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Friday, August 8, 2025

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Roofing project completed at Webster Veterans Home



WEBSTER — On Friday, June 20, Eric Rudnicki of Rudnicki Roofing Corp. completed the final phase of the roofing project at the Webster Veterans Home, located at 4 Veterans Way in Webster. The Town of Webster inspected the completed work, and the building reopened the following Monday. For safety reasons, the building was closed for nine days during the construction period.

The Veterans Home, originally known as Marble House, was built in 1870, and was owned by the Marble family. In 1921, it was donated to the

town to serve the veteran community in Webster. The home initially housed veteran organizations of the Civil War, including members of the Grand Army of the Republic, the Sons of Veterans, and a post of the Veterans of Foreign Wars (VFW), along with the now-defunct VFW Women's Auxiliary, which occupied the second floor of the building. Currently, the District Veterans Services Office, located on the first floor, is where Stephen Rogerson, District Director of Veterans Services for both Webster and Dudley, spends

most of his time. Additionally, the Veterans Council of Webster and Dudley has office space in the building, along with the Disabled American Veterans (DAV) on the first floor. The most active operation at the Veterans Home is the Veterans Services Office, which is open most of the week, supporting Veterans, widows, and their families.

The veterans of Webster and Dudley sincerely appreciate the professional workmanship of Eric Rudnicki and his skilled team for replacing the aging roof. We would also like to thank

Home Depot for donating all the necessary materials for this project and extend our gratitude to the Ellis "Cappy" Bateman Charitable Trust, which financed the work. Additionally, we acknowledge the support of the local VFW post, particularly former Commander Dick Norton and current Commander Randy Snow, who was sworn in this past May. It is important to note that this project was funded entirely without any allocation of taxpayer money from the Town of Webster.

Dudley voters to consider name change for selectmen at Town Meeting

BY JASON BLEAU
CORRESPONDENT

DUDLEY — The town of Dudley will consider whether to rename its Board of Selectmen to a Select Board following a growing trend of communities throughout the commonwealth changing their highest elected body to a more gender-neutral title.

Over the last decade, towns and cities across the Commonwealth of Massachusetts have considered adopting more gender-neutral labels for their boards. The Dudley Board of Selectmen has had several female members throughout its history and has one female member on its current slate. The term "selectman" has long been a common label for the highest elected boards in New England communities, but as more and more women have come to fill those positions, there has been a growing trend of adopting new names to represent the diversity of those elected bodies. Dudley is poised to become the latest community to consider the change, with the Board of

Turn To **DUDLEY** page **A10**

Dudley Conservation Land Trust acquires scenic farmland on Marsh Road

DUDLEY — The Dudley Conservation Land Trust (DCLT) is excited to announce that it has agreed to purchase 23 acres of historic and scenic farmland at 0 and 90 Marsh Rd. from developer Conrad Allen. This is a significant investment in Dudley's future and in the east Dudley wildlife corridor, as it expands and enhances the impact of existing sanctuaries including Slater Woods, Mass Audubon's Pierpont Meadow and newly established Oxford Woods, and future DCLT land acquisition targets.

DCLT has launched a capital campaign to add to the existing conservation holdings in this area of Dudley, and is in the process of writing grants to secure necessary funding.

"Opportunities like this do not come along very often," said acting President Liza Moran. "We may be able to add almost 100 acres to the east Dudley conservation footprint, between this property on Marsh Road, the nearby Tierney land which we are working to conserve, and others which we are actively pursuing. We envision a future where people and wildlife will be able to traverse Dudley from the Charlton line to Oxford without leaving a sanctuary!"

The closing date of the sale has not yet been established. Stay tuned to updates and other news on our Web site, <https://dudley-clt.org>.

Board of Health to re-examine bodyworks regulations

BY JASON BLEAU
CORRESPONDENT

DUDLEY — The Dudley Board of Health will once again be examining its bodyworks regulations over a year after implementing new standards to better regulate activities at these businesses.

In July, Acting Health Agent Tom Purcell proposed loosening the regulations which he felt were "cumbersome" after working

with several parties that wanted to bring business into town. He examined the standards of several other communities, leaning heavily on regulations set by the town of Hanover, to produce more lenient regulations that still help accomplish the standards the board sought to implement in 2024.

"I like the idea of the organization and the application process, and I also like the idea of we want to see drawings and

blueprints of what the place is going to look like. Reading through it, it's going to give it a more clinical atmosphere than it is a luxurious atmosphere," Purcell told the board.

While he didn't delve into many of the specifics during the Board of Health's July meeting, Purcell did say the new regulations would eliminate "a lot of subjectivity" from the policies. He said the proposal is very close to those adopted in Hanover which he felt was a sufficiently organized set of regulations and application process. Purcell said the new regulations would also be clearer and easier to enforce.

Bodyworks regulations became a primary focus for the Board of Health in 2024, following scrutiny of such business on the national level regarding questionable and inappropriate activities and services being provided in secret. While cases had not been reported in Dudley at the time, one problematic business had closed prior to the proposal of new regulations last year. The board reexamined its policies at the recommendation of local law enforcement and eventually adopted stricter rules in the summer of 2024 based heavily on regulations from the town of Framingham.

In order to proceed with new regulations, the board must first rescind the existing policies but stopped short of a motion in July. The new rules are being released for public review before the board addresses the revisions again during their next meeting on Aug. 19.



Courtesy

To celebrate their new co-branded restaurant, Papa Gino's and D'Angelo's donated all of their sales from July 23 to Webster Public Schools. Representatives from all three schools received \$7,166.35 to be split amongst Park Avenue Elementary School, Webster Middle School, and Bartlett High School. Their generous donation will be used for student activities.

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



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

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

Founded in 1999

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

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

ty leaders.

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

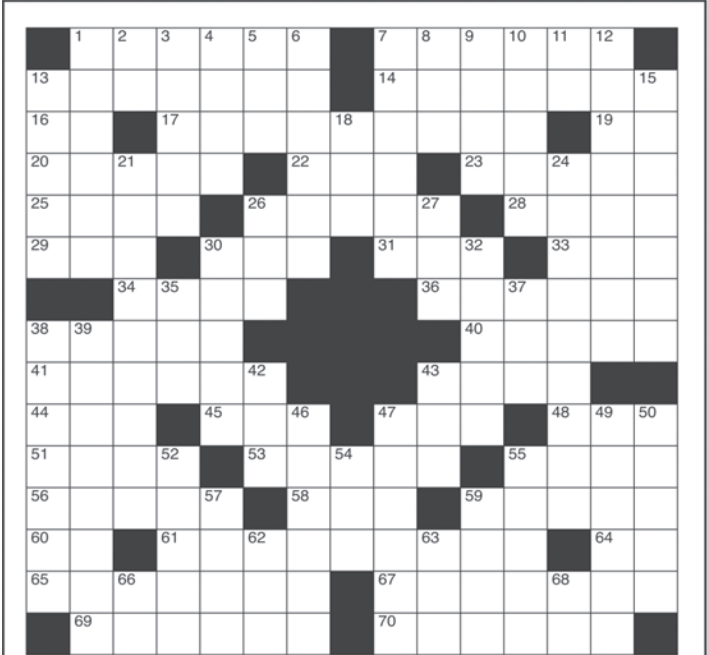
As the festival marked its 22nd year, SEACMA reaffirmed its commitment to creating a welcoming and supportive environment for immigrants and refugees in Central Massachusetts. The continued support from educational, civic, and community partners like Bay Path Practical Nursing Academy ensures that the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

