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Friday, August 8, 2025

Blackstone Heritage Corridor welcomes nominations for Champions of the Blackstone Awards

WHITINSVILLE — Blackstone Heritage Corridor (BHC), a non-profit providing strong leadership to preserve, promote, and celebrate the Blackstone Valley's historic, natural, and recreational resources, is seeking nominations for its 2025 Champions of the Blackstone Awards. Awards include the John H. Chafee Leadership Award, Blackstone Heritage Corridor Student of the Year Award, Suzanne Buchanan Volunteer of the Year Award, and the Blackstone Heritage Corridor Partner of the Year Award.

Created by the Blackstone Heritage Corridor, the John H. Chafee Leadership Award honors the late Senator's legacy and recognizes individuals who have worked on projects that promote cultural heritage, environmental conservation, economic development, and the quality of life in the Blackstone River Valley. Past years' recipients have included community and business leaders, preservation heroes, and environmental advocates whose achievements resulted in the public's benefit. These heroes have demonstrated the Valley's long tradition of leadership and inspiration.

The Blackstone Heritage Corridor Student of the Year Award recognizes an outstanding student or group of students (Elementary, Middle, and High School age) who have worked

on projects that promote cultural heritage and/or environmental conservation in the Blackstone River Valley. The project does not have to be affiliated directly with a school; homeschool students/groups, extra-curricular groups, and scouts/troops are eligible.

The Suzanne Buchanan Volunteer of the Year Award was created in 2021 to honor a Blackstone Heritage Corridor Volunteer who embodies the welcoming spirit and unbridled enthusiasm that Suzanne, the former Volunteer Coordinator of BHC, demonstrated. The award also recognizes extraordinary volunteer hours recorded and/or recruitment of volunteers and supporters of the heritage resources in this region.

The Blackstone Heritage Corridor Partner of the Year Award recognizes an outstanding partner organization that has worked on projects that promote cultural heritage, environmental conservation, and the quality of life in the Blackstone River Valley.

Find the nomination forms at BlackstoneHeritageCorridor.org/champions-of-the-blackstone. Nominations must be received by Oct. 15B. The awards ceremony will be held Wednesday, Dec. 3 at the Alternatives Whitin Mill in Whitinsville.

To learn more about Blackstone Heritage Corridor, visit BlackstoneHeritageCorridor.org.



Courtesy
State Rep. David Muradian recently presented Kenneth Zuidema of Northbridge with a certificate of congratulations from the State House on his 90th birthday July 5. Zuidema has three children, five grandchildren and two great-grandchildren.

St. Peter's Parish hosting chicken parm dinner

NORTHBRIDGE — St. Peter's Parish in Northbridge is having a chicken parm dinner on Saturday, Sept. 6 starting at 5:30 p.m. in the parish hall. Bring you family and friends for a wonderful meal and meet some new friends. Tickets are \$17 per dinner, and include salad and dessert. To go meals will be available for pick up around 5 p.m., and all meals must be purchased in advance. Please call the parish office at 508-234-2156 or email parishoffice@stpeterrockdale.org to order your meals or if you have any questions.

Bay Path Practical Nursing Academy Director attends 22nd Annual Asian Festival hosted by Southeast Asian Coalition of Central MA

WORCESTER — The community spirit of vibrant culture and Central Massachusetts

Musical ventriloquist celebrates Paul Revere at Rockdale House



Courtesy
Kevin Driscoll as Paul Revere.

NORTHBRIDGE — Musical ventriloquist Kevin Driscoll entertained the residents and staff at the Northbridge Rockdale House apartments on Thursday, July 31. Celebrating the state's 250th anniversary, Driscoll especially appreciated the antics of Rockdale resident Robert Chapert, who volunteered to be the human dummy, wear a ventriloquist face mask, and help everyone sing "No Bully Zone" (because General Gage was a bully to the colonists in Boston).

Northbridge RCAP Solutions Resident Services Coordinator Miryam Ramos described Driscoll's



“Paul Revere & Friends” Edutainment program as a success. Driscoll is a Massachusetts certified teacher with decades of teaching experience who portrays Paul Revere. His five-star “Paul Revere & Friends” interactive ventriloquist performance is in full compliance with the goals of the Massachusetts History and Social Science Curriculum Framework (3:T6).

The interactive learning experience includes the beginning of the Revolution at Lexington and Concord in April 1775, and the roles of Revolutionary leaders such as Paul Revere.

were on full display at the 22nd Annual Asian Festival, hosted by the Southeast Asian Coalition of Central Massachusetts (SEACMA). Among the honored attendees was the Director of Bay Path Practical Nursing Academy, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN of Athol, who joined community leaders, families, and advocates in celebrating the rich cultural heritage and contributions of the region's Asian communities.

The event, held June 22 at the Worcester State University Wellness Center, featured colorful performances, traditional cuisine, cultural exhibits, and community outreach activities that showcased the diversity and resilience of Southeast Asian communities in the region. It served as both a celebration and a powerful platform for dialogue and unity.

Founded in 1999 and incorporated in 2001, SEACMA's mission is to envision a community where all newly arriving and long-settled immigrants and refugees can thrive, actively engage in civic discourse, and contribute to Central Massachusetts while achieving their full potential. The annual festival plays a central role in fulfilling that vision—bringing together people from all walks of life to promote inclusion, education, and mutual respect.

The presence of Dr. Bolandrina as Bay Path Practical Nursing Academy's leadership highlights the growing collaboration between local educational institutions and community organizations in promoting access, equity, and cultural awareness. Dr. Bolandrina expressed appreciation for SEACMA's dedication to uplifting immigrant and refugee communities and emphasized the importance of building strong, inclusive partnerships to support future health-care professionals and community leaders.

“This event is not only a celebration of culture but also a reminder of the incredible strength and potential within our diverse communities,” Bolandrinasaidth. “Bay Path Practical Nursing Academy is proud to stand with SEACMA in supporting pathways to education, wellness, and empowerment for all.”

As the festival marked its 22nd year, SEACMA reaffirmed its commitment to creating a welcoming and supportive environment for immigrants and refugees in Central Massachusetts. The continued support from educational, civic, and community partners like Bay Path Practical Nursing Academy ensures that the mission of inclusion and empowerment will thrive for years to come.

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The QCC alum who said yes and never looked back

WORCESTER — When Dr. Sandra Laney arrived at Quinsigamond Community College as a student, she had a passion for learning but no clear path or understanding of college. Today, Laney is an expert in global health science whose work has taken her to 52 different countries worldwide. She has also founded a consulting practice that helps maximize the benefits of philanthropy.

"I loved my time at QCC," Laney said. "Not having an understanding of what college was, it was a nice entryway. It was game-changing in taking the next steps in my career."

Laney didn't come from a college-educated family. By her own admission, she had gotten "a little side-tracked" in high school and carried a lingering

fear of science after failing biology, "an attitude rather than aptitude problem," according to Laney. Initially drawn to visual arts at QCC, she found herself needing to complete a science requirement to graduate.

When she enrolled in a biology for non-majors course, Laney experienced a revelation.

"I felt instantly at home," she said. "I'm a learner at my core. I'd be a student forever if someone would pay me, and that's what science is—paying you to learn."

Academic opportunities Late QCC professor Melvin Shemluck noticed Laney's potential and became the mentor who would alter her life trajectory.

"Even though I was an art student, he explained that I could still go on and do whatever I wanted, including science," Laney said.

Shemluck suggested Smith College's Ada Comstock Scholars Program, a bachelor's program for students of non-traditional college age. Laney took his advice, completing a degree in biological sciences. She continued at Smith for her master's as well, all while raising a family and working to support them.

Her academic journey continued in Dr. Steven A. Williams' laboratory at Smith College. When Dr. Reda Ramzy, a collaborating professor at a sister laboratory in Egypt, encouraged her to pursue a Ph.D., Laney explained she couldn't afford to stop working to attend graduate school full-time. Understanding her constraints, Dr. Ramzy arranged for her to enroll and expand her research through his laboratory. This allowed her to maintain her position as a research scientist at Smith College and participate in a collaborative research project with Dr. Gary Weil at Washington University Medical School—allowing her to earn while she learned.

She ultimately earned her Ph.D. in molecular parasitology and zoology from Ain Shams University, with her dissertation now housed in the National Library of Alexandria.

Working around the globe Laney's expertise led to an advisory position with the U.S. Department of State through an American Association for the Advancement of Science fellowship, where scientists and policymakers collaborate. She then transitioned to philanthropy when she was selected as an inaugural fellow in the Bill & Melinda Gates Foundation Global Health program. She also held leadership positions catalyzing breakthrough science with the Walder Foundation and Paul Allen's philanthropy at Vulcan. Her life's work has taken her around the globe working directly with governments, scientists and communities fighting infectious diseases like Ebola and Neglected Tropical Diseases.

"Never in a million years with my background did I dream I'd be traveling the globe to places like Papua New Guinea and French Polynesia," she shared.

