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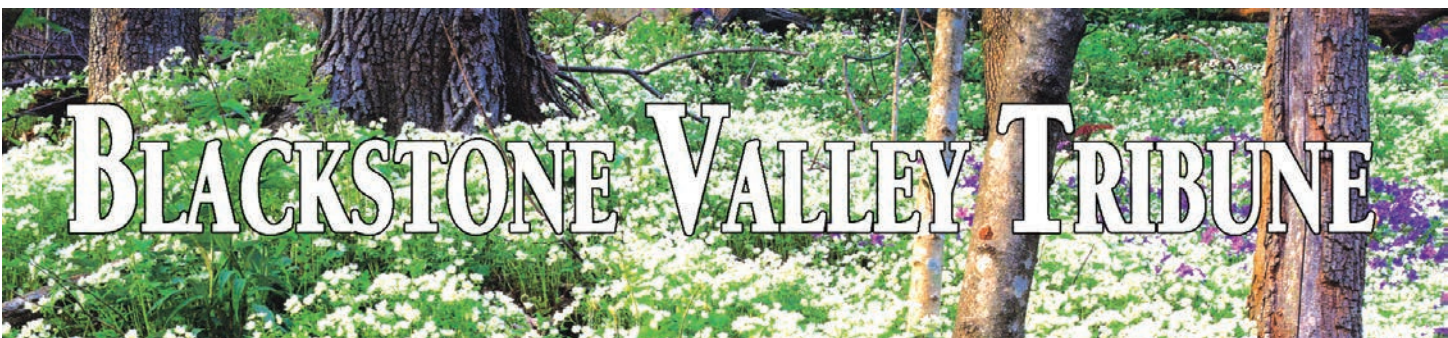
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Free by request to residents of Douglas, Northbridge, Uxbridge, Linwood, Whitinsville and North Uxbridge

SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS

Friday, August 22, 2025

Explore the beauty of fall with Blackstone Heritage Corridor’s guided hike series

WHITINSVILLE — Looking for an inspiring way to enjoy the crisp autumn air and colorful foliage? Lace up your hiking boots and hit the trails with the Blackstone Heritage Corridor's Fall Hiking Series, led by dedicated volunteer Trail Ambassadors. Kicking off on Saturday, Sept. 13, this free series invites hikers of all levels

Celebrate community spirit at “We Are Uniquely Uxbridge Day” on Town Common

UXBRIDGE — The community is invited to join in the fun and festivities at We Are Uniquely Uxbridge Day, returning once again to the Uxbridge Town Common on Sunday, Sept. 7, from 9 a.m. to 2 p.m.!

This annual celebration is a fun-filled day of activities, local vendors, shopping, and more. It's the perfect opportunity to support small businesses, discover one-of-a-kind items, and get a jump on your holiday gift shopping.

From artisan crafts to delicious food, family activities, and handmade products, there's something for everyone to enjoy. Bring your family, meet your neighbors, and celebrate everything that makes Uxbridge truly unique!

Event highlights include:

- Family-friendly activities
- Dunk Tank by Scafut's Barbershop
- Axe Throwing by Boy Scouts Troop 25
- Dreaming in Starz Face Tattoos and Glitter
- The Refuge at Lyric Farm
- Unique gifts and

handmade products

- Don't Bee Shy
- The Fiber Bandit
- Chevere
- Chockalog Farm
- Samantha's Beautiful Creations
- Big John's Wood Joint
- Dragonfly Designs
- Candy Color Studio
- Blackstone Valley Cannabis
- Hummingbird Holistic Center
- Best Boy Bandana's
- Food and Refreshments
- Twizted Beverages
- The Fudge Lady
- Big Daddy's Bites
- Not Your Average Popcorn
- Local Organizations
- Uxbridge Historical Society
- Uxbridge Dog Park
- Boy Scout Troop 1122
- Premeer Real Estate
- UniBank
- Milton Rents
- U x b r i d g e Congregational Church (on Court Street)

Come be a part of this special day that showcases the creativity, community spirit, and local pride of Uxbridge.

Find the complete list and times at the event page of We are Uniquely Uxbridge Day Facebook page.



to explore scenic paths and historic landscapes across the Blackstone River Valley.

Covering 25 communities across Massachusetts and Rhode Island, the Blackstone River Valley National Heritage Corridor is rich in natural beauty and industrial history. Trail Ambassadors—seasoned volunteers with a passion for the outdoors and local heritage—will lead guided hikes on trails showcasing the region's vibrant fall colors and fascinating past.

Two experienced Ambassadors will spearhead the series: Phil Johanson will guide hikes through the Massachusetts portion of the Corridor, while Ernie Germani will lead treks through Rhode Island. Together, they'll highlight just a few of the more than 100 trails available in this unique and storied region.

Fall Hiking Series Schedule:

- Saturday, Sept. 13 – _Cormier Woods, Uxbridge
- Saturday, Sept. 27 – _Waters Farm, Sutton
- Sunday, Sept. 28 – _Turner Reservoir, East Providence, R.I.
- Saturday, Oct. 11 – _Wallis Pond Foliage Hike, Douglas

- Saturday, Oct. 25 – _Peppercorn Hill, Upton
- Sunday, Oct. 26 – _Moshassuck River Preserve, Lincoln, R.I.
- Saturday, Nov. 8 – _Hopedale Parklands, Hopedale
- Saturday, Nov. 22 – _Douglas State Forest – Grand Trunk Line, Douglas
- Friday, Nov. 28 – _Wolf Hill, Smithfield, R.I.
- Saturday, Dec. 6 – Shaw Farm, Sutton
- Saturday, Dec. 20 – Gummere Woods, Grafton

Whether you're a seasoned trekker or a casual stroller, the Fall Hiking Series offers a perfect opportunity to get outside, meet fellow nature lovers, and discover hidden gems throughout the Corridor.

Hike details and RSVP information can be found at BlackstoneHeritageCorridor.org/events.

The Blackstone Heritage Corridor is a non-profit collaborating with community partners to provide strong leadership to preserve, promote and celebrate the Blackstone Valley's resources for current and future generations. Learn more at BlackstoneHeritageCorridor.org.

Plummer Place launches new Brew Crew program

NORTHBRIDGE — The Plummer Place Brew Crew is a new monthly program beginning this fall offering exciting networking opportunities, guest speakers, timely topics and fun activities to jump start your day! We will perk you up beginning with our first get-together on Wednesday, Sept. 3 at 9:30 a.m. Treats and coffee/tea on us!

Our Brew Crew is aimed to be a comfortable atmosphere where connections and friendships happen! For more information, please contact Amy Cowen, program and volunteer coordinator at (508) 234-2002, ext. 1305 or just stop on by to join! All are welcome. 2025 Meeting dates: Sept. 3, Oct. 1, Nov. 5, and Dec. 3. Hope to see you there!

Cornhole tournament fundraiser being held in Whitinsville

WHITINSVILLE — Open Sky Community Services is pleased to announce that it will host the 11th Annual Valley Bag Toss on Saturday, Sept. 20 at the historic Alternatives' Whittin Mill in Whitinsville, Massachusetts. This inclusive cornhole tournament serves as both a community celebration and an important fundraiser in support of Open Sky's health and wellness programs, which benefit nearly 8,000 individuals throughout Central Massachusetts.

The Valley Bag Toss was established by former Board Member Molly Hollibaugh, whose vision was to create a welcoming, inclusive event that would bring together people of all abilities to enjoy the Whittin Mill plaza. Since its inception, the event has grown into a much-anticipated tradition that fosters community connection while raising vital support for Open Sky's mission.

The tournament will take place from noon to 5 p.m. at 50 Douglas Rd., Whitinsville, and is open to participants of all abilities, age 14 and older. Pre-registration



is required, as space is limited and the event is expected to sell out.

In addition to spirited cornhole competition, attendees will enjoy live musical entertainment provided by Smooth & Company, food for purchase from the Rock N Roll Food Truck, a cash bar, and a raffle featuring prizes valued at more than \$500.

The cornhole boards used in the tournament are handcrafted by local artist, designer, and woodworker Nick Hollibaugh. Each set is uniquely designed and meticulously crafted, making them both functional and collectible. The winning team will receive a set of these distinctive boards, and additional prizes will be awarded to the first and second runners-up, as well as to teams recognized for Best Team Name, Best Team Spirit, and Best Team Costume.

Spectators are warmly welcomed to attend and enjoy the festivities while supporting a worthy cause.

Current event sponsors include 401k Quote, Arbor Associates, DJ Salmon Lawn and Landscape, Koopman Lumber, Osterman Family Foundation, Savers Bank, UniBank, Strategic Environmental Services, and

Zentangle. Sponsorship opportunities remain available and can be explored at www.openskycs.org/valleybagtoss.

Individuals and teams interested in participating may register online at www.openskycs.org/valleybagtoss.

About Open Sky Community Services

Open Sky Community Services, Inc. offers a wide range of services for adults, adolescents, and children experiencing mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other complex challenges. Open Sky has 1,300 employees, an annual budget of over \$100 million and more than 100 programs throughout the region serving more than 8,000 individuals. We support those we serve to achieve their definition of wellness and pursue the opportunities and relationships that are meaningful to them. We help them see beyond what they thought was possible, to find their open sky. For more information, please visit www.openskycs.org.

Scams targeting seniors on the rise

BY KEVIN FLANDERS
STAFF WRITER

REGION — The recent bust of an elaborate elder fraud ring serves as the latest reminder of an expanding crisis that is costing seniors millions.

Last week, 13 suspects were charged in connection with a transnational elder fraud scheme that investigators say involved call centers in the Dominican Republic.

The goal of the complex operation, according to investigators, was to trick hundreds of elderly victims across the U.S. into believing that their grandchildren or other close family members were in trouble and needed money.

In total, the investigation identified more than 400 victims, with an average age of 84. These included at least 50 victims in Massachusetts.

The scheme cost victims a total of more than \$5 million in losses.

According to the charging documents, the suspects, led by Oscar Manuel Castanos Garcia, ran a sophisticated call center operation in the Dominican Republic.

Once the suspects obtained money from victims, they laundered their illicit proceeds back to the Dominican Republic, investigators said.

Castanos Garcia allegedly oversaw multiple call centers in the Dominican Republic, where he employed co-conspirators who carried out what are commonly known as “grandparent scams.”

These scams would often begin with an “opener” employee, who would call victims and pretend to be a grandchild who was in an accident, investigators said.

Later in the process, a “closer” would allegedly follow up with another call, pretending to be an attorney representing the victim’s grandchild, asking for a sum of money to pay fees related to the accident.

Castanos Garcia allegedly ran the call centers with the help of several managers who supervised, instructed, and paid

employees.

In many cases, suspects from the call centers allegedly made follow-up calls to victims and asked for additional funds to assist their grandchildren.

Members of the public who believe they may be victims of this scheme, or other elder fraud scams, should contact investigators by email at: USAMA.VictimAssistance@usdoj.gov.

You may also call 1-800-225-5324 to speak with investigators.

The following agencies and officials are thanked for their involvement in the investigation: the Justice Department’s Office of International Affairs; the Dominican National Police; and Assistant U.S. Attorney David Holcomb.

Locally, law enforcement leaders continue to expand educational programs to warn residents about the prevalence of

scams. In recent years, Worcester County police departments have been forced to investigate a sharply rising number of incidents.

Meanwhile, the Massachusetts Registry of Motor Vehicles (RMV) is cautioning the public to be aware of text messages falsely presented as notices sent from the RMV. These messages often request payments or personal information.

The RMV scams fall under the umbrella of the increasingly popular “smishing” strategy, which involves the sending of fraudulent text messages intended to trick victims into providing personal information.

In the case of the RMV scams, messages typically warn residents that the RMV will take action against them due to unpaid fees.

