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Friday, October 3, 2025

# Whitinsville teen receives pilot's license

WHITINSVILLE
— Jack Hutchinson,
17, of Whitinsville
received his private
pilot's license on Sept.
2. He received his
training through the
Civil Air Patrol, North
Smithfield, R.I. Wing.

From an early age, Hutchinson knew that he wanted to fly planes. He took his first introductory flight at 12 years old. Later, he joined the Civil Air Patrol in his sophomore year, and through this program, he was able to make his dream come true. Jack is currently enrolled at Northbridge Public High School and is participating in an

Attend College Early (dual enrollment) program at Quinsigamond Community College. Jack has been accepted at both the University of North Dakota and Embry-Riddle Aeronautical University for the Fall of 2026. Whichever university he chooses, he is looking to pursue degrees in commercial aviation and aviation management.

For anyone interested in aviation and/or learning more about the Civil Air Patrol, please contact Hutchinson at jhutchinson@riwing.cap.gov

# Hope Garden planted in Blackstone in support of mental health awareness!

BLACKSTONE — The Blackstone Valley Chamber of Commerce's (BVCC) Women's Success Network (WSN) is proud to announce it's participation in creating a Hope Garden along the bike path in the Town of Blackstone, on Saturday, Oct. 4 at 9:30 a.m. This Hope Garden planting will take place at 16 St. Paul Street, Blackstone, behind the Town Hall, by the bike path, in support of Mental Health Awareness.

Come join the WSN for their fourth year of getting down and dirty, to help show that there is hope for those living with mental illness. The goal is to help "Smash the Stigma" associated mental illness by planting 500 yellow tulip bulbs that will bloom in late April/early May. When spring comes, they will be a beautiful reminder that we are not alone, and that there is comfort and support out there for those who may be suffering in silence!

This effort is inspired by the Yellow Tulip Project, a youth-driven movement that is determined to be the change we want to see in the world. They tirelessly host events, visit schools and engage with communities to talk about mental illness and create that safe space for all. It is important that people do not feel alone - what they are experiencing is normal, they will be okay, and there will always be help and support available to

For more information, please visit our Web site at www.blackstonevalley.org to learn more about the Women's Success Network and to register as a volunteer for this event. You can also learn more about the Yellow Tulip Project at www. theyellowtulipproject.org.



# Uxbridge Youth Soccer League hosts Fourth Annual RC Air Show, Vendor Fair

UXBRIDGE — The Uxbridge Youth Soccer League will once again host its annual RC Air Show and Vendor Fair on Sunday, Oct. 19, from noon to 4 p.m. at the Sutton Street Field Complex (285 Sutton St., Uxbridge).

The RC Air Show offers fun for the whole family, as award-winning RC pilots from across New England showcase their skills with impressive stunts performed by their custom RC planes. These pilots, who compete nationally in RC tournaments, have graciously donated their time and talents to support the UYSL's biggest fundraiser of the year. These aren't your ordinary RC planes, with some planes having wing

spans of up to six feet.

Come for lunch and enjoy

delicious food from several famous food trucks, including Thee Taco Dude, Big Daddy's Bites, The Pastry Box, Twizted Beveragez, and more. Try your luck at the raffle table, and purchase one-of-a-kind gifts from a wide range of local vendors.

Back by popular demand, the Air Show will also be bringing back Touch-a-Truck as well as activities from the New England Revolution. And new this year, the New England Patriots Endzone Militia will be in attendance. Other kids' games and activities will also be available.

All funds raised through the Air Show go towards support-

ing Uxbridge Youth Soccer's fall and spring programs, which provide an opportunity for children ages three to high school to participate in youth sports. Through your generosity, the league is able to fund its partnership program with the New England Revolution Academy, keep registration fees among the lowest in the region, and offer financial aid scholarships to those who need it so that everyone plays. There is a recommended donation of \$5 per person.

You can catch all of the latest RC Air Show updates on its Facebook Event page "4th Annual UYSL RC Air Show and Vendor Fair."

# Whitinsville Christian School retreat offers a day of faith, fellowship, and fun

UXBRIDGE — On Thursday, Sept. 12, Whitinsville Christian High School gathered at Fairwoods in Uxbridge for a memorable all-school retreat. The day was filled with powerful worship, meaningful conversations, and plenty of fun, setting the tone for the year ahead.

The retreat began with an uplifting time of worship led by the High School Chapel Band, followed by a message from Pastor Josh Poritsky, Youth Pastor at Cornerstone Church in Uxbridge. Students then broke into small groups spread across the scenic Fairwoods grounds, where many shared openly about faith and prayed together with peers and teachers.

One of the most moving moments of the morning came when each student received a Palanca letter written by a family member or faculty member offering encouragement, love, and support. Creativity also took center stage as students designed tie-dye shirts in class colors, and contributed to a large paper-chain anchor filled with Bible verses, drawings, and words of hope.

After lunch, the atmosphere shifted to play and relaxation. Students and staff enjoyed fishing, corn hole, volleyball, basketball, and even a competitive pickleball tournament. The retreat concluded with a group photo on the beach, closing words of encouragement from Pastor Josh, and one final time of



worship together.

From beginning to end, the day embodied the spirit of community at Whitinsville Christian High

School, deepening friendships, strengthening faith, and creating memories that will last far beyond the





Meet Cleo

Meet Cleo

This affectionate, goofy girl is a total gem who keeps getting overlooked—but once you meet her, you'll wonder how! Cleo is the perfect mix of playful and sweet, and she absolutely loves people of all ages. Whether it's kids, teens, or adults, she's all in for making new human friends. Cleo greets the world with confidence, kindness, and a wagging tail—she's smart, loving, and ready to be someone's best friend.

Cleo is always up for an adventure—whether it's hitting the trails, hopping in the car, playing tug, or just curling up at your feet. She rolls over for belly rubs, leans in for snuggles, and is happy to be your personal office buddy. She even made her TV debut on Boston 25's Furever Friday, charming everyone with her cow-like spots and sunny smile! What makes Cleo extra special \*Sweet, social, and goofy – loves people and her best friend Horton! Super smart – knows sit, down, touch, come, and more \*Well-mannered and house-trained \*Road trip ready – rides like a dream in the car \*Toy lover – enjoys tug, squeaky toys, and soccer balls \*Water queen – rocked her pool day at Canine New England and never misses a chance to swirn, whether it's a lake or a pool! \*Adventure buddy – loves trail walks and stream wading \*Volunteer favorite – everyone loves Cleo!

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# Arthritis Foundation's Jingle Bell Run® brings Worcester together to raise funds and awareness for research

bring holiday cheer to Worcester on Dec. 7, with the goal of raising \$95,000 this year. This family-friendly, holiday-themed 5K run at Bay State Brewing Company encourages participants to dress in festive costumes and get moving to raise awareness and funds to conquer America's #1 cause of disability.

Taking place in more than 60 cities nationwide, the Arthritis Foundation's Jingle Bell Run benefits the nearly 60 million adults and hundreds of thousands of children in the U.S. who are living with arthritis every day. From funding cutting-edge research for new treatments, and ultimately a cure, to advocating for health care access, the Arthritis Foundation helps people with arthritis score everyday victories, one step at a time.

'Jingle Bell Run has found it home in Worcester over the last five years and we're looking forward to bringing extra holiday cheer to town this year," said Erica D'Agostino, Senior Executive Director. "Our honorees and volunteers are the ones who make Jingle Bell Run successful and memorable every year, and this year we're humbled to honor Dr. Minjin Fromm who is a true arthritis champion and her commitment to her patients.'

Dr. Fromm has a passion for improving the quality of life of patients who suffer from painful arthritic conditions in the spine and joints through injection-based treatment. She

finds joy in connecting with patients to help understand their problems and offers the best treatment options to reduce their pain and return to an active lifestyle.

In addition to Dr. Fromm, the following people and partners will be honored.

- Dr. Esra Meidan, Jingle Bell Run Medical Honoree, Boston Children's Hospital
  - Sarine, Jingle Bell Run Teen Honoree
  - Charlotte, Jingle Bell Run Youth Honoree

Jingle Bell Run is nationally sponsored by Novartis and Zoetis. Local sponsors include Intex Soluntions and Country Bank. To learn more and register for Jingle Bell Run in Worcester, visit www.jbr.org/centralma.

About the Arthritis Foundation

The Arthritis Foundation is fighting for all people who live with arthritis. The Foundation's mission is to turn the obstacles arthritis causes into opportunities. The Arthritis Foundation champions life-changing solutions and medical advancements, and it also provides ways for people to connect. break down barriers in health care and join the fight for a cure — uniting hearts, minds and resources to change the future of arthritis. To join the fight to conquer arthritis, visit arthritis.org.

