

News from Beginning Bridges, CFCE

BeginningBridgesCFCE.weebly.com
Facebook: Beginning Bridges CFCE
Emurray@smoc.org
508-278-5110

Beginning Bridges CFCE’s vision is that children, youth and families reach their full potential now and in the future. Our mission is to work with families and community partners to create the conditions for children, youth and families to thrive socially, academically and economically. Funding for the Coordinated Family & Community Engagement Grant (CFCE) is provided by the Massachusetts Dept. of Early Education and Care (EEC)

and sponsored by South Middlesex Opportunity Council (SMOC-Childcare/Head Start). Beginning Bridges CFCE has funding for the towns of Mendon, Northbridge, Upton & Uxbridge. Currently, our FREE comprehensive services include weekly indoor and outdoor parent/child playgroups. We also offer parent education programs, the Ages & Stages Developmental Questionnaire and can connect families to community resources.

Our summer newsletter has been sent out and is posted to our website. If you’d like to receive a copy please email Emily Murray at EMurray@smoc.org.

Upcoming Events- Registration is required for all upcoming events. Links can be accessed on our website or contact Emily Murray at 508-278-5110 or Emurray@smoc.org.


Please check our website and Facebook page for our latest Newsletter and information about our Playgroups.

We are excited to partner with some amazing local businesses and organizations in the towns of Northbridge and Uxbridge for this summer’s Read Around Town. Please visit our website for dates, locations and registration. <https://beginningbridgescfce.weebly.com/>

Monday 7/7/25 – Music and Movement with Deb Hudgins - 9:30 – 10:30 - Upton Town Library, 9 Milford Street, Upton. Register on the Upton Town Library website.

Wednesday 7/16/25 – Music and Movement with Deb Hudgins - 10:30 – 11:00 - Whitinsville Social Library, 17 Church Street, Whitinsville. Register online at the Whitinsville Social Library Website.

Please check our website www.BeginningBridgesCFCE.weebly.com for more information and details.

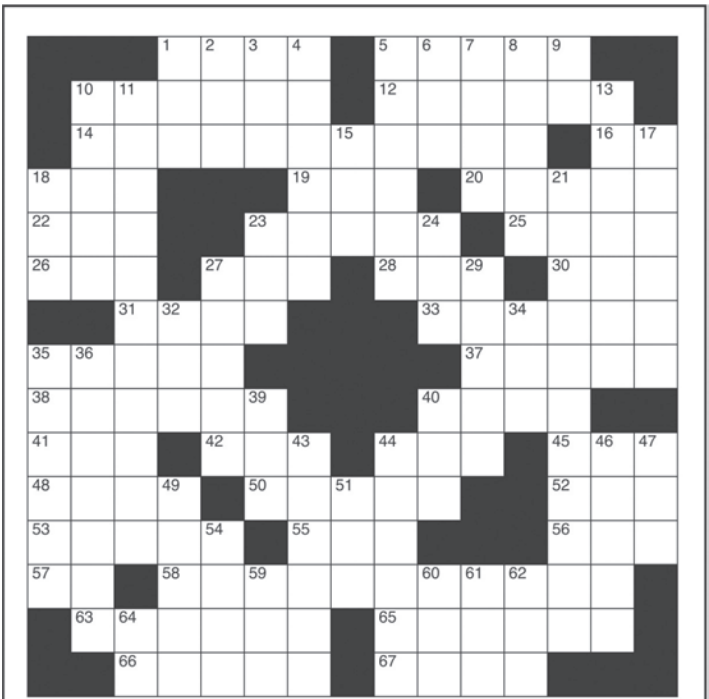


ARTHRITIS?

Is your arthritis care all that you would hope it to be?
If not we may be able to help.

**Osteoarthritis
of Hands - Knees- Hips.
Back and Shoulder Problems
Rheumatoid Arthritis
Psoriatic Arthritis - Gout**

Charles A. Birbara, MD
Associate Professor of Medicine, Umass-Chan Medical School
25 Oak Ave., Worcester, MA 01605 508-799-2674
“Committed to Advancing appropriate care to people with arthritis”



