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Friday, October 31, 2025

Finding their rhythm

WCS “TRY IT BEFORE
YOU BUY IT”
BAND PROGRAM HITS
HIGH NOTE

WHITINSVILLE — The halls of Whitinsville Christian School are frequently alive with the sound of music. With the new school year, fifth grade students have the exciting opportunity to participate in the Explorer Band. This semester-long program lets young musicians explore instruments, discover their strengths, and experience the joy of making music together. “I like Explorer Band, it’s a pretty unique idea,” said Andrew, WCS fifth grader.

What makes this program truly special is its “try it before you buy it” approach. Under the direction of WCS Band Director, Derek Wielsma, students can experiment, make a joyful noise, learn the basics of an instrument and how to care for it, and see what fits best before committing to one instrument. Instead of having to choose an instrument the summer before your sixth-grade year, before even knowing how it feels to play it, students get hands-on experience with a variety of instruments. “We get to learn about all sorts of instruments like flutes, clarinets, trumpets, trombones, and saxophones, not just one or two,” said Logan, Explorer Band student.

“This approach exposes the students to the world of music in a safe, non-performance-based situation,” said Elisabeth Goodson, Elementary Principal. “Students aren’t afraid to make mistakes. They’re encouraged to explore and try out an instrument, or two or three. That’s how they discover what they love.”

Ezra, one of the Explorer Band students, shared, “You can make some really cool sounds with the different instruments.”

“After two weeks, I made a really good sound on the flute. It felt so good,” said Reagan, Explorer Band student.

Her classmate, Zoe, added, “Once you make that first real sound on an instrument, you have this joy and confidence.”

“Everyone claps when you make a good sound, and that’s really cool,” said Mason. “The clarinet was the first instrument that I was able to make the best sound on. I could sort of make a sound on the trumpet, but I like the clarinet better.”

“The Explorer Band program reminds us that learning can be joyful, brave, and full of discovery,” said Goodson.

As for the fifth graders, one thing is sure: the WCS Explorer Band is hitting all the right notes - creating confidence, connection, and maybe even a few future musicians along the way.

“I know I’m going to ask Santa for a trumpet for Christmas!” exclaimed Zoe.

Thanksgiving project needs your help

UXBRIDGE — The Uxbridge Senior Center is organizing our annual Thanksgiving lunch distribution to more than 275 seniors and homebound. We are looking for assistance from volunteers to make this project a success. The amount of organization and preparation is surmountable, but with many hands, the work is attainable and rewarding.

This project takes place on Monday, Nov. 24 at the Uxbridge Senior Center. Volunteers can help by donating monetary donations made payable to the Uxbridge Senior Center at 36 South Main St., Uxbridge. Others may help by volunteering their time to help package or deliver the meals. Your time would consist of a few hours between the hours of 10 a.m. and 2 p.m., depending on the assignment. In addition, the senior center is looking for only canned cranberry sauce for food items to donate. We appreciate your willingness to help.

In addition, the senior center is accepting names of Uxbridge residents that would like lunch, please call the center and indicate if you would like the meal delivered to your home or if would like to pick it up at the senior center.

If you can help in any way, please reach out to the Uxbridge Senior Center by Nov. 12, contact Lisa Bernard, Director, at 508-278-8622. Thank you for your consideration and support.

UXBRIDGE — Our Lady of the Valley Regional School is set to host its 41st annual Holiday Fair on Saturday, Nov. 22, from 9 a.m. to 3 p.m. at 75 Mendon St., Uxbridge.

Organized by the OLV Parents’ Guild, the Holiday Fair is one of the school’s most significant fundraisers of the year, with proceeds directly supporting Catholic education and activities for over 230 students in the region.

The Holiday Fair has something for everyone, especially the young and young at heart. Children can look forward to a variety of activities, including a bounce house, kids’ crafts, a special kids’ raffle table, a hot cocoa bar, games, balloon animals, and a scavenger hunt. Santa Claus will also be making an early trip to Uxbridge for free pictures, and of course, there will be plenty of sweets to enjoy.

The Fair will feature over 25 local vendors, offering unique gifts just in time for early holiday shopping. You can also try your luck on a wide selection of raffle prizes, including a grand raffle, super raffle, and more than 50 unique themed raffle baskets. And don’t forget to stop by the Ministry table to learn more about St. Mary’s Parish, purchase

Turn To FAIR page A10

S.C.E. Real Estate partners with Blackstone Valley Emergency Shelter for Community Coat Drive

DOUGLAS — As temperatures begin to drop, S.C.E. Real Estate is inviting the community to come together and help keep local families warm this winter. The brokerage has partnered with the Blackstone Valley Emergency Shelter to collect new and gently used coats for adults and children in need.

The Blackstone Valley Emergency Shelter, based in Whitinsville, provides warmth, safety, and compassion to individuals and families experiencing homelessness or financial hardship. Through their network of volunteers and community partners, the shelter offers temporary housing, meals, and critical resources that bring comfort and dignity to those who need it most.

“At S.C.E. Real Estate, we’re all about families — helping them find the right place to call home and being there for our community in meaningful ways,” said Sandra Considine, founder and principal broker. “The Blackstone Valley Emergency Shelter provides critical support for families facing difficult circumstances, and we’re honored to lend a hand through this effort.”

Donations can be dropped off at S.C.E. Real Estate, 295 Main St., Douglas, now through Nov. 5. A clearly marked collection bin is located right at the front door of the office for easy drop-off.

Every coat makes a difference — and together, we can help make this winter a little warmer for everyone.

To learn more about the Blackstone Valley Emergency Shelter and how you can support their work, visit www.bvemercyshelter.org.

Worcester County Juvenile Court to host National Adoption Day celebration

WORCESTER —The Worcester County Juvenile Court will host its annual National Adoption Day celebration on Friday, Nov. 21 from 8:30-10:30 a.m., finalizing adoptions for 26 children joining 20 families from across Worcester County.

Five judges will preside over adoptions in separate courtrooms throughout the morning. The event is supported by

community partners and friends of the court who will provide food, activities, gifts, professional photos, and more to

help families mark this milestone occasion. Festivities will include breakfast, arts and crafts, visits from local sports mascots, princess and superhero characters,

and service and comfort dogs, creating a joyful and memorable experience for participants.

National Adoption Day is observed nationwide each November on the Friday before Thanksgiving to raise awareness of

the thousands of children in foster care who are waiting for permanent, loving families. In Worcester County alone,

approximately 2,000 children are currently in child

protective custody awaiting permanency — and more than 9,000

statewide. Since its inception in 2000, National Adoption Day has celebrated the adoptions of more than 85,000

children across the United States.

Please use the main/front entrance and be prepared to go through security screening. Media must check in at the CASA

Project Worcester County table, which will be prominently marked with signage and media badges.

The Worcester County Juvenile Court, under the direction of First Justice Mary Beth Keating, currently holds sessions in

four locations: Worcester, Fitchburg, Milford, and Dudley. It is the mission of the Massachusetts Juvenile Court to protect children from abuse and neglect and promote opportunities for children to reside in safe, stable, permanent family environments whenever possible, to strengthen families when their children are in need of services, to

rehabilitate juveniles, to protect the public from delinquent and criminal activity while holding offenders accountable

and addressing the harm suffered by the community and the victim, and to decide all cases fairly and impartially with dedication, integrity, and professionalism.

CASA Project Worcester County, a partner in National Adoption Day efforts, is a nonprofit organization appointed by

Juvenile Court judges to the most complex cases. CASA's mission is to advocate for the best interests of abused,

neglected, and vulnerable children, amplify their voices in court, and support them on their paths toward a permanent

home. Court Appointed Special Advocates (CASAs) are carefully screened and trained community volunteers. CASA

Project Worcester County is a member of the National CASA Association and the oldest and largest of six programs of its kind in the state.

