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Friday, August 1, 2025

Local dance studio raises funds for Dancers Against Cancer

DOUGLAS — Dance Sensation Dance Studio Dancers from Douglas recently raised funds through their Flower for a Friend Program during their dance recital. The funds raised were donated to Dancers Against

Cancer, a non-profit organization that raises funds to provide financial support to dancers who have been impacted by cancer. Through the years, Dance Sensation Dance Studio has been able to raise funds for many



organizations through our flower sales. Each recital, we find a local organization or individual that would benefit from our flower sales. The dancers love being involved in finding just the right group for us to donate to. Somme of the organizations we have been able to donate to over the last 23+ years are Dana Farber Cancer Institue, UMass Memorial, Joscelyn Diabetes Center, local food pantry as well as many local individuals who are going through cancer treatments or other life altering conditions. Dance Sensation Dance Studio believes in teaching their students how to be active members of their community through acts of kindness and performances throughout our local communities.

Upcoming events at Waters Farm

SUTTON — Waters Farm is pleased to welcome back the Picker's Paradise Barn Sale on Saturday, Aug. 9 and Sunday, Aug. 10 from 9 a.m. to 3 p.m. The Farm welcomes tax-deductible donations of antiques, collectibles, and vintage goods in support of this event. Vendor spaces are still available. Most spaces are outdoors. Bring your own tent or table, or sell directly from your vehicle. Limited indoor spaces are available. For vendor inquiries or donations, please contact Pam Farnham at (508) 735-7146 or email pam@watersfarm.org. Sunday, Aug. 10 will also feature an Antique Tractor Pull starting at 10 a.m. and running until completion. Enjoy guided tours of the 1757 Waters farmhouse from 11 a.m. to 2 p.m. Learn about honey bees and purchase honey products with Harvey Blythe of It's Only Chemistry. Volunteer at annual Apple Crisp Preparation Day on Saturday, Sept. 6, from 9 a.m. to 3 p.m. at the First Congregational Church kitchen (307 Boston Road, Sutton). Whether you can give an hour or the whole day, your time makes a difference! Our goal this year: peel 30 bushels of apples and assemble 200 pans of apple crisp to sell during our 45th Annual Waters Farm Days. Volunteers of all ages are welcome to peel apples, assemble and prepare pans for baking, assist with refreshments, lunch, or clean up. Questions? Call Norma at (508) 865-2082 or Paul at (508) 517-3470. As a 501(c)(3) nonprofit living history center, Waters Farm Preservation, Inc. relies entirely on volunteers. If you'd like to share your time or expertise, visit www.watersfarm.org or follow us on Facebook to learn more about upcoming volunteer opportunities. Waters Farmhouse is located at 53 Waters Rd. in Sutton, while the Darling Barn is located at 25 Waters Rd. in Sutton.

Fall River tragedy prompts demands for improved fire safety

BY KEVIN FLANDERS
STAFF WRITER

REGION — In response to last month's deadly fire at a Fall River assisted living residence, state leaders have announced steps to enhance the safety of residents living in facilities across the Commonwealth. A July 13 fire at Gabriel House, an assisted living residence (ALR) in Fall River, left 10 residents dead and dozens injured. Firefighters and residents were among the injured, according to State Fire Marshal Jon Davine. "What happened in Fall River is a horrible tragedy. Our hearts are with the families who lost loved ones and the first respond-

ers who saved so many others," said Gov. Maura Healey. "This is a moment to make sure that every assisted living residence is prepared to respond to emergencies and to protect the safety of their residents." On July 21, the state's Executive Office of Aging and Independence – the agency tasked with ensuring that ALRs are in compliance with state regulations – launched a state-wide initiative to ensure that all 273 ALRs across Massachusetts are prepared to protect residents during emergencies. As part of the initiative, all ALRs must issue a letter to residents and families outlining fire safety

protocols, evacuation procedures, and key points of contact for questions or concerns following an emergency. Additionally, ALRs have been directed to ensure that evacuation instructions and exit routes are posted inside each resident's unit, as well as in common areas. Furthermore, state officials will distribute a fire safety assessment survey that all ALRs must complete, reaffirming compliance with fire safety requirements such as sprinkler systems, fire drills, evacuation protocols, and maintenance of fire-rated doors and walls. Providers will also report information on

key systems within their buildings to help prioritize oversight. Additionally, ALRs must submit a site-specific emergency preparedness plan to state officials. "We are engaging every assisted living provider in this process. By requiring clear communication with residents and detailed reporting to the state, we are making sure resident safety is front and center – today and every day," said Office of Aging and Independence Secretary Robin Lipson. "Our entire team is committed to strengthening emergency readiness and improving standards across the assisted living sector in Massachusetts."

DA provides funding for safe post-prom and graduation celebrations

WORCESTER — For the seventh year, District Attorney Joseph D. Early, Jr. provided funding for safe post-prom and post-graduation events at local high schools, including Uxbridge High School, Northbridge High School, Auburn High School, Douglas High School, Blackstone-Millville Regional High School, North Brookfield Junior Senior High School and Bartlett High School, thanks to his annual grant program, which is designed to keep students from driving impaired. "We know that life can change in the blink of an eye, and we want to do everything we can to prevent a tragedy before it occurs," DA Early said. "We've been proud to help fund post-prom and post-graduation programs year after year. Prom and graduation are major milestones that deserve to be celebrated, but too often we see young people engaging in risky behavior following these events." This year, the District Attorney's office awarded a total of \$23,100 in grants to 20 different schools across Worcester County to fund events organized and overseen by adults, which offer safe drug- and alcohol-free alternatives to the high-risk activities that often follow end of the year celebrations for high school students. The office has been



District Attorney Joseph D. Early, Jr. provided funding for safe post-prom and post-graduation events at local high schools, including Uxbridge High School, Northbridge High School, and Blackstone-Millville Regional High School.

providing these funds to schools for seven years. District Attorney Early felt it was vital to con-

tinue supporting these prevention programs and is utilizing his Drug Forfeiture Reinvestment



Courtesy

Program this year. Funding to support these grants was previously provided by the

Massachusetts Office of Victim Assistance Drunk Driving Trust Fund.

QCC SUCCESS Scholar proves there’s no one way to learn

WORCESTER — Local student Matthew Cronin is redefining success by turning personal obstacles into opportunities, thanks in part to the SUCCESS Scholars program at Quinsigamond Community College. Cronin is part of QCC’s SUCCESS Scholars program, a state-funded initiative that provides support for students facing systemic barriers. Since starting at QCC

in the fall of 2023, Cronin has made the Dean’s List and is a member of Phi Theta Kappa Honor Society. Cronin cited the SUCCESS program as a factor in his impressive academic performance. "I used to struggle in school and people in my life told me I couldn’t do it," Cronin shared. "Now, I’m using my disabilities as a superpower." Growing up, Cronin’s learning disabilities, including ADHD and auditory processing disorder, weren’t properly addressed, which led to academic difficulties. After high school, he completed a small amount of training and worked in medical billing but desired a more fulfilling career. Encouraged by staff at Genesis Clubhouse, a vocational and rehabilitation program for individuals who live with mental illness, Cronin applied to QCC. What might have previously been out of financial reach became affordable to Cronin thanks to the implementation of MassReconnect, the state-funded program covering community college tuition and fees for students over 25 who haven’t received a bachelor’s degree. Once enrolled at QCC, Cronin began meeting with a SUCCESS advisor. The program utilizes a case management approach focused on building relationships with students. The SUCCESS advisor serves as a main contact to guide students through college processes and expectations, navigate challenges and connect them with key supports. “Matthew’s journey is a powerful reminder

of the transformative impact of access, support and belonging. Programs like SUCCESS Scholars and MassReconnect are not just helping students stay in college — they’re empowering students like Matthew to thrive, lead and inspire others along the way,” said Associate Vice President of Academic Affairs Kevin Li. In this new-found supportive environment, Cronin was able to explore his passions and joined the human services and deaf studies programs. Currently, Cronin is pursuing the path to become a social worker and an advocate, translating personal experiences into meaningful change. He is also interested in entrepreneurship and inspirational speaking.

