

BLACKSTONE VALLEY *Xpress*

CROSSTOWN ADS AND BUSINESS NEWS

March 12-April 9, 2021

INSIDE

BK in Whitinsville a whopper of a success so far

By Rod Lee

Weeks of speculation about the fate of the former Burger King at Plummers Corner in Whitinsville stretched into months—eighteen of them in total, a year and a half—before the mystery was finally solved.

“CVS is going in there with a stand-alone building,” was one rumor.

“It’s going to be a Wendy’s.”

“A KFC.”

“A bank (don’t we have enough of those?).”

“A Hooters.”

The answer came just after the holidays and it was “none of the above.”

It’s a Burger King again, and a modernized, smart-looking model of the store that is already drawing virtually nonstop traffic to the door and to the drive-up window.

The building was completely renovated, inside and out.

“This is one of the busiest Burger Kings in America,” Cody Baldwin, a manager, said, on February 26, after breaking away from a telephone call to talk to a reporter. “We’re having a grand reopening tomorrow.”

What many people who are stopping by the local “home of the Whopper” do not realize is that



James Cammilleri of Florida has added the new Burger King in Whitinsville to his mushrooming restaurant empire.

Mr. Baldwin is a holdover on the premises.

“I was here before,” he said. “A kitchen fire shut us down.”

Patrons would also be surprised to learn that Florida-based entre-

preneur and philanthropist James Cammilleri is now the franchisee. By adding 1177 Providence Road to his holdings, Mr. Cammilleri’s business empire just keeps grow-

Continued on page 2

AaTs OF MASSACHUSETTS
Provide canine comfort
PAGE 5

COMPETITION FACTS
Safety for gymnasts and dancers
PAGE 9

WHITIN COMMUNITY CENTER
Annual meeting and awards
PAGE 14

LIVING WITH LINCOLN
I got you, ball
PAGE 15

TALES FROM BEYOND
Rachel’s curse
PAGE 16

WIN BIG!
WITH OUR GIFT CARD GIVE-A-WAYS!
Check out page 7 for details!

Womens Success Network

Part 2

By Barbara Van Reed

This month we continue our conversations with members of the Women’s Success Network executive committee. WSN was established under the auspices of the Blackstone Valley Chamber of Commerce two years ago to “help women in the workplace to achieve their vision of success by creating a community of support and inspiration.”

Alise Breton began her work life when a teenager at Whitter Farms in Sutton. Today she is As-

sistant Vice President and Branch Manager/Social Media Manager at Millbury Federal Credit Union, in its main office in Millbury.

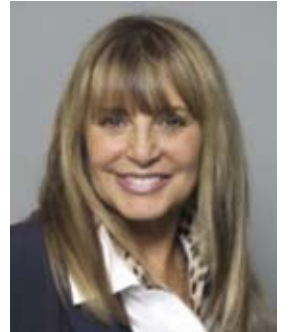
She offered her insights as a WSN committee member.

Why did you agree to join the WSN committee?

To have an opportunity to be part of a group of professional women was a no brainer for me! These women are smart, innovative, accepting and inspiring. Although we come from different backgrounds, we are like-minded and have expe-



Alise Breton



Jeannie Hebert

rienced the same challenges. To be able to share your thoughts with other women whom you know are going to be supportive is so encouraging. Then, to reciprocate that, and provide support to other women, that’s making a difference!

Continued on page 4

The Mane Place
510 W. Hartford Avenue,
Uxbridge, MA 01569
(508) 278-7563
www.themaneplace.com

- Dog Treats and Coats
- Dog and Cat Food
- Supplements
- Grooming Supplies
- Wild Bird Feed
- Feed for Farm Animals
- Saddles and Tack
- Poultry Supplies
- Hoodies and Tees
- Cards & Gifts

Mon Closed • Tue - Fri 9 AM - 5 PM • Sat 8 AM - 4 PM • Sun 9 AM - 1 PM

Hendricks Auto Body
Alfred Auty
Owner

(508) 278-6066
(508) 278-5533 (Fax)
Email: hendricksauto535@yahoo.com

535 Quaker Highway
Uxbridge, MA 01569
RS #864 LIC #10535

Your CBD Store™

USDA Certified Organic
CBD
for you and your pets

Mention this ad for
15% Off
your next purchase
in store

156-160 Worcester Providence Turnpike
Sutton, MA 01590
(508) 917-8189

**5 Secrets to
FIX SCIATICA PAIN**

Dr. Sean T. Lordan
PT, DT, OCS, CSCS

concerge
PHYSICAL THERAPY

Hover your phone’s camera over
Code to Download Free Report
<https://bit.ly/39sL4oY>

64 Worcester Providence Tpke., Sutton 508-861-1010 conciiergephysicaltherapy.com

BEN'S
CONTAINER & RUBBISH SERVICE
15 & 20 YARD DUMPSTER RENTALS DELIVERED & PICKED UP

Call 508-476-1500
15 yard up to 2 ton \$375 - 7 day rental
20 yard up to 3 ton \$475 - 7 day rental
14 West Street, Douglas, MA 01516
www.benscontainerandrubbish.com

*Additional charges may apply for delivery beyond our service area or if weight of debris exceeds the ton limit. Surcharges may also apply for hazardous waste removal of construction materials.



Balloons greeted customers at the door of the Burger King in Whitinsville for a grand reopening of the restaurant on February 27. Inside, patrons are treated to a freshened-up look to the premises.

BURGER KING

Continued from page 1

ing. He now owns more than sixty stores in New York state (most of them in his hometown area of Rochester and Buffalo), Connecticut,

Massachusetts and Rhode Island.

Making this arrangement work as an absentee proprietor from 1500 miles away—be it in upstate New York or in the Blackstone Valley of Massachusetts—might seem unlikely, but then there is

Mr. Cammilleri and his wife Sarah's passion for business, faith and charity to consider.

From the moment he got involved with Burger King in 1989 while employed in his father's restaurants, two of which he wound up purchas-



ing, to the present day, Mr. Cammilleri appears to have had a grand design in mind. This really came together when he formed the "JSC Management Group" and then a second company—the nonprofit "Elevating Christian Ministries," launched in collaboration with his wife in 2016 with the express purpose of alleviating the hunger crisis in Haiti.

Elevating Christian Ministries, a name inspired by

a band called "Elevating Worship," feeds more than 10,000 children in eight-five schools in Haiti per day.

There is more to the James Cammilleri story.

Building on their faith, Mr. and Mrs. Cammilleri co-authored a book called "Living a Life of Yes," about seizing opportunities as a way to discovering "your uncommon self."

His operational philosophies appear to be grounded

in such phrases as "people over profits" and his favorite quote from the Bible, which is "give and it shall be given." Which explains why, asked for a small donation for the homeless upon entering a grocery store, he gave one hundred dollars.

He lost one restaurant, years ago, "because I got too greedy."

At the grand reopening on the last Saturday of February, customers who brought a food item with them for the Northbridge pantry were treated to a free Whopper.

Today, Mr. Cammilleri employs three hundred fifty people in his restaurants and two management companies.

Mr. Baldwin said that approximately thirty of those workers, full and part-time, are based in Whitinsville, where a new BK has risen from the ashes of the old.

Contact Rod Lee at rodlee.1963@gmail.com or 774-232-2999.



WELCOME!

89, Southbridge St.
Auburn, MA
(across from Sword St.)






Vacuums always 75¢

BIG KAHUNA	<ul style="list-style-type: none"> • BIG KAHUNA CARNAUBA WAX • UNDERCARRIAGE WASH W/ ROCKER BLASTER • x2 PASS FOAMING PRESOAK • HIGH PRESSURE WASH • FOAMING POLISH • SHIELD "HIGH GLOSS TOTAL PROTECTANT" • SPOT FREE RINSE • LASERDRI 	\$16
DELUXE WASH	<ul style="list-style-type: none"> • UNDERCARRIAGE WASH W/ ROCKER BLASTER • x2 PASS FOAMING PRESOAK • HIGH PRESSURE WASH • FOAMING POLISH • SHIELD "HIGH GLOSS TOTAL PROTECTANT" • SPOT FREE RINSE • LASERDRI 	\$12
SUPER WASH	<ul style="list-style-type: none"> • UNDERCARRIAGE WASH W/ ROCKER BLASTER • x2 PASS FOAMING PRESOAK • HIGH PRESSURE WASH • SPOT FREE RINSE • LASERDRI 	\$9
BASIC WASH	<ul style="list-style-type: none"> • x2 PASS FOAMING PRESOAK • HIGH PRESSURE WASH • SPOT FREE RINSE • LASERDRI 	\$7



MULCH • WOOD CHIPS • COMPOST
SAND • STONE • LOAM

605 Quaker Highway (Rt. 146A) P.O. Box 77
Uxbridge, MA Uxbridge, MA
508.278.2628 01569

**Support the advertisers
in the Blackstone Valley Xpress**

BLACKSTONE VALLEY **Xpress**

Published on 2nd and 4th Fridays of the month.
Direct mailed to 63,000 unique homes and businesses each month
and available on news stands throughout the region.

2nd Friday: Auburn, Charlton, Dudley, Oxford and Webster, 1/2 all addresses.
2nd Friday BLACKSTONE VALLEY South: Douglas, Northbridge and Uxbridge.
4th Friday: Auburn, Charlton, Dudley, Oxford and Webster, other 1/2.
4th Friday BLACKSTONE VALLEY North: Grafton, Millbury and Sutton.

DIRECTORY

Submit business news and community events to news@TheYankeeXpress.com
Request advertising information: ads@TheYankeeXpress.com

Kathy Benoit, Advertising Director kathybenoit@theyankeeexpress.com
Billing and advertising information Laura Gleim lgleim@TheYankeeXpress.com
Tony Discepolo, Sales (Auburn, Charlton, Dudley, Oxford, Webster) tdiscepolo@TheYankeeXpress.com
Bill Cronan, Sales (Blackstone Valley) bcronan@TheYankeeXpress.com

The Newspaper Press, LLC / contents copyright 2021
Sally Patterson, Production Manager Carol Kosth, Graphic Artist
Contributing writers and columnists: Peter Coyle, Tom D'Agostino,
Magda Dakin, Christine Galeone, Rod Lee, Amy Palumbo-Leclaire, Janet Stoica

168 Gore Road, Webster, MA 01570 PHONE: 508-943-8784 FAX: 508-943-8129

Purchase with as little as 5% down!

3.25%

3.31%

Rate

Annual*
Percentage
Rate

- ▶ 30 Year Fixed Rate
- ▶ \$150 Closing Cost Credit**
- ▶ Low Closing Costs
- ▶ Local Decision Making



Make your dream of owning a home a reality!

Visit MilfordFederal.com and apply
online today, or call 508.234.2450.



*APR based on \$100,000 @ 80% LTV. 360 monthly payments of \$4.36 per \$1,000 borrowed, not including taxes and insurance. Maximum 95% LTV for 1 unit properties. Offer subject to credit approval and property eligibility. PMI required. **Closing cost credit for first time home buyers and online purchase applications only. Other conditions affecting APR may apply. Offer subject to change without notice. NMLS# 465956.



Milford | Whitinsville | Woonsocket

Muradian, Moore and Fattman announce S.A.F.E. and Senior SAFE grants awarded to Northbridge

BOSTON - Representative David K. Muradian, Jr. (R-Grafton) and Senators Michael O. Moore (D-Millbury) and Ryan C. Fattman (R-Sutton) are excited to announce that the Massachusetts Department of Fire Services has awarded grants to the Town of Northbridge for the Student Awareness of Fire Education (S.A.F.E. program) and Senior SAFE.

There are two types of SAFE grants: the original S.A.F.E. program was established 26 years ago as a state initiative to provide resources to local fire departments to conduct fire and life safety education programs in grades K-12. Their mission is to enable students to recognize the dangers of fire, and more specifically, the fire hazards that tobacco products can pose. The Senior SAFE program was created by the Legislature in order to help local fire departments to support fire and safety education for older adults, who are the most at risk of dying in fires in the Commonwealth.

Since the creation of the S.A.F.E. program, the average annual fire deaths for children have been reduced by 78%. The program provides training for children in schools teaching them

how to create and practice home escape plans, stop, drop and roll, how to report fires and emergencies and helps reduce a child's anxiety levels during stressful situations. The Department of Fire Safety hopes to have similar results with the Senior SAFE program by teaching them how to handle situations where oxygen is present and what to look for when one cannot hear a fire alarm.

"SAFE is a shining example of a successful and valuable program that the Commonwealth provides to its citizens," stated Representative Muradian. "Teaching children, and now seniors, two of our more vulnerable populations, how to handle emergency situations with less anxiety will help keep all members of the community safe. I know that these funds will surely go to good use within our community."

"Education services on fire prevention for the children and seniors in the Commonwealth is a proven method for ensuring their safety," said Senator Michael Moore. "The youth and elderly are most at risk of fire related incidents, so this funding is extremely important in providing the training and knowledge that will

make sure they are aware of the proper methods when it comes to fire safety."

"The S.A.F.E. grant program is a great asset that is available to fire departments in the Commonwealth," said State Senator Ryan Fattman. "It is important for our kids to learn of the dangers of fire, how to prevent fire, and what to do if you face

a perilous situation. I will keep advocating for funding of this program, so that fire departments may continue to educate young children about the importance of fire safety."

