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Friday, October 25, 2024

Shepherd Hill Class of 1974 celebrates 50th reunion



Courtesy

Members of the Shepherd Hill Class of 1974, the first graduating class of the regional high school, celebrated their 50th class reunion on Oct. 12.

BY JASON BLEAU
CORRESPONDENT

AUBURN — For the last five decades, Shepherd Hill Regional High School has carved out a place in local history hosting students from both Dudley and Charlton, creating a lasting relationship between the communities that stands strong today. While those 50 years have brought plenty to be proud of, it all started with the original graduating class who kicked off that legacy all the way back in 1974.

The original graduating class of Shepherd Hill celebrated their 50th anniversary milestone with a class reunion gathering at the Auburn

Webster Elks Club on Oct. 12, sharing memories and their pride in being a part of something few graduates get to accomplish, the first ever graduates of not only a new school but a regional high school at that. Shepherd Hill opened in 1973 after years of Dudley sending students to Bay Path and, for at least two years, Woodstock, Conn. Members of the Class of 1974 recall the opening of the school creating a bond between the students of two communities that, despite being close neighbors, had little interaction until that point. During its lifetime Shepherd Hill has been nationally recognized for numerous achievements

especially in its extracurricular programs specifically in music and sports.

That legacy has left graduates like Joe Nierodzinski, the school's first Class President who led the Class of 1974, extremely proud to have seen where it all began.

"Just to see everyone still here is great. We do have a memorial table. Out of 134 people in our class, we've only lost 18 people. There's a lot of people who couldn't make it for whatever reason, but to see all of these people after all these years it's an amazing thing. We have had a reunion every ten years, but 50 is a magic number," Nierodzinski said.

The former Class

President recalled one of the school's early athletic achievements as a member of the soccer team as they went 13 and 5 in their first season securing a spot in the state tournament, a rare honor for a new school.

One of Nierodzinski's classmates, Nancy Cyganiewicz Piscopo, served on the committee that helped organize the 50th reunion and said being a part of such an iconic gathering was a surreal experience.

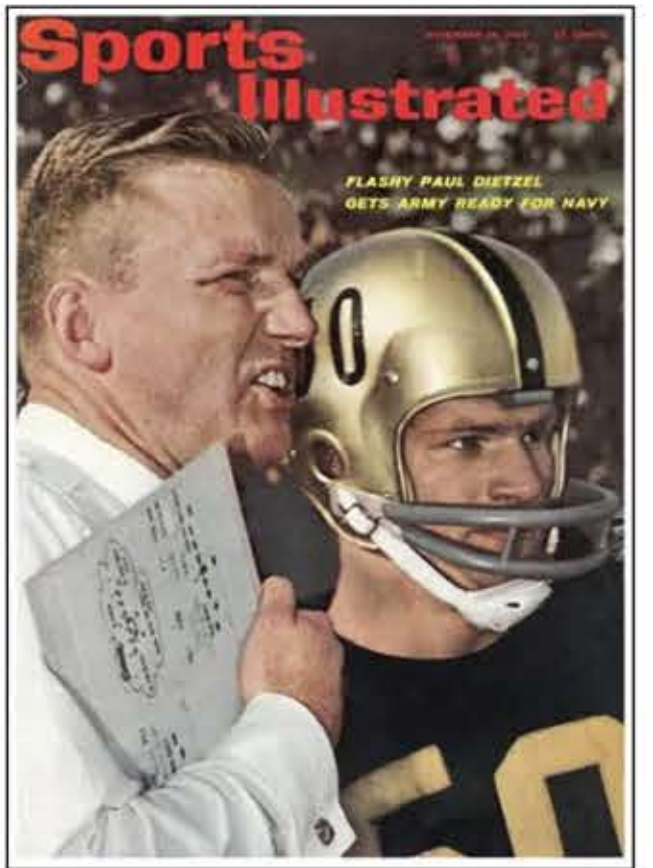
"After 40 years, we didn't have a good turnout but when it was time for the 50th we started planning and it was fun. It's great to be here and see all these people again," she said. "Things have

changed so much. You go with the times. It's nice for us now because there were always cliques, but there's no cliques here. You just walk up to anybody and say 'do you remember me' with no expectations, nothing to prove. It's great for all of us."

State Rep. and former Dudley selectman John Marsi served as a guest speaker at the reunion and said he was proud to be a part of such an amazing recognition of the class that started it all for the district's iconic

Turn To REUNION page A10

Eleven to join Bartlett High School Athletic Hall of Fame



Courtesy

Pictured here is Bartlett High School graduate Dick Nowak, the Captain of the Army 1963 Football squad. The photo appeared on the cover of Sports Illustrated in November of 1963.

WEBSTER — The 11th Bartlett High School Athletic Hall of Fame awards and dinner will take place on Oct. 26 at the Richard Nowak Gymnasium and Parish Performing Arts Center, located at 53 Whitcomb St., Webster. Eleven athletes, contributor, John Bialy, and the undefeated 1993 outdoor track team will be honored. There will be a cocktail hour from 5:30 to 6:30 p.m. with the program beginning at 6:30 p.m., hosted by Hall of Fame Chairman, Donald Cushing, with Ted Avlas serving as the Master of Ceremonies. The Hall of Fame Committee anticipates approximately 300 people will be in attendance.

The concept of a Bartlett High School Athletic Hall of Fame was introduced by John Katori and Donald Cushing and accepted by the Webster School Committee in 2001 with the Athletic Director's office being the conduit for all the incoming information. Two members of the original committee are still part of the organization, Chairman, Donald Cushing and Co-Vice Chairman, John Mrazik. Three other present day members, Co-Vice Chairman Robert Pepka, Paul Lango, and Anthony Paranto joined the committee in 2004. Over the 22 years, 120 Athletes, 12 Teams, 9 Coaches, and 8 Contributors have been inducted into

Turn To HALL OF FAME page A10

Committee sets superintendent's goals, looks at Special Ed deficit

BY GUS STEEVES
CORRESPONDENT

WEBSTER — Setting Superintendent Monique Pierangeli's annual goals was a key element of the Oct 8 School Committee meeting.

"You won't see a lot of difference from last year, as many of them are continuous goals," Pierangeli said.

Specifically, she noted

last year focused on building a collaborative system for data collection and review, which is transitioning to "the action steps needed to show growth and improvement" this year. That's largely across the board, but she cited its use for student and leadership development, including curriculum. There, the intent is to make sure

professional development ties into the district's instructional priorities and strategy.

Pierangeli said district management's primary focus will be on the Bartlett renovation project, particularly making sure student learning is "not being distracted by the renovation that's living around us." Part of that will include having

students and staff identify issues they see that are distracting them.

Elsewhere, the committee heard a brief report on the state's recent monitoring review of civil rights and special education. Assistant Director for Student Support Services Shari Haire said the state found Webster

Turn To DEFICIT page A10

Webster Lake Association forges new partnership for lake management



Courtesy

Robert Wilson of the Webster Lake Association presents Outstanding Leadership Awards to Rick LaFond, State Rep. Joe McKenna and State Sen. Ryan Fattman.

WEBSTER — The Webster Lake Association (WLA) has announced a groundbreaking partnership with the Town of Webster and the Commonwealth of Massachusetts, securing \$95,000 in funding for crucial lake management efforts at Webster Lake. This collaborative initiative, involving the Town of Webster, State

Representative Joseph McKenna, State Sen. Ryan Fattman, and the WLA, aims to establish a permanent, sustainable funding model for addressing lake management issues.

Rick LaFond, the Webster Town Administrator who helped guide the proposal through a successful

Town Meeting Warrant, said "I am very pleased that, through the efforts of Sen. Fattman and Rep. McKenna, we are able to join a partnership with the WLA and Commonwealth. The burden of caring for and managing the property of the Commonwealth has fallen unfairly of the WLA and we hope to establish a long-term

commitment from all parties to manage and preserve our common asset. Lake Chauggagoggmananchauggagoggchaubunungamaogg is the signature identity of Webster and we must do all that we can to ensure that future generations have the same pride and enjoyment of this asset."

The voters of the town of Webster demonstrated strong support for the initiative, with a warrant article allocating \$20,000 for WLA lake management efforts passing by an overwhelming 204-10 vote at the spring Town meeting. This local commitment complements the state funding, creating a robust financial foundation for ongoing lake management efforts.

State Sen. Ryan Fattman, responsible for obtaining a \$50,000 grant from the Commonwealth, added, "Webster Lake is one of the largest

Turn To MANAGEMENT page A10

Poets At Large continues fall season at Vanilla Bean Café Oct. 26

POMFRET, Conn. – Poets at Large will continue their fall series on Oct. 26 at The Vanilla Bean Café, 450 Deerfield Rd., Pomfret, Conn. That evening Massachusetts poet and publisher Lee

Derosiers will be the featured reader. Desrosiers (they/them) is a native New Yorker who has lived in western Massachusetts for the past 30 years. They are the editor of The Naugatuck River Review and Wordpeace, an E-zine.

Derosiers holds an MFA in poetry from New England College and teaches writing at Westfield State University and Poetry at Lesley University's MFA program. They have three full-length collections from Salmon Poetry; The Philosopher's Daughter (2013), contains poems about their parents, and a "rather eccentric family" and about their journey out of domestic abuse; Sometimes I Hear the Clock Speak (2016), about "music, voices,



time and memory," and Keeping Planes in the Air (2020), a volume about "loss, ghosts, aging and ephemera."

These Saturday evenings of spoken word and poetry are from 7-9 p.m. Admission is \$15 and includes a giveaway. Poets at Large is a regional group of poets who read in Connecticut and Massachusetts, now in its fifth year. Contact Poets at Large coordina-

tor Karen Warinsky if you are interested in reading in the open mic at karen.warinsky@gmail.com. There is a five-minute limit for open mic readers and these events are recommended for ages 14 and up.

Poets at Large is a project of Windham Arts. The Vanilla Bean is ADA compliant.

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CLUES ACROSS

- 1. "60 Minutes" network
- 4. Train line
- 10. Go quickly
- 11. Straightforward
- 12. Canadian province
- 14. At any rate (abbr.)
- 15. Genealogy
- 16. Make changes
- 18. Utter repeatedly
- 22. In a way, turned up
- 23. Type of ship
- 24. Agents of one's downfall
- 26. Not out
- 27. Something to scratch
- 28. Round water pot
- 30. Refreshing green fruit (slang)
- 31. Promotions
- 34. Primordial matters
- 36. One-time world power (abbr.)
- 37. Source of illumination
- 39. The content of cognition
- 40. An Arab ruler
- 41. South Dakota
- 42. Gnawed at with teeth
- 48. Hawaiian island
- 50. Smaller
- 51. Of a single person
- 52. Rigid bracelet
- 53. Barbary sheep (Fr.)
- 54. Not even
- 55. Specific gravity
- 56. Engage in petty bargaining
- 58. Boxing's "GOAT"
- 59. Split between parties
- 60. Notable offensive

CLUES DOWN

- 1. A place to lounge
- 2. Skewed views
- 3. Peacefully
- 4. Commercial
- 5. Auxiliary forces
- 6. Large mollusk
- 7. Take out again
- 8. Sharp and forthright
- 9. Knight (chess)
- 12. Source of fiber
- 13. Flesh covering some birds' beaks
- 17. Energy
- 19. Night monkeys genus
- 20. Small, sharp nails
- 21. Pleasant-smelling liquid
- 25. Affirms one's hold
- 29. CNN's founder
- 31. Texans can't forget it
- 32. "Oppenheimer" actor Matt
- 33. Expression
- 35. Vessel
- 38. Lacking poetic beauty
- 41. Tall, swift and slender dog
- 43. Sports personality Michelle
- 44. Robber
- 45. Liquefied natural gas
- 46. Snake-like fishes
- 47. The most worthless part of something
- 49. City in Crimea
- 56. Bad grades
- 57. Reichsmark

PUZZLE SOLUTION

Seed saving presentation at Oxford Public Library

OXFORD—The Oxford Free Public Library and the Oxford Conservation Commission have teamed up to host a Seed Saving Presentation to be held on Monday, Oct. 28, 6:30 – 7:30 p.m. at the Carbuncle Beach House, 12 Carbuncle Dr., Oxford.

Learn from a Massachusetts Master Gardener the benefits of saving seeds and basic techniques. This topic is being presented in preparation of the new Seed Library that will be introduced in Spring 2025. To get the Seed Library started, seed donations will be accepted at the Oxford Free Public Library beginning in November.

AUBURN

- \$712,000, 13 Goddard Dr, Marois, Denise C, and Marois, Ralph D, to Marois, Nicholas, and Marois, Molly.
- \$500,000, 21 Garden St, Gardner, Gary D, and Gardner, Caitlin O, to Marino, Joseph P.
- \$460,000, 347 Pakachoag St, Kulig Helen J Est, and Brady, Stephanie, to Asbury, Ronald, and Asbury, Catherine.
- \$382,500, 6 Carroll St, Lempicki, Brittany L, to Robinson, Kevin, and Simard, Lauren.
- \$380,000, 40 Central St, Cavanaugh Jr, John A, and Evangelista, Jo-Anne E, to MI Realty Group LLC.
- \$245,000, 38 Elbridge Rd, Lyons Mary Emma Est, and Pennel, Charles V, to Sarli, Gerardo A.
- \$145,000, Lorna Dr #A, Catherine A Giuliana RET, and Giuliana, Catherine A, to Prc Construction Co LLC.

DUDLEY

- \$395,000, 86 Mason Rd, Morse, Kerri L, to Harris, David W.
- \$330,000, 9 Leonard Ave, Munroe Shirley D Est, and Ferraro, Jeffrey, to Sterczala, Jonathan T, and Martocci, Alessandra.
- \$325,000, 39 Dudley Hill Rd, Andreoli, Mark E, and Andreoli, Judith, to Kingman, Jordan L, and Michaels, Denon A.
- \$170,000, 69 Southbridge Rd, Wrubel, Stanley N, to Pmz Development LLC.

OXFORD

- \$595,000, 10 Lovett Rd, Heavenly Hm Solutions LLC, to Kaufman-Parks, Angela, and Parks, Michael.
- \$560,000, 4 Willow Ct, Trombly, Craig, and Trombly, Ann, to Fontaine, Nicholas, and Fontaine, Samantha.
- \$520,000, 82 Ennis Rd, Larivee, Eugene R, and Larivee, Jacqueline M, to Mejias, Cristian M, and Mejias, Alisandra.
- \$495,000, 11 Dana Dr, Amero, Gregory, and Amero, Tera, to Jandali, Alaa.
- \$489,000, 85 Larned Rd, Bonnell, Renee, to Murphy, Jeremy.
- \$370,000, 26-28 Wheelock St, Langway, Todd M, and Langway, Maryellen, to Gonzalez, Tony, and Gonzalez, Tanya.

- \$349,900, 23 Lovett Rd, Dimopoulos, Triantafylos, and Gingerelli, Gina, to New Creation Bapt Chrch I.
- \$330,000, 36 Plantation Rd #36, Coughlin Paula A Est, and Coughlin, Christopher J, to Faford, Bethany S.
- \$295,000, 18 Merriam District, Carpenter Jr Ralph S Est, and Carpenter, Neal, to Gareau, Jennifer L.