“Matthew is such a good example of how to advocate for yourself and effectively utilize resources,” said SUCCESS Scholars Academic Advisor Mallory Dutton. “Once he got his feet firmly on the ground in college, his first instinct was to help other people see that this is possible for them too.” Cronin also recognized other QCC supports, such as the Student Accessibility Services (SAS) department, which has been instrumental to his achievements. SAS academic coaches have helped Cronin develop personalized strategies addressing time management and learning techniques. This, combined with his work in the SUCCESS Scholars program, has transformed his approach to education.

TRIBUNE ALMANAC

REAL ESTATE

BLACKSTONE

\$625,000, 103 Main St, Mcwaters, James J, and Mcwaters, Paulette N, to Aziz, Rania.
\$425,000, 26 Lakeview St, Frobels, Myka L, to Libonate, Zachary R, and Cuilla, Rachel A.
\$385,000, 24 Hoyle Cir #24, Poirier, Bruce A, and Poirier, Gail A, to Bibault, Ronald L, and Bibault, Zofia.
\$190,000, 23-R Federal St, Belch, Janet, to Diaz, Wilder, and Diaz, Natacha.
\$30,000, 258 Lincoln St, Collin Lucien G Est, and Lane, Henry J, to Marks-Zarbo, Jaime.

DOUGLAS

\$566,000, 26 Chestnut St, Murphy, Blake S, and Murphy, Alyssa E, to Carroll Jr, William E, and Carroll, Victoria.
\$545,000, 295 South St, Bracci, Jonathan R, and Bracci, Taylor W, to Delfino, Julia O.
\$489,900, 29 Nautical Way #29, Northbrown LLC, to Ravi, Renjith, and Asha, Sneha T.
\$485,031, 31 Chestnut St, Whitten, Kevin T, to Little, Matthew C, and Mielnicki, Elizabeth E.
\$225,000, Maple St #5, Tetreault Merritt D Est, and Wickstrom, Thomas J, to Wiik, Nathaniel P.
\$35,000, 2 Laurel Hill Rd, Connolly, Michael E, and Connolly, Karen E, to Courtemanche Ft, and Courtemanche, John R.
\$35,000, 4 Laurel Hill Rd, Connolly, Michael E, and Connolly, Karen E, to Courtemanche Ft, and Courtemanche, John R.

NORTHBRIDGE

\$805,000, 230 Highland St, 230 Highland St Northbridge, to Estep, Craig C, and Estep, Laura.
\$790,000, 957 Marston Rd, Athanas, Christopher C, and Athanas, Nancy A, to Taylor, Douglas M, and Taylor, Michelle S.
\$775,000, Mcquades Ln, Labelle Family LLC, to Aio Operating 2 LLC.
\$730,000, 72-76 School St, Martino, Peter, and Martino, Alicia, to Zarumaguaman, Juan C, and Quintuna-Yupa, Maria L.
\$700,000, 2282-2288 Providence Rd, 2282 Rt, and Bowker, Peter R, to Blackstone Vly Realty LLC.
\$700,000, 2297-2299 Providence Rd, 2297 Rt, and Bowker, Peter R, to Blackstone Vly Realty LLC.
\$650,000, 214-216 Providence Rd, 214-216 Providence LLC, to Smith, Christine B.
\$612,595, 63 Crestwood Cir #37, Stone Hill Partners LLC, to Berghuis, Jennie.
\$600,000, 22-28 Water St, 2298 Rt, and Bowker, Peter R, to Blackstone Vly Realty LLC.
\$600,000, 2285-2291 Providence Rd, 2285 Rt, and Bowker, Peter R, to Blackstone Vly Realty LLC.
\$545,000, 35 Fowler Rd, Dinino, Anthony R, and Dinino, Susan B, to Swagerty, Raymond R, and Swagerty, Joyce W.
\$430,000, 81 Prentice Rd, Schuster Ray Forrest Est, and Schuster, Josefina, to Scott, Erika R, and Messier, Matthew R.
\$424,900, 5 Heritage Dr #5, Pagonis, Ann-Marie, to Walton, Courtney.
\$400,000, 2293-2295 Providence Rd, 2293 Rt, and Bowker, Peter R, to Blackstone Vly Realty LLC.
\$351,225, 40-42 N Main St, Amerique Mtg Securities, and Deutsche Bk Natl T Co Tr, to 929 Wachusett Street LLC.
\$205,000, 164 Heritage Dr #164, Laprade, Geoffrey C, and Ma Hsng Fin Agency, to Federal Natl Mtg Assn.
\$50,000, 14 Hill St, Northbridge Town Of, to George Marston Whitin Mem.

UXBRIDGE

\$791,328, 57 Mantell Rd, 47 Dodge Deco LLC, to Jastremski, Stephen J, and Jastremski, Amity M.
\$624,500, 8 Harvey Spaulding St #8, Ohearne Forest Glen LLC, to Droessler Ft, and Pollard, Diane M.
\$539,900, 73 Pouts Ln #73, West River Homes LLC, to Asong, Georgiana.
\$525,000, 11 Hartford Ave W, Freitas, Jennifer L, and Freitas, Timothy G, to Corona, Esther, and Corona, Erick M.
\$520,000, 39 Fagan St #39, Zakon, Yuriy Y, and Zakon, Yelena, to Cayer, Taylor, and Cayer, Joshua.
\$430,000, 14 Hitchin Post Ln #14, 2023 Scalia Ft, and Scalia, Maureen A, to Emerick, Barbara.



ARTHRITIS?

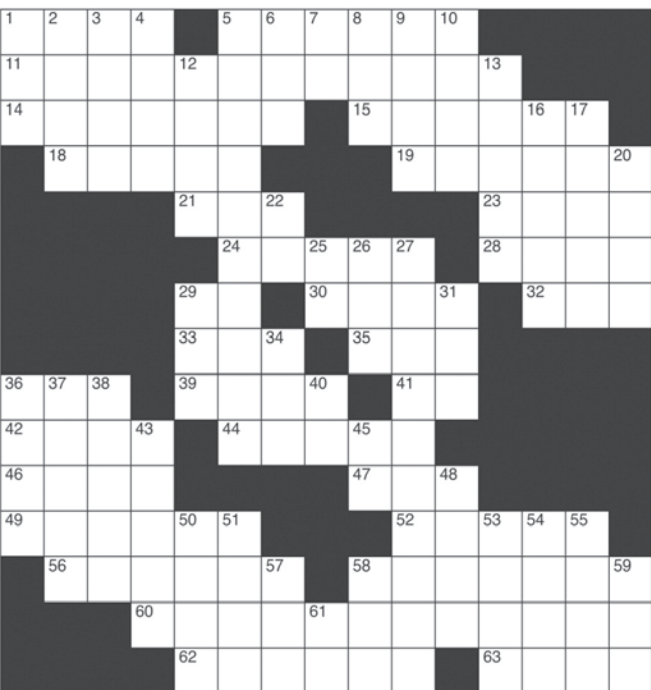
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CLUES ACROSS

