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Friday, May 31, 2024

Local Cub Scout earns prestigious STEM Award

DOUGLAS — William Hughes, age 10, of Cub Scout Pack 316 was recently awarded the Dr. Charles Townes Supernova Award. Supernova awards recognize superior achievement by a Cub Scout in the fields of science, technology, engineering, and mathematics (STEM).

According to Scouting America's official Web site: "The [BSA] developed the STEM Nova Awards program to excite and expand a sense of wonder in our Scouts. By working with an adult counselor or mentor, the various modules allow them to explore the basic principles of STEM and discover how fun and fascinating STEM can be. The Supernova awards are offered for those who enjoy a super challenge."

Each Supernova award is named after a famous inventor or scientist. To earn his Supernova award, William had to learn about

Dr. Townes, in addition to completing other science and math activities.

"Dr. Townes developed the use of lasers in astronomy and earned the Nobel Prize in 1964," shares Hughes.

He also conducted several studies and experiments which helped him learn about math, statistics, and the scientific method.

"My favorite experiment was learning about the energy created from burning different types of candy. Candies with higher sugar content burned brighter and longer!" he explained.

Along with other members of his Cub Scout den and school, he visited science museums, grew rock crystals, and did an investigation into the science of food packaging.

Scouts also have to research a career in a STEM-related field to earn their Supernova recognitions. Hughes met with a



Courtesy

William Hughes

civil engineer, and found that there was several different types of science and math involved.

"I think the best part of a civil engineer's job

would be able to construct bridges-- building them and making them hold as much weight as possible.

You have to be able to use different materials and

different designs to make a bridge that could hold cars or trains," he said.

As a Cub Scout who has spent a year earning the prestigious Supernova

Award, Hughes wants to share his knowledge with others.

"Math and science are very important because they're everywhere. Not just a science project or a math test, but in everyday life. Whenever I am working on Minecraft, I am using math and simple equations to build certain buildings. When my family is baking cookies or making a cake we are using science. The way the ingredients interact with each other at different times and different temperatures—it's all explained by science. Math and Science help us understand things that we experience in life," he said.

Supernova awards are available for Cub Scouts, Scouts BSA, and Venture Scouts. They are challenging to earn—less than 1 percent of Cub Scouts in the Heart of New England Council have earned it in the past year. If you're interested in joining Pack 316, reach out to douglaspack316@gmail.com. Check out www.beascout.org for other local Scout units. You can also support all the adventures Scouting has to offer by visiting <https://trails-end.com/store/scout/L180AYLT>.

Drivers needed for Meals on Wheels

NORTHBRIDGE — Tri-Valley Elder Services is seeking volunteer drivers to deliver meals to homebound elders through the Northbridge Senior Center's Meals on Wheels program. Reimbursement is available at 56 cents per mile. For more information, please call (508) 234-2002.

Local residents receive degrees at WPI's 155th undergraduate Commencement

WORCESTER — On Friday, May 10, Worcester Polytechnic Institute (WPI) held its 155th Commencement. Nearly 1,100 undergraduate degrees were awarded during the ceremony.

President Grace J. Wang, PhD, and Board of Trustees Chair William Fitzgerald presided over the exercises.

Wang told the graduates that in a changing world, where new technologies and industries are rapidly emerging, and where they could be doing jobs that have not yet been invented, they should dream boldly, persevere, be a team player, and enjoy the journey.

"WPI has prepared you for this future," Wang

said. "During your time here, you have been immersed in a transformative, leading-edge, and inclusive environment to ready you for jobs, careers, and, also, exciting opportunities to come."

In her commencement address to undergraduates, Nancy M. Pimental, a 1987 WPI graduate who spent 11 years as a writer and executive producer on the hit Showtime series "Shameless," told the graduates they are well-prepared for whatever career path they choose to follow.

"With your degree from WPI, you're ready for success," Pimental said. "You can literally accomplish anything you set sights on. Isn't that amazing? The possibilities are unlimited. You learn to

think critically, solve problems logically, and work together collaboratively. These are the skills you need to overcome any obstacles that are thrown your way. There's nothing you can't do now that you're a WPI grad."

Pimental and Michael J. Dolan '75, WPI Trustee Emeritus, who served for 16 years as an active member of the Board of Trustees, received honorary degrees as part of the ceremony.

Student speaker Samuel Levitan, a biology and biotechnology major, weaved Commencement history into his speech, reminding the audience that Black educator, reformer, and intellectual Booker T. Washington gave WPI's 50th Commencement address in 1915, speaking about America's transformation since the end of slavery. Levitan also talked about the sense of belonging instilled in WPI students, who balance a STEM education with a formative personal experience.

"To learn about cutting-edge technologies and scientific discoveries at WPI takes an open mind," Levitan said. "But no matter where you go and no matter what you do, an open heart is just as important. Remember that you belong wherever that may be, and that the people around you are counting on you to believe that they belong, too."

The following students earned BS/MS degrees: Jonathan Adams, of Douglas majored in Mechanical Engineering

Christina Aube, of Douglas majored in Electrical and Computer Engineering and Robotics Engineering

Codey Battista, of Northbridge majored in Biomedical Engineering

Kelly Heffernan, of Whitinsville majored in Biology and Biotechnology and Professional Writing

Ryan Martin, of Douglas majored in Management Engineering

Bishoy Soliman Hanna, of Douglas majored in Data Science

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 Bachelor's, Master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Douglas Cub Scouts place flags for Memorial Day



DOUGLAS — A Scout is Reverent— Cub Scout Pack 316 proudly replaced the flags on the graves of military veterans at St. Denis Cemetery in Douglas.

"There are over 350 veterans buried here, and it's our honor to help their families remember their service and sacrifices. It's hard work, but our Scouts work together every year to make sure each and every one has a brand new flag," says Pack 316's Cubmaster.

This year, about 20 Scouts and their families participated.

Pack 316 has a longstanding history of serving the community. Over the last couple of years, we have raised thousands of dollars in Heroes and Helpers dona-

tions which help provide gifts to first responders, troops at-home or overseas, veterans, and military families. In addition to the flag replacement, the boys and girls of Pack 316 also march in Veteran's Day parades, clean up trash around town for Earth Day, and support our local teachers and first responders.

For more information or to join Pack 316, please reach out to douglaspack316@gmail.com. Our Pack provides lifelong memories and friendship for elementary school aged children in Douglas MA and the surrounding area. If you'd like to support our 2024 Heroes and Helpers donation campaign, you can donate online by visiting <https://trails-end.com/store/scout/P94X0TJZ>.

Country Bank opens new Worcester location

WORCESTER — Country Bank, a full-service financial institution serving Central and Western Massachusetts, is pleased to announce the opening of its fourth banking center in Worcester at 1393 Grafton St. The new location will officially open on Monday, June 3.

Country Bank's expansion in Worcester is a testament to its commitment to reinvesting in its communities and providing a valuable resource for customers and community members. Country Bank offers a comprehensive full-service support team equipped with banking center specialists trained to assist customers with all their banking needs, and ensuring financial security and exceptional customer service.

Country Bank invites the public to participate in a week-long celebration filled with exciting activities and giveaways. Customers and visitors can participate in drawings for local gift cards, WooSox tickets, giveaways, and free delicious treats from Wholly Cannoli. The Worcester Red Sox's Smiley Ball and Country Bank's mascot, Buck, will be on hand to entertain on Friday, June 21 from 10 a.m. - noon. All are invited to join

in the June 18 ribbon-cutting ceremony at 3 p.m. attended by dignitaries and members from Country Bank's team and Board of Trustees.

In addition to its commitment to customer service, Country Bank actively supports the City of Worcester through philanthropy and volunteerism efforts. The bank has made generous donations and has dedicated numerous volunteer hours to various community causes. Country Bank is one of the 21 founding partners of the Worcester Red Sox, and an active supporter of more than 210 local nonprofits in 2024.

Nathan Bourgeois, Retail Banking Officer, will lead the new Worcester location assisted by Lily Figueroa, Assistant Manager. Nathan joined the bank as the Assistant Manager at the Tatnuck Square location in 2022 and is ready to welcome new and existing customers to the Grafton Street Banking Center. Nathan is an active volunteer for a variety of Worcester nonprofits, attends after-hours business events, and enjoys making connections with colleagues in the city.

The Grafton Street Banking Center

hours are 8:30 a.m. to 4 p.m. Monday-Wednesday, Thursday 8:30 a.m. - 6 p.m. and Friday 8:30 a.m. - 5 p.m. and Saturday from 9 a.m. to noon. Extended hours are offered through ITMs at this location from 8 a.m. - 6 p.m. Monday through Friday and Saturday from 9 a.m. until 2 p.m.

About Country Bank
Country Bank is a full-service \$1.8B mutual community bank serving central and western Massachusetts with 14

offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton, and Worcester. With a commitment to personalized service and community involvement, Country Bank offers individuals, businesses, and municipalities a comprehensive range of banking products and services. Country Bank is a member of FDIC, DIF, and the SUM network. Country Bank can be reached at 800-322-8233 or online at countrybank.com.

REAL ESTATE

BLACKSTONE

\$440,000, 32 Staples Ln, Walter C & F M Tyks Jft, and Tyks, Stanely, to Egan, William E.

\$418,000, 6 Mason St, Ring Jr, Robert J, to Ryan, Robert, and Wilson, Rebekah.

