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Friday, February 14, 2025

From nursing student to nurse BVT celebrates 15 graduates at Pinning Ceremony

UPTON — The Moonlight Program in Practical Nursing (PN) at Blackstone Valley Regional Vocational Technical High School (BVT) is a 60-week program that prepares its adult students with foundational skills essential to a nursing career. Non-traditional students navigate challenging coursework, develop hands-on skills, and cultivate compassion and empathy to care for patients with family and work commitments.

The Practical Nursing Graduation for the Class of 2025 was held at BVT on Jan. 27. The ceremony, which signifies a rite of passage from nursing student to nurse, began with welcoming remarks from PN Coordinator Joann L. Monks, MBA, MSc, RN-BC, RMA. Monks spoke highly of the program, stakeholders, and the fifteen new nurses, who have proven they're ready to take the National Council Licensure Examination-Practical Nurses exam.

In his remarks, BVT's Assistant Superintendent-Director/Principal, Mr. Anthony Steele II, spoke about the essence of nursing.

He said, "As you enter this next chapter, remem-



The PN Class of 2025. Photo/Courtesy of Blackstone Valley Tech. Back (L-R): Adriana Luz Rivera, Nickesha Palmer, Lynnette Cruz, Zoe Lynn Ragno, and Thomas James Mirabile. Middle (L-R): Matilda Baah, Xivanna Karelys Millin, Cassie Erin Fitzpatrick, and Phiona Sebutinde. Front (L-R): Joel Njifua Njemfoa, Samantha Marie Tavarez, Wilder Ruben Poma, Shyala Morgan Medeiros, Sarah Orenberg, and Junior Anuju Atabong.

ber that nursing is about more than just what you do; it's about how you do it. It's about making a difference in the lives of your patients, their families, and the communities you serve. Your presence, your empathy, your kindness - these qualities are every bit as important as the technical skills you've learned in the classroom."

Class President Xivanna Millin gave the class address. The guest speaker, Melissa Ferguson, BSN, RN, Director of Nursing at Bethany Nursing Center, spoke about the dire need for more nurses.

In closing, she said, "Tonight, we witness these graduates dedicate

themselves to the nursing profession. I would be honored to work alongside any of you."

The 15 graduates proudly received their nursing certificates and were pinned. BVT's Superintendent-Director, Dr. Michael F. Fitzpatrick, was recognized for his years of service and continued support of the nursing program.

Dr. Fitzpatrick could not attend; his sister, Nancy Holland, proudly accepted a pin to honor their mother, Helen Fitzpatrick, a nurse and an inspiration for this Moonlight Program.

In addition to the presentation of certificates and pins, Senator Fattman provided a citation for each graduate. Representative Murray provided a cita-

tion for the Milford graduates. Representative Muradian provided a citation for the Northbridge graduates. Xivanna Karelys Millin received the Faculty Recognition Award. Phiona Sebutinde received an Outstanding Academic Achievement award.

If you're ready to take that next step toward a new and exciting career, one of the Moonlight Programs might be for you. The Practical Nursing program accepts in-district and out-of-district applicants. For more information, visit www.valleytech.k12.ma.us/practicalnursing.

About Blackstone Valley Regional Vocational Technical High School (BVT)

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.

Watershed group needs volunteers

UXBRIDGE — The Blackstone River Coalition (BRC) needs volunteers to assist with its 22nd year of water quality monitoring of 28 sites in the Mid-Reach section of the watershed. Enjoy being out along waterways? Volunteer as a regular site monitor assigned to a particular site or serve as a "floater" to cover sites on an "as needed" basis. Fieldwork not your thing? Come volunteer in the water-testing lab which operates out of the Tri-River Family Health Center in Uxbridge.

The BRC trains community scientists to participate in the Coalition's watershed-wide water quality monitoring program. The goal of this long-running program is to gather information about the current status of, and long-term changes in, the health of the Blackstone River watershed. This information helps local policy makers, state officials, and concerned community members make the Blackstone River cleaner for people and wildlife.

More than 90 volunteers work with the BRC to sample 75 sites throughout the watershed from Worcester to Pawtucket. Sites are sampled on the second Saturday of each month from

April through November. Field monitors and floaters are trained in a one-hour session to test for dissolved oxygen at the site, record physical and aesthetic parameters, and collect a water sample that they drop off at the lab between 9 a.m. and noon on the Saturday of testing. Lab volunteers, who help test these samples for nutrients, conductivity, and turbidity, do not need to commit to helping each month and can be trained the first time they assist.

There are two additional sampling teams in the program. The Headwaters Team samples waterways from Worcester to Grafton and runs its lab out of Mass Audubon's Broad Meadow Brook Wildlife Sanctuary in Worcester. The Rhode Island Team samples waterways from Woonsocket to Pawtucket and runs its lab out of Sycamore Landing in Lincoln, R.I. The Rhode Island Team and the Headwaters Team are also looking for volunteers.

To volunteer as a field monitor, floater, or lab assistant, please contact Heather Parry, Coordinator, BRC Volunteer WQM Program at 508-579-9188 or heatherparry.wqm@gmail.com.

Blackstone Valley Chamber Charity Golf Tournament returns in 2025

SUTTON — The Blackstone Valley Chamber of Commerce (BVCC) is proud to invite you to an exceptional day of golf, networking, and philanthropy at our Annual Charity Golf Tournament. Mark your calendars for Monday, May 12, as we gather at the splendid Pleasant Valley Country Club at 95 Armsby Rd., Sutton. Known for its rich heritage and beautifully designed course, Pleasant Valley Country Club promises a memorable day of golfing. Registration begins at 10 a.m., and tee off is at 11 a.m., followed by an afternoon of cocktails, hors d'oeuvres, and a delicious buffet dinner.

Presented by UniBank,

the tournament is a cornerstone event for the region's business and philanthropic communities—providing a premier opportunity to engage with influential leaders, cultivate relationships, and support the economic and educational growth of the Blackstone Valley. This pivotal fundraising event benefits the BVCC, and the BV Hub, directly supporting critical programs that enrich education and foster leadership among our students, teachers, and communities in the Blackstone Valley.

Jeannie Hebert, CEO & President of the BVCC, encourages participation, saying, "Join us on the greens for camaraderie and competition—all in support of a noble cause. The funds raised here are instrumental in providing grants and scholarships across the Valley."

Golfers can enjoy a full day of activities including a putting contest on the practice tee with the opportunity to win a cash prize. The event concludes with an action-packed raffle and silent auction. Single player registration is priced at \$300, and teams of four can register for \$1,200. This includes the 18-hole round, lunch, buffet dinner, swag bag included for all players and a chance at the raffle and auction items. For those wishing to join us

just for the evening and program, tickets are \$125 per person.

For those seeking to maximize their visibility among an audience of top-tier executives and community leaders, our sponsorship opportunities offer unparalleled brand exposure. NEW Sponsorship Levels for 2025! From the Morning Mingle Sponsor to the Beverage Cart Sponsor, we've introduced exclusive ways to showcase your company in a high-impact setting. Proceeds from the tournament directly support education, innovation, and workforce development programs, ensuring a thriving future for schools and students in our region.

Be sure to register today by visiting www.blackstonevalley.org/events or scan the QR code on our flyer to be a part of this exceptional golfers' experience. Your support makes a difference in the Blackstone Valley community.

The Mission of the Blackstone Valley Chamber of Commerce is to preserve and enhance the economic vitality of the Blackstone Valley by addressing the needs and concerns of businesses and providing leadership, support and resources in connection with issues which impact commerce and the quality of life in the Valley.

Grass Roots Coffeehouse welcomes Hosmer Mountain Boys

NORTHBRIDGE — The Grass Roots Coffeehouse will begin its 2025 season with the traditional bluegrass sounds of the Hosmer Mountain Boys on Saturday March 1.

The Hosmer Mountain Boys are Simon Brogie (banjo), Keegan Day (guitar), Cathy Day (fiddle), and Tom Bowman (bass) and are based in central Connecticut. They play great powerful, genuine Bluegrass music. They don't just look the part; they've got the sound of the original Bluegrass bands! In just 15 short

months, they have played 40 shows in Connecticut, Vermont, Maine, Massachusetts, Rhode Island, Pennsylvania, and Kentucky, and are quickly

gaining momentum. This will be their first time at Grass Roots!! Come join the fun!

The Grass Roots Coffeehouse is locat-



ed at the Rockdale Congregational Church, 42 Fowler Rd., Northbridge. Admission to the concert is \$15. Hot foods, beverages and desserts are available prior to the concert and during intermission. Doors open at 6:30 p.m., concert begins at 7:30 p.m., and usually wraps up by 9:30 p.m. Proceeds support the artists and the church. The Coffeehouse is run entirely by volunteers.

For more information, visit <http://www.rockdalechurchonline.org> or call Bob@ 617-429-0347.

Local police praise new school bus camera law

BY KEVIN FLANDERS
STAFF WRITER

REGION — Local police departments have a new tool to help catch drivers who illegally pass school buses.

Last month, Gov. Maura Healey signed legislation that will allow Massachusetts communities to install automated traffic enforcement cameras on school buses. These cameras will document vehicles that unlawfully pass buses while their flashing stop signs are displayed. Footage of offenders' vehicles can be sent to police departments for

investigation. The bill, championed by Second Worcester District Sen. Michael Moore (D—Millbury), followed a resolution passed by the Worcester School Committee in 2022 calling for local control over this issue.

For police leaders, the legislation provides an instrumental tool for addressing a safety issue that often goes unenforced. Although drivers in both directions are required by law to stop for buses with flashing signs extended, police frequently receive reports of motorists ignoring the law and endangering

kids attempting to get on and off the bus.

“This legislation will provide another enforcement tool to help keep our children safe,” said Leicester Police Chief Ken Antanavica. “A big part of the implementation will be promoting the changes to let people know that they will not get away with it anymore.”

In the past, law-breaking drivers often evaded punishment because police weren't present. Now, with the new system in place, police have the authorization to investigate bus camera footage and follow up

later with motorists ignoring the law.

“We have all seen firsthand the violations captured by the cameras already in place. Commuters must follow the laws to protect our students as they travel to and from school,” said Spencer Police Chief Michael Befford.

In communities that choose to employ the newly authorized technologies, the camera systems will take photos and videos of vehicles that are in violation of the law. When an incident is reported to police in a given town, investigators within that department will have the authority to review camera footage and decide whether a fine should be issued.

Buses equipped with automated traffic cameras must be clearly marked. Fines collected from violations will be allocated to the city or town in which the violation occurred.