Today, Laney runs Strategic Journey Lab, Inc., a boutique consulting practice where she serves as a philanthropy advisor and strategist to high-net-worth individuals, foundations, and companies. Her perspective encompasses the vantage points of beneficiaries, scientific researchers and funders. She is also part of P150, an invitation-only group started by Schmidt Futures (founded by former Google CEO Eric Schmidt) that brings together philanthropic advisors to maximize charitable impact worldwide.

A QCC legacy In 2013, Laney's achievements and ongoing connection to QCC were recognized with a Wyvern Guardian Award, given to alumni who make a difference in their communities and beyond. Laney's connection to the college continues today, as her grandson Jady N Kiley now studies chemistry at the same institution that launched her career.


Kiley recalled how his grandmother encouraged family members to get as much education as possible, but because he didn't get high grades in high school, he didn't think college was for him. However, after working in the food service industry for several years, he started to crave more intellectual stimulation and his grandmother's advice took hold.

He enrolled at QCC and, similar to Laney, developed a strong connection to his biology professor, Dr. Swathi Turlapati, who helped ignite his passion for science. Subsequently, he began to excel academically. Though he is still deciding what direction his studies will take, he has been enjoying organic chemistry and has an interest in soil science. Kiley credits part of his newfound confidence to his grandmother's influence.

"Any time I have a problem or feel like I can't do something, she has been so supportive," Kiley said. "She doesn't care what you're doing, as long as you're doing it to your full potential."

Looking back on Laney's journey from uncertain art student to global health expert and educational advocate, she attributes her success to people opening doors for her and a simple principle: say yes.

"I'm very good at saying yes and then working hard to make sure I can capitalize on the opportunities in front of me," Kiley added.

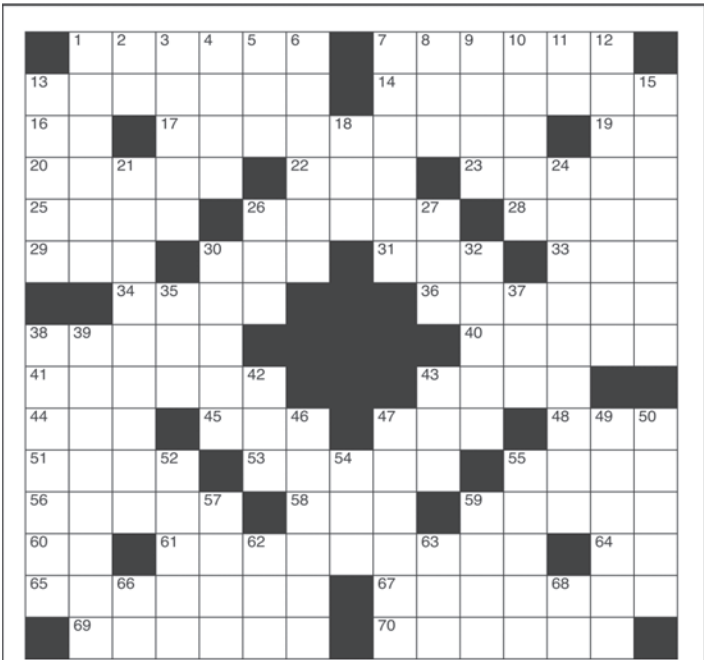


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- CLUES ACROSS
1. Spiritual leaders

7. Salt

13. Fortified wine

14. Edible mollusk

16. They precede C

17. A way to compare

19. State lawyer

20. "Game of Thrones" actor Ciaran

22. Eighth month (abbr.)

23. Very willing

25. ___ ex machina

26. Satisfies

28. Mountain in New Zealand

29. A doctrine

30. Popular Dodge truck model

31. Dekagram

33. Naturally occurring solid

34. Company officer

36. Villains

38. Cricket frogs

40. One of the founders of modern psychology

41. Endured

43. A female domestic

44. You can get stuck in one

45. Partner to feather

47. Passive optical network

48. French ballet dynasty

51. Employee stock ownership plan

53. Bottom layer

55. Sound

56. Yankee great Judge

58. Dickens character

59. Late beloved TNT sportscaster

60. South Dakota

61. Exposing human vice or folly to ridicule

64. Gold

65. Longtime Braves hurler Julio

67. Humor

69. Shawl

70. Hospital unit

- CLUES DOWN
1. Animal disease

2. Commercial

3. Necklace materials

4. Containers

5. Investment account

6. Colorado Heisman Trophy winner

7. Dipped down

8. Head injury category (abbr.)

9. Lay about

10. Intestinal

11. Not yes

12. Caused to be loved

13. Muslim spiritual leader

15. Showing sincere conviction

18. Not in

21. Number above the line in a fraction

24. Lawn pest

26. Pouch

27. Ancient language in India (abbr.)

30. Start over

32. Wild white flower

35. Fourteen

37. Visual way to interact with computer (abbr.)

38. Side by side and facing the same way

39. Religious conflicts

42. Touch lightly

43. "Boardwalk Empire" actress Gretchen

46. Violent seizure of property

47. One who supports the pope

49. Malaise

50. Body fluid

52. Inauthentic person

54. Title of respect

55. Chilean city

57. Japanese city

59. Silk garment

62. Draw from

63. Automobile

66. The man

68. Top government lawyer

PUZZLE SOLUTION

	W	S	V	C	H	V	S		N	V	H	E	H	E	L
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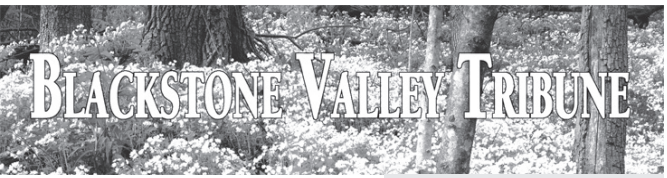
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\$285,000, 15 Hoyle Cir #15, Poirier Jr Daniel E Est, and Poirier 3rd, Daniel E, to Vu, Ngoc B.

DOUGLAS

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\$435,000, 23 Martin Rd, Stinchfield 3rd, Phillip, and Stinchfield, Mary, to Lit, Zachary, and Ryder, Stephanie.

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\$468,000, 222 N Main St, Gonynor Jr Robert F Est, and Gonynor, Stephen, to Nguyen, Jiana.
\$425,000, 690 Benson Rd, Williams, Zachary T, to Russell, Olivia G, and Siciliano, Christian P.
\$225,000, 2270-2276 Providence Rd, Pietruszka Nt-2019, and Pietruszka, Thomas E, to Parsley Family LLC.

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\$324,000, 61 Pleasant St, Garcia, Recardo N, and Stefanick, Thomas J, to Mitchell, Christine F.
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Kindness in every line: The story of a grateful Bay Path Practical Nursing graduate

CHARLTON — In a world increasingly driven by deadlines and digital communication, one nursing student, now a graduate, has quietly stood out—not with fanfare or flair, but through something far more enduring: consistent, heartfelt gratitude.

Elizabeth Achayo of Worcester, a graduate of the Bay Path Practical Nursing Academy, is currently preparing for her NCLEX-PN exam. While she diligently studies and seizes every minute of her time, it's her grace and character that continue to leave a lasting mark on those around her.

"I am doing great, seizing every minute I have in preparation for my NCLEX-PN exam," Achayo shared recently. "I became a better human because I got to learn under a dedicated person and team whose desire is to nurture greatness and positive behavior."

Her message, addressed with deep appreciation to Dr. Gretheline



Elizabeth Achayo

Courtesy

reaching out with a question or simply acknowledging an update, Elizabeth's emails were always more than transactional. She began every message with a personal check-in—"How are you doing today?"—and ended with words that lifted spirits and inspired others.

In one such message, she wrote: "Thank you for your endless great thoughts for all of us and always sharing opportunities to help us achieve and grow and be better humans."

And in another: "These almost 10 months I have experienced growth in so many ways that I can never take for granted."

To Achayo, no role within the program was too small to honor. She extended her gratitude to professors, executive assistants, custodians, and leadership alike: "Every day we meet people that make life bearable... everyone played a role that was never taken for granted, and I will forever be grateful."

Her words were not simply polite—they were powerful. In a profession built on compassion, communication, and empathy, Achayo is already practicing the principles that define outstanding nursing care. She doesn't just know what it means to be a nurse; she lives it—with humility, respect, and warmth.

"Great nurses have been born under your guidance," she wrote to Bolandrina. "Thank you for the opportunity."

As Elizabeth prepares to take the next step in her professional journey, one thing is certain: she leaves behind more than academic success. She leaves a legacy of kindness and a reminder that small gestures—when done with heart—can make a profound difference.

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Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director, and mentions the entire faculty, speaks volumes not only about the education she received but the heart she brought into every interaction.

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Keeping the Flavor of Vine Ripe Tomatoes

Tomatoes on the vine are an irresistible palate pleaser of summertime. Gardens bursting with the bright red fruit, conjure up visions of fat tomato sandwiches, fresh colorful salsa, and pots of thick tomato gravy. There's no doubt about it, delicious, home grown tomatoes are plentiful this time of year. However, no matter how many creative dishes you may come up with, it can be a challenge to use up a bountiful crop of tomatoes before they spoil.