- Popular potato snack
- Guards the Pyramids
- Furnish anew
- Herb
- Preoccupy the mind continually
- The lowest adult male singing voice
- NATO commander (abbr.)
- A major division of geological time
- New Zealand parrot
- Notions
- Lump in yarn
- Indicates position
- Lose hold of
- Hindu honorific
- Former OSS
- Electronic data processing
- Cost per mile
- Snake-like fish
- They start the alphabet
- Taylor Swift’s tour
- Intermediate ecological stage
- Scarlett’s home
- Of he
- Ohio city
- Breakfast item
- An evening party
- ___ Falls
- Linked together
- Mythological spirits
- Small Eurasian deer

CLUES DOWN

- Earliest human form: ___ -Magnon man
- Flavoring
- Notion
- Bundy and Fenwick are two
- Qualities of sound
- One who gets paid
- Expresses surprise
- O.J. trial judge
- Pointed ends of pens
- Shield bugs genus
- Container for shipping
- Upper body parts
- Closes tightly
- Nigerian World Heritage Site
- Volcanic island in Fiji
- Commercial
- ___ : denotes past
- They ___
- Confraternities
- A way to gain a point
- Parts per billion (abbr.)
- Brew
- Badgers group
- Sailing boat
- ___ Polo, explorer
- Elder citizen (abbr.)
- Frankish law code
- Exclamation of surprise
- Groan
- It presses clothing
- Do not allow
- Gelatinous substance
- Common Japanese surname
- Present in nature
- Electronic countermeasures
- Last or greatest in an indefinitely large series
- Commercials
- News agency

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PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

The soundtrack of our lives

You're driving home late one night, tired but wired, and then it happens. That one song — your song — comes on the radio. Maybe it's Whitney, or Nirvana, or A Tribe Called Quest, or that one-hit wonder from your senior year. Suddenly, you're not in traffic anymore. You're back in your first car, windows down, summer air thick with possibility. You're 16, or 18, or 21, and for a moment, you feel it all again. That moment is science.

According to neuroscience research, the music we listened to in our adolescence and early adulthood (roughly ages 12 to 25) gets deeply embedded in our emotional memory, thanks to the way our brains are wired during those formative years. It's a phenomenon sometimes referred to as the “remiscence bump” a window of time where memories are more vivid, and experiences (especially those connected to emotion and identity) leave a lasting imprint.

When music enters the scene during that stretch of life, when you're first falling in love, figuring out who you are, and building your independence it becomes more than just background noise. It becomes part of your personal identity. So, decades later, when you hear that track again, it doesn't just spark a memory, it lights up the emotional centers of your brain, releasing dopamine, triggering nostalgia, and often bringing comfort and joy.

Nostalgia gets a bad rap, like it's some kind of wistful indulgence. But it's actually good for you. Studies show that nostalgic experiences (including music-based ones) can increase feelings of connection, meaning, and optimism. They act as a psychological time machine, reminding you of who you've been and helping you reconnect to the parts of yourself that still matter.

Your favorite music from your youth isn't just “old school.” It's a form of self-preservation. A reminder of your wildness. Your hope.

So, when you hit play on that mixtape in your mind, know this: you are not stuck in the past. You are drawing strength from it.

Letter submission policy

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

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

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Fireworks

To the Editor:

On the 19th of July 2025, in the town of Northbridge at dusk, the people of this town and neighboring towns were treated to another spectacular display of fireworks. My sister, who attended last year, said, " Wow, that was better than the fireworks in Boston," and again, this year was no different. Thank you, Northbridge; I love this town, even without fireworks!

Speaking of fireworks, our nation has learned through our intelligence committee via DNI Tulsi Gabbard that the Russia Hoax was all Barack Obama's doing, and that he had plenty of help orchestrating this lie. This lie cost the American taxpayers \$40 million via the Mueller fiasco in the Russian collusion investigation, just think of how many mouths went dry as this garbage was being dragged on? The result of that investigation? Nothing.

So, now what can we do to get Trump? asked the left. Let's impeach Trump over the phone call he made to Zelensky, which again cost the American taxpayers more money; yeah, that's the ticket! What happened with that ridiculous witch hunt? Nothing.

The Trump Derangement Syndrome crew are now in full rabid mode, and they want blood, so Trump is replaced with Biden in the 2020 election, which is truly a topic for another letter. The liberals, via the Democrats, weren't satisfied with Biden stealing the White House, so they patiently waited to try and get Trump off the Republican ballot by District Attorney hacks that were bought with George Soros dirty Nazi money. Both attorneys were plagued by things that they themselves caused, Letitia James indicted on mortgage fraud and Alvin Bragg well he might have won the battle but not the war because despite all their nefarious efforts to pin something on Trump which they thought would keep him out of the election failed. Trump told Leslie Stahl twice in an interview that his campaign was spied on by the Obama administration. Stahl replied, "there's no evidence your campaign was spied on." Trump retorted, “There's plenty of evidence and you will see very soon that the Obama administration spied on my campaign.”

From the New York Post: A bombshell new CIA review of the Obama administration's spy agencies' assessment that Russia

Predator versus apologist... the sequel!

To the Editor:

It has come to my attention that MAGA Mikey has been dug up, dusted off, and reanimated with the lifeblood of right-wing conservative imbecility. Boy, I missed him. To prove that he retains his lack of coherence, he took every fact I provided in response to Bev's misinformation slants and went off on some unrelated tangent. Or was it just his interpretation of Trump's 'weave'?

As an example, I said Trump wants to take away Rosie O'Donnell's citizenship because he thinks he's a dictator. I didn't say anything about Rosie's character or her stance on issues, or her Oreos. You completely ignored the point, Mikey – only dictators think they can take away someone's citizenship. After all his moaning about people being allowed to have their own opinions, Mikey berates me for believing in climate change. He and Bev must both have climate science degrees from Trump University. Why can't I have the same opinion as 96 percent of scientists, Mikey?

What does “All men being created equal,” written in 1776, have to do with the gender debate here in the 21st century? I said that American 'exceptionalism' wasn't always so 'exceptional.' Just ask second class citizen women, slaves and the indigenous people, who Mikey believes were treated fairly and didn't have their lands taken away by force. (Ever hear of the Trail of Tears, Mikey?) They weren't “all created equal,” were they? Right or wrong, I don't agree with people who were born 'male' being allowed to play women's sports. Or vice versa. But, again, that wasn't the issue, Mikey, and that is only my opinion, and not based on any genetic definition of what constitutes 'male' and 'female.'

Please provide a reference for Democrats sending pallets of bricks to cities. Thank you. I don't condone slavery anywhere, but try to focus on the issue at hand, Mikey. I realize that it will strain the lightening bugs flitting randomly in that vacuum between your ears, but.... I was talking about the impetus for the Civil War, which was the Union, not slavery. Maybe I should have used crayons to facilitate the shame of your fourth grade-level reading comprehension.

I've already wasted too much ink on Apologist Mikey. He just needed to replay MAGA's Greatest Hits, which had no relevance to anything I wrote. He can't even get the basics right – I have stated, over and over, that I have never been a Democrat. I was a Republican until becoming a registered Independent after Reagan destroyed the middle class. I am liberal, and proud of it. I'm an advocate for truth and facts, regardless of which side they hurt. And there are plenty of hurtful truths on the Democrat side of the ledger.