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- \$255,000, 1 Thayer Pond Dr #3, Zerbo, Joyce M, to Whelpley, Nicholas, and Picard, Taylor.
- \$250,000, 37 Dana Rd, Bennett, David, to Saindon, Michael J.

WEBSTER

- \$800,000, 19 Loveland Rd, Calnan, Michael F, and Calnan, Marche L, to Seraphin, Joseph R, and Seraphin, Jean M.
- \$550,000, 32 Laurelwood Dr, Gleason, Dawn T, to Amero, Gregory, and Amero, Tera.
- \$490,000, 89 Lake St, Baker, David M, and Spatafora, Karen A, to Lela, Romario G.
- \$440,000, 811 Beacon Park #811, Martha P Garceau 2007 RET, and Garceau, Martha P, to Dralios-Petruzzello, A.
- \$430,000, 13 Crosby St, Crosby Real Estate LLC, to Pidgeon, Brian C.
- \$380,000, 7 Colonial Rd, Nadeau, Samantha, to Smith, Kyle, and Smith, Rachael.
- \$365,000, 30 Point Pleasant Rd, Bartholomew, Karen A, to Ravenelle, Brian, and Ravenelle, Loriann.
- \$325,000, 64 Upper Gore Rd, Papoojian Beverly D Est, and Seder, Katherine, to Lewis, Nicholas J.
- \$210,000, 18 Lincoln St, Assanov, Michael A, and Assanov, Ruby E, to Bay Flow LLC.

Kettering University welcomes Christopher Ordoobadi

FLINT, Mich. — Kettering University welcomed Christopher Ordoobadi on Oct. 3.

Ordoobadi, of Oxford, joined 158 fellow B-Section students at a Convocation ceremony the University hosted to welcome them to the Kettering community. Kettering's newest Bulldogs were welcomed by University Provost Dr. James Zhang and President Dr. Robert K. McMahan.

"You have made a great choice - a choice that makes you part of a wonderful and rich tradition - a tradition filled with achievement and excellence... You will combine what you learn in the classroom with real-life practical experience in

ways that will prepare you for the future like no other university in the country can."

Kettering Student Government B-Section President Ian Gibson, a junior from Milford, also shared words of wisdom with the new students.

"One piece of advice that I would like to share with you is not to be afraid to ask questions, whether it's during your Co-op or in the classroom, whether you're lost in what you're doing, or if you'd like to request an opportunity, just ask the question."

While most of the 158 new students are Michigan natives, the new class represents 16 states and the District of

Columbia. The students hail from more than 90 different hometowns and over 100 unique high schools. Roughly half of these students have declared their intention to major in Mechanical Engineering while studying at Kettering University. Electrical Engineering and Computer Science are the second and third most enrolled majors among the new B-Section students. After 11 weeks of on-campus coursework, the B-Section students will head to their Co-op employment assignments in January. Through Kettering University's 50/50 blend of rigorous academics and paid Co-op employment, the

new B-Section students are already on track to graduate with some of the highest starting salaries in the state and a combined 2.5 years of on-the-job experience in 2029.

University faculty and staff are excited to see the great accomplishments Christopher Ordoobadi will achieve!

About Kettering University

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at cooperative employer partners. The Flint, Michigan-based private nonprofit university is world-renowned for its engineering, mathematics, business, and science programs that produce some of the brightest, most successful entrepreneurs and business innovators. Leaders in the fields of autonomous

vehicles and robotics, Kettering is consistently ranked among the country's best universities for return on investment and career preparation. Learn more at kettering.edu.

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It's Giving Tree time at United Church of Christ, Federated

WEBSTER — If you live in Webster or Dudley and need help getting Santa to your house, sign up for the Giving Tree at United Church of Christ, Federated at 4 Church St. in Webster.

If your child is 12 years old or younger and lives with you, you are eligible to sign up. You can sign up your child at 4 Church St., Webster, in the Food Share driveway, every Tuesday starting Oct. 22 and the Threads of Hope Community Closet in the church courtyard every Thursday starting Oct. 24 from 9 to 11 a.m. through Nov. 26, no appointment necessary.

This year, we will have evening hours from 6 to 8 p.m. on Mondays from Oct. 21 through Nov. 25 in the church office. You must bring the child's ID (Birth Certificate, Passport, Baptismal Record, etc.) to sign up and your ID to pick up. No exceptions. First come, first served, available until our limit is reached. We thank those churches and organizations that help make this happen.

People can also sign up on-line. If you would like to register your child on-line, please email websterdudleygivingtree@gmail.com and you will receive information on what is needed to register your child(ren).

Holiday Bazaar

Saturday, December 7, 2024
9:00 am - 3:00pm

St Joseph's Church Hall
10 H Putnam Rd Ext., Charlton, Mass

We are actively seeking crafters and vendors for this event.
Call Joyce at 774-262-0820 for a registration form or information.



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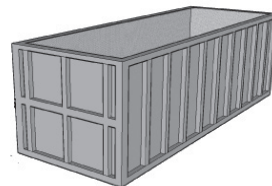
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Want to receive updates about our upcoming events? Sign up for email alerts by visiting our website or contacting our Program Coordinator Randa Cox at rcox@cwmares.org.

Adult Programming

YOGA – Saturday : October 26th at 9:30 AM

Join Julie or Lauren at the Gladys E. Kelly Library for a vinyasa yoga class for all levels. In Sanskrit, Vinyasa yoga translates to the “uniting of movement with breath”. 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.

FRIENDS CONCERT SERIES PRESENTS:

Eduardo Ortiz -- November 14th at 6:30 PM

Eduardo Ortiz is a professional musician, director, bass player, and composer. Son of the trumpet player maestro Dante Ortiz, his career began 50 years ago in his native country, Dominican Republic. During the past 20 years, he has been an ambassador representing Dominican culture through his artistry in Massachusetts and locally in the city of Worcester. Eduardo has also a rich deep background in Jazz and Latin music for both live audiences and in recording and studio production. He has composed over 20 pieces. Just released his first album “El tiempo pasa” and is currently working on his second production. Eduardo lives in the city of Worcester with his beautiful and supportive wife Niurka Ortiz, close to his grandkids and daughters.

ADULT BOOK DISCUSSION GROUP—

October 28th at 6:30 PM

This month's book discussion will be in the Library's The Nest. The Group will be discussing Dead Wake by Erik Larson. Stop by the library, or reach out

by phone at 508-949-3880, or by email to rcox@cwmares.org for inquiries.

COOKBOOK CLUB---

November 5th at 6:00 PM

Every month there will be a new cookbook and you will choose a delicious recipe to make! You can choose anything out of the cookbook to bring and share. Whether you like to cook or bake there will always be something for you! We will eat and discuss our favorite and least favorite things of the cooking adventure.

ADULT BOARDGAME NIGHT---

(No Meeting in October) November 25th at 6:00 PM

Come in and play games with other board game enthusiasts. Learn a new one, or play one you know and help others learn!

Library for All: A drop-in event for Teens & Adults with Developmental Disabilities Mondays in October at 9:00 AM

This program is for teens and adults of all abilities and their caregivers. Please call ahead if special accommodations or requirements are needed. We are happy to accommodate! Sensory Bins: Chair Yoga: 10/21/24 Craft Program: 10/28/24

DUSTIN PARIN TIMES OF STRANGENESS---

October 24th at 6:30 PM

In this epic lecture, Dustin presents his A-Z list of strange things. Cryptid creatures, phantom spirits, and elusive legends, all come out to play in this amazingly unique presentation. Fun? You bet! Weird? You have no idea.

JEFF BELANGER PRESENTS: GHOST AND LEGENDS----

October 29th at 6:00 PM

Drawing from a well of dozens of stories, this program changes every time it's given. For over 20 years, Jeff Belanger has been exploring the unexplained. He seeks out history, folklore, ghosts, monsters, and legends all over the world and in your backyard. His talk presents highlights from his own adventures, a look at the investigation process, and compelling audio and visual paranormal evidence. Not just focused on ghost stories, Belanger's presentation will delve into

the reasons behind the legends. Drawing from a huge library of locations, this program is different every single time it's presented. Perfect for the Halloween season!

Children's and Young Adult Programming

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. Once you've completed the scavenger hunt, check in with the Children's Librarian to redeem a prize.

TAKE AND MAKE CRAFT---

All month long Take and Make craft kits are now available for pick up upstairs in the Children's Room. Each month will feature a different craft to create and instructions will be provided with the supplies. New Take and Make kits will be available for pick up on the 1st of every month, while supplies last, and are limited to one per patron.

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! Every month we will rotate our craft material, stop in to see what we're making this month!

KIM THE LEGO LADY:

November 5th at 4:00 PM

Do you love building, creating, and having fun with LEGO? Look no further! Our brand-new LEGO Club is launching, and we want YOU to be part of the adventure. Join us for interactive building challenges, new skills and create fabulous imaginative builds. For ages 5 to 11.

LEGO CLUB---

Tuesday November 12th at 3:30 PM

Come play with the library's Legos. If you like, we can put your work on display!

No registration Required

BUILD TUESDAYS -

from 3:30-4:30 PM

Join us for the last two Tuesday for a self-guided STEM-based building challenge, appropriate for all ages. Younger kids

should bring a parent. Instruction sheets will be provided. Contact Andrew at 508-949-3880, or atai@cwmares.org for more details.

OPEN PLAY TIME ADVENTURE---

Fridays at 10:00 AM

Kids 0 to 6 are invited to get their wiggles out with weekly obstacle course and fun.

STORYTIME---

October 29th at 10:00 AM

Mornings will be filled with fun stories, songs, and activities perfect for ages 2-5. Siblings are welcome to join.

W E D N E S D A Y STUFFED ANIMAL STORYTIME---

October 27th at 10:00 AM

Join Sondra the Library Director for a few of his favorite stories, felt story fun, and some free play. For ages 0-3

ME AND MY MINI---

October 24th and 31st at 10:00 AM

A 45-minute creative movement group for ages birth through 2.5 with a grown-up. Group is focused on adult and baby spending quality time together, fostering attachment, and baby interacting with others their age. Get groovy to upbeat music with props, instruments, and a story. Adult participation is required and 1-2 children per adult is recommended.

PETITS PICASSOS:

October November 6th at 10:00 AM

This art class for ages 2-5 will have your little one creating and exploring art in different mediums and styles! Each class will feature a story related to the project, and a finished work to take home and admire. This class series prepares the students to paint on canvases for their final project. A toddler art show and art opening will be held featuring these works in November! While not every program will be messy, please wear art-appropriate clothing. In order to prepare materials and keep the class size manageable, registration is required for each session. Registered spots will only be held for 15 minutes after program start time. A baby play area will be available for siblings if needed.

Plans announced for Veterans Day Parade

REGION — The Veterans District of Dudley and Webster will be holding our 19th annual Veterans Day Parade this year on Monday, Nov. 11.

Prior to regularly scheduled parade activities, we would like to encourage everyone to attend a brief ceremonial tribute to our local veterans who paid the supreme sacrifice for their country in WW II at The Memorial Monument located at the Webster Lake entryway off of Thompson Road. In addition, at this time we will be placing a wreath at the Women's Veterans' Monument. This ceremony will begin promptly at 9:45 a.m.

Upon completion of our memorial tribute, all marching veterans will meet with their respective colors/weapons at the St. Louis School Yard Parking area located next to the gymnasium at the bottom of the entryway at 10:15 a.m. Transportation by bus will leave at approximately 10:30 a.m. and proceed to the Municipal Complex in Dudley.

Upon arrival in Dudley, we will assemble at the Veterans' Court of Honor.

Ceremonies will commence promptly at 11 a.m. Our Chaplain will lead us in prayer, immediately following will be a three-shot volley performed by the weapon detail and Taps. Our guest speaker, will then present a brief ceremonial message.

Upon conclusion we will march in procession from the Dudley Municipal Complex to the Webster Veterans' Court of Honor for a similar presentation with Chaplain's prayer, three-shot volley and Taps. Ceremonies will conclude at approximately 12:45 p.m.

All Scouting organizations who plan on participating are asked to meet at the Dudley Municipal Complex (Town Hall) at 10:45 a.m.

This year's Grand Marshal for our Veterans Day Parade is Vietnam Veteran - Sergeant James Morrison, U.S. Air Force.

Please adhere to the following marching order:

Honor Guard with colors/weapons

Grand Marshal in Vehicle

Webster/Dudley Veterans Council; VFW; American Legion; PAV; DAV; All Ladies Auxiliary Units; Sons of the American Legion; and the Scouting Organizations who are participating.

Please Note: all former Military veterans wishing to join us are certainly welcome and are encouraged to march. Those who plan on doing so should meet at the Dudley Municipal Complex at 10:45 a.m.

Please note:

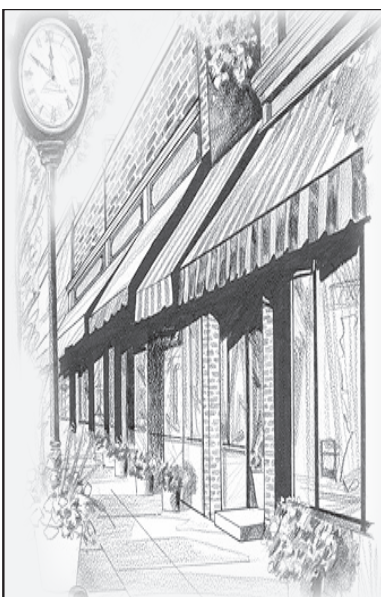
Three vehicles for our riding veterans. Those who will be riding will meet at the Dudley Complex at 10:45 a.m.

Those marching behind vehicles should maintain 30 feet of separation from vehicles, Ladies Auxiliary Units and all Scouting Organizations.

One vehicle will be at the end of the parade and available for anyone having difficulty marching.

Our host this year for refreshments will be provided by the Polish American Veterans (PAV) on Ray Street in Webster. All those participating/marching are invited to attend immediately upon conclusion of this event.

Please keep in mind that we are honoring all those who are serving and those who have served this great nation. We sincerely thank everyone for their participation with helping to make this day a memorable one.



Community Connection

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OXFORD SENIOR CENTER

323 Main St.
(508) 987-6000
Laura Wilson, Director

Open Monday – Friday 8:30 a.m. – 3:30 p.m.

Email: seniorcenter@oxfordma.us
Web site: www.oxfordma.us
Facebook: Oxford, MA Senior Center

*The Oxford Senior Center will be closed on Monday, Oct. 14 in Observance of Columbus Day

*There will be NO BEANO on Friday, Oct. 25

Lunches are served on Tuesdays and Fridays, prepared by our own in-house cook! Please call at least 48 hours in advance to reserve a lunch or come in and sign up. We offer DINE IN for \$5.00 and TAKEOUT for \$6.00.

