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Friday, July 11, 2025

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Dudley selectmen add patrolman, approve revised Hazard

WEBSTER and the Pope himself.

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Jeanne's fourth-grade class to compose individual letters to the Holy Father — a request close to Pope Francis's heart, as he had a deep affection for children's words and prayers. The students joyfully created individual cards filled with their love, prayers, and hopes. These cards were hand-delivered to Pope Francis in Rome by Mr. David Dziena, Vice President of Bayard Publishing, Inc., during a private audience with the Holy Father. Mr. Dziena, who was in Turn To LEGACY page A10

playground **BY JASON BLEAU** CORRESPONDENT DUDLEY — Work has commenced on the new Richard Carmignani Sr. Playground which will replace the closed and

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Mitigation Plan

BY JASON BLEAU CORRESPONDENT

DUDLEY—The Dudley Board of Selectmen approved a pair of requests from the Police Department and Fire Department which will help foster growth in the police force and sets in place a new hazard mitigation plan for the next five years.

At the Board of Selectmen's June 23 meeting, selectmen voted to declare a vacancy for a new patrolman and approved the Hazard Mitigation Plan which has been months in the work by the town's emergency personnel. Both votes will allow the individual departments to proceed with processes that will help keep Dudley more secure and prepared for any potential emergency.

The first vote was to allow police Chief Marek Karlowicz to proceed with hiring a new patrolman which will increase the force to 17 staff members. Adding a new patrolman was approved during the annual town meeting in May. Chief Karlowicz said he was excited to officially bring the position to the department.

For over 20 years, our department has been at 16 while our town grew 25 percent — this is going to cut back on some overtime hopefully," said the Chief.

The Chief also gave an update on an existing patrolman vacancy which had proven to be difficult to fill due to a lack of qualified candidates. However, the most recent job post resulted in a much better turnout.

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Meanwhile the fire department also received some good news from the Board of Selectmen with the approval of the newly revised Hazard Mitigation Plan, a vital resource that provides a blueprint for keeping Dudley prepared for any potential disasters that might strike the region. The plan was the focus of several public hearings dating back to late 2024. It has been reviewed and approved by the Massachusetts Emergency Management Agency (MEMA). Chief Dean Kochanowski revealed to selectmen that the document had also been approved by federal authorities as well.

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Scholarship committee members and award recipients, from left, Brenda Sullivan, Savannah Steiner, Adam Phillips, Aidan VanArsdalen, Carl Kaliszewski, Lisa Prince, Anthony Avoglia, and Lily Durda.

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The WDO Chamber of Commerce scholarships are funded by proceeds from an annual golf tournament sponsored and supported by Chamber members.

This year's Scholarship Committee included WDO Chamber Director John Milas, Webster Five Market Manager Brenda Sullivan, Tri-Valley Inc. CEO Lisa Prince, who presented the scholarships, and 511 Financial Managing Partner Carl Kaliszewski.

The scholarship event for awardees and their families at The Mill featured an ice cream social, provided by The Broadway restaurant in Worcester.

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Dudley begins work on new playground **BY JASON BLEAU** CORRESPONDENT

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The scholarship event for awardees and their families at The Mill featured an ice cream social, provided by The Broadway restaurant in Worcester.

Officials denounce conservation cuts

BY KEVIN FLANDERS STAFF WRITER

REGION—The Healey-Driscoll Administration joins officials statewide condemning the in Trump Administration's cancellation of more than \$45 million in funding to accelerate conservation efforts across

Edward Jones

Massachusetts.

The cuts include a \$20.8 million award from the U.S. Department of Agriculture to Massachusetts that would have provided long-term protections for farmlands, forests, and wetlands.

State officials said the

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funding was slated to assist farmers and forest landowners, particularly in small, rural communities. Funds would have been used for projects carried out by a coalition of state agencies, land trusts, and municipalities.

Additionally, the Trump

Administration has canceled a \$25 million grant to Mass Audubon that was set to protect more than 10,000 acres of forests and wetlands along the Connecticut River. "President Trump is yet again action taking that will hurt Massachusetts' commurural nities. farmers, and economy," said Gov. Maura Healey. "This is funding that would have been used to ensure clean water, provide access to fresh local food, and support our agricul-tural economy. President Trump is making us less healthy and weakening our economy. He should reverse these cuts immediately.'

The cuts will have several negative financial impacts on rural communities, officials warn.

"These grants are essential for preserving farmland, protecting wetlands to reduce flooding risks, and maintaining forests that attract tourism and outdoor activities," said Lt. Gov. Kim Driscoll. "Cutting these funds puts extra pressure on local budgets, threatens rural jobs, and leaves our communities more vulnerable to disasters." With Bay Staters hav-

ing faced emergencies resulting from floods, droughts, and wildfires in recent years, state and local officials are calling for increases in municipal preparedness initiatives and other protections, not cuts.

"When we stop protecting natural lands, we lose

clean air, flood protection, and the ability to slow climate change," said Massachusetts Executive Office of Energy and Environmental Affairs Secretary Rebecca Tepper. "These places absorb carbon, shield our homes from extreme weather, and keep nature in balance. Without them, we all feel the impact."

Members of agricultural communities are also concerned by the cuts.

"Canceling this funding strips farmers of critical tools to keep their land in agriculture through vol-

untary conservation easements. These agreements help make farmland more affordable for the next generation while allowing farmers to stay on the land

and keep it productive," Massachusetts said Department Agricultural Resources Commissioner Ashley Randle. "Without this support, farmers lose options – and some may be pushed to sell, putting local farming at risk."

Added David O'Neill, President and CEO of Mass Audubon, "When we terminate grants that conserve our forests, keep working lands working, act as a flood protection buffer for communities, and leverage millions from other funding sources, we all lose.'

Real Estate

AUBURN

\$550,000, 208-B Pakachoag St, Fairbanks, Michele, to Clark, Andrew S, and Clark, Danielle.

\$390,000, 1403 Forest Park Dr #1403, Golden Hbr Hmtead T, and Silvia, Dennis J, to Milberg, Victor.

\$385,000, 305 Bryn Mawr Ave, Mars, Andrew P, and Gelineau, Rebecca A, to Dion, Deven.

\$333,000, 41 Hill St, Dakash LLC, to Eckbold, Talia.

DUDLEY

\$450,000,29CharltonRd,Dabrowski, Elaine, Wolenski, Kenneth, Barbour, Patricia, and Wolenski, Kenneth, W to Dezotti, Brenner A, and Dezotti, Carolina M.

\$660,000, 10 Johnathan Pass, Rossi, Geilton, and Rossi, Rogeria, to Daaku, Obea.

\$525,000, 330 Mason Rd Ext, Georges, Afaf, and Chahine, Jean, to Ober, Casey, and Ober, Patricia.

\$125,000, 4 Wysocki Dr #18, Demon Deacon Realty LLC, to Thibodeau, Thomas.

OXFORD

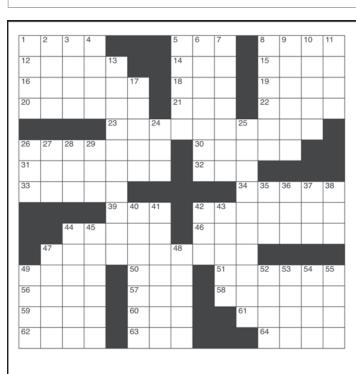
\$799,900, 36 Sullivan Blvd, Stone, Nathaniel, and Stone, Carrie A, to Carpenter, Matthew, and Carpenter, Margaret.

\$760,000, 7-R Oxbow Rd, Mejia-Bernal, Maria A, to Georges, Afaf.

\$699,900, 31 Joe Jenny Rd, Neverbuilt LLC, to Chavez, Norma F. \$655,000, 4 Arrowhead Dr. Hutchinson, Nason A, and Hutchinson, Michele A, to Cox, Ogochukwu M, and Cox, Philip A.

\$440,000, 7 Ashton St, Acevedo, Marilyn, and Rodriguez, Hector, to Taylor, Chavani.

\$219,500, 32 Thayer Pond Dr #12, Nader Realty Series LLC, to Stolberg, Paul.



CLUES ACROSS

33. Pouches 0 percent 5. Records electric currents 34. Hip joints 8. Charlize Theron flick "___ Flux" 39. A place to bathe 12. More frosty 42. Evading 14. Disfigure 44. Minute, one-celled unit 15. Sky color 46. Losing one's hair 16. A thoroughfare in a town or 47. A country in W Africa 49. One point north of northeast city 50. Pointed end of a pen 18. Actress de Armas 19. Spend time in a relaxed way 51. Extreme 56. Norse personification of old age 20. California peak 57. Doctors' group 21. Lodging option 22. Small amount of a thing 58. Member of U.S. Navy 23. Expresses sorrow 59. Mens' fashion accessories 60. A way to allow 26. Keeps an ear warm 30. Babies (Spanish) 61. Gloomy 62. Grads wear one 31. A conceited and self-centered person 63. Between south and southeast 32. No seats available 64. Jaguarundi cat

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options.

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Let's talk about your

Dennis Antonopoulos Volunteer to help clean up Webster Lake

> WEBSTER — Volunteer to clean Webster Lake on July 12 from 9:30-11:30 a.m.! Volunteers needed to help clean up Memorial Beach and the shores and coves of the lake. If you have a boat or kayak, get a friend and clean up the shoreline near you.

> If you are a Boy Scout/cub scout/girl scout or other youth group leader or just interested in helping and are looking for a 2-hour project, this is perfect. Meet at Memorial Beach on Saturday, July 12, tell the guard that you are here for the cleanup and you have registered. Bring your own gloves, trash bags, etc. Email lsopp00@gmail.com to register. All welcome. See you on Saturday!



Meet Junie B. Jones – A Quiet Soul Ready to Bloom

After spending 322 days as part of a large cruelty case, Junie B. Jones is finally free — now she's searching for a very special home to call her own.

Junie is a shy, sensitive girl who has endured more than any dog should. She's still learning how to trust the world around her, she'll need a patient, understanding adopter who can help her feel safe at her own pace. Though slow to open up, Junie is incredibly endearing — she'll gently offer you kisses, loves the company of people she knows and trusts, and will proudly parade around with her favorite toys, which she adores even more than treats! Helping Junie blossom will take time, but it will also be incredibly rewarding. Learn more, or apply at BaypathHumane.org.

CLUES DOWN

1. Snakes do it 2. Hormone 3. The standard monetary unit of Turkey 36. Twelve 4. Fixed charges 5. Electronic communication 6. Artilleries 7. "Strangers on a Train" actor 41. Early Farley 8. Burning 9. Makes ecstatically happy 10. Greek liqueurs 11. Tropical Old World tree 13. Someone who takes vengeance 48. A way to lessen 17. Style of cuisine 24. Select 25. Immunized against disease 26. Old world, new 27. Honorable title (Turkish)

28. Court case: ____v. Wade 29. Supervises interstate commerce 35. Not divisible by two 37. Commentator Coulter 38. Encourage 40. Plumbing fixtures 42. One point north of due east 43. King of Thebes 44. Short-tailed martens 45. Impose a penalty on 47. Consort of Poseidon 49. Brooklyn hoops team 52. Female of a horse 53. Do as one is told

- 54. A way to prepare meat
- 55. Unit of measurement

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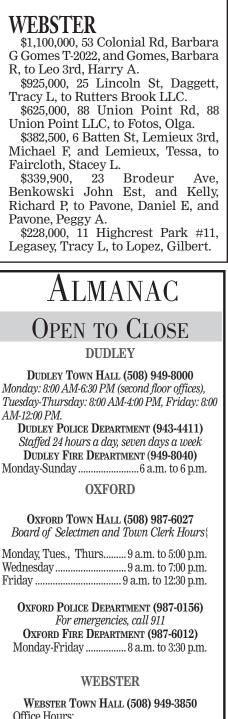
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Building community with "courageous conversations"

BY GUS STEEVES CORRESPONDENT

CHARLTON — In a time where social media and other "communication" outlets seem geared to promoted conflict rather than communication, Michelle Chalmers is still focused on building common ground.