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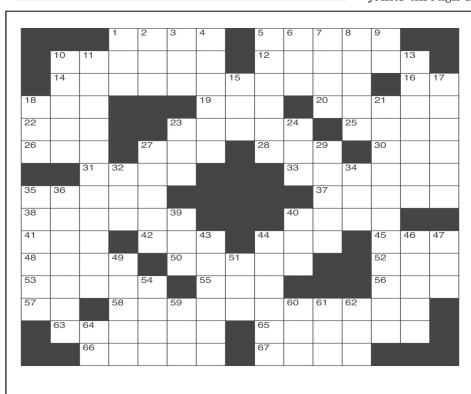
\$325,000, 24 Reilly Ave, Semenuk,

\$367,500, 451 NE Main St #451, Watuku, Jeff K, and Watuku,

\$300,000, 15 Caswell Ct, Manyak,

Dennis D, to Fifteen Caswell Court

Jessica L, to Janes, Kimberly L.



# **CLUES ACROSS**

- 1. Native American people of CA
- 5. Long periods of time (Brit.) 10. Classroom tool
- 12 Rods
- 14. One who renews
- 16. They start the alphabet 18. Periodical (slang)
- 19. Smooth singer Cole
- 20. Dorsal sclerites in insects
- 22. One from Utah 23. The world of the dead
- 25. Singer Redding
- 26. Mafia head
- 27. Wrongly
- 28. Unhappy
- 30. Anger
- 31. Dark olive black
- 33. Places to sit and eat
- 35. Made a mistake

- 38. Banned fuel type
- 40. Actor Damon 41. What thespians do
- 42. A polite address for a woman
- 44. Disallow
- 45. Swiss river
- 48. A banana has one 50. Afrikaans
- 52. Relative biological effectiveness
- 53. Agave
- 55. Journalist Tarbell
- 56. One-time tech leader
- 57. Incidentally (abbr.)
- 58. Intestinal bacterium
- 63. Loose sheats around the spinal cord 65. Accompanies nook
- 66. Vogue
- 67. Highly excited

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LLC.

Mark, to Camara, Tony.

Arina A. \$425,000, 227 Church Ave, Lynch, Daniel, to Swartz, Andrew, and

Barcelos, Davi L, and Barcelos,

Swartz, Kimberly. \$371,000, 73 Heritage Dr #73, Massey Ft, and Susienka, Sharon, to Brouwer Ft, and Brouwer, Thomas A.

\$180,000, 597 Mendon Rd, Plitouke, Christopher G, and Plitouke, Laurie A, to Centura Bay

# UXBRIDGE

\$885,000, 66 Rockmeadow Rd Ext, Stallone, James V, and Stallone, Janice, to Loranger, John R, and Santilli, Pamela A.

\$500,000, Chestnut St, Gresian, Michael J, and Gresian, Ann L, to Ttk Real Estate LLC.

# **CLUES DOWN**

- 1. Witch
- 2. Utilize 3. Writing utensil
- 4. Where rockers work
- 5. Becomes less intense
- 6. Consume 7. Type of catfish
- 8. "Horsetown, U.S.A." 9. Atomic #50
- 10. The Muse of lyric poetry 11. Brings back to life
- 13. Humorous critiques 15. Cool!

**ZZLE SOLUTION** 

- 21. Useful
- 17. Worst 18. Wet dirt
- 23. Hebrew unit of liquid capacity
- 24. High schoolers' test 27. Internet device

- 29. City in India
- 32. A place to rest
- 34. Chat responder
- 35. A way to move on 36. What consumers are given
- 39. Digital audiotape 40. More (Spanish)
- 43. Disfigured 44. White (Spanish)
- 46. Church building
- 47. Georgia rockers 49. Surgeon's tool
- 51. "Much \_\_ about nothing" 54. Make by braiding
- 59. Local area network 60. Unit of work
- 61. Indigenous person of Thailand 62. Liquefied natural gas
- 64. Distance to top

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# **QCC** Foundation board welcomes five new members

Quinsigamond Community College Foundation has gained five new members on its board of directors. Elected in August and September 2025, the new directors are dedicated to advancing the college's mission of providing accessible, high-qualeducation and supporting student success through scholarships, programs and community partner-

ships. "This just about adding new names to our board; it's about strengthening the heart of the Quinsigamond Community C o l l e g e Foundation. With the new directors, our capacity change lives grows," Foundation President Jorgo Gushi.

These new members bring a wealth of experience across multiple industries and a shared commitment to advancing educational opportunities and community development.

"Having dednity-oriented leaders on our Foundation board is essential. Their deep understanding of the college, students and the broader community provides invaluable insight, helping guide informed decisions that create meaningful and lasting

students," said for QCC President Pedraja, Luis. Ph.D.

The new 2025 Foundation directors include:

Alyssa Benefit, a digital marketing executive with more than 18 years of experience, who currently serves as director of CRM at The Aspen Group. Her leadership spans healthcare, financial services, retail technolsectors, with a proven track record at organizations including Bond Veterinary, Zeta Global, Monster Worldwide, Staples Inc. A Suffolk University graduate and 2023 Visionary of the Year recipient from the Leukemia Lymphoma Society of New England, she brings strategic vision and philanthropic leadership to the Foundation. Jessica

Favreau, vice president and commercial lending officer at Dean Bank. manages a commercial loan portfolio exceeding \$120 million. President of the Association (QCC class of Favreau also holds degrees from Worcester State College and New England College of Business. She serves on the boards of Girls of the Run, on Wachusett Area Chamber CASA's

Children Committee, with along completing Leadership Worcester (Class of '24).

Jennifer Hernandez, CEO and director of strategic marketing **GEM** Marketing Solutions, has dedicated over years to empowering entrepreneurs, small businesses and nonprofit organizations. A QCC alumna who earned an Associate Arts in Human Services in 2014, Hernandez has been recognized with the Worcester Business Journal's Outstanding Women Business Award and the Worcester Chamber of Commerce's Small Business the Year Award in 2023. She currently chairs the City of Worcester's of Status Women and menthrough tors EforAll, nationwide supnetwork aspiring entrepreneurs.

Jacob Rucker, private eauianalyst Rucker brings expertise in financial analysis, market research and strategic investment decisions. A Northeastern University D'Amore-McKim School Business graduate with a finance concentration, Rucker Commerce has experience Goldman

Capital SCS Financial. 2024, In he co-founded Auxilium, innovation accelerator in Worcester dedicated to porting startly-stage through ups

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workspace, mentorship and funding. Veal, Jetari assistant vice president community and business development at Workers Federal Credit Union. leads strategic initiatives grow membership and community engagement. With over decade in financial services and educational credentials, including bachelor's degree from Mississippi Valley State University and an MBA from Grand Canyon University, Veal serves on advisory boards for the Center for Women & Enterprise, Worcester Historical Museum LUK Inc.

Continuing **QCC** Foundation Board members include James Griffin, vice president; Linda Cavaioli, Akindele, Linda Cammuso, Diane Giampa, Timothy Hally, Dr. Jean King, Dr. Linda S. Larrivee, Jared Madison, Esq., Dr. Mary Meade-Montaque and Matthew Wally.

The Foundation continues advance trans-

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# Uxbridge Progressive Club hosts country music dances

Country Music Club presents dances with live, classic country music on the following dates: Sunday, Oct. 5 with "The Farm Hands" band and Oct. 19 with the "Rhode

UXBRIDGE — The New England Island Rednecks." The location is the Uxbridge Progressive Club, 18 Whitin St., Uxbridge. Doors open at 12:30 p.m., with music from 1-5 p.m. Admission charge, cash bar.

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**B**RENDAN **BERUBE** EDITOR

# **EDITORIAL**

# 'Tis the season for town meetings

October is not only foliage and football in the Blackstone Valley. It is Town Meeting season, when voters in our local communities decide how tax dollars are spent, which bylaws change, and what kind of growth we will allow. The work is specific, sometimes technical, and always conse-

A few practical reminders help these meetings run better. First, find the warrant online and read every article, including the seemingly routine ones. Often, the quiet line-items deal with capital spending or bylaw housekeeping that affects daily life more than the headline debates. Second, attend or watch any public hearings tied to zoning or bylaw changes. The Planning Board and Finance committees post meeting dates and materials in advance for a reason. If you have a strong view, use those hearings to raise it with the board that sponsors the arti-

Third, know the ground rules. Massachusetts Open Meeting Law sets the framework for transparency, and while it governs boards more than voters, the Attorney General's guide is a helpful primer on how agendas are posted, how meetings are conducted, and how records are kept. Understanding the process improves the discussion and maintains trust in the outcome.

show Town Finally, up. Meeting is the purest form of local self-government we have. It only works when the people in the room reflect the people who live here. That means renters alongside homeowners, new arrivals alongside families who have been here for generations, and parents of young children alongside retirees. If you need a reason to go, pick one: a sidewalk project you want funded, a zoning change you want amended, or the simple fact that your vote carries exactly the same weight as anyone else's.

