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BLACKSTONE VALLEY TRIBUNE

©2025, Issue #33

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 15, 2025

“Dougie” fever hits Douglas

DOUGLAS — This summer, a black bear created a lot of excitement for the Douglas community when many sightings occurred in the downtown residential neighborhoods for several weeks.

Nicknamed “Dougie,” he wandered into other neighborhoods of Douglas as he quietly made his way west towards the Douglas State Forest, enjoying a few birdfeeders along the way. People who were lucky enough to see “Dougie” posted on Facebook group pages, some with photos, and others making him the topic of conver-

sation for weeks – adding to “Dougie” Fever.

Suzanne Thibodeau and Bev Nelson thought this was a perfect opportunity to create “Dougie” T-Shirts to commemorate “Dougie” and the fun he brought to the community. They took it a step further, deciding to donate the proceeds from the sale of the T-shirts to the Douglas Common Preservation Society, Inc. in appreciation for the work done by the nonprofit to put on fun, free community events like the Hummingbird Festival, Egg Hunt, Scarecrow



“Dougie”
Courtesy

Contest and the Holiday Lighting Celebration – as well as taking such good care of the Town-owned



Suzanne Thibodeau and Bev Nelson
Courtesy

Douglas Common. Over the course of seven days, Thibodeau and Nelson sold 31 shirts, raising \$366 to benefit the nonprofit organization. Since the original t-shirt offering there has been continued interest in purchasing a T-shirt — anyone interested can email 136Suzanne@gmail.com for more information and to make their purchase. Proceeds will continue to be donated to The Douglas Common Preservation Society.

Thibodeau said, “We enjoyed meeting lots of wonderful people in town, hearing stories of Dougie’s visit, how they were buying

the t-shirt for a friend, child, or for themselves, and how much they love all the great work done by the Douglas Common Preservation Society.”

From the comments offered to Suzanne, it was clear that people who had a visit from Dougie truly enjoyed seeing him.

Carol Manning shared, “Dougie paid us a personal visit when he came right up to my bird feeder at the kitchen window as we were directly on the other side looking out! Beautiful animal, quite the nomad.”

And Dave Peterson shared his experience with Dougie, stating, “A few weeks back, I posted a pic of a black bear, Dougie, on my back patio and steps. He was very interested in our hummingbird feeder which is full of a sweet sugary liquid. I opened the door to have a face to bear talk with him about leaving it alone, and he sauntered away to visit our next-door neighbor’s yard and feeders.

My wife and I were concerned he might return to take advantage of our honeybee hive, but we haven’t seen him since. I am very happy there was so much interest in my post, and I am even more happy that Suzanne and Bev were able to make some cool t-shirts to benefit the Douglas Common Preservation Society’s cause. The Douglas Common is the actual center of town and is a focal point for all who pass through our town. The Society, with the support of many contributors, has beautified the Common for everyone. The many events they hold at the Common are an asset to our community and bring us all together. The seasonal decorations are phenomenal. Most notably, my family enjoys the Christmas holiday decorations, Santa, and just having the community being together. Kudos to the Douglas Common Preservation Society for all their work!”

Second Annual Douglas Common Scarecrow Contest planned

BY LYNN PARESKY
DOUGLAS COMMON PRESERVATION SOCIETY

DOUGLAS — Scarecrows will be arriving at the Douglas Common on Oct. 4 and 5 this year, and will remain on display for the public to enjoy until Nov. 8 as the Douglas Common Preservation Society, Inc. holds its Second Annual Douglas Common Scarecrow Contest.

Registration to enter this free, popular event is starting now! Last year, there were 52 entries in the contest, with participants creating and displaying their own original scarecrows – and visiting the display was a very popular community activity. This year we’re expecting even more entries.

Are you ready for a little Fall fun – and the chance to win one of three prizes for “Favorite Scarecrow?” If you live in Douglas or any of the surrounding towns, you are invited to enter the contest and bring your creativity and talent to share with the community. Contest details, entry form and guidelines are available on the Douglas Common Preservation Society, Inc. Facebook page and on several local Group FB pages, including We Are Dynamic Douglas. If you aren’t on Facebook, you can request your paperwork by emailing lynnparesky@aol.com or pick up a flyer at various local businesses.

This year, the prizes will be better than last year, and there will be more commemorative T-shirts handed out. The first 75 entries will receive free t-shirts (up to two shirts per entry), so early entry is suggested. To be part of the contest, your entry must be received by Sept. 20 at the latest.

The community will be involved in voting for the Contest winners this year, so make sure you visit the display at the Common by the Oct. 28 voting deadline! Public voting will be available online, via email, or by regular mail for Favorite Scarecrow (one vote per person received by Oct. 28), and prizes will be awarded to the three scarecrows receiving the highest number of votes. First Place is a \$150 Amazon Gift Card; Second Place is a \$100 Amazon Gift Card; and Third Place is a \$50 Amazon Gift Card! Winners will be announced and prizes presented at the Awards Ceremony to be held on Nov. 1 at 1 p.m. at the Common. Winners will be notified if not present and arrangements will be made for them to pick up their prizes.

This year’s Scarecrow Contest sponsors are: Platinum Sponsors – Ben’s Container and Rubbish, Guaranteed Builders & Developers, Inc., and UniBank; Gold Sponsors – Blackstone Valley Natural Health Center, Bob Clark’s Dog Training & Dog Day Care, Country Bank, and East Douglas

Turn To **SCARECROW** page **A11**

Local songwriters return to Northbridge Senior Center



NORTHBRIDGE — Singer-songwriters Mark Mandeville & Rianne Richards will perform with their studio band sharing songs and stories plus new songs from their 2024 album release Making Promises. This free performance, on Aug. 14 at 2 p.m., is generously sponsored by the Northbridge Cultural Council and FINE (Friends of Northbridge Elders). Please call and reserve your seat 1 508-234-2002.

These artists blend distinctive voices with rich tantalizing harmonies and a wide range of accompaniment (guitar, mandolin, banjo, harmonica, ukulele, clarinet, penny whistle, electric bass, pedal steel, dobro, piano and upright bass) featuring original and traditional acoustic Folk/Americana songwriting.

Mandeville and Richards are a married couple who entertain with unmistakable vocal harmonies, poetic lyrics and down-to-earth personae. These musically talented artists have contributed over seventeen albums within their first decade and toured consistently throughout the US and Canada. Accompanying

themselves on guitar, Mandolin, harmonica, ukulele, penny whistle, electric bass, tenor guitar and most uniquely clarinet, their live performances are both musically captivating and spiritually uplifting as audiences are carefully balanced between serious songs and humorous commentary.

“Making Promises” (2024) is the fourth eponymous studio release by contemporary folk songwriters Mark Mandeville & Rianne Richards. This album replete with poetic lyrics, sophisticated musical arrangements, and mellifluous vocal harmonies will be a welcome addition to your collection from their twenty-year partnership. Much of the material inspired by their recent marriage in 2021 reflects on themes of love, desires, perseverance and promises, with much of the music sparsely arranged as duets with upright bass accompaniment by longtime friend Zack Ciras (see indie-folk trio the accident that led me to the world). Two compositions recorded between 2021-2023 include bandmates Doug Williams on (piano) and Peter Hart (pedal

steel), with the majority recorded in Northfield Massachusetts during December 2023.

They also serve as music educators for local community music school Blackstone Valley Music located in Uxbridge, leading one-on-one private lessons, yearly rock band camps for teens, a monthly community coffeehouse and open mic and community ukulele groups. In 2024 Mark and Rianne established a board and helped form a non-profit entity (Blackstone Valley Music and Performing Arts Collaborative, BVMPAC for short) to further develop the quality music instruction and programs provided to the area since 2009. Future programs include creating an ensemble band for home school and tech school students who would have no access otherwise and creating a music theatre program. Please visit www.blackstone-valleymusic.com for more information.

For more information on the duo, concert dates, music, and video, please visit www.markandraianne.com. Follow them on social media @markandraianne.

Walk ‘n Mass Volkssport Club

hosting 5 or 10K walk in Blackstone

BLACKSTONE — The Walk ‘n Mass Volkssport Club invites walkers to complete a 5 KM or 10 KM (3.1 or 6.2 mile) walk route in Blackstone. This is a walk-at-your-own pace, just-for-fun event “in your own backyard.”

The start point is Roosevelt Park, 15 St. Paul

St., Blackstone. Registration and Start times are as follows: Register on Saturday Sept. 6th and begin to walk between 9 a.m. and noon. Finish by 3 p.m. There is a \$4 participation fee per person. Donations are accepted. Both routes explore the

Turn To **WALK** page **A11**



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Worcester Youth Leadership Institute celebrates 12th graduating class

WORCESTER — While many students traditionally have headed off to summer vacations, for the past 11 years, some area high school and college students have participated in the Worcester Youth Leadership Institute. The program offers students a six-week learning experience which exposes them to a variety of Worcester businesses, industries, and mentors. The Institute is a part of a broader effort by the Worcester Regional Chamber of Commerce to develop and mentor Worcester's future leaders.

The Institute is a partnership between the Worcester Chamber, MassHire Central Workforce Board, The United Way of Central Massachusetts, Worcester Community Action Council, and the City of Worcester's Youth Opportunities Office, and DPH, with support from National Grid and GFI Partners.

"The goal is simple - expose Worcester's young people to the myriad of businesses, leaders, mentors, and possibilities available in their own communities," said Timothy Murray, president and CEO of the Worcester Chamber. "These youth are our future leaders. We want them to know and understand their community can offer them a unique college experience and fascinating job opportunities, and provide insight and perspective on the city's history, leadership, business community, and government make-up."

Coordinated by Walter Jovel, the Institute identified 25 youth, ages 15 - 21, who are participating in the city's YouthWorks employment program and who were nominated by their employer. They are participating in a six-week, summer leadership program as part of their employment program.

