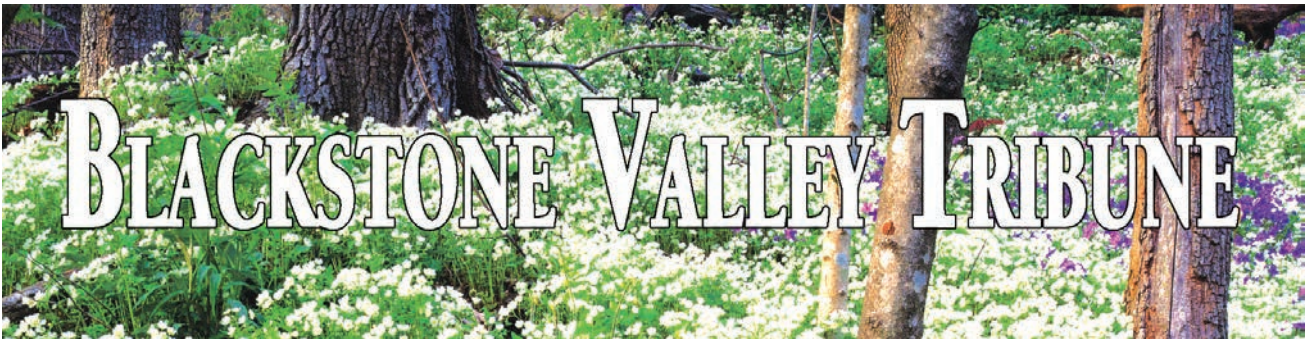


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# John F. Conway Distinguished Service Award to Cortney Keegan of Douglas Public Schools



=DOUGLAS — The Massachusetts Association of School Business Officials (MASBO) has presented the 2025 John F. Conway Distinguished Service Award to Cortney Keegan, Assistant Superintendent for Business and Operations in the Douglas Public Schools.

The award recognizes the accomplishments of a MASBO member who has enhanced the effectiveness of their school district in fulfilling its educational mission. This award is sponsored this year by KenMark / Visual Edge IT. It includes a \$1,500 contribution to the district in honor of the recipient.

Dr. Paul Vieira, Superintendent of Douglas Public Schools, nominated Ms. Keegan for the award, describing her as an innovative problem-solver.

Dr. Vieira said Ms. Keegan “always seeks to understand and learn before making a decision or reacting to an issue, researching Massachusetts General Laws and Municipal Finance Laws, and looking at things from all angles. Her attention to detail is second to

none.”

Dr. Vieira added, “Cortney works daily to bring our district’s vision to life. She does an amazing job watching every taxpayer penny and pushes back on all of us to be financially responsible. But when asked for a social-emotional learning program, textbooks for students, new technology, professional development to help students and staff, she makes things happen so that students and teachers have what they need to succeed.”

About MASBO

The Massachusetts Association of School Business Officials (MASBO) is a professional association for finance and operations professionals employed by public education institutions in Massachusetts. We provide opportunities for our members to engage in professional development, networking, collaboration, and advocacy, in support of high-quality teaching and learning in K-12 public school districts throughout the Commonwealth. For more information, visit [www.masbo.org](http://www.masbo.org).

## UHS senior earns prestigious Boston Globe scholarship

UXBRIDGE — Uxbridge senior Bailey Dzivasen and the eighteen other graduating seniors from across Massachusetts selected as this year’s Globe Foundation/ Richard J. Phelps Scholar-Athletes assembled for an awards ceremony at Fenway Park on Tuesday, June 17. The scholarship-award recipients are selected based on excellence in academics, athletics, and extracurricular activities.

Seniors representing seven MIAA districts, the city of Boston, and prep schools in Eastern Massachusetts, were awarded \$4,000 scholarships for their accomplishments athletically, in the classroom, and as members of the community. Bailey represented the entirety of districts two and three, which includes all schools in Worcester; the Southern Worcester County League, the Dual Valley Conference, the Colonial Athletic League, and the Mid-Wach’s 5 divisions, as well as a handful of independent schools.

“Bailey embodies the very best of Uxbridge High School,” said Dr. Michael Rubin, Principal of UHS. “Her drive, both on the field and in the classroom, is truly inspiring. She’s a leader who consistently pushes herself and others to excel, and we couldn’t be prouder to see her recognized for her incredible dedication and impact.”

A three-sport captain in field hockey, basketball, and softball, and the 2025 UHS Athlete of the Year Bailey consistently demonstrates exceptional commitment and motivates her teammates to achieve their best. Her athletic prowess is evident through her record as the all-time hits leader in Uxbridge High School softball and her four state championships in field hockey. Additionally, she was instrumental in leading the girls’ basketball team to their first-ever Clark Tournament Championship. Beyond her athletic accomplishments, Bailey maintains an effusively positive attitude, inspiring those around her regardless of the challenges faced. Her commitment extends to the classroom, where her pursuit of excellence in sciences and her dedication to her studies have earned her widespread respect. As an exemplar for the school’s focus on authentic learning, Bailey has also served as a student nurse intern and actively contributed to the community through her volunteer work as a captain and student council member. Bailey will continue her journey as a scholarship athlete for softball and a future health professional at Franklin Pierce University.

The Globe started the scholar-athlete program in 1987, with Phelps coming on board in 1991. The 95-year-old Watertown native, a longtime businessman and philanthropist, emphasized the importance of education to those in attendance.

Bailey is the daughter of Kiel and Bethany Dzivasen of Uxbridge.

## BVCC to celebrate ribbon cutting at Precious Ones Child Care Center’s new Mendon location

MENDON — The Blackstone Valley Chamber of Commerce is proud to welcome Precious Ones Child Care Center and Preschool to their new home in Mendon with an official ribbon cutting ceremony on Wednesday, July 30 at 9:30 a.m. at 1 Emerson St., Mendon.

Founded in 2010 with just seven children, Precious Ones has grown into a faith-based childcare organization now serving over 400 children across seven locations in Central Massachusetts. With a strong focus on love, safety, and education, Precious Ones continues to provide high-quality care to families throughout the

region.

This summer, the organization relocates its main infant, toddler, and preschool programs from Uxbridge to their newly purchased facility in Mendon, while continuing to offer before and after school programs in Uxbridge.

“We’re thrilled to bring our services to Mendon and its surrounding towns,” said Executive Director Erin Auger. “This new location gives us the opportunity to continue providing the exceptional level of care that families have come to expect from Precious Ones.”

Turn To **RIBBON** page **A11**

## Sarah Gaudet named UHS Educator of the Year

UXBRIDGE — At its final faculty meeting of the 2024-25 school year, Spanish teacher Sarah Gaudet was named UHS’ Educator of the Year.

Over the past several years, UHS has completely revamped its world language programming, with dozens of students earning the Seal of Biliteracy. Ms. Gaudet’s work is at the core of incredible curricular redesign, innovation for instruction, and remarkable consistency, regardless of the adversity. A veteran presence on the faculty, her ability and energy command the respect of colleagues, school administrators, students, and community alike, and UHS is fortunate to have her at the heart of so many great trends in the classroom.

In addition, Ms. Gaudet serves as the curriculum and instruction teacher liaison for the world language department. An alumna of Uxbridge, she has also been a volunteer with the Uxbridge Athletic Hall of Fame Committee and dedicated advisor to both specific classes and student organizations in her more than two decades as an instructor of Spanish.

