephews. He was brother of the late Helen V. Duffy, Barbara Frabotta, Charles A. Rice Sr., and Leo M. Rice. Born in Milford, MA on Jan. 4, 1934, he was the son of Peter E. and Katherine (Tynan) Rice and lived in Uxbridge most of his life.

Mr. Rice worked in the Engineering Shop at Wyman Gordon Co. in Grafton for 40 years, retiring in 1994. He also did accounting work for the Town of Uxbridge several years and delivered Meals on Wheels for the Uxbridge Senior Center.

A graduate of Uxbridge High School, Class of 1951 and Worcester Jr. College, he was a US Navy Veteran

of the Korean Conflict, serving aboard submarines in Norfolk, VA, San Diego, Japan and Spain. He enjoyed visiting the town coffee shops, playing golf, and watching NE sports teams. Family was most important to Pete however. He loved attending his children's and grandchildren's sporting events and could often be seen sitting on his porch on Oak St. with his wife Mary.

He was a member of St. Mary's Church and the Charles A. Rice American Legion.

His funeral will be held Thurs. March 16 from Tancrell-Jackman Funeral Home, 35 Snowling Rd. with a Mass at 11 am in St. Mary's Church, 71 Mendon St. Burial will follow in St. Mary's Cemetery. Calling hours at the funeral home are Wed. March 15 from 4 to 7 pm and Thurs. March 16 from 9 to 10:30 am. In lieu of flowers donations may be made to the Charles A. Rice American Legion, Post 33, 59 Douglas St. Uxbridge, MA 01569.

To leave a condolence message for his family please visit: <http://www.jackmanfuneralhomes.com>



Northbridge Girl Scout troops welcome new members

NORTHBRIDGE — Two Girl Scout troops in Northbridge have openings for girls in grades K through 3. Girl membership registration fee is \$35 for the year. Financial Assistance is available and previous Girl Scout experience is not necessary.

The meeting days and times are as follows:

Girls in grades K and 1 are invited to join Girl Scout Troop 65379.

The troop meets e/o week on Thursdays from 5:30-6:30 p.m. in Northbridge.

Register for a spot in the troop at <https://bit.ly/troop65379>.

Girls in grades 2 and 3 are invited to join Girl Scout Troop 64000.

The troop meets e/o week on Thursdays from 5:30-6:30 p.m. in Northbridge.

Register for a spot in the troop at <https://bit.ly/troop65400>.

See for yourself what Girl Scouts has to offer. Girl Scouts is the premier organization for girls to learn

about leadership, financial literacy, life skills, science and technology, the outdoors, and community service.

Questions? Email info@gscwm.org or call 413-584-2602.

About Girl Scouts of Central and Western Massachusetts

Girl Scouts of Central and Western Massachusetts serves more than 5,000 girls in grades K through 12 with the strong support of more than 3,000 adult volunteers in 186 towns and cities in central and western Massachusetts. The Girl Scout program allows girls to discover the fun, friendship, and power of girls together while building their personal leadership qualities. GSCWM supports girls by giving them extraordinary opportunities to explore, experience, and learn about their world and helps girls recognize that they are vital members of their communities.

Milford Regional offers second virtual community conversation

MILFORD — As a follow-up to its well-attended spring 2022 Community Conversation, Milford Regional Medical Center will once again host a virtual Community Conversation on Monday, March 20 at noon. This year's virtual event will feature remarks from new Board Chair Anthony Consigli, as well as an organizational update from President and Chief Executive Officer Edward J. Kelly.

Members of the medical center's service area community are encouraged to pre-submit questions that will be answered by Kelly and other Milford Regional leaders during this online forum.

"We look forward to another engag-

ing discussion on topics of interest and importance to our community, so we welcome area residents, community partners, and local businesses to submit their questions and join us for the event," said Kelly. "As a leading employer, the medical center of choice, and an influence on the area's health and economy, Milford Regional appreciates this opportunity to connect with the population we proudly serve."

Interested community members are required to pre-register to participate and are asked to submit questions in advance via email to foundation@milreg.org or call 508-422-2228.

Watershed group needs volunteers

REGION — The Blackstone River Coalition (BRC) needs volunteers to assist with its 20th year of water quality monitoring of 30 sites in the Mid-Reach section of the watershed.

Enjoy being out along waterways? Volunteer as a regular site monitor assigned to a particular site or serve as a "floater" to cover sites on an "as needed" basis. Fieldwork not your thing? Come volunteer in the water-testing lab which operates out of the Tri-River Family Health Center in Uxbridge.

The BRC trains community scientists to participate in the Coalition's watershed-wide water quality monitoring program. The goal of this long-running program is to gather information about the current status of, and long term changes in, the health of the Blackstone River watershed. This information helps local policy makers, state officials, and concerned community members make the Blackstone River cleaner for people and for wildlife.

More than 90 volunteers work with the BRC to sample 75 sites throughout the watershed from Worcester to Pawtucket. Sites are sampled on the second Saturday

of each month from April through November. Field monitors and floaters are trained in a 1 hr. session to test for dissolved oxygen at the site, record physical and aesthetic parameters, and collect a water sample that they drop off at the lab between 9 a.m. and noon on the Saturday of testing. Lab volunteers, who help test these samples for nutrients, conductivity, and turbidity, do not need to commit to helping each month and can be trained the first time they assist.

