

State and town honor 75th Lemire Road Race

BY GUS STEEVES
CORRESPONDENT

SOUTHBRIDGE — Yesterday marked not just the nation's birthday, but also a much more local event's 75th anniversary, as hundreds turned out to run the Leonide Lemire Road Race.

Since this article was written before the event, that's a guess based on previous years. But the race's birthday was commemorated by state and local officials June 25.

Accordign to Race Director Maura Power, it's the second oldest continuously-run race in the state, but also the fourth oldest overall in the

state (after the Boston Marathon, Lexington five-mile and Gloucester half-marathon) and the 15th in the US. While that looks like a contradiction, it's not, because some of those events took hiatuses, including for Covid.

“Even during Covid, we ran it on the day,” although people did not gather at the YMCA, its traditional start/end point, she noted. Instead, people signed up to run it themselves on video.

“Without the Trivalley YMCA, we wouldn't have this race anymore. It would've died in 2017,”

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Race Director Maura Power receives the MA Senate proclamation read by Amanda Hellyar.

Gus Steeves

Brimfield Scout troop celebrates milestones

BRIMFIELD — Scout Troop 7 in Brimfield is celebrating several recent accomplishments and upcoming milestones.

At a recent ceremony, Tara Sheffield received her Wood Badge certificate, which recognizes advanced training for adult Scouting leaders. She was also announced and sworn in as a new Scoutmaster.

Sheffield's Scouting journey began in 2015 as a Cub Scout parent with Pack 168. She assumed the Den Leader role for Wolves and Tigers, leading them through the Arrow of Light ceremony.

When her eldest son crossed over into Troop 7 and her two youngest were still in Cub Scouts, Sheffield was a Den Leader and the Cubmaster of Pack 168, then became an Assistant Scoutmaster for Troop 7.

In 2023, when her youngest children crossed over, Sheffield also became an Assistant Scoutmaster for Sturbridge Troop 7163.

Sheffield has attended several leadership and training programs

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Scouting leader Tara Sheffield receives her Wood Badge certificate.

Courtesy

CCUMC planning second Dynamic Collectibles, Cards and Craft Show

CHARLTON — Charlton City United Methodist Church is looking forward to its second in its quarterly series Dynamic Collectibles, Cards, and Craft Show. The next show is on Saturday, Aug. 3, from 10 a.m.-4 p.m. at 74 Stafford St., Charlton. Watch out for dates for future shows every quarter. Each show will be jam-packed with vendors and will also feature lunch, baked goods, and other goodies. Any interested vendors of collectibles, cards, or crafts, or anyone with questions, can contact Joe Dupont at joedupont@dynamic-cardcollectors.com for this or future shows.

Attendance is free, but by attending, you are supporting a number of non-profit organizations. Partial proceeds support Abby's House in Worcester; Charlton REAS (heat fuel assistance for Charlton seniors), and UMCOR (the Methodist disaster relief agency, one of the best in the world). Donations will also be collected at the door for Target ALS. Plenty of crafts, cards, and collectibles to peruse and all for a few good causes!

All our shows will feature a variety of vendors but sure to hit on some favorite items in every category: Pokemon and other trading card game cards like The Magic and Yu-Gi-Oh, homemade jewelry, body lotions and oils, action and mini-figures, and sports memorabilia. You can't go wrong by coming to check it out.

Southbridge Rotary awards scholarships to local students

SOUTHBRIDGE — The Rotary Club of Southbridge continues its longstanding tradition of supporting local education by granting scholarships to deserving high school seniors. This year, five outstanding students from Southbridge High School, Bay Path Regional Vocational Technical High School, and Shepherd Hill Regional High School were honored at a luncheon held at the Wellsworth Hotel (formerly Southbridge Hotel and Conference Center).

Patrick Morrill and Tobe Gerard, co-chairs of the scholarship committee, presented each recipient with a framed certificate acknowledging their achievement.

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DA brings together public safety, health officials to find common ground in fight against overdose epidemic

SHREWSBURY — Last Tuesday, public safety and public health professionals met to discuss how best to work together to address the overdose epidemic at an event organized by Worcester County District Attorney Joseph D. Early, Jr.'s office.

"We have so many good, caring people here who are all in this fight together against this horrible disease," said Early. "People view each other from a distance, but let's use today to come together, put aside our differences, find our common ground and move forward to build safer, healthier communities for all."

The event featured two speakers from the CT Overdose Response Strategy (ORS) team, Robert Lawlor, a Drug Intelligence Officer from New England High Intensity Drug Trafficking Area (NEHIDTA) and Anna Gasinski,

a Public Health Analyst from the CDC Foundation. They talked about their firsthand experience fostering healthy collaboration between public health and public safety agencies.

"We're all dedicated to addressing the overdose and addiction crisis. We all want to save lives. We just go about it differently," said Lawlor. "We need to work together on this problem. And we're more similar than we realize."

Lawlor and Gasinski walked the nearly 100 attendees through the process of finding those similarities and building upon them to work on projects together.

"Although approaches may differ, the mutual goal is a commitment to their community which provides common ground for collaboration," said Gasinski.

The Prevention and Support Net-

work hosted the collaborative meeting last Tuesday at Independence Hall, Veterans Inc.'s treatment facility located in Shrewsbury. Early thanked Veterans Inc. President and CEO Vincent Perrone and Executive Director Denis Leary for generously agreeing to host the meeting.

The Prevention and Support Network was initially formed by Early in 2015 as the Opioid Task Force. The name was changed last year to reflect the broader scope of the work that is being done to address all the different root causes and impacts of the overdose crisis, including addressing mental health and trauma.

Anyone can join the Prevention and Support Network and attend upcoming meetings by emailing info@worcesterda.org.

CMS Chamber summer offerings include classic cars, golf and baseball

STURBRIDGE — Lakeside networking, a classic car show, the annual Golf Classic and a night at the Woo Sox will be offered by the Chamber of Central Mass South this summer, and all are welcome to join in.

The Chamber's July Fun at Five networking event takes place at 308 Lakeside in East Brookfield on Tuesday, July 9. With scenic vistas of Lake Lashaway from every seat, 308 Lakeside is the perfect spot to enjoy tasty appetizers, cold drinks, prizes and surprises as you network with local professionals. The event is sponsored by Klem's which is celebrating 75 years serving our community. Still family owned and locally operated, Klem's features year-round essentials, as well as summer favorites like barbecue grills, propane tank refills, pizza ovens, fishing licenses, pool chemicals, battery powered equipment, perennials, windchimes, lawn & garden grass

seed, and much more. Guests of Fun at Five can spin to win free swag as the Klem's Prize Wheel will be on hand at the event! All are welcome to attend. Register for Fun at Five by calling the Chamber office at 508-347-2761. The cost to attend is \$12 for CMS Chamber Members who pre-register, \$15 at the door, and \$20 for non-Members. The Fun always starts at 5 p.m.

On Saturday, July 20, the Chamber and its partners will present the Drivin' It Ho(l)me For Health & Education Car Show at Oakholm Brewing Company, 80 Lake Rd., Brookfield. Check out an eye-popping lineup of classic and vintage cars while you enjoy craft brews, specialty food trucks, raffles and music at a beautiful venue. General admission is free. It's just \$15 to register your vehicle. Registration begins at 9 a.m. and the show runs until 2 p.m. In case of rain, the event will be rescheduled to Sunday, July 21. The

car show is presented by the Chamber of Central Mass South, Harrington Hospital Auxiliary, Oakholm Brewing Company and UMass Memorial Health – Harrington Hospital. Music by The Valley's Classic Hits (97.7 FM). With thanks to the show's sponsors Lamoureux Ford and PickleballU.

On August 8, we hit the links. CMS Chamber's Golf Classic is a day of fun and friendly competition at our local 18-hole championship golf course, Heritage Country Club in Charlton. Presented in a scramble format, the event features a continental breakfast, contests and spectacular raffle prizes, a cookout lunch and refreshments on the course, and a reception and steak dinner after play. All are welcome to spend a memorable day on the course. Your participation in the Golf Classic supports the Chamber's Charities and Scholarship Fund. Thank you to the

Turn To **CMS** page A13

JOSHUA HYDE PUBLIC LIBRARY

306 Main St., Sturbridge
508-347-2512

For Kids: Tuesdays at 10:45 am - Stories on the Common.
For Kids: Fridays at 10:45 am - Front Lawn Friday.
For Kids: Thursday, July

11 - Chalk the Walk - come decorate the sidewalk leading up to the library.
Crafts for Kids: Make it Monday - Amazing crafts for kids ages 5 - 12. Registration is required.
Crafts for Teens & Adults: Take & Make Crafts. Available begin-

ning Monday. While supplies last. There will be a new craft each week during summer reading beginning July 8.
For Adults: Wednesday, July 10 at 6:30 pm - Talking Trash and Recycling on Zoom. Registration is required.

For Adults: Thursday, July 11 at 2:00 pm - Got Bags? Recycled Mats. Repurpose old shopping bags into useful items. Registration is required.
Go to sturbridgelibrary.org for more events and information.

REAL ESTATE

BRIMFIELD
None

CHARLTON
\$670,000, 5 Robert Blvd, Alarie, Robert, and Alarie, Richard, to Martinson, Jen-

nifer.
\$523,975, 6308 Peters Farm Way #6308, Pulte Hm Of New Eng LLC, to Kelly, Jacqueline M.

HOLLAND

\$560,000, 17 Candlewood Dr, St Andre, Roy, and St Andre, Lorie, to Roberts, Brooke, and Roberts, Kyle.
\$17,000, Heritage Dr, Riga, Richard, and Hemingway, Kimberly, to Corson, Britta-

ny, and Keene, Chad.

SOUTHBRIDGE
\$510,000, 91 Pine St, Pls Rt, and Fields, John S, to Santiago, Alexis J.
\$490,000, 193 Maria Ave, Conte, Giuliano D, to Burns, Megan.

\$475,000, 58 Chapin St, Fields, John S, to Rios, Lina M.
\$310,000, 14 Curtis St, Ardan Building Svcs LLC, to Hartz, David.

STURBRIDGE
\$470,000, 339 The Trail, Cada-vid, Michelle M, to Bell, Scott A, and Cote, Holly A.
\$445,000, 73 Allen Rd, Perez, Rodolfo, and Perez, Mirian T, to Harris 2nd, Robert D.
\$315,000, 36 Burgess School Rd, Rookey, Kevin J, and Rowell, Rebekah E, to Hopkins, Amanda, and Hopkins, Adam.
\$260,000, 81 Main St, Proulx, Jean E, to Burny, Gabriel.

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Thursday: 9 a.m.-8 p.m.
Friday: 9 a.m.-5 p.m.
Saturday: 9 a.m.-1 p.m. (May 25 will be our last open Saturday until Labor Day) Sunday: Closed

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Tuesdays..... 7:30 a.m. to 7 p.m.
Friday..... Closed
visit www.townofcharlton.net or more information.
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Weekdays 8:30 – 5:00 and Sat. 9:00 -12:00

BRIMFIELD: 413-245-3451
Weekdays: 9:00 – 4:30 and Sat. 9:00 -12:00

WALES: 413-245-9808
Weekdays 8:30 – 12:30 and 2:00 – 4:30 and Sat. 9:00 – 12:00

CHURCH LISTINGS

• **Central Baptist Church**
256 Main St., Southbridge, MA 01550
Tel 508/764-6365; Worship 10:00 A.M.

• **Charlton Federated Church**, 64 Main St., 508- 248-5550, Sunday worship 10:30 a.m. Summer worship is 9:30 a.m.
www.charltonfedchurch.org

• **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 10 a.m.

• **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org
Sunday worship and Children's church 10am

• **St. Anne St. Patrick Church**, 16 Church St., Fiskdale (508) 347-7338
www.stannestpatparish.com
Saturday Vigil Mass at 4 pm, Sunday 8 am, 10 am, 12 noon, Youth Mass (September to May) 5 pm. Daily Mass Mon - Thurs 7:30 and 10 am, Fri and Sat 7:30 am

• **St. Joseph's Church**, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

• **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144

• **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am.
www.livingwordcharlton.com
info@livingwordcharlton.com

• **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

• **Federated Church of Sturbridge and Fiskdale**- 8 Maple St. Sturbridge, 774-304-1021
www.sturfed.org
Sunday Worship 9:30 a.m.