For years, the Charlton resident has been a racial justice educator, largely because her own family is biracial – her husband and two sons are black. While she went into marriage thinking our society was equal, she said she's come to see it's not, and the people who have the most influence on her children are white teachers and police officers.

"We all need to understand the system in which we live," Chalmers told a recent meeting of the new Central Mass

Common Ground, a group aiming to bridge political and social differences in the area.

It meets at Charlton Library, and has members from Charlton, Sturbridge, Southbridge and Woodstock, among other towns.

For her, that exploration led to seeing a need for ways to build common ground among people who might not see it at first. That's not something widely taught in schools or other public settings; she said we're "not taught how to active-ly listen," but that's "a skill we can learn in all of our relationships."

"Sometimes, these courageous conversations can be triggering and difficult," she added.

Chalmers has been doing it for years, mostly using a system she calls "transformational conversations." The basic goal is to help people find common interests that will enable them to maintain (or create) relationships with the people they might disagree with.

It's mostly based on the ideas of Dr. David Campt, whose website dubs him "The Dialogue Guy." The site describes its goal as helping people who "know that they have the internal wisdom to better address complex problems but also know they are not operating at their highest potential" to unlock "the power of dialogue for improving inclusive decision making."

"Dialogue in a small group of people is a critical process for exploring the power of group intelligence, and we are certainly passionate advocates of this approach to engaging groups," a different page states. "But we also believe that an organization's or community's problems sometimes require the engagement of more diverse voices than can be in one small group.'

Chalmers said Campt uses the acronym RACE as his method's core concept to promote "engaging with empathy."

The R is for "reflect and relax" - taking a moment to assess how you feel when someone says something you dislike. She noted people often get defensive, but don't know why, and it helps a lot to "get more comfortable being uncomfortable in such situations."

Chalmers encourages using a basic deep breathing exercise "when we want to freak out" inhaling for a count of five, holding it for two, then exhaling for seven -

a few times in succession. While doing so, consider whether you should really respond now, later, or ever.

If you do so, Campt's A is for "Ask for under-standing." The speaker might be using terms in a way that's different from how you'd use them, or you might have missed a key point. Ask them how they came to see its meaning that way - did they experience something that taught it to them, or did they hear it from others?

That leads into the C, which means "Connect" sharing lived experiences that might be similar or how they're different, leading to common ground. (As Chalmers' handout describes it, this step is to "find the chocolate in the trail mix.")

Finally, the E means "Expand" on those expe-

riences, to promote wider understanding.

Chalmers asked participants to think about what they can agree on that will enable a shared next step. The key is to try to understand the other person's story before expressing your own, and she noted "try not to use the word 'but,' and replace it with 'and."" But "negates all you just said," while and continues the thought and adds to it, she noted.

After her summary of the concept, a couple people came forward to roleplay scenarios of disagreements from their personal experience. The group decided they'll have brief roleplay sessions in future meetings.

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

Nichols College board elects new chair, vice chair, trustees

DUDLEY — At its May 2 meeting, the Nichols College Board of Trustees elected David G. Bedard as the new Chair and Jaime Paris Boisvert as the new Vice Chair of the 27-member board. During the academic year, the board also elected Edmond J. (E.J.) Landry and Taylor Cornell as new trustees.

Bedard is a 1986 graduate of Nichols and has been a member of its board since 2011, serving on the Executive and Finance committees and as chair of the Audit Committee. He succeeds Randy Becker, a member of the board since 2006, and chair for the past three years. Bedard is a retired financial services executive with 35 years experience, most recently as senior vice president and head of New York Life's Finance Services Organization, the company's global shared services group in New York City. A native of Shrewsbury, he currently resides in Estero, Fla.

Paris Boisvert, a 1998 graduate of Nichols, was elected to the board in 2021 and has served on the Executive and Finance committees and as chair of the Academic Faculty Affairs Committee. She succeeds Carolyn Burke, a trustee since 2015 and vice chair for the past three years. Paris Boisvert is the executive director for global development in the Sustainable Infrastructure division of Johnson Controls, which is known for delivering

outcome-based infrastructure solutions. She resides in Woodstock, Conn.

New trustees Landry and Cornell began their terms in the 2024-2025 academic vear.

Landry is a 1986 graduate of Nichols and a retired partner at Deloitte. He is a seasoned financial expert, and risk and controls expert, with significant experience auditing and consulting with companies in the life sciences (med device), technology and manufacturing industries. Prior to his role on the trustees, Landry served a three-year term as co-chair of the college's Board of Advisors. He resides in Franklin, New Hampshire.

graduated Cornell

from Nichols in 2024 with a degree in general business and minors in psychology and criminal justice. As a student, she founded the Bison Pantry to help address food insecurity on campus, played a key role in establishing the Equestrian Club, was an inaugural member of the women's golf team, and served as vice president of student advocacy on the Student Government Association. Currently, she is a financial aid officer at Keiser University in Sarasota, Fla., and vice president of the Haiti Plunge program board of Berkshire County. She resides in North Port, Fla.

About Nichols Nichols College has earned business accreditation from the prestigious Association to Advance Collegiate Schools of Business (AACSB International). the longest serving global accrediting body for business schools and the largest business education network connecting learners, educators, and businesses

in

and professional education. Nichols offers realworld learning focused on professional depth - combined with vibrant living, competitive athletics, and an unmatched alumni advantage - equipping students to exceed their own expectations. www. nichols.edu



Cornerstone Bank promotes Elizabeth Dunn to vice president of benefits



ident of benefits. She previ- itoring the effectiveness of Cornerstone, which is a subously served as assistant vice our health and welfare offer- sidiary of PeoplesBankCorp,

WORCESTER Cornerstone Bank, a community bank with locations throughout Central Massachusetts, is pleased to announce the promotion of Elizabeth Dunn to vice pres-

president, HR business partner. In her new role, she will lead the development, implementation and management of Cornerstone's employee benefits programs, ensuring compliance, cost-effectiveness and employee satisfaction, while also advising on strategic planning and vendor relationships.

'Lyz has more than a decade of valuable experience in her field, and is intimately familiar with our culture," said Cornerstone CEO Todd Tallman. "She has demonstrated expertise in administering and overseeing comprehensive benefits programs, ensuring compliance with federal and state regulations while mon-

ings

Dunn is a Nichols College graduate and a member of the Society for Human Resource Management. She also volunteers with Habitat for Humanity and the Community Harvest Project.

About Cornerstone Bank Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank's local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch.

MHC, operating inde-pendently under its own name and brand, provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities through a broad range of deposit and loan products and services. Built on Trust is not just a tagline, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank's personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.



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Local students named to Dean's List at Saint Michael's College

COLCHESTER, Vt. -The following local residents were named to the Dean's List at Saint Michael's College for the Spring 2025 semester. Students who complete at least 12 credits of classes and achieve a grade point average of at least 3.5 in a particular semester are cited on the Dean's List for that semester.

of

Nicholas

Lindberg

Dudley

About

consequence, is a

selective, Catholic college just outside Burlington, Vermont, one of the country's best college towns. Located between the Green Mountains Lake Champlain, and closely connected our community guarantees housing all four years and delivers an internationally respected liberal

arts education, preparing students for fulfilling careers and meaningful lives. Young adults here grow intellectually, socially, and morally, learning to lead with empathy and professionalism, and to be responsible for themselves, each other, and their world.



Austin C. Brush Dudley **LOWEST PRICES • FULL SERVICE** D. of Serving Worcester County for Shrewsbury's Own... almost 60 years! Bernadette E. Lesieur of Oxford SERVICE www.alsoil.com Saint Michael's College We accept most major Saint Michael's credit cards College, founded in 1904 on principles of social justice and leading lives of purpose and 24-HOUR EXPERT BURNER SERVICE • 508-753-7221

<u>Pearle L. Crawford Library</u>

40 Schofield Ave., Dudley 508-949-8021

The Library will be closed Friday, July 4th.

There is so much happening at the Library this month! In addition to Summer Reading-Level up Your Library Game, we will be celebrating SHARK WEEK from Monday, July 7 – Friday, July 11. There will be crafts, trivia and shark related photo ops too! Don't forget our 15 Year Anniversary celebration is Thursday, July 10th 4:00-7:00.

To register for events, or sign up for the newsletter go to www.crawfordlibrary.org or call 508-949-8021.

Gentle Yoga

Mondays in July

10:00-11:00 AM

Join yoga instructor Patricia, for a traditional "on the mat" yoga class with chair yoga modifications. This truly is a one size fits all class.

Bring your own mat. Wear layers, do not eat heavily 1.5-2 hours before class. Registration is Required.

Mahjong at the Pearle

- Every Wednesday in July
- 10:00-12:30 Fels Community Room

The game consists of players competing to form distinct sets or pairs of tiles, similar to gin rummy.

Everyone welcome, registration not required.

Quilting Group

Every Wednesday @ 1:30

All quilters and would-be quilters are invited to join our new group. Bring your projects!

Knit & Crochet Group

Every Thursday 5:30-7:45 and Friday 10:00-12:00

All stitchers are welcome for this informal group.

Bring your project, enjoy the company

Crafternoons at the Library

Paint Stick Beach Flag

Tuesday, July 1

1:00-2:00 You'll leave with a one

You'll leave with a one-of-a-kind creation to enjoy!

Registration is Required.

Picking Parlor Jam a "mostly" Bluegrass Focused Jam Session

1st Saturday of every month

Saturday, July 5

10:00-12:00 in the Fels Community Room

This is an unplugged acoustic jam. All talent levels welcome...beginners

on up! Don't want to play? No problem, lis-

teners are welcome too!

Let's Talk Nipmuc Genealogy Monday, July 7

6:00-7:45

Unlock the secrets of your family history! Join us for five enlightening sessions on exploring your roots. Our expert genealogist will share tips, resources and stories to inspire your research. Patricia M. St. Marie, Professional Genealogist www.progthe book is fair game, except alcoholic beverages-sorry! Prepare the recipe at home and share it at the library. We cannot reheat or keep food warm, so consider this when choosing your recipe.

You are responsible for bringing serving utensils. We will provide paper goods and utensils for eating.

There will be a place to include your recipe selection in the reservation form. Registration Required.

Baby Open Play

Fridays in July

10:00- 12:00

Open play for babies! Parents and caregivers can let babies play while getting to know others in the community. Come anytime between 10-12 or stay the whole time! No Registration Required

Shark Storytime!

Tuesday, July 8

11:00 - 11:45

Join us for a storytime that's all about sharks! We'll sing songs, do fingerplays, read a fun story, dance with scarves, pretend we are under the sea with bubbles, and finish with a fun craft, activities, and free play! This program is best for ages 3-6 - No Registration needed.

Tommy James Magic Show - "Keep the Kids Laughing!"

Wednesday, July 9

1:00-1:45

Come join the fun with a roller coaster ride of magic entertainment that will have kids and adults engaged and laughing the entire show! Tommy James incorporates a hilarious style of magic that has been honed to perfection with over thirty years of performing experience. You'll witness non-stop comedy and magic by a wonderful entertainer! There will be a live rabbit, and the show will conclude with a child floating in mid-air!

No Registration Required.