“With the signing of this bill, we are taking a big step toward safer streets and more local control for communities across the Commonwealth,” Moore said. “Passing a stopped school bus endangers our children and is against the law. In cities and towns that choose to use them, school bus mounted traffic safety cameras will help apply the law to those who violate it, evenly and without bias.”

Added Moore, “I'm thrilled that Massachusetts has joined over

half of U.S. states in legalizing this type of automated traffic enforcement. I look forward to continuing our work to make our roads safer for all in the new legislative term.”

To protect the privacy of drivers and pedestrians, the law requires the implementation of several measures to prevent the capturing of identifiable images of vehicle occupants, unless unavoidable.

Further, the law requires that all non-violation recordings be destroyed within 30 days of capture, while violation-related data must be deleted within a year of final case resolution.

All recorded data, including images and

videos, will be owned by the given municipality and cannot be used for any other purpose by vendors.

Additionally, communities using the system must file an annual report to the Massachusetts Department of Transportation detailing citation statistics, outcomes, costs, and revenue generated.

In 2023, Peabody Public Schools launched a pilot program that outfitted ten school buses with automated traffic cameras. The district reported that, between Sept. 1 and Oct. 10 of that year, the cameras recorded 864 vehicles illegally passing stopped buses. Though this program was

only used to collect statistics, not to generate police reports or issue citations, it illustrates the scale of the problem on Massachusetts streets, officials said.

The bill was approved by the state legislature on Dec. 30. Having received Healey's signature on Jan. 10, it is now law.

For local drivers who might be running late and considering passing a school bus, police warn against defying those flashing red stop signs. Even if an officer isn't in the area, the cameras are always watching.

“The violations are expensive, and the cameras will provide evidence in the cases. A picture is worth a thousand words,” Antanavica said.

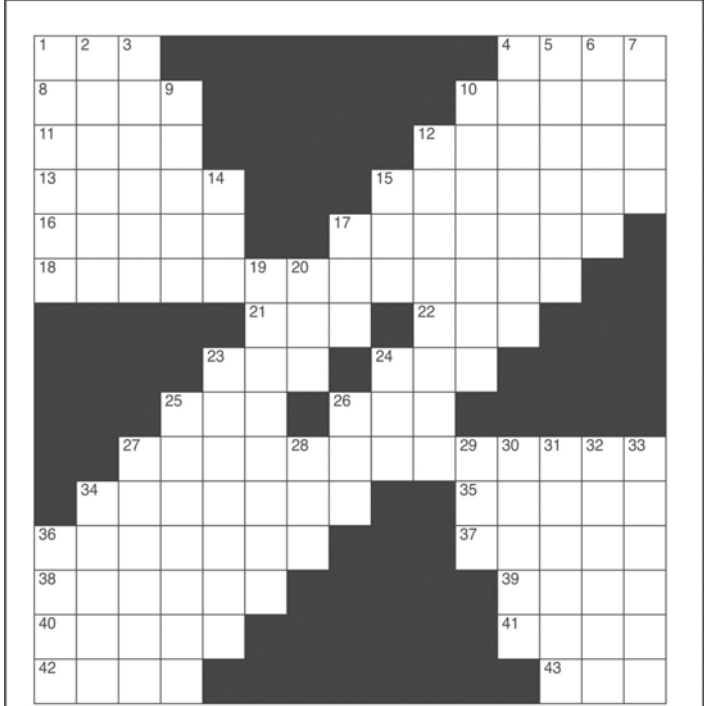


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- CLUES ACROSS
1. Racquet sport group (abbr.)

4. Norse god of thunder

8. Russian industrial city

10. What's good for the ___

11. Round-ish shape

12. Baltimore MLBer

13. French modernist painter

15. Burned with water

16. Intestinal issue

17. Take the lead

18. Prove oneself worthy

21. None

22. Tax collector

23. Swiss river

24. Gymnast Raisman

25. Baby's dining accessory

26. Canadian beer distributor

27. Iconic American tourist destination

34. More expansive

35. Alert

36. Popular boots Doc ___

37. Showings

38. Conclusion

39. Share a common boundary

40. Shooting sport

41. Popular side dish

42. Global energy firm

43. Chronicles (abbr.)

- CLUES DOWN
1. Type of bomb

2. Polynesian island country

3. Heavenly body

4. Hard workers

5. Covered

6. Johns Hopkins Hospital founder

7. Plant of the grass family

9. Island person of the Bering Sea

10. Storehouse

12. Scarlet-flowered desert shrub

14. A pituitary hormone

15. Female sibling

17. Monetary unit of Afghanistan

19. Empowering

20. Space station

23. Disorder

24. State of fuss

25. Footwear for babies

26. Nuclear reactor (abbr.)

27. Drove

28. Affirmative

29. Male parent

30. Utter obscenities

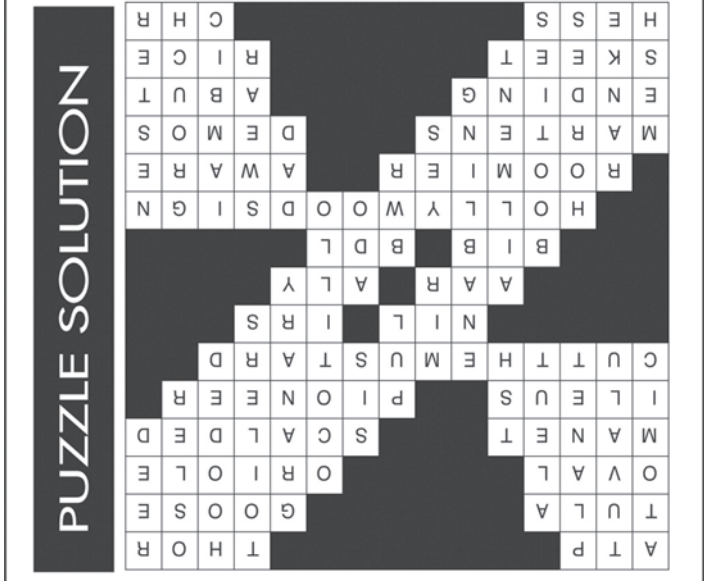
31. Type of verse

32. Unpleasant person

33. One who settles down

34. Founder of source-based history

36. A way to snarl



Plummer Place Home of the Northbridge Senior Center

(508) 234-2002

Tickets are now on sale for our St. Patrick's Day Breakfast being held on Wednesday, March 12th from 9:30-11:00 a.m. We will have entertainment featuring Davis Bates and his tales and songs from Ireland, Scotland and Wales. He will share stories of seal folk and wee folk with sing-alongs galore! Tickets are \$10/ person with Northbridge residents having priority. This event is sponsored in part by a grant from the Northbridge Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.

Elms College announces Dean's List for Fall 2024

CHICOPEE — The College of Our Lady of the Elms has named the following students to the dean's list for the fall 2024 semester. Congratulations to all the students who are named to the list:

Evelyn Pohlman of Whitinsville

Karissa Popieniuck of Douglas

Jasenia Montano of Uxbridge

Elms College is a co-educational Catholic college offering a liberal

arts curriculum that prepares students holistically for a purposeful life in a diverse and interconnected world. Founded in 1928 by the Sisters of St. Joseph, Elms College has a tradition of educating reflective, principled and creative learners, who are rooted in faith, educated in mind, compassionate in heart, responsive to civic and social obligations, and capable of adjusting to change without compromising principle.

Plummer Place Singers meets on

Wednesdays at 1:00pm. Rianne Richards will lead you as a group, to develop your skills, to enjoy the camaraderie, and to perhaps sing for others. If you would like to join this group, please call the Center to sign up. The cost is \$5 per class.

“Writing Your Way” will meet every 2nd and 4th Thursday of the month from 2:00-3:30pm. All writers are welcome to share their writing with others, get

write their story, and get feedback from fellow writers! Lori Gannon is the instructor for this class, call the Center for more information. \$5/class.

Meditation group meets every Thursday at 9:30am. Set your intentions to start your day in a calm, relaxing manner. There is no commitment, join us when you can. Beginners to meditation are always welcome.

Grief Support Group will meet at 2:00pm on the second Monday

of each month. Sign up in the main office or call Michelle at Plummer Place for more information.

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

REAL ESTATE BLACKSTONE

None
DOUGLAS

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NORTHBRIDGE

\$767,400, 276 Lincoln Cir, Brendan R Griffin RET, and Griffin, Brendan R, to Opendoor Property J LLC.

\$730,000, 216 Fairway Dr #216, Bransfield Jr, Peter C, and Bransfield, Mary W, to Dupre, Richard E.

\$599,900, 153 Rolling Ridge Dr #82, Stone Hill Partners LLC, to Lambert, Paul J, and Lambert, Kathleen A.

\$550,000, 65-67 Prospect St #A, Vieira Mason & Sons LLC, to Mbonda, Fidele M.

\$350,000, 95 Church Ave, Lackey Dam Properties Inc, to Rsr Inv & Const LLC.

\$290,000, 152 Heritage Dr #152, Partridge, Edward, to Kreuzinger, Evan.

UXBRIDGE

\$660,000, 109 Rawson St, Ezzo, Peter G, and Ezzo, Carlyn C, to Hanson, Kyle W, and Robinson, Sydney P.

\$580,000, 38 Witek St, Nickerson, Bradley S, and Nickerson, Elizabeth A, to Nickerson, Cody.

\$570,000, 54 Witek St, Shaw Development Inc, to Robichaud, Meagan C, and Baldwin, Conner D.

\$450,000, 403 Pond St, E J & Jane A Rondeau RET, and Rondeau Jr, Edward J, to Webster, Matthew.


\$415,000, 9 Carriage Path #9, Morrison Richard A Est, and Day, James R, to Nickerson, Bradley S, and Nickerson, Elizabeth A.

\$375,000, 23 Talbot Ter, White, Timothy A, and White, Nancy, to Ashen, Ashley, and Ashen, Harrison.

\$300,000, Hazel Plz #2, Bullio, Marc, to F & D Ctrl Rlty Corp Inc.

\$300,000, Hazel Plz #3, Bullio, Marc, to F & D Ctrl Rlty Corp Inc.

\$30,000, Rifleman Way, Cochran, Christine C, to Mjt Re LLC.