Under the FY2021 budget, the Town of Northbridge will receive \$5,281 for the S.A.F.E. Program and \$2,680 for the Senior SAFE Program.

MA & ISA Certified Arborist

Full Circle

T·R·E·E·C·A·R·E

Insect and disease diagnosis and treatment #16339

Specimen and ornamental tree and shrub care Since 1989

Dwight A. Bristowe
Office: 508-476-3258
Cell: 508-523-9631
www.FullCircleTreeCare.com



COIN SHOW IS BACK

EVERY 3RD WEDNESDAY

MONTHLY COIN SHOW

March 17, 2021

3-8 p.m.

FREE APPRAISALS - BRING YOUR COINS

Dealers selling & buying U.S. and Foreign Coins, Currency, Gold, Silver, Tokens, Medals & Other Collectibles.

At VFW Post 1385, 16 Cross Rd., Uxbridge, MA 01569

FREE ADMISSION (door prize)
Contact Mike (774) 280-4333





Blackstone Valley Forum Series
Wednesday, March 31st
9-10am ZOOM presentation

Managing A Supply Chain

• De-Risking Supply Chain • Managing Demand Variation • Re-Shoring

Josh Chernin is a Partner with **Business Improvement Group, LLC**, Consultants to Manufacturers, and has more than 30 years of manufacturing and operations leadership experience in the US and Europe. He will be addressing this important topic pertaining to supply chain issues.

Register at www.blackstonevalley.org
\$10.00 members, \$15.00 non-members






The Blackstone Valley Education Hub Online Courses!

Brand New for 2021! 

We are excited to expand our courses through a partnership with ed2go! As the industry leader in online learning, partnering with ed2go greatly expands the BVEdHub's educational offerings and our ability to reach diverse learners.

Our catalog ranges from career and certification training to personal and professional development, with a focus on teaching transferable skills.

Check out our website at <https://www.bv-edhub.org/online-courses>

Visit www.blackstonevalley.org to register for these events and more and to also find out how you can apply for money saving benefits through our **ASSOCIATION HEALTH CARE PLAN** and offer affordable retirement benefits to your employees through our **ASSOCIATION RETIREMENT PLAN**. Group membership saves money and administrative time and costs. Let us help you do better business!

BVCC ANNUAL GOLF TOURNAMENT

Monday, May 10

Pleasant Valley Country Club

Blackstonevalley.org 508.234.9090
administrator@blackstonevalley.org

95 Armsby Rd., Sutton



WSN

Continued from page 1

How do you think WSN can best support women?

The fact that this group exists is of value to women. The network was designed as a means to offer support and inspiration to women in their personal and professional lives. You can use us for education, networking, maybe you just need a little encouragement. Regardless of the reason, we're a resource that's available to help.

How do you think you can personally contribute to that?

There's so much value in what this network has to offer. I don't think there's a better way to contribute than by spreading the word and sharing the network with other women.

WSN seeks to connect with women in a great variety of careers and life stages. What's the best way to do that?

Our network has women from all different industries. We are all different ages with all different life experiences. The diversity is what makes us unique and relatable. When we host an event or offer a service, we always consider our audience. We want to be able to offer a little something for everyone.

What experiences in your life would make a good illustration of having received support from another woman? Or, how have you been helped by other women?

I started working when I was 14 years old for Whittier Farms in Sutton. Being a teenager, I was so unsure of myself. I had very little confidence and absolutely no clue what I was doing. As I tried to navigate through my first job, Mary Whittier became my mentor. She literally taught me everything during the nine years I worked for her! While I could go on and on about those skills and principles, the important part of my story is that she offered me a level of support that set me up for the rest of my life. She spent time and energy on my success - that's an amazing mentor! To this day, I still fall back on those lessons, and remember her guidance and encouragement when offering my own support to others.

What is your advice for young women, middle-aged women, older (maybe retiring) women?

This can be life advice, financial advice, career advice or other.

Don't say that you can't! Maybe you won't or you don't want to, but you can do anything!

Much of the energy, inspiration, and implementation for the Women's Success Network has come from Jeannie Hebert, President and CEO Blackstone Valley Chamber of Commerce and President Blackstone Valley Education Hub.

She talked about the beginning.

Why did you create WSN?

As a resource for women to turn to for support and assis-

tance when navigating their way through professional, business and life situations. A place where they can openly discuss questions and concerns among peers and feel comfortable to receive real answers without judgement.

How do you think WSN can best support women?

By providing a forum and peer group to work out concerns unique to women. Women are considered the caregivers, and that does not stop because they may also have a demanding full time career. They traditionally put others first and create feelings of guilt when devoting time to pursue an occupation. Having a setting with others who face the same challenges is valuable in creating a life balance.

How do you think you can personally contribute to that?

Honestly, by listening to the needs of the members and creating a community of support. By developing resources with live and virtual sessions, networking events, access to keynote speakers who have firsthand knowledge to inspire strength to cope with and conquer challenges amplified by the demands made on women to do more, be better and handle it all, both in their professional and private lives.

WSN seeks to connect with women in a great variety of careers and life stages. What's the best way to do that?

Again providing a forum to share. When that happens

you find you have a lot more in common with each other than you first thought.

What experiences in your life would make a good illustration of having received support from another woman? Or, how have you been helped by other women?

I have to say a number of people have helped me along the way, but the one who stands out comes from the Blackstone Valley. Louise Redding. She was treasurer on my Board of Directors when I first

Madeleine Albright has a now-famous quote, "There is a special place in hell for women who don't help each other!"

came to the BVCC. She was the first woman to achieve a CPA degree in her college class, had an accounting career, is strong, and definitely stood her ground to break through the glass ceiling at a time when women were treated as second class. She was a good counsel, inspiring me to have the courage to follow my gut and pursue projects that I knew were worthwhile, even when others told me I was a "dreamer." I credit Louise with my strength and success

with many achievements. I still stay in touch with her.

What is your advice for young women, middle-aged women, older (maybe retiring)

Work together to overcome the cultural demands of women and support one another are probably the most important things we as women can do. One of the most mind-boggling practices I find is that some have a hard time working together for the good of all.

Being unsupportive of initiatives to especially address gender inequality creates more barriers. Heightened awareness of inequality should lead women to foster alliances and actively support one another. If women don't help each other, this is an even worse form of betrayal than those committed by men.

The successful woman should use her power to help other women advance, not undermine her colleagues. Especially for the woman reaching retirement age. Don't be afraid that the woman just starting out has your job in her sights. Be a mentor, as Louise was to me. You will gain respect, and perhaps a good friend. Communication is the key. The WSN fosters this and more.

The other members of the executive committee are Pat Hurton (chair), Pat Baker, Carol Dauphinais, Ashley Daviau, Heather Elster, Jessica Muradian, Kathy Tonry, and the BVCC staff.

As chair of the committee, Pat Hurton elaborated on the Women's Success Network mission. The WSN has an executive committee consisting of seven women from various professions. We work collaboratively to create opportunities within the network where partnerships are forged, friendships made, mentors found, resources offered, and skills are shared. Our mission is to support, unite, and inspire women in the workplace in Blackstone Valley to achieve their self-defined personal and professional success.

Because of COVID-19, the BVCC Women's Success Network had to cancel several programs and events in the last year. However, the WSN committee members and BVCC staff are looking at various possibilities that will continue to be resources in the near future. We anticipate we will have breakfast programs with outstanding speakers and early evening cocktail events with "networking" as a theme. Our WSN newsletter is published quarterly, and a new edition will be out in March. We are also creating subcommittees so that can get more women involved and focus on areas that need attention (i.e. marketing, entrepreneurs, programs, etc.)

If you would like to be on our mailing list and get more information about the WSN, please contact Pat Hurton (WSN committee chair) at pjhurton@yahoo.com

Fully Insured & Licensed in MA

RI Reg #: 41975
HIC #: 190392



● Roofing ● Gutters
● Chimney ● Siding

Working with you every step of the way!

SHINE CONSTRUCTION INC

CALL FOR A FREE ESTIMATE TODAY

508-278-3300

● SERVING ALL OF NEW ENGLAND ●

www.shineconstructioninc.com

The Tole Booth
Treasures for the Home from the Heart

The shop is brimming with everything Spring!



- ☞ Easter Bunnies, Eggs & Chicks
- ☞ Berries, Wreaths & Flowers
- ☞ Birdhouses
- ☞ Home Decor
- ☞ American Vintage, Black Crow and Swan Creek Candles
- ☞ Homemade Items by local artisans
- ☞ And More

129 Main St. (Rte. 122) • Blackstone, MA • (508) 876-8900
Hrs: Wed.-Sat. 10-5; Sun. 12-5

Follow us on Facebook for updates!



Call today for your FREE In-Home Consultation



Pre-spring Special

Whole House of Faux Wood Blinds

Installed for **\$2200**

*includes up to 10 window coverings of Signature Series Cordless Faux Wood Blinds with wand tilt, professional measure, delivery, and installation. Additional windows can be added for \$260 per window.

Cannot be combined with any other coupons or offers. Offer valid until 3/31/21

Independently Owned & Operated by Sue Adams

Local: 508-865-9300

Focus on non-profits

AaTs of Massachusetts provides canine comfort to many

By Christine Galeone

It's not hard to imagine the stress that surgical residents have had to endure during the COVID-19 pandemic. But Kim Fontaine, the president and director of Animal-assisted Therapy services of Massachusetts, didn't have to imagine what it was like to see some of that stress relieved from the faces of surgical residents of the UMass Memorial and UMass University campuses. Fontaine said that the AaTs therapy dog teams' visits to those hospitals were among the teams' favorite visits during the pandemic.

"Seeing the worn faces of the surgical staff suddenly brighten up when they noticed the therapy dog teams in their break room was a

moment I will never forget," Fontaine recalled. "Soon, the residents were laying on the floor cuddling with the dogs; some dogs sat on the students! One surgeon remarked, 'This made my day,' to which another surgeon replied, 'This made my year!'"

Helping those surgical residents cope with overwhelming stress is just one way that the Millbury-based nonprofit has been strengthening the community. Through its programs and services, AaTs of Massachusetts has been bringing people joy and the healing power of the bond between humans and animals since 2018. And Fontaine refuses to let the pandemic interfere with the life-enriching com-

fort that the nonprofit brings to the Blackstone Valley and beyond.

While the original AaTs was founded in Connecticut in 2009, Fontaine earned her Professional Dog Trainer Certification from Animal Behavior College through an apprenticeship with Chris Patella, the founder of AaTs of Connecticut. The mission of both locations is to "provide adults and children with physical, cognitive and psychosocial disabilities the opportunity to experience the power of the unique human-animal bond as therapeutic intervention, thus promoting lifelong health and wellness."

AaTs of Massachusetts strives to accomplish that mission and more by offering animal-assisted therapy to individuals and groups at places such as schools, where the nonprofit provides reading programs, educational programs and life skills/special needs programs, senior living facilities and colleges. It also offers training to become a credentialed AaTs therapy dog team.

In addition to running the nonprofit, Fontaine and

her dog Keeva serve as the primary K9 unit for the Central Massachusetts Critical Incident Stress Management Team. They are also a K9 First Responders dog team. In their work, they help provide psychological support to first responders and survivors after a traumatic incident.

Like most nonprofits, AaTs has faced challenges wrought by the pandemic. Fontaine said that there has been an abrupt elimination of some of the nonprofit's teams' routinely scheduled visits. Looking ahead, she noted that it will also be challenging to fulfill the growing need to train additional therapy dog teams while meeting mandates concerning gathering restrictions and social distancing.

But while the pandemic has created new obstacles for the nonprofit, Fontaine said that it's imperative to keep AaTs safely operating. "Now, more than ever, we will need mental health assets as we all endure and recover from the global pandemic," Fontaine explained. "These are unprecedented times! A credentialed therapy dog team is just another



An AaTs therapy dog team visits surgical residents at UMass. Submitted by AaTs

tool in the toolbox towards building resiliency following a critical incident."

So, how can people support AaTs of Massachusetts during these challenging times? Fontaine said that people can help the nonprofit by requesting therapy dog visits. "While some of our therapy teams work on a regular basis as school therapy dogs or police comfort dogs, other teams are chomping at the bit to visit with the people in their com-

munity," Fontaine shared. "We are currently offering all first therapy dog visits free of charge."

More information about the nonprofit is available on the Animal-assisted Therapy services website, www.aats-ma.org, on its Facebook page or by calling 774-242-0893.

If you would like to suggest a Blackstone Valley nonprofit or initiative for this series, please contact Christine at cmgaleone15@gmail.com.



Kim Fontaine's Therapy Dogs Keeva (left) and Tomo. Photo by Karyn Marquis Photography



American Heritage Museum



"An absolute must see for history lovers!" - Google Review ★★★★★

Explore Over 20 Exhibits



Yankee Express Readers Save 25% On Admissions!

Scan QR or visit URL.



Good Until April 30th.