Blackstone Valley's strength has always come from steady, practical involvement. Read the warrant. Ask questions early. Take a seat when the clerk calls the meeting to order. The decisions we make this month will shape budgets, development

Opinion and commentary from the Blackstone Valley and beyond

# LETTERS TO THE EDITOR

# High cost solar

Stop the Presses! Comrade Healey now supports Eversource signing a 10 year gas contract with Canadian gas to supply Massachusetts customers!

A reporter asked: did she change her mind about building a gas pipeline? She answered: "I have said, all of the above. Everything is on the table." That's not what she said just a few years ago. She bragged that she had killed two gas pipelines,

one from Canada, one from Pennsylvania. Can you say Big Green Failed Ideas?

Mass Fiscal Alliance [MFA] said that Beacon Hill in 2024 'passed an energy law forcing a massive build-out of industrial-scale battery storage systems across Massachusetts. It's a costly, dangerous mistake."

"Ratepayers will be forced to foot billions of dollars in sub-

sidies for giant battery projects, for 'environmental benefits' even though these batteries don't generate their own power. In fact, the law seems to allow them to claim the same credits as wind and solar even though wind and solar energy already got tax credits.3

MFA said that the "price tag is staggering: 'the first 1,500 MW will cost billions, with 30-year contracts for batteries have a lifespan of only 10 years." Let me repeat: a 30 year contract for an energy source with only a 10 year life span! "These projects can be sited in local communities with little ability for residents to object, despite real safety concerns like thermal runaway fires.'

Did you know that many battery storage "green" companies are using units made by SunGrow? SunGrow will be the battery storage facility on Blackstone Street in Uxbridge if that abomination is allowed. Who is SunGrow? A Chinese company.

China desires to own our precious electric grid. My Learned Friend calls the company "SunScrewed." All the money goes to China for our electricity.

Have you installed solar units on your home? To whom do you pay the lease payments? A farmer friend in another state has solar units on the barn. Any savings on electricity is matched by the lease payment. A net zero benefit to the farmer. Chinese solar panels with lease payments to a Chinese company. This young farmer cannot get out of the lease. The company refuses to remove the panels and take them back. "It's impossible" they

tell the young farmer. China has no cancellation clause in the contract! It's predatory. It's unconscionable.

Like Uxbridge, Duxbury is fighting a battery storage facility in their residential zone. Big signs have appeared in Duxbury:

'Stop Lithium Battery Farms in Residential Zones."

"New Leaf Energy" is forcing a battery storage facility down the throats of Duxbury residents, just like Zero Point Battery Development Co. LLC is trying to do to Uxbridge. Our state is helping them do that.

Duxbury boards have twice rejected the project. But, in typical fashion, our Progressive courts overturned the Duxbury

Wrong-headed Beacon Hill progressives developed the state's 'Clean Peak Energy Standard [CPS] program. Mike Judge, the Uber Under-Secretary of the state Department of Energy Resources, acknowledged the big Moss Landing fire in New York that burned for 5 days and the fire in Warwick, N.Y.

Fires are rare, he said, "but you cannot say they won't happen." No kidding. One Duxbury resident said when battery facilities burn for days, "how can it be a clean burn with no health concerns?'

Judge said that towns lack regulations for permitting battery storage facilities, but "the Department of Energy Resources will soon issue new rules to standardize permitting and guide clean energy infrastructure development." A day late, and a dollar short. The operative word is "will soon issue." Towns have already been forced to site these abominations without any guidance from the state. At all.

Judge added that "we're trying to clarify the rules, avoid future court fights and get better siting going forward so there's not community opposition to these projects."

Got to stop those pesky residents from opposing our grand

One Duxbury Representative has proposed a state bill requiring a 2,000 buffer zone from any home. He said "It's futile to run an effective municipal government these days because state policy is just steam-rolling the municipalities.'

Can you say "SunScrewed"? Do you want Communist China controlling the electric grid in our state? Me neither.

Bev Gudanowski

# Making the most of Medicare open enrollment

When you turn 65, Medicare becomes a vital part of your health care coverage. But signing up is just the beginning. Many people don't realize that Medicare isn't a "set it and forget it" program. In fact, you have the opportu-– and often the need — to review and adjust your coverage every single

annual Medicare Open Enrollment period, which runs from Oct. 15 through Dec. 7 each year, is your chance to take a fresh look at your health care needs and make sure your Medicare plan still fits your life. Then you can determine whether your medical and prescription plans need to be switched or dropped.

Just like your health can change from year to year, so can Medicare plans. Insurance companies may adjust their coverage and costs or even discontinue certain plans entirely. By taking time during the open enrollment period to compare your options, you might discover a plan that saves money, offers better coverage or both.

As a reminder, you have several options when it comes to your Medicare coverage.

• Original Medicare (Parts A and B) covers hospital stays and medical services such as doctor visits. Part A typically comes with no monthly premium if you've worked for at least 10 years. and services long after the last | Part B requires monthly premiums -



FINANCIAL Focus DENNIS ANTONOPOULOS

\$206.50 or more in 2026, depending on your income. They may also be copays and deductibles.

· Medicare Advantage (Part C) offers an all-in-one alternative to Original Medicare. These plans are offered by private insurance companies. They often bundle together hospital, medical and prescription drug coverage. They may also include extra benefits like vision, dental and wellness programs that Original Medicare doesn't

 Medicare Part D provides standalone prescription drug coverage for those who stick with Original Medicare.

 Medicare Supplement (Medigap) policies help cover the out-of-pocket costs that Original Medicare doesn't pay, such as copayments and deductibles.

When shopping for Medicare plans, there are several important areas you should consider to determine which options are right for you:

· Out-of-pocket costs such as monthly premiums, deductibles, copayments and any other expenses Medicare

doesn't cover. Sometimes a plan with a higher premium saves you money overall because of lower copays.

• Prescription drug coverage deserves special attention. All Medicare plans for 2026 will include a \$2,100 cap on what you pay out of pocket for covered prescription drugs, up from \$2,000 in 2025. However, this cap only applies to drugs that your plan covers, making it crucial to verify your medications are

 Your health care needs for the coming year matter too. Do you have surgeries planned? New health conditions to manage? You'll want to make sure your potential plan covers the care you expect to need.

• Travel plans can also influence your choice. Original Medicare typically doesn't cover services overseas, so frequent travelers might want supplemental coverage for emergencies abroad.

If you don't make any changes during open enrollment, you'll likely be automatically reenrolled in your current plan for the following year, as long as it's still available and you continue paying required premiums.

Don't let your Medicare plan run on autopilot. Take advantage of the annual open enrollment period — between Oct. 15 and Dec. 7 — to ensure your coverage continues to serve you well in the year ahead.

# Psychic driving!

In the late 1950s, patients walked into Montreal's Allan Memorial Institute expecting treatment for anxiety, depression, or everyday struggles of the mind. What many of them encountered instead was the work of Dr. Ewen Cameron, a psychiatrist with an outsized reputation and a dangerous obsession with "reprogramming" the human brain. Cameron believed he could break down a person's mind and rebuild it from scratch. His methods were as crude as they were cruel.

# **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.

He called "Psychic Driving." Patients were put under heavy sedation, often for weeks at a time, and then forced to listen to negative phras-

es looped again and again through speakers or headphones. Sometimes the messages ran for 16 hours a day. The results were devastat-

ing. Patients developed crippling fear, confusion, and dependency. Families reported that their loved ones came home like strangershaunted not by their original illnesses, but by the relentless flood of negative suggestions that had hollowed them out.

One former patient described her experience years later. She recalled being placed in a hospital room, sedated, and wired to a tape recorder that played commands, accusations, or statements of worthlessness, repeated until they carved themselves into her mind like grooves in a record. "You are weak. You will never get better. You're worthless!" Hour after hour, day after day, the messages ran until they became the background noise of her mind.

While most of us were never subjected to cruel experiments, many of us know what it's like to live with words that cut deep. Some of those words didn't come from strangers in a lab coat, but from the people closest to us.

The child who was told "you'll never amount to anything" grows

Positively SPEAKING

into an adult who whispers the same phrase to themselves before every job interview.

The athlete who was told, "you was told, always choke under pressure," starts to believe it,

replaying the line before every big game until it becomes a self-fulfilling prophecy. The student who constantly hears

"you're not smart enough" can carry that soundtrack into adulthood, replaying it in moments of stress until it feels like the truth. I recall a history teacher in high

school who would stand in front of the class and call us "a bunch of losers." He didn't just say it once he said it often, as if repeating it might make it accurate. Thankfully, I'd been raised to believe otherwise.