“I think that teaching in the community in which I live, and in my case, where I grew up, adds a special layer to the work that I am able to do at Uxbridge High School,” said Ms. Gaudet. “I am invested in this job on countless levels: as a teacher, a mother and a community member. Encouraging my students to expand their horizons, to learn about other people, other cultures, is paramount to me. Watching their language abilities - and their confidence! - grow makes all the hard work worthwhile. Being

Turn To **GAUDET** page **A11**



Courtesy

Plummer Place, home of the Northbridge Senior Center enjoyed the sounds of a four-woman rock band called the Driveway Chicks last week. Performing to a full dining room, the Driveway Chicks played an eclectic spectrum of music and used drums/percussion and bass guitar all while singing vocal harmonies that complemented their melodies simultaneously. Needless to say, the Driveway Chicks were a huge hit among the concert-goers! Plummer Place wishes to thank the Northbridge Cultural Council for funding this wonderful event which was supported in part by a grant from the Northbridge Cultural Council, a local agency, supported by the Massachusetts Cultural Council, a state agency. For more information on Plummer Place or its special programs and events, please call Amy Cowen at (508) 234-2002.







# Douglas Adult Social Center

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

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

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

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

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

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

Friday: Balance & Strength 10am

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

Wellness Clinic: July Clinic dates are Monday the 14th & Tuesday the 19th. Clinic hours

are from 10 am to 12 pm. If you feel you need an extended amount of time to speak with Nurse Ann please call ahead and let us know.

Hearing Aid Cleanings: Thursday July 10th from 10 am to 11am. Please call the center to set up an appointment, 508-476-2283.

JULY EVENTS:

1970's presentation: Thursday July 10th @ 12:30 join us while we take a stroll down memory lane and enjoy this fun presentation of the 1970's. Lunch will be a pasta bake & salad for \$4.00. We will also be celebrating National Ice Cream Day, with free ice cream sundaes! Please call the center @ 508-476-2283 to sign up by July 3rd.

Blackstone Valley Animal Shelter Visit: Thursday July 17th from 1:00-2:00 free transportation will be provided. Would you like to play with some kittens or read to the dogs? Space is limited, please call the center to fill out a visit application and to sign up by July 3rd.

Lunch & Movie: Come in and enjoy this heartwarming true story Nonna's. Thursday July

24th @ 11:30 lunch will be stuffed peppers, carrots & lemon cake for \$4.00. Please call the center to sign up by July 21st.

The Sunshine Club invites you:

Sunshine Club monthly meeting will be on Tuesday July 1st @ 2 pm.

We are going to a WOOSOX game, Wednesday July 30th. Game time is 12 pm. Ticket price is \$26.00 per person. Tickets must be paid for when you sign up. First come first serve with ticket sales. You can sign up in person at the center. There will be transportation provided by The Road Runner and carpooling. When you sign up please let it be known if you will need a ride, will carpool, or if you will meet us there.

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

# Plummer Place

Home of the Northbridge Senior Center  
(508) 234-2002

“Welcome to the Graveyard!” Tuesday, July 8th, 2:00-3:00pm. This program will include a virtual tour chronicling cemetery art, history, and symbolism. From colonial New England burial grounds of the 1600-1700's through the nationwide rural cemetery movement of the 19th century and into the 21st century locations, the program examines why we have cemeteries and gravestones, why they look like they do and how styles and art have evolved over almost 400 years. This presentation is robust with photographs of original gravestones and burial grounds from cemeteries visited

over many years. Sign up in the main office.

Jeopardy and Wheel of Fortune, Wednesday, July 9th, 1:00-2:00pm. Come and enjoy these “live” game shows at Plummer Place! We will be playing as teams or participants to enjoy these popular game shows. \$5 cash payable at the event. Sign up in the main office. This event is sponsored by Unibank.

“Calling all Baseball Fans!” Thursday, July 10th, 10-11:00am. Come learn about the Whitinsville Baseball League from the 1940's to the 1950's in the Blackstone Valley with Bill Ballou. This is a Part 2 of his presentation from last summer and was incredibly well received by our baseball fans at Plummer

Place. Mr. Ballou was born in Whitinsville and is a local correspondent for the Telegram & Gazette newspaper. Sign up on the main office.

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

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

# Whitin Intermediate School announces honor roll

UXBRIDGE — Whitin Intermediate School has released its honor roll for the third term of the 2024-2025 school year.

High Honors

Grade 6: Riley Barnicle, Zachary Black, Mia Blanchard, Benjamin Braunerger, Jackson Buckley, Sadie Cahill, Carsyn Cammuso, Cameron Cote, Oliver Coutu, Annalee DeBalsi, Nathalie Gomes, Lauren Gover, Madeline Jansen, Kaitlyn Johnson, Benjamin Lynch, Owen McSweeney, Olivia Racki, Drew Rollins, Parker Rollins, Brianna Troland, Robert Turcotte, Charlotte Vanderzicht

Grade 7: Blaze Baldwin, Olivia Balicki, Owen Black, Dylan Carter, Jasmine Carvalho, David Chappel, Reece Clinton, Enzo Colonna, Bailey DeMarco, Quinn Gilmore, Sierra Gomes, Evan Goryl, Erin Guertin, Emily Guilherme, Ethan Hamilton, Aurora Hawkins, Ruth Keane, Jaelyn Loja, Avery Lynch, Tyley Martin, Khloe Martins, Jacob Mastroianni, Julie Mikhaeil, Avery Mitchell, Julia Nakazano,

Jayden Nazareno, Keira Nicoll, Julia Olson, Madeline Pidgeon, Carlo Roffo, Nicholas Rota, Ella Ryan, Kyrie Sannicandro, Owen Shay, Curtis Sockwell, Olivia Spiecker, Emelia Tibbo, Ayla Troland, Colton Trotter, Lekshara Velmurugan, Tristyn Woodall

Honors

Grade 6: Brayden Affonce, Brayden Aldrich, Benaiah Arsenault, Eliza Barbuto, Melody Barron, Jaxton Bates, Adam Bianco, Willow Brayman, Liam Brodeur, Tatum Burke, Jordan Charron, Cassius Clinker, Virginia Clinton, Cole Devine, Nathan Fark, Maverick Fitzgerald, Aiden Forss, Dylan Fortier, Isla Fortin, Joseph Guertin, Mya Jackman, Matthew Kibe, Tuiafetoa Kruse, Logan Kustan, George Lalakidis, Jacob Lane, Vincent Larson, Samuel Lavergne, Brayden McGrath, Nathan Moore, Bayla Morris, Miller Neshe, Katelyn Oliveira, Mila Pachomski, Vidhya Patel, Jordan Poirier, Julie

Resende, Riya Tartakoff, Devyn Thomas, Ella Twomey, Sophia Walton, Peyton Whitlock, Austin Whitney, Rowan Woodall

Grade 7: Sophia Aldrich, Kaylee Almy, Myah Anderson, Landon Balanca, Charley Beland, Lila Berard, Emma Bruyere, Ezra Burbank, Sara Castillo Estrada, Hunter Chappel, Talia Chinappi, Eleni Demetroules, Jacob Derouen, Edith Doe, Daniel Donahue, Isaiah Frometa, Zoe Grimala, Kellyn Hankey, Dominic Harlow-Freeman, Isabela Hernandez, Ryan Ivanoski, Landyn Jastremski, Tycen Jones, Phoebe Keniston, Hudson Kirshenbaum, Lily Labrecque-Brodeur, Ella Lafontaine, Henry LeBlanc, Emma Malloy, Abigail Mandile, Clara O'Neill, Kwenneith Paul, Gavin Pezzullo, Emma Ramos, Xavier Rego, Lucas Spratt, Brayden Vaidea, Cayden Welch, Nola White

# Uxbridge resident named to President's List at Dean College

FRANKLIN — Evenfall Bair of Uxbridge has earned a place on the President's List for the Spring 2025 semester. Students named to the President's List have demonstrated a serious commitment to their studies while at Dean College.