<https://ahmus.me/yankee>

568 Main Street, Hudson, MA
www.AmericanHeritageMuseum.org
 (978) 562-9182



Karen Yacino
 Branch Manager
 Home Equity Consultant
Karen.Yacino@unibank.com
 508.476.2624 • NMLS# 688961



Dave Sampson
 Mortgage Consultant
David.Sampson@unibank.com
 508.849.4323 • NMLS# 688948

Whether you're building or buying a new home, want to make improvements to your current home or looking to refinance, we have

the loan you need.

Our experts have been serving the financial needs of the community for over 150 years!

Apply online today at www.unibank.com

UNIBANK

Connecting all offices: 1.800.578.4270 • www.unibank.com
 UniBank NMLS #583135 • Member FDIC/Member DIF



PROFESSIONAL BUSINESS SERVICES
Accounting, Bookkeeping, Tax Preparation & Planning

STEVEN NOWICKI *IRS e-file*

508-987-3600
 15 Barton St., Oxford, MA 01540

Call us for professional and affordable tax preparation

Municipal employees to receive cybersecurity training

BOSTON - State Senator Ryan Fattman (R-Sutton) announced that over 1,000 municipal employees in his district would be receiving cybersecurity training through the 2021 Cybersecurity Awareness Grant Program.

According to the ap-

plication, the program is a one-year competitive grant program to support local government efforts to improve overall cybersecurity posture through comprehensive user training, evaluation, and threat simulation. Participating communities must demonstrate leadership buy-in and commit to making staff available to successfully complete the program and be willing to collaborate.

The funding is used on a wide range of municipal staff, and it may be used to

train school district personnel as well.

"Over the past several years, schools and municipalities have become increasingly reliant on technology to aid in the workplace or classroom development," said Senator Fattman. "This training has become even more necessary as society was forced to shift to virtual engagements last year. It is great to see our municipalities invest in cybersecurity awareness training. I will continue to support their endeavors to receive this grant

in the future, so that we may have a safer, more secure, technological background."

In the Worcester-Norfolk District, the following communities received funding:

- Bellingham: 50 employees; town only.
- Douglas: 280 employees; town and school.
- Dudley: 30 employees; town only.
- Milford: 250 employees; town only.
- Southbridge: 120 employees; town only.
- Sutton: 280 employees; town only.

Family owned and operated since 1992

Jim Morrissette's Oil Burner Service, Inc.



Serving the Blackstone Valley for over 29 years

Buderus Boilers Mitsubishi Mini Split Systems
 Oil Heating Systems Installed Installation A/C Systems
 24 hr. Emergency Service Automatic Delivery Service
 Affordable Budgets Senior Citizen Discounts

103 Gendron Street, Northbridge, MA 01534

508-234-3026

www.morrissetteoil.com

info@morrissetteoil.com

Happy St. Patrick's Day!

Follow the rainbow to Carpet Lover Plus Inc. and discover our wide variety of flooring options! Located on Rte. 16 in Uxbridge MA.



"Where we love what we do, and you will too!"

See an Expert in Cosmetic Dentistry

Jason R. Tubo, DMD, MAGD - Master of the Academy of General Dentistry

Advanced Cosmetic Bonding | Minimally Invasive Dentistry
 Completely Digital Treatment (**NO impressions!**)
 Single-tooth implants | Full-mouth reconstruction
 Computer-Guided Surgery | 3D Cone-Beam X-ray
 Crowns | Veneers | Advanced Esthetics

Alison Before ACB
 (Advanced Cosmetic Bonding)



Alison After ACB
 (Advanced Cosmetic Bonding)




 Whitinsville
 family dentistry

(508) 234-8107

12 Prospect Street
 Whitinsville, MA

www.DrTubo.com

Real People. Real Results.

See more of Alison's case and more
 REAL Before and After cases
 actually done by Dr. Jason Tubo at

www.DrTubo.com

Finding yourself a little addicted
 to Dr. Tubo's Before and Afters?

See them when they're brand new
 Follow Dr. Tubo on Instagram:



@dr.jasontubo





WITH OUR GIFT CARD GIVE-A-WAYS!
NEW CONTESTS ANNOUNCED EVERY TWO WEEKS!

Explore our new website ***TheYankeeXpress.com***
and enter to win a \$100 gift card to either

Uncle Ronnie's
Restaurant & Red Tavern

Fine Food & Spirits
2696 Victory Highway, Burrville RI
UncleRonniesRedTavern.com

or

Delray Doc's

Fruit & Deli

31 Thompson Road, Webster

One entry per day/per person. Contest open March 12- April 8, 2021

Winners will be chosen at random and posted on facebook.com on April 9.

The YankeeXpress
BLACKSTONE VALLEY **Xpress**

TheYankeeXpress.com

Living well and looking good

CT scan unlikely to miss advanced lung cancer

By Keith Roach, M.D.

DEAR DR. ROACH: Is it possible for X-rays and a CT scan to miss advanced lung cancer? My brother worked two days before he died. He went to the hospital, was admitted to hospice and died the next day. I wonder if he knew at least a year ago, but didn't tell anyone. He said his scans showed pneumonia. His son was called to the hospital and spent the day with him until he died. During his last day, my brother told him that he had lung cancer and that it was not diagnosed earlier. -- N.W.

ANSWER: I am very sorry about your brother. Lung cancer, especially early lung cancer, is often missed on a regular chest X-ray. Pneumonia can accompany early lung cancer, and the pneumonia can hide the cancerous

mass, but experienced radiologists should be able to see something. Also, experienced clinicians should check an X-ray weeks after a pneumonia to be sure there is no cancer in a person at risk, such as a current or former smoker. Advanced lung cancer is only very rarely missed on X-ray, and should essentially never be missed on a CT scan. While I can't say it's impossible, it's much more likely that a year ago he was told that he had lung cancer and did not say anything, perhaps to spare his family's feelings, or perhaps he didn't want the sympathy and attention that accompany a diagnosis such as advanced lung cancer.

Vague symptoms

DEAR DR. ROACH: What does a person do when symptoms are vague and hard to explain? I am an 82-year-old woman. I started feeling discomfort

in one breast about three weeks ago. It felt like irritation from a bra. I did all the things I thought I should, and three weeks later the symptoms are the same or slightly worse. Nothing looks or feels different when I touch it. Do I see my primary doctor (he's never seen me naked), or find a gynecologist? How do I present this issue? I feel like a fool. -- V.B.

ANSWER: Both clinicians should be able to appropriately evaluate this concern. You should go to whoever you are more comfortable seeing. What you should not do is ignore it.

In your particular case, it's unlikely that your symptoms are because of something serious. Breast discomfort is common and only rarely due to breast cancer, which is what you must surely be concerned about. You should NEVER stop

yourself from seeing your doctor for fear of not being taken seriously.

Primary doctors like me and gynecologists are very familiar with women coming in with breast symptoms, and we take them seriously. Clinicians know how justifiably concerned women are about breast cancer. Most often, a woman can be reassured with a careful history and physical exam; other times, a mammogram or ultrasound may be ordered. You don't want to regret missing that visit to the doctor.

It is often said that the only foolish question is the one that is not asked. This situation is analogous: It would be foolish for you not to go. While the overwhelming likelihood is that you will be reassured, in the unlikely event there is something wrong it's far better to know about it earlier than later.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2021 North America Synd., Inc. All Rights Reserved

To your good health

Soter announces Baker-Polito administration awards \$140,000 in MGCC grants to 8th Worcester businesses

On February 25, Representative Soter announced that the Baker-Polito Administration released approximately \$49.2M in grants to 1,108 additional small businesses in the eighth round of COVID relief grants administered by the Massachusetts Growth Capital Corporation (MGCC). This program is focused on serving businesses that have been most impacted by the pandemic, including restaurants, bars, caterers, personal services and independent retailers. Representative Soter is proud to announce that \$140,000 will be distributed to 6 businesses in the 8th Worcester District.

The breakdown by town is as follows – each business did not receive the same amount:

- Bellingham – 3 Businesses – \$95,000
- Millville – 1 Business – \$10,000
- Uxbridge – 2 Businesses – \$35,000

Representative Soter commented on the release, "In total, almost \$2,530,000 has been awarded to businesses in the 8th Worcester District through the MGCC. This has provided tremendous relief. However, I will keep saying: we need to evaluate long term solutions as this funding will only last so long. It is great that restrictions are being lifted in March, but that will not make up for the year of lost business."

To date, the Baker-Polito Administration has awarded approximately \$564 million in direct financial support to 12,320 businesses across the Commonwealth. This funding has been made available through a \$668 million business relief fund set up in December, as well as a \$50.8 million fund for small and diverse businesses included in the economic recovery package announced in October.

Sacred Heart Church Twice Blessed Thrift Shop

During the Covid-19 Pandemic the Sacred Heart Church, 187 Hopedale St., Hopedale, will

remain closed until further notice. Our thoughts and prayers are with all who are directly impacted as well as the First Responders and Essential Workers.

The Twice Blessed Thrift Shop will sponsor a special: Pop Up Sale on Saturday, March 13, from 8:30am-12pm. Winter clothing is 50% off. Check out the new spring arrivals, located in the Fr. Reiley Parish Center. For more information, please contact the church 508.473.1900, sacredheartshopdale.org. Like us on Facebook: www.facebook.com/twiceblessedthriftshopdale/

Store hours are 9:00am – 3:00pm. Thursday; 10:00am–1:00pm every Saturday; 9:00 am – 12:00pm Sunday.

Think Spring

Established 2011 ~



WEDNESDAYS
MARCH 17 & MARCH 31

LIVE

CBD Products Available
Clothing | Jewelry | Candles
Cold Weather Accessories
And More!

www.shopchevere.com
508.278.5566 336 N. Main St., Uxbridge
Tues., Wed., Fri. and Sat. 11am-3pm; Thurs. Noon to 6pm



CHARLTON MANOR
REST HOME / ASSISTED LIVING

We can help... We care.

MICHAEL D. TURPIN, President

Beautiful First Floor Room Taking Applications

Don't overpay for false promises. We will provide the care your loved one deserves. We are the affordable choice.

12 Town Farm Road, Charlton, MA
Tel. 508-248-5136 • Cell 978-314-2290
Fax 508-248-6445

Debra Fitts, Manager
DFitts.cmrh@gmail.com
www.charltonmanorresthome.com

Formerly Old Time Barber Shop



SENIOR DAY TUESDAYS

\$11 Haircuts

13 Mendon St., Uxbridge, MA
508-278-5040
Steve Guilliani, Master Barber

HOURS
Tues.-Thurs. & Fri. 9:30-5
Wed. 12-5; Sat. 7:30-12

Primitive Goods

146 Mendon Street
Uxbridge, MA
(508) 278-2700

Use Your Gift Cards From The Holidays!

- Home & Garden
- Antiques to Farmhouse
- Village Paint
- Primitives & Country
- Candles • Handmades

Hours: Thurs.-Sun. 10 a.m.-5 p.m.

email us on Facebook

Week of March 11-14
10% OFF Anything \$10 and up

Week of March 18-21
RAFFLE - with purchase For Gift Certificate

Week of March 25-28
20% OFF Any dotted items

St. Patrick's Day is just around the corner so come find your Pot of Gold

Easter will be here in no time!

Four facts every young competitive dancer and gymnast should know

By Dr. Sean T. Lordan DPT

If you or a loved one is a competitive dancer or gymnast, then this article is a must read. If you can follow these few tips you will be well on your way to reducing your risk for injuries and performing at an optimal level when it matters most: Competition and Meet season. All too often poor medical advice is doled out in generality, but I'm here to parse through the poor advice to give you dance and gymnastics specific advice. Continue to read below to learn more.

1. Improve your arch height with this simple exercise

We often see dancers and gymnasts, as well as other performing artist athletes, complaining about foot and ankle pain in Physical Therapy. Implementing an injury prevention routine prior to the start of the season is key in avoiding many of the impairments we treat. "Short Foot Exercises" should be a fixture in all performing arts exercise programs.

Short foot exercises strengthen the muscles on the bottom of your foot and help to reinforce the "arch" of the foot. These muscles act in symphony with other foot and ankle muscles to provide strong balance and arch formation throughout your performance. In order to include Short Foot Exercises into your routine do this: Scrunch a towel using your toes underneath one foot at a time for 30 seconds. Repeat this 3 times with each foot and perform 5 days a week. You will notice a difference in foot strength within weeks and your arch will be stronger than ever—and more resilient to injury!

2. Challenge your balance

Lack of balance and in younger dancers, lack of coordination to perform highly technical movements, will lead to dance and gymnastic injuries as well.

Coordination requires blocked practice as well as strength of the specific muscles required to perform that technique.

Many dancers and gymnasts understand how important balance is to programming, however few know how to challenge the body's 3 systems that contribute to balance. Balance is a product of your visual, somatosensory and vestibular systems. By challenging any aspect of the 3 of these systems either alone or in concert—you can improve your balance. I'll include examples below.

Visual: Close your eyes and balance for 1 minute on one leg
Visual and Somatosensory: Close your eyes and balance on a pillow for 1 minute on one leg

Visual and Somatosensory and Vestibular: Close your eyes and balance on a pillow while moving your head up and down for 1 minute on one leg.

You'll notice that the exercises above reflect a pattern of difficult, more difficult, most difficult. Try this at home daily and reap the benefits of improved balance. Start with whichever level you feel most comfortable. If you have a balance disc, foam pad or Bosu ball to balance on at home, even better.

