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Friday, March 31, 2023

How to help adoptable pets this spring

BY **KIMBERLY PALMUCCI**
TRIBUNE CORRESPONDENT

REGION — As the warmer weather continues its approach, local animal organizations are offering ways for the community to get involved this spring.

“We rely on donations from the community to keep us up and running,” a spokesperson with Pawfect Life Rescue said.

The Uxbridge-based Pawfect Life has a donation bin located in front of its 195 Old Millville Ave. location. Items can be dropped off at any time, the spokesperson with the organization said, and the rescue is always in need of paper towels and newspapers.

“We use them in the kennels and go through a lot,” the spokesperson said.

Like many other nonprofit animal groups, Pawfect Life has “wish lists” available on Amazon.com and Chewy.com, which include needed items such as cleaning products, pet treats, and more. Online wishlists



Volunteer to help keep a Northbridge forest and environment beautiful

NORTHBRIDGE — In Northbridge, more than 500 acres of land are permanently conserved and protected to let the native plants and animals of Massachusetts live and thrive.

Join forces with the Metacomet Land Trust (members Steven Gniadek and Barbara McNamee), on May 6 at 1 p.m. in an environmental conservation action event, “Mitigate The Mustard” to learn about the Szerlag Farm Preserve, its environment, and the plants and animals—both positive and negative, native and invasive—that call places like Northbridge home. The event will focus on property care and cleanup, trail maintenance, and nuisance plant education and removal.

The safety of visitors using the trails to walk pets, hike, bike ride, and enjoy the isolated and solitary benches is important in helping to preserve and maintain this small town gem. After a mild and rather windy winter, many sticks, branches, and other natural (and unnatural) litter and debris have fallen on the paths, trails, and access areas and will need to be tended to in order to keep these remaining, accessible open spaces in Northbridge enjoyable for all.

What is “The Mustard?”

Garlic Mustard, a foreign nuisance plant, will be another focus of the “Mitigate the Mustard” event to prevent it from encroaching on a pollinator meadow project by MLT, which allows native plants to thrive and bloom, and aid in declining Northbridge pollinator populations.

“There are several invasive plants here [at the Szerlag Farm Preserve], but Garlic Mustard, *Alliaria petiolata*, is one of the fastest to spread and consume an area when left unchecked,” explains Northbridge native Steven Gniadek.

Gniadek is an environmental specialist and a member of MLT’s Board of Directors as well as a Stewardship Committee member.

“Plants like Garlic Mustard were intentionally brought to the U.S. from other continents, and I feel it’s our responsibility to do our part to intentionally

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allow residents to shop at home and have items sent directly to the organization.

“We are a family-friendly rescue,” Pawfect Life released. “We love having families come in and meet our dogs. We strive to set families and our dogs up for success.”

The rescue group moved last year to its new home on 19 acres of land—lots of places to walk and play, the spokesperson said.

“We also just opened our own state approved isolation facility...so, our dogs now get transported to us, stay in state-mandated ISO for 48 hours, and then move to another section of our home until adopted. This is less stress on them being moved around so much.”

Meanwhile, another local animal organization—Dog Orphans Humane Society in Douglas—also released a

list of items that the shelter needs. Gift cards are “an easy way to donate,” the organization shared, adding that gift cards to Walmart, Home Depot, or PetSmart allow Dog Orphans to “purchase what is most needed at any given time.”

General supplies that residents could donate include: bleach, Lysol spray, 33-gallon trash bags, paper towels, laundry detergent, and storage bins.

“At this time, we are [also] in need of Iams puppy food,” Dog Orphans shared, adding that the organization could also use donations of treats and toys.

Also, animal organizations may need items for general upkeep; Dog Orphans released that it could use donations of stamps, printer paper, rakes, a chainsaw, floor squeegees, outdoor hoses, and more.

For more information, visit dogorphans.com or pawfectliferescue.org.

Manchaug Pond cleanup set for April 22



SUTTON/DOUGLAS — The Manchaug Pond Foundation will be holding their Spring Clean Up of scenic Manchaug Pond on Saturday, April 22. Volunteers are invited to join members and Friends of the Manchaug Pond Foundation in cleaning up Manchaug Pond and its watershed. Volunteers with boats are also welcome to help us clean up coves.

Volunteer time will support the MPF’s third s319 Non-point Source Pollution Grant requirements which was awarded in the Fall of 2020 by the Massachusetts Department of Environmental Protection. The effort is scheduled to take place Saturday, April 22 from 9 a.m. to noon, with volunteers meeting at the state Public Access Boat Ramp on Torrey Road in Sutton. Everyone will hit the pavement with garbage bags in hand to clean the roadsides, shoreline, and boat ramp - all areas within the Manchaug Pond watershed and volunteers are not required to stay for the duration of the clean up. Good

company, beautiful scenery, safety vests, rubber gloves, and garbage bags will be provided. Rain date will be Sunday, April 23, and the rain date notice will be posted on the Manchaug Pond Foundation’s Facebook page and Web site.

The Manchaug Pond Foundation’s educational events look to improve the water quality of the picturesque 380 acre community lake, which lies within Douglas and Sutton, through the education of the many users and watershed residents. Educational information on residential Low Impact Development (LID) techniques such as landscaping with buffer zones and rain gardens to limit runoff of fertilizer nutrients are available on the Foundation’s website. Educational materials have been made possible by the MPF’s previous two water quality grants awarded by the Massachusetts Department of Environmental Protection. For more information, visit manchaugpond.org.

April cleanup events in the area

BY **KIMBERLY PALMUCCI**
TRIBUNE CORRESPONDENT

REGION — Earth Day is an annual event in April that aims to bring awareness and support to environmental protection and this spring, local communities are offering ways for residents to get involved.

These spring cleanup events in the Blackstone Valley, according to information from the Blackstone River Valley Heritage Corridor, begin this weekend.

Tomorrow, on Saturday, April 1, several local events are planned, including town-wide cleanups in Sutton and Uxbridge.

Sutton’s Earth Day cleanup begins at 8 a.m.; event organizers said they aim to collect two tons of litter along Sutton’s roadsides. In Uxbridge, the town cleanup will take place from 9 a.m. to noon.

On Monday, April 17, through Monday, May 1, a Mendon-Upton community cleanup has been scheduled with an in-person kickoff on Saturday, April 22.

“Our planet is an amazing place, but it needs our help to thrive,” Upton organizers released in a statement. “That’s why each year on April 22, more than a billion people celebrate Earth Day to protect the planet.”

This year, residents have two ways to participate in the effort—volunteers can attend the kickoff event between 9 a.m. and 12:30 p.m. at the VFW to pick up supplies, or pick up purple bags between April 15 and April 30 at the Upton Town Hall or Soul Fuel Café.

For the cleanup, residents can sign up for a street, pick up bags, and help clean up the town, Mendon shared in a statement on its website.

“Help us keep our community clean and green,” the town added.

On Saturday, April 22, Blackstone, Douglas, and Grafton are hosting town-wide cleanups.

The Blackstone cleanup is slated from 8:30-11:30 a.m. with Earth Day festivities to run from noon to 4 p.m. The Friends of Blackstone Parks & Recreation and Blackstone Parks & Recreation have announced that this is the first “Blackstone Earth Day Festival.”

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Whitin Community Center announces upcoming 100th anniversary events

WHITINSVILLE — The Whitin Community Center is thrilled to announce that we are celebrating our 100th Anniversary this year! In honor of a century of serving our community, we will be holding a multitude of exciting events throughout 2023. For volunteer opportunities, please reach out to Volunteer@OurGym.org.

Our Kids Fair and Eggstravaganza will be held on April 1. There will be a free kids Egg Hunt in Whitin Park and a free kids fair that will have informational booths, healthy snacks, fun activities, giveaways, and a StoryWalk.

Our highly anticipated 100th Anniversary Fundraiser Gala will take

place on May 6. This black-tie optional event will take place in the WCC gymnasium and will include cocktails, dinner, dancing, a live auction, a commemorative photo gallery, and more!

We are bringing back Picnic in the Park in honor of our centennial anniversary, and it will be held on June 10 in Whitin Park! This fun-filled event will include food trucks, live entertainment, community vendors, a Doll & Pet Parade, a dunk tank, and more! Our Ninth Annual Cars in the Park will take place on Aug. 19 in Whitin Park. Register your vehicle or come as a spectator and be a part of a community-favorite event that includes classic cars, food trucks,

raffles, and vendors!

On July 21 and 22, our free Youth Outreach Summer Theatre student led production will take place at Valley Cast's Singh Performance Center at Open Sky.

Our annual Benefit Golf Tournament will be held on Sept. 11. Enjoy a day of golf to be followed by a delicious lunch. The tournament will also include a putting contest, raffles, giveaways, and more. The 22nd Annual Greenway Challenge will take place on Sept. 30! The Greenway Challenge, one of New England's premier adventure races, sees participants run, bike, and paddle their way through the beautiful Blackstone River Valley. Race with a team or take the ultimate solo challenge!

Come to our Halloween Haunted Swim and Roller Skating Costume Party on Oct. 20. Our annual favorites include a kids' open swim with Halloween music and pool toys and a kids open skate with Halloween costumes and music. Concessions will be sold as well. The WCC's Nightmare on Main Street event will return this year on Oct. 27! Whitin Park will be transformed into a spooky outdoor haunted trail for middle school ages and up. There will also be food trucks and goodie bags.

On Nov. 16, we will host a WCC Appreciation Day, a thank you event for

our volunteers, partners, donors, members, and staff. Without everyone's support, the WCC would not be celebrating this milestone!

We will round out our year with Santa, of course! Santa's Coming is a festive event that will be held on Dec. 9. Come to the WCC gymnasium to meet Santa, participate in fun holiday activities, enjoy a bake sale, and more! This is a free event provided by the Blackstone Valley Children's Place.

More information about all of these events will be shared throughout the year. If you are interested in participating as a vendor or sponsor of any of these events, please reach out to Events@OurGym.org.

The Whitin Community Center is committed to enhancing the health and well-being of individuals and families and building a strong community in the Blackstone Valley. We offer social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together. The Whitin Community Center is the Blackstone Valley's most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park. For more information call 508-234-8184 or visit www.WhitinCommunityCenter.com.

Northbridge Senior Center

Northbridge Senior Center
(508) 234-2002

winners for \$500, \$400, \$300, \$200, and \$100. Purchase your tickets at the front desk.

Plummer Place Café is now open! Chef Pete Sabourin is cooking lunch on Tuesdays and breakfast on Thursdays in our brand new kitchen. There is a fee for each meal, \$8 for lunch and \$6 for breakfast and you must sign up for all meals at the front office. Chef Pete has already served us a fabulous corned beef lunch and a baked cod lunch and has many delicious meals planned! We hope to see you soon for our much-anticipated meal program.

An important update regarding SMOC Fuel Assistance: they are extremely behind processing applications. They have received almost twice as many applications as last year and have been short staffed as well. SMOC is processing as quickly as they can, please be patient if you have applied. If you still need to apply for fuel assistance, call Jeanne at the Center to make an appointment.

Daily Coffee Time at Plummer Place, every day from 9:00-11:30am, come enjoy a fresh cup of coffee or tea, snack on some pastries or doughnuts, and meet up with friends in our warm and inviting dining area. No need to sign up, come when you can!

Billiards Organized Games, every Wednesday 8:30-10:30am.

Tickets are on sale now for FINE's 120 Club raffle, \$20/ticket. Chance to win \$20 each week through May 18th when on that day they will draw

Katelynn Wackell, Care Manager at Tri-Valley, will be at Plummer Place the third Thursday of every month from 1-2:00pm. Katelynn will provide public benefit resources and options. This includes assistance with applications for SNAP, CHAMP, MRC, RAFT and MassHealth. She can also help with housing including subsidized housing applications, tenancy preservation, rental assistance, and congregate housing. Call the Center to make an appointment with Katelynn.