Science Heroes: - "Adventure of the Missing Color!"

Monday, July 14

11:00- 11:45

Join Science Heroes on their mission to turn science into an adventure! Through hands-on experiments and fun, interactive stories, you'll discover the science behind the colors we see. Along the way, you'll help solve the mystery of the missing color! This program is best for ages 5-12.

No Registration Required.

Get Moving with Mason Rd. Physical Education Teacher Mr. Davis

Wednesday, July 16

1:00- 2:00 Fun outdoor activities for everyone! Something a little different each month. This program is best for ages 5-12.

No Registration Required. This is not a drop off event.

t drop off event.

Pokemon Club Thursday, July 17

6:00-6:45

Do you love everything Pokemon? Join us for Pokemon club! Each month we will have exciting crafts and activities! Best for ages 6 and up. No Registration Required. This is not a drop off program. ies of the book will be available for purchase.

"The Sideshow" is a genre bender incorporating history, mystery, and suspense into a story filled with dynamic characters and clever tie-ins to the poetry of Edgar Allen Poe and other "easter eggs" referencing well-known pieces of literature. The setting of the book is a 1920s traveling circus, and the plot contains multiple twists and turns guaranteed to keep the reader on the edge of their seat.

About the Author: Maggie Montville is an up-and-coming author who has just released her debut novel, "The Sideshow". When Maggie is not writing, she enjoys acting in local theater productions, singing, and performing as a character actress at children's parties across New England.

<u>GLADYS E. KELLY</u> <u>PUBLIC LIBRARY</u>

2 Lake St., Webster 508-949-3880

Library Hours: Monday, Tuesday, Thursday 9 a.m.-8 p.m., Wednesday 9 a.m.-1 p.m., Friday 9 a.m.-5 p.m.

The Library is closed on Saturdays through the summer

JOIN OUR MAILING LIST!

Want to receive updates about our upcoming events? Sign up for email alerts by visiting our website or contacting our Adult Services Librarian Jessica Fontaine at jfontaine@cwmars.org

Adult Programming

Yoga – Saturdays at 9:30am

Join Julie or Lauren at the Gladys E. Kelly Library for a vinyasa yoga class for all levels. A typical class involves centering the mind with the breath, aromatherapy, movement of the body to release energetic blockages, and, finally, rest and relaxation. Classes are free. Funded by the Friends of the Gladys E. Kelly Public Library.

Yoga Nidr – Wednesday Mornings at 8:15am

Join Adult Services Librarian Jess for a relaxing yoga nidr practice to start your day on Wednesdays. Jess will guide participants through a few simple yoga asanas to release physical tension. Participants will then settle into a reclined position for a guided relaxation (yoga nidr). If you have your own yoga mat, please bring it and be sure to dress in comfortable clothing. This program takes place before the library officially opens. Registration is required and Jess will meet you at the program door.

Library for All – First Two Mondays; Last Two Fridays 10AM (Chair Yoga or Craft)

This program includes one chair yoga class and one craft project that will be held on first two Mondays and the last two Fridays of the month. Either join Jess for a one-hour relaxing Chair Yoga class or join us for our craft program. Check the online calendar to see which event is scheduled. No experience necessary. This program is for teens and adults of all abilities and their caregivers. Please call ahead if special accommodations or requirements are needed. Kids 0 to 6 are invited to get their wiggles out with weekly obstacle course and fun.

Mini Block Party – Tuesdays from 3:30-5:00PM

Play with magnets, wooden blocks, and Legos.

Kim the LEGO Lady – Tuesdays at 4pm

Do you love building, creating, and having fun with LEGO? Look no further! Kim the Lego Lady is here and we want YOU to be part of our LEGO CLUB adventure. Join us for interactive building challenges, new skills and create fabulous imaginative builds. For Ages 5-11.

 $\label{eq:Friendship} \begin{array}{ll} Friendship \ Bracelets \ - \ Wednesdays \\ at 11AM \end{array}$

Grab your bestie and come make beaded bracelets in the children's program room. This is a self-guided program, all materials are provided. Ages 8 and up.

Nintendo Switch for Tweens and Teens – Thursdays, 2-4pm

Teens and tweens are invited to play games on our Nintendo Switch.

Outdoor Messy Play – Thursdays, 3:30-4:30pm

Outdoor Messy Play is back! We supply the messy materials for your children to play with, along with a hose for washing off outside afterwards! This program is extremely messy, please dress in something you don't mind getting dirty or stained.

Play-doh Storytime – Fridays at 10AM Join Youth Services Librarian Andrew for stories, play-doh, and fun! This storytime is geared toward ages 2 to 5, but siblings are welcome.

Beginner Origami-Fridays at 3:45PM

Are you interested in making origami, but you don't know where to start? You can start here. And if you do know how to make some origami, feel free to come make some as well. For kids of all ages.

Animal World Experience - Monday,

Animal World Experience pro-

July 14th at 10am

enofne.com. Registration Required.

15 Year Celebration Thursday, July 10

4:00-7:00

Join the Pearle in celebrating its 15th anniversary in the Schofield Ave. location. This event will feature local music, caricature artist, rock painting, balloon animals, picnic food, ice cream and library tours. Let's celebrate!

This event is funded by the Hugh W. & Harriet K. Crawford Endowment Fund for the Pearle L. Crawford Memorial Library

No Registration Required.

GED & HiSET Informational Tuesday, July 15 10:00-12:00 Contact alandry@webster-schools.org to register.

Once Upon A Crime Book Club The Good Nurse by: Charles Graeber Friday, July 11 11:00-12:00 Adult Reading Area

Do you have a passion for true crime and examining the details of each case? This book club is for you!

The "Once Upon A Crime Book Club" meets the first Friday of every month in the adult reading area.

All books will be pre-ordered and available for pick up at the circulation desk.

SARJ- Saturday Acoustic Roots Jam Saturday, July 19

11:00-1:00 in the Fels Community Room

This is an unplugged acoustic jam. All talent levels welcome and listeners too!

Crawford Library Book Group Thursday, July 24 6:00-7:30 Book: God of the Woods Author: Liz Moore Books are available at the circulation desk for checkout one month prior to discussion. No Registration Required.

"Cook the Book" Book Club Monday, July 28 6:00-7:00 Book: Easy Weeknight Dinners Author: Emily Weinstein Pick one recipe from the book selected

for the month, the dishes don't have to be complicated or fancy, any recipe from Tinker Tuesday! Tuesday, July 22 10:30 - 11:30

Join us for hands-on activities promoting problem solving and creative thinking! Drop-in anytime between 10:30 - 11:30 am. This is best for ages 3-6. No Registration Required

Puppet Show with Pumpernickel Puppets!

Thursday, July 31

1:30-2:15

Join us as John McDonough works his magic with his Pumpernickel Puppets! He'll entertain us with 2 stories: "The Three Billy Goats Gruff", and "The Lion and the Mouse." You won't want to miss this fun, family event! This program is recommended for children ages 3 and over.

Registration Required.

Dungeons & Dragons Game Every Thursday, 6:00-7:30 Ages 12-19

Are you looking to play a game that contains action, adventure, and drama? Come play the world's number one

role playing game.

This program geared towards kids that are looking to learn more about playing and some short adventures!

Cheez-Its Taste Test Challenge for Teens!

Monday, July 21 3:45- 4:30 Ages 12-18

Come and test your tastebud skills and come hungry! Sample a variety of different flavored Cheez-Its, and see if you can guess what each one is. Prizes for the top 3 winners with the most correct answers! What better way to have an afternoon snack? This program is for ages 12-18 only. No Registration Required.

Local Author Book Launch- The Sideshow by Maggie Montville

Thursday, July 31

6:00-7:15

Join us in welcoming Dudley author, Maggie Montville, for her first book launch celebration. Maggie will be reading an excerpt from her novel, The Sideshow.

Refreshments will be served, and cop-

The Catnip Junkies Concert – Thursday, July 10th at 6:30pm

The Catnip Junkies are the happiest, tappiest and brassiest band you'll ever hear! New Orleans isn't just a city; it's a vibe! The Bourbon Street Jubilee will transport you to the heart of the Big Easy, and all of its captivating culture! As the birthplace of jazz, tap, the second line, and back alley side shows, New Orleans has it all, and so does this show! You don't want to miss this one-of-a-kind tribute that will leave you smiling all the way home!

The Nest: Local Success Stories with Mary Anne Fontaine from Empire Travel – Monday, July 14th at 6:00pm

Mary Anne Fontaine brings a rare blend of deep travel expertise and local community connection. Mary Anne began her travel journey at Empire Travel in 1989. Since then and through many changes, the agency has adapted to the new travel norms. Mary Anne and her team continue to strive to create unique experiences within all budgets. Her presentation at the nest will feature her story as a business owner in an industry that is ever-changing and stories from the road that inspire wanderlust and community connection.

Children's and Young Adult Programming

Summer Eats – Mondays – Thursdays July 9th-August 14th from 12:00-1:00pm

A totally free-of-charge program that provides free meals to all kids and teens, ages 18 and under, at locations all across Massachusetts during the summer months. Held on the Library Lawn. All kids and teens eat for free.

Scavenger Hunt---- All Month Long

What's more exciting than a scavenger hunt? Come upstairs to the Children's room to pick up a list of things to find all around the library.

Take and Make Craft--- All month long

New Take and Make kits will be available for pick up in the Children's room on the 1st of every month, while supplies last.

Maker Mondays – Mondays from 3:30-4:30 PM

Feeling artistic? We will have a variety of craft materials available to put your creativity to the test!

Toddler Playtime--- Tuesdays at 10:00 AM

vides fun, interactive, educational animal presentations to audiences of all ages. Join Matt Gabriel as he presents a variety of animals, learn about their fascinating lives, and then get up close to pet them if you wish.

Laser Tag for Kids – Monday, July 14th at 6:00pm

Up to 20 participants grades 12-18 may take part in an outdoor laser tag match. Sneakers and shoes are required. No flip flops. As a lot of running is required, participants with conditions such as asthma must have proper medication at all times.

Ed with Wizard: Dino Balloon-Twisting Workshop – Tuesday, July 15th at 10:00am

In this Basic Animal Balloon Twisting Workshop, library patrons will learn the art of balloon twisting basics as they create their own dinosaur. For ages 7 and up.

Wiggles and Giggles for Littles – Wednesday, July 16th at 10:00am

Come sing, dance, and make music with Lainey Hanlon! For Ages 6-23 months and their caregivers.

Wiggles and Giggles – Wednesday, July 16th at 10:30am

Children ages 2-5, with a parent/caregiver, will sing, move, play musical instruments, learn rhythm and listen to stories with music teacher, Laine Hanlon.

JJK's Summah Readin' Roadtrip – Thuesday, July 17th at 6:00pm

The author of the Lunch Lady series, the Star Wars Academy series, and more, is coming to the Webster Library to give an author talk and live drawing session! Dive into Jarrett Krosoczka's creative process and the journey of bringing stories to life! Watch the magic happen as Jarrett illustrates characters from his beloved books and offers cartooning tips! Attendees are invited to get extra insights into the world of graphic novels.

Mr. Vinny the Bubble Guy – Friday, July 18th at 4:00pm

Using giant homemade bubble wands, a sound system full of music, and a lot of funny family entertainment experience, Mr. Vinny gets kids of all ages and adults involved in bubble chasing games.

Bring the garden to your next gathering



Melinda Myers

Edible nasturtium blossoms brighten up this salad.

Make every dining experience fun and flavorful by including garden fresh herbs, vegetables and flowers in your meals. Allowing guests to harvest and season their drinks, entrees and sides from the garden or container creates an interactive experience they are sure to remember.