• **Bethlehem Lutheran Church**- 345 Main Street, Sturbridge, MA 01566
Phone 508-347-7297
Web: www.bethlehemsturbridge.org
Services - Sunday 9:00 am
Pastor Dan Purtell

• **Holland Congregation Church** "Where the Bible is preached."
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Hollandchurch.org
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Cornerstone Bank commits \$30,000 to Sturbridge Senior Center renovation

STURBRIDGE — Cornerstone Bank, a community bank with locations throughout Central Massachusetts, has pledged \$7,500 a year for four years, a total donation of \$30,000, to the Friends of the Sturbridge Senior Center for the renovation and expansion of the center.

“The Sturbridge Senior Center provides a whole host of valuable services for our local seniors,” said Cornerstone Bank CEO Todd Tallman. “We’re honored to contribute to the development of a beautiful new facility that will allow them to expand their services and better serve our elderly population for decades to come.”

The original building,



Pictured from left to right: Altaf Ahmed, executive vice president, Retail Banking, Cornerstone Bank; Nicole DeGregorio, community relations manager, Cornerstone Bank; Jim Vasil, treasurer of Friends of Sturbridge Senior Center; Janet Garon, capital campaign chair, Friends of Sturbridge Senior Center; and Sheri Bibinski, vice president, senior market manager, Cornerstone Bank.

estimated 5,000-square-foot addition will include a commercial kitchen and multipurpose spaces that can be subdivided with folding partitions. The second-floor addition will feature a 2,000-square-foot exercise/Tai Chi/yoga area.

Once the building is complete, a rich variety of programs, lectures and classes will be available to local seniors, such as ballroom dancing, arthritic kickboxing, chair volleyball, gardening, dementia workshops and much more.

Run by a volunteer board of directors, the Friends of the Sturbridge Senior Center provides financial and occasional operational assistance to the COA's programs and activities that enrich the social and physical well-being of older adults.

About Cornerstone Bank

Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing

a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank's local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities, through a broad range of deposit and loan products, and services. Built on Trust is not just a tagline, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank's personal and business banking offerings, please visit cornerstone-bank.com or call 800-939-9103.

Explore the music of the Beat Generation at Joshua Hyde Library

STURBRIDGE — The “Beat Generation — A Cultural Review of the 1950s Through Music” will be presented in Sturbridge on Tuesday, July 16 beginning at 6:30 p.m. at the Sturbridge Town Hall, 308 Main St., Sturbridge.

This presentation features live acoustic music and audience sing-alongs, coupled with audio and video clips highlighting the best (and sometimes the worst) of the 1950s. The decade of the 1950s conjures up images of the Korean War, the beginnings of the Cold War, the Civil Rights movement, the Hula-Hoop, and Elvis, to name just a few. The music reflected the times and we pay tribute in this presentation to many of the greats: Chuck Berry, Buddy Holly, Elvis Presley, Ray Charles, Little Richard, James Brown, Fats Domino, Pat Boone, and others.

The presenter is Fran Hart, founding member of the Beatles tribute band 4EverFab. The presentation is family-friendly and suitable for all ages. The presentation is hosted by the Joshua Hyde Library.

one of the town's oldest schoolhouses, will have a new floor plan with offices on the first floor for the Council on Aging (COA) and Veteran Affairs. The second level will feature health and wellness and workout rooms, a meeting room and a game room. An

Hailey Magierowski graduates from Elms College

CHICOPEE — Hailey Magierowski of Brimfield graduated with a Bachelor of Arts degree in Criminal Justice from Elms College during the May 18, 2024 commencement ceremony.

Magierowski was among 400 students who received their degrees.

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

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A variety of speakers and music ministries (African, Hispanic, Vietnamese and others) will enhance our liturgies.




137th Novena to St. Anne
Sturbridge (Fiskdale), MA 01518

For more information call 508-347-7338

or visit our website stannestpatrickparish.com

The Gift Shop will be open extended hours for your convenience.

Friday's Child



Hi! My name is Michael and I can make anyone laugh!

Michael, who likes to be called Mikey, is a bright and friendly boy. He is a great dancer but tends to be self-conscious, and he is also learning to play the guitar. He recently played on a football team, was an excellent player, and really LOVED it. Mikey is also very curious and likes to ask questions about what he does not understand. Mikey does have a great sense of humor and can make anyone laugh. He can light up a room with his smile and laughter. To meet Mikey is to love him.

<https://adopt.mareinc.org/waiting-child-profiles#gallery/child/6309>

Michael
Age 12

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.

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Area residents receive degrees from Clark University

WORCESTER — Clark University awarded 1,376 degrees (503 Bachelor's, 847 Master's, 26 doctoral degrees) to the Class of 2024 and conferred four honorary degrees during the University's 120th Commencement exercises on Monday, May 20. The graduates included 653 international students representing 39 countries.

Following is a list of area residents who received degrees:

Sean Thomas Keane, from Sturbridge graduated magna cum laude with a Bachelor of Arts.

Bobby F. Moseley, from Brimfield graduated with a Master of Arts in Teaching.

Shannon Lockwood Ross, from Charlton graduated summa cum laude with a Bachelor of Arts.

Geography Professor Rinku Roy Chowdhury read a commencement address from Dr. Robert D. Bullard, "the father of environmental justice" and the Distinguished Professor of Urban Planning and Environmental Policy at Texas Southern University, who was unable to attend in person due to an illness.

"Every successful pro-

gressive social movement in the United States has had strong, fearless, and dedicated young people and students leading the way, pushing hard at the front and pressing for justice now, rather than justice delayed," Bullard wrote.

Bullard grew up a child of the Jim Crow South, attending all-Black elementary, middle, and high schools and undergraduate college. In a speech that cited a number of environmental justice milestones over the years, Bullard wrote that he was "happy to be able to pass the baton to the up-and-coming generations of environmental justice advocates who will continue with the same resilience that so many involved in the journey have already shown."

In addition to Bullard, honorary degrees were conferred to Sean B. Carroll, Distinguished University Professor and Balo-Simon Chair of Biology at the University of Maryland, who has been called "the greatest science storyteller of our time"; Akiko Iwasaki, Sterling Professor of Immunobiology at the Yale University School of Medicine, who

researches the mechanisms of immune defense against viruses at mucosal surfaces; and Michel Nischan, a four-time James Beard Award-winning chef and champion of the farm-to-table concept.

Two members of the Class of 2024 also spoke during the ceremony. Laila El-Samra addressed her fellow undergraduates and said that during the COVID years, "Clark's unique spirit prevailed, fostering resilience and solidarity."

Graduate student speaker Gabe Spindel lauded Clark for providing a diverse learning environment.

"We encompass every corner

of the earth," he said. "Celebrating Diwali, Ganesh Chaturthi, and the Chinese New Year has enriched me in a way no classroom ever could."

In closing, Clark President David B. Fithian told the graduates, "My greatest hope for you is that you truly relish the never finished business of the project that is you, that you embrace the joy of discovery still ahead, and that you seize the opportunities to learn even more about the world, yourself, and what fulfills you."

Complete coverage of Clark's 120th Commencement can be found on the web.

Founded in 1887, Clark Uni-

versity is a liberal arts-based research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. Through more than 45 undergraduate majors and major tracks, more than 30 advanced degree programs, a growing number of professional certificate programs and nationally recognized community partnerships, Clark fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.

Local students inducted into Alpha Phi Sigma National Honor Society

SPRINGFIELD — Sturbridge resident Courtney Farrell and Southbridge resident Jaden Darnell were welcomed into Alpha Phi Sigma National Honor Society on May 2 at the Western New England University chapter's annual induction ceremony in the Campus Center.

Alpha Phi Sigma is the national criminal justice honor society. The mission of the society is to promote critical thinking, rigorous scholarship, and lifelong learning to keep abreast of the advances in scientific research; to elevate the ethical standards of the criminal justice profession; and to sustain in the public mind the benefit and necessity of education and professional training.

Farrell is working toward a degree in Psychology. Darnell is working toward a degree in Criminal Justice.

Western New England University (WNE) is a private, nationally ranked, comprehensive institution with a focus on preparing work-ready

and world-ready graduates. Founded in 1919 in Springfield, Massachusetts as a division of Northeastern College, WNE's 215-acre suburban campus serves more than 3,700 students, including over 2,500 full-time undergraduates. More than 47,000 alumni have earned degrees through its 90+ undergraduate, graduate, and professional programs at Colleges of Arts and Sciences, Business, Engineering, and Pharmacy and Health Sciences, and School of Law. Students come from 39 U.S. states and territories and 23 countries. Of 45,104 living alumni, 30% remain within the region, residing in the four Western Massachusetts counties and northern Connecticut.

WNE is classified among nationally ranked universities in US News and World Report, and among the Top 100 Undergraduate Engineering programs, and in the Doctoral/Professional Universities category in the Carnegie Classification of Institutions of Higher Education.

Local residents named to RIT Dean's List

ROCHESTER, N.Y. — The following students were named to the Dean's List at Rochester Institute of Technology for the spring semester of the 2023-2024 academic year. Full-time degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.400; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours.

Ryan Berk of Charlton, who is in the applied statistics and data analytics program.

Abigail Lombardi of Charlton, who is in the chemical engineering program.

Jacob Brodeur of Charlton, who is in the humanities, computing, and design program.

Katelyn Schneider of Sturbridge, who is in the biomedical engineering program.

Jill Gombos of Brimfield, who is in the biotechnology and molecular bioscience program.

Rochester Institute of Technology is home to leading creators, entrepreneurs, innovators, and researchers. Founded in 1829, RIT enrolls more than 20,500 students in 200 career-oriented and professional programs, making it among the largest private universities in the U.S.

With 145,000 alumni worldwide, the university is internationally recognized and ranked for its leadership in technology, the arts, and design. RIT also offers unparalleled support services for deaf and hard-of-hearing students. The cooperative education program is one of the oldest and largest in the nation. Global partnerships include campuses in China, Croatia, Dubai, and Kosovo.

For the latest news, go to rit.edu/news.

To follow RIT on social media, go to rit.edu/socialmedia.

Nichols College announces Dean's List

DUDLEY — Nichols College is proud to recognize the academic accomplishments of students on the Spring 2024 Dean's List.

Dean's List recognizes those students who achieve high grades during a single semester. In order to be included on the Dean's List, a student must have a minimum average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester.

The following local students have achieved Dean's List honors:

John Guerin of Charlton

Jared Hayward of Charlton

Chris Rogalski of Charlton

Lydia Julian of Holland

Donney Stapleton of Southbridge

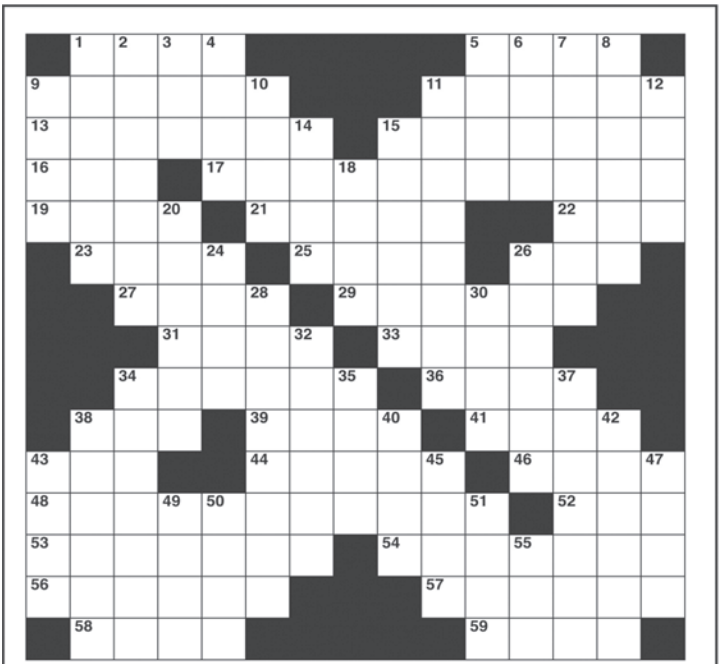
Robert Thomas of Southbridge

Emily Westwell of Southbridge

Dean's List recognizes those students who achieve high grades during a single semester. In order to be included on the Dean's List, a student must have a minimum average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester.

