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Thursday-Friday, July 3-4, 2025

# Charlton selectmen request official response on MTA controversy

BY JASON BLEAU  
CORRESPONDENT

CHARLTON — The Charlton Select Board has officially requested a formal statement from the Dudley Charlton Regional School Committee condemning controversial materials promoted by the Massachusetts Teachers Association (MTA) and stating publicly their commitment that the district is “no place for hate.”

The vote is the latest chapter in an ongoing debate sparked by concerns voiced by Charlton Selectman David Singer earlier this year. Singer previously spoke at several public meetings seeking a written statement from the School Committee condemning hate and content promoted by the MTA. On June 10, he and the majority of the Select Board approved sending a letter requesting that the district superintendent and School Committee take a formal stance on the issue.

Earlier this year, the Massachusetts Teachers Association (MTA) posted recommended material on a members-only page for teachers to reference when educating students about the ongoing Israel-Hamas War, also called the Gaza War. The material was heav-

ily criticized as promoting hate and antisemitism leading Singer to approach the School Committee as a citizen asking them to issue a statement that teachers in the district were not utilizing the material and affirming the district’s status as “no place for hate.” After several months without a formal written response, Singer brought the matter to the Select Board, first as a private citizen then in his capacity as a Selectman, asking for the town to send a letter requesting a formal response from school officials.

The situation escalated in late May, when Singer noted unconfirmed instances of hate and antisemitism reported to him from within the school hallways and directly criticized the content of School Committee Vice Chair Jeanne Costello’s personal Facebook page which he called “propaganda” and “hate speech.” Costello issued a statement as a private citizen condemning the accusations. Their disagreement continued during the Select Board’s June 10 meeting where Costello issued another statement during public comment defending her right to free speech and asking for an apology. Singer refused to apologize and expressed his opinion that content

Turn To **MTA** page 9

## Opacum Land Trust receives \$20,000 grant for public access at Para Family Preserve

SOUTHBRIDGE — Opacum Land Trust is pleased to announce it has been awarded a \$20,000 grant from the Hyde/Dexter-Russell Charitable Foundation to enhance public access at the Robert F. and Jeanne R. Para Family Preserve in Southbridge. The grant, consisting of a \$17,000 matching grant plus an additional \$3,000, will fund the installation of public parking, trail signage, and other critical improvements to welcome visitors to this pristine 165.5-acre conservation property.

Turn To **GRANT** page 9

## Sturbridge selectmen handle recreation, fire contract issues

BY GUS STEEVES  
CORRESPONDENT

STURBRIDGE — The Select Board made short work of its last agenda, handling a recreation report, fire contract and trails update in about half an hour.

Recreation Director Andrew St. George kicked it off by summarizing the year to date in his department. He talked about such things as the fact the tennis program for kids has been well-attended, but that for adults hasn’t, and the town’s first “home alone” program (talking about safety for “latchkey” kids) went well. He said the summer program started that Monday with “fairly good enrollment,” and he was planning for the July “WooSox Sturbridge Takeover” day, which was Tuesday, July 1, the fall bonfire, and a fall trip potentially to the Connecticut Renaissance Faire.

Afterward, Fire Chief John Grosso said they’d reached a memorandum of understanding with

Turn To **STURBRIDGE** page 9



Courtesy

Among the recent graduates from the HVACR program at Technology Learning Center in Oxford were Eddy Russell of Charlton (not pictured), Joel Rines of Southbridge, and Jeremy Henson-Bennett of Sturbridge.

# Local farms are “food security,” say experts

BY GUS STEEVES  
CORRESPONDENT

SOUTHBRIDGE — Not long ago, local farmers’ markets kicked off their seasons around the area. A little before then, David Reed of Central Mass Grown highlighted why it’s important to support local farms and grown your own food, if you can.

Speaking at Jacob Edwards Library, Reed noted some of the food we find in supermarkets “has seen more of the world than I have.” That’s because, while “[almost] everything starts on a farm” somewhere, commercial food goes through a complex growing, processing, packaging and distribution system “that can take days, weeks, months, who knows how long ... and that food can travel thousands of miles,” he said.

Look at any commercial food label. It’s not at all unusual to see a package containing in-

gredients from multiple nations or traveling through several to get to you.

“There’s a simpler and easier way to do this,” Reed said. “You get stuff from a [local] farm and it ends up on your table. There’s very little that should be between those. ... Once you get into the strange travels of commercially, industrially-produced food, you have no idea where that food comes from anymore.”

By contrast, the much shorter farm-to-table chain from local farms makes it possible for you to get fresher food with “higher nutrient density.” That’s for a couple reasons. First, most local farms are not corporate monocultures that grow the same thing repeatedly for years over thousands of acres, pumping them full of artificial fertilizers and pesticides. Such chemicals do not replace the many micro-nutrients the soil also



Courtesy

Charlton Farmers’ Market director Eric Willard talks to a marketer one recent Wednesday.

contains, and large-farm practices “start to wear out the soil” and create “huge dead zones” in the ocean downstream.

The average Central Mass farm is 66 acres, but they range from less than one to a few hundred. Many practice some form of re-

generative agriculture, integrated pest management, and/or crop rotation. Since all crops draw nutrients from the soil, the small-farm practices (which are actually very ancient) treat “the soil as a living organism,” reed noted.

“The difference is, if

I get a tomato from the store, there’s absolutely no one I can ask ... who’s going to know anything about it,” he observed.

At a local farmers’ market or directly from a farm, though, a buyer can ask how it was grown, and the farmers are often very willing to

talk, he added.

Beyond such relationship building, supporting local agriculture keeps money in the local economy, which helps keep the farmers on the land, rather than selling it for development. While big ag tends to funnel money to Wall Street, local farmers are “going to try, as much as possible, to patronize other small businesses” for their needs, with the money circulating locally, Reed noted.

For many people, though, the economics pale to taste – “fresher food just tastes better.” Local farmers pick it when it’s ripe, usually in season. That means their customers and CSA share members typically get wider variety and higher quality for shorter periods of time, while big ag grows year-round, typically picking well before ripeness so the food will survive transport.

Such transport often

Turn To **FARMS** page 9



# Nichols College to host the Intergenerational Workforce Summit

D U D L E Y Summit, bringing together regional business leaders, HR professionals and early-career employees



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for a unique, action-oriented event focused on the future of work across generations. The event addresses one of today's most pressing business challenges: managing and motivating a multigenerational workforce. The summit will take place from 8:30 a.m.-12:30 p.m. on Wednesday, Aug. 6 on the Nichols College campus in Dudley. Registration opens June 17, and space is limited. With five generations now active in the workforce - Traditionalists, Boomers, Gen X, Millennials and Gen Z - many employers are facing increased friction,

communication gaps and challenges in employee engagement and retention. This summit transcends awareness and stereotypes to foster shared understanding, inclusive leadership and collaborative action. "At Nichols, we are committed to helping both organizations and individuals thrive. This summit is not about telling young professionals how to behave or asking leaders to lower expectations - it's about creating space for mutual listening and collabora-

tion," said Robin Frkal, dean of the Graduate School at Nichols. "Our goal is to equip participants with real tools and ideas they can take back to their workplaces to build stronger, more inclusive teams." The summit is part of Nichols' executive education series and will feature: An intergenerational panel discussion Facilitated breakout sessions focused on practical solutions and inclusive leadership practices Networking

to strengthen community and employer connections A Nichols-branded digital badge recognizing participation in this groundbreaking summit The event is co-hosted by Visions Internships, which is led by intergenerational workforce expert and CEO & Founder Amy Mosher Berry, who will moderate the panel and facilitate breakout sessions alongside Kim Krumsiek, associate professor of human resource management.

"Today's young professionals are particularly purpose-driven. Most people crave meaningful (as opposed to menial) work and want to

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Bay Path Regional Vocational Technical High School (508) 248-5971 or (508) 987-0326

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## CHURCH LISTINGS

- **Central Baptist Church**  
256 Main St., Southbridge, MA 01550  
Tel 508/764-6365; Worship 10:00 A.M.
- **Charlton Federated Church**, 64 Main St., 508-248-5550, Sunday worship 10:30 a.m. Summer worship is 9:30 a.m. [www.fed-church.org](http://www.fed-church.org) [www.charltonfedchurch.org](http://www.charltonfedchurch.org)
- **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, [www.charltonbaptist.org](http://www.charltonbaptist.org), Sunday worship 10 a.m.
- **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: [CharltonCityUMC.org](http://CharltonCityUMC.org)  
Sunday worship and Children's church 10am
- **St. Anne St. Patrick Church**, 16 Church St., Fiskdale (508) 347-7338  
[www.stannestpatparish.com](http://www.stannestpatparish.com)  
Saturday Vigil Mass at 4 pm, Sunday 8 am, 10 am, 12 noon, Youth Mass (September to May) 5 pm. Daily Mass Mon - Thurs 7:30 and 10 am, Fri and Sat 7:30 am
- **St. Joseph's Church**, 10 H. Putnam Ext, 248-7862, [www.stjosephscharlton.com](http://www.stjosephscharlton.com), Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.
- **Wayside Church**, 6 Haggerty Road, 248-5144
- **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, [snedag.org](http://snedag.org), Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.
- **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, MA 01507, Pastor Craig Bellisario, (508) 233-8349  
Sunday Service 10:00am.  
[www.livingwordcharlton.com](http://www.livingwordcharlton.com)  
[info@livingwordcharlton.com](mailto:info@livingwordcharlton.com)
- **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.
- **Federated Church of Sturbridge and Fiskdale-** 8 Maple St. Sturbridge, 774-304-1021  
[www.sturfed.org](http://www.sturfed.org)  
Sunday Worship 9:30 a.m.
- **Bethlehem Lutheran Church-** 345 Main Street, Sturbridge, MA 01566  
Phone 508-347-7297  
Web: [www.bethlehemsturbridge.org](http://www.bethlehemsturbridge.org)  
Services - Sunday 9:00 am  
Pastor Dan Purtell
- **Holland Congregation Church** "Where the Bible is preached."  
11 Sturbridge Road, Holland, 413-245-9926  
[Hollandchurch.org](http://Hollandchurch.org)  
Sunday Service @ 10:00 am  
Pastor Dan Maketansky
- Holy Trinity Episcopal Church**  
446 Hamilton St., Southbridge, MA 01550  
Phone: 508-765-9559  
Web: [www.holytrinitysouthbridge.org](http://www.holytrinitysouthbridge.org)  
Sunday Service 11:00 am  
Pastor Dan Purtell

## REAL ESTATE

### CHARLTON

\$2,400,000, 104 Sturbridge Rd, 104 Sturbridge Road LLC, to Rb& b LLC.