RMV scam attempts have been made in Massachusetts and several other states, causing victims to share credit card numbers and other sensitive information. The messages also direct victims to fraudulent websites to pay bogus outstanding balances.

“If you receive any kind of message telling you to make a payment, or that you need to act quickly, do not click the link. The RMV will never text you looking for payment,” said Registrar of Motor Vehicles Colleen Ogilvie.

Additionally, scam text messages are warning residents of traffic ticket enforcement, indicating that immediate action must be taken to avoid license suspension and vehicle registration revocation that can impact one’s credit score.

To learn more about ways to avoid scams, visit www.mass.gov.

Uxbridge Free Public Library

15 North Main St.
www.uxbridgelibrary.org
508-278-8624

September 2025 Library Programs

The Uxbridge Free Public Library is ringing in September with a full slate of engaging programs for adults, teens, and children—and a return to its regular hours beginning September 2, with the library closed on Fridays and open on Saturdays from 9am–2pm.

Looking ahead, mark your calendar for the Friends of the Library Book & Bake Sale on Saturday, October 4 from 9am–1pm—a great opportunity to find literary treasures and homemade treats while supporting your library.

Explore our full schedule and register at www.uxbridgelibrary.org or call 508-278-8624.

ADULT PROGRAMS

Register now:

Gentle Flow Yoga – Mondays in September and Thursday, Sep 4 at 7pm
Uxbridge Knit N’ Stitch Circle – Mondays in September at 6pm

Quick Pickling Workshop with Blackstone Valley Veggie Gardens – Sep 8 at 6:30pm

Drums For All (adults and ages 10+) – Sep 15 at 6pm

Zentangle at the Senior Center:

Masquerade Mask – Sep 18 at 6pm

Embroidery 101 with Madonna Terlizzi – Sep 24 at 1pm and Sep 25 at 6pm

Book-a-Librarian – Need help downloading e-books and using other library digital resources? Contact the library to book a 30-minute appointment with a librarian for hands-on tech assistance. Wednesdays from 2:30pm–4pm.

Join a Book Club:

Uxbridge Senior Center Book Club – How to Read a Book by Monica Wood, Sept 9 at 1pm

Historical Fiction Book Club – James by Percival Everett, Sep 16 at 3:30pm

Bookies Book Club – Weyward by Emilia Hart, Sep 29 at 3:30pm

YOUTH & TEEN PROGRAMS

Register now:

Teen Book-In-A-Bag (ages 13+) – Pick up your themed book-in-a-bag choice between Sep 2-16

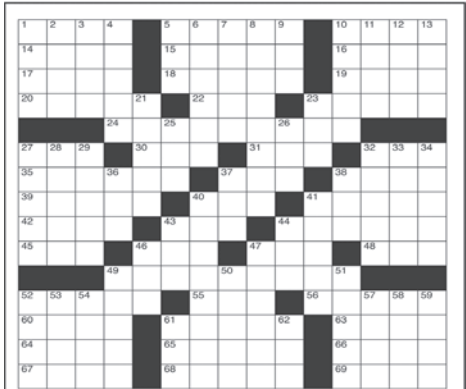
Teen Shimmer Butterfly (ages 12+) – Sep 11 at 6pm

Teen Aura Photography (ages 13+) – Sep 29 at 6:30pm

Games on the Lawn & Chalk Art – Sep 6 & 13 from 10am–1pm

Little Learners Live (ages 3-6) – Sep 20 at 12:30pm

Drums for All (ages 10+) – Sep 15 at 6pm



CLUES ACROSS

- 1. Mongolian politician
- 5. Coconut palms
- 10. Rounded knob
- 14. Japanese city
- 15. Covers in soft material
- 16. Walk around
- 17. Ancient region in Syria
- 18. French painter
- 19. Grandmother
- 20. Cow part
- 22. Rocky peak
- 23. Secret plan
- 24. Sings to one's lover
- 27. More (Spanish)
- 30. Father
- 31. Chinese philosophical principle
- 32. Hat
- 35. In agreement
- 37. A person's brother or sister
- 38. Evil spirit
- 39. Monetary units
- 40. Partner to cheese
- 41. About Sun
- 42. A place to dance
- 43. Performer ____ Lo Green
- 44. Bosch accessory
- 45. Recipe measurement (abbr.)
- 46. Partly digested food
- 47. Poach
- 48. Homosif title added to family name
- 49. Salts
- 52. Lichens genus
- 55. Lowest point of a ridge
- 56. Type of sword
- 60. Albanian language
- 61. Gold measurement
- 63. Italian seaport
- 64. Longtime late night host
- 65. Extremely angry
- 66. U. of Miami mascot
- 67. Mid-month day
- 68. Omitted from printed matter
- 69. Upper body part

CLUES DOWN

- 1. Two-toed sloth
- 2. Cooking ingredient
- 3. Iranian city
- 4. Publicly out
- 5. Sheep-sided hollow
- 6. Spoke
- 7. General law or rule
- 8. Extravagantly theatrical
- 9. Very fast airplane
- 10. Arm bones
- 11. Ancient kingdom near Dead Sea
- 12. ____ fide: legitimate
- 13. Gemstone
- 21. Coumels
- 23. Top exec
- 25. Cool!
- 26. Touch lightly
- 27. Extract money via taxation
- 28. Dyes
- 29. Cloying sweetness
- 32. Soft drinks
- 33. Capital of Guam
- 34. Chemical compound
- 36. The bill in a restaurant
- 37. Car mechanics group
- 38. Late comedian Newhart
- 40. Health care for the aged
- 41. Wise individuals
- 43. A passage with access only at one end
- 44. Trim
- 46. Former OSS
- 47. The upper surface of the mouth
- 49. Edible lily bulbs
- 50. Type of reef
- 51. Vaccine developer
- 52. Mottled citrus fruit
- 53. A place to store lawn tools
- 54. Rare goose native to Hawaii
- 57. Hollywood pig
- 58. Musician Clapton
- 59. Take a chance
- 61. Spanish soldier
- 62. Mark Wahlberg comedy



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Plummer Place

Home of the Northbridge Senior Center

(508) 234-2002

The WISE program at Plummer Place starts Monday, September 15th from 1:00-3:00pm and continues every Monday for 5 weeks. WISE is offered as life-long learning courses for older adults through Assumption University. The course this part of the semester is “Soul Searching with Oprah” taught via video by instructor Kathleen Fisher. The course is \$25/person due at sign up at Plummer Place. Call Michelle at Plummer Place for more information.

The Plummer Place Brew Crew is a new monthly program beginning this fall offering exciting networking opportunities, guest speakers, timely topics and

fun activities to jump start your day! We will perk you up beginning with our first get-together on Wednesday, September 3rd at 9:30am. Treats and coffee/tea on us. For more information, please contact Amy Cowen at Plummer Place or just stop by to join! All are welcome. 2025 meeting dates are September 3rd, October 1st, November 5th and December 3rd.

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

Are we unknowingly feeding our kids’ health issues?

UXBRIDGE — Valley Chapel, 14 Hunter Rd., Uxbridge, for “Food & Mood – Part 1,” an eye-opening talk on the powerful connection between what we eat and how we feel. This session dives into how food choices can influence behavior, mood swings,

and focus — especially in children — and how to make simple, natural changes to support better mental and emotional health.

Parents, caregivers, and educators won’t want to miss this! And it’s not just for kids — adults who deal with

TRIBUNE ALMANAC

REAL ESTATE

BLACKSTONE

\$549,000, 19 Mendon St, Raheb, Ronald, and Raheb, Stacey, to Chiou, James.

\$510,000, 135 Main St, Langlois, Bernadette, to Libby, Andrew.

\$475,000, 5 Ethel St, Mcleod, Leroy S, to Jones, Bianca.

\$400,000, 227 Blackstone St, Bouvier, Rachel L, and Bouvier, Eric R, to Proulx, Robert.

DOUGLAS

\$549,000, 19 Mendon St, Raheb, Ronald, and Raheb, Stacey, to Chiou, James.

\$510,000, 135 Main St, Langlois, Bernadette, to Libby, Andrew.

\$475,000, 5 Ethel St, Mcleod, Leroy S, to Jones, Bianca.

\$400,000, 227 Blackstone St, Bouvier, Rachel L, and Bouvier, Eric R, to Proulx, Robert.

NORTHBRIDGE

\$825,000, 381 Lincoln Cir, Sawyer, David, and Sawyer, Mirella, to Robertson, Trevor J, and Neto, Sage.

\$650,000, Castle Hill Rd, Vander Baan, Alexander J, and Vander Baan, Alexandra P, to Castle Hill Dairy LLC.

\$475,000, 74 Oriole Dr, Austin, Elizabeth M, and Austin, James P, to Whittemore, Robert, and Whittemore, Yvonne.

UXBRIDGE

\$1,250,000, 980 Quaker Hwy, 980 Quaker Ma LLC, to Bea Real Estate LLC.

\$1,100,000, 545 Hazel St, Fitzgerald, Kevin M, and Garcia, Helder L, to Brito, Heather.

\$950,000, 140 Elmshade Dr, Lemire, Gerald A, and Lemire, Mary L, to Dicicco, Julie E, and Dicicco, Jill M.

\$748,318, 68 Mantell Rd, 47 Dodge Deco LLC, to Tomisman, Kyle A, and Tomisman, Alexandra R.

\$710,000, 45 Chapin St, Roberts, Kathleen V, and Roberts, Ronald K, to Forrest, Emily, and Forrest, Timothy.

\$701,000, 56 Chapin St, Kelleher, Keith A, to Lemire, Gerald A, and Lemire, Mary L.

\$578,000, 20 Farnum St #20, Laguerre, Nicole T, and Mercury, Leonard J, to Perkins, Bryan, and Meloche, Sarah.

\$550,000, 193 Williams St, Fleury, David, and Fleury, Erin, to Mussi, Jessica D.

\$544,900, 79 Pouts Ln #79, West River Homes LLC, to Ensor, Audrey E.

\$350,000, 259 Hartford Ave W, Beaumier, Robert A, to Joseph, Peter.

\$272,000, 32 Mantell Rd, 47 Dodge Deco LLC, to Woodall, Ronald A.

\$272,000, 58 Mantell Rd, 47 Dodge Deco LLC, to Pokua, Naima.

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Local seniors and older adults got their summer grooves on at Plummer Place's 2025 Grill and Chill event held on Thursday, Aug. 7! The Grill and Chill featured the incredible voices and music of Baird Souls and attendees enjoyed a delicious American BBQ luncheon provided by Creedon & Company. Plummer Place would like to thank it's sponsors: Unibank, The Friends of Northbridge Elders, and Pat Morrisette for helping to make this event such a wonderful success! A great time was had by all! For more information on Plummer Place, Home of the Northbridge Senior Center, or the Friends of Northbridge Elders, please call (508) 234-2002.

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Safe Boating certificate & paddlecraft course offered at Bay Path in Charlton

CHARLTON — The United States Coast Guard Auxiliary Tri-State Flotilla, Massachusetts will be instructing two upcoming boating safety classes. “The Paddler’s Guide to Safety,” a class for novice paddlers covering basics like: equipment required and advisable for kayaks, canoes, paddleboards, etc.; also, safety concerns, situational awareness, and practice skills. Scheduled for Thursday, Sept. 18 from 6 till 8 p.m.

The Boat America Course that meets current and future state mandated educational requirements is offered in a two-night format developed to provide the skills and confidence needed to explore the coast and inland waters by boat. Basic knowledge and skills are needed to have safe and enjoyable boating experiences. This course is perfect for families that have just purchased any type of boat or are planning to in the future, and for the boater keeping up with changes to boating regulations and laws. Basic marlinespike seamanship (knots etc.) will also be included. Scheduled for Tuesday, Oct. 7 and Thursday, Oct. 9, from 5:30 to 9 p.m.