Start your gathering with a review of the menu and a tour of the gardens. Provide guests with a harvest basket and snips so they can collect all their favorite ingredients. Or gather an assortment of herbs and vegetables in advance and display them in containers for your family and guests to make their own selections.

Include a few herbs and vegetables that can be blended, muddled or added to yours and your guests' favorite beverage. Use the hollow stems of lovage as a straw for tomato juice or bloody You'll enjoy the Mary. celery flavor this edible straw provides. Provide mint, basil or rosemary leaves to flavor iced tea and lemonade. Just set the herbs near the beverage table for easy access, provide needed utensils, and herbal cocktail recipes

Bring the garden to the party by placing a few containers of herbs, edible flowers and vegetables on your balcony, patio, deck or near the grill. Use small herb containers as edible centerpieces and add a pair of garden scissors or snips. Label the plants, offer seasoning suggestions, and allow your family and guests to season the meal to their taste when it arrives. Remind guests to adjust the quantity of herbs used to allow for the difference in flavor intensity of fresh vs. dried herbs. In general, you will need two to three times more fresh than dried herbs.

Add a bit of color and unique flavor to the meal with edible flowers. Pick the flowers early in the day when they are at their peak and taste best. Wash them by dipping the flower in a bowl of water and gently shaking. Remove the bitter tasting base of the petal and the reproductive parts from larger flowers before preparing.

Make sure the flowers you select are edible and free of pesticides.



Let your guests know they can eat the flowers, or you'll end up with a pile of petals on the side of every plate. Try nasturtium and daylily blossoms stuffed with cream cheese; calendula,

pansy, and borage petals sprinkled on salad; chive flowers for baked potatoes; and mint leaves on top of a slice of chocolate cake.

Harvest your garden and containers regularly to keep plants looking good and producing. Cut the outer leaves of leaf lettuce when they are four to six inches tall to keep the plant growing new leaves. Pick peppers and tomatoes when fully

ripe, so the plant continues flowering and forming new fruit. Remove faded flowers as needed to keep flowering plants covered with blooms.

Dress up your table with a bouquet of your favorite garden flowers. Pick a few extras to send home with your

guests and they'll surely remember your special gathering filled with homegrown flavor and

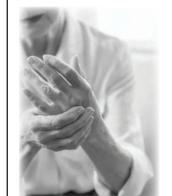
Melinda Myers has written more than

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.

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Webster Senior <u>Center</u>

5 Church St.

(508) 949-3845

Email: SeniorCenter@Webster-MA.gov

Senior Center hours are Monday- Friday 9 a.m.-4 p.m., with one Thursday a month 9 a.m.- 7 p.m.

Like the Webster Senior Center Facebook page to view our photographs, news and announcements. Please stop by to pick up our monthly newsletter for a complete list of activities, upcoming events, and our monthly lunch menu. You may also join our email list to view our newsletter online. You do not have to be a resident of Webster to participate in our activities and programs. ALL Seniors are welcome!

Tri-Valley Lunches are served Tuesdays, Wednesdays, Thursdays, and Fridays at 11:30 am. Please call (508) 949-3845 at least two business days in advance to reserve or cancel your meal. A \$3.00 donation for 65 and up, and \$5 for 55-64 is appreciated. All meals include milk, bread, and fruit or dessert. This week's menu: Tuesday, 7/15: BBQ chicken, au gratin potatoes, capri blend vegetables, mandarin oranges. Wednesday, 7/16: Teriyaki beef, steamed rice, broccoli, pineapple. Thursday, 7/17: Marinated pork loin, herbed stuffing, roasted brussels sprouts, vanilla mousse. Friday, 7/18: Soup du Jour, cranberry chicken salad, three bean salad, coleslaw.

Need Transportation? Contact SCM Elderbus at husiness days to schedule transportation. Elderbus is available Mondays- Fridays 8:30 am- 3:00 pm.

class. A new video class will be offered Thursday and Friday mornings, free of charge.

Knitting/Crochet group meets on Mondays from 10:00 am- 12:00 pm.

Bingo is every Tuesday and starts promptly at 1:00 pm. Please plan to arrive by 12:30 pm to allow time to buy your bingo sheets. Bingo sheets are not sold after 12:45 pm.

Do you like to play Cribbage? Our weekly Cribbage group meets every Thursday at 1:00 pm. Feel free to join us!

Calling card players or interested persons to the Webster Senior Center! Come join us for six-card or thirteen-card pitch! Six-card pitch meets on Wednesdays at 1:00 pm. Thirteen-card pitch meets on Thursdays at 1:00 pm.

Mahjongg group meets every Friday at 1:00 pm. Beginners welcome!

Calling all bridge players! Are you looking to spend an afternoon playing Bridge? We're looking to get a group together! If you're interested, please leave your name number with the front desk. Once we have enough sign-ups, we'll see what day works best for everyone! The Worcester County Sheriff's Office House Numbering Program will create a custom wooden sign with your house number free of charge. One sign per senior household. Please contact the Webster Senior Center at (508) 949-3845. if you are interested in having a house number sign made for you. Senior SAFE is a program that supports fire and life safety education for seniors. The Webster Fire Dept. will do a home visit to ensure that you have the correct smoke and CO2 alarms, and that they are working properly. This is at no cost to you! All you have to do is give them a call at (508) 949-3875.

MOMENTS MELINDA **MYERS**

beauty.

Come on down to the Bomba Beauty Salon at the Webster Senior Center! Call 508-341-8724 for an appointment. Bomba Beauty Salon is open for walk in appointments on Wednesdays from 10:00 am-1:00 pm, and Tuesdays, Thursdays and Fridays by appointment only from 10:00 am- 3:00 pm. Please call (508) 341-8724 to schedule an appointment.

We are now offering MOVIE MATINEES every Wednesday at 1:00 pm! Popcorn is provided, no registration is needed. July movies include: A Streetcar Named Desire on July 16th, Please Don't Eat the Daisies on July 23rd, and The Goodbye Girl on July 30th.

The Friends of the Webster Senior Center will be hosting their Forget-Me-Not Café on Monday, July 14th! Come for music from your favorite artists performed by Edward Barnett!

Are you ready for Christmas in July? Come celebrate on Friday, July 25th with the Friends of the Webster Senior Center! There'll be cookies, ice cream, and a sing-along event with Roger Tincknell!

Chair Dancing Exercise classes with Forty Arroyo are the perfect workout for any fitness ability! The cost is a recommended \$3.00 donation per





🛉 Friday's Chil



Laren is a friendly, fun-loving, and energetic young girl who brings joy and enthusiasm to everything she does. She thrives in a structured environment where routines are clear and consistent, as this helps her feel safe and supported. Laren loves being creative and often spends her time drawing and expressing herself through art. Music and dance are also some of her favorite outlets-she enjoys moving to the beat and letting her personality shine. Active and adventurous by nature, Laren enjoys outdoor play and being on the go, whether it's exploring new places or simply running around outside. She has a deep love for animals, especially turtles and other aquatic creatures, and enjoys learning about them whenever she can. Her in-

Laren Age 10 **Registration # 8313**

terest in sea life is a special part of who she is and brings out her sense of wonder and curiosity. With the right support, encouragement, and structure, Laren continues to grow and shine. She would do best in a nurturing, active family that can provide consistency, patience, and plenty of opportunities to explore her interests.

https://www.mareinc.org/child/21182507386

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.





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FRANK G. CHILINSKI STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

> **BRENDAN BERUBE** EDITOR

EDITORIAL

Some of the best memories are made in flip flops

Summer is in full swing, with everyone walking around with a sun kissed glow. Apart from mild weather, lush green forests, swimmable rivers and lakes and beautiful flowers, there are significant health benefits to these summer months.

Sunlight aids in regulating our systems. During the summer months, there is a reduced rate of heart attacks. One study revealed that those who suffered a heart attack during the summer had survival rates increase by 19 percent. Vitamin D is said to play a role in protecting the heart as well as regulating calcium and phosphorus absorption.

Individuals tend to eat lighter and healthier in the summer, consuming more fruits and vegetables, which boosts our immune system. Produce is in abundance, whether it's at the local farmer's market or in our own back yards. Bring on the watermelon! The sun can also cure many skin issues, such as psoriasis, dermatitis and acne; however, this doesn't mean we can skip the sunscreen.

Summertime encourages us to get out and exercise. Getting the blood pumping creates endorphins and initiates and improves the flow of oxygen to the brain, which in turn lowers stress, and can aid in productivity in other areas of our lives. The longer days also afford us zero excuse to get out and get it done.

Because of the warmer temperatures, we automatically increase our water intake. This promotes digestion and flushes the toxins from our bodies.

Sleep disorders tend to fall by the wayside or improve during the summer due to the sun's early morning exposure. Experts say getting sunshine between 7 and 9 a.m. every morning will help you sleep better at night.

Spending time with friends, family and community increases in the summer which is key to our mental health. During summer months there are more outdoor activities that bring folks together such as band concerts, farmer's markets, campfires, which are all great places to catch up with our neighbors. Most people tend to go on vacation during the summer, reducing stress and burnout. More and more people are realizing just how important it is to take a breather. Summertime helps us to feel more footloose and fancy free. There is also an overall feeling of relaxation and joy, over simple things like reading a book on the front porch, sipping sun tea or the smell of fresh cut grass. The rivers flow wildly in the mountains and the lakes remain calm for fisherman to drop a line and float about, letting all cares melt away as the sunlight dances off the small ripples and waves. Mountain summits are picture perfect with blue skies, white clouds, vibrant green trees with glistening rocks, oftentimes creating scenes that don't even look real. Take advantage of the season and savor every moment. In the words of the great Henry James, "Summer afternoon-summer afternoon; to me those have always been the two most beautiful words in the English language."

THE DEADLINE to submit letters to the editor and commentaries for week's newspaper is Friday at noon. **SEND ALL ITEMS** to Editor Brendan Berube at THE WEBSTER TIMES — news@stonebridgepress.news

THE DEADLINE to submit letters to the editor and commentaries for next

The truth will set you free

"Know the truth, and the truth will set you free." (John 8:32) This is one of the most profound and revolutionary statements ever spoken. Freedom is something that all people desire. Yet, what does freedom truly mean?

For many in our society, freedom means doing whatever I want, whenever I want, with whomever I want. Freedom is defined by the absence of restrictions. But that's not the freedom Jesus Christ offers. In fact, that kind of so-called "freedom" often leads to slavery - slavery to our passions, to our ego and pride, to our insecurities, and to our selfishness.

Christ offers us something greater: true freedom. Saint Paul says, "you have been set free from sin and have become slaves of God for your sanctification and its end, eternal life." Christ does not offer us free-

dom from something, but free-

dom for something. Freedom for holiness. Freedom for healing. Freedom for a new life of love. Freedom for becoming who God created us to be - sons and daughters of the Most High.

We live in a world obsessed with proving worth-through appearance, achievement, social status. But what if we no longer need to earn love? What if we no longer need to fear rejection?

In Christ, you come to realize that we are His beloved, deeply and passionately loved. Saint John puts it this way: "Behold what manner of love the Father has bestowed on us, that we should be called children of God." (1 John 3:1)

We are free from our insecurity because we are anchored in the truth of our identity as God's beloved. Our failures won't define us. The world's standards will not determine who we are. In the arms of Divine Love, we find ultimate freedom.