Founded in 1865, Dean College is a private, residential college located in Franklin 45 minutes from Boston and Providence, R.I. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

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**FRANK G. CHILINSKI**  
PRESIDENT & PUBLISHER

**BRENDAN BERUBE**  
EDITOR

EDITORIAL

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

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

You voted for this?

To the Editor:

Finally, one of Trump’s campaign threats is being realized – he said he would “turn Bobby loose on health care!” and here we have it. (The Trump administration, as you will see, is also doing its part to kill those of us who survived the lies and mishandling of COVID.) For all the mushroom people who watch Fox Faux Noise, here is a recap:

1. In June, the Trump EPA said in a court filing that it would reconsider a Biden-era ban on chrysotile asbestos, which causes numerous types of cancer, including of the lung, larynx, and ovary.

2. The Trump administration wants to keep open two Michigan coal plants that are responsible for nearly half of the state’s greenhouse gas pollution. “The massive and ageing facilities...release high levels of carbon dioxide, sulfur dioxide, and particulate matter into the air,” their “coal ash ponds leach arsenic, lead, lithium, radium, and sulfate into local drinking water and the Great Lakes,” and one of the plants “is responsible for more arsenic water pollution than any other power plant in the US.”

3. In April, Trump directed his energy department to come up with a plan to stop coal plants across the country from closing, despite the fact that a 2023 study published in Science estimated that between 1999 and 2020, 460,000 deaths would not have occurred if pollution had not been emitted by coal plants.

4. This spring, EPA administrator Lee Zeldin announced that his agency would shrink the number of US waterways that are protected by the Clean Water Act, after Joe Biden expanded the law’s scope to include protecting all “waters of the United States” from pollutants like construction runoff and livestock waste. The Trump administration also announced this spring that it would scrap limits on four “forever chemicals” that have been found in tap water and linked to, among other things, liver damage, developmental issues, and cancer.

5. In June, the administration said it would remove federal protections preventing road construction and development on 58 million acres of national forests, a move that, among other things, could lead to wildfires and polluted drinking water.

6. In 2023, the Biden administration sued Denka Performance Elastomer, a chemical manufacturer, over its emissions of a toxic substance called chloroprene, which the EPA believes to be a carcinogen. In its suit, the EPA said Denka’s emissions posed “an imminent and substantial endangerment” to public health. In March, the Trump administration voluntarily dropped the suit.

7. After all his rhetoric about how bad processed foods are, Kennedy watched the Trump administration cancel a pair of pandemic-era programs that allowed schools and food banks to purchase fresh food directly from local farmers.

8. According to The New York Times, the National Institutes of Health has canceled 1,389 awards for scientific research, and delayed funding for more than 1,000 additional studies. In Trump’s first three months in office, the agency awarded \$1.6 billion less than it had during the same period the year prior, under Biden. The cuts have affected research on everything from Alzheimer’s to cancer. Trump wants to cut \$18 billion from the NIH’s 2026 budget.

9. In his war with Harvard, Trump has cancelled grants totaling \$2.6 billion. Those grants funded studies on

allergy and infectious diseases, neurological disorders, including brain cancer and strokes, and child health and human development.

10. With the resignations of scientists who could no longer be party to what RFK Jr. is doing, the firing of independent advisers and staff at health agencies, alongside lackluster responses to the bird flu and measles outbreaks, experts fear the US is now in worse shape to respond to a pandemic than during Trump’s first term. Kennedy has downplayed the severity of the measles outbreak, spread misinformation about the MMR vaccine, and pushed treatments like antibiotics for virus.

It’s no surprise that Kennedy is intent on undermining life-saving vaccines, but the amount he’s been able to “achieve” in just a few short months should terrify anyone who wants to stay alive:

- he fired an entire panel of experts that makes recommendations on vaccines to the Centers for Disease Control and Prevention, and replaced them with vaccine skeptics, at least one of whom is a board member of a group that “researchers consider a leading source of misinformation about vaccines.” He hired David Geier, a discredited doctor and “anti-vaccine activist,” to work on what turned out to be an error-filled AI-generated fake study of a link between vaccines and autism, which countless studies have already shown does not exist. Your tax dollars at work!
- he pulled funding from a global vaccine alliance that works to get vaccines to children in the poorest countries in the world, a move the former head of global health at USAID said “will cost 100s of thousands of children’s lives a year—and RFK Jr. will be personally responsible.”
- he announced that HHS will no longer recommend that any “healthy” pregnant women and children receive the COVID vaccine, despite the CDC previously warning that pregnant people are at higher risk of becoming very ill from COVID and of having pregnancy complications—including stillbirth. (The CDC later said shots may be given to children six months and older in consultation with their doctor, but not pregnant women.
- he cancelled a \$600 million contract with Moderna to develop a bird flu vaccine and canceled “an agreement set up by the Biden administration in January to prepare the nation for a potential bird flu pandemic.”
- and this just in: RFK said Tuesday that he may bar government scientists from publishing in the world’s leading medical journals, instead proposing the creation of “in-house” publications that he can better control — the latest in the Trump administration’s attacks on science.

Dr. Fiona Havers, who worked at the CDC as a senior adviser on vaccine policy, told The New York Times of Kennedy’s actions, “If it isn’t stopped, and some of this isn’t reversed immediately, a lot of Americans are going to die from vaccine-preventable diseases.”

This is how RFK Jr and his brain worm are carrying out their mission to “make America healthy again.” We can all sleep well tonight. There is even more good news - we are deporting many hard working, tax paying immigrants...especially those with neither criminal records nor gang affiliations. This makes Bev happy. And when Bev is happy, MAGA world is happy!

RICK BEVILACQUA  
WHITINSVILLE

The Loretto Chapel mystery by way of AI

To the Editor:

Recommending fact-checking sites seems pointless these days. Because when the database parameters are amenable, one merely queries some AI Bot answer-generator on the subject matter, or matters, at hand.

Readers might recall that columnist Toby Moore introduced an abbreviated form of the Loretto Chapel mystery circa the fall, last year. So to further expand the subject matter, I set an AI Bot to the task. Eventually asking if a summation designed for newcomers would be possible. To which my “learned” AI Bot friend responded:

“Absolutely! Here’s how that part of the story can be integrated into the timeline, emphasizing the Sisters of Loretto’s reliance on prayer and the arrival of the “mysterious stranger”:

Timeline of the Loretto Chapel’s Construction and Legend

1873: The Loretto Chapel was commissioned by the Sisters of Loretto in Santa Fe, New Mexico, to serve as a place of worship and community.

1878: The main structure of the chapel

was completed. It was initially blessed and opened for worship, but the interior was not fully finished, notably lacking a staircase to the choir loft. This absence set the stage for the later legend of the spiral staircase.

1879: The Sisters of Loretto faced significant challenges as all three architects involved in the chapel’s design—Retail Mouly, Francis Mallet, and Antoine Mouly—died, with one (Francis Mallet) dying violently. This left the Sisters without the architectural guidance they desperately needed to complete the chapel. In response, they turned to prayer once again, praying a novena to St. Joseph during Lent in 1880, seeking his intercession for assistance in their time of need. Retail Mouly, also known as “Projectus” Mouly, died in November from typhoid fever, while Antoine Mouly passed away from pneumonia in January. Additionally, Francis Mallet was shot dead on September 1 by a nephew of Archbishop Lamy.