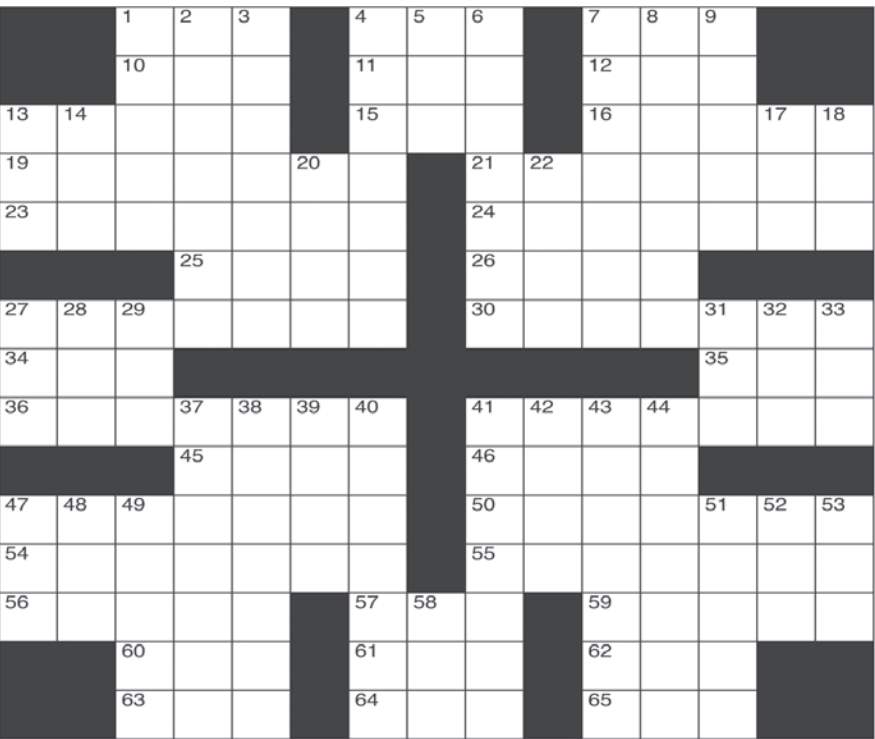
"We think this is an awesome opportunity to enhance our employment program," said Jeff Turgeon, executive director of MassHire Central Workforce Board. "These students have already shown initiative by participating in the YouthWorks program, and by offering extended learning experience outside of the typical workday, are able to give them a unique experience and hopefully a greater appreciation for their com-

munity."

The Institute, which will run from July 11 to Aug. 15, will introduce the participants to the business, government, education, and nonprofit sectors in a variety of ways including talks and question-and-answer sessions with the leadership structures of various sectors and organizations.

The youth participants are all a part of the Worcester YouthWorks employment program, where they are working Monday through Thursday at the City or other area nonprofits. Topics have included career exploration as well as leadership focus areas from the Worcester fabric, such as entrepreneurship, economic development, public health, and nonprofit organizations.

The program launched in 2014 after conversations between Tim Murray, George Smith and Ron Scott from United Families for Change, Worcester Mayor Joseph Petty, City Manager Edward Augustus, and City Councilors Philip Palmieri and Sarai Rivera. All of the partner organizations came together and have graduated 150 students over the past nine years.

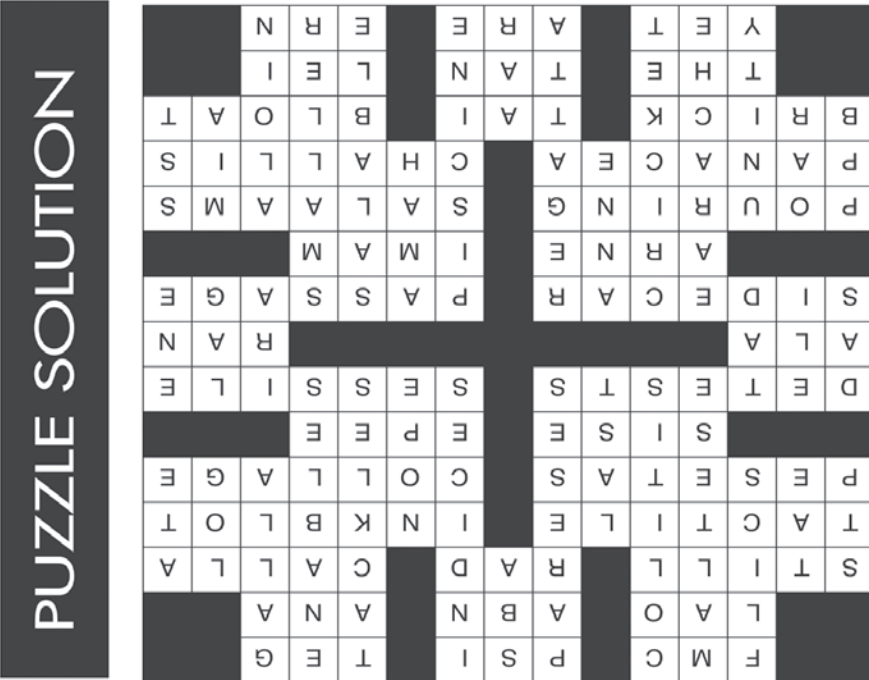


CLUES ACROSS

1. Auto manufacturer
4. The 23rd letter of the Greek alphabet
7. Two-year-old sheep
10. Member of indigenous people in Asia
11. Airborne (abbr.)
12. Actress de Armas
13. Not moving
15. Cool!
16. Plants of the arum family
19. Perceptible by touch
21. Rorschach test
23. Monetary units
24. Art
25. Cardinal number
26. Dueling sword
27. Hates
30. Fixed in one place
34. Pie ___ mode
35. Moved on foot
36. Passenger's spot on a motorcycle
41. A way through
45. "Rule, Britannia" composer
46. Leader
47. Flowing
50. Common greetings in Arabic countries
54. Solution for all difficulties
55. Soft clothing fabric
56. Building material
57. Sea bream
59. A way to cause to be swollen
60. One and only
61. Skin color
62. Wreath
63. Nevertheless
64. They ___
65. Sea eagle

CLUES DOWN

1. Policemen (French)
2. Toy dog
3. Inflamed colon disease
4. Muscular weaknesses
5. Helps little firms
6. References
7. Takes down
8. Facilitates
9. One-time empress of the Roman Empire
13. Engine additive
14. Chemistry solution
17. Written account
18. Consumed
20. Coming after all others
22. No (slang)
27. Government lawyers
28. Super Bowl winner Manning
29. Small amount
31. A way to save for your future
32. A way to travel behind
33. Midway between northeast and east
37. Head pain
38. Loud lawn insect
39. Actress Hathaway
40. Boat race
41. About fish
42. Nursemaid in India
43. Marketable
44. Tinier
47. Parts per billion (abbr.)
48. Paddle
49. Oneness
51. Bitter compound
52. Not around
53. Very fast airplane
58. Swiss river



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Bay Path awarded grant to expand adult workforce training

CHARLTON — Bay Path Regional Vocational Technical High School is thrilled to announce it has been awarded a Career Technical Initiative (CTI) Round 10 grant totaling \$1,337,077.24, a workforce development initiative supported by the Healey-Driscoll Administration and the Massachusetts Workforce Skills Cabinet.

This highly competitive grant will allow Bay Path to deliver no-cost, credentialed training and job placement services to unemployed and underemployed adults across Worcester County. Training will be provided in Automotive Collision Repair, Automotive Repair Technology, Building Maintenance, Culinary Arts, Diesel Technology, Electrical, HVAC, Manufacturing, and Welding—fields critical to the Commonwealth’s economic growth.

“We’re incredibly grateful to the Healey-Driscoll Administration and the Workforce Skills Cabinet for this CTI grant,” said Superintendent-

Director Kyle Brenner. “This funding allows Bay Path to significantly expand our adult training programs, directly addressing the critical demand for skilled tradespeople in our region. We’re proud to empower individuals with the skills they need to thrive, while helping build a stronger, more resilient workforce across Massachusetts.”

The Career Technical Initiative is designed to meet persistent workforce shortages in the trades and manufacturing sectors by leveraging the state’s vocational school infrastructure. Bay Path will continue its close collaboration with MassHire Career Centers and regional Workforce Boards to provide high-quality training leading to industry-recognized credentials and direct employment pathways.

Eligible participants must be 18 years or older and either unemployed or underemployed—defined as earning less than \$56,100 annually (or \$27 per hour). Most recent

high school graduates qualify as underemployed and are encouraged to apply.

Bay Path is building on a record of success. Through previous CTI Rounds 7 and 9, the school trained more than 70 adult learners in trades such as Culinary Arts, HVAC, Manufacturing, and Automotive Collision Repair—many of whom are now working in their chosen industries.

“As a graduate of the CTI Program I am excited for the new group of students that will be able to take advantage of the hands-on vocational training. This program will provide them the skills and tools needed to acquire jobs and improve their lives. I am working in the auto collision field and am planning on more education to better my current position and enhance my career. The support that Bay Path and MassHire provided throughout the program and after with job assistance was key!” said Pamela Truenow / Long

Subaru, CTI Auto Collision class of 2025.

Bay Path’s CTI employer partners include Masonic Health System/The Overlook, ckSmith Superior, C&C Temp Control, Inc., Kinefac Corporation, Upper Blackstone Clean Water, Dexter, MassDOT, Sheet Metal Workers Local #63, BAPS, The Arc, Primetals, HVAC/R Service Contractors, Table 3 Restaurant Group, Fuller Collision Center, Long Subaru, Harr Motor Group, UMass, and Flexcon.

As the need for skilled tradespeople continues to grow, Bay Path and its network of employer partners remain committed to building opportunity, strengthening local economies, and supporting the success of working families across the Commonwealth.

Interested participants can learn more or apply by visiting masshire-centralcc.com/baypathcti.

Uxbridge VFW to host ‘ecycling’ event

UXBRIDGE — Computers, laptops, flat screen monitors and TVs, printers, DVD players, tablets, cables, wires, phones, and other small electronics will be accepted for destruction Saturday, Sept. 13 from 8:30-11:30 a.m. at the VFW, 13 Cross Rd., Uxbridge.

A “Certificate of Guaranteed Destruction” provided for items with personal information.

Proceeds will support the music programs in all three Uxbridge public schools!

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For questions about what can be ecycled – contact Onsite Computers at 508-278-4433

Douglas Sunshine Club hosting Bingo event

DOUGLAS — Bingo, anyone? The Douglas Sunshine Club is having an early evening Bingo event on Thursday, Aug. 21 at 6:30 p.m. in the Douglas Adult Social Center, with ice cream sundaes to start the fun.

So come with your friends to 331

Main St., Douglas, for an evening out. Bingo cards will be available for purchase when you arrive. Please call the center at 508-476-2283 to let us know you are planning to attend. Doors will open at 6 p.m. Everyone welcome.