One last thing... because Mikey knows less American history than Bev: “In 1964, Democratic president Lyndon B. Johnson signed the Civil Rights Act into law. Black voters, who had historically been loyal to the Republican Party because of the 1866 Civil Rights Act, had already been switching to the Democratic Party. Upon hearing Goldwater's argument against the 1964 Civil Rights Act, the majority of Black voters left the Republican Party in favor of the Democrats. They saw the Democratic Party as advocates for equality and justice, while the Republicans were too concerned with keeping the status quo in America. As the 60s and 70s continued, Democrats sought reform in other places, such as abortion and school prayer. White southern Democrats began to resent

interfered in the 2016 presidential election to help Donald Trump was deliberately corrupted by the former CIA Director John Brennan, FBI Director James Comey and Director of National Intelligence James Clapper, who were “excessively involved” in its drafting, and rushed its completion in a “chaotic,” “atypical” and “markedly unconventional” process that raised questions of a “potential political motive.” Oh, and it should be noted that I tried finding this story over at CNN, where a certain party gets their news from, and it's crickets on the subject. Another point of reference for the aforementioned (Comey, Brennan, and Clapper) is that these men were Obama's lap dogs which initiated this treasonous act. The more we know of Obama, which is similar to peeling an onion, the more we republicans wince. Barack Obama's silver tongue is about to land him in a lot of trouble (hopefully treason) for all the grief he has done to this country. We should all be reminded that " no one is above the law," and that includes Obama, Biden, Hillary Clinton, Clapper, Brennan, and Comey, to name a few. Some of you may have noticed that I didn't mention Trump in the last sentence, and that's because we have seen what happens when you try to frame or hang bogus charges on an innocent man.

Do you think, when Obama and his henchmen have their day in court, that they will be as tough as Trump? I sincerely doubt it. This story is far from over; and I doubt we will see Obama hanged for treason, but you can bet his supporting cast will be indicted and prosecuted, especially John Brennan, for perjury. My hope is that Brennan tries to cut a deal with the DOJ and implicates Comey, Clapper, Susan Rice and Hillary Clinton. Hillary Clinton with the phony made up Steel dossier is another individual who belongs in orange in a federal prison but trying to grab this greased pig isn't easy, Clinton is an expert at covering her lies. I suggest that if you are a supporter of the democrat party that you buckle up, double up on your high blood pressure meds, or even seek therapy because this ride is going to get real bumpy soon.

Thanks for reading.

Mike Downing
Whitinsville

how much the Democratic Party was intervening into the rights of the people. By the 1980's, white southern Democrats had become Republicans, and the majority of the south was now Republican. The Republican Party now is solidly conservative while the Democratic Party is the liberal one.” It was the old switcheroo that Republicans like to ignore. But keep writing Mikey, I enjoy watching you embarrass yourself.

Could it be that our tin-pot dictator, like Icarus, has flown too close to the sun? Could Teflon Don turn out to have an Achilles' heel? Has the Titanic Liar hit an iceberg of truth? Is the Trump Corruption Facility melting down like Chernobyl? Strap in folks... this is going to be a fun ride!

MAGA and the Republican Congressional weasels have no problem with starving children, denying them health care, or exposing them defenseless to virulent diseases. But have sex with them? Seems there is a limit to the permissible neglect. Unless you live under a rock or, like most Republican Congressmen, have rocks in your head, you have read and heard enough to know that Trump and Epstein did unspeakable sexual things to underage girls. The evidence is plentiful - clear and indisputable. Much of it on film and tape. I'm not going to regurgitate it all here. But Trump's reaction is self-indicting: as a diversion, he has Tulsi Gabbard, who is on the outs because she publicly refuted Trump's claim that Iran's nuclear facilities had been 'obliterated', is re-litigating 10 year old claims of Obama's role in accusations of Russian involvement in the 2016 election. Why now? It has already been debunked half a dozen times. Trump is also claiming that Epstein is 'old news', and we should just ignore everything Epstein-related. Since when does Trump try to quell a conspiracy? Conspiracies have always been his bread and butter... his stock in trade. After calls to release the Epstein 'files,' he had his DOJ release files on Martin Luther King, Jr. Understandable mistake - "Epstein...King"...they sound alike.

Pam Bondi, the head of Trump's DOJ, warned Trump that his name appears in the Epstein files, so you can be sure they will never be released, unless severely redacted. (While Florida's Attorney General, Bondi dropped a fraud case against Trump University after receiving a \$25,000 donation to her re-election campaign from - guess who? - Donald Trump. It worked in New York when Cy Vance received the same amount from Trump's lawyer, and dropped fraud charges against Don Jr. and Ivanka for fraudulent claims while selling Trump condos.)

Ghislaine Maxwell knows everything. She was a co-conspirator in the Epstein sex cabal. She is in jail, serving a 20-year sentence. Trump wants his former personal lawyer, Todd Blanche to interview her. I wonder what promises she will receive in exchange for maintaining her silence? Or for lying — she has already lied under oath during her trial -in exchange for a pardon down the road when this has all blown over? After all, Trump has already pardoned every other white-collar criminal that comes across his desk. Or pays him \$1 million.

American politics, under Trump, are now just one long, low-rent nightmare. Stay tuned... this is going to get ugly.

Rick Bevilacqua
Whitinsville

How is it with your soul?

To the Editor:

The old Christian hymn says “It is well with my soul.” How is it with your soul?

Do you pause to take stock? As Franklin Graham says in his wonderful television ad: “Lord, I’m a sinner. I’m sorry. Will you forgive me? And come into my life as my Lord and Savior?” The Bible in a nutshell.

Watching Mark Wahlberg, the actor, who is an unapologetic Catholic, pray reverently with his hands opened up to heaven and encouraging viewers to join Hallow and pray daily, is momentous. Jonathan Roumie, who plays a remarkable Jesus in The Chosen, also prays in TV advertisements for the Hallow app, the Catholic daily prayer subscription.

Each one makes me bow my head and pray.

One of my favorite verses in The Bible occurs when Paul, in 1Timothy 1:15-16, declares: “Here is a trustworthy saying that deserves full acceptance! Christ Jesus came into the world to save sinners of whom I am the worst.” Knowing our hearts, how many of us can also say “of whom I am the worst?”

The glorious hymn, “It is well with my soul,” was written by Horatio Spafford in the deepest valley of his life in 1873. It describes the peace that passes all understanding. Spafford wrote the hymn after a series of events. First, the Great Chicago Fire of 1871 ruined him financially. His

real estate investments were gone.

Then he was further diminished by the Panic of 1873, just at the time when he planned to travel to Europe with his family on the ship, the SS Ville du Havre, to help Dwight Moody, the famous evangelist, with his campaign in England.

Dwight Moody was born in 1837 in Northfield, Mass., to a poor farmer. In the classic American story, he rose to riches. And then became one of the greatest evangelists of all time. When his farmer father died in 1841, Moody moved to Boston and to work for his uncle, a shoe maker. Moody later moved to Chicago and became wildly successful.

Instead of building a palace for himself like the Vanderbilts in Newport, he committed his life to Christ. He taught at a mission Sunday school for orphans. He founded the Moody Mission Church in Chicago. When the Civil War began, he ministered to both Union and Confederate troops in the field. In 1873, he went to England during a religious revival period in that country.

Spafford decided to go with him, but he was delayed because of zoning problems after the Great Chicago Fire [just like California’s zoning problems and fund raising scandal now after the Great Los Angeles fire of 2024].

Spafford sent his wife and four daughters on ahead of him to England while he dealt with the real estate. While crossing the Atlantic, their

ship collided with another ship, and sank. Only his wife, Anna, survived. She sent Spafford a telegram: “Saved alone...”

Spafford boarded the next ship and sailed to England. While over the spot where the ship went down, taking his four daughters with it, Spafford wrote the hymn.