There are two additional sampling teams in the program. The Headwaters Team samples waterways from Worcester to Grafton and runs its lab out of Mass Audubon's Broad Meadow Brook Wildlife Sanctuary in Worcester. The Rhode Island Team samples waterways from Woonsocket to Pawtucket and runs its lab out of Sycamore Landing in Lincoln, RI. The Rhode Island Team and the Headwaters Team are also looking for volunteers.

To volunteer as a field monitor, floater, or lab assistant, please contact Heather Parry, Coordinator, BRC Volunteer WQM Program at 508-579-9188 or heatherparry.wqm@gmail.com.

BLACKBURN

continued from page A1

ing such a lymphedema specialist until she found physical therapist Eileen Valis-Kerr of Milford Regional Rehabilitation & Sports Medicine in Milford.

Blackburn admitted she was hesitant to begin another regimen of physical therapy and even more hesitant to discuss her goal of running the Boston Marathon with Valis-Kerr, adding "I was so worried she was going to tell me I wouldn't be able to do it, but instead, she couldn't have been more supportive."

Valis-Kerr worked with Blackburn to develop a six-week plan of physical therapy consisting of exercises and compression and lymphatic massage that over time significantly reduced

Blackburn's lymphedema symptoms. Valis-Kerr's prescribed plan allowed Blackburn to move forward with her marathon aspirations.

"The goal of my physical therapy was always to be able to do it on my own, and now it's a life skill for me. It's a tool I have in my tool box that empowers me to live my life. That's what Eileen gave to me," noted Blackburn.

Blackburn selected Milford Regional Medical Center as her charity because of the positive and supportive experience she had with Valis-Kerr.

"I'm just so grateful and it's my way of saying thank you," she explained.

To make a donation in support of Blackburn, visit foundation.milfordregional.org.

BOWL

continued from page A1

comedy, karaoke, and a drag show scheduled for April 1.

"We wanted to give the community something other than a bowling alley," Lisa Moon said. "I don't think you're going to find another bowling alley like ours."

It all began when Mark Moon bought Spare Time in September of 2019.

"His vision was to eventually get food in there for the leagues and for visitors," Lisa Moon said.

And then the pandemic hit, shutting businesses down and hitting the Moon family hard.

"The pandemic was our hiatus," she said. "We had just started out, we had just gotten traction and then boom, it hit...but we came back."

In 2021, Moon bought the restaurant on the same street.

"As my grandmother always said, 'everything happens for a reason,'" Moon said, adding that The Neighborhood Kitchen opened in January of 2022. "We've been in business for a year and a month. We're getting busier."

The Moon family has lived in Whitinsville for 36 years, Moon said. "That's what it's about for us, is to bring more to the community," she said.

Customers can also rent out the bowling alley for private parties. To learn more, visit bowlsparetime.com or theneighborhoodkitchen125.com.

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Stonebridge Press

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Local Resident
Advertising Account Executive
mikaela@stonebridgepress.news
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Silver Club announces spring bus trips

WHITINSVILLE – The Silver Club will be going on a few bus trips this spring! Anyone is welcome to join them! All trips leave from the Dollar General on Route 122 in Whitinsville and the Millbury Park and Ride at 146/Route 20/Mass. Pike in Millbury. The first is Saturday, April 22 to The Titanic Exhibition in NYC; \$120. Travel to the "big city" for a fun day! After spending some time at the Titanic Exhibition, there will be an included lunch and some free time on Arthur Avenue in the Bronx. Arthur Ave is similar to Federal Hill in Providence - lots of great bakeries and small shops.

Then, May 15 - 17 (Monday - Wednesday) is a three-day trip to Maine! \$399. (per person/double occupancy) includes Portland, Kennebunkport, and Freeport. Lobster dinner one night! (Landlubber choices are available) (two nights lodging and four meals included).

On May 22 (Monday) is a trip to

Vermont. "Vermont Fit for a King" includes a tour of King Arthur Flour, Simon Pearce, and Vermont Country Store w/lunch at the Alta Tuscan Grill for \$115. June 6-8 (Tuesday to Thursday)

is a three-day trip to Cape Cod and Martha's Vineyard for \$425. (per person/double occupancy) Includes Hyannis, Sandwich, Eastham, Provincetown, Chatham, and a whole day on Martha's Vineyard!

(Two nights lodging and four meals included.)

Please call Sue at 508-476-5820 for more information and to book any of these trips.

Emily Warner of Uxbridge named to University of Hartford’s President’s Honors List

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce Emily Warner of Uxbridge has been named to its President's Honors List for Fall 2022.

The President's Honors List is made up of an extremely select group of students who earned a grade point average of 3.75 or higher in the semester. This is the GPA that must be sustained over a full undergraduate career to qualify for a degree summa cum laude.

Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut's capital city, approximately 4,000 undergraduate and 1,800 graduate students from 48 states and 45 countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We're a four-year private

university focused on advancing the public good through meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to impactful change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters. Visit www.hartford.edu for more information.