Read on for some ways to keep just-picked tomatoes fresh, and how to properly freeze them to enjoy the fruits of your labor for months to come.

Read on for some ways to keep just-picked tomatoes fresh, and how to properly freeze them to enjoy the fruits of your labor for months to come.

Turns out, the cold air has a negative effect on the tomato that goes beyond flavor. When stored below 55 degrees F, the low temperature damages the tomatoes cell membranes and disrupts the enzymes responsible for producing flavor and smell. Thus, refrigerated tomatoes can not only lose flavor, but become mealy or even mushy – to the

point that even letting them sit in the sun won't bring back the flavor.

Still not convinced tomatoes shouldn't be chilled? Here's an excerpt from a study that Cornell University did several years ago: "After storing whole tomatoes in the refrigerator for seven days (at 39 degrees), tomatoes lost some of their supply of substances that produce their characteristic aroma, which is a key part of their flavor. Three days of sitting at room temperature didn't remedy that, and a taste test by 76 people confirmed the chilled tomatoes weren't as good as fresh tomatoes."

So how to store tomatoes at room temperature? I used to put them on the windowsill to ripen (OK, I still do). But according to experts you should keep them out of direct sunlight, which can adversely affect the ripening process. Instead you can speed up the ripening process by placing tomatoes in a paper bag with an apple or banana, which produce ethylene gas.

Ripe, whole tomatoes should be stored stem side down at room temperature.

Cut tomatoes should be stored cut side down on a plate, and covered with a dish towel or paper towel to prevent flies.

Note: Never wrap cut tomatoes in plastic or in a plastic bag, as they can get slimy within a few hours.



TAKE THE HINT KAREN TRAINOR

Freezing Tomatoes: If you're lucky enough to have too many tomatoes to use or give away, and don't have the time or tools for canning or dehydrating them, freezing tomatoes are a practical option.

Freezing Raw Tomatoes: Despite what you might have heard, it is possible to quickly freeze raw tomatoes without blanching them first. They may be frozen without their skins or frozen whole with their skins. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed.

Tomatoes should be washed before cutting. To wash, wet each tomato with water, rub its surface, rinse it with running water, and dry it with a paper towel. After washing, cut away the stem scar and surrounding area and discard it before slicing or chopping the tomato.

Washing tomatoes in a sink filled with water is not recommended since contaminated water can be absorbed through the fruit's stem scar. The use of soap or detergent is neither recommended nor approved for washing fruits and vegetables because they can absorb detergent residues.

Tomatoes may be frozen whole, sliced, chopped, or pureed. Additionally, you can freeze them raw or cooked, as juice or sauce, or prepared in the recipe of your choice. Thawed raw tomatoes may be used in any cooked-tomato recipe. Do not try to substituted them for fresh tomatoes, however, since freezing causes their texture to become mushy. Tomatoes should be seasoned just before serving rather than before freezing; freezing may either strengthen or weaken seasonings such as garlic, onion, and herbs.

Preparation. Select firm, ripe tomatoes for freezing. Sort the tomatoes, discarding any that are spoiled. Wash them in clean water as recommended above. Dry them by blotting with a clean cloth or paper towels.

Freezing Whole Tomatoes with Peels: Prepare tomatoes as

described above. Cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers. Seal tightly. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

Freezing Peeled Tomatoes: If you prefer to freeze peeled tomatoes, you can wash the tomatoes and then dip them in boiling water for about 1 minute or until the skins split. Peel and then freeze as noted above.

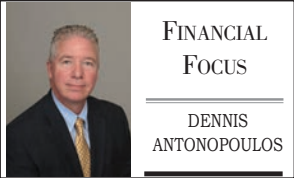
Lifespan: To extend the lifetime of frozen tomatoes and all frozen foods it's imperative to maintain good quality by packaging foods in material intended for freezing and keep the temperature of the freezer at 0 degrees F or below. It is generally recommended frozen tomatoes be eaten within about eight months for best quality.

Win a Three Course Dinner for Two at the Publick House

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

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

Does the 4 percent rule still make sense for your retirement?



You may have heard of the "4 percent rule" when it comes to retirement. The idea is simple: After you retire, you withdraw 4 percent of your investment portfolio each year. In theory, this helps ensure your savings last for your lifetime. While this rule can be a helpful starting point, it's not a one-size-fits-all — and it's definitely not a substitute for a plan tailored to your specific needs, wants and wishes.

The truth is, how much to withdraw in retirement depends on factors like when you retire, if you'll work part time, how long you expect retirement to last, your lifestyle goals, inflation and whether you want to leave a financial legacy to heirs. So, the 4% rule should be viewed as more of a guide than a strict rule.

Let's start with age. The 4 percent rule is often based on someone retiring at 65 and expecting to live until about 92. But if you retire earlier, you may want your portfolio to stretch further. In that case, you might need to start with a lower withdrawal rate, maybe closer to 3 percent. And if you retire later, you might safely withdraw a little more — perhaps 4.5 to 5 percent — depending on your financial situation.

Your retirement lifestyle also plays a big role. Are you planning to travel the world or spend more time at home? If you expect higher spending in the early years of retirement, you may need

to adjust your withdrawal rate or plan to reduce spending later to balance things out.

Your financial flexibility matters too. If you have less wiggle room with your expenses, rely heavily on your portfolio for income or want to preserve wealth for your heirs, a more conservative approach might be wise. In this conservative scenario, your portfolio withdrawals may be met from interest and dividends. Think of your withdrawal rate as existing on a spectrum from more conservative to less conservative, with your personal situation determining where you land.

Then there's inflation. A well-built strategy usually includes small annual increases in withdrawals to keep up with rising costs — about 2.75 percent per year. But you don't need to take a raise just because the calendar says so. If the markets have had a tough year or you don't need the extra income, it might be smart to skip an increase. Being flexible can improve the chances your money will last.

It's also important to understand what's known as your "portfolio reliance rate" — how much of your retirement income comes from your investments versus other sources

es like Social Security or pensions. The higher this percentage, the more conservative you may want to be with withdrawals.

And don't forget the IRS. If you're drawing from a traditional IRA or 401(k), you'll need to take required minimum distributions (RMDs) once you reach age 73. Your RMD for any year is the account balance as of the end of the prior calendar year divided by a life expectancy factor according to the IRS. These RMDs need to be accounted for in your strategy.

The bottom line? The 4 percent rule is a useful starting point, but it's just that — a starting point. A good financial advisor can help you build a strategy that reflects your age, your goals, and your full financial picture. By revisiting your plan regularly and staying flexible, you'll give yourself the best shot at turning your savings into a secure, fulfilling retirement.

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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.

Break the rules!

Vivek Ranadivé, a software entrepreneur and future NBA team owner, decided to coach his 12-year-old daughter's middle school basketball team in Redwood City, California.

He didn't grow up with the game, didn't play it, didn't know its culture—he just wanted to help. Vivek had a major problem—not only did he know nothing about the game, but neither did his girls. Most of them had never played a single minute of organized basketball.

But Vivek wasn't the type to do something halfway. From the moment he signed up, his goal was to win the state championship that season.

If he had told anyone, they might've laughed him out of the gym. But he started studying, watching games, trying to understand how basketball worked—and the more he learned, the more something didn't sit right.

After every score, teams would run back to the other end of the court, settle into formation, and wait to play defense. It was tradition. It was how the game was done. But to Vivek, it seemed like an unnecessary surrender—giving the other team a free pass for most of the court. Why retreat when you could press?

Without breaking a single rule, Vivek taught his team a strategy called full-court press: to stay on top of their opponents, disrupt every inbound, and apply pressure at every pass. It wasn't illegal. But he was breaking unwritten rules.

"Learn the rules like a pro, so you can break them like an artist." — Pablo Picasso

And by the end of the season, that little team of underdogs

POSITIVELY SPEAKING TOBY MOORE

was breaking all the unwritten rules—and was winning big.

Top performers don't follow rules—they rethink them. Research at Harvard Business School and Columbia shows that people who break norms (nonconformists) are often perceived as more powerful and more competent. One study found that entrepreneurs who take strategic risks and ignore conventional advice are more likely to create successful ventures than those who play it safe.

The girls weren't great dribblers, couldn't shoot from distance, and had no height advantage. But they had something nobody else did: an unconventional strategy and unwavering attitude.

As the first games kicked off, Redwood City stunned opponents with how quickly they scored—and how consistently they pressed.

They jumped out to early leads—4-0, 6-0, even 12-0. One game ended with them leading 25-0 before the other team even scored. Instead of retreating after scoring, they hustled back, applied pressure on every inbounds pass, and swarmed players off the ball. Teams used to long periods of transition now found themselves stuck in chaos before they could cross mid-court.