For years, psychologists have documented what happens when people are repeatedly exposed to harsh or abusive words. Over time, those external voices get internalized, turning into the person's own inner critic.

Researchers at UCLA found that repeated negative self-talk actually reshapes the brain. The brain begins to treat your own words like weapons. A single negative phrase repeated often enough rewires your entire system of motivation, and the only way to cope is to shut down and detach.

But here's the good news-those stories aren't permanent. Psychic driving can work both ways. As hard as it feels at the moment, you can interrupt them.

The next time you catch yourself repeating the same old phrases, flip the script. Tell yourself: "I'm a winner. I'm strong. I'm healthy. I am loved. I'm rising higher. I have what it takes.

You won't believe it at first; it will feel fake, as if you're lying to yourself. But keep saying it—because the more you speak life over yourself, the more your mind and spirit will begin to believe it. You'll feel empowered; you'll see opportunities where you once only saw dead ends.

Repetition works both ways. If negative words can burrow deep and take root, then positive ones can heal, strengthen, and grow.

While we can't all be star athletes or famous actors, every one of us carries strengths that no one else can duplicate. It may be your creativity, kindness, or ability to solve problems in ways others can't.

When you begin to recognize and honor those gifts, you stop measuring yourself against someone else's spotlight and start shining on your own. That's when success becomes inevitable—not because you copied anyone else's path, but because you walked on your own with confidence. I believe in you. Now it's your turn to think the same.

Toby Moore is a columnist, the star of Emmy - Nominated A Separate Peace, and the CEO of Cubestream

# Plummer Place

# Home of the Northbridge Senior Center

The following events will take place at Plummer Place, Home of the Northbridge Senior Center. We are located at 20 Highland St. in Whitinsville. Telephone: (508) 234-

Regular Programs: Every Thursday: Mindful Meditation  $\sim 9:30$  a.m.

Wednesday, Oct. 8 Women on the Move Women's Group ~ 9:30 a.m.

Thursday, Oct. 9 Veterans Representative Carl Bradshaw Office Hours: 10-11 a.m.

Tuesday, Oct. 14 Blood Pressure Clinic

11 a.m.-noon

Wednesday, Oct. 15 Read Between The Lines Book Club 10:30-11:30 a.m.

Monday, Oct. 20 Representative David Muradian's Office Hours 10-11 a.m.

Monday, Oct. 20th Grief Support 1:30-2:30 p.m.

Oct. 9 and Oct. 23 — Writing Your Way Writer's Group

This group will meet the second and fourth Thursday of each month from 2:30-3:30 p.m. All writing levels/ experience are welcome to attend! Please call Lori for more informa-

Special events and activities Tuesday, Oct. 7th Medicare 101 Program with Joe Best

This is an educational program on when and how to apply for Medicare. We will discuss original Medicare vs. Medicare Advantage and what is Part D in addition to Medicare supplements. Sign up through the main

Wednesday, Oct. 8 Outsmart the Scammers

Incidents of financial fraud are on the rise and scammer tactics are becoming complex. Come and educate yourself about financial fraud and bring your questions and concerns. Sign up through the main

Thursday, Oct. 9 Flu Clinic 9 a.m.-noon

Please call Plummer Place at (508) 234-2002 to register. The vaccine administered will be the higher dose for those age 65 and older. Please bring your insurance cards to the clinic. Sign up through the main

Thursday, Oct. 9 Double Take Jazz Combo

1:30-2:30 p.m.

Swing into Fall! Double Take Jazz Combo is a jazz ensemble band based in Metrowest Massachusetts. offering an eclectic mix of classic jazz standards and original compositions. Come and enjoy! Sign up through the main office.

Wednesday, Oct. 15 Blackstone Muleskinners Concert 1-2 p.m.

With Professor Bill Fisher on doghouse bass, Don Prang on banjo, Marty Ayotte on harmonica and hand percussion, and the amazing Savory Crackers on guitar, mandolin, and lead vocals, the Blackstone Muleskinners will provide some of the best and finest back porch, roadhouse, foot stompin' music around Central Mass! Sign up through the main office.

Thursday, Oct. 16 Freedom Trail

Embark on an immersive journey through Boston's rich history with a curated historic tour of the iconic Freedom Trail. Step back in time without ever leaving your seat with this virtual tour. Travel the cobblestone streets and explore the significant landmarks along Boston's' unforgettable Freedom Trail. Space is limited. Northbridge residents have priority. Sign up through the main office.

Tickets are on sale for Plummer Place's Halloween Harvest Party! Thursday, October 30th from noon to 1 p.m. Entertainment by Roger Tincknell and themed luncheon. Tickets are \$10 each, limit of two tickets per person and Northbridge residents have priority. Tickets must be purchased in advance at the main office. Costumes are encouraged and costume prizes will be awarded! Get vour tickets now before we sell out!

# Notable threats to long-term hearing

Hearing is easily taken for granted. Many people never experience issues with their hearing until it begins to decline in their golden years. But no one is immune to hearing loss, and estimates indicate it could be come a significant issue over the next quarter century.

A 2025 report from the World Health Organization noted that nearly 2.5 billion people are projected to have some type of hearing loss by 2050, with more than 700 million requiring hearing rehabilitation. Perhaps the most troubling part of the WHO forecast is that more than one billion young adults are at risk of permanent, avoidable hearing loss. Though such projections are disconcerting, people are not helpless against hearing loss. In fact, recognition of various threats to long-term hearing can be a great first step toward protecting against hearing loss.

# Recreational activities

When engaging in recreational activities, it's easy to forget cautionary measures, including the need to protect one's hearing. But that can lead to irreparable hearing loss. Various recreational activities pose a threat to long-term hearing if the right safety measures are not taken before engaging in them. The National Institute on Deafness and Other Communication Disorders notes the following activities can threaten hearing if the proper safety precautions are not taken:

- · Target shooting
- · Hunting
- · Snowmobile riding
- · Listening to music on high volume through earbuds and head-

phones

- · Playing in a band
- · Attending loud concerts

Around the house

It's also easy to encounter harmful noises around the home, and even brief or sporadic exposure to such noises can pose a threat to long-term hearing. The NIDCD reports that some common noises around a home that pose a threat to hearing include:

- · Leaf blowers
- · Power tools

Avoiding hearing loss

One potential motivator in relation to hearing loss prevention is recognition of the average decibel levels of everyday sounds compared to the decibel levels of less common noises. For example, listening to music through headphones at maximum volume can be as high as 110 A-weighted decibels (dBA), which is just 30 decibels lower than some fireworks shows and roughly the same as police sirens. The NIDCD also notes that an individual's distance from the sound and the length of time they're exposed to the sound are important variables to consider when trying to avoid hearing loss. The further away from a loud noise and the less a person is exposed to loud noises can protect hearing.

Individuals encounter threats to their long-term hearing every day. More information about protecting against hearing loss can be found at nidcd.nih.gov.

# Local student makes a difference through Emmanuel day of service

BOSTON — Ava Haire of Douglas joined with more than 360 first-year students at Emmanuel College to make an immediate impact in the community through the New Student Day of Service.

Rising early on the last day of summer vacation, the students volunteered at food shelves, homeless shelters, and other organizations that meet vital community needs through the day of service.

In addition to ecouraging new students to embrace Emmanuel's rich history of serving the common good, the day of service helped them connect with Boston and each other.

"By engaging with the city from day one, our new Saints began their Emmanuel journey grounded in service, connection, and purpose," said Emmanuel VP of Mission & Ministry Fr. Federico Cinocca. "It sets the tone not only for their year, but for their entire Emmanuel experience."

With more than 80 majors and areas of study, Emmanuel College combines outstanding classroom instruction and real-world experience to prepare students for lives of achievement, learning, and purpose. Voted the #1 college location in America by Niche.com in 2023, 2024, and 2025, Emmanuel offers easy access to world-class medical, cultural, and business organizations from 400 The Fenway in Boston. Learn more at Emmanuel.edu.





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Blackstone Valley Tribune

# Cornerstone Bank helps tackle local hunger with \$3,000 donation to Community Harvest Project

Cornerstone Bank, a community bank with locations throughout Central Massachusetts, has continued its commitment to fighting food insecurity with a \$3,000 donation to Community Harvest Project, a nonprofit farm that engages volunteers to grow fresh fruits and vegetables for hunger relief Central and across Eastern Massachusetts. The donation builds on the bank's \$3,000 gift in 2024 and \$2,000 gift in 2023, and is part of a broader relationship that includes regular volunteer efforts by Cornerstone Bank employees at Community Harvest Project's farms.