We need Volunteer Medical Drivers at Plummer Place. If you can spare a few hours a week to drive a senior to an out-of-town medical appointment, call us. We reimburse you for mileage; pick the days you can drive and tell us the towns you are willing to drive to. It's that easy! Contact Michelle for more information.

AdviniaCare Northbridge has been offering Ceramics Classes at their facility (formerly Beaumont) to small groups of our seniors. They have already offered two classes and they were well received. If you would like to be put on the list for future classes, call Amy at the Center.

Movie Afternoon, Wednesday, April 5th @ 1:00pm. We will be showing "Mary Poppins Returns", popcorn will be served. There have been requests to show older movies, if you have a favorite you would like to see here, call Michelle.

Women's Bible study to focus on Psalms

WHITINSVILLE — Coffee Break, a non-denominational community Bible study for women will open their spring season with a study of selected Psalms, called, "Hope when we're hurting," beginning on Thursday morning, April 13. The Psalms we'll be looking at are titled, "From Longing to Hope, From Sickness to Shelter, From Distress to Deliverance, From Desperation to Dancing, and From Sinfulness to Salvation."

The study will be in small groups at Fairlawn Church—and we offer groups for those who feel more comfortable wearing masks, as well as groups for those who prefer not to wear masks. All the study groups are physically distanced in spacious rooms. Refreshments are provided, and child care is available

for infants through pre-school age.

Coffee Break is free and open to anyone in the community and is held each Thursday from 9:30 to 11 a.m. at Fairlawn Church. Coffee Break offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and concerns, and develop new friendships. Each lesson is independent, so if you can't attend every week, you won't feel "lost." There's no "homework" required, and no previous Bible knowledge is necessary. Study guides and bibles are provided free of charge.

Fairlawn Church is located at 305 Goldthwaite Rd. (off Hill Street) in Whitinsville. For directions, questions, or to get more information, call Ginette at 508-234-4806 or visit fairlawncrc.org/outreach/coffeebreak.cfm.

Annual spring flea market

MILLBURY — The Millbury First Congregational Church on 148 West Main St. in Millbury is sponsoring a Flea Market on Saturday, May 6 from 9 a.m. to 2 p.m. Anyone wishing to reserve table space, please call Jeri Stead (508-865-5371). The \$25 inside area consists of a large supper table plus

a card table. An outside 10 foot plot reservation is \$15 and those chancing the weather need to provide their own table.

"The Kitchen" will be selling coffee and muffins, and at lunch time, hot dogs will be sold. There will also be a Bakery Table, and a Church Flea Market Table.

www.StonebridgePress.com



HELLO NEIGHBOR!

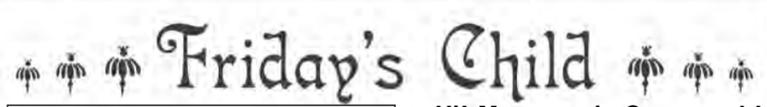


As a longtime resident of South Central Massachusetts, I've always known what a special community we live in. For generations, we have trusted our local newspaper. Local news and advertisers you can trust, week after week. As the local advertising rep for your newspaper, it brings me great pleasure to help a local business get results!

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And you can trust me!
Your neighbor,
Mikaela

Mikaela Victor
Local Resident
Advertising Account Executive
mikaela@stonebridgepress.news
(774)200-7308


Hi! My name is Corey and I want to be a scientist when I grow up!

Corey is a happy, loveable and insightful teen boy of African American descent. He enjoys Legos, roller coasters, and anything athletic. Corey loves Chinese food and can cook grilled cheese, eggs, and pancakes. He is an appealing and sociable child who relates well to older kids and adults and has formed positive relationships with his peers and works well in group activities. Corey wants to be a scientist when he grows up!

Legally freed for adoption, Corey's social worker is looking for a loving and supportive two-parent family or a single parent with other adults in the home or in close proximity for daily support. It is also important that he has a mother figure and he is the youngest in the home. Corey needs to maintain contact with his big sister, Kiy'aa, who is also free for adoption, and if possible would love a family willing to open their home to her.

<https://adopt.mareinc.org/waiting-child-profiles#gallery/child/7295>

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.



Lashley named Senior Festival Chair, Central District – Mass. Music Educators’ Association

WHITINSVILLE — Baird Lashley, Director of Whitinsville Christian School Bands and Choirs, has been voted by the Executive Board of CD-MMEA to be the next Senior Festival Chairperson, effective July 1, 2024. Lashley is currently serving as the Senior Festival Concert Band Manager. He will serve as Assistant Chairperson for one year under Chairperson, Craig Robbins, in preparation to begin serving in the summer of 2024.

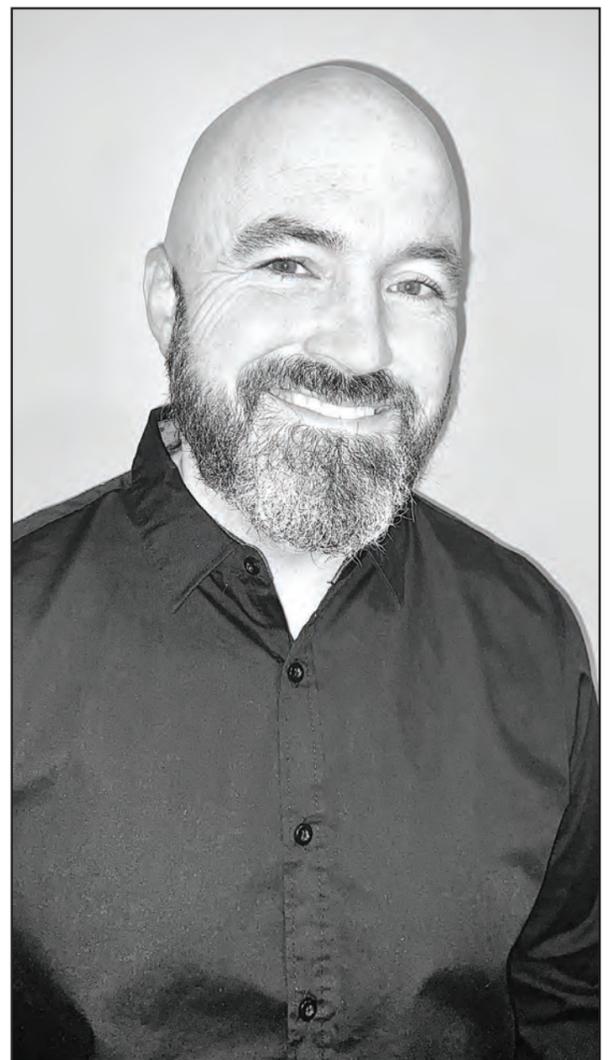
The CD-MMEA, through Massachusetts Music Educators’ Association, seeks to support comprehensive, quality music education for all students, through advocacy, professional development, and a commitment to lifelong learning. The Association encourages music activities among the schools of the Commonwealth by means of festivals, clinics, and other related events. The first CD-MMEA Senior Festival was held in 1955.

As Festival Chairperson, Lashley will be responsible for overseeing the festival’s programs, recruiting conductors, and managing rehearsals.

“I’m honored to be chosen as the next Chair,” said Lashley. “As someone who is relatively new to the role of ‘music educator,’ I appreciate how welcoming and encouraging the members of the Association have been.”

Lashley has served as Band Manager and Assistant Band Manager of CDMMEA for the past four years.

“My goal in joining the Association was to get involved and learn more about the audition process to help our students at Whitinsville Christian. There are 120 schools in the Central District. It’s a challenging process in which few audition, and even fewer are selected. I look forward to finding new ways for the Board to celebrate these talented students,” he said.



Douglas Adult Social Center

Douglas Adult Social Center

331 Main St.

(508) 476-2283

Hours of Operation: Monday through Thursday, 9 a.m.-3 p.m.; Friday 9 a.m.-noon

DAILY ACTIVITIES: All our daily activities are free of charge.

Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 12 pm, Mat yoga 2 pm

Tuesday: Cribbage 9:30am, Zumba 9:30am, Bingo 12:00 pm, Technology Class 1pm (call to make an appt.), Jenga or Connect4 2pm (bring a friend, and play a game!)

Wednesday: Balance & Strength 10am, MahJong 1pm

Thursday: Chair Yoga 9:30am, Wii Games 11am, Hand and Foot card game 1 pm

Friday: Balance & Strength 10am

APRIL EVENTS:

- Wellness Clinic dates are Monday April 10th & Tuesday April 25th. Appointments only between 10 am & 11:30 am. Walk-ins from 11:30 to 12:00 pm. Please call the center to schedule @ 508-476-2283.

- Memory Detecting with artifacts found with a metal detector. Wednesday April 5 @ 11:30. Steve has turned his hobby of Metal Detecting and Bottle Digging into a fascinating “show and tell” program. A turkey dinner will be served for \$4.00 per person. Please call the center to sign up @ 508-476-2283 by 3/30.

- Lunch & A Movie “The Ultimate Life” on Wednesday April 12 @ 12 pm. Chicken Fajitas will be served for \$4.00. The movie is free, please call the center to sign up @ 508-476-2283 by 4/5.

- Free breakfast & entertainment at the Douglas High School, Thursday April 13 @ 9 am. Please call the center to sign up @ 508-476-2283 by 3/30.

- Pizza & Pictionary on Thursday April 20 @ 12 pm. Join us for a free lunch courtesy of

Unibank and have an afternoon sure to be full of laughs. Please call the center to sign up @ 508-476-2283 by 4/17.

MAY EVENTS:

- Wellness Clinic dates will be announced in next week publication.

- Design your own hat! Wednesday May 3rd @ 11 am. Refreshments will be available. You can wear your hat to our Mother’s Day Tea luncheon and then enjoy it all summer.

- Mother’s Day Tea Luncheon Thursday May 4th @ 11:30 am. An assortment of finger sandwiches, salad & desserts. Wear your hat you made the day before, or wear your favorite hat from home! Please call the center to sign up @ 508-476-2283 by 4/28.

- Hearing Aid Cleaning: Thursday May 4th @ 10 am. Please call the center to schedule your appointment to come in, 508-476-2283 Darcy will be here until 11:00 and is always happy to assist you.

- Lunch & A Movie “We Have a Ghost” on Wednesday May 17th @ 12 pm. Stuffed peppers will be available for lunch, \$4.00 per person. Please call the center to sign up @ 508-476-2283 by 5/12.

- Let’s Go Fishing: Representative Joe McKenna & Mass Fish & Game invite you to Wallum Lake for a morning of fishing. They will be supplying all your fishing necessities. Bring a chair, a lunch, a friend and come have some fun. This is a FREE event. Fish can be fickle, so bring your luck!!!! We will be meeting at the lake located at 107 Wallum Lake Rd. Douglas. The center will be closed this day.

- Mass EDP: Thursday May 25th @ 12 pm. The Massachusetts Equipment Distribution Program will be here to talk about their program that provides telephone equipment to people who have difficulties using the telephone due to issues such as hearing loss and or vision loss. Please call the center to sign up @ 508-476-2283.

Local residents named to Simmons University Dean’s List

BOSTON — The following local students were named to the 2022 fall semester dean’s list at Simmons University in Boston.

* Katherine DiPillo, Millbury

To qualify for dean’s list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12

or more credit hours of work in classes using the letter grade system.

About Simmons University

Located in the heart of Boston, Simmons is a respected private university offering more than 50 majors and programs for undergraduate women

and graduate programs open to all on campus, in blended formats, or entirely online in nursing and health sciences, liberal arts, business, communications, social work, public health, and library and information science. Founded in 1899, Simmons has established a

model of higher education that other colleges and universities are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields with the intellectual foundation of the liberal arts. The result is a Simmons graduate prepared not

only to work, but to lead in professional, civic, and personal life - a vision of empowerment that Simmons calls preparation for life’s work. Follow Simmons on Twitter at @SimmonsUniv, and on LinkedIn at https://www.linkedin.com/school/simmons-university/.