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Elvin
Age 13
Registration #9084

Elvin is a unique and thoughtful child. He is naturally shy and prefers to avoid confrontation, finding comfort in calm and familiar environments. Although he loves sports, Elvin chooses not to join sports teams, enjoying physical activity in his own way. He has a special love for toys, especially locks and keys, and always carries a heavy set of them with him. Along with his locks and keys, Elvin also treasures a set of walkie-talkies that he enjoys using. When he grows up, Elvin hopes to become a custodian, inspired by the custodian at his school. Elvin attends an after-school program where he takes Taekwondo classes, an activity he truly enjoys and looks forward to. His quiet strength, unique interests, and dedication make him a remarkable child with a lot to offer.

<https://www.mareinc.org/child/22664085795>

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

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



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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

Striving for a world free from stereotypes

In a world where information is at our fingertips and connections span continents, it is baffling to us that stereotyping still prevails. We pride ourselves on progress, yet we allow preconceived notions to shackle our understanding of each other. It's high time we collectively recognize the damage of assumptions and vow to liberate ourselves from the confines of stereotypes.

Stereotyping is the enemy of empathy, born from our innate need to categorize and simplify complex realities. It's natural for the mind to seek shortcuts, but these shortcuts often lead us astray, blinding us to the richness of human diversity. When we assume we know someone based on their appearance, background, or a single characteristic, we deny them the depth of their individuality and inadvertently perpetuate ignorance.

Let's face it, we've all been victims of stereotypes. Whether it's being judged by our nationality, gender, appearance, or hobbies, we know the frustration of not being seen for who we truly are. So, why do we continue this harmful practice? Fear, laziness, or perhaps a lack of awareness? Regardless of the reasons, it's time to shatter this cycle.

Consider the story of the introverted librarian who's also a salsa dancing champion, or the tattooed artist who spends weekends volunteering at a shelter or going to classical music concerts. These are glimpses into the lives that stereotypes fail to capture. It's not enough to say, "Don't judge a book by its cover." We must actively seek to turn the pages, engaging with the stories beneath the surface.

The path to change begins with acknowledging our biases. Recognizing that we all hold them allows us to confront them head-on. Education is a formidable weapon against stereotypes. By learning about different cultures, histories, and experiences, we open the door to a more inclusive perspective. It's a journey toward realizing that our world is a mosaic of vibrant, individual lives, each with its own colors and textures.

But this change isn't just about self-improvement; it's a societal shift. By resisting stereotypes, we create an environment where empathy flourishes. We extend the hand of understanding to those who've been marginalized and silenced. We pave the way for collaboration that's based on shared goals rather than preconceived judgments.

It's time to rewrite the script of our interactions. Let's ask questions and listen attentively. Let's engage in conversations that bridge gaps and build bridges. Let's be curious about the people we encounter, seeking to understand their unique perspectives.

As we strive for a world free of assumptions and stereotypes, let's remember that change is gradual. But every step taken is a step closer to a society where each person is seen, heard, and valued for who they truly are. Let's be the generation that breaks the chains of stereotype, forging connections that are genuine, lasting, and transformative.

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.

Stop praying like you're begging for scraps. That's why your plans fall apart. That's why the world ignores your voice. You kneel, you whisper, you plead—but all it shows is a lack of faith. You weren't made to beg. You were made to command. Don't get me wrong—prayer is a form of faith. But if you pray like someone who doesn't believe... if you doubt, if you're just hoping for a miracle you secretly think will never come... if you're waiting, crying, complaining—then it's not faith at all. It's a broadcast of fear and lack. Neuroscience tells us your brain listens to the story you repeat. It takes your words as marching orders. Pray like a beggar, and your brain wires itself to expect scraps. Pray like a commander, and you activate the networks in your mind that seek solutions, recognize opportunities, and pull you toward what you claim. Scientists found that just watching tiny particles changed how they behaved. Prayer works the same way—what you focus on with expectation

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Climate change religiosity

To the Editor:
Worcester radio personality Danny Ferrantino really needs to update and more properly tweak his climate change rhetoric. For the whole notion that there's this insipidly evil "climate change religion" that we must all somehow rise up against has become so trite and so stupid that it's dumbing down the much needed conversations. In that regard, Ferrantino is constantly yielding to Gov. Maura Healey's totally inept handling of the local environments throughout central Massachusetts and beyond. "Climate Change Religiosity" is far more scientifically accurate, as well as more concise within its logical inference underpinnings. A simple idea that pretty much any AI answer generator would likely confirm when properly

queried. However, the general rule governing such things most often involves the fact that some rats have been observed "fishing" with their tails, catching crustaceans and then consuming them. In the end meaning that Danny Ferrantino had better soon update his climate change rhetoric to include terms such as "religiosity" for the betterment of his listeners. As well as for the greater advancements of the conversations. Lest he become just another iHeartRadio libertarian rat fishing with its tail. And we wouldn't want that, now would we, Mr. Ferrantino?
*Stephen Gambone
Northbridge*

To the Editor:
Do you think moms should stay at home with their kids? As a latch-key kid of the 1950's (of all times), I support moms staying home with their children. Most of my friends' moms were home and made us jelly sandwiches for lunch. Money was tight. No peanut butter. So, even though they could ill afford it, they stayed home. By choice or because their husbands wanted them to stay with the kids. And run the home. And have supper ready at the end of the day. My mom was working like a lot of working class women. And it was a scramble. Big Sunday dinners turned into Monday and Tuesday leftovers that could be quickly thrown in the oven for a re-heat. Sometimes, Wednesday was roast beef hash. Thursdays was hot dogs and beans. Friday was fried fish at the local seafood shack. Like all observant Catholics, we ate fish on Fridays. Saturday, my mom had the "luxury" of making a big ethnic specialty while cleaning the house. And supervising us girls of the 1950's as we learned early how to clean the house, and starch and iron Dad's work shirts. White or green. Some of my friends' moms, who stayed at home, made their children's clothes. Imagine making a shirt-waist dress for a little girl! I know moms who did. Have you noticed that many stay-at-home moms today are upper class women with hedge fund husbands? They have careers as social media influencers. The daughters of well-to-do stay at home moms of the 1950's became the Women's Lib Movement leaders of the 1960's. They were bitter. Their moms had been denied the right to work for a living and become doctors and lawyers and politicians and poets and artists! Nevertheless, many women pursued those goals in the 1950's. Sandra Day O'Connor got her law degree and stayed home with four children before she ever worked for a law firm. Yet, she became a U.S. Supreme Court Justice.

Moms at home
She did it all. Just not all at the same time. A recent study found that the women who stay home with their children today tend to be the moms of daughters. Social scientists call this "the Daughter penalty." What a vile concoction that is. While moms stay home with daughters to bake cupcakes and play dress up, and, shocking as it may seem, enjoy their children, many women see staying home with children as a penalty. This is wrong. It's evil. When I decided to, yes, stay home with my daughter in the 1980's, we knew it was a vow of poverty. We had a small home, a tiny car. We would drive by new homes with two cars in the driveway, and say to each other: "the kids are paying for those cars." Their children was paying the price of having a working mom. More money. Bigger house. More cars. No mom. Yes, I did return to school, part time, for further education when my daughter entered kindergarten. Yes, my mom watched my child while I was in school. My husband took my daughter fishing or to the movies on Saturdays while I studied. And when I finally got a job, it was part-time. I wanted to be available to my daughter. And we enriched up a storm! But I recall one summer afternoon before I went back to school. I was sitting on the sand at Pout Pond. My daughter was splashing around in the water under my hawk-eye. I glanced across the pond in the late sun of a hot day, and watched the cows come down to the pond's edge for a drink. I thought to myself: no can tell me I should be in an office today. Are you a stay-at-home mom? God blesses you each day. These are precious days. Yes, they can be boring or hard, laughter or tears, rainy indoor days. But there are many second and third acts in life. A job awaits you, a career awaits you. One day. Life is long. Your time with your children is short.
*Bev Gudanowski
Uxbridge*

Tried and True Fishing Tips



TAKE THE HINT
KAREN TRAINOR

line and you'd lose control of the bait. **

Still no bites? It could be your bug repellent. Never handle bait after applying it as the scent will keep the fish away. **

Tips to Track Trout
* Did you know Rainbow Trout favor 56 degree water? Find that temperature and you're sure to find the fish! If it's cold out, trout can typically be found on the surface of a lake. If it's hot out, they'll be deeper in the water.
*Remember, trout have tough mouths. Keep your hooks sharp - and use a number 4 hook for best results!
* Want to up your odds of trout for supper? When lake fishing, dip your crawler in the oil from a can of smoked oysters!
* Trying to tempt the best trout? Try this secret recipe from anglers: Combine two ounces of cod liver oil with 20 drops oil of anise. Mix well. Dip your bait in the mixture and string up the trout!
**

These old fashioned bait recipes are tried and true secret weapons from successful fishermen - but best of all, you can whip them up with ingredients from your kitchen cupboards!
*Anglers swear refrigerator biscuit dough is a great bait for trout. Just pull a raw biscuit apart and start reeling in the "big one!"
*Even fish love spicy food, as this super lure recipe will attest. Mix together 8 ounce ground aniseed or fennel seed and

Whether relaxing on the shore of still waters, or wrangling in a temperamental trout, the sport of fishing remains a simple pleasure lifelong memories are made of. With several popular waterways in our area, fishing is an outdoor activity enjoyed by locals both young and old alike. Planning to drop your line into the waters this weekend? Read on for an array of classic tips from successful anglers - all geared to help make your time at the fishing hole more productive! **

Successful fishers make it a habit to change their line. Fishing line has memory- it will retain the twist, nicks scrapes, and it gets weaker every time it is used. Don't chance losing the "big one" to brittle line!
**

And be sure to match your hook size to your bait: small for small, large for large. It makes a difference in holding your bait, and in how many strikes you will get. **

Take a valuable fishing tip from old timers who say "if you find the bait you'll find the fish." To do this efficiently, they make it a habit to scan the water for bird activity. Follow the birds, who follow the bait, and you'll likely find the fish!
**

When throwing into the wind, drop your rod tip to the water right after making the cast. You'll get more distance and will also get the slack out of your line in case you get bit just when the bait hits the surface. If you leave the rod held high, the wind will make an arc out of your

Don't pray like a beggar!

shapes what shows up. Life works the same way. If you expect little, you'll get little. If you expect abundance with unwavering certainty, you start tuning into the version of reality where it's already yours. You're not here to plead for crumbs—you're here to speak as if the feast is already set before you. The master put it plain: "If anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them." That's authority! It's knowing reality bends to conviction. He also said, "According to your faith, let it be done to you." In other words, you don't get what you want; you get what you expect. And "Whatever you ask for in prayer, believe that you have received it, and it will be yours." That's the mental blueprint—see it done before it's done. Begging mode doesn't just feel weak—it makes you weak. Neuroscience calls it a low-agency mindset. When you approach your goals from desperation,

two ounces ground allspice. Sprinkle 1/16th oz. oil of cloves over the above and mix. Store in tightly sealed jars for a few days while the odors blend. Put a drop on fish bait. *If you're fishing with salmon eggs or worms, don't forget to add a miniature marshmallow to the hook to keep your bait buoyant! *Try this quick tip: dip your crawler in the oil from a can of smoked oysters! Fish love it! **

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.