About Nichols College

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CLUES ACROSS

1. Six (Spanish)

5. Invests in little enterprises

9. Large dung beetle

11. Gored

13. Partially paralyzed

15. Still a little wet

16. Legal field media company

17. Not working

19. 500 sheets of paper

21. Church structure

22. Sheep disease

23. Small drink of whiskey

25. Weaving tradition

26. Pestilence

27. Body part

29. Nabs

31. Places to stay
33. Witnesses

34. Looked for

36. Arranges

38. Political action committee

39. Middle eastern nation (alt. sp.)

41. Hair-like structure

43. Parts producer

44. Greek city

46. Subway dwellers

48. Norm from "Cheers"

52. Clean a floor

53. Vied for

54. Canned fish

56. Inspire with love

57. Sent down moisture

58. Wrest

59. Partner to carrots

CLUES DOWN

1. Mounted

2. Assign

3. Wrath

4. Self-immolation by fire ritual

5. Parts of an organism

6. Person from England

7. Tropical plants of the pea family

8. Body part

9. Practice boxing

10. Containers

11. Contrary beliefs

12. Bleached

14. Pre-Islamic Egyptian

15. A group of similar things ordered one after another

18. Innermost spinal cord membranes

20. Cassava
24. A restaurant's list of offerings

26. Annoy constantly

28. Orchestrate

30. Z Z Z

32. Astute

34. Highly decorated tea urn

35. Teach to behave

37. Endurance

38. Urinating

40. Barbie friend dolls

42. Repents

43. Man-eating giant

45. Jewish calendar month

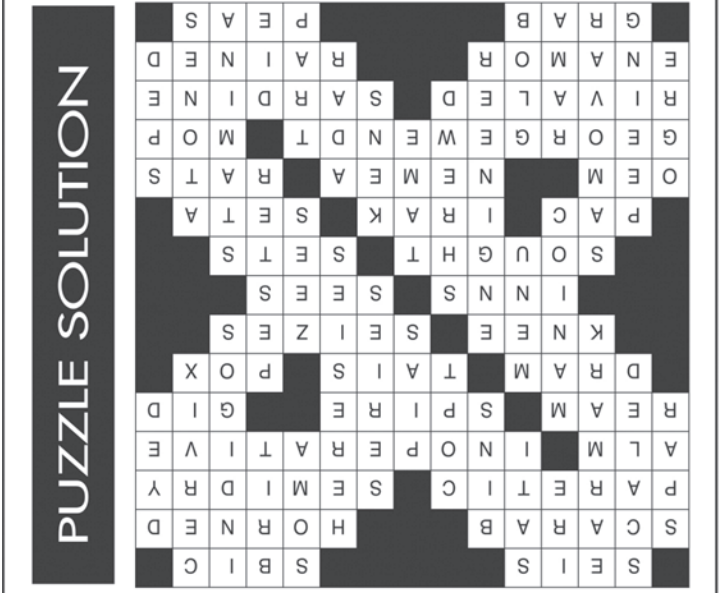
47. Accelerated

49. Husband of Sita in Hindu

50. Lump of semiliquid substance

51. Lying in wait

55. Cease to exist



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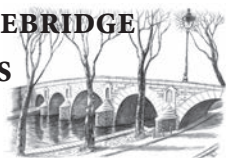
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Bay Path Practical Nursing Academy holds annual culture presentation

HARLTON — Nursing students at Bay Path Practical Nursing Academy collaborated on culture presentations for the PNP 121 Care of the Family/Leadership course.

Dr. Ana Olivar of Rutland, course facilitator for the Maternity component of PNP 121, said the students’ costumes during the presentation was a remarkable sight.

“The nursing students put a lot of effort into the culture presentation,” said Dr. Olivar.

Cultural traditions may be shared through art, music, storytelling, songs, dance, and food!

And that is exactly what the PN Class of 2024 presented. They helped bridge the gap by sharing aspects of their social influences. Nearly concluding their 10-month practical nursing education at Bay Path, with the new people they met ten months ago they have formed friendships and connections. The PN Class of 2024 with Bay Path Practical Nursing Academy faculty and staff have taken part in their significant life events and their celebrations.

Tracy Nakyagaba of Charlton stated, “We chose to wear this outfits



because we were representing Uganda for our culture project, these outfits are called kitenge comfortable for pregnant women or women who are breast-feeding because they are easy for breast-feeding and normally there is a zip or the side for that.”

The nursing students’ responses were positive towards the culture presentations.

Photo shows from left Evelyn Kiplangat of Worcester, Tracy Nakyagaba of Charlton, Regina Njuguna of Worcester, and Jeniffer Kilonzo of Shrewsbury.

Seniors named to Bay Path honor roll

CHARLTON — Bay Path Regional Vocational Technical High School congratulates the following students in grade 12 on being named to the honor roll for the third quarter of the 2023-2024 school year.

High Honors

Sophia Balestracci, Rachel Carpenter, Meredith Clark, Kirsten Congdon, Mariselle Cosme, Zachary Cournoyer, Daniel Daige, Emma Davidson, Dylan DeJesus, Marissa Dumas, Jenna Gajewski, Simon Greening, Lucas Hafner, Tristan Hanson, Anna Lehtola, Kristina Liberty, Leah Monti, Kayla Nguyen, Peter Nhan, Madison Nolin, Nason Omasta, Noalani Perez, Paige Seymour, Jacob Sirard, Victoria Tinsley, Hailey Williamson, Gabrielle Zopatti

Honors

Alexander Adkins, Kaidra Anderson, Kasey Babkuaskas, Colton Beauchamp, Angeliz Beltre Colon, Alex Beshiri, Jaden Blake, Luke Boliver, Caroline Borgeson, Andrew Bousquet, Emma Bransky, Ryan Bray, Samuel Brill, Vincent Brink, Kayla Brown, Sa-

mantha Buchanan, Caitlyn Burke, Gabriella Cabera, Olivia Carrier, Natalie Cierpich, Petru Cojocar, Yanieris Colon Vega, Karoline Corpes Diaz, Richard Corriveau, Peter Courville, Kyleigh Czechowski, Wyatt Daoust, Emma DeJong, Jeffrey Denham, Jibril Erraihani, James Ferreira, Kacey Flanagan, Robert Fleck IV, Chase Forehand, Jonathan Forget, Ethan Gallant, Sabien Gonzalez, Raceh Gormley, Makayla Graham, Bridget Hast, Riley Heenan, Isabelle Herholz, James Heywood, Carly Impey, Ian James, Stanislaw Janusz, Madisyn Kozlowski, Braeden LaPointe, Benjamin LaTour, Emma Levasseur, Kai Lukasek, Andrew Lunn, Patrick Luperchio, Catherine Magnusson, Ava Marotta, Sarah Martin, Matteo Mastrotaro, Shaun McLaughlin, Jenna McLeish, Vincent Messier, Adrianna Navarro, Christian Nguyen, Alix Norman, Avelyn O’Brien, Noah Okolita, Gianna Pantalone, Colin Plante, Laci Pollone, Jared Powell, Logan Powers, Evan Provost, Emily Quental, Wendy Ramirez, Victoria Roberts, Caterina Schiappa, Amanda Seidler, Ryan Sinkewich, Jason Sinkis, Catherine Sirard, Gerald Splaine, Brady Stanionas,

Adriana Stanley, Lacey Sullivan, Kyle Sylwanovicz, Jackson Taiste, Christopher Verdolino, Landon Walker, Timothy Welch, Thomas Wilk, Charlotte Worster, Stone Zink

Principal’s List

Aidan Anderson, Eyan Chase, Jomar Cintron Perez, Deanna Davis, Jayden-James Dunston, Nicholas Gagne, Devin Gavaletz, Alba Henriquez Baez, Valerie Hernandez, Derek Hosley, Eva Jerez, Abigail Kibaru, Matthew Lach, Julianna Laforce, Abigayle Linde, Albert Luciano, Hannah Luukko, Jadier Maldonado, Marissa Masciarelli, Logan McCann, Macaylah Miller, Matthew Mullen, Megan O’Shea, Brayden Parente, Syllas Perreault, Dominic Pigeon, Ismael Porrata, Gabrielle Proulx, Jacob Reed, Gabriela Rivera Burgos, Daniel Russell, Margaret Russell, Samantha Russell, Connor Sentence, Kayliana Sevieri, Sydney Seymour, Madison Sibert, Brady Suprenant, Yasmin Tolomio, Ryleigh Warchal, Genesis Williams-Heath, Sebastian Winer

Local residents graduate from Salve Regina University

NEWPORT, R.I. — Salve Regina University President Kelli Armstrong conferred 503 bachelor's degrees, 271 master's degrees and 22 doctoral degrees to members of the Class of 2024. In total, this year's graduating class was the University's largest ever at 823.

Madison Caissie of Charlton received a BS in Biology degree.

Taylor Lee of Uxbridge received a BS in Social Work degree.

Stephanie Deveau of Uxbridge received a Master of Science Degree in Nursing degree.

Lisa Hefron of Uxbridge received a Master of Science Degree in Nursing degree.

In presenting the Commencement address, renowned author, scholar and policy analyst Susan Eisenhower spoke to graduates in the context of Salve's focus on mercy leadership and service. "As you begin your post-graduation journey, embrace the unexpected -- even the assignments that may at first disappoint you. Learn from them. Reflect on them. Don't shortchange yourself by living so fast and ambitiously that you miss the enduring lessons that come every day, no matter what job or assignment. You will be the better for it, as will everyone who will come to depend on you."

In offering his congratulations, U.S. Sen. Jack Reed (D-RI) said, "I am confident that all of you in the Class of 2024 will make your own mark and serve a purpose higher than yourself. Today more than ever, our world needs your combination of knowledge, talent and, most of all, mercy."

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 and 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 are enrolled at Salve from across the U.S. and around the world in 48 undergraduate majors, 13 master's degree programs, numerous combined bachelor's/master's programs and doctoral programs. Each undergraduate student participates in the Salve Compass Program, a four-year transformational framework through which students explore their strengths and interests, developing the experience, skills, and wisdom required for a long, fulfilling career and to make a positive difference in the world. Salve's Pell Center for International Relations and Public Policy is a multi-disciplinary research center focused on the intersection of politics, policy and ideas. For information visit salve.edu.

Nazareth University student Dakota Schantz of Sturbridge earns Dean’s List honors

ROCHESTER, N.Y. — Nazareth University is proud to announce that Dakota Schantz of Sturbridge has been named to the dean’s list for the spring 2024 semester.

A student’s grade point average must be at least 3.5 or above, and they must complete 12 credit hours of graded work that semester in order to be included on the dean’s list at Nazareth.

Nazareth University is an inclusive community of inspired learners, educators, and changemakers who for nearly 100 years have been driven by a bold commitment to action, empathy, equity, and leading innovation for the common good. Impact experiences are at the heart of a Nazareth education, preparing each student to discover within themselves the potential to cultivate positive change in their life’s work, in any career field, and in a world that is constantly evolving and infinitely interconnected.

Our broad academic offerings present a range of study options typical of big universities, yet achieved in our supportive campus culture. Nearly 2,100 undergrad and 600 graduate students enroll in degree and certificate programs and engage in collaborative, transformative learning experiences, preparing them for the professions and society of today and tomorrow. In a learning community that purposefully integrates liberal arts and professional programs, Nazareth graduates launch lifetimes of changemaking leadership in communities and workplaces near and far.

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Facts about Independence Day

One of our favorite holidays to write about is Independence Day. We all know the stories of our forefathers, John Adams, Sam Adams, George Washington, Paul Revere, James Madison, Benjamin Franklin, and Alexander Hamilton to name a few. However, the history is endless. We thought we would shine a light on aspects surrounding Independence Day that aren't commonly known.