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 - Eighth month (abbr.)
 - Very willing
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 - Popular Dodge truck model
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 - Cricket frogs
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 - Bottom layer
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 - Dickens character
 - Late beloved TNT sportscaster
 - South Dakota
 - Exposing human vice or folly to ridicule
 - Gold
 - Longtime Braves hurler Julio
 - Humor
 - Shawl
 - Hospital unit

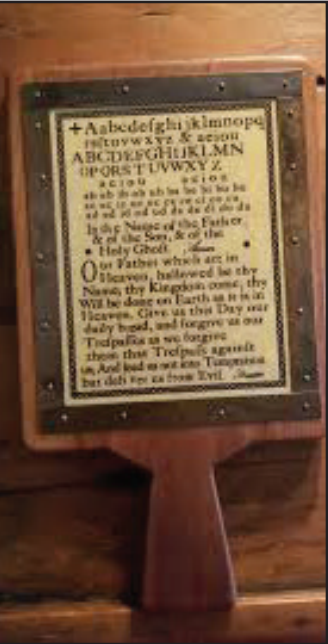
- ### CLUES DOWN

 - Animal disease
 - Commercial
 - Necklace materials
 - Containers
 - Investment account
 - Colorado Heisman Trophy winner
 - Dipped down
 - Head injury category (abbr.)
 - Lay about
 - Intestinal
 - Not yes
 - Caused to be loved
 - Muslim spiritual leader
 - Showing sincere conviction
 - Not in
 - Number above the line in a fraction
 - Lawn pest
 - Pouch
 - Ancient language in India (abbr.)
 - Start over
- Wild white flower
 - Fourteen
 - Visual way to interact with computer (abbr.)
 - Side by side and facing the same way
 - Religious conflicts
 - Touch lightly
 - “Boardwalk Empire” actress Gretchen
 - Violent seizure of property
 - One who supports the pope
 - Malaise
 - Body fluid
 - Inauthentic person
 - Title of respect
 - Chilean city
 - Japanese city
 - Silk garment
 - Draw from
 - Automobile
 - The man
 - Top government lawyer

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When is a horn not a horn? A brief history of the Hornbook



BY HELEN POIRIER
AUBURN HISTORICAL SOCIETY

AUBURN — The hornbook didn't make any noise. Hornbooks were used from the late 1400s to the mid-1800s and were educational tools for children, but most children had other uses for hornbooks, which meant that not many survived through the years. The hornbook had a sheet of paper that was printed on one side and pasted to a thin piece of wood in the shape of a paddle with a carved handle at one end. The paper was protected from damage with a clear sheet of animal horn usually held in place with a narrow strip of copper tacked onto the board.

According to an article written by Armonee Wilkins, “To create the horn sheet needed for the book, the maker would soak animal horns in water to soften them, then proceed to cutting, flattening, and heating the horn to make it malleable. Finally, the horn was

pressed and polished into a thin, transparent sheet that could protect the paper while allowing it to be read easily. The handle had a small hole in it with a string so that the hornbook could be carried around your wrist or from a belt. A girl might have a ribbon instead of a string. This also allowed the hornbook to be passed down to younger brothers and sisters in the family. The hornbook was only about five inches long and three inches wide, yet it had the alphabet for children to learn in school. It showed the letters of the alphabet, with a line separating the lower case and capital letters and prayers for the new readers. This practical “book” was used for almost 400 years in one-room schools, private classrooms, and homes when paper and books were expensive to buy.

The second week of the Auburn Historical Society & Museum Kids' Summer Program the hornbooks were made from cardboard with a copy of the alphabet on lined paper on one side and the sentence, A quick brown fox jumps over the lazy dog, on the other. Both sides were covered with clear contact paper so that with an erasable marker, kids could practice their writing.

The next article will give a brief history of the quill pen. This article is made possible by the Auburn Historical Society & Museum, 41 South St. The museum is open Tuesday and Saturday mornings 9:30 a.m.-12:30 p.m., and may be reached at auburnmuseum@verizon.net or 508-832-6856, www.auburnhistoricalmuseum.org or follow us on Facebook at Auburn Historical.

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\$550,000, 30 Marion Ave, Luby, Kathryn E, to Melendez, Christian O, and Dagraca, Maxine.
\$530,000, 24 Park St, Hilaire Homes LLC, to Thompson, Emily.

DUDLEY

\$412,500, 22 Williams St, Cousineau, Mitchell B, and Chopp, Joni, to Rachid, Kara, and Rachid, Mohamed H.
\$385,000, 46 Mill Rd, Lachapelle Ft 2021, and Lachapelle, Pauline L, to Derr, Cameron, and Derr, Joanne C.
\$87,000, Deary Ln, Wondolowski, Lauren A, to Hylka Construction Co Inc.

OXFORD

\$850,000, 72 Huguenot Rd, Qs Lending Two T, and Ross, Steven A, to King, Robert J.
\$800,000, 72 Huguenot Rd, Nisachan Realty LLC, and Qs Lending Two T, to Qs Lending Two T, and Ross, Steven A.
\$464,900, 6 Gannett St, Amadei, Jeffrey D, and Amadei, Andrea J, to Duquette, Alicia, and Bacon, Luke.
\$440,000, 10 Chris Rd, Labrie, Troy, to Deanascimento, Raquel S, and Donascimento, Sergio F.
\$350,000, 26 Huguenot Rd, Morin, Cynthia E, to Campbell, Devan A, and Rin, Ratneary.
\$240,000, 11 Thayer Pond Dr #14, Power, Susan M, to Chea, Sokha.
\$177,500, 4 Patricia Dr #4, Pontbriand Susan M Est, and Pontbriand, Troy, to Hutchinson, Nason A, and Hutchinson, Michele A.
WEBSTER
\$410,000, 360 School St, Miller, Iwona T, to Seidu, Mumuni.
\$340,000, 5 Old Thompson Rd, Herman, Gwenn B, to Stanovich, Jared.
\$204,233, 242 Main St, Joanne J Kubicki LLC, to Webster Ventures LLC.
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Frost announces Fiscal Year '26 Chapter 90 funding for the 7th Worcester District

BOSTON — State Rep. Paul K. Frost (R-Auburn) is pleased to announce the 7th Worcester District is scheduled to receive a grand total of \$4,129,557.38 in state Chapter 90 funding assistance for local transportation infrastructure as part of a \$1.185 billion transportation bond bill.

House Bill 4307. An

Act financing long-term improvements to municipal roads and bridges, was given preliminary approval by the House of Representatives on July 23, when it was engrossed on a vote of 156-0. The bond bill still requires Senate approval and Governor Healey's signature before the funding can be finalized.

Frost said, "One of the biggest issues I hear about is concern regarding local roads. This program is fundamental in improving and maintaining roads and bridges in our towns. I have always supported more funding for local roads as this is another important form of local aid."

Funded annually, the

Chapter 90 program provides municipalities with reimbursements to aid in offsetting costs associated with local transportation infrastructure projects. Communities can utilize the funding for the construction, repair and maintenance of roads and bridges, as well as related street lighting, traffic signalization and

sidewalks.

Frost notes that the House bill calls for a \$300 million statewide allocation for the Chapter 90 program for Fiscal Year 2026, with \$200 million to be allocated to cities and towns using the traditional three-prong formula that is based on the weighted average of each community's local road

mileage (58.33 percent, population (20.83 percent) and employment (20.83 percent). The remaining \$100 million will be allocated based strictly on local road mileage.