POSITION OPENING

DPW SEWER DIVISION

Wastewater Treatment Plant Operator

Pursuant to Article 11 of the Collective Bargaining Agreement between the Town of Northbridge and AFSCME the above position vacancy is hereby being posted.

The Town of Northbridge seeks qualified candidates to fill the position of Wastewater Treatment Plant Operator [W-4S]. This permanent, full-time position is 40 hours per week, M - F from 7:00 a.m. to 3:00 p.m. with a pay rate of \$25.90 per hour and requires the following knowledge/skills/experience/licenses: General experience in wastewater treatment and wastewater collection systems; a valid Commercial Driver’s License [Class B or better if issued from MA]; a Massachusetts Class 2B Hoisting License; and a Massachusetts Grade 4M Wastewater Treatment Plant Operator’s License.

To obtain the full position description and a Town of Northbridge employment application call 508-234-2154. Please send cover letter, resume, and Town of Northbridge employment application to: Michael Havalotti, WWTP Superintendent, Northbridge Town Hall, 7 Main Street, Whitinsville, MA 01588. Position will remain open until filled.

The Town of Northbridge is an Affirmative Action, Equal Employment Opportunity Employer

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PAW of the WEEK

SIERRA MIST

Currently Available for Adoption - Good with kids & dogs
Meet Sierra Mist!
4mo/33lb/female/Shepherd/Doodle mix!
There is something special about this girl! Could be her amazing personality? Her playfulness, maybe even her gorgeous look? We invite you to come find out for yourself! Don’t miss out on this lovely lady!

www.PawfectLifeRescue.org
Uxbridge, MA (Showings by appointment)

Milford Federal Bank is proud to sponsor the Pawfect Life Rescue PAW of the WEEK!

Bring your furry friend along on your next trip to MFB for a treat from our drive-up tellers, or stop in any branch and bring home a treat from our complimentary doggy biscuit bar.

1271 Providence Rd, Whitinsville, MA
508.234.8256 • 800.357.2265
MilfordFederal.com

Milford | Whitinsville | Woonsocket

Millbury Senior Center

HERBERT BERG FLORIST OF WORCESTER ARRANGMENT CLASS
 Take home a Floral arrangement that you create!
 Thursday, April 6th
 \$15 per person includes all materials
 Price can vary based on specific project
 RSVP 508-865-9154

Thursdays at 10 – 11 A.M.
 No reservations required for any of our activities or exercise classes!

Lunches are served Monday through Friday 12 P.M. at the Senior Center

The menu is available on the town website, www.town-ofmillbury.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, April 25th at 2 - 3:30 P.M.

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

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

SNAP APPLICATIONS (Food Stamps)

Our appointments are on Tuesdays & Thursdays 10 A.M. – 2:00 P.M.

Call for an appointment & required documentation 508-865-9154

"This project has been funded at least in part with Federal Funds from USDA.

This institution is an equal opportunity provider

The SNAP Logo is a service of the U.S. Department of Agriculture.

USDA does not endorse any goods, services or enterprises."

CRAFT CLASS
 Once a month 12:30 – 1:30 P.M.
 Price is \$5 and includes all Materials
 For more information and class dates call the center! 508-865-9154

LINE DANCING CLASSES!
 Every Wednesday at 10:30 A.M.
 Class is \$3 per person
 No reservations required

Meet with a representative from Senator Moore's office!

Wednesday, April 5th
 One Wednesday every month between 11 – 12 P.M.

All are welcome to meet and discuss issues of importance or looking for assistance
 Any questions please call 508-865-9154

SENIOR CENTER EXERCISE CLASSES!

LIGHT EXERCISE CLASSES
 Mondays and Fridays 9:30 A.M. – 10:15 A.M. (Free!)

TAI CHI
 Tuesdays 9:30 - 10:30 A.M. (class is \$3)

YOGA
 Thursdays 9 – 10 A.M. (Class is \$3)

SENIOR CENTER ACTIVITIES!

WII BOWLING
 Mondays at 12:30 P.M.

MAHJONG
 Mondays at 12:45 P.M.

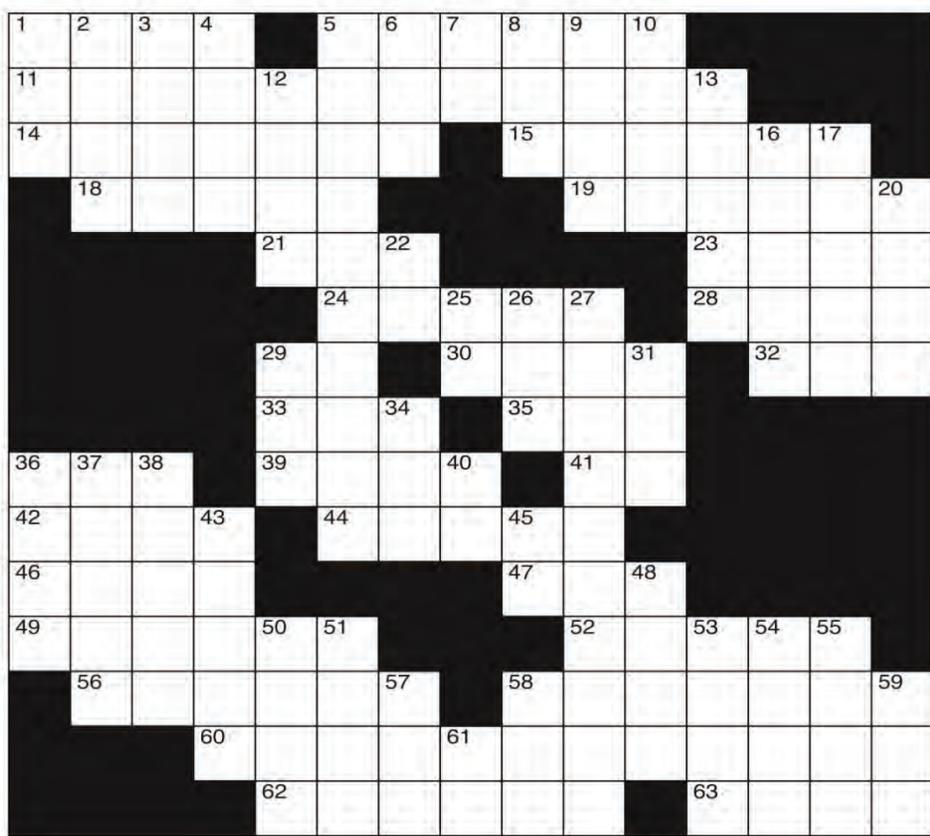
CRIBBAGE
 Monday through Friday 8:30 A.M.

Tuesdays at 1:00 P.M.
BLOOD PRESSURE CLINIC
 Every Tuesday from 9 A.M. - 10 A.M.

SOCIAL BINGO
 Wednesdays at 1 P.M.
 Bring your pennies!

COLORING
 Thursdays at 10 A.M.

DULL MENS CLUB

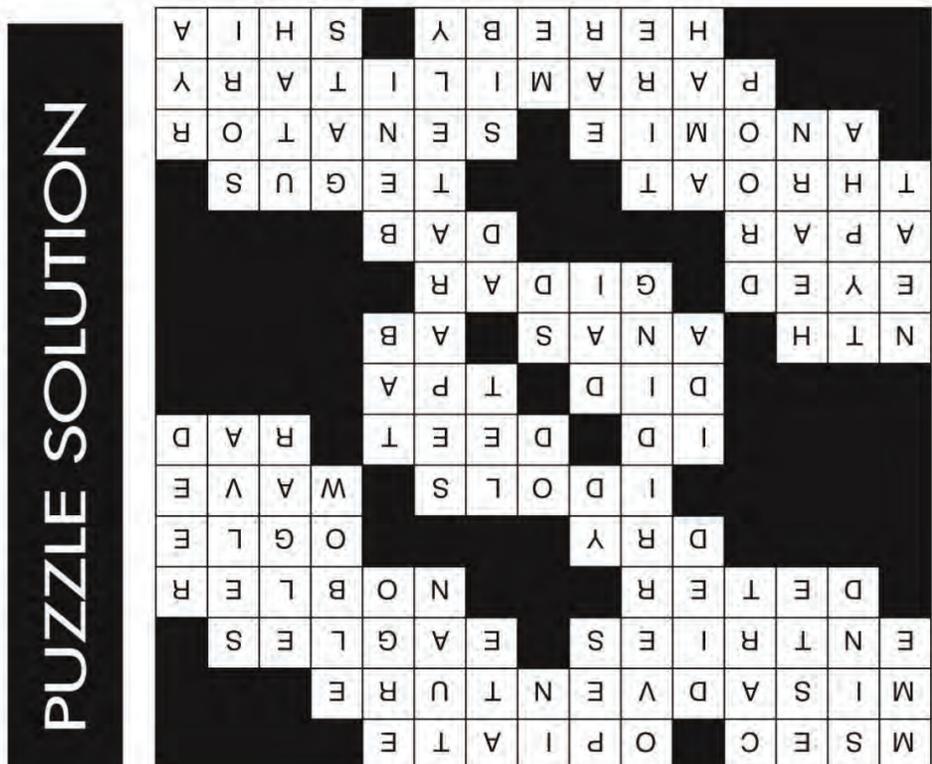


CLUES ACROSS

- 1. Millisecond
- 5. Narcotic drug
- 11. Accident
- 14. Formal submissions
- 15. Popular 70s rock band
- 18. Discourage from doing
- 19. More socially elite
- 21. Arid
- 23. A way to look
- 24. Heroes
- 28. A surfer rides it
- 29. Potato state
- 30. Insect repellent
- 32. Cool!
- 33. Have already done
- 35. Collegiate women's fraternity
- 36. To the ___ degree
- 39. Gasteyer and de Armas are two
- 41. Blood type
- 42. Looked over
- 44. Language of Cameroon and Chad
- 46. Species of armadillo
- 47. Touch softly
- 49. Part of your upper body
- 52. Large, stocky lizards
- 56. Lack of social or ethical standards
- 58. Congressman
- 60. Unofficial force
- 62. As a result of this utterance
- 63. A main branch of Islam

CLUES DOWN

- 1. Woman (French)
- 2. Province of Pakistan
- 3. This (Spanish)
- 4. Transportation device
- 5. Greater in importance or priority
- 6. The human foot
- 7. Within
- 8. Consumed
- 9. Respectful Malaysian term
- 10. Therefore
- 12. Ceased to exist
- 13. Type of macaroni
- 16. English composer
- 17. Wooded tract
- 20. Tall, slender-leaved plant
- 22. 36 inches
- 25. Take too much (abbr.)
- 26. Allow
- 27. Individually
- 29. Journalist Tarbell
- 31. Bar bill
- 34. Hong Kong food stall: ___ pai dong
- 36. Not messy
- 37. Species that includes reed mace
- 38. Former MLB catcher Ed
- 40. Northern U.S. state
- 43. Wilt
- 45. Commercial
- 48. Bolivian river
- 50. Nursemaid
- 51. A car needs four
- 53. Guns (slang)
- 54. American state
- 55. Clusters of fern fronds
- 57. Body part
- 58. A person's brother or sister
- 59. Breed of sheep native to Sweden
- 61. Of I



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\$270,000, 26 Carol Ln, Dewolfe, James A, and Charles River Bank, to Landscape Network LLC.

DOUGLAS

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\$270,000, 116 Eagle Dr #116, Ford-Hayes, Donovin, and Pryor, Kaitlyn, to Mitchell, Kathleen E.