3. Do I need to stretch more?

Stretching is always a controversial topic among dancers, gymnasts and performing artist athletes alike. Dancers typically have increased joint mobility, however lack the muscle length to keep up with their hyper-mobile joints. For instance, a dancer may be able to wrap her knee behind her head, but may still demonstrate a relatively "tight" hamstring with regard to their inherent range of motion. If this sounds complicated, that is because it is! As an experienced PT I like to talk about the difference between muscle

length and muscle quality. An athlete may have the appropriate muscle length to accomplish a skill, but still presents with pain because the muscle quality is compromised with trigger points.

The key is to properly assess muscle quality. Are there a lot of "trigger points" in the muscles? Do they need to be worked out with massage or professional tools like the Graston Technique, Dry Needling or Cupping?

An experienced performing arts physical therapist uniquely understands these challenges and should be sought out to solve muscle aches and pains before they turn into fractures at the growth plate from overuse.

4. Get a functional movement screen

How often do children visit the pediatrician for a check-up? Typically every year right?

They do a quick "physical" where they make sure that your lymph nodes aren't swollen, your lungs and heart are clear, and that you are able to participate in school and sport with no restrictions. What pediatricians often miss are potential observable variances that may predispose a child to injury. A proper Functional Movement Screen will quickly and easily pick up risk factors for a dance or gymnastics injury, and should always be done in concert with a thorough physical exam of the young athlete.

In an ideal world the "physical" part of the yearly medical check-up for the competitive dancer or gymnast should happen at a PT's office.

A doctor of PT's version of a "physical exam" stems from the functional movement exam. During the functional movement exam the PT will begin by testing the strength

of all the key muscle groups related to dance and gymnastics on a 0-5 scale. Then the PT will examine dynamic motions and prescribe manual therapy and specific exercises to prevent a problem before it starts.

Wouldn't you like to have the peace of mind that you are doing everything you can to compete during the season when it matters most? What if there were exercises, stretches or therapy you could be doing today to increase your likelihood of success when it comes to competition or meet season. Wouldn't you be asking yourself, why didn't I do that?

I propose that every competitive dancer and gymnast who is serious in their sport should establish a relationship with their local PT. Preferably find a Doctor of PT who specializes in the performing arts athlete category – think dance, gymnastics, and ice



Dr. Sean T Lordan

skating. A PT specialized in the performing arts will have a unique understanding of the bodily demands you (or your young athlete) requires for a successful outcome.

Looking back on my career I could have prevented thousands of dance and gymnastics injuries had I screened the patient six months sooner. Don't become a statistic, get a screen from a local qualified Doctor of PT today.

Don't Miss Out On The Sounds Of The New Year..!

Services Include:

DIAGNOSTIC AUDIOLOGICAL EVALUATIONS

(hearing tests) pediatric and adult

HEARING CONSERVATION & TINNITUS CONSULTATIONS

HEARING DEVICES FOR ALL AGES

Hearing Aids, Assistive Devices, Specialty Custom Earmolds

REAL EAR MEASURES & ELECTROACOUSTIC TESTING

OFFERING MULTIPLE BRANDS OF HEARING AIDS

www.hearjoyaudiology.com for online booking

facebook

PRECIOUS SOUNDS. LIFE'S PLEASURES

43 Main Street
South Grafton, MA
Call 774-293-1515

Dr. Mary Ellen Rancourt has over 29 years of experience as an audiologist, serving newborns to elders.

HEAR JOY IS AN INDEPENDENT PRACTICE

TWINNS

NUTRITION

Healthy Meal Replacement Shakes

Herbal Metabolism-Boosting Tea

March In-store Specials!

"Wake and Shake!"

12 Cross Street, Whitinsville, MA
(774) 737-3547

Insist on exceptional.

Post-Acute Rehab • Long-Term Care • Orthopedic Rehab
Wound Care • Pulmonary Care • Cardiac & Stroke Recovery

312 Millbury Ave.
Millbury, MA 01527
www.careonemillbury.com
508.793.0088

CAREONE

At Millbury

1085292

The Kitchen Diva

Winter squash is healthy addition to any meal

By Angela Shelf Medearis

Winter squash are prominently displayed at grocery stores in the fall and winter months, but many shoppers pass them by because they don't know how to make them. Winter squash are

easy to prepare and are a healthy addition to any meal.

The Cucurbitaceae family is the Latin name for gourds, pumpkins and squash. The terms Summer and Winter can be deceptive. Summer squash

types are on the market all winter; Winter squash types can be found in late summer and fall, as well as winter. This terminology was never meant to confuse – it just dates to a time when the seasons were more crucial to man's survival than they are now. Vegetables that would keep until December became known as winter vegetables.

Winter squash are picked when they are fully mature, and they have

a thick, inedible skin. This thick skin provides a protective covering for the squash and allows for a long storage life. Winter squash can be stored for three months or longer in a cool, dry place, preferably in a single layer.

Every part of the squash plant can be eaten, including the leaves and tender shoots, which can be cooked in omelets or made into soup. Winter squash are a good source of vitamins

A and C, potassium and fiber. One-half cup of cooked winter squash has only 40 calories. Some of the most popular types of winter squash are butternut, spaghetti, acorn squash and Delicata.

*Butternut squash is tan in color and has a long, bell-like shape.

*Spaghetti squash is oblong or oval in shape and yellow in color.

*Acorn squash is actually shaped like

an acorn. It is dark green and has a ridged rind or skin.

*Delicata squash is oblong, ridged, and yellow and green. The skin is soft and edible.

When shopping, look for squash that are heavy for their size, free of soft spots and have a dull sheen (a shiny skin is an indicator the squash is not fully mature).

Continued on next page



Easter Brunch

at Union Station
Sunday, April 4, 9am - 4pm

Adults: \$24.95
Ages: 6-12 \$16.95
2-5yrs: \$11.95
Plus tax and tip

Breakfast Items
Carving Station
Salads and Fresh Fruit
Hot Entrees and more ...

Server serve buffet
Tables set 8 feet apart
Masks required while standing
Validated parking!

Call 508 755-6408 or 508 755-1200
for information & reservations

Maxwell Luciano's Banquet & Conference Center at Union Station
2 Washington Square, Worcester, MA 01608



Hop into Easter!!!

- Solid Chocolate Rabbits • Jelly Beans
- Butter Cream Filled • Chocolate Eggs
- Edible Easter Baskets

The Candy Shoppe

19 Main Street, Millbury, MA
(508) 865-0085
Hrs.: Monday-Friday 10am to 6pm;
Saturday 9am to 5pm; Sunday 11am to 3pm



George's Surf 'n Turf

Serving the Best from Land 'n Sea

AT THE REDWOOD DRIVE-IN
Route 16 - Mendon

George's Surf & Turf IS OPEN

It's that time of year again!

Spring's just around the corner and so are we! We're located on Route 16 at the Redwood in Mendon. Our order window is open Mon.-Sat. at 11am and Sundays at noon. **For take-out orders or more info., call 508-473-2125**

OPEN 7 DAYS A WEEK

Serving:

- Haddock
- Shrimp
- Scallops
- Whole Clams
- Clam Strips
- Clam Cakes
- Chicken Fingers
- Onion Rings
- Fries

- Burgers
- Hot Dogs
- New England Clam Chowder
- Manhattan Clam Chowder
- Lobster Rolls
- Ice Cream
-and more!

ASK ABOUT OUR DAILY VEGETARIAN SPECIAL!!

For Healthy Hearts we use only 100% unsalted cholesterol-free vegetable oil.

FREE Order of Onion Rings on Any Rainy Day*
*WITH ANY PURCHASE & THIS AD

Uncle Ronnie's

Fine Food & Spirits
Restaurant & Red Tavern

2692 Victory Highway, Burrillville, RI • 401-568-6243
UncleRonniesRedTavern.com

Closed Mon. & Tues.
Wed.-Thurs. 4-9 p.m.
Fri. open at 2 p.m.
Sat. & Sun. open at 11:30 a.m.

Come Celebrate St. Patty's with us on March 17th!!!

We will be open at 11:30 a.m.
Offering indoor dining and full to-go menu.

Taking orders for Corned Beef & Cabbage Dinners To Go - \$13.99
Includes lean corned beef, cabbage, potatoes, carrots and a slice of rye bread

Wednesdays & Thursdays (4-9 p.m.)

Dinner for 2 \$34.99

Includes: Appetizer to Share, Two Entrees (8 Dinner Choices), Beverage (Including Beer or Wine) and Dessert

Best Deal Around!

MUSIC BINGO
Sundays 7pm

NOW HIRING Cooks & Experienced Bartenders

Continued

Once butternut or acorn squash is cooked and cooled, it can be peeled away from the skin, cut into cubes, and used in soups, stews and casseroles along with other vegetables. Butternut or acorn squash can be used interchangeably in recipes.

This delicious recipe for Southwestern Stuffed Butternut Squash is a wonderful side dish or vegetarian entree on a cold winter's day!

Southwestern stuffed butternut squash

- 2 Delicata squash
- 2 tablespoons vegetable oil
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 1 cup cooked rice
- 1/2 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 tsp cayenne pepper or hot sauce
- 1 (15-ounce) can black or pinto

- beans, rinsed and drained
- 1 large bell pepper, seeded and chopped
- 4 springs cilantro, chopped
- 6 cherry tomatoes chopped
- 1/2 cup shredded Pepper Jack or Cheddar cheese
- 1 large avocado, peeled and sliced
- 4 tablespoons plain Greek yogurt or Mexican crema

1. Preheat oven to 350 F.
2. Place Delicata squash on a cutting board and use a sharp knife to cut the tips and tails off. Cut the squash in half, then scoop out the seeds and fibrous strands.
3. Drizzle the inside of the squash with oil. Use your hands to spread the oil all over the exposed interior so it is well-coated. Sprinkle the squash with 1/2 teaspoon each of the salt and pepper.
4. Place squash cut-side down on a

large baking sheet. Bake 30 to 40 minutes, until squash is soft when poked with a fork.

5. While the squash is baking, prepare the quick rice. Before adding water or broth to the rice, season with the remaining salt and pepper, the chili powder, cumin and cayenne pepper or hot sauce. Mix well and proceed with the directions for preparing the rice.

6. When the rice is done, add in the beans, chopped peppers, cilantro and chopped tomatoes. Mix together and heat on low for 3 minutes, stirring once.

7. Fill each half of the squash with even amounts of the rice mixture. Top each half of the squash with shredded cheese, then put the stuffed squash back in the oven for about 5 minutes to melt the cheese.

8. Remove from oven and top with avo-

cado slices and plain Greek yogurt or Mexican crema, if desired. Serves 4.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis. (c) 2021 King Features Synd., Inc., and Angela Shelf Medearis



**45 River St., Millbury, MA
(508) 865-3377**

*Look for our
Delicious
Lenten Menu*

\$5.00 OFF

Orders \$30 or more
(one per party, not to be combined)

www.scalesseafood.com



GREGORY'S

restaurant & pizzeria

ONLY
Location is
Douglas, MA



ORDER ONLINE

at
www.gregorys-restaurant.com

or you could use Gregory's restaurant app



303 Main Street, Douglas, MA
508-476-2552





New England Steak and Seafood

Casual Elegant Dining and Banquets



Spend
Easter
with us!



PRIME RIB AND STEAKS

-Prepared over our open pit-

FRESH SEAFOOD & LIVE LOBSTERS

CHICKEN & PASTA DISHES

APPETIZERS • SALADS • SOUPS

COMBINATION DINNERS

KIDS VALUE MEALS (12 & UNDER)

TRY OUR FAMOUS Cinnamon Rolls & Chowder

Lunch: Wed-Thurs-Fri Open 11:30am Dinner: Daily 3:00pm to close
Sunday Noon to close - Closed Tuesdays

Serving this area with the finest steak and seafood for over 65 years

508-478-0871 • 11 Uxbridge Rd. ~ Rt. 16 Mendon

See Our Menu on our website    

www.nesteakandseafood.com or on Facebook  



Galliford's

RESTAURANT AND TAVERN

We'll take care of dinner, so you can relax and connect with your family. Make memories to last a lifetime with our new **Southwick's Suppers**.

This family-style option includes an entrée for each member of your party, two sides of your choice to share, warm rolls, a crisp garden salad, and apple crisp paired with vanilla ice cream.

Available: Tues (take-out only), Wed, Thurs, & Sun





Drive Thru Zoofari Tours

April 3, 4, 10, & 11

Weather Permitting

Experience Southwick's from the comfort of your vehicle before the zoo opens for the 2021 season!

Learn More:
southwickzoo.com/drive-thru




WWW.GALLIFORDS.COM

508-928-0928



**Make Your Own
Spring
Sun Catcher**
Starting March 25th
Register online
at bcartglass.com



**Barbara Connors'
Art Glass Studio**

**Custom Designs - Repairs
Gifts - Supplies - Classes**

835 Providence Rd
Whitinsville, MA 01588

508-266-7178

bcartglass@charter.net

www.bcartglass.com

Superintendent's scholars named; Gannon and Goyette of Uxbridge earn awards

UPTON - Superintendent-Director Dr. Michael F. Fitzpatrick is proud to announce that Madison Gannon and

Casey Goyette of Uxbridge are BVT's recipients of the Massachusetts Association of School Superintendents

Award of Academic Excellence. They are both in the Engineering & Robotics program at BVT. The annual commendation, also known as the Superintendent's Scholar Award, is presented to the two seniors who exemplify the school's commitment to cutting-edge career technical training and rigorous academics.