Upcoming programs at Blackstone River and Canal Heritage State Park

UXBRIDGE — The Blackstone River and Canal Heritage State Park has announced its slate of programs for the month of November.

Meet in the River Bend Farm Visitor Center. All programs are free and open to the public. Registration is not required. All children must be accompanied by an adult. Dress for the weather. Programming is subject to change. For the most up to date programming information, call (508) 278-7604 or visit bit.ly/blstupdates.

There will be no regularly scheduled on-site programming from on Saturday, Nov. 1.

For information on accessibility and reasonable accommodations, call (617) 645-0358 or email moneesha.dasgupta2@mass.gov.

We host weekly hikes at Blackstone River as well as in Upton State Forest, Douglas State Forest, and Purgatory Chasm State Reservation.

The Blackstone River and Canal Heritage State Park is located at 287 Oak St., Uxbridge.

Kidleidoscope

Fridays, 9:30–11 a.m.

Join us each week! We will read a book, then do an activity and craft that relates to the story. Each week has a different theme, so stop by often!

Appropriate for ages 3 - 6, siblings welcome.

Building the Canal Tour

Saturdays, 1–2 p.m.

Come with us on a guided walk along the Blackstone Canal. Find out about the canal's historical and cultural significance and its role in the farm-to-factory transformation of the Blackstone Valley. Appropriate for ages 12 and up. The walk is roughly two miles over a dirt-packed and rugged forest surface with no inclines.

Woodlands and Waterways Tour

Sundays, 11 a.m. – noon

Walk along the banks of the Blackstone Canal and learn about the life that it supports. We'll be looking for signs of wildlife as we discuss the ways we keep our watershed clean!

Appropriate for ages 6 and up. The walk is roughly a mile over a dirt-packed and rugged forest surface with no inclines.

TOWN OF AUBURN DEPARTMENT OF PUBLIC WORKS SNOW REMOVAL APPLICATIONS

The Town of Auburn Department of Public Works is accepting applications for snow plowing for the 2025 - 2026 winter season. Applications may be obtained at the Department of Public Works – Highway Division, 5 Millbury Street, Auburn, MA 01501, Monday - Friday 8:00 a.m. – 3:00 p.m.. Applications are also available on the Town of Auburn website www.auburnguide.com.

Applications must be returned to the Department of Public Works.

The Town of Auburn reserves the right to waive any informalities and accept or reject any or all applications, or portions of such, if thought to be in the best interest of the Town.

Kenneth Fairbanks
Highway Superintendent



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\$605,000, 91-93 School Park, Holohan, Colleen, to Tosches, Christopher M, and Tosches, Alissa.

\$550,000, 380 Quaker St, Nydam, Rachel A, to Hehn, Benjamin M, and Ellis, Alexandria C.

\$420,000, 570 Sutton St, Buma, Paul R, and Adams, Caren, to Vilbrun, Emmanuel.

UXBRIDGE

\$794,950, 14 Brown Ter, Tsimogiannis, Odisefs, and Pasiczniak, Walter, to Misiaszek, Richard, and Misiaszek, Susan.

\$782,000, 16 Tabor Rd, Ayers, Amanda K, and Henry, Paul, to Khoury, Gabriella F, and Khoury, John J.

\$528,950, 35 Andrews Dr #35, Silvia, Donna, to Santini, Sandra.

\$270,000, Crownshield Ave, Uxbridge Multi Ftlc, to Tmd Re Hldg-Uxbridge LLC.

\$243,675, 91 Elm St #3, Timm, Kanchan, to Mcguirk, Brian J, and Mcguirk, Ann.

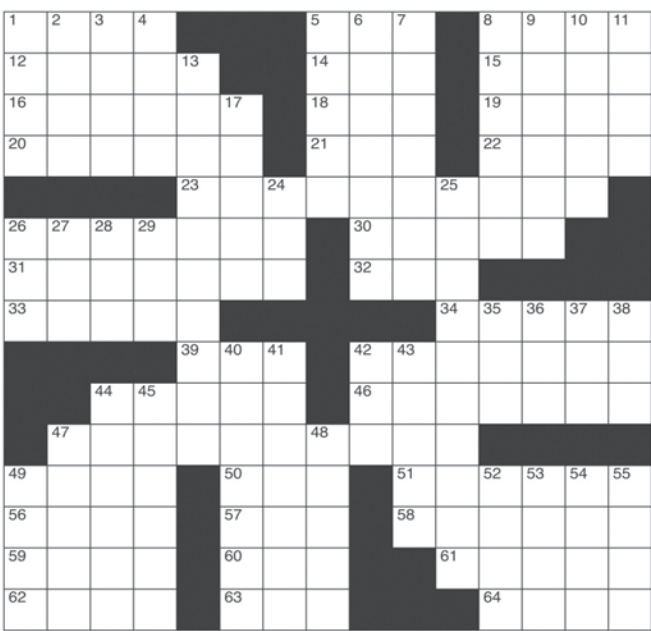


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CLUES ACROSS

1. El __, Texas town

5. Rocker's tool

8. A lot

12. Traveling by ground

14. Spelling competition

15. Two-toed sloth

16. Small perfumed bag

18. "Much __ about nothing"

19. Tough-skinned mollusk

20. Removes from record

21. It warms the planet

22. Leafy green

23. Quality of arriving favorably

26. Living thing

30. "Six of Crows" author Bardugo

31. Got around a rule

32. Resin from burned substance

33. Iraq seaport

34. Religious leaders
39. Fugitives are on it

42. Samson's influencer

44. Italian city

46. A quality of lacking interest

47. Predatory tropical fishes

49. Nobel physician Isodor

50. Luck

51. Stationary part of a motor or generator

56. Orthopedic professional group (abbr.)

57. One point south of due east

58. It follows 79

59. Paper currency

60. Anger

61. Spanish seaport

62. Sleep in a rough place

63. Famous museum

64. Selfs

CLUES DOWN

1. Bullfighting maneuver

2. From a distance

3. Soul and calypso song

4. Expressions of delight

5. Lower in esteem

6. Inner region of an organ

7. Flowers

8. A bog

9. Remove a fastening

10. Membranes

11. Enormous

13. One who abstains from drink

17. Malayan wild ox

24. Type of student

25. Rejecting all moral principles

26. Sino-Soviet block

27. Egyptian unit of weight

28. Wrong

29. Make a mistake
35. Indicates location

36. Boxing's "GOAT"

37. Where wrestlers compete

38. Timid

40. Disney town

41. Suggesting the horror of death and decay

42. Male parent

43. Remove for good

44. Simple shoes

45. Flowers

47. Hindi courtesy title for a man

48. Not pleased

49. "Atlas Shrugged" author

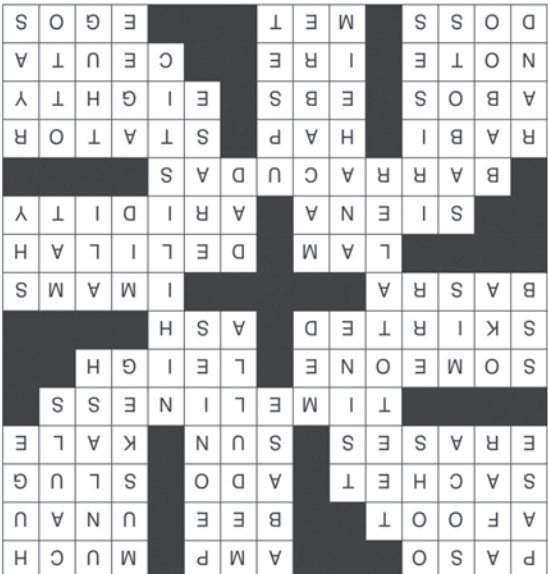
52. CIA officer and writer

53. Hoodlum

54. __ Von Bismarck, Iron Chancellor

55. Woolen rugs

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Cornerstone Bank honored as 2025 Best of Central Massachusetts finalist

WORCESTER — Cornerstone Bank is proud to announce that it has been voted a 2025 Community Choice “Best of Central Massachusetts” top 3 finalist for Best Bank, an honor made possible by the votes and support of our community.