"Cornerstone Bank is proud to partner with Community



Courtes

Cornerstone Bank employees and interns volunteered with Community Harvest Project.

Harvest Project," said Todd Tallman, CEO of Cornerstone Bank. "Food insecurity continues to impact thousands of our neighbors, and CHP's work ensures that families have access not only to food, but to fresh, healthy produce. We're honored to support their mission both financially and through the volunteer efforts of our team."

Community Harvest Project is the largest community farm in Central Massachusetts, locations Grafton and Harvard. In 2024 alone, the organization hosted more than 6,300 volunteers who grew and donated 188,501 pounds of fruits and vegetables to 26 partner agencies serving more than 60,800 food-insecure individuals. With food insecurity rates in Worcester County still more than double pre-pandemic levels, CHP remains a vital source of fresh, healthy produce for families who might otherwise go without.

Cornerstone Bank employees have volunteered more than 300 hours at CHP farms since 2022, joining community members in planting, harvesting and packaging produce that directly benefits local families.

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, which is a subsidiary of PeoplesBankCorp, MHC,

operating independently under its own name and brand, 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 or call 800-939-

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# Improve your garden soil with fall leaves and landscape trimmings



Melinda Myers

Hugelkultur gardening, or mound gardens, takes the lasagna gardening method one step further with a bottom layer of logs, branches and fall leaves that decompose, adding organic matter and nutrients to the soil.

matter and number of Market Ma

MOMENTS MELINDA MYERS Fall is a great time to improve your soil for next year's garden. Many of the resources needed

are readily available and many are free at this time of

Start by putting fall leaves to work in the garden. Use your mower with the bag attached to shred and collect fall leaves. Work them into the top eight to 12 inches of soil. They break down over winter, adding organic matter and nutrients to the soil before you begin planting in the spring.

Fall leaves are also a great resource for those of you minimizing soil disruption with no till, also known as no dig, soil care. Spread several inches of the leaves over the soil surface. The leaf mulch protects the soil in new and vacant gardens from erosion and compaction over the winter. They keep the soil a bit cooler in the spring so you may need to adjust your planting times.

Cover bare soil in perennial gardens and mixed borders with fall leaves. They are a great mulch, suppressing weeds, conserving moisture and improving the soil as they decompose. A layer of leaves insulates the soil, helping insects and other wildlife that overwinter underground. Plus, they are free.

Incorporating two to four inches of compost or other organic matter into the top eight to 12 inches of soil is another

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option. Organic matter adds nutrients but also improves drainage and aeration in heavy soil and increases water- and nutrient-holding capacity in fast draining soils.

Adding compost also builds the soil ecosystem. It increases the number and activity of beneficial soil organisms such as good bacteria, fungi, microorganisms and insects. Healthy soil grows healthier plants more resistant to pests and environmental stresses.

Another no till method uses a five-inch layer of compost on top of non-shiny cardboard, covering the soil surface. The cardboard helps suppress the weeds and the compost provides the growing medium for seeds and transplants. The compost is replenished yearly, and the cardboard eventually breaks down, adding organic matter to the soil.

Convert landscape and garden trimmings, fall leaves and compost into a rich planting medium with lasagna gardening. This system employs composting methodology to build soil in free-standing or contained raised beds.

Start your lasagna garden by measuring and marking the layout of your garden bed. Cut any grass and weeds in this area very short and cover with moist newspaper or cardboard. This smothers any existing grass and weeds.

Next, add a two- to three-inch layer of peat moss or compost. Top this with four to eight inches of plant debris such as leaves, plant-based kitchen scraps, herbicide-free grass clippings, straw or similar materials. Sprinkle a bit of low nitrogen fertilizer over this layer. Cover with an inch of compost. Repeat the layers, just like making lasagna, until your garden is 18 to 24 inches high.

Hugelkultur, or mound gardens take this one step further. The bottom layer is made of logs, branches and fall leaves. Do not include black walnut tree trimmings that are toxic to many plants or those of cedar and black locust that are very slow to decompose. The rotting logs and branches absorb water, making it available to the plants in the garden. As the tree trimmings decompose, they add organic matter and nutrients to the soil. Then top this with a lasagna garden.

The lasagna and Hugelkultur beds gradually settle but the benefits remain. Continue to build additional lasagna layers every few years on top of established beds as needed.

Select a method that best fits your gardening style. Investing time in building healthy soil reaps years of benefits.

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" streaming courses 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.



Store Hours: Mon. through Fri: 10am-9pm • Sat: 9am-8pm • Sun: 10am-7pm

# From plant biology to patient care — LPN's journey of resilience and dedication

CHARLTON — For Emmanuel Nyah of Leicester, the path to becoming a Licensed Practical Nurse was not a straight line, but a challenging, transcontinental journey fueled by an unwavering commitment to his family and an unbreakable spirit. Now, a new LPN at Vibra Hospital in Rochdale, Nyah's story is a powerful testament to perseverance against formidable odds.

"I had one goal in my mind, which was to set myself up to take good care of my family," Nyah shared. "I faced obstacles I never envisioned or envisaged, but I always believed in my mantra: 'Every sea that has people on the other side of the shore is crossable, and when we get to the bridge, we will cross it."

Nyah's journey into healthcare began at the foundational level, working as a Certified Nursing Assistant (CNA) at Jewish Healthcare in Worcester and later at Brookside Rehabilitation in Webster. There, he built a solid base in bedside care, assisting with vitals, supporting patients with their activities of daily living (ADLs), and serving as a crucial link to the nursing team.

experience hands-on cemented his desire to advance his skills. He enrolled in the Bay Path Practical Nursing Academy initially, where he was elected as the Student Representative, and then the Practical Nursing program at Assabet Valley Technical High School, where his natural leadership abilities shone further. His peers elected him Class President for the 2024-2025 academic year, a role in which he demonstrated exceptional teamwork and communication skills. Nyah's professional qualifications are extensive: he is certified in Health Care Provider/Basic Life Support CPR, Dementia Care, and Mental Health First Aid.

His transition into nursing is even more remarkable given his extensive academic background in a different scientific field. Nyah holds a Bachelor of Science in Microbiology from the University of Calabar in Nigeria and a Master of Science in Plant Biology from Tel Aviv University in Israel. This unique perspective gives him a deep-rooted appreciation for the complexities of biological systems, both in plants and now, in people.

Nyah credits his success to his profound faith and a robust support system.



Courtesv Photo

### **Emmanuel Nyah**

"My inspiration and motivation come from within," he said. "I'm poised to show people like me-who come from my situation or environment—that anything is possible with the right attitude and mindset.'

He expressed deep gratitude for those who stood by him, including God, the Burlingame family, and especially his fiancée, Len.

"They never judged, never questioned, and always supported me," he remarked.

His daughter, Imaobong, remains his greatest inspiration.

"If I didn't have her, I would have given up when the storms raged,' Nyah said, also expressing appreciation for Dr. Gretheline Bolandrina of Bay Path Practical Nursing Academy.

"You're a big part of it, and I'm grateful for your mentorship," he

Upon completing his certificate in June 2025, Nyah tackled the NCLEX-PN exam, passing on his first attempt—a significant achievement that speaks to his diligence and competence. He has now begun his career as an LPN at Vibra Hospital, where he works with a complex patient population, including individuals with tracheostomies, ventilators, G-tubes, and traumatic brain injuries.

Emmanuel Nyah's story is not just one of career changes but of profound personal growth and determination. It is a hopeful reminder that with faith, a strong support network. and an unyielding will to succeed, any obstacle can be overcome.



### PLUMMER PLACE STUDENTS RECEIVE RECOGNITION AT WOODSTOCK FAIR PAINTING EXHIBIT

Plummer Place Painting Instructor Pauline Mello is thrilled to announce that several of her students' paintings received special recognition at the recent Woodstock Fair Painting Exhibition. The honors highlight the students' dedication and the quality of their work, celebrating their artistic achievements within the regional fair's competitive art show. Mello expressed her immense pride in the students. The exhibition, which showcases a wide range of artistic styles and mediums, provides a valuable opportunity for local artists to gain exposure and receive feedback from a broader audience. Pictured, left to right: Judith Legere, Barbara Sutherland, Dorothy Laflamme, Maria Vowles and Carolyn Lavallee.



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Liberty (an honor presented the family of a person that was killed in military action) was presented to the **Family of Seaman** First Class Harry Baram. United **States** Coast Guard Reserve. who gave his life in the line of duty on Dec. 17,1 942, when the **US Coast Guard** Cutter "Natsek" capsized during an ice storm and claimed all 24 souls aboard. **Pictured** Michael Shain. a local resident who is the great nephew of Harry Baram. Shain received the medal on Baram's behalf,

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# Tips to winterize your vehicle

The elements pose a unique challenge to motor vehicles, and that's particularly notable when seasons change. Though the shift from spring to summer or even summer to fall may not be too significant, drivers who want to safeguard their vehicles would be wise

to take certain measures to prepare their cars or trucks for winter weather.