“When peace like a river, attends my way,
When sorrows like sea billows roll;
Whatever my lot, You have taught me to know
It is well, it is well, with my soul.
It is well, (chorus: it is well)
With my soul, (chorus: with my soul)
It is well, it is well, with my soul.
Though Satan should buffet, though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
And has shed His own blood for my soul.
My sin, oh, the bliss of this glorious thought!
My sin, not in part but the whole,
Is nailed to His cross, and I bear it no more,
Praise the Lord, praise the Lord, O my soul!”
You will have to look up the hymn for its stirring conclusion.

So, how is it with your soul? Is it well?

Bev Gudanowski
Uxbridge

Readers Share Tips and Tricks

Summer is heating up and so are the great ideas from readers! Read on for an array of helpful hacks to make life a little easier:

This Whitinsville reader offers clever hints to keep your backyard birdbath in tip top shape!

My hint for your readers is about backyard birdbaths. Birdbaths not only provide a spot for birds, and small animals to cool off, clean up, and get a drink, but offer us a little entertainment with their antics in the water.

A couple of tips include the following. Placement is important. Try to find a spot that has shade. The birds won't be interested in hot water if it is in the hot sun. By placing it near bushes or trees, it offers birds some safety.

Use Mosquito dunks, available online and at hardware stores. Placing one in the water prevents your birdbaths from becoming a breeding pond for mosquitoes.

The third tip will keep the water algae free. After filling the birdbath, place some copper in it. No, pennies won't work, as they don't contain enough copper. Instead, go to a hardware store or home repair center and pick up a couple of copper plumbing fittings. Just throw them into the bottom and the water will remain crystal clear.

Tom Griffin
Whitinsville MA

Recycling is "in the bag" with this reader's reusable tip:

When you are finished with your cereal, save the bag inside. You can heat it up in the microwave and it's safe - plus no dish to wash.

Sandra Bree
Ware, MA

Who knew? A favorite summertime fruit cools you off both inside and out!

Did you know bananas, like watermelons, have cooling properties that cooling properties? They cool the intestinal heat in your body, making it one of the best cooling foods to eat during the hot weather.

Terry Kolesnik
Charlton, MA

Cherry tomatoes are plentiful right now, but slicing each little tomato individually and coralling them on the cutting board can be a challenge. This reader's tip cuts the chore down to size!

Fill a plastic lid with cherry tomatoes (I use a Cool Whip cover). Place a second cover, flat side down on top. Using a serrated knife, cut between the lids. Voila! All are cut in half in mere seconds.

Lois O'Leary
Brookfield, MA

This reader shares a recipe from her childhood - and best of all, it uses no eggs! My favorite cake, called "big wacky cake," is one that I've been making since I was a child:

Ingredients: ¾ cup butter (1 ½ sticks) or oil; 2 cups granulated sugar; 3 cups all purpose flour; 6 tablespoons cocoa powder; 2 teaspoons baking soda; 1 teaspoon salt; 2 tablespoons vinegar (plain white); 2 cups warm water.

Directions: Preheat oven to 350 degrees.

Spray (or grease with butter) a 13' x 9" pan. Combine butter and sugar; blend well. Sift dry ingredients together, and add to butter mixture.

Mix vinegar and water together and add to above. Mix until well blended, but do not overbeat. Bake for 45-60 minutes. Frost as desired, then enjoy!

Cecile Collier
Leicester, MA

Prize Winner
Congratulations to Cecile Collier, whose name was drawn for Dinner for



TAKE THE HINT
KAREN TRAINOR

Two at the Publick House. She shared the cake recipe above.

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month (or whenever enough submissions are received) will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business

of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

LETTERS TO THE EDITOR CONTINUED

Even AI can avoid getting political

And yet, on occasion, when things line up just right, even the average helper-monkey of a human dullard can coax something that is exceptionally good out of an AI teaching-bot. The following is but one example. Which I now quote verbatim, doing so with the express written permission of its AI creator:

"Woody Guthrie once said that playing more than two chords is just showing off. This philosophy highlights the beauty of simplicity in music and emphasizes that mastering a few chords can lead to meaningful playing. With that in mind, here's a structured weekly lesson plan to help you build a solid foundation on the guitar:

Monday: Start with E minor (Em) and E major (E) to get familiar with the basic shapes.

Tuesday: Move on to A major (A) and

D major (D), allowing for smooth transitions between these chords.

Wednesday: Introduce G major (G) and C major (C), expanding your chord repertoire.

Thursday: Focus on A minor (Am) and D minor (Dm), reinforcing minor chord shapes.

Friday: Learn B7 and E7 to further enhance your playing versatility.

Saturday: Explore C7 and G7, adding seventh chords to your skill set.

Sunday: Wrap up the week with A7, D7, F major (F), B minor (Bm), and C minor (Cm), completing the sequence and preparing for future songs.

This plan allows you to build your skills steadily while enjoying the process of learning music."

Stephen Gambone
Northbridge

Defamation, anyone?

point of political clichés with some highly inflammatory statement or another, without adding any new real substance to the discourse, unlike both Rick and Bev. There is always something new to learn with those two, like it or not.

Missing the proper use of that term could well indicate you had 'reckless and negligent disregard for the truth,' possibly leaving you open to a charge of defamation-libel in particular. Was that your intent? According to Warner Law, defamation is "the act of unjustifiably injuring the good reputation of a party via misleading or untrue malicious statements. When written, it is referred to as libel. To win a defamation claim, the plaintiff must prove that their respective defendants made false and defamatory statements to a third party that caused material or reputational harm. Damage to a person's reputation could also result in being ridiculed, hated, or held in contempt in a given community."

For the person you accused, as a fact, they would have to prove five essential elements to sue you for defamation or libel. First, you published your 'fact' in a newspaper; so it was written and read by third parties. (Realize you could have stated your claim as an opinion.) Second, you referred to the plaintiff by name. Third, the "predatory label applied to a writer" could be capable of damaging a

reputation. Just think of what that word has done to Trump's reputation. Fourth: By your personal and 'original' definition, the statement was false. And fifth, the accused has three years to decide to file suit if he can prove that the statement caused economic loss or is actionable without proof of loss. So, the writer has the next three years to decide whether your statement either caused financial loss or qualifies as defamation per se. The term predator can imply sexual criminal conduct. If the community understood your assertions as suggesting that some predatory criminal behavior had taken place or was committed, this could become a personal issue for you.

Considering all of this, another letter to the Editor might be the thing, perhaps an apology for misunderstanding the word you used. And by the way, writing letters to the Editor weekly for years does not entitle anyone to special privilege or exemption from your perceived version of insults from another writer. If you can't take what you dish out, then don't write. Remember that quote from the movie "Forrest Gump" when young Forrest responds to Jenny on the bus and says, "Mama says, 'Stupid is as stupid does.'" Amazing how that quote hasn't aged one bit.

Linda Lacki
Northbridge

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Friday's Child

Garrett
Age 10
Registration #8406

Garrett is a fun and lively boy with a big personality who loves bouncing on the trampoline and playing outdoors. He enjoys expressing his creativity through coloring and drawing letters and numbers on his whiteboard. Garrett shows impressive patience as he sorts through items in a large container, carefully inspecting each one before placing it behind the container—a favorite activity he enjoys with many different toys. During his downtime, Garrett likes watching TV and relaxing. In the classroom, he uses a communication device and has been making great progress in using it effectively to express his needs and participate.

<https://www.mareinc.org/child/21182817133>

Can I Adopt?

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

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

Gathering ideas for next year’s garden



Summer is a time when many gardeners begin making plans for new additions to next year’s gardens. You may already be doing ongoing evaluations of your own plantings and may want to include tours of others’ gardens.