- ### CLUES ACROSS

 1. Type of bread
 5. Range of mountains
 10. Ended
 12. Musical forms with a recurring theme
 14. On the nature of being
 16. Law enforcement agency
 18. Australian flightless bird
 19. Subway rodent
 20. More dried-up
 22. A beaver might build one
 23. Suggestive of the supernatural
 25. Art __, around 1920
 26. American rocker Snider
 27. Not or
 28. Earliest human: __-Magnon Man
 30. Firearm
 31. Tough outer skin of fruit
 33. Alternative form of a gene
 35. Low shrub some call “fat pork”
37. Plants in the chamomile tribe
 38. Revolutionary War era spy
 40. Portion of a book
 41. Hoover’s office
 42. Title of respect
 44. Tax collector
 45. Cool!
 48. Real estate
 50. Boy’s name
 52. Airborne (abbr.)
 53. Strongly recommends
 55. Hit lightly
 56. Bar bill
 57. Atomic #54
 58. Devotes again
 63. Fish sauce
 65. French stock market
 66. Things that consist of two elements or parts
 67. Tense

- ### CLUES DOWN

 1. Retired game show host Sajak
 2. Equal (prefix)
 3. Israeli city __ Aviv
 4. Loved
 5. A type of analyst
 6. Ad __
 7. Gasteyer and de Armas are two
 8. Ran without moving
 9. Opposite of yes
 10. Diffuse clouds of gas
 11. Mentioning one by one
 13. Instruments used to dilate
 15. Freshwater fish
 17. Remotely-manned flying objects
 18. Doctor of Education
 21. Renews
 23. Not the start
 24. Pitching stat
 27. Small water buffaloes
29. Ceramic jars
 32. I (German)
 34. Something to toss on a fire
 35. The process of flowing in
 36. A series of acts at a night club
 39. Egg of a louse
 40. Inquire too closely
 43. Travelers
 44. Drink
 46. Behave in a way that degrades
 47. Electronic music style
 49. Northern Ireland city
 51. Upset
 54. Stiff structure resembling a hair
 59. Father
 60. North Atlantic fish
 61. 8th month (abbr.)
 62. Make an effort
 64. Commercial

PUZZLE SOLUTION



Local students graduate from Nichols College

DUDLEY — Nichols College proudly congratulates the spring 2025 graduating class, who earned their academic degrees at the College’s commencement ceremony on May 3, 2025, at the DCU Center in Worcester, Mass. Anne F. Ackerley, a senior advisor to the retirement business at BlackRock and former head of the firm’s U.S. Retirement Group, delivered the commencement address.

The following local students earned the degrees listed:

Victorya Pacheco, of Douglas earned a Bachelor of Arts

Saige Frazier, of Uxbridge earned a Bachelor of Science in Business Administration

Cassey Holland, of Douglas earned a Bachelor of Science in Business Administration

Jack Morvan, of Uxbridge earned a Bachelor of Science in Business Administration

Joshua Pinoos, of Whitinsville earned a Bachelor of Science in Business Administration

Benjamin Wiersma, of Uxbridge earned a Bachelor of Science in Business Administration

James West, of Whitinsville earned a Master of Science in Organizational Leadership

We applaud these students for their achievement.

About Nichols College

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

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

Join Douglas Sunshine Club to see the WooSox

WORCESTER — Calling all baseball fans! Join the Douglas Sunshine Club for a trip to Polar Park in Worcester to see the WooSox game at noon on Wednesday, July 30.

The Douglas Sunshine Club is planning this trip for a great afternoon at the park. Tickets are \$26 per person, which must be paid at time of sign up. This is first come, first served for a limited number of tickets. you will also receive a \$5 voucher to be used at the park that day. Sign up at the Douglas Adult Social Center located at 331 Main St., Douglas, or see a Sunshine Club member to make your reservation. If you need a ride we have transportation provided by the Douglas Road Runner van and by car pool from the center. Any questions, please call the center at 508-476-2283.

Correction

NORTHBRIDGE — Due to a typographical error, the list of 2025 Northbridge High School graduates published in last week’s edition was mistakenly


labeled the Class of 2024. The Blackstone Valley Tribune deeply regrets any confusion that may have resulted from this unintentional error.

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E-MAIL:
news@stonebridgepress.news
OR send to Blackstone Valley Tribune
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TRIBUNE

ALMANAC

— REAL ESTATE —

BLACKSTONE

None

DOUGLAS

None

NORTHBRIDGE

\$1,130,000, 360 Quaker St, Bradley, Terence M, to Valente, Eduardo F, and Valente, Juliana E.
\$825,000, 85 Windstone Dr, King, Benjamin, and King, Megan, to Dagg, Christopher.
\$640,000, 70 Macarthur Rd, Malcolm, David G, and Malcolm, Bernice, to Thompson, Christopher S, and Thompson, Mary E.
\$620,000, 423 Goldthwaite Rd, Priest Ft-2014, and Focht, Barbara, to Yeboah, Clifford.
\$579,900, 229 Church St, Superior Realty TLLC, to Muradian, Barry, and Muradian, David.
\$485,000, 23 Purgatory Rd, Lofgren-Thatcher, Derrik, to Youngerman, Nicholas M.
\$465,000, 124 Cooper Rd, Doyle, Eileen T, and Doyle, Daniel J, to Cotter, Philip, and Kumlin, Janice.