POSITIVELY SPEAKING
TOBY MOORE

your brain flips into survival mode. You become less capable of spotting opportunities or making bold moves. You're programming your reality to deliver the same disappointments, over and over. Flip the lens, and everything changes. When you speak and act with certainty, your nervous system recalibrates. Dopamine and serotonin rise, your motivation climbs, and your tolerance for risk increases. You start scanning for proof that what you've declared is already unfolding. It's not magic—it's chemistry. Faith in command mode looks different. It's not passive, waiting on the sidelines for something to change. It steps onto the court and plays to win. It's the voice that says, "This will happen," instead of "I hope this happens." It's moving your feet before you see the finish line, because you know it's there. Every great spiritual teacher, every revolutionary leader, every game-changer in business, art, or science—whether they spoke in the language of God, the universe, or the human spirit—operated with that same unshakable conviction.

Local officials go the extra mile in support of Pan-Mass Challenge

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE — Local public safety agencies are thanked for once again teaming up to ensure a safe Pan-Mass Challenge.

Held on Aug. 2 & 3, the event brought together thousands of riders, volunteers, and guests in support of the Dana-Farber Cancer Institute.

The annual ride requires countless hours of preparations from participants, including physical training and fundraising. The same level of commitment is invested in the event from a public safety standpoint, with multiple agencies working together to plan logistics for the big weekend.

“I’d like to thank all of our public safety partners for their tremendous support during this year’s PMC event,” said Sturbridge Police Chief Earl Dessert. “As always, this operation would not be possible without the collaboration and dedication of our fellow law enforcement agencies, support teams, and volunteers.”

The following agencies and departments teamed up to ensure a safe ride: Massachusetts Emergency Management Agency; Sturbridge Emergency Management; Sturbridge Fire Department and EMS; Massachusetts State Police; Worcester County Sheriff’s Office; CEMLEC SWAT and the CEMLEC Motor Unit; the Environmental Police; East Brookfield Police Department; Sturbridge Police Department; Quincy Police Department; and the Community Emergency Response Team (CERT).

“I also want to thank PMC staff members Sue Brogan and Matt McGuinness for their continued partnership, communication, and leadership throughout the planning and execution of this massive event,” Chief Dessert added.

The 2025 PMC marked the end of an era, as riders departed from the Sturbridge Host Hotel start line for the final time. Beginning next year, the start line will be moved to the College of the Holy Cross in Worcester.

For Sturbridge residents and public safety leaders, watching the final launch from the traditional start line brought a range of emotions, with riders pouring onto Route 20 in

town for the last time.

“As this marks the final year the PMC will kick off from Sturbridge, it is bittersweet. While I am saddened to see the event move on, I am extremely proud of the many years we hosted the start of this ride without a single major safety issue,” Dessert said. “Our top priority has always been the safety of the riders, and I know we delivered the level of security they deserved—from full intersection coverage to detailed coordination across jurisdictions.”

Added Dessert, “To the men and women of the Sturbridge Police Department—thank you for always going the extra mile. The behind-the-scenes coordination and commitment each of you demonstrates every year is a point of pride for our agency and our community.”

To ensure a safe ride, local departments begin planning far in advance of the event, coordinating everything from traffic control operations to rider and spectator supports.

“A heartfelt thank-you to Lieutenant Larry Bateman and Matthew Wyke (Sturbridge Emergency Management), who has overseen the security planning for the PMC for many years. Their work starts months in advance and is a major reason why this event has consistently gone off without a hitch,” Dessert said.

The PMC is a fully supported bike-a-thon that provides riders with fundraising tools and guidance; meals and snacks at hub sites; water stops along routes; and mechanical and medical assistance.

The PMC raises more money for charity than any other single athletic fundraising event in the country. All funds raised by the event support the Dana-Farber Cancer Institute, a world leader in adult and pediatric cancer treatment and research.

“I want to wish all PMC riders many more years of safe and successful rides,” Dessert said. “Lastly, I extend my deepest gratitude to the Dana-Farber Cancer Institute. The PMC has raised an extraordinary amount of money for patients and families, and we are proud to have played a small role in supporting that mission.”

The PMC is Dana-Farber’s single largest supporter. Since 1980, the

event has raised roughly \$1.05 billion for Dana-Farber.

To learn more about the PMC and

how you can join the fight against cancer by making a donation, visit www.pmc.org.

Art



ANTIQUES, COLLECTIBLES
& ESTATES
• • • • •
WAYNE TUISKULA



We’ve reached number 1 on the top 10 list of antiques and collectibles that regularly sell well for us. As a refresher, here’s the rest of the top 10 list that we’ve covered in previous columns.

10. Transportation memorabilia
9. Old Chinese antiques
8. Vintage and antique posters and advertising signs
7. Vintage and antique cars
6. Historical memorabilia
5. Comic books
4. Baseball cards and sports memorabilia
3. Gold and Silver Coins and Sterling Silver
2. Estate jewelry, gold, and diamonds, gold watches

And finally, art is number 1 on my top 10 list. Art encompasses a wide variety of styles and mediums. There are paintings, metal sculptures, stone sculptures, pottery, folk art in wood and metal, and many other forms. Art of course has a long and varied history ranging from cave drawings dating back to around 40,000 years ago to a 2019 piece of conceptual art featuring a banana taped to a wall.

Unlike most antiques, older isn’t always better when it comes to art. A 2019 Art Newspaper article reported declining sales in Old Masters paintings while contemporary art was seeing an increase in value.

In general, we have seen strong values for many works by listed artists over the past year. A J. L. (French sculptor Jean Leone) Gerome, “Gold leaf on Bronze Statue of Woman - Green Alabaster base” sold for \$6,300 last year. An Italian born artist Arnoldo Pomodoro “Gold Patinated Bronze Sculpture” brought \$7,800. Bessie Potter Vonnoh was born in S. Louis, MO, and worked in New York. Her “In Arcadia” bronze statue brought \$11,400 last year.

Paintings also brought good auction results last year. An untitled oil on canvas landscape by Charles Gruppe went for \$2,100. Gruppe was born in Canada but painted in Rockport, Massachusetts, a hotbed of artists. The Rockport Artist Association was formed in 1921, and the town is home to the Rockport

Art Museum. An abstract oil on canvas painting by French born artist Jacques Doucet titled “La Promenade de Kafka” fetched \$5,400 last year. A Julian Onderdonk, a Texas Impressionist painter known for painting bluebonnet flowers, “A Glowky Sky” signed oil on board painting sold for \$9,600 last year.

A Boston estate modern art collection featuring many paintings by United Kingdom artists was part of our January 2024 auction. A 1967 Craigie Aitchinson fish still life oil on canvas brought \$16,800. Barbara Hepworth’s “Rhythmic Form” Abstract oil and ink on board sold for \$37,200. The two most valuable paintings were by United Kingdom artist William Scott. Scott was a Senior Lecturer at the Bath Academy of Art in Bath, England, from 1946 to 1956. During a trip to New York, he met Jackson Pollock, Elaine de Kooning, Mark Rothko, and Franz Kline. Their influence changed his painting method completely and he became an abstract impressionist like them. A William Scott “Grey Theme I” oil on canvas painting reached \$105,000. William Scott’s “Nine Pears on a White Plate,” c. 1956 oil on canvas fetched \$141,000.

Maurizio Cattelan’s “Comedian,” the artwork of a banana duct taped to a wall that I alluded to earlier, sold for \$6.2 million last year. The piece includes instructions on replacing the banana when it goes bad, although some have chosen to eat the banana before it rots.

Our online auction of the Harlansburg Transportation Museum in Pennsylvania starts this week. We continue to work on the Laurel and Hardy memorabilia auction and Civil War memorabilia auction. We are accepting quality consignments for other upcoming auctions. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

Contact us to consign items or for auction information at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services info@centralmassauctions.com or (508-612-6111).

Edward Jones hosting seminar on health care & retirement

AUBURN — Join Edward Jones Financial Advisors for a free seminar on “Health Care & Your Retirement” Thursday, Sept. 18 at Brookdale Eddy Pond West, 669 Washington St., Auburn.

Medicare Open Enrollment begins Oct. 15. The increasing cost of health care is a growing concern for current and future retirees. In fact, 30 years ago, retirees spent almost twice as much on food as on health care; now the amounts are nearly equal.

Join speakers Dennis Antonopoulos (Financial Advisor for

Edward Jones) and Lynne Mussulli (Medicare specialist) for our presentation where we will discuss:

- Medicare coverage and traditional medical expenses
- Long-term medical care expenses
- Strategies for addressing out-of-pocket expenses

Registration begins at 5:45 p.m., with the seminar following at 6 p.m.

To register, please call Karen Rieser at (508) 832-5385 or e-mail karen.rieser@edwardjones.com by Sept. 17.

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Local historian explores region’s numerous Bay Paths

BY GUS STEEVES
CORRESPONDENT
CHARLTON — Our region is littered with roads, trails and buildings called “Bay Path,” including the vocational high school in Charlton. As historian

Annual flowers that take the heat

GARDEN MOMENTS
MELINDA MYERS

As temperatures rise, some annuals slow down or stop flowering due to heat stall. They will recover as temperatures cool but may leave your gardens or containers looking less colorful.