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. W023P0674EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate of:
Gary Kazarian
Date of Death: 02/04/2023**

To all interested persons:
Formal Probate of Will and Appointment of Personal Representative Karen Riccardi of Worcester MA

requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:

Karen Riccardi of Worcester MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection **at this Court before: 10:00 a.m. on the return day of 04/04/2023.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: March 02, 2023
Stephanie K. Fattman,
Register of Probate
March 17, 2023

**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. W023P0686EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate of:
Catherine Joyce Kozak
Date of Death: 09/01/2022**

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by **Kathleen M. Gura of Norfolk MA** requestmg that the Court enter a formal Decree and Order and for such other rel1ef as requested by the Petition The Petitioner requests that: **Kathleen M. Gura of Norfolk MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE
You have the right to obtain a copy of the Petitrion from the Petitioner or at the Court. You have a right to object to this proceed mg. To do so, you or

your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 04/11/2023.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection If you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30} days of the return day, act on may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the drstr1bution of assets and expenses of adminstration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: March 03, 2023
Stephanie K. Fattman,
Register of Probate
March 17, 2023

**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. W023P0797EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate of:
Jolyann Sims Boule
Also known as: Jo-Lynn Boule
Date of Death: 04/07/2022**

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Malachi Boule of Whitinsville MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:

Malachi Boule of Whitinsville MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 04/11/2023.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: March 08, 2023
Stephanie K. Fattman,

Register of Probate
March 17, 2023

**(SEAL)
THE COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
Docket Number 23 SM 001031
ORDER OF NOTICE**

To:
Lois Blomquist
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): U.S. Bank Trust National Association, not in its individual capacity but solely as owner trustee for RCF 2 Acquisition Trust

claiming to have an interest in a Mortgage covering real property in Whitinsville (Northbridge), numbered 19 Cottage Street, given by Bernice V. Vandersloot to Mortgage Electronic Registration Systems, Inc., as nominee for Allied Home Mortgage Capital Corp – Branch 571, dated February 19, 2003, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 29176, Page 1, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before April 24, 2023, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Gordon H. Piper, Chief Justice of this Court on March 10, 2023.
Attest:
Deborah J. Patterson
Recorder
23164
March 17, 2023

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Peter J. Sharawara to BancBoston Mortgage Corporation, dated December 16, 1991 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 13832, Page 204 and as affected by a confirmatory mortgage recorded with said Worcester County (Worcester District) Registry of Deeds in Book 13927, Page 355, of which mortgage the undersigned is the present holder, by assignment from:

Federal Deposit Insurance Corporation, as Receiver of Washington Mutual Bank F/K/A Washington Mutual Bank, FA S/B/M to Washington Mutual Home Loans, Inc., S/B/M to Homeside Lending, Inc., F/K/A BancBoston Mortgage Corporation to JPMorgan Chase Bank, National Association, recorded on October 1, 2012, in Book No. 49711, at Page 237
JPMorgan Chase Bank, National Association to Caliber Home Loans, Inc., recorded on August 23, 2013, in Book No. 51393, at Page 285
Caliber Home Loans, Inc. to Specialized Loan Servicing, LLC, recorded on May 2, 2019, in Book No. 60351, at Page 277
Specialized Loan Servicing, LLC to MCLP Asset Company, Inc., recorded on October 11, 2022, in Book No. 68330, at Page 300

for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public

Auction at 4:00 PM on April 14, 2023, on the mortgaged premises located at 33-39 North Main Street a/k/a 31-37 North Main Street, Whitinsville (Northbridge), Worcester County, Massachusetts, all and singular the premises described in said mortgage,
TO WIT:

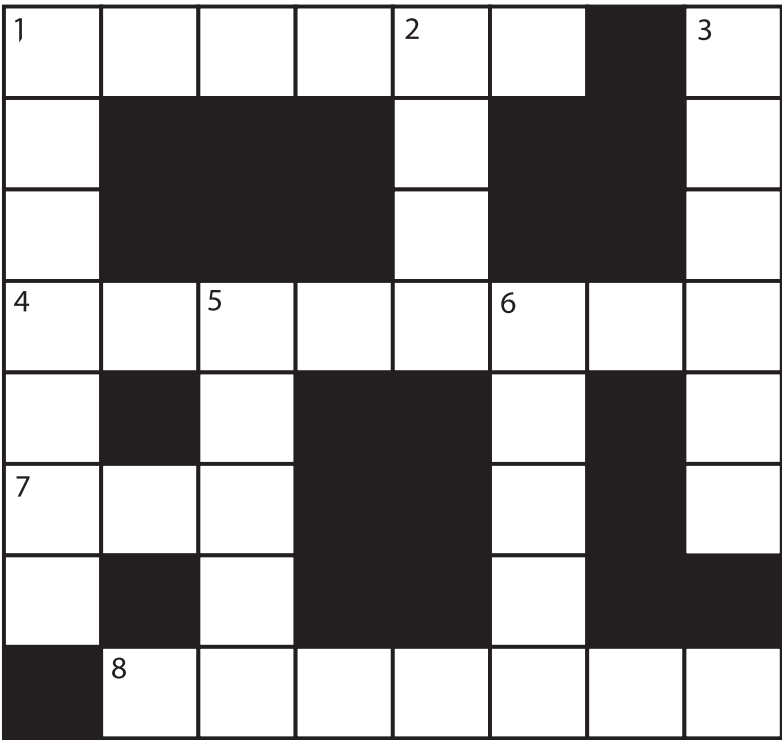
A certain parcel of land, with the buildings thereon and all the privileges and appurtenances thereto belonghng, situated on the southerly side of A Street and on the westerly side of North Main Street, in the Village of Whitinsville, in the Town of Northbridge, Worcester County, Massachusetts, and consisting of adjoining Lots # 12 and # 13 as shown and designated on a plan of land entitled "Section A - Sheet No. A-1, Whitin Machine Works, Northbridge Mass., August 1950" by G. Bertrand Bibeault, Civil Engineering, filed with the Worcester District Registry of Deeds in Plan Book 169, Plan 37, said parcel of land being more particularly bounded and described as follows: Beginning at the most northerly corner thereof at the intersection of the southerly line of said A. Street with the westerly line of said North Main Street; Thence S. 32° 18' E. by said North Main Street, 171 feet to a point at the most northerly corner of Lot # 14 shown on said plan of land; Thence S. 57° 42 W. by said Lot # 14, 97.46 feet to Lot # 4 shown on said plan of land; Thence N. 34° 22' W. by said Lot # 4, 86.05 feet to Lot # 11 shown on said plan of land; Thence N. 55° 54' E. by said Lot # 11, 35.90 feet to a point; Thence N. 34° 06' W. still continuing by said Lot # 11, 81.77 feet to said A Street; Thence N. 55° 54' E. by said A. Street, 67.32 feet to the point of beginning. Containing 13,489 square feet of land, more or less, according to said plan of land. For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 13832, Page 200.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:
A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.
Other terms, if any, to be announced at the sale.
MCLP ASSET COMPANY, INC.
Present holder of said mortgage
By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
20323
March 17, 2023
March 24, 2023
March 31, 2023



Crossword Puzzle



ACROSS

- 1. Individuals
- 4. Trash receptacle
- 7. Thanks in advance (abbr.)
- 8. Peas, beans and peanuts

DOWN

- 1. Ground nuts
- 2. Small street
- 3. Containing small, thick pieces
- 5. Split among others
- 6. To flower

THIS DAY IN...



HISTORY

- 1912: THE GIRL GUIDES, LATER RENAMED THE GIRL SCOUTS OF THE USA, ARE FOUNDED IN THE UNITED STATES.
- 1918: MOSCOW BECOMES THE CAPITAL OF RUSSIA AGAIN.
- 1989: TIM BERNERS-LEE SUBMITS A PROPOSAL FOR AN INFORMATION MANAGEMENT SYSTEM, WHICH WOULD LATER DEVELOP INTO THE WORLD WIDE WEB.



THIS FOOD MAY CAUSE ALLERGIC REACTIONS IN SOME. BUT FOR THOSE WHO CAN ENJOY IT, IT'S OFTEN PAIRED WITH CHOCOLATE OR JELLY.

ANSWER: PEANUT BUTTER



LEGUME

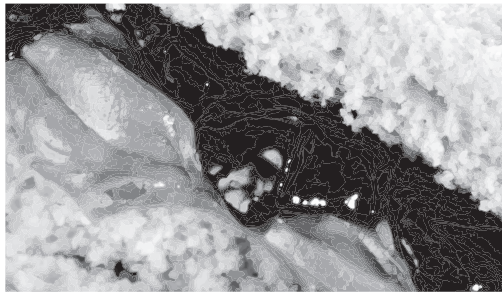
a member of the pea family that includes peanuts and lentils

How they SAY that in...

- ENGLISH: Peanut
- SPANISH: Cacahuete
- ITALIAN: Arachide
- FRENCH: Cacahuète
- GERMAN: Erdnuss



PEANUTS ARE SOMETIMES CALLED GROUND NUTS OR GROUND PEAS BECAUSE THEY GROW UNDERGROUND.



Can you guess what the bigger picture is?

ANSWER: PB&J SANDWICH

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to peanuts. Each number corresponds to a letter. (Hint: 3 = O)