A walk around your neighborhood can provide inspiration and a chance to observe plants thriving in the same or similar conditions that exist in your landscape. Local garden tours allow you to take a closer look at both front and backyard gardens filled with plants, garden art and more.

Whether you tour alone or with a group of friends, it is a great opportunity to meet the gardener, gather ideas, exchange gardening secrets, and get inspired. Many of the garden tours are sponsored by garden clubs, libraries, beautification groups and other similar organizations. The proceeds from the event usually support a worthy cause in the community. You’ll find local garden tours promoted online,



in local publications, garden centers, botanical gardens and other similar venues.

The Garden Conservancy’s Open Days program is a one-of-a-kind private garden tour. Participating gardens are located around the country in small and large lots that feature a variety of styles, plants and features. All you need is a little time and a ticket to participate in the self-guided garden tours. A listing of the Open Days gardens, their location and dates for each garden is listed on their website.

Visit your local or nearby public gardens and arboreta. They feature plants in gardens and

natural settings with similar growing conditions to nearby home gardens. They often feature new and unique varieties, traditional favorites and garden designs, providing inspiration to all who visit.

All-America Selections’ (AAS) Display Gardens are another valuable resource for gardeners. AAS is a non-profit organization that trials and evaluates plants for outstanding qualities suitable for the home garden. They have been helping gardeners grow award-winning flowers and vegetables since 1932.

New never-before-sold plant varieties bred for home gardens are plant-

ed, observed and evaluated at various trial gardens throughout

North America. Trial gardens are located at public gardens,

seed companies, or universities. The potential plant introduction is observed and its performance evaluated throughout the growing season. Volunteer judges rate the plants on improvements in characteristics such as aesthetics, performance and productivity as well as pest and disease tolerance. A plant must have significantly improved qualities to be considered for an AAS award.

Display gardens feature the newest AAS winners in a well-maintained

setting where you can view the winners. There are nearly 200 display gardens in the United States and Canada located in public botanical gardens and arboreta, municipality gardens, garden retailers, university gardens and more. Some locations also offer related educational opportunities, open houses or field days during the growing season.

Take some time to enjoy and evaluate your gardens. Then set aside some time to visit local gar-

dens for ideas and inspiration.

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.

DA meets with interns



Courtesy

Interns with the Worcester Judicial Youth Corps Program recently met Worcester County District Attorney Joseph Early, Jr.

REGION — Worcester County District Attorney Joseph Early, Jr. recently met local

interns with the Worcester Judicial Youth Corps Program.

The program includes members representing several schools from throughout the

county.

“It was an honor to speak to this year’s Worcester Judicial Youth Corps Program interns,” read a statement released by Early.

“Throughout the summer, this great group of high school students will learn more about our court system from some of the best and brightest judges,

lawyers, clerks, probation officers, and other court personnel.”

To learn more about programs run by the DA’s Office, visit www.worcesterda.com.

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Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

Who to Call

Where to Meet

What to Pack

www.Ready.gov/blackouts

Ready



Bay Path graduate, mother of four triumphs in nursing journey

SPRINGFIELD — Against all odds, Gorret Rusoke has accomplished what many would consider impossible. A mother of four, wife, and full-time healthcare worker, Rusoke has officially completed her Practical Nursing certificate from Bay Path Regional Vocational Technical High School's Practical Nursing Academy – an achievement fueled by grit, sacrifice, and unwavering purpose.

“I never thought I would find myself going back to school in my 30s,” said Rusoke, reflecting on her journey. “But deep inside, I knew I had more to give to my community, my family, and myself.”

Originally from Uganda, Rusoke came to the U.S. with a background in education and a passion for service. Her decision to pursue nursing solidified during the COVID-19 pandemic, watching nurses across the globe serve tirelessly with courage and compassion. That inspiration sparked a calling she could no longer ignore.

What followed was a grueling yet rewarding road filled with sleepless nights, long commutes, and juggling family responsibilities with academic rigor. She often drove more than two hours round-trip for classes, sometimes arriving home just as her husband left for his night shift. Despite exhaustion, she would press on—studying into the early hours, preparing lunches, helping with homework, and then waking up to do it all over again.

“There were moments I felt selfish

for skipping family events so I could rest or study,” Rusoke shared. “But clinical days reminded me why I started—to serve and care for people. That purpose carried me through.”

Rusoke’s clinical placements included Vibra Hospital, UMass Memorial Health, and several rehabilitation centers, where she quickly gained praise for her compassionate care and natural leadership. She excelled in areas like wound care, medication administration, and patient assessments—all while speaking four languages: English, Luganda, Kiswahili, and Rutooro.

Her efforts didn’t go unnoticed. At graduation, she received both the Academic Excellence Award and the Clinical Excellence Award, alongside her induction into the National Technical Honor Society and participation in the school’s Mock Code Team.

In her words, the journey would not have been possible without the strong support around her. She expressed heartfelt thanks to the faculty and staff of Bay Path Nursing Academy—particularly Director Dr. Bolandrina Gretheline and Executive Assistant Donna—as well as her close-knit group of nursing school friends: Louise, Delene, Elizabeth, Flory, and Chali.

“They were my study partners and second family,” she said. “We built lifelong friendships that withstood every challenge.”

Rusoke is currently serving as a Direct Care Professional at the



Gorret Rusoke and Dr. Adelina Healy

Courtesy

Douglas Adult Social Center

331 Main St.
(508) 476-2283
Hours of operation: Monday through Thursday, 9 a.m.-3 p.m.; Friday 9 a.m.-noon

DAILY ACTIVITIES: All our daily activities are free of charge.

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

Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call to make an appt.)

Wednesday: Balance & Strength 10am, Darts 11:30 am, MahJong 1pm, Dominoes 1 to 2:30pm

Thursday: Walking club 9am, Chair Yoga 9:30am, Pitch 9:30am, Hand and Foot card game 12:30pm

Friday: Balance & Strength 10am

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

JULY EVENTS:

WELLNESS CLINIC: July Clinic dates are Monday the 14th & Tuesday the 29th. Clinic hours are from 10 am to 12 pm. If you feel you need an extended amount of time to speak with Nurse Ann please call ahead and let us know.

AUGUST EVENTS:

WELLNESS CLINIC: August Clinic dates are Monday the 4th & Tuesday the 19th. Clinic hours are from 10 am to 12 pm. If you feel you need an extended amount of time to speak with Nurse Ann please call ahead and let us know.

Game Show & Pizza Party: Thursday August 7th @ 12:00 we will be playing Wheel of Fortune & Jeopardy. We had a great time playing this last summer, so it is back by popular demand. Kevin Richman will be here with his quick wit

and fascinating questions while teams compete in this fun interactive game show, prizes will be given to the winners. We will also enjoy a FREE pizza party courtesy of Unibank! Please sign up before July 31st.

Blackstone Valley Animal Shelter Visit: Thursday August 14th from 1:00-2:00 free transportation will be provided. Would you like to play with some kittens, or read to the dogs? Space is limited, please call the center to fill out a visit application and to sign up by August 7th.

Lunch & Movie: We will be watching Music of the Heart, Thursday August 28th @ 11:30. Lunch will be a grilled chicken salad bar with fruit. Please sign up before August 21st.

The Sunshine Club invites you: Sunshine Club monthly meeting will be on Tuesday August 5th @ 2 pm.

SENIOR PICNIC @ WALLUM LAKE: Friday August 1st from 11 am to 3 pm. Bring a lunch, sunscreen, lawn chair, towel, etc. We will provide beverages & watermelon. We will have easy access from the boat ramp to the beach pavilion. If you decide to go in your own vehicle you may have to pay for parking.

