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Friday, June 27, 2025



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UniBank donates \$20,000 to Uxbridge Spartan Basketball League

WHITINSVILLE UniBank, the largest Mutual Community Bank headquartered in Central Massachusetts, recently donated \$20,000 to the Uxbridge Spartan Basketball League.

Marc Calarese, President of the Uxbridge Spartan Basketball League said, "It's rare to have a strong partner like UniBank come through with unwavering support time after time. They engage in meaningful conversations that are ultimately for the betterment of the town and the young athletes specifically. This major gift from UniBank will provide much needed new scoreboards and additional equipment at our courts. Capital upkeep is critical for the safety and future progress of our league and up when asked."

engagement. The mis-lows:



sion of the league vol- the mission of UniBank

unteers aligns well with of serving the greater it comes to youth recre- tered in Whitinsville,

good, especially when

Michael Sulham (UniBank Relationship Branch Manager, NMLS# 688959), Michael Welch (UniBank CEO). ation which can provide

(Left) Pictured, left to right:

Nelson Torre (UniBank Business

Development Officer), Marc

Calarese (Uxbridge Spartan

Basketball League President),

Uxbridge Branch Greeter),

(UniBank

Sandra Lemire

the foundation of good personal character. We thank Uxbridge Spartan Basketball for allowing us to partner with them.' UniBank is headquarity of life and economic health of the communities it serves, while maintaining an elevated level of financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC. NMLS #583135. The company Web

site is www.unibank.com.

with assets of \$2.6 bil-

lion as of Dec. 31, 2024.

A full-service, mutually

owned community bank,

UniBank has branches in

Central Massachusetts and

the MetroWest region of

Massachusetts. UniBank

is dedicated to contrib-

uting to the overall qual-

Northbridge High School announces honor roll · HIGHEST HONORS:

NORTHBRIDGE Students at Northbridge Term GPA is 4.0+

UniBank continues to step for their academic success GPA is between 3.3-3.9 Michael Welch, CEO Roll. This is determined of UniBank, said, "When shortly after the close of Spartan each of the four quarters. Basketball approached This recognition is based us about their needs, we on their quarter grades instantly leaned into the and is determined as fol-

High School are recognized with a quarterly Honor

Uxbridge Dog Park celebrates five years of tail-wagging fun! UXBRIDGE — It's been five doggone years since the Uxbridge Dog Park first opened its gates in July 2020, and the local pup-ulation is ready to raise the woof in

On Saturday, July 19 from 10 a.m. to 2 p.m., dogs of all shapes and sizes (and their loyal humans) are invited to sniff out the fun at the park's Fifth Anniversary Paw-ty and Fundraiser. Whether you've got a tiny terrier or a lumbering lab, this family event promises something for everyone. Worried your pup is too small to join? Don't! Our park is divided in half so that dogs under 35 pounds can be safely separated by size. Both sides of our park offer ample fields of green grass for pups to unleash, unwind & run!

The park will be open and packed with several pet-loving vendors offering toys, treats, gear, and goodies for the most discerning doggos and their twolegged companions. The Splash 'N Dash Mobile Pet Grooming van will be on site to celebrate by offering a special Puppy "Pet-i-Cure," so plan to pamper your pooch with some special pet-friendly nail painting!

Pets and their owners will also enjoy some paws itive vibes jamming out to live acoustic music provided by Billy Swift. Local artist, Pam Whittemore of Timeless Graphite Drawings, will be on site show casing her pup-traits—incredible lifelike drawings of furry friends that might just make your tail wag. Other vendors include Butter's House, The Valley Pet Resort & Spa, A & S Petcare, Missing Dogs MA, Pets Rock LF, Finicky Finley's and many more local dog crafters. Don't forget to cool off with some refreshing treats available from Mr. N'Ice Guys Ice Cream Truck and Siren Sips Mocktails!

Finally, in memory of a special dog park furry friend, Lacey, we are excited to partner with Lacey's Lunchbox, a local organization collecting dog food and treat donations for local pups in times of need. This project is in loving memory of Lacey, a Canine Good Citizen-certified therapy dog, who touched the souls of dozens of individuals before she was taken far too soon by cancer. So don't forget to stop by Lacey's Lunchbox booth to support a meaningful cause.

We are located at 375 Sutton St., Uxbridge. If rain is in the forecast that day, we will plan to celebrate with a rain date of Saturday, July 26 from 10 a.m.- 2 p.m. instead. So leash up your best friend, grab the family, and come celebrate five years of fetch, frolic, and fur-iendship at the Uxbridge Dog Park.

No bones about it—this is one event you don't want to miss!

· HIGH HONORS: Term · HONORS: Term GPA is between 2.7-3.2 **Highest Honors** Kotwica, Grade 12: Kathryn Effielyn Sienna Bergeron,

Andresen, Ethan Ballou, Johann Jay Baniqued, Abigail Allyson Blanding, Larissa Briggs, Molly Gahan, Kaia Gibson, Juliette Lannon, Isabella Molina Costa, Tristan Orstrom, Rowan Phillips, Evodie Scotch, Lily Simoneau, Holland Tessier, Madison Thibeault, Jayden Tran. Caitlin Walker

Grade 11: Jason Bolduc, Olivia Choummanivong,

Chrabaszcz, Danielle Lorelai Drapeau, Natalie Fasold, Kylie Grazulis, Sonja Hastings, Stacia Hilditch, Aedan Holcomb, Penelope Houpt, Nadia Kathleen Leonard, Ellory Manning, Marrero, Mastroianni, John Mazzarelli, Gisel Morrissette, Emma Oosterman, Vidhi Patel, Owen Pollock, Dayli Reyes-Fuentes, Brendan Riche, Trevor Roadman, Audriana Roby, Jake Rogers, Sofia Smith, Caleb Smith, Kayleigh Szerlag, Kallie Tevepaugh

Emily Grade 10: Billmyer, Skyla Boucher, Kayla Briggs, Jacqueline

Cammarano, Alexandra Corey, Samuel Corman, Vahan DerKosrofian, Lillian Donahue, John Donahue, Julia Fisher, Meghan Frieswick, Leah Gallerani, Tanner Haden, Austin Kee, Emily Kelly, Nathan Kuras, Cecilia Laviolette, Abigail Leveille, Bryce Lundquist, Mandelenakis, Ava Papa, Zahra Ashley Rith, Bryce Rogozenski, Bryce Ryan, Isabella Saad, Lillian Sabourin, Danika Schofield, Brooke Shumate, Olivia Stanick, Elizabeth Tubbs, Kaylee Vakoc, Kayla Whitney

Grade 9: Ereeny Absamis, Taylor Alden, Gohar Arakelyan,

Alexander Austin, Chloe Barnatt, Kayla Bolduc, Brady Direnzo, Kallie Dunn, Emily Flauto, Landon Gerardi, Jessica Haberski, Kara Helinski Savannah Hendricks, Cassandra Higgins, Arabella Kosciak, Anna Lavallee, Molly Leonard, Ashley Ann Lucena, Lila MacDonald, Maya MacLeod, Madelynn Nowak, Ryan Parker, Avery Riche, Marissa Roadman, Madison Scungio, Audrey Siemaszko, Stanley, Ava Strazzulla, Kaitlyn Szerlag, Keelyn Touhey, Amanda Waterson, Lexi Wilson

Turn To HONOR ROLL

JAK-L Foundation champions mental health with Paint Day for future nurses

STURBRIDGE - TheJAK-L Foundation, a local non-profit committed to expanding mental health awareness and preventing suicide, recently sponsored a vibrant mental health paint day for Bay Path Practical Nursing students at Brush It Off Art & Pottery Studio in Sturbridge. This thoughtful initiative marks a significant step in supporting the well-being of future healthcare professionals and fostering a community dedicated to mental health.

Donita Bytyqi Grafton, a member of the PN Class of 2025, played a key role in organizing the student nurses' participation, helping to make the

The paint day offered a much-needed therapeutic and creative outlet for the Bay Path Practical Nursing students, providing a welcome break from their demanding studies. Held at the popular Brush It Off Art & Pottery Studio, the event allowed students to express themselves through art, promoting relaxation and stress reduction. These are all essential components of mental well-being, espe-



Courtesy

Donita Bytyqi and JAK-L Foundation Representative, Wendy

cially for those entering the high-pressure field of nursing.

"We believe it's crucial to equip our future nurses with tools for selfcare and resilience, even before they step into their professional roles," said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director for Bay Path Practical Nursing Academy. "The mental health paint day was designed to be a fun, engaging way to emphasize the importance of prioritizing one's own mental health, and we are grateful to the JAK-L Foundation for thinking about our student nurses.'

Future plans: QPR suicide prevention training for students and parents

Beyond this creative endeavor, the JAK-L

Foundation is excited to announce its plans to collaborate with Bay Path Practical Nursing students in the future for a comprehensive QPR (Question, Persuade, Refer) Gatekeeper Suicide Prevention training. QPR is an evidence-based program that teaches individuals how to recognize the warning signs of a suicide crisis, offer hope, and refer someone to professional help. This vital training will empower these aspiring nurses with the skills to potentially save lives and prevent death by suicide within their communities and future workplaces.

"Preventing suicide requires a collective effort, and we are thrilled that the JAK-L Foundation is considering offering QPR training to the Bay Path Practical Nursing Students in the future to empower them with these life-saving skills, Dr. Bolandrina added. "By training future healthcare providers, we are creating a ripple effect of awareness and support.'

The JAK-L Foundation is also considering extending QPR training to mid-

Turn To JAK-L page A8

STEM gets a boost at Worcester State University

Cornerstone Bank, community bank with locathroughtions Central Massachusetts, donating \$15,000 a year for the next three at years, a total State. contribution \$45,000, to Worcester State

MLS

University's S T E M Connections program. The continues Cornerstone Bank's generous multi-year support of various STEM initiatives Worcester

"This donation is personal for me," said

Cornerstone ed to advancing with Worcester State now." Foundation, a non-profit orga- sity's

Broker

Bank President the mission of Randy Webber, the university. who graduated "I cherish my from Worcester time spent at State University Worcester State, a B.A. and I'm proud to business be able to supadministration port the academand sits on the ic endeavors of board of the students there The univer-

STEM nization dedicat- Connections program focuses on engaging junior and senior high school students from Worcester public high schools in fun and informative hands-on laboratory and data analysis projects at the Worcester State campus. Professors from chemistry, biology and environmental science lead the program, and a Worcester State student serves as the teaching assistant. The

take field trips, hear from local experts. and participate in a variety of learnactivities to encourage a love for science. program introducalso es pathways to educahigher tion in STEM fields. Students gain valuable knowledge and skills about navigating the college application process through presentations by the university's admissions and financial aid teams.