Take some time now to evaluate annual flowers that are thriving in your garden and those that may need to be left off the plant list for next year’s garden.

Start looking for more heat-tolerant plants and cultivars to use in the future. A visit to your local botanic garden and viewing gardens in your neighborhood can help provide insight and inspirations for plants suited to your summer weather.

Zinnias are known for their heat and drought tolerance. These long-blooming annuals come in a variety of colors and heights. Wheat, plume, and crested celosia not only add color, but also interesting flower shapes to gardens and arrangements.

Angelonias, also known as summer snapdragons, are upright plants that make great vertical accents and add season-long color to containers and gardens. Granvia strawflowers are taller, more vigorous plants with larger flowers than older strawflower varieties. Enjoy them in the garden and for months after in arrangements, dried wreaths, and other decorations.

Annual vinca, Catharanthus, with its shiny leaves and long-lasting flowers, thrives in hot, dry weather. The dainty flowers of the Soiree® Kawaii series and the fringed, ruffled flower petals of the Soiree® Flemenco series



Melinda Myers

Heat-tolerant Sun Parasol® Giant Peach Sunrise Mandevilla and Blue Tiara™ Supertunia®.

provide a unique flare. Include pentas with their star-shaped flowers to help attract and support butterflies. You’ll find plants with white, red, pink, lavender, violet, and bicolor flowers, and even a few trailing varieties.

Cupneas are not only heat tolerant but are magnets for hummingbirds. These season-long bloomers are covered with flowers and do not need deadheading. Mandevilla is another long-blooming, heat-tolerant plant that thrives in sunny locations. You’ll find upright, trailing, and tall climbing varieties to include in gardens, containers, and hanging baskets.

If you are looking for a heat-tolerant, trailing plant, consider bidens. The BeeDance® series is an earlier and continuous flowering variety. Moss roses and other portulacas are also trailing and low-growing plants that can be used as annual groundcovers,

edging plants, and trailers in containers.

Look for more heat-tolerant cultivars of your favorite annuals that tend to stop blooming during hot weather. Heatopia™, Hot® Waterblue, Techno®, and Laguna® lobelias show more heat tolerance than many older lobelia cultivars. White Stream™, Snow Princess®, and Frosty Knight® are a few alyssum cultivars to consider. They tolerate the heat but prefer moist well-drained soil.

Hot Pak™ French marigolds have been bred for increased hot weather tolerance. The triploid marigolds like Endurance™ and Zenith™ are a cross between the African and French marigolds. They have the longer bloom time of the French marigold and the heat tolerance of the African species.

Don’t give up on heat stalled annual plants in your garden and containers. Continue

to water the heat-stressed plants as needed but wait for them to recover before fertilizing if needed. Trim back leggy plants and once the temperatures cool, the plants will start flowering.

Continue to watch for, try, and evaluate new, more heat-tolerant additions for your gardens and containers. Finding the right plants for your growing conditions and garden design can help boost your garden’s beauty and your enjoyment even as temperatures rise.

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



Gus Steeves

Two audience members look over Duffy’s map depicting the lines of sight of various hills along the Native Bay Path network.



Gus Steeves

Don Duffy

Don Duffy told a few dozen people at the library last week, they don’t actually refer to a single thing. Over the centuries, the region has been crisscrossed by numerous “Bay Paths,” all of them so named because they connected to some route leading to Massachusetts Bay.

The most famous of them wasn’t at all a direct route anywhere, at least in this region.

“It wasn’t a normal, let’s go in the easiest way we can go path. It involved hills,” he said.

His map depicted how the path was actually conceived as a network of line-of-sight connections between major hills like Steerage Rock, Coys Hill and Mashamuck (now Mugget), with lower levels typically running along rivers (Chicopee, Ware, Quinebaug, Quaboag). People didn’t usually travel the whole route; they just used it to get from one village to the next.

“When you got to the hill, you didn’t climb

and north and south along the Connecticut.

He noted some parts of the network aligned with key astronomical points, but didn’t know a lot about that aspect of it. In some areas, the path passes through large collections of Native cairns, dozens or hundreds in parallel lines, but there are also several smaller groups and single cairns all over the woods. They come in various types, but he said the most common is “a monster rock and above it a bunch of small stones.”

Also common are what he called “gates to the underworld,” where Natives stuck smaller rocks and other gifts to the gods into crevices in boulders.

In some places, they formed effigies of animals. He cited two specifically – a turtle in Brimfield and a snake in Monson, but noted “it wasn’t a great thing. If I didn’t tell you, you wouldn’t know what this thing was.”

Other presenters have noted you can tell Native structures from colonial-era ones by the size of the lichens on the rocks; lichens grow at a very slow but steady rate for centuries.

Duffy said a lot of the work of identifying the Native Bay Path and related structures was recorded by Levi Chase in 1919; his book “The Bay Path and Along the Way” is available free online at the Library of Congress web-

site. “It’s nice he did this because otherwise we wouldn’t know where things were,” Duffy said.

One audience member speculated the cairns were rocks the Natives removed from their farm fields, like the colonists later did. But Duffy noted many of them are in areas the Natives didn’t farm; they preferred gravelly, south-facing hillside locations and river-side flatlands; they didn’t have plows or domestic animals who could break through clay and other denser soils. For years, we thought Native agriculture dated to about 300 CE in this area, but recent DNA work has pushed that back to about 600 BCE, he added.

Mary Santos said she lives in a house along the old Bay Path, the old Daniel Harrington property. She cited a document saying the Harrington Road/Pumpkin Lane was laid out in 1783 “on the ancient way,” but the original home was gone by 1830. Some parts of the Native path are still walkable in that area, she noted.

Another man said the same about stretches running through Oxford’s Clara Barton Camp. He noted it crossed the French River where Quaboag Avenue now is. (Duffy noted one Native name in this area was the Quaboag Path.)

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



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JAK-L Foundation sponsors life-saving QPR training for Bay Path Practical Nursing students and alumni

AUBURN — The JAK-L Foundation has generously sponsored a vital and potentially life-saving training event for Bay Path Practical Nursing students and alumni. The training, focused on suicide prevention, was held at J'Anthony's Restaurant in Auburn and brought together members of the nursing community for an evening of education, connection, and empowerment.

The event began at 6 p.m. with appetizers, followed by the main session at 6:30 p.m. on Aug. 4. The training topic, "QPR: Question, Persuade, Refer," introduces participants to three simple yet powerful steps that can help save a life from suicide. Like CPR or the Heimlich Maneuver, QPR is a technique that empowers everyday individuals to recognize the warning signs of a suicide crisis and take action.

"Each year, thousands of Americans say 'yes' to learning how to save a life," said Dr. Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director at Bay Path Practical Nursing Academy. "This training helps prepare individuals to intervene effectively and compassionately when someone may be in crisis."

Among the attendees were students and alumni of the Bay Path Practical



Nursing Academy, including Angela Choiniere of Dudley; Aphrodite Papoutsides of Charlton; Ashley Rincon and Elizabeth Anacona of Southbridge; Elizabeth Achayo of Worcester; Delene Sarsfield, Katelyn Smith of Charlton; and Dr. Bolandrina of Athol.

The Bay Path representatives were warmly welcomed by Joy Kochinskas of Charlton, a dedicated advocate of the

JAK-L Foundation, whose support made the event possible, and QPR Certified Gatekeeper Instructor, Kimberly Austin.

Grateful participant, Katelyn Smith stated, "Completing the QPR suicide prevention training was incredibly eye-opening and empowering. I learned how to recognize the warning signs of a mental health crisis and how to respond in a way that could truly save a life." Further, she added, "this training gave me practical tools I can use both in my career and personal life, and I believe it's something everyone should go through. Mental health matters, and being prepared to step in and help is so important."

Smith also thanked Dr. Bolandrina and the JAK-L Foundation "for giving me the opportunity to earn another certificate in mental health." As a member of the class of 2025, Smith earned her certification in Mental Health First Aid in 2024 from the Mental Health First Aid USA and the National Council for Behavioral Health through the collaboration of Bay Path Practical Nursing Academy and Shrewsbury Youth & Family Services, Inc.

Ashley Rincon shared, "The QPR suicide prevention training taught me how important it is to be present, to listen, and to not be afraid to ask direct questions when someone might be in crisis."

Additionally, she stated, "I feel a little more prepared to be there for someone if they needed help or just someone to talk to. I'm grateful I had the chance to take this training, and I hope to continue learning and being part of the effort to support mental health and prevent suicide in any way I can."

By equipping future and current nurses with tools to address mental health crises, this training reinforces the essential role of nurses not only in physical health care but also in emotional and psychological support.

As the health care field continues to confront rising mental health challenges, initiatives like this reflect a growing commitment to whole-person care—beginning with education and community action.

Library Loft offers "a smile and a book"



PALMER — If you're seeking the Library Loft in Palmer, it looks like what it once was — an elementary school at 1085 Park St.

Inside, the classrooms still have their old numbers and if you need a bathroom, the staff takes you to the principal's office.

But these days, far more than learning goes on in those classrooms. Among other things, Schoolhouse Commons hosts a craft store, a clothing alteration shop, a frame and print shop as well as the Library Loft.

As the store's name suggests, it's an outgrowth of the Palmer Library, specifically started by the Friends of the Library 26 years ago to raise funds for library events. It's the first door on the left as you climb the fairly steep stairs to the main floor; a small, well-lit maze of thousands of titles including tons of children's books and some that are quite old.

They're all donated, and some have come from hundreds of miles away.

"We have a man who comes down from Vermont," and another from New York, "because they don't have anything like this where they live," said volunteer Barbara Lynn Marriott.

Often, she noted, "people buy books, read them, then bring them back [as donations] and we resell them."

Marriott's been helping out here more than 12 years, after coming in as a customer "all the time." She said the woman working there then was sick and considering closing it, so she urged her not to and stepped in to help. (The Loft is managed by Friends' President Eleanor Szlachetka, but she wasn't there when I visited.)

One of Marriott's favorite events is seeing kids bring in boxes of books

to donate. "They're so proud. They feel they can part with these books they don't even want me to take them out of the box. They want to do it," she recalled.

On the other end of the spectrum, she recalled having a little girl come up 25 cents short, so she gave her the book anyway.

"There was no way I was going to deny it to her for 25 cents. Her face lit up, and she went out to tell others about it," Marriott said. "Those are the things that make me want to be here."