Opposing coaches fumed on the sidelines. One even confronted Vivek in the parking lot, furious that this "skinny foreign guy" was defying tradition—and winning. Every whistle signaled a barrage of fouls called on Redwood City—refer-

ees seemed determined to break them. But the girls adjusted. Instead of folding, they learned to play without pressing at times, weaving traditional basketball in between the chaos.

Through all the drama, they stayed unbeaten in most of their regular season. They won the local league, then the regionals, then advanced deep into the Northern California tournament. Each win built their stamina, sharpened their cohesion, and deepened belief in the system and each other.

By season's end, Redwood City had stormed through their local league and advanced all the way to the national Junior Basketball championship tournament!

In the end, Redwood City didn't win the national championship. They came up short in the final rounds. But by then, the point had already been proven.

A team of middle school girls with no height, no elite skills, and no basketball pedigree had made it to the biggest stage in the country for teams their age—by doing what nobody else dared to do.

They didn't cheat. They didn't bend the rulebook. But they did break the unwritten rules—the ones that say, "This is how the game is supposed to be played."

They rewrote the script. And almost won it all.

Because sometimes, if you want to win—if you want to slay the giants, shatter the odds, or change the game—you don't follow the rules.

You break them.

With intention. With intelligence. With guts.

And sometimes, that's enough to change everything.

Women's Bible Study to focus on “Nehemiah” Rebuilding a Life”

WHITINSVILLE — Coffee Break, a community Bible study for women, will begin its Fall season with a study of "Nehemiah: Rebuilding a Life" on Sept. 9.

God loves us and has wonderful plans for our lives – no matter what the current events look like. Come join with others in a study of Nehemiah: Rebuilding a Life as we look at who God is and the power and glory He is about to display in the earth. Our God is so

trustworthy. All peace and joy are found in Him. You're only allowed to be a newcomer the first week. After that, we're all friends. We look forward to meeting you.

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

Coffee Break is held each Tuesday from 9:30 to 11 a.m., and offers women in the Blackstone Valley an opportunity to read and discuss the Bible,

share questions and concerns, and develop new friendships. There's no "homework" required, and no previous Bible knowledge is necessary. Study guides and Bibles are provided free of charge.

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

The bookstore in the basement is “not Barnes & Noble”



READER’S JOURNEY

GUS STEEVES

BY GUS STEEVES
CORRESPONDENT

Just off Main Street in downtown Monson, there's an independent bookstore tucked into the Unitarian Church. It's been there all of this century so far, but has no sign, no distinct name, not even many hours – just first Fridays 5:30-7:30 p.m. and third Saturdays 10 a.m.-1 p.m. But it has personality, especially if you like the chance of finding books in a well-stacked basement. Or, better yet, in the old “wine cellar” down the ramp behind that.

None of the people who founded it in 1999 are still around, but Mary Gelezunas took up the baton of running it as a volunteer back in 2004. She's not alone; she described its continued existence as “a labor of love by volunteers who are all book lovers.” It's also entirely reliant on donations – and gets quite a few of them.

“This is not Barnes & Noble,” she adds. “We have no control over what's donated.”

On the flip side, she added, they see this as “a community service for people (for whom) going to Barnes & Noble would be cost-prohibitive.” Books are mostly 50 cents to \$2.

Over the years, they've seen some quirky things come through. A 1950s home economics textbook.

The original Alcoholics Anonymous book from the 1930s. An 1890s History of Germany that still had the stamp of the Prescott Public Library – a town that's been under the Quabbin Reservoir since the 1930s. A teaching atlas of Latin American history. A first edition copy of Uncle Tom's Cabin. Various long out-of-print books from private collections and estate donations.

“This place is dedicated to the art of browsing,” Gelezunas said, who noted the store has more than 10,000 titles.

The Unitarian Church bookstore began in 1999 as an idea of several church members, including then-selectman Ed Harrison, who “built it with scrap lumber cobbled together.” One of those founders “used a bandsaw down there to cut the bindings off” books they didn't sell and wanted to recycle.

Today, the church doesn't have a Web site nor even its own phone number to save money. But the store still comes up online if you google “Monson UU Church bookstore” or look at booksalefinder.com. Its hours are still the same as they were on a Facebook post from June 2019.

To find the books, you have to go through the church's main hall, which is festooned with



Gus Steeves

Mary Gelezunas emerges from the Monson Unitarian Church after last Friday's bookstore closing time.

another of the church's quirks – it houses a regional club for sewing machines, both electric and pedal-driven. Several of those machines are semi-permanently on display around the room, with several of them more than a century old and from foreign countries. Most of them are still useable, and when the club meets, they get used.

Beyond that, you'll go up the ramp, take a right and find a steep staircase down. At the bottom, the sign says “watch your step,” but tall people really should watch their heads. Passing through that doorway brings you into a bibliophile's world of wonders.

The first section is mysteries, but browsing through the place, you'll find pretty much everything – fiction, science, religion (mostly not your typical spirituality), kids' books and biography. Make your way through the white door and down a second ramp into the “wine cellar,” and there's still more, including history, art, science fiction and fantasy, among other things.

With the rise of the internet, many people buy only what they're specifically seeking (and maybe what some corporate algorithm recommends), but miss out on the possibility of the unexpected finds a small store can have.



Gus Steeves

The stairs down to the bookstore. Watch your head!

“The appearance of Amazon.com in 1995 led to a significant decline in the number of independent bookstores in the United States, leading many analysts to predict the demise of the sector,” reported Ryan Raffaeli of Harvard Business School in his 2020 paper 'Reinventing Retail: the Novel Resurgence of Independent Bookstores.' “However, between 2009 and 2018 independent bookstores proved to be far more resilient than expected. The American Booksellers Association (ABA) reported a 49% percent growth in the number of “indie” booksellers, from 1,651 in 2009 to 2,470 in 2018.”

To counter Amazon and other big-business competition, Raffaeli observes, “A core segment of book-buying consumers who drive sales in independent bookstores is attached to the bookstores' communal identity. When a consumer shops at an independent bookstore, they are reinforcing a set of beliefs that they have about themselves and their ability to contribute to the economic welfare of their local community.”

The paper's online at https://www.hbs.edu/ris/Publication%20Files/20-068_c19963e7-506c-479a-beb4-bb339c-d293ee.pdf.

Gus Steeves can be reached at gus.steeves2@gmail.com.



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EDITORIAL

The case for silence

We don’t get much silence anymore. Even when the world is technically quiet, there’s the hum of the refrigerator, the buzz of notifications, the constant chatter in our heads. We’ve gotten so used to noise that the idea of sitting in a car with nothing but the sound of the tires on the road feels almost rebellious.

Lately, we’ve realized how amazing real silence is. No radio, no podcast. Just us, our thoughts, and the steady rhythm of driving. It has been a reset button we didn’t know we needed.

Science actually backs this up. A 2013 study published in Brain, Structure and Function found that periods of silence, just two hours of it, can help the brain generate new cells in the hippocampus, the part of the brain linked to memory and emotion. Other research has shown that quiet time lowers cortisol (the stress hormone) and lets the brain shift from “react” mode to “reflect” mode. In short: silence isn’t empty, it’s restorative.

We live in a world that treats silence like a gap to be filled. We fill it with scrolling, streaming, playlists, background noise and anything to avoid just... being. But what if the thing we’re avoiding is the very thing our minds crave?

Driving in silence has become our version of meditation. It’s where ideas show up uninvited. It’s where we notice the scenery we usually speed past. It’s where our brains, exhausted from the constant feed of information, finally exhales.

Silence isn’t a luxury — it’s fuel. The more we give ourselves those pockets of quiet, whether it’s in the car or just sitting at our kitchen table, we can feel our brains unclenching.

So, here is our challenge to you: turn off the noise for ten minutes. Drive in silence and let your thoughts wander. In a world that keeps shouting for your attention, you might be surprised what you hear when everything else finally stops.

Letter submission policy

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

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

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Leftism and what is wrong with it

To the Editor:

Nowadays, we keep hearing what a threat Donald J. Trump is to our democracy, but have you heard what the liberals in this country are saying? (Liberal author unknown): “If we can just get Trump in jail and get rid of all of MAGA, stack the Supreme court, ban voter ID, get rid of the Electoral College, and censor free speech we can save democracy.”

First and foremost, we are a Constitutional republic, not a democracy, because some of the people that write to the Editor are very blind to this truth.

Your President, Donald Trump, is not a threat to this country, but I do believe, and keep hearing, that the media and the Democrat party are our biggest threat. Malcolm X, before his death, had this to say about the media: ““The media’s the most powerful entity on earth. They have the power to make the innocent guilty and to make the guilty innocent, and that’s power: Because they control the minds of the masses.”

Take CNN, for instance, who is hellbent on trying to discredit our President, and for almost a decade, they have been sued many times by many different people for telling lies to the public. ABC, NBC, CBS, MSNBC, and our liberal newspapers have all been sued over what they perceive as a good story. I keep hearing this story about CNN that makes my stomach turn. During all of Trump’s campaign rallies, CNN only covered the Butler, Pa. rally, which, as we all know, was when a transgender woman tried to assassinate the then Republican candidate Donald Trump. Now I don’t know if that is correct, but I haven’t seen anyone refute this from CNN or their worshippers.