Successful completion of the BA course will certify any minor, from 12 to 16 years of age, to operate a powerboat, including a Personal Water Craft / Jet Ski (for 16 & 17-year-old operators), on all Massachusetts waters; in conjunction with the Mass. Environmental Police. Approved by National Association of State Boating Law Administrators (NASBLA) it will also cover the requirements to operate a vessel in most other states & many countries where boating safety education is mandatory including Rhode Island and Connecticut.

The Hanson-

Milone Boater Safety Act, signed into Mass. Law Jan. 8, will now require all Mass. motorboat operators to complete an approved Safe Boating Certificate course before April 1, 2026 for anyone born after Jan. 1, 1998, and by April 1, 2028 for boaters born before Jan. 1, 1998. Enforcement of the new law will begin on Sept. 1, 2026. This course meets the future Mass. requirement. Most boating insurance companies offer a discount on premiums for successful completion of this course.

Participants

Both courses will be offered at Bay Path Regional Vocational Technical High School, 57 Old Muggett Rd., Charlton. Register online at www.baypath.augusoft.net via Fun & Play/Sports & Leisure links. By calling Sheri Dreitlein (508) 248-5971 or email sdreitlein@baypath.net You can also contact our Public Education Officer Phil Kubat for

registration or additional information: email phil.uscgaux@verizon.net or call (508) 478-3778. To locate these and other USCG Auxiliary courses, go to: https://www.cgaux.org/boating/class_finder/index.php. The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The Auxiliary was created by Congress in 1939. For more information, please visit www.cgaux.org.

Fall Flea Market and Craft Fair at Millbury First Congregational

MILLBURY — The Millbury First Congregational Church on 148 West Main St. in Millbury is sponsoring a Flea Market and Craft Fair on Saturday, Sept. 27, 9 a.m. to 2 p.m.

Anyone wishing to reserve table

space, please call Jeri Stead (508-865-5371). The \$25 inside area consists of a large supper table plus a card table. Inside tables can be organized the night before. An outside reservation is \$15, and those chances

ing the weather need to provide their own table. “The Kitchen” will be selling refreshments and at lunch time, hot dogs will be served. There will also be a Bakery Table, and a Church Flea Market Table.

PET of the WEEK



Meer Chief
**This is a courtesy posting for Yankee Golden Retriever Rescue. Please contact them directly! <https://ygr.org/profile/chief/> **

“Attention! Stop and give me 20 treats!” Chief here to whip you into shape for all the cuddles, snuggles and pets! Oh, not to mention the gentlest game of tug or an endless round of fetch (my favorite). I’m an older southern gentleman, a Georgia peach as they say, that had a rough time before making my way to Yankee. My previous home had a little one that just wasn’t my cup of sweet tea so I was surrendered to a shelter and discovered by a friend of YGR who knew I would have my best chance there! I quickly won the hearts of the staff here with my never-ending prairie dog impersonations. Some of the tricks I’m best at are sit, paw, down, and of course, prairie dog! I also know “get your ball” and “where’s your ducky.” I’d do best in a home without children, other pets, or a lot of foot traffic. A quiet life with my people is all I need. I’m tolerant of other dogs outside of my space but I’d much rather be your only companion. So, if you’re ready for a loyal retired companion, I’m the guy for you!

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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Seize the waning days of summer

Oh, no! Summer is coming to an end; however, we know the weather will stay warm likely through September, then it's on to what we New Englanders affectionately call "Sweatah weathah." But for now, let's focus on making the most of what we have left of our coveted New England summer days.

Time passes so quickly that we forget we had meant to do this, or go here and see that, or visit this old friend. The good news is that there is still time for a no regrets summer.

The most fulfilling thing we can do is to reconnect with friends. Plan a night out having appetizers, or a last-minute summer grill session. Even planning a short meet up for a walk or a hike is a great idea. Find a lake or a river with some nice rocks and just relax and catch up, taking in all that summer has to offer.

Nostalgia tells us that time spent with friends on our bikes until the lights came on were the best carefree times during the summer months. Why not take a night and watch old movies to bring you back, and escape from the go, go, go that is adulthood. Our favorite blasts from the past include "Field of Dreams," "Bill and Ted's Excellent Adventure," "Indiana Jones and the Temple of Doom," "Crocodile Dundee," and anything with Steve Martin and Martin Short.

Spending time outdoors during late night hours is always a treat. Look up at the stars, even if it's from your own porch and enjoy a peaceful moment, listening to the crickets and the frogs have a chat.

That book sitting on your coffee table that's been staring at you all summer? Pick it up, and give yourself a goal to read at least five pages... just do it, before you know it, you'll be engrossed in it.

Get outside and go for a run, bike ride or a hike in a new place. Find places that you can revisit when the snow falls! Snowshoes and Nordic skis, heck even moon boots do the trick! But alas, let's stay focused on summer.

Take a refreshing swim in a nearby lake or river. Pop yourself onto a floaty and just bob as all of your cares float away.

Try to cook as many meals as possible outdoors on your grill. Soon it'll be too cold to wait to flip your burgers and dogs.

We love all seasons, and every time one ends, we get excited for the next. One of the benefits of living in New England is enjoying a solid four-season year. Pretty soon it will be pumpkin everything, apples and crisp fall leaves, but for now... let's stay in summer mode!

Letter submission policy

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

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

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Judge Free Them All

To the Editor:

Did you know that a U.S. District Court judge in Massachusetts issued an injunction to stop President Trump from deporting the worst illegal immigrants to third-world nations because their own countries did not want them back?

Even though the U.S. Supreme Court issued a decision that nullifies this judge's order, he said it doesn't apply to him. Huh? Did you know he was a last minute 2024 appointment by senile Biden's auto-pen?

U.S. District Court Judge "Free them All" Brian Murphy is an expert on how to advance the socialist, Communist, and progressive agenda of destroying Western civilization. More crime on the streets. More illegals in the country.

Meanwhile, he lives on Western civilization's great tax-funded welfare for life: a judge's salary of \$246,000. That's a lot better than his last job as a criminal defense lawyer. According to The Free Beacon, Murphy worked for a legal group that urges judges to "base sentences on structural racism."

People commit murder, assault, and robbery because of racism? No, they don't.

Murphy was on the board of directors of the Massachusetts Association of Criminal Defense Lawyers [MACDL] for 10 years before his elevation to the court. He went straight from defending criminals to a seat on one of the highest courts in the nation: a federal U.S. District Court.

Nice promotion for someone who knows little about Constitutional law or immigration law. He leaves that to his Progressive law clerks. Remember, he was a criminal defense attorney, not a Con-Law expert. MACDL strongly endorsed the Massachusetts Bail Fund when the fund was criticized for paying \$15,000 to bail a man from jail. This guy was awaiting trial on charges of raping a woman in a restroom. He was a registered sex offender for a 2007 rape conviction. Weeks after the Bail Fund posted his bail, he was arrested for raping yet another woman. Yikes.

Now he is charged with aggravated rape, kidnapping, and strangulation, says WBUR. Nevertheless, MACDL "stands behind the bail fund and its life-saving work." Judge Murphy's group cheered for the bail fund's slogan: "Free Them All."

To the Editor:

The biggest and most disgusting scam on the planet since the '70's is the climate scam. I should know because at that time, I was a young boy, and I was being told by science teachers that indeed, the planet is heating up due to greenhouse gases. The science teachers would say by the year blah blah blah, that the largest peninsula would be underwater (Florida) due to the polar caps melting. Just think of all that beachfront property gone forever and swimming with the fishes!

Oops! Florida is not underwater after 55 years of global warming, and what about beachfront property around the world? Still there, and more expensive than ever. Go ahead, li'l Ricketts, look up property in Key West and it's only affordable by those liberal judges, Hollywood hot shots, billionaires like Bezos, Gates, Cuban and those democrats in power that only make a \$174,000 salary. Oh, I'm sure that our comic/activist will say some of that property is owned by republicans and business owners but you know what they say about someone who has an answer for everything? Yup, premeditated lies.

Some of you know that I am very passionate about this sub... scam, known first as global warming, now being called climate change. Why did the name change? Our scammers figured a clever way to disguise the scam and say it's climate change because and get this, the weather is always changing. Brilliant, isn't it? The problem is, these scammers claimed that hurricanes, heat waves, and torrential rainstorms would be catastrophic due to man's destructive act on nature. The weather has not gotten any worse, and if anything, it's been quite quiet on the hurricane front in the last decade. Now, it's true that I am not an atmospheric physicist, and neither is my nemesis from Whitinsville, but what sets us apart is that I don't watch the garbage news on CNN or MSNBC that fans the flames of this scam. John Stossel from ABC News examined this very topic, which should have gotten more attention, but it got buried. John Stossel interviewed only experts on the climate, and those experts said that they would be welcome to a televised roundtable forum on the subject. John Stossel even welcomed Al Gore, the so-called genius on the climate, but low and behold, Mr. Gore is another typical Democrat — all scream and no action. Honestly, it's probably a good idea for him to skip any forums, whereas he has been completely wrong in his predictions, and that's just one of my points — no scientific evidence just guess work.

The thing that most annoys me most is the air time they give to Al Gore without so much as a thought of asking how he came up with his predictions? Al Gore is a former VEEP, and he's neither a scientist nor an atmospheric physicist but the liberal news treats him like he is.

In 2009, when the ramping up of climate change and renewable energy took on a whole new look because the country decided to elect Obama and he was going to save the planet; I came across this article which changed my mind. The article was called, The Four Most Powerful Greenhouse Gases and the article listed them in the following order, 1. Water vapor, 2.Ozone, 3.Carbon dioxide, 4. Chloro-fluoro carbons aka as CFC's. 1, 2, and 3 are normal functions of the planet. Water vapor is part of the water cycle and it's how we go from evaporation to condensation. Ozone (O3) is yet another normal part of the planet and without it the planet could dangerously

Here are the folks who "Free Them All" Murphy wants back in the U.S. According to the Herald, Homeland Security released the names, crimes, and deportation orders for these criminal aliens now in a South Sudan jail. They are "subject to no further due process." Each has a final judicial deportation order:

- A Cuban illegal, convicted of attempted first-degree murder, cocaine trafficking, credit card fraud. A "final order of removal in 2012".

- A Laotian illegal, convicted of first-degree murder and robbery. Ordered removed in 2023.

- A Mexican illegal, convicted of second degree murder. Ordered removed in 2005.

- A Burmese illegal, convicted of rape of a child under 12. Ordered removed, 2022.

- A Cuban illegal, convicted of homicide, armed robbery, and kidnapping. Ordered removed in 1999.

- A Burmese illegal, convicted of sexual assault on a mentally-disabled woman. Ordered removed, 2023.

- A Vietnamese illegal, convicted of first degree murder. Ordered removed, 2009.

- A South Sudan illegal, convicted of robbery, OUI, possession of burglary tools and a firearm with an obliterated serial number. Ordered removed in 2011.

Yet, Comrade Healey continues to spend \$3,870 a week per illegal family. Think what you could do with an extra \$3,800 a month, never mind a week!

As my Learned Friend says, "idealogues are the most dangerous people on earth." An ideologue "strongly adheres to a particular ideology and advocates for it with a rigid and uncompromising attitude. They prioritize those beliefs over practical considerations or evidence." Reality is a drag, man!

Can we deport Ideologue Murphy back to Maryland, his home country? His wife also lives off tax-dollars, making \$247,000 a year as the MBTA Chief of Policy and Strategy, whatever the heck that is. Half of million a year of our taxes for these sputniks. Ay caramba.