The famous painting that depicts the signing of the Declaration of Independence isn't exactly an accurate portrayal. All of the delegates were never together at the same time in Philadelphia. The final signing took place roughly a month later on Aug. 2. The Declaration was formally dated and adopted by Congress on July 4, however Congress voted for independence on July 2.

Celebrating their new independence, soldiers along with civilians tore down a statue of King George III and melted it into bullets. In Georgia, people burnt the King in effigy and even held a faux funeral service. In Philadelphia, the King's coat of arms was burned in a bonfire. Massachusetts was the first state to recognize July 4 as a holiday in 1781.

In 1777, fireworks could be seen in the sky and the ringing of bells rang through the night in Philadelphia. Ships were decorated and lined the coast and streamers could be seen flying in celebration everywhere. The oldest annual parade takes place in Bristol, R.I.; 2020 will be the town's 235th consecutive celebration after its start in 1785.

In New England, dining on salmon became tradition. The story behind the popular cuisine, is due to the influx of salmon that summer. Along with the salmon, people had peas and turtle soup.

One common fact is that Thomas Jefferson and John Adams both died on July 4, 1826. James Monroe also died on the fourth of July in 1831. President Calvin Coolidge was born July 4, 1872.

Left out of mainstream history was the story of Crispus Attucks, the first to die in the patriot cause. Attucks was a black/Native American patriot who was shot, and the first to fall during the 1770 Boston Massacre. Attucks was a runaway slave who was a rope maker and sailor. History says he was shot by two musket balls to the chest. In 1778, it became legal in Rhode Island for free and enslaved blacks to serve the cause, with freedom as part of their payment.

Educated by her owners, Phillis Wheatley was a well-known poet during those times. Wheatley was kidnapped in West Africa and brought to America. At the age of 20, in 1773, she became the first African American and third female to publish a book of poetry. She eventually became free. She also advocated for independence, writing in support for George Washington's Revolutionary War in her poem, "To His Excellency, General Washington." Washington, impressed by her talent invited her to a meeting.

In 1958, when Alaska and Hawaii were on deck to become states, a history teacher assigned his class to design a flag depicting the two new states. Robert Heft, 16, received a B- on the project. Unhappy with the mark, Heft sent the flag to Dwight D. Eisenhower. After the flag was chosen, Heft had his grade changed to an A.

Another fun fact is that Thomas Jefferson wrote the Declaration on what was referred to as a laptop. A writing desk that could fit over a person's lap.

In 1778, Washington ordered a double ration of rum for soldiers to celebrate with.

In 1776, there were roughly 2.5 million people living in America. The current population is now 325.7 million.

Wearing an American flag, whether it be on a tee-shirt, headband, towel or shorts, is in violation of the Flag Code. The code says that you are in violation if you sell, display any "article of merchandise, upon which shall have been printed, painted, attached, or otherwise placed a representation of [the flag... in order to] advertise, call attention to, decorate, mark, or distinguish the article or substance on which so placed." The code, however, is not enforceable.

OPINION

Spiritual body check



BEYOND
THE PEWS
REV. JOHN H.D. LUCY
CHARLTON CITY
UMC

I wish I were using the phrase 'body check' related to hockey. But the Bruins failed us again and, anyway, I want to talk about ticks.

At the beginning of May, I started to feel crummy. Worse than crummy. Strange body aches that would come and go and fatigue that only worsened with time. Eventually, after a month, I got tested for Lyme disease and found myself positive. I'm sure others who have had Lyme disease can tell you that it's not fun. I was beginning feel so depressed that I questioned the point and meaning of everything.

Ultimately, though, I shouldn't have endured what I did. If only I took the proper precautions every time and doing a body check after coming inside. You know, like the experts always tell us. We can't, or at least shouldn't, avoid being outside and enjoying the beautiful home God gave us. We just need to do the proper body check afterwards.

Likewise, we can't and shouldn't avoid being out in the world spiritually. We should engage with our community and build it up. Sometimes doing so means working with difficult people, stepping outside of our comfort zones, or having things done or said to us that we don't like; perhaps we, too, will say or do things that we're not sure are right or appropriate.

The difficulty of living with community doesn't mean we should turn inward and isolate ourselves. What it means is that we should, like with ticks, do a spiritual body check at the end of each day. How are we doing? Do we have any spiritual ticks lingering on us? What do we need to be healthy and restored for the next day and beyond?

It might seem silly but, trust me, doing a spiritual body check, a spiritual and emotional review of yourself, at the end of each day for all of a few minutes can have profound effects on your well-being. While you're out enjoying yourself this summer, then, and checking yourself for ticks, may you also remember the importance of a spiritual body check, too.

Annual Guide to Pick Perfect Produce

Last week this column featured tips to harvest home grown vegetables for peak perfection. But what if you don't have a backyard garden? No worries. Each year at this time this page offers tips to choosing the freshest picks, whether it be at a farmer's market, roadside stand, or grocery store. Read on for our annual guide to help you pick perfect produce from early crops through the end of the season.



TAKE
THE
HINT
KAREN
TRAINOR

Beans, snap: Look for small seeds inside straight, fleshy pods. If you can see large seeds through the skin than the beans are probably too old. Avoid beans with dry-looking, rusty, wilted or damaged pods.

Broccoli, Brussels Sprouts, Cauliflower: Look for tightly compacted flower clusters on broccoli and cauliflower; and compact, uniform sprouts. Avoid wilted, yellow, or dirty heads, and avoid loose, open sprouts or those that are yellow or pale green.

Cabbage and head lettuce: Look for firm compact heads that are heavy for their size. On leaf lettuce, choose unwilted, compact, crisp-looking compact plants.

Carrots: Look for deep orange colored and smooth skinned roots. Avoid carrots with purple or green shoulders or pale in color; or ones with forked or crooked roots. Oversized roots usually mean they are woody. If tops are still attached on carrots, they should be fresh.

Celery: Choose large, firm stalks with uniform stalk and a white bottom. Avoid spindly, wilted stalks.

Chard: Look for fresh, dark green leaves with bright, tender stalks. Avoid wilted, poorly colored leaves.

Collards and kale: Check for tender; green, full-sized leaves with tender tips; avoid wilted, tough or overly large leaves.

Corn on the cob: Choose for well-filled cobs with plump, straight rows of kernels. Avoid large, wrinkled kernels.

Cucumbers: Pick long, slender cukes that are medium to dark green.

Peppers: Look for firm, darkly colored fruit with uniform size, color, and number of lobes. Avoid wrinkled or shriveled ones or fruits that are sunburned (contrasting color spots).

Radishes: Choose medium-sized, firm, crisp roots. Avoid wilted or soft roots or those with growth cracks or insect damage. Oversized roots will be pithy. Sunburned crowns are also not desirable.

Summer squash: Choose ones that are uniform in size, color, and shape. Avoid large fruits (over mature) or ones with scarred skins, missing stems, or that are soft or wilting.

Tomatoes: Look for smooth skinned, firm fruits with uniform color. Avoid fruits with growth splits, sun scald, or overripe (soft) fruits.

Apples: Choose firm, well-colored fruit that feels crisp.

Blueberries: Pick plump, firm, deep blue berries with their natural waxy silver coating.

Cantaloupe: Look for a smooth shallow base; thick, coarse, corky netting that stands out from skin. Should yield slightly when pressed on non-stem end and have the slight scent of cantaloupe.

Cherries: Should be dark in color; glossy, plump, with fresh looking stems.

Nectarines: Fruit should be plump, slightly soft along "seam"; either orange-yellow or greenish between red-blushed areas depending on variety.

Oranges: Choose firm oranges, heavy for its size; smooth-textured, with bright-looking skin.

Avoid these estate planning mistakes



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By the time you reach retirement age, you may have accumulated a 401(k), IRA and other investment accounts, along with insurance policies and physical properties. You'll use some of these assets to support your retirement, but the rest may end up in your estate — which is why an estate plan is so important.

So, to leave a legacy for your family and those philanthropic groups you support, you need a comprehensive estate plan — and you need to avoid making mistakes. Here are some of the most common ones:

Procrastinating – Estate planning, and its implications about our mortality, may not be a pleasant topic to think about. Yet, putting off your estate plans can be risky. If you were to pass away or become incapacitated without doing any estate planning, the results could be costly for your loved ones. One possible consequence: If you haven't at least created a basic, simple will, the courts could decide how to divide and distribute your assets, and they may do so in a way you wouldn't want.

Not updating wills and other documents – Drafting a will and other legal documents, such as a living trust, is an important step in your estate planning. But you shouldn't just create these arrangements and forget about them. Changes in your life and among your loved ones — deaths, divorce, remarriage, new children and more — may result in the need for you to update your estate plans, so it's a good idea to review them periodically.

Not updating beneficiaries – Similar to updating your will to reflect changes in your life and family situation, you may also need to update the beneficiaries listed on your financial accounts and insurance policies. These designations carry a lot of weight and can even supersede instructions in your will, so you'll need to make sure they are current and accurate.

Not properly titling assets in a trust – Depending on your situation, you may benefit from establishing a living trust, which may allow your estate to avoid the time-consuming and expensive process of probate. A living trust also helps give you control over how, and when, you want your assets distributed. However, you need to retitle your assets in the name of the trust for the trust to be effective.

Not choosing the right executor – An executor carries out your wishes based on the instructions you've given in your will or trust documents. But fulfilling an executor's duties is not as simple as, say, following a recipe for a basic meal. Consequently, while you might just want to pick a close family member as executor, you need to be sure this person is competent, good with details and won't be overwhelmed by the financial and legal issues involved in settling an estate. If your initial choice doesn't have these skills, you may need to find a responsible person outside the family.

Finally, here's one more mistake: going it alone. Estate planning is not a do-it-yourself activity. To help ensure your estate plan addresses all the issues involved, you'll need to work with a legal advisor, and possibly your tax and financial professionals, too.

Devoting the necessary time and effort can help you avoid many of the mistakes that threaten the effectiveness of estate plans — and the fewer mistakes you make, the better off your beneficiaries can be.

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

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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.

Managing weeds in the garden

No matter the weather, weeds seem to thrive and reproduce, and if left unchecked, they can overwhelm the garden and garden-er. These unwanted plants find their way into your garden as seeds, roots, rhizomes, or whole plants. Seeds can be carried in by the wind, birds, and other animals, or on the soles of shoes. Roots, rhizomes, and even plants hitch a ride in the soil or with plants that we move into the garden.

Start early managing weeds in your garden. Smaller weeds are easier to pull and removing them before they flower and form seeds can prevent hundreds of weeds in next year's landscape.

This is not always possible. Weather and busy schedules often limit gardening time, allowing these vigorous plants to overtake the garden.

It is never too late and worth investing time in managing weeds in the garden. Weeds are adaptable and vigorous, outcompeting your desirable plants for water



GARDEN
MOMENTS
.....
MELINDA
MYERS

and nutrients. Many serve as host plants for insect pests and diseases that may also attack your garden plants.

Carefully dig or pull weeds, removing the top and roots. Established weeds may have a deep tap root or extensive root system that may be difficult to remove. Depending on the weed, any part left behind has the potential to start a new plant.

Find the tool that best works for you. A Dutch or action hoe works well on small weeds where there is space between plants. Glide the cutting edge just below the soil surface to cut the roots. Many gardeners find a weed knife to be a useful tool. It allows you to dig right next to the weed and pop it out of the ground with minimal impact on surrounding plants.

If bending is an issue, you may opt for one of the standup weeder-



Melinda Myers

Persistence is the key to success when battling bindweed.

There are several types available. Most have tines you insert into the soil surrounding the weed. A hand or foot-operated action causes the tines to tighten around the weed roots before you lever it out of the ground.

Perennial weeds are a bit more challenging. Many have extensive roots that are nearly impossible to remove entirely. Repeatedly digging up the plants can eventually manage these weeds, but it can take years. Cut-

ting the plants back to the ground as soon as they appear can help "starve" them, prevent reseeding, and help contain and even eliminate some perennial weeds.