1880: During Lent, as the Sisters prayed, a “mysterious stranger” arrived at the

Turn To **LETTER** page **A5**

Retro Backyard BBQ Recipes



TAKE THE HINT  
KAREN TRAINOR

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 Spareribs, Circa 1956

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

Ingredients: Four pounds spare-ribs, cut into serving pieces; two tablespoons salt; ½ cup melted butter; ½ cup chili sauce; two tablespoons vinegar; one tablespoon Worcestershire sauce; ½ teaspoon garlic salt; ½ 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 cook-out 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.

\*\*

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LETTER  
continued from page A4

still incomplete chapel's front door, claiming to be a carpenter by trade. This stranger offered to build the much-needed staircase to the choir loft. The spiral staircase was constructed between the Feast of St. Joseph (March 19) and the Feast of Corpus Christi (late May or early June). General Ulysses S. Grant and his group viewed the staircase without its railing in August 1880, highlighting its unique design and engineering.

1881: On Easter Monday, Lieutenant John Bourke and Mrs. Woodruff viewed the staircase without its railing. The chapel was officially consecrated later that year, marking its dedication as a sacred space for worship. By this time, more interior work had been completed, but some elements were still being finalized.

1887: The railing for the spiral staircase was added, further enhancing the staircase's safety and functionality.

"This revised timeline captures the essence of the Sisters of Loretto's faith and resilience in the face of adversity, leading to the arrival of the mysterious carpenter who would create the iconic spiral staircase."

To which I replied that it seemed like a good enough summation to me... so thanks.

The AI Bot responding: "You're very welcome! I'm glad you found the timeline helpful and suitable for newcomers to the Loretto Chapel's story. If you have any more questions or need further information about the chapel or anything else, feel free to ask. Enjoy sharing the mysteries of the Loretto Chapel!"

In another of our sessions, we took on other matters of importance in the stairway mystery. Here's what my learned AI Bot friend came up with:

"The Loretto Chapel staircase is a remarkable architectural feature that turns more than twice, showcasing its intricate spiral design. It ascends to a height of approximately 20 feet, leading to

the choir loft. The staircase consists of 33 treads, resulting in 34 rises, with each rise measuring just over 7 inches. This combination of a graceful ascent, unique rotation, and comfortable rise exemplifies the engineering ingenuity behind this stunning structure, inviting visitors to appreciate its beauty and complexity.

Understanding the nosing

In the context of the staircase, the "nosing" refers to the overhanging edge of each tread that extends beyond the riser below it. This element is crucial for both safety and aesthetics, as it provides a surface for foot placement and contributes to the overall visual appeal of the staircase.

The nosing line  
The "line" of the nosing is the horizontal edge that can be observed from a top-down view of the staircase. This line is significant because it helps to define the shape and flow of the staircase, illustrating how the treads spiral upward.

Top-down view  
When viewed from above, the nosing lines can create intriguing patterns that highlight the unique design of the staircase. This perspective allows observers to appreciate the skewed angles and the overall geometry, further emphasizing the staircase's architectural significance.

Differing feel in ascent and descent

The experience of using the staircase differs significantly between ascent and descent. While ascending, individuals may feel a sense of wonder and curiosity as they navigate the spiral, drawn upward by the unique design. The nosing lines, in this context, can create a visual pathway that grants a greater feeling of safety than may actually exist, as the eye is guided along the treads.

The "bouncing" effect  
Additionally, the coiling serpentine structure of the staircase can create a "bouncing" effect, giving the sensation of

being lofted upward, almost as if toward heaven. This uplifting feeling can enhance the experience of ascent, making it feel more ethereal and inspiring, despite the inherent risks associated with the design.

Path away from true safety

In contrast, descending the staircase can evoke feelings of trepidation and unease, as the height and skewed nosing lines create a perception of instability. The absence of a central support and the disorienting design can lead individuals away from the path of true safety, making it challenging to maintain balance and focus.

Subliminal architecture and "Hell on Earth"

In terms of its subliminal architecture, one might interpret the descent as a return to a "hell on earth," a concept that the staircase's installer may have envisioned. The combination of height, the absence of safety features, and the disorienting design can evoke feelings of anxiety and fear, suggesting a journey through a challenging and unsettling space. This interpretation adds a deeper layer to the experience, inviting reflection on the emotional and psychological impact of the staircase, as well as the intentions behind its design.

This articulation captures the contrasting experiences of ascent and descent, emphasizing the feelings of safety and elevation during ascent while acknowledging the risks and emotional responses during descent.

My response: Not perfect, but not half bad either.

The AI Bot commented back: "Thank you for your feedback! I'm glad to hear that the response resonated with you to some extent. If there are specific areas you'd like to refine or expand upon, or if you have any additional points you'd like to include, please let me know. I'm here to help!"

STEPHEN GAMBONE  
NORTHBRIDGE

# 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 ever-accelerating timeline—more 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 pieces 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

Turn To **POSITIVELY** page **A8**

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continued from page A4

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 ½ ounces) ; ½ jigger orange liqueur (¾ ounce); ½ 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 juice.

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. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.*

✿✿✿

Friday's Child

✿✿✿

Amythist

Age 11

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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# A Call to the Common - Reading Frederick Douglass together

GRAFTON — On July 5, the Unitarian Universalist Society of Grafton & Upton and the Grafton Public Library will host a public reading of Frederick Douglass’ powerful speech “What to the Slave is the Fourth of July?” first delivered in Rochester, N.Y. in 1852. The event will be held on Grafton Common. Activities begin at 5:30 p.m. with an African drumming Call-To-The-Common and a musical program that includes singing and instrumentals.

At 6:30 p.m., Douglass’ famous 1852 speech will be delivered by a variety of readers, including volunteers from the audience. Through his speech, Douglass held up a mirror to the nation’s values, emphasizing the cruel irony of the Independence Day celebration when millions of its people were bound by slavery.



The injustice that continues in our country makes the Frederick Douglass speech as relevant today as it was in 1852.

Following the reading, the audience will break into smaller groups to discuss what we, each of us, here in 2025, can do to further Douglass’ vision of a more just and equitable American society.

The spirit of Frederick Douglass is embedded in Grafton Common. In 1842, Douglass spoke about the abolition of slavery on the common after initially being denied access to local churches, homes, and marketplaces. He returned to Grafton Common again in 1874.

Reading Frederick Douglass Together is made possible by a grant from Mass Humanities, which was provided by funding through the Massachusetts Cultural Council.

## Arneis String Trio to perform at Unitarian Universalist Society of Grafton & Upton

GRAFTON — The Arneis String Trio will perform at 3 p.m. on Sunday, July 20 at the

Unitarian Universalist Society of Grafton and Upton’s meetinghouse at 3 Grafton Common in

Grafton. The event is free and open to the public, thanks to the sponsorship of Grafton couple and

Baroque music enthusiasts Marjorie Albright and David Stevens. The Arneis String Trio,

an offshoot of the critically acclaimed Arneis Quartet, includes violinists Heather Braun and Sean Larkin and cellist Agnes Kim. They also perform as part of Emmanuel Music, the ensemble-in-residence at Emmanuel Church in Boston and self-described “living laboratory for the music of J. S. Bach.” “This concert showcases three masters of the Baroque trio sonata, J.S. Bach, Handel, and Telemann,” says Braun. “The variety, spontaneity, and creativity of each composer is on full display during this celebratory concert.” Although the concert is a way of celebrating their 30-year wedding anniversary, Albright and Stevens insist that their focus is the music,

not their milestone. “This isn’t about us. We’re sharing something we love, something that has been a thread through our marriage,” explains Albright. “We are lucky to offer this free concert thanks to Marjorie and David, and we are excited to offer this program of Baroque masterworks for string trio,” adds Tyler Turner, director of music at the Unitarian Universalist Society of Grafton and Upton. “Programs like this exemplify UUSGU’s commitment to music and community, and we are excited to have the community here for this fantastic experience.” The event will take place in the second-floor sanctuary, which is accessible via stairs.