\$594,000, 103 Haggerty Rd, Foley, Patrick J, and Foley, Jodi L, to Garcia, Olaf, and Garcia, Kelly.

\$585,000, 101 Oxford Rd, Dergachev, Irina, and Labeika, Yury, to Madsen, Daniel T.

\$540,000, 14 Wamsutta Ridge Rd, Sandstrom, Michael C, and Sandstrom, Mary A, to Moniak, John, and Moniak, Christina.

\$500,000, 84 T Hall Rd, Stone Clifford P Est, and Heintz, Leisa, to Fraga, Eugene.

\$382,000, 37 Cranberry Meadow Shore Rd, Benoit Ft, and Benoit, Kathleen M, to Kelly, Ryan, and Kelly, Amanda.

\$110,000, Gould Rd, St Mark Coptic Orthodox C, to Christian Endowment Ft, and Christian, Christopher.

### HOLLAND

\$425,000, 104 Wales Rd, Quinn, Jacqueline D, to Visceto Jr, Daniel J, and Visceto, Jessica.

\$220,000, Mashapaug Rd, Blodgett Farm Mashapaug, to Black Rose Rlty Group LLC.

### SOUTHBRIDGE

\$422,000, 15 Oakes Ave, Vision Re Inv Group LLC, to Cepeda 3rd, Carlos L.

\$410,000, 282 Lebanon Hill Rd, Gioffi, Zachary T, to Piccozzi, Christopher.

\$360,000, 64 Worcester St, Collins, Joseph, to Seifu, Yonasias.

\$320,540, 230 Dresser Hill Rd, Ekt Investments Inc, to Zawalich, Keri.

\$310,000, 338 Lebanon Hill Rd, Rosado, Eddie, to Yancor, Jean, and Martin, Natalia.

\$255,000, 67 Fairlawn Ave, C& j Fairlawn LLC, to 67 Fairlawn LLC.

\$250,000, 47 West St, Decker, Jacob A, to Henry Street Holdings LLC.

### STURBRIDGE

\$654,000, 37 Finlay Rd, Kalber, Norman G, and Kalber, Barbara J, to Quinn, Jacqueline.

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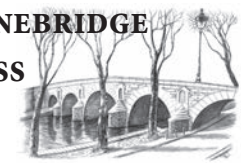
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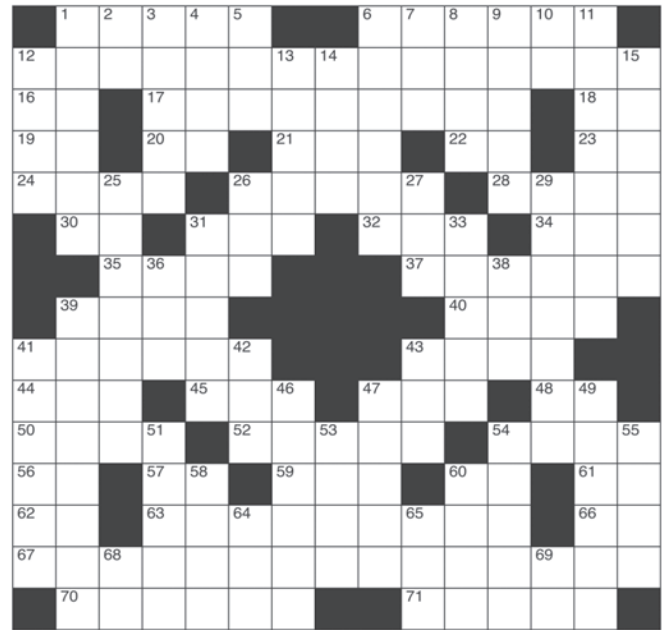
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### CLUES ACROSS

1. Notes  
6. Long-haired dog breed  
12. ESPN's nickname  
16. Spanish be  
17. Disadvantage  
18. Of I  
19. Actor Pacino  
20. On your way: \_\_ route  
21. Fifth note of a major scale  
22. Companies need it  
23. News agency  
24. Faces of an organization  
26. Ponds  
28. Samoa's capital  
30. Partner to "Pa"  
31. Adult male  
32. Cool!  
34. Used of a number or amount not specified  
35. No No No  
37. Hosts film festival  
39. British place to house convicts
40. Made of fermented honey and water  
41. Chief  
43. College army  
44. Thyroid-stimulating hormone  
45. Consume  
47. One point north of due east  
48. For instance  
50. Brews  
52. Alaskan river  
54. Not soft  
56. Atomic #22  
57. "The Golden State"  
59. "The world's most famous arena"  
60. Larry and Curly's pal  
61. One billion gigabytes  
62. Conducts inspections  
63. Malaria mosquitoes  
66. Unit to measure width  
67. Features  
70. Affairs  
71. Letter of Semitic abjads

### CLUES DOWN

1. Follower of Islam  
2. Trauma center  
3. French young women  
4. Norse god  
5. U.S. commercial flyer (abbr.)  
6. Merchant  
7. Peyton's younger brother  
8. Jungle planet in "Star Wars" galaxy  
9. Tree-dwelling animal of C. and S. America  
10. "Pollack" actor Harris  
11. Stuck around  
12. Put on  
13. Influential Norwegian playwright  
14. Christian \_\_, designer  
15. Fulfills a debt  
25. Style  
26. More (Spanish)  
27. A baglike structure in a plant or animal  
29. Remedy
31. Disturbance  
33. "The Martian" actor Matt  
36. Express delight  
38. Brooklyn hoopster  
39. 1900 lamp  
41. Motionless  
42. One's mother (Brit.)  
43. Relative biological effectiveness (abbr.)  
46. Compels to act  
47. Gardening tool  
49. Ancient country  
51. Frightening  
53. Wimbledon champion Arthur  
54. Popular plant  
55. Database management system  
58. Gasteyer and de Armas are two  
60. Where soldiers eat  
64. Tenth month (abbr.)  
65. Illuminated  
68. Atomic #18  
69. Adults need one to travel





# Celebrate the 4th of July at Old Sturbridge Village’s annual Independence celebration

STURBRIDGE — Old Sturbridge Village will host its annual Independence Celebration on July 4 through 6 this year. Visitors are invited to participate in the festivities, including family-friendly activities, summertime concessions, and a Citizen Naturalization Ceremony, where 150 candidates will pledge their Oath of Allegiance to the United States for the very first time.

On Friday, July 4, the Independence Celebra-



tion will kick off outside the Visitor Center with a flag-raising ceremony in the morning, accompanied by festive fife and drum music. Throughout the weekend celebration, visitors to the Village will have the opportunity to make a tri-corner hat, participate in a 19th century-style baseball game, and learn about independence in the 1830s.

In addition to hands-on activities, a variety of demonstrations and readings will be happening at the Village. Guests can watch cannon demonstrations, and hear readings of poetry and the Declaration of Independence. Visitors will also have the chance to learn about patriotic symbols in the 1830s as costumed historians recreate a 13-star flag from the Village’s Collection throughout the weekend.

On Friday, July 4, Old Sturbridge Village will hold a naturalization ceremony that guests are invited to attend. Candidates for citizenship will pledge their Oath of Allegiance to the United States on the Village Common. In the event of rain, the ceremony will be moved inside with limited seating capacity.

The Village’s Independence Celebration runs from 9:30 a.m. to 5 p.m. on Friday, July 4 through the 6th, and is included with standard daytime admission. Tickets may be purchased at the Visitor Center or online in advance at [osv.org](http://osv.org).

# Cornerstone Bank donation helps fund essential supplies for emergency incidents

WORCESTER — Cornerstone Bank, a community bank with locations throughout Central Massachusetts, has donated \$15,000 to the Central Massachusetts Sparks Association. The organization aids Central Massachusetts firefighters and police officers through the Rehab-7 Incident Support. Cornerstone’s donation will help pay for a trailer stocked with water, blankets and protective essentials that will travel to every incident.



their important work as safely as possible in our community.”

The Central Massachusetts Sparks Association and Rehab-7 were recently created to support first responders. Organizers plan to outfit the trailer with shelving, storage containers and supplies such as disposable wipes to remove potential carcinogens from skin. They will bring it to fire and police incidents in Southbridge, Charlton, Sturbridge, Oxford, Spencer, Leicester, Holden, Rutland and Monson. The trailer will also provide supplies incident victims might need until the American Red Cross or other help arrives.

“We think this is a great concept,” said Tallman. “It has the potential to help countless people, from those putting their lives on the line, to victims going through some of the worst moments of their lives. We hope our contribution goes a long way.”

About Cornerstone Bank

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 presence 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 tagline, 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](http://cornerstonebank.com) or call 800-939-9103.



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# Local resident earns Dean's List honors from MassBay Community College

WELLESLEY HILLS — Charlene Stubbert of Charlton has been named to the MassBay Community College Dean’s List, earning this academic honor for the Spring 2025 semester.

To be eligible for the MassBay Dean’s List, students must complete at least six credits of college-level courses, earn a grade-point average of 3.5 or higher, and be in good standing with the College.



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# Trash rates might rise to \$150 a quarter

## Water, sewer, trash rate hearing draws some complaints

BY GUS STEEVES  
CORRESPONDENT

SOUTHBRIDGE — Last Thursday, Town Manager Jack Jovan had the unenviable task of explaining why water, sewer and trash collection rates will be rising for the next fiscal year during his annual rate public hearing.

Of the three, curbside trash collection has been seeing some issues as it slides into its second year of a five-year contract, most notably lower than expected participation. Jovan proposed hiking the trash rate from the current \$115 per unit per quarter to \$150.

“This is not one of my favorite topics to discuss,” Jovan admitted. “...This has been a challenge at best.”

He later said, “Me, personally, I’d like to get out of the trash business,” but also believes “we give a good product for the rates.”

When the town began its contract with Casella for townwide trash collection, it based the costs on a Collins Center study estimating 90 percent participation. At this point, however, Southbridge is seeing a 78 percent participation rate. (The system is open to those buildings housing up to and including six families, but not commercial sites or larger multi-families.)

Specifically, Jovan’s figures showed the town billed 5943 units for the first curbside bill last year, but by the most recent bill, 511 of those units had left the system (mostly opt-outs or by the fact of being vacant). 15% of the two-family home units and more than 30 percent of those in five- and six-family homes had dropped out, while just 1 percent of single-family homes had done so.