UXBRIDGE

\$520,000, 62 Lovely St, Nala Investments LLC, to Rougeaux, Christophe.
\$495,000, 228 Hamilton St, Almanzar, Yelissa, to Lcr Ma Properties LLC.
\$391,700, 25 Hartwell Ter, Demers, Cheryl, to Demers, Holly A, and Demers, Sean.
\$360,000, 12 Chartier Ln, Julian, James L, to Riggieri, Sante S.
\$340,000, 781 Ashland Ave, Huberdault, Matthew, and Huberdault, Marybeth, to Roy, Amanda.
\$279,000, 337 Charlton St, Morrisette Leo Est, and Davey, Jonathan J, to Lopez, Daniel.
\$245,000, 691 Guelphwood Rd, Jandreau, Michael F, and Santander Bank Na, to Daou Inc.
\$87,000, 179 River St, Arvelo, Hector N, to Negron, Luis A.



HOME IMPROVEMENT HEADQUARTERS

To advertise in this directory the 2nd and 4th weeks of the month, please call Mikaela at 774-200-7308 or email mikaela@stonebridgepress.news
It's the best deal in the house!



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HAMMERHEAD CARPENTRY

Millbury Senior Center

S U M M E R KICKOFF
Tuesday, June 17th
Entertainment with Matt Brodeur
Hot Dogs & Hamburgers
Ice Cream for dessert provided by Senator Moore
Call or stop by the center to sign up!

TRANSPOR-TATION
Monday - Thursday 8 - 4 P.M.
Friday 8 - 11:30 A.M.
Need a ride outside the WRTA Catchment Area? Rides need to be made in advance! Call the Senior

Center to schedule your ride
508-865-9154

F L O R A L ARRANGMENT CLASS
SAMS STEMS
Thursday, June 26th 1 P.M. - 3 P.M.
price is \$20
Call the center to sign up!

B E T T E R B R E A T H E R S CLUB
Tuesday, June 24th 10:30 A.M.
call or sign up at center

S E N A T O R MOORE'S OFFICE
Meet with a representative from Senator Moore's

office!
Wednesday, June 4th

First Wednesday of the month between 11 - 12 P.M.

All are welcome to meet and discuss issues of importance or looking for assistance

TRANSPOR-TATION
All appointments will be accepted by the WRTA
Millbury Seniors 60 and older / those with ADA services call 508-752-9283 in

order to register with the WRTA in advance if they need transportation

Transpor- tation Hours are Monday through Thursday from 8 A.M. to 3:30 P.M. & Fridays 8 A.M. to 11:30 A.M.

Rides have to be scheduled by 4:30 P.M. the day before by calling 508-752-9283

For more information on regards to transportation call the center at 508-865-9154

S E N I O R C E N T E R E X E R C I S E CLASSES!

Z U M B A CLASSES
Mondays at 1 P.M. (Class is \$3)

L I G H T E X E R C I S E CLASSES
Mondays and Fridays 9:30 A.M. - 10:15 A.M. (Free!)

TAI CHI
Tuesdays 9:30 - 10:30 A.M. (class is \$3)

LINE DANCING CLASSES
Wednesdays at 10:30 A.M. (Class is \$3)

YOGA
Thursdays 9 - 10 A.M. (Class is \$3)

Lunches are served Monday through Thursday 12 P.M. Friday 11:30 A.M.

The menu is available on the town website, www.townofmillbury.org

Or our Millbury Senior Center Facebook page
A 48-hour reservation is required. Call the center at 508-865-9154

“ M E M O R Y C A F É ”
Please join us on Tuesday, June 24th at 1 P.M.
Refreshments

will be served

A Memory Café is a monthly gathering for people with memory loss / challenges and their care partners. It is a time to socialize, make new friends, and have a good time

Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!

S N A P APPLICATIONS
(Food Stamps)

Our appointments are on

Tuesdays & Thursdays 10 A.M. - 2:00 P.M.