Fear is one of the great enslavers of our time - fear of not being good enough, fear for the future, fear of death, fear of rejection, fear of whatever we have suffered from the past. Yet, God declares clearly, "Do not be afraid, for I am with you." (Isaiah 41:10)

Christ has trampled down death by death. He has conquered sin and evil itself. He is Emmanuel, God with us. So, what can we possibly fear? As the Psalmist David declares: "Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me." (Psalm 23:4)

In a world growing increasingly divided and angry, we embrace the freedom to love even those who appear on the other side. "Love your enemies," Jesus teaches Do good to those who hate you. (Luke 6:27) This is possible when Christ lives in us. When He dwells in our hearts, there is no room for hatred. His love heals every point of bitterness, every grudge, every seed of resentment. We are free from hatred when we allow divine love to become the compass of our lives. As St. Silouan the Athonite once said: "Where the Holy Spirit is present, there is love for our enemies. Where the Holy Spirit is absent, there is no love for enemies.'



BEYOND THE PEWS By Fr. Luke

A. VERONIS SAINTS CONSTANTINE

AND HELEN Greek ORTHODOX CHURCH, WEBSTER

So many of us carry wounds. Some deep. Some fresh. Yet Jesus doesn't simply ask us to forget our past trauma. He offers to heal us. "Come to me, all who are weary and burdened, and I will give you rest," He comforts.

Through His own experience of suffering through the Cross, He conquers all hurt and pain and evil through His victorious Resurrection, Christ transforms our wounds into lessons of wisdom, our bitterness into compassion, our anger into peace. He invites us to stop living in the past and step into the freedom of the present.

This freedom includes becoming free from our addictions and destructive habits. Whether it's substance abuse, porn addiction, lust, greed, or pride, we all know the chains that bind and enslave us. The Good News of Jesus Christ, however, offers us hope. "If the Son sets you free, you will be free indeed." (John

8:36) Christ doesn't just forgive our sins - He liberates us from the habits and addictions that keep us enslaved. Through the power of His grace, we can live differently. Not perfectly, but faithfully. Not self-indulgently, but with purpose. He reveals to us a life of deep meaning and significance through living a life of joyous love and humble service to others.

We live in a time of moral confusion and spiritual distortion. Right is called wrong. Wrong is called right. Truth is treated as relative, and meaning seems to slip through our fingers. Yet, the Church proclaims the eternal truth of Jesus Christ, who says, "I am the Way, the Truth, and the Life." (John 14:6)

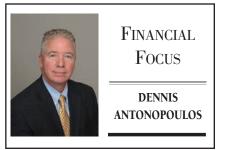
The Orthodox Church, in her timeless beauty, proclaims truth not as a concept but as a Person. Jesus Christ is the Truth. And in our relationship with Him, we find the freedom of clarity. In our intimacy with Him, we find our direction. In following Him, we rediscover our purpose.

Of course, the greatest freedom we discover is freedom from ourselves. From our egos. From our entitlement. From our endless need to be right, or to be praised. Christ frees us from the tyranny of self so that we may be filled with Him. St. Paul summarized his freedom by declaring, "It is no longer I who live, but Christ who lives in me." (Galatians 2:20)

Thus, when Christ says, "Know the truth, and the truth will set you free," He isn't offering a philosophy or a vague idea. He's inviting us to know who He is and enter into a more intimate relationship with Him.

Thus, true freedom isn't about doing hatever you want. It's abou oming who you were created to be. True free-recover and can reduce stress during dom isn't a life without restrictions, but a life in living as His beloved, without fear, as a true and whole human being. We are free to love, free to serve, and free to shine with the light of God's glory. As Saint Paul exhorts us, "Stand fast, therefore, in the freedom by which Christ has made us free." (Galatians 5:1) And may we truly walk in this freedom as sons and daughters of the King. "Know the truth, and the truth will set you free."

Stress-test your retirement portfolio in volatile markets



If you're planning to retire within the next few years - or you've recently retired — market volatility may feel especially unsettling. After years of saving and planning, you're now entering a stage where your portfolio may shift from growth to providing income. The five-year window before and after your retirement date is especially critical when market downturns can have an outsized impact on your long-term financial security.

While you can't control the markets, there are meaningful steps you can take to "stress-test" your retirement income, so it is not consumed entirely by market drops before you stop working.

Explore your short- and medium-term income needs. One of the most important steps to take is to understand how much of your portfolio you'll need to rely on for income. It depends on your other income sources such as Social Security, IRAs, 401ks, pensions and wages if you work in retirement. You'll want to avoid taking too much from your portfolio in response to a decline because that could increase the likelihood that your money may not last through retirement. A financial advisor can help you determine your threshold for monthly withdrawals, based on your income needs, long-term outlook, inflation, and risk tolerance.

Review your emergency fund. Are you able to set aside at least three to six months' worth of essential expenses in cash or very low-risk investments? That could allow you to avoid digging too deeply into your portfolio or selling stocks or other volatile assets at a loss if the market drops. The income bridge from an emergency fund gives your longer-term investments time down markets. You may even find you want more than six months in this fund to help weather emergencies, depending on your risk and your comfort level. Review your mix. As you approach or begin retirement, does your portfolio reflect your need for stability and income? You may need to reduce exposure to riskier assets such as stocks and increase holdings in more stable ones, like bonds or cash equivalents. Your ideal allocation depends on your risk tolerance, spending needs and other income sources. The goal is to shield your savings from major losses just as you begin drawing from them. Consider market swings. If the value of your portfolio dropped 20% tomorrow and stayed there for a period of time, would you need to change your lifestyle or spending immediately? Would you need to go back to work? If your answer is yes, revisit your asset allocation or spending plan. A more conservative approach may offer less upside but can provide greater confidence during the early years of retirement. Assess your spending. Even small budget adjustments can make a big difference, especially early in retirement. Do you need to consider postponing a major purchase or trimming discretionary spending? If you're still working, directing extra income into savings can help build a cushion. If you're already retired, keeping withdrawals as low as possible during market downturns can help support long-term sustainability. Stay grounded — and get support. Market swings are inevitable, but emotional reactions and risky investing can lead to costly mistakes. Don't abandon your investment strategy. Instead, focus on what you can control: your financial advisor can help you stresstest your retirement plan, evaluate your options and stay focused on your longterm goals — even when the markets are anything but steady.

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.

<u>Letters to the Editor</u> Another special thank you

To the Editor:

I would like to again thank Dudley Assistant Town Administrator Olivia Antonson for the fast thinking and fast acting to allow myself the opportunity to continue playing cards during the recent heat wave by collaborating with the Dudley Fire Chief, Dean Kochanowski, to use the Dudley Fire

Station as a site for a cooling center so the Dudley Senior Center will be available.

I would also like to thank Dudley Fire Chief Dean Kuchanowski and his staff for their cooperation in this matter.

GARY BARONOSKI DUDLEY

Use your common sense

To the Editor:

In response to the letter to the Editor dated June 19, I am writing to voice my opinions on many letter writers to the Editor. These Trump bashers do not look up facts or evidence. But then a voice of reason is printed by John Giaquinty, who researched information on T.D.S.

What a breath of fresh air. I person-

ally do not know the gentleman who wrote the "Reason being" letter, but his facts are true.

Use common sense and see what is really going on. We need to safeguard all citizens under the Constitution.

I am 82 years old, and believe in Making America Great Again.

JOSEPH B. COSTA WEBSTER

Thanks to our veteran superstars (delivered as closing remarks on the 4th)

To the Editor:

Once again, I think we should thank our three veteran superstars, Don, George & Joe, for their hard work & dedication to the Webster/Dudley Veteran's Council. They set the tone & showed the Council how to demonstrate:

Pride of service to our country, especially to those who made the supreme sacrifice

How to be patriotic

How to support & honor our active duty military; and

How to promote joining our active duty forces and

How to honor veterans by rendering military funerals. Their leadership has

brought about a feeling of brotherhood, as George would say "We are a band of brothers" who are proud of our role asset mix, spending, and flexibility. A regarding Veterans.

I want to congratulate the committee that arranged this dedication ceremony that carries on the tradition of excellence shown to us by those honored today. I want to thank everyone for attending on a holiday to honor & to thank them for all they accomplished. And lastly, I want to thank God for their membership.

JOSEPH SENDROWSKI DUDLEY

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.

Charlton's Delene Sarsfield, P.E.O. grant recipient, inspires Bay Path PN graduates



CHARLTON -The graduating class of 2025 at Bay Path Practical Nursing Academy gathered at the Performance Arts Center of the Overlook on June 20 for their graduation and pinning ceremony, where they were inspired by graduation speaker Delene Sarsfield, a fellow student and a 2024-2025 recipient of a prestigious P.E.O. (Philanthropic Educational Organization) grant.

Sarsfield, a Charlton resident and a distinguished member of the Bay Path Practical Nursing Academy community, was honored by members of Chapter AA of the P.E.O., receiving not only the grant but also a certificate and thoughtful gifts in recognition of her promising future in nursing, and tremendous support as she navigated the rigorous ten months of nursing education.

With more than 15 years of experience as a Certified Nursing Assistant (CNA),

Sarsfield brings a wealth of hands-on knowledge and a deep commitment to patient-centered care to her nursing journey. Known for her multi-faceted skills, efficiency, and ethical approach, she has consistently demonstrated exceptional compassion and empathy in her interactions with patients. Her collaborative spirit and openness to constructive feedback have also made her a valued colleague. Sarsfield was elected as one of the class representatives and was the elected com-

During her address, Sarsfield shared insights from her extensive career, emphasizing the human connection at the heart of nursing. Her adaptability and ability to thrive under pressure, honed through years in healthcare, resonated deeply with the new graduates embarking on their own professional paths.

Sarsfield's long-term aspirations include becoming a Licensed

through her Bay Path Practical Nursing Academy education, with the goal of bridging into a Registered Nurse (RN) program. Her specific passion lies in hospice and palliative care nursing, a field that demands profound compassion and specialized knowledge. This dedication to continuous growth and specialized care will undoubtedly make her a significant asset to the healthcare community.

A graduate of Holy Name Central Catholic Jr./Sr. High School in Worcester, Sarsfield is also BLS/HCP CPR certified and has obtained her certificate in Stop the Bleed, demonstrating her commitment to crucial emergency skills. She recently represented Bay Path Practical Nursing Academy at the Worcester Women's Leadership Conference.

Her journey, marked by dedication to patient care

About

(Philanthropic Educational Organization) has been celebrating women's advancements since 1869. What started with a bond of friendship among seven women in Mount Pleasant, Iowa, is now a global sisterhood of more than a half a million members with chapters in the United States and

Brian Westerlind begins tenure as President/CEO of Webster Five

Practical Nurse (LPN) Canada. P.E.O. has helped \$415 million in financial a four-year independent more than 122,000 women assistance. The orgapursue their educational nization also owns and es college for women in goals by providing over

supports Cottey College,

liberal arts and scienc-Nevada, Mo.







Brian Westerlind

AUBURN — Webster Five is proud to announce that Brian Westerlind has officially assumed the role of President and

native, joined the Bank in 2010 as Chief Financial Officer and most recently served as Chief Financial Officer/Chief Operating Officer. With more than two decades of experience in the banking industry, he brings deep institutional knowledge and a long-standing commitment to both the Bank and the community it serves.

Webster Five into its next chapter," said Westerlind. "This Bank has a legacy of exceptional personal service, financial strength and community support, and I'm excited to continue that tradition while looking ahead

Daniel Brooks named to Siena College President's List

LOUDONVILLE, N.Y. — Daniel Brooks was named to the Siena College President's List for the Spring 2025 Semester. Daniel is from Dudley. The President's List requires a 3.9 grade point average or higher.

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Annual Guide to Pick Perfect Produce

the

Gardens are in full bloom and many crops are ripe for the picking that means offerings of local veggies and fruits are plentiful. That also means it's time to once again publish our annual guide to choosing the freshest produce. Whether you're shopping at an outdoor market or local grocery store, the following tips will help you pick perfect produce from early crops through the end of the season.