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Coast Guard announces new boating education requirements

REGION — Massachusetts, along with 35 other states, has mandated some form of educational requirements to operate a motorized aquatic vessel on their waters. Safe Boating Certificate (SBC) requirements are different in each state with regards to age, type of watercraft, and exemptions for qualified operator license holders. For visiting boaters, all states, territories, and provinces will recognize cards that meet National Association of State Boating Law Administrators (NASBLA) requirements and Canadian Pleasure Craft Operator cards that meet Transport Canada's requirements; this is known as reciprocity. A new Mass. Law requires ALL powerboat operators to have an SBC approved by the Mass. Environmental Police (EP) onboard while operating. The Hanson-Milone Boater Safety Act, signed into Mass. Law

Jan. 8, will now require all motorboat operators to complete an approved SBC course before April 1, 2026 for anyone born after Jan. 1, 1998, and by April 1, 2028 for boaters born before Jan. 1, 1998. Enforcement of the new law will begin on Sept. 1, 2026. Currently Mass. requires only boaters 12 to 15 years old to have a certificate from the EP after completing an approved course, allowing them to operate a motorboat without supervision, and 16-17 years old operating a Personal Watercraft (PWC) including motorized surfboards. PWC's cannot be operated by anyone under 16 years old. Boaters under 12 years old can only operate motorboats while directly supervised by a competent person at least 18 with an approved SBC. In Connecticut and Rhode Island, an SBC is required to operate boats with motors over 10 horsepower and PWC's. RI requires boaters born after Jan. 1, 1986 and

renters to have an SBC, regardless of residence, and anyone who is a resident for over 60 days; but has no minimum age to operate motorboats or PWC's. CT requires all operators of 10-plus-horsepower boats and PWC's to have a CT certificate; PWC operators 12 to 16 years old can be supervised onboard by an SBC boater over 18. Mass. EP instructs a limited number of in-person courses; several organizations offer approved online or in-person courses with a cost associated to cover materials, handouts, and location fees. The United States Coast Guard Auxiliary Tri-State Flotilla, Massachusetts headquartered in Uxbridge has offered several boating courses to hundreds of students since 1961. They are ready to offer the NASBLA & Mass. EP approved Boat America Course (BA) in a one-day class format on Saturdays to meet the anticipated

high demand for available in-person instruction. This course goes beyond the standard textbook also including marlin-spike seamanship (knots etc.) and detailed handouts. Most boaters find this one-day format the best way to certification over online classes. Completion of this BA course will certify boaters to current requirements in Massachusetts, Connecticut, and Rhode Island, along with reciprocity where an SBC might be required. Most boating insurance companies offer a discount on premiums for successful completion of the BA course. Whether you are an experienced boater or just starting out, the knowledge gained from a boating safety course will help keep you, your passengers, and our waterways safe. We currently scheduled four BA one-day certification courses in two locations this winter/spring. Participants 16 years old and under must be accompanied, in person, by

a registered parent/guardian. Space is limited, so register soon: 2025 Boat America Course –Milford High School – Saturdays –9 a.m. to 5 p.m. March 15, May 3, June 7 Milford High School courses offered at 31 West Fountain St., Milford. Registration is managed through the Milford Community School Use Program, https://milfordcommunityprogram.activityreg.com/ss_t2.wcs A d u l t - Winter-2024/2025 and Spring 2025 – Educational - Boat America Certificate Class or call Laura Farrell (508) 478-1119, email lfarrell@milfordma.com; The registration deadline is six days prior to course, For additional USCGAux. information: phil.uscgaux@verizon.net or (508) 478-3778. 2025 Boat America Course –Webster Fire Department Saturday, May 17, 9 a.m. to 5 p.m. Webster Fire

Department 3778. To locate these and other USCG Auxiliary courses (BA and BS&S) that will meet certification requirements go to: <https://www.cgaux.org/boatinged/classfinder/index.php> The Coast Guard Auxiliary is the

uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The Auxiliary was created by Congress in 1939. For more information, please visit www.cgaux.org

HVAC systems: The unsung heroes in the fight against flu season

HOPEDALE — It's that time of year again, flu season. Julian Picard, CEO of Centerline Mechanical in Hopedale, is sharing expert tips on how homeowners can combat the flu season by optimizing their HVAC systems to improve indoor air quality. Staying inside your home while being sick may make you more ill if your HVAC system is not working properly or is out of date. Staying on top of these tasks will help reduce the potential buildup of bacteria. Viruses can spread from anywhere, however; by circulating air throughout a home an HVAC system has the power to dilute the concentration of spreadable germs. Meaning, these viruses are less likely to be breathed in by the individual. Generally, running an HVAC system for 20 minutes each hour can maintain healthy air circulation. "It's completely overlooked that someone can get sick from their indoor air quality conditions," states Julian Picard, CEO of Centerline Mechanical LLC. "If homeowners change their air filters regularly, schedule routine maintenance, use a whole-home air purifier or UV Light System, and control humidity levels, good air circulation will be able to flow throughout the home and filter through all of the potential germs brought in."

Since keeping your HVAC system well-maintained can help prevent sickness in your home, Julian Picard has provided four steps to take to combat the flu season and significantly improve indoor air quality: 1. Change air filters regularly – It is recommended that you replace or clean your HVAC air filters every one to three months to reduce allergens, dust, and bacteria in the air. High-efficiency HEPA filters can trap smaller particles that contribute to respiratory issues. Running an HVAC system at all times, even when

the homeowner is gone, will allow it to carry clean air throughout the home, leaving no time for dust to collect on this equipment.

2. Schedule routine maintenance – Have your HVAC system professionally inspected and serviced at least twice a year. This helps ensure that the system is running efficiently, prevents mold growth in ducts, and reduces the risk of circulating airborne contaminants. Bacteria, viruses, pollen, and mold can enter the home under the conditions of poor HVAC maintenance.

3. Use a whole-home air purifier or UV light system – Installing an air purification system or UV light in your HVAC system can help eliminate bacteria, viruses, mold spores, and other harmful microorganisms. Aside from catching the flu virus, an unregulated HVAC system may cause respiratory infections, sinusitis, bronchitis, ear infections, and throat infections.

4. Control humidity levels – Maintain indoor humidity between 30-50 percent to prevent mold growth and dust mites, both of which can contribute to allergies and respiratory problems. A whole-house dehumidifier or humidifier can help regulate moisture levels.

Homeowners are encouraged to apply these tips to avoid compromising their health. "When the air is cooler, it tends to dry things out," adds Picard. "Including the mucus in your throat that's supposed to catch viruses before they are absorbed into your system."

Collectively, HVAC systems are used to create a comfortable living environment in the home. When operated properly, homeowners can live healthily in their homes and fight against flu season.

For more information on Centerline Mechanical LLC, please visit www.centerline-mech.com.

Juniors named to honor roll at Bay Path

CHARLTON — Bay Path Regional Vocational Technical School congratulates the following students in grade 11 on being named to the honor roll for the first quarter of the 2024-2025 school year.

High Honors
Helena Rowan Adkins, Adriana Nataly Alicea, Jacob John Archambault, Violet Renee Aucella, Vincent Paul Bedard, David Betancur, Isabella Aria Bitar, Dominic Dewayne Boyd, Aleah Claire Brink, Brianna Livia Brink, Emily Ann Corey, Jacob William Creeron, Valentina Ashley Culbertson, Nathan Robert Dube, Jocelyn Elizabeth Evans, Jordan Mariah Ferreira, Jayla Marie Fowler, Aliyah Marie Goneya, Grace Winifred Huehls, Natalie Rose Ingles, Joshua William Irons, Nicholas Edward Jalbert, Samuel Arjun Kittredge, Phoebe Alyson Lawendowski, Cullen Gregory MacLeod, Ava Rose Mastrototaro, Alexis McGee Messina, Chase Patrick Newman,

Mariah Lynn Pereira, Kayleigh Jean Ramm, Nathan Alexander Rouille Montoya, Jordan Joyce Russell, Sawyer Luke Schultz, Luke William Smolski, Yandel Omar Torres, Anne Turcotte, Esmerelda Velez, Ava Qiyn Wall, Noah Williamson

Honors
Bayleigh Alexis Abdella, Addison Emily Aho, Sarah Rebecca Appiah Kubi, Victoria Rose Bachand, Emma Theresa Baldyga, Logan Amanda Barriere, Arianna Rose Belanger, Megan Lucy Bell, Emma Nicole Berry, Ryan Michael Berthiaume, Edward Stephen Blash, William Stephen Blash, Dominic Raymond Brodeur, Lucien Stephen Brodeur, Alissa Lynn Burlingame, Dimitri Anthony Burt, Liam Michael Carlson, Samuel Elia Ceppetelli, Lily Sabina Chartier, Nathan Louis Chenevert, Frederick James Cieprich, Ellie Rose Clark, Aiden Matthew Coleman, Charles Michael Congdon, Hunter

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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Reserve your judgment

We see it on Facebook, and other social media accounts — seemingly happy people carrying on about their lives without a care in the world. As we scroll, we tend to pass judgements on what is in reality, a blip in the lives of those who's photos we are current- ly looking at. A mere moment that perhaps lasted less than a second is captured, and in that moment, we feel that we are free to make a distinction on what that individual is going through in the moments and days prior, or what they may be feeling like in the moments just after. Don't do that.

The best way to find out how a friend, co-worker or family member is, is to simply ask them. With the past year being what it was, mental health issues and rates of suicide are sky rock- eting. Is this really a time to pass judgement? Or is this an opportunity to lift those up around us and to make sure that we're all hanging in there?

As humans, some of us can handle any given situation with more grit than others. Some can carry on for just so long until it just becomes too much. Those that have that grit, are those who have the ability to extend their hand, tell someone that they will be ok and that they are not alone. Support for a person overwhelmed, depressed or anxious is paramount to their well-being. Sure, it feels good to act tough, and announce that X, Y, or Z doesn't bother you, but the world is not all about you and it never will be. Be kind, it just feels better.

When a person breaks their leg and can no longer work for a time, they are sent flowers, offered encouraging words of support, given sick time and sent home with casseroles. If a person with a mental health condition takes time off to regroup and to seek the help and therapy that they need to, you know... live...it becomes an issue. Because you can't see the injury. What you might see is a smile that lasted a split second, and you pass judgement — “Oh they aren't really sick.” Guess what — you are wrong. Make no mistake, we all go through challenging times, but that doesn't mean that we all handle them in the same way.

Discrimination against a person with any health issue, whether it be physical or mental, is illegal. Furthermore, it is morally wrong. Do we really want to be a society that has stopped supporting one another? We vote no. When we see a neighbor plow the driveway of the house down the street, or three neighbors pulling a stranger's car out of a ditch, we are reminded of how at our cores, we are all kind.

Take note — mental illness is not a character defect. There are many reasons a person may develop an issue, whether it's temporary, brought on by stress, illness or whether it's genetic. Some anxiety may resurface as an adult, due to childhood trauma. Either way, we don't know, unless we know.

