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Friday, October 9, 2020

Online auction underway to benefit Douglas library

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — Bidding has begun for the online auction benefitting the Simon Fairfield Public Library in Douglas.

The Friends of the Library have worked diligently to plan and host the first-ever event, which hopes to raise donations for the library's interest-bearing building fund.

"There are over 200 things available to bid on at this point," said Library Director Justin Snook. "Please help spread the word. You don't have to live in Douglas to bid—you just have to be able to come to the Library and pick up your loot if you win."

Bidding began on Oct. 3 and goes through the fourteenth, according to the Friends. All proceeds earned from this auction will be deposited in the library's interest-bearing building fund, reserved for making the library accessible to all patrons, regardless of age or ability. The library has a \$400,000 goal for this



fund.

"A donation or bid on any of these items is an investment in a future where the Library has an entrance that is acces-

sible, code-compliant paved parking, an elevator to provide access to both floors, and an accessible public restroom," Snook said.

These items can be accomplished with "minimal alteration and invasion of the library's existing space," according to Snook.

"Preliminary discussions with a joint subcommittee of Library trustees and BFCC committee members esti-

mate—and this is a very loose, wildly preliminary estimate—that this will be somewhere around a \$500,000 project," he said. "What we want to avoid at all costs is a situation in which a significant amount of money is spent to go through planning and proposal processes with no end-game funding strategy besides a debt exclusion article on the ballot."

Snook said he strongly advocates that the library collects enough capital to see the project through before committing further funds to planning and design.

"Once we have enough funds to reasonably guarantee the project will reach fruition, we can proceed with confidence that resources are going to a good use instead of out the window," he added.

This is a no reserve auction, which means that as long as the starting bid is met, the item will sell, an auction description said. During the auction, bidders can increase their bid amount at any time. Bids cannot be decreased or removed.

Local police departments participate in Pink Patch Project

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — October is breast cancer awareness month, and several local police agencies have joined more than 500 others nationwide to bring awareness to the fight against breast cancer.

"We are excited to announce we have joined more than 500 agencies nationwide in participating with the Pink Patch Project," the Northbridge Police Department released.

The project originated in 2013 with the Seal Beach Police Department in Southern California, who wore pink patches on their uniforms during Breast Cancer Awareness Month.

The Pink Patch Project is "an innovative public awareness campaign to bring attention to the fight against breast cancer and to support breast cancer research organizations in combating this devastating disease," according to the project's Web site, pinkpatchproject.com.

"At the Pink Patch Project, we have the simple goal of increasing awareness about the life-saving benefits of early detection and early intervention in the fight against breast cancer. In addition to our public education efforts, we have the added goal of raising funds from the sale of Pink Patch Project patches and other items to go directly to fund the research, treatment and education needed to help find a cure."

The program centers on vibrant pink versions of the public safety employee's uniform patch. These bright pink patches have been specially designed by each participating agency specifically for their Pink Patch Project participation, according to the project. Public safety employees at each of the participating agencies wear their pink patches on their regular duty uniforms each year for the entire month of October.

"The pink patches are intended to stimulate conversation with the community and to encourage public awareness about the importance of early detection and the on-going fight against this disease."

The Northbridge department will be selling pink patches for \$10—all monies collected will be donated to a breast cancer charity or for research, the department reported.

"The Northbridge Police Association has agreed to match what is raised up to \$1,000," they said. "If you know someone who collects police patches these would be a great addition to their collection."

Sutton, Upton, Uxbridge, Northbridge, and Grafton will also participate in the project. Massachusetts is second only to California with 104 police agencies participating.

Holy Cross rowing star to be honored with new building at Our Lady of the Valley

UXBRIDGE — The elementary school alma mater of fallen College of the Holy Cross rower, Grace Rett, has announced plans to build and dedicate a brand new athletic and education facility in memory of the Uxbridge native.

A 2014 graduate of Our Lady of the Valley Regional School (OLV), Rett attended OLV from kindergarten through eighth grade. After OLV, Rett attended Marianapolis Preparatory School followed by the College of the Holy Cross. On

Wednesday, Jan. 15, Rett died when her team's van was in a tragic accident while on a training trip with the Holy Cross Women's rowing team—one day after celebrating her 20th birthday.

Though committed to educating the full student – in mind, body and spirit – OLV does not have an existing gymnasium or any dedicated indoor recreational space. Students are currently bussed, at great expense, to borrowed gyms for physical education classes or interscholastic athletics.

"Those who were close to Grace know that she

frequently said, 'If I ever have enough money, one day I would like to build a gym for OLV,'" said Grace's parents, Mary Jo and Chris Rett. "Grace believed in the mission of OLV and the community that it represents. She was a young woman strongly rooted in her Catholic faith and a talented student athlete who used her compassion and contagious energy to enrich the lives of those who knew her. We pray that Grace's presence and legacy will live on through future OLV generations through a project of which she would be

deeply proud."

Named the Grace Rett Athletic Complex and Education (G.R.A.C.E.) Center, the 7500 square foot facility will feature a high school sized basketball court; 75 bleacher seats; two indoor classrooms; green space for outdoor classes; a welcoming foyer; bathrooms; storage space; and concession area. Approximately \$2.2 million of the \$3 million needed to design and construct the state-of-the-art facility has been fundraised by the OLV and St. Mary's Parish communities to date, but

Turn To **RETT** page **A7**

Victim identified in Sutton excavator accident

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

SUTTON — Sutton resident Sten Brote has been identified by authorities as the victim who died in a recent excavator accident at his Leland Hill Road property.

"It is with a heavy heart that we offer the family and friends our deepest condolences," the Sutton Fire Department released in a statement.

According to the department, the Fire Chief, Duty Crew with Rescue 1, Special Operations Vehicle and Technical Rescue Trailer, the Sutton Police Department, and Medstar Sutton ALS were dispatched to Leland Hill Road on September 29 for a report of an excavator roll over with one male trapped underneath down "an approximate 40-foot embankment."

"Chief Belsito, without hesitation, activated the District 7 Technical Rescue Team. Members from Worcester Fire with Worcester's Rescue and



Special Ops, Auburn Fire with Auburn's Rescue, Oxford Fire, Southbridge Fire, Northbridge Fire, Dudley Fire, Webster Fire with Webster Heavy Rescue, Uxbridge Fire, and Charlton Fire responded," the department reported.

Due to the complexity of the incident, additional responding agencies included the Massachusetts State

Police, Medstar Car 4, Medstar Grafton ALS, Leicester EMS, District 7 Field Communication Units 1 and 2, Direnzo's Towing, as well as the Town of Millbury and Town of Grafton Light Towers.

"It was a delicate and time-consuming operation. However, thanks to the highly trained professionals on scene, we were able to safely negotiate

the terrain, to secure and extricate, and to mitigate the hazards at the scene."

Brote owned and operated his own truck and auto repair service for over 40 years, according to an online obituary. He was an "avid antique engine collector and a member of the Central Massachusetts Steam, Gas & Machinery Association."

Turn To **ACCIDENT** page **A7**

YOUR TEETH MATTER

OCTOBER IS NATIONAL DENTAL HYGIENE MONTH!

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Good dental hygiene is very important to overall good health.

No need to fear root canals

Procrastinating in regard to maintaining teeth and gums can prove harmful. Regular dental checkups and cleanings can reduce discomfort and expose conditions before they become especially problematic.

Root canal is one treatment men and women fear when going to the dentist. But root canals are often less painful than the symptoms that require they be performed.

A root canal is an endodontic therapy that can treat and save teeth. The American Association of Endodontists says root canal treats inflammation or infection in the roots of a tooth. This procedure enables dentists to save a tooth rather than extract it.

WebMD explains that, during a root canal, the nerve and pulp of the tooth are removed from the inside. If the tooth's nerve or pulp chamber is damaged, it can eventually break down and bacteria can begin to form within. The most common causes of pulp inflammation or infection are a cracked or chipped tooth, a deep cavity or filling, or another serious injury to the tooth. All of these can allow bacteria to enter the pulp. Debris and bacteria can lead to infection or an abscessed tooth. Abscesses can form at the ends of the tooth roots. Swelling, pain, bone loss, and drainage into the gums may occur if a root canal is not performed.

The AAE says that people may avoid root canal treatment because they fear it is too painful. However, with modern technology and anesthetic medications, the pain that results from root canal is on par with having a cavity filled. Damaged tissues in the tooth and the severe toothache that ensues if root canal is not performed is generally much more severe than anything that occurs during the procedure.

Patients who are worried about discomfort can speak with their dentists about pain management. In addition to anesthetic injections, some dentists specialize in medical sedation that can further calm patients' nerves during procedures.

The American Dental Association says this is what people can expect during a root canal.

- The tooth is numbed for comfort.
- A thin sheet of latex rubber is placed over the tooth to keep it dry, and an opening is made through the crown of the tooth.
- The nerve or pulp is removed. The excavated canal is then cleaned and shaped.
- Medicine may be placed in the pulp chamber to deter bacterial growth.



• The root canal is then filled with a rubber-like material to seal it. A metal or plastic rod or post may be placed in the canal to help retain the filling material so it can properly support the tooth.