Beans, snap: Look for small seeds inside straight, fleshy pods. If you can see large seeds through the skin than the beans are probably too old. Avoid beans with dry-looking, rusty, wilted or damaged pods.

Broccoli, Brussels Cauliflower: Sprouts, Look for tightly compacted flower clusters on broccoli and cauliflower, and compact, uniform sprouts. Avoid wilted, yellow, or dirty heads, and avoid loose, open sprouts or those that are yellow or pale green.



crisp-looking compact plants.

Carrots: Look for deep orange colored and smooth skinned roots. Avoid carrots with purple or green shoulders or pale in color, or ones with forked or crooked roots. Oversized roots usually mean they are woody. If tops are still attached on carrots, they should be fresh.

Celery: Choose large, firm stalks with uniform stalk and a white bottom. Avoid spindly, wilted stalks.

Chard: Look for fresh, dark green leaves with bright, tender stalks. Avoid wilted, poorly colored leaves.

Collards and kale: Check for tender, green. Cabbage and head let- full-sized leaves with ten-



Choose for well-filled cobs with plump, straight rows of kernels. Avoid large. wrinkled kernels.

Cucumbers: Pick long, slender cukes that are medium to dark green.

Peppers: Look for firm, darkly colored fruit with uniform size, color, and number of lobes. Avoid wrinkled or shriveled ones or fruits that are sunburned (contrasting color spots).

Radishes: Choose medium-sized, firm, crisp roots. Avoid wilted or soft roots or those with growth cracks or insect damage. Oversized roots will be pithy. Sunburned crowns are also not desirable.

Summer squash: Choose ones that are uniform in size, color, and shape. Avoid large fruits (over mature) or ones with scarred skins, missing stems, or that are soft or wilting.

Tomatoes: Look for smooth skinned, firm fruits with uniform color. Avoid fruits with growth splits, sun scald, or overripe (soft) fruits.

Apples: Choose firm, well-colored fruit that feels crisp.

Blueberries: Pick plump, firm, deep blue berries with their natural waxy silver coating.

Cantaloupe: Look for a smooth shallow base; thick, coarse, corky netting that stands out from skin. Should yield slightly when pressed on nonstem end and have the slight scent of cantaloupe.

Cherries: Should be dark in color, glossy, plump, fresh looking with stems.

Nectarines: Fruit should be plump, slightly soft along "seam"; either orange-yellow or greenish between red-blushed areas depending on variety. Oranges: Choose firm oranges, heavy for its size; smooth-textured, with bright-looking skin.

Peaches: Should be somewhat firm, becoming slightly soft; red with creamy, orangy base color.

Pears: Look for firm fruit, just barely beginning to soften. Bartletts: pale to rich yellow; Boscs: green to brown yellow.

Pumpkin: Look for a pumpkin with an even orange hue. Give it a thump; if it sounds hollow, it is ripe and ready to be picked. Look for hard skin and a hard Leave several inches of stem when you harvest a pumpkin. Doing so will slow down the rotting process

Watermelon: Should be that's

Win Dinner for Two at the Publick House

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

House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month (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 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.

on a Civil War auction,

Laurel and Hardy mem-

orabilia auction, and will

be announcing another

major auction soon. We

also continue to accept

consignments for future

sales. Please visit our

Web site, https://centralmassauctions.com, for

links to upcoming events.

items or for auction

information at: Wayne

Tuiskula Auctioneer/

Appraiser Central Mass

Auctions for Antique,

Collectibles Auctions and

Appraisal Services info@

centralmassauctions.

com or (508-612-6111).

Contact us to consign

Estate jewelry, gold, diamonds, and gold watches



and antique jewelry. Estate jewelry is generally meant to be any jewelry that was previously owned regardless of age. Antique jewelry uses the same timeframe as most antiques, that they must be 100 years or older. Some consider any jewelry less than 100 years old to be vintage. Others say it must be at least

ANTIQUES, COLLECTIBLES & ESTATES

50 years old while others consider 20or 30-year-old jewelry to be vintage. Some nicely designed, scarce, signed costume jewelry brooches have sold in the low thousands of dollars but I'll be discussing jewelry with precious metals and gemstones in this column.



24k is 99.9 percent (or nearly pure gold). Gold price is WAYNE TUISKULA well over double the price of

platinum as I write this at \$3,346.50.

While gold and platinum prices are strong, diamond prices have been declining. Reasons being cited are fewer weddings, less demand for luxury goods, and lower demand in China. The biggest reason for the decline though is the decreased price of lab-grown diamonds. Reports show lab grown diamonds have dropped in price between 75 and 85 percent over a 10-year period. There are several fac-

tors to consider if you are selling precious metals or diamonds. Most of us are familiar with the 4 Cs of diamonds; cut, clarity, color and carat weight. The size, weight, age, percentage of gold, and design all play a factor in gold jewelry value.

be a great method to sell gold jewelry, watches, and other valuables, especially when you are unsure of its value. In 2021, we sold a Rolex Oyster perpetual wristwatch with box for \$3.600. Last year we auctioned an antique 14K gold necklace with

three black opals and two mine cut diamonds for over \$11,000. In October 2024, an 18K gold Tiffany & Co. necklace with green tourmaline stones brought \$27,600 in one of our auctions. In 2016 we sold a three and a half carat diamond ring for \$30,000.

Although diamonds may have lost a little of their sparkle, gold is shining brighter than ever making fine jewelry prices remain strong.

We will be offering gold jewelry, some with diamonds, in our fall/winter sale. We continue to work

Applied Faith

Everybody has dreams they wish they could accom-SPEAKING plish. It could be to find the perfect job. an ideal partner, or TOBY a beautiful home. MOORE Launching a business, scoring the game-winning shot, or maybe even standing on how dreams take form. stage with the crowd roaring. Dreams are a part of being human, and we all know there's a big difference between dreaming and doing. Between wishful thinking and what Napoleon Hill called "Applied Faith." He thought that most people have a passive hope when it comes to their dreams. They wish for better circumstances but never move toward them. They believe, sort of-but they don't demonstrate that belief by taking action. It's like saying you trust the parachute but still refusing to jump. Those who achieve extraordinary results don't just wish-they They practice move. applied faith. That means they believe so strongly in the outcome that they start living like it's already on the way. That kind of faith doesn't sit still. It works. Hill thought that applied faith is not something you have or don't have; it's something you grow, like a muscle. So, how do you develop applied faith? It starts here: have absolute belief in your definite purpose. Not a vague hope but a precise, focused goal that sets your soul on fire. Once you lock in a purpose that you're passionate about. you'll find it much easier to take the following steps. Build a plan. Faith needs a blueprint. It requires a calendar, a JOHN GIAQUINTO checklist, and a schedule. DUDLEY Applied faith isn't just

POSITIVELY it'll happen"—it's ple.

saying, "I know the company of good peo-

Auction has proven to

stem.

symmetrical with bright green rind with a creamy yellow underside. Choose a watermelon heavy for its size.

We've neared the top of our top 10 list with number 2 today, which is estate jewelry, gold, diamonds, gold watches.

I'll start by discussing estate jewelry, vintage

As with coins, the gold or platinum is worth at least the scrap value of the metals. Platinum jewelry is typically 85 to 95 percent platinum with the rest being alloys. The platinum price is

<u>etters to the Editor</u> Yet again

To the Editor:

Yet again, a writer from Dudley has given his opinion. This time, using my name specifically on multiple occasions. I take it he's upset with me, my opinions, and my freedom of speech.

Let's first get to USAID.

He says he can provide way too many examples of what he considers legitimate spending, and yes, I could do the same with what I consider waste. All of this would be a matter of opinion for each individual. Shuttering the agency would keep people's tax dollars, that we are all forced to pay, from being used on things they would rather not support. He is free to send in charitable donations to any cause he does support.

He, ironically, as brought up before, opposes tax breaks for the rich, but would send our tax dollars to the ultrarich Harvard University, who has an un taxable endowment fund ,and this time brings up a company (Edesia) who, in 2023 received a \$137 million donation from Jeff Bezos, with a stipulation he would match every \$10 million after that. They are of course a nonprofit agency that enjoys tax exempt status. I may be wrong, but I would guess Jeff Bezos used every tax break he could claim, and without such, many of the causes our writer claims to support, would sooner or later, go by the wayside. But TDS does not allow him to think properly, long term.

He should also go to the Web site for this paper and check the archive section for my statements. Due process: Our legal system revolves around it, our Constitution demands it: I will not argue against it! Many of the people he refers to had their hearings before a judge, and were given deportation orders. That was their due process. If they chose to ignore those orders, then yes, they should have thought about the possible consequences involved before

coming here. Being from another country is not permission to break the laws. Any reputable attorney will tell you ignorance of the law is not innocence, it is, as it states, ignorance.

Our writer conveniently sidestepped the fact our last administration deported more than our current one. I will ask him now. How do you think they achieved that?

The same agencies, officers, and many of the same tactics. Except they lied about all of it. But TDS has blinded vou to that. So in your response, which I fully expect if you truly, honestlv believe what is happening is wrong, calling Trump inhumane is something I would expect. Can you also call Joe Biden a real dirt bag for doing it at a greater number and then trying to cover it up? Or will TDS continue to have a hold?

Now the hypotentical!

A prominent Democrat politician suggests any Trump supporter should be black listed. Fired from their jobs, bank accounts suspended, no voting rights, no freedom of speech, etc., etc.

And another suggests deprogramming, i.e. round them all up and send them off to re-education camps to change their thinking.

Oh, wait! This is not hypothetical, either; it did happen. AOC and Hillary Clinton actually suggested such things. So yes, I can imagine being surrounded by SUV's, being pulled from my vehicle by masked men and hauled off to who knows where. Simply because I exercised my right to vote for the candidate of my choice. Are you truly and honestly against such things happening, and able to call them both lunatics for suggesting something like that? Or does TDS prevent that also?

I look forward to your answers.

sayıng, "Here's how I'm making it happen." Even small steps become acts of faith. Faith without a plan is just fantasy, but faith with a plan—that's

Next, you need to take immediate action despite uncertainties. Waiting for the perfect moment wishful thinking is because that moment never arrives. Move forward while the path is still foggy. Every step you take-even the wobbly ones-sends a message that you're serious. Courage isn't the absence of uncertainty; it's the decision to act despite uncertainty.

You're going to suffer defeats and setbacks, but even when the storm hits, keep going. That's when the real test shows up not when everything's smooth, but when your plans hit a wall when doors close, and when nothing seems to be working. Most people quit there. But applied faith says, "This is just part of the process." It doesn't crumble under pressure—it doubles down.

Temporary defeat isn't a failure. It's feedback. It's training. It's proof that you're on the field. Stay in the game, and your breakthrough will come.

It's crucial to surround yourself with believers and supporters. Faith multiplies in the presence of people who see your vision, even when it's just a seed. You don't need a crowd, just a few who remind you of your capabilities. Doubters drain you. But believers? They lift you. Applied faith grows stronger in

Faith needs fuel. Read scripture or uplifting books. Watch videos of people who've walked through fire and come out shining. Listen to podcasts that keep the fire burning inside. Put quotes on your bathroom mirror. Fill your space with reminders that your dream is on the way. When doubt knocks, let inspiration answer the door.

Express gratitude as if success is already yours. Speak it out loud—daily, confidently-as if the breakthrough has already happened. Say things like, "I'm so thankful for the opportunities lining up for me right now,' or "It feels so good to be living in alignment with my calling." Begin each morning with, "Thank you for letting me achieve my dream."