The program is one of the university's signature summer educational programs, said Worcester State Vice President University Advancement Tom McNamara, adding, "The

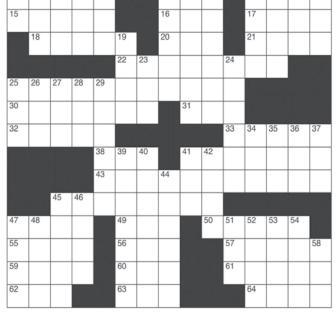
participants Cornerstone Webber. Т Connections program has a tre- Cornerstone mendous impact Bank on students by igniting their Bank was formed enthusiasm for in 2017, born of science, building a long history confidence, and of enabling them to the envision a future and providing a college educa- strong foundation in STEM. tion to help peo-We are tremen- ple and businessdously grateful esthrive. Serving to Cornerstone Bank for pro- C o u n t y, viding multi-year support. This gift Bank's represents presence important investment in ty-based banking the future work- model enables a force for

region." donation helps a personal touch. open doors for students way State helped me and build a strong for individuals, foundation for a businesses, and rewarding career community orgaat Cornerstone Bank,"

E M future is bright.' A b o u t

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CLUES ACROSS

- 1. Computer manufacturer
- 5. Noted space station 8. Kurt Russell film "Captain"
- 11. Automaton
- 13. Everyone has one 14. Incline from the vertical
- 15. Fights
- 16. Dunn & Bradstreet (abbr.)
- 17. Finishes off 18. Places to store things
- 20. Dutch painter Gerard
- 21. Smaller quantity 22. There's a North, South
- and Central of these
- 25. In an early way
- 30. More spacious
- 31. Short-term memory
- 32. One who possesses

- 33. Sesame 38. Forbid
- 41. A way to explain
- 43. Not around
- 45. Evoke or suggest
- 49. Dekameter
- 55. "Luther" actor Idris
- 56. Affirmative (slang)
- 60. Born of
- 61. Arabic name
- 62. Hong Kong food stall: _
- pai dong
- 64. Post

CLUES DOWN

- 1. Creative expression 2. Fiber from the outer husk
- of a coconut 3. City in ancient Syria
- 4. College army
- 5. More disturbed
- 6. Pays no attention to
- 7. Restored 8. Competitions
- 9. Lyric poems
- 10. Famed American lawman 12. Expression of disappointment
- 14. Scars
- 19. Satisfy
- 23. Central European river 24. Brass instrument
- 25. One who gets paid to perform
- 26. Propel with oars
- 27. Long period of time
- 28. Woman (French)

- 47. Ancient kingdom near Dead Sea
- 50. Fencing sword
- 57. Afflicted
- 59. One point north of northeast
- 63. Not the start

- 29. Type of plane 34. Pitching stat
- 35. Pointed end of a pen 36. Pro sports league
 - 37. Body part
 - 39. Inoffensive
 - 40. Yellowish cotton cloth

 - 42. Does not tell the truth
 - 44. Set out to attract 45. Spiritual leader of a Jewish
 - congregation
 - 46. Abba ___, Israeli politician
 - 47. Repair 48. Genus of flowering plants
 - 51. Tributary of the High Rhine
 - 52. Prejudice
 - 53. C. European river
 - 54. Restrain
 - 58. Father

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Is your arthritis care all that you would hope it to be? If not we may be able to help.

Osteoarthritis of Hands - Knees- Hips. **Back and Shoulder Problems Rheumatoid Arthritis Psoriatic Arthritis - Gout**

Charles A. Birbara, MD

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TRIBUNE

800-939-9103.

REAL ESTATE -

BLACKSTONE \$500,000, 189 Lincoln St, Zagaglia

Jr, Mark S, and Zagaglia, Ryan P, to Zagaglia Jr, Mark S. \$410,000, 3 Dorena St, Taft, Eric A, and Taft, Rebecca A, to Gilbert, Alex M, and

Gilbert, Kelsey A. **DOUGLAS**

\$711,000, 251 Yew St, Weir, Jason K, and Weir, Alison, to Martin 3rd, Kenneth, and Martin, Michele M.

\$585,000, 10 Pond St, Triber Ft, and Triber, Michael R, to Blash, Daniel, and Blash, Amber.

\$580,000, 151 Martin Rd, Flis, Susan, to Carneiro, Jose M, and Carneiro, Lucia. \$513,000, 311 Yew St, Colonair Jr, Thomas F, to Defilippo, Tara L, and Defilippo, Todd S.

\$469,300, 299 Yew St, Defilippo, Tara L, and Defilippo, Todd S, to Markt, Jacob, and Johanson, Lois.

\$370,000, 20 Martin Rd #20, Baround, Kyle, to Yara, Aida Y, and Narvaez, German G.

NORTHBRIDGE

\$1,250,000, 46 Overlook St #46, Blackstone Valley Re LLC, to Rutters Brook LLC.

\$1,250,000, 48 Overlook St #48, Blackstone Valley Re LLC, to Rutters Brook LLC. \$1,250,000, 50 Overlook St #50,

Blackstone Valley Re LLC, to Rutters Brook LLC. \$1,250,000, 52 Overlook St #52,

Blackstone Valley Re LLC, to Rutters Brook LLC. \$1,250,000, 54 Overlook St #54, Blackstone Valley Re LLC, to Rutters

Brook LLC. \$1,250,000, 56 Overlook St #56, Blackstone Valley Re LLC, to Rutters Brook LLC.

\$600,000, 2814 Providence Rd, Vallee, Paul S, and Gianetti, Sherrie L, to Shaldone, Benjamin, and Uhlman, Julianne. \$450,000, 105 Ash St #105, Rooney,

Kelly, and Rooney, Chelsie, to Hall, Andrew, and Hall, Chelsea. \$350,000, 198 Union St, Boucher,

Linda A, and Therrien, Lori A, to Seaman, Michael. \$325,000, 131 Heritage Dr #131, Ribeiro, Claudecir, and Ribeiro, Maria

L, to Scarsciotti, Diane. \$290,000, 48 Ivy Ln, Bd Homes LLC. to Prime Pro Builders Inc.

\$285,000, 87 N Main St #87, Martins, Gloria D, to Flandreau, Elizabeth S, and Hamel, Peter J.

Mcdonald, Michel P.

\$1,415,000, Crownshield Uxbridge Multi Ftlc, to Tmd Re Hldg-Uxbridge LLC.

\$825,501, 36 Mantell Rd, 47 Dodge Deco LLC, to Weir, Jason K, and Weir, \$795,000, 91 Elmshade Dr. Torrico, Kristen H, and Dasilva, Patricia, to

Sniadack, William R, and Vartanian, Kristen E. \$550,000, 125 Rogerson Xing #125, Kirkwood, William, and Kirkwood,

Diane, to Houle, Robert A, and Houle, Ellen A. \$475,000, 22 Seagrave St, Opendoor Property J LLC, and Opendoor Labs Inc, to Uhlman, Ryan J, and

Plummer Place

Home of the Northbridge Senior Center

(508) 234-2002

Summit Elder Care, Tuesday, July 1st, 9:30- $1\ 0:3\ 0\ a\ m$. Sodium, hypertension and making healthier food choices, along with "rethinking drink". your Learn about low sodium nutritious snacks that keep you energized and feeling full throughout the day. Sign up in the main office.

"Welcome to the Graveyard!" July Tuesday, 8th, 2:00-3:00pm.

a virtual tour chronicling cemeterv art, history, symbolism. colonial From England burial grounds of the 1600-1700's through the nationwide rural cemetery movement of the 19th century and into the century locations, the program examines why we have cemeteries and gravestones, why they look like they do and how styles and art have evolved over almost 400 years. This

include presentation the main office. is robust with photographs of original gravestones and burial grounds from cemeteries visited over many years. Sign up in the main office.

> Jeopardy Wheel and Fortune. Wednesday, July 9th, 1:00-2:00pm. Come and enjoy "live" these game shows at Plummer Place! We will be playing as teams or participants to enjoy these popular game shows. \$5 cash payable at the event. Sign up in

This event is sponsored Unibank.

"Calling all Baseball Fans!" Thursday, July 10th, 10-11:00am. Come about the Whitinsville Baseball League from the 1940's to the 1950's in the Blackstone Valley with Bill Ballou. This is a Part 2 of his presentation from last summer and was incredibly well received by our baseball fans at Plummer Place, Mr. Ballou born in Whitinsville and spondent for the Telegram & Gazette newspaper. Sign up on the main office.

Meditation group meets every Thursday at 9:30am. Set your intentions to start your day in a calm, relaxmanner. There is no commitment, join us when you can. Beginners meditation are always welcome.

We are accepting donations for Plummer Place. Heavy duty plasticware uten-

is a local corre- plates large and bottled water small, bowls, napkins, plastic cups, crystal lite packs,

either large or small, ers, sugar packets, decaf coffee cards. We appreciate all donations!

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Lee Warner named to University of Hartford's Dean's and President's Lists

HARTFORD, University Hartford pleased to announce that Lee Warner of Uxbridge has been named to the University Hartford's Dean's List and President's List for the spring 2025 semester.

Our heartfelt congratulations to all our students on their hard work and academic success!

Spread across seven dynamic schools and

T colleges, University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut's

the capital ly 4,100 undergraduate 1,800 graduate students representing 48 states and 51 countries come together for a common purpose: to col-

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on doing the

work that mat-





Meet Jet!