If the weeds begin to take over the garden, tackle those flowering or setting seeds first. Do not compost these or perennial weeds. Most compost piles don't get hot enough to kill the seeds or perennial weeds. Contact your local municipality to find out your options for disposing of these as well

as perennial and invasive weeds.

Once the weeds are out of the garden, spread a layer of organic mulch over the soil surface. The finer the mulch, the thinner the layer needed. Pull the mulch away from tree trunks, shrub stems, and the crowns of your other plants.

Mulching helps suppress weeds by reducing seed sprouting and making it easier to pull the seedlings that get through the mulch. Increase your success by placing a couple of sheets of newspaper or a piece of cardboard beneath the mulch. Mulching won't stop existing perennial weeds like quackgrass and bind-

weed. Keep managing these until all the roots have been removed.

Shredded leaves, evergreen needles, and other organic mulch also conserve moisture, moderate soil temperatures, and add organic matter to the soil as it breaks down. Mulch also helps protect the soil from compaction and erosion during heavy rains. As many places experience more intense rainfall and higher-than-normal summer heat, mulching the soil becomes even more beneficial.

Consider the benefits when you head out to tackle the weeds in your garden. You will improve the health and beauty of your garden while burning between 200 and 400 calories every hour you weed.

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

Leading by example

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Many who've studied history have heard the stories of Alexander the Great, who famously led his troops into battle, always at the front lines, putting his life in danger but doing exactly what he expected his soldiers to do. Similarly, Joan of Arc inspired her followers by fearlessly leading French troops during the Hundred Years' War. These leaders weren't just commanding from a safe distance. They led from the front, instilling a vision in their soldiers' minds of what they should do.

In the 21 Irrefutable Laws of Leadership, John C. Maxwell states, "People do what people see."

The idea is that people will tend to mimic the actions of their leaders rather than follow verbal instructions.

Whether a soldier following a commander, an employee observing a CEO, a child watching a parent, a student emulating a teacher, or athletes on a team, people are likelier to do what they see their leaders do. This underscores leaders' immense power and responsibility in shaping the behaviors and actions of those they lead.

Leaders are interesting. They tend to be visionaries entrusted with bringing their dreams to life. To do that, they must thoroughly understand their purpose, vision, and strategy for achieving it, but that's not all.

Leaders must articulate what they want from their team members, but more than verbal communication is needed to create a lasting impact. Vision without action achieves nothing. A leader must exemplify the behaviors they wish to see. The better a leader's actions, the better their team's actions will be.

If a restaurant manager tells their staff that maintaining a clean kitchen is essential, yet they catch them leaving dirty dishes in the sink and not correctly storing ingredients, do you think the staff will adhere to it?

Consider a sports coach who emphasizes the importance of punctuality and discipline but frequently arrives late to practices. Do you think the players will take the coach's words seriously and maintain punctuality and discipline?

Remember that famous public service announcement from the late '80s where an angry

father bursts into his son's room, yelling because he discovered his son was smoking marijuana? After a tense standoff, the son yells, "I learned it by watching you!" This commercial perfectly highlights the point.

Teaching what is right is far easier than doing what is right. It's easier to tell the team what to do than to do it. It's easier to instruct someone on how to behave and then retreat to a private space where no one can see any contradictions. This type of leadership, often justified with thoughts like, "Well, they need to do it, not me. I'm just here to tell them how they should be," can be ineffective.

It's a hypocritical form of leadership.

An effective leader is in a challenging position. They must hold not only those under their guidance accountable but also themselves.

A good leader is a visionary, a teacher, a figure of accountability, and an agent of change. Leaders are responsible for improving their team's performance and embodying the values they wish to instill. Leaders who don't achieve good results are often seen as not leading by example.

A leader must also lead themselves.

Maxwell states, "Followers may doubt what leaders say, but they'll always believe what they do."

So, what's the most valuable thing a leader can do to be effective? Lead by example.

St. Francis of Assisi said, "Preach the Gospel at all times. Use words if necessary."

There are many historical figures who emphasized the importance of leading by example.

Nelson Mandela lived out his commitment to peace and reconciliation during his struggle against apartheid in South Africa, even after 27 years of imprisonment. Similarly, Florence Nightingale revolutionized healthcare by tirelessly working alongside her nurses during the Crimean War, setting high standards of hygiene and care through her actions.

Leaders who lead by example bring their vision to life. When leaders act with integrity, demonstrate the behaviors they expect, and consistently align their actions with their words, they inspire their teams to do the same. Are you ready to step up and be the example your team needs to achieve greatness?

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Bay Path student nurses use art therapy

CHARLTON — Burnout is rampant among healthcare workers, and nurses are no exception. Evidence-based research states that arts can help.

Some 37 years ago, Bay Path Practical Nursing Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN was working as an entry level nurse at a rehabilitation unit at the Philippine General Hospital, Manila, Philippines. Bolandrina saw first-hand what art and music therapy can do to patients as young as twelve and adult patients.

“I was part of a healthcare team treating victims of violent crimes with gunshot wounds and stab wounds,” Bolandrina said. “It is sad and even though as nurses we’re taught to deal with tragedy and grief, we’re also taught never to de-personalize it.”

Nurses need an outlet to express their feelings. In a 2009 study, researchers found PTSD numbers for critical care nurses to be comparable to those of war veterans who have come back from Iraq and Afghanistan. Bolandrina believes that the arts are a wonderful way for nurses to process stress and trauma they feel and see daily. She always encouraged her student nurses to do self-checks and participate in outside interests even with the rigors of nursing school. On her tenth year at Bay Path Practical Nursing Academy, 2024 is the banner year to fully immerse her practical nursing students.

The arts, visual arts she thought, could offer a way. For Nurses’ week celebration, the shift has come about from commercialism of material trinkets and giveaways to the creative process of visual arts. Because stress and burnout among healthcare workers has become a public health crisis.

“We need to raise awareness for burnout syndrome before our student nurses even join the workforce as Licensed Practical Nurses (LPNs),” shared Bolandrina. “Plus, emerging research show that engaging in the arts allow healthcare professionals become more empathetic clinicians, process what they see and feel, heal from or cope with trauma.”

The visual arts can put difficult-to-process experiences into words, and so



Courtesy Princess Agyeman of Webster and Adonis DeKing of Milford. Far left: Evelyn Kiplangat of Worcester.

came Adonis DeKing of Milford. He is an artist based in Massachusetts who specializes in oil paint. His formal career as an artist began in Savannah, Ga., with oil paintings of nature landscapes and animals. His work gained notability and a large amount of his originals sold, he moved to Boston to further develop his career. His work has been shown in numerous businesses and galleries across the United States such as his nature collection at the Churchwood Gallery (North Attleboro, July 2023). A new series of paintings will be shown at the Booklovers Gourmet Gallery (Webster, MA) in September 2024. As an artist, DeKing lives a minimalistic lifestyle, choosing to give away most of his original paintings after they have been completed. He only owns one set of paintbrushes and believes in simplicity and living a fulfilling life. He now adds teaching the practical nursing cohort of 2024 to his professional teaching experience which includes instructions at the Churchwood Gallery. More of his work can be viewed at www.adonisdeking.com

Positive feedback from the student nurses who participated included words of gratitude and hope. “Thank you for coordinating this lovely event,” wrote Princess Agyeman of Webster. “I hope this becomes a tradition for later years, as it was very relaxing and fun!”

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Jessica Shiers of Wales receives degree from American International College

SPRINGFIELD — Jessica Shiers of Wales has graduated from American International College (AIC) with a Bachelor of Science in Nursing in the Nursing program.

On Saturday, May 11, the College conferred degrees to more than 600 graduates receiving bachelor's, master's, or doctorate degrees from its School of Health Sciences, School of Education, and School of Business, Arts, and Sciences.


In her remarks, the College's Interim President Nicolle Cestero told the class of 2024 that their time at AIC was formative. "Each of you has overcome challenges, pursued passions and you have grown in ways you might not have imagined when you first stepped foot on campus," she told the graduates. "As you stand ready to begin your next journey, know that life is full of possibilities just waiting for you."

Keynote speaker Michael D. Smith - the CEO of AmeriCorps - regaled graduates, their families, and AIC faculty and staff with stories from his youth, growing up in the McKnight neighborhood of Springfield. Smith spoke of how being part of a community at the Boys and Girls Club of Springfield planted the seeds for his future in which he leads the country's largest public volunteer force.

Smith, who received an honorary doctorate from AIC during the ceremony, told the graduates they were not unlike him. "My story might be yours, too. People see you but they don't always see your struggles. But AIC wanted you because they knew what some saw as hurdles, you are going to use as springboards."

The ceremony saw 216 bachelor's degrees, 279 master's, 72 certificates of graduate study, and thirty-six doctorates awarded.

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



Southbridge: Attorney Michael J. Morrill, 95, passed away peacefully at home on Thursday, June 27th.

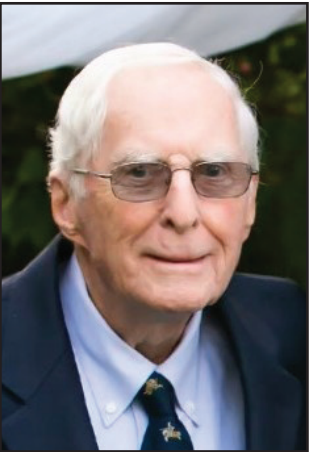
His beloved wife of 66 years, Marie F. (Fleming) Morrill, passed away in 2019. He leaves his two sons, Michael Morrill and his wife Wyndie of Pompano Beach, FL and Sean Morrill and his wife Jane of San Diego, CA; his five daughters, Cathleen Carpentier and her husband Luke of Southbridge, Mary Ellen Blake of Southbridge, Sheila Jalbert and her longtime companion, Tony Santilli of Southbridge, Julie Candelaria and her husband Joseph of Marblehead and Moira McGrath and her husband Ian of Sturbridge; his 22 grandchildren, Michael Luke Carpentier, Jamie Rainha, Amy Sinni, Joseph Jalbert, Matthew Carpentier, Jenna DiMarco, Kerry Carpentier, Catie Vignona, Emily Brown, Elizabeth Blake, Michael Morrill, Kelly Blake, Daniel Morrill, Bridget Candelaria, Connor Morrill, Timothy Candelaria, Jack Morrill, Catherine Candelaria, Padraig McGrath, Colm McGrath, Shannon McGrath and Maeve McGrath; 23 great grandchildren; and many nieces, nephews. He was predeceased by his brother, Philip Morrill. He was born in Worcester, the son of Michael T. and Bridget A. (Sullivan) Morrill. Michael was a 1946 graduate of St. John's High School in Worcester; received his bachelors degree in 1950 from the College of the Holy Cross in Worcester and received his law degree in 1953 from Georgetown University in Washington, DC. He was a US Navy Veteran of the Korean War serving as a LT JG in the Naval Air Intelligence Office.

Michael was a well-regarded at-

OBITUARIES

Michael J. Morrill, 95

torney, practicing law in Southbridge from 1957 until his retirement several years ago. He was a partner in the Law Firms of Morrill & Lamarine, P.C. and later Morrill & Morrill, P.C. He also served as Council for the Town of Holland from 1958 to 1986 and Council to the Town of Brimfield for 10 years to 1986. He also served as Special Assistant Attorney General of the Commonwealth of Mass from 1960 to 1962. He was a member of the District of Columbia Bar Association, the Massachusetts Bar Association, the American Bar Association, First Southern Worcester Bar Association and the Worcester County Bar Association. He was a longtime active parishioner of St. Mary's Parish (now St. John Paul II) serving as a former Lector and member of the Parish Council. He was a member and Past President of the Southbridge Lions Club; Past President and member of Board of Managers of Harrington Memorial Hospital; served two terms on the Hearing Committee of the Board of Bar Overseers; served two terms as member of the Executive Board of the Worcester County Bar Association; was a Corporator of the Southbridge Savings Bank; a former member and first President of the Advisory School Board of the Diocese of Worcester; a member of the Public Improvement Committee of the Town of Southbridge; a former Chairman and member of the Southbridge Representative Town Meeting Committee; he served on the Board of Directors of Catholic Charities; and incorporated the Southern Worcester County Association for Retarded Children and served as President



and Director.