The Arneis String Trio: Left to right, Heather Braun, Agnes Kim, and Sean Larkin.

## St. Patrick’s hosting Beer and Dynamite Blast

WHITINSVILLE — Come and celebrate America with St. Patrick’s Parish, 7 East St., Whitinsville, on Saturday, July 19 from 5 – 9 p.m. They will be serving dynamites and ice-cold beer prior to the Northbridge fireworks! The menu will also include hot dogs, chips, soft drinks and treats. Take-out is also available. For more information, call 508-234-5656. Payment by cash or VENMO. Rain date is July 20.

## Silver Club announces upcoming trips

UXBRIDGE — The Silver Club of the Uxbridge Senior Center is planning some trips that anyone is welcome to join. Upcoming is a trip to Washington, D.C. from July 25-28. Three nights lodging, three dinners and three breakfasts as well as a comprehensive tour of the city and time at the Smithsonian museums are included. There will be a three-day trip to New York City from Aug. 16-18. It includes two breakfasts, two dinners, and two nights lodging as well as a harbor cruise and lots of touring with a step-on guide to see all the sights of this exciting city. From Sept. 14-20, there is a trip to Charleston, S.C. planned, including 10 meals, a guided tour of the city, a tour of a historic plantation, a harbor cruise, a visit to Middleton Place, a visit to the Charleston Tea Garden along with a trolley tour, a tour of an historic home, and more. Please call Sue at 508-341-0797 for more information. The bus will leave from the Millbury Park and Ride in Millbury.

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Courtesy

Pictured, left to right, are William Johnston of Clear Path for Veterans, a nonprofit that offers programs and services that empowers veterans, and Michael Shain of Thanks To Yanks, a local charity that serves those who serve our nation. Due to the generosity of others, Thanks To Yanks was able to donate Girl Scout cookies to Clear Path. These cookies will be given to local veterans. For more information on Thanks To Yanks, please like them on Facebook.



# Uxbridge High School announces honor roll

UXBRIDGE — Uxbridge High School has released its honor roll for the fourth quarter of the 2024-2025 school year.

Grade 8  
High Honors: Kylie Alicea, , Alice Black, Patrick Brauning, Madeleine Buckley, Michael Caffrey, Julianna Casper, Kadence Chabot, Emily Charbonnier, Mackenzie Coleman, Charlotte Cuniff, Gavin Dwyer, Calum Fortin, Max Gaudet, Samantha Gaulitz, Cameron Hendricks, Bryce Hewett, Taylor Jansen, William Khondker, Joseph King, Ash Loveless, James Lubas, Mackenzie Matthews, Kingston Meza, Adriana O'Connor, Evelyn Palumbo, Cole Pezzullo, Greyson Rollins, Thomas Rosborough III, Caroline Roxo, Isabel Roxo, Abigail Simonds, Shea Stone, Hailey Thompson, Kamiela Torku  
Honors: Kaiden Aponte, Trevor Barbuto, Amelia Belanger, Oscar Berard, Michael Brosnahan, Thomas Charron, Ryleigh Cronin, Hope Donnelly, Jacob Dubois, Arlen Ebbeling, Sean Freiwald, Connor Gosselin, Shane Hamm, Owen Hughes, Thomas Johnson, Cameron Kauzens, Savannah LaFleur, Corey Levesque, Alexander Livingstone, Owen Longenbaker, Adrianna Mone, Ayla Moore, Maison Natola, Isabella O'Keefe, Caydence Perkins, Brynn Power, Guilherme Resende, Vincenzo Santosuosso, Nathan Smith, Skyla Sokol, Gabrielle Stanley, Grayden Tierney, Azalea Vaillancourt, Willie Wilson  
Honorable Mention: Alexandra Benson, Aiyanah Cosme, Anns Jean Philippe, Kamryn Lachapelle, Ryan Lavergne, Mia Manning, Jack Neri, Gia Polselli, Chase Poulos, Loudon Quimby, Cheyenne Ross, Alexanna Soter, Olivia Stoico, Jack Trottier, Brady Waugh, Lucas Wills,

Grade 9  
High Honors: Cayden Almy, Evan Bourgeois, Elyse Bousquet, Kendra Cabana, Emily Cabral, Matteo Casasanta, Jaidyn DeLuca, Lily Derouen, Jacob Dzivasen, Ryan E. Fitzgerald, Paige Foley, Liam Gover, Casey Griffiths, Everett Hazel, Benjamin Johnson, Ashton Khondker,

Jessica Labonte, Madyn Lame, Abigayle Livingstone, Clayton Maracle, Kevin Marchand, Carly McKay, Nathan Najarro Rivera, Thomas Newhall, Nadia Nolan, Elijah Norman, Ishani Patel, Allie Patnode, Shea Paxton, Zooley Pominville, Benjamin Rota, James Sadd, Lily Savoia, Mason Soucy, Abigail Spiecker, Adeline Tartakoff, Hope Xiao Tibedo, Lile Twohig-Mann, Haley Walsh, Matthew Yarger  
Honors: Taylor Anderson, Kaylee Arsenault, Cooper Bartlett, Cooper Burdick, Emily Calderon, Bradley Dwight, Bryana Fernandes, Logan Fleming, Emily Geshelin, Aiden Jennings, Katelyn Laflamme, Matthew Lambert, Ryder Lovell, Blake Mace, Olivia Mazzola, Julia McDonnell, Isaac Nagle, Marissa Pirrotta, Emmett Sharr, Lily Trottier, Malik Uddin, Kevin Vietro, Avery Wood  
Honorable Mention: Desmond Botelho, Chanthina Chhun, Aiden Danforth, Aiden Dugan-Bubble, Madison Goodwin, Emma Harney, Logan Harris, Bronwyn LaChapelle, Aaron Marchand, Jacoby Martins, Anne Rejouis, Ava Rosborough, Blake Rosborough, Benjamin Snyder, Luis Villatoro

Grade 10  
High Honors: Ammar Alomar, Iain Andrews, Clarah Avery-Boyer, Aubrey

Beland, Gabriela Belanger, Addie Blood, Aubrey Bouchard, Blake Burr, Ava Cahill, Madison Cammuso, Susana Casper, Isabela Chapman, Skylar Daniels, Joao Pedro DeSouza, Parker Dery, Miranda ElTurkmani, Emily Fonseca, Alyssa Friis, Olivia Gauthier, Nathan Goryl, Cameron Gray, Brian Guertin, Mallorie Hallfelder, Jordan Hilgenberg, William Hinchcliffe, Samantha Huth, Brooklyn Kaferlein, Emrie Kling, Madison LaBonte, Dawson Levesque, Sydney Loiselle, Mary Lowrey, Braelyn Matheson, Lilianna McClintock, Benjamin O'Neill, Nathan Oliveira, Blake Oliver, Mia Ouellette, Emma Peloquin, Nicolis Polselli, Aidan Power, Katherine Pratt, Emmanuel Ramla, Charlie Roy, Eliasa Roy, Hannah Samolinski, Chawanvit Sillapachairuang, Maddilyn Silva, Saanvi Singh, Lelia Sjogren, Annabel Smutok, Sarah Stark, William Stark, Gabriel Stone, Erik Ward, Samuel Weeks, Benjamin Yoffe  
Honors: Bradley Anderson, Connor Brooks, Joseph Cascella, Xavier Chan, Austin Clancy, Aiden Costigan, Dylan Demers, Ethan DeVito, Daniel Ferreira, Caleb Gaulitz, Allie Gauthier, Lindsay Genoa, Elaina Horgan, Tyler Joyce, Amir Julien, Grace Kibe, Hailee Lussier, Sebastian Molit, Elizabeth Moriarty, Vibhav Patel, Noah Samolinski, Lukas Tierney