At just 7 months old, Jet is a tall, goofy puppy still growing into his paws—and his personality! This sweet Great Dane mix is gentle, snuggly, smart, and eager to learn.

He's already a staff favorite, even spending time at the front desk, napping at our feet like a total pro. Jet is ready to find a family to help him keep blossoming, show him the ropes, and give him all the cuddles he can handle.

500 Legacy Farms North • Hopkinton, MA 01748



Milford Federal Bank is proud to sponsor Baypath Humane Society's Pet of the Week!

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

FDIC

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Yomiah Age 14 Registration #5871

Yomiah is a joyful and curious boy, known for his sweet nature and deep love of music. Whether he's singing classics like "B-I-N-G-O" or tunes by Lady Gaga, music is a big part of his world—he especially enjoys holding musical toys up to his ears to listen closely. Active and independent, Yomiah enjoys exploring on his own but also delights in connecting with trusted adults, often reaching for their hands or settling into their laps for comfort and interaction. He receives supportive services to help him grow across all areas of development. Yomiah communicates through a combination of spoken words, sign language, and

augmentative tools, and he's also learning to use tactile symbols and Braille. His warm spirit and determination shine through in all that he does.

Friday's Child

https://www.mareinc.org/child/22554784812

Can I Adopt?

If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ+ singles and couples. As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts.

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



Drivers

YOU HOLD THE KEY TO OUR CHILDREN'S FUTURE

Each year, thousands of schoolchildren are killed or injured by automobiles. Remember, you hold the key to their safety and future in your hands.

Please drive carefully.



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Frank G. CHILINSKI President & PUBLISHER

BRENDAN **B**ERUBE EDITOR

EDITORIAL

The power of a local reset: Why time off doesn't always mean getting away

In a world that is go, go, go, taking time off is often seen as a luxury. But it's not; rather, it's a necessity. And it doesn't require a plane ticket or an elaborate itinerary. sometimes, the best kind of break is the one you take without ever leaving town.

Stepping away from your daily grind, even for a few days, allows your mind to unclench and your shoulders to drop. Whether you're walking a familiar trail with no notifications pinging in your pocket or sipping coffee on your porch without a single obligation, local rest is still rest.

In small towns and rural places, we often think we have to "go somewhere" to recharge. But a reset can happen in your own zip code. Turn off the emails, skip a meeting and leave your to-do list for another day. Give yourself permission to be unavailable. That's not laziness, it's healthy.

We tell each other to check in on neighbors, to care for our communities, but how often do we check in on ourselves? Time off isn't selfish; it's how we stay grounded, how we avoid burnout, and how we keep showing up

So, if you need a break, take one. Walk the back roads. Sit by the river. Read a book you already own. Say no to things that drain you, and yes to stillness. Even ten miles from home, you can still find the space to reset.

You don't owe the world constant productivity. You do, however, owe yourself a little breathing room every once in a while.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Taxpayer handouts to illegals must stop

To the Editor:

Did you know that in the month of May, our U.S. Border Patrol released zero illegal immigrants into the country? Zero! Under Biden, in May 2024, they released 64,000 illegals. I think all of them came to Massachusetts.

Zero versus 64,000. Biden and the Dems lied and lied. And lied. Did you know that in Fiscal Year 2025, we will spend \$1 billion in tax dollars on illegals in Massachusetts?

Did you know that our state opened an Office of Refugees and Immigrants? The cost? \$500,000. No oversight, no quarterly spending reports required!

We are also paying for a \$10 million Legal Defense Fund for illegals facing deportation by the federal government due to

You, me and the state have no business funding anyone who is facing a federal deportation charge. We have no dog in this fight. It is a federal matter. Borders and immigration belong to the federal government, under the Constitution. Under law.

Taxpayers of Massachusetts are content to get soaked while funding illegal immigrants. Why? We don't pay for the support

Try demanding support in any country you visit. For example, in order to become a citizen of St. Kitts in the Caribbean, you must pay a \$125,000 entry fee. Let's do it here. If you listen to Progressives, America has committed many

crimes against humanity since the beginning of time. Why

would illegals even want to come here? To live off us, that's why. Did you see the "18" year old "junior" in Milford who was arrested as part of a sweep for his dear old illegal Dad? ICE was searching for Dad, who drives 100 mph in residential areas. The police tipped off ICE. This "18-year-old" is more like 21. He has

oraces! Who is paying? Look in the mirror. Where is his Dad? Did you know that over the past seven years, the Communists in Boston have increased the state budget by 50 percent? Fifty, with an F! Where does the money go? Huge amounts go to the Quincy district of Speaker of the House Mariano: \$25 million for a Quincy parking garage, \$180,000 for education in Quincy, \$80,000 for Holbrook, \$300,000 for Weymouth public schools. For the Ashland-Framingham district of President of the Massachusetts Senate "for Life" Karen Spilka? \$1 million "to increase mobility" and build electric car charging stations in Natick.

Back to illegals. ICE has made so many arrests of criminal illegals in Massachusetts that I cannot keep up with it! In May, they arrested 11 roofers in Lowell, Ecuadorian illegals, charged with running "a business with unauthorized hiring practices."

Like any U.S. business, you must hire folks with a legal right to work here: a U.S. citizen, a naturalized citizen, someone with a work Visa or a green card. Under federal law, you must show proof of legal authorization to work in the U.S.

In May, ICE arrested an illegal from the Dominican Republic for peddling fentanyl while armed. He had been charged in the D.R. with firearms trafficking. He is no Pedro Martinez. An illegal from Ecuador was convicted in Massachusetts for solicitation to murder. Released to the streets by our so-called judges.

ICE arrested an illegal from Haiti, arrested for malicious destruction of property in Roxbury and assault and battery on a pregnant woman. Biden's best!

ICE arrested an illegal from Brazil for assault and battery on a police officer. ICE arrested an illegal from Uruguay for indecent assault and battery on a seven-year-old. A seven year old! In Chelsea, they arrested an El Salvadoran, an MS 13 gang member who illegally entered the U.S. MS-13 is the sociopathic gang that beheads people and rapes women and kills them. Free to roam in our towns.

California covers illegals with Medicaid. Forty percent of California's residents are covered by Medicaid, but the state's Medicaid system is \$6.7 billion in debt. Did you know that Medicaid increased by 50 percent in just the past five years? Did it have anything to do with Biden's 10 million illegals?

Border Patrol, ICE and Homeland Security say "adios" to illegal aliens because they are enforcing U.S. law. The Department of Justice is coming for the so-called ICE protestors in LA who loot Apple stores and cannabis stores while hurling concrete at the police. They arrested a guy who threw Molotov cocktails at police. Guess what? He is an illegal immigrant. You knew that already.

Can you say "deportado?"

Bev Gudanowski *Uxbridge*

Missing the point!

To the Editor:

Good to hear from Phyllis, the deep thinker who once admitted "I agree with everything Bev says!" She reminded me that I have to carefully consider my audience when writing because deductive reasoning does not hold with the intellectually challenged. I omitted the specific connection between Trump's defunding of PBS and NPR, making them solely reliant on donations, and Bev trying to convince people to stop donating, by accusing management of "self-enrichment." Mea culpa. I hope this makes the connection obvious, for those who are hard-of-thinking.

I also neglected to include Bev's credentials for such an evaluation of compensation packages, which must come from the same institution of higher learning as her climate science degrees. Trump University, perhaps? As for being "so far left", which episodes of Masterpiece Theater, or of Ken Burns' documentaries are you referring to, Phyllis? Can you recommend some racist, bigoted, gender-phobic programming that would better suit your little grandkids - something that will help them grow up to be better Christian Nationalists, like the man who just assassinated two Minnesota democrats? After all, what the world needs now is more narrow-minded, ignorant people who 'believe in god.'

We can choose where every one of our tax dollars go by voting for a line-by-line public budget approval process. Then we can vote to have our tax dollars fund Trump's \$45 million birthday parade, but not to fund FEMA, which comes to the aid of those States suffering from natural disasters. We can choose to use our tax dollars to fund Trump's new 'crypto vault' scam, which will use our tax money to buy worthless crypto coins from the Trump family, resulting in the biggest financial fraud ever committed, but defund critical medical research at CCD, universities and hospitals. I never asked anyone to "donate more," or donate anything to PBS. I did say that PBS goes a long way toward decelerating the dumbing down of America, a Republican Party policy goal. But reading comprehension is also not one of Phyllis's strong suits.

I suggested that Bev write a history of how Hitler took over a country of 89 million people in the late 1930's, so we could compare it to what Trump is doing here in America. Instead, we got a recap of WWII, with not a mention of how it came to be. Heaven forbid that Bev ever provide us with anything useful. Phyllis's blessing aside.

On another note, the Americans for Tax Fairness estimate

that in 2026, Trump's proposed tax and tariff policies will benefit only the top 5 percent income households making over \$360,000 per year, while the other families will lose between \$600 and \$1,800. This is the guy that his know-nothing supporters still claim is doing wonderful things for us regular folk.

Iran: a brief -to keep within Jane's comprehension spectrum - history of our involvement.

In 1953, the US helped stage a coup to overthrow Iran's democratically elected prime minister Mohammad Mossadegh. He had pledged to nationalize the country's oil fields – a move the US and Great Britain saw as a serious blow, given their dependence on oil from the Middle East.

The CIA, along with the British Secret Intelligence Service (SIS), helped foment anti-Mossadegh fervor using propaganda. In 1953, the CIA and SIS helped pull pro-Shah forces together and organized large protests against Mossadegh, which were soon joined by the army.

After toppling Mossadegh, the US strengthened its support for Pahlavi to rule as Shah. Iranians resented the foreign interference, fueling anti-American sentiment in the country for decades.

The Shah became a close ally of the US. But in the late 1970s, millions of Iranians took to the streets against his regime, which they viewed as corrupt and illegitimate. Secular protesters opposed his authoritarianism, while Islamist protesters opposed his modernization agenda.

The Shah was toppled in the 1979 Islamic revolution, which ended the country's Western-backed monarchy and ushered in the start of the Islamic Republic and clerical rule.