Gratitude doesn't wait for results—it calls them forward.

When you apply faith directly, something powerful happens-doubt disappears. Fear dissolves and transforms into courage. And the obstacles? They start to look like stepping stones.

Applied faith doesn't sit around hoping things work out. It expects success and plans accordingly. It's not blind optimism; it's belief with a backbone.

The next time you catch yourself dreaming, turn that vision into a plan. Turn that plan into action. And back it all with unshakable faithnot the kind that waits for a miracle, but the kind that moves like the miracle's already on its way.

www.StonebridgePress.com

BITUARIES

Frederick T. Manzi, 73



WEBSTER – Frederick T. "Freddy" Manzi, 73, passed away after a brief illness in Webster Manor, July 2, 2025 with his wife at his side.

is survived He

by his loving and devoted wife of 53 years, Carol D. (Kaczynski) Manzi; 2 sisters, Catherine M. Ceppetelli of Webster and Jane M. Quinlen and her husband Patrick Quinlen, Esq. of Cranston, RI; many cherished nephews and nieces. He was preceded in death by his close friend and brother-in-law, Charles "Chuck" Ceppetelli.

He was born on November 21, 1951 in Worcester the son of Frederick J. and Anita J.

(Wylegala) Manzi and was a lifelong and deeply connected resident of Webster. He was a proud 1969 alumnus of the final class of seniors to graduate from Saint Louis High School and graduated from Brom's Barber College in Worcester.

Following in his father's footsteps, Freddy joined the family business and operated Manzi's Barbershop on Main Street in Webster for 50 years, retiring on December 31, 2017. He was an avid fan of the Boston Red Sox and loved talking sports with his friends and customers.

Freddy had a great passion for music and attended many concerts. He enjoyed the ocean, especially vacationing in Old Orchard Beach each summer. He also took great pride in his Italian heritage.

The family would like to thank the staff of Webster Manor for their compassionate care of Fred in his final days. He will be remembered for his warmth, loyalty, and the deep love he held for his family. Freddy will be dearly missed by all who knew him.

A funeral service was held at $11{:}00$ AM, on Tuesday, July 8, in Scanlon Funeral Service, 38 East Main Street Webster. Burial will follow in Calvary Cemetery, Dudley. Visitation took place on Monday, July 7 from 5:00 to 7:00 PM in the funeral home. Donations in his memory may be made to the Community Cat Connection, 289 Thompson Road or to the Webster Manor Activity Fund, 745 School Street, both Webster, MA also worked at Genpak Corporation, 01570. www.websterfunerals.com



Richard L (Dick) Orsini, 83

Richard L (Dick) Orsini, age 83, Dudley died of Wednesday, July 2, 2025 at Harrington Memorial Hospital with his loving family at his side. Richard was born December 1, 1941 in Southbridge.

He is the son of the late Antonio and the late Mary(Martino) Orsini. He was predeceased by his brother A. Robert Orsini.

He is survived by his wife of 65 years Barbara (Dellomo) Orsini two sons: Richard L. Orsini Jr. (Charlene) of Flower Mound, TX and David Orsini of Dudley and his brother Leonard Orsini (Eloise) of Burlington, MA

Beloved Grandfather to Jillian M. Conant (Joshua), Matthew D. Orsini (Kathryn) Rebecca Baldyga (Brandon) and Devon Orsini. Great Grandfather to David, Travis, Arianna, Colton, Finnegan, Myles, Graham, Ruth and Lucy.

He was employed by American Optical as Plant Engineer for many years, Cranston Print, Spirol International, Triangle PWC, Al's Antique Auto Restoration, and Sturbridge Auto Body. He owned and operated Dick's Guns & Ammo and Dick's Consignment Shop.

Member of Knights of Columbus Council 228 where he served as Financial Secretary and Grand Knight, and of John Cardinal Wright Assembly where he served as Worthy Navigator. He was also a State District Deputy. Former Captain of the Dudley Police Auxiliary and Special Police Officer.

Dick was very proud of his family and loved hosting family gatherings. He was an avid ballroom dancer, competitive target pistol shooter, loved long motorcycle rides with Barbara, restoring antique autos and attending car shows.

A Mass of Christian burial will be held 11:00 am on Wednesday, July 9 at St. Anthony of Padua Church, 24 Dudley Hill Rd., Dudley. Burial will follow in Corbin Cemetery

Calling hours will be Wednesday, July 9 from 9:30-10:30 at Bartel Funeral Home, 33 Schofield Avenue, Dudley, MA. www.bartelfuneralhome.com





LEGACY

continued from page A1

Rome for an important meeting, became a messenger of their faith and a symbol of their friendship. Upon his return, he made a very special visit to Sr. Jeanne's classroom, where he shared photos of his time with Pope Francis and described the joy of presenting the children's cards. As an added surprise, he presented each student with a rosary blessed personallv bv the Holv Father — a gift they would treasure forever.

Shortly after this joyful exchange, news arrived that Pope Francis was hospitalized. Once again, Sr. Jeanne's fourth-grader students sprang into prayerful action, not out of obligation, but out of a deep belief in the power of their prayers. Each student created a "get-well" card, assur-ing the Holy Father of their prayers and care. With great devotion, the students also committed to praying three Hail Mary's every hour each school day for his healing. By God's providence, Mr. Dziena, knowing an archbishop at the Vatican

in Rome, arranged for the get-well cards to be hand-delivered directly to Pope Francis.

In a spirit of continuous love and faithfulness, just this past April, students created the another round of beautiful cards to celebrate Pope Francis's 12th anniversary as leader of the Catholic Church. Although the class was deeply saddened to learn that the Holy Father passed away just days before the cards were expected to arrive, they trusted that their prayers and congratulations were already known to his loving heart now in heaven.

At Saint Joseph School, these "little missionaries" have long been dedicated to service projects, prayer campaigns, and creative outreach that have touched lives both near and far. This year's journey with Pope Francis has taught them something extraordinary: that their unwavering dedication to simple acts of kindness, prayer, and love can reach across oceans, touch the heart of the Church, and remind the world of the precious faith of children.

Therefore, the students, led by Sr. Jeanne Marie Akalski, launched a unique project that invites the entire Webster community to take part in something beautiful: a mission of prayer and hope inspired by Pope Francis.

This coming fall, in the school hallway a lifesized cardboard cutout of Pope Francis will stand next to two brightly decorated boxes. One box will be for prayer petitions from the public, and the other will collect heartfelt letters the students will write to Pope Francis "in Heaven." The idea is simple yet powerful: children offering to pray for others, thereby keeping the spirit of Pope Francis alive in their school and beyond.

"We want our students to see themselves as people who can make a difference – even in small ways like prayer," Sr. Jeanne shared. "They're learning that even as children, they can be missionaries of hope."

Everyone in the community is welcome to participate. Parishioners, families, and neighbors are invited to submit

their intentions by dropping them off or mailing them to the designated location. These will then be placed in the prayer box and lovingly included in the daily prayers of the students. The project will continue annually with new groups of students, establishing a lasting tradition of faith and service at Saint Joseph School.

Their joyful project stands as a beautiful testimony of the bond between the young and the shepherd who cared so deeply for them.

As Sr. Jeanne Marie shared with the students, "Your prayers and love were the real gift to Pope Francis — and now, from his place in heaven, he continues to bless each of you."

For those wishing to send praver petitions or support this mission of hope, correspondence may be directed to:

LittleMissionarieswith Big Hearts: Continuing Pope Francis's Legacy c/o Sr. Jeanne Marie

Akalski Saint Joseph School 47 Whitcomb St. Webster, MA 01570

"America the Beautiful in Song and Stories" at Worcester Public Library

WORCESTER — The Worcester Talking Book Library proudly hosts musician David Polansky on Saturday, July 12, from 2-3 p.m. in the Saxe Room at Worcester Public Library. Polansky will perform his

program "America the Beautiful in Song and Stories". David not only leads you in this musical tribute to the Land of the Free and our veterans, but also tells stories about the inspiration of some of America's most beloved patriotic pieces. You'll enjoy such pieces as "Grand Old Flag," "Tipperary," "White Cliffs of Dover," "Wing and a Prayer," "Boogie Woogie Bugle Boy," and many more! This program is free and open to the public.

Polansky is an accomplished trumpet player in constant demand throughout the New England area. He holds degrees in Psychology and Music Education, has taught in colleges and public schools, and has appeared as a guest lecturer at education conferences throughout the country. He is the consummate entertainer whether his audience consists of preschoolers or adults. Using trumpet, keyboard, and vocals, he calls on an encyclopedic repertoire of standards and original music to wow his lucky listeners. He has worked with such legends as Arthur Fiedler, Ray Bolger, Sandler and Young. Phyllis Diller, and The Platters. composed and arranged music for the Tommy Dorsey Band, Amherst Ballet Theatre Company, Pearl Bailey, Springfield Symphony and many more. He has written extensively for musical theater, symphony orchestras, and small ensembles.

Worcester Public Library is located at 3 Salem Sq., Worcester.

DUDLEY CONSERVATION COMMISSION **Public Hearing Notice**

A Public Hearing will be held at the Dudley Municipal Complex, 71 West Main Street in Dudley, MA at 6:15 PM on Wednesday, July 16, 2025 to consider a Notice of Intent of work in a buffer zone for the property located at Map 209-006, 0 Dresser Hill RD for the proposed construction of a portion of a driveway in a buffer zone.

This is a Public Hearing under the requirements of G.L. CH. 131 §40. as amended. Plans are available at the Conservation Commission's office at the Dudley Municipal Complex on Tuesdays and Thursdays from 9:00-3:00 PM. For more information, call 508-949-8011. July 11, 2025

(SEAL) THE COMMONWEALTH OF

PETITION FOR APPOINTMENT OF **GUARDIAN FOR INCAPACITATED** PERSON PURSUANT TO G.L. c. 190B, §5-304

www.StonebridgePress.com

In the matter of: **Stephenie McCall** Of: Oxford, MA RESPONDENT

Alleged Incapacitated Person To the named Respondent and all other interested persons, a petition has been filed by

Department of Developmental Serv of Worcester, MA

in the above captioned matter alleging that Christopher Vetter is in need of a Guardian and requesting that

Lisa M Alberto of Milford, MA

(or some other suitable person) be appointed as Guardian to serve on the bond

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guard-

a Minor by filed on 03/11/2025 by Walter J Cavanuagh of Douglas, MA Linda L Cavanuagh of Douglas, MA will be held 09/15/2025 08:30 AM **Guardianship of Minor Hearing** Located Worcester Probate & Family Court

You need to:

LEGALS

2. Response to Petition: You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to:

File the original with the Court; and Mail a copy to all interested parties at least five (5) business days before the hearing.