This recognition is a testament to the trust, connection

and loyalty Cornerstone has built with the people and businesses it serves throughout Central Massachusetts. Each year, the Best of Central Mass Community’s Choice Awards celebrate local organizations that make a meaningful difference in their communities. Being named among the top three in the region reflects Cornerstone’s continued dedication to providing dependable, compassionate and personalized banking solutions.

“We’re truly honored to be recognized by our community,” said Todd Tallman, CEO of Cornerstone Bank. “At Cornerstone, we strive to make a positive impact in the lives of our customers every day, whether that’s helping them achieve their financial goals, supporting local causes or being a trusted partner through life’s milestones. This recognition means so much because it comes directly from the people we serve.”

Cornerstone Bank is one of several standout institutions selected as finalists in the finance category, representing the very best of Central Massachusetts.

The 2025 Best of Central Massachusetts Community’s Choice Awards Gala will be held on Nov. 6 at 6 p.m. at the DCU Center in Worcester. The exclusive event celebrates finalists and winners across a range of industries.

Cornerstone Bank extends heartfelt thanks to all who voted and continues to uphold its mission to be a supportive and trusted banking partner that truly sees, hears and stands with its community.

About Cornerstone Bank
Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank’s local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone, which is a subsidiary of PeoplesBankCorp, MHC, operating independently under its own name and brand, provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities through a broad range of deposit and loan products and services. Built on Trust is not just a tagline, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank’s personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.

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Thursday, Oct. 31 – Trick or Treat Night Delight
The moon will grin, the ghosts will play,
Costumes march in bright display!
Douglas, Sutton, Uxbridge too—
Keep your porch light shining through.
From six to eight, the night’s aglow,
With laughter echoing down below.

Friday, Nov. 1 – Pumpkin Farewell Fun
Sweep up seeds and candle wax,
Autumn’s chill is at your backs.
At Whitinsville’s Library, gather near,
For “Spooky Story Hour” to end the year!
At 4 p.m. the tales begin,
With cocoa warm and cozy grin.

Saturday, Nov. 2 – Markets and Makers Unite
Uxbridge Common, ten ‘til two,
The Farmers Market bids adieu!
Apples crisp and cider poured,
Handmade crafts and treats adored.
In Sutton, on the Town Hall Green,
The Harvest Fair wraps up the scene.

Sunday, Nov. 3 – Music Beneath the Steeple
At the Unitarian Church in Northbridge town,
Local voices gather ‘round.
A 3 p.m. concert—songs of fall,
Admission’s free and welcomes all.
Bring canned goods if you’re inclined,
To share some cheer of the neighborly kind.

Monday, Nov. 4 – Coffee and Kindness
The Douglas Senior Center brews,
Coffee, crafts, and local news.
Nine o’clock sharp, the doors will creak,
For friends who meet and chat each week.
Laughter, cards, and muffins sweet—
A Monday habit hard to beat.

Tuesday, Nov. 5 – Books and Baked Goods
At the Uxbridge Library, a tempting sight—
The Friends’ Book Sale from noon ‘til night!
Pick a mystery, novel, or rhyme,
And nibble pie one slice at a time.
Proceeds help the shelves stay bright,
So read a spell ‘neath autumn’s light.

Wednesday, Nov. 6 – Trails and Tales
Northbridge walkers, lace your shoes,
River Bend’s paths await your muse.
Meet at ten to stroll the mile,
Through golden woods that make you smile.
Leaves may fall, but spirits soar,
In the Valley we adore.

Thursday, Nov. 7 – Thankful Hearts
Begin to Stir
November whippers, soft and low,
“Gratitude’s time—let kindness grow.”
At Sutton’s Community Supper Hall,
Volunteers will feed us all.
At six o’clock, the tables gleam,
With soups and smiles and home-town dreams.
(From pumpkins to pies and candles to song,
The Valley keeps humming as fall rolls along!)

PET of the WEEK



Meet Kipper

At 11 years old, this handsome senior is the perfect mix of calm and silly. His foster describes him as easygoing, adaptable, and happiest just being with you. He's gentle, affectionate, and loves people and new friends - whether that means joining you on a walk, curling up for a couch snuggle, or keeping you company while you work.

Kipper is housetrained, crate trained, and knows all the basics (sit, down, paw, place, off, roll-over)—and he's still learning! Whoever said old dogs can't learn new tricks has clearly never met this boy. He travels well in the car and is always up for a daily woods walk, a neighborhood stroll, or a burst of zoomies in the yard. Stuffed toys are his favorite, and he'll happily toss them around before settling in at your side.

At night, Kipper is easygoing - he sleeps soundly through the night in his bed. Kipper is looking for a cat-free home, but he has enjoyed the company of other dogs and may do well with a well-matched sibling—or happily as a solo pet. He's enjoyed walking with doggy pals in the past.

Could Kipper be the senior sidekick you've been searching for?

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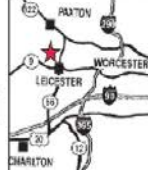
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PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

A Halloween of kindness in the Valley

October in the Blackstone Valley has its own kind of rhythm. The air feels charged with energy—part chill, part nostalgia—as maples burn red above stone walls and porches glow with candlelight behind carved grins. The season creeps in gently, until suddenly you can smell wood smoke, hear the crunch of dry leaves, and feel the familiar hum of anticipation that means Halloween is near.

Here, in towns like Sutton, Douglas, Uxbridge, and Northbridge, Halloween is not merely a night for costumes and candy. It’s one of the rare times in the year when people of every age step out from behind their doors and walk the same streets. It’s a moment of shared imagination—our homes transformed into haunted mansions, our quiet neighborhoods alive with laughter. For a few precious hours, even in a world that feels increasingly disconnected, the Valley remembers what community looks like.

Children see it first. They see police officers waving from patrol cars, firefighters handing out glow sticks, and shopkeepers keeping their lights on a little longer to offer cider and smiles. They see adults who might otherwise rush past one another in the grocery store pause to chat, to admire a costume, to laugh together. Halloween, in its simple, fleeting way, rebuilds the small-town ties that sometimes loosen over the course of a busy year.

Still, the holiday lands in a season when many households are feeling stretched. Candy prices have climbed, decorations cost more, and for some families, even the smallest traditions can be a strain. Yet this community has a way of rising to meet such moments. These are not grand gestures, but they are profoundly generous ones—the kind that say “you belong here” louder than any yard display ever could.

Safety, too, depends on that spirit of shared care. Trick-or-treaters will be out after dark, darting across streets and driveways, so drivers must slow down and stay alert. Porch lights should shine bright for visitors. Homeowners can help by keeping walkways clear and offering allergy-safe treats. Parents can remind children to carry flashlights, wear reflective clothing, and—yes—say thank you. Every lighted pumpkin and patient wave from a passing car is part of the invisible web of watchfulness that makes these nights joyful instead of frightening.

Perhaps the best part of Halloween is how it reminds us that community is built from small acts of trust. Strangers open their doors. Children learn to greet neighbors by name. A piece of candy changes hands, and with it comes something larger—the reassurance that this place, this Valley, still holds the warmth of belonging.

So as October wanes and the ghosts and goblins prepare to wander, let the night be about more than tricks or treats. Let it be a celebration of imagination, generosity, and shared good will. In the glow of the jack-o'-lanterns, may we all see what really keeps our towns alive: the simple courage to meet one another with kindness, even in the dark.