Honorable Mention: Cole Choquette, Parker DaCosta, Josiah DeMontigny, Kerry Desruisseaux, Savannah Gassett, Gabriel Gomes, Maxwell Kammerer, John Lannigan, Gabriella Mazier, Kaia Mollica, Dessie Najarian, Damien Natola, Raymond Osanya, Yosselin Ramirez, Frederick Romano, Aubrey Roy, Natalie Silva, Kole Silvestro, Josiah Vaillancourt, Zachary Veneziano, Madison Webber

Grade 11  
High Honors: Aidan Arsenault, Ella Bain, Taylor Bettencourt, Amelia Blood, Novelle Bousquet, Gaurav Boyalla, Sebastian Bradwin, Maxwell Brayman, Lauren Cabral, Julianna Casucci, Kaleb Chabot, Kason Chludenski, Tyler Constantineau, Finnegan Cove, Adriana Cugini, Colin Dwyer, Brady Esposito, Alison Fleming, Jadyn Flood, Nicholas Fortier, Zachary Fortier, Savannah Gaskill, Kendall Gilmore, Lola Grube, Mazen Hamza, Isaac Kling, Ethan Lachapelle, Lily LaLiberte, Julianna Lopes, Daniel Mach, Brayden Mackin, Cameron McIsaac, Niamh McSweeney, Erin O'Day, Skylar O'Neill, Wilson Obiocha, Julia Brynn Okenquist, Keira Paul, Liam Powers, Jake Richardson, Jacob Rivet, Erin Roche, Emmalyn Romano, McKenna Savage, Brian Stumpf, Andrew Tamsky, Jacob Tavares, Eabha Twohig-Mann, Sydney Vanderzicht, Grady Walsh, Austin Walusiak  
Honors: Alexander Aldrich, Jeramy Barry, Jeremiah Bourguignon, Malaika Cabrera, Morgan Charbonnier, Samuel Dow, Heidi Doyon, Tyler Kavanaugh, Camden LaChapelle, Migui Medeiros, Krish Patel, Liam Palmer Ramirez, Alex Rivera, Julian Rosenburg, Thayla Santos, Riley Spicer, Zachary Turcotte, Cody Veneziano  
Honorable Mention: Angelica Afonso, Emerson Burns, Kameron Desroches, Hunter Douangsavanh, Jacob Ethier, Joshua Fontes, Sophia Freire, Stephen Leach, Enzo Pimentel, Hunter Sheard, Peter Simonds, Thatcher Sweeney, Malachi Vaillancourt

## Salve Regina University announces Dean's List

NEWPORT, R.I. — The following students were 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.  
Emilee Hamelin of Douglas  
Alyssa Schilling of Douglas  
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).

## Dean College announces Spring Dean's List

FRANKLIN — Dean College is pleased to announce the students who have earned a place on the Dean's List for the Spring 2025 semester. These students have demonstrated a serious commitment to their studies while at Dean College.  
Alexis Alvarado of Whitinsville  
Aimiejeanne Given of Douglas  
Ava Turner of Uxbridge  
Elizabeth Yarger of Uxbridge  
Founded in 1865, Dean College is a private, residential college located in Franklin 45 minutes from Boston and Providence, R.I. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

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The North Brookfield Zoning Board of Appeals will hold a public hearing & meeting on Monday, July 21, 2025 at 6:00pm in the North Brookfield Senior Center, 29 Forest St on the application of Robert Anderson for a Special Permit to Zoning Bylaw, IV, A, 2, I: to construct a two-family duplex in the R11 District at 12 Winter St. A copy of the application is available at the Town Clerk's Office at 215 North Main St. July 4, 2025  
July 11, 2025

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**225 Main Street**  
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**Docket No. WO25C0328CA**  
CITATION ON PETITION TO CHANGE NAME  
In the matter of:  
**Brittany Michael Perkins**  
**A Petition to Change Name of Adult**

has been filed by  
**Brittany Michael Perkins of Uxbridge MA** requesting that the court enter a Decree changing their name to:  
**Brittany Michael Orphine**  
**IMPORTANT NOTICE**  
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10 a.m. on the return day of 07/15/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.  
WITNESS, Hon. Leilah A Keamy, First Justice of this Court.  
Date: June 11, 2025  
Stephanie Fattman,  
Register of Probate  
July 4, 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. WO25C0342CA**  
CITATION ON PETITION TO CHANGE NAME  
In the matter of:  
**Qourtne C Mazier-Young**  
**A Petition to Change Name of Adult** has been filed by  
**Qourtne C Mazier-Young of Blackstone MA** requesting that the court enter a Decree changing their name to:  
**Que Mazier-Young**  
**IMPORTANT NOTICE**  
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10 a.m. on the return day of 07/22/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.  
WITNESS, Hon. Leilah A Keamy, First Justice of this Court.  
Date: June 23, 2025  
Stephanie Fattman,  
Register of Probate  
July 4, 2025

**A.C. 78A**  
**Docket Number WO25P0430PM**  
**THE COMMONWEALTH OF MASSACHUSETTS**  
**WORCESTER, SS**  
**PROBATE COURT**  
To all persons interested in the estate of Andrew Francis O'Leary III of Uxbridge, in said county, person under conservatorship. A petition has been presented to said Court for authority to sell - private sale - certain real estate of said Andrew Francis O'Leary III for maintenance.  
If you desire to object thereto you or your attorney shall file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the twenty-second day of July 2025, the return date of this citation.  
Witness Leilah A. Keamy, Esquire, First Judge of said Court, this eighteenth day of June 2025.  
Stephanie K. Fattman  
Register of Probate  
July 4, 2025