In 2013, declassified CIA documents were released, confirming the agency's involvement for the first time. But the US role was known: in 2009, former President Barack Obama acknowledged our involvement in the coup.

Under Obama, the U.S. and Iran signed a nuclear treaty in 2015. Trump pulled the U.S. out of the deal in 2018... because. Trump then had top general Qasem Soleimani killed. After that assassination, Iran announced that the country would no longer place limits on its uranium enrichment. And here we are today, trying to fix a problem that we helped create on multiple occasions. And the guy who said "Nobody knows what I'm going to do... I don't know what I'm going to do!" is leading the way. Hallelujah.

Rick Bevilacqua Whitinsville

We must do our part to fight misinformation

To the Editor:

As a recently retired history teacher, I have been deeply alarmed by the incendiary language designed to further divisions among Americans. In addition, there has been a tremendous level of misinformation propounded by some of the writers in these pages over the past several years. (My background in teaching included: teaching Civics, AP US history, AP Human Geography, AP African American Studies, general US history courses, Anthropology, and African (continent) history.)

I recommend the following Web pages for reliable information: https://www.allsides.com/unbiased-balanced-news, a resource that identifies the tilt of any news source online. If you visit specifically https:// www.allsides.com/media-bias/media-bias-chart, you can see the far left, left, center, right and far right US political online content perspectives. This source encourages me to examine my knowledge and to try new media sources that provide a different position to what I may have read. For example, a reliable center perspective is found on The Hill a journal that focuses on politics in Washington, D.C.

Another outstanding resource is https://www.factcheck.org/, which evaluates the accuracy of campaign speeches, presidential speeches, news reporting, questions of stories heard by the public, etc. They focus on sharing accurate information while dispelling distortions of information and fake online posts of all kinds.

My final recommendation is https://ground.news/, which examines the news from multiple perspectives and highlights stories that the left or the right may not have even seen because of the biases in news articles

we read. If you visit three preferred news sources, they may all be on the same side of the political spectrum, and Ground News will point out unknown stories to the left or the right. Absolutely fascinating!

Reading magazines such as The Economist or Foreign Affairs magazine – both highly respected and old news sources – you have a chance to see the world from the viewpoint of another country or read in-depth articles on a variety of events in the world from different viewpoints. We must all fight misinformation, blind bias and hate-filled language in America while protecting everyone's right to free speech. I hope you check out one of these sources! Thank you for reading.

Linda C. Morse

Thanks to all who supported Northbridge Senior Center's anniversary gala

To the Editor:

Thank you to all who attended and supported the 50th Anniversary Gala Celebration of the Northbridge Senior Center, held at Pleasant Valley Country Club in Sutton. Everyone enjoyed themselves listening and dancing to the wonderful music of the Flamingo Big Band with vocalist Diane Pollard, along with 15 woman musicians.

Thanks again to all of our donors for this event: Alicante Restaurant Gail Anderson Margaret Beaudoin Joseph Best, Inc. Valley Blackstone Cinema de Lux **Bol Mechanical** Boston Bruins **Boston Celtics** Boston Red Sox

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Shock & awe: Midnight Hammer

To the Editor:

The majority of people world-wide quietly or publically applaud, believing history will unfold with everyone, not just in Israel and Middle East countries, ultimately more safe today than last week due to Operation Midnight Hammer. Over many years, numerous rounds of diplomatic talks about peace and a dismantled nuclear program merely served as 'delaying tactics' while Iran's uranium enrichment activity continued on a path to nuclear bomb-making capability. Iran's often-stated threat to use the "Bomb" on neighbors, near and far, was correctly assessed as 'existential': therefore ignored at international, collective peril.

#47 gave Iranian leaders every chance for 'peace'; only reacting within confines of the Constitution to eradicate a 'clear and present danger," i.e. nuclear bomb capacity, which (after all) is his sworn duty. Three nuclear sites were strategically targeted; civilian population centers avoided; thousands fewer bombs dropped than in Syria and Libya decades earlier. However, when past Presidents (Clinton & Obama) exercised essentially the same Constitutional authority in dealing with serious threats posed to our national interest, no calls for impeachment arose; no Congressional outrage expressed, no demand for an advise & consent vote (permission). Now, few well-done acknowledgements are received from Democrats because it is TRUMP- a sad commentary on the current state of our politics!

We await the next chapter in the unwritten Middle East sage. Meanwhile, Midnight Hammer was a successful tour de force of epic proportions directed from the Oval Office and delivered flawlessly by USA awesome military might of which all Americans should be justifiably proud. A "grateful Nation" should say "thanks for your service" from top to bottom of the chain of command!

Jane F. Keegan *Uxbridge*

Readers Share Favorite Hacks and Hints

Summer is gearing up, and thanks to readers who took time out from their busy summer activities to share tips and tricks they've discovered to make life a little easier. From whipping up a foot detox to halting hiccups, the following ideas from readers, are sure to be helpful!

And remember readers, send in your favorite, hints for a chance to win a three course dinner for two at the Publick House in Sturbridge!

A reader sent in an informative tip that's out of this world!:

If you consume Dill, it improves digestion, and reduces gas.

Russian astronauts consumed dill before boarding the international

space station. Helen Krispien

Sturbridge, MA

This reader shares how to turn pantry staples into a soothing soak:

Here is a recipe for a foot bath to detox: Mix together ½ cup Epsom salts and ½ cup Braggs Apple Cider Vinegar (with the Mother). Add to a basin of warm water. If needed, rinse and dry.

Rose Angelo Webster, MA

The following trio of assorted tips and tricks tackle life's little hassles:

1. When you have a recipe that calls for chopped onions, you should put the onions in the freezer for 15 minutes. This will reduce eye irritation.

2. The best way to get rid of hiccups is to breathe into a bag. Study say that carbon dioxide in your bloodstream is the key to hiccup relief. When you blow into the bag, you blow in carbon dioxide. Then you breathe it in and this eliminates the hiccups.

3. If you want ice cubes to be clear

and less cloudy, you should use boiled water. Boiling water removes impurities that make ice cloudy.

Donna Lewandowski Charlton, MA

improvised:

of eating on the cheap while traveling!: Last month I made it to our Kentucky Derby family reunion. Airport food is expensive with Logan and elsewhere charging over \$15.00 for a salad. Eating more healthy food is my goal, so I

I used an XL-plastic soda cup with lid; my brother had, added bagged salad from the local grocery (used a coupon and it was reduced as the next day was the shelf life-\$2.00 bag made four salads). I added some celery, baby carrots, cucumbers and 2 tablespoons of dressing. Shook the cup, put in a plastic fork, sealed it all in a Ziplock bag. I ate one for lunch before boarding and one with my healthy vegetarian sandwich for dinner, after landing (which due to a New England rain storm was a four hour delay). I was able to eat healthy and well within my budget!

Viola Bramel Northbridge, MA

Prize Winner

Congratulations to Helen Krispien of Sturbridge, whose name was drawn for Dinner for Two at the Publick House. She shared the dill tip above.

Win Dinner for Two at the Publick

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a ran-

TAKE THE HINT KAREN TRAINOR

dom drawing. One winner per month (or whenever enough submissions are received) will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the

This reader is basically the McGyver town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your

best helpful hints!

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

The importance of setting strong financial goals

There's a quote about the importance of setting goals that says, "If you don't know where you're going, any path will take you there." You probably have dreams about retirement, vacations, hobbies

and more. But if you don't have a strategy with financial goals in place, you may not make the choices that can best set you on the path to achieve those dreams.

Setting goals helps define and showcase your purpose, passions, and priorities. And establishing your own strong financial goals can help you earn and enjoy a wide variety of short- and longterm achievements throughout your life. When you reach your financial goals, you can feel a sense of accomplishment in seeing your efforts literally pay off. But how do you get started?

Prioritize your needs and wants. Think about the things that are most important to you and then outline them as financial "must-haves" and "wishlist" targets. Start with the big-ticket items and work through to ideas that may not cost as much. A must-have for many people is having enough to live comfortably through retirement. Being able to afford the college of your child's choice, without incurring mounds of debt, is another. Your wish list, on the other hand, may include things like saving for vacations, hobbies, or entertainment expenses.

Create detailed short- and long-term goals within your financial strategy. It's important to be specific about the goals you want to achieve and how much you'll need to achieve them. One way to do this is by making your goals measurable. Assign estimated dates and costs to each goal so you can plan how much to save and how much time you have before you need the money. For example, for your retirement goal, be specific about how many years before you want

to retire. And once you FINANCIAL do, how you plan to spend your time — perhaps trav-Focus eling the world, turning your hobby into a business **DENNIS** ANTONOPOULOS or taking your grandkids on outings. These can have vastly different price tags.

Be willing to compromise. Reaching one, or more, of your goals may mean compromising. If your must-have is building your dream home but it's not looking quite affordable, you may need to make a trade-off — build it a bit smaller, work a year or two longer or trade in some of your wish-list goals so you can stay focused on your must-haves.

Hold yourself accountable to stay on track. Once your strategy is in place, it's not a set-and-forget exercise. Actively tracking your progress and managing your decisions and actions can help you be better positioned to reach your goals. Use time-tested principles for making financial decisions, not predictions. Diversify, own quality investments, and keep a realistic perspective, especially for your long-term goals. Maintain your focus and don't let your emotions control your investment decisions. It can be helpful to meet with a financial advisor at least annually to review your full financial strategy, address any changes in your life or your goals, and discuss your progress and new ideas.

As you achieve certain milestones, celebrate them. You may even want to refresh your outlook with new goals. Take pride in your ability to strategize and accomplish a personal financial goal for yourself by following the path you envisioned and created.

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

Observe!

Imagine your alarm blaring at 6:30 a.m. You hit snooze, sit up, and feel your chest tighten as your mind floods with errands—grocery run, project meeting at ten, soccer pickup at five. Maybe you spill coffee

on your shirt, making things worse. Thoughts rush like rapids: "Did I send that report? Where are my keys? Ugh, traffic.

But you don't have to jump into every rapid. You can sit on the riverbank of your awareness and simply watch each swell of thought roll past like a leaf on water.