Bev Gudanowski
Uxbridge

Scammers beware!

heat up. Ozone is constantly being destroyed and replenished all on its own and scientists can actually produce ozone, but whatever happened to the ozone hole? Carbon dioxide is also another normal part of our lives and without carbon dioxide the plants and trees will die and when that happens all life on the planet will die too. Carbon dioxide levels worldwide, li'l Ricky, are 0.04 percent, so go ahead and look it up. Carbon dioxide R-744 is a very high pressure refrigerant that is used primarily for low temperature refrigeration and is the baseline (1) for which all other refrigerants are rated, the only refrigerant lower is ammonia R-717 at zero and according to the EPA do no harm to the ozone or the environment. I also pointed out in a previous letter that carbon dioxide is used in greenhouses to accelerate plant growth and that's something that gets swept under the rug. Last of our four most powerful greenhouse gases is chloro-fluoro carbons. CFCs as they are commonly known have been banned since 1992. CFCs were used in refrigerants, aerosol arm deodorants, and a host of other products that science says harms the ozone layer because of the chlorine in those products. Okay so let's say that's true and we never use CFCs in any products in North America that still doesn't include countries like India and poorly regulated industries that don't believe it enough to stop using CFCs.

By now, liberals' veins are popping out their thick skulls, and they'll try to prove the real science is wrong. The 97 percent of scientists who think climate change is happening is about as real as Joe Biden getting 74 million votes in 2020. Here are the top ten scientists who don't support this scam: Richard Lindzen. Bjørn Lomborg, Judith Curry, Freeman Dyson, Willie Soon, Roy Spencer, Roger A. Pielke Jr., Patrick Michaels, Nils-Axel Morner, and John Christy. These scientists all have one thing that is common to them, they can't be bought by politicians, Greenpeace, the media and whacko billionaires who think it's time for you to shut up, do as you're told, don't ask questions, and eat the bugs we feed you.

On X, I often come across many professionals who are outraged by this ruse our government has dug its claws into and this is an excerpt from one of them. "This is probably the biggest con that we've ever had," says Geologist Prof. Ian Plimer: "There is no climate emergency... It has never been proven that human emissions of carbon dioxide drive global warming." "Only 3 percent of emissions are from humans, the rest is natural... So if you're to prove that humans, and their emissions of the gas of life, change climate, then you also have to prove that the natural emissions—97 percent of all emissions—don't change climate". "That has never been addressed." Just like the three out of the four most powerful greenhouse gases which are all natural, global warming or climate change is as real as Peter Pan.

Look at it this way, science takes time and money to do research, and who will be funding that research? Where can we find an endless source of money that doubles or triples our investments? We could use scare tactics. We could say we need to tax the citizens to assist in this effort and regulate everything so that only companies we choose put our label on it and say it's for the environment. Sounds ridiculous huh? The truth is, this has always been in place since the Montreal Protocol of 1991. Thanks for reading!

Mike Downing
Whitinsville

A battle of monumentally stupid proportions

To the Editor:

Over time, we've all learned that talk radio personality Howie Carr is an idiot. Someone who has never had any great aspirations to be anything other than the idiot that he has for so long proven himself to be. With very much the same thing true of his most devout and highly devoted fans. One and all, the aspiring and devoted fans of idiots and their self-imposed matters of idiocy.

Meanwhile, the most foolish of the liberal-minded voting populace appears to be mounting what has to be the most ridiculously stupid, politically motivated smear campaign in the history of cinema.

For among the hordes of decidedly un-merry movie reviewing geniuses are those who are trying to prove beyond any doubt that the 1988 Bruce Willis movie "Die Hard" is not now, nor has it ever truly been, a Christmas movie. Doing what

they can to get the usual left-wing media outlets, such as the New York Times, to join them on their totally doomed, ridiculously stupid quest to be heard.

The facts are that the original "Die Hard" is so deeply and profoundly Dickensian in its presentation, timing and thematic underpinnings that even Charles Dickens, had he been alive at the time, would have given rave reviews to the 1989 VHS release of "Die Hard" for the home-viewer-ship market.

Adding to that part of the presently unfolding fun festival is the fact that back in 2018, 20th Century Fox declared "Die Hard" to be "the greatest Christmas story ever told."

In short, there is no way to prove that the Dickensian Christmas drama "Die Hard" is anything other than what it is. A time-tested holiday classic of great merit.

However, one cannot expect Howie Carr or any of his fans to have even the remotest clue as to what the word 'Dickensian' actually means. Nor can we expect anything of intelligence to spring forth from what remains of the Kamala Harris voting block when it comes to holiday matters of a Dickensian nature.

Thus, an epic battle of exceptionally stupid proportions may be waiting in the wings for us all during the upcoming holiday season. A manufactured conflict that pits movie going fools against their arch enemies the movie reviewing morons.

All the while, Howie Carr and his fans will continue to aspire to be what they have always been. Idiots in the extreme.

Isn't that right, Mr. Carr?

Stephen Gambone
Northbridge



TAKE THE HINT
KAREN TRAINOR

It's fat free, low calorie, sweet and delicious. As if that isn't enough, watermelon is high in lycopene, an antioxidant that helps reduce the risk of cancer. All that and it's fun to eat too!

In celebration of the virtues of summer's favorite fruit, the Watermelon Promotion board has designated August as National Watermelon Month!

Undoubtedly millions of cookouts have included watermelon this month, and will continue to be on the menu long after August! In celebration of summer's favorite fruit, here are some tips and tricks for picking, storing and eating wonderful watermelon:

- Picking a Perfect Melon:
An ideal candidate should be firm and symmetrical, free of bruises, cuts and dents. Check out the bottom of the melon. The underside should have a creamy yellow spot from where it sat on the ground and ripened in the sun. Select melons that are heavy for their size. Watermelons are 92% water, which obviously accounts for most of their weight. A good rule of thumb is to buy the melon size that will satisfy your needs, so you don't waste any.
- Did you ever wonder what the grades on the watermelon stickers mean?
U.S. Grades
 - U.S. Fancy - Very few defects are permitted.
 - U.S. No. 1* - Greater number of defects permitted compared to the U.S. Fancy Grade.
 - U.S. No. 2 - Greater areas of defects are allowed compared to higher grades; of-shape is permitted
- * For example, Grade No. 1 consists of watermelons that are mature, have

similar varietal characteristics, are fairly well formed, and are not overripe. Watermelons should be free from sunken lesions, decay, sunscald, and damage by other means

- Ripen and Store:
Melons will ripen after they are picked but their sugar content won't increase. To ripen, store melons at room temperature. It shouldn't take more than a few days for them to ripen.
- Don't refrigerate melons unless they become too ripe or have been cut. Watermelons don't like frigid temps.
- Watermelons that are stored long lose flavor and texture. Melons cannot be successfully frozen, as it causes rind to break down and produces a mealy, mushy texture. Once a melon is cut, it should be wrapped and stored at 37°-39° F. Cut watermelons should be loosely covered in plastic wrap or stored in plastic containers before refrigerating.

- According to the USDA:
 - Watermelon stored at 50 to 60 °F with a relative humidity of 90% will be acceptable for up to 3 weeks.
 - Watermelons held in dry storage below 75 °F will have approximate shelf life of up to 10 days. If dry storage temperatures are above 75 °F, shelf life will decline to 5 days.
 - At temperatures between 32 and 45 °F, watermelons are subject to chilling injury that may result in pitting, off-favors, and color loss.
 - Watermelons may become mushy and shelf life may be reduced when exposed to ethylene gas producing fruit such as Apples, stone fruit or grapes.
- Watermelon Freeze

- A twist on Italian Ice, this frozen treat is a refreshing summertime dessert.
- Ingredients: Three cups watermelon juice; one third cup granulated sugar; one quarter cup lime juice
- Directions: In large shallow pan, stir all ingredients together until sugar is dissolved; place pan in freezer. Stir watermelon mixture every 20 minutes until frozen, about two hours. Cover; store in freezer. To serve, break mixture up with fork. Makes four servings.
- *In blender, process chunks of seeded watermelon until liquefied.
- Watermelon Fun Facts:
 - More watermelons are sold during the Independence Day weekend than the rest of the entire year.
 - Over four billion pounds of watermelons are produced in the United States each year.
 - Americans consume more watermelons than in any other country.
 - The seeds of a watermelon can be white, spotted, brown, striped, black, pink, or red, and range in size from 5 to 15 millimeters.
 - Watermelon's official name is Citrullus lanatus and it is a vegetable. It is related to cucumbers, pumpkins and squash.
 - The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
 - A watermelon was once thrown at Roman Governor Demosthenes during a political debate. Placing the watermelon upon his head, he thanked the thrower for providing him with a helmet to wear

- as he fought Philip of Macedonia.
- Early explorers used watermelons as canteens.
- The word "watermelon" first appeared in the English dictionary in 1615.
- The watermelon is one of the most varied of all melons, with some two hundred varieties grown in forty four states.
- Every part of a watermelon is edible, even the seeds and rinds.

Win a Three Course Dinner for Two at the Publick House
Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month (or whenever I receive enough tips for a column) will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

Let a financial advisor help plan for life's curveballs

No matter what stage of your life you're in — caring for children, working toward retirement or planning your legacy — unforeseen events like a job loss, a major illness or even a stock market drop could derail what you're working so hard to achieve financially.



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

- With your future at stake, you may want to get guidance from a financial professional who can develop a personalized financial strategy to help you navigate life's curveballs.
- Here are specific ways a financial advisor can help.
 - Create a customized long-term strategy. This is the first step to weather unforeseen events. You may have several long-term investing goals — your retirement, your child's education or perhaps a dream vacation. A financial advisor can help you build a strategy specific to your goals and risk tolerance. This will include prioritizing those goals, building a path toward each and pivoting your strategy as markets shift and needs change.
 - Set realistic expectations. Successful investing requires discipline and patience — most individual investors make their money over time, not overnight. Start by setting realistic timelines to reach each of your goals. And don't be surprised if you need to make trade-offs, like working an extra year to help fund your retirement dream home. It's realistic to expect you'll hit some bumps in the road. Perhaps the markets will drop and the value of your portfolio may follow. (It's also realistic to expect they will rebound, as they have historically. Of course, past performance of the markets is no guarantee of what will happen in the future.) A financial advisor can help you keep your emotions in check no matter what comes your way and stay focused on the long term, knowing you have a customized strategy in place.
 - Diversify your investments. The foundation for your portfolio is your asset allocation, or how you divide your assets among stocks, bonds, cash and other investments. Different investments behave differently in various market conditions, so maintaining a good mix can help better weather market fluctuations than putting "all your eggs in one basket." Finding the right diversification

mix, and keeping it balanced despite what the market does, can get complicated, but it's almost second nature for a good financial advisor. All investments do carry risk, and asset allocation doesn't ensure a profit or protect against loss in a declining market.

- Keep a long-term outlook. It's easy to become distracted by the latest headline, expert prediction or market swing. However, if these events don't change your long-term outlook, there probably isn't a reason to make changes to your strategy. In fact, these declines often present good opportunities if you're a long-term investor, so use them to your advantage — your financial advisor can show you how.
- Keep your emergency savings well-funded. This is your "rainy day" fund, and an unexpected event may constitute a rainy day. For most people, maintaining three to six months of total expenses in emergency savings is appropriate. The specific amount depends on factors like your risk of unexpected expenses or temporary loss of income, and how much you value being confident that you can weather financial emergencies. A financial advisor can help you determine what your emergency savings should look like.

Unexpected events are part of life. You can't predict them, but you can prepare for them. No matter what is going on around you, having a professional by your side can help set you up to navigate them confidently.

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

What is it about money?

What is it about money? At first glance, it is nothing but paper, or digits on a screen, or the shimmer of gold, silver, or crypto code. It seems to hold no intrinsic value—and yet it governs nearly every movement of our world.