Call for an appointment & required documentation 508-865-9154

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USDA does not endorse any goods, services or enterprises.”

Area residents named to dean’s list at Quinnipiac University

H A M D E N , Conn. — The following area students were named to the dean's list for the Spring 2025 semester at Quinnipiac University:

Douglas
Hadley Gavan
Julia Oskirko

Northbridge
John Buckley
Shelby Cannon
B r e n d a n McIntyre

Uxbridge
A n a s t a s i a Lynch
Hayden Plourde

Whitinsville
J o s e p h Carpenter
Maria Fletcher
Dakota Grazulis
To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semes-

ter, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester. Names followed by an asterisk denotes with honors.

A b o u t Q u i n n i p i a c University
Quinnipiac is a private, coeducational, institution located 90 minutes

north of New York City and two hours from Boston. The university enrolls 9,400 students in 110 degree programs through its Schools of Business, Communicati- ons, Education, Computing and Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts and Sciences. Quinnipiac is recognized by

U.S. News & World Report and Princeton Review's "The Best 388 Colleges." The university is in the midst of program expansion and renewal for both traditional and adult learners, attraction of diverse communities, development of innovative corporate partnerships and construction of an ambitious set of capital projects. For more information, please visit qu.edu. Connect with Quinnipiac on Facebook and follow Quinnipiac on X @QuinnipiacU.

Harrington Auxiliary awards five scholarships

SOUTHBIDGE — Since 1959, the Harrington Auxiliary has awarded scholarships to students planning to pursue a career in a healthcare field. Continuing that tradition, the Auxiliary recently awarded five \$3,000 scholarships to local area students.

Students residing in the communities served by the UMass Memorial Health Harrington System were invited to apply for one of the scholarships. This year the committee received 17 applications.

Alivia Sauvageau is graduating from David Prouty High School and will pursue Nursing at the University of Connecticut. Shepherd Hill Regional High School graduate Cassidy Bousquet will also pursue Nursing in the fall at Fitchburg State University.

Three graduating students from Bay Path Regional High School received the remaining scholarships. Braelyn Dunn plans to study Diagnostic Medical Imaging at the Massachusetts College of Pharmacy and Health Sciences; Manaali Vaidya intends to attend Boston University and become a Physician; and Minos Anifantis is entering the Nursing program at Curry College.

A member of the Scholarship Committee will present the certificates to the students at their respective schools.

Since 1932, the Harrington Auxiliary has supported the patients and community the UMass Harrington Health System serves, through hospital gift shop sales, fundraisers, and special events.

Eastern releases spring 2025 Dean’s List

WILLIMANTIC, Conn. — Eastern Connecticut State University recently released its Dean's List for the spring 2025 semester, in which 1,302 students were recognized for maintaining high GPAs.

Among the students were:
Charlotte French of Whitinsville, a full-time senior who majors in Communication

Emily Guarino of Douglas, a full-time sophomore who majors in Psychology

To qualify for Dean's List, full-time students must complete a minimum of 12 credits in letter-graded courses with an average GPA of 3.5 or higher in the semester. Part-time students are eligible if they've accumulated 15 or more cred-

its of letter-graded coursework with an average GPA of 3.5 or higher.

Eastern Connecticut State University is the state of Connecticut's public liberal arts university, serving upwards of 4,000 students annually on its Willimantic campus. A residential campus offering 41 majors and 68 minors, Eastern offers students a strong liberal arts foundation grounded in a variety of applied learning opportunities. Ranked among the top 25 public institutions in the North by U.S. News & World Report in its 2024-25 Best Colleges ratings, Eastern has also been awarded 'Green Campus' status by the Princeton Review 15 years in a row. For more information, visit www.easternct.edu.

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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

This is your brain on fun

When's the last time you had some real, stupid, joyful fun?

Not the kind that's scheduled on a calendar or costs \$85 a ticket. I mean the kind of fun that sneaks up on you and reminds you life isn't all stress and headlines. A kitchen dance-off. A late-night ice cream run. A ridiculous game of charades where everyone ends up crying from laughter.

We forget how much we need that. The world's heavy enough. People are tired. Disconnected. But fun, real, low-stakes, no-reason fun brings us back to life. It connects us and reminds us we're human.

And there's science to it. Research from Harvard found that playfulness, humor, and spontaneous joy reduce cortisol levels, improve brain function, and increase our capacity for empathy and resilience. Even the Harvard Law Review has noted how community and levity can improve public well-being and reduce conflict which sounds pretty good right about now. Fun doesn't fix everything. But it makes everything easier to carry.