DOUGLAS

\$565,000, 59 SW Main St, Bousquet, Zachary, and Giacobi, Traciann, to Whitlow, Janice.

\$550,000, 34 Potter Rd, Renaud Jr, Edward K, to Lackey Dam Properties Inc. \$435,000, 11 Caswell Ct, Iacovelli, Michael, and Fraine, Lauren E, to Saletnick, Nicholas M.

\$420,000, 34 Potter Rd, Opperwall, Joanne M, to Renaud Jr, Edward K.

NORTHBRIDGE

\$1,150,000, Mikes Way #1, Henault Builders Inc, to Titanium Development LLC.

\$1,150,000, Mikes Way #2, Henault Builders Inc, to Titanium Development LLC.

\$1,150,000, Mikes Way #3, Henault Builders Inc, to Titanium Development LLC.

\$1,150,000, Mikes Way #4, Henault Builders Inc, to Titanium Development LLC.

\$1,150,000, Mikes Way #5, Henault Builders Inc, to Titanium Development LLC.

\$1,150,000, Mikes Way #6, Henault Builders Inc, to Titanium Development LLC.

\$799,000, 74 Valerie Run, D & F Afonso Builders Inc, to Rehal, Vibhuti, and Rehal, Gurjeet S.

\$720,000, 213 Shannon Dr, Fernandez, Annette M, to Degiacomo, William A, and Degiacomo, Martha J.

\$500,000, 22 Arthur Dr #3, Reardon, Brad A, to Araujo, Lucas D, and Araujo, Maria L.

\$440,000, 56 Susanne Dr, Zwiebel Ft, and Zwiebel, William L, to Silva, Jhonathan V, and Silva, Leonice C.

\$356,000, 224 School St, Bruce M Lamothe T - 2013, and Lamothe, Bruce M, to Gately, Jessica B, and Gately, Drew.

UXBRIDGE

\$750,000, 5 Arbor Rd, Ferzoco, Nicholas, and Ferzoco, Gabrielle, to Cloutier, Jennifer B, and Cloutier, Brandon J.

\$572,000, 34 Cross St, Macuga, William W, and Macuga, Edith R, to Morgan, Milad A.

\$514,900, 31 Pouts Ln #31, West River Homes LLC, to Phan, Tracy.

\$350,000, 9 Manor House Ln #9, Meader, Cheryl, and Manos, Michael, to Bumpus, Nasser.

Jackson Haker of Uxbridge presented with AIC's Yellow Jacket of the Year Award

SPRINGFIELD — Jackson Haker of Uxbridge has been honored with the Yellow Jacket of the Year Award by American International College (AIC). Haker was among eighteen student-athletes recognized for their outstanding contributions to the success of the AIC Department of Athletics at the 2023-24 Athletics Awards Night held in the Butova Gymnasium on Wednesday, April 24.

The Yellow Jacket of the Year Award is presented to the male and female student-athlete who best exemplifies AIC in character, talent, and spirit.

Haker, of AIC baseball, was a First-Team All-Region selection in 2023 and is tracking to repeat as he is in the top seven in both batting average and on-base percentage in the NE10, and also served as a member of the SAAC Executive Board.

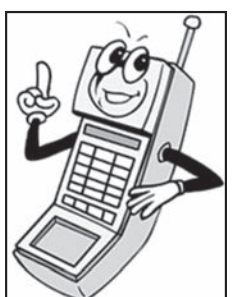
AIC congratulates Haker and all the deserving student-athletes on their awards honoring their remarkable achievements.

Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its students and the community.

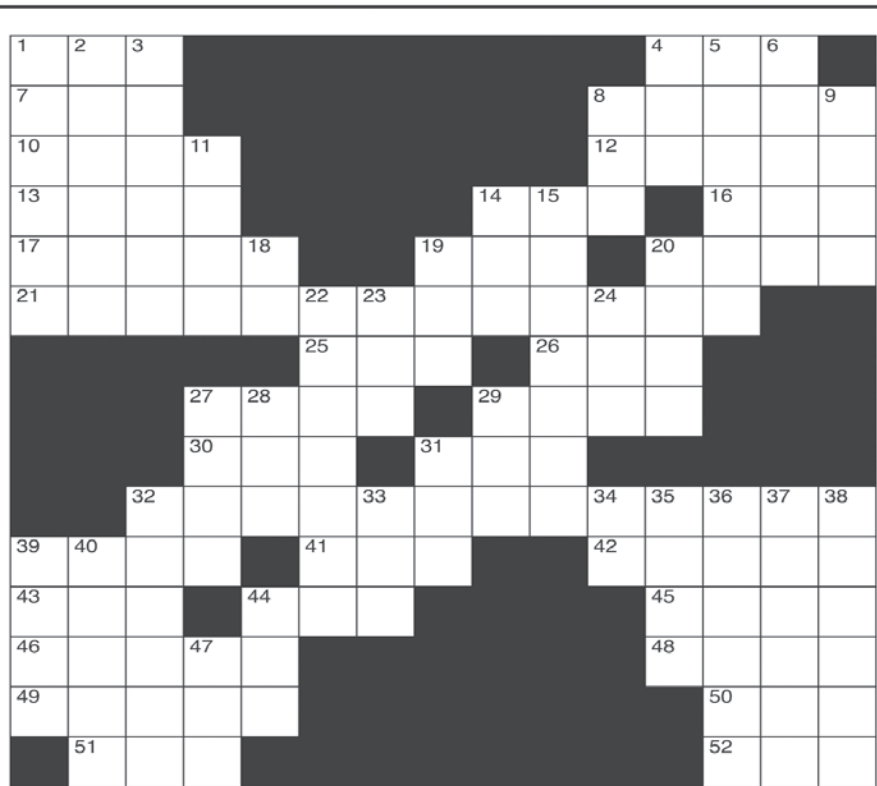
Daniel Bourguignon named to Dean's Honor List at Cedarville University

CEDARVILLE, Ohio — Daniel Bourguignon of Whitinsville, was named to the Dean's Honor List at Cedarville University for Spring 2024. This recognition requires the student to obtain a 3.75 GPA or higher for the semester and carry a minimum of 12 credit hours.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 5,456 undergraduate, graduate, and online students in more than 150 areas of study. Founded in 1887, Cedarville is recognized nationally for its authentic Christian community, rigorous academic programs, strong graduation, and retention rates, accredited professional and health science offerings, and high student engagement ranking. For more information about Cedarville University, visit www.cedarville.edu.



DON'T TEXT AND DRIVE



CLUES ACROSS

- 1. Fashion accessory
- 4. Engine additive
- 7. Small, faint constellation
- 8. Gives a job
- 10. Self-righteous person
- 12. Caucasian language
- 13. Surinam toad
- 14. Sino-Soviet block (abbr.)
- 16. Former French coin
- 17. Levels the score
- 19. What stage performers do
- 20. Egyptian Sun god
- 21. Localities
- 25. Spherical body
- 26. Licensed for Wall Street
- 27. Perfect
- 29. It's on many people's heads
- 30. Boxing's GOAT
- 31. Photo
- 32. Popular HBO show
- 39. Popular music awards show
- 41. Pouch
- 42. Lake in Botswana
- 43. Unruly group
- 44. One-fourth
- 45. Very eager
- 46. Edward __, author and writer
- 48. Flying insect
- 49. Dragged forcibly
- 50. Thus far
- 51. Not just "play"
- 52. Commercials

CLUES DOWN

- 1. Occur
- 2. Show up
- 3. Capital of Taiwan
- 4. Brother or sister
- 5. Secret get-togethers
- 6. Type of tea
- 8. Where the action is
- 9. Cast out
- 11. Crime group
- 14. Type of vessel (abbr.)
- 15. Accept and handle
- 18. Sacrifice hit
- 19. One who buys and sells securities simultaneously
- 20. Month
- 22. Most thin
- 23. Naturally occurring material
- 24. Luke's mentor __-Wan
- 27. Postmodernist Austrian "House"
- 28. Aquatic salamander
- 29. Baseball stat
- 31. Beginning military rank
- 32. Talk rapidly and unintelligibly
- 33. Paddle
- 34. Caregiver (abbr.)
- 35. Old Irish alphabet
- 36. Japanese city
- 37. In a way, acted
- 38. Things to see
- 39. Nursemaid
- 40. Type of tooth
- 44. To be demonstrated
- 47. Defunct European group

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Cornerstone Bank offers financial literacy program in Spanish for residents at Hector Reyes House

WORCESTER — Cornerstone Bank, a community bank with locations throughout Central Massachusetts, recently held a series of four financial literacy classes in Spanish for residents of the Hector Reyes House in Worcester. In addition to providing individualized residential substance abuse treatment, the House offers educational programs designed to help participants with independent

living. “We place tremendous importance on education and pride ourselves on our dedication to furthering the knowledge of our community,” said Todd Tallman, CEO of Cornerstone Bank. “We have continued to grow and expand our financial literacy classes, and this Spanish-language program is another step toward increasing access. We offered 114 programs in 2022 and 204 in 2023.

Our goal in 2024 is to continue this growth, with a focus on underserved populations. We want to provide all the people in the communities we serve with the knowledge they need to make sound financial decisions.” Cornerstone Bank employees Joel Laureano, assistant vice president, senior market manager; and Ivori Hidalgo Batista, human resource intern; conducted the classes in Spanish.