That disparity means last year’s \$115 per unit per quarter rate will rise to about \$150, but the exact rate still has to be approved by the Town Council. Jovan said his finance team broke it down into various components to see what elements might be cut to reduce that rate. His chart showed the curbside collection itself makes up \$60.70 of that rate, disposal \$29.29, “indirect costs” \$11.54, yard waste collection (at curbside) \$10.04, salaries \$9.95, yard waste dropoff (at the DPW) \$9.54, recycling processing \$8.14, hazardous household collection days \$4.12, and other costs \$6.81.

Resident Mark Lataille noted an en-

terprise fund can’t be used to pay for a service the entire town is receiving. He was referring to yard waste collection, especially at the DPW, where it’s nearly impossible to actually police who uses the dumpsters but also curbside, where he said Casella is picking up material without checking to see if those households are in the trash system. For that reason, he suggested putting yard waste into the general fund.

Jovan agreed, saying, “I’ve always had a problem with yard drop off before because it’s free. ... We don’t really have the personnel to be down there.”

However, he added the town is at maximum tax levy and can’t add that to the general fund, and will talk to the council about how to address this.

Acting Board of Health Chair Kevin Splaine said he’s concerned that increasing the rate with the next bill (late July) won’t give people time to opt-out. “I don’t think that’s fair,” he noted.

Recently-resigned BOH Chair Roland Larochelle agreed, adding that he finds how yard waste is now handled “ludicrous” because “it’s not even processed,” just “dump(ed) in a pile at the landfill, making it a fire hazard during droughts.” But if it’s eliminated, he’s concerned it’d end up somewhere else.

He also objected to the fact the proposed new rates were not shown on the town website, and asked Jovan to delay the new rates to start on the September bill, thus giving people until Aug 30 to opt out.

“We’ve been struggling with this whole situation because trash has been free forever and we’ve been spoiled,” Larochelle said.

As the hearing wrapped up, a couple people present said the town might want to look into doing what many other towns do – have residents contract with their own haulers. The issue there would be how to ensure that happens and what impact the extra trucks might have on traffic and roads. (Southbridge’s Casella contract is for five years.)

Water and sewer rates, by contrast, have been more predictable. Specifically, this year’s water rate will rise 2 percent, while sewer’s rising 6 percent.

The water budget (managed by Whitewater) has risen 5 percent over the last three years to \$4,507,977. \$2.3 million of that is for operations, \$1.5

million for capital and debt (mostly for previous capital projects), \$733,736 for “indirect costs” (things done by other branches of the town for the water system) and \$100,000 for reserves. Jovan’s presentation said \$3.9 million of that will be funded by user charges.

For the sewer department, the total is \$5.4 million. \$3 million of that is for operations, 1.5 million for capital and debt (mostly the latter), \$711,527 for “indirect costs” and \$100,000 reserves. That budget has risen 8 percent over the last three years, with one of the bigger features being the new contract with Jacobs, which was hired in February after the town started seeing issues

with the previous operator, Veolia. Among the most notable was a backlog of maintenance projects that have been approved but not done.

Jovan said Jacobs is now looking into two additional potential revenue sources: receiving septage from other towns (the plant has excess capacity) and selling “higher-grade” compost. The latter will depend on buying a new screening machine. On the other hand, he noted Jacobs will also be seeking \$600,000 to reline the East Main sewer line after they found it has cracks.

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



## Pickleball fundraiser to support Wales Community Pantry

WALES — What do the Wales Community Pantry and Pickleball-U have in common? Both are interested in finding pickleball players who wish to support the Community Pantry.

The Pantry has more than doubled the number of people served in Brimfield, Holland, Wales, and the surrounding communities providing thousands of pounds of food to those in need every month. The need has grown so much that we need to move to a bigger space. In early July, the Pantry will be moving to

172 Main St. (Route 20) Brimfield. As with any move, we have additional expenses.

So for the Pickleball in Sturbridge...Please join us on July 27 from 1 – 4 p.m. to play Pickleball at Pickleball-U fundraiser located at 178 Main St., Sturbridge. \$50 per person. Air Conditioned, snacks included, raffle items, free instruction and equipment to borrow. All ages and levels are welcome. A mini-tournament option is available depending on the numbers and skill levels of attendees. Register here: <https://app.courtreserve.com/Online/Events/Details/10865/BL8CUBJ10865616>

Invite a friend, bring a team, sponsor a young person to play... If you know of anyone in need of the Community Pantry services, visit [www.walescommunitypantry.com](http://www.walescommunitypantry.com) or call 413 245-0055.

Sponsorships for our move are a vital part of our success. If you are interested in becoming a sponsor email: [walescommunityfoodpantry@gmail.com](mailto:walescommunityfoodpantry@gmail.com).

## Fiskdale resident earns President's List honors from MassBay Community College

WELLESLEY HILLS — Lucas Emmanuel of Fiskdale has been named to the MassBay Community College President's List. Lucas, who studies Biotechnology, earned this academic honor for the Spring 2025 semester.

To be eligible for the MassBay President's List, students must be enrolled in 12 or more college-level credits, achieve a 3.7 grade-point average or higher, and be in good standing with the College.




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**Registration # 8831**


Amythist is a smart, sweet, and creative young girl who enjoys a variety of fun activities. She loves gymnastics, dancing, music, riding her bike, and doing arts and crafts. She attends elementary school and enjoys being around her peers, especially during social or creative activities. Though she can be a bit shy at first, Amythist opens up as she becomes more comfortable and shows a fun, caring personality. She enjoys indulging in girly things and shares a special connection with her social worker over their shared love of Bath & Body Works products. Amythist thrives when she feels safe, supported, and encouraged to be herself.

<https://www.mareinc.org/child/21181269057>

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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](http://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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# Gateway Players hosting auditions for “The Clumsy Custard Horror Show”

SOUTHBRIDGE — Gateway Players Theatre in Southbridge is hosting auditions for "The Clumsy Custard Horror Show" the fourth show of our 50th anniversary season.

Auditions will be held at Fellowship Hall at Elm Street Congregational Church in Southbridge (entrance is on Park Street, around the corner), on Sunday, July 20, 1-3 p.m. and Tuesday, July 22, 6:30-8:30 p.m. Auditions will consist of cold readings from the script and some physical improv. No need to sign up or prepare anything, just come on down and get ready to laugh! They

will be held in Fellowship Hall of Elm Street Congregational Church, 61 Elm St. in Southbridge. Entrance is on Park Street (around the corner).

The Clumsy Custard Horror Show (and Ice Cream Clone Review) by William Gleason is a comedy where the audience gets into the act. King Dumb is ready for his daughter to select a husband and all the Knights of the Realm are anxious to claim her hand. But the sweet Princess Prince has fallen for a gentle yet courageous lad she assumes to be a pauper. Not so! Little does she know that

this scruffy stranger is Swashbuck Valpariso, bearer of the magic sword and Master of Fast Feet. It's a Princess Bride kind of tale with a Rocky Horror feel. Directed by Mikey Dearn and produced by Stephanie Ruggiere.

Anyone age 10 and up may audition for a role in the show. We welcome all genders, identities and ethnicities whether they are newcomers or veterans to the stage. Rehearsals will be held Monday and Thursday evenings with Sunday afternoons added after Labor Day. Performance dates are Oct. 4, 10, and 11 at 7:30 p.m. & Oct. 5 &

12 at 2 p.m. The Clumsy Custard Horror Show is presented with permission from Dramatic Publishing.

Any other questions? Feel free to message the director, Mikey Dearn, at [dearn44@gmail.com](mailto:dearn44@gmail.com).

## Fitchburg State announces Dean’s, President’s Lists

FITCHBURG — Fitchburg State President Donna Hodge has announced the students who qualified for inclusion on the Dean’s List and President’s List for the Spring 2025 semester.

A student is placed on the Dean’s List for the semester if an average grade of 3.20 or better is attained, and the student is attending the university full time.

The President’s List honors students for consistently high academic achievement. A student is named to the list after achieving a 3.75 average in each of three successive semesters.

Dean’s List

Goulas, Connor J. Novack

Brimfield: Gabriel A. Rice

Fiskdale: Horel Love Kentsa

Charlton: Jordan A.

Sturbridge: Vanshika S. Patel

Wales: Michael T. Bouthiller

# New exhibit at Jacob Edwards Library spotlights local artist’s works in clay

SOUTHBRIDGE — Gateway Players Theatre in Southbridge presents "Fiddler on the Roof," the third show of our 50th anniversary season. Performance dates are Aug. 1 & 2 at 7 p.m. and Aug. 3 at 2 p.m. at the Southbridge High School/Middle School auditorium, 132 Torrey Rd., Southbridge. Directed by Patricia Haddock, Produced by Kathi Grenier, and the Musical Director is Connie Galli. Presented by permission through special arrangement with Music

Theatre International.

Tickets are \$20 for adults and \$18 for seniors and youth under 18. Tickets may be reserved by calling Gateway at 508-764-4531. Online credit card ticket sales are available at <https://www.ticketleap.events/tickets/gateway-players/fiddler-on-the-roof>

Set in the little village of Anatevka, the story centers on Tevye, a poor milkman, and his five daughters. With the help of a colorful and tight-knit Jew-

ish community, Tevye tries to protect his daughters and instill them with traditional values in the face of changing social mores and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic detail, Fiddler on the Roof's universal theme of tradition cuts across barriers of race, class, nationality and religion, leaving audiences crying tears of laughter, joy and sadness.

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FRANK G. CHILINSKI  
PRESIDENT/PUBLISHER

BRENDAN BERUBE  
EDITOR

# Make the most of your summer

This past weekend’s wet weather aside, summer has finally arrived with its warmth and vibrant energy. As we step into this long-awaited season, it is crucial that we seize the opportunity to embrace the outdoors, bask in the sun’s rays, and make the most of these few precious summer months.

The transitional period from spring to summer has been marked by an uncharacteristic gloom, with the dreary weather dampening spirits and limiting outdoor activities. But as the days grow longer and the sun regains its strength, let us reinvigorate our spirits with the bright prospects of summer.

There is an inherent enchantment that comes with this season, leading us to explore and indulge in the myriad of activities that the warmer months offer. It is the time to relish in the simple pleasures that nature provides, to feel the grass beneath our feet and to savor the coolness of a refreshing dip in the water.