Harvard Study on Happiness: A long-term Harvard study on adult development found that close relationships and shared joyful experiences are the strongest predictors of health and longevity more than money or fame. Fun, especially when shared, strengthens those bonds.

Stanford Neuroscience Research: Engaging in fun and playful activities increases dopamine levels, which improve mood, motivation, and focus. It's your brain's natural "reward" system.

National Institute for Play: This institute emphasizes that play reduces stress, boosts creativity, and improves overall well-being, especially when it includes laughter or spontaneous moments.

American Journal of Lifestyle Medicine: Reports that people who prioritize leisure and play have lower levels of cortisol (the stress hormone), improved immune function, and reduced risk of cardiovascular disease.

- More examples of everyday fun:
- Hosting a "bad movie night" with neighbors and popcorn.

Setting up a spontaneous water balloon fight on a hot day.

Having a board game potluck everyone brings a snack and a game.

Organizing a "slow bike ride" zero competition, just cruising.

Creating a temporary sidewalk chalk gallery on your street.

Starting a DIY music night a few instruments, no expectations.

Holding a "try something new" night. People teach each other random skills like yoyo tricks, juggling, or how to whistle with fingers.

Letter submission policy

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

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

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Why should we be forced to fund ideology we disagree with?

To the Editor:

PBS is so far left that I don't want to give them even \$1 of my money, but I have no choice. Why should we the people have to support the nonsense that they bring when we totally disagree with it?

Years ago, I never worried about my kids watching "Sesame Street" or "The Electric Company," or any of the kids' programs on PBS. Today, I would not want my little

grandkids watching that stuff.

They are teaching children things that I, as a Christian, say is wrong. It's a lifestyle that God condemns, so why do I have to support it? And then you, Rick, think that we should donate more to them? No, not me.

Phyllis Kuik
Uxbridge

What can our high schoolers tell us about D-Day?

To the Editor:

D-Day. Do you know what it stands for? More importantly, can any high school student explain World War II and the significance of D-Day?

As we approach July 4th, it is good to remember that June 6 is the 81st Anniversary of the day that 73,000 young American soldiers stormed the beaches of Normandy to free Europe from the Nazi war machine in Germany and to stop the Nazis from killing Jewish people.

The Vichy collaborating-government in France had surrendered. Austria, Czechoslovakia, Poland, Belgium, Norway, Denmark, and the Netherlands were under Nazi control. Britain was running out of food, ammo, and time.

What the American soldiers did is so important to the French that they have made the Normandy beaches and crumbling German machine-gun bunkers a sacred memorial and sacred ground. Beautiful beaches which could be lined with resorts are empty, testimony to the sacrifices of the 2,500 American soldiers who died there, killed by German soldiers. Two thousand Allied troops died there, too.

Their sacrifice would end Hitler. And end the killing of millions of Jewish people in the Nazi concentration camps. Grandfathers, mothers, children, husbands, sisters, aunts. Like the people that the Free Palestine idiot in Boulder, Colorado, tried to kill for some illusory idea. Like the young couple, murdered on the street in Washington, D.C., in front of the Jewish museum by another crazed hater. These deranged people are the true Nazis. Free Palestine means Eliminate Israel. It is another slogan to cover Oct. 7 — the day on which Hamas murdered 1,200 Jewish people and took 250 hostages. Hamas has killed 82 of the hostages.

For a lesson in World War II history, in case any high school student is curious, here are my top movie recommendations: Schindler's List. Saving Private Ryan. Midway. Charlotte Gray, Shoah (a French documentary). The series, "World on Fire," produced by the BBC as only the Brits can do, on Boston public television.

They are all brilliant. All are difficult to watch. But our young must learn this lesson. Their grandfathers and great-grandfathers sacrificed much. Our Dads sacrificed four years of their lives, fighting in Europe, in the South Pacific, and even at home, building planes, tanks, and weapons.

Mix up These "Solutions" to Your Gardening Challenges

It's growing season and nearly every successful backyard gardener uses a few tricks of the trade to ensure success. But the average gardener is not without challenges this time of year, whether it is repelling pesky garden pets or curing black spot disease. With this in mind, the following tried and true "recipes," made from ordinary household ingredients offer a creative solution to common garden problems.