• A temporary filling is placed in the tooth. During a subsequent treatment, the temporary filling will be replaced with a permanent crown or filling.

Root canals are nothing to fear. Such procedures are routine and generally produce little to no pain.

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Did you know?

According to the U.S. Centers for Disease Control and Prevention, dental caries, or tooth decay, is five times more common than asthma and seven times more common than hay fever in children. The American Academy of Pediatrics notes that children with dental caries in their baby teeth are at much greater risk for cavities in their adult teeth. Fluoride is a naturally occurring mineral that can strengthen tooth enamel and make it more resistant to the acids that can contribute to tooth decay. Parents, even those whose children do not yet have any teeth, can discuss fluoride drops or chewable fluoride tablets with their youngsters' pediatricians. The CDC notes that more than 40 percent of children have tooth decay before reaching kindergarten, but dental caries is often preventable. Parents who are diligent about their children's oral care and mindful of potential problems, such as stains on the teeth, can reduce their sons' and daughters' risk of tooth decay.

[www.Stonebridge Press.com](http://www.StonebridgePress.com)

Small Stones Festival presents marketing workshop for artists

GRAFTON — Small Stones Festival of the Arts invites artists, photographers and the public to a free Zoom online workshop, Basics of Marketing for Artists Oct. 21, 7 p.m. at smallstonesfestival.org presented by Donna Dufault and Scott Erb, of Erb/Dufault Photography.

Are you ready to share your body of work with the world and start cultivating a following? Is it time to get your artwork into a gallery and sell online? This hour and half presentation will cover the basics of marketing your art/photography and provide an outline for a plan for you to think about marketing your work and yourself in a professional way. We will discuss presentation tools, websites, portfolios, putting together and promoting your own exhibitions. The presenters will provide lots of information and a resource list to help you explore more options and start putting your marketing goals into practice.

“The workshop will emphasize how to get your artwork and yourself organized, so artists may be ready for anything,” explained Donna Dufault. “Artists need to market themselves broadly, learn where and how to find opportunities to share their work and get as many eyes on their art as possible,” Ms. Dufault said.

Ms. Dufault and Mr. Erb focus on advertising, editorial, commercial portraiture and product photography with a specialization in food, restaurant and hospitality clients. Both have a passion for creating and showing their fine art photography, and have many years’

experience in displaying their work in galleries, museums and group shows, as well as jurying and judging art and photography exhibits. Together the duo are creative photographers who have more than two decades of experience working in the photography industry. Erb/Dufault Photography is located in Worcester.

The seminar is part of this year’s free Small Stones Festival of the Arts – COVID-19 Edition, a virtual fine art and photography exhibit and music program newly envisioned to comply with pandemic safety requirements. The month-long Festival opens Oct. 1 with a free online open exhibit. Additional events include distinguished juror talks, an awards ceremony, a concert with acclaimed conductor and pianist Stephen Drury and talks by several of the exhibit’s artists and photographers.

The Festival debuted in 2018 as a collaboration of three regional arts associations – Apple Tree Arts, the Worcester County Camera Club and the Blackstone Valley Art Association.

A panel of six distinguished jurors have curated the show. The fine art painting and drawing category is juried by Jim Welu, former director and curator of WAM; Michael Graves, a nationally award-winning plein-air artist; and Charlotte Wharton, a highly-accomplished portrait and landscape artist. Photography category jurors include Nancy Burns, associate curator of prints, drawings and paintings of WAM; Ron Rosenstock, renowned nature and travel photographer and Clark University professor Stephen



Donna Dufault and Scott Erb

DiRado who has over 40 years’ experience in documentary photography, film making and conceptual art.

The mission of the Small Stones Festival of the Arts is to elevate the practice and appreciation of fine art and photography in the Blackstone Valley and beyond. The Festival is now under the aegis of a new sponsor, Grafton Arts, Inc., a newly formed nonprofit organization. The festival’s printed catalogue will be on sale after Oct. 23. For more information, visit <https://smallstonesfestival.org> or contact Chair Ken Crater at ken@smallstonesfestival.org.



ACCURACY WATCH

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

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

Whitinsville Library open for limited services

WHITINSVILLE — The Whitinsville Social Library is open for limited walk in services. Hours for walk-in service are Monday - Thursday 10 a.m.-6 p.m., Friday 10 a.m.-4 p.m. and Saturday 9 a.m.-noon.

A computer is available by appointment only; please call 508-234-2151 to schedule. Please note that computer usage is limited to 30 minutes a day. To use the copier or to print in black in white is 20 cents a sheet. We are continuing our weekly virtual programs with Crafternoons on Wednesdays at 2:30, PreK Storytimes on Thursdays at 10:30 a.m. and Baby Storytimes on Fridays at 10:30 a.m., all on Facebook Live. Check our events calendar at www.tinyurl.com/EventsAtWSL and Facebook for additional special programming. Follow us on Facebook and Instagram for more fun content!

Nicole Fluke of Douglas graduates from Hofstra University

HEMPSTEAD, N.Y. — Nicole Fluke of Douglas graduated from Hofstra University in spring 2020, earning a Juris Doctor in Law.

Hofstra University is a nationally ranked and recognized private university in Hempstead, N.Y. that is the only school to ever host three consecutive presidential debates (2008, 2012 and 2016). Our campus is a leafy oasis just a quick train ride away from New York City and all its cultural, recreational and professional opportunities. We offer small classes and personal attention, with the resources, technology and facilities of a large university. Students can choose from more than 165 undergraduate program options and 175 graduate program options in the liberal arts and sciences, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Hofstra University is a dynamic community of 11,000 students from around the world who are dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers.



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Aleenah
Age 13

Hi! My name is Aleenah and I have a great sense of humor!

Aleenah is a fun, outgoing girl with an enormous amount of charisma and great sense of humor. Some of Aleenah’s favorite activities include bowling, roller skating, going to the movies, drawing, and singing along to the songs on the radio. Aleenah does especially well with younger children; she is always willing to help out in other classrooms, read to younger kids, and/or mentor them. Aleenah feels important and takes great pride in building these relationships.

Legally free for adoption, Aleenah is in need of a family that can provide a structured, loving home. She would do best with a single mother or a two-parent family with or without other children. Interested families should be comfortable maintaining

contact with Aleenah’s siblings and her birth mother, who she visits with twice per year.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you’re at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

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

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



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Orientation reinvented at Nichols College

DUDLEY — Each summer Nichols College welcomes its freshman class with on-campus orientation sessions, but as is often the case in 2020, plans needed to be reimagined. At the end of April, the decision had to be made to take new student orientation online. The student leaders taking on the role of orientation leaders showed great resiliency and creativity when asked to step up to the challenge of creating an engaging virtual orientation session. This year the team included 13 student leaders.

Beth Gionfriddo, Director of Student Involvement, shared that “The students who make up BOLT (Bison Orientation Leader Team) didn’t hesitate to make the adjustment - learning how to manage and navigate Zoom, trying out new ice breakers to do online and receiving all of their training online. They even scheduled ‘hang out sessions’ virtually with each other so

they could get to know their teammates better.”

At first, the orientation leaders were nervous that freshmen wouldn’t show up to an online orientation or that they wouldn’t be engaged. They brainstormed ways to get everyone involved on the call. One of the most successful activities was when they asked freshmen to share a personal item that means something to them from their room, such as a family heirloom, a trophy or keepsake from travel. It was a great way for the students to get to know each other.

Orientation leader Krstyal Pizzi, a junior majoring in criminal justice, shared that although orientation was online, she was very proud of the feedback received from students.

“The new students enjoyed orientation and had a lot of fun. I kept getting messages thanking me for their experience and sharing that they can’t wait to be on campus,” she said.

Nichols, but the orientation leaders made me feel comfortable. By the end of our time together I had 10 new friends and felt excited to move to campus. I decided to become an orientation leader because I wanted to give a new student like me who might be anxious about starting college the same great experience that I had.”

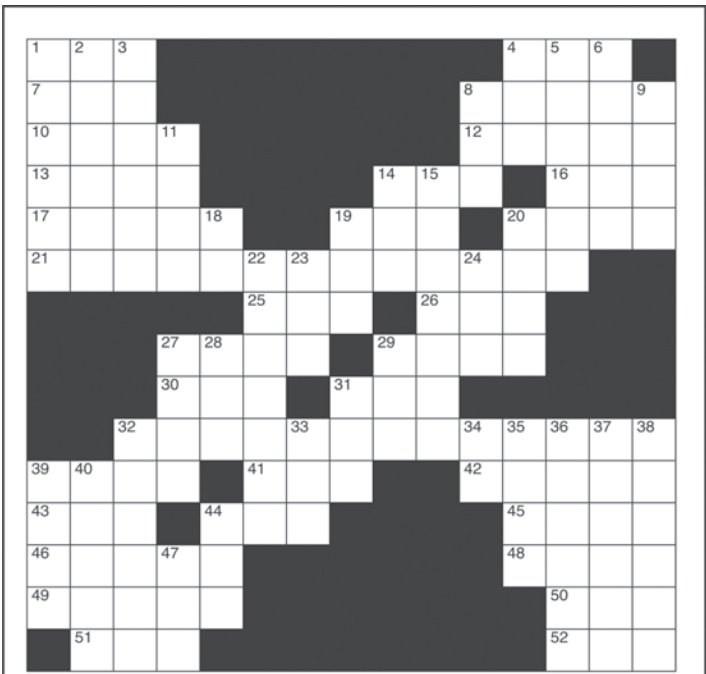
Eggleston expressed that there were many highlights of being an orientation leader but what he is most proud of is making an impact on the students. “I have grown so much at my time at Nichols. I started as a shy kid and now I am the one pushing our new students out of their comfort zone. I hope that I have empowered our freshmen to be comfortable getting to know their peers and to embrace all that Nichols has to offer.”