Embracing summer not only renews our connection with the natural world but also nurtures our mental and physical well-being. Studies have consistently shown the positive impact of spending time outdoors, from reducing stress and anxiety to improving overall mood and cognitive function. It is during these sunny months that we have the opportunity to recharge our batteries, to foster a sense of balance, and to enhance our overall quality of life.

Summertime presents us with a golden chance to reconnect with our communities. Festivals, concerts, and outdoor events are resuming, offering opportunities for shared experiences and the celebration of the arts and culture that make our society thrive. By participating in these activities, we not only support local economies but also foster a sense of unity and togetherness that can heal the wounds inflicted by recent hardships.

Moreover, summer offers an array of recreational pursuits that cater to everyone. Whether it is hiking, picnicking in scenic spots, trying out water sports, or simply lounging in the sun with a captivating book, there is something for everyone. These leisurely activities allow us to create lasting memories, deepen relationships, and inspire a sense of adventure within us.

As we immerse ourselves in the joys of summer, remember to do so responsibly. Climate change is an ever-present threat, and our actions must reflect a commitment to the environment. As we embrace outdoor activities, let us also prioritize sustainable practices, such as reducing waste, conserving water, and protecting natural habitats. By doing so, we can ensure that future generations will have the privilege to enjoy the beauty of summer as we do today. Let us make this one summer to remember!

Letter submission  
policy

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

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

# OPINION

## On American generosity

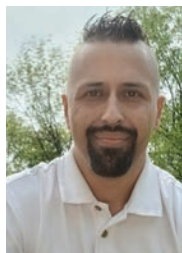
Much has been made, and rightly so, about a \$550 million bribery and fraud scheme targeting USAID. Fraud and corruption, especially if it preys on those in real need, have no place in our society. But that’s no reason to throw the baby out with the bathwater.

Gutting USAID is often also linked to an America First policy. Insofar as many Americans, including veterans, are also struggling to make ends meet and receive healthcare in our country, America First sounds reasonable. I have no problem with it. But why not do both: take care of our own and any around the world in desperate need?

More than half of our federal budget’s discretionary spending is allocated to defending ourselves. Small percentages go to caring for ourselves or caring for others. While the wealth in our country has increased and charitable giving has, in real dollars, increased, the percentage of per capita generosity has remained stagnant for decades (around 2 percent of income and GDP).

It seems to me, then, that the real problem we have is that we have placed a cap on charity and generosity generally. Maybe we have an aversion to generosity. We will use whatever rational arguments we can to excuse ourselves from giving to anyone.

Yet consistently throughout the Bible we are called to care for the alien, the stranger, as well as one of our own,



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and to give to those in need, especially the sick, widows, and orphans. In 2 Corinthians 8, St. Paul humbles the wealthy Corinthians hesitant to give to his collection intended for the widows and orphans in Jerusalem by speaking of the poor Macedonians whose “overflowing joy and their extreme poverty welled up in rich generosity... they gave as much as they were able, and even beyond their ability... they urgently pleaded with us for the privilege of sharing in this service to the Lord’s people.” In other words, it shouldn’t matter whether the people in need are “our own” and there shouldn’t be a cap on generosity. Generosity should be a joyful way of life.

The programs of USAID often save lives, thousands and thousands of lives a year. We Methodists know this firsthand, as one USAID project whose funding has been cut is a Methodist-affiliated project on malaria in Africa. We shouldn’t only fund USAID; we need to fund similar projects in our own country, too, of course. That’s what generosity is about: saving lives.

Morally and religiously speaking, we must, I think, reevaluate our financial priorities as a people. This isn’t about USAID but about our capacity to compassionately care for those in need, “our own” and anyone. From cutting and gutting we should consider instead increasing our generosity to save lives around the world and in our country.

## Investing with heart: Find a financial advisor who shares your values



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When it comes to managing your money, there’s more to consider than just the bottom line. For many people, investing isn’t only about building wealth or reaching goals — it’s about making sure their dollars support charitable causes and principles that are in line with their closely held values.

Whether your focus is on protecting the planet, aligning with your faith or giving back to your community, a financial advisor who understands your values can help you build a portfolio that reflects what matters to you. Here’s how to help find a good fit.

Know what you stand for

Before you start searching for a financial advisor, take a moment to reflect on your own values. Are you passionate about sustainability? Do you want your investments to avoid companies that conflict with your faith? Is charitable giving a big part of your life and something you want to incorporate into your financial strategy?

Make a list of your top priorities. Understanding what drives you can help make it easier to find a financial advisor who shares and respects your vision.

Do your homework

Once you’ve clarified your goals, start looking for financial advisors who focus on values-based investing. Terms like “socially responsible investing” (SRI), “faith-based investing,” “impact investing” or “ESG” (which stands for environmental, social, and governance) are good keywords to use during your search.

Browse financial advisor websites and check their credentials. Some may highlight their experience with sustainable funds or philanthropic planning. Look for signs that they’re comfortable helping clients invest with a conscience.

Ask the right questions

After narrowing your list, schedule a few introductory discussions, which can be done in person or remotely, depending on your preference. These chats are your chance to learn more about how the financial advisor works and whether they’ll be a good fit.

Ask about their investment approach:

Do they offer portfolios with a focus on ESG or faith-based filters?

Have they worked with clients who have similar values to yours?

How do they assess charitable giving strategies or donor-advised funds?

Do they know the complex tax rules associated with charitable giving?

Listen closely to the questions they ask of you. Are they truly interested in what matters to you? Do they understand your values and priorities?

Also, consider their communication style. Will they keep you updated regularly? Are they open to collaboration when you want to adjust your plan?

## Time is moving faster!

Is time moving faster? That's what Terrence McKenna thought.

He asked the question, "What lasts longer: a million years with nothing happening or ten seconds packed with fifty thousand moments?"

He postulated that in the universe's early days, so little was going on that time itself felt slow. Back then, the cosmos was almost empty—few particles, few forces, few events—and now, there seem to be countless events and moments happening at an exponential rate. More and more events are piling up in our days. Which makes one feel as if time is speeding up.

McKenna saw this acceleration on a universal scale—but we feel it every day in our own lives. The average morning now contains more stimuli than a whole week used to. We're living in a digital downpour.

Everything we see is designed to pull at our attention. One sensational headline after another—storm warnings, market crashes, political scandals—but that’s just the beginning. Every screen you look at flips to a new commercial, a pop-up ad, a push notification begging you to shop, a sponsored post in your feed, a "limited-time offer" email, or an autoplay trailer for the next hot show. Each one a mini-event in an avalanche of distractions.

With so many things happening at once—our days feel overloaded. Time seems to slip through our fingers.

Is there anything we can do about it? We could run away to a cabin in the woods and hide from all the screens. Short of doing that, there is no escape.

We are trapped in an

Turn To **POSITIVE** page 7

## To the Editor

### Join me in congratulating Emily Dabrowski Scholarship recipients

To the Editor:

The Emily Dabrowski Memorial Scholarship Committee has announced the recipients of the 2025 scholarships. This is the eighth year that funds have been generously provided by members of our community. These winners from Charlton and Dudley have a history of volunteering in our community and have shown kindness to others, animals and our environment.

The 2025 Emily Dabrowski Memorial Scholarships recipients are:

Peter Barbale  
Colleen Thomas  
Madison McNamara  
Sabrina Kremontsova  
Grace Delisle  
Lily Durola  
Maggie Montville  
Dominik Gielarowicz

Sydney Zmetra

Please help me in congratulating these fine, young people. The scholarships are in memory of my daughter, Emily, who died during her senior year at Shepherd Hill. To make a donation to the Emily Dabrowski Memorial Scholarship Fund, please contact Saver’s Bank in Charlton at 508-248-4255. If you would like to participate in the Golf Tournament, it will take place at the Heritage Golf Course on July 19. Please contact me for more information at Diane01507@gmail.com. I’d like to thank everyone who has donated to Emily’s scholarship fund. Your generosity is deeply appreciated!

Thank you,  
Diane Dabrowski  
Charlton

Trust your instincts

Choosing a financial advisor is a personal decision. Beyond their professional qualifications, you want someone who listens well and respects your goals. Don’t hesitate to meet with several financial advisors before making your choice. The right person will make you feel understood and supported, both financially and personally.

Ideally, you and your financial advisor will forge a long-term relationship that spans the changes and milestones in your life. As the details of your financial strategy may change, you’ll still want to hold onto your values in your investments.

Investing with purpose

Whether you’re hoping to reduce your carbon footprint, stay true to your faith or make the world a better place through giving, you don’t have to choose between your values and your financial future. Many good financial advisors can help you do both.

Taking the time to find someone who shares your vision can help you feel confident that your investment strategy can align with your personal beliefs.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Trevor Nielsen, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or trevor.nielsen@edwardjones.com.*



# Gardening in extreme heat

The recent heat wave that swept across much of the country is a good reminder to take extra care of our plants and ourselves as temperatures climb. Extreme temperatures can take their toll even on plants normally suited to the growing conditions.

Many plants suffer when short- or long-term temperatures exceed 86 degrees Fahrenheit. You will see withering, leaf and flower drop, stunting and more on heat stressed plants. The longer the heat wave persists the greater the risk of damage.

When daytime temperatures rise above 90, and night temperatures remain above 70, blossoms drop, and poor fruit development may occur on tomatoes.

Temperature extremes also impact pepper productivity. When temperatures climb to 95°F or higher the pollen is sterile, and flowers may drop. Small fruit may also fall from the plant during such hot spells.

We can't change the



Soaker hoses and drip irrigation save water by applying it directly to the soil where it is needed.

Photo Melinda Myers

weather, but we can help our plants cope when temperatures soar. Provide some midday and afternoon shade for plants struggling with the heat. Move containers to a shady location and use a patio umbrella or shade cloth suspended on hoops or stakes to provide your permanent plantings with a bit of relief.

Mulch the soil to conserve water; keep plant roots cooler; suppress weeds, and improve the

soil as it decomposes. Spread a one-to-three-inch layer of leaves, evergreen needles, woodchips and other organic matter on the soil surface surrounding plants. The coarser the material, the thicker the layer of mulch needed. Pull mulch away from the trunk of trees and the stems of shrubs and other plants. You obtain multiple benefits from this one task while burning a few calories and strengthening your

muscles.

Water plants thoroughly when the top few inches of soil are crumbly and moist. Plants will develop deeper roots able to access water from a larger area, making them more drought tolerant and pest resistant. Avoid frequent light watering that encourages shallow roots more susceptible to drought stress. Make sure new plantings, moisture lovers, and stressed plants

are the first to receive a good, long drink.