We pursue it because we must: to feed our families, to build our dreams, to secure the lives we long for. In this society, money is a necessity. And yet, it slips through our fingers like water. One can possess it in abundance, only to watch it vanish overnight. It is a teacher disguised as currency—revealing what we value, fear, and chase. A balancing act of spirit and matter. For what does it profit a person to gain all the money in the world if, in doing so, they lose their soul—their inner compass, their true Self.

How much of our lives have been shaped by money? Not only by its absence, but by the illusion that once we finally possess it, we will at last feel safe, valid, and real. Whispering to ourselves: "Once I get enough, I'll relax. Once I'm promoted, I'll be whole. Once I buy that thing, I'll finally become someone." But the finish line keeps moving, always just beyond reach. If we don't awaken to that trick, it pulls us deeper into its labyrinth.

And if we fall into that trap, money ceases to be a tool. We no longer use it—we worship it, potentially turning us into something not unlike a modern-day Scrooge—rich in possessions, but poor in spirit.

Carl Jung, the famous psychiatrist, taught that when money aligns with our values and purpose, it stops being just currency—it becomes a mirror; a symbol, a servant of the Self.

It can express who we truly are, fueling work that brings meaning and relationships that nourish life. But when we separate money from our purpose, or never discover one outside of accumulation, money begins to work against us.

When we chase it for the shimmer of cars, clubs, houses, and status, it's just a mask. Yet behind that mask, nothing is there.

Society tells us this chase is typical, even noble. Careers are chosen, lifestyles

built, identities forged on its foundation. But deep down, the psyche knows the truth: money without meaning is hollow. It leaves us restless, dissatisfied, still searching for something we cannot name.

And it is a double-edged sword, because money not only shows up in greed—it also hides in fear. Fear of financial instability can bind us just as tightly as the lust for wealth. It can stop us from risking, from creating, from offering the gifts of our soul. In that fear, we trade potential for safety, burying our talents in the ground. The shadow of money lies not only in hoarding gold, but also in the person who never becomes what they could be because of the fear of instability.

It seems that Jung saw money not simply as coins, paper, or digits, but as energy—a collective symbol, created by society and invested with psychic weight. To him, money's value was never inherent but symbolic, reflecting what we project onto it: security, power, or even self-worth.

At its best, it can serve as a tool for expression, growth, and care. But when money becomes the measure of meaning, when we pursue it for its own sake, it can easily slip into darkness - confusing worth with wealth.

The endless chase for wealth and status leaves us mistaking accumulation for wholeness; we try to patch inner wounds with outer excess. In truth, Jung thought, the only wealth that endures is the journey of individuation—the slow, lifelong work of becoming who you truly are.

Money, then, should serve the soul—not the other way around. In hands guided by purpose, it expands creativity and generosity. In hands ruled by fear or greed, it magnifies insecurity and imbalance.

And so the real question is not how much you can make, but whether your relationship with money is rooted in alignment with who you are.

If you find yourself trapped in fear or endlessly chasing status, Jung would call you back inward: discover your purpose, and let money serve that higher calling.

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



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BY GUS STEEVES
CORRESPONDENT

AUBURN — After years of being a school mental health counselor, Courtney Galicia got tired of crying at home over her students' trauma and not being to help them enough. So she started a bookstore.

A Great Notion, the two-and-a-half-year-old store she runs with husband Tyler, is now the



Courtney and Tyler Galicia



Gus Steeves

“This place is your playground”

Auburn’s A Great Notion brings real books to the social media era

Freshen up your late season gardens and containers with strawflowers



GARDEN
MOMENTS
MELINDA
MYERS

As summer is winding down and fall approaches, your thoughts may turn to mums, asters, and pansies. Consider changing things up this year by adding deer-resistant strawflowers to your late summer and fall containers and gardens. Grow strawflowers (Xerochrysum bracteatum formerly Bracteantha) in full to part sun and moist well-drained soil. They are heat and cold tolerant, grown as annuals in most areas, and short-lived perennials in zones 8 to 10. You'll enjoy continuous blooming and visiting pollinators from spring through summer and into fall until frost. Plant some now to replace fading summer annuals, freshen up your late season garden or create fall containers. The range of flower colors makes them easy to include in your late season displays.

Plant strawflowers in the garden or a container with drainage holes and fill with a quality potting mix. Select a pot, at least 12 inches in diameter to avoid the plant becoming rootbound and drying out too quickly. Although the flowers look dry, the plants prefer moist well-drained soil. Check containers daily and water thoroughly as needed. Those growing in the garden should be watered thoroughly when the top few inches of soil are crumbly and moist.

Strawflowers unique blossoms look and feel dry to the touch, making them extra fun for kids to grow. This straw-like texture of the flowers inspired the common name. You may also hear them referred to as everlasting flowers since



Suntory Flowers — Courtesy

Peachy Keen, Pink and White Granvia strawflowers combine nicely creating a colorful container garden.

they don't wilt readily when picked and retain their shape and color for years once dried.

Granvias (suntoryflowers.com) are larger, vigorous plants with much bigger blooms than other strawflowers, making them excellent thrillers in containers and showy in the garden. You can find these supersized strawflowers in gold, pink, white, Crimson Sun, Harvest Orange, Peachy Keen and Orange Flame.

Set a pot of colorful strawflowers among your pumpkins, ornamental squash and other fall décor: Combine them in containers and garden beds with other fall favorites like ornamental kale and cabbage, grasses, ornamental peppers, pansies, calibrachos, and more.

Grow plenty so you'll have enough to enjoy as cut flowers and even more to dry for crafting wreaths, garland, flower

spheres, and adding to dried arrangements. Harvest strawflowers when two to three layers of their petal-like bracts have unfolded but the center is still tightly closed. The flowers will continue to open as they dry so waiting too long results in a more open bloom. Harvest regularly to encourage even more flowers.

Recut the stems at an angle and place the strawflowers in fresh water and condition them in a cool, dark place for a few hours or overnight when using in fresh arrangements.

Hang the stems in bundles upside down in a warm, dry place when preserving them dried. You may opt to remove the stem and replace it with florist wire if you plan on using the dried strawflowers in a wreath or an arrangement where a stem is needed. As the flower dries, it secures the wire in place. Remove the flowers from the stems once dried if you plan on using just the flowers in crafting projects.

Discover the beauty and many uses of strawflowers this fall. Then next season, start early and grow even more to enjoy all season long.

Melinda Myers has written more than 20 gardening books, including the Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD and instant video series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Suntory Flowers for her expertise in writing this article. Myers' Web site is www.MelindaMyers.com.

This is a normal scene at "A Great Notion" highlighting the store's family-like community sensibility. Courtney Galicia, left, takes care of her daughter Cooper while Tyler Galicia helps a customer and Emma Christian, right, uses her phone to promote the store online.

kind of job she says "when you're doing what you love, it's not work" and is "a really cool way to get back in touch with the community."

Her husband, Tyler, isn't quite in the same position yet. He's still teaching full time, but is totally on the same page, noting, "I want to make a life out of this."

They decided to go for what he dubbed their "pipe dream retirement plan" when "I realized I could get hit by a bus someday," he said. She partly attributed it to her mom's early death five years ago, noting she didn't want to have any regrets if she departed this world early.

Walking into their 65 Southbridge St. space gives you a sense of openness and welcome, especially as one or both of the Galicias greets you. A screensaver of jellyfish plays on the TV screen when it's not being used for other things, their baby daughter Cooper sits in a crib by the register, and, of course, people browse and chat about books.

"This place is your playground," Courtney added.

It felt the same way last year, but looked fairly different. Outside it was the same—a space in a sprawling red wooden building shared by a church, realty office and other things. But inside, its bookshelves were packed much tighter; today, the space is more open, and they aim to use it to "host events as a main attraction."

One such event represents what they're hoping to do. In May, Jersey Shore star

Turn To **READER'S** page **A9**

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From São Paulo to Massachusetts

A nurse's journey to compassionate care

CHARLTON — In the heart of Massachusetts, a dedicated nurse is celebrating a major milestone. Maria de Amorim Hentschke, a recent graduate of Bay Path Practical Nursing Academy, has passed the NCLEX-PN on her first attempt, officially becoming a Licensed Practical Nurse (LPN) in the state. This accomplishment is a testament to her hard work and the rigorous training she received at the academy.

A strong foundation in education de Amorim Hentschke's journey to becoming an LPN is a story of international experience and local dedication. Before her nursing education in Massachusetts, she earned a postgraduate degree in Family Medicine from the Universidad de São Paulo in Brazil. There, she worked with the Brazilian Federal Government, gaining valuable experience managing patients with chronic conditions like hypertension and diabetes. This hands-on experience has shaped her philosophy of providing compassionate, holistic care.

When asked about the strengths of the nursing program, de Amorim Hentschke credited the instructors.

"Bay Path Practical Nursing Academy's biggest strength is the dedication of the instructors," she said. "They truly care about students' success and take time to explain difficult topics."

She also praised the well-organized clinical placements at facilities like Quaboag Rehabilitation & Skilled Care Center and Harrington UMass Memorial Health, which provided her with a wide range of real-world experience.

A commitment to excellence de Amorim Hentschke dedication extends beyond her core education. She has earned certifications in Dementia



Care, Mental Health First Aid, and Stop The Bleed, and has completed training in Domestic Violence and Narcotics Administration. She is also a proud member of the UNICEF Club and the Mock Code Team. She was inducted to the National Technical Honor Society. Her commitment to the community is clear through her volunteer work, which includes health screenings at Shepherd Hill High School and the Charlton Senior Center. For her efforts, she was nominated for The Dr. Adelina Healy Clinical Excellence Award and received the Random Act of Kindness Award.

After a well-deserved trip to Brazil, she plans to apply for nursing positions in October. With her strong background in chronic disease management, a wide range of certifications, and fluency in Portuguese, English, and Spanish, she is poised to make a significant impact on the local healthcare community. She is

eager to contribute her skills and compassionate approach, delivering safe, evi-

dence-based care to patients in Worcester and beyond.



Millbury-Sutton Knights of Columbus gathered last Tuesday for the Silver Rose Mass.

Sutton Historical Society welcomes "Antiques Roadshow" appraiser

SUTTON — The Sutton Historical Society, Inc., is pleased to announce a presentation by Joel Bohy, PBS "Antiques Roadshow" appraiser and co-author of "Bullet Strikes from the First Day of the American Revolution," on Thursday, Sept. 4 at 7 p.m. in the First Congregational Church, 307 Boston Rd., Sutton.

Bohy will share his knowledge about Revolutionary War munitions including how modern police and forensic techniques can be used in an historical context, such as where a shooter was standing and whether a Patriot or British weapon was fired. His presentation includes visuals, such as records, photographs and videos, which help the audience understand what happened during battles.

This free presentation is open to Society members and the general public of all ages and was funded through a grant from the Sutton Cultural Council, a local



agency, supported by the Mass Cultural Council, a state agency. Mark your calendar and bring a friend!

Visit sutton1704.org for event updates, a full calendar of Society events, and membership information.

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Estate planning in Massachusetts

BY CHRISTOPHER J. MALLON
SENIOR VICE PRESIDENT, PROGRAM MANAGER, LPL
REGISTERED PRINCIPAL
THE CAPSTONE PLANNING GROUP
LOCATED AT CORNERSTONE BANK

There is a common misconception that estate planning is only necessary for the ultra-wealthy, but in reality, estate planning is something that should be addressed by most Americans. The recommended planning strategies may change based on a person's net worth, but even modest estates should still address the basics. This article will discuss some of these considerations, as well as the Massachusetts estate tax, which is unique to its residents.