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



Courtesy

Ashley Coffey of Northbridge, a partner at Mirick, has been selected to the 2025 Massachusetts Rising Stars list. To be eligible for the Rising Stars list, a candidate must be either 40 years old or younger, or in practice 10 years or less. The top 2.5 percent of the lawyers in the state are selected by the research team at Super Lawyers to receive this honor. Ashley represents entities buying, selling, financing, and leasing commercial real estate, as well as lenders in documenting and closing commercial loan transactions. Her clients include both commercial landlords and tenants who range in size and industry.

LETTERS TO THE EDITOR

Taxed to support illegals

To the Editor:
Do you know that we are still Taxachusetts?

In 2025, we ranked 41st as one of the worst states for taxation. We are in the bottom 10 in the nation for competitiveness. Why? Because of “overly burdensome individual income taxes, property taxes and unearned income taxes,” says The Tax Foundation.

Where, oh where, do our taxes go?

First, let’s cream off \$3 billion in the past three years for illegal immigrants. Free housing, free food, free cellphones, free cars, free health care, free dental care. Free for illegal immigrant — free, free, free, except for us.

Next, we find that our legislature refuses to raise the wage of public defenders for criminals who have no assets, other than the ones they stole. Public defenders remain on strike. A total of 1,500 criminal offenses have been dismissed this year since the start of the strike because criminals cannot be represented in court.

But \$5 million for free legal services for illegal immigrants!

But \$155 million to a private elite college, Mount Holyoke, so they can build a geothermal heat system and upgrade their dormitories. Mount Holyoke, a woke outpost for privileged rich girls, has an endowment of \$1 billion. One billion with a B, gives the school \$90 million a year in income. Poor little things.

Do you think, maybe, they could get a private loan to dig to the subterranean earth?

Our state gave only \$21 million to Worcester to build affordable housing, \$34 million to Everett for public housing, and few scraps to other towns for affordable housing. But \$155 million to a private elite college for wealthy young women.

Why? Because the Democrat Communists on Beacon Hill believe in crime on the street and taking care of their wealthy donors. It is simple.

Next we find our infamous Secretary of Transportation Monica Nutt [from Ohio] whose prior job was Director of the 128 Business Council [whatever the heck that is]. She makes a cool \$206,000 annual salary from tou the taxpayer. She is in charge of the \$900 million Turnpike service plaza

scandal. Until she was forced to resign. But never fear. They will pay her until the end of the year. For nothing.

She was asked if anyone in her Department of Transportation [DOT] had been communicating with the Irish company high bidder, which was unfairly awarded the contract? No, no, and no. After a Freedom of Information request, turns out, one of the DOT officials in charge of the bid was frequently communicating with the Irish company. Applegreen has withdrawn from the “competitive bid.”

But who took over for Nutt at the 128 Business Council? Her wife, Lisbet Nutt. Her qualifications? She ran a “community art gallery... and once worked in advocacy and coalition building.” Her salary? In the neighborhood of \$180,000.

Your tax dollars at work. Voting for Socialists has consequences.

Salaries at that “Ivy League” State-funded university known as ZooMass Amherst are equally ridiculous. Or should I say, equity-ridiculous. Nefertiti Walker is paid \$443,000 annually as the Senior Vice President for Academic Affairs, Student affairs, and Equity. Her job? To dispense Equity. Her credentials? She was a Division One NCAA women’s basketball player at Georgia Tech.

According to the Pioneer Institute, 24 University of Massachusetts employees made over \$500,000, “far exceeding any other state higher education employees.” The president of Bridgewater State earned only \$315,232 annually to oversee 9,500 students. He makes more than the President of the United States.

As Margaret Thatcher, the Iron Lady of Great Britain, used to say:

“Socialism is great until the money runs out.” We are running out of money in our state because the People are running out of the state.

Maura told the poor of our state that the federal government will not fund SNAP benefits in November due to the shut-down. But guess who will not go hungry? The illegal immigrants who get free everything from us Taxachusetts taxpayers. Why doesn’t Maura give some of her state budget to fund SNAP for a month for citizens? Not a chance. Why? They are not illegal aliens. Simple.

BEV GUDANOWSKI
UXBRIDGE

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A financial roadmap for veterans entering civilian life



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

The transition from military to civilian life brings countless adjustments. It also marks a good time to review how you’re taking charge of your financial future. Veteran Saves Week is Nov. 4-7 and an opportunity to focus on building financial confidence and creating a solid foundation for your new chapter.

Now in its second year, Veteran Saves Week centers around one core message: No matter where you are on your financial journey, small steps can lead to lasting change. Here are a few tips to help:

Understand the financial shift. If you’ve recently re-entered civilian life, it’s important to identify any gaps between your income and expenses. A key part of this gap often comes from the loss of military allowances, such as the Basic Allowance for Housing and Basic Allowance for Subsistence. You may also lose commissary and exchange privileges where groceries and goods were purchased tax-free.

Health benefits represent another shift. While you received health care through TRICARE on active duty, you might be eligible for TRICARE for Life and Veterans Administration benefits, but you may still need to supplement this coverage with a group health care plan from your employer or purchase it independently.

Build a budget. Getting a clear picture of your finances helps you make informed decisions. Look at your monthly income, expenses and savings to understand your starting point.

One strategy you may find useful is the 50/30/20 rule. With this, you divide your monthly take-home pay into three parts: 50 percent for needs like housing, utilities, food and insurance, 30 percent for wants and 20 percent for savings and debt repayment.

Take essential financial steps. Your monthly budget should include building an emergency fund, paying down high-rate debt and saving for retirement. It may help to use budgeting apps that categorize expenses and identify areas where you can cut back when necessary.

Building an emergency fund becomes even more critical during transition. Aim for three to six months of cash savings to provide a safety net for living expenses while you establish your civilian career.

Don’t overlook the available retirement planning tools. Even if you will have a pension, you might consider putting money into an IRA, or a 401k if one is available to you through a new employer, or into stocks and bonds to keep building toward your long-term goals. It’s also important to obtain a current Social Security statement since active-duty military pay FICA taxes.

Leverage available resources. There are transition support programs through the military and the U.S. Department of Veterans Affairs, which also offer debt relief programs and financial counseling services.

Consider connecting with a financial advisor who understands the unique challenges veterans face during and after transition. They can help you create a strategy that maximizes your benefits and helps position you for long-term success.

Move forward with confidence. As Veteran Saves Week reminds us, small steps lead to lasting change. Your service has prepared you to overcome challenges – financial planning is just another mission you’re equipped to complete successfully.

Should you sell or auction gold or silver?

At the time of writing today’s column, silver is selling for over \$50 an ounce, while gold has sailed past the \$4,000 per ounce mark. You’ve probably seen television and newspaper ads telling you to trade your gold for cash. You may be asking yourself if you are better off selling your gold so it can be scrapped or if you should consign it with an



ANTIQUES, COLLECTIBLES & ESTATES
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WAYNE TUISKULA

an auction house. The answer is: it depends. If you have broken gold bracelets or damaged sterling silver serving pieces, it may be fine to sell them to a dealer who will scrap them. Whether you sell or auction the damaged and broken pieces, you will receive



less than the scrap value. Pieces may need to be melted, and the buyer needs to make a profit.

Some choose to auction broken pieces as well. There are many silver pieces that should not be

scrapped. Having a complete set of sterling silver flatware or hollowware serving pieces will appeal to collectors or buyers who plan to use them, and these sets should be sold at auction. Some sterling items are considered pieces of art and could command a premium. Georg Jensen, Tiffany, and patterns by famous makers like Gorham and Towle typically sell well above scrap prices. Antique pieces of sterling and coin silver by well-known silversmiths can also bring high prices. Coin silver is 90% silver (the same percentage as a U.S. silver coin) while sterling is 92.5% silver.