Don't overlook established trees and shrubs that need a helping hand during extended periods of hot, dry weather. Soak the area under the tree's dripline when the top four to six inches of soil are crumbly and slightly moist. Provide ten gallons of water per inch diameter of tree trunk measured at 4.5 feet high.

Water early in the day, when possible, to reduce moisture loss to evaporation. Use soaker hoses and drip irrigation whenever possible. You'll use less water by applying it right to the soil where it is needed.

Check container gardens daily. Water thoroughly when the top inch or two of soil is dry.

Take care of yourself when gardening especially during hot weather. Try to work in the garden when temperatures are cooler and in the shady spots in your landscape. Take frequent breaks and drink plenty of water.

Cover up your skin with brightly colored,

loose-fitting clothing made of densely woven fabrics. Wear a broad-brimmed hat to protect your skin and UV-blocking sunglasses for the health of your eyes.

Apply a broad-spectrum UVA & UVB sunscreen with an SPF of 15 or higher every day. Apply it 30 minutes before going outdoors and every two hours. You'll prevent sunburn and skin damage while making it easier to return to the garden each day.

With proper care, you and your plants will be better able to withstand the summer heat.

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

# Retro Backyard BBQ Recipes

Retro suburbanites elevated backyard barbecues to a new level that's worth imitating today! Want to host the perfect patio party? Put up the badminton net, set the picnic table with retro linens, mix up some South Seas cocktails and fire up the charcoal grill. Don't forget to serve authentic retro recipes. Here are some that baby boomers are sure to love (and remember)!

**\*\***

**Chile Con Queso Dip**

The ultimate retro cheese dip uses, what else? Velveeta cheese!

**Ingredients:** One pound Velveeta cheese; one medium can tomatoes with chiles; 1/4 cup milk.

**Directions:** Cut cheese in cubes. Add tomatoes and milk. Microwave on medium/high for two minutes. Stir and repeat until cheese melts and dip is well blended. Serve with Fritos corn chips and tortilla chips.

**\*\***

**Barbecued Spare-**



TAKE THE HINT  
KAREN TRAINOR

ribs, Circa 1956

This recipe was the standard of backyard barbecues in 1950s suburbia.

**Ingredients:** Four pounds spareribs, cut into serving pieces; two tablespoons salt; 1/2 cup melted butter; 1/2 cup chili sauce; two tablespoons vinegar; one tablespoon Worcestershire sauce; 1/2 teaspoon garlic salt; 1/2 teaspoon chili powder; 1/4 teaspoon pepper.

**Directions:** Rub meat with salt. Place in shallow roasting pan. Bake one hour in moderate oven 350 degrees, baste three and four times with meat drippings. In sauce pan, combine melted butter, chili sauce, garlic salt, chili powder, pepper, blend well; cook ten minutes over low heat. Remove meat from oven; place

on grill; broil, basting with sauce frequently. Turn only once. Allow 30 minutes for well done steak. Yield: four servings.

**\*\***

**Ham and Pineapple Kabobs**

Shish Kabobs were the fare of choice for "outdoor gourmets" in the early 1960s. This simple vintage recipe has a Hawaiian twist.

**Ingredients:** three tablespoons brown sugar; two tablespoons distilled white vinegar; one tablespoon vegetable oil; one teaspoon prepared mustard; 3/4 pound cooked ham, cut into one inch cubes; 1 (15 ounce) can pineapple chunks, drained; skewers, pre-soaked.

**Directions:** Preheat grill for high heat.

In a medium bowl, mix together brown sugar, vinegar, vegetable oil, and mustard. Thread ham and pineapple chunks alternately onto skewers. Lightly oil grill grate. Place skewers on the prepared grill, and brush liberally with the

brown sugar mixture. Cook for 6 to 8 minutes, turning frequently and basting often. Serve when heated through and richly glazed.

**\*\***

**Hawaiian Dessert Salad**

The South Seas influence is merged with typical 1960s convenience in this favorite dessert, which has been making the cookout and Luau rounds for 60 years.

**Ingredients:** one small can Mandarin oranges, drained; one can crushed pineapple; 8 ounce package sour cream; small package orange Jell-O; two cups mini marshmallows; one container of Cool Whip

**Directions:** Stir dry orange Jell-O and orange sections into sour cream. Stir in pineapple. Add marshmallows and Cool Whip. Chill well before serving.

**\*\***

**Hawaiian Mai Tai Cocktail**

Every self respecting hostess in the 1960s knew how to serve up

a decent cocktail. After all, it often took a few strong ones to keep dad on grill duty all afternoon.

**Ingredients:** two jiggers light rum (3 ounces); one jigger dark rum (1 1/2 ounces) ; 1/2 jigger orange liqueur (3/4 ounce); 1/2 cup pineapple juice; 1/3 cup orange juice; one tablespoon lemon juice; three ice cubes; Maraschino cherries or fresh pineapple spears.

In a blender container combine rums, liqueur and fruit juices. cover; blend to mix. Add ice cubes, one at a time; blend after each till chopped. Pour into glasses; garnish with cherries or pineapple. Makes 2 (6 ounce) servings.

**\*\***

**Win Dinner for Two at the Publick House**

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month

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

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

## Positive

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events, and more noise happening faster and faster each day. If you let it. It can take you from your destiny.

We stand at a crossroads. One path leads us deeper into distraction, a life dictated by alerts, ads, and headlines we didn't choose. Another tempts you toward total escape—setting off for a remote cabin to become a hermit in the woods.

There is a third way, the most powerful of all: to become the navigator of your own timeline. You don't need to run from the storm. You just need to grab the wheel and live with intention.

It's easy to become like a leaf blown around in the wind and tossed this way and that by every notification, every breaking story, every flash of someone else's success. When we make those outside events our priority, we're not living our own dream but chasing piec-

ever-accelerating timeline—more

es of someone else's. It's not wrong to stay informed or enjoy a viral moment, but when our attention is always pulled toward the next big thing, our own purpose gets lost in the whirlwind.

Living intentionally means waking each morning with a clear sense of where you want to go. It starts by naming your biggest dream—writing that book, launching that project, getting that promotion, mastering that skill. Keep that vision at the front of your mind as you move through your day. When a notification tugs at you, ask yourself: "Is this helping me get closer to my goal?" If not, let it go and steer back to your course.

Chart your journey in small, steady steps. Block out time on your calendar for your highest priority—twenty minutes of writing, fifteen minutes of practice, half an hour of research. Whatever it is that you choose. Protect these pockets of purpose like sacred appointments.

As you return to them day after day, you'll see your timeline bend in your favor. The hours you invest become deep rivers of progress rather than shallow puddles of distraction.

Along the way, celebrate each mile marker. Did you apply for that job? Did you send that

first email? Each success, no matter how small, proves you're charting the right course. Adjust as needed—if a path grows rocky, try a new route—but never lose sight of your horizon.

Even if the pace of life keeps accelerating, your path doesn't have to. Time, like clay, is shaped

by the hands that hold it. Don't let it be molded by algorithms, ads, and someone else's agenda. Choose your moment. Chart your course. And let each small, steady step become the story of who you're becoming and advancing toward the life you've always imagined.









## Farms

continued from page 1

also involves lots of packaging, something that's largely unnecessary at a farmers' market or farm-stand. Large scale ag is also more likely to experience contamination and disease small farms don't see – “the industrial food system breaks down on a kind of regular basis ... but the local food system is still there. It's stronger, more resilient; it's there to help us have food when we need it.”

For example, Reed noted last year's bird flu “hit the flocks of the industrial farms. It didn't hit the flocks of local farms.” For a while, supermarket egg costs exceeded local egg costs. Similarly, there are periodic recalls for various kinds of contamination (salmonella, E. coli, listeria, etc) from large suppliers than didn't affect small farms.

“That's food security,” Reed said. “That's what local farms can do for us.”

In part, that's because local ag avoids what Reed termed “everything they're doing to cut corners on the industrial scale.” Among them are heavy chemical use, low worker salaries and abuses, and extensive mechanization; he didn't mention the fact corporate farms also tend to get large tax subsidies.

Reed gave a few brief examples of CMG's 100 member farms, noting they “all have their own story to tell.” Many, like Free Living Farm in Petersham grow organically, but can't use that label officially



Courtesy

**Central Mass Grown Director David Reed describes how much simpler local agriculture's farm to consumer system is than that from giant corporate farms.**

because they don't want to go through the federal “organic” certification process. One, Rattle Root Farm in Princeton, was started by three friends and practices regenerative no-till agriculture; instead of plowing, put compost on last-year's crop rows and plant right atop them.

Others, including Sutton's Whittier Farm and Dudley's Walnut Lane Farm, are multi-generational farms. Reed noted “a farm that's been here for generations and is in a position to be here for generations to come – that's what we want to see.”

To make that happen, he added, there need to be young farmers who can learn from and replace the retiring ones. There also need to be legislative advoca-

cy, something CMG does. Reed noted he's gone to Beacon Hill to support continued SNAP and HIP funding, bills that promote more farming, a bill giving up to \$25,000 as a tax break to farmers who donate to food banks and pantries, and efforts to create more agricultural education programs.

Among his top 10 ways to support local ag, Reed mentioned “Grow your own food, even on a very, very small scale.” That will help you realize “how much better fresh food is, and you'll start to realize how much work goes into it.”

He also advocated for joining a farm's CSA program. In those, farmers provide customers shares of whatever's ripe at the time. “Farmers love them because they're getting that money right away; they know they have that revenue” and their clients “get a great mix of things.”

Naturally, his list including shopping at farmers' markets. Southbridge has two – Big Bunny on Saturdays from 10-2 and the REC Mobile Market in the Central Street Lot Tuesdays from 10:30 a.m.-noon. Almost all area towns also have at least one – Sturbridge, on the common every Sunday; Charlton, on the Common every Wednesday; Webster, at the Housing Authority every Tuesday. See [www.centralmass-grown.org](http://www.centralmass-grown.org) for times; also go there for a long list of member farms and related organizations.

Gus Steeves can be reached at [gus.steeves2@gmail.com](mailto:gus.steeves2@gmail.com).

## Sturbridge

continued from page 1

the fire union that will change their 48-hour workweek to a 42-hour week starting Jan 1, 2026. It will also shift the schedule from three to four staff groups “which will improve operations and efficiency and provide the men a better work-life balance,” he said.