An added bonus, he made great new friendships with his fellow orientation leaders.

The following students served as orientation leaders for the summer of 2020.

Lexus Andrews of Uxbridge.
Mandy Laporte of Douglas.
About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow’s leaders. Nichols also offers master’s degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today’s professionals.



- CLUES ACROSS
1. They look out for kids

4. Play

7. Water (French)

8. Prayer leader

10. Small constellation

12. ___ Carta: influential royal charter

13. Pressure unit

14. Extrasensory perception

16. A symbol of “Aloha”

17. Portion of the small intestine

19. Psychedelic amphetamine

20. Very long period of time

21. British overseas territory

25. Cereal grain

26. Car mechanics group

27. Wish harm upon

29. At a specific prior time

30. Peyton’s younger brother

31. UK firefighters’ union

32. Carroll O’Connor’s screen partner

39. Popular show honoring musicians

41. Basics

42. Honk

43. Trent Reznor’s band

44. Patti Hearst’s captors

45. Long-legged wading bird

46. Specialized biological grouping

48. A coin goes in it

49. Of the wind

50. One-time measure of length

51. A very large body of water

52. River in NE Scotland

- CLUES DOWN
1. Boston hoopster

2. A type of bribe

3. SE England county

4. Returned material authorization (abbr.)

5. “Hotel California” rockers

6. Italian province

8. Mischievous child

9. Popular street name

11. Boxing promoter Bob

14. Snakelike fish

15. Break into pieces

18. The Bay State

19. Time zone

20. Port city in Yemen

22. In name only

23. 007’s creator

24. No (Scottish)

27. Baseball’s Gordon and rock’s Snider are two

28. Pie ___ mode

29. Don’t know when yet

31. Supervises interstate commerce

32. Make a ringing metallic sound

33. Helps little firms

34. Pound

35. Lilly and Manning are two

36. Put on the back burner

37. Baltimore ballplayer

38. Cuddle

39. Poker stake

40. Drinks to celebrate a birth (Spanish)

44. Pouch

47. Not around



Milford Regional Medical Center’s electronic record system goes live

MILFORD — Milford Regional Medical Center is pleased to announce the successful implementation of a new MEDITECH Expanse electronic medical record (EMR) system. The Go-Live date took effect Oct. 1.

This state-of-the-art EMR platform enhances patient care through a full integration of their medical information within the hospital that allows clinicians to view one continuous record throughout their stay. The quality of care and safety is positively impacted through an improved patient and provider experience. Patients’ medical information in both the inpatient and outpatient setting are now coalesced within one record. In addition, the EMR increases the safety of care delivery through enhanced clinical decision support, improved access to information, improved transitions, improvements in efficiency and elimination of redundancies.

The system also communicates seamlessly with other health care facilities and systems through a connection to the Common Well Health Alliance, a Health Information Exchange.

“So much effort has gone into developing an EMR that satisfies the needs of both our patients and physicians,” says Edward J. Kelly, Milford Regional president & CEO. “Having one complete medical record that can follow you throughout your hospital journey ensures patients receive the very best care. We are confident that our new MEDITECH Expanse EMR will improve efficiencies, quality of care and patient satisfaction.”

For more information on Milford Regional Medical Center, go to milfordregional.org.

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BLACKSTONE
\$530,000, 208 Mendon St, Savard, Michael, to Bergamini, Michael, and Bergamini, Georgiann.
\$519,900, 218 Mendon St, Ristaino, Joseph F, and Ristaino, Debra L, to Parenteau, Joseph R, and Parenteau, Nancy K.
\$374,000, 39 Miller St, Hickey, Edward A, and Dumont, Renee, to Saunders, Michael.

DOUGLAS
\$445,000, 8 Newport Dr, Johnson, David M, and Johnson, Kristen D, to Leclerc, Benjamin T, and Leclerc, Maeghan E.
\$361,000, 55 Lakeshore Dr, Cahill, David W, and Cahill, Janis A, to Goodison, Jack, and Goodison, Cindy.
\$200,000, Vine St #4, Kachadoorian, Janet, and Prankevicus, Leigh, to Orbison Corp.
\$200,000, Vine St #5, Kachadoorian, Janet, and Prankevicus, Leigh, to Orbison Corp.
\$200,000, Vine St #6, Kachadoorian, Janet, and Prankevicus, Leigh, to Orbison Corp.
\$73,500, 86 Hemlock St, Oliveira, John, to Godin, Jerome P, and Godin, Nancy L.

NORTHBRIDGE
\$417,500, 214 Sand Trap Ct #214, Card, Malcolm L, and Card, Mary R, to Hall, Christopher, and Wallace-Hall, Maribeth.
\$340,000, 44 Hillview Ln #44, Algonquin Trail 2012 RT, and Roadman, Jennifer, to Fino LT, and Fino, Stephanie P.
\$315,000, 228-230 Union St, Lavallee, Laura A, to Heney, Christopher, and Heney, Alison.
\$315,000, 7 Johnston Ave, Petrie, Steven P, and Petrie, Sandra L, to Elhafi, Ibrahim.
\$296,464, 38 Arrowhead Ave, Rutters Brook LLC, to Kelly, Kieran J, and Kelly, Emily M.

UXBRIDGE
\$1,000,000, 504 Quaker Hwy, K9 Realty LLC, to Quaker Highway Hldg LLC.
\$529,900, 26 Maslows Way, TTK Real Estate LLC, to Merrill, Alicia A, and Hansing, Jason.
\$507,000, 20 Elmshade Dr, Tulley, Christopher J, and Tulley, Joell E, to Smith, Carl H.
\$481,000, 37 Turner Farm Rd, Arraho RT, and Frateschi, Edward A, to Dooley, Donald, and Dooley, Michelle.
\$463,000, 3 Deer View Ln, Towle, Richard R, to Molit, Dalton, and Molit, Maria L.
\$360,000, 1 Lincoln Ct #1, Rooney, Peter M, and Rooney, Brigid T, to Garrow-Pruitt, Connor, and Garrow-Pruitt, Denise.
\$322,000, 122 Carrington Ln #122, Paul, Armand L, and Paul, Beatrice A, to Waugh, Peter.
\$312,000, 31 Kennedy St #31, Cotter, Kelly A, and Gale, Evan D, to Nash, James C, and Nash, Colleen G.
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Sutton Historical Society hosting bottle/can drive

SUTTON — Do you have a garage, basement or stairway full of empty returnable cans and bottles you have been unable to return? Sutton Historical Society is ready to help you get them off of your hands. The Society will be holding a bottle/can redemption day on Saturday, Oct. 17 at the M. M. Sherman Blacksmith Shop, 6 Singletary Avenue, Sutton, from 9 a.m. - noon. Members will be onsite to take your empties. If you have more than you can handle, reach out via our contact page at suttonhistoricalsocietyinc.org or email us at sutton1704@gmail.com to coordinate pick up at your location.

The Sutton Historical Society, Inc. is a 501(c)3 organization committed to promoting research, and learning in the history of Sutton, acquiring, protecting and preserving real and personal property having historical significance to Sutton, and promoting the celebration of patriotic and historic anniversaries. Funds received from this event will help the Society offset costs and continue to preserve Sutton’s rich history.

ACCIDENT

continued from page A1

“Sten loved deeply. Gave generously. His word was his bond. If he shook your hand, you were his friend. He was a rock to many and a great friend to all who loved him. There is a very large hole in the hearts of all who truly loved him. God called his angel home much

too soon.”

Brote was also a past commander of the SONS of the American Legion Post 414 in Sutton and devoted many of years in volunteerism for the Dudley-Gendron Post 414, according to the writeup. He was a Deputy Sheriff and a member of the Montacute Lodge, Masonic Temple, Ionic Avenue, Worcester.

RETT

continued from page A1

a public fundraising campaign has been launched to secure the remaining funding needed to begin construction.

“I had the tremendous honor of getting to know Grace well while she was a student at OLV and can personally attest to the fact that she was an exemplary, dedicated student athlete. Grace was wise beyond her years in the way she embodied the belief that ‘we can do all things through Christ, who gives us strength,’” said Rev. Nicholas Desimone, Pastor of St. Mary’s Parish. “Simply put, Grace was an energetic, positive, and warm person that we were blessed to have in our community.”