Michael was a recipient of the Exchange Club Book of Golden Deeds Award and a recipient of the WESO Radio Man of the Year Award. In 1985 he was the recipient of the Distinguished Attorney Award from the Worcester County Saint Thomas Moore Society.

Michael was a very gifted athlete and was a star baseball player and basketball player at St. John's High School. In 2007 he was inducted into the St. John's High School Hall of Fame along with his brother Phil. He was an avid golfer and a longtime member of Cohasse Country Club in Southbridge.

In addition to his civic involvement, Mike was an active member of the community, as well as a devoted and loving father, grandfather, and great-grandfather. He enjoyed spending time on the shores of Cape Cod, on the dock at Big Alum Lake, and wintering in Pompano Beach, FL. He took great pleasure in skiing in the winter; golfing during the warmer months, and reading every day. Of course, no day was complete without a Canadian Club Manhattan and family to share it with.

His funeral was held on Tuesday, July 2nd, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 11:00am in St. Mary's Church of the St. John Paul II Parish, 263 Hamilton St., Southbridge. Burial followed in St. John's Cemetery, Worcester. Calling hours in the funeral home were held on Monday, July 1st, from 4:00 to 6:00pm.

In lieu of flowers donations may be made to the St. John Paul II Food Pantry, 279 Hamilton St., Southbridge, MA 01550.

www.morrillfuneralhome.com



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URI students named to Spring 2024 Dean's List

KINGSTON, R.I. — The University of Rhode Island is pleased to announce the Spring 2024 Dean's List. Students named to the Dean's List represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries. They include:

Benjamin Thomas of Charlton
Kyle Norberg of Charlton
Chris Ballou of Brimfield
Erin McCarthy of Brimfield
Vanessa Ricci of Brimfield

Katlyn Shonak of Sturbridge
Mary Godek of Wales
Sage Hoschek of Wales

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning

at least a 3.30 quality point average.

About the University of Rhode Island

The University of Rhode Island is a diverse and dynamic community whose members are connected by a common quest for knowledge. As a global education leader and the state of Rhode Island's flagship public research institution, URI offers distinctive opportunities designed to meet the global challenges of today's world and

the rapidly evolving needs of tomorrow. Founded in 1892, URI now enrolls more than 18,000 students and offers more than 200 degree programs across nine schools and colleges. As a land- and sea-grant institution, URI is a key driver of economic development in Rhode Island and contributes significantly to the health and vitality of the state, the New England region, and the nation. To learn more, visit: uri.edu.



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LEGALS

Town of Brimfield
Highway Department
**Request for Bids
Equipment Rentals – Tree Cutting
Services**

Sealed bids, appropriately marked, will be received no later than Monday July 22, 2024, by 10:00 AM. Sealed bids will be publicly opened and read on Monday July 22, 2024 at 10:05 AM in the Brimfield Town Hall Annex, 23 Main Street, Brimfield, MA. The following item(s) to be purchased for the Fiscal Year 2025, will be awarded by the Select Board at their duly posted meeting on July 29, 2024: I. Equipment Rental with Operator – Tree Cutting Services Bid specifications will be available for pickup beginning Thursday July 15, 2024 at the Brimfield Highway Department, 34B Wales Road, Brimfield, MA from 9:00 a.m. to 3:00 p.m., Monday through Thursday or by emailing the Chief Procurement Officer at selectboard@brimfieldma.org. Questions related to this bid invitation are to be emailed to the Chief Procurement Officer. All addendums, questions and answers will be sent to all bid package holders. Envelopes must be clearly marked “IFB2024HWYTCS01 – FY2025” and include the date and time of the bid opening. All bids must be submitted on the Town of Brimfield Bid form (included in the bid packet). No bid will be accepted after the time and date specified. Prevailing Wage Rates have been established by the Department of Labor and Industries under the provision of Chapter 149, M.G.L., Section 26-27D. Allwork/itemsmustmeetMassachusetts Department of Transportation, highway standards specifications. Executed Certificates of Non-Collusion and Tax Compliance (attached) and Corporate Authority must be included in all bid submissions. Duration of the bid contract is July 30, 2024 through June 30, 2025; otherwise, please state on bid sheet any exceptions. Payment terms: Net term, 30 days. The Select Board reserves the right to reject any and/or all bids, or, accept that bid deemed to be in the best interest of the Town of Brimfield. Zachary Lemieux
Highway Surveyor
Town of Brimfield
Brimfield, MA 01010
(413) 245-4103
July 4, 20245

**CHARLTON CONSERVATION
COMMISSION
PUBLIC HEARING NOTICE**

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, the Charlton Conservation Commission will hold a public hearing on **July 17, 2024, at 7PM** on the application of J Dubois Contracting, LLC. The applicant has filed for a Notice of Intent for the construction of a single-family residence, driveway, and associated site work within the 100-foot buffer zone to a BVW. The project location is: Lot 1-2 E Baylies Road, Charlton MA 01507. Pursuant to Chapter 20 of the Acts of 2021, this meeting of the Charlton Conservation Commission will be conducted in person and via remote means. Members of the public who wish to participate can access the meeting remotely, via Zoom Conferencing by calling 1-646 558 8656 and using meeting ID # 892 9898 0343 Passcode 458971 or using the link below https://us02web.zoom.us/j/89298980343?pwd=VjIMZGJhUGRnYzRkR1c2eT-JTL3lWZz09 Copies of the NOI may be examined at the Conservation Office by appointment during business hours. Thomas O'Malley
Chair, Charlton Conservation
Commission
July 4, 2024

**TOWN OF SOUTHBRIDGE
WATER DEPT
Invitation to Bid for
Gate House Roof Replacements**

The Town of Southbridge Water Department invites qualified contractors to submit bids for Gate House Roof Replacement. Copies of the specifications and special provisions are available from as of 10:00AM, on 07/03/2024. Questions may be directed to the Operations Officer at 508-764-5403x3 or hprescott@southbridgemass.org. All bids for this project are subject to the provisions of Massachusetts General Laws Chapter 30 Section 39M and Chapter 30B section 5. Prevailing Wage Rates, and subsequent Certified Payroll with proof of OSHA, are required on this project. The current wage rate schedule is attached to the bid specification package. The deadline for sealed bids is 07/19/2024 at 10:00AM. The sealed

bid shall be clearly marked Gate House Roof Replacement. Bids are to be addressed to the Department of Public Works, 185 Guelphwood Road, Southbridge, MA 01550. Late bids will not be opened. July 4, 2024
July 12, 2024

**NOTICE OF MORTGAGEE’S SALE
OF REAL ESTATE**

Premises: 7 Woodlawn Drive, Sturbridge, MA 01566 By virtue and in execution of the Power of Sale contained in a certain mortgage given by Sara D. Seelig to RBS Citizens, N.A., and now held by **Citizens Bank, N.A. f/k/a RBS Citizens, N.A.**, said mortgage dated November 16, 2012 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 50082, Page 258, as affected by a Subordination Agreement dated April 14, 2017 and recorded in said Registry of Deeds in Book 57063, Page 102, for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction** on July 23, 2024 at 04:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit: *THE LAND IN STURBRIDGE, WORCESTER COUNTY, MASSACHUSETTS WITH THE BUILDINGS THEREON, BOUNDED AND DESCRIBED AS FOLLOWS: BEGINNING AT AN IRON PIPE IN THE GROUND ON THE EASTERLY SIDE OF A PRIVATE WAY, SAID IRON PIPE BEING AT THE NORTHWESTERLY CORNER OF THE PREMISES CONVEYED; THENCE SOUTH 86 DEGREES 1 MINUTES 0 SECONDS EAST ONE HUNDREDFIFTY-SIXAND TWENTYTWO HUNDREDTHS (156.22) FEET TO AN IRON PIPE IN THE GROUND; THENCE SOUTH 9 DEGREES 30 MINUTES 0 SECONDS WEST, ONE HUNDRED EIGHT-ONE AND SEVENTY-SEVEN HUNDREDTHS (181.77) FEET TO AN IRON PIPE IN THE GROUND; THENCE SOUTH 13 DEGREES 14 MINUTES 30 SECONDS WEST, TEN (10) FEET TO AN IRON PIPE IN THE GROUND; THENCE NORTH 79 DEGREES 26 MINUTES 30 SECONDS WEST, ONE HUNDRED NINETY-FIVE AND FIFTY-NINE HUNDREDTHS (195.59) FEET TO AN IRON PIPE IN THE GROUND; THENCE NORTHERLY ALONG A CURVE WHOSE RADIUS IS TWO HUNDRED FIFTY (250) FEET AND LENGTH OF ARC IS ONE HUNDRED TEN AND NINETY-TWO HUNDREDTHS (110.92) FEET TO AN IRON PIPE IN THE GROUND; THENCE NORTH 30 DEGREES 4 MINUTES EAST SEVENTYTWO AND NINETY-EIGHT HUNDREDTHS (72.98) FEET TO AN IRON PIPE IN THE GROUND AT THE POINT OF B E G I N N I N G . BEING LOT NUMBER 64 AS SHOWN ON SUB PLAN 15 OF LAND ENTITLED “DEVELOPMENT OF H. J. ELLIS, OWNER, STURBRIDGE, MASS., OCTOBER-JANUARY, 1964-65 BY LEONARD S. JALBERT, SURVEYOR AND EDGAR V. LEWIS, REGISTERED PROFESSIONAL ENGINEER”; SAID SUB PLAN BEING RECORDED AT THE WORCESTER DISTRICT REGISTRY OF DEEDS, PLAN BOOK 300, PLANS 112-120 AS PART OF SUB PLANS 9 THROUGH 17: AND ALSO BEING THE SAME PREMISES WHICH WERE CONVEYED TO THE SAID ROBERT S. FLYNN AND ELEANOR K. FLYNN BY DEED OF HAROLD J. ELLIS, JR., DATED MAY 9, 1966 AND RECORDED WITH THE WORCESTER DISTRICT REGISTRY OF DEEDS, BOOK 4668, PAGE 156. RESERVING TO HAROLD J. ELLIS, JR., HIS HEIRS AND ASSIGNS, THE RIGHT TO ENTER UPON A STRIP OF LAND FIFTEEN (15) FEET IN WIDTH ALONG THE SIDES OF THE AFORESAID DESCRIBED PREMISES FOR THE PURPOSES OF INSTALLING DRAINAGE PIPES AND DITCHES TO BE MAINTAINED AND THAT THE GRANTEE COVENANTS AND AGREES TO PERMIT SAID DRAINAGE PIPES AND DITCHES TO BE MAINTAINED UPON SAID FIFTEEN (15) FOOT STRIP OF LAND THE GRANTEE BY ACCEPTING THIS DEED, CONSENTS AND AGREES FOR HERSELF AND HER HEIRS AND ASSIGNS, THAT SHE AND EACH OF THEM SHALL BECOME MEMBERS OF A CORPORATION TO BE FORMED IN ACCORDANCE WITH THE PROVISIONS OF GENERAL LAWS, CHAPTER 180 OF THE COMMONWEALTH, SUBJECTING THEMSELVES THEREBY TO*

AN ANNUAL ASSESSMENT NOT IN EXCESS OF TWENTY-FIVE DOLLARS FOR THE PURPOSE OF MAINTAINING PRIVATE ROADS, APPLICATION OF INSECTICIDES, AND OTHER EXPENSES, TO INSTALL, MAKE AND MAINTAIN CAPITAL IMPROVEMENTS BENEFICIAL TO ALL LOTS ON THE AFORESAID PLAN AND UNTIL THE FORMATION OF SUCH CORPORATION, AGREES TO PAY SAID ASSESSMENT TO THE AFOREMENTIONED HAROLD J. ELLIS, JR., OR HIS DULY DESIGNED AGENT. SUBJECT TO RESTRICTIONS, RESERVATIONS, EASEMENTS, COVENANTS, OIL, GAS OR MINERAL RIGHTS OF RECORD, IF ANY. BEING THE SAME PREMISES CONVEYED TO SARA D. SEELIG, INDIVIDUAL FROM MICHAEL J. SEELIG AND SARA D. SEELIG, HUSBAND AND WIFE, AS TENANTS BY THE ENTIRETY, BOTH BY MASSACHUSETTS QUITCLAIM DEED INDIVIDUAL LONG FORM DATED 5/17/1979, AND RECORDED ON 5/18/1979, AT BOOK 6732, PAGE 207, IN WORCESTER COUNTY, MA ASSESSORS PARCEL NUMBER: MAP: 694: BLK: 1744: LOT: 007 ATI ORDER NUMBER: 201210250562 Book 6732 Page 207

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor’s Title see deed dated May 17, 1979 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 6732, Page 207.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

Said mortgage is subject to a certain mortgage given by Sara D. Seelig to Bank of America, N.A., dated April 28, 2017 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 57062, Page 134.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer’s or cashier’s check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer’s or cashier’s check within thirty (30) days after the date of sale.