When people do not understand mental ill- ness, they tend to exhibit prejudice against those who admit they have an issue. Those peo- ple are often treated as though they don't have a real health issue and are then discriminated against. This leads to shame in the person who openly admits that they need help, and so the stigma surrounding mental health is born.

Many workplaces have excellent support systems in place for employees who need help, these to include police and fire departments. These places are to be commended for looking out for one another.

Here are ways to decrease the stigma, be in the know and help your neighbors. Educate yourself, be aware of your attitude towards those who con- fide in you, pay attention to your judgements and choose your words carefully. When you do educate yourself, spread the word. Treat those around you with respect and offer encouragement, or a slice of pizza; anything goes. We say it often — take care of each other; now more than ever. You will find that it's easy to be kind.

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 consid- ered for publication. Only the au- thor'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 Edi- tor to determine whether a submission satisfies our requirements and decen- cy standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

To the Editor:

Did you ever wonder what America and the world would be like if our left- wing Christian Nationalists and their equally prayerful, right-wing counter- parts suddenly developed the ability to spot that their individual and collective prayers might have been answered for real?

I'm not trying to be negative on this one. Perish the thought and heaven for- bid that any of us try to do such a scur- rilyously politically incorrect thing when attempting to exercise our freedom of speech rights. At this point in time, any such negativity has clearly been branded

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Losing hope that Whitin Manor will ever be restored

To the Editor:

The Whitin Manor is currently in an unprotected state, and will have to be completely torn down if something is not done soon.

After the fire last March, almost noth- ing has been done to neither repair the historic building nor to keep it safe from the elements. This is not acceptable. The mansion was bought for \$1.3 million and,

since burning down, is trying to be sold for \$2 million. This is nothing but selfish.

Sparr Risher, the current owner of the estate, claims to care for the communi- ty and history of Whitinsville, and yet instead of, at the very least, lowering the price to something more reasonable, he selfishly decided to keep it listed for more than what he bought it for. He turned our small town and its history into a business

venture, and he refuses to release control of the mansion until he makes a profit. Now, after almost a year of the Whitin Manor being exposed to the elements, the community — including myself — loses hope that this piece of history will ever be restored.

Sincerely,

Hannah Rejmer
Whitinsville

A toast to George Washington

or “Your Most Majestic Leader,” as some had suggested. The two-term limit for the Presidency originated with him. We can only wish that our Congress would limit their terms to two. How cleansing it would be to free our coun- try of the entrenched Gerontocracy: Joe Biden (45 years in office), Nancy Pelosi (age 84), Ed Markey (age 78), and Blumenthal (age 78) of Connecticut. They just do not know when to leave the stage. They cannot give up the power and the money and the privileges.

Washington was not educated beyond the age of 15 and did not attend college, unlike John Adams, Sam Adams and John Hancock, all of whom attended Harvard college [back when it meant something]. His family could not afford to send him.

Washington defied death sever- al times. While traveling to the West Indies in 1751, he contracted smallpox in Barbados. It enabled him to walk through the camps of the Continental Army during the Revolutionary war while smallpox was ravaging the army, unscathed. His soldiers thought he was invincible. Anointed by God.

From George Washington's Mount Vernon website, we learn that in the Battle of Monongahela on July 9, 1755, during the French and Indian war (1754- 1763), he had two horses shot out from under him. There were four bullet holes in his coat and one in his hat while men and officers were shot and falling all around him. One Native American chief saw this immunity to bullets and said that some higher power was guiding Washington's life. Indeed.

In the year of the Declaration of Independence (July 4, 1776), by December our beautiful Patriot cause seemed near extinction. Washington [evidently a

genius or a huge risk-taker] had his men row across the ice-choked Delaware River [nowhere near Old Joe's Delaware beach house], and led three battlefield victories starting on Christmas Eve. Christmas Eve. God-ordained? I think so.

At the Battle of Princeton (Jan. 3, 1777), Washington rode to the front of the lines on his white charger. He was tall, a big target on a white horse. His Continental army feared he would be shot down. Instead, he spurred his troops on to coun- ter attack the British line. "Parade with me my fine fellows, we will have them soon!"

In 1781, Washington marched with Rochambeau from Newport, through Rhode Island, into Connecticut and down to Yorktown, Pennsylvania, to confront Lord Cornwallis and the British Army. If you drive down Maple Valley road in Coventry, R.I., you will see new road signs indicating the path of Washington and Rochambeau. A tavern on that road is where they camped for a night. We all know what happened in Yorktown. We were victorious and independent.

When Washington died in December of 1799, Major General Henry "Light horse Harry" Lee (ancestor of General Robert E. Lee), gave the eulogy. "First in war, first in peace, first in the hearts of his countrymen."

Be upstanding, raise your glass, and toast the "General."

Bev Gudanowski
Uxbridge

Editor's note: While Washington did establish a precedent for voluntarily stepping down after serving two terms, there was no legal mandate that presi- dents stand down after two terms until the ratification of the 22nd Amendment to the U.S. Constitution in 1951.

Weekly brief

that requires him to provide notice and explanation to Congress. Inspectors gen- eral are the independent watchdogs who probe corruption and abuse in the gov- ernment. They report it to Congress and the public. This destroys all independent oversight of the Trump administration.

2. Trump is now trying to buy back the lease to the DC hotel, so all foreign entities seeking favors, can donate to him by stay- ing there. Trump made millions during his first administration, then sold once he left office. Now he wants it back so the gift can continue.

3. National Labor Relations Board (NLRB) Commissioner Gwynne Wilcox, appointed to the board in 2021 for a term intended to last through to 2028, was ter- minated in a move that labor experts said was both unprecedented and unlawful. The NLRB no longer has a quorum and has effectively been shut down, which means that it will be harder for workers to exercise their constitutional right to form a union and improve their standard of liv- ing. It means that during a union election, corporate bosses can illegally fire workers who vote to join a union. It means that corporate CEOs have free rein to illegally intimidate and coerce pro-union workers without recourse. It means that corpora- tions can aggressively decide not to bar- gain in good faith with union workers or sign a first contract. Trump's decision has already had disastrous consequences. Workers at a Whole Foods grocery store in Philadelphia voted 130-100 to join the United Food and Commercial Workers union. But Whole Foods, owned by Jeff Bezos, has made it crystal clear that they will ignore this union victory and will not bargain with their union workers in good faith. Without a functioning NLRB, Whole Foods cannot be held accountable for its illegal behavior.

4. The Center on Budget and Policy Priorities released a brief stating: "High- income households and profitable corpo- rations would grow even wealthier under Republican proposals for trillions of dol- lars in new or extended tax cuts, even as Republican proposals for trillions of dollars of cuts to health assistance, food assistance, and other programs would leave more children in poverty, more fam- ilies without stable housing, and more people without health coverage."

5. Elon Musk, an unelected billionaire, with no qualifications (unless you ask Jane Keegan, who thinks that RFK Jr: a

To the Editor:

Before I get into the major assaults on our democracy that occurred this past week, I'd like to mention something new that I learned right here in the pages of the BVT: what it means to be an 'American' is simply not hyphenating the word 'American,' as in Polish-American, or African-American! That's your only qualification and only obligation. You don't have to perform your civic duties, uphold the Constitution, obey the law, protect the United States from internal and external enemies, or refrain from anything that harms our country, such as continuously promoting the kind of demagoguery that betrays a democratic government. (All of which indicates that Bev should have her birthright citizen- ship revoked.) Thanks for the clarifica- tion, George Washington-Gudanowski.

In addition to enlightening us, she con- tinued her relentless attempts to impugn the reputation of Dr. Fauci, as the GOP desperately tries to remove the indeli- ble stain of thousands of American lives lost due to Trump's lies and mishandling of the pandemic. (Rather than listen to Dr. Bev parroting the words of Tucker Carlson and Rand Paul, go to Factcheck. org, and search for 'The Wuhan Lab and the Gain-of-Function Disagreement.') Trump is trying to do the same with all of his convictions. He has authorized his new AG to 'investigate' everyone that tried to bring him to justice. But this should not be confused with 'weaponiz- ing the justice department,' that Trump always accused the Democrats of doing! This weaponization also answers Dr. Bev's question of why Dr. Fauci would need a pardon - simply to protect him from having to defend himself against fabri- cated Republican charges that others like Jack Smith and Liz Chaney will now have to do. It's simply a preemptive measure to indemnify someone who has provided a great service to this country. Trump's frivolous lawsuit against CBS for suppos- edly manipulating a Harris interview, is a perfect example of why this was needed. When all the transcripts were released, it was proven that Trump's charges were meritless. But this cost CBS time and money – at least they didn't cave like so many other 'titans of industry' - which has always been Trump's bully tactic.

Now to developments in repression:

1: Trump summarily fired 17 inspectors general at federal agencies, ignoring a law

Weren't prayers answered on both sides?

as evil incarnate by the powers that be.

However, there is no doubt as to the existence of the repeating pattern of behavior where the prayerful and the devout in our seemingly doomed republic are almost constantly missing the possi- bility that they, along with the rest of us, got precisely what was being prayed for.

So, what's up with that? What are the implied timeframes involved with those prayers?

Isn't it true that the devout on both the left and the right were praying for the truth to come out, as well as for fair and just resolutions along multiple battle fronts at the same time? Aren't the Jan. 6

thing and the 2020 election fraud things, right along with the Dr. Fauci things and the multitudes of the pandemic injustices, all haplessly bound together within the same prayer bundles?

Does the phrase “Vengeance is mine, sayeth the Lord” ring any mutually applicable bells at all?

Here's a piece of the puzzle to answered prayers along with granted pardons as provided by Wikipedia.

“Transactional immunity, colloquial- ly known as 'blanket' or 'total' immuni- ty, completely protects the witness from future prosecution for crimes related to his or her testimony.”

Isn't it true that on Jan. 19, those alleged pardons that outgoing President Biden signed, complete with their Slick Willy Wonka golden seals of approval, were, and still are, not “pardons” in any real legal or moral sense?

So, given the inescapable truth that Dr. Fauci et al were, in point of fact, granted transactional immunity and not given pardons, as has been so erroneously reported, isn't it also the case that prayers may have indeed been answered as such were requested by the allegedly devout?

Stephen Gambone
Northbridge

The Famous Brands behind Private Label Grocery Products

While doing research for canned goods for National Canned Good Month, I found myself down an internet rabbit hole and ended up on websites and message boards that purported to reveal the famous brands behind some store brand/private label goods. Keep in mind, while some of these items may be exactly the same (as one worker noted, “we just slap on a different label,” many have slight differences in ingredients, and/or quality and quantity of ingredients.