The G.R.A.C.E Center will be used for OLV physical education and classroom learning, chorus and band instruction, extracurricular activities and athletics, science fairs, St. Mary’s Parish events, and more.

“For over five decades, OLV has been educating and encouraging generations of youth, like Grace, to be kind and ambitious young men and women,” said Ed Reynolds, School Principal. “We are blessed to be a growing, flourish-

ing community that is in need of more space to continue our mission of preparing children to go forth and make the world a better, more Christian place. Your support will help ensure that we are able to help our students mature and grow in a way that follows the impressive example Grace left for us.”

The project is being designed by Rubicon Builders & Austin Architects, who aim to break ground early next year.

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Free and reduced meals offered at Douglas schools

DOUGLAS — The Douglas School Food Service Department offers healthy meals every school day. Free and Reduced Meal Benefits are available to qualifying families.

For a Free and Reduced Meal Application contact Lisa Leon, Director of Food Services, at 508-476-3332, ext.2253 or by email at lleon@douglasps.net. You may also print an application from the district Web site at www.douglasps.net and click on the Food Services tab under District. You may apply for Free and Reduced Meals anytime throughout the school year. All children in households receiving benefits from MA SNAP, MA TAFDC, or specific categories of Medicaid are eligible for free meals. Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals. Children participating in their school’s Head Start program are eligible for free meals. Children who meet the definition of homeless, runaway, or migrant are eligible for free meals. Children may receive free or reduced price meals if your household’s income is within the limits on the Federal Income Eligibility Guidelines. Your children may qualify for free or reduced meals if your household income falls at or below the limits on the chart.

FREE FEDERAL ELIGIBILITY INCOME CHART For School Year 2020-2021			
Household size	Yearly	Monthly	Weekly
1	\$16,588	\$1,383	\$ 319
2	\$22,412	\$1,868	\$ 431
3	\$28,236	\$2,353	\$ 543
4	\$34,060	\$2,839	\$ 655
5	\$39,884	\$3,324	\$ 767
6	\$45,708	\$3,809	\$ 879
7	\$51,532	\$4,295	\$ 991
8	\$57,356	\$4,780	\$1,103
Each additional person:	\$+5,824	\$ +486	\$ +112

REDUCED FEDERAL ELIGIBILITY INCOME CHART For School Year 2020-2021			
Household size	Yearly	Monthly	Weekly
1	\$23,606	\$1,968	\$ 454
2	\$31,894	\$2,658	\$ 614
3	\$40,182	\$3,349	\$ 773
4	\$48,470	\$4,040	\$ 933
5	\$56,758	\$4,730	\$1,092
6	\$65,046	\$5,421	\$1,251
7	\$73,334	\$6,112	\$1,411
8	\$81,622	\$6,802	\$1,570
Each additional person:	\$+8,288	\$ +691	\$ +160

Families who are Directly Certified as eligible to receive benefits via the State’s Virtual Gateway are notified prior to the start of the school year, or during the school year as new information becomes available. Benefits are extended to all children within the household. We ask that the family contact us with this information to ensure all children in the household receive the benefit when one child has been determined eligible.

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EDITORIAL

The need to unplug

Oftentimes, our ideas for editorials arise when something close to us personally surfaces that hits home, or when we hear a significant amount of chatter about a specific topic. This week, the chatter has been about national news overload.

We love the news — after all, it's what we do. Sharing information with our readers on the local level is both an honor and a necessity. This week, however, we have heard many people say they just can't listen to the national news anymore. They feel bombarded, often times leaving them feeling depressed and overwhelmed. News junkies watch the news every morning and night, check their Twitter feeds, listen to talk radio on their commutes and are constantly in the know. It's important and responsible to be aware of what's happening around you, however finding a balance is key, even for those of us in the businesses.

It seems as though the national news cycle has been nothing but chaos over the past several years, especially with regard to the current presidential election. Relentless statistics about the COVID-19 pandemic and negative commentary trying to pass itself off as analysis of the candidates and their platforms seems to ping our phones almost on the minute. This can be exhausting.

As a way to catch your breath, pick one day of the week as a 'no news' day, sort of like a news siesta. Get outside, unplug, read a book, listen to some vinyl or watch Cobra Kai (we do recommend for a splash of nostalgia). Attempt to shut off the little magic box we all stare at way too much on the daily. Could landlines actually still serve a purpose?

If you feel like you can't make a difference, realize that you can. First, it goes without saying, get out and vote. Second, do something every day to make the world a better place, even if that means your own little world. Such actions result in the domino effect.

Take some time to count the blessings in your life. Positivity still surrounds us in bulk if you look for it. Family, friends, dogs, crisp fall leaves, apple crisp, bacon, a friendly wave from a neighbor, morning coffee, a cold drink, a beautiful hike or walk, a good novel and a nice music blasting session are just a few things we can lean on to always lift us back up.

LETTERS

Extra! Extra! Read All About It!

We think you're important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

Email your letters to the Blackstone Valley Tribune, to the editor at news@stonebridgepress.com.

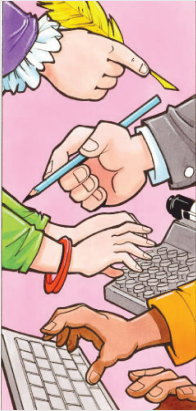
You'll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



OPINION

Opinion and commentary from the Blackstone Valley and beyond

A MOMENT IN HISTORY

BEVERLY
GUDANOWSKI
UXBRIDGE

Have you ever heard of Lily Casey Smith, rancher, equestrienne, teacher and pilot of the 1920's? Her amazing story is described in the 2010 book, "Half Broke Horses" by Jeannette Walls, her granddaughter.

Lily Casey was raised on a ranch in West Texas in the early 1900's. With her Father's guidance, she learned how to tame range horses and how to shoot a rifle. When Lily was fifteen, there was a teacher shortage so the state governments of western states allowed Americans to take a test to qualify to be a teacher without the usual educational requirements. Lily passed the test at the age of fifteen and rode her Mustang pony, Patches, on a solo 28 day journey from West Texas to get the job in a remote frontier town in Arizona. It was the fearless act of a self-reliant and independent young woman.

Later, she married a rancher, Jim Smith, and they had two children. They made-do in so many ways including supplementing their income with bootleg liquor during Prohibition (1920-1933). Lily was also a ruthless poker player. She routinely cleaned out the cowboys who worked for her and Jim. Her husband suggested it wasn't fair to pay them and then win all of their hard-earned money in a poker game. She agreed. She stopped.

One day, Lily and Jim were driving past another ranch and saw a small plane with a sign: "Lessons \$2." Lily commanded Jim: "Stop! Stop!" She had always wanted to learn to fly a plane. The pilot came out and leaned into the open window of Jim's car. He directed his comments to Jim: "Want to take her up for a spin? (meaning the plane)." "Not me," Jim said, "Her!" Jim pointed to Lily. The pilot backed away: "No one said anything about the little lady taking lessons." [Oh, that was a mistake.] Lily leaned in and gave the pilot a classic piece of her mind: "Listen here, don't you 'little lady' me!" she shook her finger at the pilot. Jim said to the pilot: "Most people don't win their arguments with my wife." She did take lessons. She did learn to fly.

Could you be this brave? Could you match Lily's hard work?

"Half Broke Horses" is an inspiring and exciting book. Thus, it is puzzling that many schools instead choose to use another book by the same author ("The Glass Castle") in the classroom. In sharp contrast to Lily's story, "The Glass Castle" is a spirit-depressing book about alcoholism, addictions, and severe mental illness. Which book would you want your child to read in school?

Adjusting to the times: Get your antique and collectibles appraised without leaving home



ANTIQUES,
COLLECTIBLES
& ESTATES
WAYNE TUISKULA

The pandemic has affected all of us in some way, and non-profits are no exception. The Worcester Historical Museum recently reopened with social distancing guidelines in place. The Worcester Art Museum is scheduled to reopen this week. Cancelled events due to COVID-19 decreased revenue at these larger non-profits. Smaller non-profits typically have fewer grants and have likely suffered larger setbacks due to

COVID-19. With the inability conduct in-person meetings, members of smaller non-profits have not been able to share the camaraderie with those who hold similar interests.

One local non-profit group is learning how to adapt during these unprecedented times. The Townsend Historical Society recently approached me about appraising items virtually. I had appraised items at a live appraisal event for them in Townsend in 2017. I enjoy the interaction with the public at these events and look forward to having that interaction soon, even if it's through a screen.

The event will take place via Zoom during the Townsend Historical Society's "Virtually Vintage: A Live, Online Antique Appraisal Event" on Oct. 10 from 10 a.m. to 1 p.m. You can buy tickets to get your items appraised on their website: townsendhistoricalsociety.org. Appraisals are \$10 each or 3 items for \$25. After you purchase your ticket(s), you can either send photos of your items and any history that you have or bring them in person to Townsend on the day of the event. Ticket holders will be able to watch the entire event or just sign in when it is time to have their items appraised.