\$207,000, 9 Eagle Dr #9, Cascade Funding Mtg T Hb4, and Wilmington Svgs Fund Soc, to Clayton, Joseph, and Clayton, Mary.

\$175,000, Shore Rd #4, Douglas Properties LLC, to Speroni, Thomas M.

\$110,000, Bella Dr #2, Cosma Rt, and Cosma, John E, to Donaghy, Justin D.

NORTHBRIDGE

\$710,000, 440 Quaker St, Koopman, Jeff T, and Koopman, Rachel N, to Motuzas, Patrick V, and Motuzas, Tyana M.

\$555,000, 105 Fir Hill Ln, Otwood Inv Group LLC, to Yacoub, Nevine M, and Salib, Magdy A.

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\$797,500, 695 Chocolog Rd, Delbecq, Michelle, to Mann, William, and Masters, Michelle.

\$541,000, 39 Londonderry Way, Nye Irt, and Nye, Stephen C, to Baum, Andrew A, and Baum, Kari J.



TO PLACE AN AD:

Mikaela Victor
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 news@stonebridgepress.news
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STONEBRIDGE PRESS
 PRESIDENT AND PUBLISHER
 FRANK G. CHILINSKI
 860-928-1818 EXT. 103
 frank@stonebridgepress.news

BUSINESS MANAGER
 RYAN CORNEAU
 860-928-1818 EXT. 102
 ryan@salmonpress.news

OPERATIONS DIRECTOR
 JIM DINICOLA
 508-764-6102
 jdinicola@stonebridgepress.news

EDITOR
 BRENDAN BERUBE
 508-909-4106
 news@stonebridgepress.news

PRODUCTION MANAGER
 JULIE CLARKE
 860-928-1818, EXT. 305
 julie@villagernewsnewspapers.com

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Whitin Intermediate School honor roll

UXBRIDGE — Whitin Intermediate School has released its honor roll for the second term of the 2022-2023 school year.

High Honors Grade 6

Kylie Alicea, Oscar Berard, Alice Black, Patrick Brauning, Madeleine Buckley, Michael Caffrey, Julianna Casper, Gavin Dwyer, Calum Fortin, Max Gaudet, Bryce Hewett, Taylor Jansen, William Khondker, Joseph King, Corey Levesque, Nathan Loveless, Nelyra Marquez-Zirkle, Mackenzie Matthews, Adriana O'Connor, Cole Pezzullo, Caroline Roxo, Isabel Roxo, Skyla Sokol, Shea Stone, Grayden Tierney, and Kamiela Torku.

High Honors Grade 7

Evan Bourgeois, Elyse Bousquet, Matteo Casasanta, Jaidyn DeLuca, Tucker Denietolis, Jacob Dzivasen, Paige Foley, Everett Hazel, Ashton Khondker, Jessica Labonte, Carly McKay, Zooy Pominville, Olivia Rivet, James Sadd, Emmett Sharr, Abigail Spiecker, Adeline Tartakoff, and David Zaitoun.

Honors Grade 6

Trevor Barbuto, Amelia Belanger, Michael Brosnahan, Kadence Chabot, Mackenzie Coleman, Aiyanah Cosme, Charlotte Cunniff, Hope Donnelly, Arlen Ebeling, Connor Gosselin, Alana Haggas, Shane Hamm, Cameron Hendricks, Thomas Johnson, Kamryn Lachapelle,

Ryan Lavergne, Mia Manning, Enzo Mello Santos, Ayla Moore, Gabriel Pendleton, Gia Polselli, Chase Poulos, Karina Remillard, Guilherme Resende, Greyson Rollins, Cheyenne Ross, Jake Scott, Abigail Simonds, Olivia Stoico, and Natalie Taylor.

Honors Grade 7

Cooper Burdick, Kendra Cabana, Stacy Calderon, Lily Derouen, Logan Fleming, Margaret Fox, Violet Fratus, Elliot Gnatek, Casey Griffiths, Benjamin Johnson, Balin Jones, Katelyn Laflamme, Madyn Lane, Logan Leshinski, Ryder

Lovell, Clayton Maracle, Cooper McCuin, Nathan Najarro Rivera, Thomas Newhall, Nadia Nolan, Elijah Norman, Shea Paxton, Jack Posterro, Ava Rosborough, Benjamin Rota, Mason Soucy, and Avery Wood.

BVAA HOSTS TEEN ART SHOW

Photos Courtesy



Congratulations to Aimiejeanne Given for winning first prize with her amazing "Progression" piece in our BVAA Teen Art Show!



Congratulations to Sofia Smith, Northbridge for winning second prize with "Sweet Tooth" in colored pencil! Beautiful shading!



Congratulations to Gage Nichols for winning third place with his charcoal painting "Self Portrait" in our BVAA Teen Art Show!

Blackstone Valley Art Association hosted a Teen Art Expression night on March 17, where the local community could come see 9 local teen artist that submitted up to three of their original art pieces. All the artwork and promotions that they did are on their Facebook page at <https://www.facebook.com/BVArtAssoc>.

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EDITOR

EDITORIAL

“We don’t need roads” Nostalgia has its benefits

It's been one of those weeks where nostalgia has been hanging around quite a bit for us, whether it's reminiscing with friends or searching for old CD's or vinyl, nostalgia has a bit of magic all its own.

A study has revealed that nostalgia can actually reduce general aches and pains due to the reduction in brain activity. Apparently, a longing for a simpler time has proven to dish out an analgesic effect.

During one study, individuals were shown 26 old images while attached to an MRI machine. Such images included old TV shows, vintage candy and games. While attached to the machine, those people were also exposed to different levels of pain via a heat generator on their arm. Another group, were shown images of the modern world. The study revealed that those individuals who were shown nostalgic images showed lower levels of pain.

Researchers continued to study the whys and how's of nostalgia. One psychologist mentioned that those who long for the past may be depressed, however this proved not to be true. Nostalgia has been linked to giving people a feeling like their lives had roots and continuity.

Recalling the past has been proven to reduce boredom, anxiety and loneliness. In addition feelings of nostalgia tend to make us more generous and open minded with strangers. Friends, families and couples report feeling closer when reminiscing.

While it can be bittersweet to yearn for the past, most people recall those memories in a healthy way and actually can give the present more meaning. Most folks have feelings of nostalgia at least once a week and colder days seem to induce the feeling more as nostalgia tends to make us feel warm.

In the end, nostalgia brings into our mind treasured memories that make us feel loved and valued. While we think of the past, it's important to not compare it to the present.

The best way to invoke nostalgic feelings is to listen to old music, flip through old photo albums, or Google old images from your past.

In the words of Dr. Emmett Brown to Marty McFly in Back to the Future, “Roads? Where we're going, we don't need roads.”

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

Starting school in the dark would be disastrous to students

To the Editor:

As a teacher, I feel that starting school in the dark would be a disaster. (This was proven during an experiment of permanent daylight savings time in the 1970s.) Since on standard time, it is sunrise at 7:12 a.m. on Dec. 22, that means that on daylight savings time, sunrise would occur at 8:12 a.m. The sun sets at 4:16 p.m. for roughly a 10 hour day with light.

Certainly, there are more traffic accidents on the days we switch the clocks, but can you imagine how many more accidents there could be when people are driving for months in the morning in the pitch dark to school that starts around 7:30 a.m.? Can you imagine the danger of all the students waiting for buses or walking to school in total darkness? A way to avoid traffic accidents on that first day after changing the clocks would be to delay school by one hour on that first Monday so there would be

reduced traffic on the roads. I think the hour of light in the morning would be far more critical for safety reasons with all the students and their families out on the roads traveling to school, than that hour of daylight would be between 4:15 to 5:15 p.m. Check out <https://www.npr.org/2022/03/19/1087280464/the-u-s-tried-permanent-daylight-saving-time-in-the-1970s-then-quickly-rejected-which-describes-how-permanent-daylight-savings-time-was-tried-in-the-1970s-and-failed-because-americans-do-not-like-changing-their-clocks-but-they-disliked-even-more-going-to-work-and-school-in-the-dark-for-months...> I suspect that students will be even more exhausted trying to function in a lengthy, dark morning at school. Please reconsider your decision about making daylight savings permanent.

Thank you,

Linda Morse
Uxbridge

CRT is history taught through a dangerously biased lens

To the Editor:

I am writing in response to the very long letter by Linda Lacki of Northbridge in the issue of the 23rd of March. In that letter, Ms. Lacki cites many horrific laws passed by the colonies, and later the states, that legally enforced the enslavement of Africans and their descendants and forbade them anything close to citizenship or even an opportunity to become free of their enslavement. She then, in a paragraph near the end, that “This is an example of the information/history that opponents of CRT don't want you to have.”

I am a strong opponent of CRT, known more fully as Critical Race theory. I, and many other opponents of CRT, have no qualms whatsoever about letting the horrors of slavery, especially as practiced in the American colonies, and later states, be known. What I do object to, very strenuously, is using the lens of Critical Theory to interpret those facts. CRT is not a body of knowledge, and it does not teach “real history.” Rather, it takes the facts of history, focuses on the worst things that were done by some human beings to others, and asserts, above all else, that society is composed of two groups of people: the Oppressed and the Oppressors. CRT asserts that Oppressors have structured society in such as way that their group will always maintain its dominant position and that those whom it oppresses will always be downtrodden and exploited. CRT has invented the terms “Whiteness,” “White privilege,” “White fragility,” and a host of other such terms. In its lexicon, an “authentic” Black person is someone who is “politically Black,” holding to the tenets of CRT. Those of African descent who do not agree with CRT are castigated by a variety of names because they do not support the cause or aims of CRT. You may recall President Biden saying to the Black community during the 2020 election, “If you don't vote for me, you ain't Black.” CRT aims to divide our nation into competing factions, penalize one of those factions, and “fundamentally transform” the nation.

I have read “How to be an Anti-Racist” by Ibram X Kendi. Kendi makes no cogent or rational arguments during the course of his book, which is largely autobiographical and recalls his transformation into a Critical Race Theorist. The final chapter of his book tells of his recommendations to end racism, and it is a chilling chapter. He recommends a constitutional amendment to create a Department of Antiracism, which would be empowered to review all current and potential laws, policies, and procedures for possible racism (as defined by CRT) and only allow those which are antiracist (as defined by CRT). That department would, in effect, end constitutional, representative democracy and institute a dictatorship by a governmental department with more power than the three branches of government established by the Constitution.

CRT is a major division of an idea more broadly called “Critical Theory,” which has a wide range of offshoots involving other groups that Critical Theorists call “minoritized groups, such as “sexual minorities,” or those with physical or mental disabilities, or those who are greatly overweight, plus (if one reads Critical Theory literature) a host of other categories. Critical Theory has a long intellectual pedigree, going back to the 1700s with Jean-Jacques Rousseau, who taught that human beings are naturally good and only do evil because the structures of society oppress them and so force them into rebellion. The German philosopher Georg Hegel took up his ideas and added them to his theory of history, which stated that history was following a definite course that would, at some point, eventuate in the establishment of an ideal, perfect society in which all human beings would have all they needed and no one would harm anyone else. Karl Marx took up Hegel's theory of history and augmented by what he called “Scientific Socialism.” He believed that

society would go through eight stages, the sixth of which was capitalism, which would be replaced by socialism and then, when people and society had developed to a certain point, to a perfect society in which government would not be needed, nor would the idea of private property be held by anyone: pure communism. When his idea of the workers rising up against those who owned the factories to “seize the means of production” and establish socialism failed to materialize by the natural development of society, some who believed his theory, changed the division of society from simply the economic classes of the bourgeoisie and the proletariat to those of other statuses. The largest group of academics who did so called themselves “the Frankfurt School,” and in the late 1920s and early '30s fled Europe for America, where they dug into the universities and colleges, and won converts to their ideas. Other theorists in Europe also had an influence. In the mid-1960s, a group of French philosophers developed post-modernism and several other ideas, which, when joined to the ideas of the Frankfurt School, resulted in Critical Theory. Since many of these theorists were professors, many students over the ensuing decades have begun to use the lens of Critical Theory to analyze society and history. CRT is not a body of knowledge, but rather a way of looking at things, a way that has to be learned because it is not natural or rational way of perceiving the world around us.