A. 14 23 3 22 16 21

Clue: We stand upon it

B. 14 23 3 12 8 4

Clue: Measured progress

C. 18 3 3 21

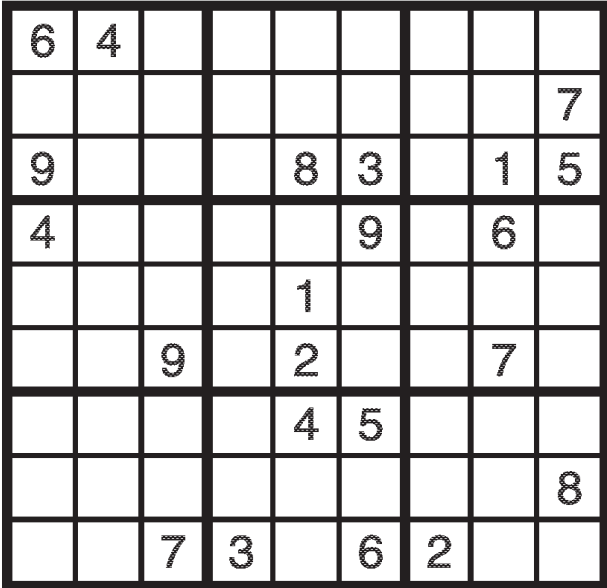
Clue: Sustenance

D. 1 23 3 8 6 20 16

Clue: Essential nutrient

Answers: A. ground B. growth C. food D. protein

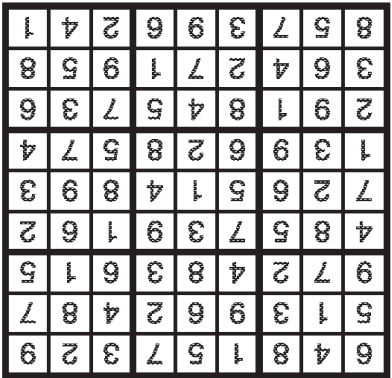
SUDOKU



Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



ANSWER:

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



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GET ONE**

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Minimum purchase of four.

PLUS

\$100 OFF

EVERY WINDOW AND DOOR¹

No minimum purchase required.

PLUS

\$0

Down

0

Monthly Payments

0%

Interest

**for 1
year¹**

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months.



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DISCOUNT**



*DETAILS OF OFFER: Offer expires 3/31/2023. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 3/1/2023 and 3/31/2023. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Additional \$100 off each window or entry/patio door, no minimum purchase required, taken after initial discount(s), when you purchase by 3/31/2023. 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. *Values are based on comparison of Renewal by Andersen® double-hung window U-Factor to the U-Factor for clear dual pane glass non-metal frame default values from the 2006, 2009, 2012, 2015, and 2018 International Energy Conservation Code "Glazed Fenestration" Default Tables. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. ©2023 Andersen Corporation. All rights reserved. ©2023 Lead Sure LLC. All rights reserved.

LETTERS TO THE EDITOR

Freedom of thought

To the Editor:

What I believe. Feel free to disagree. It's time to redeem Freedom of Thought.

Have you taken a moment to consider how Benjamin Franklin, one of the geniuses of the American Revolution, stated the essence of America? Free thinking.

Under a penname, pretending to be a woman named Silence Dogood, Franklin published an essay in The New England Courant, on July 9, 1772:

"Without Freedom of Thought, there can be no such Thing as Wisdom; and no such Thing as publick Liberty, without Freedom of Speech - the Right of every Man as long as he does not hurt or control the right of another person."

Imagine. In 1772, Franklin thought that, if he wrote - as a woman - men would actually read and heed his words. They did. They rebelled. Women did, too.

His common law wife, Deborah Reed, possibly agreed with him. We do not know. We do know that, with a minimal education, she ran Franklin's businesses - publishing the Almanac, gazette, and Bibles - while he was away. She ran the printing business and book shop. She managed the general store, selling chocolate, tea, and lottery tickets. Always working. Bookbinding. Taking care of the children and the household. "There is nothing new under the sun." — Ecclesiastes 1:9.

Silence Dogood continued: "This sacred Privilege [Freedom of Thought] is so essential to free Governments." And: "Whoever would overthrow the Liberty of a Nation must begin by subduing the Freeness of Speech."

Do we have Freeness of Speech and Freedom of Thought today? Or are the Thought Police always on the prowl like a hungry lion, waiting to devour you? Or scream you into silence because they disagree with you?

Remember how Twitter, with the help of imbedded FBI agents, suppressed speech during the 2020 election? Social media suppressed opposing points of view on the origins of Covid, the wisdom of masks and vaccines. Dr. Fauci should be indicted for his role in the Covid pandemic and his shut down of scientific opinions that viewed the Wuhan lab and Fauci's NIH money as the origin of the pandemic.

Did you ever try to say that vaccines and masks may not work?

Did you ever try to say that Jan. 6 was not an insurrection, just a riot? Did you try to say that it was unjust to hold the Jan. 6 protestors in solitary confinement? Did Congress ever reveal the security tapes showing Capital police escorting "protestors" on a calm tour of the building? Did Rep. Bennie Thompson, chair of the Jan. 6 "indict them all" Committee, ever watch the tapes? No.

In Massachusetts, the Supreme Judicial Court (SJC) agrees with Silence Dogood. Shocking. The SJC reversed a lower court in a recent case and found that public officials cannot bar the public from criticizing them. Wait, what?!

The court actually looked into the intentions and philosophies of John Adams and Samuel Adams (Founding Fathers) and found that you - We the People - have the right to call our public officials "Hitler" if we want to.

Louise Barron protested in 2018 at the Southboro Board of Selectmen meeting. She said: "This board, like this town, has been spending like drunken sailors." One board member then did what all tyrants do: threatened to shut down the public comment session. Shut up and sit down, you peasant!

Louise said: "Look, you need to stop being a Hitler. You're a Hitler. I can say what I want." The board closed the public session, but the live video tells the truth. It shows the official shouting at Barron: "You're disgusting. If you don't leave, I'm going to have you escorted out!" The town's public policy provision states "All remarks and dialogue in public meetings must be respectful, free of rude, personal and slanderous remarks." The SJC said it was invalid. Let freedom ring!