Winterizing a car can be an important part of vehicle maintenance. That's particularly true for vehicle owners who live in regions where winter is marked by especially cold temperatures and/or significant snowfall. As fall and/or snow-covered roads can be dangives way to winter, drivers can take these steps to winterize their vehicles.

Address tires and tire pressure. The experts at Kelley Blue Book note the danger of aging and/or poorly inflated tires, particularly in winter. Icy, wet

### to examine their tires prior to winter. Worn down treads reduce traction and make it more difficult for vehicles to stop, which is already challenging on roads where ice is present. It's equally important to keep tires properly inflated, as KBB reports each 10-degree dip in temperature can lead to a one-pound loss in air pressure. Poorly inflated tires can decrease performance and safety on

the road.

gerous to traverse, so it benefits drivers

Check the battery and replace it, if necessary. Another step to winterize a car involves the battery that helps to keep the vehicle running. The automotive experts at Firestone note that sinking temperatures force the chemical reaction within vehicle batteries to slow, which reduces the amount of power the battery can generate. In fact, Firestone estimates a battery can lose as much as 60 percent of its strength in freezing temperatures. Firestone urges drivers to get a battery assessment test prior to winter to ensure the battery is healthy enough to endure the coming months. If the assessment indicates the battery is

Check fluid levels. Routine vehicle maintenance at an auto body shop or car dealership typically involves checking and topping off fluid levels. Book such an appointment in advance of winter to ensure the vehicle has coolant, which KBB notes is formulated to resist freezing. Without sufficient coolant, a vehicle engine can suffer significant damage. Windshield washer fluid also should be filled to ensure the windshield can be sufficiently cleaned of salt during and after snowstorms. A pre-winter oil change also can help the vehicle run smoothly throughout the colder months.

weak, replace it prior to winter.

Inspect belts and hoses. KBB notes cold weather weakens belts and hoses, which can become brittle and fail in low temperatures. Belts and hoses should be checked prior to winter. Engines can overheat, electrical system problems can emerge and power steering may be compromised if belts and hoses are allowed to fall into disrepair.

Winter can be a challenging time of year for cars and trucks. Various strategies to winterize a car before the mercury drops can make it safer to be on the road when the weather turns cold.

# Watch out for scams all around us

from all over are able to connect almost instantaneously. Computers have made fast work of many tasks that once took hours or days to complete. Information or even funds can be shared at the click of a button. But for all of the benefits technology has provided, there is a darker side to the connectivity of the modern world. What has become easier for the general public also has become easier from those looking to take advantage of others.

Scams and internet crimes are now commonplace. The Federal Bureau of Investigation reported that a record \$16.6 billion in losses due to scams were reported to them in 2024. The Pew Research Center indicates 73 percent of adults in the United States have experienced some kind of online scam or attack.

The office of Ken Paxton, the Attorney General of Texas, reports various ways to recognize scams, and that spotting these tactics can help people avoid being taken advantage of.

Someone contacts you. When a party contacts you first, you can't be certain of their legitimacy. Also, email addresses and caller ID can be faked.

Easy money is offered. Many scammers dangle a promise of some sort of

The digital era has its benefits. People financial gain, whether it's a prize or an easy loan. These are usually too good to be true.

Personal information is requested. Be on alert any time someone asks for personal information, whether it's a bank account number or other identifying information. You could become a victim of identity theft.

A request for money up front. If someone requests money to pay off a debt or to receive a prize, it is likely a scammer trying to take your money.

There are many types of scams, and the following are some prominent ones.

Counterfeit merchandise: A scammer can replicate the look of a legitimate retailer's website. Purchasing items online through a link may lead you to a counterfeit site selling merchandise that is not legitimate and/or will not even

Charity and disaster fraud: Charity fraud scams typically emerge in the wake of a natural disaster or another sudden, tragic event. Scammers may target generous individuals through email, social media posts, crowdfunding platforms, and cold calls. Never donate to charities you have not verified as legitimate.

Cryptocurrency investment fraud: Scammers convince victims to deposit more and more money into financial investments using cryptocurrency. These investments are fake and all the money is under control and stolen by overseas criminal actors, says the FBI.

Bogus debts: You may receive a message or threatening correspondence that demands payment on a debt that you haven't heard of. These scams work because some people are scared and take the bait. Legitimate creditors will produce proof of an actual debt.

· Home repair scams: Unsolicited companies may offer a "limited-time deal' and rope you into having a job done with "materials left over from another job." Be very cautious in these scenarios, as they may take money and run.

Emergency scams: These are sometimes called Grandparent Scams because they often target the elderly. A criminal may claim to be a friend or family member in dire need and request money. Some scammers sound like the person a senior knows thanks to technology that enables them to do so.

Scams are a continuous problem and everyone needs to be on their guard. Safeguard your personal information and avoid paying out any money without first conducting thorough research.



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**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. WO25P3033EA **INFORMAL PROBATE PUBLICATION NOTICE** Estate Of: John F Callinan Date of Death: 06/02/2025

To all persons interested in the above captioned estate, by Petition of Petitioner

John F Callinan, Jr. of Uxbridge MA a Will has been admitted to informal probate.

John F Callinan, Jr. of Uxbridge MA has been informally appointed as Personal Representative of said estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. October 3, 2025

**Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family** Court 225 Main Street Worcester, MA 01608 Docket No. WO22P111 0PM **CITATION GIVING NOTICE** OF CONSERVATOR'S ACCOUNT In the matter of: Laura L Powdrell Of: Northbridge, MA

Respondent To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate &

Protected Person/Disabled Person/

Family Court, that the 3rd account(s) of Trevor Powdrell of Northbridge, MA as Conservator of the property of said Respondent has or have been presented to the Court for allowance. You have the right to object to the ac-

count(s) If you wish to do so, you or vour attorney must file a written appearance and objection at this court on or before 10:00 A.M on the return date of 10/14/2025 This day 1s NOT a hearing date, but a deadline date by which you have to object to the account(s). If vou fail to file the written appearance and objection by the return date action may be taken in this matter without further notice to you, including the allowance of the account(s).

Additionally, within thirty days after said return day (or within such other time as the Court upon motion may order), you must file a written affidavit of objections stating the specific facts and grounds upon which each objection is based and a copy shall be served upon the Conservator pursuant to Rule 3 of the Supplemental Rules of the Probate & Family Court

You have the right to send to the Conservator, by registered or certified mail, a written request to receive a copy of the Petition and account(s) at no cost to you

# **IMPORTANT NOTICE**

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the abovenamed person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: September 17, 2025

Stephanie K. Fattman October 3, 2025

**Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate** and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO25P3128EA **CITATION ON PETITION FOR** FORMAL ADJUDICATION

> Estate Of: Stephan Paul Frick, Jr. Date of Death: 07/14/2025

To all interested persons: A Petition for Formal Probate of Will has been filed by Amy E. Frick of Oxford 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: Amy E. Frick of Oxford 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 10/07/2025.

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

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)** A Personal Representative appointed

under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

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

Date: September 09, 2025 Stephanie Fattman, Register of Probate October 3, 2025

**Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate** and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO22P3207EA

> **CITATION ON PETITION** FOR ORDER OF **COMPLETE SETTLEMENT** Estate Of:

Date of Death: 04/27/2022 A Petition for Order of Complete Settlement has been filed by

Bonnie E. Brown

Mark T. Mitchell of Tunkhannock PA requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, and first account and other such relief as may be requested in the Petition.