Weekly Activities:
Mondays and Fridays @ 10:00 am – Cribbage

Tuesdays @ 9:15am – Strength & Balance w/ Donna Freeland – Cost \$3.00 per class
Wednesdays @ 9:15am – Chair Yoga w/ Heidi Gambaccini – Cost \$3.00 per class

Tuesdays and Wednesdays @ 10:00am – Needleworkers (Knitting, Crocheting, Needlepoint)

Bring your favorite project and come join the group for conversation and laughs.

Wednesdays @ 1:00 pm – Chair Volleyball – Lots of laughs and only two rules (1) stay seated (2) have fun!

Thursdays @ 10:00 am – Dominoes
Fridays @ 9:00 am – Walking Club (weather permitting)

Monthly Activities:
Let's Talk Oxford History – 2nd Tuesday of each month @ 1pm - Sponsored by the Oxford Historical Commission

Blood Pressure Clinic – 2nd Tuesday of each month @ 11:00am

Senior Safety Education – 3rd Friday of each month @ 12:30 – Sponsored by Oxford Fire & EMS

Men's Coffee Group – 2nd Wednesday of each month @ 10:30am – coffee and pastry are served.

Tri-Valley Inc. Options Counseling - 3rd Tuesday of each month from 12:30pm – 2:30pm. By appointment.

SHINE (Serving the Health Insurance Needs of Everyone) – 3rd Wednesday of each month. By appointment.

Book Club – 1st Friday of each month @ 12:45pm – reserve your book from the Oxford Public Library

Movie Matinee – 2nd Friday of each month @ 12:45

BEANO – 4th Friday of each month @ 12:45pm – arrive by 12:30pm to purchase your BEANO sheets.

Special Presentations:
AARP MA Speakers Bureau presents "Decluttering & Downsizing" Tuesday, October 22nd @ 1pm

BUS TRIP: The Reagle Music Theatre presents "Christmas Time" with lunch at The Chateau- Sunday, December 15th \$135 pp

Like to make puzzles, but don't have the room – we always have a puzzle going on – come add a piece or two!

Need help completing paperwork? Fuel Assistance, MassHealth applications or re-certifications, SNAP etc., we can help. Call us @ 508-987-6000 to make an appointment.

WEBSTER SENIOR CENTER

5 Church St.
(508) 949-3845
Email: SeniorCenter@Webster-MA.gov

Senior Center hours are Monday-Friday 9 a.m.- 4 p.m., with every first Thursday 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 forty-eight hours in advance to reserve or cancel your meal. A \$3.00 donation is appreciated. All meals include milk, bread, and fruit or dessert. This week's menu: Tuesday, 10/29, Chicken Mornay, couscous, Roman blend vegetables. Wednesday, 10/30, Lentil Stew with Cheddar Cheese, steamed white rice, carrots. Thursday, 10/31, Meatloaf with Gravy, garlic mashed potatoes, peas and mushrooms. Friday, 11/1, Soup du Jour, NY Pastrami sandwich, coleslaw.

Need Transportation? Contact SCM Elderbus at 1-800-321-0243 at least two business days in advance to schedule transportation. Elderbus is available Mondays- Fridays 8:30 am- 3:00 pm.

FUEL ASSISTANCE is returning to the Senior Center. Starting Thursday, November 7th, WCAC will be here every other Thursday from 9:30 am- 2:30 pm. These times are first come, first served, and there are no appointments.

A SHINE (Serving the Health Insurance Needs of Everyone) counselor is available at the Webster Senior Center. Please call (508) 949-3845 to schedule an appointment.

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 needed. The movie for October 30th is Death Becomes Her, November 6th is His Girl Friday, November 13th is The Lego Movie, and November 20th is Elvis. There will be no movie on November 27th.

The first Thursday of every month we will be open until 7:00 pm with entertainment starting at 5:45 pm. For November 7th we will have Dan Kirouac. Step back in time and groove to the classics! Get ready to dance the night away to the unforgettable beats of the 60s and 70s. No registration needed.

You are invited to our HALLOWEEN PARTY! Friday, October 25th, 1:00 pm at the Senior Center. There will be drinks, food, live music, and prizes for costumes. No registration required.

Chair Dancing Exercise classes with Forty Arroyo are the perfect workout for any fitness ability! The cost is a recommended \$3.00 donation per class. Classes are on Mondays, and Wednesdays at 9:30 am.

Mondays: Knitting/Crochet Social 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!

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.

The Sicilian Tenors Downton Abbey special live concert is a journey to Highclere Castle with the Sicilian Tenors- as seen in Downton Abbey with a reproduction of their nationwide broadcast. Featuring Aaron Caruso, Elio Saccio, and Sam Vitale. Combined with lighthearted fun, this is a concert for all ages and musical tastes. This show takes place at Lake Pearl in Wrentham, MA on Wednesday, November 13th. The cost for this show is \$131 per person and includes a plated luncheon of Thanksgiving dinner, or vegetable lasagna, meal tax, gratuity, show ticket, and transportation (not including driver gratuity). For more information call (508) 949-3845.

Kenny and Dolly- A Smoky Mountain Christmas is the country's number one tribute show to two of the biggest names in country music. This incredible show stars Wendy T and Dave Karl, and recreates Dolly and Kenny's Once Upon A Christmas album. This show takes place at Danversport Yacht Club in Danvers, MA on Thursday, December 5th. The cost for this show is \$131 per person and includes transportation, plated luncheon of chicken parmesan or baked schrod, meal tax, gratuity, and show ticket. There will be no refunds for cancellations made after October 31st. For more information call (508) 949-3845.



Abby Kelley Foster Charter School
Information Session / Open House Schedule
Thursday, October 24, 2024: 9:00 A.M. - 10:00 A.M.
Saturday, November 16, 2024: 11:00 A.M. - 12:00 P.M.
Monday, December 16, 2024: 5:30 P.M. - 6:30 P.M.
Wednesday, January 8, 2025: 9:00 A.M. - 10:00 A.M.
Monday, February 3, 2025: 4:00 P.M. - 5:00 P.M.

Abby Kelley Foster Charter School

contact.admissions@akfcs.org

Got Space?
we do.

Contact Mikaela Today
774-200-7308
mikaela@stonebridgepress.news

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Coop is a 4 mo, 29lb, male lab/hound/terrier mix pup! He's super sweet, loves to play with toys & loves to be held! Coop is good with kids & dogs and is looking for his happy forever home!

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Friday's Child

Hi! My name is Izabella and I love nature and the outdoors!
Izabella, who also goes by Izzy, is an inquisitive, outgoing, and outspoken girl in search of her forever family. She loves to explore the outdoors and nature, which include various community activities, gardening, and collecting small insects for her "bug sanctuary" that she advocated to have. She always willing to try new things and new foods. Izzy also enjoys arts and crafts and going to the library to pick out books to read. Her biggest strength is her ability to advocate and speak up for herself.

Izabella
Age 9
Registration # 6966

<https://adopt.mareinc.org/waiting-child-profiles#gallery/child/6966>

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.



A STONEBRIDGE PRESS WEEKLY NEWSPAPER
25 ELM STREET, SOUTHBRIDGE MA 01550
TEL. (508) 764-4325 • FAX (508) 764-8015
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FRANK G. CHILINSKI
STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Collaboration is key

As election season approaches, voters are faced with critical decisions that go beyond party labels. It's essential to understand the core values of both Republicans and Democrats, and more importantly, to consider how those values align with your own interests and the needs of your community. This election, one of the most important things voters must ask themselves is whether a candidate is willing to work across the aisle—because that's the only way real solutions happen in a democracy.

In times like these, collaboration is key. One of the candidates in this election has shown a willingness to work with people from both parties to solve real problems. That kind of bipartisanship is exactly what we need right now. Our country, and especially local communities, can't afford to be gridlocked by partisan infighting. When elected officials are willing to compromise and work with others, that's when meaningful change can happen.

The other candidate has made it clear that they are more interested in self-serving politics. They've proven time and again that they aren't interested in listening to or working with those across the aisle. This is not what democracy is about. Democracy thrives when ideas are debated and when leaders can come together to create solutions that work for everyone, not just their own base.

It's important to remember that your vote is your voice, and it's crucial to vote in line with your values and interests. Voting against your own interests because of party loyalty or negative campaign tactics can have lasting impacts on your community and country. What truly matters is having representatives who will work for the common good—people who prioritize problem-solving over political grandstanding.

This election, take the time to think critically about the candidates on your ballot. Who is willing to put in the effort to work with those on the other side? Who is willing to compromise for the greater good? The future of our democracy depends on leaders who will work across party lines to create a better future for everyone, not just a select few. Don't let divisive rhetoric or blind partisanship determine your vote—vote for the candidate who will work for you, for your neighbors, and for a stronger, more unified community.

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.

VIEWPOINT

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

Prayer is connecting and communing with God

How many of us pray every day? Seriously. Passionately. Consistently.

A psalm I pray every morning is Psalm 63 – O God, my God, Early do I seek You. My soul thirsts for you. My flesh faints for you like in a parched and weary land where there is no water... Your love is better than life itself and my lips will glorify You... I will praise you and be satisfied as with the richest foods.

Reflect a moment on this prayer of King David – it displays his desire and passion to richly commune with God; his longing and craving for a deep connection with the Lord.

Do we experience this connection when we pray? Do we seek this communion in prayer? Do we thirst for God? Do we faint for Him like we would faint in the desert for water? Do we seek His love more than life itself? This is what authentic prayer is all about.

Now, think about the way you pray. First of all, do you pray every day, truly seeking to connect and commune with God? And how do you pray? What do you do? Do you mechanically say the Lord's Prayer in the morning? Do you possibly say a prayer before eating meals? Do you, somewhat carelessly, say prayers without much thought, OR do you stand with attention seeking to enter into the Presence of God and to encounter the Living God?

So many people casually say "My thoughts and prayers are with you," or "I'll pray for you" but do we actually mean it? Do we actually pray?

These are all questions I want us to reflect upon. Over the next several weeks, I will offer a three-part sermon series on "PRAYER: How We Connect and Commune with God." Over these weeks, I want to challenge each of us to reflect on how we pray, why we pray, what we pray, and what the ultimate purpose of prayer is. I hope that by the end of this series all of us will begin praying in a more serious manner. I hope we will adopt a Prayer Rule which we will try to follow daily. I want us to discover the joy and blessing of deeply connecting with our Creator and richly communing with the Giver of Life.

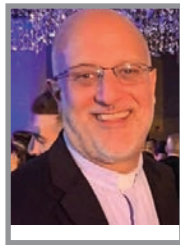
Prayer can be something very personal and individual, while it can also be something communal, praying together with others. It can be informal, like when we randomly call on the Name of the Lord throughout the day, as well as be very structured, with a prayer rule, using traditional prayers of the Church.

"We need to learn to be with God always in prayer," Metropolitan Kallistos Ware noted. "To make our prayer not just an occasional activity but a continual undertaking; not to pray from time to time but to make prayer a part of who we are all the time."

Saint Gregory the Theologian taught how we should, "Remember God in prayer more often than we breathe," reinforcing the words of the Apostle Paul who exhorted us to "Pray without ceasing."

"The goal of prayer is precisely to be with God always," highlights the great theologian, George Florovsky.

Well, let's start reflecting on prayer by looking at the first prayer Orthodox Christians say every morning, as soon as we wake up? It's a prayer directed



BEYOND THE PEWS

BY FR. LUKE
A. VERONIS
SAINTS
CONSTANTINE
AND HELEN
GREEK
ORTHODOX
CHURCH,
WEBSTER

today, few people believe in absolute truth anymore. Everywhere we are deceived by half or partial truths, by fake news, by AI images that distort and mislead. In our prayer, we turn to the Source and Spirit of Absolute Truth, the Eternal One who is, was, and who is to come, the Lord Almighty. We seek Truth in a Person and then try to understand the world through His prism.

Who is Present Everywhere and Fills All Things – Our prayer reminds us not to limit God or compartmentalize our lives. There is no where place where God is not. He is everywhere with us throughout every part of our day. The prayer reminds us to invite Him to be present in all we do and allow Him to guide us in all our words, deeds, and thoughts.

Treasury of Blessings and Giver of Life – The Lord promised that He came to give us life and give it abundantly. He is the Source of all blessings. He is what makes life beautiful and meaningful. His love is better than life itself. So, we turn to Him and ask for His blessings.

Come and abide in us – Here is the center of this prayer. We offer an invitation to the Lord to come and dwell in us, to live in us throughout this day. The Lord knocks every day and waits for us to open up our hearts to receive Him. He won't force His way in. He respects our freedom. Therefore, we begin the day by saying, "Come Lord, we want to walk with You. Come and guide us, enlighten us, direct us throughout this day to fulfill Your Will and glorify Your Name."

Cleanse us from every impurity and save our souls O Good One – We humbly acknowledge our shortcomings and sins. We know that we constantly turn away from God through our actions, words and thoughts. We turn to Him as the only Good One and plead for His mercy and grace to cleanse us, renew us, give us new life, and to save us.

Prayer is our connection and communion with God. We want to turn to Him every day, throughout the day. He is the Source and Giver of Life. Let's become more serious in our prayer life and discipline. And let us begin every day with the prayer to the Holy Spirit:

O Heavenly King, Comforter, Spirit of Truth, who are present everywhere and fill all things, Treasury of blessings and Giver of life, come and abide in us, cleanse us from every impurity and save our souls, O Good One.

LETTERS TO THE EDITOR

Join me in voting for Kamala Harris

To the Editor:
Do you support keeping Social Security for those who have paid into it? If so, vote for Kamala Harris.

Do you support our veterans and think they are strong individuals and not losers? If so, vote for Kamala Harris.

Do you think everyone should pay their fair share of taxes? If so, vote for Kamala Harris.

Do you have a woman or girl in your life who you would like to be protected

from sexual assault? If so, vote for Kamala Harris.

Do you want to see climate change addressed? If so, vote for Kamala Harris.

Do you want to see our country continue to be a democracy? If so, vote for Kamala Harris.

Please join me in voting for Kamala Harris!

SUSAN SEIBEL
OXFORD

Now we know...

To the Editor:
The Biden/Harris DOJ just filed a major lawsuit to allow illegal immigrants to vote. They are trying to ban a state from removing non-citizens from the voter rolls.

This is a deliberate assault on the integrity of our elections – just days before the biggest election in a generation.

"Border Czar" Kamala Harris' open border policies have flooded the country with illegal aliens, and now the DOJ is trying to use the courts to block states from preventing illegal voting.

This is the worst assault on our constitutional republic ever.

The survival of our constitutional republic depends on the integrity of our elections, and the ACLJ (American Center for Law and Justice) are mobilizing their legal team to fight back we can

do the same, by voting for Trump.

The ACLJ is preparing to file a vital amicus brief in federal court to stop this dangerous assault. Biden and Harris keep calling Trump a danger to democracy, yet they are the ones who keep subverting the will of the people. In fact, the Biden/Harris Democratic Party is the most evil, the most corrupt political party this country has ever had.

Now we know why Biden/Harris allowed over seven million illegals to enter the country, and their corruption encompasses everyone in their administration; matters not that their actions are unlawful.