3. Counsel for the Minor: The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.

4. Counsel for Parents: If you are a parent of the minor child who is the subject of this proceeding you have a

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. WO25C0331CA CITATION ON PETITION TO CHANGE NAME In the matter of:

Akiela Janina Bowers-Burgos A Petition to Change Name of Adult has been filed by

Akiela Janina Bowers-Burgos of Dudley MA requesting that the court enter a Decree changing their name to: Akiela Janina Burgos **IMPORTANT NOTICE**

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and

MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket Number: 25 SM 001962 ORDER OF NOTICE To:

Laura L. Fasshauer

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): Selene Finance LP

claiming to have an interest in a Mortgage covering real property in Dudley, numbered 4 Wysocki Drive, Unit 25, Phase III, Stonegate Condominiums, given by Laura L. Fasshauer to Mortgage Electronic Registration Systems, Inc., as nominee for Radius Financial Group Inc., dated March 20, 2020, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 62099, Page 119 and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before August 11, 2025, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on June 27, 2025. Attest: Deborah J. Patterson Recorder 27961 July 11, 2025

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 Docket No. WO25P2283GD CITATION GIVING NOTICE OF

ian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority. You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 07/29/2025. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the abovenamed person. If the above-named person cannot afford a lawyer, one may be appointed at State expense. WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: June 30, 2025 Stephanie K. Fattman Register of Probate July 11, 2025

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 Docket No. W025P0914GD NOTICE AND ORDER: **Petition for Appointment** of Guardian of a Minor In the interests of Kirra L Robataille of Douglas, MA Minor NOTICE TO ALL INTERESTED PARTIES 1. Hearing Date/Time: A hearing on a Petition for Appointment of Guardian of

right to be represented by an attorney. If you want an attorney and cannot afford to pay for one and if you give proof that you are indigent, an attorney will be assigned to you. Your request for an attorney should be made immediately by filling out the Application of Appointment of Counsel form. Submit the application form in person or by mail at the court location where your case is going to be heard.

5. Presence of the Minor at Hearing:

A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests.

ORDER TO PETITIONS

IT IS ORDERED THAT copies of the-Notica and Petitions for Appoinmtne of Guardian of a Minor be served in hand on the minor, (if 14 or more years of age and not the petitioner), the guardian, the parents of minor, and any there person if ordered by court, at least fourteen (14) days prior to the hearing listed above. Service must be made by the sherrif, constable, or other person appinted by the Court.

If service in hand cannot be accomplished on any interested party at least fourteen (14) days prior to the date of hearing listed above,

If the idenity of whereabouts of an interested party is not known. IT IS FUR-THER OFDERED THAT copies of this Notice and Petition for Appointment of Guardian of a Minor be served on all interested persons at least **fourteen (14)** dates prior to the propr to the hearing date by first class mail and by publiching a copy of the Order and Notice one in the Southridge Evening News, Carton pubication to be at least Seven (7) days prior to the heaing date.

If required, service of the United States Veteran Administration and the Department of Childern and Families may be accomplished by regulare mail at least Seven (7) days prior to the hearing. THIS IS A LEGAL NOTICE: An important court proceeding that may affect your rights has been scheduled. If you do not understand this notice or other court papers, please contact an attorney for legal advice. Date: June 11, 2025 Stephanie K. Fattman **Register of Probate** July 11, 2025

Family Court before 10:00 a.m. on the return day of 07/22/2025. 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: June 23, 2025 Stephanie Fattman, Register of Probate July 10, 2025

(SEAL) THE COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket Number: 25 SM 001997 ORDER OF NOTICE To:

Thomas F. McCain and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): M & T Bank

claiming to have an interest in a Mortgage covering real property in Webster, numbered 17 Pinehurst Drive, given by Thomas F. McCain to Manufacturers and Traders Trust Company, dated October 17, 2022. and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 68447, Page 232 has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before August 18, 2025, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on July 1, 2025. Attest: Deborah J. Patterson

Recorder 26850 July11, 2025

Where ideas take shape

QCC's Fab Lab offers cutting-edge tools

WORCESTER

Quinsigamond Community College's Fab Lab has become a hub of innovation, learning and collaboration. Open Monday - Friday from 9 a.m. - 4 p.m., this state-ofthe-art facility welcomes anyone with an idea and a desire to create. The lab isn't simply about access to advanced technology; it's about fostering a collaborative learning environment.

"My purpose is to make the next generation more prepared," explained Coordinator of

Engineering Technology Laboratories R. Webster, who became the full-time coordinator in the spring of 2025.

With experience at Apple and Petracore, and adjunct teaching at QCC, Webster brings both industry knowledge and educational passion to the role.

The Fab Lab has a primary focus on practical applications. The 3-D printing process has been used for projects such as a rear differential, a boat mounting system for a fish-finder and components of a jet turbine. Participants can test multiple iterations of designs that mirror professional manufacturing processes, a process that QCC's engineering students often utilize.

Projects can range from academic to personal, but skills gained in the Fab Lab can lead to professional benefits as well. Webster shared that local employer SMC Inc. in Devens has noted familiarity with equipment like the waterjet cutter, can translate to a substantial wage increase for new hires.

"It's one thing to be interested in something, but to actually be doing it makes all the difference," Webster said. "All of these machines are directly applicable to current industries."

The facility maintains close relationships with local businesses. QCC staff conduct regular outreach to ensure the lab's capabilities align with workforce needs. This connection benefits students preparing to enter the job market, as well as companies looking for

skilled employees.

"I gained both technical and soft skills here," said engineering student and Fab Lab assistant Abigail Gumlaw, who came to QCC after technical high school with experience working in a machine shop.

"I've learned to manage expectations and communicate effectively-skills I never developed in purely technical settings," she said.

Majoring in robotics engineering and computer science, Gumlaw plans to transfer to WPI

and credits the lab with providing daily learning opportunities.

I get to apply theoretical concepts in practical ways," she added.

From vinyl printing and screen printing to embroidery machines, the lab also supports creative projects alongside technical ones.

'You can make anything; the only limit is your imagination," said Gumlaw.

For more information, visit QCC.edu/FabLab.



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From Naval Engineman to Licensed Practical Nurse Patrick Njunge, LPN, embarks on new chapter of service and compassion

CHARLTON — Patrick LPNNjunge, of Worcester, a dedicated United States Naval Engineman with a background in electrical engineering, has successfully Practical Nursing Class transitioned to a career in nursing, graduating from the Bay Path Practical Nursing Academy in passing the NCLEX-PN. Charlton, MA, with the Njunge's journey into

of 2024 and earning his Licensed Practical Nurse (LPN) credentials by

Njunge's journey into



healthcare is deeply rooted in personal inspiration.

"One person who inspired me to pursue a career in nursing is my Aunt, who worked as a nurse for over five decades," Njunge shares.

His aunt's stories of comforting patients during long nights, her ability to connect with individuals on both a medical and emotional level, and her lifelong commitment to continuous learning in health-care profoundly shaped his aspirations.

"Her passion for nursing was not a job but a calling," he states, "and it instilled in me the importance of continuous growth and education in this field."

During his time at Bay Path Practical Nursing Academy (Aug. 21, 2023 – June 21, 2024), Njunge distinguished himself through active partic-ipation and academic excellence. His activities included volunteering for Charlton Middle School Screenings, serving on the Mock Code Team, and being induct-ed into the National Technical Honor Society. Demonstrating a strong commitment to public health and emergency preparedness, he became Certified in Dementia Care and Mental Health First Aid. His exceptional skills in First Aid/CPR were recognized at the SkillsUSA competitions, where he earned both a Gold (District Champion) and a Silver (State Champion) medals.

Njunge's experience as a Naval Engineman from 2022 to the present (United States Naval Service, Bremerton, Wash.), where he is Bremerton, responsible for ensuring safety protocols, training new sailors, and supervising junior person-nel, has equipped him with invaluable skills in leadership, attention to detail, and a commitment to well-being – qualities that seamlessly transfer to his new nursing career. Recalling a pivotal moment in his nursing education, Njunge highlights his first clinical

ward. "It's a great memory that stands out because it was the first time I truly

rotation in the Geriatric

felt like a nurse, understanding the holistic nature of patient care,' he reflects.

He vividly remembers connecting with a war veteran recovering from surgery, learning the profound impact of kindness and empathy. "This

experience taught me the profound impact that kindness and empathy can have on a patient's healing process," he added.

previous-Having ly pursued Electrical Engineering at NIBS College in Kenya (2013-2017) and earning his High School Diploma from Elyon High School in Kenya (2009-2012), Njunge brings a unique blend of technical expertise, discipline, and a heartfelt dedication to service to the nursing profession.

Patrick Njunge, LPN is now ready to carry forward his aunt's legacy of compassion, commitment, and dedication. aspiring to be a beacon of hope in his own nursing career and make a tangible impact on people's lives.

Master Mason pursues his dream

BY BRO. JIMMY FALZONE UINEBAUG MASONIC LODGE

STURBRIDGE — On July 1, the Rapscallion Pub in Sturbridge was an exciting evening for a local artist. This artist just happens to be a Master Mason Brother Clay Tull of Southbridge. Brother Tull has been a Mason for 4 years now and his journey in Freemasonry has brought him so much joy in all his goals and accomplishments. Brother Tull has been painting for many years. Being around his second family, his brethren, and their comradery has given him a positive outlook on life. He can do anything he sets his mind to.

Brother Tull's art delves deep into perspective, inviting viewers to truly engage and pay attention- sparking a dynamic conversation between the observer and the artist, in each unique painting on dis-

play. Brother Tull leaves his creations untitled, encouraging you to explore the work and assign your own titles. Brother Tull has told me that being a person with high anxiety has taught him how to talk to people about his painting and having conversations to give him the confidence to succeed. If you would like to see more of Brother Clay Tulls artwork, paintings go on Facebook and Instagram just type in "Tulls

Dancing Colors." If you and to find a lodge nearwould like more information about Freemasonry

ry.org est you, visit our Web site at www.massfreemason-



/ISIT WWW.PROJECTBREAD.ORG/SUMMEREATS

FREE MEALS FOR KIDS AND TEENS



Webster Public **Schools Free Lunch for Youths Summer 2025**

Stop by our summer sites for a free meal and fun activities! Summer service begins July 7th!

Stop by, fill up, and have fun! Join us for food, weekly activites, giveaways, raffles, and entertainment at the Gladys E Kelly Library. Meals are also avaliable at Park Ave and Webster Middle School.

Free meal offerings are avaliable to anyone age 18 and under. No registration required! One meal per serving period per person. Adult meals are avaliable for \$5. Per USDA regulations, all meals must be consumed on site. No to go meals allowed.

Follow us on Facebook and Instagram for weekly updates, menus and activities! FB: Webster Schools Food Service Department Insta: @webster_food_service



Gladys E. Kelly Library 2 Lake Street, Webster

Lunch Monday through Thursday 12:00 to 1:00 PM July 9th through August 14th

Park Ave Elementary (Cafeteria)

58 Park Avenue, Webster

Lunch Monday through Friday 11:30 - 12:00 PM July 7th through August 14th

Webster Middle School (Cafeteria)

75 Poland Street, Webster

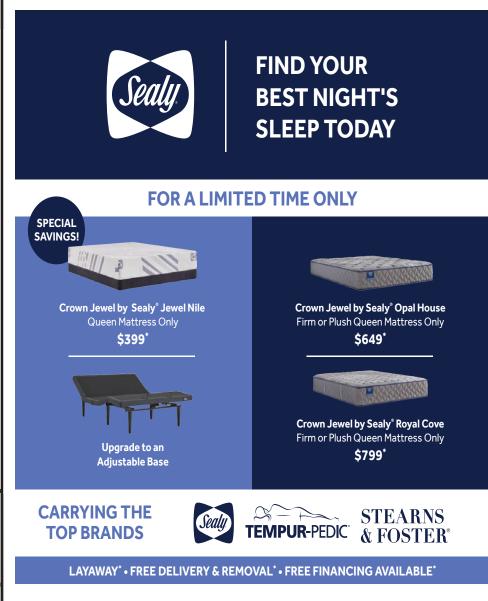
Lunch Monday through Friday 11:30 - 12:00 PM July 7th through August 1st

NO REGISTRATION OR I.D. REQUIRED

Contact the Webster Schools Office of Food Services at 508-943-0104 ext 40016 for any questions.



Brother Clay Tull is all smiles, sitting in front of one of his many paintings that was on display at the Rapscallion Pub. Notice the different identities you can see if you let your imagination take over. Amazing.



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