Content included:

- How to manage and balance a checking account
- The importance of savings accounts and tips for saving
- The difference between a cashier’s check and a money order
- Understanding ATM cards, credit cards and debit cards
- What “insufficient funds” means
- How mobile banking works
- How to fill out deposit and withdrawal slips, write

a check and read a paycheck

- What credit and a credit score are, why they are important and how to build credit
- How to calculate debt to income ratio, what it means and why it’s important
- Debt consolidation
- How to identify red flags and tips to help avoid scams and fraud

After completing all four classes, participants were invited to open savings and checking accounts

at Cornerstone Bank, even if they had been turned down in the past due to their financial history. A b o u t Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank’s local pres-

ence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities, through a broad

range of deposit and loan products, and services. Built on Trust is not just a tag line, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank’s personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.

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YOGA
 Thursdays 9 – 10 A.M. (Class is \$3)
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 Tuesdays at 1:00 P.M.
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L u n c h e s
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 Or our Millbury Senior Center Facebook page.

A 48 hour reservation is required. Call the center at 508-865-9154
“MEMORY CAFÉ”
 Please join us on Tuesday, May 28th 2:00 - 3:30 P.M.
 Refreshments will be served
 A Memory Café is a monthly gathering for people with memory loss/challenges and their care partners. It is a time to socialize, make new friends, and have a good time
 Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!
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PET of the WEEK

Meet: Kaylee, 11 years
 Are you looking to help a senior pup find a home? If you answered yes, then please consider Ms. Kaylee! This sweet lady came from a tough life, but that hasn't stopped her from having a heart of gold. At around 11 years old, Kaylee is definitely slowing down but still enjoys a relaxed stroll on the sidewalk and playing with her favorite toys.
 Her favorite spot is her comfy bed or on the couch next to her people! She's such a love and enjoys nothing more than a good snuggle. Kaylee has lived with dogs before so wouldn't mind having a dog sibling, as long as they don't mind kicking back and relaxing alongside her.
 If you think your home could be the place Kaylee spends her golden years, please reach out today!
 Apply for Kaylee at baypathhumane.org


 Est. 1887 Our Community. Your Bank.
 Milford Federal Bank is proud to sponsor Baypath Humane Society's Pet of the Week!
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Opinion and commentary from the Blackstone Valley and beyond

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More on Christian nationalism

To the Editor:

Mark 12:17, "Render to Caesar the things that are Caesar's and to God the things that are God's." Project 2025, the maga Christian Nationalism plan for America, says Nope. "America is a Christian nation, and they have a mandate from God to rule" America by their bible, not the law. (Beeton) It is Christian dominionism in 2024. "Every nation on this planet is under the rule of Jesus Christ, whether they realize it or not. This is a spiritual, Biblical reality. It's time for Christians to start acting like it". (Torba/Iskler)

Wolfe demands: "Christian men should embrace a vision of the nation centered on greatness. Greatness should be personified in one great man, the Christian prince." The Christian prince is the head of the Christian state, the legal expression of the self-conscious Christian nation. The Christian nation, headed by the Christian prince, has the power to ensure the citizens attain their heavenly good. "Our time," Wolfe writes, "calls for a man who can wield formal civil power to great effect and shape the public imagination through charisma, gravitas, and personality." This man is the only real solution to pagan nationalism. Enter Trump. Voight, a former Trump official, advises Project 2025 - preparing for Trump's return to power. He believes "that there are universal rules derived from God that can't be superseded by government or judges." This merges "Christian identity with American patriotism" to establish a Christian government. The signs are everywhere if one cares to look.

Let's start with the flag flying outside Mike Johnson, house speaker's office - Appeal to Heaven. "The flag was initially used as a banner during the Revolutionary War, but over the

decade, it has been embraced by a sect of Christian Nationalism (CN) called the New Apostolic Reformation, NAR, 'a symbol of Christian revolution.' " A central tenet of NAR's belief system is God's will mandates Christians to take control of all aspects of U.S. society—including education, arts/entertainment, media, and businesses—to create a religious nation - a religious 'dictatorship.' The plan is to establish God's kingdom here on earth. To accomplish that, they must conduct "Spiritual Warfare" to cleanse all demons in abortion clinics, the LGBT community, and even in the Democratic Party. Christians have a duty "to be boots on the ground for God in that conflict." "These changes can originate by 'disciples' in the right places, the high places." (Swensen). Elections - unnecessary. Mike Johnson, "an active participant in NAR" (Dorhauer), in a seminar that he and his wife teach for a "biblically sanctioned government," told "participants that the only political candidates deserving support are those who share this worldview and embrace the notion that the United States has been a Christian nation."

(Cox) Trump's 'personal pastor' White is a NAR apostle (Ladner). She gave the inauguration invocation "featuring a spiritual warfare prayer demonizing Trump's political adversaries." (Rosenberg) Other Christian nationalists already onsite or trying to be: Ted Cruz, TX senator; claimed to be a Christian king by his NAR father; Dusty Deever, OK State Senate, co-authored The Statement on Christian Nationalism which mandates that any abortion is homicide and should be prosecuted as homicide, Alabama Chief Justice Tom Parker's biblical declaration of when life starts, National Association of Christian Lawmakers advancing laws that advanced 'biblical'

legislation in America's statehouses to limit rights of marginalized groups, Tuberville comparing Democrats to a satanic cult and then committing to violence "but as I said, the next eight months are going to be a fight, and sometimes it's going to be a fist fight," or a prior candidate like PA Gov. Mastriano "willing to set aside democracy itself to fulfill their interpretations of god's commandments," (Time, Whitehead) or "Dutch Sheets (who) is perhaps the most ardent Trump supporter in the New Apostolic Reformation. He's the one who may have done the most of any Christian leader in the United States to mobilize folks to try to overturn the 2020 election and to make sure to attend January 6." (Onishi) That violence is CN, "So if you don't have a sword, then sell your cloak and buy one because we have a lot of work to do." "Comfort with violence is a natural byproduct of Christian nationalism's obsession with power.

At times, the only way to get people to do what they should—as God commanded—is with the use (or threat) of force" (- Time Whitehead), especially when their mandate includes "driving out those they believe to be (literally) under the control of demons." Be woke - NAR's worldview can't exist with a pluralistic democracy - they have justified the use of violence to take the 'seven mountains' of the US & the world to prepare for the 2nd coming of Jesus Christ here on earth. NAR now "boasts some 2000 apostles, "who typically have seen Jesus personally, can cast out demons and break curses of witchcraft" (Geivett), in 85 different countries." (Rosenberg) Remember Mike Johnson, NAR flag flying, is second in line to the president.

Linda Lacki
Northbridge

An insurrection of lawfulness

To the Editor:

The Boston Massacre. March 5, 1770. John Adams for the Defense.

Five citizens were killed: Crispus Attucks, James Caldwell, Patrick Carr, Samuel Gray, and Samuel Maverick. The British captain and eight soldiers were indicted for murder. A trial date was set for October 1770.

The British captain, Thomas Preston, sent a "letter to the editor" to The Boston Gazette on March 12, 1770. He thanked Bostonians for choosing a fair trial over mob rule: "Permit me through the Channel of your Paper to return my Thanks in the most Publick manner to all the inhabitants of this Town, who throwing aside all Party and Prejudice, have with the utmost Humanity and Freedom, stept forth Advocates for Truth, in defense of my injured Innocence in this unhappy Affair."

Boston lawyers, conscious of their reputations and business, refused to represent the British soldiers. The British soldiers were deeply hated. Boston lawyers refused to take the risk. Brave attorneys like Todd Blanche who represent President Trump in New York take the risk in the tradition of John Adams.

John Adams - "I am for the law" [how many New York lawyers can say that today?] - agreed to the defense of Preston and the soldiers. In order to be fair, not a single juror from Boston was seated. 1770 Boston was more fair than 2024 New York.

Adams began his closing speech with one of the best lines in legal history. He quoted Marchese di Beccaria, the Italian author of a celebrated volume on

criminal justice. Adams was extremely well-educated, as were most of the Founding Fathers. And Mothers who were expected to home school their children to the highest level as scholars and patriots - not radical Marxist activists.

"If, by supporting the rights of mankind, and of invincible truth, I shall contribute to save from the agonies of death one unfortunate victim of tyranny, or of ignorance, equally fatal [are you listening, Old Joe?], his blessings and years of transport will be sufficient consolation to me for the contempt of all mankind." It was essential to protect innocence even if Adams suffered because of it. He did.

"Facts are stubborn things," Adams famously stated. "And whatever may be our wishes, our inclinations, or the dictums of our passions, they cannot alter the state of facts and evidence." No dictums of passion can convert a liar into a truth-teller of facts. What lawyer worth his or her salt would put a perjurer on the witness stand to prove anything? "50 times, I lied, but this time I'm telling the truth."

Captain Preston was acquitted. Most of the soldiers were acquitted. Two were found guilty of manslaughter. In fear of their lives, they did fire on the crowd.

The Boston Gazette railed against Adams, who lost half his legal practice. Yet the trial showed that citizens wanted a nation of laws, not of men or arbitrary power.

Arbitrary power such as we see in New York Judge Yawn Man-handles the Law Merchan. Did you know that Judge Yawn was born in Bogota, Colombia? His

father was a military officer in Colombia during a time of social unrest, rampant inflation, and devaluation of the peso. A New York state ethics panel cautioned Judge Yawn for his donations to Biden and to "Stop Republicans" in 2020. Judges are prohibited from contributing to any campaign. Does he know the basic rules?