"Power tends to corrupt, and absolute power corrupts absolutely." — Lord Acton

PAUL LARIVIERE
OXFORD

Skinwalker Ranch

As Halloween approaches, I'm wrapping up my spooky season series with a tale that fits perfectly into the Strange, Dark, and Mysterious. We've explored unsettling phenomena in previous weeks, but for the finale, I'm diving into one of the most bizarre and mysterious places in the United States—Skinwalker Ranch. This 500-acre ranch in Uintah County, northeastern Utah, known for tales of supernatural occurrences, has intrigued investigators, scientists, and paranormal enthusiasts for decades.

In 1994, the Sherman family purchased the ranch, hoping to lead a quiet life as cattle ranchers. When the Shermans arrived, they found the home oddly fortified with metal bars on the windows, heavy-duty door locks, and chains, presumably for guard dogs, on each side of the house. It was as if the previous owners were preparing for an intrusion.

Soon after settling in, the Shermans began experiencing a series of unsettling incidents. One day, Terry Sherman spotted a huge wolf in the distance. The animal, which appeared to be nearly as tall as a human's chest, calmly approached the family and their cattle. With a muscular build and piercing blue eyes, the wolf seemed tame initially, but suddenly, it lunged at a calf and locked its jaws around the animal's neck. Terry grabbed a rifle and shot the wolf several times, yet the bullets seemed to have no effect. Eventually, the wolf casually turned and walked away; as if it wasn't riddled with bullets, it trotted back into the woods.

This bizarre encounter was only the beginning. The Shermans began noticing heavy equipment disappearing or moving to strange places. On one occasion, a 70-pound post digger vanished and was later found high up in a tree.

One of the strangest incidents involved the sudden disappearance of four bulls, which were later found crammed into a locked trailer in a seemingly trance-like state. The trailer's latches were still locked, and there was no reasonable explanation for how the bulls could have ended up inside alone. It was as though something had teleported them there.

At times, they felt an invisible presence following them. On one occasion, they heard heavy breathing and saw brush moving like an unseen creature prowling nearby. It was as if a cloaked entity was stalking them.

Cattle mutilations became another terrifying issue. The family started losing cattle at an alarming rate. These cattle were found dead with surgically precise incisions, with organs missing but no signs of blood anywhere near the scene.

The Shermans frequently heard strange, disembodied voices above their ranch, speaking in an unknown language.

Even more chilling were the glowing orbs that frequently appeared. The most unsettling encounter involved a bright blue orb that seemed to pulse with energy, giving off an almost electric crackle. These orbs filled the air with an inexplicable dread as if deliberately manipulating the family's emotions.

As they dug deeper, the Shermans learned that their property had long been considered cursed by local Indigenous tribes. The Ute people, in particular, believed the land was associated with Skinwalkers, creatures known for their shape-shifting abilities. Because of this lore, the ranch eventually became known as Skinwalker Ranch.

Unable to cope with the ongoing disturbances, the Shermans moved out. Before they left, they shared their experiences with the media, drawing the attention of billionaire Real Estate Tycoon Robert Bigelow, who had a long-standing interest in the paranormal. In 1996, Bigelow purchased the ranch to conduct his investigations, enlisting a team of scientists and researchers to study the strange phenomena.

Terry remained the ranch manager, eager to help Bigelow's team uncover the truth. The paranormal activity continued, with cattle mutilations, glowing orbs, portals, UFOs, and encounters with mysterious creatures.

In another chilling event, one of Bigelow's researchers claimed that a giant creature had "taken over his mind," leaving him with a message that they were being constantly observed.

Today's Skinwalker Ranch remains shrouded in mystery, heavily guarded, and off-limits to the public.

While I can't confirm the truth behind every tale I've shared this spooky season, the lingering mysteries at Skinwalker Ranch continue to warrant serious attention. As we enjoy the eerie delights of Halloween, remember that some of the strangest stories aren't found in horror movies—they're hidden in remote places like Skinwalker Ranch.

Water Power: Bathe Away What Ails You

What could be better than a relaxing soak in a hot tub? How about the knowledge the simple act of bathing can provide drug free relief from a myriad of ailments.

When we sit in a tub to relieve back pain, run cold water over a skin burn, or even seek solace in a long, hot bath, these familiar actions employ the ancient practice of hydrotherapy - using water to heal. From calming anxiety and relieving pain to combating insomnia and detoxing the body, baths are beneficial for health. While water has been used as therapy for centuries, thankfully the modern world is rediscovering the simple art of bathing and its many virtues. Read on for some surprising ways a good soak can do a body good!

Note: If you are pregnant, have high blood pressure, diabetes, heart disease, or any other medical condition, get your doctor's OK before bathing in hot water. Hot water therapy is not for infants, children or elderly.

Some Like it Hot: Hot baths can ease muscle and joint pain, constipation and respiratory ailments. To loosen tense muscles and reduce the pain of backaches, experts suggest a bath tempera-

ture of 102°F to 106°F. For minor sprains, the combination of a hot bath and Epsom salts can bring welcome relief as the Epsom salt draws fluid out of the body and helps shrink swollen tissues, easing pain. The salts also draw out built up lactic acid, which can contribute to muscle aches. For maximum benefit, add two cups of Epsom salts to a warm bath, and relax.

A nice, long soak is also hailed for cutting short cold and flu symptoms. Submerge as much of your body as you can in a tub of comfortably hot water. Immediately after the bath, dress warmly and go to bed under warm covers for a nap. To combat the chills, add about eight drops of lavender and four drops of cinnamon essential oils to the warm bath.

Do you have trouble sleeping? Combat insomnia by bathing in hot (up to 103 degrees) water approximately two hours prior to bedtime. If congestion is the culprit to your insomnia, soak in a hot tub and place a warm washcloth over your face. Breathe through the cloth several times. The combination of the bath and the warm steam should relieve congestion and promote sleep.

Neutral Soak: If you are anxious, irritable, or suffer from panic attacks, a neutral bath can relieve symptoms and offer soothing comfort. Bath water should be between 94 and 97 degrees for optimum results. Submerge as much of your body as you can, relax, and soak for at least 20 minutes. Warm water has been proven to halt the physiological part of the fight-or-flight response, so familiar to panic sufferers.

Aromatherapy and Hydrotherapy can also work together to alleviate anxiety. Try this formula: Add six drops geranium and four drops basil oils to a tub of warm water. Soak for at least 20 minutes. To relieve hot flashes, naturopathic experts advise taking a neutral bath each morning to "improve vasodilatation, which might help release the heat of a hot flash." Soak for about 20 minutes in water slightly cooler than body temperature. Refill water to keep temperature steady.

This simple bath blend has been praised for its antidepressant properties: Add three drops of rose essential oil and four drops of ylang ylang essential oil to a tub full of warm water. To induce



TAKE THE HINT
KAREN TRAINOR

further relaxation, bathe by candlelight.

Cool It: Cold water prevents itching, making it the perfect treatment for summer skin maladies. To further relieve the itch of sunburn, bug bites or psoriasis, add about two cups of vinegar to the bath water. A cool water bath is also effective way to fight fatigue. Cold water increases the consumption of oxygen to the skin, helping your body "wake up" quicker.

A cold footbath had long been used to treat varicose veins, circulatory problems, or sleeplessness. Fill a basin or tub with cold water and submerge feet at least calf depth. Soak feet until water is no longer cold.

Proper Bathing: The deeper you can submerge your body, the more effective the hydrotherapy will be. If you can, strive for neck deep water. (Those with heart or respiratory problems should not bathe in water higher than the heart.) If you

are using a regular tub, fill it as high as possible, and lie down, submerging your hands and feet for optimum coverage. Experts advise soaking in a bath for 15 to 20 minutes. However, if you show any signs of dizziness or overheating, get out of the tub immediately.

Detox Baths: Hot baths are natural detoxifiers. Here's why: Hot water draws toxins out of the body to the surface of the skin. While the water cools, it pulls those toxins from the skin. Salts added to a bath accelerates this process by promoting sweating. Common salts used in detox baths include sea salt, dead sea salt, baking soda and Epsom salts. Detox Salts: Mix together two cups baking soda; one cup sea salts; one cup Epsom salts. Pour about a quarter cup of the mix into the bath while tub is filling. If desired, add one tablespoon glycerin to prevent dry skin. Ginger Bath: Some naturalists tout a ginger bath as a great way to sweat out toxins. Simply add about one eighth cup of ginger under running hot bath water. Lie down and soak for at least 30 minutes.

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 I receive enough tips for a column) will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

Disposing of problem plant debris

You've probably read you should remove and dispose of insect pest-infected and diseased plant material to reduce these problems in next season's garden. This is not as easy as it seems. Most compost piles do not heat up and maintain hot enough temperatures to kill weeds, weed seeds, disease organisms, and insect pests. In many locations burning is not allowed and it negatively impacts air quality. So, what's a gardener to do?

Start by calling your local municipality and asking about disposal options. Many communities allow you to dispose of invasive plants in the garbage after placing them in a clear plastic bag labeled invasive.

Solarization is an option for managing weeds. Place small amounts of plant debris in clear plastic bags. Then place the bags in a warm sunny location before composting. For larger quantities, set the problem plant debris on a sheet of plastic and securely cover it with a 2- to six-mil clear plastic tarp. The plastic helps create a greenhouse

effect, trapping heat while blocking access to water. The seeds will sprout and then seedlings and other plants are killed by the high temperatures and lack of water. It is most effective when the days are long and hot.

This may be effective if the temperatures are hot enough to kill plant insect pests and diseases. Most plant pathogens are killed when moist soil remains at 145 degrees Fahrenheit for 30 minutes, 160 degrees for bacteria, and 180 degrees for weed seeds.

If battling jumping worms, the University of Maryland has found creating a solarization package is effective for managing them in soil, compost, and mulch. Spread a sheet of clear plastic on the ground. Place a six to eight inch layer of mulch, compost, or soil on the plastic tarp, leaving enough excess to wrap and completely and securely cover the enclosed material. On a sunny day, the material inside can reach 150 degrees. Research varies on the number of days needed to kill the jumping worms. Several

University sources recommend three or more days of at least 104 degrees or 105 degrees to kill the eggs, cocoons, and adult jumping worms.

You may want to enlist this strategy when harvesting your compost before applying it to the soil. This extra step may help reduce the risk of introducing problems back into the garden.

Burying diseased material can help reduce the source of future infection of some diseases. Dig a hole, fill it with plant debris, mix it with soil, and then cover it with an inch or two of disease-free soil. Speed up the decomposition of buried material by shredding it before burying it. Avoid growing plants susceptible to the disease in that location the following season.

Remember to disinfect your pots, stakes, and tools that may have housed or touched diseased plants. Disease-causing organisms can survive on these items, increasing disease risk in next year's garden. Soak pots for 30 minutes in a 10 percent bleach solution, rinse with clear water



Melinda Myers

A peony plant infected with blight.

and air dry. Store in a clean location. This is much more effective with clay and ceramic pots than plastic. Consider rotating plantings as you would in the garden and changing display areas when using plastic containers if you do not want to dispose of them.

Disinfect garden tools by dipping them in a 70 percent alcohol solution using rubbing alcohol or something similar for at

least 30 seconds. Or you can spray your tools with a disinfectant spray containing about 70 percent alcohol.

Investing time in prevention will result in fewer problems and better results in next year's garden.

Melinda Myers has written over 20 gardening books, including *Midwest Gardener's Handbook, 2nd Edition* and *Small*

Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' Web site is www.MelindaMyers.com.

McCoy's Action Karate wins Whistlekick Alliance Online Challenge

AUBURN — McCoy's Action Karate, a martial arts school in Auburn, is proud to announce its victory in the Whistlekick Alliance Online Challenge, themed "Worst Sparring Match." This event, hosted by Whistlekick LLC, celebrated the humor and creativity within the martial arts community through a fun and unique competition.

The "Worst Sparring Match" challenge required participating martial arts schools to create a video, 60 seconds or less, showcasing the most hilariously bad sparring match imaginable. Schools were provided with secret elements—performing a high foot (a high-five with feet), incorporating a newspaper, and the line "Are

We Sparring or Filming a Sitcom?"—to include in their videos, adding an element of surprise and creativity to the competition.

McCoy's Action Karate captured the top spot with their inventive and entertaining submission, which not only met all the challenge criteria but also stood out for its originality and humor.

The school's journey through this challenge was marked by meticulous preparation and strong teamwork, with even an instructor who went off to college participating, which highlighted the spirit of our community. As one instructor joyfully celebrated, "The amount of laughter and giggles was amazing; it really

was so much fun, and I hope we can use this experience to encourage creativity and growth as individuals and as a facility."

"We were blown away by the creativity and humor displayed by all the participating schools, but McCoy's Action Karate truly embraced the spirit of the challenge with their submission," said Jeremy Lesniak, President of Whistlekick LLC. "This challenge was all about having fun and showcasing the lighter side of martial arts, and we're thrilled to see how our community came together to make this a memorable event."

For more information about the event, visit [whistlekick.com/pages/

online-challenges](https://whistlekick.com/pages/online-challenges). To learn more about McCoy's Action Karate, don't hesitate to get in touch with Barbara McCoy Carrier at 508-832-4110.

McCoy's Action Karate has been a cornerstone of the Auburn community, providing top-tier martial arts training for more than 30 years. Known for its dedicated instructors and a robust curriculum emphasizing skill and character development, McCoy's Action Karate remains a beacon for those looking to enhance their physical and mental well-being through martial arts.

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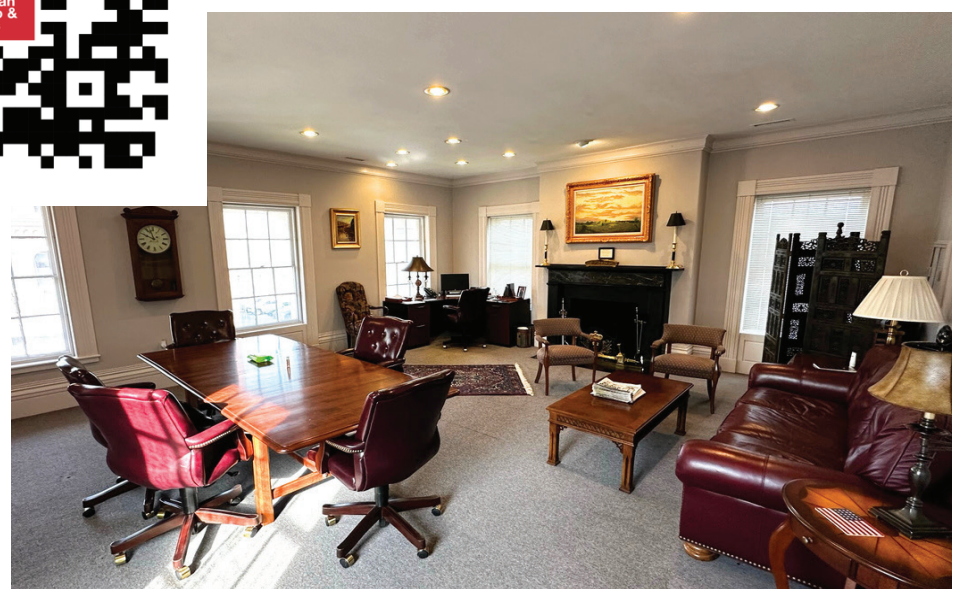


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MORE INFO:



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Principal

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Third Grade Fall Clean Up at Park Avenue a success



Kinley Decker, a third grade student, helping wash the bricks of the building.