BINGO & ICE CREAM NIGHT: Thursday August 21st @ 6:30 pm. Join us for a night of friends, fun, & laughter. Bingo cards will be available for purchase when you arrive. You may call the center to sign up, 508-476-2283 before August 18th.

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

Check our website for events that may not be listed here

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

Mental Health Association in Chicopee, and previously worked at The Reserve in East Longmeadow and the Cooperative for Human Services in Lexington. Her next goal? To continue making a difference in patients’ lives with empathy, integrity, and love.

“I aspire to be the kind of nurse

who makes an impact—who patients remember not just for their skill, but for how they made them feel. This is only the beginning,” Rusoke said.

As Gorret Rusoke steps into the next chapter of her career, she embodies the heart of modern nursing: resilient, compassionate, and deeply human.



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Officials brace for peak mosquito-borne illness season

BY KEVIN FLANDERS
STAFF WRITER

REGION — As we approach the peak season for West Nile virus (WNV) and Eastern Equine Encephalitis (EEE), area residents are urged to take precautions to avoid mosquito bites.

Last month, the Massachusetts Department of Public Health (DPH) announced the first confirmed animal case of WNV in 2025. A goat was exposed to WNV in Lunenburg in Worcester County, officials said.

“With this evidence of an animal infected with West Nile virus, we know that there are the right conditions and enough disease circulating to result in a human infection,” said Public Health Commissioner Robbie Goldstein. “The elevated temperatures, combined with high humidity, increase mosquito activity.”

WNV and EEE are both spread to humans through the bite of an infected mosquito. Last year, due to excessive rainfall, saw several local communities placed at elevated risk for human infections.

While EEE can infect people of all ages, individuals under 15 years of age or over 50 are at greatest risk for serious illness. Symptoms of EEE include high fever, muscle pain, headaches, and seizures. Symptoms can occur up to two weeks after a person is bitten by an infected mosquito.

WNV can cause fever, headaches, and rashes. The illness can sometimes be serious or fatal.

Thus far, there have been no human cases of WNV detected in Massachusetts. There were 19 human cases of WNV recorded in 2024.

One of the best ways to protect your family against mosquitoes is to avoid outdoor activities during peak mosquito hours from dusk to dawn. If you must be outside during these hours, be sure to apply insect repellent and maximize clothing coverage of exposed skin.

Residents can also reduce the number of mosquitoes around their homes by draining sources of standing water. Mosquitoes often lay their eggs in small pools, wheelbarrows, rain gutters, and drains. Residents are advised to frequently empty flowerpots and wading pools, in addition to changing the water in birdbaths daily.

It is also important to make sure that window and door screens fit tightly. Screens with holes or openings should be replaced, officials said.

Local officials will post additional resources and updates on conditions within respective communities throughout the late summer and fall months.

Residents are also urged to take steps to protect their pets from mosquitoes.

“Animals that live outdoors are at somewhat higher risk from arboviruses than humans who spend more time indoors,” said State Epidemiologist Dr. Catherine Brown. “But the weather this summer is creating the opportunity for it to be a busy WNV season, and it is important to take steps to prevent mosquito bites.”

Additional information about EEE and WNV, as well as reports of current and historical virus activity in Massachusetts, can be found by visiting www.mass.gov.

Human psychology

Sometimes there comes a moment when you realize life isn't just happening to you. You're interpreting it and reacting to it. You've been living inside a story your past wrote for you—before you knew you were the one telling it.

That's not your fault. It's your default. But the moment you see it—you can change everything.

Modern psychology has shown us that the brain is less a camera and more a courtroom—building stories, assigning blame, rewriting memory, all in service of keeping your ego comfortable or your fear pacified.

Psychologists like Daniel Kahneman and Amos Tversky spent decades studying how we form judgments, and their research uncovered a gallery of mental shortcuts—cognitive biases, emotional filters, and distorted beliefs that make us feel right, even when we're not. But often, what feels true is just what feels familiar.

And once you begin to see the stories you're telling yourself, something else becomes clear: there are parts of your life you won't even narrate. Things you won't face. Conversations you won't have. Feelings you won't feel. You tell yourself it's not the right time, that it's not a big deal, that you'll deal with it later. But in truth—what you avoid ends up shaping you more than what you confront.

Avoidance feels like relief. At first. You push something away—pain, responsibility, vulnerability—and for a moment, your body thanks you. The pressure drops. But behind that false peace, something dangerous grows. Each time you dodge discomfort, you quietly teach your nervous system that the discomfort was too much—that the fear must be obeyed.

Psychological studies on exposure therapy conducted by Joseph Wolpe and later David Barlow show again and again: the only way to reduce fear is to

POSITIVELY
SPEAKING
TOBY MOORE

face it. The only way to weaken shame is to bring it into the light.

Healing doesn't come from feeling safe all the time. Success doesn't come from playing small. Growth begins when you learn to walk toward what makes you uncomfortable—on purpose.

And what we avoid doesn't just shape our behavior—it quietly shapes who we become. Because here's the deeper truth: you are not who you think you are. You are who you practice being.

Identity isn't fixed. It's not a core you discover—it's a pattern you reinforce. You are a feedback loop of habits, emotional reactions, routines, roles, and stories you tell yourself. What you repeat becomes familiar. What becomes familiar becomes comfortable. And what becomes comfortable becomes "me."

Psychologists and behavioral scientists have long known that we don't rise to our highest beliefs—we fall to our most repeated actions. You may wish to be bold, steady, at peace—but wishing doesn't shape you. Repetition does.

The research on neuroplasticity, from pioneers like Donald Hebb and Carol Dweck, confirms: your brain reshapes itself based on what you do consistently, not what you hope is true.

So if you want to change your life, stop asking, "Who am I?" Start asking, "What do I repeat?" The real "you" isn't found in your reflection. It's built in your rituals.

Even the strongest habits can fall apart when emotions hit. You might know what to do—but then emotion clouds your thinking. Emotions don't care how much you've practiced—they test whether you can stay present when it counts.

To see yourself clearly—not as a fixed identity, but as a living pattern. Not as a passenger, but as the narrator holding the script. Yes, your brain plays tricks. Yes, fear wants the wheel. But you are not at the mercy of old wiring. You are the architect of what comes next.

Take the pause. Challenge the thought. Face the thing. Move, even when you tremble. Speak the better story, even if your voice shakes at first.

You don't need to be perfect. You need to be present. You don't need to know who you are. You need to start becoming who you were meant to be—on purpose.

Life isn't asking you to get it all right. It's asking you to participate, to show up, to choose the next true step. And repeat it, until it becomes you.



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LEGALS

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508)831-2200
Docket No. WO25C0368CA
CITATION ON PETITION TO
CHANGE NAME**

In the matter of:
**Tucker Andrew Thomas Nadeau
A Petition to Change Name of Minor**
has been filed by
Tucker Andrew Thomas Nadeau
of **Blackstone MA** requesting that the court enter a Decree changing their name to:

Tucker Andrew Thomas Keefe
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 08/12/2025. 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 14, 2025
Stephanie Fattman,
Register of Probate
August 1, 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. WO25P2582EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate Of:
Constance Marie Duquette
Date of Death: 10/22/2024**

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Keith Duquette of Whitinsville MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:
Keith Duquette of Whitinsville MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 08/19/2025.**

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: July 24, 2025
Stephanie Fattman,
Register of Probate
August 1, 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. WO25C0377CA
CITATION ON PETITION TO
CHANGE NAME**

In the matter of:
**Peggy Mary Melendy
A Petition to Change Name of Adult**
has been filed by
Peggy Mary Melendy of Millville MA requesting that the court enter a Decree changing their name to:
Peggy Mary Lepak

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 08/19/2025. 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 16, 2025
Stephanie Fattman,
Register of Probate
August 1, 2025

(SEAL)
THE COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
Docket Number: 25 SM 002240
ORDER OF NOTICE
To:
Heirs, Devisees and Legal Representatives of the Estate of Eugene Bufford; Janessa Bufford; Alexis Bufford; Zenaida Bufford; Marie Delgado and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): Select Portfolio Servicing, Inc.
claiming to have an interest in a Mortgage covering real property in Whitinsville, numbered 61 Border Street, Unit No. B, 59 & 61 Border Street Condominium, given by Eugene Bufford to Washington Mutual Bank, FA, dated May 8, 2006, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 38916, Page 309 and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before September 8, 2025, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on July 24, 2025.