While not all the sources below can be confirmed, as claims are made from both those who worked at the companies and those that were convinced by taste testing, the results are nonetheless interesting. Although store brands occasionally switch up its sources, the following store brand items have at one time or another been linked to a popular national brand:

Adirondack orange soda: Fanta
ALDI’s Millville cereals: General Mills.
ALDI’s Soft Pretzels: Super Pretzel
ALDI’s Applesauce: Musselman’s
ALDI’s Tuscan Garden Italian Dressing: Olive Garden
Kirkland Batteries: Duracell
Kirkland Signature Supreme diapers: Kimberly Clark (manufacturer of Huggies)
Kirkland Tuna Fish: Bumble Bee
Kroger bagged salads: Dole
Red Thunder Energy Drink: Red Bull GmbH (the same company that makes Red Bull)
Stop & Shop milk: Garelick Farms
Trader Joe Pistachio nuts: Wonderful Pistachios
Trader Joe Smoothies: Naked Smoothie
Trader Joe Pita Chips: Stacey’s Simply Naked Pita Chips
Trader Joe’s Vegetarian Chili: Amy’s Organic
Trader Joe’s Organic Shells & Cheddar Macaroni and Cheese: Annie’s Brand
Walmart bagged salads: Dole
Wegman’s Chicken: Tyson Foods
White House Applesauce: Musselman’s Original Applesauce
Kirkland Signature Coffee: Roasted by Starbucks; Green Mountain; San Francisco Bay Coffee, Rogers; Keurig, etc.
**
Did you know that Walmart owns all

five of the top private label brands?

According to Supermarketnews.com Walmart’s private label brands dominate the competition.

Five Walmart brands had over 50% U.S. household penetration in the past year, including Great Value (86% purchased), Equate (75%), Mainstays (70%), Marketside (69%), and Freshness Guaranteed (67%). 47% of U.S. households purchased Pen Gear from Walmart. Dollar Tree, Aldi, Target, and Costco rounded off the top 10 private label brands by household.

While Walmart doesn’t disclose all of the suppliers behind its Great Value line of products, workers on the front line of unpacking product and stocking shelves revealed the following findings:

Great Value bread: Sara Lee
Great Value yogurt: Dannon
Great Value cheese: Kraft
Great Value fruit juice: Dole
Great Value peanut butter: Post Consumer brands (makers of Peter Pan Peanut Butter)
Great Value canned ravioli: Conagra (which also makes Chef Boy-ar-dee canned ravioli)
Great Value Vienna Sausages: Conagra
Great Value ice cream: Well’s Dairy
Great Value ketchup: Conagra (which makes Hunts)
Great Value applesauce: Musselman’s Original Applesauce
Great Value chicken: Tyson
**
Still curious about what name brand companies also produce for store labels? Pay attention to recalls. When product recalls from national companies that produce store brands happen, the list of items includes all of the names that product was sold under, which can be very revealing!
**
While off brand products are utilized every day, the impact of nationally advertised brand names are so powerful that through the years, some common grocery items are known by its brand name, rather than the product. It’s so



TAKE THE HINT
KAREN TRAINOR

common, we barely notice it anymore! Ponder the following:

Kleenex: tissues; Tylenol: acetaminophen; Benadryl: allergy medication; Tylenol: acetaminophen, Q tips: cotton swabs; Chap Stick: lip balm Band-Aid: bandages; Crock Pot: slow cooker; Jacuzzi: hot tub; Tupperware: plastic storage containers; Scotch Tape: transparent tape; Duct Tape: fabric tape; Saran Wrap: plastic wrap Thermos: insulated container; Sharpie: permanent marker; White Out: correction fluid; Cool Whip: dairy free whipped topping; Stetson: cowboy hats; Rollerblades; inline skates.

Feel free to share your favorites that aren’t listed here!

**
LDI’s Applesauce: Musselman’s
ALDI’s Tuscan Garden Italian Dressing: Olive Garden
Kirkland Batteries: Duracell
Kirkland Signature Supreme diapers: Kimberly Clark (manufacturer of Huggies)
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Feel free to share your favorites that aren’t listed here!

**
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 E-mail KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

LETTERS TO THE EDITOR CONTINUED

Waste not, want not

To the Editor:

I saw this meme the other day on X with Jon Hamm about to take a sip of whiskey, and the punchline reads: "I haven't seen democrats this mad since...yesterday. Anybody that had the gall to lie about something and keep a straight face while doing so must have adopted the lying habit of George Costanza, "It's not a lie, if you believe it."

So, where do we begin? Let's start with what was found by the Trump administration in regards to the wasteful spending via USAID.

Here is a list directly from the White House of the abuse that has cost the American taxpayers billions of dollars:

- \$1.5 million to "advance diversity equity and inclusion in Serbia's workplaces and business communities"
- \$70,000 for production of a "DEI musical" in Ireland
- \$2.5 million for electric vehicles for Vietnam
- \$47,000 for a "transgender opera" in Colombia
- \$32,000 for a "transgender comic book" in Peru
- \$2 million for sex changes and "LGBT activism" in Guatemala
- \$6 million to fund tourism in Egypt

Hundreds of thousands of dollars for a non-profit linked to designated terrorist organizations — even AFTER an inspector general launched an investigation

Millions to EcoHealth Alliance — which was involved in research at the Wuhan lab“

Hundreds of thousands of meals that went to al Qaeda-affiliated fighters in Syria“

Funding to print “personalized” contraceptives birth control devices in developing countries

Hundreds of millions of dollars to fund “irrigation canals, farming equipment, and even fertilizer used to support the unprecedented poppy cultivation and heroin production in Afghanistan,” benefiting the Taliban.

\$200 billion sent over to Ukraine, and \$100 billion has mysteriously disappeared, according to Zelenskyy.

Now comes our Democrats protesting that USAID is being single handedly destroyed by the Trump administration because they are going to stop the following: Medicaid, Medicare, SSI, Meals on Wheels, abortions, feeding the poor, ruining education, etc., and the crying game goes on and on. Our local news gets all its top political stories via CNN & MSNBC, and neither of these organizations will show the wasteful spending, and my guess is that as long as they themselves are being funded by USAID, you'll never see a truthful statement on the subject.

The sad reality of all of this is that this administration is just beginning,

and when those pockets start getting lighter and lighter these angry politicians will be taking it to the streets because that means their pocketbooks will be light as well. Harry S. Truman once said, "Show me a man that gets rich by being a politician, and I'll show you a crook." Maybe once this is said and done, we will see our pockets getting what is owed to us in the form of a tax credit or refund and that will surely stimulate the country. I am also reminded that some of the democrats are infuriated that Elon Musk was never nominated to his position and shouldn't have access to such vital information but why? If he and Trump's cabinet can clean up the clutter that we are seeing with USAID then we should let them. Moreover, Musk doesn't need to be nominated, he was appointed but, do you know who needed to be nominated but never was? Kamala. Kamala Harris was never elected by the people, she was installed and the more I hear about her the more I see that America dodged its own bullet. The waste in this country by Congress needs to stop, and perhaps in doing so, the poor can be fed, taxes will be lowered or eliminated, more money in our paychecks, low inflation, and a booming economy on the world stage. Thanks for reading.

Mike Downing
Whitinsville



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University of Hartford students named to Dean’s and President’s Lists

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce that 2,291 students have been named to the Dean's List and President's List for the fall 2024 semester.

The Dean's List recognizes students achieving superior academic standing. The requirement, with some exceptions, is a grade point average of at least 3.0 and no grade below C.

The President's List recognizes a select group of students reaching the highest level of academic standing. To be placed on the President's List, students must maintain a GPA of at least a 3.75 and receive grades of C or better.

- Please join us in congratulating:
- Lee Warner of Uxbridge - Dean's List and President's List
 - Jada Gonzalez of Douglas - Dean's List

Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut's capital city, approximately 4,100 undergraduate and 1,800 graduate students representing 48 states and 51 countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We're a four-year private university focused on advancing the public good through

meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that

Life isn't just a straight path—it's a series of bizarre, sometimes embarrassing, and unpredictable phases. And when you think about it, every phase reflects whatever we're obsessing over.

When you're a kid, you go through the "Dinosaur Phase" because all your books, toys, and conversations revolve around velociraptors and stegosauruses. You have so much dinosaur knowledge that, if necessary, you could confidently give a TED Talk on the Jurassic period. Then comes the "Only Eats Chicken Nuggets Phase," where every meal had to be beige or else it was unacceptable. Don't forget about the "Think You Can Dig to China Phase" because you saw a cartoon where that seemed entirely possible, so obviously, it must be true.

When you thought you outgrew phases, adulthood sneaks up with a new set of weird obsessions. First, there's the "Mom, Drop Me Off a Block Away Phase" (because nothing is more humiliating than parental affection). Then comes the "Too Cool to Smile in Photos Phase," which, for some people, tragically, never ends. They probably saw a brooding Johnny Depp picture, noticed he never smiles, and thought, Yes. This is how I shall present myself to the world now.

Life keeps shifting, and so do our perspectives.

I remember a time when everything

lead to impact change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology,

Input = output

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TOBY MOORE

felt terrific—I was happy, positive, and convinced life was just one big, exciting adventure. And then, I got my heart broken for the first time.

Suddenly, my world went from a Disney movie soundtrack to an entire playlist of songs where it's always raining, and someone is whispering about lost love. That's when I entered my "Brooding Philosopher Phase," where I was sure no one had ever suffered heartbreak as profoundly as I had. I wrote deep, angsty journal entries. I stared pensively out of the windows. I considered getting into poetry.

And here's the thing: I stayed in that dark phase for a while. Until I realized something—I'd stay stuck there forever if I didn't consciously shift my focus. I wasn't just feeling negative; I was feeding myself negativity. Sad songs, dramatic journal entries, endless overanalyzing—it was no wonder my world felt bleak.

That's when I noticed something: humans are like computers—what you feed in determines what comes out. The thoughts, media, and conversations we consume shape how we feel and respond to the world.

If you constantly feed your brain neg-

education, and health professions, we focus on doing the work that matters.

ativity, stress, and worst-case scenarios, don't be surprised when your mood and outlook reflect that. But if you intentionally focus on positive, hopeful, or even just humorous things, your mind starts processing the world differently.

Simply put, we have far more control over our mindset, emotions, and the phases we go through than we often realize. The inputs we choose—what we watch, listen to, and focus on—directly shape our thoughts, attitudes, and even our outlook on life.

I often listened to Zig Ziglar; he was all about positive input. He once said, "You are what you are and where you are because of what has gone into your mind. You can change what you are and where you are by changing what goes into your mind."