Later, you're stuck in traffic, brake lights glowing ahead, and a car horn blares behind you. Your mind churns: "I'll be late. My boss will be furious. I'm failing."

Don't drown yourself in worry. At that moment, I shifted roles from panicked swimmer to calm spectator. Name the feeling—"That's anxiety"—then take a slow, deep breath, picturing the worry as a single leaf drifting downstream.

As Eckhart Tolle teaches, "You are the observer of your thoughts, not the thoughts themselves." From your spot on the bank, the swirling water can't reach you.

Back at your desk, you open a harsh email from a coworker—"They must think I'm terrible at my job." Your gut tightens, and your first urge is to fire off a reply as you press your coffee to your lips.

Take a pause and imagine that sharp feeling as just another small wave on the river. Push your feet onto the floor and let your shoulders

Marcus Aurelius wrote, "You have power over your mind—not outside events." Allow yourself to stand on solid ground at the river's edge, not in the rushing current.

At lunch, you scroll through social media and feel that familiar tug of comparison—"Everyone else's life looks perfect." Your soup grows cold as images of smiling faces and highlight reels wash over you.

Instead of diving in, stop and ask, "What am I feeling?" Maybe it's envy, stress, or boredom. Then, take a full, slow breath, feeling your shoulders drop. Picture that thought as a stray twig on a river, carried away around

a bend until the surface **POSITIVELY** smooths out again. In the afternoon, a

SPEAKING

TOBY MOORE

friend or family member offers criticism, and your stomach flips like a turbulent whirlpool. Your eyes may narrow, and your heart might

race. You might want to snap back or explain yourself. Instead, mark the thought—label it 'hurt" or "defensiveness"—and step back on the bank. Picture the idea as a swirl in the water. Breathe in, breathe out, and feel the pull of that mental current weaken as it drifts

away. Let yourself remain dry and

solid at the river's edge and choose how—or whether—to respond. That night, lying in bed, your mind replays every awkward comment or mistake on a nonstop loop, turning your thoughts into a rushing river.

Your mind is shining a spotlight on your errors. With practice, you can whisper, "I'm just getting caught up in the stream of worry again," and step back, then let it float away until it disappears. You stay on the bank—fully awake and free. If new worries arrive—about work, money, or relationships—you do the same: name it, breathe, and release.

Why does this help? The instant you step off the mental treadmill and onto the riverbank of awareness, you carve out a tiny gap between stimulus and reaction. That gap may feel small—just a breath—but it's enormous in what it gives you: choice.

In that space, you decide whether to wade into the current or stay dry. Over time, as you observe and label each mental flow, your responses soften. Your brain calms, and you make smarter moves instead of getting swept away.

You can practice this anywhere – walking to class, waiting in line, or sitting at home. When a thought pops up—nerves about a test, panic over a project, or judgment about a friend-stop, name it, breathe, and picture it drifting away.

This habit takes just seconds but changes everything. You are the riverbank, not the torrents. Notice the current, label it, breathe, and let it pass. In that simple act of observation lies true freedom-and a calmer, more joyful life.



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BLACKSTONE VALLEY TRIBUNE Friday, June 27, 2025

Maximize your harvest with succession planting



Make the most of every square inch of garden space and containers with succession planting. As you harvest your first crop of the season, consider replanting the space with a vegetable that will mature and can be harvested before the end of the growing season.

Start by calculating the number of frost-free days remaining in your growing season. Next review the plant tags and seed packets for the number of days from planting to harvest. Compare these two to see if you have time to replant one or maybe even two more quick-maturing vegetables in that space.

Keep in mind that cool season crops like lettuce, spinach and radishes perform and taste best when grown and harvested during the cooler months of spring and fall. Consider using these quick-maturing vegetables as your last planting of the season.

Others, like broccoli, collards and kale, taste even better after a light frost. Planting these so they mature in fall is another way to extend the harvest for maximum flavor and nutrition.

Warm season vegetables, like beans and cucumbers, are perfect for a summer planting. They prefer warm air and soil for the best growth and productivity.

Here are a few vegetables you may want to include in your succession planting this summer. Leaf lettuce and spinach prefer cooler temperatures and depending on the variety are ready to harvest in 30 to 60 days. If you can't wait for cooler weather, try growing more heat-tolerant greens, like Sandy and Red Sails lettuce, and although they are not true spinaches New Zealand and Malabar are more heat tolerant and provide a similar flavor.

End the season with a harvest of peas. Short varieties, like Patio Pride and Sugar Ann sugar snap peas and Maestro and Laxton's Progress #9 shelling peas, are perfect for containers and small spaces.

Root crops make great additions to succession plantings. Salad radishes



A second planting after harvesting your first crop is possible if there is enough time for it to mature and be harvested before the end of the growing season.

beets in 50 to 60 days, and carrots in are in the ground, be sure to water 60 to 70 days.

Bush beans prefer warm temperatures and are ready to begin picking in 50 to 80 days. Mascotte compact snap beans are productive compact plants perfect for containers and window boxes. You'll start harvesting these in as few as 50 days.

Cucumbers and summer squash are another option for summer plantings. Vining varieties can be trained onto a support to save space or crawl over the ground. Bush types are perfect for containers and small spaces. Check the seed packet for the number of days from planting to harvest.

Increase the health and productivity of your second planting by preparing the soil before planting seeds and transplants. Mix an inch of quality compost into the top six inches of soil. You'll improve drainage in heavy soil, increase water retention in fast-draining sandy soils, and add micronutrients that feed the soil,

Once your seeds and transplants

properly. Keep the seedbed and roots of transplants moist the first few weeks. Gradually reduce watering frequency as seedlings sprout and grow and transplants become established.

You may need to adjust your succession planting schedule based on the weather. Hotter and cooler than normal temperatures can delay seed germination, harvest times, and fla-

With a bit of planning, succession plantings, and regular harvesting you can enjoy fresh vegetables throughout the growing season.

Melinda Myers has written more than 20 gardening books, including the Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video series and the nation ally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.

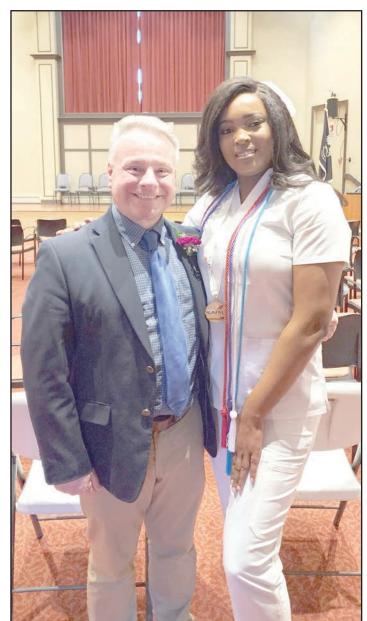
State legislators bonor Bay Path Nursing graduate Loise Ngigi

- Loise Ngigi, a recent graduate of the Bay Path Practical Nursing Academy Charlton, was honored on June 20 at her graduation and pinning ceremony held at the Overlook Performance Arts Center. State Rep. John J. Marsi, Jr. (6th Worcester District) and State Sen. Ryan Fattman (Worcester Middlesex District) presented Ngigi with a citation acknowledging her accomplishments, including being named the MassCTE.org Post-secondary Student of the Year for the Central Chapter.

Citations are awarded to constituents who have reached significant personal professionor milestones. Representative Marsi, who presented the citation, also did so on behalf of Senator Fattman. Both legislators are Republicans serving Massachusetts General Court.

Loise Ngigi, a resident of Grafton South and a member of the Practical Nursing (PN) Class of 2025, was recognized for her outstanding achievement by MassCTE.org at a recent banquet and awards ceremony at the Renaissance Boston Patriot Place Hotel.

"What honor to witness and celebrate this recognition our nursgraduate," ing Gretheline



Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director at Bay Path Practical Nursing Academy. "We are proud of Loise for this achievement and grateful to both Senator Fattman and Representative Marsi."

Ngigi, who also served as a UNICEF Club officer, graciously accepted the award, stating, "I am forever grateful." She brings a wealth of experience to her nursing career, with seven years of direct experience as a Certified Nursing Assistant

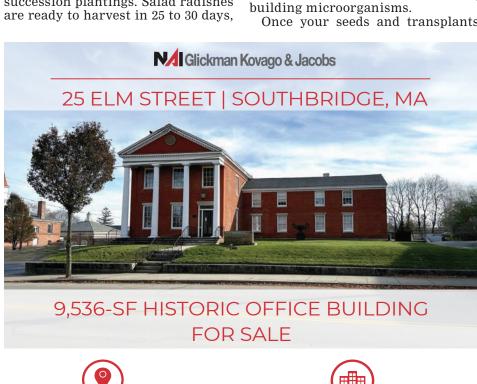
(CNA) and certi-

fied Home Health Aide (HHA). She earned her nursing assistant certification in 2017 from Dimensions College in Worcester and obtained her high school diploma from Moi Girls Kamangu High School in Kenya in 2012.

During time at Bay Path Practical Nursing Academy, Loise also completed her Dementia Care certification and is certified BLS/HCP/ CPR (Basic Life Support, Health Care Provider Cardiopulmonary Resuscitation),

Administration Program (MAP), and Mental Health First Aid. Her professional experience includes working as a CNA at River Terrace Rehabilitation and Healthcare Center Lancaster, and currently as a direct port professional at Venture Community Services Sturbridge. will be competing at the SkillsUSA national conference in Atlanta, GA Massachusetts state champion for First Aid/ CPR.

the

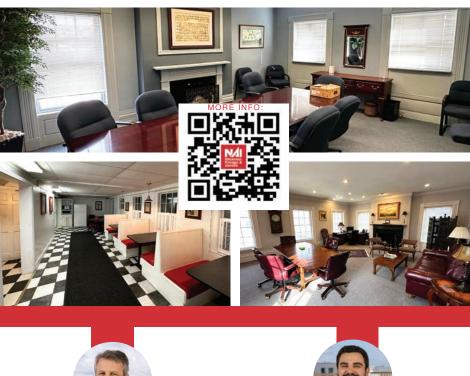




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JAMES GLICKMAN Principal

508-769-5007 jglickman@glickmankovago.com



JONAH D. GLICKMAN Vice President

508-868-3765 jdglickman@glickmankovago.com

Simon Fairfield Public Library announces July schedule

DOUGLAS — Following is the Simon Fairfield Public Library's July 2025 Schedule. Please note that some events do require registration. If you have any questions regarding any events, please do not hesitate to contact the library at 508-476-2695 or email at us at douglas@cwmars.org. Address: 290 Main St., Douglas

Phone: 508-476-2695

Hours: Monday-Thursday 9 a.m.-8 p.m.; Sat 9 a.m.-1 p.m.