Yeanna Gould, a student leadership team member, helping a student in third grade.

WEBSTER — On Oct. 17, the 4th Grade Student Leadership Team at Park Avenue had their Annual Third Grade Fall Clean Up! It was a huge success, as the students together filled six large trash bags full of paper and plastics. It was wonderful to see the smile on the students faces as they felt a sense of pride helping their community.

The Student Leadership Team was ecstatic by how much trash they had picked up.

“We had almost seven bags full of trash,” said Yveana Gould as she walked around helping the third graders.

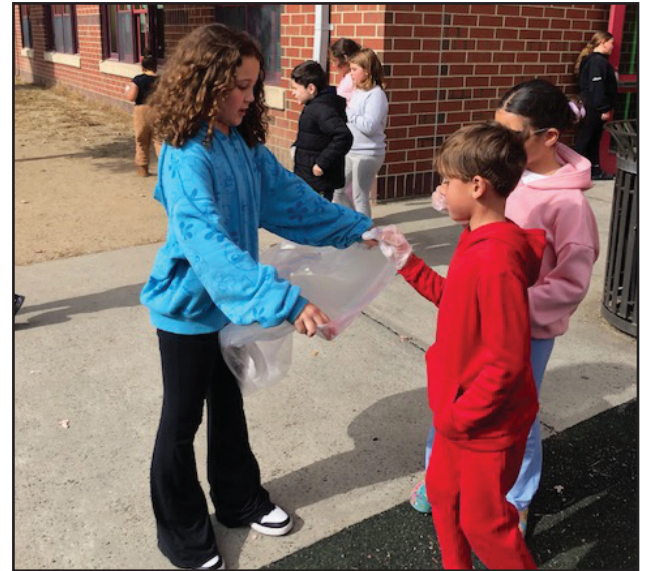
“I was impressed with the third graders!” exclaimed Mr. Aronian. “They were really making sure the grounds were clear, they even washed the brick walls on the outside - just awesome.”

Administration and the third grade team give a huge thank you to the custodial staff for supplying the trash bags and gloves.

The 4th Grade Student Leadership Team consists of board members and news team members. The 19 students were chosen by a careful application and interview process at the end of last year. The Student Leadership team meets on a consistent basis to come up with ideas on how to help the Park Ave Community. The Park Ave News Team does a 5 minute news show each morning communicating the monthly, weekly and daily news with a little bit of humor. These initiatives are part of Park Avenues PBIS Program that is supported by Ms. Puliafco

(Principal), Mr. Goodier (Assistant Principal) and Ms. Ochocki (Assistant Principal), as well as the faculty here at Park Avenue School.

Emma Macyntire, a student leadership team member, participating in the clean up.



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• Oct. 22, at 2 PM
• Nov. 19, at 10 AM

Sturbridge
Publick House Historic Inn
277 Main Street
• Oct. 16, at 10 AM

Uxbridge
Tri-River Family Health Center
281 East Hartford Avenue
• Oct. 28, at 2 PM

Webster
Webster Senior Center
5 Church Street
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OBITUARIES

Blanche A. Fiddes, 88



WEBSTER - Blanche A. (Nadeau) Fiddes, 88, died Monday, October 7, 2024 with family at her side. Her beloved husband of 65 years, Donald A. "Chick" Fiddes, died last November.

Blanche leaves a daughter, Julie Hewey and her husband, Lewis of Dudley; a son, Gregg Fiddes and his wife Xuyen of San Diego; 4 grandchildren, Kristen Proulx and her husband Paul, Kaylyn Pinto and her husband Robert, Justin Fiddes and his wife Lexi, and Alyssa Fiddes and her fiancé Eli; 3 great-grandchildren, Bryce, Chase, and Lilliana. She was preceded in death by 2 brothers, Robert and Richard Nadeau.

Blanche was born in Webster on November 25, 1935, the daughter of Elzear and Alice (Genest) Nadeau. She graduated from Bartlett High School in 1953 and continued her studies at Worcester State College, earning both a bachelor's and master's degree in education. She lived in Webster for most of her life and then moved to Venice, FL for 20 years, returning to Webster in 2016.

Blanche was a standout student in high school and college and was proud that she earned her master's degree after having children - she always thanked "Chick" for encouraging and supporting her to do this. She taught grade 5 remedial reading as well as enrichment classes in the Webster School system for over 25 years. Her teaching touched the lives of many students as she always strove to make learning fun, a skill she cared deeply about and mastered.

Blanche was an accomplished pianist: she not only played exceptionally

well but also gave piano lessons and conducted piano recitals. She was fluent in French and loved conversing in French with the many in-person and online friends she accumulated over the years. Forever a self-learner, she was an avid reader.

Blanche cherished both her grandchildren and the many lifelong "teacher friends and family" that she made in the Webster schools. "Memere" or "Mems," as she was affectionately known to her family, was an outstanding chef and enjoyed making lasagna and her famous French meat pie, recipes that she learned from her beloved mother Alice. Her family will always remember her for her laser-sharp mind, non-stop lifelong learning passion, copious Scrabble skills and love of illusion pictures and their meanings. Later in life, she was blessed with her great-grandchildren and would always talk endearingly about them to all that would listen. We couldn't have asked for a better mother, grandmother, great-grandmother and wife, and we will miss her every day.

Many thanks and blessings to the pastoral staff at Notre Dame in Worcester. Blanche had a warm spot in her heart for all those at Notre Dame that helped her so much in her later life and brought her back to the church, which was very meaningful to her.

A private graveside service for Donald and Blanche will be held at the convenience of the family. There will be no calling hours. Donations in their memory may be made to the Webster-Dudley Veterans Council, 4 Veterans Way Webster MA, 01570

Arrangements are under the direction of Scanlon Funeral Service, 38 East Main Street, Webster.

Jadwiga Ucher, 81



WEBSTER - Jadwiga (Kluska) Ucher, 81, died Thursday, October 17, 2024 in Care One of Millbury after a brief illness.

She leaves 3 children, Ted Ucher of Sutton, Renata Ucher-Szumski and her husband Marek of Norway, and Robert Ucher and his wife Ewa of Oxford; 4 grandchildren, Christopher, Nicole, Oscar and Dominik; 3 brothers, Ryszard, Adam and Wladyslaw Kluska, all in Poland; 5 sisters, Teresa, Ada, Janeczka, Ala and Ewa; and nieces and nephews.

She was born on October 1, 1943 in Skomienna Biala, Poland, a daughter of Franciszek and Magdalena (Gacek) Kluska. She graduated from high

school there. She moved to this area in 1989.

While in Poland, she was an office clerk at "PKS" bus company. Here, she was a machine operator at Stevens Linen Associates in Dudley before retiring.

Jadwiga was a member of Saint Joseph Basilica. She enjoyed gardening, reading, solving puzzles and taking care of her grandchildren.

Her funeral will be held on Monday, October 28, from the Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street, with a Mass at 11:00 AT in Saint Joseph Basilica, 53 Whitcomb Street. Inurnment will be in the Saint Joseph Garden of Peace Columbarium. Visitation will be held from 9:30 to 10:30 Monday morning in the funeral home, prior to the Mass.

www.websterfunerals.com

REUNION

continued from page A1

high school.

"Two towns came together all those years ago to build the school and this is the first grad-

uating class, so why wouldn't we yell that from the mountain tops? It's a big deal. Shepherd Hill remains a great school after all these years and I'm happy to be here to support them," said Marsi.

Shepherd Hill celebrated its 50th anniversary throughout the 2023-2024 school year including embracing a new temporary logo designed by a student featuring the school's longtime Ram mascot.

DEFICIT

continued from page A1

compliant in all 15 special areas it looked at, and in 14 of the 18 civil rights areas. One of the latter was "compliant with comments," and three were "partially implemented." By the meeting time, she said, one of those three was complete (regarding student handbook approval, which the committee had done at a previous meeting) and two in progress (regarding policy on student discipline and use of physical restraint).

Pierangeli said she welcomed that review. "It's also a great process. What are we doing well, what are we not doing well, what do we need to work on. It's always good to have that outside person or eyes taking a look."

In a related notice, Business Manager Lisa Kontoes said the district is now looking at how to handle special ed budget in light of the fact Webster received "many more enrollments" with

IEPs and increased tuition costs this year. Even after using remaining circuit breaker and budgeted funds, there's a \$342,000 deficit, prompting her to "implement a budget freeze," she said. She noted the district will seek similar "extraordinary relief" to what the state provided last year.

Upon hearing that, Chair Kelly Seddiki said, "It sounds like we're on track with most of the things we can control. Obviously, students moving into the district with needs we can't control, and that's where we're a little, well, quite, behind budget."

The superintendent also noted she's looking into expanding ALICE training, which has so far been just for staff, to include students. ALICE is an acronym for "alert, lockdown, inform, counter and evacuate," a public-safety based approach to active shooter and other emergencies in schools and other public facilities. This year, she said, the staff has begun trying to figure out how

to include the kids in "age-appropriate" ways and inform parents in ways that promote "safety, but not cause fear."

In other business, acting Bartlett principal Gina Nieves summarized the school's ongoing Improvement Plan work and noted she'd received a delay in the NEASC accreditation process. The latter's visit had been scheduled for this December, but in light of the transition in the principalship, was delayed to December 2025, with the rest of the process pushed into 2026 and the school's "self-reflection" report due in the spring.

Pierangeli also awarded this year's Superintendent's Award to Adam Phillips, who is top of his class with a 4.62 GPA, taking four AP classes, and playing soccer and baseball. She said he "exemplifies what it means to be a Bartlett graduate."

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

Dudley-Charlton Regional School District celebrates AP Capstone diploma recipients

DUDLEY — At Shepherd Hill Regional High School, eleven students have earned the AP Capstone Diploma™. Additionally, three students have earned the AP Seminar and Research Certificate™ during the 2023-24 school year. The AP Capstone Diploma program helps students develop critical thinking, research, collaboration, and presentation skills that are essential to academic success.

"We proudly recognize the achievements of students who participated in the AP Capstone

Diploma program," said Darren Elwell, Principal at Shepherd Hill. "With the help of dedicated teachers, our AP Capstone students explored their passions through scholarly research as part of an impactful, multi-year program. This meaningful college readiness program will serve our students well after high school."

To receive the AP Capstone Diploma, students must earn scores of 3 or higher in AP Seminar, AP Research, and on four additional AP® Exams of their choice. To receive the AP Seminar and Research Certificate, students must earn scores of 3 or higher in AP Seminar and AP Research.

Student participation in the AP Capstone program has been steadily increasing, with more than 100,000 students in more than 2,500 schools worldwide taking part during the 2023-'24 academic year. Approximately 21,000 students earned the AP Capstone Diploma, and 11,100 students earned the AP Seminar and Research Certificate.

Unlike traditional AP subject exams with a single end-of-year assessment, AP Seminar and AP Research assessments are project based and evaluate skills mastery through group projects, presentations, and individual essays completed throughout the year. Instead of focusing on one specific academic discipline, AP Seminar and AP Research are interdisciplinary: Students are encouraged to create research projects based on topics of personal interest. Students are assessed on the critical thinking, research, collaboration, time management, and presentation skills needed to complete their projects.

"We have been witness-

ing students' renewed passion for learning through the AP Capstone program," shared Bianca Peart, global lead of the AP Capstone Diploma program. "Together

with the guidance of talented educators, students are building essential college and career readiness skills while exploring subjects that are meaningful to them."

At Shepherd Hill, students focused their research on a range of topics, including analyzing the impact of banking crises; ameliorating nursing shortages; pursuing socioeconomic equity in high school athletics; examining rates of Anterior Cruciate Ligaments (ACL) in collegiate athletes; assessing the mental health of first responders; evaluating the efficacy of wind energy installation in low-income communities; examining the role of body image in adolescent competitive dancers; and identifying the needs of library patrons to better meet demographic interests.

"Congratulations to the thousands of students who worked so hard to earn AP Capstone Diplomas and AP Seminar and Research Certificates," said Trevor Packer, head of the Advanced Placement® Program. "These students are creating the pathways for their future

academic and professional careers by building highly sought-after skills in project management, presentation, collaboration, and research."

Of the students who participated in the AP Capstone Diploma program at Dudley-Charlton:

Eleven were awarded the AP Capstone Diploma by earning scores of 3 or higher in AP

Seminar, AP Research, and on 4 additional AP Exams. They are Vanessa Baclawski,

Nicolas Benoit, Kelsy Brown, Nicholas Damelio, Nicholas Dell'Ovo, Daniel Gronek, Kierce Jarvis, Juliana Lancette, Adrien Roach, Ava Sousa, Carlie-Rose Tarr.

Three were awarded the AP Seminar and Research Certificate by earning scores of 3 or

higher in AP Seminar and AP Research. They are Quinn Cushing, Cayleigh Mayen, and Kyra Santora.

14 were graduating

seniors in the class of 2024 and have enrolled at the following

institutions: Vanessa Baclawski, Northeastern University; Nicolas Benoit, Northeastern University, Kelsy Brown, Assumption University; Quinn Cushing, University of Connecticut; Nicholas Damelio, Boston College; Nicholas Dell'Ovo, Worcester

Polytechnic Institute; Daniel Gronek, Assumption University; Kierce Jarvis, University of

Massachusetts - Amherst; Juliana Lancette, University of Connecticut; Cayleigh Mayen, Wheaton College; Adrien Roach, University of Massachusetts-

Amherst; Kyra Santora, Worcester State University; Ava Sousa, University of Massachusetts-Dartmouth; Carlie-Rose Tarr, University of Vermont.

College Board's Advanced Placement® Program (AP®) gives students the opportunity to take challenging college-level courses while still in high school. Earning a score of 3 or higher on an AP Exam has multiple benefits for students, including earning college credit, advanced placement in college courses, or both, saving them time and money. Research shows AP students are better prepared for and more likely to enroll and remain in college, do well in classes, and earn their degrees on time. Each exam is developed by a committee of college and university faculty and AP teachers, ensuring that AP Exams align with their high standards.

In partnership with the higher education community, College Board developed AP Capstone courses to help students build and master skills essential for success in college and career:

"What so distinguishes the AP Capstone program as a hallmark educational experience is its emphasis on holistic development of inquiry and articulation skills essential for success and persistence in college, the workplace, and everyday life," said Dr. Gregory Taylor, associate provost for academic affairs at Purchase College, SUNY.

MANGEMENT

continued from page A1

bodies of water in the Commonwealth and is a source of recreational and economic activities for Webster and surrounding communities. It is essential that we preserve this natural resource. I've enjoyed working with the Webster Lake Association as we tackle challenges that come up as well as innovative ideas to keep this lake beautiful and available for all."