Basically, if you binge-watch bad news, scroll through negativity, and surround yourself with toxic conversations, don't be surprised when your thoughts follow the same pattern. But your perspective will shift if you flood your brain with encouragement, uplifting ideas, and solutions instead of problems.

Ziglar often compared the mind to a garden. "Whatever you plant is what you'll grow. If you plant negativity, doubt, and fear; that's exactly what will flourish. But if you plant positivity, hope, and gratitude, that's what will take root." In other words, your brain is like a stubborn houseplant—water it with good stuff, and it thrives. Feed it junk, and it shrivels.

So, the next time you catch yourself stuck in a negative loop, remember: you get to choose the phase you're in. All you need is better input.

Your mindset isn't about what happens to you. It's what you feed it. Fill it with negativity, and your world shrinks. Feed it hope, humor, and possibility; suddenly, life feels bigger, lighter, and full of potential.



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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. WO25P0202EA
INFORMAL PROBATE PUBLICATION NOTICE
Estate Of:
Roy D Stratton Jr.
Date of Death: Jan 3, 2025

To all persons interested in the above captioned estate, by Petition of :
Petitioner Victoria Lynn Stratton of Upton MA
Victoria Lynn Stratton of Upton MA has been informally appointed as Personal Representative of said estate to serve **without** Surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
February 14, 2024

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO19P2641EA
CITATION ON PETITION FOR FORMAL APPOINTMENT OF SUCCESSOR PERSONAL REPRESENTATIVE
Estate of: Robert A Marchand
Also known as: Robert Marchand
Date of Death: 11/07/2007

To all interested persons:
A Petition for has been filed by **Melissa J. Polak of North Smithfield RI** requesting that the Court enter a formal Decree and Order that: **Melissa J. Polak of North Smithfield RI** be appointed as Successor Personal Representative(s) of said estate to serve **Without Surety** on the bond and for such other relief as requested in the Petition.
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 02/25/2025.
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.
The estate is being administered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can 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: January 28, 2025
Stephanie Fattman,
Register of Probate
February 14, 2025

(SEAL)
COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
Docket No. 25 SM 000219
ORDER OF NOTICE

TO: **Paul Larson**
Jennifer Larson
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 § 3901 (*et seq*) **United Wholesale Mortgage, LLC** claiming to have an interest in a Mortgage covering real property in Douglas, numbered 1 Sunset Drive, given by **Paul Larson and Jennifer Larson** to “MERS”, **Mortgage Electronic Registration Systems, Inc., a separate corporation that is acting solely as nominee for United Wholesale Mortgage, “Lender”;** **its successors and assigns,** dated October 18, 2019, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 61268, Page 281, as affected by Loan Modification Agreement dated November 1, 2021 and recorded with said Registry in Book 66588, Page 85, and now held by 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 03/10/2025 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 1/24/2025
Attest:
Deborah J. Patterson
Recorder
February 14, 2024

MORTGAGEE'S SALE OF REAL ESTATE
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Bonnie Lopez to “MERS”, Mortgage Electronic Registration Systems, Inc., a separate corporation acting solely as nominee for “Lender”, Residential Mortgage Services, Inc. and its successors and assigns dated December 5, 2017 and recorded with the Worcester County (Worcester District) Registry of Deeds, in Book 58144, Page 134, as affected by Modification Agreement dated August 4, 2020 and recorded with said Registry in Book 63687, Page 390, as assigned by Assignment of Mortgage dated June 24, 2019; recorded in Worcester County (Worcester District) Registry of Deeds, Book 60599, Page 167, and by Assignment dated March 4, 2020; recorded in Worcester County (Worcester District) Registry of Deeds, Book 62058, Page 270, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction at 12:00 PM, on March 3, 2025**, on the premises known as **84 East Street, Northbridge (Whitinsville), Massachusetts**, the premises described in said mortgage, together with all the rights, easements, and appurtenances thereto, to wit:
A certain parcel of land, with the buildings thereon and all the privileges and appurtenances thereto belonging, situated on the southerly side of East Street, in the Village of Whitinsville, in the Town of Northbridge, in said Worcester County, and being more particularly bounded and described as follows:
Beginning at a bound at the northeast corner of land now or formerly of Holka Kuindersma;
Thence southerly about 147.3 feet to a bound at the southeast corner of said Kuindersma land;
Thence easterly about 39.5 feet to a bound, the same being the southeast corner;
Thence northerly about 140.5 feet to a bound, the same being the northeast corner;

Thence westerly by the southerly line of East Street, about 49 feet to the first bound.
The same is bound on the west by land now or formerly of Holka Kuindersma, on the south by land now or formerly of Joseph A. Johnston, on the east by land now or formerly of said Joseph A. Johnston and on the north of said East Street.
Terms of Sale: These premises are being sold subject to any and all unpaid real estate taxes, water rates, municipal charges and assessments, condominium charges, expenses, costs, and assessments, if applicable, federal tax liens, partition wall rights, statutes, regulations, zoning, subdivision control, or other municipal ordinances or bylaws respecting land use, configuration, building or approval, or bylaws, statutes or ordinances regarding the presence of lead paint, asbestos or other toxic substances, sanitary codes, housing codes, tenancy, and, to the extent that they are recorded prior to the above mortgage, any easements, rights of way, restrictions, confirmation or other matters of record.
Purchaser shall also bear all state and county deeds excise tax. The deposit of \$10,000.00 is to be paid in cash or bank or certified check at the time and place of the sale, with the balance of the purchase price to be paid by bank or certified check within forty-five (45) days after the date of the sale, to be deposited in escrow with Guaetta and Benson, LLC, at 73 Princeton Street, Suite 208, North Chelmsford, Massachusetts.
In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of the foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder or, thereafter, to the next highest bidders, providing that said bidder shall deposit with said attorney, the amount of the required deposit as set forth herein within five (5) business days after written notice of the default of the previous highest bidder.
Other terms, if any, are to be announced at the sale.
Dated: January 30, 2025
Present holder of said mortgage, NewRez LLC d/b/a Shellpoint Mortgage Servicing
by its Attorneys, Guaetta and Benson, LLC, Peter V. Guaetta, Esquire, P.O. Box 519, Chelmsford, MA 01824
February 7, 2025
February 14, 2025
February 21, 2025

Whitinsville Social Library

Event registration: northbridge-mass.assabetinteractive.com/calendar
Museum passes: northbridge-mass.assabetinteractive.com/museum-passes
Catalog: whitinsville.cwmars.org
Website: northbridgemass.org/WSL

Hours:
Monday-Thursday: 10 a.m.-8 p.m.
Friday 10 a.m.-5 p.m.
Saturday 10 a.m.-2 p.m.
Closed Feb. 17 for Presidents Day

Friends of WSL Super Book Sale
Saturday February 8 from 10-2
Village Congregational Church Meeting Hall
Visit the library's neighbor the Village Congregational Church on Saturday February 8 from 10-2 to purchase gently used books and media for all ages.Only \$1 for hard-cover! All proceeds go to the Friends of Whitinsville Social Library and directly benefit library services and programs.

The Historian is In
Wednesdays from 2-3 PM
Drop-in between 2-3 on Wednesdays to get in-person assistance with your local history research from Northbridge Historical Society member Carol Brouwer.

Music & Movement with Miss Deb
Wednesdays at 10:30 AM
Join Miss Deb for singing, dancing, games, stories, and lots of fun. Ages 1-5. Registration required.

Storytime with Miss Isabel
Thursdays at 10:30 AM
Join Miss Isabel on Thursday mornings to read books, sing songs, and do some coloring or a craft. Ages 1-5. Drop in.

Celebrate Valentine's Week
Monday 2/10-Friday 2/14
Join us for a whole week of Valentine's Day fun! We will be having drop-in crafts, a Tween and Teen mug painting evening, and a Valentine's Day themed storytime! Check out the library's online calendar for specific dates and times.

Get Help with Jenna Gouin
Monday 2/10 from 12-2 and Wednesday 2/26 from 10-12
Patrons are invited to sign up for a 30 minute session with Jenna Gouin, MBA/MSOL from Blackstone Valley Partnership for Public Health. She can help you with: application assistance including MassHealth, SNAP, WIC, Fuel Assistance, Medicare, Social Security, Veteran's benefits; referrals to community organizations, mental health, and substance abuse providers; assistance obtain-

ing financial resources to address past due rents and utilities; and guidance on solving some of life's challenging situations. Register.

Knits & Knots
Wednesdays 2/12 & 2/26 at 6:30
Calling all fiber artists! Bring whatever craft project you're working on and join us at the library on the second and fourth Wednesday of each month for crafting and conversation. Light refreshments provided. Register.

Fine Free Anniversary Party
Friday 2/21 from 11:30-4:30
Celebrate one year since Whitinsville Social Library got rid of late fines! Stop by any time between 11:30-4:30 to join in the party. Kids can decorate their own piggy bank (while supplies last) and get a free paperback book. Adults who visit can enter a raffle for a gift card to local brewery Murder Hill. Anyone who brings back a Whitinsville Social Library item that is over a year late will get a thank you card. Refreshments provided. Drop in.

Introverts Book Club
Thursday 2/27 6-8 PM
Come gather at the library with fellow book lovers to read and relax. There are no assigned readings.

Bring your own book or browse and borrow one of the library's. Register.

Fiction Book of the Month
Monday 3/3 at 6 PM
Read "Stolen Beauty" by Laurie Lico Albanese. Books are available for pick up at the library. Ebooks are available via Overdrive/Libby. Meetings take place at the library on the first Monday of each month. Refreshments provided. Registration required.

The Meet Cutes
Tuesday 3/4 at 4 PM
Discuss "Part of Your World" by Abby Jimenez. Copies of the book are available at the circulation desk or via Libby. Refreshments provided. This book club for readers of romance meets the first Tuesday of the month. Registration required.

The Whodunnits
Tuesday 3/11 at 11 AM
Read and discuss "Death on the Nile" by Agatha Christie. Copies of the book are available at the circulation desk or via Libby after the February meeting. Refreshments provided. This mystery, suspense and true crime book club meets the second Tuesday of the month. Register.



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Northbridge High School honor roll

NORTHBRIDGE — Northbridge High School has released its honor roll for the second quarter of the 2024-2025 school year.