Adams was willing to defend the unpopular side. He was willing to risk the contempt of his fellow patriots and his law practice to live with a free conscience, knowing he had done the right thing.

Adams asserted: "The law, in all...fluctuations of the passions...will preserve a steady, undeviating course; it will not bend to the uncertain wishes, imaginations and wanton tempers of men." From Adams' lips to God's ear.

On the third anniversary of the Boston Massacre in 1773, Adams reflected on his 1770 decision to represent British soldiers: "I devoted myself to endless labor and Anxiety if not to infamy and death, and that for nothing, except, what was indeed was and ought to be in all, a sense of duty. Expressed to Mrs. Adams all my Apprehensions; the excellent Lady...burst into a flood of Tears, but said she was very sensible of all the Danger to her and to our Children as well as to me, but she thought I had done as I ought, she was very willing to share in all that was to come and place her trust in Providence." God was on our side, guiding America.

Let's remember that Patriots like John Adams were the original insurrectionists.

Bev Gudanowski
Uxbridge

The spin cycle

To the Editor:

Using a time-honored strategy to offset "He's guilty as hell!" MAGA Republicans are attacking the victims, the process, the facility, and the prosecutors in the Trump election interference case. They have to do something because the evidence of guilt is so staggering that even the defense witnesses provide more nails for Trump's coffin.

Stormy Daniels is a "Pay per View Prostitute", rather than a woman who was lured to Trump's hotel room and then set upon, while his bodyguard stood vigil outside the door. Stormy works in the porn industry, which is legal, and pays her taxes, unlike the head of the Trump organization. Trump's third wife had just had a baby, and he was cheating on her. Of course, the Republican '10 Commandments' does specifically state "Thou shalt commit Adultery," so Stormy must be the guilty party here.

Sitting in the courtroom, deprived of the caffeine from his 14 diet Coke's per day, is cruel and unusual punishment. So, manly, vigorous Trump just sleeps through it. MAGA's believe that Trump is not your ordinary criminal, so shouldn't have to sit in court when indicted for a crime. Trump is special because...? Oh yeah, because he has been charged with 88 indictments in four different jurisdiction, was impeached twice, is a pathological liar, is a fraudulent creation of TV and a book that "put lipstick on a pig," lied about COVID, costing thousands of lives, tried to overthrow the government...I get it - he is a special kind of criminal, and should be treated accordingly. Is the rack still in use?

The prosecutors are all guilty of enforcing the law! MAGA nation knows that the law doesn't apply to them, or their leader. Eighty-eight indictments? A sham. Found guilty of sexual abuse? Found guilty of tax fraud? All sham trials! Doesn't seem to register that American juries found him guilty, not Democrats, not Zoroastrians, not Rosicrucian's, not Joe Biden. In the New York trial, Trump is charged with repeatedly and fraudulently falsifying New York business records to conceal crimes that hid damaging information from the voting public during the 2016 presidential election. Breaking campaign finance law is a real crime.

Our local MAGA matron let her inner-racist ooze to the surface by accusing Alvin Bragg of being "a diversity and equity admittee to Harvard Law School". In other words, he wasn't qualified, but he was black. I guess our devout Christian believed her 'god' was busy elsewhere, and wouldn't notice the bigoted slur: I did like her statement that Republicans "cheat, cheat, cheat until you win. Ignore the law, justice, decency, honor, objectivity, the good of the nation, and the choice of more than half of the nation." But where was our Christian Crusader when a former New York Attorney General decided, after receiving a sizeable campaign contribution from Trump's attorney, not to prosecute Trump's attorney - Don Jr. and Ivanka - for fraudulent sales tactics, while trying to pimp Trump condos in Manhattan?

It was fun to see the Insane Clown Posse, aka Republican House members, show up in New York City, all clad in

their cult-leader uniforms, complete with Trump man-diapers, and flatulating, in unison, Hitler's favorite Wagnerian opus - Die Meistersinger von Nürnberg. Your tax dollars at work.

The statute of limitations rule is revoked for this trial, because Trump was out of the State of New York for most of the interval between his crimes and the indictment. It's unfortunate that the same ruling can't help the 25 women, in addition to E. Jean Carroll, who filed sexual abuse charges against Trump, or the 16 year-old, who claimed that Trump raped her at one of Jeffrey Epstein's soirees. I repeat - he is a special kind of criminal - one that has even been able to use the law to shield his crimes.

From the Hyper-Hypocrisy Department: After declaring repeatedly that Trump was "unhinged" and "unfit for office", Nikki Haley now says she will vote for Trump! She is more worried about her future in Republican politics, than she is about the future of the nation. It was also a mendicant plea to choose her as his partner-in-crime VP candidate. Don't you just love it? Nothing has meaning to Republicans - there is no truth... there is no integrity...there is no honesty. There is only 'Hmmm... what do I have to do or say, at this point in time, to keep my job as one of America's ruling elite?'" Like Pavlov's dogs, they instinctively respond to all stimuli with supplication to their cult leader, virulent hypocrisy, and repeated demonstrations of how stupid they think 'we-the-people' are. That's your real 'case for corruption'.

Rick Bevilacqua
Whittinsville

EDITORIAL

Some of the best memories are made in flip flops

With Memorial Day weekend in the rearview mirror; summer is (unofficially, at least) in full swing, with everyone walking around with a sunkissed glow. Apart from mild weather, lush green forests, swimmable rivers and lakes and beautiful flowers, there are significant health benefits to these summer months.

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

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

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

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

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

Spending time with friends, family and community increases in the summer which is key to our mental health. During summer months there are more outdoor activities that bring folks together such as band concerts, farmer's markets, campfires, which are all great places to catch up with our neighbors.

Most people tend to go on vacation during the summer, reducing stress and burnout. More and more people are realizing just how important it is to take a breather.

Summertime helps us to feel more footloose and fancy free. There is also an overall feeling of relaxation and joy, over simple things like reading a book on the front porch, sipping sun tea or the smell of fresh cut grass.

The rivers flow wildly in the mountains and the lakes remain calm for fisherman to drop a line and float about, letting all cares melt away as the sunlight dances off the small ripples and waves. Mountain summits are picture perfect with blue skies, white clouds, vibrant green trees with glistening rocks, often-times creating scenes that don't even look real.

Take advantage of the season and savor every moment. In the words of the great writer Henry James, "Summer afternoon-summer afternoon; to me those have always been the two most beautiful words in the English language."

Letter submission policy

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

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

The next generation of fishermen



THE GREAT
OUTDOORS
.....
RALPH
TRUE

What a great Memorial Day weekend! The nice weather gave everyone a chance to enjoy time with family and friends in the great outdoors.

It gave Americans a chance to remember all of our veterans that served our country, which is the real meaning of Memorial Day, with many that had paid the ultimate sacrifice.

This week's picture shows the recent graduation of 16 young fishermen that had completed Whitinsville Fish & Game Club's first annual Jr. fishing class. The class was pond Chairman Daryl Carter & Kris Hawkes' idea to have the class in hopes of promoting fishing to many youngsters. After the graduation, the young anglers



Courtesy

This week's picture shows the Whitinsville Fish & Game Club's Jr. graduating fishing class of 2024.

were treated to a full breakfast by numerous members and volunteers.

With the falling interest in fishing in Mass., hopes

are high that the annual class will have more anglers participating in the sport of fishing! Nice job, everyone. The following young

anglers graduated from the fishing class: Jacob Plu m o n d o n , B r a y d e n Nicasastro, Jayden Dubois, Arthur Dubois, Jacob

Dubois, Khloe Joseph Sever, Hetherington, Boon Flagg, Bobby Diamond, Braydon Vaidyn,

Logan Williams, Mason Williams, & Jackson Lavallee. I hope to see you on the water!

Fly fishing was my favorite sport when I was 16 years old, and I hope the upcoming class will have someone that is a fly fishing angler, that will become a teacher for future students. Joining the New England Fly Tyers group will also provide some great and exciting new fishing and fly tying opportunities.

Striper fishing was hot in both Mass. & Rhode Island last week, with live lining pogies providing the most

exciting success. Watching a striper chase a live pogy, and literally inhale the baitfish, and peel the line from the reel until the hook finds its mark! The fight is on! Large bluefish are also hitting lures and live bait, which is not good news for many striper fishing anglers. They are more of a nuisance for some anglers fishing for striped bass. If the striper needs to be released, you need to get them back in the water ASAP, to insure their survival!

Take A Kid Fishing & Keep Them Rods Bending!

Checking your coins



ANTIQUES,
COLLECTIBLES
& ESTATES
.....
WAYNE TUISKULA

I often handle estates with coins that families have collected. In today's column, I'll share some things you can look for if you also have coins.



unmarked coin is from the Philadelphia Mint. "D" is for Denver, "S" indicates San Francisco, and "O" stands for New Orleans. The Carson City Mint used "CC" and coins featuring that mintmark are often the most valuable.

Just like other collectibles, coins can be graded. Professional grading companies use a scale of 1 to 70. The highest-grade coins are categorized as MS (Mint State), with an MS-70 being a perfect coin. Some coins may be valuable enough to pay to send out for grading, while others may not. Along with the condition, there are other variations to coins that can make them desirable. Having slightly different shaped letters and differently placed stars and rays can make a big difference in price. An 1861-S \$20 Double Eagle AU55 (Almost Uncirculated) gold coin sold for \$3,120 at auction in 2023. A "Paquet" variation with the same AU55 grade coin sold for \$162,000 that year.