Under the House bill, the towns of the 7th Worcester District are set to receive:

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

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

The QCC alum who said yes and never looked back

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

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

Laney didn't come from a college-educated family. By her own admission, she had gotten "a little sidetracked" in high school and carried a lingering fear of science after failing biology, "an attitude rather than aptitude problem," according to Laney. Initially drawn to visual arts at QCC, she found herself needing to complete a science requirement to graduate.

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

"I felt instantly at home," she said. "I'm a learner at my core. I'd be a student forever if someone would pay me, and

that's what science is—paying you to learn.”

Academic opportuni-
ties

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

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

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

Her academic journey continued in Dr. Steven A. Williams' laboratory at Smith College. When Dr. Reda Ramzy, a collaborating professor at a sister laboratory in Egypt, encouraged her to pursue a Ph.D., Laney explained she couldn't afford to stop working to attend graduate school full-time. Understanding her constraints, Dr. Ramzy arranged for her to enroll and expand her research through his lab-

oratory. This allowed her to maintain her position as a research scientist at Smith College and participate in a collaborative research project with Dr. Gary Weil at Washington University Medical School—allowing her to earn while she learned. She ultimately earned her Ph.D. in molecular parasitology and zoology from Ain Shams University, with her dissertation now housed in the National Library of Alexandria.

Working around the globe

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

tious diseases like Ebola and Neglected Tropical Diseases.

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

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

A QCC legacy
In 2013, Laney's

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

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

He enrolled at QCC and, similar to Laney, developed a strong connection to his biology professor, Dr. Swathi Turlapati, who helped ignite his passion for science. Subsequently,

he began to excel academically. Though he is still deciding what direction his studies will take, he has been enjoying organic chemistry and has an interest in soil science. Kiley credits part of his newfound confidence to his grandmother's influence.

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

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

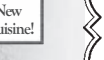
"I'm very good at saying yes and then working hard to make sure I can capitalize on the opportunities in front of me," Kiley added.



Courtesy

**BOOK IN BLOOM WORKSHOP AT
WEBSTER LIBRARY AUG. 12**

Do you love to read? Do you love to arrange flowers? How about combining those interests? On Tuesday, Aug. 12 at 6 p.m., the Kelly Library in Webster will hold a workshop on how to do a book in bloom in preparation for its Sept. 25 fundraiser Bites, Books, and Blooms. The workshop will help floral and reading enthusiasts find a focus that can be translated into a floral arrangement. It will include how to do a literal interpretation of a scene, object, or setting, and how to do an abstract interpretation — focusing on colors and textures of the flowers. The workshop will include an examination of books in bloom based on poems, short stories, novels and nonfiction work that were presented in previous Bites Books and Blooms events. Register online at gladyskellylibrary.org.



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EDITORIAL

The case for silence

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

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

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

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

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

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

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

Letter submission policy

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

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

VIEWPOINT

Keeping the Flavor of Vine Ripe Tomatoes

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

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



TAKE THE HINT
KAREN TRAINOR

scar and surrounding area and discard it before slicing or chopping the tomato.

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

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

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

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

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

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

To chill or not to chill: My whole adult life, I have never put tomatoes in the refrigerator, much to the chagrin of well-meaning family and friends who will automatically stash the fruit (especially when cut) in the fridge for me. That said, I know tomatoes lose some flavor when chilled, but never really knew why. Is it just the coldness that dulls the flavor or is there more to it?

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

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

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

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

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

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

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

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

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

Win a Three Course Dinner for Two at the Publick House

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

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

Break the rules!

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

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

POSITIVELY SPEAKING
TOBY MOORE

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

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

After every score, teams would run back to the other end of the court, settle into formation, and

wait to play defense. It was tradition. It was how the game was done. But to Vivek, it seemed like an unnecessary surrender—giving the other team a free pass for most of the court. Why retreat when you could press?

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

"Learn the rules like a pro, so you can break

Turn To **POSITIVELY** page **A5**

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



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

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

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

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

Your retirement lifestyle also plays a big role. Are you planning to travel the world or spend more time at home? If you expect higher spending in the early years of retirement, you may need to adjust your withdrawal rate or plan to reduce spending later to balance things out.

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

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

It's also important to understand what's known as your "portfolio reliance rate" — how much of your retirement income comes from your investments versus other sources like Social Security or pensions. The higher this percentage, the more conservative you may want to be with withdrawals.

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

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

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

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

BY GUS STEEVES
CORRESPONDENT

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

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

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

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

Over the years, they've seen some quirky things come through. A 1950s home economics textbook. The original Alcoholics Anonymous book from the 1930s. An 1890s History of Germany that still had the stamp of the Prescott Public Library – a town that's been under the Quabbin

Reservoir since the 1930s. A teaching atlas of Latin American history. A first edition copy of Uncle Tom's Cabin. Various long out-of-print books from private collections and estate donations.

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

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

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

To find the books, you have to go through the church's main hall, which is festooned with another of the church's quirks – it houses a regional club for sewing machines, both electric and pedal-driven. Several of those machines are semi-permanently on display around the room, with several of them more than a century old and from foreign countries. Most of them are still useable, and when the club meets, they get used.

Beyond that, you'll go up the ramp, take a right and find a steep staircase



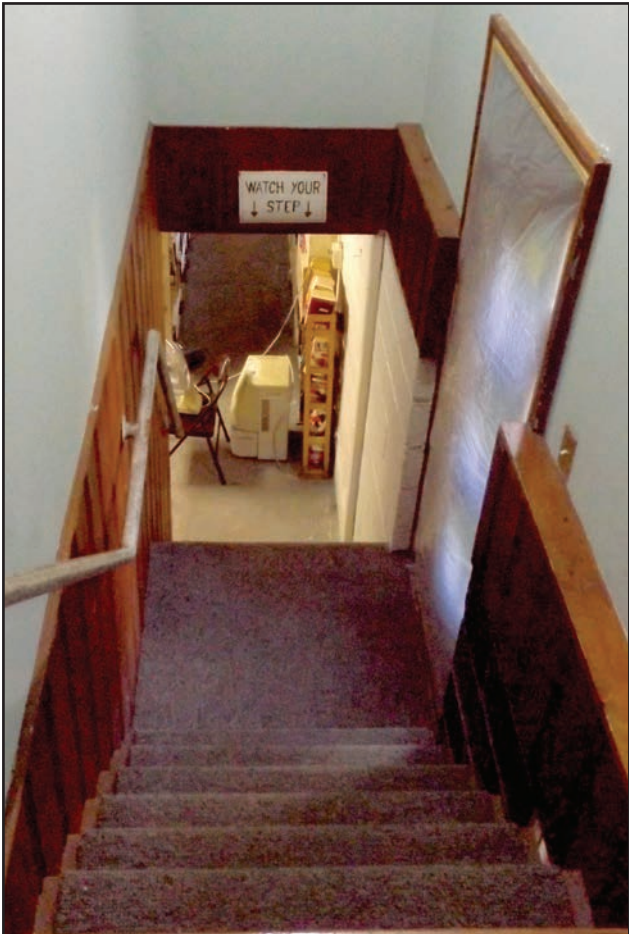
Mary Gelezunas emerges from the Monson Unitarian Church after last Friday's bookstore closing time.

down. At the bottom, the sign says “watch your step,” but tall people really should watch their heads. Passing through that doorway brings you

books and biography. Make your way through the white door and down a second ramp into the “wine cellar,” and there's still more, including history, art, science fiction and fantasy, among other things.