Students are recognized for their academic success with a quarterly Honor Roll. This is determined shortly after the close of each of the four quarters. This recognition is based on their quarter grades and is determined as follows:

HIGHEST HONORS: Term GPA is 4.0+

HIGH HONORS: Term GPA is between 3.3-3.9

HONORS: Term GPA is between 2.7-3.2

Highest Honors
Grade 12: Ethan Ballou, Johann Jay Baniqued, Abigail Bergeron, Larissa Briggs, Monica Colon-Heyliger, Jacob Costello, MollyGahan, Kaia Gibson, Juliette Lannon, Isabelle Lomonaco, Caden Mastroianni, Isabella Molina Costa, Rowan Phillips, Dylan Reilly, Lily Simoneau, Madison Thibeault, Jayden Tran, Caitlin Walker
Grade 11: Jason

Bolduc, Olivia Choummannivong, D a n i e l l e C h r a b a s z c z, Addyson Crothers, Lorelai Drapeau, Natalie Fasold, Kylie Grazulis, Sonja Hastings, Stacia Hilditch, Aedan Holcomb, Penelope Houpt, Nadia Kotwica, Isle Malik, Ellory Manning, Effielyn Marrero, John Mazzarelli, Gisel Morrisette, Hayden Naylor, Emma Oosterman, Vidhi Patel, Brendan Riche, Jake Rogers, Sofia Smith, Kayleigh Szerlag, Kallie Tevepaugh

Grade 10: Kalintria Bailey, Emily Billmyer, Skyla Boucher, Carly Brett, Kayla Briggs, Jacqueline C a m m a r a n o, A l e x a n d r a Corey, Samuel Corman, Vahan DerKosrofian, Lillian Donahue, John Donahue, Julia Fisher, Meghan Frieswick, Leah Gallerani, Samuel Gorman, Tanner Haden, Austin Kee, Emily Kelly, Jillian Krula, Nathan Kuras, Abigail Leveille, Bryce Lundquist, Ava Mandelenakis, A n t h o n y M o o r a d i a n, Ashley Papa, Michael Potter,

Zahra Rith, Bryce Rogozenski, Bryce Ryan, Isabella Saad, Lillian Sabourin, Danika Schofield, Olivia Stanick, Parker Stanick, Elizabeth Tubbs, Michael Tubbs, Kaylee Vakoc, Kayla Whitney
Grade 9: Taylor Alden, Gohar A r a k e l y a n, Quin Austin, Kayla Bolduc, Gage Doble, Emily Flauto, Landon Gerardi, Jessica Haberski, Kara Helinski, S a v a n n a H e n d r i c k s, C a s s a n d r a Higgins, Arabella Kosciak, Anna Lavallee, Molly Leonard, Ashley Ann Lucena, Lila MacDonald, Maya MacLeod, Madelynn Nowak, Avery Riche, Marissa Roadman, Madison Scungio, Audrey Siemaszko, Isabelle Stanley, Ava Strazzulla, Kaitlyn Szerlag, Keelyn Touhey, Amanda Waterson

High Honors
Grade 12: KathrynAndresen, Amber Anufrom, Tyanna Aponte, M e h m e t h a n Aygord, Allyson Blanding, Brenden Clark, Ava Connors, Juliana Costa, Benjamin Direnzo, Iyanna

Escobar, Sadie Flanders, Adam Flauto, Samantha Haberski, Gianna Hayes, Dorothy Holtz, Ayva Johnson, Matthew Kaferlein, Caroline Lambert, Ava Lamonda, Thomas Lippolis, Nicholas Lombardo, Annew Matmanivong, Olivia McKenna, Antonio Mendez, Yassa Mikhaiel, Michael Nasralla, Tristan Orstrom, Lennice Ortiz-Nunez, Matthew Papa, Jesse Perron, Michael Proto, George Roadman, David Scichilone, Evodie Scotch, Madden S i e m a s z k o, Brayden Silveira, Hunter Tekut, Holland Tessier, Lillian Thomas, Jarek W e n c, Andrew Wilkes

Grade 11: Jason Calles, Polina Conio Potselueva, AntonioD'Alfonso, Luke Davis, Reed Dziekiewicz, Nathan Falconer, Teagan Flannery, Jacoby Gallerani, Seth Geary, A l e x a n d e r Goodrow, Grace Haden, Connor Kaferlein, Faris Kovac, Mong

Le, Kathleen Leonard, Marcus MacLeod, Sienna M a s t r o i a n n i, Robinson, Dylan Saster, Brooke Shumate, Iszac Smith, Tyler Tran, Emma Yargeau, Alexander Zanchi
Grade 9: Ereeny Absamis, Grace Alicandro-Kinney, Ella Arias, Lotus Aubin, Alexander Austin, Hannah Bacon, Chloe Barnatt, Olivia Cairra, Anita Comforti, Victoria Concepcion-Cruz, Taryn Conway, Brady Direnzo, Kallie Dunn, Elizabeth Garcia, Ashlyn Gonyea, Cailey Graceffa, Aiden James Jenkins, Thomas Krause, Kathleen L'Hommedieu, Chi Le, Vincent L o m o n a c o, Madelyn Loos, Colton Lotfy, Sophia Maracle, K a r i b e l l a M a t u s z a k, Julia McKenna, Cody Miller, Sadie Nephew, Ryan Parker, Shane Paulhus, Olivia Pollock, Adrianna Racz, Michael Reeves Hall, Abrielle Richards, Samuel Samuel, Shiloh Jordan Priore,

Mia Prosser, Lily Proto, Zoey Rith, Georgia Robinson, Dylan Saster, Brooke Shumate, Iszac Smith, Tyler Tran, Emma Yargeau, Alexander Zanchi
Grade 9: Ereeny Absamis, Grace Alicandro-Kinney, Ella Arias, Lotus Aubin, Alexander Austin, Hannah Bacon, Chloe Barnatt, Olivia Cairra, Anita Comforti, Victoria Concepcion-Cruz, Taryn Conway, Brady Direnzo, Kallie Dunn, Elizabeth Garcia, Ashlyn Gonyea, Cailey Graceffa, Aiden James Jenkins, Thomas Krause, Kathleen L'Hommedieu, Chi Le, Vincent L o m o n a c o, Madelyn Loos, Colton Lotfy, Sophia Maracle, K a r i b e l l a M a t u s z a k, Julia McKenna, Cody Miller, Sadie Nephew, Ryan Parker, Shane Paulhus, Olivia Pollock, Adrianna Racz, Michael Reeves Hall, Abrielle Richards, Samuel Samuel, Shiloh Jordan Priore,

Thibeault, Jade Thomas, Stephany Villanueva Juarez, Isaac Vitoria, Lexi Wilson
Honors
G r a d e 12: Hailey C o n c e p c i o n - Cruz, Milo Dean, Lisa Harrington, Annah Manning, Ryan Miley, Adam Minter, Emanuely Moreira, Tabitha Munhall, Julian Nkangu, Garrett Noel, Zachary Popsuj, Colin Redding, Avery Sabourin, Natalia Saksa, Angelina Saster, Dylan Wallis
Grade 11: Anthony Becerril, Lily Bilodeau, Caleb Bleau, Kelsey Costello, Kevin DiMuzio, Jeffrey Doyle, Askibus Dubois, Lesley Gonzalez Perez, Addienays H e y l i g e r, Sarienaa Ison, Kyle Janovsky, Joel LaChapelle, Trisha Lange, Cameron Lavallee, Callum Lax, Alexander Lund, Nina McElreath, Sophia Nicholatos, K a y l e i g h - A n n Pomeroy, Zixuan Qiao, Ryan Ruzzo, Jenna Tomasetti, Dayanara Torres,

Kelsey Tucker, Logan Wozniak
Grade 10: Aislynn Bancroft, Tyler Boutin, Barbara Brooks, Gabriel Bundy, Paul Cammarano, Christina Chiras, Cody Coonrod, Quinn Driscoll, Max Frazer, Isaiah Gabrila, Alfredo Garcia, C h r i s t o p h e r ,Gavin, Sydney Hartland, Mason Mawn, Ryder Meagher, Ryan Nkangu, Robin Prescott, Jaelyn Saad, Andre Seoud, Calob Shaw, Mia Smith-Hale, Caroline White
Grade 9: Ethan Alvarado, Kirra A r s e n a u l t, Kaiden Carrion, Brady Connolly, Jaxon Gabrila, Taylla Victoria G o n c a l v e s, A d r i a n n a G o n c a l v e s, Amanda Harvey, Mark Henin, Gaby Juarez, Dylan Kelly, Joshua Kuras, Rory Lamonda, Layana Lee, Makenzie Mclellan, Rafael M o n t a l v o, D'Angelo Rivera Nunez, Maurice Sawyer, Teagan Snow, Trevor Talieri

Taft Early Learning Center Integrated Preschool accepting lottery applications for 2025-26 School Year

UXBRIDGE — The Integrated Preschool Program at Taft Early Learning Center will be accepting lottery applications for enrollment in the 2025-26 school year starting Monday, Feb. 3 through Monday, March 3.

This lottery is only for students who will serve as peer models/community peers. Students who receive services through an IEP are identified separately for enrollment in the Preschool program. The lottery system is a random selection process for determining which students will attend given the number of available seats in our program. The lottery system aims to give all applicants an equal chance of being admitted and occurs when more students apply for enrollment than seats available. All submitted lottery applicants' names will be placed in a computer-generated randomization to ensure that the lottery is truly random and free of any human error. If all of the enrollment seats have become filled after the lottery, the students who were not selected will be added to a waiting list. The lottery method will continue to determine in what order students will be put on the waiting list. The waiting list will be continuously updated as students are admitted and seats become available.

Our integrated preschool program is designed to meet the needs of children starting at age three who are

typically developing, as well as children who have been identified with special needs. The classes are multi-age, standards based, and are taught by a dual certified Preschool Teacher in both Early Childhood and Special Education. We offer a variety of half-day and full-day classes. The public school calendar is followed and parents provide their own transportation.

In order to submit a lottery application, the following conditions must be met:

- 1.) You must be a resident of Uxbridge
- 2.) Your child must be at least three years of age by Aug. 31, 2025 for the 2025-2026 school year.

Preschool lottery applications can be completed online through the district website at Uxbridgeschools.com under the Taft ELC/ Preschool sections. Paper lottery applications can be obtained at the Taft Early Learning Center Main Office at 16 Granite St. between 9 a.m. and 2 p.m. Children will be selected by lottery to fill the openings in each class on Friday, March 7. If your child is selected through the lottery, you will be contacted no later than March 19. At that time, a signed Preschool contract along with registration requirements and a \$50 non-refundable deposit will be required to hold the seat. A Preschool Open House for parents and students will be held prior to the start of Preschool.

WHITINSVILLE — Whitinsville Christian School has released its honor roll for the second quarter of the 2024-2025 school year.