Chair Jamie Goodwin

said it'll be a “slight cost increase” that's already in the budget.

On the other end of the elemental spectrum, they shifted focus to a long list of temporary deck permits, approving all but one en-masse. The stand-alone was for the Mastroanni home, which has attracted some opposition in recent meetings and was the subject of a court case.

Town Administrator Robin Grimm said Selectman Chase Kaitbenski (who didn't attend this meeting) and others have visited the site to verify whether it was “a similar dock to what he's had before” and if “it's in the proper line.”

A resident cited the court decision, saying it's “not supposed to be wider than five feet,” but claimed a section is

eight feet.

Goodwin said that's beyond the board's authority as harbor-masters and would have to be addressed by the court. The board approved it.

Regarding trails, Trails Committee member Nathan Lane talked about phase 2 of the Riverlands project, which has been “refined” from its original plan in 2023. The goal, he said, is to expand access to the

river, add more bike trails (featuring four more “flow” trails), and eventually complete the Grand Trunk in that area. The work has backing from the town's emergency departments, but he's waiting to talk to Opacum Land Trust about the necessary changes to the conservation restriction OLT holds.

Funding will come from existing committee

money (mostly originally from the Community Preservation Act).

Grimm also said she met with the state Department of Transportation regarding Route 20 ADA crosswalk upgrades at Micknuck's. DOT is supporting handicapped access lights there, which should be installed next year.

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## MTA

continued from page 1

promoting what he saw as hate and violence is not justified under free speech.

Their debate sparked discussions about whether public officials should be held to a higher standard regarding statements made either as a private citizen or as an elected representative of the community but eventually culminated in a motion for the Select Board to send a letter to the School Committee.

Singer read the document, which makes no demands of the School Committee, but does ask them to issue a public statement and stance against the MTA's controversial content and any acts of hate, bigotry, and antisemitism.

While most of the Select Board openly supported the letter, several condemning the rise of acts of hate and antisemitism on the national scale, Board Chair Karen Spiewak felt they were overstepping their authority.

“I think if you look at the org chart, the school committee is an autonomous board from us. That doesn't mean we can't make suggestions, but I would like to know how we would feel if we received such a letter,” said Spiewak, who served a decade on the School Committee. “We have a certain code of conduct. Why are we almost demanding that they take action? I think we're walking that fine line.”

Several members clarified that the letter does

not require any action, but serves as an official public request for a response. Spiewak said she would rather have the School Committee, the Select Board, and Bay Path Regional Vocational High School all come together to issue a joint statement on the matter.

The Select Board issued a 4-1 decision to send the letter with Spiewak the only dissenting vote. The board did support an amendment by Spiewak that the document be examined by legal counsel

before being send to the School Committee.

Kelly Szela, Chair of the Dudley Charlto8n Regional School Committee, confirmed in an email that the district received the Select Board's letter on June 23 and have placed the item on their July 10 meeting agenda for discussion. Szela explained that the district has no formal response to the matter until that meeting. However, she did reiterate that the district has policies in place against acts of hate and prejudice.

“TheDudley-Charlton Regional School District stands firmly and publicly against all forms of antisemitism, racism, bigotry, and hate,” said Szela. “We fully acknowledge the importance of the concerns raised by the Charlton Board of Selectmen (Select Board) and remain deeply committed to our responsibility to ensure that our schools are safe, respectful, and inclusive environments for all students, families, and staff.”

## Grant

continued from page 1

"This generous grant from the Hyde/Dexter-Russell Charitable Foundation brings us one step closer to opening this remarkable property to the public," said Laney Wilder, Executive Director of Opacum Land Trust. "The Para Family Preserve represents important habitat and significant land connectivity in our region, and we're excited to share its natural beauty with the community."

The Para Family Preserve protects critically important habitats including forest, brooks, ponds, and wetlands with a diversity of plants and habitat for birds, insects, and other wildlife. The property abuts the Cohasse Brook Reservoir, which serves as a drinking supply for the Town of Southbridge, making its conservation vital for both environmental protection and public health. Visitors will be able to explore beautiful trails winding through forested habitat and enjoy scenic views of multiple ponds throughout the property.

With the Hyde/Dexter-Russell Foundation funding, Opacum Land Trust plans to install essential infrastructure including a public parking area and comprehensive trail signage to help visitors navigate and appreciate the preserve's natural features. After providing initial public access, the organization plans to develop an accessible trail to ensure that people of all abilities can experience and enjoy the property's natural wonders.

"Environmental conserva-

tion is most meaningful when it's shared with the community," added Wilder. "This grant not only helps us protect critical habitat and drinking water resources, but also creates opportunities for education, recreation, and connection with nature for residents throughout the region."

The Para Family Preserve's proximity to Southbridge's drinking water supply underscores the dual benefits of land conservation – protecting both natural ecosystems and essential public infrastructure. The property's extensive wetlands provide crucial ecosystem services including flood control, water filtration, and habitat for diverse wildlife species.

Opacum Land Trust expects to begin installation of the parking area and trail improvements in [timeframe], with the property opening to the public in [anticipated opening timeframe]. The organization will announce specific opening dates and trail maps as the project progresses.

Support conservation in your community: As Opacum Land Trust continues its conservation work throughout the region, the organization is seeking donations for its spring fundraising campaign to support ongoing land protection efforts, which includes \$2,500 in matching funds, donated by an anonymous supporter.

"Projects like the Para Family Preserve are made possible through the generous support of community members who understand the lasting value of protecting our natural land-

scapes," said Wilder. "We encourage anyone who values clean water, wildlife habitat, and public access to nature to consider supporting our mission."

Donations of any size help Opacum Land Trust acquire, protect, and steward critical conservation lands for current and future generations. To contribute to the spring campaign or learn more about supporting local conservation efforts, visit [www.opacumlt.org](http://www.opacumlt.org) or contact the organization directly.

About Opacum Land Trust  
Opacum Land Trust is dedicated to conserving the land, water, and wildlife of south-central Massachusetts for current and future generations through land protection, stewardship, and community engagement.

Reach out to Opacum Land Trust at PO Box 233, Sturbridge, MA 01566; [info@opacumlt.org](mailto:info@opacumlt.org), (508) 347-9144 and check out our website for events, properties you can visit, and ways to get involved at [www.opacumlt.org](http://www.opacumlt.org)

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# Urban parks “really have super powers”

BY GUS STEEVES  
CORRESPONDENT

REGION — A Boston school-park project could be a model for providing access to nature in Webster, Southbridge and other small urban areas. At least, that's what the Trust for Public Land hopes from its recent Mass Association of Conservation Commissioners' online “lunch and learn.”

“There's an incredible wealth of research ... that proves just how important parks are” in reducing urban heat islands, protecting against flooding, connecting people and cleaning the air, said TPL's Associate Climate Director Taj Schottland. “... Parks and open space really have super powers.”

But some of those studies have also found that around 100 million US residents, including 28 million kids, don't have a park within a 10-minute walk of their homes, TPL State Director Jodi Valenta added. Often, the parks that do exist aren't well maintained, unsafe and “generally unwelcoming or uninviting.”

To help address both sides of that coin, TPL has 199 projects statewide covering 14509 acres, with several focused on urban, lower-income communities. TPL has projects in 15 US cities and partnerships with over 100 smaller communities in the Climate Smart Cities Program, which began in Boston. In general, the agency's goal is to “address climate equity” for areas “disproportionately affected by climate threats,” Schottland said.

They aim to do such things as reduce the “massive amount of impervious surface” in such areas. Schottland said pavement sends 55 percent of rain as runoff and just 15 percent into the soil, while green spaces basically reverse that – 10 percent runoff and half into soil.

Likewise, greenery's “cooling benefits extend up to a half mile.” A Baltimore study found parks make the air 17 degrees

cooler, which can be important given that “heat waves in the US have tripled compared to the long-term average,” he said.

A big part of the process is getting the community involved in creating the park. While that often starts with local officials like Boston city recreation planner Kate Oetheimer, it expands to include forums of residents who actually explore what they want in the park.

In the case they highlighted, Chittick School in Hyde Park, the city

had its eyes on that parcel for some time. Boston's Open Space plan saw a potential park there based on the fact its neighborhood was identified as a gap in the 10-minute-walk from greenspace criteria. Oetheimer said the site “scored really highly in terms of climate resilience and access.”

Valenta said TPL used a “participatory design process” including the school's students, community groups, and other residents as well as city and state agencies. They particularly

sought student input because “they're invested in the long-term success of the schoolyard ... and feel they're contributing to the solution.”

“This promotes a keen sense of pride and achievement,” she said, later noting the same process “can be applied to any community,” although it'll look a little different everywhere. Valenta said Chittick is one of several representatives of the “Parks for People Program,” which aims to develop parks “across the gateway cities” statewide. Another

example is a “food forest with fruit trees” in Radcliffe Park, also in Boston.

Chittick's redevelopment funding, \$1.5 million, came mostly from Boston's acceptance of the Community Preservation Act, which has provided \$4.5 million to an Open Space Acquisition Fund over four years. Valenta noted towns without CPA may also be able to tap various state grants, but only rarely will one fund the entire project from concept to construction. She noted TPL is also

seeking “private sources that will cover capital expenses” like this.

Additionally, the Legislature is considering a bill (H.901/S.597) to set aside \$100 million a year for land acquisition, trail development and related conservation efforts. That bill calls for funding to be from existing sporting goods sales taxes.

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

## Exciting classes from Bay Path Community Education Program

CHARLTON — The Bay Path Community Education Program is thrilled to present a selection of classes taught by their talented instructors, many of which are brand new, as they kick off their Fall Term in September.

Registration details  
Start Date: Registration opens on Monday, July 7

Ways to Register:  
Online at <http://www.baypath.net/bpce>

By calling their office at 508-248-5971 ext. 1715

In-person at 57 Old Muggett Hill Rd., Charlton, from 8:30 a.m. to 1:30 p.m., Monday to Friday (summer hours)

They eagerly await your return to enhance your education, acquire new skills, and make lasting friendships.

Classes beginning Monday, Sept. 8:

Electrical Journeyman Tiers - Ends Dec. 17. Class fee: \$629. Instructor: Various

New! Introduction to Songwriting - Ends Oct. 20. Class fee: \$129. Instructor: Tim Harrington.

New! Introductory Watercolors: - Monday, Sept. 8. Class fee: \$149. Instructor: Art Furtado.