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

“The appearance of Amazon.com in 1995 led to a significant decline in the number of independent bookstores in the United States, leading many analysts to predict



The stairs down to the bookstore. Watch your head!

the demise of the sector,” reported Ryan Raffaelli of Harvard Business School in his 2020 paper ‘Reinventing Retail: the Novel Resurgence of Independent Bookstores.’ “However, between 2009 and 2018 independent bookstores proved to be far more resilient than expected. The American Booksellers Association (ABA) reported a 49% percent growth in the number of “indie” booksellers, from 1,651 in 2009 to 2,470 in 2018.”

To counter Amazon and other big-business competition, Raffaelli observes, “A core segment of book-buying

consumers who drive sales in independent bookstores is attached to the bookstores' communal identity. When a consumer shops at an independent bookstore, they are reinforcing a set of beliefs that they have about themselves and their ability to contribute to the economic welfare of their local community.”

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

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

POSITIVELY

continued from page A6

them like an artist.” — Pablo Picasso

And by the end of the season, that little team of underdogs was breaking all the unwritten rules—and was winning big.

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

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

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

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

Opposing coaches fumed on the sidelines. One even confronted Vivek in the parking lot, furious that this “skinny foreign guy” was defying tradition—and winning. Every whistle signaled a barrage of fouls called on Redwood City—referees seemed determined to break them. But the girls adjusted. Instead of folding, they learned to play without pressing at times, weaving tradition-

al basketball in between the chaos.

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

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

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

A team of middle school girls with no height, no elite skills, and no basketball pedigree had made it to the biggest stage in the country for teams their age—by

doing what nobody else dared to do.

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

They rewrote the script. And almost won it all.

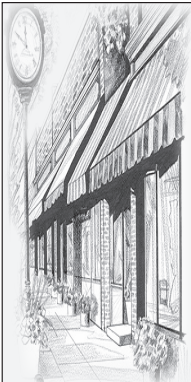
Because sometimes, if you want to win—if you want to slay the giants, shatter the odds, or change the game—you

don't follow the rules.

You break them.

With intention. With intelligence. With guts.

And sometimes, that's enough to change everything.



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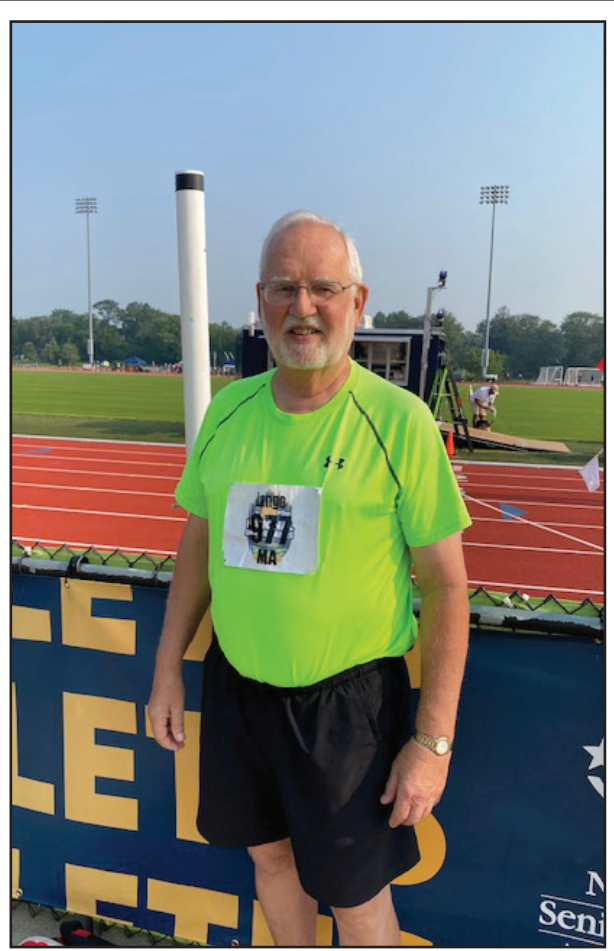
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Courtesy

Paul Lango, Bartlett High School track and cross country coach, recently competed in the National Senior Games in Des Moines Iowa. Competing in the 75 to 79 age division. He placed 8th in the hammer and his 4 by 100 meter relay team placed 4th. This was his fourth National Senior Games.

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The Library is closed on Saturdays through the summer

JOIN OUR MAILING LIST!

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

Adult Programming
Yoga – Tuesdays at 6:00pm

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

Yoga Nidra– Wednesday Mornings at 8:15am (No Class on August 13th)

Join Adult Services Librarian Jess for a relaxing yoga nidra practice to start your

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

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

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

Bites, Books, & Blooms Arrangement Workshop – Tuesday, August 12th at 6pm

Do you love flowers? Enjoy reading? Have a favorite story, poem, or novel? Combine your interests by creating a book in bloom for the Friends of the Gladys E. Kelly Library's Bites, Books, and Blooms event on September 25th. Come learn about flowers, design mechanics, and how to turn your literary work into a floral arrangement. Registration is required.

Adult Book Group – Monday, August 18th at 6:30pm

Join the adult book group in the community room to discuss Why We Read: on Bookworms, Libraries, and Just One More Page by Shannon Reed. Copies are available at the circulation desk.

Programming for All Ages

Matt York's Songs and Stories of Classic Country– Thursday, August 7th at 6:30pm

Longtime New England musician/author Matt York will perform the songs of classic country and honky-tonk artists and tell stories of their careers. Starting with artists like Hank Williams, Patsy Cline and many more, York will discuss the origins of Western Swing music and the heroes of the Texas and Nashville honky-tonks. York has twice been nominated for the Boston Music Award for Best Country Artist and his album Gently Used was named one of Worcester Magazine's best albums of 2022. This program is supported in part by a grant from the Webster Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Children's and Young Adult Programming
Summer Eats – Mondays –

Thursdays, July 9th-August 14th from 12:00-1:00pm

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

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

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

Toddler Playtime--- Tuesdays at 10:00 AM

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

Mini Block Party – Tuesdays from 6:00pm

Play with magnets, wooden blocks, and Legos.

Friendship Bracelets – Wednesdays at 11AM

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

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

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

Play-doh Storytime – Fridays at 10AM

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

Beginner Origami- Fridays at 3:45PM

Are you interested in making origami, but you don't know where to start? You can start here. And if you do know how

to make some origami, feel free to come make some as well. For kids of all ages.

Me and My Mini – Thursday, August 7th and 14th at 10:00am

A 45 minute creative movement group for ages 0 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 fun props, instruments, and a story. Adult participation is required and 1-2 children per adult is recommended.

Laser Tag for Kids – Monday, August 11th 6:00-8:00pm

Up to 20 participants ages 8 to 12 may take part in an outdoor laser tag match. Sneakers and shoes are required. No flip flops. As a lot of running is required, participants with conditions such as asthma must have proper medication at all times.

Elephant Toothpaste – Tuesday, August 12th at 3:00pm

Create foamy eruptions using hydrogen peroxide, yeast, soap, and water.

Caterpillar Lab – Wednesday, August 13th at 10:00am

Join The Caterpillar Lab in a free-exploration program and experience the incredible world of New England caterpillars! This drop-in exhibit will feature a variety of local caterpillar species, and there will be plenty to see and touch! Educators from The Caterpillar Lab will teach you all about metamorphosis and tell incredible but true stories about the creatures' strange and surprising adaptations. Some caterpillars may be camouflaged to look like twigs or snakes. Some may have stinging spines or brightly colored baubles. Check out some little-known native critters munching on their food plants right in front of you. Stay for a few minutes or for an hour; you're sure to see something new!