Grade 6
High Honors: Ava Chambers, Ava Crawley, Addison Foppema, Hilary Green, Maeve Hart, Elena Justus, Aliko Kachaje, Ellie Oberlies, Thea Pantazelos, Cece Rizzo, Ayla Sobiech, Gemma Stone, Noelle Wieggers, Ella Zietek
Honors: Storey Barnes, David Bronitskiy, Dominic Calarese, Gianna Deliso, Raegan Doti, Elliot Finch, Mikaela Foppema, Micah Foster, Cassidy Houde, Makendrick Ignace, Beckham Kline, Ava Meehl, Avery Mogan, Jacob Paiva, Caroline Quinton, Molly Rainbow, Daphne Rufo, Emma Savage, Ella Schofield, Miriam Shearer, Clara Soden, Lulu Sousa, Nick Tomasino

Grade 7
High Honors: Riley Ahearn, Chloe Barker, Eve Barnes, Gianna Dyke, Ruthie Philip, Ella Pitts
Honors: Maddie Arrigan, James Bourguignon, Lily Brochu, Jackson Bullock, Joshua Cambridge, Morgan Colgate, Ethan Cwiakala, Hadley DeFrancisco, Colin Dertien, Remi DesJardins, Charlotte Fogg, Atticus Freitas, Arya Gromelski, Letty Osterman, Hannah Reynolds, Lily Schwenke, Samyra Sethi, Kian Shah, Jack Shanahan, Jacob Tomasino, Jonathan Weden, Micah Zylstra

Grade 8
High Honors: Elise Bastien, Kenzie Brower, Molly Chambers, Kaleb DeWeerd, Sophie Finch, Kayden Harshaw, Audrina Lucas, Sienna Roach, Mason Thakkallapalli, Effie

Tzimogianni, Arielle Zdanis
Honors: Ella Mae Arsenault, Liv Barnatt, Isaac Besong, Tom Cintolo, Poli Da Silva, Bella DeOliveira, Jack Foppema, Liza Gaudiano, Mazzy Hollibaugh, Anya Hruzd, Vanessa Kline, Dawson Martinka, Ethan McCabe, Elyse McGee, Izzy Menard, Mason Moesker, Caitlyn Neal, Hailey Paiva, Abby Place, Makayla Sedzro, Emma Simao, Clarisse Tatulli

Grade 9
High Honors: Brayden Alix, Neriah Bagaya, Thomas Barry, Jacob Beatty, Aislyn Butzke, Cadence Calarese, Casrae DesJardins, Joshua Hilgenberg, Cameron Houde, Fiona Johnson, Jack Johnson, Katelyn Keeler, HannahParke, RyleighShanahan, Inez Smith, Olivia Soden, Yvette Solorzano, Michael Vos

Honors: Lara Alves, Jeremiah Arroyo Centeno, Jaden Ashton, Emily Breault, Alec Gazda-Tran, Tessa Grelewicz-Ferreira, Abigail Huang, Evan Kling, Thomas Robbins, Natalie Tubo, Abisha Uttangi

Grade 10
High Honors: Isabella Aloise, Nathan Bagaya, Emily Bastien, Amelia Besong, Demetri Boermeester, Samantha Boria, Amelia Bowler, Aberlin Cwiakala, Avery Dertien, Audyn DeWeerd, Mya Duffy, Enson Enoch, Ian Finch, Abby Flagg, Emily Flagg, Mollagh Flannery, Lucia Gaudiano, Jensen Gonneville, Jude Goodson, Aimee Jolicoeur, Hailey Kindl, Elliot McCabe, Eamon Moloney, Julia Monteiro, Neola Nigh, Sophia Robbins, Ruth Stenbuck, Nathanael Vos, Emma Whitsitt

Honors: Ethan Curry, Charlotte

DeFrancisco, Josephina Dyke, Alexi Gilchrist, Mileyna Hazard, Indiana Hollibaugh, Carrie Keeler, Connor Kitchen, Joshua LaBonte, Connor Neal, Benjamin Peck, Amelia Rufo, Brinley Rufo, Liam Simao, Caleb Tetreault, Elisavet Tzimogianni

Grade 11
High Honors: Madison Amati, Kacy Brochu, Emily Burkhart, Maxwell DeFrancisco, Matthew Dudley, Eli Focht, Elijah Fortna, Brinley Gonneville, Faith Najem, Maria Eduarda Da Silva Ramos, Justin Smith, Matthew Wren, Brian Wright, Mark Yarger

Honors: Natasha Carreiro, Joao Victor Dasilva, Micah Deters, Orla Donnelly, Noah Garrant, Ethan Hand, Jack Hutchinson, Meredith Johnson, Jillian Lawson, Ryan Martinka, Hadasyah Mestres, Camden Morse, Pham Minh Hang Nguyen, Emily Oatis, Charles Ramsdell, Kyrria Sedzro, Lilly Wierenga

Grade 12
High Honors: Caden Anema, Charlotte Bartlett, Amanda Cinelli, Rebeca Dasilva, Emelyn DeWeerd, George Foint, Julia Gibbons, Katherine Godin, Braden Gorman, Ashley Jeong, Hyun Joon Kim, Isabelle Kling, Julia Lawson, Gillian McGee, Siena Mueller, Charbel Najem, Logan O'Connell, Hannah Ostroff, Jacob Piascik, Rosemary Poe, Quinnlan Rice, Scarlett Shaw, Alison Sim, Corbin Swaim, Joseph Tatulli, Claire Tubo, Hannah Walton, Georgia West, Emma Wierenga

Honors: Mason Barnatt, Bradley Jolicoeur, Abby Marra, William Mulroy, Owen Neal, Gabriella Neves

Grant will fund expansion of DA's youth diversion program

BY KEVIN FLANDERS
STAFF WRITER

REGION — The Worcester County District Attorney's Office received a \$50,000 grant to help expand its youth diversion program to additional communities.

The grant from the state's Executive Office of Public Safety and Security (EOPSS) will allow the DA's Office, in collaboration with Choices, Inc., to expand the Early Diversion Worcester (EDW) initiative. This program helps divert vulnerable adolescents between the ages of 12 and 18 who might otherwise enter the criminal justice system due to the impact of school suspensions.

“By reaching

kids early, we can work to adapt and modify behavior, while hopefully preventing a lifetime of involvement with the criminal justice system,” said Worcester County District Attorney Joseph Early, Jr. “This is crime prevention at its best.”

The current diversion program has enrolled 60 youth participants since its implementation in Feb. 2024. Local families have spoken highly of the program's impacts.

“The Choices program is a supportive, accepting environment that has had a huge impact on my son and our family. In just a couple of months, he has made new friends and has found the motivation

to strive for his dreams again. We are forever grateful,” read a statement released by a parent of a program participant.

Thanks to the grant funding, the program will expand to the residents of Southbridge, Fitchburg, and other area communities.

Research conducted by Citizens for Juvenile Justice (CFJJ) indicates that young people are twice as likely to be arrested during periods of school suspension or expulsion. In response to this issue, the Healey-Driscoll Administration allocated nearly \$200,000 through the Title II Formula Grant Program. Funds will support non-

profit organizations, local police departments, and state agencies working to prevent at-risk youth from entering the juvenile justice system.

“The funding is designed to improve outcomes for adolescents through community-based organizations that offer essential services and support,” read a statement released by the DA's Office.

The youth diversion program offers comprehensive, recovery-oriented behavioral health services to youth and their families. These services are provided at the Choices program center in Worcester, where participants receive individualized care.

Voluntary par-

ticipants in the program undergo a full intake and assessment process, which guides the development of a personally tailored care plan.

Each plan takes into consideration a child's current risk status, history, available resources, and the needs of both the child and their family.

In addition, participants have access to daily programming and free transportation to the Choices center.

It is anticipated that the program will assist 20 to 25 young people through the duration of the grant.

To learn more about community outreach and assistance programs led by the DA's Office, visit www.worcesterda.com.

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Millbury girl wins the Massachusetts State Championship at Elks Hoop Shoot

PORTLAND, Maine — On Saturday, Feb. 2, Kinsley Polissack, from Millbury, shot 18 out of 25 Free Throw Shots to win the Massachusetts Elks Annual Hoop Shoot Contest in the girl's 8-9 age bracket. Kinsley bested competitors from across the state to advance to the Elks Regional Hoop Shoot contest in Portland, Maine during the weekend of March 7-9.

The winners from the Portland Regional competition will advance to the National Hoop Shoot to be held in Chicago in April 2025. Kinsley represented the Auburn Elks lodge winning the local contest in November and advancing through the West Central District contest in January. Kinsley is the daughter of Michelle and Joseph Polissack of Millbury.

Through the Hoop Shoot program, the Elks have been developing and reinforcing grit for nearly 50 years—long before researchers and experts concluded that grit is so important for our children. Each year, the six Hoop Shoot National Champions will have their names listed alongside their picture in a brand-new digital exhibit in the Naismith Memorial

Basketball Hall of Fame in Springfield. Additionally, two of the Frank Hise National Champions are in attendance when the Hall of Fame inductees are honored at the Enshrinement Ceremony. For more information, please contact David Charbonneau (davecharbonneau@email.com) Auburn Elks Lodge Director.



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Payton Fish named to College of Charleston Dean's List

CHARLESTON, S.C. — Payton Fish of East Douglas was named to the College of Charleston Fall 2024 Dean's List. Fish is majoring in Business Administration.

To qualify for the President's List (Highly Distinguished), students must earn a GPA of 3.800 or higher and complete a minimum of 12 semester hours.

To qualify for the Dean's List (Distinguished), students must earn a GPA of 3.500 or higher and complete a minimum of 12 semester

hours.

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M.T.W. 9:30-6:00; TH., FRI. 9:30-7:00; SAT. 9:30-6:00; SUN 11-5





A smiling man with short dark hair, wearing a light blue polo shirt with the UMass Memorial Health logo on the chest, stands in a modern building hallway with large windows and a glass railing. The background is slightly blurred, emphasizing the man.

WE'RE GOING TO SPEND TODAY CREATING A BETTER TOMORROW.

Because cancer is a terrible thing, and heart disease still exists. Because there are questions about the mind and body that still need answers, we'll continue to be relentless in our pursuit of better ways to help you live your healthiest life.

ummhealth.org/choose | 855-UMASS-MD

The logo for UMass Memorial Health features a stylized blue 'U' icon to the left of the text 'UMass Memorial Health' in a bold, sans-serif font. Below this, the tagline 'THE RELENTLESS PURSUIT OF HEALING' is written in a smaller, all-caps, sans-serif font.

The hospitals and services of UMass Memorial Health

UMass Memorial Medical Center | UMass Memorial Medical Group | Harrington | HealthAlliance-Clinton Hospital
Marlborough Hospital | Milford Regional | Community Healthlink