Madison Gannon and Casey Goyette (left to right) of Uxbridge had been named BVT's recipients of the Massachusetts Association of School Superintendents Award of Academic Excellence. They will graduate in May from BVT's Engineering & Robotics program.

Presently, Madison Gannon is the Class of 2021 Valedictorian and a member of the National Honor Society and National Technical Honor Society. Her dedication to her academic and vocational

Continued on next page



Stevens & Son Lawn Pro

Commercial - Residential

Specializing in
Seasonal Lawn & Shrub Maintenance
Bark Mulching • Lawns Thatched
Shrubs, Trees & Flowers Planted
Sodding & Seeding
Fall Clean-up • Snow Plowing

508-832-7063 • 508-721-7772

Auburn

stevensandsonlawnmaintenance.com

COMMERCIAL/CONSTRUCTION CARPENTER WANTED

LaMountain Bros., Inc. in need of **experienced commercial/construction carpenters**. We offer competitive wages, excellent benefits including, but not limited to, 401K, disability, health, dental, vision and uniforms. Must be able to commute to Oxford, MA daily.

Apply in person, preferred, at
37 Federal Hill Road, Oxford. 508-987-3719
or through www.lamountainbros.com

LBI

LAMOUNTAIN
BROS., INC.

ALL PHASE GLASS & MAINTENANCE

The Answer to all your Glass & Property Maintenance Needs

508-839-1991 AllPhaseGlass202@aol.com

Please remember to always support your local Police, Fire & EMS personnel, our Veterans, Seniors, and of course, all local Youth Sports!

Glass Division

- Store Front Repairs & Replacement
- Plate Glass Repairs, Doors & Closer Repairs & Replacement
- Custom Mirror Work, Insulated Glass Table Tops, Screen & Window Repairs
- Shower Doors (Framed & Frameless)

(and so much more...)

Maintenance Division

- Commercial and Residential Services
- Fire & Water Damage Repairs
- Decks, Tile Work, Painting & Sheet Rock Repairs & Installs
- Interior Work, Kitchens, Bathrooms, Floors & Stairs

(and so much more...)

NOW HIRING Service / Maintenance Techs

We are adding more techs to our team. Looking for dedicated employees for full time positions, year round work with a professional team. Prime candidates should have but not limited to, basic carpentry skills, good painting abilities, light plumbing and electrical knowledge in the commercial repair field. Must have valid drivers license, ability to work overtime as needed, the desire to further your knowledge and skills in the service field. Use of company trucks, paid vacation and holidays, Health Insurance offered and more. We look forward to hearing from you, stay safe & healthy.

God Bless America!

ALSO ACCEPTING APPLICATIONS FOR GLAZIERS & GENERAL LABORERS

Continued

studies was on display when she earned a bronze medal in 2019 at the SkillsUSA District competition in Robotics and Automation. Recognized as a National Merit Scholarship Program Commended Student, Gannon is a scholastically talented student who, in addition to her academic success, also excels as a student-athlete on the track and field. She is the MVP and Captain of the Girl's Cross Country team for the last three years and is the school's record holder in the 800-meter race and 4x800 meter relay.

Gannon is analyzing multiple placement opportunities. She is interested in following a Biomedical Engineering pathway pursuing a bachelor's degree before acceptance into medical school,

ultimately becoming a Pediatric Surgeon.

Casey Goyette is currently the Class of 2021 Salutatorian and a National Honor Society and National Technical Honor Society member. He has made the Commendation List every term of his high school career. His academic and vocational studies dedication was on display when he earned a Gold medal in 2020 at the SkillsUSA District competition in Urban Search & Rescue. In addition to being an Eagle Scout, Goyette enjoys reading, drumming, hiking, camping, and traveling. He is also the Chief Mechanical Officer of BVT's Robotics Club and participates in Model UN and SkillsUSA.

Goyette is also exploring placement opportunities. To strengthen his workforce en-

try opportunities, he wants to pursue a master's degree in Computer Engineering with a minor in Mechanical Engineering.

Superintendent-Director Dr. Michael F. Fitzpatrick was joined by Assistant Superintendent-Director/Principal Anthony Steele and the BVT School Committee in congratulating Gannon and Goyette on their awards, thanking them for their many contributions.

"As educators, it brings us great pride to work with students like Madison and Casey, who exemplify our school's commitment to cutting-edge career technical training and rigorous academics through their incredible drive, talent, and zeal for their futures," said Steele. "We are pleased to celebrate their accomplishments and wish them continued success with their future endeavors."

NHS Honor Roll

Northbridge High School has announced the honor roll for the second quarter 2020-2021.

Highest Honors:

Grade 12: Kristina Brenn, Kevin Doherty, Vincent Duca, Callie Ellis, Asa Flannery, Katelyn Lombardo, Brennan Mahoney, Justine Michaud, Katharine Tubbs, Michael Wilkes

Grade 11: Sara Bedigian, Caitlyn Mahoney, Tyler Richards, Aidan Roy, Patrick Smith, Colin Tognazzi

Grade 10: Abby Barnatt, Mary Goodrow, Caroline O'Brien, Kathryn O'Brien, Caitlin Porcelli, Keira Touhey, Jenny Wagenhoffer, Graham Williams, Nathan Williams

Grade 09: Elizabeth Andrews, Ryan Bedigian, Joseph Mazzarelli

High Honors:

Grade 12: Afia Aning, Emma Barnatt, Ally Boucher, Colin Brody, Charlotte French, Patrick Gahan, Emma Ganley, Trinity Grondin, Joseph Hewitt, Destiny Ingersoll, Theodore Jee, Emma LaChapelle, Abby Larochele, Hannah Lomonaco, Angela Lovering, Morgan Mawn, Kiera McMahon, Yira

Navarro Rodriguez, Alexandra Padula, Emma Paulhus, Melanie Warner, Jared Wielsma

Grade 11: Samantha Billmyer, Tyler Bliss, Sydney Boudreau, David Castellon Palma, Adam Chen, Haley Cormier, Charles Garrigan, John Gifford, Claire Green, Olivia Guest, Hayleigh Hoffman, Ruby Holtz, Kayla Kamishlian, Maeve Kelly, Isaac Maynard, Mallorie Mercer, Dev Patel, Christopher Rivelli, Jessica Ross, Christopher Smith, Lindzy Winslow

Grade 10: Meghan Cumiskey, Hannah Drenzo, Ian Gahan, Nikauly Hernandez, Coulton Manning, Colin Marino, Adam Minor, Kayla Munson, Nina Szymanowski, Carly Tedford, Emily Wheeler

Grade 09: Logan Ballou, Gary Bunis, Evan Carrachino, Abigail Caya, Rebecca Cleary, Sarah Cowen, Erika Dresp, Madelynne Driscoll, Charles Dupuis, Ryan Flaherty, Olivia Frabotta, Timothy Guiliani, Callie Jee, Hannah King, Kayda King, Kaydence Melanson, Zachary O'Meara, Mia Pellegrino, Marcus Reilly, Rachel Sawyer, Aidan White

WINDOW GENIE
We Clean Windows and a Whole Lot More!
CALL TODAY FOR A FREE ESTIMATE
774-262-7383
windowgenie.com/sutton
facebook.com/windowgeniesutton
Our Services Include:
Pressure Washing • Window Cleaning
Concrete Cleaning • Soft Roof Washing
Gutter Clean Out

Mention this ad and receive
10% OFF
your service!

QUALITY BUILDING MATERIALS FOR ALL YOUR NEW CONSTRUCTION AND REMODELING NEEDS!

PROFESSIONAL SERVICE • FREE DELIVERY • ESTIMATING
Lumber & Plywood • Windows • Doors • Millwork • Roofing • Insulation • Decking
Rail Systems • Siding • Hardwood • Fasteners • and Much More!

C&S LUMBER CO., INC.
Family Owned And Operated Since 1952.
124 Main St., Millbury
cslumberco.com • 508-865-4822
Mon. - Fri. 7:30 a.m. - 5 p.m. • Sat. 7:30 a.m. - Noon

VISIT US FOR YOUR NEXT PROJECT!
HOMEOWNERS WELCOME!

VICTORY SUPPLY LANDSCAPE & MASONRY MATERIALS
401-769-4286

NEW ENGLAND WOOD PELLETS - READY FOR DELIVERY OR PICK UP
PELLETS ARE AVAILABLE BY THE BAG OR THE TON
DELIVERIES ARE AVAILABLE IN RI, MASS., AND CT
ALL WOOD COMPRESSED LOGS
STANDARD SIZE AND XL SIZE AVAILABLE PER PACK OR TONS
NOW DELIVERING

CORONA RAKES FOR THOSE FALLING LEAVES
GRASS SEED AND FERTILIZER
PAVERS AND RETAINING WALLS
BRICKS AND CEMENT BLOCKS
MORTAR AND CEMENT BAGS
CHIMNEY INSTALL AND REPAIR MATERIALS
DRAIN AND SEWER SCHED 35 PIPE/ FITTINGS

UNILOCK
DESIGNED TO CONNECT.

63 LEDOUX DRIVE, NASONVILLE, RI
HOURS: MON.-FRI. 7-4; SAT. 7-12
401-769-4286 • DAN@VICTORYSUPPLYRI.COM

DON'T BUY TILL YOU SEE US
MARCH MADNESS SALE

MATTRESS SALE! TWIN: Reg. \$299 NOW \$239.99
FULL: Reg. \$499 NOW \$379.99
QUEEN: Reg. \$599 NOW \$329.99

TRUCKLOADS OF APPLIANCES
IN STOCK FOR PICKUP OR DELIVERY

18 CU. FT. REFRIGERATOR Reg. '799 ⁹⁹ \$699⁹⁹	SIDE BY SIDE STAINLESS STEEL REFRIGERATOR Reg. '1699 ⁹⁹ \$1099⁹⁹	KITCHENAID DISHWASHER Reg. '899 ⁹⁹ \$799⁹⁹	OVER THE RANGE MICROWAVE OVEN Reg. '218 ⁹⁹ \$188⁹⁹	GE STAINLESS SMOOTH TOP STOVE Reg. '649 ⁹⁹ \$599⁹⁹
20 CU. FT. UPRIGHT FREEZER \$999⁹⁹	GE COMBO WASHER & DRYER Reg. '1299 ⁹⁹ \$1299⁹⁹	DELUXE ELECTRIC DRYER Reg. '499 ⁹⁹ \$449⁹⁹	5 CU FT CHEST FREEZER \$199⁹⁹	DELUXE DISHWASHER Reg. '399 ⁹⁹ \$349⁹⁹
FAMOUS MAKER GAS OR ELECTRIC RANGE Reg. '499 ⁹⁹ \$449⁹⁹	DELUXE TOP LOAD WASHER Reg. '499 ⁹⁹ \$449⁹⁹	MAYTAG TOP WASHER Reg. '699 ⁹⁹ \$659⁹⁹	GE TOP LOAD WASHER Reg. '649 ⁹⁹ \$699⁹⁹	7 CU FT CHEST FREEZER \$239⁹⁹

GRILL SALE

TV SALE
75" LG Reg. \$999.99 \$899.99
55" TV Reg. \$369.99 \$299.99
65" LG Reg. \$699.99 \$549.99
32" Smart TV Reg. \$169.99 \$139.99
50" LG Reg. \$449.99 \$349.99
86" LG Reg. \$1999.99 \$1799.99
ALL SONY & SAMSUNG TVs ON SALE!

OVER 1,500 BIKES IN STOCK

PRICES GOOD WHILE SUPPLIES LAST
INSTANT FINANCING UP TO \$10,000
Check www.whitcosales.com for special coupons

WHITCO
Mon.Fri. 10-8; Sat. 9-8; Sun. 12-7
140 Main St., Spencer, MA
508-885-9343

Whitin Community Center's annual meeting and awards ceremony



WHITINSVILLE – The Whitin Community Center's Annual Meeting was held virtually on Monday, February 22, via Zoom conference. Unlike typical years, where the event is held in the WCC's Conference Room, this year the Board of Trustees, Corporators, Award Recipients, WCC Staff, and Administration were able to enjoy the meeting from the comforts of their home to reflect and celebrate on the past

year's accomplishments.

At the event, the organization was welcomed by our Chairman of the Board, John Adee. We thanked our outgoing Trustees, James Corcoran and Gary Moyer for their years of service and dedication to our organization, and our outgoing Corporator, Bernadette Bazzett. In addition, we welcomed three new Corporators, DJ Salmon, Mark St. Germain, and Cheryl Taylor. Heather Elster, our Executive Director, presented her annual review of the past year in the face of the COVID-19 pandemic and what our organization is looking forward to in the future. One of the highlights during the meeting was the presentation of the Be The One video, produced by volunteer Trevor Robertson. This video focused on community members who have been positively impacted by the WCC, and their stories, and why you should be the one to continue George Marston Whitin's legacy to give back to the community. To view this video, please visit our website at www.Whitin-CommunityCenter.com and by going to the "Support Our Mission" page or by using this direct link <https://youtu.be/01W9bEBw1IE>.