State Rep. Joseph McKenna, who secured a \$25,000 earmark for the project, emphasized the lake's significance: "With Webster Lake being such an important economic driver, natural resource, and recreational asset for the community, it's so important that we work together as a state, town, and community of residents and stakeholders to ensure its maintenance and upkeep. When we all pull in the same direction to share the costs and

burden the work is easier and we can protect this resource for all to enjoy."

Webster Lake, officially recognized as a Massachusetts Great Pond, has faced increasing challenges due to invasive weeds and algae caused by run off from lawns, gardens, roads and highways, contamination from incoming rivers and streams and other environmental sources. The WLA, a 501(c)(3) tax-exempt charitable organization founded in 2001, has been at the forefront of addressing these issues. Their mission, "dedicated to enhancing, preserving and protecting the quality of the lake and its watershed through the promotion of responsible, effective environmental & educational policies," has guided their efforts in conducting water quality testing, invasive plant studies, and invasive weed management for over two decades.

The economic impact of Webster Lake on the

local community is substantial. Lakefront properties, assessed at approximately \$824 million, make up about 20 percent of the town's total residential units but pay 34 percent of all Webster residential taxes. The lake is a major economic driver for the town, region, and state, supporting significant employment and business activities and including various recreational pursuits, events and tourism.

This new partnership marks a significant milestone in ensuring the long-term health and sustainability of Webster Lake. By combining resources and expertise from local, state, and community organizations, the initiative sets a promising precedent for effective lake management and conservation efforts. If you are interested in learning more or wish to join the Webster Lake Association, please go to this site: <https://websterlakeassociation.org/>.

HALL OF FAME

continued from page A1

the Bartlett High School Athletic Hall of Fame. There are many worthy candidates to be inducted in the future.

The Bartlett High School Athletic Hall of Fame Class of 2024

Paul Love - Class of 1930 - football-basketball-baseball

David Oleszewski - Class of 1965 - football-baseball

Charles Satti - Class of 1967 - football-basketball-baseball

James Hetherman - Class of 1979 - football-basketball-baseball

Mark Begreen - Class of 1980 - foot-

ball-basketball

Joann Grzembski - Class of 1988 - Cross Country, Basketball, Softball

Heather Mortell Gufaston - Class of 2007 - soccer-basketball-softball

Alexander Givins-Perry - Class of 2014 - Football-Basketball

Shawn Gatto - Class of 2017 - football-indoor & outdoor track

Anthony Grzembski - Class of 2017 - Soccer-football-basketball-baseball

Tyler Davern - Class of 2017 - football-basketball-baseball

Team - The 1993 undefeated outdoor Track Team

Contributor - John Bialy, Times Sports reporter

QCC generates \$349.8 million in annual economic impact

WORCESTER — A recent economic impact study revealed that Quinsigamond Community College (QCC) contributed \$349.8 million to the regional economy in fiscal year 2022-23. The study, conducted by Lightcast, demonstrates QCC's role in supporting local jobs, boosting student earnings and providing a strong return on investment for students, taxpayers and society.

According to the study, through its operations and construction spending, student spending and alumni impact, QCC added \$349.8 million in income to the economy of its service area, equivalent to supporting 3,930 jobs.

Key findings of the study included:
Alumni Impact: Former QCC students generated \$276.9 million in added income for the regional economy, supporting 2,738 jobs.

Student Return on Investment: The average associate degree graduate from QCC will see an increase in earnings of \$11,200 each year compared to a person with a high school diploma or equivalent working in Massachusetts.

Taxpayer Benefits: State and local taxpayers see a return of \$1.30 for every dollar invested in QCC.

Societal Impact: Society receives \$7 in added state revenue and social savings for every dollar invested in QCC.

"This report clearly demonstrates the influence QCC has on our local economy, area industries and the workforce," said QCC President Luis G. Pedraja, Ph.D. "As one of the largest colleges in Worcester, QCC continues to make an indelible impression on our communities. This study shows what we do here each and every day - facilitate student success, which translates into our region's success."

QCC's day-to-day operations and construction spending added \$69.3 million to the regional economy, while student spending contributed an additional \$3.6 million.

The college serves as a key source of employees for regional industries, particularly in healthcare. The study found that QCC's impact supported 1,043 jobs in the Health Care & Social Assistance sector alone.

Lightcast based its report on several sources including QCC's academic and financial reports, data from the U.S. Bureau of Labor Statistics and data from the U.S. Census Bureau.



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- Charlton Villager
- Southbridge News
- Webster Times
- Auburn News
- Blackstone Valley Tribune

LEGALS

NOTICE OF SALE, NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE, Premises: 52 Harrison Avenue, Auburn, Massachusetts 01501, By virtue and in execution of the Power of Sale contained in a certain mortgage given by Phyllis M. Vario to Mortgage Electronic Registration Systems Inc., as nominee for Mortgage Trust Group, Inc., dated November 24, 2003, and recorded with the Worcester County (Worcester District) Registry of Deeds in Book 32365 at Page 16, as affected by Loan Modification Agreement dated September 23, 2008, and recorded in said Registry in Book 43911, Page 139, as affected by an assignment of mortgage from Mortgage Electronic Registration Systems Inc., as nominee for Mortgage Trust Group, Inc. to Lakeview Loan Servicing, LLC, dated September 26, 2018, and recorded with said Registry in Book 59534 at Page 323, as affected by an assignment of mortgage from Lakeview Loan Servicing, LLC to Bayview Loan Servicing, LLC, dated November 15, 2019, and recorded with said Registry in Book 61769 at Page 210, as affected by an assignment of mortgage from Community Loan Servicing, LLC f/k/a Bayview Loan Servicing, LLC to Nationstar Mortgage LLC, dated June 29, 2022, and recorded with said Registry in Book 67832 at Page 158, as affected by an assignment of mortgage from Nationstar Mortgage LLC to US Bank Trust National Association, not in its individual capacity but solely as Owner Trustee for VRMTG Asset Trust, dated January 17, 2024, and recorded with said Registry in Book 70194 at Page 376, of which mortgage the undersigned is the present holder by assignment, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold by Public Auction at 1:00 o'clock P.M. on the 12th day of November, 2024 at the mortgaged premises located at 52 Harrison Avenue, Auburn, MA 01501, Worcester County, Massachusetts, all and singular the premises described in said mortgage, To wit: The land in said Auburn on the easterly side of Harrison Avenue, now a public street, and is bounded and described as follows: BEGINNING at the southwesterly corner thereof at the northwesterly corner of land of Roger E. and Helen M. Williams; THENCE S. 73 degrees E. two hundred seventy (270) feet by land of said Roger E. and Helen M. Williams to land of Frank C. Williams; THENCE N. 17 degrees W. two eighty-one and thirty-three hundredths (81.33) feet by land of said Frank C. Williams to other land of said Grantors; THENCE N. 73 degrees W. two hundred seventy (270) feet by our other land to a stone bound on the easterly line of said Harrison Avenue; THENCE 17 degrees W. eighty-one and thirty-three hundredths (81.33) feet by the easterly line of said Harrison Avenue to the place of beginning, containing 21,959 square feet of land more or less. And more particularly described as follows: The land in said Auburn on the easterly side of Harrison Avenue, now a public street, and is bounded and described as follows: BEGINNING at the southwesterly corner thereof at the northwesterly corner of land of Roger E. and Helen M. Williams; THENCE S. 73 degrees E. two hundred seventy (270) feet by land of said Roger E. and Helen M. Williams to land of Frank C. Williams; THENCE N. 17 degrees E. eighty-one and thirty-three hundredths (81.33) feet by land of said Frank C. Williams to other land of said Grantors; THENCE N. 73 degrees W. two hundred seventy (270) feet by our other land to a stone bound on the easterly line of said Harrison Avenue; THENCE S. 17 degrees W. eighty-one and thirty-three hundredths (81.33) feet by the easterly line of said Harrison Avenue to the place of beginning, containing 21,959 square feet of land more or less. For Mortgagor's title, see deed dated June 30, 1978, and recorded in Book 6499, at Page 272 in the Worcester County (Worcester District) Registry of Deeds. Premises to be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. **TERMS OF SALE:** A deposit of Ten Thousand Dollars (\$10,000.00) by certified or bank check will be required to be paid by the purchaser at the time and place of sale. High bidder to sign written memorandum of sale upon acceptance of the high bid. The balance of the purchase price is to be paid by certified or bank check at Friedman Vartolo

LLP, 85 Broad Street, Suite 501, New York, New York 10004, within thirty (30) days from the date of the sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. In the event of an error in this publication, the description of the premises contained in said mortgage shall control. Other terms, if any, to be announced at the sale. US Bank Trust National Association, Not In Its Individual Capacity But Solely As Owner Trustee For VRMTG Asset Trust, Present holder of said mortgage by its Attorneys, **Friedman Vartolo LLP** 85 Broad Street, Suite 501, New York, New York 10004
October 18, 2024
October 25, 2024
November 1, 2024

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO24P3411EA
Estate of:
Kerry L McBrien
Date Of Death:08/23/2024
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above-captioned estate by Petition of Petitioner **Debra L. Hammonds of Webster MA** a Will has been admitted to informal probate. **Debra L. Hammonds of Webster MA** has been informally appointed as the Personal Representative of the estate to serve surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. October 25, 2024

**Docket No. WO24E0079PP
A.C. 92A**

**Petition to Partition
Commonwealth of Massachusetts
Worcester Probate & Family Court**
To Steven D. McClure and to all other interested persons. A petition has been presented to said Court by Kristie Gagliardi of Sutton in the County of Worcester representing that he hold as tenant in common undivided part or share of certain land lying in Webster in said County Worcester and briefly described as follows:

See Attached

setting forth that he/she desire that all the aforesaid described part of said land may be sold at private sale for not less than five hundred sixty-two thousand dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the fifth day of November 2024 the return date of this citation. Witness, LEILAH A. KEAMY, Esquire, First Judge of said Court, this twenty-seventh day of September 2024. Stephanie K. Fattman Register of Probate October 11, 2024

**TOWN OF DUDLEY
PUBLIC HEARING**

The Board of Selectmen will hold a Public Hearing on Monday, November 4, 2024 at 6:35pm at the Dudley Municipal Complex, 71 West Main Street, Dudley, MA 01571 in the Veteran's Memorial Hall, Room 321A. The Purpose of this Hearing: To Act on a Transfer of an Off Premise Wine and Malt Package Store License from Jaymini Corp. d/b/a Stateline Farm to Jiya & Sarj, Inc. located at 59 Schofield Avenue, Dudley, MA – Manager Izabel Roma. Anyone wishing to be heard on this matter should appear at the date and time specified or submit their concerns in writing. Steven Sullivan Chairman, Board of Selectmen October 25, 2024

**NOTICE OF MORTGAGEE'S SALE
OF REAL ESTATE**

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Jeffrey A. Patterson, Melissa A. Patterson to Mortgage Electronic Registration Systems, Inc., as nominee for First Horizon Home Loans, a division of First Tennessee Bank, N.A., dated November 12, 2007 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 42107, Page 356, of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for First Horizon Home Loans, a division of First Tennessee Bank N.A., its successors and assigns to Nationstar Mortgage LLC, recorded on February 24, 2023, in Book No. 68857, at Page 395 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 1:00 PM on November 12, 2024, on the mortgaged premises located at 8 1/2 Sutton Avenue a/k/a 8.5 Sutton Avenue, Oxford, Worcester County, Massachusetts, all and singular the premises described in said mortgage,
TO WIT:

JEFFREY A. PATTERSON AND MELISSA A. PATTERSON, HUSBAND AND WIFE, AS TENANTS BY THE ENTIRETY

A CERTAIN PARCEL OF LAND WITH THE BUILDINGS SITUATED THEREON OFF THE NORTHERLY LINE OF SUTTON AVE., OXFORD, WORCESTER COUNTY, BEING SHOWN ON PLAT OF LAND OXFORD PREPARED FOR STANFORD SEED COMPANY, DATED JANUARY 30, 1991 AND RECORDED N PLAN BOOK 647, PLAN 121 BOUNDED AND DESCRIBED AS FOLLOWS: BEGINNING AT A POINT ALONG THE DIRT DRIVE AS SHOWN ON SAID PLAN, WHICH POINT IS THE NORTHEASTERLY CORNER OF THE 15,183 SQUARE FOOT PARCEL OF LAND SHOWN ON SAID PLAN; THENCE N. 83 DEGREES 27 MINUTES 41 SECONDS W. 71.35 FEET BY SAID PARCEL OF LAND IDENTIFIED ON SAID PLAN CONTAINING 15,183 SQUARE FEET; THENCE N. 6 DEGREES 10 MINUTES 05 SECONDS E. 62.30 FEET BY LAND OF PROVIDENCE AND WORCESTER RAILROAD TO THE MOST NORTHWESTERLY CORNER; THENCE S. 82 DEGREES 59 MINUTES 56 SECONDS E. 131.34 FEET BY LAND NOW OR FORMERLY OWNED BY BARRE; THENCE S. 8 DEGREES 14 MINUTES 00 SECONDS W. 139.26 FEET BY LAND NOW OR FORMERLY OWNED BY MILLER; THENCE N. 82 DEGREES 59 MINUTES 56 SECONDS W. 57.75 FEET BY LAND NOW OR FORMERLY OWNED BY C. PARISEAU AND SAID DIRT DRIVE; THENCE N. 8 DEGREES 14 MINUTES 00 SECONDS E. 77.52 FEET TO THE POINT OF BEGINNING.

SAID PARCEL CONTAINING 12,533 SQUARE FEET, MORE OR LESS. BEING THE SAME PREMISES CONVEYED TO THE GRANTORS BY DEED OF HERITAGE EQUITY RESOURCES, INC. DATED APRIL 7, 1993 AND RECORDED WITH THE WORCESTER DISTRICT REGISTRY OF DEEDS BOOK 15077, PAGE 389. SUBJECT TO RESTRICTIONS, RESERVATIONS, EASEMENTS, COVENANTS, OIL, GAS OR MINERAL RIGHTS OF RECORD, IF ANY. MAP: 34C; LOT: E28

For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 19484, Page 253. These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions,

easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Ten Thousand Dollars (\$10,000.00) by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale.

NATIONSTAR MORTGAGE, LLC
Present holder of said mortgage
By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
23228
October 18, 2024
October 25, 2024
November 1, 2024

**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. WO24C0512CA
CITATION ON PETITION TO
CHANGE NAME**

In the matter of:

Sabia Gul
A **Petition to Change Name of Adulthas** been filed by **Sabia Gul of Dudley MA** requesting that the court enter a Decree changing their name to: **Sabia Gul Shea**
IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 11/05/24 at 10 a.m. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Leilah A Keamy, First Justice of this Court.
Date: October 04, 2024
Stephanie Fattman,
Register of Probate
October 25, 2024

**TOWN OF DUDLEY
ZONING BOARD OF APPEALS
71 WEST MAIN STREET, DUDLEY
MA 01571**

Please take notice that: William LePage Have applied to the Zoning Board of Appeals to vary the terms of the Zoning By-Laws Section: 2.04.02 Density Requirements
Location: 4 Sophies Way
In the following respect: A 13ft variance on front setback and 10.6ft variance on side setback for new construction. The Public Hearing will be held on November 7, 2024@ 7:00pm at the Town Hall room 321A, at which time you may be heard relative to this Public Hearing. Please contact Amanda Jacobson at 508-949-8012 or bulding@dudleyma.gov to attend the meeting. George Slingso, Chairman Zoning Board of Appeals October 25,2024

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Nichols celebrates investiture of President Pieczynski

DUDLEY — The Nichols College community convened for the investiture of William C. Pieczynski on Friday, Oct. 18, as the ninth president of Nichols College, a role he has held since May 2024.