The United States minted silver coins (dimes, quarters, half dollars, and dollar coins) out of 90 percent silver until 1964. Kennedy half dollars from 1965 to 1970 are made with 40 percent silver. Any silver coins from these years will be at least "bullion"

coins and worth their weight in silver but some could be more valuable.

Many of the same factors that impact gold coins also come into play with silver. Age and condition are important. A rare high grade 1794 Flowing Hair Silver Dollar sold for \$6.6 million in 2021. The number of coins produced at each mint for each year is very important. This holds true for both gold and silver coins. Only 360,649 silver Peace Dollars (depicting the head of the Statue of Liberty) were produced in 1928 while 10,198 were minted in 1925. A 1925 MS66 grade Peace Dollar sold for a little over \$500 recently while a 1928 coin with the same grade sold for over \$30,000.

The United States has issued half cents, one cent, two cent, three cent, half dime, and twenty cent coins. There are "type collectors" who look for coins in different denominations and variations. It's worth checking your old coins, some may be worth a pretty penny.

We are accepting coin consignments for our late summer auction along with art, gold jewelry, sterling silver, historical items, advertising signs, and other antiques. Please visit our Web site, <https://centralmassauctions.com>, for links to upcoming events.

Contact us to consign items or for auction information at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services; info@centralmassauctions.com or (508-612-6111).



GARDEN
MOMENTS
.....
MELINDA
MYERS

Expand your planting space, grow a living screen, or add vertical interest to your garden beds. Train vines up a decorative support, onto a fence, or allow them to climb a trellis set in front of a wall or structure.

Pole beans, peas, Malabar spinach, cucumbers, melons, and squash are all edible candidates for growing vertically. Training these vegetables up a support saves space in the garden. Plus, the increase in light and airflow through vertically trained plants helps reduce the risk of mildew and other diseases.

Growing vertically can also increase your yields and make harvesting much easier. Pole beans typically produce an extra picking. Plus, it requires less bending to harvest. If it is easy, you are more likely to pick regularly, increasing productivity and ensuring the best flavor. Try scarlet runner beans or purple podded pole beans for added color.

Train Malabar climbing spinach up an obelisk in a container or over a decorative trellis in the garden. Use the leaves the same way you use true spinach. The buttery nutty flavor is great fresh, added to a salad, used as a sandwich wrap, stir-fried, or steamed. The red stems, flowers, and seeds make an attractive display in the vegetable or ornamental garden.

Support the heavy fruit of melons and squash when growing vertically. Create a sling from cloth strips, an old T-shirt, or macramé - yes, it's back! Tie the sling to the trellis to cradle the large fruit. The sling handles the weight, preventing the heavy fruit from ripping the plant off the support and damaging the plant. Elevating the fruit also reduces loss to soil-dwelling insects and disease.

Use decorative supports to add a bit of beauty or help blend edibles into ornamental plantings. Save money and add some personality by upcycling found items into creative supports. A section of an old iron fence, headboard, golf clubs, or farm implements can add a bit of functional whimsy to your garden.

Add color to a plain fence or wall with annual and perennial flowering vines. Use a support and leave space between wooden fences and siding to reduce moisture buildup that could damage



Melinda Myers

Clematis and impatiens growing on a wheel trellis.

these structures. This also makes it easier to manage future repairs and painting if the vines can easily be moved away from the structure.

Double up your plants to increase the floral impact. Use annual vines to provide quick cover for the first few years while establishing perennial vines onto the support. Consider mixing two vines on one support if space allows. Select vines that bloom at the same time to create interesting combinations. Or plant two vines that bloom at different times to extend the floral display.

Always select supports strong enough to support the plants you are growing. Make sure the support provides the structure needed for the vines to climb. Those with twining stems and petioles need something to grab onto while those with root-like holdfasts or suction cups need a rough surface for attaching. Make sure the structure will not be damaged by the vines adhering to the surface. Other vines may need their stems to be tied to the support.

As you can see, the possibilities are endless. Start gathering decorative supports, look for spaces that need a bit of vertical interest, and select vines suited to your growing conditions and landscape design.

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

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Bay Path Practical Nursing Academy announces new Executive Assistant to Director

CHARLTON — Bay Path Practical Nursing Academy is excited to announce the appointment of its new Executive Assistant to the Academy Director, Donna Pope, LPN. Pope is the first to hold the newly created position eliminating the Practical Nursing Secretary Position.

Pope brings a wealth of experience and a proven record of success.

“We are confident that Donna’s leadership and vision will help propel us toward new heights and achievements,” said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director. Further, she stated, “this is a significant milestone for Bay Path Practical Nursing Academy, and we are eager to embark on this promising new chapter. We believe that this approach of engaging an LPN graduate



Courtesy

Donna Pope

will significantly enhance our practical nursing operations and drive substantial growth.” Pope, of Southbridge, is from the PN Class of 2017. Her mes-

sage as a speaker for the PN Class of 2021 was one of hope in the journey of becoming an LPN. She encouraged graduates to be alert to opportunities – something at which

she has excelled. Pope was with the STDH Program at Center of Hope Foundation in Southbridge. She briefly worked as a Flu Clinic Nurse at Maxim Healthcare in Worcester.

While a student at Bay Path, Pope was inducted to the National Technical Honor Society. She represented Bay Path Practical Nursing Academy at SkillsUSA District

competition earning a Gold Medal and at State competition earning a Bronze Medal both for Health Knowledge Bowl. Pope is Mental Health First Aid Certified and volunteered for multiple events at Bay Path Practical Nursing Academy such as the Admissions Panel Interview, Blood Pressure Clinics, and mentorship. She also volunteers for the Baptist Haiti Mission. As the new Executive Assistant to the Academy Director, Pope reports directly to the Academy Director. About Bay Path RVTHS Practical Nursing Academy

Bay Path Practical Nursing Academy offers a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing, 250 Washington St., Boston, MA

02108 617-973-0900 <https://www.mass.gov/orgs/board-of-registration-in-nursing> The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education, 7840 Roswell Rd., Building 300, Suite 325, Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges 209 Burlington Rd., Suite 201 Bedford, MA, 01730-1433 781-271-0022 www.neasc.org

Regis College announces Dean’s List

“Being named to the Dean’s List is a testament to students’ persistent commitment to their academic journey throughout the semester,” said Dr. Mary Erina Driscoll, PhD, the Provost and Vice President of Academic Affairs. “At Regis, we prioritize the development of students’ character and confidence, equipping them with the skills they need for a successful career and life of meaning. Recognition on the Dean’s List reflects ones resolute dedication to academic excellence.”

To earn a spot on the Dean’s List, Regis sophomores, juniors, seniors, and professional studies students must have a GPA of 3.5 or higher; first-year students must have a GPA of 3.25 or higher. Additional criteria can be found in Regis’ Academic Catalog.

The following students were recognized on the Spring 2024 Dean’s List: Nikola Hayes of Whitinsville Raymond Johnson of Douglas Charlotte Steeves of Uxbridge Isabella Trombino of

Whitinsville Regis College is a coed university 12 miles west of Boston in Weston, founded by the Sisters of St. Joseph of Boston nearly a century ago. With over 3,200 undergraduate, graduate, and doctoral students enrolled on campus and in fully online graduate programs, Regis provides an academically rigorous education within the schools of nursing, arts and sciences, business and communication, and health sciences. In line with Regis’ mission of providing

innovative, industry-focused learning opportunities, the university offers academic partnerships with hospitals and local employers, a clinical dental center in Waltham, Mass., and bachelor’s completion and accelerated nursing programs at its campus in Lawrence, Mass. The university’s 20 NCAA Division III athletic teams compete within the Great Northeast Athletic Conference (GNAC). Regis challenges, inspires, and supports students who are driven by passion, pur-

pose, and a pursuit to positively impact the world within a learning community that embraces inclusivity and innovation and builds strong character, confidence, and careers. Visit regiscollege.edu to learn more.

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Meditation Group meets every Thursday at 9:30am, all are welcome. Learn how to meditate and how it can benefit your health!

Take a Hike Walking Club will meet on Tuesday, June 4th at 10:00am, location to be announced. Call Jeanne for more information.

Mark Mandeville and Raianne Richards Folk Concert, Wednesday, June 5th at 1:00pm. Come and experience fresh and refined folk music for modern times with these two singer-songwriters from Massachusetts. This performance is supported in part by a grant from the Northbridge Cultural Council. Sign up at the main office.

Rep. Dave Muradian will be at Plummer Place on Tuesday, June 11th from 11:45am-12:45pm for office hours.

Carl Bradshaw, our area VA representative will hold his Office Hour on Tuesday, June 11th at 10:30am.

Salmon VNA Blood Pressure Clinic, Tuesday, June 11th from 11:00-12:00pm.

Worcester County District Attorney’s Office will be at Plummer Place on Wednesday, June 12th at 1:00pm for a Round Table Discussion with Kevin Donahue on scams targeting older adults. Sign up in the main office.

“Women on the Move”, our Plummer Place Women’s Group, will meet Wednesday, June 12th at 9:30am. We will have a guest speaker, all are welcome, call Michelle or

Amy for more information. “Ten Days with Dad”, Mark Resnick, Author Event and Book Signing, Thursday, June 13th at 1:30pm. Hear from Mark about his experience with Alzheimer’s disease, caregiving, and how his perspectives and priorities changed following his dad’s diagnosis. His book will be available to purchase for \$15, cash only. Sign up in the main office.