Soft Serve Ice Cream Truck – Friday, August 15th 3:00-4:00pm

Enjoy soft serve for \$5 from Jerry's Famous Soft Serve! Free ice cream for Kids Summer Reading participants with a ticket thanks to the Friends of the Library!

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 one Thursday a month 9 a.m. - 7 p.m.

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

Tri-Valley Lunches are served Tuesdays, Wednesdays, Thursdays, and Fridays at 11:30 am. Please call (508) 949-3845 at least two business days in advance to reserve or cancel your meal. A \$3.00 donation for 65 and up, and \$5 for 55- 64 is appreciated. All meals include milk, bread, and fruit or dessert. This week's menu: Tuesday, 8/12: Buttermilk chicken, cranberry stuffing, roasted California vegetables, peaches. Wednesday, 8/13: Baked potatoes with chili and cheese, broccoli, chocolate mousse. Thursday, 8/14: Fish with crumb topping, rice pilaf, Tuscan blend vegetables, fruited ambrosia. Friday, 8/15: Soup du Jour, Caesar chicken salad sandwiches, pickled beets, grahams.

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.

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

We are now offering MOVIE MATINEES every Wednesday at 1:00 pm! Popcorn is provided, no registration is needed. August movies include "Rear Window" on August 13th, "My Friend Irma" on August 20th, and "Love Me Tender" on August 27th.

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

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

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

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

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

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

Calling all bridge players! Are you looking to spend an afternoon playing Bridge? We're looking to get a group together! If you're interested, please leave your name and number with the front desk. Once we have enough sign-ups, we'll see what day works best for everyone!

The Worcester County Sheriff's Office House Numbering Program will create a custom wooden sign with your house number free of charge. One sign per senior household. Please contact the Webster Senior Center at (508) 949-3845. if you are interested in having a house number sign made for you.

Senior SAFE is a program that supports fire and life safety education for seniors. The Webster Fire Dept. will do a home visit to ensure that you have the correct smoke and CO2 alarms, and that they are working properly. This is at no cost to you! All you have to do is give them a call at (508) 949-3875.



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- Roll the account over to an individual retirement account (IRA).
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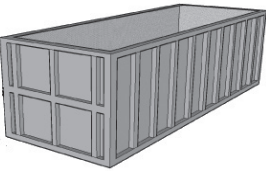


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Riders descend on region for Pan-Mass Challenge

BY KEVIN FLANDERS
STAFF WRITER

REGION — Riders from throughout the nation descended on central Massachusetts last weekend for the annual Pan-Mass Challenge. Held on Aug. 2 & 3, the event brought together thousands of riders, volunteers, and guests in support of the Dana-Farber Cancer Institute. “The PMC is a fully supported bike-a-thon that provides riders with fundraising tools and guidance; meals and snacks at hub sites; water stops along routes; and mechanical and medical assistance,” read a statement released by PMC leaders. The PMC offers 14 routes of varying distances to participants. Several local riders train throughout the year

to be ready for the big weekend, with some participants accepting the challenge of an extended ride. “As always, I ride for the angels above us and the warriors among us,” said West Brookfield’s Jessica Piwowarski, a longtime member of Team De-Feet Cancer. “I ride for hope, for change, for a cure.” Piwowarski’s employer, Landry’s Bicycles, took on a larger role this year in support of the PMC at three major hub sites: Sturbridge, Wellesley, and Bourne. “This has been a huge undertaking for me as the PMC liaison for Landry’s. I am so lucky that I get to combine something I’m so passionate about with a job I love and my love for bikes,” Piwowarski

told the New Leader. Now in her 12th year of PMC participation, Piwowarski carried 117 names on her bike this year. Her teammates and supporters also honored those who lost their battles with cancer, as well as those currently fighting the disease. The PMC raises more money for charity than any other single athletic fundraising event in the country. All funds raised by the event support the Dana-Farber Cancer Institute, a world leader in adult and pediatric cancer treatment and research. “Each summer, thousands of riders and volunteers from 43 states and 12 countries participate in the PMC,” read the statement released

by event leaders. “One hundred percent of all rider-raised funds go directly to cancer research and treatment at Dana-Farber and the Jimmy Fund.” The PMC is Dana-Farber’s single largest supporter. Since 1980, the event has raised roughly \$1.05 billion for Dana-Farber. To learn more about the PMC and how you can join the fight against cancer by making a donation, visit www.pmc.org. After arriving at the website, you can search for a rider, team, or volunteer; read their stories; and make a donation to support their goals. Event leaders thank all volunteers, sponsors, supporters, and riders who make the PMC possible each year.

Additionally, all public safety agencies involved in the event are thanked for their efforts. Several police departments across the state, as well as members of

the State Police, team up to ensure security along the course.



Courtesy

Riders support the Dana-Farber Cancer Institute with their participation in the annual Pan-Mass Challenge.

Bay Path Practical Nursing graduates shine at SkillsUSA National Conference



ATLANTA, Ga. — Two recent graduates of the Bay Path Practical Nursing Academy earned national recognition at the 2025 SkillsUSA National Leadership and Skills Conference, held this summer in Atlanta, Georgia. Ashley Rincon of Southbridge placed 10th in Medical Terminology, a competitive category that tests participants on their mastery of clinical language and healthcare vocabulary. Her achievement reflects a deep understanding of medical concepts and terminology, essential for effective communication in clinical settings. “I had the incredible opportunity to attend Nationals for Medical Terminology in Georgia,” Rincon shared. “It was an eye-opening experience to connect with students from across the country who share a passion for healthcare. It was inspiring and rewarding. I would gladly do it all over again. It was truly an unforgettable experience.” Loise Ngigi of South Grafton earned an impressive 6th place in First Aid/CPR, showcasing her ability to apply critical lifesaving skills in high-pres-

sure scenarios. Her performance demonstrated not only technical proficiency but also calm decision-making, qualities essential in emergency care. Ngigi expressed her deep gratitude to Bay Path Practical Nursing Academy’s Director, Dr. Gretheline Bolandrina, saying “Thank you so much for everything—I seriously couldn’t have done it without you! You were amazing! I was smiling the whole time.” Both graduates were among thousands of competitors from across the country who demonstrated their knowledge and skills in various career and technical education fields. The Practical Nursing program at Bay Path has long been recognized for preparing graduates for real-world healthcare environments, and the success of Rincon and Ngigi continues that tradition. “These results are a testament to the hard work and commitment of our students and faculty,” said Bolandrina. “Ashley and Loise represent the future of healthcare—skilled, compassionate, and ready to lead. It helps that we have the strong support of Bay Path’s leadership, from the Superintendent, Mr. Kyle Brenner, members of the School Committee, to Mr. James Tripp Pockevicius, (Director of Career and Technical Education), and most especially to the SkillsUSA Advisors Pam and Chris Staney.” SkillsUSA is a national organization that empowers students to become world-class workers and leaders in their fields. The annual conference brings together the best of the best from across the country in skilled trades, health sciences, and more. Rincon and Ngigi’s accomplishments not only bring pride to the Bay Path community but also highlight the critical importance of career and technical education in shaping the next generation of healthcare professionals.