MA State Plumbing License Exam Preparation Course Tiers - Ends Dec. 17. Class fee: \$999. Instructor: Various

Massachusetts Real Estate Salesperson's Course - Ends Oct. 30. Class fee: \$459. Instructor: Joann Szymczak.

Classes Beginning Tuesday, Sept. 9:

Come Dancing! - Ballroom for Beginners Dance Package (Combined) - Ends November 25th. Class fee: \$129/couple. Instructors: Ronda Bertrand & Tony Miloski.

New! Electrical- Basic Motor Control Self Paced Learning Lab - Ends Oct. 14. Class fee: \$499. Instructor: Kevin Ancil.

New! En Plein Air (Outdoors) Watercolors- Location: Ferjulian's Farm, Hudson. Tuesday, Sept. 9. Class fee: \$69. Instructor: Victoria Chapman.

Interested in Becoming an Electrical Apprentice? Join our Hands-On Training Program Semester 1 - Ends Dec. 18. Class fee: \$2,250. Instructor: Kevin Ancil.

Introduction to 3D CAD; The SolidWorks Way - Ends Oct. 14. Class fee: \$299. Instructor: Glen LePage.

Classes beginning Wednesday, Sept. 10:

New! Acrylic Painting- Ends Oct. 15. Class fee: \$175. Instructor: Laura Cenedella

Introduction to Blacksmithing- An Ancient Trade. Ends Oct. 15. Class fee: \$299. Instructor: Brian O'Coin.

New! Yoga for All- Ends Nov. 12. Class fee: \$149. Instructor: Marie Hills.

Classes beginning Thursday, Sept. 11:

New! Adult/Child (8+) Kid Zone; Pizza Pasta. Thursday, Sept. 11. Class fee: \$85. Instructor: Camella Sherry.

Auto Body for Beginners - Ends Dec. 4. Class fee: \$329. Instructor: Scott DesRoches.

CPR: 2 Year AHA Certification - Thursday, Sept. 11. Class fee: \$109. Instructor: Elizabeth Peppel.

Exam Prep: MA Construction Supervisors Unrestricted License (CSL) - Ends Oct. 16. Class fee: \$899. Instructor: Michael Giampietro.

Explore a Career in Bookkeeping - Ends Nov. 20. Class fee: \$199. Instructor: John Hedly.

New! Sweet and Savory Bao Bun Making - Thursday, Sept. 11. Class fee: \$85. Instructor: Zonya Dawson.

The Miracle of the Voice: Technique & Performance - Ends Nov. 6. Class fee: \$159. Instructor: Alida Rohr.

Classes beginning Monday, Sept. 15:

New! Autumn Floral

Sunflower Design - Monday, Sept. 15. Class fee: \$85. Instructor: Dawn Bagogius.

Business Owner Exit Planning: Start with the End in Mind - Monday, Sept. 15. Class fee: \$29. Instructor: Trevor Nielsen.

Classes beginning Sept. 16:

Discover How to Become a Successful First Time Homebuyer - Tuesday, Sept. 16. Class fee: \$39. Instructor: Michael Gorman.

Classes beginning Sept. 17:

Budgeting for Beginners: Get Confident with Your Money - Ends Sept. 24. Class fee: \$59. Instructor: Donna Kondracki.

New! Evening Delights: Feast of the Harvest Charcuterie Crafting Night- Thursday, Sept. 18. Class fee: \$29. Instructor: Donna Kondracki.

New! Sopresa! (Surprise) - Lina's Choice. Thursday, Sept. 18. Class fee: \$55. Instructor: Lina D'Annunzio.

## 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. WO25P2247EA  
CITATION ON PETITION FOR  
FORMAL ADJUDICATION**  
Estate Of:  
**Angele Bulotiene**  
**Date of Death: 10/15/1965**

To all interested persons:  
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Helen Lozoraitis of Mattapoissett 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:  
**Helen Lozoraitis of Mattapoissett 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 07/22/2025.**  
This is NOT a hearing date, but a deadline by which you must file a written ap-

pearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**  
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.  
**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: June 26, 2025  
Stephanie Fattman,  
Register of Probate  
July 3, 2025

(SEAL)  
**COMMONWEALTH  
OF MASSACHUSETTS  
LAND COURT  
DEPARTMENT OF THE TRIAL  
COURT**  
**Docket Number: 25 SM 001897  
ORDER OF NOTICE**

TO:  
Paul Robert Dionne  
and to all persons entitled to the ben-

efit of the Servicemembers Civil Relief Act: 50 U.S.C. c. 50 § 3901 (*et seq*): U.S. Bank Trust National Association, not in its individual capacity but solely as Owner Trustee for RCF 2 Acquisition Trust

claiming to have an interest in a Mortgage covering real property in Southbridge, numbered 22 -26 Winter Street, given by Dennis R Bottcher and Anne Marie Bottcher to Great Western Mortgage Corporation, dated November 30, 1990, and recorded at Worcester County (Worcester District) Registry of Deeds in Book 13128, Page 260, as affected by a Loan Modification Agreement dated March 1, 2022 and recorded at said Registry in Book 67134, Page 233, and now held by the plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before August 11, 2025 or you may lose the opportunity to challenge the foreclosure on the grounds of noncompliance with the Act.  
Witness, GORDON H. PIPER, Chief

Justice of said Court on June 24, 2025.  
Attest:  
Deborah J. Patterson  
Recorder  
July 3, 2025

**CHARLTON CONSERVATION  
COMMISSION  
PUBLIC HEARING NOTICE**

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, the Charlton Conservation Commission will hold a public hearing on July 16, 2025, at 7PM on the application of Gordon Latour.

The applicant has submitted a Request for Determination of Applicability for the replacement of a failed septic system. Address: 8 New Spencer Road, Charlton, MA, 01507. Parcel ID: 11-C-2  
Pursuant to Chapter 20 of the Acts of 2021, this meeting of the Charlton Conservation Commission will be conducted in person and via remote means. Members of the public who wish to participate can access the meeting remotely by request. Copies of the RDA may be examined at the Conservation Office by appointment during business hours.  
Thomas O'Malley  
Chair, Charlton Conservation Commission  
July 3, 2025



# American International College celebrates 2025 graduates

SPRINGFIELD — American International College (AIC) held its 140th Commencement Ceremony on May 4 at the MassMutual Center in Springfield, honoring the graduates in the Class of 2025.

Amie Parnes, senior political correspondent for The Hill covering national politics, delivered the Commencement address to undergraduate, graduate, and doctoral recipients. In recognition of her distinguished contributions to political journalism and her

commitment to fostering public understanding of national affairs through rigorous and insightful reporting, Parnes was awarded an honorary Doctor of Humane Letters from American International College.

Parnes is the co-author, with Jonathan Allen, of three political books published by Crown/Penguin Random House: Lucky: How Joe Biden Barely Won the Presidency; the no. 1 New York Times best seller Shattered: Inside

Hillary Clinton's Doomed Campaign; and HRC: State Secrets and the Rebirth of Hillary Clinton, also a New York Times best seller. Their most recent book, Fight: Inside the Wildest Battle for the White House, was published in April 2025 by Morrow/HarperCollins and became another no. 1 New York Times best seller.

AIC extends its congratulations to the Class of 2025 and wishes all graduates continued success in their future endeavors.

Toni Marie Sargent of Charlton with a Master of Education in Secondary Education

Brianne Bradley of Fiskdale with a Master of Arts in Educational Psychology in School Adjustment Counseling

Benjamin Lazo of Southbridge with a Bachelor of Science in Athletic Administration Leadership

Kaitlyn Beaudry of Sturbridge with a Master of Education in Early Childhood Ed-

ucation - Professional License

Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massachusetts, 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.



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St. Joseph’s Church, Charlton  
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Everyone is welcome.

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Leicester Food Pantry  
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759 Main Street, Leicester, MA 01524  
Distribution: Tuesday 5 PM-7 PM

NORTH BROOKFIELD

St. Joseph’s Food Pantry  
Located in the church hall at 296 North  
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Distribution is the 1st Thursday of the  
month from 5:00-6:30PM  
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Noon-1:15PM  
Any questions should be directed to the  
Rectory office 508 867-6469.  
St. Joseph’s Food Pantry is a community  
partner affiliated with the Worcester County  
Food Bank.

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Oxford Ecumenical Food Shelf  
Oxford Community Center  
4 Maple Road  
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Distribution: Thursday 4:30 PM - 6:30 PM

ROCHDALE

The Lord’s Cupboard Food Pantry  
Greenville Baptist Church  
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Distribution: Every Monday from 12:00 -  
2:00 p.m. Open to everyone.

SOUTHBRIDGE

Saint Vincent de Paul Society Food Pantry,  
Located in the St. Anne Church basement,  
16 Church Street, Fiskdale, MA 01518  
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Mary Queen of the Rosary Food Pantry  
60 Maple St, Spencer, MA 01562  
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36 North Main Street,  
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Alfred Laskowski  
named to Salve  
Regina University's  
Spring Dean's List

NEWPORT, R.I. — Alfred Laskowski of Fiskdale was named to the Dean's List during the spring 2025 academic semester at Salve Regina University. To qualify for the Dean's List, students must earn a semester grade point average of 3.6 for full-time students completing at least 12 graded credits, or a semester grade point average of 3.8 for part-time students completing at least six credits.  
Salve Regina University is a Catholic, coeducational institution of higher education founded by the Sisters of Mercy in 1947. For more than 75 years, Salve has offered rigorous, innovative academic programming in the liberal arts tradition that prepares students to be global citizens and lifelong learners. More than 2,700 undergraduate and graduate students from around the world are enrolled at Salve in 48 undergraduate majors, 13 master's degree programs, combined bachelor's/master's programs, and doctoral programs.  
Every undergraduate student engages in Salve Compass, a four-year transformational framework through which they develop the experience, skills, and wisdom required for a fulfilling career and to make a positive difference in the world. The University is also home to the Pell Center for International Relations and Public Policy, a multi-disciplinary research center focused on the intersection of politics, policy, and ideas. For more information visit [salve.edu](http://salve.edu).