Each year the WCC recognizes staff and community members who have gone above and beyond at the

WCC and shown great support to our community with our Annual Awards. The Whitin Community Center wishes to congratulate the following award winners: Anne Haas, our High Five Employee of the Year Award which recognizes an employee who went "above and beyond" over the past year and made a difference through teamwork, excellence, dedication, safety, and respect.

New this year, we had the extreme honor of presenting an award created by Denis LaTour, the Heather S. Elster Leadership Award. This award is presented to a member of the WCC team who is a leader with a clear vision and passion to advance the mission of the Whitin Community Center, a leader who has the ability to identify and break down walls in order to erect a foundation of trust. The award was presented to, Ginny Alicea.

Our Denis & Pam LaTour Volunteer of the Year Award recognizes an individual whose exceptional volunteer effort has supported and advanced the mission of the Whitin Community Center. With this award, the Whitin Community Center recognizes an individual in our community that supports our efforts as a non-profit organization through contributions as a volunteer. This year's award was presented to Trevor Robertson.

The Charles E. Thompson Youth Volunteer Award recognizes an individual under the age of 18 who has selflessly and enthusiastically volunteered time, effort and energy to advance the mission of the Whitin Community Center. With this award, the WCC acknowledges a young person who truly does represent our future. This year's award was presented to Makenzie Alicea.

The Daniel J. Salmon, Jr. Outreach Award recognizes an individual or individuals who has/have selflessly given of their time, energy and resources to help the Whitin Community Center's Youth Outreach program successfully empower youth through experiential education and recreation. This year's award was presented to two recipients, Michael Colonna & Bill Audette.

Also new this year, in collaboration with the Knott Family, we have created the James M. Knott, Sr. Innovation Award. This award is presented to an individual, business, or organization who has developed an innovative or inventive solution to a problem or challenge facing the Whitin Community Center (WCC) by contributing their time, talent, and/or treasure to support the WCC's work as a non-profit organization to strengthen our community. This year's award was

presented to Town & Country Builders.

Finally, the George Marston Whitin Community Award recognizes an individual from the Blackstone Valley who personifies George M. Whitin's commitment to service to the community. Through its mission, the Center continues to honor the memory of George Marston Whitin (1856-1920), whose vision of community life, family values, and citizenship have guided the organization's services and programming to residents of the Blackstone Valley since 1922. This year's award was presented to David Delaney.

Thank you to all the award winners for your service to our community.

The Whitin Community Center is committed to enhancing the health and well-being of individuals and families and building a strong community in the Blackstone Valley. We offer social, recreational, educational, and outreach programs that bring community members of all ages and backgrounds together. The Whitin Community Center is the Blackstone Valley's most complete family and recreation center with two swimming pools, a gym, fitness center, early learning programs, summer camps and a seven and a half acre park. For more information call 508.234.8184 or visit www.WhitinCommunityCenter.org.



Al's

RUBBISH & CONTAINER

556 Central Turnpike, Sutton, MA 01590
 Phone: (508) 865-4193
 Website: www.alsrubbish.com
 E-Mail: alsrubbish@gmail.com



St. Paddy's Special

15 Yard Dumpster. Good for up to 2 Tons of Residential Trash Only.

*NEIGHBORHOOD DISCOUNT

\$350

FREE DROP OFF AND PICK UP!

*TOWNS: SUTTON, MILLBURY, GRAFTON, WHITINSVILLE, NORTHBRIDGE, DOUGLAS, OXFORD, WEBSTER, AUBURN



Al's Rubbish Provides

- Dumpster Rental Services 10 Days
- All Rentals Include Drop Off and Pick Up
- No Hidden Fees
- Estate Clean Outs
- Furniture/Appliance
- We Recycle





508-865-4193 • WWW.ALSRUBBISH.COM

Living with Lincoln

I got you, ball

By Amy Palumbo-LeClaire

Lincoln chose our family at a fluffy seven weeks old. His “pick-up day” had been scheduled for February 12 – on Abraham Lincoln’s birthday.

Lincoln.

The name sprung off of the calendar and into our hearts and home. Little did we know that our largest male of the litter, a puppy named after a president, would not only choose us, but also his way in the world.

“Mom, we have to take this one.” My son, Ben, at an intuitive ten years old, had known what we know now. Lincoln was meant to be with us, and us with him. Confirming such, he grabbed the miniature leash from my hand and paraded around his blonde siblings, as though to claim his new family.

“These are my People.”

We cradled him onto our laps, then lifted him to face us. His morsel nose twitched while he found our eyes. “Are you ready to play?”

We were ready to play. Yet little did we know just how much.

“Lincoln!”

I’ll never forget the day he had been trotting along a Cliff Walk ledge at Newport, RI. A precocious puppy, he had tot-

tered about clusters of rock to explore, then struggled to negotiate a sudden narrow path. Whoa! Not enough room. He lost his footing and fell off of a twelve-foot incline. Somehow, he managed to wrestle his body back to a soft landing. Then, exhausted, he had collapsed.

“I think he may have broken a bone.”

“Does he need some water?”

“That puppy needs to rest.”

A crowd of onlookers shuffled to our side while, smothered in guilt, I teared up and kneeled by my puppy’s side. His chunky belly rose and fell beneath my palm. What had I done? How could I ever forgive myself?

“Let’s finish the Cliff Walk!”

Lincoln sprang to his feet. His miniature tongue shook while he smiled, panted, and colored the world pink again. I sighed, massaged his ears. “You’re okay.” It was only a case of Lincoln being Lincoln.

Fast forward ten years. Lincoln fell off of a ledge of a different sort. His health took a dip during the Fall of 2020. His breathing was abnormal. An ultrasound indicated large masses on both thyroid glands. We were told his life was about to end. Little did we know—

“Want to play?”

Lincoln was just being Lincoln. A clean, protein-based nutritional plan (and a whole lot of love) turned a fat, ugly report into something slender.

Lincoln scratches at the deck door. I open it and there he stands, propped up on the step, appearing larger than life. His black, senior nose quivers with desire. He’s wearing the expression I’ve come to know and love. “Few throws?” I read his mind.

Frozen with hope, he stares at me and awaits a verdict. His tail wags slowly, gearing up for action.

“Can you wait, Lincoln? Mummy has to work.”

More charming than his thirst for life has been his sensitivity to his owner’s role in it. My dog understands nuance. “Can you wait?” I accent the word wait.

“But can you just come out? I was thinking we could play in the snow today.”

His cuteness tempts me. He’s a dog, fully immersed in the present, yet intelligent enough to discern my needs as a human. “Bring the ball here, Lincoln.” I gesture with grand enthusiasm. “Go get it

and put it here for Mummy!”

The compromise sells him. He’s willing to negotiate. I can play ball in my slippers, from the comfort of my now-drafty kitchen. I gaze out the window and watch him nose the snow as though searching for a diamond in a corn maze. He zigs. He zags. Then a stiff wagging tail produces the truth. He’s found the ball! But before he brings it back, he performs a clever trick, one he created on his own. I watch him through the window and giggle to myself. Work can wait.

“I’m in charge of you, Ball.”

He digs a hole with manic concentration then pushes the ball down in the snow to bury it. He pounces on the burial ground over and over again, as though to set a final nail in the ball’s coffin. Then he digs it back up and slishes it about his frothing mouth with crazy joy. His process is deliberate, even calculated. Dig, Bury, Pounce, Find, Slish. Over and over again. Every now and then, he tosses a glance up to the window, sensing that I’m watching.

“Good boy, Lincoln!” I hoist the window open and holler the compliment. He’s patent-

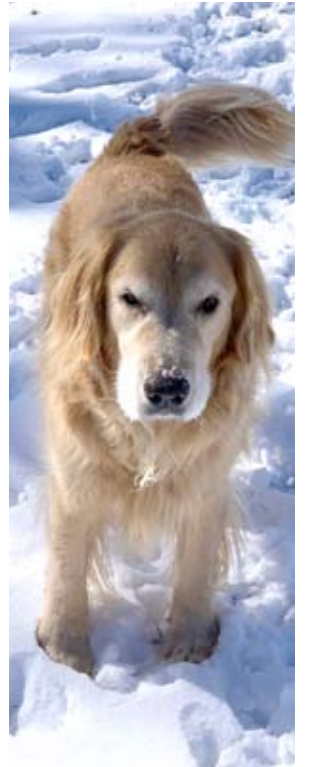
ed Bury & Find, a game which offers rationale for the need to allow a dog to be a dog. Work with them. Allow them opportunities to do what dogs do. They need to run, dig, play, and be reckless. Let them be dogs and they’ll let you be human. I settle back to my work and welcome a sip of coffee. The door rattles again.

“I found the ball!”

I open the door. Cold air accosts me, fueling my laziness. “Lincoln, put it right here.” I don’t want to reach any further than I need to for the ball on the snowy deck. He grumbles yet complies, still managing to toss the ball as close to the threshold as possible. I don’t have to set a single toe outside. “Thank you, Lincoln.”

I hold the ball up like a trophy. He races down the stairs, not wanting to miss out on the throw. “Which way?” I refuse to endorse the bullying “fake throw” which forces a dog to track the ball tirelessly through the yard. I’m confident that he’ll find it either way. A dog’s senses truly are remarkable. Like a professional outfielder, he watches the ball sail through the air. He backs up to gauge position. I underhand a solid throw, and he freezes to capture its soft whooshing sound through the air, then its notable drop into the snow.

“I hear you, Ball! I’m coming!”



I was thinking we could play in the snow.

I watch him romp through the snow after a ball that he protects like an abducted baby. His tail stiffens and wags while he appreciates a scent made for a dog. “I knew I’d find you.” He slishes the ball, then indulges in another game of Bury & Find.

Dig. Bury. Pounce. Dig. Bury. Pounce. “I got you, Ball.”

I watch him from the window. Work can wait.



Winter for Lincoln.



The Joys of Snow



Lincoln relishes in a game of Bury and Find.

WWW.TLCPETHAVEN.COM

Over 30 years in Business
Denise and Bill Jones

TLC

Dog and Cat Grooming & Boarding
Luxury Suites Available
Doggie Daycare
In-Home Services Available

PET HAVEN & Mobile Groom-In-Vans
68 US Route 146, Sutton MA • 508-865-3180

WE’VE MOVED!

We offer quality care for your pet in a friendly, family-oriented atmosphere.

AAHA ACCREDITED

JOCELYN COWAN, DVM
DEBORAH VEO, DVM
ALYSSA VINCENT, DVM
ALI O’HAGAN, DVM

Preventative Medicine, Surgery, Dentistry, In-House Laboratory, Digital Radiography, Acupuncture, and Laser Therapy for Dogs and Cats.

Ultrasound & Surgical Specialists Available by Consultation.

Specialty services available as well as night and weekend appointments.

UXBRIDGE ANIMAL HOSPITAL

JAY’S SMOKE SHOP
TOBACCO • CIGARETTES • HOOKAH • CIGARS

•Tobacco •Cigarettes •Cigars
•Kratoms •CBD Products

5 SOUTH MAIN ST., STE.B, UXBRIDGE, MA 01569
508-779-7655
WWW.JAYSMOKE.US • PSMOKESHOP83@GMAIL.COM

510 Hartford Ave W, Uxbridge, MA 01569
P. 508.278.5869 | F. 508.278.9384 | info@uxbridgeanimalhospital.com
WWW.UXBRIDGEANIMALHOSPITAL.COM

Tales from beyond

Rachel's Curse

By Thomas D'Agostino

In Plymouth, Massachusetts, there once lived an old woman the locals called "Aunt Rachel." She earned a modest living telling fortunes to the locals, but it was mostly sailors who called upon her talents of predicting the weather and their future. Many seafaring folk relied on her predictions in regard to whether they

would head out to sea or not. Sailors have always been a superstitious lot and Rachel often told them a safe journey or eminent danger lay ahead.

One day a few sailors called upon her for her talents, and she immediately recognized one as a friendly and decent fellow villager. The others she knew to be of shady character,

and Rachel chided the local "rogues" he was with. One of the other men interrupted her lecture by stating, "None of your slack old woman or I will put a stopper on your gab."

It was then Rachel began calling them mooncussers; those who lure unwary ships onto rocks or shore for plun-

der by using false beacons. She looked the man straight in the eye and cursed, "He who rides the pale horse be your guide, and you be of the number who follow him." The men laughed at her rambling and set off to the local pub for a tankard.

That night Rachel's house mysteriously burned to the ground, almost taking her with it. A few days later, the brig with the men who had visited her previously was ready to set sail, and Rachel joined the townsfolk to see her off. The owner of the brig offered his deepest sympathies on the loss of her home. She retorted by stating, "I need it no longer anyway. For the narrow house will soon be my home and you wretches cannot burn that. But you! Who will console you for the loss of your brig? She now carries a curse and will not sail long."