Other terms to be announced at the sale.

Brock & Scott, PLLC
23 Messenger Street
2nd Floor
Plainville, MA 02762
Attorney for Citizens Bank, N.A. f/k/a RBS Citizens, N.A.
Present Holder of the Mortgage
(401) 217-8701
June 27, 2024
July 4, 2024
July 11, 2024

Request for Proposals

The Worcester Community Action Council, Inc.’s (WCAC) Department of Energy Weatherization Assistance Program (DOEWAP) is currently accepting proposals for the following activities:

Full Service Residential Weatherization Contractors: including cellulose/ fiberglass insulation, blower door assisted air sealing, general carpentry and energy efficiency related repairs and window installation, asbestos, mold and mildew remediation, **Electrical Contractors:** Knob and Tube Wiring inspection and mitigation, bath fan/whole house fan installation. To obtain a procurement package, please contact the Energy Department at Worcester Community Action Council, Inc., 18 Chestnut Street, Worcester MA 01608-1810. Inquiries may be made by calling Mary Knittle at (508) 508.754.1176 x 115. Completed packages must be received at WCAC Inc., no later than 4:00 pm on Thursday, June 30th, 2024.

This advertisement is subject in all respects to the terms and conditions of the Request for Proposals. Small and minority owned businesses are encouraged to respond. AA/EOE. Marybeth Campbell, Chief Executive Officer, WCAC
June 20, 2024
June 27, 2024
July 4, 2024

**CHARLTON CONSERVATION
COMMISSION
PUBLIC HEARING NOTICE**

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, the Charlton

Conservation Commission will hold a public hearing on **July 17, 2024, at 7PM** on the application of J Dubois Contracting, LLC.

The applicant has filed for a Notice of Intent for the construction of a single-family residence, driveway, and associated site work within the 100-foot buffer zone to a BVW. The project location is: Lot 1-1 E Baylies Road, Charlton MA 01507.

Pursuant to Chapter 20 of the Acts of 2021, this meeting of the Charlton Conservation Commission will be conducted in person and via remote means. Members of the public who wish to participate can access the meeting remotely, via Zoom Conferencing by calling 1-646 558 8656 and using meeting ID # 892 9898 0343 Passcode 458971 or using the link below https://us02web.zoom.us/j/89298980343?pwd=VjIMZGJhUGRnYzRkR1c2eT-JTL3lWZz09

Copies of the NOI may be examined at the Conservation Office by appointment during business hours. Thomas O'Malley
Chair, Charlton Conservation
Commission
July 4, 2024

**NOTICE OF PUBLIC HEARING
TO ADOPT AMENDMENTS TO
CHAPTER 2 OF THE TOWN OF
SOUTHBRIDGE BOARD OF
HEALTH CODE OF REGULATIONS:
STORAGE AND DISPOSAL OF
SOLID WASTE**

On July 11, 2024 at 6:00 p.m. the Southbridge Board of Health will hold a Public Hearing at the Town Hall, Veteran’s Room (main level) to discuss comments, and vote on **minor language and amendments** to the Town of Southbridge Board of Health Code of Regulations, Chapter 2: Storage and Disposal of Solid Waste **specifically**, Section 5.5. §5.3; Any property owner looking to Opt-in or out of the Municipal Curbside Program has 30 days prior to the quarterly billing.

A draft of the proposed amendments can be reviewed on the Town of Southbridge web site at ci.southbridge.ma.us, Office of the Town Clerk or copies may be obtained by mail or email upon request. All persons requesting copies must contact the Southbridge Board of Health at (508) 764-4252.

All interested parties may submit comments in writing to the Office of the Board of Health 41 Elm Street Southbridge, MA. Any written comments regarding these proposed regulations will be accepted at the office of the Board of Health until 12:00 p.m. (noon) Wednesday, July 10, 2024. June 28, 2024
July 4, 2024

**Town of Sturbridge
Zoning Board of Appeals
Public Hearing Notice Special
Permit
Daniel P. Kirschner**

In accordance with the provisions of M.G.L. Ch. 40A, §11, the Zoning Board of Appeals will hold a Public Hearing on **Wednesday, July 24, 2024 at 6:35 PM** at the **Center Office Building located at 301 Main Street, Sturbridge, MA 01566** and/or by virtual means if circumstances warrant, in accordance with applicable law; on the application of Daniel P. Kirschner.

The applicant is requesting a Special Permit pursuant to Article XVIII §300-18.2 (2) and Article XI §300-11.1-11.6 of the Zoning Bylaw to allow the construction of a 560 sq.ft. detached Accessory Dwelling Unit on the property owned by Daniel P. Kirschner located at **5 Badger Road**, in accordance with the plans and application submitted.

The proposed request can be viewed at https://www.sturbridge.gov/zoning-board-appeals/pages/recent-filings or arrangements can be made to view the application packet by contacting the Sturbridge Planning Department at (508)347-2508 or by email at jlacy@sturbridge.gov.

Any person interested or wishing to be heard on this proposal should appear at the time and place designated. Members of the public may watch the meeting online via the Town’s on demand video broadcast or via cable television on Channel 191. It is the intent to have this Public Hearing in person. However, if circumstances warrant, the Board may choose to hold this Hearing via virtual or hybrid (in person and virtual) means. In the event of a virtual or hybrid meeting, notice and a link shall be posted on the ZBA website. Please note that the meeting/hearing will not be suspended or terminated if technological problems interrupt the virtual broadcast, unless otherwise required by law. Diane Trapasso, Chair
Sturbridge Zoning Board of Appeals
July 4, 2024
July 11, 2024

Local students graduate from Hamilton

CLINTON, N.Y. — Emma Earls of Sturbridge and Catherine Fengler of Charlton received a Bachelor of Arts degree from Hamilton College on Sunday, May 19, in a Commencement ceremony concluding the college's 212th year.

A creative writing major, Earls graduated cum laude.

Fengler, a neuroscience major, graduated magna cum laude with departmental honors in neuroscience and was recently elected to the Epsilon Chapter of Phi Beta Kappa.

Former Sen. Doug Jones, a U.S. attorney in Alabama who prosecuted accomplices in 1963's racially motivated 16th St. Baptist Church bombing, addressed members of the graduating class, urging them to be guardians of democracy.

Acknowledging the global events the Class of 2024 has seen, he told the class they are ready to meet whatever challenges they may face and to seize

opportunities as they arise. "You are here today because, as the Hamilton motto goes, you grew to 'Know Thyself' and in doing so, you never lost faith in yourself," Jones said.

Hamilton's 487 graduates now join an alumni body of more than 24,000, many of whom have made important contributions to business, the professions, government and the arts.

Hamilton College, a leading liberal arts institution located in Clinton, N.Y., is where exceptional students explore passions through an open curriculum and robust research, internship, and off-campus study opportunities. Students graduate ready to lead purposeful lives thanks to highly regarded faculty mentors, generous resources that support each student's interests, and a loyal alumni network. The College's need-blind admission policy ensures access for talented students with limited financial means. Learn more at www.hamilton.edu.



Gus Steeves
Jack Hardy sits with the parking lot mural Jack painted to commemorate this year's 75th running of the road race.

RACE

continued from page 1

she said, later adding, “The beauty of this race is we pass all the war memorials and pay tribute to them. ... 75's a big year, and we just let the race run itself.”

The race began in 1959, named in honor of Southbridge resident Joseph “Leonide” Lemire, who was killed on the USS West Virginia when Japan bombed Pearl Harbor on Dec 7, 1941, Veterans Council President David Adams said.

Born in 1917, Lemire was oldest son of Napoleon Lemire, who had six kids. Both of them worked at American Optical, and Leonide joined the Navy before the war started, going through bootcamp in Newport, R.I. in 1940. Within a year, he'd been promoted to Petty Officer Third Class (E-4).

Adams noted a friend of Lemire's later said he'd been posted below-deck on the West Virginia, but was on the ship's fantail awaiting a boat to go to church on the Oahu mainland when the attack happened. The ship was hit by seven torpedoes “and sank straight down to the bottom of the harbor” with 106 men killed, but it was later salvaged and repaired, returning to service in 1944. More than 2400 military and civilian people died that morning.

Lemire's body was missing for a while, but later recovered. Posthumously, he received the Purple Heart, WWII Victory Medal and Asia/Pacific campaign medal.

This year, race attendees are getting an artistic

gift – part of the YMCA parking lot where runners gatehr afterward has been painted with a mural honoring the 75th anniversary by Jack Hardy.

Hardy said it took three days to do, and was based on “what's important to convey with the key-stone design” on a big 75th medal-like circle, a rainbow river-like trail through it, and a running shoe below.

“It got washed away the first day and I had to redo it,” Hardy said, noting they had to put a blanket over the shoe because “I can't redo that one if it gets washed away.”

Several speakers briefly noted the race's link to town history. Among them, Amanda Hellyar, representing Sen Ryan Fattman, said, “Southbridge truly reminds me of family tradition, Hearing the stories and seeing the pride really warms my heart.”

She presented Power with a flag recently flown over the Statehouse.

Adams also pointed out they'll be receiving another flag flown over the USS Arizona in Pearl Harbor, plus a couple new things for this year's race. The Veterans' Council made “challenge coins” to award to the top three runners – five inches wide for first, four for second and three for third. He said it'll make victory “a little sweeter because nobody does that.” Power added Dexter Russell is giving participants and volunteers etched gift knives.

Photos from the race itself will run next week.

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

ROTARY

continued from page 1

These young scholars have bright futures ahead, and the Rotary Club is proud to contribute to their success.

The scholarship recipients:

Nola Shanbaum received the Arthur P. Proulx scholarship. Nola, a Southbridge resident, graduated at the top of her class at Southbridge High School. She will be attending Boston Univer-

sity, where she plans to major in investigative journalism.

Grace Garon, from Charlton, attended Shepherd Hill Regional High School. Grace will be pursuing a major in business at Emmanuel College while also playing softball for the college.

Brody Carlson, a Southbridge native, graduated from Southbridge High School. Brody will be attending the University of Mas-

sachusetts - Boston, with aspirations to major in nursing.

Isabelle Herholz, hailing from Spencer, attended Bay Path Regional Vocational Technical High School. She will be studying art and design at Worcester State University.

Matthew Smolski, another Charlton resident, completed his studies at Shepherd Hill Regional High School. Matthew's next step is Nichols College, where

he will pursue a degree in finance.

The Rotary Club of Southbridge remains committed to supporting local youth and fostering educational opportunities. Congratulations to all the scholarship recipients!

Rotary Club of Southbridge is a community service, non-profit organization that focuses on club, vocational, community,

international and new generations service. For more information visit the Rotary Club of Southbridge Facebook page (@SouthbridgeRotaryClub).

Visit the Events calendar at cmschamber.org to find more details on these events and many more offered by Chamber Members. Feel free to call the Chamber office if you have questions or to register for events. Your local Chamber of Commerce is grateful to you for Keeping it Local this summer and in every season. Supporting the businesses that make our neighborhoods unique creates jobs, boosts our local economy, and preserves the distinctive character of our communities.