I have been working closely with Taber Morrell, the Site Administrator for the Townsend Historical Society, to prepare for the event. In an email interview, he said that the Site Administrator is responsible for the "Reed Homestead where [they] do most of [their] tours and programs, and where [their] records and artifact collections are stored." Morrell also said: "the position extends to other historic buildings we care for as well, a 19th century grist mill, cooperage, church, and some monuments throughout town."

Mr. Morrell provided me with some additional information on the organization and event. The group has close to 300 members who are "really active with the Historical Society and its programs."



He informed me that the "appraisal held in 2017 along with our Arts and Crafts Fair are absolutely the most talked about events." Unfortunately, the fair had to be canceled this year, but the organization has been working hard to make many other events accessible virtually. Mr. Morrell said that the Townsend Historical Society has run a "virtual open house, an online presentation about the history of tourism in New England, and [they are] even working on a web-based cemetery tour for October." He informed me that "members have been craving another edition of the antique appraisal [held with me] in 2017" and they hoped to "create a virtual version we could make a lot of people really happy." I look forward to utilizing modern technology to help online attendees learn more about their historical artifacts. I hope to see some regular readers of this column through my screen.

In addition to the virtual appraisal with the Townsend Historical Society, we also have other exciting events coming up this month. We will be holding an estate sale in Stoneham, Mass. on Oct. 17, following COVID-19 safety guidelines. Bidding will end on October 28th for our online coin auction. We are still accepting quality consignments for our multi-estate online antiques and collectibles auction ending on Nov. 11.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www.centralmassauctions.com (508-612- 6111) info@centralmassauctions.com.

Avoid financial mistakes during retirement



FINANCIAL
FOCUS

DARREN
PARENT

When you retire, you've learned a lot about all sorts of things, helping you avoid some of the mistakes you made earlier in life. However, you may still be susceptible to financial missteps specifically related to your retirement years. How can you dodge these errors?

Consider these suggestions:

Manage your withdrawal rate carefully. You will likely need to tap into your retirement accounts – your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your resources. You may want to consult with a financial professional to determine the withdrawal amount that's right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least a certain amount each year – based on your age and account balance – from your traditional IRA and 401(k) or similar plan.)

Don't underestimate health care costs. Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. In fact, A healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to HealthView Services, which produces health-care cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.

Don't take Social Security too early. You can start receiving monthly Social Security checks when you reach age 62, but your payments will generally be significantly larger if you wait until your "full" retirement age, which will probably be between 66 and 67. (The size of your payments will "max out" at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)

Don't invest too conservatively. Once you're retired, you might think that you should take as few chances as possible with your investments – after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we've experienced recently, inflation can erode your purchasing power over time.

Don't be more generous than you can afford. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford – but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well.

Retirement can be a wonderful time of your life – and you may enjoy it more by doing what you can to avoid costly financial mistakes.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Darren Parent, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or Darren.parent@edwardjones.com.

All We Know Is Local



StonebridgePress.com

Fishing with a friend



Courtesy

Matt Fontain with a few of the seabass and tautog we caught last week.

This past Friday, Matt Fontain and this writer decided to make a trip to Galilee, R.I. to do some fishing for seabass and tautog. After stopping at Quaker Lane Bait and Tackle shop to pick up some green crabs for bait, we headed for the boat ramp at Galilee. Upon arriving just after day-break, we found ourselves in line at the ramp. “Fishing must be good, Matt” were the first words out of my mouth. After finally launching

the boat, we managed to catch a few mummies for bait, but they were extremely scarce. Matt went to park the car and trailer, which gave me some time to talk to a few anglers that had recently returned from Block Island. They had been fishing most of the night, and all managed to retain a keeper strip-er. I mentioned about all of the trailers in the parking lot and wondered if they were mostly fishing for stripers. “Heck, no,”

one guy replied, “they



THE GREAT
OUTDOORS
• • • • •
RALPH
TRUE

are out chasing Bonito or False Albacore.” Matt was returning from parking the car and trailer, so it was time to go fishing. We headed out through



A few of the club members ready to hunt pheasant this past weekend.

the East Breaker Wall, and planned to fish in front of the light house at Point Judith. We spotted a group of boats fishing in front of Scarborough Beach area, so I mentioned that they more than likely were catching tautog, as it is always a hot spot in the fall. As we arrived in the area, we soon realized that they were all chasing Bonito. After observing numerous bonito busting the water around us, I decided to give it a try. After a few minutes of fishing Matt suggested that we go back to the area around the Lighthouse. “I just don’t feel it,” he stated, meaning that he felt we were in the wrong spot. “Let’s go,” I stated. Arriving at a spot a mile off of the lighthouse I lowered my rig bated with green crab. “Wow, I got a fish on!” The rig had barely hit the bottom and I was hooked up to a good fish. As the fish was reeled up to the surface, we realized I had a large seabass. It was lock and load action for the rest of the morning, catching seabass and tautog using crabs as bait. We left a bit early because of a squall with heavy winds coming into the area, but it calmed down as fast as it came in. We were already half way back to the launch area, so we called

it a day. We are heading back this week for some more action. Tautog fishing is heating up fast, so give it a try. Two local youngsters harvested a deer this past Saturday in the valley area. It was an opportunity for them to hunt deer during the special one-day youth hunt that is an annual event. Because of the deadline of this column, I was not able to acquire the names of the two young hunters. Hopefully, there will be more information on the two successful hunters. This past Saturday, the Uxbridge Rod & Gun Club had their first Pheasant hunt under there Preserve hunting license. It sure was nice to get the dogs out hunting for the first time. Numerous breeds of bird dogs did there thing of pointing and flushing birds. Labrador Retrievers, Pointers, Springers, Brittney’s, and a Griffon were some of the dogs hunting this past weekend. The smell of spent gun powder in the crisp morning air after downing our first pheasant of the year was a sure sign that fall was here. Dog owners that took the time to train their dogs during the off season were rewarded with some great dog work in the field. There is

nothing more enjoyable than hunting over a well-trained dog. This week’s picture shows a few hunters ready to enjoy a day in the field hunting pheasant, at the Uxbridge Rod & Gun Club. Duck & Goose hunting opens on the 13th of October this year, in the Central District. Because of the low water in most ponds and rivers hunting ducks may be a lot different than previous years. Locating areas of water along small streams, needs to be done prior to opening day. A good retrieving dog will save you a lot of otherwise lost birds. The wood duck population is high this year, as the birds had a good nesting season, as did the resident goose population. Trout stocking by the Massachusetts Fish & Wildlife has started and most ponds and lakes that normally receive a fall stocking should be completed by the end of this week. The recent cool nights helped cool the water, but we still need a few inches of rain. Hopefully, we will get a good soaking soon. Stay safe and wear a mask when out in the public! Take A Kid Fishing & Keep Them Rods Bending!

Hofstra University welcomes Hailey Bober of Whitinsville

HEMPSTEAD, N.Y. — Hofstra University welcomes Hailey Bober, who has joined our dynamic community of more than 11,000 students from around the world who are dedicated to civic engagement, academic excellence, and becoming leaders in their communities and their careers. We can’t wait to see all the great things Hailey will do as a #HUWorldChanger! Hofstra University is a nationally ranked and recognized private university in Hempstead, N.Y. that is the only school to ever host three consecutive presidential debates (2008, 2012 and 2016). Our campus is a leafy oasis just a quick train ride away from New York City and all its cultural, recreational and professional opportunities. We offer small classes and personal attention, with the resources, technology and facilities of a large university. Students can choose from more than 165 undergraduate program options and 175 graduate program options in the liberal arts and sciences, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Hofstra University is a dynamic community of 11,000 students from around the world who are dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers.

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Unexpected twists and turns

Life is rarely as we plan it. What we expect often turns out differently and we are reluctantly forced to adjust accordingly. Riding the waves of life is what we make of it. It can be waves of frustration or we can allow those same waves to take us on a fascinating journey.



POSITIVELY
SPEAKING
GARY W.
MOORE

I didn’t plan on spending the last few days in the hospital, yet here I am. So, I’m writing this column on my phone rather than my laptop. I’m doing so, the old-fashioned way, without the use of my usual editing program. I’m horrified how this may be received by your newspaper but hopefully we can take it all in stride.

If you are a regular reader of my column, you know I’m fighting Stage 4 Stomach Cancer. It’s not what I expected. This isn’t what I planned. Lying in this hospital bed using one finger to type my column on a phone certainly isn’t what I anticipated happening ... but it did.

So, what do you do when life unexpectedly changes your plans? You can react to the problem or you can respond. You can react with anger, sadness, frustration, or depression, or you can respond with courage to overcome the adversity. You can use your intuition to guide you. You can harness thoughtful and logical creativity and act to overcome the unexpected obstacle.

I’ve written about this before. There is a difference between reacting and responding. Reacting is usually a knee-jerk reaction that usually compounds the problem and makes it worse. Always try not to react.

Responding is different. When we respond, it’s usually with calmness and courage to face the situation. Face the issue and always respond.