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email: mikaela@stonebridgepress.news

DUDLEY POLICE LOG

DUDLEY — The Dudley Police Department reported the following arrests during the month of July. Justin Philip Lamirand, age 30, of Danielson, Conn. was arrested on July 6 for Operating Under the Influence (Liquor) and Unlicensed Operation of a Motor Vehicle. Geoffrey B. Dawson, age 40, of Somerville was arrested on July 7 for Disturbing the Peace and Trespassing. Thomas J. Fitzgibbons, age 48, of Washington, Utah was taken into protective custody and subsequently arrested for Disorderly Conduct on July 7. Lori J. Bigelow, age 53, of Dudley was arrested on July 10 for Operating Under the Influence (liquor), a Marked Lanes Violation, and Negligent Operation of a Motor Vehicle. John V. Lopez, age 48, of Dudley was arrested on July 15 in connection with a warrant. Scott W. Everitt, age 39, of Oxford was arrested on July 20 in connection with multiple warrants. Jesse Ricketts, age 42, of Putnam, Conn. was arrested on July 27 in connection with a warrant. Robert M. Steel, age 28, of Dudley was arrested on July 30 in connection with multiple warrants.

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OBITUARIES

Carol A. Williams 1942 - 2025



Webster – Carol A. (Brousseau) Williams, 82, Formerly of Park St., died Saturday morning, July 26, 2025, at Webster Manor surrounded by her loving family. She was the loving wife of the late William B. Carroll, Jr who died in 1996 and Raymond G. Williams who died in 2019. Born in Webster, she was the daughter of the late Edward and Dorothy (Tetreault) Gucwa.

She was predeceased by her estranged father Herbert Lawrence Brousseau, and great granddaughter Elizabeth Brown.

Mrs. Williams worked for B&W Shoe and Bates Shoe after which she worked 20 plus years as a school bus driver for AA Transportation in Webster for the Webster School System.

She was a former member of the American Legion Women's Auxiliary Post 184 in Webster to which she held every office numerous times thru the years.

She enjoyed going to the Mohegan Sun Casino to play the slot machines, going to flea markets, and dining at multiple area buffets. But, above all

she cherished the quality time that she spent with her family and her cat.

Carol is survived by her daughter, Roxanne E. Kiely and her husband Daniel of Southbridge; Her sister, Linda Hoak and her husband Dennis of Nokamis, FL; her grandchildren, Philip Jarmolowicz of Quinebaug, CT, Jared Jarmolowicz of Whitesville, MA, and Branden Brown of Conway, SC; her great grandchildren, Ryanne Rideout and Ford Jarmolowicz both of Quinebaug, and Collyn, Elijah, and Olivia Brown all of Conway, SC; and her great great granddaughter, Eleanor Phelps of Quinebaug.

Relatives and friends are respectfully invited to attend a graveside service for Carol on Saturday, August 9, 2025, at 11:00AM in Mt. Zion Cemetery, Worcester Rd., Webster, MA. Memorial donations in Carol's name may be made to Community Cat Connection, 289 Thompson Rd., Webster, MA 01570 or Second Chance Animal Service P.O. Box 136, East Brookfield, MA 01515.

Funeral arrangements have been entrusted to the Shaw-Majercik Funeral Home & Cremation, 48 School St., Webster, MA 01570. For memorial guestbook please visit www.Shaw-majercik.com.

J. Cecelia Majka, 105



DUDLEY – J. Cecelia “Celia” (Kruzewski) Majka, 105, died Wednesday, July 30, 2025 in UMass/Memorial University Campus after a short illness. Her husband of 44 years, Felix F. Majka,

died in 1989.

She leaves her beloved daughter, Judith A. Majka of Dudley; and several nieces and nephews. She was preceded in death by her sisters, Johanna, Katherine, Eva, and Theresa Kruzewski, Rose Rock, Irene Decelles and her husband Noe and Gertrude Patterson and her husband Walter; and by her brothers Adam, Joseph, Edward and his wife Florence, Chester and his wife Ethel, and Louis Kruzewski.

She was born in Dudley on January 6, 1920, a daughter of Marcel and Mary (Wilga) Kruzewski and was a lifelong resident.

Mrs. Majka was a full-time homemaker. She did part-time work in the cafeteria of the former Dudley Junior High School. She counted votes at Dudley town elections for many years.

She was a communicant of Saint Joseph Basilica in Webster and a member of its 1-25 Club. She was the oldest member of the Pope St. John Paul II Foundation.

She was an excellent seamstress and knitter and loved to cook and bake.

Her funeral was held Monday, August 4, from the Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street, Webster, with a Mass at 11:00 AM in Saint Joseph Basilica, 53 Whitcomb Street, Webster. Burial was in Saint Joseph Garden of Peace. Visitation was held from 9:00 to 10:30 AM Monday in the funeral home, prior to the Mass. Donations in her name may be made to either Saint Joseph Basilica, 53 Whitcomb Street, or to Saint Joseph School, 47 Whitcomb Street, both in Webster, MA 01570.

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LEGALS

MORTGAGEE’S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by American Painting and Improvement LLC to Crowd Lending Fund One, LLC, dated December 29, 2023 and recorded at Worcester County Registry of Deeds on December 29, 2023, in Book No. 70055, at Page 1, of which mortgage the undersigned is the present holder Crowd Lending Fund One, LLC, for breach of the conditions of said mortgage and for the purpose of foreclosing same will be sold at public auction at 10:00 AM, on August 26, 2025 on the mortgaged premises being known as 27 Dresser Street, Webster, MA, being all and singular the premises described in said mortgage to wit:

The Land referred to herein below is situated in the County of Worcester, Commonwealth of Massachusetts, and is described as follows:

That certain lot or parcel of land situated in the Town of Webster, County of Worcester, Commonwealth of Massachusetts, being Lot No. 38 on a Plan of Lots recorded in the Worcester County Registry of Deeds entitled “Dresser Land” in Book 1348 page 653 is bounded and described as follows:

Said lot boWldS northerly by land now or formerly of Theophil Koeller and measures 63 feet in width and 165 feet in depth.

Being the same premises as described in Book 1653 at page 200.

Being the same premises as conveyed to the mortgagor by deed of U.S. BANK NATIONAL ASSOCIATION, as Trustee for LEHMAN XS TRUST MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-ION, dated December 7, 2023, recorded on December 29, 2023 at Worcester County Registry of Deeds in Book No. 70054, at Page 393.

The above described premises will be sold **SUBJECT TO** and with the benefit of all restrictions, easements, covenants, conditions, building and zoning laws, to any and all unpaid taxes, tax titles, water and sewer charges, municipal or other public taxes, assessments or liens, rights of tenants and parties in possession, if any.

TERMS OF SALE:
A deposit of \$7,500.00 DOLLARS shall be required to be made to the mortgagee in cash, by certified or by cashier's check at the time and place of the sale as a deposit. The successful bidder will be required to execute an Auction Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid in cash, by certified check, by cashier's check, or other check satisfactory to Mortgagee's attorney within thirty (30) days thereafter at the offices of BARSH AND COHEN, P.C., Attorneys for the Mortgagee, 500 Turnpike Street Suite 201, Canton, MA 02021, in exchange for which and at such time and place, the deed shall be delivered to the purchaser for recording. The Mortgagee reserves the right to amend the foregoing terms of sale by written or oral announcement made before the auction sale, during the sale thereof or at the commencement of or during any postponed sale, the right to bid at the sale, to reject any and all bids, and to postpone the sale up until the time the property is declared sold by the auctioneer.