Attest:
Deborah J. Patterson
Recorder
27786
August 1, 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. WO25P2551EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate Of:
Marie Lucy Lasala
Also known as: **Marie L La Sala**
Date of Death: 02/27/2025**

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Patsy LaSala of Whitinsville MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:
Patsy LaSala of Whitinsville MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 08/19/2025.**

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: July 21, 2025
Stephanie Fattman,
Register of Probate
August 1, 2025

MTSU announces final list of spring 2025 graduates

MURFREESBORO, Tenn. — Middle Tennessee State University is congratulating the students who received their degrees at its spring 2025 commencement ceremonies, including Brandon Whiton of Uxbridge, who earned a Bachelor of Science in Video & Film Production.

MTSU's commencement events were held in early May inside Murphy Center to confer degrees on its newest alumni.

Founded in 1911 as one of three state normal schools for teacher training, Middle Tennessee State University is one of the oldest and largest undergraduate universities in the state of Tennessee. With a fall enrollment averaging more than 20,000 students for the past several years, MTSU remains committed to providing individualized service in an exciting and nurturing atmosphere where student success is the top priority. For more information, call 615-898-2300, visit <https://mtsu.edu/> or <https://mtsunews.com>. Follow MTSU on X/Twitter @MTSUNews and like us on Facebook.

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Medicare 101 with Joe Best, Tuesday, August 5th, 2:00-3:00pm. This is an educational program on when and how to apply for Medicare. We will discuss original Medicare vs. Medicare Advantage and what is Part D, in addition to what are Medicare supplements. Joe is an independent Medicare Agent and not affiliated with Medicare or any other government agency.

Grill and Chill with Baird Souls, Thursday, August 7th, 12:00-1:30pm. Summer of 2025 will be in full

swing, so come out and enjoy lunch and the sounds of Baird Souls! Tom-n-Lici will be here to bring an eclectic mix of tunes from a variety of years and genres. Join us and sing along to covers of Fleetwood Mac, Bonnie Raitt, Sheryl Crow and others. Tickets are \$10 each, limit of 2 tickets per person with Northbridge residents having priority. Tickets must be purchased in advance through the main office. Thank you to Unibank for sponsoring this event!

Fran Hart Concert on the "Me Decade", Tuesday, August 12th, 1:30-

2:30pm. This concert will be a cultural review of the 1970's through a multimedia presentation featuring video and audio clips and live music sing-alongs. Supported in part by a grant from the Northbridge Cultural Council, a local agency, supported by the Mass Cultural Council, a state agency.

Mark and Raianne Concert, Thursday, August 14th, 1:00-2:00pm. Come and experience fresh and refined folk music for modern times with these two singer-songwriters from Massachusetts. Anybody who craves authentic, mindful acoustic

music will not want to miss out on experiencing this duo! Supported in part by a grant from the Northbridge Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

We are accepting donations for Plummer Place. Heavy duty plasticware utensils, heavy duty plates large and small, bowls, napkins, plastic cups, crystal lite packs, bottled water either large or small, creamers, sugar packets, decaf coffee and regular coffee, Shaw's gift cards. We appreciate all donations!

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WEBSTER LAKE WATERFRONT

WEBSTER LAKE WATERFRONT LIVING AT IT'S FINEST! ** THE VILLA'S at SNUG HARBOR! ** END UNIT IS TRULY A RARE FIND! ONE OF ONLY 6 UNITS >** Custom Built THIS 4000+/- SF w/Special Features & Upgrades. Offers 4 BRs - 3 are Primary BR Suites w/private baths, 4-1/2 Baths Total!! The Outstanding direct lakefront location provides exceptional Southern panoramic views across Middle Pond, a boat dock, & full recreation activities like swimming, fishing, kayaking, paddle boarding -- whatever Floats Your Boat :-)! Perfect setup for entertaining family, friends & guests! Enjoy All 4 Spectacular Seasons! It's more than a home - it's a Life Style! **NEW PRICE \$1,075,000**

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On the shores of Lake Chargoggagogmanchauggagoggchaubunagamaugg

Webster Lake - 53 Colonial Rd
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Webster Lake Waterfront
88 Union Point

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Webster Lake Waterfront
8 Long Island

ON DEPOSIT

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The National Baseball Hall of Fame's Class of 2025 was inducted over the weekend in Cooperstown, N.Y. The inductees included (group photo, l to r), Billy Wagner, Ichiro Suzuki, CC Sabathia, the late Dick Allen (represented by his wife, Willa) and the late Dave Parker (represented by his son, Dave Parker Jr.).



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How to get students excited about a new school year



A new school year presents a wealth of opportunities for students. At the dawn of a new school year, students have a chance to further their academic careers, student-athletes may be given a shot at making a team or moving up to varsity, and extracurriculars provide a chance for personal growth outside the classroom.

Despite all that a new school year represents, students may need a little extra motivation to get excited about going back to campus once summer winds down. A relaxing and largely obligation-free summer vacation can be tough to give up, as can mornings without alarm clocks. Parents recognize that kids might not be enthusiastic about the return of early mornings and sessions in the classroom. In such instances, parents can try the following strategies to get kids excited about a new school year.

- Make the first day special. First days can be challenging regardless of a person's age. Professionals with years of experience in their field still feel first-day jitters when they begin a new job, so youngsters can be excused if what seems like a lack of excitement is really just nervousness about a new school year. Parents can calm those nerves by doing something to make the first day special. Skip the standard cereal and prepare a homecooked breakfast or let kids buy lunch at the school cafeteria instead of packing a PB&J in their lunchbox. A little something special on the first day can go a long way toward getting kids excited about going back to school.
- Emphasize new subjects. As children advance through school, they're typically exposed to more engaging subjects or challenged in ways that helps them build on previous years' work. Emphasizing new subjects or opportunities can increase kids' excitement to get back in the school year swing of things. If a youngster likes playing an instrument, emphasize how the new school year is an opportunity to get better; play alongside other students and take a talent to new heights. If students are old enough to take subjects they've long been interested in, such as a foreign language, make a point to emphasize how that opportunity has finally arrived.
- Create a school calendar. Schools typically make their yearly schedules available prior to the first day of school. Parents can peruse those schedules alongside their children and make a calendar noting special days. Mark down field trips, special events involving parents and students, school performances where kids get to act or sing on stage, and other notable moments during the school year. Kids are bound to grow more excited about a new year when they see a year's worth of fun events marked down on a calendar.
- Host a late summer get-together with friends. A late-summer pool party or play date with various friends can remind youngsters that they're about to see their friends every day. That might be enough to make young students jump out of bed on the first day of school.

Students might be less than excited about the end of summer vacation and the dawn of a new school year. But there's much parents can do to get kids excited about going back to school.

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