For starters, it may be helpful to review what an estate actually is. An estate is simply a legal term which refers to the "total sum of a person's assets minus debts at their time of death". This includes everything that person owns such as real estate, bank accounts, investments, personal items, and outstanding debts such as mortgages and credit card balances.

If you don't know the total size

of your estate, a qualified Financial Planner can help. They should have software to aggregate these items and help calculate your total net worth. This is typically the first step before mapping out any suggested action items.

Once you have a clear picture of your assets and liabilities, you'll want to decide how your assets should be distributed upon death. The goal is to determine "who should receive what" and deliver it in the most tax efficient manner possible. Proper planning can also help reduce some of the undoubted stress for your loved ones.

Even if you have a "modest" sized estate, it is better for you to make these decisions rather than leaving it to state laws. If your assets do not have a beneficiary attached, and if there is no will, a probate court will need to make the determination. This can be a costly and time-consuming process which involves attorney fees, court fees, and potential appraisal fees. The average cost of probate as a percentage of the estate's value typically falls between 3

and 7 percent.

When evaluating your estate planning needs, some of the common items you'll want to review include:

- Beneficiaries: ensure beneficiary designations on retirement accounts like 401(k)s, 403(b)s, IRAs, annuities, and life insurance policies are up to date
- TOD Registrations: consider utilizing a Transfer on Death registration for non-retirement assets
- Last Will and Testament: a document which outlines how assets and personal items are distributed and names an executor to handle the process
- Trusts: legal structures which can help manage and distribute assets
- Power Of Attorney: a legal document that allows someone to manage your financial affairs if you become incapacitated
- Health Care Proxy: a legal document which allows someone to make health related decisions if you become incapacitated
- Estate Taxes: depending on the total size of your estate it may/may not be subject to Federal (or Massachusetts) estate taxes

An estate tax is sometimes referred to as a "death tax," which is applicable only if your total value exceeds certain thresholds. While most Americans are well under the federal estate tax levels (in 2025 its \$13.99 million per individual or \$27.98 million for married couples), Massachusetts has its own estate tax which has a much lower threshold.

Massachusetts imposes a tax on estates that exceed \$2 million per person. This tax is progressive, ranging from 7.2 percent to a top rate of 16 percent.

If you're a married couple in Massachusetts, you might think you'd automatically get to shield \$4 million in assets (i.e. \$2 million per person). The reality? When the first spouse dies, his/her \$2 million exemption is not portable to the other spouse.

With this in mind, married couples in Massachusetts should pay careful

attention to their total estate value. For those with estates valued over \$2 million, there are advanced planning strategies available which involve the use of Credit Shelter (or Bypass) Trusts. These trusts are designed to utilize the \$2 million exemption when the first spouse dies (essentially allowing a couple to shield up to \$4 million in combined assets).

Yes, \$2 million is a lot of money and not everyone will be impacted by this issue. But when you factor in soaring real estate values, a couple 401(k)s, and (possibly) a vacation home and/or business, there are more and more families whose total net worth exceeds \$2 million.

The bottom line is that regardless of your total net worth, estate planning should not be overlooked, and it should be one part of your comprehensive financial plan. An experienced Financial Planner can help get you started, identify potential issues, and determine when to involve an attorney or CPA in the process.

This article was actually written by the author.

About The Capstone Planning Group

The Capstone Planning Group is an experienced wealth management team conveniently located at Cornerstone Bank. The team offers comprehensive financial planning, investment management, and insurance analysis. To learn more about the team and schedule a courtesy consultation please visit www.thecapstone.group or call 508-764-0046.

This information is not intended to be a substitute for specific individualized tax or legal advice. We suggest that you discuss your specific tax issues with a qualified tax advisor and legal questions with an attorney.

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Family Literacy Festival brings free, all-ages learning & fun to Worcester Common Oval

WORCESTER — SCENSOB Foundation is thrilled to announce the Family Literacy Festival 2025, a free community celebration of books, culture, and hands-on learning, set for Sunday, Sept. 7, 11 a.m.-4 p.m. at the Worcester Common Oval. The festival removes financial barriers so every family can participate—no tickets, no fees, just show up and read, play, and learn.

Families will enjoy book giveaways, story corners, STEM and maker stations, family crafts and games, live music & dance performances, a cultural fashion show, bounce houses, and a bustling vendor/author marketplace. There will also be food trucks selling their culi-

nary creations. Community partners will offer literacy resources, back-to-school supplies (while supplies last), and wellness and safety demonstrations.

Literacy isn't a luxury; it's a launchpad. We designed this day so families don't have to choose between paying a bill and building a child's love of reading. Our goal is simple—Open the door wider—to books, to culture, to opportunity—and welcome every family through it.

SCENSOB Foundation welcomes sponsors, exhibitors, performers, and volunteers. Support helps keep the festival completely free and expands book and supply giveaways.



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LEGALS

ORDER OF NOTICE
BY PUBLICATION
DOCKET NUMBER
2585CV00765A
Trial Court of Massachusetts
The Superior Court
BMO BANK, NATIONAL ASSOCIATION
vs
TD BANK, N.A. AND PEOPLES HERITAGE BANK
Dennis P. McManus, Clerk of Courts
Worcester County Superior Court
225 Main Street
Worcester, MA 01608
Re: SUBJECT(S) OF NOTICE:
PEOPLES HERITAGE BANK
WHEREAS a Complaint was filed in our Superior Court by **BMO Bank, National Association**
Wherein it is seeking a: declaratory judgment to remove a cloud on title to real property at 34-36 Spring Street, Whitinsville (Northbridge), MA 01588.
We **COMMAND YOU** if you intend to make any defense, that on or within such 9/17/2025 further time as the law allows you do cause your written pleading to be filed in the office of the Clerk of Court named above, in said Commonwealth, and further that you defend against said suit according to law if you intend any defense, and that you do and receive what the Court shall order and adjudge therein.
Hereof fail not, at your peril, or as otherwise said suit may be adjudged and orders entered in your absence.
It appearing to this Court that no personal service of the Complaint has been made on the defendant a deputy sheriff having made a return on the summons that after diligent search he can find no one upon whom he can lawfully make service, a copy of which is hereto attached and made part of this notice, it is ORDERED that notice of this suit be given to them by publishing, once a week for three successive weeks, the last publication to be at least 20-days before said return day in the:
Newspaper:
Blackstone Valley Tribune City/
Town: Town of Douglas
DATE ISSUED
07/23/2025
Clerk of Courts/Asst. Clerk
August 8, 2025
August 15, 2025
August 22, 2025

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE
Premises: 240 Roosevelt Drive, Northbridge, MA 01534
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Samantha Greenberg and Alexander Smith to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for United Wholesale Mortgage, LLC, and now held by **United Wholesale Mortgage, LLC**, said mortgage dated August 13, 2021 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 65829, Page 303, said mortgage was assigned from Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for United Wholesale Mortgage, LLC to United Wholesale Mortgage, LLC by assignment dated August 2, 2024 and recorded with said Registry of Deeds in Book 70844, Page 299; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction on** September 11, 2025 at 02:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:
The land in Northbridge, Worcester County, Massachusetts, with the buildings and improvements thereon, shown as Lot 46 on a plan entitled "PRESIDENTIAL FARMS DEFINITIVE SUBDIVISION PLAN OF LAND IN NORTHBRIDGE, MASS.", dated July 27, 1999 and last revised February 6, 2001, prepared by Guerriere & Halnon, Inc. of Whitinsville, Massachusetts 01588; which Plan is recorded with the Worcester District Registry of Deeds in Plan Book 772, Plan 96 (the "Plan") to which plan reference is hereby made for a more particular description of said Lot 46. Being the same premises conveyed to Mortgagors by deed dated August 5, 2021 and recorded herewith.
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 August 5, 2021 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 65829, Page 298.

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.
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 United Wholesale Mortgage, LLC
Present Holder of the Mortgage
(401) 217-8701
August 8, 2025
August 15, 2025
August 22, 2025

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508)831-2200
Docket No. WO25C0426CA
CITATION ON PETITION TO
CHANGE NAME**

In the matter of:
Jessica Lee Grimes
A Petition to Change Name of Adult
has been filed by
Jessica Lee Grimes of Uxbridge MA
requesting that the court enter a Decree changing their name to:
Jessica Lee Swaney
IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10 a.m. on the return day of 09/02/2025. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.
WITNESS, Hon. Leilah A Keamy, First Justice of this Court.
Date: August 05, 2025

Stephanie Fattman,
Register of Probate
August 22, 2025

(SEAL)
THE COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
Docket Number: 25 SM 002406
ORDER OF NOTICE
To:
David M. Bouley
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq):
Selene Finance LP
claiming to have an interest in a Mortgage covering real property in Whitinsville (Northbridge), numbered 17 D Street, Unit C, DeVille Condominium, given by David M. Bouley to Mortgage Electronic Registration Systems, Inc., as nominee for Residential Mortgage Services, Inc., dated September 17, 2019, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 61067, Page 164 and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.
If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before September 22, 2025, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.
Witness, Gordon H. Piper, Chief Justice of this Court on August 11, 2025.
Attest:
Deborah J. Patterson
Recorder
28145
August 22, 2025

BVT offers school lunch and breakfast programs

UPTON — The Blackstone Valley Vocational Regional School District (BVT) is pleased to continue offering its students one free breakfast and lunch at school, thanks to permanent funding from the USDA and the Commonwealth of Massachusetts. While meals are provided at no cost, families are still encouraged to complete the Free and Reduced Price Meal Application on the school website. Doing so helps expand other educational and nutrition initiatives across

*Enjoy a free meal
and explore life’s
big questions at
Valley Chapel*

UXBRIDGE — Valley Chapel invites you to Alpha, a friendly and welcoming series where you can enjoy a free meal each week while exploring questions of life, faith, and meaning. Alpha runs every Wednesday evening from Sept. 17 through Nov. 5, 6–8 p.m., at Valley Chapel, 14 Hunter Rd., Uxbridge. Each gathering includes dinner; a short video, and open discussion in a relaxed atmosphere—no pressure and no charge. Whether you’re curious about Christianity or simply looking for a place to connect, you’re warmly invited. Learn more and please register at www.valleychapel.us/alpha.

the district and sustain funding for the program in future years. You do not need to complete an application to receive free meal benefits if you receive a letter stating that your child is eligible for free meals via the direct certification process. Families who qualify for free or reduced price meals may also become eligible for Sun Bucks, a new program launching in 2026 that offers grocery assistance during the summer when school is out. Families may also qualify for Supplemental Nutrition Assistance Program, which offers monthly finan-

READER’S
continued from page A6
Mike Sorrentino brought his book talk to A Great Notion. Courtney recalled having 500 people show up (many more than the space can hold). A line went around the building, with people sampling a food truck and Auburn Police presence ensuring peace. Given where they are now, it’s a little ironic that Courtney admits she wasn’t much of a reader in school. “I was one of those kids in high school who wondered ‘Why are we doing this?’” when it came to reading assigned books. “It was challenging for me.” Later, in college, she became a history major, but found a lot of the books dull. It was Tyler who loved reading, and later instilled that in Courtney, encouraging her, his students and others to “start with something you enjoy.” The store’s name comes from his favorite novel, Ken Kesey’s “Sometimes a Great Notion.” For Courtney, that starting point was

cial assistance for grocery expenses. If you’re not currently receiving SNAP but think you may be eligible, contact Project Bread’s Food Source Hotline at 1-800-645-8333 or apply online at DTA Connect. To see if children from your household are eligible for free or reduced price meal services, please visit the school website where you can view the federal eligibility income chart, find answers to frequently asked questions, and complete an online application at www.valleytech.k12.ma.us/freereducedmealsfaq. About Blackstone Valley Regional

graphic novels. She said she “thinks graphic novels are very helpful” for getting kids to dive into reading even though some teachers “hate them.” Although there have always been comics, graphic novels are a recent phenomenon, and the Galicias are more than willing to tap into other such tools to encourage reading. Courtney said online presence via Booktalk, Bookstagram and other hashtags go a long way to promote their brand. They even have their own online influencer in Emma Christian, who created an Instagram account as “a great opportunity for a booksore I love.” “The community’s huge online, and they’re really into supporting each other,” Emma said, noting the store’s followers have grown from 120 to 500 in three weeks. Courtney also noted they’re working with another local social media site which goes by the name “Wicked Creatiff” after its owner’s first name, Tiffany. All of them are consciously tapping

Vocational Technical High School (BVT) Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, Blackstone Valley Tech creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.

into the fact that many younger people are focused on shopping local. That’s especially critical for small bookstores who face the monopoly of Amazon, which can afford to lose money on books to control the market and make it difficult for small stores to get local authors they control, the Galicias said. They have a shelf of local authors who are either self-published or went through small publishers and thus still have the rights to their own work, but don’t presently have direct contact with such publishers. They also use their front window as space for a variety of locally-sourced crafts, art and other items, noting many people are tired of the chain stores. “In five years, I’d love to build my own space and have outdoor space to do events,” Courtney said when asked what they plan for the future. “So far, so good,” Tyler added. “We just need to keep going that way. Gus Steeves can be reached at gus.steeves2@gmail.com.