# **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 10/21/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken

without further notice to you. WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: September 23, 2025

Stephanie Fattman, Register of Probate October 3, 2025

(SEAL)

TO:

COMMONWEALTH **OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT** 25 SM 002839

**ORDER OF NOTICE** 

Patricia E. Leandres

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act: 50 U.S.C. c. 50 § 3901 (et seq):

Freedom Mortgage Corporation claiming to have an interest in a Mortgage covering real property in Douglas, numbered 39 Hilltop Drive, given by Patricia E. Leandres to Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Freedom Mortgage Corporation, dated April 15, 2022, and recorded at Worcester County (Worcester District) Registry of Deeds in Book 67447, Page 32, 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 abovementioned 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 November 3, 2025 or you may lose the opportunity to challenge the foreclosure on the

Witness, GORDON H. PIPER, Chief Justice of said Court on September <u>19, 2025</u>.

grounds of noncompliance with the

Attest: Deborah J. Patterson Recorder October 3, 2025

# Douglas Adult Social Center

331 Main St. (508) 476-2283

Hours of operation: Monday through Thursday, 9 a.m.-3 p.m.; Friday 9 a.m.-noon

DAILY ACTIVITIES:

All our daily activities are free of

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

Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call to make an appt.), Line dancing 2 pm

Wednesday: Balance & Strength 10am, Darts 11:30 am, MahJong 12:45pm, Dominoes 1 to 2:30pm

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

Friday: Balance & Strength 10am

SEPTEMBER EVENTS:

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

October Lunch Menu:

Tuesday 10/7: Ham salad croissant sandwich, chips & cookies

Tuesday 10/14: Quiche, fruit & banana bread

Thursday 10/16: Grilled cheese, port@mystpatricks.com. Thank you

tomato soup, & brownies SIGN UP BY 10/10

Tuesday 10/21: Barbecue chicken, baked potato, carrots & ice cream

Tuesday 10/28: Butternut bisque, salad, rolls, & fruit

WELLNESS CLINIC: October Clinic dates are Monday the 6th & Tuesday the 21st. Clinic hours are from 10 am to 12 pm. If you feel you need an extended amount of time to speak with Nurse Ann please call ahead and let us know.

Flu Shot Clinic: Thursday October

9th from 10 to 1. Please call the center to schedule your appointment. You will need to bring your ID and insurance card with you.

FREE Fall craft: Thursday October 9th @ 11:00. We will be making a wire pumpkin door hanger for the fall season. Please sign up before October 1st.

Lunch & a Movie: Thursday October 16th @ 11:30. We will be watching Murder Mystery II. Lunch is \$4.00 per person, tomato soup with grilled cheese and brownies. Please

sign up 10/10.

The Sunshine Club invites you:

Annual Halloween Party: Friday October 31st @ 12 pm. Enjoy refreshments, laughs, & games. This is a free event! Please sign up by 10/22.

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

Check our website for events that may not be listed here

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

# St. Patrick's to host recycling event

WHITINSVILLE — St. Patrick's Fall Recycling Event will take place on Saturday, Oct. 25 from 8 a.m. – 1 p.m. in the Church parking lot, 7 East St., Whitinsville. The profits will benefit upcoming YIA service projects. Please keep items for each station separate.

If you cannot make it on event day, please call office to donate. For more information & electronics pricing, call 508-234-5656 or email officesupfor your support!

- Electronics Recycling for a fee No batteries/light bulbs/propane tanks. All equipment must be bone dry of oils/liquids.
- Bottles/Cans Please rinse. Items must be returnable in MA. No glass.
- Textile/Clothing Collection -Clothing; handbags/totes; accesso- DVD's; video games; vinyl records. ries; table linens; shoes; bed linens;

window treatments; yarn; fabric by the yard/quilting squares (no scraps), etc. No rags/rugs. No toys/ housewares. Items must be gently used (no stains), and in a condition to be resold.

- · Books donate gently used books (no encyclopedias)
- Media donate magazines; CD's;



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# Potential threats to pet health in your own yard

Homes are often characterized as sanctuaries for their residents. Though such characterizations often are made in reference to humans and their domiciles, homes also should be safe spaces for pets.

Pet owners go to great lengths to ensure their pets are healthy and happy, and that typically includes efforts to ensure their home interiors are free of hazards that could affect their furry friends. But there are various threats to pet health in a yard as well. Recognition of those threats and what can be done to minimize them can ensure exterior spaces are as safe for pets as areas inside the

· Mulch: Mulch is found in many yards, as it adds aesthetic appeal to a landscape and helps soil retain moisture, which can safeguard trees, plants and flowers from drought and the dog days of summer. But some mulch contains theobromine, a chemical compound that can be toxic and may even be lethal to dogs when ingested. Pet owners are urged to use mulch that does not contain theobromine, which is typically found in cocoa mulch.

· Flower: The mulch around flowers can be toxic to pets, and so can the blooms themselves. Lilies, tulips, hydrangeas, and azaleas are just



some of the popular flowers that can cause stomach upset in pets. Pet owners are urged to speak with their veterinarians about flowers and plants native to their areas that might be toxic to pets.

Wildlife: A collaborative study from researchers at the University of Michigan, the University of Washington and University College London published in 2024 warned that the overlap between humans and animals will increase considerably over the next half century. Climate change and human population growth are driving forces behind that increase, which suburban homeowners may already be witnessing. As more and more wooded areas are leveled to create additional housing, wildlife such as deer, racoons, opossum, foxes, and more are losing their habitats and subsequently being seen with greater frequency in suburban neighborhoods. Wildlife can carry disease that can make domesticated animals sick, and some wildlife might go on the attack when they encounter cats or dogs in backyards. Monitoring pets whenever they're outside, sealing garbage cans so wildlife is not attracted to the yard and keeping compost piles free of foods that might draw wildlife to a yard are some of the ways to reduce the chances of interactions between wild animals and domesticated pets.

These are just a handful of threats to pet health that might be lurking in your backyard. Always keep an eye on pets when they're outdoors and speak with a veterinarian to identify ways to minimize backyard

# Unique places for holiday shopping

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Although the holiday season is a relatively brief period, it still can consume months of time in regard to preparation, shopping and hosting. According to a SWNS Digital survey of 2,000 adults in the United States, the average American spends six weeks preparing for the holiday season. Five weeks are devoted to planning presents, meals and other essentials, while an entire week is just for decorating.

Shopping for presents can consume a lot of time, especially for those who aren't quite sure what to get. Thinking outside of the typical retail box may help with inspiration, and shoppers may encounter smaller crowds and find better deals. Here are some unique places to shop to grab great holiday gifts.

· Pharmacies: While you're picking up your prescription or medicine cabinet essentials, take a spin around the store to see what else might be available. Typically, pharmacies have entire aisles dedicated to seasonal merchandise, so you might be able to find holiday decorations, gift wrap, candles, pampering items, and even food-related items and gift baskets.

· Farmer's market: Farmer's markets pop up in towns on set days of the week. Although plenty of farm-related produce and plants are available, these markets also attract many other small businesses. You can find craftsmen, jewelry makers, niche food sellers, and so much

School (or church) bazaar: In an effort to raise funds for the PTA or other organizations, schools and churches often host holiday fairs and bazaars right before the holidays. Area businesses rent table space and set up booths with an array of different products for sale. This is a great spot to grab interesting finds all under one roof. Plus, you're supporting the local community in the process.

Home improvement retailer: Plenty of people will appreciate practical gifts that they can use in and around the home. A visit to a

hardware store or home improvement retailer offers up aisles of essentials for the do-it-yourselfer. While new shelving for the garage or a set of flashlights may not be the most glamorous gifts, these items can come in handy.

Craft store: Cater to recipients' favorite hobbies by ensuring they'll be flush with plenty of supplies. Craft stores have a bevy of items for every interest imaginable. They're also surprisingly good places to grab deals on picture frames, housewares, food-making supplies, and decorative items.

· Specialty food store: Head to small specialty food stores to load up on unique items larger supermarkets might not carry. Ethnic markets may have flavorful and interesting ingredients to group together in a food basket that makes an ideal gift for transplants missing the flavors of home.

Before a person logs on to the internet for online shopping or heads to the nearest strip mall, he or she can explore various unique places to shop for holiday gifts.

# Friday's Chil



Kamren Age 8 Registration #9052

Kamren is a resilient and fun-loving boy with a bright, inquisitive nature. He has a wonderful ability to advocate for himself and share his needs, which speaks to his strength and self-awareness. Affectionate and engaging, Kamren's genuine happiness and warmth make him a joy to be around. He might even describe himself as "super fun and always ready to play!"

Kamren loves spending time outside, especially swinging and playing active games with others. He also enjoys building with Legos and exploring activities that engage his senses, such as sand, water, and

playdough. These experiences allow him to be creative and adventurous in his own way.

When it comes to food, Kamren's favorites include waffles, pasta, and ice cream—and he'll never turn down a Sprite!

https://www.mareinc.org/child/22660622673

# Can I Adopt?

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

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

# How to master remote work

common as it was during the height of the COVID-19 pandemic, when a significant percentage of working professionals were required to work from home as a safety precaution. A 2025 report from Wow Remote Teams estimated that 22 percent of American workers would spend the year working remotely, while the staffing and recruitment experts at Robert Half anticipated four in 10 workers being afforded some amount of remote work opportunities in 2025.

Those figures might be a far cry from remote work statistics earlier in the decade, but they still indicate that a significant percentage of professionals are spending at least some, if not all, of their workday working from home. Working from home poses some unique challenges that are not necessarily present when commuting to an office each day. A few simple strategies can help remote workers overcome the unique issues that may arise when working from home.