The SJC based its decision on Article 19 of the Massachusetts Declaration of Rights, written by none other than John Adams. The SJC found his provision protects the public's right to request redress of wrongs and "expressly envisions a politically active and engaged, even aggrieved and angry populace." Radical. Speak your mind. It is the only antidote to Tyranny.

Signed, a free thinker,
*Bev Gudanowski
Uxbridge*

Open mouth, insert...

To the Editor:

To quote Roseanne Roseannadanna on SNL: "A Mr. Richard Feder, from Fort Lee, New Jersey, writes in and says: A recent letter to the Editor concerning the Palestine, Ohio train derailment stated that the tragic accident was caused as a result of the 'Trump administrations' rescinding of an Obama administration rule which would require the use of a special ECP brake system."

Assuming that I am the alleged blasphemer, I checked the exact wording of my submission: "...the Northern Suffolk spent \$1,025,330 on lobbying to reverse the Obama era high-tech electronic braking system rule, that was designed to prevent disasters like this." Nowhere in my statement did I say or imply what caused this accident. But Mr. Feder, of Fort Lee, New Jersey did bring up an interesting point (despite not once mentioning the almost \$6 million that was spent lobbying the regulation out of existence) – why even have this regulation if the brakes were not to be used on a Mixed Freight Train? A railroad could just continue to combine hazardous shipments with more benign shipments and avoid having to upgrade the brake systems on any of their trains! How would the people of Palestine like to hear that? Couldn't some of that \$6 million lobby money have gone towards making the trains safer? Just asking for a friend. If I get something wrong, I am more than glad to hear about, and learn from it. But, please don't put words in my mouth.

Regarding the inherent dangers on our highways and rotaries, I am in agreement with another correspondent from Northbridge. I respectfully disagree on just one point – 'roundabout' is not a 'woke' term for a rotary. From my many years in England, I know that 'roundabout' is an English term for

'rotary,' which like 'boot,' referring to the trunk of a car, never really caught on here in America. I looked up the definition of 'woke' and the commonly accepted version is: "being aware of and actively attentive to important societal facts and issues (especially issues of racial and social justice)." So I can't see how 'woke' applies to rotaries, or highways.... even if it's AC/DC's Highway to Hell. As everyone is aware, Republicans are hell bent on eliminating regulations. Trump made that a core element of his speeches over the years. Ending regulations is also one of the core tenets of Libertarianism – the 'liberty' to practice capitalism free from intervention or oversight by the government. Until there is a catastrophic event, that is. Trump even wanted to eliminate regulations on the amount of water used when the new toilets flush. He had a lot of trouble flushing those documents down his john. But back to the rotaries – government will wait until there is a major accident, at which point will come the gnashing of teeth, and prosecution of the innocent.

One last note - disagreeing on government policy is only 'crazy' if the disagreement is based on religious beliefs. The fact that religion has no acceptable role in setting or enforcing government policy seems to be lost on some of the crazies involved in the disagreements. If you want to live in a theocracy, you can go to Iran. Just make sure to bring your own headscarf. Other than that, I enjoyed reading the recap of the Hannity/Ingraham/Carlson Faux Noise hours. I will say, for the 127th time, that neither Democrats, nor anyone else, has ever proposed 'unlimited' abortions. It just makes a certain demagogue feel all giddy to keep saying it.

*Rick Bevilacqua
Whitinsville*

Uxbridge Senior Center

36 South Main St.
(508) 278-8622
Lisa Bernard – Director
Gail Boutiette – Outreach Coordinator
Donna Oncay – Transportation Coordinator
Omer Boucher – Van Driver
Sally Selvidge – Activities Coordinator
Pat Ordway – Chef

DIRECTOR'S NEWS FOR APRIL 2023 NEWSLETTER

The month of April is a special month to celebrate our volunteers. Volunteer Recognition Day, as the name suggests, is a day to honor, recognize and celebrate the selfless individuals who volunteer their time and energy to help others and promote good causes. I want to thank all of our volunteers in the Town of Uxbridge, not only at the Senior Center, but also throughout the Town. Many of our volunteers are seniors, especially those who work for the Senior Work-off Program, who serve in different departments. Volunteerism empowers individuals to find their purpose, to take their passion and turn it into meaningful change. This is a time to honor the impact of all those who do good in our Town, and inspire others to make a difference. THANK YOU!

The senior center will be holding a luncheon for our volunteers on Thursday, April 20th at 12 noon. Please consider joining us to celebrate all of our volunteers at this luncheon and don't forget to RSVP.

State Rep. Mike Soter and the Uxbridge Elderly Connection will be distributing Easter lunches to Uxbridge residents during the annual RISE UP INITIATIVE on Saturday, April 8th. Lunches will be delivered to your home on this day, please call the senior center to reserve your lunch by March 22nd. Donations are greatly appreciated and can be sent to the Uxbridge Senior Center at 36 South Main Street, Uxbridge. Please make checks payable to the Uxbridge Elderly Connection. Thank you Rep. Soter for your support of our seniors!

As a senior citizen (65 or older before January 1, 2023), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2022 is \$1,200. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. For more information, contact Massachusetts Dept of Revenue Customer Service at 617-887-6367 or contact your accountant.