The owner scoffed at the old woman's words, for he had no doubt his ship was seaworthy and his crew among the most experienced to sail those waters. This he assured Rachel as the brig navigated past the hidden shoals and bars that



had claimed so many other vessels. All the while, the old woman mumbled and chanted curses in the direction of the brig, then in a blinding moment, she thrust her bony arm into the air and let out a scream like a banshee. The crowd immediately focused their attention on her but was quickly drawn away by a cry from another. The brig had come to a sudden stop and shuddered before breaking up. It listed and sank until only the tops of the masts were visible above the water. Rescue crews frantically rowed out to the sunken ship picking up the crew as they swam for their lives. All were brought to shore and accounted for,

except for one; the man who dared insult Rachel and burn her home. During the melee, no one noticed that Rachel had died just after the ship had hit the rock previously unknown to the area's navigators.

Rachel was buried on the site where her house once stood, and the rock that sent the brig to its doom was forever known as Rachel's Curse.

Thomas D'Agostino and his wife Arlene Nicholson are seasoned paranormal investigators, authors, and co-organizers of Paranormal United Research Society. You can find out more about them by visiting www.tomdagostino.com.

SWCLA membership

Landlords who own one or several multi-family buildings have questions about the landlord-tenant relationship. Over the years, the "landlord" business has evolved from one of almost total freedom in operating rental property to one of the most highly regulated businesses in the country. The Southern Worcester County Landlord Association (S.W.C.L.A. non-profit) was formed in 1979 covering the Southern Worcester County area. From its original mem-

bership of seven individuals it grew to where they now maintain a membership of hundreds of landlords representing many hundreds of units - united in a common goal.

Landlords are faced with more challenges today than ever before. Whether you own and/or manage one rental unit or 100, the benefits of belonging to an organization such as ours are invaluable. Visit SWCLA.ORG and call any of the directors listed about becoming a member.

TAX PREPARATION & FINANCIAL SERVICES

for Individuals, Small Businesses & Corporations
Tax Preparation • Tax Planning • Life Insurance • Annuities • Notary Public Services

As your trusted partner in success, CTFS is large enough to offer a full range of professional services at a fair price, but small enough to give you the individual attention that you deserve. Call us today for more information.

(508) 381-3715
www.ctandfs.com

MENTION THIS AD & SAVE \$25

Clean Slate Estate Inc.

New England's Premier Estate Clean-Out Company.

www.CleanSlateEstate.com

ESTATE CLEAN-OUT SPECIALISTS

"We buy Comics, Gold, Coins, Jewelry, Artwork, Collectibles, Cars, Guns, Toys Highest Prices Paid!"

FREE QUOTES CALL

(800) 989-4521

TEXT US A PHOTO

(401) 640-9385

FULLY INSURED AND BONDED

Clean Slate Estate Inc.

15% OFF FOR SENIORS AND WAR VETERANS

Prayer

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil (intention), Amen.

If you pray three times a day, three consecutive days, you will receive your intention, no matter how impossible it may seem. Praise and Thanksgiving please the Heart of God.

Believer

COMPLETE AUTO GLASS SPECIALISTS

- Chip & Crack Repair
- Windshield Replacement
- FREE Mobile Service

MOBILE AUTO GLASS SPECIALIST

Insurance Company Preferred Shop.

- Certified technicians to your location
- In-shop service • Free mobile service
- Foreign & domestic auto, truck, bus, motor home, windows & sunroofs
- Saturday service
- Construction equipment, heavy duty vehicles
- Free pick-up and delivery within a 10 mile radius
- Fabrication of flat glass
- Quality workmanship guaranteed
- Customer safety and satisfaction is our first priority
- Vehicles equipped with convertible or vinyl roof
- Servicing customers for over 25 years

201 W. Main Street, Dudley, MA 01571

800-479-7697 • 508-949-1327

Monday-Friday 8am to 5pm • Saturday 8am to 12pm

Visit Us at roysautoglass.net

430 Main St., Oxford, MA

We repair all makes and models of Garage Doors and Electric Openers

- Commercial and Residential -

Visit our display by appointment

Renew your homes appeal with a new garage door.

Many new styles and colors to choose from.

Sales • Service • Installation

800-605-9030 508-987-8600

www.countrysidedoors.com email: countrysidedoors@aol.com

Q & A with The Car Doctor

John Paul is AAA Northeast's Car Doctor. He has over 40 years' experience in the automotive business and is an ASE certified master technician. He will answer reader's questions each week. You can find the Car Doctor podcast at www.johnfpaul.podbean.com or other popular podcast sites. Email your car questions to jpaul@aaanortheast.com. Follow John on Twitter @johnfpaul and friend him on Facebook [mrjohnfpaul](https://www.facebook.com/mrjohnfpaul).



Q. I have a 2017 Ford truck F350 4WD Super Duty that I use for my landscape business and plowing. The heat on the driver's side isn't working. I took it into my repair shop, and they found that the temperature blend door was binding up. They replaced the heater box and it worked for about a month and the same thing happened. No one wants to plow snow in a truck with bad heat. Any ideas on this?

A. Ford issued two technical service bulletins. When the temperature is very cold and you have poor heat on one side of the truck, the fix is a replacement heater core. The second bulletin describes a binding temperature door actuator. The TSB is titled Lack of Heat or Cooling from the Cabin Vents - Temperature Door or Door Actuator Binding/Inoperative - DTC B1081:07. The repair is quite extensive, and it may make sense that you are this far into the repair to replace the heater core at the same time, since it will be out in the open.

Q. About a month ago I purchased four new tires for my car. After about three weeks a low tire warning came on. I checked the tires, and the driver rear tire was low. I aired it up and about three days later it was low again. I went back to the tire store and they told me it was a nail in the tire. It was repaired. I have two questions. I drove the car for five years and never had a nail in any tire. Was this because they are cheaper tires and is the repaired tire safe?

A. Flat tires happen. The quality of the tire has nothing to do with if a nail will puncture it or not. If the tire was repaired properly using a plug/patch combination, there is no reason to think the tire isn't as good as new.

Q. I have a 1996 Acura RL and when I'm out on the highway the car will just randomly rock from side to side. If I slow down it will feel fine, the faster I drive the worse it feels. The shake seems to be coming from the back of the car. Could it be a faulty spring or shock that is causing this shake?

A. Certainly, all of the suspension components should be evaluated as part of the inspection to find the shake. I suspect that you may have a damaged wheel or tire with a slipped belt, sometimes called separation. When this happens, the sidewall will get weak and shift and cause the tire to track poorly. If the tire was on the front you would feel the vibration at lower speeds as well, but on the rear of the car a tire with belt separation will rock or shake at higher speeds. Have the tires inspected as soon as possible before you have a "blowout" while driving.

Q. My very dependable 2005 Chrysler 300 has a vibration that only happens when I'm slowing down on the highway to take an exit. The vibration is in the steering wheel and only when my foot is on the brake to slow down. I have owned this car since new and never have done much more than replaced all the fluids and tires.

A. I suspect you have an out-of-round brake rotor combined with a little suspension wear. As the brake rotors get hot the vibration will get worse. As you are slowing down to take the exit, the rotors start to build up heat then as you apply more brake pressure the vibration gets worse.

Q. How do I lower the headlights on a 2014 Toyota Tacoma? I get flashed often because the lights are high on a low beam setting. I asked at the dealership and they will charge me \$79.00 to lower the lights. I know there is a screw that needs to be turned to set the lights, but I can't find the screw in this exact model. Help. I'm just trying to be safe and save some money.

A. The first thing to do is check the overall headlight alignment. There is a specific procedure to do this, using light board and parking 25 feet away. The alignment should be checked on both low and high beam settings. Although there are only two adjustments, vertical and horizontal, it is easy to get the headlights further out of adjustment, making the lights offensive and ineffective. Perhaps to save a little money if there is a vocational school near you, they would be willing to make the necessary adjustments as part of a lighting lesson.



• Brakes • Alignments
• Tires • Tune-Ups
• Shocks • All General
• Exhaust Repairs

(508) 476-3926

Specializing in Transmissions

Classic Car Service and Repair



151 Davis St,
Douglas MA
(508) 476-3926



Located 1.5 miles off of Route 146
exit 3 on Route 16 in Douglas



Call
508-987-1187

www.pratttrucking.com

CLASS B CDL DRIVERS

Must possess a valid Class B drivers license, current medical card, proof of a DCL self certification, clean driving record and experience in the waste and recycling industry.

Positions offer full-time, year-round work with a family owned company servicing the industry for over 80 years. Full vacation & benefit package. Wages in proportion to ability and experience.

MECHANIC WANTED

Pratt Trucking/Little River Recycling Oxford, MA

Job Summary: Pratt Trucking is a family owned and operated company in Oxford, MA. We are searching for a qualified mechanic to work on our fleet of Garbage Trucks, Roll Off Trucks, Hook Lift Trucks, and other equipment. Top Wages Paid, Weekends Off, and Benefits!

Responsibilities: Performs physical tasks in the shop or field in support of operations including, but not limited to: inspection, troubleshooting, repairs, and maintenance of equipment. Provides unscheduled repairs of equipment; reviews equipment status with operational personnel and performs scheduled maintenance of trucks and equipment. Inspects, repairs, maintains, and makes recommendations and performs modifications to functional parts of a variety of equipment and machinery. Diagnoses maintenance requirements on diesel engines, transmissions, drive lines, differentials, electrical circuits, hydraulic systems, and chassis through diagnostic aids, inspections, and interpretation of equipment reports with assistance. Disassembles, overhauls, and replaces worn parts on equipment as required. Reads and interprets work orders to perform required maintenance and service. Demonstrated commitment to a clean and safe working environment.

Qualifications and Skills: Knowledge of Mack, Cummins, GMC, Chevrolet trucks. Knowledge of troubleshooting/diagnostic tools. Experience as a heavy duty truck mechanic. Ability to work safely in a shop environment. Mechanical skills should include, but are not limited to, mechanical, electrical, pneumatic and hydraulic troubleshooting and repair of trucks and equipment.

Benefits: Health Insurance, Top Wages! Over-time optional.

Job Type: Full-time. **Experience:** Driver's License (Required), Diesel Mechanic: 1 year (Required), Diesel repair certification (Preferred), Trash industry experience (Preferred), Class A or B CDL (Preferred), Welding experience (Preferred)

Salary based upon experience (top wages paid)

Apply now in person at Pratt Trucking
22 Town Forest Rd • Oxford MA 01540
(508) 987-1187
or apply online at: www.pratttrucking.com

KEARNS



COLLISION Repair

FREE ESTIMATES • QUALITY SERVICE

1734 Providence Rd., Northbridge, MA • 508-234-5211

Thomas F. Colonair Jr.
www.kearnscollision.com

NOR'EASTER ROOFING

Our roofs will weather the storm!

• Siding • Windows • Gutters

Owner Rob Chaille
NorEasterRoofing.com

172 Pond Street
Uxbridge, MA 01569

508-NOR-EAST
508-667-3278

Visit our Showroom at 1 Providence Lane in Whitinsville



Bloem's Auto Repair





Diagnostics • Tires • Brakes • Batteries • Oil Changes • Tune-Ups

Quality Pre-Owned Vehicles Now Available!

WE DO IT ALL
Total Car Care!



194 N. Main St.
Uxbridge, MA 01569
508-278-4302

CAPPY'S AUTOMOTIVE

2011 Nissan Titan SL

4x4 4 dr. Crew Cab
SWB Pickup 5.6L
V8, leather interior
sunroof. 144,826 mi.

\$12,495



2007 Chevrolet Impala LS

3.5L, V6,
FWD, Sedan
Super low miles
63,750 miles

\$5,495



We Have Vehicles starting at \$2,500 and up!!

U-HAUL

AND MOVING
SUPPLIES DEALER

PROPANE AVAILABLE

We handle everything from Gas Grills to Motorhomes.
\$15.00 Gas Grill Fill Ups!!

1164 Main St., Whitinsville, MA (Exit 5 off Rte. 146)
508-266-0370 • www.cappysautomotive.com

Zoom boating safety

Local United States Coast Guard Auxiliary Tri-State Flotilla, Massachusetts will be instructing four upcoming boating safety classes through the Zoom video conference platform, due to COVID-19 restrictions. Registration is managed through the Milford Community School Use Program, Adult-Boating,

at <http://mcs.milford.ma.us> or (508) 478-1119 at least 6 days prior; keeping in mind that availability is limited and you will receive course materials prior, covered by the registration fee. Participants under the age of 16 must be accompanied online by a registered parent/guardian. For additional USCGAux.

information: phil.uscgaux@verizon.net or (508) 478-3778.

About Boating Safely \$45 Saturdays: March 27 and April 24, 8 a.m. – 5 p.m.

A one-day course developed to provide the skills and confidence needed to explore the coast and inland waters by boat. Basic knowledge and skills are needed to have safe and enjoyable boating experiences. This course is perfect for families

that have just purchased any type of boat or are planning to in the future, and also for the boater keeping up with changes to boating regulations and laws. Successful completion of the course will also temporarily certify (until a proctored exam is completed) any minor, from 12 to 16 years of age, to operate a powerboat, including a Personal Water Craft / Jet Ski for 16 & 17-year-old operators, on all Massachusetts waters; in conjunction with the Mass. Environmental Police. Rhode Island residents born in/or after 1986 can also take the "Challenge Exam" for the RI Boater Education Card to operate motor vessels over 10 horse power, along

with anyone, any age, from any state, wanting to operate a PWC on RI waters. It will also cover the requirements to operate a vessel in most other states & many countries where boating safety education is mandatory. Several of the boating insurance companies offer a discount on premiums for successful completion of this course. The Zoom ABS class is limited to 20 students.