President Pieczynski has a long and distinguished career at Nichols, working closely with faculty, staff and students across academic disciplines and campus-wide departments. He joined the College as director of the Nichols Fund in 2006, where he was charged with expanding the President's Society, generating annual funds and overseeing alumni relations. President Pieczynski was named vice president for advancement in 2010 when he oversaw the successful completion of the College's bicentennial campaign, Securing a Legacy of Leadership, which raised \$66 million to support capital projects, endowment and brand-elevating curricular

and co-curricular initiatives. The campaign was the largest in the College's history, generating a record number of multimillion-dollar gifts, and far surpassed the campaign's initial goal of \$45 million.

The investiture ceremony, presided over by Chair of the Nichols College Board of Trustees Randy Becker '83 MBA '96, included calls to service and remarks by representatives from various constituencies of the college. Provost Daniel Borgia served as Master of Ceremonies.

Messages of support were delivered throughout the calls to service. "Bill has a proven track record of outstanding leadership and loyalty to Nichols College having been a valuable member and contributor of the Nichols Family for over 17 years," said Nichols College Trustee David Bedard '86, representing the Committee for the Future of Presidential Leadership (CFPL).

The investiture ceremony was conducted by Becker, with special assistance from Pieczynski's sister, Denise, and wife, Lana.

"Today, we gather to celebrate a man of genuine integrity, humility and compassion. We are confident that President Pieczynski will support the culture of Nichols and foster change that is both forward-thinking and deep-rooted in the College's honored traditions," said Becker, who also noted Pieczynski's many accomplishments, from setting new standards of giving to securing contributions to support new building projects to expanding experiential learning opportunities.

Pieczynski in his inaugural address remarked, "Now, this is a somewhat different investiture in that I am not a newly appointed president, still unboxing mementos or contemplating the quickest way to get from Conrad Hall to Vendetti

Field. I have had the time to develop deep friendships here, to leverage a tenure that dates to 2006, and to understand the complexity of this institution at this moment in time. Indeed, when I was asked to pursue the presidency, I responded that I was eager to do whatever was best for the College."

He praised the resilience of Nichols, noting its evolution throughout its history, dating back to 1815, commenting "I am fortunate to lead a college that is comfortable in its own skin-always aware that we are a work in progress-but one that has confronted momentous change and has persevered."

Turning to the challenges of educating students for a future and jobs that don't yet exist, Pieczynski remarked that the school possesses a strong foundation for this task, with its "unabashedly" student-centered living and learning environment and unique experiential

opportunities.

He cited what the College's administrators casually refer to as the Nichols "triple threat," where students complete an internship, receive a professional certification, and complete an experiential learning experience, as an area of focus and enhancement. He quoted higher education research that spoke of these kinds of experiences as "career game changers."

Developing such experiential learning opportunities and academic differentiation, said Pieczynski, will be one of four short-term strategic priorities, alongside developing a robust budget model that drives net revenue growth, an institutional branding, and a better understanding of the College's current culture in building toward a more supportive, collaborative and inclusive community.

Concluding the day's spirited events was a community celebration

and Presidents' Society Dinner.

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 worldwide. Founded in 1815, Nichols College transforms today's students into tomorrow's leaders through a dynamic, career-focused business and professional education. Nichols offers real-world 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

Seven of New England's top comics take the stage to support Manny 267 Foundation

WORCESTER — Seven hilarious comics will come together Nov. 2 at the DCU Center in Worcester to raise money for the Manny 267 Foundation. The foundation is named in honor of Worcester Police Officer Emmanuel "Manny" Familia, who tragically died in 2021 while attempting to save a 14-year-old boy from drowning. Hosted by comedian Harrison Stebbins, the night of comedy will feature nationally touring comedians who all call New England home including Emily Ruskowski, Orlando Baxter, Corey Rodrigues, Brian Glowacki, Rafi Gonzalez and Paul Nardizzi. Tickets for the 267 All-Star Comedy Night are on sale now at EventBrite.com.

The Manny 267 Foundation aims to raise awareness about the hazards of drowning. The foundation provides funding for floatation devices that are installed in emergency vehicles to be used as life-saving tools when responding to aquatic emergencies, as well as supporting water safety training for police officers and swimming lessons for young people.

"Manny's legacy continues to live on through the incredible work the foundation is doing to insure no other families have to go through the pain and loss that we have suffered," said Elvin Familia. "One hundred percent of the proceeds from this comedy show will go towards providing Manny Tubes and water rescue training for police departments around Massachusetts."

Manny is described by his friends and family as "always the funniest person in the room," making the All-Star Comedy Night a fitting tribute to his legacy.

The line-up at the DCU Center includes:

Harrison Stebbins, Host
With a sarcastic wit and an improvisational style, Stebbins' unique blend of high-energy physical comedy and clever insights, keeps audiences laughing long after he has left the stage.

Not only is Harrison widely regarded as one of New England's funniest headliners, but he has also performed with some of the most popular national comedians working today.

Emily Ruskowski
Ruskowski is a one-woman charm offensive. With a style that's totally approachable and instantly impressive, she is equally comfortable diving into personal insecurities or workplace nonsense. With an irrepressibly cheerful demeanor, she commands attention and delivers stories loaded with punchline after punchline. Ruskowski's comedy combines a quick mind, an infectious energy, and a totally unique eye for observation. She brings a genuine sense of fun to material that ranges from a career in social work to a passion for boy bands. She has been featured in The Washington Post and Boston Globe and has appeared on the popular 2 Dope Queens Podcast and Laughs TV on Fox.

Orlando Baxter
Baxter exploded onto the Boston comedy scene in 2005, and was quickly established as one of the area's hottest comics. His fresh perspective and unique relatability soon made this former high school teacher a fan favorite and led to a string of finalist positions in a host of contests and festivals all over the world including NBC's 'Stand Up for Diversity,' Boston Comedy Festival, and Montreux Comedy Festival. In 2016, Baxter made his late night TV debut on the Conan show on TBS. He has since appeared on television shows like "Comedy Up Late" in Australia, B.E.T.'s "50 Central," Laff Mobb's Laff Track on Tru TV and TBN's Mike Huckabee show. Orlando currently tours across the country performing at clubs, colleges and festivals at home and overseas.

Corey Rodrigues
Rodrigues is a highly sought-after national touring college, club, and corporate performer. He was the winner of The Catch a New Rising Star, The Funniest Comic in New England, and the

2017 Big Sky Comedy Festivals. Rodrigues has been featured on the hilarious Gotham Live, Laughs on Fox, and True TV's Laff Mobb's Laff Tracks. In 2018 he released his Dry Bar Comedy special, was voted "best of the fest" at the Big Pine Comedy Festival, and was picked as one of TBS's Comics to Watch at the New York Comedy Fest. In 2019, Rodrigues made his late-night TV debut on the Conan O'Brien show. In 2020 he released another 30-minute Comedy Special for the EPIX series "Unprotected Sets." His comedy is honest and fun, constantly peppering in stories from his life and the lives of those around him. Mix that with a hilarious point of view and he's able to talk about just about anything.

Brian Glowacki
Glowacki's comedy feels like home. His playful style and originality have quickly taken him from a small town class clown to a nationwide crowd favorite. His likability on stage paired with sharp observations on life have quickly catapulted him into one of the nation's premier emerging talents. Brian is the national touring opener for comedian Bob Marley as well as headlining many clubs and festivals on his own. Most notably he became the first independent, local comedian to headline the historic Wilbur Theatre in Boston. "BGlow" has performed at the Funny or Die "Oddball Comedy and Curiosity Festival". He received "Best of Fest" honors at Burbank Comedy Festival, Big Pine Comedy Festival and San Diego Comedy Festival. He connects daily to his growing tribe on social media through short videos about his family and his travels.

Rafi Gonzalez
A stand-up comedian from Puerto Rico, Gonzalez originally found success as the lead singer of a nationally touring rock band. In 2015, Gonzalez switched gears and exploded onto the New England and Boston comedy scenes. In 2021, he appeared on HBO MAX's Ha Comedy Festival. In 2022, Rafi participat-

ed in the prestigious San Francisco Comedy Competition. He was a finalist in the Boston Comedy Festival in 2023, and was also voted "Best of the Fest" in The Noho Comedy Festival and The Burbank Comedy Festival in Los Angeles. In 2024, he was voted "Comedian of the Year" in the Boston Comedy Choice Awards. Rafi has also taken his comedy to the sea after being hired by several cruise lines. Check him out across all social media platforms, where Rafi has accrued millions of views.

Paul Nardizzi
Nardizzi began his comedy career in 1990, quickly becoming a Boston area favorite and a national headliner within four years. Paul Nardizzi has made numerous appearances on Late Night with Conan O'Brien, Comedy Central, NESN Comedy All-Stars. He also won the Boston Comedy Festival Competition, HBO's U.S. Comedy and Arts Festival and is one of the most requested acts on XM Satellite Radio. As a top stand-up comedian in Boston and the New England Area, he is

known for his rapid-fire comedy, ability to engage the crowd, and tailor material to audiences. He can be seen performing in clubs nationwide in addition to providing corporate entertainment and working at charity events and parties.

All-Star Comedy Night to benefit The Manny 267 Foundation takes place on Saturday, Nov. 2, at 8 p.m. at DCU Center, 50 Foster St., Worcester. Tickets and information are available at EventBrite.com.

Sheriff's Office launches winter coat drive

BY KEVIN FLANDERS
STAFF WRITER

REGION — With winter on the way, the season of giving has started early for Worcester County Sheriff Lew Evangelidis and his team.

Last week, the Worcester County Sheriff's Office and the Worcester County Reserve Deputy Sheriff's Association held their annual Winter Coat Drive Kick-Off at Pepe's Italian Restaurant in Worcester.

The event raised money and awareness for the massive community coat drive initiative, which will keep area residents of all ages warm this winter.

"Many community members and representatives of local organizations have supported the coat drive in various ways," read a statement released by the Sheriff's Office.

Starting on Tuesday, Oct. 22, and continuing through the first week

of November, Sheriff Evangelidis and his outreach teams will distribute coats to community members at 20 nonprofit organizations and other local venues.

Their goal is to deliver a total of 4,000 new winter coats to those in need throughout Worcester County. Families, seniors, children, veterans, and other community members will all benefit from the program.

"Every year, we have the joy of handing out these coats, which symbolize much more than just a winter jacket. They represent a community that cares," said Evangelidis. "The people who receive these jackets are grateful for the gesture from the Sheriff's Office. This is a special time of year for the Sheriff's Department, and we're excited to connect with the community members we serve."

Since the pandemic, high prices and lost jobs have combined to place

a strain on residents nationwide, especially families and seniors. For Evangelidis and his team, it means a lot to help those seeking assistance in keeping their families warm this winter.

Officials thank all community members, businesses, volunteers, and local organizations who have stepped up and shown support for the annual coat drive.

"Thank you to all who have supported this initiative and joined us," read the statement issued by the Sheriff's Office.

This year's coat distribution sites are located in Southbridge, Webster, Worcester, Gardner, Fitchburg, and Leominster.

For more information about the coat drive, or to learn about several other programs the Sheriff's Office runs to support the community, visit www.worcestercountysheriff.com.



Worcester County Sheriff Lew Evangelidis and his team kick off their annual winter coat drive. Courtesy

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Nursing students earn 100 percent on medication calculation test



Courtesy

Julie Peloquin and Bobbiejo Smith holding certificates of recognition for their successful hurdling of the MCT.

CHARLTON — Julie Peloquin of Southbridge and Bobbiejo Smith of North Brookfield practical nursing students at Bay Path Practical Nursing Academy and members of the Practical Nursing Class of 2024 have earned a perfect score on their Medication Calculation Test.

According to the Bay Path Practical Nursing Academy Student Handbook, under Clinical Policies, “Students must demonstrate a level of medication calculation competence before administering medications to patients in the clinical setting. Students must pass the Medication Calculation Test (MCT) with a 90 PERCENT or higher before passing medication in the clinical setting. Students will have three opportunities to pass the MCT.”

Both Peloquin and Smith passed the MCT with a score of 100 percent on their first attempt.

Further, as stated in the Student Handbook, “Students will receive a different version of the test each time they take it. After each unsuccessful attempt, the student MUST see an instructor for remediation before attempting to take the

MCT again. If a student does not pass the MCT after the second attempt, a performance notification will be issued. Students who do not pass the MCT after the third (3rd) attempt will be unable to pass medications and therefore be unable to meet the clinical objectives and ultimately unable to continue in the PN Academy.”

Peloquin, of Southbridge, is with the Department of Developmental Services as DSW II, providing direct care in a group residential setting for individuals with developmental, physical, and mental disabilities. As DSW II she acts as shift supervisor and guide staff in care and operation of the shift. She mediates issues and manages scheduling/house duties as necessary. Peloquin is a graduate of Southbridge High School (2004) where she was active in Show Choir, Drama Club, Chess Club (Vice President), and School to Career Program. Her project was with Dystopia Rising Massachusetts setting guide. From 2015-2020 she studied at Worcester State University majoring in Psychology. She took four semesters of French (fluent in con-

versational French) and various visual/fine arts courses. Smith of North Brookfield is with the Commonwealth of Massachusetts DMR in Springfield as a developmental service worker caring for individuals with their daily needs in their homes. She was a residential counselor and a senior childcare specialist. Smith is a graduate of Tantasqua Regional Senior High School (1989). She took courses at Mount Wachusett Community College (medical 2004-2005). Both Peloquin and Smith have a valid Health Care Provider/ Basic Life Support Provider CPR, Dementia Care Certified, and Mental Health First Aid Certified.

According to Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director, “I congratulate Jules and Bobbiejo on their success! Student engagement and collaboration is a huge part of student success. Thank you to Dr. Ana Olivar who teaches Pharmacology and is intentional in making sure our PN students are successful in doing what they love to do.”

DA hosts event to help survivors deal with overdose deaths

BY KEVIN FLANDERS

STAFF WRITER

REGION — Continuing his mission to support all families experiencing the loss of a loved one to an overdose, Worcester County District Attorney Joseph Early, Jr., hosted an event last week focused on dealing with grief.

The program was highlighted by a panel discussion featuring several specialists. These include Deb Dowd-Foley, a long-time peer grief support group facilitator; Cheryl Juaire, founder and president of Team Sharing, Inc., a parental support nonprofit organization; and Dennis Bates, CEO of Washburn House.