It also makes a difference in how we label things. We can call them problems or situations. Problems are nasty, headache causing circumstances that usually cause a reaction. A situation insinuates a circumstance that you can resolve. Label all your obstacle and unexpired circumstance as situations

and not problems. So, I’m choosing tonight to respond to the situation of being in the hospital rather than reacting to a problem that’s out of my control. I can make this a problem or situation. I choose it to be the latter. either one true. This newspaper may fire me over this problem if I can’t resolve it. I instead choose to overcome this situation with courage, careful thought and logic and not disappoint the newspaper that relays on me.

Think about interchanging these words ... react vs respond and problem vs situation. We can look at the same event and react to a problem or respond to a situation. How we label it determines what we think l, and what we think determines how we view the obstacle. And again, how we view it determines if we react or respond.

I’ll admit. The fact I’m being contained in a hospital without my computer caused me to momentarily react and become frustrated, but I took a breath and said out loud, this is a situation to be solved and not a problem. Once I thought about my options, my phone was it, and I resolved my situation and began typing.

As I began this column saying, life is never perfect. There will always be unexpected events that change destroy our carefully laid plans. The only choice you have in those moments is to label it as a situation rather than a problem and respond rather than react.

I always choose to respond.


Will you join me?

P.S.: I’m going to be fine. I had a bowel obstruction which is resolving itself. I hope to be released today.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @GaryWMoore721 and at www.garyw-moore.com.

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MAKING SENSE OF INVESTING

OBITUARIES

SENIORS

Gladys M. Bajema, 94



H O P E D A L E - Gladys M. (Andringa) Bajema, 94, died Sunday, September 27, at Draper Place. A daughter of Frederick and Elizabeth (DeBoer) Andringa, Gladys was born September 18, 1926 in Hartley, Iowa and grew up on the family farm in rural Archer. She was the wife of the late John Bajema for 41 years. During that time, they lived in Whitinsville for 9 years when John was the principal at Whitinsville Christian School. They moved to Hull, Iowa for 6 years when he became principal at his alma mater, Western Christian High School. While there, Gladys was the librarian at the school and loved the interaction with the students. Her dream was always to be a nurse. After high school, Gladys enrolled in nursing school in Sioux City, Iowa, but was forced to withdraw during World War II. At age 49, she re-enrolled in the St. Vincent Nursing School, in Worcester, and accomplished her goal of becoming a nurse. She was a nurse at Milford-Whitinsville Hospital for 13 years. She loved nursing and was a terrific nurse. Gladys was a wonderful wife, mother and grandmother. Her favorite things

in life were raising her three sons with her husband and later being a grandmother to her grandchildren. She was a woman of strong faith and a member of Pleasant Street Christian Reformed Church. She also enjoyed gardening, vacationing at Cape Cod and in Florida, and attending her grandchildren's countless athletic events. She is survived by two sons; Roger Bajema, and Pamela Lewis Bajema, of Sarasota, FL and Jeffrey and Pamela Bajema, of Whitinsville; 4 grandchildren: Nicole Oliver, Mitch and Samantha Bajema, Brady Bajema and Taylor Bajema, and 5 great grandchildren. In addition to her parents and husband John, Gladys is predeceased by her son, Dr. Robert J. Bajema, grandson Jonathan Bajema, daughter-in-law Lynn Bajema, her husband of two years, Joseph Haringa, and 2 brothers and 2 sisters. Funeral Services are private and there are no Calling Hours. In lieu of flowers, memorial donations may be made to the Engbers Fund for Excellence in Education at the Whitinsville Christian School, 279 Linwood Ave. Whitinsville, MA 01588. Carr Funeral Home, 24 Hill St., Whitinsville, is assisting the family during this time. To share a memory or condolence, please visit www.carr-funeralhome.com

Millbury Senior Center

Blood Pressure Clinic
Every Tuesday from 9 A.M. - 10 A.M.
Held outside In front of the Millbury Senior Center under the Awning
Masks required along with social distancing!

EXERCISE IN THE GARDEN
The center is closed at this time, but all are welcome to continue lite exercise in the garden on
Monday and Fridays 9:30 – 10:15 A.M.
Weather permitting & social distancing is a must!

Grab & Go Meals”
Lunch meals will be available to be picked up daily at the front door, 11:30 A.M.
Menu is available on Town Website, www.townofmillbury.org
Or our Millbury Senior Center Facebook page
A 48 hour reservation is required
For more information or reservations call us at 508-865-9154

The Senior Center is closed to the Public.

While the building is not open to the public the Food Pantry at the Millbury Senior Center is available from 9am to 1pm Monday thru Friday by calling 508-865-9247 for an appointment our food pantry is fully stocked at this time tell us what you need and you can pick it up or we will deliver it.

We are still here to answer any questions you may have and we are available for your transportation to Doctors appointments or if you need to go to the drug store for your prescriptions, we will take you there. If you don't have a mask, we will give you one.

Also if you are in need of a home delivered meal give us a call and we will set you up to get one delivered to you.

Keep safe and remember to wear a mask if you go out and to wash your hands frequently.

Northbridge Senior Center

Phone: 508-234-2002
www.northbridgemass.org/council-on-aging
Monday – Thursday 8:30 a.m. – 3 p.m.,
Friday 8:30 a.m. – 1 p.m.

FINE's Yard Sale on October 3rd was a great success and they would like to thank all those who donated to this fundraiser and all those who came out to help. Thanks to all who contributed, FINE will use the proceeds for improvements and programs at the Senior Center.

The Senior Center is now open to the public for 1 on 1 appointments. The schedule for these appointments is Monday through Thursday 10:00-2:00 and Friday 10-12:00. Call the Center to make an appointment.

The Senior Center bus has been on the move! If you need a ride for groceries, prescriptions, in town medical trips, etc. please call us and we will put you on the schedule. We have a limit of four passengers on the bus at a time, and we clean and sanitize in between trips. Masks should be worn at all times on the bus, they will be provided by the driver if you don't have one.

Aqua Exercise has returned to the Whitin Community Center on Mondays. The time has changed to 1:30. There are new protocols at the Community Center for check-in so give yourself a little more time before the class. Wear your bathing suit to the Community Center as the locker room protocol

has changed. \$3/class. Call the Senior Center if you would like to join and we will put you on the list.

Friends of Northbridge Elders Raffle. Grand prize is a 55” Samsung Smart TV, 4K High Definition. \$10/ticket or \$20 for 3 tickets. Drawing to be held on Wednesday, November 18th, need not be present to win. Call the Senior Center for tickets.

Zoom Fitness Classes. Fitness instructor Judy Noel will do live Zoom classes for Sit and Stretch on Mondays at 10:30, Low Impact Aerobics on Wednesdays at 10:30 and Stretch and Strengthening on Fridays at 9:30. If you would like to participate in any of these classes, call Kelly at the Center to get set up.

Zoom Tai Chi Classes will be held on Wednesdays from 1:30 to 2:30 with Ron Allen. Call the Center and we will set you up for the class.

The Senior Center is looking for volunteer drivers to take seniors to out of town medical appointments. Drivers can decide which days and times they are available. This important program helps seniors get to doctor's appointments, cancer treatments and surgeries. We reimburse for mileage. If you would like to volunteer for this very important program, call the Senior Center.

The Senior Center is in need of Meals on Wheels volunteers. Could you spare a few hours a week to bring a hot meal to our seniors in town? If so, call Bill at the Center to discuss how you can help in this valuable program.

Nancy A. Richardson, 68



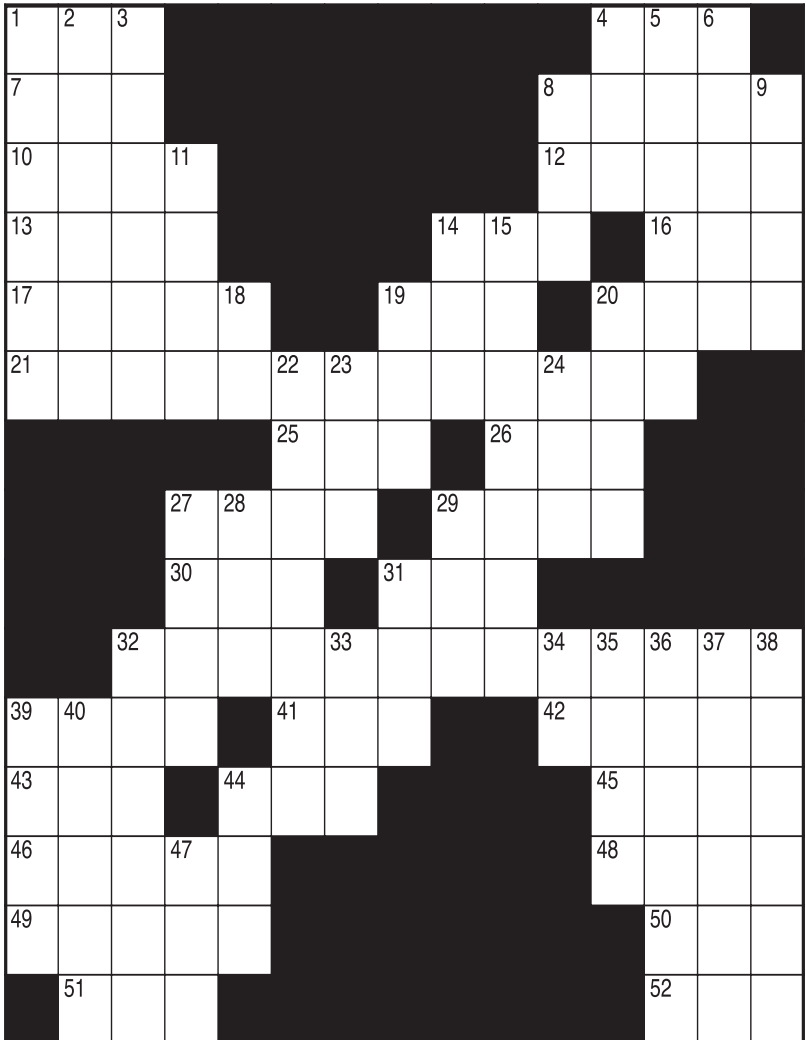
DOUGLAS – Nancy A. (Blair) Richardson, 68, passed away on September 28, 2020 at UMass Memorial Healthcare, Worcester. She was the wife of M. Lynn Richardson. She was born in Whitinsville in 1952 the daughter of the late Robert and Lorriane T. (Gauthier) Blair and was a graduate of Northbridge High School. Nancy loved being at home and working in the yard or relaxing poolside. She loved celebrating the holidays and special occasions with her