The description of the premises contained in said mortgage shall control in the event of an error in the Notice of Mortgagee's Sale or its publication.
OTHER TERMS TO BE ANNOUNCED AT THE TIME AND PLACE OF THE SALE.
Dated: July 24, 2025
(signed:) Crowd Lending Fund One, LLC Present Holder of said Mortgage
By its Attorneys,
Barsh and Cohen, P.C.
Neil Cohen, Esquire
Attorney for the Mortgagee
500 Turnpike Street Suite 201, Canton, MA 02021
(617) 332-4700
August 1, 2025
August 8, 2025
August 15, 2025

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508)831-2200
Docket No. WO25C0412CA
CITATION ON PETITION TO CHANGE
NAME**

In the matter of:
Drew Isaac Grueter
A **Petition to Change Name of Adult** has been filed by
Drew Isaac Grueter of **Oxford MA** requesting that the court enter a Decree changing their name to:

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

Family Court before 10 a.m. on the return day of 09/02/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.
WITNESS, Hon. Leilah A Keamy, First Justice of this Court.
Date: July 30, 2025
Stephanie Fattman,
Register of Probate
August 8, 2025

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
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(508)831-2200
Docket No. WO25C0398CA
CITATION ON PETITION TO CHANGE
NAME**

In the matter of:
Erma Lee Gonzalez
A **Petition to Change Name of Adult** has been filed by
Erma Lee Gonzalez of **Oxford MA** requesting that the court enter a Decree changing their name to:

Irma Lee Gonzalez
IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10 a.m. on the return day of 08/26/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.
WITNESS, Hon. Leilah A Keamy, First Justice of this Court.
Date: July 24, 2025
Stephanie Fattman,
Register of Probate
August 8, 2025

NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE

Premises: 11 Dalessandro Avenue a/k/a 11 D’Alessandro Avenue, Dudley, MA 01571

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Scott Roseen and Karen Roseen to Household Finance Corporation II, and now held by **U.S. Bank Trust National Association, not in its individual capacity but solely as owner trustee for RCF 2 Acquisition Trust**, said mortgage dated April 1, 2003 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 29550, Page 155, as affected by a Loan Modification dated April 11, 2023 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 69122, Page 86; said mortgage was assigned from Household Finance Corporation II to U.S. Bank Trust, N.A., as trustee for LSF8 Master Participation Trust by assignment dated September 11, 2014 and recorded with said Registry of Deeds in Book 52797, Page 325; said mortgage was assigned from U.S. Bank Trust, N.A., as trustee for LSF8 Master Participation Trust to DLJ Mortgage Capital, Inc. by assignment dated April 3, 2017 and recorded with said Registry of Deeds in Book 61008, Page 371; said mortgage was assigned from DLJ Mortgage Capital, Inc. to U.S. Bank Trust National Association, not in its individual capacity but solely as owner trustee for RCF 2 Acquisition Trust by assignment dated September 15, 2022 and recorded with said Registry of Deeds in Book 68285, Page 19; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction** on September 11, 2025 at 3:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

The land with the buildings thereon of every nature and description and all the privileges and appurtenances thereto belonging, situated on the westerly side of D’Alessandro Avenue, in Dudley, Worcester County, Massachusetts, and being Lot #15 on plan of lots surveyed for Stanley Deren et al, Dudley, Mass., dated August 28, 1952, drawn by Henry A. Racicot, Engr., and recorded with the Worcester District Registry Of Deeds, Plan Book 184, Plan 13, and bounded and described as follows: Beginning at the southeasterly corner thereof, at a stake on the westerly side of said D’Alessandro Avenue, said stake being at the northeasterly corner of Lot #16 as shown on the aforesaid plan; Thence North 82 deg. 18’ West by the northerly line of said Lot #16 for a distance of ninety-eight and seventy-three hundredths (98.73) feet to a stake at land of John Ruda, Jr.; Thence North 6 deg. 18’ East by land of said Ruda, a distance of eighty-three and sixty-five hundredths (83.65) feet to a stake at the southwest-erly corner of lot #14 on said plan; Thence South 81 deg. 19’ East by the southerly line of said Lot #14 a distance of one hundred and fifty hundredths (100.50) feet to a stake on the west-erly line of said D’Alessandro Avenue; Thence South 7 deg. 39’ West by the Westerly line of said D’Alessandro

Avenue. a distance of eighty-two (82) feet to the point of beginning. Subject to the following restrictions: 1. NO BUILDING OR PART OF A BUILDING SHALL BE ERECTED OR MAINTAINED THEREON WITHIN THIRTY (30) FEET OF THE STREET LINE; 2. NO HOUSE SHALL BE BUILT THEREON AT A LESS COST THAN SIX THOUSAND AND 00/100 (\$6,000.00) DOLLARS; 3 THE PREMISES AND BUILDING THEREON SHALL BE USED FOR TRADE OR MANUFACTURE BUT FOR RESIDENTIAL PURPOSES ONLY; 4. NO STABLE SHALL BE ERECTED THEREON ANO NO HORSES, CATTLE, SWINE, OR POULTRY SHALL BE KEPT ON THE PREMISES. SUBJECT ALSO TO THE RIGHTS OF THE NEW ENGLAND TELEPHONE AND TELEGRAPH COUNTY AND THE WORCESTER COUNTY ELECTRIC COMPANY TO ERECT AND MAINTAIN POLES AND WIRES, AS RECORDED WITH THE WORCESTER DISTRICT REGISTRY OF DEEDS, BOOK 3359, PAGE 56 AND IN B00K 3489, PAGE 407. BEING THE SAME PROPERTY CONVEYED FROM HENRY R. GELINEAU, NOT STATED TO SCOTT ROSEEN AND KAREN ROSEEN, HUSBAND AND WIFE/T/B/E BY DEED RECORDED 5/29/1998, INBOOK20005, AT PAGE 130, IN THE REGISTER’S OFFICE OF WORCESTER COUNTY, MASSACHUSETTS.

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

For Mortgagor's Title see deed dated May 29, 1998 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 20005, Page 130.

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

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

Other terms to be announced at the sale.

Brock & Scott, PLLC
23 Messenger Street
2nd Floor
Plainville, MA 02762
Attorney for U.S. Bank Trust National Association, not in its individual capacity but solely as owner trustee for RCF 2 Acquisition Trust
Present Holder of the Mortgage
(401) 217-8701
August 8, 2025
August 15, 2025
August 22, 2025

NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE

Premises: 189 Main Street, Oxford, MA 01540

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Dominico DiGiovanni to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for LYC Mortgage, LLC, and now held by **JPMorgan Chase Bank, National Association**, said mortgage dated February 28, 2013 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 50516, Page 73, as affected by a Loan Modification dated November 5, 2020 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 64700, Page 103; said mortgage was assigned from Mortgage Electronic Registration Systems, Inc., as nominee for LYC Mortgage LLC to JPMorgan Chase Bank, National Association by assignment dated February 15, 2017 and recorded with said Registry of Deeds in Book 56760, Page 126; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction** on September 8, 2025 at 11:00 AM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

The land in said Oxford, together with the building thereon, situated on the westerly side of South Main Street, shown as Lot C on Plan entitled “Plan to show Division of Property in Oxford, MA owned by Victor Casavant et ux, Book 2176, Page 268” dated December 10, 1956, survey and plan by Kenneth Shaw and recorded with Worcester District Registry of Deeds, Plan Book 222, Plan 11, and bounded and described as follows: BEGINNING at the Southeasterly corner thereof at an iron pipe in wester-ly line of South Main Street at land now or formerly of H. LaCrosse;

THENCE by said LaCrosse land N 77 degrees 27’ W one hundred twenty and 93/100 (120.93) feet to an iron pipe; THENCE by land now or formerly of Victor Casavant et us N 19 degrees 30’ E one hundred six and 31/100 (106.31) feet to an iron pipe; THENCE by said Casavant land S 70 degrees 30’ E ninety four and 25/100 (94.25) feet to a point; THENCE by a curve to the right (radius 20 feet) for a distance of thirty one and 41/100 (31.41) feet to a point in west line of South Main Street; THENCE southerly by the westerly side of South Main Street by a curve to the left (radius 2032.50 feet) for a distance of sixty four and 69/100 (64.69) feet to a Massachusetts highway bound; THENCE southerly by said street seven and 24/100 (7.24) feet to a point of BEGINNING.