6

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BBQ Grilling Tips

It's officially barbecue season! Firing up the BBQ grill, is a summer tradition, and this country boasts a rich history of barbecue celebrations, dating back to the Colonial era. In fact, written history accounts reveal George Washington attended a barbecue in 1769!

Today, serving up creatively prepared foods grilled to perfection has been elevated to a fine culinary art. The good news is you don't have to be a cooking school graduate to earn your BBQ apron - sometimes all it takes is a refresher guide in basic backyard grilling techniques.

And, as you prepare for a season of grilling, remember that we have Native Americans to thank, as they first introduced basic barbecue techniques to the colonists!

Tenderizing Techniques: Great grilling starts with meat preparation. Taking the time to tenderizing tough cuts of meat can make the difference between grilling success or failure. While the goal is to break down the muscle fibers in the meat, there are a few standard methods that have been proven successful. The manual method employs the use of a kitchen mallet, which is used to "beat" down the fibers in raw meat. Also, there are several meat tenderizers available on the market that can be sprinkled onto the meat before cooking. Perhaps the most popular tenderizing option is the use of marinades, as these liquids not only make the meat tender but impart an important boost of flavor too. Add the fact overnight marinating can reduce cooking time by up to 35%, and it's no surprise the marinating method is a top choice.

BBQ experts recommend tender cuts of beef marinate for just a couple of hours, while tougher cuts may require overnight soaking. Keep in mind marinating should be used with zippered plastic bags or glass or plastic bowls as the acids in some marinades can react with metal. After marinating,



TAKE THE HINT
KAREN TRAINOR

be sure to pat the meat dry with paper towels to ensure it cooks evenly on the grill.

Certified Angus Beef Signature Steak Marinade (reprinted with permission and by popular demand!)

This recipe from the country's premiere beef brand is a tasty tribute to grilled steak suppers.

Ingredients: 1/2 cup Lea & Perrins Worcestershire Sauce; 3 tablespoons balsamic vinegar; 1 1/2 tablespoons Dijon mustard; 1/2 teaspoon pepper.

Instructions: Combine all ingredients. In large, shallow non-aluminum baking dish or plastic bag, pour marinade over steaks; turn to coat. Marinate in refrigerator for 30 minutes. Remove steaks; discard marinade. Grill or broil steak to preferred doneness.

No Fail Marinade

This unconventional recipe from the retro era promises taste and tenderness. **Ingredients:** one third cup steak sauce; one half cup packed brown sugar; one twelve ounce can 7Up or Sprite; one half cup melted butter; four tablespoons red wine vinegar; one quarter teaspoon each onion powder; garlic powder; salt and pepper. **Instructions:** Combine all in a bowl or zip lock bag. Allow meat to marinate in mixture for at least an hour, or as long as overnight.

Hot off the Grill: Gauging Doneness

Gauging meats grilled to perfection can be a tricky challenge. Beyond checking the temperature of the meat, backyard chefs have learned to rely on a few "rules of thumb" to test for doneness.

*This "old school" chef trick is still a reliable way to gauge your meat without cutting into it:

To test doneness by

"feel" this method compares your hand and fingers to the firmness of the cut of meat. Pressing on the middle of the steak, a rare steak should feel the same as the heel of your hand (the fleshy area between your thumb and wrist) when hand is relaxed; a medium rare steak should feel like the heel of your hand when you press your thumb and forefinger together (which is firmer); a medium rare steak will feel as firm as the heel of your hand when you touch your middle finger to your thumb (firmer yet); and medium well should feel as firm as the heel when you press your ring finger and thumb.

*Another common "rule of thumb" for doneness is the inch method is to cook by thickness of the meat. For a one inch thick steak, cook seven minutes for rare; nine minutes for medium; and 11 minutes for well done.

* When using an internal thermometer: a rare steak should be cooked to 125-130 degrees; 130 to 140 degrees for medium-rare; 140 to 150 degrees for medium, 150-160 degrees for medium-well or 160 to 170 degrees for well done.

BBQ Basics

*As a general guide, when you grill with charcoal, it takes about 30 minutes for coals to reach a medium temperature and become ash covered.

*For gas grills, allow about 15 minutes for the grill rack to preheat properly.

*To increase the heat on a charcoal grill, simply push the coals together; add more coals as needed lower the grilling surface, or fan the fire and tap the ashes from the coals.

*Steaks best for grilling without the need to tenderize, are such cuts such as Ribeye, Filet Mignon, T-Bone and Porterhouse.

*For best results cook pork on direct heat to seal the juices. Then finish it with indirect heat to ensure the center is completely cooked. Just be sure to preheat the grill so it will seal in the juices quickly.

*Cooking for a crowd? To ensure even grilling,

meats should be placed about three quarters of an inch apart on the grill rack.

*Does your fish dry out and break up when you cook it on the grill? Brush it with lemon juice while cooking to keep it moist.

*Fish should be from one to one and a half inches thick to prevent drying out.

*Always apply sweet basting sauces made with sugar, honey or syrup during the last few minutes of grilling only to prevent burning.

*When cooking steaks on the grill don't season the meat until each side has browned to keep the cut tender.

*When using a dry rub during barbecuing, always allow the meat to cook for approximately one third

to one half of the total time before applying any basting sauce. This allows the meat to become warm and start absorbing the dry rub seasonings.

*If you are marinating meat, you'll need one to two cups of marinade for every one and a half to two pounds of food. You want enough marinade to completely surround the food.

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on

Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

Don't let investments take a vacation

Summertime is almost here — and for many people, that means it's time to hit the road. But even if you decide to take a vacation, you'll want other areas of your life to keep working — especially your investments.

So, how can you prevent your investments, and your overall financial strategy, from going on "vacation?" Here are a few suggestions:

Check your progress. You want your investments to be working hard for you, so you'll need to check on their performance periodically — but be careful about how you evaluate results.

Don't compare your portfolio's results against those of a market index, such as the S&P 500, which tracks the stock performance of 500 large U.S. companies listed on American stock exchanges. This comparison may not be particularly valid because your own portfolio ideally should include a range of investments, including U.S. and foreign stocks, corporate and government bonds, certificates of deposit (CDs) and other securities. So, instead of checking your progress against a market index, use benchmarks meaningful to your individual situation, such as whether your portfolio is showing enough growth potential based on a compounding rate of return to keep you moving toward a comfortable retirement and other long-term goals.



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Invest with a purpose. When you work intensely at something, it's usually because you have a definite result in mind. And this sense of purpose applies to investing, too. If you buy a stock here, and another one there, based on "hot" tips you might have seen on television or the internet, you may end up with a jumbled sort of portfolio that doesn't really reflect your needs. Instead, try to follow a long-term investment strategy based on your financial goals, risk tolerance, asset accumulation needs, liquidity and time horizon, always with an eye toward where you want to go in life — how long you plan to work, what sort of retirement lifestyle you envision, and so on.

Be strategic with your investments. Over the years, you will likely have a variety of competing financial goals — and you'll want your investment portfolio working to help achieve all of them. That means, though, that you'll likely need to match certain investments with specific goals. For example, when you contribute to an IRA and a 401(k) or similar plan, you're putting away money for retirement. But if you want to help

your children go to college or receive some other type of post-secondary education or training, you might want to save in a 529 education savings plan, which allows tax-free withdrawals for qualified education expenses. Or, if you want to save for a short-term goal, such as a wedding or a long vacation, you might choose an investment that offers significant protection of principal, so the money will be available when you need it. Ultimately, this type of goals-based investing can help ensure your portfolio is always working on your behalf, in the way you intended.

When you take a vacation, you will hopefully be more relaxed and refreshed. But if you let your investments stop working as hard as they should, the results could be stressful. So, be diligent about your investment strategy, monitor it regularly and make those moves appropriate for your situation. By doing so, you can't necessarily guarantee a long day at the beach, but you'll have a good chance of enjoying a sunny outlook.

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

Friday's Child

Chantce and Halo
Age 8 and 9

Hi! Our names are Chantce and Halo and we love to be active!

Chantce and Halo are spunky, creative girls who share a very close bond. Chantce, the older sister, is outgoing and makes friends easily. She loves sports, especially soccer, basketball, and hockey. Both girls love to play outside. Chantce is creative and enjoys art projects. Halo is a curious and sweet girl. While she can be shy at first, once she is comfortable she loves

to spend time with others. Halo loves to go swimming and participate in gymnastics. She also enjoys art projects. Chantce and Halo have a very close relationship and love spending time together.

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The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with.

To learn more about adoption from foster care visit www.mareinc.org. Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care.