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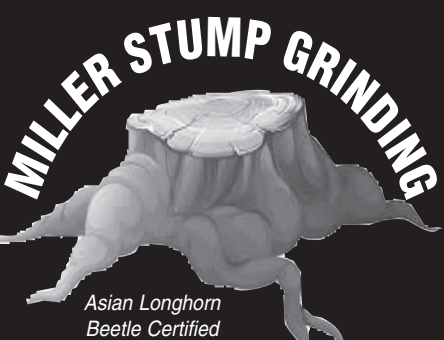


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Uxbridge Senior Center

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508-278-8622

Lisa Bernard – Director
Gail Boutiette – Outreach Coordinator
Donna Oncay – Transportation Coordinator
Omer Boucher – Van Driver
Sally Selvidge – Activities Coordinator
Pat Ordway – Chef

DIRECTOR NEWS FOR SEPTEMBER 2025
It's September, Happy Senior Center Month Everyone!
The 2025 theme is: "Powering Possibilities/ Flip the Script!"
Senior centers have

evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.
This year's theme, "Flip the Script", encourages challenging outdated perceptions of aging and celebrates the positive contributions of older adults and the centers that serve them.
The month is an opportunity to recognize the vital role senior centers play in enhancing the

lives of older adults and strengthening communities. It also focuses on the centers' ability to foster creativity, connection, purpose, and resilience in later life. Come visit us!

Walk & Talk: Walking Club Program Change of Day/Time. Our Walk & Talk exercise program will be changed to Tuesdays at 9:00am instead of Thursdays starting in September. Join Doreen Cedrone, our Fitness Coordinator, at McCloskey School parking lot. The group walks the Town loop together. Get some exercise and socialize with friends. If you haven't signed up,

please call the senior center for your enrollment & waiver forms.

Save the Date: Tuesday, October 7th at 6pm at the Uxbridge Senior Center. Join us for "Planning for Medicare Presentation" Led by Luisa Lewis, a Blue Cross Blue Shield of Massachusetts representative, this presentation is tailored for individuals approaching Medicare eligibility. Topics include an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans, and programs available to early retirees. This session is ideal for individuals who may still be working and are looking to transition into retirement soon. Refreshments will be served. Please RSVP by October 3rd at 508-278-8622 or email: lbernard@uxbridge-ma.gov.

AARP Looking for Volunteers for Tax Season Tax filing season may be months away, but AARP local team is already seeking volunteers who want to serve their community through the AARP Foundation's Tax-Aide program. Tax-Aide focuses on serving older adults living with low to moderate income and helps them secure much-needed tax refunds at no cost to them. Volunteers are trained, and classes are generally held in December and January for the upcoming tax filing season. The amount of training required depends on the position. During tax filing season February through April, the volunteers will assist taxpayers while the local site is in operation. During the tax season the time commitment is 4 or more hours per week. AARP Foundation Tax-Aide is the nation's largest free tax preparation assistance service. AARP membership is not required. Visit aarpfoundation.org/TaxaideVolunteer Sincerely, Lisa

Monday, September 1st – The Senior Center will be closed today in observance of Labor Day. We will re-open on Tuesday, September 2nd.

Tuesdays, September 2nd, 9th, 16th, 23rd & 30th – 9 am – Walk & Talk Club Continues! Join Doreen Cedrone, our Wellness Coordinator, to walk the Town loop now every Tuesday morning. NOTE NEW DAY! This is weather permitting and re-registration is required! Get your enrollment forms at the center. The meet up spot is McCloskey School.

Thursday, September 4th – 10:30 am – Veterans' Services with Carl Bradshaw by appointment only. Call 508-278-8622 to sign up.

Friday, September 5th – 12:00 pm – Lunch & Learn with Chief Montminy. His guest speaker will be U.S. Army Corps of Engineers, West Hill Dam Ranger Viola Bramel presenting "Ask the Ranger". This will be recorded by Uxbridge Community Television for those unable to attend as there is typically a wait list for these events. Be sure to RSVP.

Monday, September 8th – 3:00 pm – 4:00 pm - Computer Tutoring with students from Blackstone Valley Tech. Please call ahead to book an appointment. This will be held on the first Monday of each month.

Tuesday, September 9th – 1:00 pm – Uxbridge Library Book Club. They will be discussing "How to Read a Book" by Monica Wood. You are welcome to join us for lunch on this day, just be sure to call ahead to "book" yours! Next book club meeting is on Tuesday, October 14th and they will be discussing

"Vera Wong's Guide to Snooping on a Dead Man" by Jesse Q. Sutanto.

Tuesday, September 9th - 1:00 pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment with Meka. Next date will be Tuesday, October 14th.

Thursday, September 11th – 1:30 pm – 3:30 pm – Big BINGO at the Uxbridge Senior Center. Join us for a fun afternoon of BINGO & cash prizes! Packets of 10 games for \$10. Transportation will be provided. Let us know if you'd like to join us for lunch on this date by calling or stopping in to RSVP. You must sign up by 12 noon the day before game day.

Friday, September 12th – 12 noon – Quarterly Lunch Talk with the Uxbridge Fire Department. Please join us to meet the Fire & Emergency Medical Response crew. This is an educational presentation and lunch event. Please call to RSVP

Monday, September 15th – 10:00 am - Trip to Iggy's Doughboys & Chowder House in Warwick, RI with Sally! There will not be any lunch at the senior center on this day. Be sure to bring your own money as you are required to pay for your meal. Seating is limited on the vans.

Wednesday, September 17th – 10:30 am – 12:30 pm – National Grid Customer Care Event – A representative from National Grid will be available to answer and assist you with discount rates, payment plans, arrears forgiveness, special protections, energy saving, and more. If you plan on joining us for LUNCH on this day, please call ahead to RSVP as space is limited. This event will be held monthly on the 3rd Wednesday.

Thursday, September 18th – 1:30 pm – Mosaic Frame Craft with Sally! \$7.00 per person. There are only a few spots available. Stop in to sign up! 2nd half of the class (if needed) will be on Thursday, September 25th at 1:30 pm.

Friday, September 19th – 12:00 pm – Neil from Real Pirates will be here to present on Black Sam Bellany and the Whydah. This coincides with Talk Like a Pirate Day, so feel free to wear your pirate outfit and eyepatches! This event is sponsored by The Uxbridge Elderly Connection Inc.! Please sign up early as space is limited.

Monday, September 22nd – 19th Annual Uxbridge Senior Center Golf Outing. This is held at the Whitinsville Gold Club. There will not be any lunch at the center on this day.

Tuesday, September 23rd – 9:00 am – 12:00 pm - SHINE Appointments - Pat Nectow, our SHINE Counselor, is back to help you with your health insurance questions. Please call 508-278-8622 to schedule an appointment.

Wednesday, September 24th – Movie Trip to Blackstone Valley 14 Cinema De Lux with lunch at Wendy's. Senior movie ticket price: \$7.75 and popcorn & soda \$4.50 – Movie and times to be advised and space is limited on the van.

Wednesday, September 24th - 11:30 am - 12:30 pm – "PopUp Library". Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. This program is being offered by the Uxbridge Free Public Library.

Friday, September 26th – 12 noon – Uxbridge History & 300th Anniversary

Celebration. Susan Franz will be here to give a presentation on the history of Uxbridge and our upcoming 300th Anniversary! Be sure to RSVP.

Friday, September 26th - 12 noon – September Birthday Cake Celebration. We will celebrate all the September birthdays!

Monday, September 29th - 1:30 pm – "Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment.

Tuesday, September 30th- 11:00 am – 12:00 pm – Ask the Nurse Free Blood Pressure Clinic with the Salmon Health VNA. RSVP if you'd like to join us for lunch.

Tuesday, September 30th – 1:00 pm – 4:00 pm – Hobby Lobby Shopping Trip with Sally! Sign up early as seating is limited on the van.

Card Game played during lunch on Mondays.

Hannaford grocery shopping every Tuesday. Pick up begins at 8:30 AM. Please sign up in advance by calling 508-278-8622 to reserve your seat on the van.

Walk & Talk: Walking Club Program – 9:00 am - Now Every Tuesday instead of Thursdays. Meet at McCloskey School to walk the town loop!

Knitting Club every Tuesday @ 1:30 pm – Even if you don't know how to knit or crochet, come and visit us! The group members are always willing to teach you!

Every Wednesday – 9 am – 3 pm – The Uxbridge Senior Center Transportation Program Community Shuttle. This shuttle is for seniors and individuals with disabilities to destinations such as post office, pet care appointments, hair salon or barber, bank, pharmacy & shopping anywhere in the Uxbridge/Northbridge area. Note: this replaces the weekly bank/pharmacy and Shaw's Ocean State rides. Call 508-278-8622 for more information and to book your FREE ride. Requests require a 48-hour notice.

Wednesdays – "Canasta" Hand, Knee & Foot Card Game – START TIME IS NOW 1:15 PM due to parking spaces. Let us know if you'd like to join us for lunch!

Wednesdays – Play Scrabble! – START TIME IS NOW 1:15 PM due to parking spaces. – Come by for an afternoon playing Scrabble. Boards are supplied by the senior center. Let us know if you'd like to join us for lunch!

Medical Transportation is accepting appointments. Call 508-278-8622 to schedule your rides.

The senior center is in need of the following donations: Lysol wipes, newly packaged napkins, paper towels, tissues, toilet paper, tea (regular and caffeine free), ground regular & decaf coffee. We thank you for your support!

Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by.

www.facebook.com/UxbridgeMA SeniorCenter
• <https://www.youtube.com/channel/UCNhRlq99rucmFH-UO7VFBw>
• <https://www.uxbridgetv.org/schedule/192>

News from Uxbridge Congregational Church

UXBRIDGE — After a nice summer rest, we are getting busy again.
Church services in person resumed on Aug. 7. Pastor Frank McKenzie is the pastor. The church is handicapped accessible. For more information please call the church office at 508-278-3071. We also have services available on Zoom for those who cannot make church in person. All are welcome!
A Yard Sale is being held on Sunday, Sept. 7

from 9 a.m.-2 p.m. in the church parking lot. We have many nice items; Christmas, Halloween, toys and games, Postal memorabilia, including first edition post cards in books and on plaques, and many other general items.

Rally Sunday Sept. 14 will welcome back our Sunday school students. We have classes for students, age preschool to junior high.