CMS

continued from page 2

Golf Classic presenting sponsor, Cornerstone Bank and to our Lunch Sponsor, Karl Storz. Visit cmschamber.org to download the detailed brochure and registration form or give the Chamber a call if you have questions.

You're also invited to join us at scenic Polar Park on Friday, Aug. 16 for an exclusive gathering, hosted by the Chamber. Indulge in America's

favorite pastime as the WooSox face off against the Lehigh Valley Iron-Pigs on Southbridge Town Takeover Night! Your ticket, priced at just \$55, grants you admission to the game and exclusive access to our private party space along right field, where you can comfortably enjoy the action. Included in the ticket price is an indulgent all-you-can-eat buffet for two hours featuring a tempting spread of burgers, hot dogs, creamy mac and cheese, and more. Join the party by 6:15 p.m. to catch the National Anthem per-

formed by a special singer, Sarah Clarke, Director of BSA and Compliance at Southbridge Credit Union. Win great prizes at a raffle to be held during the seventh inning stretch and stick around after the final out for fireworks on this exciting night! Visit the Events Calendar at cmschamber.org for all the details and the link to reserve your tickets. Thank you to our Night with the WooSox sponsor, Southbridge Credit Union, a trusted part of your neighborhood since 1938.

Visit the Events calendar at cmschamber.org to find more details on these events and many more offered by Chamber Members. Feel free to call the Chamber office if you have questions or to register for events. Your local Chamber of Commerce is grateful to you for Keeping it Local this summer and in every season. Supporting the businesses that make our neighborhoods unique creates jobs, boosts our local economy, and preserves the distinctive character of our communities.

LEGALS

CHARLTON CONSERVATION COMMISSION PUBLIC HEARING NOTICE

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, the Charlton Conservation Commission will hold a public hearing on July 17, 2024, at 7PM on the application of Scott & Christine Corio.

The applicant has submitted a Request for Determination of Applicability for the proposed construction of a single-family residence with a septic system and well. All work is located outside the 100-ft buffer zone to a BVW. The project location is: 40 Blood Road, Charlton, MA.

Pursuant to Chapter 20 of the Acts of 2021, this meeting of the Charlton Conservation Commission will be conducted in person and via remote means. Members of the public who wish to participate can access the meeting remotely, via Zoom Conferencing by calling 1-646 558 8656 and using meeting ID # 892 9898 0343 Passcode

458971 or using the link below <https://us02web.zoom.us/j/89298980343?pwd=VjIMZGJhUGRnYzRkR1c2eTJTL3lWZz09>

Copies of the RDA may be examined at the Conservation Office by appointment during business hours.

Thomas O'Malley
Chair, Charlton Conservation Commission
July 4, 2024

CHARLTON CONSERVATION COMMISSION PUBLIC HEARING NOTICE

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, the Charlton Conservation Commission will hold a public hearing on July 17, 2024, at 7PM on the application of Kevin George.

The applicant has submitted a Request for Determination of Applicability for the placement of a pre-built 12' x 16' gazebo and associated site work. The project location is: 187 Berry Corner

Road, Charlton, MA.

Pursuant to Chapter 20 of the Acts of 2021, this meeting of the Charlton Conservation Commission will be conducted in person and via remote means. Members of the public who wish to participate can access the meeting remotely, via Zoom Conferencing by calling 1-646 558 8656 and using meeting ID # 892 9898 0343 Passcode 458971 or using the link below <https://us02web.zoom.us/j/89298980343?pwd=VjIMZGJhUGRnYzRkR1c2eTJTL3lWZz09>

Copies of the RDA may be examined at the Conservation Office by appointment during business hours.

Thomas O'Malley
Chair, Charlton Conservation Commission
July 4, 2024

TOWN OF SOUTHBRIDGE DPW Invitation to Bid for Road Improvements Paving

The Town of Southbridge Department of Public Works invites qualified

contractors to submit bids for road improvement paving. Copies of the specifications and special provisions are available from as of 12:00PM, on 07/03/2024. Questions may be directed to the Operations Officer at 508-764-5403x3 or hprescott@southbridgemass.org.

All bids for this project are subject to the provisions of Massachusetts General Laws Chapter 30 Section 39M and Chapter 30B section 5. Prevailing Wage Rates, and subsequent Certified Payroll with proof of OSHA, are required on this project. The current wage rate schedule is attached to the bid specification package.

The deadline for sealed bids is 07/23/2024 at 10:00AM. The sealed bid shall be clearly marked Road Improvement Pavement 2024. Bids are to be addressed to the Department of Public Works, 185 Guelphwood Road, Southbridge, MA 01550. Late bids will not be opened.

July 4, 2024
July 12, 2024



CANADA AND THE UNITED STATES BOTH CELEBRATE NATIONAL HOLIDAYS COMMEMORATING THEIR INDEPENDENCE DURING THIS MONTH.

ANSWER: JULY

Math Blocks

Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

		2	14
10	15		26
	20	3	28
19	43	6	

3	20	5
1	15	10
2	8	4

Solution

THIS DAY IN... HISTORY

- 1608: QUEBEC CITY IS FOUNDED BY SAMUEL DE CHAMPLAIN.
- 1767: ADRESSEAVISEN, NORWAY'S OLDEST NEWSPAPER STILL IN PRINT, IS FOUNDED.
- 1973: MUSICIAN DAVID BOWIE RETIRES HIS STAGE PERSONA ZIGGY STARDUST.

Get Scrambled

Unscramble the words to determine the phrase.

L C E E T A R E B H E T N O N I T A

ANSWER: Celebrate the nation

New Word

INDEPENDENCE

the state of being free of control

How they SAY that in...

ENGLISH: Parade
SPANISH: Desfile
ITALIAN: Parata
FRENCH: Parade
GERMAN: Parade

Did you know?

CANADA CELEBRATES CANADA DAY ON JULY 1. A FEW DAYS LATER ON JULY 4, THE UNITED STATES CELEBRATES INDEPENDENCE DAY. BOTH ARE DAYS OF NATIONAL PRIDE FOR THESE COUNTRIES.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: FIREWORKS

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to swimming pools.
Each number corresponds to a letter.
(Hint: 23 = E)

A. 20 10 1 23 19
Clue: Wet stuff

B. 11 3 6 15 19 13 9 23
Clue: Pool chemical

C. 6 10 7 7 23 19
Clue: Climbing device

D. 17 20 13 26 17
Clue: Moves through water

Answers: A. water B. chlorine C. ladder D. swims

SUDOKU

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

Level: Beginner

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!

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

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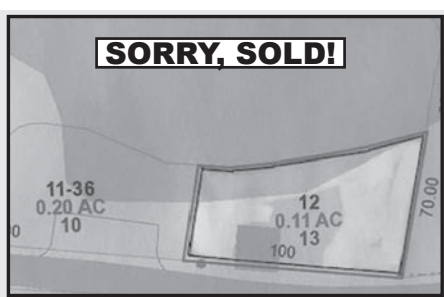
Young 2200+ Sq ft Cape/ Split 7+ Room, 4 bdrs. 3 full baths! Master bed/ Bath! Bonus unfinished 2nd floor. 3/4 Acre of land mostly Landscaped. Kitchen w/Island & dining room. Hardwood, ceramic, & carpet flrs. So much more!

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Interesting facts related to Independence Day



Americans celebrate Independence Day every July 4. The holiday has become synonymous with summer fun, as grand fireworks displays and backyard barbecues are integral components of many people's July 4 celebrations.

As Americans and

residents of the United States prepare for some festive Fourth of July celebrations, they can keep these interesting facts related to Independence Day in mind.

- There have been many iterations of the American flag. The American flag has become an iconic symbol of freedom recognized across the globe since the United States declared their independence from Great Britain in 1776. But few July 4 celebrants may know that the current version is the 27th iteration of the American flag. According to the U.S. Chamber of Commerce, the current version of the flag offici-

ally became the flag on July 4, 1960.

- More than half of all Americans own an American flag. A 2023 poll from WalletHub found that 57 percent of Americans own an American flag. And that's not the only way Americans show their national pride, as the same poll found that roughly one in three Americans intended to purchase patriotic merchandise for July 4.
- The United States is not the only place to celebrate American independence. Such celebrations occur in various countries, including Australia, Denmark, Ireland, and Norway. The

festivities in Rebild National Park in Denmark is believed to be the largest celebration of American independence outside the United States.

- The National Hot Dog and Sausage Council estimates that 150 million hot dogs are consumed on July 4. Though there's no corresponding estimate related to how many hamburgers Americans eat on July 4, various reports suggest Americans eat roughly 50 billion burgers annually, so it's fair to conclude many a burger will be consumed this Independence Day.
- July is a popular month for nations to celebrate their indepen-

dence. In addition to the United States, various countries, including Algeria (July 5), Argentina (July 9), The Bahamas (July 10), Belarus (July 3), Burundi (July 1), Canada (July 1), Cape Verde (July 1), Colombia (July 20), Kiribati (July 12), and Liberia (July 26), celebrate their Independence Day in July.

- John Adams, a Founding Father of the United States and the second president in the country's history, felt Americans should celebrate their independence from Great Britain on July 2. That's because the Continental Congress voted for independence on July



2, 1776. However, the Declaration of Independence was not approved for two more days, thus making July 4 the day to celebrate America's independence from Great Britain.

Fourth of July party tips

More than 332 million people live in the United States, according to the most recent data from the U.S. Census Bureau. There's a good chance that, come July 4th, a considerable number of those individuals will be hosting or attending parties to celebrate American independence.

This year those planning on a July 4th fête can consider these tips as they prepare to celebrate with family and friends.

- Borrow a second grill. Those tasked with grilling often find themselves standing there for hours over hot flames. Cut down on time at the grill by adding an extra cooking surface. That's easily achieved by having more than one grill going simultaneously. Cook fast-cooking items like hamburgers and hot dog on one grill, and reserve the other for sausages

and chicken, which may need more time to reach safe levels of doneness.

- Stop peeking. Resist any urge to check the food too often. Every time you flip, press or move the meats, you compromise flavor and could make the food dry out.
- Lure insects away. Bees are attracted to sweet smells, but wasps and hornets are drawn to meats. Put a saucer of very sweet soda and some chicken scraps in a far corner of your yard to attract yellow jackets and other stinging insects to that area, drawing their attention away from guests and their meals.
- Hire a lifeguard. If your party will involve time spent in a pool, consider hiring a lifeguard or designate someone to observe pool activities. Party hosts may be distracted by other duties, and one can't count on



guests to watch what is going on in the pool. For safety's sake, a dedicated set of eyes on swimmers can prevent injuries and accidents.

- Give neighbors a heads-up. Parties and

barbecues on July 4th are largely expected, but you can offer a courtesy to neighbors by informing them of your plans, including the start time and proposed ending time. If you are close with neighbors, consider inviting them to participate.

- Skip the fireworks. Even if fireworks are permitted where you live, it's best to avoid the potential safety hazards and leave fireworks dis-

plays to the professionals. Shooting off fireworks in neighborhoods causes debris to rain down on guests or land in pools, and it may even be ingested by pets or wildlife. Even sparklers can be dangerous, as they burn at 2,000 F. In fact, the U.S. Consumer Product Safety Commission says sparklers account for around 60 percent of injuries among children under five during summer festivities.

- Create a patriotic playlist. Use your favorite music streaming service to curate a music list that features America-specific songs, songs about summer and general party tunes. Be sure the music is in the background and does not overpower the conversation.

July 4th plans are heating up. When hosting a party or barbecue, keep it simple and safe.



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HINT

continued from page 1

Peaches: Should be somewhat firm, becoming slightly soft; red with creamy, orangy base color.

**

Pears: Look for firm fruit, just barely beginning to soften. Bartletts: pale to rich yellow; Boscs: green to brown yellow.

**

Pumpkin: Look for a pumpkin with an even orange hue. Give it a thump;

if it sounds hollow, it is ripe and ready to be picked. Look for hard skin and a hard stem. Leave several inches of stem when you harvest a pumpkin. Doing so will slow down the rotting process.

**

Watermelon: Should be symmetrical with bright green rind with a creamy yellow underside. Choose a watermelon that's heavy for its size.

**



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