U.S. coins cannot legally be scrapped and melted. Some gold and silver coins may be worth just their value for the precious metals. Dimes, quarters, half dollars, and dollar coins from 1964 are made with 90 percent silver. However, there are many factors that can make a coin more valuable. The condition, the date, the mintmark (the letter that indicates the city where it was made), and different variations can turn a \$10 coin into a \$1,000 coin. I’d recommend having your coins checked before you accept their gold or silver value.

Knowing when to sell gold and silver can be a difficult decision, especially with fluctuations in value. Given the current prices, many people are finding there’s a silver lining when they go for the gold and auction their pieces.

We are always accepting gold and silver for our auctions. Our single-collector Civil War memorabilia auction will be online next month. We are still accepting consignments of paintings, statues, vintage comic books, baseball cards, and other valuable antiques and collectibles. Please visit our website <https://central-massauctions.com> for links to upcoming events.

Contact us to consign items or for auction information at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services info@centralmassauctions.com or 508-612-6111.

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Sobriety

We all go through hard times. It begins quietly—a few rough days that turn into a few wrong turns. Then come the years of drifting, when comfort becomes craving and craving becomes chains. Maybe addiction shadowed those years, taking your peace, your people, your time—until you wondered if you’d ever climb out.

Whatever the case, you only have two options: Let the past define you, or let the past refine you.

The truth is, the hardest seasons often build the strongest souls — if we let them.

I was always a Robert Downey, Jr. fan, and not just because of his incredible talent as an actor, but because he’s one of those people who chose to let his past refine him rather than define him.

He was one of Hollywood’s brightest young stars—until years of chaos chipped away at his reputation, his finances, and his hope.

For a time, Downey’s life read like a cautionary tale. In 1996, he was arrested for drug possession; he missed required court-ordered drug tests, his house

in Malibu was lost, and his career stalled. Studios labeled him unreliable. For many years, he struggled to find meaningful work, his public image tarnished, his potential derailed. Years of drift: opportunities lost, trust broken, momentum vanished. Friends, fans, and insiders began to write him off. Those years defined him—for a while, at least. He was behind, and it showed.

Maybe you see some of yourself in that spiral — the regret, the exhaustion, the wondering if you’ll ever get another shot.

In an interview with Oprah Winfrey, he said, “It’s hard to get out of the barrel, it’s slippery around the edges, and people like to see you fall back in.”

Behind the headlines was a man fighting himself—haunted by his addictions, uncertain if he’d ever climb back.

Something inside of him must have shifted. Downey embraced treatment and sobriety. He began returning to the industry with more minor roles, rebuilding trust. Soon, he became the face of the Marvel Studios universe as Tony Stark in Iron Man, launch-

ing a blockbuster run.

After a few years of focused effort, he effectively erased the drag of the previous decade. He locked into a mission: sobriety, discipline, and proving his value. From near-ruin to “one of the most bankable stars in the world,” he flipped the narrative.

In a New York Times article titled “The Fall and Rise of Robert Downey, Jr.,” he admitted, “I understand reversal of fortune; that usually comes from my own hand.”

The years of chaos didn’t vanish—they taught him—but the next few years of focus reset his life. He quieted the chaos. He said no to what destroyed him and yes to what healed him—recovery, the twelve steps, yoga, meditation, and a renewed sense of purpose.

He aligned with a new vision, determined to shift his trajectory—with a laser focus. By 2008, his new career arc was in place. The decade of hurt became the foundation for his resurgence. The past refined him—not defined him.

Now, what about you? Maybe you’re looking at a past decade of “if onlys,” of being stuck, of things

going sideways, and you’re ready to say: not anymore.

Eliminate distractions—screens that snatch your attention, gossip that drains your energy, addictions that drain your soul, doubts that whisper “you can’t.”

It’s time to focus. It’s time to concentrate. The hole may be deep, carved by doubt or addiction, but you can still climb out. The light isn’t gone—it’s waiting for you to remember it’s there.

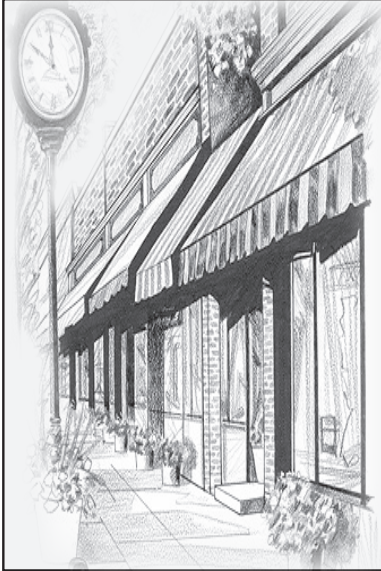
It’s faint at first—but it burns brighter each time you take a step upward.

You don’t need to be perfect. You need to be present. You need to refocus. Focus is a superpower—and it doesn’t cost money or status. It just asks for attention.

Your past? As hard as it is to believe, it doesn’t get to decide your tomorrow.

Just a couple of years of concentrated, consistent action can rewrite your next chapter. And when you decide to live like that, you begin to become unstoppable.

Focus, determination, and sobriety cut through confusion, clear your vision, and remind you who you really are.



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Rocky Knight

QCC hires director for new Auxilium Center for Entrepreneurship

WORCESTER — Quinsigamond Community College has hired Rocky Knight as the director of its newly launched Auxilium Center for Entrepreneurship, a resource hub created to support and inspire students, staff and alumni in launching and scaling their entrepreneurial ventures.

Funded by the Cliff & Susan Rucker Foundation and supported through a strategic partnership with Auxilium Worcester, the center will offer one-on-one consulting, mentorship, workshops and training to help aspiring entrepreneurs navigate the complexities of starting and growing a business.

“By the time students graduate, they’ll not only have a degree, they’ll be ready to launch a business,” said Knight, who emphasized the importance of connecting the QCC community to Worcester’s thriving entrepreneurial ecosystem.

Knight brings a wealth of experience to the role. She holds an MBA from Johnson & Wales University and a BA in global citizenship with a specialization in management from Becker College. Her leadership background includes serving as Director of the CWE-Central MA Women’s Business Center and Founder/CEO of Own Your Legacy Ventures LLC, an organization that

helps entrepreneurs reach the critical two-year milestone through branding, consulting and strategic planning.

“Rocky brings robust experience as an entrepreneur and an educator, and she is well-connected within the regional entrepreneurial ecosystem. We are thrilled she’ll be working with QCC students and alumni to bring their ideas forward,” said Vice President of Academic Affairs Kathy Rentsch.

Knight also founded the For One Child Foundation, a nonprofit that has impacted over 1,500 students across Massachusetts and rural Jamaica through educational resources, digital access, and infrastructure development. Her commitment to community empowerment has earned her numerous accolades, including the Worcester Business Journal’s 40 Under 40 Award (2024), Worcester Magazine’s Woman to Watch (2025) and recognition as a Massachusetts Commonwealth Heroine (2025).

“Entrepreneurship is a new type of job security,” said Knight. “I’m happy to be in a space where we can help people move forward and ensure entrepreneurs have access to the right resources.”

For more information on the Auxilium Center for Entrepreneurship at QCC, visit QCC.edu/auxilium.

Women’s Bible Study takes on Prayer: Lord Teach Us to Pray

WHITINSVILLE — Coffee Break, a community Bible study for women, will continue its Fall season with a study of Prayer: Lord Teach Us to Pray on November 18. God loves us and has wonderful plans for our lives – no matter what the current events look like. Come join with others in a study of Prayer: Lord Teach Us to Pray as we look at who God is and the power and glory He is about to display in the earth. Our God is so trustworthy. All peace and joy are found in Him. You’re only allowed to be a newcomer the first week. After that, we’re all friends. We look forward to meeting you.