Ms. Lacki says that CRT teaches “honest history.” It does not, but rather, it teaches history according to its own perspective or lens, a lens with roots in Marxism, and a lens used to drive us toward government by the “enlightened,” not the people.

I am going to be a bit autobiographical: I attended fifth grade (in the 1957-58 school year) in my mother's home town of Moultrie, Ga., a small town about 100 miles north of Tallahassee. I took my first course in American history that year, taught by a woman whose grandfather was a Confederate veteran of the Civil War. Yet in that small town in the Deep South, we were taught of the horrors of the slave trade, including the rampant deaths experienced as the human cargo was transported to North America. We learned the challenges and sufferings of the enslaved population, and the fight by Abolitionists to end slavery as an institution. I have to admit that we didn't learn of those laws cited by Ms. Lacki – there are limits to what a survey course of history taught to ten-year-olds can cover – but we were not taught that the enslaved population were happy with their lot and never considered seeking freedom. Nor, I must admit, were we taught much about the “Jim Crow” laws or segregation, which at that very time was being challenged by the work of Dr. King.

Ms. Lacki also fails to cite other facts of history that do not support her viewpoint, such as the reality that slavery has been a universal part of human cultures from before the beginnings of history. One of the horrors of enslavement in the Americas was that it was based on ethnic identity, which was a novel development in the practice of slavery, but that does not mean that slavery only began in what is now the United States. In addition, she does not mention that no European slave trader actually captured those whom he transported to the Americas. Rather, Blacks captured Blacks (as they had been doing for centuries for their own use) and sold them to European and Arab slave merchants. That brings us another fact of history: more slaves went to the Middle East than ever went to the Americas. The Arabs were more brutal in their methods than Europeans, and more of those whom they captured died on the way east, or at the hands of their masters.

In addition, it was those of European descent who fought and won the end of

A Mix of Assorted Tips and Tricks



TAKE
THE
HINT

KAREN
TRAINOR

It's time once again to share a potpourri of tips and tricks that didn't fit into a themed hint column. With that in mind, this week's column will feature a mixed bag of (mostly unrelated) ideas that are sure to make your life a little easier!

Vanilla extract isn't just for baking! Vanilla not only smells and tastes yummy, the scent has the ability to lift spirits and revive the body. Pour about a quarter cup of pure vanilla extract to your next warm bath and treat both body and soul!

Attention busy cooks! To keep pasta water from boiling over, spray the inside edge of the cooking pot with nonstick cooking spray. Want to peel garlic in record time? Microwave cloves for fifteen seconds and the skins will pull off easily. And when you buy a new frying pan, boil some white vinegar in it to prevent food from sticking during cooking!

It doesn't take a pet psychic to know what your pet is thinking - take cues from cat's body language. A cat's tail acts as an indicator of its mood and as a warning of intention. Broad swishing of the tail indicates annoyance. Severely agitated cats will move their tails rapidly back and forth from the base. The larger and more rapid the swish, the more upset the cat.

Here are some painting pointers from the pros: The higher the gloss of the finish, the easier the paint is to clean. However high gloss shows imperfections, that's why flat is used. How do you get a flat finish with "washability?" Just mix a pint of gloss finish paint into each gallon of flat finish.

If you drink tea, you're boosting your immune system. Studies show tea reduces the risk of some cancers. Real tea, as opposed to herbal tea, is rich in powerful antioxidants. The National Foundation for Cancer Research reports green tea is 100 times more potent than vitamin C and 25 times more potent than vitamin E at protecting cells from cancer.

Fresh fruit and veggie season will soon be here, but if you're buying commercial produce cleaners, you're literally throwing money down the drain! Try this homemade solution that does the job for pennies! Dissolve two vitamin C tablets in a large bowl of water; Just dunk in the fruits or vegetables to keep them fresher longer.

If you're drinking decaf, you can still have a great cup of tea! Did you know you can decaffeinate regular tea quickly and easily? Just steep it for about one minute, then pour that off and add water to re steep. This method releases the caffeine, yet retains all the taste!

Your crowning glory can become a royal pain, especially if harsh weather making your hair dry or frizzy. Here are a few tricks of the trade to tame those temperamental tresses:

If ends are split and frizzy, rub a good olive oil into the ends of your hair a couple of times per week. Leave on overnight and rinse in the morning. Here's a hair salon tip for taming the frizzies: Shampoo only every other day - since detergent inflates the hair shaft and roughens up cuticles.

Whether you grow herbs or buy them, the simple herb, with its many merits, should never be underestimated! Most everyone knows Camomile tea helps the body relax, but did you know it can also help relieve swollen ankles and can stimulate the appetite? Just drink up.

Camomile tea not only tastes great it does a mouth good as it's also used as an oral gargle to relieve mouth ulcers and a dry throat.

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

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



THE GREAT
OUTDOORS
.....
RALPH
TRUE

It looks as though we escaped the last snowfall, and are well on our way to spring weather. I decided to put my snowblower away for the season this past weekend, even if we get a snowstorm, it will melt the next day. If the weatherman is correct, there is no snow in the long range forecast(?)

Anglers are catching a few of the recently stocked rainbow trout, but most days the bite has been slow for most fishermen, but a few seem to be doing very well. Ashland and Hopkinton Reservoir have seen the most action. No word on Wallum Lake trout stocking to date by either Rhode Island or Massachusetts. It would be a shame if the lake received no stocking. Anglers need to protest to their state senators and state representatives, if the lake does not receive a trout stocking by both states this year! It will be the first time during my lifetime that a spring trout stocking was not done at the lake. The lake is scheduled to open on April 8 this year! Stay tuned!

The Marine Fisheries Advisory Commission reviewed potential recreational limits for scup and seabass for 2023. It was determined that the DMF would move forward with the following anticipated limits: Recreational daily limits for sea bass would be cut from six fish to four fish, and the length would be raised by half an inch to 16 and a half inches! It is more than likely Rhode Island will follow the same regulations. It just makes you sick! The season on seabass starts on May 20 this year. Scup limits also changed this year!

Contaminated Water from the Plymouth nuclear power plant is being reviewed, allowing the water to be dumped into the bay! The plant started decommissioning of the Plymouth facility on May 31, 2019. The plant was responsible for killing 68 different saltwater species that dramatically affected all marine life in Cape Cod Bay over the years of operation. Now they want to deposit millions of gallons of contaminated water directly into the bay? The Nuclear Regulatory Commission, which oversees the nuclear plant at Pilgrim, needs to be watched very closely to ensure the safety of its residents and our valuable water species. During the operation of the nuclear facility, the power plant used the ocean water to cool and convert

The last of winter

Courtesy

(Right) This week's picture shows Jerry Gareri with a really impressive brown trout he caught a few years ago. He is hoping to catch another one this week.

end to fish a body of water near his camp in Maine. The lake still had 10 inches of ice on it as of this past Sunday. He often catches some really impressive brown trout like the one in this week's photo!

Take a Kid Fishing & Keep Them Rods Bending!

Editor's note: The views expressed in this column are the author's own, and do not necessarily represent those of Stonebridge Press.



Understanding plant tags & seed packets to increase your gardening success



GARDEN
MOMENTS
.....
MELINDA
MYERS

Gardening is a wonderful way to grow your own food and create a beautiful landscape. Proper plant selection can help you make wise purchases when visiting the garden center or ordering plants online.

Much of the information you need to know can be found on plant tags and seed packets. Understanding this information can help you select plants suited to the growing conditions in your yard.

Most gardeners first learn about plants by the names that friends, relatives, or fellow gardeners use to refer to them. Each plant also has a unique scientific, also called botanical, name. Since plants can have multiple or regional common names, it is important to check the botanical name when shopping. Checking the tag for the botanical name ensures you buy the right plant.

You will also see the word "zone" followed by numbers in the information on trees, shrubs, perennial flowers, and vegetables. These numbers reflect the plant's ability to survive the average minimum winter temperatures in the hardiness zones listed. You can find your hardiness zone on the United States Department of Agriculture (USDA) Plant Hardiness Zone Map. It is often included in plant catalogs and other gardening resources to help you find plants suited to your climate. Despite record summer temperatures, it is still important to select plants that



Melinda Myers

Check the back of seed packets for pertinent information so you provide the proper growing conditions for the plantings to flourish.

can survive the average minimum winter temperatures in your area. Selecting plants that tolerate both the highs and lows where you live will increase their chance of returning each year.

Make sure the plants you select have sufficient frost-free growing days to mature and flower or produce fruit. This is listed as the number of days from planting until harvest. Count the number of days in your growing season from the time you can plant to harvest to see if it's a good choice.

Matching plants to the amount of sunlight they need to thrive is also important for growing healthy plants. In general, full-sun plants prefer six, preferably eight or more, hours of direct sunlight. Areas receiving only intense afternoon sun are often suitable for plants listed as full or part sun tolerant. Part-sun plants usually need four to six hours of direct sunlight. Part-shade plants generally need two to four hours of direct sunlight preferably from east-facing or other locations where the sun is less intense. Shade plants usually perform well with two hours of direct sunlight or bright, indirect light throughout the day.

Always check the mature size and spread of the plant you select. Picking the right size plant for the available space will save you time and frustration having to prune the mature plant down in size.

No matter what plants you select, make sure to call 811 at least three business days before you begin planting. Wisconsin residents can also file online at www.wisconsin.gov.

DiggersHotline.com and gardeners in any other state can visit <https://call811.com/811-In-Your-State>. They will contact all the appropriate companies who will mark the location of their underground utilities in your designated work area. This free service can help reduce the risk of injury and the inconvenience of accidentally knocking out power, cable, or other utilities.

To remind everyone to call before digging, April has been designated Safe Digging Month. Please make contacting 811 part of your gardening plans and remind family and friends to do the same.

For more gardening information, register for Myers' free webinar "Understanding Gardening Basics to Boost Your Gardening Success" on March 29 at 6:30 p.m. The webinar is free, but registration is required. Just visit Myers' website www.MelindaMyers.com. If you can't attend the live webinar, a recording will be available to watch 24 hours after the live presentation.

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" DVD instant video series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Diggers Hotline to write this article. Myers' Web site is www.MelindaMyers.com.

LETTERS TO THE EDITOR

A legacy of forgiveness

To the Editor:

What I believe. Feel free to disagree. This is a good time to contemplate the meaning of Easter, April 9.

Have you taken a moment to consider that the Bible is the number one best seller worldwide? That it is relevant 2,000 years after the death of Christ? That Jesus came to heal not the healthy, but the sick?

That He came not to save the righteous, but sinners?

They have tried, but failed, to suppress Christianity. Fully two billion of the world's people are Christians. And growing in the most oppressed and suppressed areas of the world, such as Afghanistan.

Bibles are smuggled into Cuba, into China, and into areas of the world that can result in a death penalty for being a Christian. North Korea.

Why the death penalty? Why suppress it? Because Christianity is dangerous for Communism and Socialism and Marxism. But you will find God there.

Have you considered that we count our years in terms of the death of Christ? We live in 2023 the year of our Lord. Christ was born in One A.D. (Anno Domini, the year of our Lord). Ancient archeological sites are dated to 500 years before Christ. B.C. The Roman Empire dates from 625 B.C. (Before Christ) to 476 A.D.

Now the Woke have changed the suffix to CE (Common Era) instead of A.D., and to BCE (Before the Common Era) in substitution for B.C. (Before Christ). This is amusing because "they" are still counting from before the birth of Christ and after the birth of Christ. And this they did to be religiously neutral. And to avoid saying "in the year of the Lord" because the unavoidable implication is that the Lord

in question is, yes, Jesus Christ.