It's that time of year to do some Spring Cleaning! To help defray the cost of postage, if you no longer want our monthly newsletter mailed to your home, please let us know, and we can remove your name off the mailing list. If you prefer to get the newsletter via your email, please call us and we can arrange for that too!

Pat Nectow is back! Our SHINE Counselor, Pat, is back from hiatus and able to assist you with your health insurance questions and concerns. Pat will be at the center on Tuesday, April 25th at 9am. Please call the center to schedule your appointment. Happy Spring and Happy Easter to all!

Lisa

We are looking to see if there is an interest in playing Bridge at the senior center. If so, please call 508-278-8622.

Mondays, April 3rd, 10th & 24th – 1:30 pm – Water Color Painting with Susan Franz. Please call ahead to sign up and let us know if you will be joining us for lunch. \$6.00 donation per class. Please Note: See front desk when signing up. Payment is due upon signup. Thank you for your cooperation!

Tuesday, April 4th – 1:30 pm – Bunny Pillow Sewing Craft with Sally. \$7.00 donation. Please Note: See front desk when signing up for crafts. Payment is due upon signup. Thank you for your cooperation!

Wednesday, April 5th, 12th, 19th & 26th – 9:30 am – 10:15 am – New 8-week Meditation Class continues at the Uxbridge Senior Center with Dr. Tapscott.

Thursday, April 6th – 10:30 am – Veterans' Services with Carl Bradshaw by appointment only. Call 508-278-8622 to sign up.

Thursdays, April 6th & Makeup classes April 13th & 20th – 1:30 pm – 2:30 pm – ZUMBA Class at the McCloskey School.

Friday, April 7th – 12:00 pm – Lunch & Learn with Chief Montminy. Guest speaker will be Kate Pontes, Worcester Public Library and her topic will be the "Talking Book Library". Be sure to RSVP.

Tuesday, April 11th – 1:00 pm – Uxbridge Library Book Club. They will be discussing The Book Woman of Troublesome Creek by Kim Michele Richardson.

Friday, April 14th – Annual Easter Celebration sponsored by the Uxbridge Elderly Connection Inc. Entertainment will be provided by Bob Comtois! Call ahead to reserve your lunch.

Monday, April 17th – The Senior Center will be closed in observance of Patriots Day. We will re-open on Tuesday, April 18th.

Tuesday, April 18th – 1:00 pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment with Katelynn Wackell. Next date will be May 9th.

Wednesday, April 19th – 1:30 pm – 3:30 pm – BINGO at the Uxbridge Senior Center. Join us for a fun afternoon of BINGO & cash prizes! Packet of 10 games for \$10.00. Let us know if you'd like to join us for lunch on this date by calling or stop in to RSVP. Transportation is available. Please Note: See front desk as payment is due upon signup. Thank you for your cooperation!

Thursday, April 20th – 12:00 pm – Volunteer Recognition Day Luncheon. Today is the day we thank all of our wonderful volunteers for their help through out the year!

Monday, April 24th – 1:30 pm – "Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment.

Tuesday, April 25th – 9:00 am 12:00 pm – SHINE Appointments available for health insurance questions with Pat Nectow. Please call 508-278-8622 to schedule.

required and you must RSVP by April 3rd & class is limited to 20.

Thursdays, April 6th & Makeup classes April 13th & 20th – 1:30 pm – 2:30 pm – ZUMBA Class at the McCloskey School.

Thursdays, April 6th & Makeup class April 13th – 2:45 pm – 3:30 pm – Low Impact Exercise Class at the McCloskey School.

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Tuesday, April 25th – 9:00 am 12:00 pm – SHINE Appointments available for health insurance questions with Pat Nectow. Please call 508-278-8622 to schedule.

Wednesday, April 26th – 11:00 am – 1:00 pm – Lunch Outing to Empire Buffet. No lunch will be served at the senior center on this day. Cost is \$15.00 per person. Call to sign up early and you are welcome to meet us there as well. Van leaves Center at 10:30 am. Please Note: See front desk as payment is due upon signup. Thank you for your cooperation!

Thursday, April 27th – 11:30 am – 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.

Card Game played on Monday and BINGO on Wednesday during our congregate lunches. No BINGO on 19th & 26th.

Computer Class Tutoring every Monday – 3:00 pm by appointment only. Please call ahead to sign up.

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 – April 5th & 19th – Bank & Pharmacy Rides. Please call at least 24 hours in advance.

Wednesdays - "Canasta" Hand, Knee & Foot Card Game – 1:00 pm – 3:30 pm. No Canasta on April 19th & 26th.

2nd & 4th Thursdays – April 13th & 27th – 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: Lysol wipes, 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 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/UxbridgeMA SeniorCenter

https://www.youtube.com/channel/UCNh_R1q99rucmFH-UO7VFBw

https://www.uxbridgetv.org/schedule/192



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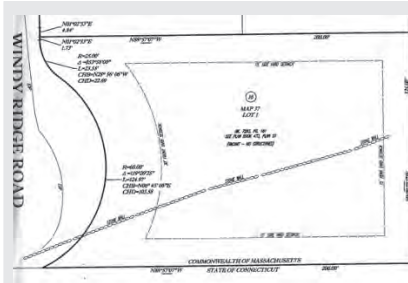
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Featured New Listings!