Le Moyne College  
names Emma Winkler  
to Dean's List

SYRACUSE, N.Y. — Emma Winkler, a Senior Biology major from Sturbridge, was named to the Le Moyne College Spring 2025 Dean's List. To make the list, students must achieve a GPA of 3.5 or above.  
Located in a suburban setting on a picturesque 160-acre campus in Syracuse, N.Y., Le Moyne College is one of only 28 Jesuit colleges and universities in the United States. Offering more than 30 majors, Le Moyne provides a values-based education that helps students explore their potential through academics, experience and service. In 2024, for the 12th consecutive year, Le Moyne was ranked by The Princeton Review as one of the nation's best institutions for undergraduate education, an honor achieved by only 15 percent of the colleges and universities in the nation. A Le Moyne education provides students with the intellectual skills necessary to succeed in the world and the will to use their abilities to promote a more just society.

Benjamin Lazo earns  
Dean's List honors at  
American International  
College

SPRINGFIELD — American International College (AIC) student Benjamin Lazo of Southbridge has earned Dean's List honors for the Spring 2025 semester. Lazo is majoring in Athletic Administration and Leadership.  
Dean's List honors are awarded to full-time students who have achieved a 3.3 to 4.0 GPA. AIC commends Lazo and all of those on the Dean's List for their hard work and dedication.  
Founded in 1885, American International College (AIC) is a private, co-educational, doctoral-granting institution located in Springfield, Massachusetts, 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.

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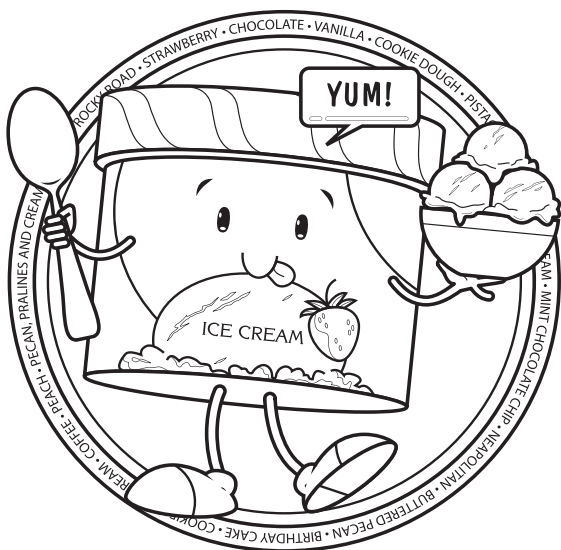
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### Creative Colouring

Colour in this picture to create your own masterpiece.



### CANADA MONTH HISTORY 1866

The colonies of Vancouver Island and British Columbia are united, bearing the Mainland's name as the Colony of British Columbia. The Island capital, Victoria, is set as the seat of government for the colony.

### NEW WORD CUSTARD

a dessert made with cream and egg

### Food FACT:

This is believed to be the first ice cream flavor.

Answer: Nectar/honey

### Double Word Puzzle

Unscramble the words to reveal the sentence.

OPSCO

123

NECO

4

ERFZEE

56

SATE

7

IMI

1264753624

M

2647

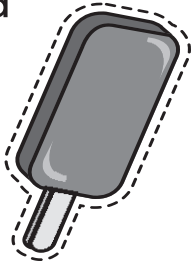
Answer: I scream for ice cream

### How they say that in...

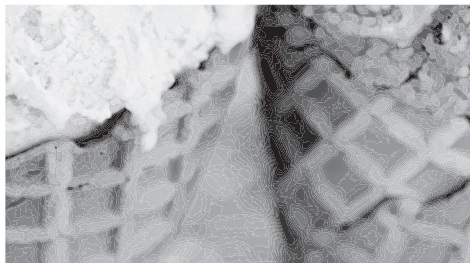
English: Freezer  
Spanish: Congelador  
Italian: Congelatore  
French: Congélateur  
German: Gefriertruhe

### Did You KNOW?

The countries that consume the most ice cream are the United States, Australia and Norway.



### Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Ice cream cones

### CRYPTO FUN

Solve the code to discover words related to the beach.  
Each number corresponds to a letter.  
(Hint: 10 = S)

A. 10 9 7 23

Clue: Granular material

B. 10 8 4 16 15 25 20 7 15

Clue: Where ocean meets sand

C. 5 9 2 15 10

Clue: Swells of water

D. 10 8 15 25 25 10

Clue: Protective coatings of sea creatures

Answers: A. sand B. shoreline C. waves D. shells

### SUDOKU

3		6						7
			4		5			8
				6		4		
								1
		3	9				8	
9	6	1		4		2		
			1			9		
	8	4	7	9		5		
	9							2

Level: Intermediate

#### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

2	8	4	3	6	9	5	1	3
6	8	4	7	9	2	5	1	3
7	3	2	1	5	8	9	4	6
9	6	1	8	4	7	2	3	5
5	2	3	9	1	6	7	8	4
4	7	8	5	2	3	6	9	1
8	5	7	3	6	1	4	2	9
2	1	9	4	7	5	3	6	8
3	4	6	2	8	9	1	5	7

ANSWER:





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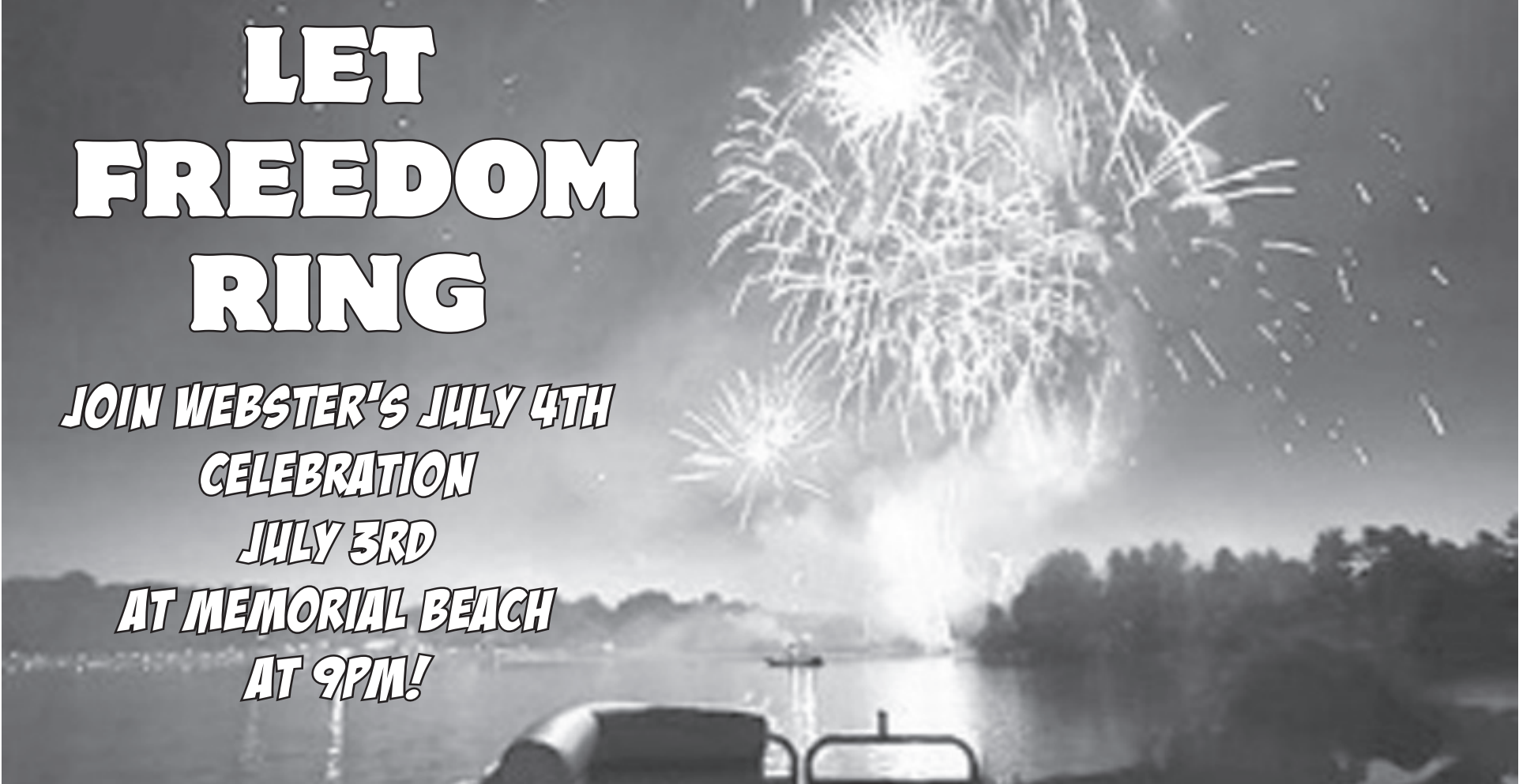


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Courtesy

Mike Hyland (left), Venture Community Services President & CEO, and Donna Peters, Venture board president, commemorate Venture's 50 years of service to the community at Oakholm Farm Estate in Brookfield on Thursday, June 26. Venture staff, family and friends gathered for live music by The Wallpapers, food trucks, lawn games and a photo booth by the lake to celebrate this five-decade milestone. Venture is a human services pioneer in the region, opening the first residential programs in Worcester County for people with disabilities in 1975.

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## Webster man raised to the Sublime Degree of Master Masons



Courtesy

From left to right, our 24th Masonic District Deputy Grand Master, Brother Gordon Forsberg, Bro. Damian Tavernier our newest member and Bro. Will Proper Master of Quinebaug Masonic lodge.

BY BRO. JIMMY FALZONE  
QUINEBAUG MASONIC LODGE

SOUTHBRIDGE — On Saturday, June 28, brethren gathered at the Quinebaug Masonic Lodge in Southbridge to witness and congratulate

Brother Damian Tavernier of Webster, who was raised to the Sublime Degree of Master Masons.

This man, along with other men, have followed this path and joined this great fraternity because of “Who We Are.” We’re men, each trying to be the best version of ourselves. We find it’s easier to do that when we’re with other men who share the same values. We’re there for our brothers no matter what life may bring, and our brothers are there for us. We help others, not just because it’s the right thing to do, but also because it helps us grow. We value honor and integrity. We believe there’s always more to learn. As Freemasons we thrive to make good men even better.

Quinebaug Masonic Lodge was chartered on Dec. 7, 1859. What we do know is that after 166 years, the Quinebaug Masonic Lodge and Freemasonry have continued to grow and make good men better. This is because we value our old traditions, and we think this is what attracts this younger generation of men. This man wants to see and learn how it used to be and what it is like to value honor and integrity. If you would like more information about Freemasonry and to find a lodge nearest you, visit our Web site at [www.massfreemasonry.org](http://www.massfreemasonry.org).

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