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Seniors named to Bay Path honor roll

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High Honors
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Honors
 Alexander Adkins, Kaidra Anderson,

Kasey Babkuaskas, Colton Beauchamp, Angeliz Beltre Colon, Alex Beshiri, Jaden Blake, Luke Boliver, Caroline Borgeson, Andrew Bousquet, Emma Bransky, Ryan Bray, Samuel Brill, Vincent Brink, Kayla Brown, Samantha Buchanan, Caitlyn Burke, Gabriella Cabrera, Olivia Carrier, Natalie Cierpich, Petru Cojocaru, Yanieris Colon Vega, Karoline Corpes Diaz, Richard Corriveau, Peter Courville, Kyleigh Czechowski, Wyatt Daoust, Emma DeJong, Jeffrey Denham, Jibril Erraihani, James Ferreira, Kacey Flanagan, Robert Fleck IV, Chase Forehand, Jonathan Forget, Ethan Gallant, Sabien Gonzalez, Raceh Gormley, Makayla Graham, Bridget Hast, Riley Heenan, Isabelle Herholz, James Heywood, Carly Impey, Ian James, Stanislaw Janusz, Madisyn Kozlowski, Braeden LaPointe, Benjamin LaTour,

Emma Levasseur, Kai Lukasek, Andrew Lunn, Patrick Luperchio, Catherine Magnusson, Ava Marotta, Sarah Martin, Matteo Mastrototaro, Shaun McLaughlin, Jenna McLeish, Vincent Messier, Adrianna Navarro, Christian Nguyen, Alix Norman, Avelyn O'Brien, Noah Okolita, Gianna Pantalone, Colin Plante, Laci Pollone, Jared Powell, Logan Powers, Evan Provost, Emily Quental, Wendy Ramirez, Victoria Roberts, Caterina Schiappa, Amanda Seidler, Ryan Sinkewich, Jason Sinkis, Catherine Sirard, Gerald Splaine, Brady Staniunas, Adriana Stanley, Lacey Sullivan, Kyle Sylwanovicz, Jackson Taiste, Christopher Verdolino, Landon Walker, Timothy Welch, Thomas Wilk, Charlotte Worster, Stone Zink

Principal's List

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**WEBSTER
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96 CHASE AVE**

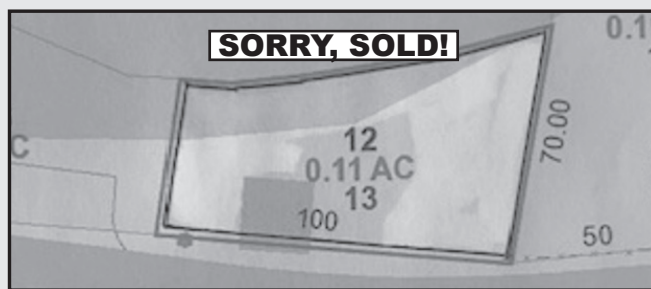


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On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

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* Kitchen with Island
* Lower Level Game Room Possible
* Expandable Attic for Additional Living Area
* 2 Car Attached Garage
* Babbling Brook and Nearby 1 Acre Lot
91 Blood Road \$499,900

CHARLTON- Step Down Living Room



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* .3 Acres
* Fireplace
* 1st Floor Office
* 2.5 Baths

93 Haggerty Rd \$659,900

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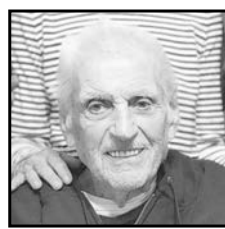
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OBITUARIES

Milton E. Patnode, 93



Whitinsville-Milton E. Patnode, 93, of Plummer Park passed away on Tuesday, May 21, 2024 at UMass University Campus after a period of declining

health. He is survived by his wife of 71 years, Esther R. (Dantino) Patnode.

He is also survived by his son Milton Frank Patnode of Douglas; 2 daughters, Debbie Ann Zimmerman of Palm Coast, FL, and Jean Marie Romeiro and her husband John of Babson Park, FL; 4 grandchildren, Tina Patnode, Heidi Georges, Shawn Zimmerman, and Miranda Romeiro; 5 great-grandchildren, CJ Beauvais, Calvin Aia, Addison Trottier, Mia Minichiello, and Atavia Georges; a brother, Thomas Patnode of Northbridge; sisters, Theresa Lequesne of Douglas, and Joyce Jacobs of Linwood, as well as several nieces and nephews. He was predeceased by his grandson Francis Milton Trottier; and siblings, Shirley Patnode, Raymond Patnode Jr., and Robert Patnode.

Born in Coventry, RI on May 14, 1931 he was the son of Raymond Sr., and Mildred (Blair) Patnode and has been a lifelong resident of Northbridge. Milton worked as a union carpenter for the carpenter's union local 537. He worked there 50 years before his retirement in 1990. He was a proud U.S. Army veteran of the Korean

Conflict serving in both Korea and Japan. He was a member of the former Oliver Ashton American Legion Post, and Knights of Columbus council 365 in Whitinsville. He enjoyed working in his yard, tending to his gardens where he grew enormous vegetables, and taking on woodworking projects around the home. He was a true jack of all trades and a master of one, carpentry. A selfless man, he always offered to lend a hand to anyone in need. Milton was a longtime member of St. Patrick's Church.

As to his wishes, Mr. Patnode will be cremated and funeral services will be announced at a later date. To leave a condolence message for his family please visit: <http://www.Jackmanfuneralhomes.com>



Assumption students named to Dean's List

WORCESTER — Assumption University has announced those who have been named to the University's Dean's List for the spring 2024 semester. Students named to the Dean's List must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters.

Cassidy Gosselin of Northbridge
Megan O'Meara of Northbridge
Kaleigh Chesley of Douglas
Alexandra Padula of Whitinsville
Juliana Buchanan of Douglas
Isabella Nolan of Uxbridge
Assumption University, founded in 1904 by the Augustinians of the Assumption, is a premier New England University for high-quality education, integrating career preparation and edu-

cation of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption's graduates are known for their intellectual seriousness, thoughtful citizenship, and dedication to the common good. Located in Worcester, Massachusetts, Assumption has undergone a series of major advancements since transitioning to a university, including new academic buildings, degree programs, and athletic facilities for our NCAA Division II student athlete population. The University offers 38 majors and 50 minors in the liberal arts, sciences, business, nursing, and professional studies, and other areas, as well as graduate degrees and professional credentials. For more information about Assumption University, please visit www.assumption.edu.



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. WO24C0180CA
CITATION ON PETITION TO
CHANGE NAME

In the matter of:

Jaylin Kourtney Logan
A Petition to Change Name of Minor has been filed by **Jaylin Kourtney Logan of Blackstone MA** requesting that the court enter a Decree changing their name to: **Jaylin Kourtney Logan Lund**
IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 06/11/24. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding. WITNESS, Hon. Leilah A Keamy, First Justice of this Court.
Date: May 09, 2024
Stephanie Fattman,
Register of Probate
May 31, 2024

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court**
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO24P1669EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Peter H. Fafard
Date of Death: 03/08/2024

To all interested persons:

A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Alexandra I. Fafard of Marlborough MA**

requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Alexandra I. Fafard of Marlborough MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 06/18/2024.**

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the ad-

ministration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: May 15, 2024

Stephanie K. Fattman,

Register of Probate

May 31, 2024

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court**
225 Main Street
Worcester, MA 01608
(508)831-2200
Docket No. WO24C0181CA
CITATION ON PETITION TO
CHANGE NAME

In the matter of:

Nicholas Shaun Logan
A Petition to Change Name of Minor has been filed by **Nicholas Shaun Logan of Blackstone MA** requesting that the court enter a Decree changing their name to: **Nicholas Shaun Lund**
IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 06/11/24. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding. WITNESS, Hon. Leilah A Keamy, First Justice of this Court.

Date: May 09, 2024

Stephanie Fattman,

Register of Probate

May 31, 2024

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Michael Baldwin Von Brunow to Mortgage Electronic Registration Systems, Inc., as nominee for First Home Bank, its successors and assigns, dated December 1, 2017 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 58131, Page 54 as affected by a Loan Modification recorded on May 6, 2022, in Said Registry of Deeds at Book 67550, Page 312, subsequently assigned to MidFirst Bank, A Federally Chartered Savings Association by Mortgage Electronic Registration Systems, Inc., as nominee for First Home Bank, its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 60962, Page 200 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 11:00 AM on June 21, 2024 at 48 Ivy Lane, Northbridge (Whitinsville), MA, all and singular the premises described in said Mortgage, to wit:

The land at 48 Ivy Lane, Northbridge, Worcester County, Massachusetts being shown as Lot 44 on a plan entitled "Prentice Garden, Lots for Sale by Bedrosian & Casasanta Realty Trust, Northbridge - Sutton, Mass.," dated April, 1966 by G. Bertrand Bibeault, C.E., recorded with Worcester County (Worcester District) Registry of Deeds, Plan Book 302, Plan 14.

For title reference see deed recorded herewith

The premises are to be sold subject to

and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of TEN THOUSAND DOLLARS AND 00 CENTS (\$10,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms, if any, to be announced at the sale.

MIDFIRST BANK

Present Holder of said Mortgage,

By Its Attorneys,

ORLANDS PC

PO Box 540540

Waltham, MA 02454

Phone: (781) 790-7800

23-000296

May 31, 2024

June 7, 2024

June 14, 2024

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Kyle Baroud to Mortgage Electronic Registration Systems, Inc., as nominee for Merrimack Mortgage Company, LLC, its successors and assigns, dated January 13, 2017 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 56608, Page 9, subsequently assigned to Freedom Mortgage Corporation by Mortgage Electronic Registration Systems, Inc., as nominee for Merrimack Mortgage Company, LLC, its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 67257, Page 393, subsequently assigned to Freedom Mortgage Corporation by Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Merrimack Mortgage Company, LLC, its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 69578, Page 18 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 11:00 AM on June 21, 2024 at 20 Martin Road Unit 1, Douglas, MA, all and singular the premises described in said Mortgage, to wit: The dwelling unit in Douglas, Worcester

County, Massachusetts, known as 20 Martin Road in the Martin Road Condominium Association III, created by the Trustees of the Martin Road Condominium Association III, pursuant to Chapter 183A of the Massachusetts General Laws by Master Deed dated September 1, 1987, recorded in the Worcester District Registry of Deeds in Book 10817, Page 322, together with a fifty per cent undivided interest in common areas and facilities as described in said Master Deed.