· Schedule each day. A work calendar that includes daily tasks and meetings can help remote workers stay the course and avoid succumbing to distractions present at home that are not around in a typical office. In addition to listing tasks and meetings, add goals to a daily schedule, which can keep remote workers motivated to continue working during lulls in the workday.

· Minimize in-office distractions. Remote workers who spend enough time working from home to merit a separate home office space should do what's necessary to minimize in-office distractions. For instance, a television in a home office can be a needless distraction that remote

they have a full day's work on their plate. Additional creature comforts also can be nice but distracting. Minimizing such distractions in a home office can ensure remote workers are as productive at home as they were when they commuted to an

office each day.

Stay in touch. One of the hurdles companies face when allowing workers to work from home is maintaining open lines of communication between staff members. Remote workers should prioritize communication with colleagues and coworkers even if they no longer see them each day. Identify ways to remain in touch so productivity does not suffer and projects are completed on time and up to par. Utilize communication channels such as email, messaging apps, text messaging, and Zoom to remain connected with colleagues. Management personnel can consider daily or weekly meetings with necessary personnel to ensure workflow is not suffering and confirm everyone is on the same page with projects and expectations.

Remain flexible. Flexibility is often cited as part of the appeal of remote work, but remote workers must recognize that's a two-way street. If employers and supervisors allow remote workers flex hours and other perks exclusive to working from home, then that flexibility must be reciprocated when the need arises. A willingness to work some late nights or even weekend hours is a good tradeoff for the benefits of working from home.

Remote working remains a fact of life for millions of workers, who can employ various strategies to remain productive when working from home.

# Community Calendar Oct. 3-10

Friday, Oct. 3

• Flashlight Corn Maze, 4-9 p.m., West End Creamery, 481 Purgatory Rd., Whitinsville. Bring a flashlight for nighttime maze entry.

Saturday, Oct. 4

- Douglas Oktoberfest, 9 a.m.-4 p.m., downtown Douglas. Food, vendors, live music, family activ-
- Uxbridge Lions Club Car Show, 10 a.m.-2 p.m., Valley Chapel, 14 Hunter Rd., Uxbridge. Free admission for spectators; cars, motorcycles and trucks welcome. Rain date: Oct. 18.

Sunday, Oct. 5

• Corn Maze Daytime Hours, Noon-6 p.m., West

End Creamery, 481 Purgatory Rd., Whitinsville.

Monday, Oct. 6

Northbridge Community Preservation Committee meeting, 6:30 p.m., Town Hall.

· Northbridge Select Board meeting, 7 p.m., Town Hall.

Tuesday, Oct. 7

- Free Flu Shot Clinic, 9 a.m.-noon, Uxbridge Senior Center, 36 South Main St., Uxbridge. Bring insurance card; high-dose vaccine for ages 65+ available.
- · Sutton Board of Assessors meeting, 5 p.m., Town Hall.
- Sutton Select Board meeting, 6 p.m., Town Hall.

• Medicare Information Night, 6–8 p.m., Uxbridge Senior Center, 36 South Main St., Uxbridge.

Wednesday, Oct. 8

· Smithsonian "Voices & Votes: Democracy in America" traveling exhibit, 10 a.m.-4 p.m., Douglas Municipal Center gymnasium. Open to the public.

Thursday, Oct. 9

• Sutton Finance & Warrant Advisory Committee meeting, 5:30 p.m., Town Hall.

Friday, Oct. 10

• Flashlight Corn Maze, 4-9 p.m., West End Creamery, 481 Purgatory Rd., Whitinsville.



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









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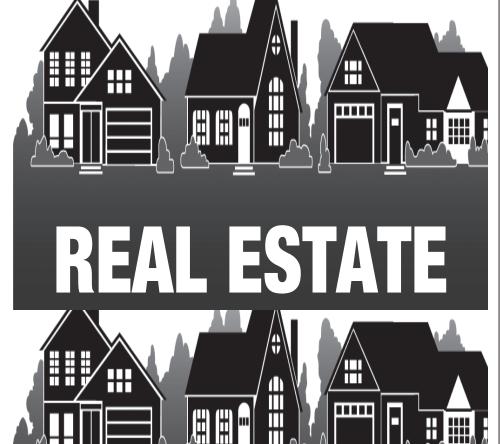






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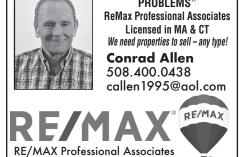
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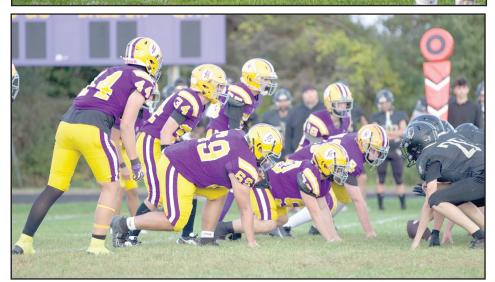
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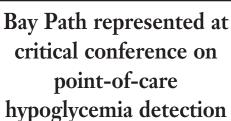


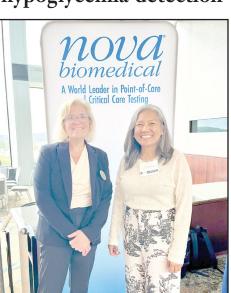




Courtesy

Bay Path's JV football team beat the visiting Northeast Metro Golden Knights 48-6. The Minuteman offense was led by Ethan Rodriguez along with Jahzian Toress, Dane Potenti, Cole Adams and Jayden Warren who all scored for the host Minuteman. Defensive standouts were Jackson Coughlin, Symeon Downie, Juliano Lopez. Matt Graves and Brian Finnegan each recorded an interception for the Minuteman defense.





BOSTON — On Sept. 24, Dr. Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, of Athol, participated and represented Bay Path in the conference titled "Undetected Point-of-Care Hypoglycemia Can Be Life-Threatening to the Patient" at The Westin Waltham-Boston. The event focused on the critical issue of glucose meter accuracy and its impact on patient safety in hospital settings. Dr. Bolandrina was invited to attend by Kelli-Anne Coombs-Cink, BSMT(ASCP), Account Executive, Point of Care NE at Nova Biomedical.

The conference was preceded by a casual welcome reception on the evening of Sept. 23 from 5 to 8 p.m. at the same hotel, where registered attendees enjoyed light snacks, drinks, and engaging conversations. The reception provided a valuable opportunity to network, exchange ideas, and prepare for the educational sessions to follow. The program was approved by the American Association of Critical-Care Nurses (AACN) for 2.5 Continuing Education Recognition Points (CERPs), Synergy CERP Category A, File Number 25635. It also offered 2.5 hours of P.A.C.E. continuing education credits. It's important to note that AACN's approval relates only to the continuing education provided and does not imply endorsement of the content or products discussed.

Glucose testing at the bedside is among the most commonly performed procedures in hospitals. Despite its routine nature, the accuracy of glucose meter results is often overlooked. Recent studies have highlighted that interference from medications and other endogenous factors can cause inaccurate readings, leading to improper treatment decisions. Alarmingly, such errors have occasionally resulted in catastrophic outcomes, including insulin administration to hypoglycemic patients, prolonged hospital stays, and increased healthcare costs. The conference addressed these challenges by exploring how improved glucose meter accuracy can enhance patient outcomes. Topics covered included methods for evaluating glucose meter systems, the impact of interfering substances like hematocrit, acetaminophen, and ascorbic acid, and strategies to prevent adverse events caused by inaccurate glucose readings. Additionally, the program discussed the implementation of interference-free point-of-care glucose testing systems in hospitals, with special attention to critically ill patients, as well as relevant FDA and CMS regulations.

The expert panel of speakers featured:
• Nam Tran, Ph.D., M.S., HCLD
(ABB), CLS, MLS (ASCP)cm, FAACC
— Associate Dean and Vice Chair for
Biobanking, University of Pittsburgh and

UPMC Pathology
• Dennis Begos, MD, FACS, FACRS —
Senior Medical Director, Medical and
Scientific Affairs, Nova Biomedical;
former Surgeon and Chair of Surgery

Professor, Tufts University School of Medicine
• Jorge A. Gomez, MHA, BS, MT(ASCP)
— System Point of Care Manager, Banner Hospitals/Laboratory Sciences of

at Winchester Hospital, MA; Assistant

Arizona
Dr. Bolandrina's attendance and participation underscore her commitment to advancing patient safety through evidence-based practices and continual professional development in critical care nursing.



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- Sipping craft beers from our featured beer truck, Oakholm Brewing Company
- × Browsing unique creations from artisan vendors
- × Crafting and games
- × Enjoying live entertainment, hayrides, and more

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