“Each life lost to overdose creates a void of grief felt by the family, friends, and loved ones left behind,” Early said. “We want all those experiencing this grief to know they are not alone, and we want to help them find the support they need through the grieving process.”

The panelists discussed their own personal stories of loss and grief, then shared various resources enabling guests to find support locally.

Juaire lost her son, Corey, 23, to overdose. The grieving process inspired her to meet with a small group of six mothers who had also lost children to addiction.

“I finally realized I am normal. I finally realized I am going to be okay. It was lifechanging,” Juaire said. “This community is how I survived the loss.”

Dowd-Foley shared how participating in support groups helped her work through her grief after losing her 27-year-old son Brian to an overdose.

“I can’t emphasize enough the importance of finding the support of people who understand what you are going through,” Dowd-Foley said.

Panelists discussed multiple options for receiving support during the grieving process, whether it’s provided by a counselor, social media groups, or peer support groups. Additionally, residents can benefit from self-care practices, including journaling, meditation, or finding new activities.

“The courage of these parents who come here and say this is what’s



Courtesy

Worcester County District Attorney Joseph Early, Jr., left, hosted several panelists at a community program last week.

really going on, I commend them. That is how we’re going to end the stigma,” said Bates. “The beauty of what we have here is community. The people here who’ve been hurt the most are also the ones who can help the most.”

Grief support services referenced at the meet-

ing include the following programs and agencies: Support After a Death by Overdose (sadod.org); The Sun Will Rise Foundation (thesunwillrise.org); and Team Sharing, Inc. (teamsharing.org).

Looking ahead, the District Attorney will continue hosting several

programs that connect residents with the services they need.

“Mr. Early has been passionately committed to addressing the polysubstance use crisis, as well as trauma and mental health,” read a statement released by the DA’s Office. “In 2015, he formed the Central Mass.

Opioid Task Force, which he renamed last year the Prevention and Support Network. There are more than 700 members in the network.”

To learn more about programs offered or supported by the DA’s Office, visit www.WorcesterDA.com.



Courtesy

Dr. Bolandrina with Katie Maxey-Brock SimCapture Education Specialist of Laerdal Medical.

Bay Path Practical Nursing Academy staff learn about simulation and moulage

SPRINGFIELD — Bay Path Practical Nursing Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN of Athol, (formerly of Dudley) and Executive Assistant to the Academy Director, Donna Pope, LPN of Southbridge represented Bay Path at the recently concluded Springfield College Mini-Sun Event sponsored by Laerdal.

The event was held at the Health Sciences Center of Springfield College, Springfield, Friday, Oct. 4. Maxey-Brock discussed debriefing with video while Dr. Doherty of the Massachusetts General Hospital Institute of Health Professions discussed advancing inter-professional collaboration through simulation-based learning. Other speakers included Dr. Gladys Fernandez of Baystate Medical Center on using quality and patient safety data to develop simulation

programming, and Dr. Chris Scott of Springfield Technical Community College on integration simulation, lessons learned from accreditation. Participants had the opportunity to work with moulage firsthand led by Jorge Yarzebski of UMass Chan Medical School Icelis Program.

Bolandrina completed her Doctor of Health Administration degree at the University of Phoenix. The curriculum for the Doctor of Health Administration builds on master’s programs by providing education and training in management theories and methods applicable with a variety of healthcare organizations. Focusing on the development of decision-making, communication, and critical thinking skills, topics covered in the course work include health care resource management, health care

marketing techniques, global and U.S. health care systems, economics of health care services, federal regulation processes, and care management. In 2001, she completed CREA Journalism at Harvard Extension School, one of the university’s 12 degree-granting institutions. She previously earned her Master of Science in Nursing Education also from University of Phoenix and Bachelor of Science in Nursing at University of Santo Tomas, Manila Philippines. She is a registered nurse and a certified rehabilitation registered nurse (CRRN) with 37 years of nursing experience in the classroom as full-time faculty, managerial as charge nurse and nursing supervisor as well as Director of Quality Improvement, and as an adjunct at Massachusetts Bay Community College. As the Academy Director,

she worked with students, faculty, and staff in implementing various initiatives such as the establishment of the Community Service Award, the creation of the Mock Code Team, implementation of Mock Code scenarios per term culminating in Mock Code Day during Nurses’ Week celebration, establishment of the National Technical Honor Society Chapter (NTHS), the NTHS annual induction and alumni homecoming, creative funding for SkillsUSA, the UNICEF Club, participation in the Medical Reserve Corps (MRC), class certification in Mental Health First Aid Training and Stop The Bleed, Alumni Mentorship and Peer Tutoring, Nurses Peer Therapy, initiatives for Food Insecurity, recognition of Kindness Acts, and the annual participation in the Walk to End Alzheimer’s.



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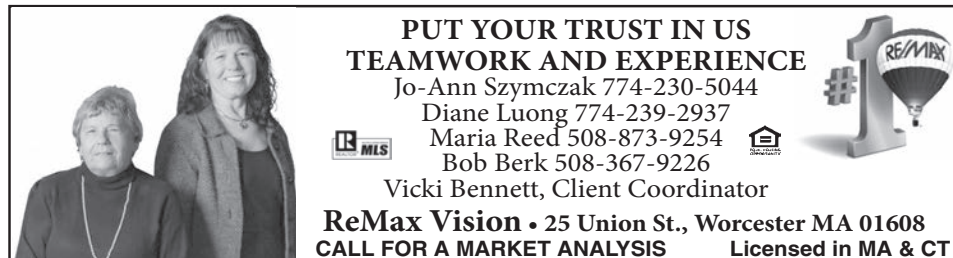
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Bites, Books & Blooms



Gus Steeves

Visitors sample some of the chicken teriyaki provided by Eighty Ates Restaurant.

WEBSTER—Although this year's blooms are mostly gone in nature, they were everywhere at Gladys E Kelly Library last Wednesday.

For the second year, the library celebrated its book collection and the creativity of the community with the Bites, Books &

Blooms fundraiser, drawing a couple dozen floral creations area book lovers felt illustrated books and poems they love, and text about why they chose those works. Those ranged all over the place, from classic literature like Shakespeare's "Romeo & Juliet," clas-



Curious attendees check out Lisa Gryzb's "Chamber of Secrets" display, which moved when touched.

sic children's books like Maurice Sendak's "Where the Wild Things Are," a couple Steven King novels, gardening books, and even a few in foreign languages.

Friends of the Library President Robin River said the funds go to support hundreds of events at the library, with particular emphasis on the Dolly Parton Imagination Club, which gives a free book every month for five years to participating Webster kids. That group now has about 200 members, but she said it's

open to any Webster child under age five.

"This town has an incredible facility in this library," with a "staff that goes above and beyond," she said. She also praised the volunteers who made the event happen, saying, "the people on the committee are incredible workers, ad this couldn't be done without them."

Selectman Elaine Davies, also a Friend, said it's "very heartening when people were bringing in their arrangements, they were saying they're already thinking about next year," she noted the committee "tried to get a little bit of an international flavor" among the books.

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One of the volunteers is shown with an arrangement inspired by Steven King's "Pet Sematary."



Deb Horan's arrangement was inspired by Beatrix Potter's "Tale of Mr Jeremy Fisher."



A detail of Elaine Davies' entry based on the poem "Sea Fever" by John Masefield.



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Jo-Ann Szymczak
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With over 47 years of experience, I have a home office in Dudley. The RE/Max Vision office is located on 25 Union Street in Worcester. Being a real estate agent is more than just placing an ad in the newspaper or marketing online. I act as a counselor to my client (buyer or seller). I provide assistance in marketing, staging, inspections, negotiation, and educating them to real estate values. It is a full time job. In order to provide good service, I have a client coordinator, Vicki Bennett assisting me.

I was originally a math teacher and always had an interest in real estate. When I acquired a license I approached a local broker and began my real estate career. I am still actively involved in teaching. I have taught real estate licensing and conducted numerous real estate education classes in buying foreclosures and landlord/tenant classes in Night-life programs at Bay Path Vocational and Assabet Valley Technical School.

The business has changed because of technology and the information network making it easier for buyers to obtain much of their needed information through the internet. For sellers, environmental issues and more informed consumers has made it critical that sellers get professional assistance early to sell their home. Buyers are all watching HGTV and have very specific expectations. Sellers need guidance in staging and making sure they have prepared their house for home inspections. Professionals are able to make it a more pleasurable experience for both buyers and sellers by counselling them.

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The most recent changes I have made in doing business is I have partnered with Diane Casey-Luong the Massachusetts #1 Homes for Heroes Realtor.

We are participating in a program that recognizes those who serve our community. It's just one way to give back and say, “Thank You” for all you've done. Fire-fighters, EMS, Law Enforcement, Healthcare Professional, Teachers and Military Members and Veterans from across the country have saved over 90 Million Dollars!

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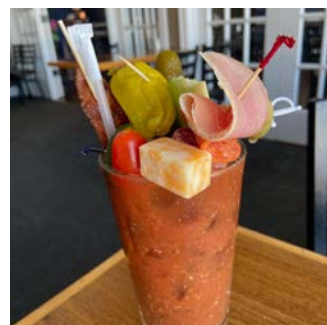
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Easy ways to support small businesses

It's easy to overlook how integral small businesses are to local, national and even global economies. The Small Business Administration and the U.S. Census Bureau indicate small businesses account for 99.7 percent of all American businesses, employing 56.8 million people. Similarly, according to Statistics Canada, local businesses classified as micro or small businesses made up 98.1 percent of all the employers in Canada in 2021.

Since small businesses are the economic engine of many neighborhoods and communities, it's in everyone's best interest to pitch in and ensure such firms' success. Thankfully, it's easy for anyone to support the small businesses that make their communities unique.

- Shop locally and online from small businesses as much as possible. If you cannot shop right away, consider purchasing gift cards to the retailer or service provider and share them as gifts to others.

- Before you immediately go with a well-known chain or e-commerce giant, find out if a local retailer offers the same items you need and shop there.

- Actively discover new brands, check them out, and then spread the word about your findings to others.

- Share posts from small businesses on social media. It's good exposure for them and can help to widen their customer base.

- Attend special events or promotions hosted by local businesses. Well-attended events may spark others' curiosity.

- Share a quick photo of something you bought at a small business or of a service they provided. For example, if a local landscaping company did a wonderful job putting in a new patio or pavers, share the before and after with those you know.

Communities can embrace various strategies to support the small businesses that make Main Street unique.

How communities benefit when consumers shop local

Ideas about shopping are never set in stone, and the pandemic illustrated just how quickly consumer trends and opinions can change. Many individuals are now reevaluating how they spend their hard-earned money, particularly since inflation has affected just how far a dollar can be stretched. When consumers think about which stores to patronize, locally owned businesses may be the smartest option for a number of reasons — not the least of which is the way such enterprises benefit the communities they call home.

More money kept in the community

Shopping locally means that more money will stay in the community. According to recent research from Civic Economics, local eateries return nearly 79 percent of revenue to the community, compared to just over 30 percent for chain restaurants. Overall, for every \$100 spent at a local business, around \$73 remains in the community, versus roughly \$43 when shopping at a non-locally owned business.

Get a personal touch

Local business owners typically are inclined to go the extra mile for their customers and are personally invested in the services and products they are selling. As a result, shopping locally tends to be a personalized experience. Furthermore, a local business owner may be more amenable to ordering products for specific clientele. Such personalized service is typically not accessible when shopping big box stores or other shops where owners are off-site.

Lines are short

Waiting in long lines for check-out or to pick up merchandise ordered online can drain consumers' energy and contribute to stress. Local businesses tend to have short lines and small crowds, which can lead to a more pleasant shopping experience.

Generates tax revenue

Local businesses generate more tax revenue per sales dollar, according to Rubicon, a digital marketplace for waste and recycling businesses. Taxes paid by local small businesses go to support schools, parks, roads, and other programs that benefit the community as well.

Support nonprofits

Local businesses often support good work in the community, such as nonprofit groups. These can include schools and sports teams, among other groups. According to Dr. Sue Lynn Sasser, professor of economics at the University of Central Oklahoma, studies indicate nonprofits "receive 250 percent more support from small businesses than larger ones."

Support other local businesses

Local business support other local businesses by buying and selling among each other. A local, independently owned restaurant may source its ingredients from local farms, which means visitors to such eateries are supporting multiple local businesses each time they dine out.

Small businesses are a boon to the economy, particularly local economies. These enterprises help their communities in a multitude of ways.



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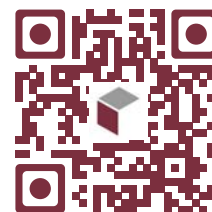


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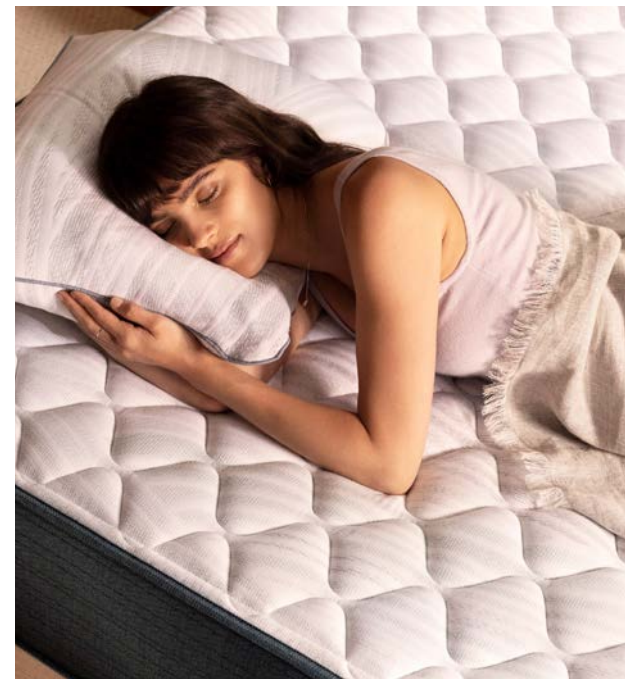


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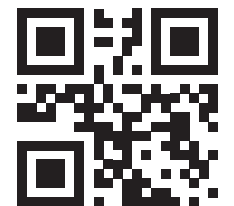
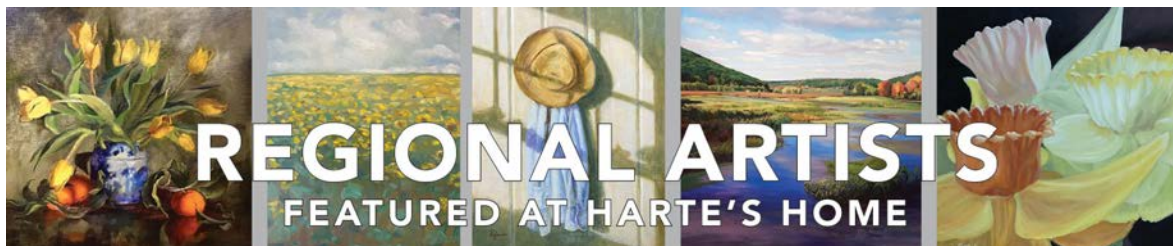
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