During a press conference and during the Biden administration, Peter Doocy of Fox News said to Karine Jean Pierre, “There have been two attempts on Donald Trump’s life, yet Joe Biden keeps calling him and MAGA a threat to this country. When will Joe Biden stop using words like that to describe Donald Trump?” Karine didn’t like the question, and told Fox News that the question itself was “dangerous.”

The Democrats tried impeachment and it failed. Democrats tried to jail Trump on what even Alan Dershowitz called ridiculous. Dershowitz, an alumnus from Harvard University and a registered Democrat, has been saying all along: “Trump will prevail in these cases, and I wouldn’t be surprised if they got thrown out before the trial begins.”

When liberals say they want to get rid of all MAGA, what they are saying? They are saying that they want only one party ruling this country. Liberals want to kill everything they can’t control, including Trump and his supporters. Like I have said in the past, although I have no love for the Democrats and the liberals in the United States, I don’t want them dead, just unemployed from politics where they can do no harm to us. Far left Democrats and liberals want Trump in jail forever, but would prefer him dead; that’s why, during his trials and his two assassination attempts, we saw the left screaming for more.

Stacking the Supreme Court with liberal justices is another problem, and yes, the Democrats in power haven’t had time on their side. The untimely death of Ruth Bader Ginsberg and the confirmation of Amy Coney Barrett infuriated the Democrats, who thought they could rattle Ms. Barrett, but once again, the Democrats failed miserably and Justice Barrett was confirmed. Later, the Biden Administration did manage to place Ketanji Brown Jackson, who has been the butt of many jokes because of one of her answers. For those that don’t know, Sen. Blackburn, during Ketanji Brown Jackson’s confirmation hearing, asked Ms. Jackson to define a woman. Ms. Jackson refused to answer a very simple question, but the reasons why

To the Editor:

It’s one of the laws of nature — a rodent will always respond to a gustatory stimulus, such as a piece of cheese. Just place a suitably baited trap – in this case, an aromatic rehash of an interminably debunked Obama/Russia conspiracy – in its path, and said rodent, or someone with the equivalent intellectual capacity, will take the bait. Whap! Thus, we have MAGA Mikey Downing hoisted by his own petard. ‘Fireworks’ must be a right-wing euphemism for ‘dud.’ Early on, the GOP – Guardians of Pedophiles – realized how uneducated, racist humans mirrored rodent behavior; and they rode that revelation right into power. Although maybe Mikey is just bewitched by that white streak in Tulsa Gabbard’s “wicked witch of the west’ coal tar black hair? No mention of anything ‘Epstein’ from MAGA Mikey... just 10-year-old “Obama done it!” nonsense.

I had prepared an ‘opinion’ on how Trump’s lying has become ‘normalized’ by right-wing Americans, to the point where ‘truth’ is now an endangered species. (He’s going to lower drug prices by 1,000 percent! Lowering prices by 100 percent means they would cost nothing... so 1,000 percent means the drug companies will be paying us to take the drugs.) But since the cuts prescribed in the new slash and burn tax bill are all predicated on the government’s need to reduce spending, I thought I should provide a few examples of how the Trump administration is fulfilling their fiduciary responsibility with the economy and our tax dollars.

1. The U.S. is projected to lose \$12.5 billion this year from declining foreign visitor spending. That includes two million fewer tourists in New York City alone, \$4 billion lost from hotels, restaurants, and shops. From Germany (-28 percent) to the UK and South Korea (-15 percent each), fewer people are coming. Why? Take your pick: Trump’s insult diplomacy, retaliatory tariffs, a looming \$250 “visa integrity” fee, or the general sense that America now feels less like a travel destination and more like a live-action Homeland Security simulation. But we’ll make up the money through the tariffs that come out of our pockets - we lose tourist business, and then pay more for our everyday needs. Manufacturing is not being on-shored. The companies who left America to avoid paying a living wage, aren’t coming back. Their costs aren’t going up – they will just

The high cost of solar power

To the Editor:

Small towns are up against big headwinds: Big Solar and Big Wind turbine companies.

Ordinary residents argue with solar purveyors just to get them off their properties. Have you chased a solar panel rep off your property? One aggressive solar panel rep refused to leave until my husband angrily ordered him off our property. We called our local police. Put up a ‘No Solicitations’ sign near our mailbox.

In Greenfield, western Massachusetts residents are up in arms about the new state solar incentive program. The state regulators are so cute. In June, the Department of Energy Resources (DOER) filed emergency regulations to the Solar Massachusetts Renewable Target (SMART) Program. They left out the P. Only the Leftists can come up with long-winded meaningless names.

It should be named the Dumb Green program. It calls for cutting down acres of trees and planting acres of solar panels and battery facilities on farm land and formerly forest land.

The “emergency” rules took effect immediately. Now, there is a new “mitigation fee” for solar farms with capacities greater than 250 kilowatts built on formerly agricultural land.

At Greenfield Community College on July 25, residents gave DOER an earful. First, the new regulations do not work in rural Massachusetts with small installations, such as when a farmer puts panels on his barn or outbuilding.

The new rules require a meter to be within 10 feet of

the utility meter. It’s impossible for a farmer to comply because he puts solar panels on a barn which is very far from the utility meter. The new rules require internet meters - not available in western rural Massachusetts.

Hello, Boston? Do you ever drive the Pike to the frontier border with New York? Well, hitch up your wagon to your horses, and learn that Massachusetts is quite big. It feels like Texas! Takes hours to cross it.

Infrastructure installation is costly in small rural towns. Only large solar developers can do this. The new rules, according to a Shutesbury Planning Board member, benefit large corporate companies that are destroying critical habitats.”

He said the new rules give “huge financial incentives for solar projects on forested land... Cutting forests is counterproductive to reducing the concentration of carbon dioxide in the atmosphere.” Duh.

One Northampton farmer, Fred Beddall, said the regulations need to protect agricultural land. Installing solar farms on agricultural land makes crop rotation difficult, and reduces food production.

The farmer accurately said: “There’s a hunger crisis as well as a climate crisis. Massachusetts needs to protect its farmland and produce more food, not less... As usual, the farmer gets a small crumb of the solar feast.”

The Climate Crisis hysterics want solar development no matter the cost. “We must reduce reliance on fossil fuels and curb global warming!” one so-called science teacher said. This genius said that the “devastation of global warming does not mean we should

she wouldn’t answer the question are still very suspicious. If Ms. Jackson answered simply with, “a homosapien female capable of bearing children” or, “a woman can be defined by their chromosomes XX.” Some might argue that perhaps, if she were to give those answers, then she would have been attacked by the party trying to make her a justice.

I believe Justice Jackson knew exactly why she shouldn’t answer that question. The Democrats would like everyone to believe transgender women (biological males XY) can menstruate and have children. Transgender men (biological women) can menstruate and possibly bear children, but if the world is not screwed up enough, picture coming into a world where mom has facial hair and dresses like a man?

Why would the Democrats be against voter ID’s? Is it racist? Is it a formality to deter American citizens from voting? Does it target people of color, Black and Hispanic? Is it too hard to obtain a voter ID? Just so everyone knows, the only Americans upset about voter IDs are Democrats in power, senators, house reps, and our liberals and their dot orgs. Did you know to get into a Democrat convention that you are required to have a legal ID? Rules for thee but not for me, says the Democrat. A voter ID is no different from a driver’s license, liquor ID, or just a plain ID with your name, address, and verification that you reside in that state. They could make it part of your driver’s license when you go to the Registry of Motor Vehicles, but either way, nothing complicated, like the Democrats and liberals say it is. I would argue that voter ID’s are what this country needs besides term limits. Without voter ID’s, anyone can vote... dead people, criminal illegals, and those from a different state.

Liberals want to eliminate the Electoral College. Eliminate the Electoral College simply so that California and New York get to pick who runs this country, and the rest of us won’t have a say. Al Gore and Hillary Clinton, after losing their elections, were screaming that they won the popular vote, and “if it hadn’t been for the Electoral College, I’d be POTUS!” That sort of nonsense sounds like the line I’d hear after Scooby and the gang caught the criminals... “If it hadn’t been from those meddling kids...” you know the rest.

Thankfully, neither Republicans nor Democrats will ever be able to stop free speech in this country. Our duly elected Democrats are trying real hard to get rid of the Second Amendment, even when the shooter is a Democrat or crazy, or both! Recently in the news, 11 people were stabbed in a Walmart in Michigan, and the good news is that most of them are going home. The other good news is that the person doing the stabbings was stopped by a good guy with a gun. I went to CNN to find this story, which was hidden, and they didn’t even mention how this maniac was stopped until the next 24 hours after the stabbings. During the writing of this letter, another tragedy befell this nation. I am referring to the shooting in Manhattan where a police officer of three children was shot in the back by a Vegas man with mental illness. This nameless psychopath also kill a security guard and two people who worked at companies in a building in Manhattan. CNN again got the story wrong, and there is video proof that they blamed the shooting on a white guy. Why anyone would use CNN as a credible news source is beyond me, and these are the same people saying that MAGA is a cult. Perhaps it’s time for those that think like CNN and Bevilacqua to find other news sources or maybe watch all the news sources and make a rational decision without blaming the gun, MAGA, and Trump for all that can go wrong in our world.