With that said, here are some of my favorite Bible verses:

"Here is a trust-worthy saying that deserves full acceptance. Christ came to save sinners, of whom I am the worst." — 1 Timothy 1:12-17, The Bible.

"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your paths." — Proverbs 3:5-6, The Bible.

"Jesus said: I am the way and the truth and the life. No one comes to the Father except through me." — John 14:6, The Bible.

How good do you have to be to get into heaven? Fifty-one percent good? Is 49.9 percent just shy of getting in? No, you just have to be sorry for your sin and ask Jesus to forgive you. Remember the murderer on the cross next to Jesus? He was a terrible person, and he knew it.

When the other criminal on the third cross insults Jesus, saying: "Aren't you the Messiah?! Save yourself and us!" the murderer says: "Don't you fear God since you are under the same sentence? We are justly punished, for we are getting what our deeds deserve. But this man has done nothing wrong."

He turned to Jesus and said: "Remember me when you come into your kingdom (acknowledging who Jesus was)" and Jesus promised him forgiveness and entry into paradise." — Luke 23:25-43, The Bible.

Eat, work, pray. Honor American Exceptionalism. It is the only antidote to crazy.

Signed, not perfect, just forgiven,
*Bev Gudanowski
Uxbridge*

"Splain it to me, Lucy..."

To the Editor:

As if John Cleese's admonition that "Stupid people are too stupid to realize just how stupid they are!" needed further corroboration, here are a few things that I learned by reading last week's Opinion column:

- I learned that 'freedom of thought' is somehow determinant when it comes to climate change. Every human being - except for those who have had a complete lobotomy - have 'freedom of thought,' or as anyone with knowledge of semantics understands it - the ability to think. It's nothing special, or radical, or even productive, as Cleese points out. In America, we also have 'freedom of expression,' which allows us to say aloud this 'thought,' for better or worse. We had an example of the latter in 'The real science behind climate change,' which contained no science at all, but implied that

we should just give up addressing the most dire situation facing the planet, because it hasn't been fixed by now. And Joe Biden, after two years in office, is to blame. All the money spent on achieving awareness, buy in, technical knowledge, planning and implementation has been wasted, because a problem that has taken 100 years to get to this level of pending doom, isn't solved by now. Fuggetaboutit! We should just continue to be held hostage to the fossil fuel industry, and the energy exporting countries like Russia, as Europe is being right now. What could possibly go wrong?

- I learned that Washington, D.C. and socialists came up with the idea that caused the SV Bank collapse. The bank actually collapsed because it was operating under the weakened Dodd-Frank bill that was gutted

Turn To **BEVILACQUA** page **A12**

Age can be an ally

I know a 92-year-old doctor who stays just as busy and motivated as a young man 60 years younger. He stays up late into the night writing research papers for publication. He's had many successful inventions and patents, continually working on new projects, and never thinks of his age as a hindrance to achieving his goals.

I've heard people say about him, "What does he have to prove? He should just retire!"

But the answer is clear - he simply cannot. Undeterred by the passing years, his spirit remains as youthful and exuberant as ever. He has a young mind!

As time marches on, we find ourselves grappling with the impact of age on our lives. Society conditions us that we should fear the passing years. Painting a picture of wrinkles, aches, and pains spelling the end of youth.

We hear people use their age as a reason they cannot live the life they want, "I'm too old! I can't do that. I'm barely holding on!"

But is age truly an enemy, or is it an ally? The answer lies in how we perceive our journey through life.

Look at the bright side of aging and recognize you've come a long way! You've journeyed far and wide, gathering a treasure trove of insight and strength and learning valuable skills and strategies. You're older; but you're also wiser. Wisdom is something that only time can bestow; embrace it.

You may have thought you were supposed to accomplish your dream when you were younger; but now you're older. Is the dream still waiting, calling for you to seize it? Now, you're better equipped and ready.

Just because our bodies have aged doesn't mean we have to be old in our thinking. Think of the doctor I mentioned above; he has a young mind and is still optimistic, passionately following his dreams, even after all these years.

The fact is, we can accomplish big things at any age.

A youthful mind has a sense of wonder and enthusiasm. A positive attitude is crucial for cultivating a young mind. How can you feel wonder and enthusiasm with-

POSITIVELY
SPEAKING
.....
TOBY
MOORE

out a positive mindset?

A youthful mind is continually growing and willing to learn. Have you stopped learning and growing? You must have a Growth Mindset. Embrace the idea that you can continuously learn, grow, and evolve; at any age!

A youthful mind is unafraid to take risks, embrace change, and chase its dreams. It sees challenges as opportunities to grow rather than roadblocks and, stays flexible, can always learn new things.

Keeping a youthful mind in your later years is key to accomplishing your dreams late in life.

One man's life was marked by a string of failures. He couldn't hold down a job, failed as a lawyer, and even attempted suicide but failed at that too. His dream of running a successful restaurant also fell through when it didn't take off.

At the age of 65, he felt alone and defeated, sitting down to write his will while dwelling on all his hardships.

But something rose inside of him, a flicker of hope, and he decided that he was going to make something of himself. He had a clear vision of franchising his chicken recipe, a plan to drive to as many restaurants as he could, live out of his car, clean up at gas stations, and live that lifestyle until he found a partner to franchise this new business.

With just \$105 from his first Social Security check, he traveled across the country, going from restaurant to restaurant, peddling his fried chicken technique in an attempt to sell his franchise.

After 1,000 failed attempts, he stayed focused, never losing sight of his goal. In time, Colonel Sanders found a partner. His restaurant was eventually almost worth \$1 billion - now world-famous Kentucky Fried Chicken.

As Sanders once said, "I just say that the moral of my life is don't quit at age 65; maybe your boat hasn't come in yet. Mine hadn't."

Remember that success is not just for young bodies but, more frequently, for those with young minds. And there is always time to chase your dreams. Keep pushing forward, keep trying, and never give up.

OBITUARIES

Sandra A. Berkowitz, 68

Northbridge- Sandra A. (Castell) Berkowitz, 68, of Benson Rd. passed away on Tues. March 21, 2023 after an illness.

She is survived by her husband of almost 50 years, John E. Berkowitz Sr., 3 children, Tina M. Berkowitz of Northbridge, John E. Berkowitz Jr. of Worcester, and Gary P. Berkowitz and his wife Jen of Uxbridge; 11 grandchildren, John Michael, Trevor, Katrina, Stephen, Mercedes, Christian, Hana, Kierra, Isabella and Aldea; great-grandchildren, Mayson, Toni, Bettylee, Abigail, and Alison; 2 step children, Brian Berkowitz of Davenport, FL and Brenda Juskavitch and her husband Robert of Worcester; 3 brothers, Michael J. Castell and his wife Maggie of Sutton, Brian J. Castell and his wife Deborah of Whitinsville, and Russell S. Castell of Worcester; and several nieces and nephews. She was predeceased by a grandson Dominic Berkowitz. Born in Worcester, MA on Nov. 2, 1954, she was the daughter of Henry J. "Hank" and



Mabel (Galvin) Castell, and lived in Northbridge most of her life.

A graduate of Northbridge High School, Sandra worked for Guilford's of Maine in Douglas and Walmart in Whitinsville. Previously she worked at the former Bungalow Restaurant in Northbridge. She retired in 2018. Quick witted, funny, and sometimes sarcastic, Sandy loved puzzles, ceramics, candles and gardening.

She was involved with the Wallum Lake Rod and Gun Club and was a member of Cornerstone Church in Uxbridge.

Her Memorial Funeral Service will be held on Fri. March 31 at 10 am in Cornerstone Church, 5 Hartford Ave. East, Uxbridge. Cremation burial will follow in St. Patrick's Cemetery. There are no calling hours. Memorial donations may be made to: The Cornerstone Church, 5 Hartford Ave. East, Uxbridge MA 01569. To leave a condolence message for her family please visit: www.jackmanfuneralhomes.com

Douglas- Sophie Y. (Furno) Bombara, 95

Douglas- Sophie Y. (Furno) Bombara, 95, formerly of Franklin St. passed away on Friday March 24, 2023 at Cornerstone Assisted Living in Milford after a period of declining health. She was married in 1948 to Andrew R. Bombara who died Nov. 1, 1986.

She is survived by her son Robert A. Bombara and his wife Patricia of Newton; her daughter Christine J. Quern and her husband Peter of Milford; 3 grandchildren Andrew M. Bombara, Jane A. Bombara, and James R. Bombara; and many nieces and nephews. She was sister of the late Lena M. Gouin, Mary Furno, Florence Demmons, John, Thomas, Florentine, Anthony, and Angelo Furno. Born in Douglas, MA on June 23, 1927, she was the daughter of Carmine and Frances (Sostanzo) Furno and lived in Douglas almost all her life.

Mrs. Bombara worked as a Spinner at the former Hayward Schuster Woolen Co. before her children were born and later as a Cafeteria Aide at the Douglas Elementary School when they were grown. She was a graduate of Douglas Memorial High School.

Always active, Sophie enjoyed working in her yard and was still cutting her own lawn well into her eighties. A great cook and baker, she made and gave away ginger-snap cookies to everyone she met. A longtime member of the Second Congregational Church, she



belonged to their Women's Federation and was involved in their Christmas Fair and Bake Sales. She also mended clothing and cooked Christmas and Thanksgiving meals for her siblings and other Douglas residents. Family was most important to Sophie. She enjoyed many dinners with her husband at the former Cocke & Kettle restaurant and fishing with him on Bad Luck

Pond and off the Causeway at the Reservoir before they purchased their camp on the Res. Along with Andy, she loved to entertain and many Sunday afternoons at "The Camp" were spent having cook-outs with her extended family. She loved being a mother, was proud of her kids but absolutely adored her grandchildren. She loved when they slept over and used the time for baking and sewing lessons. She didn't even mind when one of her little angels turned the speed to full on the mixer and covered her kitchen walls with cookie batter!

Her Funeral Service was held Wed. Mar 29 at 11am in Jackman Funeral Home, 7 Mechanic St. Douglas. Burial will follow in Evergreen Cemetery. Calling hours at the funeral home were Tues. Mar 28 from 4 to 7 pm. Memorial donations may be made to the Second Congregational Church of Douglas, P.O. Box 492 Douglas, MA 01516.

To leave a condolence message for her family please visit www.jackmanfuneralhomes.com

CLEANUP

continued from page A1

"This festival will celebrate what is local, sustainable, and environmentally conscious," event organizers said. "Our mission is to engage community members of all ages in a fun, educational atmosphere that emphasizes the beauty and health of our world."

In Douglas, the April 22 cleanup is scheduled from 8 a.m. - 2 p.m. Participants are asked to pick up supplies at the highway garage on Route 16, according to the National Heritage Corridor's information.

The Grafton cleanup is from 9 a.m. to noon; participants are asked to meet at the Town Common.

"This is a great way to come together for the good of our community," the Grafton Garden Club shared. "Create a team and clean up a neighborhood. Help beautify your own yard with a free tree sapling donated by the Grafton DPW."

Additionally on Saturday, April 22, the Manchaug Pond Foundation is hosting its annual Spring Lake & Watershed cleanup

in Sutton from 9 a.m. - noon. Participants should meet at the public access boat ramp at 22 Torrey Road.

"Volunteers are needed to canvas the lake shoreline, public boat ramp, and watershed to remove litter and other potential threats to water quality," the Manchaug Pond Foundation shared.

And Sunday, April 23, is Park Serve Day at the Upton State Forest in Upton. The event is from 9 a.m. - noon and will include raking, planting, spreading mulch, and more.

For more information, visit blackstoneheritagecorridor.org.

MUSTARD

continued from page A1

get rid of them," he explains.