Our fall Ham & Bean Supper is scheduled on Oct. 25 at 5 p.m. in the Community House. Tickets will be available after Oct. 1. Watch for more information.
The Community House is available for dance, exercise, or craft classes. It is also available for meetings, showers, birthday parties, Funeral receptions, recitals, etc. For inquiries, please call the church office at 508-278-3071.

QCC's Scholar-in-Residence leveraging AI tutoring

WORCESTER — Quinsigamond Community College is empowering faculty to pursue research, while inspiring campus-wide academic excellence and community belonging through its Scholar-in-Residence program. QCC Professor of Computer Science Hao Loi was selected as the 2025/2026 Scholar to conduct research on how artificial intelligence tutoring tools impact student success in computer programming courses.
The Scholar-in-Residence program is a faculty development initiative that selects one faculty member each academic year to conduct a research project, foster a research community through presentations, and integrate their findings into the existing curriculum.
Loi's research project examines the integration of Massachusetts Institute of Technology's LLM Tutor, known as PyTutor, in QCC's Introduction to Python Programming course. The study specifically focuses on how AI-assisted learning affects first-generation college students and non-traditional learners, who often balance work, family responsibilities and academic demands.
According to Loi, early observations suggest that PyTutor, combined with peer tutoring and additional support sessions, helps level the playing field for students who might otherwise struggle with programming concepts.

"I have already heard from students that it makes them feel like they belong in the class and that they really can succeed. They are more willing to try things out and work through problems on their own," commented Loi.
PyTutor provides students with instant feedback on coding problems, offering hints and guidance without simply providing answers. The tool allows students to work through programming challenges at their own pace and on their own schedule, a critical feature for community college students who often have time constraints.
"The key is using AI in ways that support real learning without replacing important thinking and interaction. When used thoughtfully, AI can make learning more accessible and more inclusive," Loi said. "But we have to stay focused on what is best for students."
The mixed-methods research study will assess PyTutor's effectiveness in improving student comprehension, boosting retention rates and fostering success in STEM pathways for community college students.
Findings from the study will inform curriculum enhancements across QCC's Data Science Certificate program, Computer System Engineering Technology and Computer Science degree tracks. The research aims to align course offerings with current industry trends and workforce development needs.

"Our faculty are uniquely gifted teachers and scholars. QCC's Scholar-in-Residence program fosters faculty engagement and support for their academic research. Faculty members develop or expand upon their academic research with the intent to publish or present at a regional or national conference as well as on our campus," said Vice President of Academic Affairs Dr. Kathy Rentsch. "I am incredibly proud of the breadth and depth of scholarly work going on across our campus and look forward to promoting Dr. Loi's work in the coming academic year."
Loi plans to publish the results in peer-reviewed educational technology journals, as well as hold monthly faculty workshops focused on AI integration in education. He will cover topics such as ethical considerations and hands-on implementation strategies.
"These kinds of opportunities are huge for teaching faculty like me," Loi said. "We don't always get a lot of time to step back and dig into a project or really explore something new in our teaching."
The Scholar-in-Resident program started in 2022. Previous scholars were Professor of English Michael Gormley, Professor of History Dr. Benjamin Wendorf, Professor of English Dr. Mark Bates and Professor of Sociology Dr. Teresa Varriale-Gonzalez.

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Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 12pm, Mat Yoga 2pm
Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call to make an appt.)
Wednesday: Balance & Strength 10am, Darts 11:30 am, MahJong 1pm, Dominoes 1 to 2:30pm
Thursday: Walking club 9am, Chair Yoga 9:30am, Pitch 9:30am, Hand and

Foot card game 12:30pm
Friday: Balance & Strength 10am
Tuesday & Thursday lunch club please call the Friday before to sign up.
SEPTEMBER EVENTS: The center will be closed on Monday September 1st in observance of Labor Day.
September Lunch Menu: Tuesday 9/2: Baked chicken, corn, parmesan potatoes & carrot cake
Thursday 9/4 American chop suey, salad, garlic bread, & apple crisp
Tuesday 9/9 Chili cheese dogs, chips & brownie sundae
Tuesday 9/16 Manicotti, green beans, garlic bread & pudding
Thursday 9/18 FREE

lunch & learn with Azza Law Firm
Tuesday 9/23 Chicken Caesar salad wraps, pasta salad & lemon bars
Thursday 9/25 Taco bar & cupcakes
Tuesday 9/30 Scrambled eggs, sausages, hash browns, English muffin & fruit
WELLNESS CLINIC: August Clinic dates are Monday the 8th & Tuesday the 23rd. Clinic hours are from 10 am to 12 pm. If you feel you need an extended amount of time to speak with Nurse Ann please call ahead and let us know.
Line dancing classes will resume on Tuesdays @ 2pm. September 9th will be the first class!
Thursday Sept. 4 @ 12:00, Contractor scams

and what you should know about them. There are so many scams right now, and hiring a contractor could be a mistake. Come and learn about this scam and others to protect yourself and loved ones. Lunch is American chop suey, bread & apple crisp, \$4.00 per person. Please sign up by Sept. 1st.
Thursday Sept. 11 from 10 am to 11 am, Darci will be here cleaning hearing aids. Please call the center to schedule your appointment.
Friday Sept. 12 from 11:30 to 1:00, Rhode Island Parrot Rescue will be here to educate us on these beautiful birds. They will also tell about the rescue and their efforts to help these birds. Refreshments

will be served. Please sign up by Sept. 5th.
Thursday Sept. 18 @ 12:00, FREE lunch and learn with Azza Law Firm. Attorney Amy Azza will be here talking about the details of exactly which documents you be putting in your "emergency folder" for your children and loved ones. You will learn how to create a "legacy plan" to protect you and your loved ones peace of mind. Please sign up by Sept. 10th.
The Sunshine Club invites you:
BINGO & ICE CREAM NIGHT: Thursday August 21st @ 6:30 pm join us for a night of friends, fun, & laughter: Bingo cards will be available for purchase when you arrive. You may

call the center to sign up, 508-476-2283 before August 18th.
HAM & BEAN SUPPER: Friday Sept. 19th. Doors open @ 5:30, dinner @ 6:00. Live entertainment following dinner, provided by the "Driveway Chicks." Tickets must be purchased ahead of time. Tickets are \$8.00 per person, and can be purchased from the Sunshine Club members or at the center. Tickets will be sold until Sept. 12th.
PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES
Check our website for events that may not be listed here
<https://www.douglas-ma.gov/202/AdultSocial-Center-Senior-Center>



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Snug Harbor Villa!
WEBSTER LAKE WATERFRONT



WEBSTER LAKE WATERFRONT LIVING AT IT'S FINEST! ** THE VILLA'S at SNUG HARBOR! ** END UNIT IS TRULY A RARE FIND! ONE OF ONLY 6 UNITS >** Custom Built **THIS 4000+/- SF w/Special Features & Upgrades.** Offers 4 BRs - 3 are Primary BR Suites w/private baths. 4-1/2 Baths Total!! The Outstanding direct lakefront location provides exceptional Southern panoramic views across Middle Pond, a boat dock, & full recreation activities like swimming, fishing, kayaking, paddle boarding -- whatever Floats Your Boat --! Perfect setup for entertaining family, friends & guests! Enjoy All 4 Spectacular Seasons! It's more than a home - it's a Life Style!
NEW PRICE \$1,075,000

WEBSTER - 11 PARK RD.
SORRY, SOLD!
MASSIVE TWO FAMILY! Off the beaten path, on a rarely traveled side road! Each apartment boasts 1,372 SF +/- of living area - the 1st floor Apt has 6 Rms, 4 BRs & Full Bath. The 2nd Floor Apt has 6 Rms, 3 BRs & Full Bath. Updated Boilers w/ Hot Water Storage Tanks Heat by Natural Gas.
\$510,000

STURBRIDGE - 66 WESTWOOD DR
1640' FRONTAGE - 11.61 ACRES!
WATERFRONT LAND
SORRY, SOLD!
1640' direct waterfront on Cedar Lake! Secluded 11.61 Acres - Pristine, Undeveloped, Private & Serene! Potential for up to 5 house lots! 119' road-front w/Gravel Drive Access to Land & Lake! 183+ Cedar Lake is full recreational! **\$899,000**

WEBSTER- 4 PERRYVILLE RD
SORRY, SOLD!
Hip Roof ranch! Move In Ready. Updated Kitchen. Formal Dining Rm, Living Rm.(18x13) Great Rm. 3+ BRS & full updated Bath w/Tub. Hardwood floors. Fireplace.Quality Owens-Corning finished basement system. 3 large LL rooms & 2nd Full Bath, kitchen area w/cabinets & refrigerator. Morton Barn Style Garage .39 acre
\$435,000

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg


Webster Lake - 53 Colonial Rd
WEBSTER LAKE WATERFRONT!
SORRY, SOLD!
JUST SIMPLY AN INCREDIBLE OPPORTUNITY! OVER 31,000 SQ FT OF LAND! Summer Cottage on 9482 SF of land.Commanding view, breathtaking Western Sunsets + 5 Waterfront Lots across the street, on 4 of the 5 possibly buildable.
\$1,199,900

Webster Lake Waterfront 88 Union Point
SORRY, SOLD!
Excellent opportunity! Natural Facing Shoreline-Beautiful Western Sunsets - Views of Middle to North Pond! 7,000 +/- Sq. Ft. Waterfront Lot! Fireplaced living room! 12 X 30 one car garage.
\$660,000


Webster Lake Waterfront 8 Long Island
SORRY, SOLD!
Beautifully Updated Circa 1890s Classic Antique Island Cottage, with Rare Boat House Included! Extremely Unique, Clean & Well Maintained, Modern Conveniences w/the Charm of Yester-Year! 1,240 SF, 6 Rms, 3 BRs, 2-1/2 Baths, Hardwood Floors! Fireplace w/Wood Pellet Stove, Wrap-Around Screened Porch, Lg Outbuilding w/Full Bath/Shower/Laundry & Workshop, Patio! Town Wtr/Swr + Private Well for Outdoor &/or Off-Season Water Use! 14,300 SF +/- Level Lot w/105+ of Shoreline.
\$995,000

SORRY, SOLD!
WEBSTER LAKE WATERFRONT!
15 CEDAR POINT RD
100 +/- feet of Pristine, Sandy Shoreline! Boasting 6 Large rooms, 2 Baths, 3 Bedrooms, Garage. All on a Private road
\$1,000,000

Webster Lake Waterfront Lots
Bates Point Rd
In Beautiful, Calm, *Winter Cove*
Lot# 1003R Natural Level Shore line 3800 +/- Sq Ft **\$180,000 SORRY SOLD!**
Lot# 1004R Natural Level Shore Line 5000 +/- Sq Ft **\$350,000 SORRY SOLD!**
Lot# 1005R Natural Level Shore line 7800 +/- Sq Ft **\$380,000 SORRY SOLD!**



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*2 Acres
24' Great Room
*Gas Heat
*Hardwood Floors
* Customized Features Include
8' Quartz Center Island
128 Old Southbridge Rd \$795,000

LEICESTER- ONE LEVEL LIVING



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2 Victor Ave \$455,000



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Tues., Oct. 7 •6pm The Importance of Home Inspection
Tues., Oct. 14 •6pm Home Buyer Representation
Tues., Oct. 21 •6pm Appraisal vs. Markt analysis

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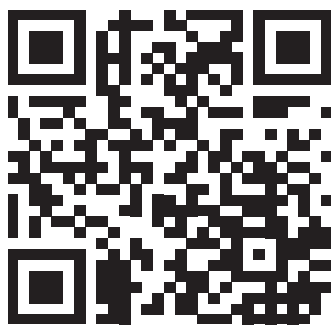
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