Unit 1:

Said Unit contains 1,712.00 square feet, more or less, as shown on the plans filed with said Master Deed.

Subject to driveway easement and agreement recorded with said Deeds in Book 11774, Page 27.

Subject to easements, rights and provisions set forth in Master Deed recorded with said Deeds in Book 10817, Page 27, as amended in Book 22756, Page 320.

Subject to easements, rights and provisions set forth in Condo Trust recorded with said Deeds in Book 10817, Page 334.

Subject to easements, rights and provisions set forth in Unit Deed recorded with said Deeds in Book 10939, Page 188.

For title reference, see deed recorded with Worcester County Registry of Deeds HEREWITH.

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms, if any, to be announced at the sale.

Freedom Mortgage Corporation

Present Holder of said Mortgage,

By Its Attorneys,

ORLANDS PC

PO Box 540540

Waltham, MA 02454

Phone: (781) 790-7800

23-007967

May 31, 2024

June 7, 2024

June 14, 2024

Literacy Volunteers brings on new tutors



Courtesy

Pictured left to right - back row: R. Creighton Peet, Jeff Ardis, Julianne Brechtel, Danelle Laflower, Melissa Damello, and Amy Ouellette. Front row: Emily Farrell (LVSCM Executive Director), Debbie Twigg (Tutor Trainer), Deborah Harvell, Wendy Woodard, Francine Breger, Wendy Ramirez, Melinda Hannah, and Vanessa Fors (Tutor Trainer).

REGION — Literacy Volunteers of South-Central Massachusetts has 11 new volunteer tutors trained to provide one-to-one tutoring for ESOL (English for Speakers of Other

Languages) to adults. These volunteers successfully completed the rigorous 18-hour tutor training on Monday, April 22. The training took place in the Community Room at the Southbridge Police

Department and was the first in-person tutor training offered by LVSCM since 2019. Instruction was provided by board member Vanessa Fors and tutor Debbie Twigg, who were both certi-

fied to teach this course by Literacy Volunteers of Massachusetts in December 2023.

We're thrilled to have these new volunteers trained and ready to be

matched with adults who are on our waiting list. Their volunteer commitment significantly increases our capacity to serve more adults in the community, and will

help people reach their personal, professional, and educational goals. Tutoring is free, confidential, and individualized to the needs of each adult learner.

BAMSI conducts mock interviews at Bay Path Practical Nursing Academy

CHARLTON — Alumni Brianna Cloutier, LPN, Genshireh Maura, BSN, RN, and Nicholas McElroy, BSN, RN joined BAMSI Director of Nursing, Elsie Rivera-Johnson in conducting mock interviews with the PN Class of 2024.

Although there are many reasons why Bay Path Practical Nursing Academy Alumni return on campus such as bringing gifts to show appreciation for the education that Bay Path Practical Nursing Academy has provided them, to stay connected to the Bay Path community, to say hello to their professors and facilitators, donate books and uniforms, the recent alumni visit was purposefully connected to the completion of the Transition into Practice course. Cloutier, Maura, McElroy and Rivera-Johnson all helped conduct mock Interviews to the Practical Nursing Class of 2024.

Each year, members of the PN cohort go through the trial by fire, a mock interview conducted by real members of the healthcare community. This year, Rivera-Johnson represented BAMSI and was joined by the three Bay Path alumni.

Rivera-Johnson stated, "This is an impressive activity, and the students are amazing!"

Asked if she would hire the soon to be new graduates and she responded with an astounding, "Yes!"

The interviews are conducted on campus and are designed to show the PN students what a real interview for entry level nursing position will be like.

Professor Virginia Dockstader, BSN, RN



Courtesy

Elsie Rivera-Johnson, Director of Nursing at BAMSI, interviewing a member of the PN Class of 2024.

and Dr. Adelina Healy, DNP, MSN, RN are co-facilitators for the course Transition into Practice, and both have prepared the PN students for the interviews. The preparation included correcting cover letters and resumes. Volunteer interviewer bookings were managed by the PN Office.

"The idea is that when our graduates get their first job interview for the coveted new grad position, they would be a bit less nervous because they would know the ins and outs of an in-person job interview," explained Grehelina Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director.

The preparation for the interviews began when they entered Bay Path Practical Nursing Academy in the fall as they build an academic portfolio demonstrating their clinical experiences, clinical observations, volunteer activities, and participation in other extra-

curriculars such as the Mock Code Team.

As for the alumni mock interview volunteers, they consider their PN certificates and academic progression in nursing like a share in a stock company having a personal interest in ensuring that Bay Path Practical Nursing Academy's prestige grows. Their participation as mock interview volunteers bring back fond memories as a student nurse. Volunteering is giving back, which plays an essential role in maintaining the value of their own degrees. When alumni give back, they invest in practical nursing students and provide a legacy for future generations. Many alumni state that the benefits they received from Bay Path Practical Nursing Academy are intangible, and what alumni give back are not always easy to measure, but one thing is clear: alumni giving back makes a difference.



Courtesy

Local veterans were honored at Millbury High School's Memorial Day observance last week.

NAI Glickman Kovago & Jacobs

25 ELM STREET | SOUTHBRIDGE, MA

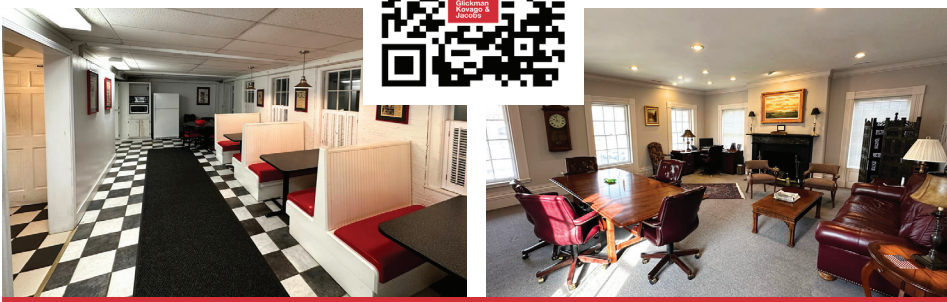
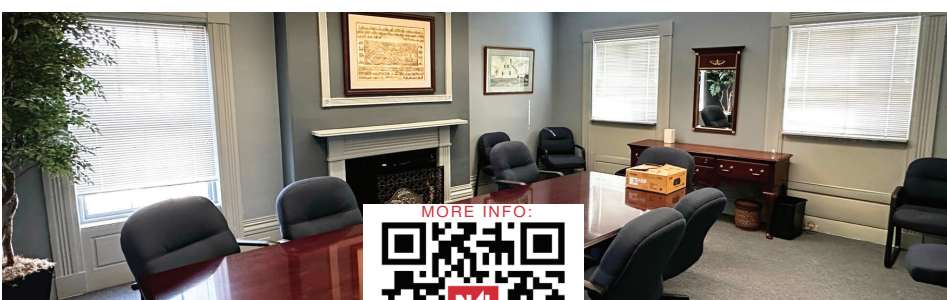
9,536-SF HISTORIC OFFICE BUILDING FOR SALE



- Historical building, also known as Tiffany-Leonard House, built in 1832
- Large Executive Offices with Elegant Finishes and High Ceilings
- Large Open Concept Cubicle Areas



- Listing price: \$650,000
- Building size: 9,536 SF
- Lot size: 13,939 SF
- Loading docks: (1) tailgate height
- Basement: partial | Unfinished



JAMES GLICKMAN
Principal

508-769-5007

jpglickman@glickmankovago.com



JONAH D. GLICKMAN
Vice President

508-868-3765

jdglickman@glickmankovago.com

Stonehill College celebrates Class of 2024

EASTON — A total of 625 students processed at Stonehill College's 73rd Commencement on Sunday, May 19.

Samantha Chrabaszcz of Northbridge

Rianne Cooney of Northbridge

Hattie Tauson of Northbridge

Megan Vanelli of Uxbridge

Rofail Wassef of Uxbridge

During the ceremony, Ed Cooley '94, head coach of the Georgetown University men's basketball team, gave the keynote address. The speaker also received an honorary Doctor of Humane Letters degree alongside Br. Paul Bednarczyk,

C.S.C. '80, superior general of the Congregation of Holy Cross, and Jean MacCormack, former chancellor of the University of Massachusetts Dartmouth and former president of the Edward M. Kennedy Institute for the United States Senate.

For more information about Commencement, visit Stonehill College's website.

About Stonehill College Stonehill College, a Catholic institution of higher learning, was founded by the Congregation of Holy Cross in 1948. Located on the beautiful 387-acre campus and former estate of Frederick Lothrop

Ames in North Easton, Massachusetts, it is a community of scholarship and faith, anchored by a belief in the inherent dignity of each person.

Through more than 100 academic programs in the liberal arts, sciences, business and pre-professional field, Stonehill College provides an education of the highest caliber that fosters critical thinking, free inquiry and the interchange of ideas for over 2,500 students.

Stonehill College educates the whole person so that each Stonehill graduate thinks, acts and leads with courage toward the creation of a more just and compassionate world.