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

For Mortgagor's Title see deed dated February 25, 2013 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 50516, Page 71.

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

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

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

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
Docket No. WO25P2611GD
CITATION GIVING NOTICE OF
PETITION FOR APPOINTMENT OF
GUARDIAN FOR INCAPACITATED
PERSON PURSUANT TO
G.L. c. 190B, §5-304**

**In the matter of:
Leona Sheldon
Of:
RESPONDENT**

Alleged Incapacitated Person
To the named Respondent and all other interested persons, a petition has been filed by
Lanessa Extended Care of Webster, MA

in the above captioned matter alleging that **Leona Sheldon** is in need of a Guardian and requesting that (or some other suitable person) be appointed as Guardian to serve on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **08/19/2025**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person’s right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: July 28, 2025
Stephanie K. Fattman
Register of Probate
August 8, 2025

Plant a bit of shade



Melinda Myers

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

Summer heat may have you seeking comfort from a nearby shade tree. You immediately experience as much as a 15 to 20 degree drop in tempera-

ture and enjoy the relief it provides.

Bring this shady relief home by looking for ways to include trees in your landscape. First, monitor

patterns of sun and shade on and around your home throughout the day and throughout the year as the angle and position of the sun changes. Observe the impact your home, neighboring homes, sheds and existing plantings have on the sunlight reaching your landscape.

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

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

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



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

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

Shading an air condi-

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

Avoid underground and overhead utilities when planting trees. Tall trees that eventually grow into the wires or structures may interfere with utilities and power transmission, creating a real hazard. Improper placement results in pruning that ruins their beauty or requires removal, eliminating any benefit they provided. Always call 811 as you plan new plantings and at least three business days before placing the first shovel in the ground. It can help reduce the risk of injury and avoid the inconvenience that can happen when you damage an underground utility.

Consult your local university extension service

and energy company for plant selection and placement recommendations for your area. Those living in wildfire prone areas need to also consider fire-safe landscaping practices.

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

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

DUDLEY

continued from page A1

Selectmen supporting putting a "Select Board" article to the special town meeting this October.

The proposal was brought forward by Selectman Kerry Cyganiewicz which would ask the public if they wish to adopt a change to the town's bylaws which would replace "Board of Selectman" and all related terms and acronyms with "Select Board" and replace the term and label "Selectman" with "Select Board Member." Cyganiewicz indicated the proposal was simply meant to bring a growing demand among New England towns to the forefront in Dudley and have the people choose how they want their board to be addressed for the foreseeable future.

"This is good. The residents can decide if they want a Select Board or a Board of Selectmen. That's all. I think

it's a good idea, but at the end of the day, it's up to the residents," he said.

The broader idea of "Select Boards" in New England has risen from a desire to promote inclusivity and equality with many communities already adopting the moniker including neighboring Charlton who approved the change last year. The trend has also been embraced by statewide organizations like the Massachusetts Select Board Association, former The Massachusetts's Selectmen Association which adopted its current name in 2020. It should be noted that there is no state law, existing or pending, that would require the "Select Board" name be adopted.

The selectmen have instructed that the "Select Board" proposal be added to the warrant for the fall special town meeting in October. However, the item cannot officially be added to the meeting until the warrant is declared open later this year.

Friday's Child



Jamoni
Age 12
Registration #7022

stories from these games. His joyful spirit and enthusiasm for learning make him a delight to be around.

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

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

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



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LEGALS

LEGALS

continued from page A9

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 Joanne M. Nealley a/k/a Joanne Nealley, Mark R. Nealley to JPMorgan Chase Bank, N.A., dated April 11, 2013 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 52388, Page 238, of which mortgage the undersigned is the present holder, by assignment from: JPMorgan Chase Bank, N.A. to Nationstar Mortgage, LLC, recorded on March 30, 2015, in Book No. 53528, at Page 123 Nationstar Mortgage, LLC to Select Portfolio Servicing, Inc., recorded on August 5, 2024, in Book No. 70853, at Page 139 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 August 25,

2025, on the mortgaged premises located at 6 Henry Road, Webster, Worcester County, Massachusetts, all and singular the premises described in said mortgage, TO WIT: Real property in the City of WEBSTER, County of WORCESTER, State of Massachusetts, described as follows: The land with the buildings thereon situated on the easterly side of Henry Road, Webster, MA and shown as Parcel B on Plan recorded with Worcester District Registry of Deeds, Plan Book 515, Plan 6 and further bounded and described as follows: BEGINNING at a point on the southerly side of tract herein conveyed on the easterly side of Henry Road; THENCE N. 9° 10' 40" W. by Henry Road, a distance of 125.60 feet; THENCE by Henry Road, on a curve having a radius of 40.00 a distance of 27.59 feet; THENCE N. 47° 08' 20" E. a distance of 51.65 feet; THENCE S. 43° 30' 40" E. by Parcel A a distance of 102.78 feet; THENCE S. 46° 28' 20" W. a distance of 149.53 feet to the point of beginning. The above described prem-

ises are subject to a twelve (12) foot right of way as shown on said Plan. Being shown as Parcel B on Plan entitled "Plan of Land in Webster, Mass. Surveyed for Edward J. Horniak et ux, dated June 21, 1982, Robert F. Para, Land Surveyor." For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 22019, Page 189. 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 Five Thousand (\$5,000.00) Dollars 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. SELECT PORTFOLIO SERVICING, INC. Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 27046 July 25, 2025 August 1, 2025 August 8, 2025

Kindness in every line: The story of a grateful Bay Path Practical Nursing graduate



Elizabeth Achayo

CHARLTON — In a world increasingly driven by dead-

lines and digital communication, one nursing student, now a graduate, has quietly stood out—not with fanfare or flair; but through something far more enduring: consistent, heartfelt gratitude.

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

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

greatness and positive behavior."

Her message, addressed with deep appreciation to Dr. Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director, and mentions the entire faculty, speaks volumes not only about the education she received but the heart she brought into every interaction.

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

In one such message, she wrote:

"Thank you for your endless great thoughts for all of us and always sharing opportunities to help us achieve and grow and be better humans."

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

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

Her words were not simply polite—they were power-

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

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

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

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

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Snug Harbor Villa!
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On the shores of Lake Chargoggagoggmanchauggagoggchaubunagamaugg

Webster Lake - 53 Colonial Rd

SORRY, SOLD!

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

Webster Lake Waterfront 88 Union Point

SORRY, SOLD!

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

Webster Lake Waterfront 8 Long Island

ON DEPOSIT

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

SORRY, SOLD!
WEBSTER LAKE WATERFRONT!
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