Thanks for reading.

Mike Downing
Whitinsville

Pulp fiction

pass the tariffs on to the buying public. Pure genius.

2. Trump appropriated nearly \$1 billion from the Air Force’s nuclear missile modernization budget, in order to renovate a luxury aircraft from Qatar that he plans to use as Air Force One and later claim as a showpiece for his imaginary “presidential library.” The fact that the renovation won’t be complete until the end of his term, is conveniently overlooked. This Air Force money is explicitly allocated to shore up crumbling Cold War-era silos housing live Minuteman III intercontinental ballistic missiles, The scoop, uncovered by New York Times national security reporters David Sanger and Eric Schmitt, details how \$934 million was quietly transferred from the Pentagon’s ICBM program into a classified aircraft project. Multiple Air Force officials have now privately confirmed what the paperwork tried to obscure: the money is going toward refurbishing a jet Trump personally selected, complete with gold finishes, personalized interiors, and reportedly, accommodations he intends to continue using post-presidency as a mobile monument to himself. Meanwhile, the real-life nuclear silos in Montana, North Dakota, and Wyoming are leaking, crumbling, and overdue for urgent structural overhaul, according to the Air Force’s own internal review.

3. Trump spent over \$10 million of our tax dollars to take his family to Scotland to open a new golf course, and play a few rounds..... he was also caught cheating – twice – on film. He had one meeting with the UK Prime Minister to justify the \$10 million expense.

4. In his first term, Trump had to pay farmers \$109 billion in direct payments, mostly due to his imposed tariffs. How much do you think he is going to have to pay this time, with his new tariffs and no immigrant workers?

5. Then there was the \$250 million spent to create a few bomb holes in the Iranian firmament. Your tax dollars at work.

To Linda Lackey: Imagine if I sued MAGA Mikey, took his life savings, and he had to depend on the government’s largesse – socialism - to survive! Would he then become a Democrat? Just a thought that I can enjoy for the next three years. Thank you.

Rick Bevilacqua
Whitinsville

restrict clear-cutting core habitats.” He said: “We need to cut some trees now to save greater forests in the future.” Wait, what?

Jake Marley, owner and CEO of Amherst solar developer Hyperion Systems LLC, added that while preserving agricultural land is a priority, “Massachusetts will need considerable in-state generation... We know there simply isn’t enough roof or parking lot space to generate the gigawatts needed.” Jacob! Jacob Marley!

Megawatts? Schmegawatts. Gigawatts, ConglomerateWatts. A resident said most people cannot conceptualize how much land is required to produce one megawatt of energy. “One megawatt is the equivalent of five to 10 acres of land.”

So, 14,000 acres of solar panels can produce 1,400 megawatts, instead of one power plant like Mystic Power which the geniuses closed in 2024. It produced 1,414 megawatts of electricity on a few acres. Which do you choose?

Meanwhile, on the anniversary of the giant break-down of wind turbines off Nantucket, Maura Healey attended a fundraiser with lawyers for Big Green Corporate Energy and the CEO of Vineyard Wind. Where are her priorities?

The Green Scam Capitalists are not Capitalists on the open market. They are getting rich on contracts with state governments. We taxpayers and rate payers are creating the New Green Rich guys. Maura’s deal with off shore wind is so bad that Connecticut refuses to join. Then, why are we doing it?

Bev Gudanowski
Uxbridge

Plant a bit of shade



GARDEN
MOMENTS

MELINDA
MYERS

Summer heat may have you seeking comfort from a nearby shade tree. You immediately experience as much as a 15 to 20 degree drop in temperature and enjoy the relief it provides.

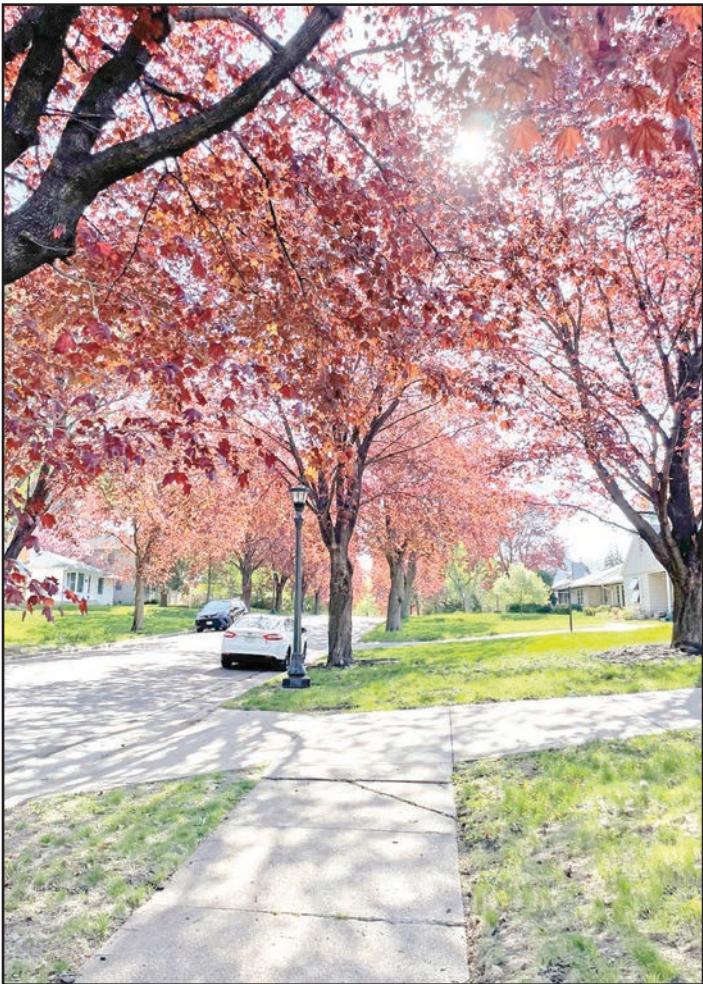
Bring this shady relief home by looking for ways to include trees in your landscape. First, monitor patterns of sun and shade on and around your home throughout the day and throughout the year as the angle and position of the sun changes. Observe the impact your home, neighboring homes, sheds and existing plantings have on the sunlight reaching your landscape.

Consider providing welcome

shade where needed during the hottest hours of the day and weeks of the year. Look for opportunities to plant trees where you can make a difference in your comfort and money spent cooling your home.

Plant trees, if space allows, near those areas where you spend time outdoors. Shading patios and decks makes them more inviting on a hot summer day. Deciduous trees that drop their leaves in winter allow you to soak up some welcome sunshine during the cooler months of the year.

Maximize the cooling benefits to your home by planting trees on the east and west side of your house. Shading the roof, walls and



Melinda Myers

Norway maples providing shade and cooling the yards, sidewalk and street.

windows greatly reduces heat gain and energy needed to cool your home. Since about 75 percent of the heat gain in a building comes through the windows, shading them can greatly increase your comfort and reduce money spent cooling your home. Once again, deciduous trees provide needed shade in summer and allow warming sunlight into homes during the cooler months.

Don't overlook paved areas near your home that greatly impact the air temperature. Shading paved drives and walks reduces heat absorbed that is released back into the surrounding air. Lowering the temperature of the space around your home helps lower the indoor temperature.

Shading an air conditioner can increase its efficiency by as much as ten percent, reducing energy use and saving you money. If space is limited, consider planting a shade-producing shrub or vine trained on a trellis. Be sure to provide space around the unit for needed airflow.

Avoid underground and overhead utilities when planting trees. Tall trees that eventually grow into the wires or struc-

No room to plant trees on your property? Consider joining the local tree board or other tree planting group. Adding trees to your community can help you and your neighbors create a healthier, cooler environment that everyone can enjoy.

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

Bay Path Practical Nursing graduates shine at SkillsUSA National Conference

ATLANTA, Ga. — Two recent graduates of the Bay Path Practical Nursing Academy earned national recognition at the 2025 SkillsUSA National Leadership and Skills Conference, held this summer in Atlanta, Georgia.

Ashley Rincon of Southbridge placed 10th in Medical Terminology, a competitive category that tests participants on their mastery of clinical language and healthcare vocabulary. Her achievement reflects a deep understanding of medical concepts and terminology, essential for effective communication in clinical settings.

"I had the incredible opportunity to attend Nationals for Medical Terminology in Georgia," Rincon shared. "It was an eye-opening experience to connect with students from across the country who share a passion for healthcare. It was inspiring and rewarding. I would gladly do it all over again. It was truly an unforgettable experience."

Loise Ngigi of South Grafton earned an impressive 6th place in First Aid/CPR, showcasing her ability to apply critical lifesaving skills in high-pressure scenarios. Her performance demonstrated not only technical proficiency but also calm decision-making, qualities essential in emergency care.