So do the fairly frequent times when she's turned into counselor and friend to people who simply need someone to talk to — one, she noted, "just wanted human contact."

She notes she's often gotten into conversations with people and ended up closing the place, but continuing to talk. (Store owners in the place tend to check on each other's safety, since some are still working past closing hours.)

Marriott notes the store often gets visitors who went to school here years ago. She also often gets book recommendations from patrons, and sometimes ends up selling donations "right of this desk before they get shelved."

Library Friends' groups frequently have at least for-sale bookshelves or nooks, but not too many have their own full-fledged stores like



Barbara Lynn Marriott gets a little sun from the Library Loft window.

this one. Among those that do exist are Worcester's Food for Thought, the Friends Book Shop in Easton, and others.

The American Library Association's site (<https://www.ala.org/united/friends/ideasharing/bookstores>) offers two guides on how to start such stores, one from Stamford, Conn., and the other from Houston.

The Stamford one (Ferguson Public Library) includes job descriptions, pricing guides, overview of where they get books and what the funds go to, marketing plans, volunteer surveys, sample forms, and all kinds of other things.

One of its observations dovetailed well with what Marriott has seen.

On page 170, it states, "Most of our customers are highly price-sensitive. As much as a third of our revenue comes from dealers; they have to buy 'at wholesale' to buy at all. Our poorest clients can't afford to pay much but value literacy and the books offered in the Shops. Clients who would pay more just end up buying more books..."

As Marriott put it, "We just try to make it count for people... A smile and a book — that's a good way to finish your day. That and good coffee."

The Loft is open 10 a.m.-4 p.m. Tuesday through Friday, and 10 a.m.-2 p.m. Saturdays.

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

Does God love me and have wonderful plans for my life?

A Community Bible Study for Women

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WHERE: Pleasant St. Christian Reformed Church
25 Cross St, Whitinsville, MA 01588
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CALL: Anna 774-287-9449
EMAIL: churchoffice@psrc.org
VISIT: psrc.org/adults

THURSDAYS **STARTS SEPT 4**
9:30 - 11am
TOPIC: Sharing Jesus
WHERE: Fairlawn Christian Reformed Church
305 Goldthwaite Rd, Whitinsville, MA 01588
QUESTIONS OR NEED INFO?
CALL: Ginette 508-234-4806
EMAIL: ginette45@yahoo.com
VISIT: fairlawnrc.org/outreach/local_outreach.cfm

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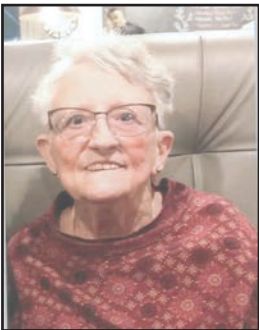
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OBITUARIES

Barbara Ann Ellis, 80

Barbara Ann (Simmons) Ellis, 80, died Friday August 8, 2025, at Milford Regional Medical Center, surrounded by her loving family. She is survived by her devoted husband of 59 years, William L. Ellis, son Scott Ellis of Pittsfield, MA and his former wife, Pamela Ellis; two daughters, Paula and her husband Daniel Wright of Northbridge and Jennifer and her husband Jason Walsh of Douglas; 4 grandchildren, Allison Wright and her husband Daniel Durfee, Bethany Wright and her husband Stewart Draheim, Benjamin Walsh and William “Billy” Ellis; 2 great granddaughters, Caroline and Adelaide. Mrs. Ellis was predeceased by her brothers Charles, Robert, Leon and Richard Simmons and her sister Pauline Magowan. She also leaves many nieces and nephews.

Born on February 24, 1945, in Whitinsville, MA, she was the daughter of the late Leon and Goldie (Maker) Simmons. Barbara was a graduate of Northbridge High School Class of 1963. Over the years Barbara worked as a CNA at the former Beaumont Nursing Home, in the office at The Blackstone Valley Tribune, as a secretary at an insurance firm in Worcester and retired in 2007 from Milford Hospital as a



Central Service Technician.

In her later years Barbara was an avid yard sale enthusiast, she enjoyed having Bill map out the route, dragging him along to drive and carry the treasures she would find before stopping for a bit to eat on the way home! This made for exciting weekend adventures the two of them will never forget. She also enjoyed spending time at the oceans of ME, RI and the Cape, where she loved feeding the seagulls, was an avid reader, doted on her many cats over the years, most recently, Simon and Molly, aka “the kids”, but she especially loved and cherished the time spent with her family, the most important part of her life.

Barbara’s calling hours were held on Wednesday, August 13, from 4-7p.m. at Carr Funeral Home 24 Hill St. Whitinsville, MA, a funeral service, in the funeral home, will be Thursday, August 14, at 10am, followed by a burial at Pine Grove Cemetery, Linwood Ave. Whitinsville, MA. Barbara’s family would like to send a heartfelt thank you to the compassionate staff at Milford Hospital. In lieu of flowers donations may be made to The Michael J. Fox Foundation for Parkinson’s Research or The Association for Autism and Neurodiversity.

UniBank acquires historic Whitinsville property to honor legacy and advance philanthropy

WHITINSVILLE — UniBank is proud to announce the purchase of a historic property located at 456 Hill St. in the heart of Whitinsville. This property is connected to the family of John C. Whitin, one of the founders of the bank.

More than a real estate transaction, this acquisition represents a new chapter in the long and proud history of UniBank. The Bank traces its origins to Whitinsville Savings Bank – founded in 1873 by John C. Whitin – and Uxbridge Savings Bank, which merged to form UniBank in 1988. The purchase also reflects UniBank’s deep commitment to honoring its roots while strengthening its future impact on the communities it serves.

The house, built in 1926 by Lawrence Murray Keeler and his wife Elizabeth (Whitin) Keeler — great-granddaughter of Bank founder John C. Whitin — will be thoughtfully renovated in a way that preserves its historic character while incorporating the modern infrastructure needed to serve as a Training and Education Center for the Bank, as well as the future headquarters of the

UniBank Charitable Foundation.

“This is far more significant than just a purchase of real estate — it’s a bridge between the past and the future,” said Timothy P. Wickstrom, Chairman of the Board of Directors at UniBank. “The historic homes in the Village of Whitinsville helped define an important period of advancement in our Country’s history. Sadly, several of those historic homes have been lost, making this preservation project all the more vital. With this purchase and renovation, UniBank ensures that an important piece of Whitinsville’s heritage remains intact – not just as a landmark, but as a living part of its future.”

Michael Welch, CEO of UniBank, added, “When we established the UniBank Charitable Foundation in 2018, it was to ensure that our legacy of giving back would live on in perpetuity. Now, the Foundation will have a home rooted in our history — once owned by the family of John C. Whitin, whose commitment to philanthropy, civic leadership, and community helped shape our mission today.”

UniBank is headquartered in Whitinsville, with assets of \$2.9 billion as of June 30. A full-service, mutually owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts. UniBank is dedicated to contributing to the overall quality of life and economic health of the communities it serves, while maintaining an elevated level of financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC. UniBank NMLS #583135. The company Web site is www.unibank.com.



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LEGALS

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO25P2616
INFORMAL PROBATE PUBLICATION NOTICE
Estate Of:
Mary E Connolly
Date of Death: April 10, 2025
To all persons interested in the above captioned estate, by Petition of Petitioner
Jodie L. Brower of Harrisville MA
a Will has been admitted to informal probate.
Jodie L. Brower of Harrisville MA
has been informally appointed as Personal Representative of said estate to serve **without** Surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
August 15, 2025

filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
August 15, 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. WO25P2681EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate Of:
Scott C Stevens
Date of Death: 03/13/2012
To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Jessica L Stevens of Uxbridge MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:
Jessica L Stevens of Uxbridge MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**
IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 09/02/2025.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.
UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: August 04, 2025
Stephanie Fattman,
Register of Probate
August 15, 2025

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

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. WO25P2056
INFORMAL PROBATE PUBLICATION NOTICE
Estate Of:
Florence A. Jorristma
Date of Death: May 17, 2025
To all persons interested in the above captioned estate, by Petition of Petitioner
Susan A. Thiesing of Grafton MA
Sheri Dawn McGuffin of Clinton IL
a Will has been admitted to informal probate.
Susan A. Thiesing of Grafton MA
Sheri Dawn McGuffin of Clinton IL
has been informally appointed as Personal Representative of said estate to serve **without** Surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be

Cornerstone Bank tees up big donation to support senior living

WORCESTER — Cornerstone Bank, a community bank with locations throughout Central Massachusetts, is donating \$7,500 to the Briarwood Continuing Care Retirement Community with a gold sponsorship in the Briarwood Golf Outing Sept. 25 at Cyprian Keyes Golf Club in Boylston. It's the third year in a row

the bank has donated that amount to Briarwood.

“We’re proud to support Briarwood’s mission to promote independent living among seniors,” said Dan D’Amico, VP, commercial services manager at Cornerstone Bank, who has participated in the tournament in recent years.

“We look forward to this fun event

every year,” said Tim Gardell, VP, commercial lender at Cornerstone.

“It’s become a great tradition for a worthy cause.”

The Briarwood Community in Worcester provides residential living ranging from independent living to assisted living, memory care and full-service nursing home care.

About Cornerstone Bank

Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank’s local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone, which is a subsidiary of PeoplesBankCorp, MHC, operating independently under its own name and brand, provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities through a broad range of deposit and loan products and services. Built on Trust is not just a tagline, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank’s personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.

UMass Amherst announces Spring 2025 grads

AMHERST — Approximately 5,000 students received bachelor’s degrees in over 100 majors at the University of Massachusetts Amherst’s Undergraduate Commencement on May 16, 2025 at the McGuirk Alumni Stadium.

Below is a list of students from your area that received a bachelor’s degree from the University of Massachusetts Amherst:

Blackstone

Victoria Lemieux

Gabriele Martinelli

Jaime J Valdes Nicol

Sean Michael Tasker

Douglas

Katelyn Bonin

Allyson Elizabeth Columbo

Sara M Glaser

Joshua Michael Patnaude

Kaitlyn Ann Zisk

Northbridge

Colin Michael Brody

Kiara Rae Hentz

Kiera Niamh McMahon

Uxbridge

Bella Margaret Borjeson-Troupe

Jacob Ryan Constable

Elise Renee Croteau

Ella Cecelia DiMarco

Madison Abigail Gannon

Drew Matthew Gauthier

Emma Johnson

Blake Tuplin, Jr.