children and grandchildren. She also attended St. Denis Church in Douglas and had once served as a CCD teacher. In addition to her husband Lynn of 50 years, she is survived by a daughter Kerrie A. Plotczyk and her husband Edward of Worcester; a son Robert L. Richardson and his wife Sheri of Milford; a sister Diane Massey and her husband Ronald of Northbridge; 4 grandchildren Lily Plotczyk, Owen Plotczyk, Noah Richardson and Leah Richardson and nieces, nephews, aunts, uncles, and cousins. A graveside funeral service was held Saturday, October 3, 2020 at 11 AM in Pine Grove Cemetery, Linwood Ave., Northbridge. There will be no public calling hours. Face coverings and social distancing is required. Memorial donations may be made to the American Cancer Society, 30 Speen Street, Framingham, MA 01701. www.bumafuneralhome.com

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TAKE A BREAK



- 48. A coin goes in it
- 49. Of the wind
- 50. One-time measure of length
- 51. A very large body of water
- 52. River in NE Scotland

- DOWN**
- 1. Boston hoopster
 - 2. A type of bribe
 - 3. SE England county
 - 4. Returned material authorization (abbr.)
 - 5. "Hotel California" rockers
 - 6. Italian province
 - 8. Mischievous child
 - 9. Popular street name
 - 11. Boxing promoter Bob
 - 14. Snakelike fish
 - 15. Break into pieces
 - 18. The Bay State
 - 19. Time zone
 - 20. Port city in Yemen
 - 22. In name only
 - 23. 007's creator
 - 24. No (Scottish)
 - 27. Baseball's Gordon and rock's Snider are two
 - 28. Pie ___ mode
 - 29. Don't know when yet
 - 31. Supervises interstate commerce
 - 32. Make a ringing metallic sound
 - 33. Helps little firms
 - 34. Pound
 - 35. Lilly and Manning are two
 - 36. Put on the back burner
 - 37. Baltimore ballplayer
 - 38. Cuddle
 - 39. Poker stake
 - 40. Drinks to celebrate a birth (Spanish)
 - 44. Pouch
 - 47. Not around

- ACROSS**
- 1. They look out for kids
 - 4. Play
 - 7. Water (French)
 - 8. Prayer leader
 - 10. Small constellation
 - 12. ___ Carta: influential royal charter
 - 13. Pressure unit
 - 14. Extrasensory perception
 - 16. A symbol of "Aloha"
 - 17. Portion of the small intestine
 - 19. Psychedelic amphetamine
 - 20. Very long period of time
 - 21. British overseas territory
 - 25. Cereal grain
 - 26. Car mechanics group
 - 27. Wish harm upon
 - 29. At a specific prior time
 - 30. Peyton's younger brother
 - 31. UK firefighters' union
 - 32. Carroll O'Connor's screen partner
 - 39. Popular show honoring musicians
 - 41. Basics
 - 42. Honk
 - 43. Trent Reznor's band
 - 44. Patti Hearst's captors
 - 45. Long-legged wading bird
 - 46. Specialized biological grouping

PRECIOUS PUP WORD SEARCH

S	U	V	I	L	L	L	K	P	I	V	H	N	G	L	D	K	R	T	N
E	G	A	L	Y	A	E	X	T	R	E	T	R	I	E	V	E	R	A	D
V	U	M	V	W	B	L	K	U	N	V	C	D	Y	G	R	K	I	G	E
D	E	E	R	B	R	D	E	K	G	R	Y	K	G	I	X	T	R	S	A
T	Y	Y	A	R	A	O	U	K	E	P	S	V	S	N	A	H	U	H	H
V	P	C	K	L	D	O	C	N	G	U	E	V	E	M	H	E	H	A	T
H	E	B	I	R	O	P	G	B	H	T	A	O	L	I	B	K	L	R	C
G	D	P	T	X	R	I	P	L	E	U	X	A	L	N	G	R	K	P	G
M	U	X	A	X	S	S	H	R	G	D	D	Y	T	P	A	G	L	E	O
S	E	K	X	E	H	S	I	O	U	G	W	T	L	E	A	S	H	I	L
I	H	I	D	G	E	N	E	G	U	A	V	O	E	O	D	P	M	A	D
U	Y	E	D	S	A	I	L	D	C	N	A	M	R	E	B	O	D	W	E
L	U	M	T	R	L	G	K	D	R	H	D	H	V	I	C	T	U	T	N
C	U	T	I	L	X	Y	K	R	M	E	V	W	Y	L	I	A	E	A	Y
P	Y	A	O	X	A	W	A	G	O	N	H	S	O	G	L	R	G	K	D
S	N	C	P	U	G	N	X	E	L	Y	E	P	V	B	R	U	B	R	Y
E	S	E	T	L	A	M	D	G	S	T	R	L	E	I	Y	K	P	E	C
P	I	V	M	L	R	L	A	V	T	D	U	H	E	H	D	R	Y	N	E
S	V	O	V	T	V	X	D	E	H	W	H	R	V	E	S	U	S	C	G
U	D	E	X	I	M	O	R	H	G	V	X	W	H	P	V	W	K	N	E

Find the words hidden vertically, horizontally, diagonally, and backwards.

PRECIOUS PUP WORD SEARCH

AKITA, BREED, COLLIE, DALMATIAN, DESIGNER, DOBERMAN, GOLDEN, HOUND, HUSKY, LABRADOR, LEASH, MALTESE, MIXED, POODLE, PUG, RETRIEVER, SETTER, SHARPEI, SHEPHERD, SHETLAND, TERRIER, VETERINARIAN, WAG, YORKIE

This Week's Answers

Grow garlic this fall for flavorful meals and health benefits



GARDEN
MOMENTS
.....
MELINDA
MYERS

Add a bit of flavor and health benefits to your main course with some home-grown garlic. This vegetable has been used for thousands of years as both food and medicine. Today it is credited with fighting heart disease, lowering blood pressure and cholesterol, and boosting the immune system while fighting cancer. Grow garlic in a well-drained soil and full sun. Plant cloves in fall about six weeks before the ground freezes in cold climates and early winter in warmer regions. Garlic needs 6 to 8 weeks of cool temperatures below 40 degrees for the shoot and bulb to develop. The leaves will form during cool, short days then slows as bulb growth begins when the days are warmer and longer. Plant individual cloves with the pointed side up and the base of the clove 2 to 3 inches below the soil surface. Space cloves 6 inches apart in rows 12 to 14 inches apart or more depending on the variety. Mulch the soil with weed-free straw after the ground freezes in regions with cold winters. This provides added insulation and helps prevent frost heaving

that occurs when temperatures fluctuate, causing soil to alternately freeze, thaw and shift throughout the winter. Water thoroughly and often enough to keep the soil evenly moist during active growth. Inconsistent moisture during the growing season results in misshapen bulbs. Mulch the soil with shredded leaves, evergreen needles, or other organic matter to conserve moisture, suppress weeds, and improve the soil as it decomposes. Double your garlic harvest by using the curly Q stems, called scapes, in cooking and flower arrangements. Watch for these curled stems about a month after the spring leaves appear. Remove the scape soon after the swollen part appears at the tip of the stem. Cut or break the scape off just below the swollen area. All parts are edible and can be used fresh or cooked just like garlic. You will not only enjoy the mild flavor but removing the scapes helps increase the size of the garlic bulbs. Harvest garlic when about one third, but less than one half of the leaves turn brown. Start by digging one plant and checking the garlic for maturity. Cloves should be plump and fill the skin. Immature garlic does not store well while over-mature bulbs are subject to disease. Cure garlic for 3 to 4 weeks in a warm, well-ventilated location. Once dried, remove the tops and store in a cool, moderately humid location with good air circulation and out of direct sunlight. Properly harvested and cured



Photo Melinda Myers

Plant garlic cloves in fall about six weeks before the ground freezes in cold climates and early winter in warmer regions. garlic will last for up to 8 months. So, plant some garlic this fall and add flavor and health benefits to your meals. Gardening expert Melinda Myers has 30 years of horticulture experience and written over 20 gardening books, including *Small Space Gardening*. Myers is the host of *The Great Courses* “How to Grow Anything” DVD series and the nationally syndicated *Melinda’s Garden Moment* TV & radio segments. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Myers’ website is www.melindamyers.com.