Ngigi expressed her deep gratitude to Bay Path Practical Nursing Academy's Director, Dr. Greteline Bolandrina, saying "Thank you so much for every-



thing—I seriously couldn't have done it without you! You were amazing! I was smiling the whole time."

Both graduates were among thousands of competitors from across the country who demonstrated their knowledge and skills in various career and technical education fields. The Practical Nursing program at Bay Path has long been recognized for preparing graduates for real-world healthcare environments, and the success of Rincon and Ngigi continues that tradition.

"These results are a testament to the hard work and commitment of our students and faculty," said Bolandrina. "Ashley and Loise represent the future of healthcare—skilled, compassionate, and ready to lead. It helps that we have the strong support of Bay Path's leadership, from the Superintendent, Mr. Kyle Brenner,

members of the School Committee, to Mr. James Tripp Pockevicius, (Director of Career and Technical Education), and most especially to the SkillsUSA Advisors Pam and Chris Staney."

SkillsUSA is a

health sciences, and more.

Rincon and Ngigi's accomplishments not only bring pride to the Bay Path community but also highlight the critical importance of career and technical education in shaping the next generation of healthcare professionals.

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Frost announces siscal Year ‘26 Chapter 90 funding for the 7th Worcester District

BOSTON — State Rep. Paul K. Frost (R-Auburn) is pleased to announce the 7th Worcester District is scheduled to receive a grand total of \$4,129,557.38 in state Chapter 90 funding assistance for local transportation infrastructure as part of a \$1.185 billion transportation bond bill. House Bill 4307, An Act financing long-term improvements to municipal roads and bridges, was given preliminary approval by the House of Representatives on July 23, when it was engrossed on a vote of 156-0. The bond bill still requires Senate approval and Governor Healey’s signature before the funding can be finalized. Frost said, “One of the biggest issues I hear about is concern regarding local roads. This program is fundamental in improving and maintaining roads and bridges in our towns. I have always supported more funding for local roads as this is another important form of local aid.” Funded annually, the Chapter 90 program provides municipalities with reimbursements to aid in offsetting costs associated with local transportation infrastructure projects. Communities can utilize the funding for the construction, repair and maintenance of roads and bridges, as well as related street lighting, traffic signalization and sidewalks. Frost notes that the House bill calls for a \$300 million statewide allocation for the Chapter 90 program for Fiscal Year 2026, with \$200 million to be allocated to cities and towns using the traditional three-prong formula that is based on the weighted average of each community’s local road mileage (58.33 percent, population (20.83 percent) and employment (20.83 percent). The remaining \$100 million will be allocated based strictly on local road mileage. Under the House bill, the towns of the 7th Worcester District are set to receive:

Town	FY2026 Chapter 90 Formula	FY26 Road Miles	Total FY26 Chapter 90 Funding	Comparison to FY25 Chapter 90 Funding
Auburn	\$ 602,773.75	\$ 322,131.94	\$ 924,905.69	+ \$319,879.79
Charlton	\$ 622,206.32	\$ 419,940.30	\$ 1,042,146.62	+ \$421,870.94
Leicester	\$ 422,336.32	\$ 278,258.19	\$ 700,594.51	+ 278,140.78
Millbury	\$ 418,604.23	\$ 236,375.56	\$ 654,979.79	+ \$235,180.80
Oxford	\$ 503,405.68	\$ 303,525.09	\$ 806,930.77	+ \$303,084.18

H.4307 has Senate for its advanced to the consideration.



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BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER


- Throw out unsafe food

Who to Call → Where to Meet → What to Pack

www.Ready.gov/blackouts

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Jamoni
Age 12
Registration #7022

Jamoni is a happy, curious, and resilient child with a sweet and loving temperament. He enjoys engaging in independent play and has a wide variety of hobbies that keep him active and engaged throughout the day. Some of his favorite activities include coloring with chalk on the pavement, swinging at the playground, sunbathing on warm days, visiting the trampoline park, playing Bocce, and going on field trips that spark his curiosity. His favorite activity is completing puzzles, which he approaches with focus, determination, and a great sense of accomplishment. Jamoni also loves the world of Mario Bros and Pokémon, often getting excited about the characters and stories from these games. His joyful spirit and enthusiasm for learning make him a delight to be around.

<https://www.mareinc.org/child/22539845657>

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

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LEGALS

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508)831-2200
Docket No. WO25C0401CA
CITATION ON PETITION TO CHANGE NAME

In the matter of:
Henry Rondina Lymneos
A Petition to Change Name of Minor has been filed by
Henry Rondina Lymneos of Uxbridge MA requesting that the court enter a Decree changing their name to:
Henry Rondina

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10 a.m. on the return day of 08/26/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Leilah A Keamy, First Justice of this Court.
Date: July 24, 2025
Stephanie Fattman,
Register of Probate
August 8, 2025

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 240 Roosevelt Drive, Northbridge, MA 01534

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Samantha Greenberg and Alexander Smith to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for United Wholesale Mortgage, LLC, and now held by **United**

Wholesale Mortgage, LLC, said mortgage dated August 13, 2021 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 65829, Page 303, said mortgage was assigned from Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for United Wholesale Mortgage, LLC to United Wholesale Mortgage, LLC by assignment dated August 2, 2024 and recorded with said Registry of Deeds in Book 70844, Page 299; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction** on September 11, 2025 at 02:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

The land in Northbridge, Worcester County, Massachusetts, with the buildings and improvements thereon, shown as Lot 46 on a plan entitled "PRESIDENTIAL FARMS DEFINITIVE SUBDIVISION PLAN OF LAND IN NORTHBRIDGE, MASS.," dated July 27, 1999 and last revised February 6, 2001, prepared by Guerriere & Halton, Inc. of Whitinsville, Massachusetts 01588; which Plan is recorded with the Worcester District Registry of Deeds in Plan Book 772, Plan 96 (the "Plan") to which plan reference is hereby made for a more particular description of said Lot 46. Being the same premises conveyed to Mortgagors by deed dated August 5, 2021 and recorded herewith.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor's Title see deed dated August 5, 2021 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book

65829, Page 298.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within thirty (30) days after the date of sale.

Other terms to be announced at the sale.

Brock & Scott, PLLC
23 Messenger Street
2nd Floor
Plainville, MA 02762
Attorney for United Wholesale Mortgage, LLC
Present Holder of the Mortgage
(401) 217-8701
August 8, 2025
August 15, 2025
August 22, 2025

ORDER OF NOTICE BY PUBLICATION
DOCKET NUMBER
2585CV00765A
Trial Court of Massachusetts
The Superior Court
BMO BANK, NATIONAL ASSOCIATION
vs
TD BANK, N.A. AND PEOPLES HERITAGE BANK
Dennis P. McManus, Clerk of Courts
Worcester County Superior Court
225 Main Street
Worcester, MA 01608
Re: **SUBJECT(S) OF NOTICE:**

PEOPLES HERITAGE BANK

WHEREAS a Complaint was filed in our Superior Court by **BMO Bank, National Association**

Wherein it is seeking a: declaratory judgment to remove a cloud on title to real property at 34-36 Spring Street, Whitinsville (Northbridge), MA 01588.

We **COMMAND YOU** if you intend to make any defense, that on or within such 9/17/2025 further time as the law allows you do cause your written pleading to be filed in the office of the Clerk of Court named above, in said Commonwealth, and further that you defend against said suit according to law if you intend any defense, and that you do and receive what the Court shall order and adjudge therein. Hereof fail not, at your peril, or as otherwise said suit may be adjudged and orders entered in your absence.

It appearing to this Court that no personal service of the Complaint has been made on the defendant a deputy sheriff having made a return on the summons that after diligent search he can find no one upon whom he can lawfully make service, a copy of which is hereto attached and made part of this notice, it is **ORDERED** that notice of this suit be given to them by publishing, once a week for three successive weeks, the last publication to be at least 20-days before said return day in the:

Newspaper:
Blackstone Valley Tribune City/
Town: Town of Douglas
DATE ISSUED
07/23/2025
Clerk of Courts/Asst. Clerk
August 8, 2025
August 15, 2025
August 22, 2025

Douglas Adult Social Center

331 Main St.
(508) 476-2283
Hours of operation: Monday through Thursday 9 a.m.-3 p.m.; Friday 9 a.m.-noon
DAILY ACTIVITIES: All our daily activities are free of charge.
Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 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
Tuesday & Thursday lunch club please call the Friday before to sign up.
August Lunch Menu
Tuesday 8/5: Baked potato bar & ice cream sundaes.
Thursday 8/7: Free Pizza Party, salad & cupcakes. Must be signed up by July31st.
Tuesday 8/12: Turkey burgers, salad & fruit.
Tuesday 8/19: Chicken broccoli Alfredo, garlic bread & chocolate pudding.
Tuesday 8/26: Swedish Meatballs with egg noodles, carrots & cookies.
Thursday 8/28: Salad bar with grilled chicken & fruit.
AUGUST EVENTS:
WELLNESS CLINIC: August Clinic dates are Monday the 4th & Tuesday the 12th. 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.
Blackstone Valley Animal Shelter Visit: Thursday August 14th 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 August 7th.
Lunch & Movie: We will be watching Music of the Heart, Thursday August 28th @ 11:30. Lunch will be a grilled chicken salad bar & fruit. Please sign up before August 21st.
The Sunshine Club invites you: BINGO & ICE CREAM NIGHT: Thursday August 21st @ 6:30 pm join us