Level Up at Your Library - Summer Reading 2025

Please come into the library to sign-up

Wednesday, July 9 at 1 p.m.: Davis Bates Storyteller

Wednesday, July 16 at 1 p.m.: Diane Edgecomb 'Game Time'

Wednesday, July 23 at 1 p.m.: Chain Reactions & Creative Contraptions

Meadows Golf Club in Uxbridge.

Wednesday, July 30 at 1p.m.: Mobile- Twisters Book Club, "None of This is 10 a.m.: Fiber Arts Friends Mini Golf

Children's Happenings

Mondays, July 7, 14, 21, and 28, at 10 a.m.: Summer Storytime (Registration Required)

Tuesdays, July 8, 15, 22, and 13) 29, at 10 a.m.: Summer Storytime (Registration Required)

Wednesday, July 16 at 5:45 p.m.: Reading to Bryce (Registration Required)

Tuesday, July 22 at 11:30 a.m.: Music & Movement with Deb Hudgins

Adult Book Clubs

Venture Community Services held its 27th annual Charity Golf Classic to support its pro-

gramming for individuals with developmental disabilities last Friday, June 13 at Blissful

Tuesday, July 8 at 6:30 p.m.: Intrepid Readers, "A Voice to Sing With: A Memoir" by Joan Baez

Tuesday, July 8 at 6:30 p.m.: Sci Fi Book Club, SciFi Book Club, "The Liberation" by Ian Tregillis

Mon, July 28 at 6:30 p.m.: Plot

Photos Courtesy

Mike Hyland, President

and CEO of Venture

Community Services,

welcomes more than

120 participants to the nonprofit's 27th Annual Charity Golf Classic at

Blissful Meadows Golf Club in Uxbridge on

Friday, June 13. During

his speech, Hyland

attendees and support-

ers for coming together

to support Venture's programming for indi-

viduals with develop-

mental disabilities and

to celebrate the nonprofit's 50th anniversa-

ry of making a differ-

ence in the community: venturecs.org/.

sponsors,

thanked

True" by Lisa Jewell

Adult Happenings

Tuesday, July 1 at 5:30 p.m.: Movie Night, "Independence Day," 1996 (PG-

Wednesdays, July 2, 9, 16, and 30, at

Thursday, July 10 at 5:45 p.m.: Fiber

Arts Friends Saturday, July 19 at 10 a.m.: Painting

By Numbers (Registration Required) Monday, July 21 at 5:30 p.m.: Painting By Numbers (Registration

HEMPSTEAD, N.Y. — Lindsey Labossiere of Uxbridge achieved a perfect 4.0 GPA during the spring 2025 semester, earning a spot on the Provost's List at Hofstra University. Lindsey's major is Criminology.

Hofstra University's primary mission is to provide a quality education to its students in an environment that encourages, nurtures, and supports learning. At Hofstra, new ideas take shape through collaboration, engagement, and interaction. Hofstra students create their success with small classes and dedicated faculty, alongside a beautiful campus, plus all the opportunities of New York City within easy reach.

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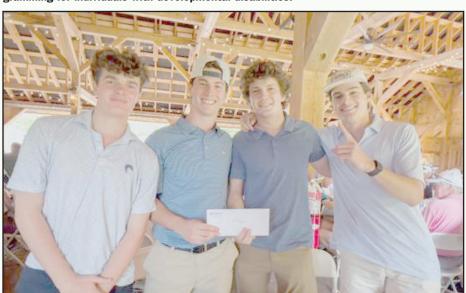
6/29

Starts 6/19 Please call 774-449-8333 for reservations,





Team Hoyt prepares to tee off at Venture Community Services' 27th Annual Charity Golf Classic at Blissful Meadows Golf Club in Uxbridge on Friday, June 13. Team Hoyt, of the Hoyt Foundation, sponsored the golf tournament and fundraiser to support Venture's programming for individuals with developmental disabilities.



Community members (from left) Patrick Dunn, Michael Detarando, Jr., Braeden Rich and Andrew Bellezza took home the top prize at Venture Community Services' 27th Annual Charity Golf Classic at Blissful Meadows Golf Club in Uxbridge on Friday, June 13.



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OBITUARIES

Lawrence A. "Larry" Basile, 75

Boston/Douglas Lawrence A. "Larry" Basile, 75, found peace on June 14, 2025, fittingly on Gay Pride Day in Boston, a city whose streets, stories, and soul he knew by heart.

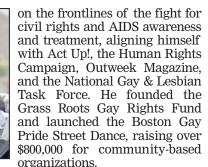
Born on February 26, 1950, at Fort Belvoir, VA, Larry was the beloved son of Colonel Anthony L. and Marion F. (Heaney) Basile. He was

raised in West Roxbury, MA, and graduated from Xaverian Brothers High School in 1968. He began his journey toward priesthood at St. John's Seminary in 1969, but his path soon shifted. He went on to earn an MBA from William & Mary in 1975 and completed further graduate studies at NYU Business School in 1977.

From an early age, Larry was a curious and observant soul, spending hours at the Boston Museum of Science, where his love for nature, especially birds and plants began to bloom. During his young adult years, after a stint as a lifeguard in Nantucket, he dove into the real estate world, where he developed a keen street sense and a deep understanding of people, place, and community.

Larry was a visionary entrepreneur and a trailblazer in digital innovation. In the 1970s, he founded Dial Info Services, the first phone line platform created specifically for gay men to connect. This was a groundbreaking service at a time when safe, affirming spaces were scarce. Decades later, he launched Online Buddies, which introduced Manhunt. net, the first gay hookup site on the web. An iconic brand that revolutionized how gay men met, communicated, and built relationships. Beyond the digital realm, Larry also owned The Chandelier Inn Hotel and co-founded two of Boston's most beloved gay bars: Fritz and Cathedral Station.

A tireless advocate, Larry was the embodiment of a proud, out, and unapologetic gay man. Long before the term "social justice warrior" was in the main-stream, Larry was living it. He stood



Larry's passion for justice extended far beyond the LGBTQ+ community. He championed causes for the homeless and underserved, such as Rosie's Place, Pine Street Inn, and recreational programs for inner-city youth. Wherever he saw exclusion, arrogance, or racism, he stood in opposition, always advocating for the underdog with a fierce sense of right and wrong.

In his final days, Larry found peace in nature, pruning trees and tending to the gardens of his beloved 44-acre property, Stonewall Farm in Douglas.

Larry is survived by his brother Matthew Basile and his wife Charlene of Danvers, MA: his sister Joanne Harrington of Hanover, MA; nephews Joseph, Michael, and John Basile of Danvers, and Matthew Harrington of Boston; nieces Kelly Dedeo of North Carolina and Leah Harrington Dexter.

He is also survived by his cherished Stonewall Farm community, a wide circle of chosen family members, godchildren, and lifelong friends. Among them, Sidnei Alves his compassionate caretaker and loyal friend.

Larry was predeceased by his beloved husband, Clement "Clem" Pepe, the love

A celebration of Larry Basile's life will be held on Monday, July 14th from 4-7 p.m. at Cathedral Station, 1222 Washington St, Boston, MA 02118. In lieu of flowers, please consider a donation to Community Servings or a charity of your choice. To leave a condolence message for his family please visit JackmanFuneralHomes.com

Hayden Murphy, Anna Nadeau, Jadiel

Arias, Lotus Aubin, Quin Austin, Hannah Bacon, Emily Breault, Kaiden Carrion, Anita Comforti, Victoria Concepcion-Cruz, Taryn Conway, Gage Doble, Trevione Evans, Jaxon Gabrila, Ashlyn Gonyea, Cailey Graceffa, Mark Henin, Aiden James Jenkins, Thomas Krause, Joshua Kuras, Kathleen L'Hommedieu, Rory Lamonda, Chi Le, Layana Lee, Vincent Lomonaco, Madelyn Loos, Colton Lotfy, Sophia Maracle, Karibella Matuszak, Julia Stephany Villanueva Juarez, Isaac Vitoria

Grade 12: Amber Anufrom, Tyanna JAK-L Aponte, Milo Dean, Maggie Eldridge, Caroline Lambert, Anthony Lippolis, Nicholas Lombardo, Annah Manning, Matmanivong,Ryan Miley, Emanuelly Moreira, Tabitha Munhall, Michael Nasralla, Garrett Noel, Aaliyah Palmer, Angelina Saster, Madden Siemaszko, Brayden Silveira, Lillian Thomas, Bahsia Tobey, Jarek Wenc

Grade 11: Caleb Bleau, Kelsey Costello, Kevin DiMuzio, Jeffrey Doyle, Teagan Flannery, Joel LaChapelle, Aiden Mulcahy, Aiden Orlandino, Smit Patel, raising funds to support the foundation's

Maria Scorpio, 74

(Cannalonga) Maria Scorpio, 74, of Uxbridge passed away June 19, 2025, peacefully at home.

Born January 16, 1951 in Presenzano, Italy, she was the daughter of the late, Giuseppe and Angelina (Giovannini) Cannalonga.

Maker for many years, She enjoyed cooking, gardening, and most of all keeping her Italian traditions alive. She kept her family together

and was a very generous person.

Mrs. Scorpio was a Jewelry

She leaves her Children: Adriana Scorpio and her husband Timothy Smith of Linwood, Fabio Scorpio



and his wife Tracy of Grafton, one brother, Pietro Cannalonga of Italy, three grandchildren and two greatgrandchildren, two sisters, Asanta Cannalonga of Italy and Ida Cannalonga of Italy.