Refreshments and childcare are provided—There’s loving care for your babies and toddlers through age five.

Coffee Break is held each Tuesday from 9:30 to 11 a.m., and offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and concerns, and develop new friendships. There’s no “homework” required, and no previous Bible knowledge is necessary. Study guides and Bibles are provided free of charge.

Pleasant St. Church is located at 25 Cross St. in Whitinsville. For directions, questions, or to get more information, please call Anna 774-287-9449, email churchoffice@pscr.org or visit pscr.org/adults.



Courtesy

The People First Food Pantry of Uxbridge would like to thank Uxbridge Pack 2 Webelos for their recent donation of 10 birthday bags and miscellaneous birthday items that will be distributed to the children served by the food pantry. “Nothing more heartwarming than children helping children,” stated Director Denise Mussulli. Pictured: William Sprat, Brendan Freiwald & Colton Guy.

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St. Mary’s Church
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Saturday 9:30 AM-11AM

CHARLTON

Chip - In Food Pantry
McKinstry Building
37 Main Street, Charlton, MA 01507
Distribution: 3rd Saturday 9 AM-12 Noon

St. Joseph’s Church, Charlton
Tuesday 6:30-7:30 p.m.
Wednesday 9-11 a.m.
Everyone is welcome.

LEICESTER

Leicester Food Pantry
St. Joseph-St. Pius X Parish
759 Main Street, Leicester, MA 01524
Distribution: Tuesday 5 PM-7 PM

NORTH BROOKFIELD

St. Joseph’s Food Pantry
Located in the church hall at 296 North Main St. North Brookfield
Distribution is the 1st Thursday of the month from 5:00-6:30PM
the 3rd Thursday of the month from 12 Noon-1:15PM
Any questions should be directed to the Rectory office 508 867-6469.
St. Joseph’s Food Pantry is a community partner affiliated with the Worcester County Food Bank.

OXFORD

Oxford Ecumenical Food Shelf
Oxford Community Center
4 Maple Road
Oxford, MA 01540
Distribution: Thursday 4:30 PM - 6:30 PM

ROCHDALE

The Lord’s Cupboard Food Pantry
Greenville Baptist Church
674 Pleasant St.
Rochdale, MA
Distribution: Every Monday from 12:00 - 2:00 p.m. Open to everyone.

SOUTHBRIDGE

Saint John Paul II food pantry
279 Hamilton Street
Southbridge, MA 01550
Contact 508-765-3701
Distribution: Tuesday 3-5pm,
Wednesday 9-11am
Southbridge and Sturbridge residents only

Southbridge Food Share
Located at Holy Trinity Episcopal Church, lower level
446 Hamilton St,
Southbridge, MA 01550
Email:
Southbridgefoodshare.org@gmail.com
Phone: 508-764-6583
Open Monday, Wednesday, and Friday, from 10:00 am to 11:15 am.

SPENCER- EAST BROOKFIELD - RESIDENTS ONLY

Mary Queen of the Rosary Food Pantry
60 Maple St, Spencer, MA 01562
Distribution: Thursday 10 AM-12 Noon

STURBRIDGE

Saint Vincent de Paul Society Food Pantry,
Located in the St. Anne Church basement,
16 Church Street, Fiskdale, MA 01518
Stocked by donations
Contact: 508-347-6398

WEBSTER

Webster-Dudley Food Share
4 Church St #2
Webster, MA 0570
Distribution: Tuesday and Thursday from 8:30 -11:00 am.
Open to Webster and
Dudley residents.
Please call ahead: 508-943-9171

WEST BROOKFIELD

Sharing Cupboard Food Pantry
First Congregational Church
36 North Main Street,
W.Bookfield, MA 01585
Distribution: Wednesday 10 AM-11:30 AM Thursday 7 PM- 8 PM





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Worcester Probate and Family
Court**
**225 Main Street
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(508)831-2200**
Docket No. WO25C0531CA
CITATION ON PETITION TO
CHANGE NAME

In the matter of:
Joseph Paul Gomes
A Petition to Change Name of Adult
has been filed by
**Joseph Paul Gomes of Northbridge
MA** requesting that the court enter a
Decree changing their name to:
Joseph Paul Gomez
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 a.m. on the re-
turn day of 11/11/2025. 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: October 10, 2025
Stephanie Fattman,
Register of Probate
October 31, 2025

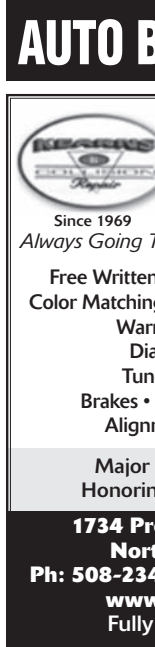
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The Trial Court
Probate and Family Court
Worcester Probate
and Family Court**
**225 Main Street
Worcester, MA 01608
(508) 831-2200**
Docket No. WO25P3646EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate Of:
Leonard Landry
Date of Death:07/13/2025
To all interested persons:
A Petition for **Formal Adjudication of
Intestacy and Appointment of Per-**

sonal Representative has been filed
by **Janice M Omar of Woonsocket
RI** requesting that the Court enter a
formal Decree and Order and for such
other relief as requested in the Petition.
The Petitioner requests that:
Janice M Omar of Woonsocket RI
be appointed as Personal Representa-
tive(s) of said estate to serve **Without
Surety** on the bond in **unsupervised
administration**
IMPORTANT NOTICE
You have the right to obtain a copy of
the Petition from the Petitioner or at the
Court. You have a right to object to
this proceeding. To do so, you or your
attorney must file a written appear-
ance and objection at this Court be-
fore: **10:00 a.m. on the return day of
11/18/2025.**
This is NOT a hearing date, but a dead-
line by which you must file a written
appearance and objection if you object to
this proceeding. If you fail to file a time-
ly written appearance and objection
followed by an affidavit of objections

within thirty (30) days of the return day,
action may be taken without further no-
tice to you.
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UNDER THE MASSACHUSETTS
UNIFORM PROBATE CODE (MUPC)**
A Personal Representative appointed
under the MUPC in an unsupervised
administration is not required to file an
inventory or annual accounts with the
Court. Persons interested in the estate
are entitled to notice regarding the ad-
ministration directly from the Personal
Representative and may petition the
Court in any matter relating to the es-
tate, including the distribution of assets
and expenses of administration.
**WITNESS, Hon. Leilah A. Keamy,
First Justice of this Court.**
Date: October 20, 2025
Stephanie Fattman,
Register of Probate
October 31, 2025



Home Fall Auto



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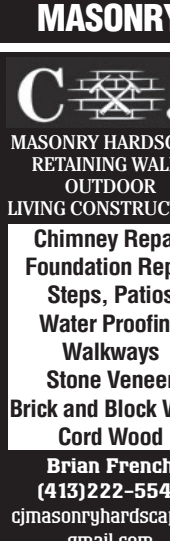


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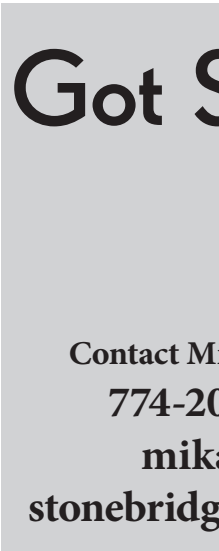
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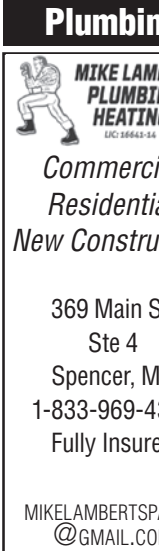
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Fight the winter blues with double amaryllis



The artistic blooms of Double Aphrodite amaryllis have ruffled white petals with a narrow red edge and lime green center.