# Whitinsville Christian School announces honor roll

WHITINSVILLE — Whitinsville Christian School has released its honor roll for the fourth quarter of the 2024-2025 school year:			
Grade 6 High Honors: David Bronitskiy, Ava Chambers, Ava Crawley, Raegan Doti, Addison Foppema, Hilary Green, Maeve Hart, Cassidy Houde, Elena Justus, Avery Mogan, Eleanor Oberlies, Thea Pantazelos, Cecilia Rizzo, Ayla Sobiech, Gemma Stone, Nicholas Tomasino, Noelle Wieggers, Ella Zietek	Grade 7 High Honors: Riley Ahearn, Madelyn Arrigan, Chloe Barker, Evelyn Barnes, James Bourguignon, Lily Brochu, Joshua Cambridge, Ethan Cwiakala, Hadley DeFrancisco, Remi DesJardins, Gianna Dyke, Charlotte Fogg, Atticus Freitas, Arya Gromelski, Aletta Osterman, Ruthie Philip, Ella Pitts, Hannah Reynolds, Lillian Schwenke, Samyra Sethi, Jackson Shanahan, Lucy Tinio, Jacob Tomasino Honors: Nathan Boria, Jackson Bullock, Vienna Butzke, Morgan Colgate, Brooks Corkran, Colin Dertien, Layla Goozey, Brayden Kurczy, Georgia Mulroy, Kian Shah, Lydia Taylor, Valerie Taylor, Jonathan Weden, Micah Zylstra	Bastien, Mackenzie Brower, Molly Chambers, Thomas Cintolo, Sophie Finch, Jack Foppema, Kayden Harshaw, Mazzy Hollibaugh, Audrina Lucas, Sienna Roach, Mason Thakkallapalli, Effrosyni Tzimogianni, Arielle Zdanis Honors: Olivia Barnatt, Isaac Besong, Joao Victor Carvalho, Putnam Costello, Isabella DeOliveira, Kaleb DeWeerd, Eliza Gaudiano, Anya Hruz, Vanessa Kline, Ethan McCabe, Elyse McGee, Isabella Menard, Mason Moesker, Joseph Monteiro, Caitlyn Neal, Hailey Paiva, Makayla Sedzro, Emma Simao, Clarisse Tatulli	Johnson, Jack Johnson, Hannah Parke, Ryleigh Shanahan, Yvette Solorzano, Michael Vos Honors: Lara Alves, Jaden Ashton, Aislyn Butzke, Alec Gazda-Tran, Abigail Huang, Katelyn Keeler, Evan Kling, Thomas Robbins, Inez Smith, Olivia Soden, Natalie Tubo, Abisha Uttangi
Honors: Storey Barnes, Dominic Calarese, Gianna Deliso, Elliot Finch, Mikaela Foppema, Micah Foster, Makendrick Ignace, Aliko Kachaje, Aviana Meehl, Jacob Paiva, Caroline Quinton, Molly Rainbow, Daphne Rufo, Emma Savage, Izabela Schofield, Miriam Shearer, Clara Soden, Luciana Sousa	Grade 8 High Honors: Ella Mae Arsenault, Elise	Grade 9 High Honors: Brayden Alix, Neriah Bagaya, Thomas Barry, Jacob Beatty, Cadence Calarese, Casrae DesJardins, Tessa Grelewicz-Ferreira, Joshua Hilgenberg, Cameron Houde, Fiona	Kindl, Elliot McCabe, Eamon Moloney, Julia Monteiro, Neola Nigh, Sophia Robbins, Brinley Rufo, Ruth Stenbuck, Nathanael Vos, Emma Whitsitt Honors: Charlotte DeFrancisco, Gabriel Deters, Eden Gluckin, Indiana Hollibaugh, Joshua Lavergne, Jaejun Lee, Vaughn Mulroy, Connor Neal, Benjamin Peck, Amelia Rufo, Liam Simao, Caleb Tetreault, Elisavet Tzimogianni
		Grade 10 High Honors: Isabella Aloise, Nathan Bagaya, Emily Bastien, Amelia Besong, Demetri Boormeester, Samantha Boria, Amelia Bowler, Ethan Curry, Aberlin Cwiakala, Audyn DeWeerd, Avery Dertien, Mya Duffy, Josephina Dyke, Enson Enoch, Abby Flagg, Emily Flagg, Mollagh Flannery, Ian Finch, Lucia Gaudiano, Alexi Gilchrist, Jensen Gonneville, Jude Goodson, Mileyna Hazard, Aimee Jolicoeur, Carrie Keeler, Hailey	Grade 11 High Honors: Madison Amati, Kacy Brochu, Emily Burkhart, Natasha Carreiro, Joao Victor Dasilva, Maxwell DeFrancisco, Matthew Dudley, Eli Focht, Elijah Fortna, Noah Garrant, Faith Najem, Maria Ramos, Kyria Sedzro, Justin Smith, Matthew Wren, Brian Wright, Mark Yarger Honors: Ludmilla Da Silveira, Micah Deters,
			Grade 12 High Honors: Mason Barnatt, Charlotte Bartlett, Amanda Cinelli, Rebeca Dasilva, Emelyn DeWeerd, George Foint, Julia Gibbons, Katherine Godin, Brady Gorman, Ashley Jeong, Isabelle Kling, Julia Lawson, Gillian McGee, C.J. Najem, Logan O'Connell, Hannah Ostroff, Rosemary Poe, Quinnlan Rice, Scarlett Shaw, Corbin Swaim, Hannah Walton, Georgia West Honors: Caden Anema, Joanna Graves, Bradley Jolicoeur, John Kim, Dillin McAlister, Siena Mueller, William Mulroy, Owen Neal, Gabriella Neves, Jacob Piascik, Alison Sim, Claire Tubo, Emma Wierenga



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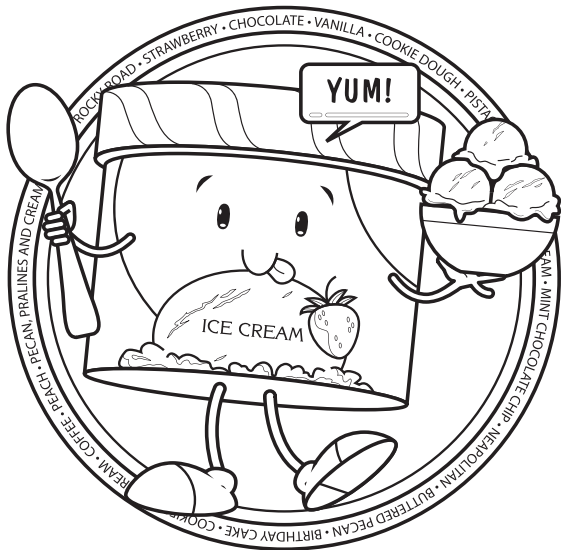
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### Creative Colouring

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

I

M

I

1264753624

M

2647

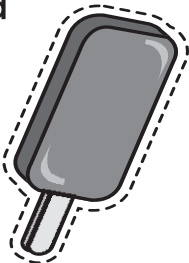
Answer: I scream for ice cream

### How they say that in...

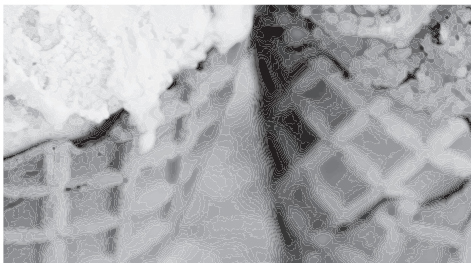
- English: Freezer
- Spanish: Congelador
- Italian: Congelatore
- French: Congélateur
- German: Gefriertruhe

### 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!

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



**RIBBON**  
*continued from page A1*

Jeff May, Founder and President, reflects, “We weren’t necessarily looking to expand, but opportunities kept falling into our lap. We believe it’s our responsibility to meet the growing need for quality childcare in Massachusetts, and we’re proud to rise to that call.”

Jeannie Hebert, President & CEO of the Blackstone Valley Chamber of Commerce, added, “We are so proud to support Precious Ones as they take this next exciting step. They are a shining example of how small businesses can grow with heart, purpose, and deep commitment to community. This expansion not only

reflects their success, but also the increasing need for high-quality childcare options in the Blackstone Valley.”

All are invited to attend the ribbon cutting and join the celebration of this exciting new chapter for a growing, community-driven business.

For more information, visit [www.blackstonevalley.org/events](http://www.blackstonevalley.org/events).

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

**GAUDET**  
*continued from page A1*

recognized for this hard work is just the icing on the cake.”

UHS Principal Dr. Michael Rubin shared in his remarks that Ms. Gaudet is setting a path for others to follow, using the words of Latino poet Antonio Machado: “Wanderer, there is no path, the path is made by walking.” In that spirit, Ms. Gaudet has revamped world language study to incorporate an entirely proficiency-based model that drives student participation and achievement, while maintaining high

demands of herself and others.