She was the mother of the late, Angela Pybas and Mario Scorpio.

Northbridge for several years.

She was also active in the

Whitinsville Christian School

Mother's Club and she proud-

ly held a high scoring aver-

age until she was 91 years old

with the Christian Women's

Bowling League at Sparetime

Described by her husband as

'the flower lady', Marie was an

avid gardener at their home,

an oasis of color and beauty. Together,

Marie and Ted shared a passion for the

arts, attending innumerable concerts

of classical, organ, choral, and orches-

tral music, as well as live theater. They

were also well-traveled, exploring other

parts of the world including the ancestral

host, welcoming countless guests and vis-

itors from near and far. Her greatest joy

was having family around for any occa-

sion. In her interactions with others, from

a brief encounter to an extended stay, her

gift was making sure each person felt well

Barbara Knapper, Steve (Ruth) Haringa,

Jane (Dave) Buteyn, Tim (Lorraine)

Haringa; a brother – James (JoAnne)

Wassenaar, two sisters - Joan (Andy)

Marie is survived by her children:

Marie was an outgoing and gracious

Netherlands, Europe, and Greece.

Her Funeral will be held Thursday, July 3, 2025 12:00 pm at the BUMA FUNERAL HOME, 101 North Main Street, Uxbridge.

Burial will follow in Saint Mary's Cemetery, Granite Street.

Visiting Hours will be held from 10:00 am-12:00 pm in the funeral Home.

Recreation.

Marie A. Haringa, 92

Whitinsville, MA – Marie A. (Wassenaar) Haringa, 92, passed away on June 19, 2025. She most recently resided at the Whitinsville Retirement Home. She was the wife of Theodore E. 'Ted' Haringa, who passed away in April of 2023. They shared 68 years of marriage, celebrating their last wedding anniversary in April of 2022.

Marie was born February 28, 1933, in Whitinsville; the daugh-transforming their outdoor space into ter of the late Jacob J. and Elizabeth (Hoekstra) Wassenaar. She was a graduate of the Whitinsville Christian School; Northbridge High School, Class of 1950; and the Blodgett Memorial School of Nursing, Class of 1953, in Grand Rapids, Michigan.

Marie was a charter member of the Fairlawn Christian Reformed Church in Whitinsville where she served for many years as an organist, Choir Fest coordinator, choir member, Dorcas Society member, and was always a ready volunteer. Marie also sang with the Salisbury Singers of Worcester, MA, for over forty years.

After a short nursing career, Marie retired to raise her children, but continued to serve on the VNA board in

Zixuan Qiao, Ryan Ruzzo, Jordan Shaw, Sean Sprott, Nicholas Thomas, Jacob

Alfredo Garcia, Christian Gomez-White, Yasmin Higa, Bailey Kee, Isabella Liberty, Ryder Meagher, Ryan Nkangu, Singleton, Iszac Smith, Tyler Tran, Caroline White, Maya Williams

Grade 9: Destiniee Almeida, Ethan Alvarado, Diymond Aponte, Kirra Arsenault, Olivia Caira, Brady Connolly, Shane Paulhus, Olivia Pollock, Adrianna Flagg, Evan Flanagan, Elizabeth Garcia, received from their excellent staff. Adrianna Goncalves, Taylla Richards, Samuel Samuel, Shiloh Stewart, Goncalves, Gaby Juarez, Makenzie fessional care and kindness shown to Brooklyn Thibeault, Jade Thomas, Mclellan, Rafael Montalvo, Adam Orn, her in her last days at Blackstone Valley Nubia Silva

dle and high school students, as well as

parents, further expanding its reach in

Get ready: JAK-L Foundation goes

Looking ahead, the JAK-L Foundation

is gearing up for its highly anticipated future fundraiser, "JAK-L Foundation Goes Vegas Style," scheduled for Nov. 15.

This exciting event promises an evening

of entertainment and will be crucial in

continued from page **A1**

suicide prevention efforts.

Vegas style on Nov. 15!

Tomaino, Jenna Tomasetti, Dayanara Torres, Colby Trudeau, Kelsey Tucker, Adriana Winslow, Logan Wozniak Grade 10: Christina Chiras, Mo Rodney Daigle, Quinn Driscoll, Cayleigh Foley,

Victoria

VanderSloot and Ruth (Marv) Naylor. She is also survived by her 13 grandchildren and 23 great-grandchildren, her pride and joy. Marie was predeceased by her son-inlaw, Henry Knapper; her brother, David Wassenaar; and two sisters-in-law, Elsie

cared for.

The family of Marie would like to Aidan Payen, Georgia Robinson, Dylan express their deepest gratitude to the Saster, Andre Seoud, Calob Shaw, Jordan staff and residents of the Whitinsville Retirement Home for the love, friendship and care that Marie was blessed with during the three years she resided there.

Wassenaar and Jackie Wassenaar.

Also immense gratitude to the Faith and Family Hospice for their support, McKenna, Cody Miller, Sadie Nephew, Wilken de Morais Martim, Kaiden guidance, and care Marie and the family

Finally, much appreciation to the pro-

Health and Rehabilitation. ongoing initiatives in mental health

awareness, suicide prevention, and educational programs. Further details about the Vegas-themed fundraiser will be

announced closer to the date.

The JAK-L Foundation remains deeply committed to its mission of reducing the stigma around accessing mental health support and directly impacting the community to promote well-being and save lives. Through events like the JAK-L Foundation Strides for Mental Health 5K Memorial Run/Walk, the recent mental health paint day, and future QPR training, alongside impactful fundraisers, the foundation continues to make a tangible difference in the lives of individuals and families across the region.

About the JAK-L Foundation:

The JAK-L Foundation is a non-profit organization dedicated to raising mental health awareness, reducing the stigma surrounding mental illness, and actively supporting suicide prevention initiatives within the community. Through education, outreach, and partnerships, the foundation strives to promote mental well-being and save lives. Learn more at https://jak-l.com/.

HONOR ROLL

continued from page A1 **High Honors**

Grade 12: Monica Colon-Heyliger, Hailey Concepcion-Cruz, Ava Connors, Juliana Costa, Jacob Costello, Iyanna Escobar, Sadie Flanders, Adam Flauto, Vincent Goshen, Samantha Haberski, Gianna Hayes, Dorothy Holtz, Ayva Matthew Kaferlein, Ava Lamonda, Thomas Lavallee, Isabelle Lomonaco, Caden Mastroianni, Olivia McKenna, Antonio Mendez, Julian Nkangu, Matthew Papa, Jesse Perron, Wesley Porcelli, Michael Proto, Dylan Reilly, Alyssa Remillard, George Roadman, Natalia Saksa, David Scichilone, Andrew Wilkes

Grade 11: Polina Conio Potselueva, Addyson Crothers, Antonio D'Alfonso, Luke Davis, Reed Dziekiewicz, Nathan Falconer, Lesley Gonzalez Perez, Alexander Goodrow, Grace Haden, Kyle Janovsky, Faris Kovac, Callum Lax, Mong Le, Marcus MacLeod, Isle Malik, Maxwell Mazzarelli, Nina McElreath, Hayden Naylor, Sophia Nicholatos, Lara Rivers, Logan Sansone, Elly Schofer, Emily Scholl, Nicollas Silva, Leticia Silva, Gabriel Smart, Taden Stanovich, Tyler Strazzulla, Braedan Tracy, Angel Wesson

Grade 10: Abigail Akeley Nobles, Brendan Aldrich, Kalintria Bailey, Tyler Boutin, Carly Brett, Brooke Cammarano, Gabriel Carvalho, Belal Essouabni, David Gonzalez Perez, Samuel Gorman, Dawson Kramer, Jillian Krula, Gabriel Leveille, Fam Mekhaeel, Anthony Mooradian,

Ortiz, Michael Potter, Jordan Priore, Mia Prosser, Lily Proto, Zoey Rith, Parker Stanick, Michael Tubbs, Emma Yargeau, Alexander Zanchi Grade 9: Grace Alicandro-Kinney, Ella

Annew





LEGALS

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 Docket No. WO25P2033PO TRUST CITATION In the matter of:

The Fafard Business Trust To all interested persons: A Petition has been filed by:

Jeffrey Fafard of Uxbridge, MA and Alexandra I Fafard of Marlborough

requesting Enter Judgement modifying or reforming The Fafard Business Trust, for unjust enrichment, and for such other and further relief, as requested and for the reasons stated in the Addendum to General Trust Petition as set forth in said petition, and for such further relief as this Court

deems proper ..

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You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before 10:00 a.m. on 07/08/2025.

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

WITNESS, Hon. Leilah A Kearny, First Justice of this Court.

Stephanie K. Fattman

Register of Probate

June 27, 2025

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO25P2015EA **INFORMAL PROBATE PUBLICATION NOTICE** Estate Of:

Judith K Pitts Date of Death: May 04, 2025

To all persons interested in the above captioned estate, by Petition of Petitioner Kristina M Smith of Millis MA

Kristina M Smith of Millis MA has been informally appointed as Personal Representative of said estate to serve without Surety on the bond. The estate is being administered under informal procedure by the Personal

Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

June 27, 2025

Worcester Polytechnic Institute announces Dean's List

WORCESTER — A total of 2,331 undergraduate students at Worcester Polytechnic Institute (WPI) were named to the university's spring 2025 Dean's List. The criteria for the WPI Dean's List differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI students are named to the Dean's List based on the amount of work completed at the A level in courses and hands-on projects.

"WPI's academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students work on real-world, open-ended problems on campus and in communities around the globe. Far from being simple academic exercises, the projects students complete have genuine and

lasting impacts in our partner communities.' said Provost Andrew Sears. "Some of this nation's best and brightest students come to WPI to study engineering, science, business, and the humanities. Those named to the Dean's List have excelled in all of their work, and we are exceptionally proud of these outstanding students.