42 EAST MAIN STREET

Circa 1900 Cape style 3-4 BR Single Family Home! Very Deep Lot. 1 car detached garage. GB4 (Business) zoned. Updated kitchen/bath. Private rear patio. Large 13x7 laundry room/pantry. Fireplace. Impressive winding open stairway! On Deposit **\$249,900**

WOODSTOCK - 4 BARBER RD



What a Beauty! Circa 1800 Vintage 4 bedrooms. Renovations included kitchen & bath, refinished wood flooring, interior painting & more... Barn, large lot. **NEW PRICE \$449,000**



SORRY, SOLD!

WEBSTER - 34 EMERALD AVENUE

This gem is situated on a well maintained corner lot! Beautiful perennial gardens that bloom from spring through fall. The first floor is freshly painted. 2 bedrooms and living room have hardwood floors. 3rd bedroom is located on the second floor. A 4th bedroom or in home office space. Heat Hot Water Baseboard/Oil. Easy maintenance vinyl siding. **\$304,000.**

WEBSTER - 108 LOWER GORE RD



NEW LISTING! First Time Offered! Cute 2 Bedroom Ranch that needs some Love! Originally a 3 Bedroom home. Master Bedroom has a 1/2 Bath. Flat lot with Storage Shed in the Backyard. Town Water & Sewer. On Deposit **\$249,000.**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

- Webster Lake Waterfront Lot - Corner of Black Point Rd & Cedar Point Rd

SORRY, SOLD!

Hard to find 6500 +/- Sq Ft corner Lot. Beautiful View & Setting! Sandy Beach! Few tall Pines for shade. Town Water & Sewer Available! Will Custom Build if Preferred!

\$333,000. FIRM

Webster Lake
13 Loveland Rd



SORRY, SOLD!

Eastern Exposure & Amazing Sunrises! Beautiful shoreline, 3 bedroom Cape features eat in kitchen w/island, fireplace living & dining room. 2nd floor, 2 bedrooms with 1 1/2 bath! **\$785,000**

Webster Lake
27 South Point Road



SORRY, SOLD!

OOH! WHAT A VIEW!!! Middle & South Ponds! 80' +/- ft sandy beach! Expansion possibilities! 2 Bedrm, 2 1/2 Bath, Garage. **\$811,000.**

Webster Lake
13 Bates Point Road



SORRY, SOLD!

1st Time Offered! Impeccable Home! 6 Room, 3 bedroom 2-1/2 Baths. Master bedroom, Master Bath! Level Lot to the Shoreline. Nicely Landscaped! **\$705,000**

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SPORTS

Rams reach Round of 16 before falling to Tyngsborough

After defeating neighboring Uxbridge High in the Division 4 Round of 32, 48-24, the 15th ranked Northbridge High girls' varsity basketball team faced off with No. 2 Tyngsborough High on Tuesday, March 7 in the Round of 16. The Rams lost to the Tigers in the contest, 68-43. Northbridge finished its season with a record of 14-8.

File photo

(Right) The Northbridge High girls' varsity basketball team's season came to a close on Tuesday, March 7, when the Rams lost to Tyngsborough High in the Division 4 Round of 16, 68-43.



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Town of Spencer
Office of the Board of Selectmen & Town Administrator

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

Submit resume and standard Town application available at www.spencerma.gov to Town of Spencer, Town Administrator's Office, 157 Main Street, Spencer MA 01562.
Subject to Union Rules and Regulation, EEO Employer.

Town of Spencer
Office of the Board of Selectmen & Town Administrator

Laborer, Water Department: Town of Spencer Water Department seeks applicants to fill the position of Laborer. This position will work with Water Operators in the daily maintenance of the water supply, treatment, and distribution systems. The ideal candidate will have a High School diploma from a vocational school, have strong math and science skills, and be willing to continue their education in the water industry including obtaining professional licensing as a Water Treatment and Water Distribution Operator. Experience with operating lawn care equipment and hand power tools beneficial. The candidate will be subject to emergency call-ins for water main breaks. This entry level position fits into the succession plan for the department. Pay for this position ranges from \$20.19/hr. to \$24.10/hr. and includes a generous benefits package including clothing allowance, continuing education, and license cost reimbursement.

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Sutton Historical Society happenings

SUTTON — The Sutton Historical Society's 2023 Membership drive is under-way. Renew for 2023 or become a new member. Membership is open to all. We accept memberships throughout the year. Members do not have to reside in Sutton. Membership is \$15 for an individual and \$25 for a family. Membership forms were included in our recently mailed newsletter and can be found at suttonhistoricalsocietyinc.org. Membership dues and additional donations are the Society's main income source and help us to maintain our properties and host our many programs. Mark your calendar for our first speaker presentation on Tuesday, April 4, at 7 p.m. in the First Congregational Church, 307 Boston Rd., Sutton. Joe Iamartino, Thompson Historical Society, will share his extensive knowledge



of the Nipmuc Lithic Trail. What is hiding in plain sight in our local woods? Mr. Iamartino will give us tips on how to recognize many of these important markers. This event is free and open to members and the general public of all ages. This event is sponsored through a grant from the Sutton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



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