Daniel Redgate

Matias Sanchez

Caroline Keaveny Sanford

Whitinsville

Luke William Collins

Mikayla Alwyn Gallerani

Mateo Pawlowicz Morrisette

Donna Ross

Daniel Quinn Trainor

Matthew Ross Trenholm



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

DAILY ACTIVITIES: All our daily activities are free of charge.
Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 12pm, Mat Yoga 2pm
Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call to make an appt.)
Wednesday: Balance & Strength 10am, Darts 11:30 am, MahJong 1pm, Dominoes

1 to 2:30pm
Thursday: Walking club 9am, Chair Yoga 9:30am, Pitch 9:30am, Hand and Foot card game 12:30pm
Friday: Balance & Strength 10am

Tuesday & Thursday lunch club please call the Friday before to sign up.
August Lunch Menu
Tuesday 8/5: Baked potato bar & ice cream sundaes.
Thursday 8/7: Free Pizza Party, salad & cupcakes. Must be signed up by July31st.
Tuesday 8/12: Turkey burgers, salad & fruit.
Tuesday 8/19: Chicken broccoli Alfredo, garlic bread & chocolate pudding.

Tuesday 8/26: Swedish Meatballs with egg noodles, carrots & cookies.
Thursday 8/28: Salad bar with grilled chicken & fruit.

AUGUST EVENTS:
WELLNESS CLINIC: August Clinic dates are Monday the 4th & Tuesday the 12th. 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.
Blackstone Valley Animal Shelter Visit: We have not scheduled our next visit, yet! Would you like to play with some kittens, or read to the dogs? Space is limited, please call the center to fill out a visit application and be ready for our next trip to the shelter. We will be planning a day and time to go in September!

Lunch & Movie: We will be watching Music of the Heart, Thursday August 28th @ 11:30. Lunch will be a grilled chicken salad bar & fruit. Please sign up before August 21st.
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.
PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES
Check our website for events that may not be listed here
<https://www.douglas-ma.gov/202/AdultSocial-Center-Senior-Center>

Plummer Place Home of the Northbridge Senior Center

(508) 234-2002

Fall Prevention and Recovery, Tuesday, August 19th, 1:00-2:30pm. This program will be held at the Northbridge Fire Station. Come and learn about fall hazards, home adaptations, strengthening exercises and how to recover from a fall. Presented by Karen McCarthy, LPN. Sponsored by Salmon VNA & Hospice. Please sign up in the main office.

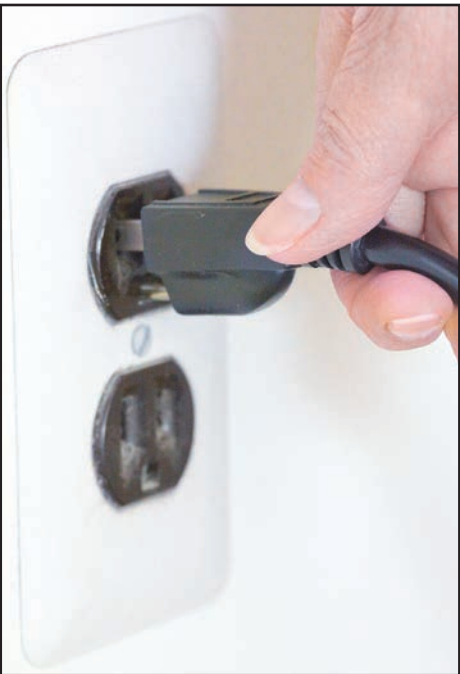
The Real Pirates, Thursday, August 21st from 10:30-11:30am. Immerse yourself in the stories of Real Pirates! This program will feature the true tales of “Black Sam”

Simple ways to get through a power outage

Electricity is vital to modern life. When a power outage strikes, life can be turned upside down in a heartbeat, particularly when communities remain in the dark for hours or even days on end.
A loss of power can knock out internet communications, close retail businesses, prevent use of medical devices, and adversely affect transportation. Power outages can cause food spoilage, affect HVAC systems and impact indoor temperatures, and may even prevent some water wells and septic systems from operating.
No one wants to be inconvenienced by a loss of power, but taking certain steps in anticipation of a potential outage can make it easier to manage these unwelcome disruptions.
• Invest in a generator. A portable or whole-house generator can be a valuable investment. Whole-house generators will switch on when power is disrupted to the home. A portable generator takes a little more work to get started and runs on gasoline. But it can be used to provide power to some appliances in the home, depending on size, or to keep a light or two on as needed. Portable generators should be kept away from windows and far enough from the home (20 feet) to prevent carbon monoxide exposure.
• Keep flashlights, candles and batteries handy. Make sure to have these items at the ready and easily accessible. Extinguish candles before retiring to bed, and always exercise caution around open flames.
• Charge devices. Keep mobile phones, tablets, laptops, and any other devices fully charged if an outage warning is issued. A fully-charged power bank or a solar-powered charging station also can be helpful. Store a charging cable in the car and use that to replenish power supplies if the outage lasts awhile.
• Prepare for food storage. Keep freezers and refrigerators closed as much as possible to retain the cold air inside. The U.S. Department of Agriculture says a refrigerator will keep food safe for up to four hours during a power outage. If the outage

Bellamy, the richest and one of the youngest pirates of all time, and Maria Hallett, the love of his life and so-called “Witch of Wellfleet.” Books and other items related to the presentation will be available for purchase, cash only please. Sign up in the main office.

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!



lasts more than four hours, discard meat, poultry, fish, eggs, cooked leftovers, milk, and yogurt. Fill a cooler with ice bags or frozen bottles of water to keep additional items, including medications, cold.
• Plan for cooling or heating a home. The American Red Cross suggests using sealant around windows to insulate the home. Extra blankets can keep people warm. Opening the windows for a cross breeze may help when it’s hot inside. However, if the weather is very hot or cold and the indoor temperature cannot be maintained, go to a location with air conditioning or with heat. Don’t use the stove or an outdoor grill indoors for warmth.
• Stock books, puzzles and games. Figure out ways to keep busy that don’t require electricity. These can include crafts, reading material, puzzles, board games, and more.
• Unplug appliances. Unplug appliances and other devices so they are not damaged when the power returns and potentially surges.
Power outages can be a nuisance and even dangerous. Plan accordingly if a storm is expected to knock out power.

What to know about storm warnings and other safety protocols

The moment when a person first recognizes they are in danger due to a storm or natural disaster can be harrowing. It's not easy to maintain one's composure at such times, when people try to process what they're hearing about a given storm while also trying to contain anxiety about loved ones, pets and personal belongings.
Communities and local governments typically have warning systems or other safety protocols in place that local residents can adhere to in an attempt to keep everyone safe. Recognition of what these warnings mean can save lives, making knowledge existing protocols a vital component of emergency preparedness.
• Hurricane warning: Hurricanes form over water, but one need not be a coastal dweller to experience the wrath of these powerful storms. The National Weather Service notes hurricane winds can be felt as far as 150 miles inland. Thankfully, hurricanes are typically tracked long before they reach land, giving residents ample time to evacuate in most cases. In fact, hurricane warnings are issued 36 hours before the arrival of tropical-storm-force winds, which are sustained winds that reach speeds of 74 miles per hour or greater.
• Hurricane watch: Tracking and predicting tropical weather systems is the responsibility of the National Hurricane Center. The NHC will announce a hurricane watch when sustained winds of 74 miles per hour or greater are possible within the area noted in the watch. The NHC will announce a watch 48 hours before the agency anticipates the arrival of winds 74 miles per hour or greater.
• Tropical storm warning: Tropical storms do not produce winds as strong as hurricanes, but these storms can still be devastating. Strong winds and heavy

rainfall are hallmarks of tropical storms. A tropical storm warning is issued if forecasters are expecting sustained winds with speeds between 39 and 73 miles per hour within a specified area within 36 hours.
• Tropical storm watch: A tropical storm watch is similar to a warning, but will be declared when the issuing body believes winds between 39 and 73 miles per hour are possible within the next 48 hours.
• Winter storm watch: The National Weather Service will issue a winter storm watch when it feels there is the potential for significant and hazardous winter weather within 48 hours. The NWS defines significant and hazardous winter weather as a combination of:
1. Five inches or more of snow/sleet within a 12-hour period or 7 inches or more of snow/sleet within a 24-hour period and/or
2. Enough ice accumulation to cause damage to trees or power lines. and/or
3. A life-threatening or damaging combination of snow and/or ice accumulation with wind.
• Winter storm warning: The NWS may issue a winter storm warning when a significant combination of hazardous winter weather is already occurring or imminent. The criteria defining significant and hazardous winter weather for a winter storm warning is the same as that for a winter storm watch.
Strong storms are very dangerous and can be deadly. Recognition of what watches and warnings means can save lives and should always be taken seriously. More information about watches and warnings is available at weather.gov.

Must-have items when hosting a tailgate

The start of football season is a big deal for sports fans. After months away from the gridiron, college and professional teams return to the field over the final weeks of summer. Fans follow suit, returning to stadiums and, prior to kickoff, setting up outside in the parking lot to tailgate.
Tailgating is an integral part of the game day experience for millions of football fans. As a new season dawns, fans who want to take their tailgating to championship heights can be sure to bring along these must-have items.
• Portable grill: A portable grill that's easily built and dismantled is an absolute must when tailgating. Tailgates are as much about food as football, and some grilled fare like hamburgers and hot dogs are go-to pre-kickoff selections. Don't forget to bring along plenty of charcoal, a fire starter and a lighter when heading to a tailgate with a portable grill in tow.
• Foldable tables and chairs: Fans tend to mingle around a tailgate, but a foldable table and chairs are ideal for serving and eating food. Tailgate hosts can request guests bring their own foldable chairs to save room for addi-

tional items in their vehicles.
• Canopy: The elements are hard to predict, and savvy tailgaters know a canopy is a useful item to bring along to any tailgate. A canopy can protect guests and food from the elements by blocking both the sun and rain. Fans who want to go the extra mile can bring along a canopy with an attachable sun wall to provide additional protection against the sun and wind.
• Insulated cooler(s): Insulated coolers can keep food from spoiling and ensure beverages stay cold throughout the tailgate. Let the number of guests dictate whether or not you bring along an extra insulated cooler or two. At least two coolers might be useful, as tailgate hosts can designate one for beverages and another for food.
• Collapsible food storage tubs: The right food storage tubs can make a tailgating host's job that much easier. Use the tubs to store premade items like sides and chopped vegetables that will ultimately be eaten during the tailgate. Once emptied, the tubs can be collapsed and easily stored in a reusable shopping bag, making for easy cleanup and transport home.
• Portable Bluetooth speaker: Music can set a festive tone for a tailgate, so bring along a portable Bluetooth speaker to set the right tailgating tone. A pre-selected playlist can keep the music playing throughout the festivities.
• Entertainment: A football is a no brainer when choosing some tailgating entertainment. But additional games can add to the fun. Pack a deck of cards for fellow fans who want to sit down and relax before the big game and some additional games, like cornhole and ring toss, for those who want to burn off some pregame energy.
• Smart TV: Fans know there's no shortage of great games come football season. A smart TV with apps to stream games kicking off in other cities can take a tailgate up several notches. Fans will enjoy gathering around and watching a game in a different locale so they can keep up with all the action on game day. A high capacity battery pack can provide all the power a tailgate needs, while a portable tripod stand can save hosts the hassle of packing an additional foldable table.