Volunteers can join Gniadek to learn about these types of invasive plant species with on-site examples, a little science behind this specific invader, and its potential impacts while hand-pulling mature adults and first-year sprouts from the ground to stop seed production and protect both the MLT pollinator meadow project and forest understory.

"Most of these types of plants do well in disturbed soil and full sun," explains Gniadek. "But Garlic Mustard isn't picky. It doesn't discriminate as it takes available and/or creates space where beneficial, native Massachusetts plants are already living. Thankfully, anyone of any age can very simply help stop their spread."

Join us! Local community members, high school students, and town residents

interested in learning more about environmental science, botany, conservation, or who want to just get outdoors and lend a helping hand are all welcome to help MLT tackle these cleaning and maintenance projects.

Sign-up is limited to a maximum of 20 people, ages 12 and over. Please dress appropriately for working/walking along trails and handling dirt and debris, weather permitting. Volunteers are encouraged to bring their own work gloves, rakes, handsaws or pruners, however MLT can provide gloves as needed. Refreshments will also be provided.

Register yourself or your group by calling or emailing Steven Gniadek by Saturday, April 22 and get in on the action.

Contact: Steven Gniadek, Board of Directors and Stewardship Committee, (774) 670-3822, steven.gniadek@metacomelandtrust.org.

About MLT

Established in 1988, Metacomeland Trust is a non-profit conservation orga-

nization dedicated to the protection of open space and natural resources in South Central Massachusetts.

MLT works in the communities of Bellingham, Blackstone, Douglas, Franklin, Mendon, Millbury, Millville, Northbridge, Norfolk, Upton, Uxbridge, Sutton, and Wrentham. Working with landowners, municipal and state governments, and other conservation organizations, Metacomeland has helped to protect open space and wildlife habitats throughout the region. Currently, they own 669 acres of open space, protect 352 acres of privately owned land through permanent conservation restrictions, and have assisted in the conservation of another 900 acres—land that is now town open space, state parks and forests, and state wildlife management areas.

Learn more and get involved at metacomelandtrust.org, or follow them on Facebook.

UMA
FUNERAL HOMES
Uxbridge • Whitinsville • Milford
www.bumafuneralhome.com

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. W023C0132CA
CITATION ON PETITION TO CHANGE NAME
In the matter of:
Lorelai Aubrie Joworski
A Petition to Change Name of Minor has been filed by **Lorelai Aubrie Joworski of Whitinsville MA** requesting that the court enter a Decree changing their name to:
Lorelai Aubrie Truscott
IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at:
Worcester Probate and Family Court before 10:00 a.m. on the return day of 04/18/2023.
This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: March 16, 2023
Stephanie K. Fattman
Register of Probate
March 31, 2023

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. W023P0880EA
Estate of:
Richard Gene Smith
Also Known As:
Richard G. Smith
Date of Death: February 12, 2023
INFORMAL PROBATE PUBLICATION NOTICE
To all persons interested in the above-captioned estate by Petition of Petitioner
Stuart G Smith of Houston TX
a will has been admitted to informal probate.

Stuart G Smith of Houston TX
has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
March 31, 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 belonging, 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, Whittin 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

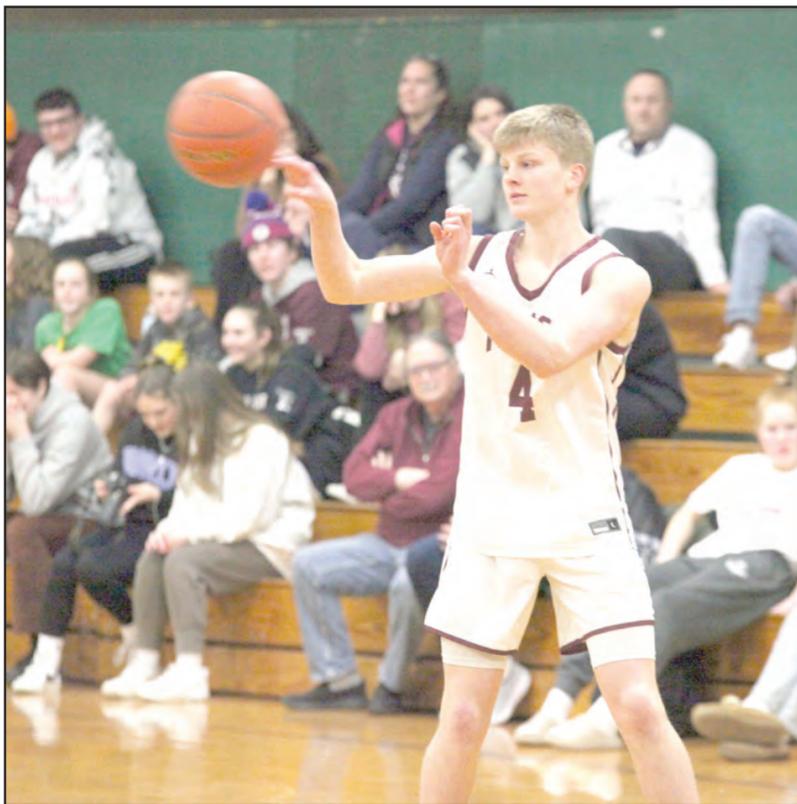
SPORTS

Southern Worcester County League's best entertain at All-Star games



Nick Ethier

Uxbridge's Kate Cahill



Nick Ethier

Northbridge's Tim Labrie



Nick Ethier

Ethan McCusker of Uxbridge



Nick Ethier

Uxbridge's Drew Gniadek

WEBSTER — On Thursday, March 16, the Southern Worcester County League's best basketball players were all under one roof, as Bartlett High hosted the girls' and boys' All-Star Games.

The girls were up first. The teams were divided into two teams: the Home Whites and Away Darks. The home team consisted of players from Leicester High, Millbury High, Auburn High, Bartlett High, Northbridge High and Uxbridge High, and were co-coached by Leicester's Chris Barry and Millbury's Steve Reno. The away team consisted of players from Tantasqua Regional, Grafton High, Quaboag Regional, Southbridge High, Oxford High and David Prouty Regional, and were co-coached by Tantasqua's Andy Haley and Quaboag's Bill Beaugard.

The Home Whites jumped out to a 17-5 lead after the first quarter of play, led 25-13 at halftime, increased the advantage to 45-24 through three and finished off a 63-40 decision. For the second straight year, Auburn's Hanorah Murphy was named the Game MVP.

The following players made up the All-Star Teams:

- Home Whites
 Sarah O'Connor, Leicester
 Ashleigh Lagor, Millbury
 Bianca Vincequere, Millbury (Did Not Play)
 Mila Nikiforow, Millbury
 Hanorah Murphy, Auburn
 Bella Doyle, Auburn
 Lily C'Miel, Auburn, (DNP)
 Tiffany Salazar, Bartlett
 Molly Gahan, Northbridge (DNP)
 Melissa Sabourin, Northbridge (DNP)
 Ryleigh Johnson, Northbridge (DNP)
 Grace Orr, Uxbridge (DNP)
 Kate Cahill, Uxbridge
 Natalie Orr, Uxbridge

Away Darks
 Gabby Scanlon, Tantasqua
 Kelsie Wotton, Tantasqua (DNP)
 Maeve Early, Tantasqua
 Nicki Vejack, Tantasqua
 Gracyn Barnes, Grafton
 Ella Molinari, Grafton (DNP)
 Camryn Mulligan, Grafton
 McKenzie Anderson, Grafton
 Kiara Gauthier, Quaboag
 Parker Tunley, Quaboag
 Evelyn Doe, Quaboag
 Jaimarys Oquendo, Southbridge
 Alexis Steiger, Oxford
 Lindsey Soter, David Prouty (DNP)

The boys' game was up next, and the Home Whites had student-athletes from David Prouty (although those players did not participate since they had the Division 5 State Championship to play two days later), Grafton, Bartlett, Uxbridge, Leicester, Northbridge and Oxford, and were coached by Oxford's Dave Aldrich. The Away Dark players were from Millbury, Auburn, Quaboag, Southbridge and Tantasqua, and were coached by Millbury's Jim Donnelly.

The Away Darks led at all the stops — 26-14 after one quarter, 45-42 at halftime, 59-58 through three and 85-75 at the final — although the Home Whites were close throughout. Kenny Donnelly of Millbury was the Game MVP.

The following players made up the All-Star teams:

- Home Whites
 Braeden White, David Prouty (DNP)
 Cam Hoekstra, David Prouty (DNP)
 Alec Fournier, David Prouty (DNP)
 Jay Jay Neiray, David Prouty (DNP)
 Ethan McInerney, Grafton
 Liam Donagher, Grafton
 Xander Schelling, Grafton
 Ethan Minarik, Bartlett
 Ayden Carlson, Bartlett
 Drew Gniadek, Uxbridge
 Ethan McCusker, Uxbridge



Nick Ethier

Natalie Orr of Uxbridge

- Colin Spencer, Uxbridge
 Matt Dizenzo, Leicester (DNP)
 Ian Gahan, Northbridge (DNP)
 Tim Labrie, Northbridge
 Brady Margoupis, Oxford
 Evan Remington, Oxford
 Away Darks
 Lucas Friedman, Millbury
 Kenny Donnelly, Millbury
 Anthony Phillippo, Millbury

- Tyler Vaccaro, Millbury
 Jordan McFadden, Auburn
 Logan Bostock, Auburn (DNP)
 Drew Martinez, Quaboag (DNP)
 Chase Potvin, Quaboag
 Michael Cook-Ramos, Southbridge
 Colm McGrath, Tantasqua
 Bryce Tessier, Tantasqua
 Adam Howe, Tantasqua

Discern'd Cannabis Purveyors carries line of Made By Rebelle accessory items

GRAFTON — Discern'd Cannabis Purveyors—a recently opened retail operator committed to educating adult consumers about the benefits of cannabis—has partnered with Great Barrington-based Rebelle to sell cannabis-related fashion accessories.

Sold under the Made By Rebelle brand, the featured items available at DCP's store location include handmade travel kits, smell-proof artisan-leather wallets and stylish fanny packs. Two of the most popular accessories are the Jerry Bag and Jimi Bag, part of the brand's Rock and Roll Collection. Each of these items—exquisitely crafted for stylish design and everyday durability—enables the discreet possession of cannabis personals.

"Being extremely mobile, today's cannabis consumers require practical yet fashionable travel accessories," states Discern'd HR Director & General Manager Erin Luna. "The Made By Rebelle brand epitomizes style and luxury while maximizing utility. These fashion items are just an additional way that DCP is helping our customers adopt a safe and enjoyable lifestyle as cannabis consumers."

Discern'd Cannabis Purveyors recently opened its cannabis retail dispensary, conveniently located in Grafton.

About Discern'd Cannabis Purveyors

Located off Massachusetts Turnpike exit 96 (Millbury/Route 122) in Grafton, Discern'd Cannabis



Purveyors occupies 2,383 square feet of interior space at the rear of a two-story building. To help mitigate traffic congestion, there are parking spaces for more than three times the anticipated volume of customers. For more information, contact Allan Villatoro at info@discerndcannabis.com. All products sold by Discern'd

Cannabis Purveyors shall bear the following text as required by 935 CMR 500.105(4)(a)(8): This product has not been analyzed or approved by the Food and Drug Administration (FDA). There is limited information on the side effects of using this product, and there may be associated health risks. Marijuana use during pregnancy and breast-feeding may pose potential harms. It is against the law to drive or operate machinery when under the influence of this product. Keep this product away from children. There may be health risks associated with consumption of this product. Marijuana can impair concentration, coordination, and judgment. The impairment effects of Edibles may be delayed by two hours or more. In case of accidental ingestion, contact poison control hotline 1-800-222-1222 or 9-1-1. This product may be illegal outside of Massachusetts.