“Ms. Gaudet has set a new path, embraced new standards, sometimes played hurt and forged forward on a path when the days have been hard, and has indeed helped us step and venture into the unknown,” said Dr. Rubin. “Her practice is never satisfied, she is always willing to innovate and evolve, and, most importantly, she keeps those around her focused, hard-working, and dedicated to the craft at hand. It makes her an awesome colleague, even when those asks may be carving out an entirely unique direction forward.”

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


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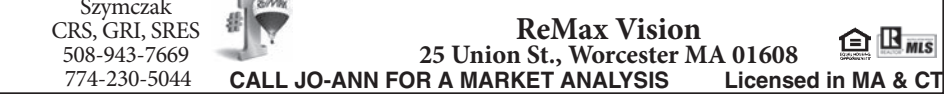




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Local Emerson College students earn Dean's List honors

BOSTON — The following students are named to Emerson College's Dean's List for the Spring 2025 semester. To make the Dean's List, students must have a grade point average of 3.7 or higher for that semester. Therese Hennedy of Douglas is majoring in Writing, Lit and Publishing and is a member of the Class of 2027. Catherine Hughes of Uxbridge is majoring in Creative Writing BFA and is a member of the Class of 2028. Bethany Loach of Uxbridge is majoring in Media Arts Production and is a member of the Class of 2026. Julia Psuik of Uxbridge is majoring in Media Arts Production and is a member of the Class of 2026.

About Emerson College Emerson College is uniquely dedicated to the arts and communication, educating and inspiring storytellers and artists to impact and advance creative industries and media throughout the world. Distinguished faculty spearhead a dynamic curriculum, and guide several thousand undergraduate students and 1,300 graduate students to exhibit an unyielding spirit of creativity, professionalism, and critical thought, to transform lives, and make a profound impact on our community and beyond. Based in the world-class city of Boston, opposite the historic Boston Common and in the heart of the city's Theater District, the College offers experiential learning programs in Boston and across the globe: at Emerson Los Angeles, located in Hollywood, at its 14th-century castle, in the Netherlands, and at 28 global programs. Emersonians, including more than 58,000 alumni, shape industries, inspire change, and amplify voices that redefine our culture. For more information, visit emerson.edu.

Area residents named to President's List at Fitchburg State

FITCHBURG — Fitchburg State University congratulates Emjay J. Hanson of Groton and Roy M. Benson of Milford on being named to the President's List for the spring semester of 2025.

Alexandra Weedon named to Dean's Honor Roll at University of Mississippi

UNIVERSITY, Miss. — Alexandra Weedon of Whitinsville was named to the University of Mississippi's Spring 2025 Honor Roll lists. Weedon, majoring in Allied Health Studies, was named to the Dean's Honor Roll, which is reserved for students who earn a semester GPA of 3.50-3.74. To be eligible for honor roll designation, a student must have completed at least 12 graded hours for the semester and may not be on academic probation during the semester. The University of Mississippi, affectionately known as Ole Miss, is the state's flagship university. Included in the elite group of R1: Doctoral Universities - Highest Research Activity by the Carnegie Classification, it has a long history of producing leaders in public service, academics and business. Its 16 academic divisions include a major medical school, nationally recognized schools of accountancy, law and pharmacy, and an Honors College acclaimed for a blend of academic rigor, experiential learning and opportunities for community action. Recognized among the nation's most beautiful, Ole Miss' main campus is in Oxford, which is routinely acknowledged as one of the country's best college towns.

Local residents earn Dean's List honors from MassBay Community College

WELLESLEY HILLS — The follow residents have been named to the MassBay Community College Dean's List, earning this academic honor for the Spring 2025 semester. Yanni Roman of Millbury, who studies Business Administration Terrence Benton of Millbury, who studies International Business Staline Younkoua of Sutton, who studies General Studies 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.

Morrodox Sisowath enrolled at Hiram College for fall 2025 start

HIRAM, Ohio — Morrodox Sisowath of Uxbridge has been accepted to Hiram College as a member of the class of 2029. Students will join the Terrier family this fall as they begin classes at Hiram. About Hiram College Founded in 1850, Hiram College continues today as one of the nation's most respected liberal arts institutions. Located in Ohio's Western Reserve, Hiram has long been committed to educational excellence, helping students develop a 21st-century skill set and mindset that will allow them to thrive in their personal lives, at a time when societal changes are constant and complex. The College's New Liberal Arts prepares students to answer tough questions, solve complex problems, and communicate their ideas through a broad, interdisciplinary curriculum. Recognized by Colleges of Distinction, The Princeton Review, U.S. News and World Report, and as a top baccalaureate college by Washington Monthly, Hiram enrolls approximately 1,000 students in its traditional program and about 200 adult learners in its Weekend College and Professional and Graduate Studies programs. For more information, please visit www.hiram.edu.

Local residents earn degrees from MassBay Community College

WELLESLEY HILLS — The following local residents academic dedication and hard work were celebrated at MassBay Community College's 63rd Commencement ceremony on May 29. Arthur Assis of Millbury has earned an Associate of Science in General Studies Automotive Technology. Jaqueline Guimaraes of Millbury has earned a Certificate in Early Childhood Education. Staline Younkoua of Sutton has earned an Associate of Science in General Business.

MassBay Community College takes great pride in the achievements of its students, reflecting the institution's commitment to fostering academic excellence and career readiness. The College extends its heartfelt congratulations to the entire graduating class of 2025.

Local residents earn President's List honors from MassBay Community College

WELLESLEY HILLS — Michelle Leonard of Douglas, who studies General Studies, has been named to the MassBay Community College President's List, earning 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.

Local students earn President's List honors at Nichols College

DUDLEY — Nichols College is proud to recognize the academic accomplishments of students on the spring 2025 President's List. President's List recognizes those students who achieve high grades during a single semester. Students whose semester grade point average is 3.85 or higher for at least 12 undergraduate credit-hours and no grades below B- will receive President's List honors. The following local students have achieved President's List honors: Ella Haker of Uxbridge Casey Holland of Douglas Chloe McDonald of Uxbridge Jack Morvan of Uxbridge Zachary O'Meara of Northbridge Victorya Pacheco of Douglas Joshua Pinoos of Whitinsville Ethan Soyinthisane of Douglas Victoria Symock of Douglas Erin Wyndham of Northbridge

About Nichols College Nichols College has earned business accreditation from the prestigious Association to Advance Collegiate Schools of Business (AACSB International), the longest serving global accrediting body for business schools and the largest business education net-

work connecting learners, educators, and businesses worldwide. Founded in 1815, Nichols transforms today's students into tomorrow's leaders through a dynamic, career-focused business and professional education. Nichols offers real-world learning focused on professional depth - combined with vibrant living, competitive athletics, and an unmatched alumni advantage - equipping students to exceed their own expectations. www.nichols.edu

Local students named to Fitchburg State Dean's List

FITCHBURG — Fitchburg State University congratulates the following students on being named to the Dean's List for the spring semester of 2025.

Blackstone Kaylie M. McDevitt Jared D. Surprise Jillian M. Williams

Douglas Hunter G. Dunn William P. Peterson Brianna N. Taft

Groton Karisa J. Gaudet Christopher J. Hickman Ryan M. Robichaud Jack A. Smethurst

Milford Debora Marcondes Emily E. Phillips Melvin B. Yupa

Millbury Lillian J. Bousquet Sophia R. Burrowes Jamie H. Caferelli Alana D. Cudmore Emma L. McRae Patrick J. Sheehan

North Grafton Austin M. Damien

South Grafton Rhianna D. Perez

Upton Kelsey E. Fournier

Uxbridge Jessie M. Demalia Cailen J. Wilson



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