Suddenly in Command \$5

Wednesdays: March 17 and April 14 7 – 10:30 p.m.

Imagine you are out on the water when the boat's captain somehow is incapacitated or falls overboard and can't swim

back to the boat. Are you prepared to take basic actions to get help, stop or start the engine and take the helm? A little knowledge could save lives and make you feel more comfortable boating when you're not generally at the helm.

Misfortunes can and do happen while on that fishing, diving, adventure, or party charter. Being out on your own boat with that significant other at the helm, or going out on a friends' pontoon boat can also turn to horror if the skipper is suddenly out of commission. This is a boating safety primer for those not generally at the helm but would like to know what to do, to be better prepared.

CABINET DEPOT

Call Margaret to get your

Free Measurement
Free Design & Quote
and ask how you can get

FREE GRANITE!*

*Does not include install

833 Providence Road
Whitinsville, MA
(Rte. 122)

508-372-9023

Exceptional Price & Great Quality at
CABINETDEPOT.COM SHOWROOM OUTLET
Marscott.CabinetDepot@gmail.com

Liberate Your Property

**REMOVAL OF BRUSH, BRIARS, BRAMBLES
VINES, UNWANTED SAPLINGS
DEAD TREES, LOGS, STUMPS
OVERGROWN WEEDS & GRASS!**

- BRUSH CUTTING
- PROPERTY CLEARING
- TRAIL GROOMING
- STUMP GRINDING
- FIELD MOWING
- MATERIAL HAULING
- EQUIPMENT TRANSPORT
- GRAVEL/MULCH DELIVERY

DAN KASANOVIH HAULING & RECOVERY LLC
NORTHBRIDGE, MA
CALL/TEXT: 774-280-1601 or VISIT US AT
WWW.DKHAUL.COM

Resource directory

ads@TheYankeeXpress.com

home

CAPITOL SIDING & HOME IMPROVEMENT COMPANY, INC.

Custom Exteriors • Vinyl Siding
Replacement Windows
Roofing • Seamless Gutters

MARK SARKISIAN, JR.
markjr@capitolsiding.com
www.capitolsiding.com

30 Auburn Street
Auburn, MA 01501
Tel 508-832-5981
Fax (508) 832-0464

automotive

**WE WILL BUY YOUR VEHICLE
CAR - TRUCK - SUV
AT THE BEST PRICE!!**

2010 - 2019 MODELS

Perro's

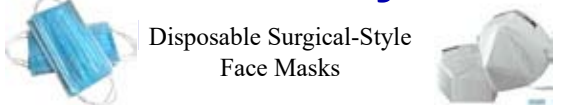
ASK FOR JOHN or MICHAEL
508-641-8195
508-641-8197

PRE-OWNED AUTOS Since 1965

772 Southbridge St., Rt. 12, Auburn, MA 01501
www.PerroAuto.com

NOW!! 50% OFF ALL FACE MASKS!!

MaskMeToday.com



Now 50% Off All Masks - SHIPS FREE!!

Find us at www.MaskMeToday.com

A Sutton MA Company

THINKING ABOUT PAINTING YOUR CABINETS?

More affordable, less disruptive than you may think

WITH AMAZING RESULTS

Fine Interior Finishes

econnor117@gmail.com
207.779.7142

290 Providence Rd.
S. Grafton, MA

Kris Sutton
kris@streetcarsolutions.com

STREET CAR SOLUTIONS

StreetCarSolutions.com

508-839-7071

PAVING & SEALCOAT SOLUTIONS

- ◆ Driveways
- ◆ Parking Lots
- ◆ Pressure Washing
- ◆ Crack Filling
- ◆ Asphalt Repair

Serving Southeastern MA and Surrounding Areas
Customer Satisfaction Guaranteed

508-254-5206

PAVINGANDSEALCOATSOLUTIONS.COM

fuel

CLEAN OUTS

DONE BY

MrCleanest.com

WE DO EVERYTHING!!

"Better than the rest" - VERY REASONABLE PRICES TOO!

Estate / Cellar / Attic / Garage
Carpets / Floors / Upholstery
RESIDENTIAL & COMMERCIAL SNOW PLOWING

508-740-1883

DOUGLAS MASS.

PROFESSIONAL CAR CLEANING
MOTORCYCLES & BOATS

Vic Catacchio
Owner
Est. 1983

218 Worcester St.
N. Grafton, MA 01536

774-272-0815
shineitup2@yahoo.com

AUTO
DETAIL

13 Cook Street
E. Douglas, MA
508-476-2278
www.SochiasOil.com

FUEL OIL - PROPANE - KEROSENE

SALES • SERVICE • INSTALLATION

Serving: WHITINSVILLE, UXBRIDGE, DOUGLAS, SUTTON,
MILLVILLE, MENDON, UPTON, MILLBURY, WEBSTER,
GRAFTON, OXFORD, DUDLEY, HOPEDALE

Heating - Air Conditioning
24 Hour Burner Service

RE: Real Estate

The Proposed Down Payment Homebuyer Tax Credit



Mark Marzeotti

Additional help could be on the way for first-time homebuyers. The new Washington administration proposed a Down Payment Homebuyer Tax Credit, which could be significant in aiding potential first-time homebuyers. For starters, the credit could be used to cover all or a considerable share of a buyer's down payment. With home prices rising ever higher, any down payment assistance is welcomed when a family is looking to buy.

For years, minority and millennial homebuyers have struggled unsuccessfully to save enough for a down payment. High student loan payments along with ever-increasing childcare costs and other urgent needs have made the goal of buying that first home far-fetched for too many Americans. Add to that the financial hardships brought upon us by the COVID-19 pandemic, which has hit many American families, minorities and lower-wage workers particularly hard. These demographics especially would immediately benefit from this proposal. Down payment assistance – in this case, up to \$15,000 – could make all the difference

in helping hopeful buyers get a foot in the door. And making the credit advance-able would mean buyers could access the funds upon closing rather than having to wait until next year when their tax return is filed and the refund arrives.

That said, policies to increase the supply of homes are equally important. As we take a look at the current housing market and mortgage data, we see an upward trend. For instance, existing-homes sales totaled 5.64 million in 2020 – their highest level since 2006, before the Great Recession – with mortgage rates at all-time lows. But while demand is high, supply is

registering at a 50-year low. This means home prices will continue to soar unless more residential units can be created. So, tax and other incentives that increase supply are equally important in order to keep home prices affordable. Many Realtor groups continue to advocate for the building of more affordable housing because, in addition to increasing the housing supply, it will provide a boom for our struggling economy.

The Marzeotti Group Realty is proud to share the news about efforts that encourage policies and ideas that level the playing field and help all our neighbors achieve the American dream of homeownership.

Lake Realty
Maureen Cimoch
 Real Estate Consultant
 Cell 508.769.9211
 111 East Main Street, Webster
 www.LakeRealty.net
 www.WebsterLake.com or .net
 SMART

Maribeth Marzeotti
 Broker Associate/GR®/SRES
 25 Union Street, 4th floor
 Worcester, MA 01604
 508-864-8163
 MBMarzeotti@gmail.com
 www.MarzeottiGroup.com

YOUR DREAMS, OUR MISSION

THE LUX GROUP

Sandi Grzyb - Realtor/Agent
 774-230-3500 • 508-943-6960
 sandigrzyb@aol.com
 sandi.luxgrouphomes.com
 Licensed in MA & CT

Do you live in Douglas?

Whether you're lovin' it Or leavin' it.

We can help you sell your existing home and/or buy your future home.

Call Cliff at 508-864-0520 or email cliffvanreedrealtor@gmail.com

We live here too.

COUNTRY LIVING REALTY
 Call Cliff Van Reed
 Cell 508-864-0520
 306 Main St.
 Douglas, MA 01516

Commercial /Industrial lease opportunity
21 Pearl St., Webster, MA 01570

Description:
 57k sf. Building.
 Wet Sprinkler system.
 3 Phase Electrical.
 New Zoned High Efficiency Gas Heat.
 New Electrical Lighting.
 Freight Elevator (3500lbs Capacity)
 Rate \$8.00 /sf./yr.

Usable space:
 First floor 21,978 sf. with 11½ ft ceiling height.
 Second floor 22,784 sf. with 11½ ceiling height.
 Third floor 5,244 sf. with 12 ft. ceiling height.
 Drive in Bay with dock leveler (1)
 Exterior Dock Doors (2) First Floor. (2) second Floor.
 Parking private gated and public street plus two bay commercial garage 20x30x12.

Available June 1, 2021

Robert Warehouse LLC
Contact: Pete Coppola
at 508-640-5813

ADVANCED Gutter Systems, Inc.

WINTER REPAIRS
 "Shore Up Your Gutters for Winter!"

- Carpentry • Roofing
- Siding Repairs
- Aluminum Seamless Gutters
- Copper Gutters • Gutter Guard
- Ice Dam Removal
- Roof Snow Shoveling
- Replacement Windows
- House Cleanouts
- Handyman Services

Installations
 • Repairs
 • Cleaning

RESIDENTIAL & COMMERCIAL

(508) 278-2202

FULLY INSURED • FREE ESTIMATES
 www.gutters-downspouts.com

MASS. REG.#128580
 CSL #104402

10% OFF ANY JOB*
 *With this ad. Cannot be combined with other offers



Anniversary Sale!

Biggest Sale of the Year!

COME CELEBRATE WITH US! We are celebrating by offering you savings of 20%-60% Off storewide.

As an added bonus, qualified buyers pay 0% Interest and NO DOWN PAYMENT for 1 FULL YEAR!

REGISTER TO WIN A \$500 SHOPPING SPREE! (No purchase necessary)

- ❖ Bedrooms
- ❖ Living Rooms
- ❖ Recliners
- ❖ Occasional Pieces
- ❖ Entertainment Centers
- ❖ Sealy Mattresses

STOREWIDE SAVINGS!

www.sundeenfurnitureinc.com

Sundeen Furniture

241 Providence Rd., Whitinsville • 508-234-8777

FREE Delivery & Removal • FREE Financing Available

M.T.W. 9:30-6:00; TH., FRI. 9:30-8:00; SAT. 9:30-6:00; SUN 11-5

THERE'S A SMARTER WAY TO HEAT ANY ROOM THIS WINTER.



MITSUBISHI ELECTRIC
COOLING & HEATING

Heat the rooms you live in... without wasting energy on the rooms you don't.

- ◆ Uses 25-50% less energy to heat your home.
- ◆ Employs allergen filtration to reduce germs, bacteria and viruses.
- ◆ Provides year-round comfort that keeps you cool in the summer too.
- ◆ Requires no ductwork, so installation is quick and easy.

AMERICA'S #1 SELLING BRAND OF DUCTLESS

HUGE REBATES AVAILABLE FOR DISPLACEMENT OF ELECTRIC, OIL AND PROPANE HEAT!

Choose Morrisette & Son as your installer, and receive:

- Upgraded Diamond Dealer Parts & Compressor Warranty to 12 years (from standard 5 years parts/7 years on compressor)
- Finance through MassSave with 0% HeatLoan
- Rebates through MassSave & Processing on Your Behalf
- Extended Labor Warranty Available
- Highly Trained Technicians with Installation & Service

Looking to replace your electric heat? Ask us about additional rebate opportunities through MassSave!

Contact us today for a no cost in-home assessment!

Morrisette & Son
Electrical Contractors, INC.
ELECTRICAL • HVAC • GENERATORS
508-476-9879
MorrisetteElectrical.com

FOR ALL YOUR FUEL NEEDS

NEW BOILER INSTALLS

STARTING AT:

- Crown Boilers \$5,000.00
- Williamson Furnaces \$4,000.00
- Oil Tank Installs \$2,000.00

ALL NEW INSTALLS COME WITH A 3 YEAR PARTS AND LABOR WARRANTY, AS WELL AS THE MANUFACTURERS WARRANTY.




We do NOT Sell Biofuel!

Which will help prevent less system breakdowns.

10¢ OFF

PER GALLON

With an order of 125 gallons or more.
Coupon must be presented at delivery. Expires 3/31/21



LMT Oil, Inc.
Keeping You Warm & Comfortable
508.434.1335

A Full Service Oil Company
24-Hour Emergency Service

WWW.LMTOIL.COM • WE DO ONLINE ORDERING


ACCURATE METAL SALES & FABRICATION

A Division of Industrial Transfer & Storage, Inc

Mild Steel
Stainless Steel
Aluminum
Hot Rolled • Cold Rolled
Abrasion Resistant

Sheared • Plasma Cut
Bent • Rolled • Saw Cut
Punched • Drilled
Welded • Fabricated

In House Design Services
Mig & Stick Welding
AWS D1.1
Rigging & Millwright



Open M-F 7a-5p

529 Ashland Ave • Southbridge, MA
508-765-4929
www accuratemetalsales.com
Where Service Is Stronger Than Steel