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and Family Court
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(508) 831-2200
Docket No. WO20C0300CA
CITATION ON PETITION TO
CHANGE NAME
In the matter of:
Patricia Ann Finger
A Petition to Change Name of Adult
has been filed by A Petition to
Patricia Ann Finger of Whitinsville**

MA
requesting that the court enter a Decree
changing their name to: **Patricia Ann
LaFleur**

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
10/27/2020. 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: September 25, 2020
Stephanie K. Fattman
Register of Probate

October 9, 2020

**Town of Douglas
Liquor License Transfer
Public Hearing
On-Premises
All Alcoholic Beverages**

The Board of Selectmen hereby gives
notice that it will hold a Public Hearing,
**Tuesday, October 20th, 2020 at 7:00
pm** at the Douglas Municipal Center
Resource Room, 29 Depot Street,

Douglas, to consider the application of
a Transfer of License, **Grille on Main**,
306 Main Street, Douglas, MA, To Ex-
pose, **Keep for Sale, and to Sell All
Kinds of Alcoholic Beverages To Be
Drunk on the Premises**". All interest-
ed parties will be given an opportunity
to be heard. For remote access to the
meeting, visit the Selectmen's Page on
the Town Website at www.douglas-ma.gov
Douglas Board of Selectmen
October 9, 2020

Tips to Carve a Full Fall Display

No traditional New England harvest display would be complete without a parade of fat pumpkins and a sprinkling of assorted gourds. The simple pumpkin, rich in both nutrition and heritage, has long served as an object of intrigue and even today, generations of Native Americans hail the pumpkin's healing seeds as a medicinal sedative. Add in the mystique of the annual Halloween Jack-O-Lantern, and its no wonder both pumpkins and gourds remain an autumn wonder, touted for both their culinary and decorative virtues. Here are some tips to "carve out" a fun fall display! ***

For carving, choose pumpkins with a sturdy stem, as this is the sign of a healthy pumpkin. Never lift a pumpkin by its stem, not only do you risk it breaking off, a stemless pumpkin ages faster. ***

If you are tracing a design to carve from a pumpkin or gourd, use a chopstick or nut spear to

press into the gourd for a foolproof guideline. ***

To cut out a top lid that won't fall inside the pumpkin, carve a hexagon shape to keep it sitting pretty throughout the night. ***

Better yet, cut off the bottom of the pumpkin instead of the top. Place the carved pumpkin over a candle safely set on a plate, or for optimum safety, simply use a flashlight. ***

If you plan to place a pillar candle inside your Jack-Lantern, first cut a hole in the bottom of the pumpkin the same size as your candle to stabilize it. ***

For a festive twist on traditional Jack-O-Lantern lights or candles, stuff a string of small white Christmas lights inside the carved pumpkin. Make a hole out the back to feed plug through. ***

Carving a gourd? Here's a hint to halt the hassle. Simply place a towel inside a large bowl to hold the gourd steady. Place



TAKE THE HINT
KAREN TRAINOR

the gourd in the padded bowl to keep it from moving while you trace or cut. ***

Did you know? The Japanese considered the gourd a lucky token and believed a set of six gourds had the power to improve health and spiritual power. Plus they believed the set of gourds could produce six fortunes! ***

Want your Jack-O-Lantern or gourd sculpture to last longer? A spray of Lysol or other disinfectant will prolong life of pumpkins and gourds. ***

For long term storage, put a thin amount of petroleum jelly on the exposed, sawed edges. This prevents water from getting out. If water gets out, your pumpkin will shrivel.

Stretch the longevity of a Jack-O-Lantern by giving it a bath. Let the pumpkin float for a few hours, or even overnight, allowing the insides fill with water. Put a little bleach in the water if you wish to prevent mold. The pumpkin absorbs the water and become very firm. Anytime your pumpkin shrivels, soak it in a bath of cold water for one to eight hours to rejuvenate it. **

Another way to extend a lighted Jack-O-Lantern's life is to poke a vent hole or two in the top of the pumpkin to vent the heat and slow the rotting process. ***

Jack-O-Lantern Lore Legend has it the Jack-O-Lantern evolved from an Irish tale involving a drunkard named Jack. According to the longtime yarn, Jack was a trickster who playfully deceived family members. His fate was sealed the day he attempted to trick the devil into climbing an apple tree. Once Jack con-

vinced the devil to climb the tree, he placed crosses around the tree trunk, trapping the devil. With the devil cornered, Jack refused let him down until he promised not to take Jack's soul when he died. The story goes that many years later when Jack died, he couldn't get into heaven, yet he was turned out of hell too, because of the devil's long ago promise. Jack found himself with nowhere to go. He asked the devil how to leave the gates of hell as there was no light to guide him. According to the tale, the devil threw him an ember from the flames of hell to help him light his way. Jack put the burning ember inside a hollowed out pumpkin. From that day on, it is said that Jack wandered the earth without a resting place, lighting his way with his lantern, thus the legend of the "Jack-O-Lantern," was born. ***

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick

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

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

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QCC sophomore fights COVID one note at a time

WORCESTER — One Quinsigamond Community College student has put her own spin on how to deal with today's national health crisis – through song. Sophomore music major Mason Wheaton sang her way into the hearts of many, with her self-written and self-recorded video song, “We Can Fight the Virus,” sung to the tune of Bill Joel’s 1989 hit, “We Didn’t Start the Fire.” Her rallying cry celebrated the start of school at QCC, and offered a brief insight into what students, faculty and staff are doing to push forward during these unprecedented times.

“Mason is an example of the incredible talent that we see in so many of our students. This was a fun and effective way to demonstrate what we can and should be doing to fight the virus. Mason’s song will resonate with many in the days and weeks to come,” QCC President Dr. Luis G. Pedraja said.

Ms. Wheaton is a first generation college student, and her journey to higher education is similar to many community college students.

“I started college later in life at age 22. I didn’t know what I wanted to do, so I hesitated because I didn’t want a lot of debt, but I was worried about my future and didn’t want to keep working in low level jobs,” she said.

After a bit of self-recording she enrolled at QCC to, as she put it, “save money and have a better life.” She registered for classes in 2019, taking a full course load and becoming an active member of the college community. She became a member of the Phi Theta Kappa Honor Society; a student peer mentor; a tutor in the college’s Writing Center and a member of the college’s Music Club.

When Music Professor José Castillo was asked to find a student to perform a parody song to motivate the college during the pandemic, he immediately thought of Ms. Wheaton.

“My responsibility was to choose the perfect performer for the song. Someone who would not only have a beautiful voice and musical talent, but also someone who would make the lyrics come to life and add a special charisma to the overall project,” said Music Professor José Castillo. “I have worked with Mason for the past year, as she is part of the music option degree program. Mason has always been eager to take on new challenges in and out of the classroom, which is an excellent quality to have.”

Ms. Wheaton said the lyrics she wrote were inspired by information she found on the college’s website. Due to COVID-19 and in-person restrictions, she recorded the song at home on her phone in her closet, after Mr. Castillo suggested the clothing in the closet would help absorb the echoing sound often heard when recording in a room. Mr. Castillo assisted with the background music and put the production together. Not only has the song become a hit with the college, it has also earned additional attention through the college’s social media platforms.

“I am hearing from everyone how they loved the song,” she said.

Ms. Wheaton plans to graduate in spring 2021 with her associate degree in music, and hopes to transfer to UMass Amherst to major in vocal performance/ vocal pedagogy and become a vocal teacher. She said she is grateful to have begun her higher education at QCC.

“There is no shame in going to a community college. It’s the smarter way to go to school especially if you don’t have a lot of money, and then you can easily transfer to a four-year school,” she said. “I want to help students become interested in being a part of the college community and follow their dreams.”

To listen to part of Ms. Wheaton’s song, visit www.QCC.edu/fight-the-virus. For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

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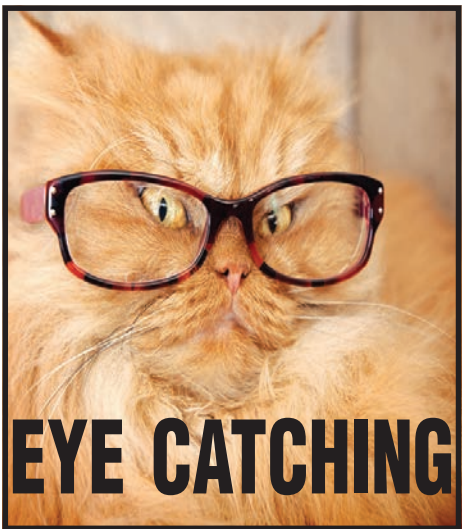


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