Uxbridge Senior Center Silver Club announces upcoming trips
UXBRIDGE — The Silver Club of the Uxbridge Senior Center is planning some trips that anyone is welcome to join.
There will be a three-day trip to New York City from Aug. 16-18. It includes two breakfasts, two dinners, and two nights

lodging, as well as a harbor cruise and lots of touring with a step-on guide.
From Sept. 14-20, there is a seven-day trip to Charleston, S.C. planned, including 10 meals, a guided tour of the city, a tour of a historic plantation, a harbor cruise,

for a night of friends, fun, & laughter. Bingo cards will be available for purchase when you arrive. You may call the center to sign up, 508-476-2283 before August 18th.
PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES
Check our website for events that may not be listed herehttps://www.douglas-ma.gov/202/AdultSocial-Center-Senior-Center
a visit to Middleton Place, a visit to the Charleston Tea Garden along with a trolley tour; a tour of an historic home, and more.
Please call Sue at 508-341-0797 for more information. The bus will leave from the Millbury Park and Ride in Millbury.

Plummer Place Home of the Northbridge Senior Center

experience fresh and refined folk music for modern times with these two singer-songwriters from Massachusetts. Anybody who craves authentic, mindful acoustic music will not want to miss out on experiencing this duo! Supported in part by a grant from the Northbridge Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.
Fall Prevention and Recovery, Tuesday, August 19th, 1:00-2:30pm. This program will be held at the Northbridge

Fire Station. Come and learn about fall hazards, home adaptations, strengthening exercises and how to recover from a fall. Presented by Karen McCarthy, LPN. Sponsored by Salmon VNA & Hospice.
We are accepting donations for Plummer Place. Heavy duty plasticware utensils, heavy duty plates large and small, bowls, napkins, plastic cups, crystal lite packs, bottled water either large or small, creamers, sugar packets, decaf coffee and regular coffee, Shaw's gift cards. We appreciate all donations!



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Math Blocks

Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

	0	20	26
4	1		20
2			17
12	10	41	

9	6	2
15	1	4
20	0	6
Solution		

THIS DAY IN HISTORY



1100: Henry I is crowned King of England.

1620: The Mayflower departs from Southampton, England, carrying would-be settlers to North America.

1914: In Cleveland, Ohio, the first electric traffic light is installed.

SPORTS FACT:



The earliest balls used in this sport were made from feathers and called “featheries.”

Answer: Golf

Get Scrambled

Unscramble the words to determine the phrase.
HLEO NI NOE

Answer: Hole in one

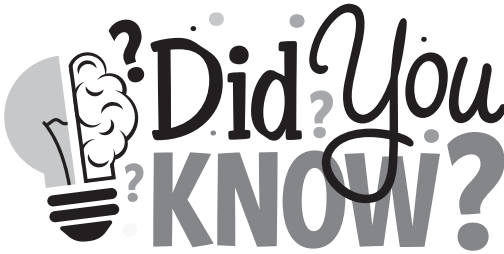
NEW WORD

BOGEY

a score of one stroke over par at a hole in golf

How they say that in...

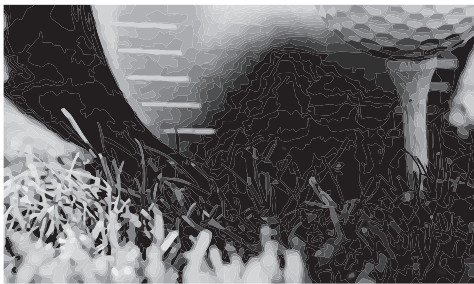
English: Club (golf)
Spanish: Palo de golf
Italian: Mazza
French: Club
German: Golfschläger



Buzz Aldrin, who served as Commander of Apollo 14, swung a golf club on the moon and sent two golf balls into space.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Golf club



Solve the code to discover words related to eye health.
Each number corresponds to a letter.
(Hint: 1 = S)

A. 14 17 1 17 10 13

Clue: Sight

B. 1 18 13 25 3 5 1 1 8 1

Clue: Tinted lenses

C. 8 6 5 11

Clue: Test

D. 21 4 10 22 8 15 22

Clue: Care for

Answers: A. vision B. sunglasses C. exam D. protect

SUDOKU

	8			9				
	3						9	2
			3	6			7	
		7	2			8		
					1			
	1	2						3
2	9	8		5				6
		4						
						1	5	

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	7	3	9	2	8	1	5	4
1	5	4	6	7	3	2	8	9
2	9	8	1	5	4	7	3	6
5	1	2	7	8	6	9	4	3
8	4	9	5	3	1	6	2	7
3	6	7	2	4	9	8	1	5
9	2	1	3	6	5	4	7	8
4	3	6	8	1	7	5	9	2
7	8	5	4	9	2	3	6	1

ANSWER:

Device-free activities families can enjoy at home

Family time is an umbrella term that can encompass a range of activities, but it generally involves parents and children spending quality time together away from the hustle and bustle of everyday life. Finding distraction-free family time has always been challenging, but it might be even more so in the modern world, where a device with internet access is seemingly always within reach.

A January 2024 report from Parks Associates indicated the average United States household with internet access had 17 connected devices in 2023. Though such devices

have become integral parts of the daily lives of billions of people across the globe, tablets, smartphones, smart watches, and other items can make it hard for families to enjoy distraction-free time together. With that in mind, families can consider the following device-free ways to enjoy one another's company.

- Designate a night each week for board games. Classic board games like Monopoly, Scrabble and many more don't require an internet connection, making a family board game night an ideal way to disconnect and spend time together. Even if the competition gets heated,



ed, there's still plenty of time for families to catch up and discuss what's going on in their lives, an important benefit that's not always so easy when devices are commanding everyone's attention.

- Get out in nature.

Routine afternoons spent in Mother Nature is another great way for families to disconnect and spend time together. Whether it's an afternoon spent sunbathing at a local beach or a family hike through a nearby park, the great outdoors

provides a wonderful excuse to put down the devices and reconnect in a beautiful, natural setting.

- Get in touch with your collective creative side. Families with a knack for producing their own creations can host periodic family craft nights as a fun and productive way to spend time together away from their devices. Tie seasonal celebrations like Halloween and the holiday season into craft-making sessions. Let a different person choose a craft before each session, or make it a contest to determine who can make the biggest, funniest or most complex decoration.

- Cook together as a family. Dinner can be an unenviable chore in busy families, but parents can designate one night each week when the family cooks together. Sunday night cooking sessions might make the best sense, as kids' schedules are more likely to be free on Sunday than any other day during the week. That makes Sunday afternoon and early evening a great time to catch up on the previous week and spend time together without devices.

Families looking to spend time together away from their devices can do so in any number of ways.

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WEBSTER - 4 PERRYVILLE RD

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On the shores of Lake Chargoggagogmanchauggagoggchaubunagungamaugg

Webster Lake - 53 Colonial Rd

SORRY, SOLD!

WEBSTER LAKE WATERFRONT! JUST SIMPLY AN INCREDIBLE OPPORTUNITY! OVER 31,000 SQ FT OF LAND! Summer Cottage on 9482 SF of land. Commanding view, breathtaking Western Sunsets + 5 Waterfront Lots across the street, on 4 of the 5 possibly buildable. assisted sale **\$1,199,900**

Webster Lake Waterfront 88 Union Point

SORRY, SOLD!

Excellent opportunity! Natural Western Facing Shoreline-Beautiful Sunsets - Views of Middle to North Pond! 7,000 +/- Sq. Ft. Waterfront Lot! Fireplaced living room! 12 X 30 one car garage. **\$660,000**

Webster Lake Waterfront 8 Long Island

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Beautifully Updated Circa 1990s Classic Antique Island Cottage, with Rare Boat House Included! Extremely Unique, Clean & Well Maintained. Modern Conveniences w/like Charm of Yester-Year! 1,240 SF, 6 Rms, 3 BRs, 2-1/2 Baths, Hardwood Floors! Fireplace w/Wood Pellet Stove, Wrap-Around Screened Porch, Lg Outbuilding w/Full Bath/Shower/Laundry & Workshop, Patio! Town Wtr/Sew + Private Well for Outdoor &/or Off-Season Water Use! 14,300 SF +/- Level Lot w/100's of Shoreline. Most Important of All - 25% Shared Ownership in a Mainland Waterfront Lot for Parking, Boat Docking & Winter Storage. **\$595,000**

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Webster Lake Waterfront Lots Bates Point Rd

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