Add unique flare to this winter’s indoor garden and décor with double amaryllis. The several layers of colorful petals are sure to make a statement wherever they are displayed.

Start the amaryllis season with early blooming varieties grown in the southern hemisphere. Double Alaska features frilly, fully double white flowers with a lime green center. Order bulbs early, store them in a cool, dry, dark location and plant these early blooming bulbs by Nov. 1 if you want flowers for the holiday.

Keep the color coming throughout the winter by growing a variety of other double amaryllis grown in the Northern hemisphere that begin blooming in January. Plant a few bulbs every three weeks to extend your enjoyment for several months.

Watch the colors change on Double Giant Amadeus amaryllis. The petals start as mostly white with a fine red outline. As the flowers mature, the color intensifies to a blushing pink, coral and salmon.

Grow Double Sweet Nymph (longfield-gardens.com) for a bit of a romantic charm. The layers of creamy white petals are covered with coral pink stripes.

If you like the traditional red amaryllis, you will enjoy the giant red flowers of Double King. Each bulb produces three stems with four or more blooms that open at different times to extend your enjoyment.

The candy cane striped narrow petals of Double Doublet are sure to catch your attention. Each flower is a bit different, adding to its uniqueness. Watch as the three stems grow, producing as many as a dozen flowers from each bulb.

Enjoy weeks of artistic blooms when you grow Double Aphrodite amaryllis. The ruffled white petals have a narrow red edge and lime green center. The fine red brushstrokes that extend from the petal tips add to this amaryllis’s charm.

Plant your amaryllis bulbs in a quality potting mix with the top half above the soil surface. Grow a single bulb in a pot that is seven to eight inches deep and five to six inches across with

drainage holes. Or group several bulbs together in a larger container. Water the potting mix thoroughly and place the container in a cool sunny location. Continue to water thoroughly but only often enough to keep the soil barely moist.

Add a bit of elegance and ease of care by going soil-less. Place several inches of pebbles in the bottom of a glass vase or watertight container. Cover the pebbles with water. Set the bulb on top of the pebbles, adding more stones around the bulb to hold it in place. Leave the top one third of the bulb exposed. Add water as needed to maintain the water level just below the bulb.

Now relax and wait a month or more for your amaryllis bulb to wake up and start growing. Water more often once sprouts appear. Enjoy the transformation as the bulb turns into a flowering plant over the next few weeks.

Growing amaryllis indoors will keep you gardening all year long, providing mood-boosting benefits and stress relief. Plus, the colorful blossoms are sure to brighten your winter days.

Melinda Myers has written more than 20 gardening books, including the Midwest Gardener’s Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses “How to Grow Anything” 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 Longfield Gardens for her expertise to write this article. Her Web site is www.MelindaMyers.com.

GARDEN
MOMENTS
• • • • •
MELINDA
MYERS



November events at the Simon Fairfield Public Library

The Simon Fairfield Public Library’s November 2025 Schedule. Please note that some events do require registration. If you have any questions regarding any events, please do not hesitate to contact the library at 508-476-2695 or email at us at douglas@cwmar.org.

Address: 290 Main St., Douglas
Phone: 508-476-2695
Hours: Monday-Thursday 9 a.m.-8 p.m.; Saturday 9 a.m.-1 p.m.

Please note that we will be closed on Tuesday, Nov. 11 in observance of Veteran’s Day.
Please note that we will be closed on Thursday, Nov. 27 in observance of Thanksgiving.

Children’s Book Clubs
Wednesday, Nov. 5 at 4 p.m. - Book Wizards (Grades 5-7), “The Red Pyramid” by Rick Riordan
Wednesday, Nov. 12 at 4 p.m. - Young Reader’s Club (Grades K-2), “A Turkey for Thanksgiving” by Eve Bunting
Wednesday, Nov. 19 at 4 p.m.: Book Bunch (Grades 2-4), “Heartwood Hotel: A True Home” by Kallie George

Children’s Happenings
Monday, Nov. 3 at 10 a.m. - Fall Storytime (Registration Required)
Tuesday, Nov. 4 and 18, at 11:30 a.m. - Music & Movement with Deb Hudgins
Tuesday, Nov. 4 at 3:30 p.m. - Lego Club I (Registration Required)
Wednesday, Nov. 5 at 11:30 a.m. - “Young Scientist’s” - STEM Program (Registration Required)

Adult Book Clubs
Thursday, Nov. 6 at 6:30 p.m. - Greatest Book Club Ever, “Bird Box” by Josh Malerman
Tuesday, Nov. 18 at 6:30 p.m. - SciFi Book Club, “The Long Way to a Small Angry Planet” by Becky Chambers
Thursday, Nov. 20 at 6 p.m. - Cookbook Collective
Monday, Nov. 24 at 6:30 p.m. - Plot Twisters, “Her Deadly Game” by Robert Dugoni

Adult Happenings
Tuesday, Nov. 4 at noon - Get Help with Jenna Gouin
Wednesday, Nov. 5, 12, 19, and 26 at 10 a.m. - Fiber Arts Friends
Saturday, Nov. 8 at 10 a.m. - The Art of Pysanky (Registration Required)
Thursday, Nov. 13 at 5:45 p.m. - Fiber Arts Friends
Saturday, Nov. 22 at 10:30 a.m. - SFPL Gardeners

FAIR
continued from page A1

your rosary beads, and get your Advent prayers.

Bring your appetite, as there will be plenty of food. The luncheon includes chicken parmesan and meatball subs, hot dogs, french fries, pizza, and snacks. You’ll also find chips, candy, soft pretzels, and donuts at our concession stand, along with a wide range of homemade baked goods, meat pies, and a cookie walk (while supplies last).

The OLV Fair is held across three separate buildings: the main school building, the G.R.A.C.E. Center, and The Good Shepherd Parish Hall within St. Mary’s. Maps will be available to guide you.

For the latest updates, follow the OLV Fair Event page on Facebook or visit their website at www.ourladyofthevalleyregional.com. For any questions, the guild can be reached via email at olvguild@gmail.com.

☂☂☂Friday's Child☂☂☂



Kamren
Age 8
Registration #9052

low him to be creative and adventurous in his own way.
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The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with. To learn more about adoption from foster care visit www.mareinc.org . Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care.

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NEW CONSTRUCTION Craftsman Style Home! Tucked away on Cooper Rd, Webster Lake w/Access at Lakeside Beach/Boat Ramp. 3rd of 4 Homes being built at this Site. Offers 2,155 SF+/- of Living Area, 7 Rms, 4 BRs, 2-1/2 Baths, 9' Ceilings. Wood Flooring Throughout w/Ceramic Tile Floors in the Baths. Spacious Main BR Suite w/Walk-in Closet & Private Full Bath, Double-Sink Vanity! Lower level walkout w/Slider. Basement-rough plumbed Central AC! Garage
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Webster Lake Waterfront - 31 Bayview!!