Dina of S.C.E. Real Estate is your SRES® Senior Real Estate Specialist



DOUGLAS — Dina of S.C.E. Real Estate located in Douglas has earned the nationally recognized Seniors Real Estate Specialist® designation from the SRES® Council of the National Association of REALTORS®.

What is an SRES®?

A Seniors Real Estate Specialist® (SRES®) is a real estate agent who is uniquely qualified to assist home buyers and sellers ages 50 and up.

The SRES® designation is awarded only to real estate agents who have additional education on how to help seniors and their families with later-in-life real estate transactions.

SRES® designees also draw upon the expertise of a network of specialists, such as estate planners, CPAs, and eldercare lawyers, and are familiar with local community resources and services. Their mission is to help seniors and their families navigate the maze of financial, legal and emotional issues that accompany the sale of the home and assist Boomers in relocating to the home of their future.

By partnering with an SRES® like Dina during your new home search or sale, you'll gain the help and expertise of a REALTOR® specialized in meeting the needs of home buyers and sellers ages 50 and older. She has both the education and real

estate experience to serve as your trusted advisor through the unique financial and lifestyle transitions involved in relocating or selling your family home.

Dina is also a member of the Massachusetts Association of REALTORS®, and she is a Certified Pricing Strategy Advisor (PSA) this is a certification in pricing properties, creating Custom Market Analysis, working with appraisers, and guiding clients through the anxieties and misperceptions they often have about home values.

Her ultimate goal for each of her clients is to be right by their side in their real estate journey, empowering them with knowledge and care that their best interest is always at the forefront. Born and raised in Milford, Dina has extensive knowledge of these areas and their surrounding towns. Dina holds over a decade of customer service experience and understands the importance of forming deep connections while listening to the wants and needs of her clients. In her spare time she enjoys traveling to Cape Cod and South Carolina with her beautiful family, and their two miniature dachshunds.

For more information, call 508-476-5484 ask for Dina or visit sce-realestate.com. S.C.E. Real Estate office located at 295 Main St., Douglas.

Volunteers needed to deliver meals to seniors

UXBRIDGE — Meals on Wheels volunteers are needed to help pack and deliver meals to seniors in Uxbridge. Meals are packed and delivered out of the Uxbridge Nutrition Site at the Uxbridge Faith Fellowship Church in Uxbridge.

All volunteers receive training and drivers are eligible for travel reimbursement at a per mile rate. Anyone who can give as little as two hours per week of their time to help with this important task is asked to call Beverly Clark, Uxbridge Site Manager at 774-482-6174.

Tri-Valley, Inc. is a private, non-profit agency providing

in-home and community based services in 25 towns in south central Massachusetts. The agency receives funding from the Commonwealth of Massachusetts through the Executive Office of Elder Affairs and Federal financial support under the Older Americans Act furnished by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Funds are also received from other public and private sources.

For information about services, call Tri-Valley's free Helpline at 1-800-286-6640.

Kaylie Gonya earns Problem Solving Six Sigma certification

NEWTON — Kaylie Gonya, an Uxbridge resident studying Event Management at Lasell University, recently earned a Problem Solving Six Sigma Yellow Belt Certification.

Assistant Professor Siddharth Mobar, a hospitality and event management expert, provided the certification opportunity in his hospitality capstone course.

"Six Sigma certifications elevate a student's professional marketability and exemplifies additional knowledge of being a problem solver," said Mobar. "The students are prepared to be change agents within their

organizations and can lead efforts to improve processes, deliver quality to customers, and achieve operational excellence."

The certifying agency, GoLeanSixSigma.com, uses immersive virtual training experiences to improve problem-solving skills. Forbes, Amazon, Tesla, and Disney are among the many companies who utilize the agency.

For more information contact: Samantha Mocle, assistant director of communications, at (617) 243-2386, or smocle@lasell.edu

Justin Medeiros named to Head of School Scholar Honors List at Pomfret School

POMFRET, Conn. — Justin Medeiros of Douglas, from the Class of 2023, was named to the Winter 2022-2023 Head of School Scholar Honors list at Pomfret School. To achieve this level of distinction, Justin earned a grade point average of at least 4.00 and received no grade lower than an A-.

Founded in 1894, Pomfret School is an independent coeducational col-

lege preparatory boarding and day school for 350 students in grades 9 through 12 and postgraduates. Set on a stunning 500-acre campus in Northeastern Connecticut, Pomfret empowers students to pursue lives of purpose and meaning by inspiring the next generation of change makers and problem solvers.

Learn more at www.pomfret.org.



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WEBSTER - LAND WINDY RIDGE RD
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WEBSTER - 17 ASSELIN AVENUE
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WEBSTER - 17 ASSELIN AVENUE
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WOODSTOCK - 4 BARBER RD
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Webster Lake 13 Loveland Rd
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Webster Lake 27 South Point Road
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Webster Lake 13 Bates Point Road
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'Take action' to prevent encounters with black bears

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — Black bears are emerging from their winter dens and searching for food, and wildlife experts are asking residents to take precautions that will keep the bears wild and out of neighborhoods.

"You can help keep bears wild by taking down bird feeders, feeding pets indoors, and securing garbage and compost," the state's Division of Fisheries and Wildlife (MassWildlife) released. "If you own backyard chickens or bees, an electric fence is a must."

March is the month when hungry bears "emerge from their winter dens and seek out food," MassWildlife officials said, adding that residents who live in northern Middlesex County, Worcester County, western Massachusetts, or other areas where bears have been spotted could be impacted.

"Natural foods such as acorns and other nuts are usually available on the ground, but last year's fall hard mast crop was meager. Bears will often ignore seasonally available natural foods including skunk cabbage in favor of an easy meal at a backyard bird feeder," MassWildlife released.

Other species, including wild turkeys and coyotes, may also frequent bird feeders leading to "a variety of nuisance issues." To avoid these problems, MassWildlife is asking property owners to "be proactive by removing bird feeders and other potential food sources including gar-



bage or open compost."

For residents who enjoy watching birds in their yard, MassWildlife suggested adding a water feature or growing native plants, shrubs, and trees to attract birds. Also, a properly-maintained electric fence is the "only way to protect chickens or bee hives from bears."

"Taking these actions may prevent the unnatural feeding of bears and other kinds of neighborhood wild-

life," the organization added.

According to information from the Blackstone River Valley National Heritage Corridor, the black bear is one of the biggest animals in the Blackstone Valley; an adult can be six-feet tall and weigh anywhere from 200 to 600 pounds, the organization shared.

"It is a forest critter, but sometimes we see it in our neighborhoods," the Blackstone River Valley National Heritage Corridor said. "They visit because the forests are getting smaller, forcing the black bears into places where people live."

Black bears are not always black, according to the information; they can be various shades of brown, from mahogany to cinnamon. There are "at least 4,500 black bears" in Massachusetts, according to reports, and their range is expanding eastward.

"Take action by educating yourself and your neighbors about proactive measures to avoid conflicts with bears," the organization added.

For more information about black bears in Massachusetts, visit mass.gov/bears.

SUTTON

continued from page A8

the slave trade and of the institution of slavery. William Wilberforce, a member of the House of Commons in Great Britain, led the efforts to end this hideous practice, and England ended the slave trade in 1808 and slavery itself, in all its possessions, in 1833. In 1772, the Virginia House of Burgesses (the colonial governing body) petitioned King George to stop the importation of Africans into the colonies because they knew how dreadful slavery was, and what the harmful effects would be, both to those enslaved and to those who enslaved them. In Virginia, Thomas Jefferson introduced a Virginia law 1778 prohibiting the importation of enslaved Africans. Then, in 1784, he proposed a ban on slavery in the Northwest Territory, new lands ceded by the British in 1783 and to which Virginia had the greatest claim, given its colonial charter. Jefferson and the rest of the Congress (operating under the Articles of Confederation) outlawed slavery north of the Ohio River, and the five states that came out of the Northwest Territory entered the Union as free states.

Many of those who wrote the Constitution were men who held enslaved people, but they knew that the institution of slavery was wrong, and wrote into the Constitution that a law could be passed to end the importation of enslaved persons, a law that was passed as soon as it was

constitutionally possible, in 1808. They did not know how to get rid of the institution of slavery, because it was woven so deeply into the economic realities of life at the time, but they wanted to end it as a dreadful, inhuman institution.

There are many other facts of history I could cite; I have no fear of the facts of history. What I am deeply concerned about, however, is interpreting those facts through a lens designed to force people into competing groups, never able to live together in peace because they are always being taught of their grievances or their guilt, with solutions being given for those grievances which would totally disrupt and destroy freedom and the rule of law as a constitutional republic. Our society certainly has many troubles, ethnic prejudices, and ethnic conflicts, but the solution is not force people into groups constantly at war with one another, but for each of us, knowing ourselves to be limited and fallible human beings, to seek to understand those around us as fellow strugglers on the path of life, and to acquaint ourselves with the full range of history, as interpreted by the methods, used for centuries, of rational inquiry and a judicious weighing of the evidence, so that, in the end, the motto of the United States, e pluribus unum ("out of many, one") will become more and more a reality.

Charles Sutton
Uxbridge

BEVILACQUA

continued from page A9

during the Trump administration. 'Gutted' probably sounds familiar to the people in Ohio. These ne'er-do-wells also came up with the idea to save SV Bank, when, in reality, they only saved the depositors in said bank. Just a minor misrepresentation. The bank itself is gone, having had its assets sold to the highest bidder. Why should the 'wealthy, beautiful people who ran the bank' go to jail? They only did what the Trump administration allowed. Oops, I forgot, it was the Friends of Biden!

- I learned that there was a contest to see how many times the word 'woke' could be flogged, out of context, in a diatribe of 500 word or less. And there is a local winner!

- I learned that because the time has come to be honest about our racial history, it is 'not okay' to be white. As a Sicilian, does that include me?

- I learned that, with enough effort, someone could imagine a salvation story for Adolph Hitler that paralleled the story of what black people had to endure before achieving equality in this country. Speaking

of 'woke-stupid!' I refer back to the John Cleese quote.

- I learned that we have a Chinese 'influencer' living in our midst. He has even divined a better way to distribute fortune cookie 'philosophy' to those of us starved for enlightenment.

- I learned that Eisenhower admired Robert E. Lee despite the fact that Lee was pro-slavery and was willing to destroy the country to protect the right to own slaves. I don't know what to say about this, other than no man is perfect. I believe that history has proven Lee a secessionist, and Eisenhower's esteem to be misplaced. Since Ike helped save America from that 'woefully oppressed man' Adolph Hitler, I can cut him some slack.

- I learned that quoting Scripture somehow gives credence to sheer nonsense, so here is my contribution: "You are a fluke of the Universe. You have no right to be here. And believe it or not, the Universe is laughing behind your back." — "Deteriorata," Harvard National Lampoon, verse 27.

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BVT students earn 104 SkillsUSA medals at District V Competition

UPTON — Blackstone Valley Regional Vocational Technical High School students had an opportunity to test their vocational-technical competency by competing with other trained career and technical education students from six vocational high schools during the first of three SkillsUSA competitions. On March 20, 223 BVT stu-



dents competed in the annual SkillsUSA Massachusetts District V Competition with outstanding outcomes. The competition allows stu-

dents to demonstrate their vocational-technical education, skills, and knowledge with SkillsUSA employment and trade tests. Successfully demonstrating their knowledge in their career technical area of study, employability skills, and safety, student-competitors from BVT proudly claimed 37 gold, 37 silver, 30 bronze medals and swept 11 categories.

A total of 83 students will advance from districts to compete amongst the most talented vocational-technical students in the Commonwealth at the SkillsUSA Massachusetts State competition held at BVT in late April. An additional 35 students will go directly to the state competition, and 25 student delegates will represent BVT. The complete list of medalists is available at www.valleytech.k12.ma.us/skillsusa.

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