The following students were named to the Dean's List for Spring 2025:

James Bernard from Uxbridge, class of 2028, majoring in Mechanical Engineering

Tyler Bliss from Whitinsville, class of 2026, majoring in Computer Science and Data Science

Caterina Corapi from Uxbridge, class of 2028, majoring in Robotics Engineering

Demers Maline

from Uxbridge, class of 2025, majoring in Bioinformatics Computational Biology and Biology and Biotechnology

Caleb Deters from Uxbridge, class of 2028, majoring in Civil Engineering

Kyla Dominguez De Los Santos from Whitinsville, class of 2026, majoring in Mechanical Engineering Noah Gaskill from

Douglas, class of 2028, majoring in Computer Science Trinity Gibbs from

Whitinsville, class of 2025, majoring in Mechanical Engineering and Professional Writing Olivia Guest from Northbridge, class of 2027, majoring in Data

Science Philip Heney from Douglas, class of 2025, majoring in Computer Science and Robotics Engineering

from Northbridge, class of 2025, majoring in Mechanical Engineering Jeremiah Morgan from

Uxbridge, class of 2025, majoring in Biomedical Engineering Michael O'Toole from

Douglas, class of 2027, majoring in Aerospace Engineering Zachary Oliveira from Uxbridge, class of 2027,

majoring in Industrial Engineering Julia Philbrook from Uxbridge, class of 2027,

majoring in Biomedical Engineering Adam Pratt from Uxbridge, class of 2026, majoring in Mechanical

Engineering Christopher Smith from Northbridge, class of 2026, majoring in Computer Science

Colin Squier from Douglas, class of 2028, majoring in Mechanical Engineering

Stumpf Clarice from Uxbridge, class of 2025, majoring in

Biochemistry Jack Tasick from Uxbridge, class of 2027, majoring Electrical and Computer Engineering

Wheeler Bryan from Douglas, class of 2026, majoring in Electrical and Computer Engineering

Worcester About Polytechnic Institute

WPI is a top-tier STEMfocused research university and a recognized pioneer and global leader in project-based learning. Founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems, WPI's continued mission is to transform lives, turn knowledge into action to confront global challenges,

and revolutionize STEM through distinctive and inclusive education, projects, and research. WPI's project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. Today WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. To help address ongoing challenges, improve lives, and help create a more sustainable world, WPI faculty and students pursue groundbreaking research in such areas as the life sciences, smart technologies, materials and manufacturing, and global ini-

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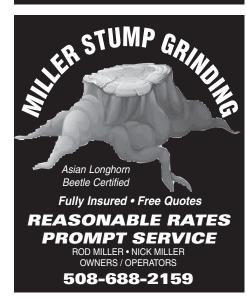
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Douglas Adult Social Center

331 Main St.

(508) 476-2283

Hours of operation: Monday through Thursday, up an appointment, 508-476-2283. 9 a.m.-3 p.m.; Friday 9 a.m.-noon

free of charge.

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

Tuesday: Walking club 9 am, Cribbage 9:30

am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call to make an appt.) Wednesday: Balance & Strength 10am, Darts

11:30 am, MahJong 1pm, Dominoes 1 to 2:30pm Thursday: Walking club 9am, Chair Yoga 9:30am,

Pitch 9:30am, Hand and Foot card game 12:30pm Friday: Balance & Strength 10am

The center will be closed on Friday July 4th in observance of Independence Day.

Tuesday & Thursday lunch club please call the Friday before to sign up.

Wellness Clinic: July Clinic dates are Monday the 14th & Tuesday the 19th. Clinic hours are from 10 am to 12 pm. If you feel you need an extended amount of time to speak with Nurse Ann please call ahead and let us know.

A note from Nurse Ann: With summer and rising temperatures approaching, this is the perfect time to talk about hot weather safety and dehydration. Too much heat is not safe for anyone. As we get older, though, our bodies' ability to regulate its temperature becomes more difficult. Conditions such as heart, lung, and kidney disease all raise the risk of heat related illness. Many medications that we may be taking, such as diuretics, may cause us to lose more fluids from our bodies, which can lead to dehydration. The good news is that we can help prevent heat related illness! Did you know that if you are thirsty and your mouth feels dry, your body is already mildly dehydrated? You may feel lightheaded or dizzy, notice a rapid heartbeat, have muscle cramps or headaches, feel tired, and have nausea and weakness. So... DRINK SMALL AMOUNTS OF FLUIDS THROUGHOUT

Hearing Aid Cleanings: Thursday July 10th from 10 am to 11am. Please call the center to set

JULY EVENTS:

1970s presentation: Thursday July 10th @ 12:30 DAILY ACTIVITIES: All our daily activities are join us while we take a stroll down memory lane and enjoy this fun presentation of the 1970's. Lunch will be a pasta bake & salad for \$4.00. We will also be celebrating National Ice Cream Day, with free ice cream sundaes! Please call the center @ 508-476-2283 to sign up by July 3rd.

Blackstone Valley Animal Shelter Visit: Thursday July 17th from 1:00-2:00 free transportation will be provided. Would you like to play with some kittens or read to the dogs? Space is limited, please call the center to fill out a visit application and to sign up by July 3rd.

Lunch & Movie: Come in and enjoy this heartwarming true story Nonna's. Thursday July 24th @ 11:30 lunch will be stuffed peppers, carrots & lemon cake for \$4.00. Please call the center to sign

The Sunshine Club invites you:

Sunshine Club monthly meeting will be on Tuesday July 1st @ 2 pm.

We are going to a WOOSOX game, Wednesday July 30th. Game time is 12 pm. Ticket price is \$26.00 per person. Tickets must be paid for when you sign up. First come first serve with ticket sales. You can sign up in person at the center. There will be transportation provided by The Road Runner and carpooling. When you sign up please let it be known if you will need a ride, will carpool, or if you will meet us there.

PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES

Check our website for events that may not be listed here

https://www.douglas-ma.gov/202/AdultSocial-Center-Senior-Center

VTSU congratulates Holden Thiebault on graduation

RANDOLPH CENTER, Vt. — Vermont State University is pleased to announce that Holden Thiebault, of Uxbridge, is part of VTSU's graduating class for spring 2025.

Thiebault majored in Outdoor Education Leadership.

This remarkable group of graduates represents a wide range of programs and disciplines. Their hard work, perseverance, and dedication have led them to this exciting milestone, and we couldn't be more thrilled to celebrate their achievements. Please join us in congratulating Holden Thiebault and the entire VTSU Class of 2025!

Vermont State University serves students on five campuses and multiple learning sites across Vermont and beyond, as well as online. Vermont State provides a high-quality, flexible, and affordable education for students seeking associate, bachelor's, and master's degrees, certificates, and in-demand professional credentials. The university builds upon a history of public higher education in Vermont dating back to 1787. Learn more at VermontState.edu.

Area residents named to Dean's List at University of New England

THE DAY... EVEN IF YOU ARE NOT THIRSTY!

BIDDEFORD, Maine — The following students have been named to the University of New England's Dean's List for the spring semester 2025.

Douglas Ryleigh Flansburg Lindsey Provost

Uxbridge Aidan Blood **Emma Brothers** Carson Da Costa Emma Demers

Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest independent university, with two beautiful coastal campuses in Maine, a one-of-a-kind studyabroad campus in Tangier, Morocco, and an array of flexible online offerings. In an uncommonly welcoming and supportive community, we offer hands-on learning, empowering students to make a positive impact in a world full of challenges. We are the state's top provider of health professionals and home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized programs in the marine sciences, the natural and social sciences, business, the humanities, and the arts. Visit www.une.edu.



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Town of Sturbridge **Department of Public Works Immediate Opening**

Laborer/Driver

The Town of Sturbridge has an immediate full-time opening(s) for Laborer/Drivers in the Department of Public Works, Highway Division. These positions are union positions, and the successful candidates will be responsible for operating light equipment and driving trucks equipped with dump bodies to transport and dump loose materials, landscaping, and plowing snow, among other responsibilities. A Commercial Driver's License (CDL Class B) and hoisting license (Class 2B) are preferred and required within 6 months. The starting pay for the position is \$23.98 per hour. For a copy of the complete job description and an application, please go to https://www.sturbridge.gov/your-government/pages/job-opportunities. Position open until filled. The Town of Sturbridge is an EOE.

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www.StonebridgePress.com

Local students receive degrees from Quinnipiac University

HAMDEN, Conn. — The following students received degrees from Quinnipiac University during commencement ceremonies held in May:

Northbridge

John Buckley, Bachelor of Science in

Brendan McIntyre, Bachelor of Science in Finance

Whitinsville

Jordan Gulino, Master of Occupational Therapy

About Quinnipiac University

Quinnipiac is a private, coeducational institution located 90 minutes north of New York City and two hours from

Boston. The university enrolls 9,400 stu-the-art new School of Business and an dents in 110 degree programs through its interdisciplinary science and innovation Schools of Business, Communications, hub. For more information, please visit Education, Computing and Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts & Sciences. Quinnipiac is ranked among the top 100 in The Wall Street Journal/College Pulse "2025 Best Colleges in the U.S." and is also recognized by U.S. News & World Report and The Princeton Review's "The Best 388 Colleges." The university is expanding innovative programs for both traditional and adult learners, developing dynamic corporate partnerships, and is completing a significant capital expansion on its main campus, including a state-of-

qu.edu. Connect with Quinnipiac on Facebook and follow Quinnipiac on X @ QuinnipiacU.

Elms College announces Dean's List

CHICOPEE — The College of Our Lady of the Elms has named the following students to the dean's list for the spring 2025 semester. Congratulations to all the students who are named to the list!

Jasenia Montano of Uxbridge Karissa Popieniuck of Douglas

Elms College is a co-educational Catholic college offering a liberal arts curriculum that prepares students holistically for a purposeful life in a diverse and interconnected world. Founded in 1928 by the Sisters of St. Joseph, Elms College has a tradition of educating reflective, principled and creative learners, who are rooted in faith, educated in mind, compassionate in heart, responsive to civic and social obligations, and capable of adjusting to change without compromising principle.



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Featured New Listing! WEBSTER - 11 PARK RD.

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* June Cazeault * Laurie Sullivan* Lori Johnson-Chausse * William Gilmore II * Maureen Cimoch * Bryan Pelletier





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Snug Harbor Villa! **WÉBSTER LAKE** WATERFRONT LISTING!



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