ON DEPOSIT

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Webster Lake - 53 Colonial Rd

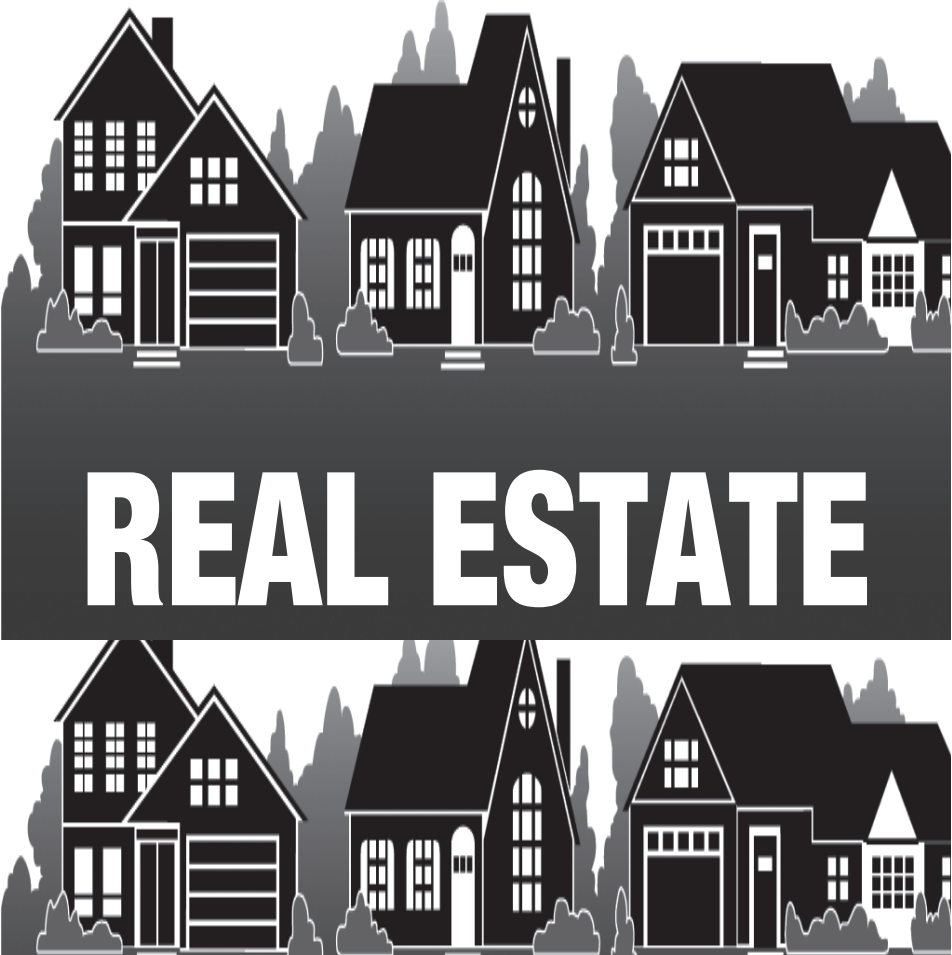
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Tidings of comfort and joy?

FACING THE HOLIDAYS AFTER BEREAVEMENT

When you're grieving the death of a family member or friend, you may dread the holiday season. Thoughts of social gatherings, family traditions, and obligations leave you anxious and overwhelmed. Your sadness can seem unbearable. You may wish you could skip these next two months and go straight to the routine of the next year—but you can't. What can you do to lessen your stress and loneliness?

Holidays trigger tough emotions

You can start by learning what emotions are normal and to be expected when facing the holidays without your loved one.

"If you're feeling overwhelmed as this holiday season approaches, that's very normal," advised psychologist Dr. Susan Zonnebelt-Smeenge, whose husband died. "You're

probably wondering how you're going to handle this and are unsure of what course to take. I want to assure you that you can get through these holidays, and hopefully you can even find moments of joy."

When you know what to expect, you won't be rendered helpless as holiday events trigger unexpected emotions. Make a point to spend time talking with people who have experienced a past loss and have already been through a holiday season without their loved one. They can help you have an idea of typical emotions and emotional triggers to expect. These people can also provide much-needed comfort and support.

Creating a holiday plan will help

Another important step in surviving the holidays is

to create a healthy plan for the coming season.

"Planning does help you to have a little control, even when you feel totally out of control," said Dr. Zonnebelt-Smeenge.

A healthy plan involves making decisions in advance about traditions, meals, time spent with others, holiday decorating, gift-giving, and commitments.

You will likely not have the energy or the interest in doing as much as you have in past years. Decide ahead of time which invitations you'll accept, and let the host or family member know that you might leave early. Consider whether your decorating will be different this year: perhaps a smaller tree or simpler ornaments. If you cook or bake, cut back.

Make a list of every

holiday tradition you can think of, from music to presents to outings. Then decide which traditions will be too difficult without your deceased loved one, which traditions you'd like to maintain, and what new traditions you can start this year.

Communicating with family and friends

What's also helpful in facing the holidays is to communicate your specific concerns and needs with your family and friends. People in grief are often tempted to put on a mask and pretend things are fine, especially over the holidays.

"I didn't want to put a damper on anyone else's joy," shared Mardie. "So I put on a happy face and tried to be the sister, the daughter, the aunt, that everybody wanted to see. Putting on that happy face was a heavier burden than I was emotionally able to carry at the time."

Your friends may want you to "cheer up" and "have fun," when that's the last thing you want. Others will avoid you because they don't know what to say and don't want to make you feel worse. Some family members will give you wrong advice in a misguided attempt to help. All of these people likely mean well, but will only end up hurting you if you don't communicate what you truly need.

A GriefShare Surviving the Holidays seminar, held Tuesday, Nov. 18 at Lifesong Church in Sutton from 6-8 p.m., offers practical, actionable strategies for making it through the holiday season. At this two-hour seminar, you'll view a video featuring advice from people in grief counselors, pastors, and psychologists. You'll receive a Holiday Survival Guide with practical strategies, encouraging words, helpful exercises, Q&As, and journaling ideas for daily survival through the holiday season.

At GriefShare Surviving the Holidays, you'll meet with other grieving people who have an understanding of what you're going through. They won't judge you or force you to share, but will accept you where you are and will offer comfort and support.

"When I went to GriefShare," said Marion. "I realized there are different ways to grieve."

Your holiday season won't be easy; your emotions may ambush you and suck you under at times. But you can choose to walk through this season in a way that honors your loved one and puts you on the path of health and healing.

To register or find out more about GriefShare Surviving the Holidays, go to <https://www.griefshare.org/events/279406>.

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PLUMMER PLACE

Home of the Northbridge Senior Center

The following events will take place at Plummer Place, Home of the Northbridge Senior Center. We are located at 20 Highland St. in Whitinsville. Telephone: (508) 234-2002. All programs require signing up by calling or stopping by our Main Office. Please note: Northbridge residents have priority for all programming, activities and events.

Regular Programs:
Mindful Meditation
Every Thursday at 9:30am
Bereavement Group
Monday, November 10th
1:00pm-2:00pm
Women on the Move
Wednesday, November 12th
9:30am-10:30am
Writing Your Way Writer's Group
Thursday, November 13th
2:30-3:30pm
Please note: due to the holiday, there will not be a class on November 27th
Call Lori with any questions.
Blood Pressure Clinic
Tuesday, November 18th
11am-12p:00pm
Reading Between the Lines Book Club
Wednesday, November 19th
10:30am-11:30am
Call Kelly to find out what book we are currently reading!

Special Events and Activities:
Medicare Open Enrollment Program

Tuesday, November 4th
10:30am-11:30am
Join us for an important meeting to discuss updates to Medicare and any health or drug plan changes. Sponsored by SHINE. SHINE counselors provide Medicare counseling free of charge. Don't wait until it's too late.

The Brew Crew
Wednesday, November 5th
9:30am-10:30am
Come and enjoy Plummer Place's newest program offering guest speakers, timely topics, and fun activities to jump start your day. All are welcome and treats, coffee/tea are on us! November's guest speaker is: Northbridge Police Chief, Tim Labrie. Please drop in and join us! Call Amy for more information.

Senior Veteran's Breakfast
Thursday, November 6th
9:30am-10:30am
Please join us for this free event to honor our beloved senior veterans. Northbridge residents have priority. Two ticket limit per person. Tickets are available at the main office, and you must have a ticket to attend. Sponsored by the Northbridge Police Association, Unibank, FINE, and Representative David Muradian. Please note: if you have attended this program in the past, your ticket is being mailed to you. Any questions, please call Amy.

Great American Landmarks
Wednesday, November 12th