Tailgating is a beloved tradition come football season. Some must-have items can enable football fans to take their tailgates up a notch this year.

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QCC's respiratory care program wins national award

WORCESTER — Quinsigamond Community College's Respiratory Care program recently received the Distinguished RRT (Registered Respiratory Therapist) Credentialing Success Award from the Commission on Accreditation for Respiratory Care (CoARC). This is the third time QCC has received this award.

The award is given by CoARC to accredited programs that have a three-year running average of 90 percent of students passing both required credentialing exams and earning their Registered Respiratory Therapist certification after graduation. QCC is one of 75 respiratory care programs in the country that won an award out of more than 400 programs.

"I am incredibly proud of our respiratory care students and faculty. With the growing demand for respiratory therapists, QCC graduates are well-prepared to meet workforce needs thanks to the strong clinical training they receive, as reflected by this award," said Assistant Dean of the School of Healthcare Shanan Stratis.

The Respiratory Care program at QCC is a 20-month associate degree program that prepares students to enter the workforce as a licensed RRT. Graduates from the program are often employed at QCC's clinical affiliates such as UMass Memorial Medical Center and Mass General Hospital.

"Our program strives to see our students succeed while they are with us and after they graduate and sit for their exams, so that they can become successful respiratory therapists and fill vital positions to serve our local communities," said Respiratory Care Program Coordinator and QCC alum Daniel Marsala.

QCC's Respiratory Care program began in 1967, and is the oldest respiratory program in the state. For more information, visit qcc.edu/respiratory-care.

SCARECROW

continued from page A1

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with S.C.E. Real Estate. We thank each of them for making this event possible with their generous support.

WALK

continued from page A1

Blackstone Gorge and are on paved paths with areas of natural terrain.

The 5km route explores a small section of the Blackstone Gorge with natural paths as well as the paved Blackstone River Gateway Rail Trail.

The 10 KM route is on

the part of the Southern New England Trunkline Trail. Other sights include the Blackstone River & Canal Heritage State Park, and the Blackstone Historical Museums.

The 10 KM & 5 KM routes are doable for strollers and wheelchairs. Volkssporting events sponsored by Walk'n Mass Volkssport Club promote

fun, fitness and friendship through non-competitive walking and biking. There is also an achievement awards program through the AVA: America's Walking Club (ava.org). For further information contact Dawn at (978) 804-3404. You may also contact www.walknmass.org for this event and future events.



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

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Webster Lake Waterfront 8 Long Island



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“It’s not a dumpster, it’s a big mousetrap”

Collier, Parks explore lives and myths of hunting birds

BY GUS STEEVES
CORRESPONDENT

CHARLTON — You wouldn't think cars would be a major issue for flying beings. But they are.

“That bird didn't have a death wish, it saw something moving,” Julie Collier said. “That triggered the instinct to go get it. There's no instinct to look both ways.”

One of the most common ways raptors find their way to Wingmasters, the bird rehab Collier and her partner Jim Parks run in Leverett, is by diving for such prey and not seeing the oncoming car that hits them en route. They've taken many such birds to Tufts Animal Clinic in Grafton, but not all survived.

“When things go right,” they get to release the birds back into the wild; that can take years. Some, however, are never releasable, and Wingmasters has a permit to keep them at Rattlesnake Gutter Land Trust and use some of them for educational events.

Last Thursday, they brought several of those birds – mostly owls, but also one peregrine falcon – to Charlton Library to talk about what they do, the lives of such raptors, how they hunt, some myths, and other details of the species they work with.

“If you're looking for gratitude in this world, do not raise a teenager and don't rehab birds of prey,”



Gus Steeves

Julie Collier with their rehabbed peregrine falcon.

Collier noted, describing one they'd cared for as being “six ounces and all of them nasty” even after three years in their care.

In their experience, the peregrine is “the wisest bird here today,” Parks said, while Collier added



Gus Steeves

Jim Parks with one of their barred owls.

the smartest one they've rehabbed was a golden eagle and the second was a red-tailed hawk, far brighter than their owls. On a scale of 1-10, they rate eagles as 10, the hawk as 9.75, and owls as 1-4 depending on species. Parks later cited the barn owl as a 4, while Collier noted some other types are just 1 or even 0.5.

The peregrines are “the opposite of owls” in various respects, she said. Peregrines hunt by day using speed and sight – diving at 200 mph it's “nature's jet,” so that even when the prey hears them, they don't have time to react. They migrate south for winter and can't deal with cold. Owls, by contrast, are cold-adapted, slow, silent night hunters by sound who stay year round (snowy owls are from the Arctic and find this area usually too warm). Collier flicked and waved feathers of both; the former were clearly audible, the latter, not at all.

Most owls hunt rodents (peregrines mostly hunt birds in flight), and have somewhat adapted to

human settings. The owls have fluffy, fur-like feathers evolved to insulate, with most of them having feathered feet and camouflage. Peregrines have thin, bare taloned feet which they can use as fists to knock prey birds out of the sky or grab them in flight. An owl's bark-looking camouflage is often so good people can walk right by one and not see it watching them from a tree's hollow. Collier said to “let the bird reveal itself. Owls are very, very good at sitting still, which falcons are hopeless at.”

Peregrines have become an urban species; Parks noted there's a nest of them atop Worcester's Travelers Insurance building that has driven away most of the other bird species that used to be there. Years ago, there were just 39 nesting pairs of peregrines in the US, and they were endangered due to DDT use. (Today's parallel is rodenticides; they urged people not to use them at all. “You'll never wipe out the rodent population. You'll just create havoc for beautiful birds,” Parks said.) Now there's at least 50 pairs in Massachusetts alone, with recovery thanks to captive breeding.

The owl species they brought faced similar recovery paths except for the barn owl, which is still endangered. It's also the least camouflaged of their sample species and would normally migrate but has taken advantage of human places for warmth in winter. Barred owls, by contrast, have recovered alongside the beavers, since they favor wetlands.

All birds of prey share

four traits, Parks said – binocular vision, flying ability, talons and curved beaks. Many also love our trash since they can't smell it but it attracts lots of prey; as Parks put it, “Ask the owl or hawk, it's not a dumpster, it's a big mousetrap.” Often, they hunt the same things at different times; he noted “where you see a hawk by day, you've got an owl, too.”

When it comes to myths, both had several they sought to debunk. Some were inaccurate names; Collier noted screech owls do not screech, they call with a “melodic trill.” (The screeches we hear are usually foxes or fishers.) Likewise great horned owls aren't horned; those tufts are for insulation and silent hunting. (They are “the most aggressive hunting bird of anything that lives in the northeast” and favor “things marked with white.” Females will attack people who come too close to nests, aiming for their faces – not out of viciousness, but to protect their young.)

Owls also aren't “wise,” and can't turn their head 360 degrees – just 180. Also, she said she “wished more Americans understood” that waving hello to animals is seen by them as a threat. The birds don't see the spectrum of shades we can; mostly, they just see the bright colors (red, yellow, orange, black and white) with others being shades of grey to them. But they can also “see by the light of moon and stars in a way you and I can't.”

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

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Local communities take part in National Night Out



BY KEVIN FLANDERS
STAFF WRITER

REGION — Several local communities recently held National Night Out (NNO) events connecting law enforcement agencies and the residents they serve.

Typically held on the first Tuesday of August, the NNO program is intended to foster the creation of relationships between community members and law enforcement agencies. Residents often only see police officers and other personnel in uniform during the course of their duties, but NNO events help build familiarity during fun, laid-back settings.

“National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community,” read a statement released by NNO organizers. “It provides a great opportunity to bring police and

neighbors together under positive circumstances.”

Multiple area leaders attended NNO programs this year, including Senator Mike Moore, Senator John Cronin, Worcester County District Attorney Joseph Early, Jr., and Worcester County Sheriff Lew Evangelidis.

“We enjoyed a great evening at National Night Out events across the county. These events are all about bringing the community and public safety together,” read a statement released by the Worcester County District Attorney's Office. “Thank you to the many police departments, towns, cities, and community organizations for a great night.”

The following individuals, agencies, and departments are thanked for their involvement in NNO activities this year: the Worcester Police Department; YMCA of Central Massachusetts; Worcester Fire Department; Worcester EMS; Grafton Police Department; Petersham Police Department; Fitchburg Police Department; Barre Police Department; Barre Fire Department; and the Quabbin Regional School District.

Members of the Central Massachusetts Law Enforcement Council are also thanked for displaying equipment and vehicles for youngsters to check out.

“National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live,” read the statement released by the NNO leadership team.

Each year, millions of guests take part in NNO activities across all 50 states. Individual communities celebrate the occasion with such activities as block parties, festivals, parades, cookouts, public safety demonstrations, youth events, and visits from emergency personnel.

“We extend our sincere appreciation to all the public safety departments and vendors who participate in these celebrations,” read a statement released by the Worcester County Sheriff's Office. “This occasion holds great significance, as it promotes the strengthening of positive relationships between our communities and law enforcement.”

To learn more about NNO and how you can join the mission, visit www.natwo.org.

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