- **
Flower Bed Pet Deterrent
Made from pantry dry goods, this chemical free recipe has been used for generations of gardeners to repel pets from garden beds.
Ingredients: one part cayenne pepper; two parts dry mustard powder; four parts flour
Directions: Mix in a large paper grocery bag by holing the neck of the bag and shaking it. Distribute generously in the beds. Repellent must be reapplied after watering.
**
- **
Cut Garden Flower Preservative
The theory behind this recipe is that Listerine contains sucrose and a bactericide to extend the life of cut flowers.
Ingredients: two ounces Listerine mouthwash; one gallon water
Directions: Mix together and pour into vase of cut flowers.
**
- **
Green Lawn Cocktail
Give your lawn a healthy boost with this cocktail made from common ingredients.
Ingredients: one cup Epsom salts; one cup household ammonia; one can beer; two cups water
Directions: Pour into hose-end sprayer and apply. Covers and peeps up about 2000 square feet.
**
- **
Black Spot Cure for Roses
Get roses back in tip top shape with this simple spray.
Ingredients: three tablespoons baking soda; one gallon



TAKE
THE
HINT
KAREN
TRAINOR

water.
Directions: Mix together both ingredients and spray roses. Pick up any fallen rose leaves and burn them or take them to the dump.
**

- Exterior Mildew Wash
Extinguish mold on outside garden walls and other surfaces with this powerful mildew wash.
Ingredients: three quarts warm water; one quart liquid laundry bleach, such as Clorox; one quarter cup powdered laundry detergent; two thirds of a cup TSP (trisodium phosphate, available at paint stores)
Directions: Mix well and apply to surfaces with a stiff broom. Let stand for one half hour. Rinse well with a garden hose to prevent damage to plants. Wear rubber gloves when handling.
Note: These recipes were collected from several different published sources. Use with care and at your own risk.
**
- Win Dinner for Two at the Publick House
Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month 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.

Pretend!

In 1979, a Harvard psychologist named Ellen Langer conducted a study that still raises eyebrows today. She gathered a group of men in their 70s and 80s and asked them to do something radical: pretend they were 20 years younger.

For five days, these men lived in a recreated environment styled entirely from two decades earlier. The furniture, the magazines, the music, even the way they spoke—all designed to transport them back in time.

They didn't just reminisce about the past. They were asked to live it. To speak in the present tense, as if 1959 wasn't a memory but their current reality.

"Imagination is everything. It is the preview of life's coming attractions," said Albert Einstein.

What happened next sounds like fiction: Their IQ scores jumped by an average of 60 points. Their posture improved. They stood taller. Their posture and joint flexibility increased. Even finger length increased—an observable biological response. Some tossed their canes. A few played touch football on the lawn. All without medication. No surgery. Just belief, imagination, and embodiment.

Draw from that what you will.

But here's the question worth asking:

Who are you pretending to be?

We don't always think of ourselves as actors. But we are. Every day, we step into roles—some conscious, many not. The tired one. The anxious one. The too-late one. The responsible-but-forgotten one. The victim. The almost-was.

We play them so well that we forget we're performing until it becomes our truth.

Some would look at that Harvard study and scoff, "They were putting on a facade." But that's not what happened at all. I think they were peeling off the facade.

I think, for five days, they stopped pretending to be old—and remembered who they really were. They told a new story in their heads. And their bodies followed. Their minds led. And biology responded.

That's the power of identity. "We are what we pretend to be, so we must be careful about what we pretend to be," wrote Kurt Vonnegut.

Because here's something most people never consider: every one of us is pretending. All the time. Based on what we believe. Based on what

POSITIVELY
SPEAKING
TOBY MOORE

we've agreed to about ourselves. Based on what we were told—and accepted—about what's possible.

So ask yourself: Are you really who you've been pretending to be?

Because if you want to know who you're acting like, just look at your results. Your life is the clearest revelation of who you've agreed to be. And if you want new results, you don't need to push harder—you need to play a new role.

That starts with changing your internal I Am. From "I'm too late" to "I'm right on time." From "I'm stuck" to "I'm growing." From "I'm not enough" to "I'm becoming."

It's not about faking it 'til you make it. It's about embodying what's already inside you. Athletes do it. Performers do it. Therapists teach it.

Visualization. Rehearsal. Mental reprogramming. To the brain, there's little difference between real and vividly imagined experiences—when you're fully immersed, your biology plays along.

So, who you imagine yourself to be—over and over—becomes your lived experience.

Do you have the courage to be

yourself?

Or have you been playing a role for so long you forgot there was a difference?

You don't need to wait for someone to recreate your environment. You don't need to wait for permission. You can create the shift now. Change the channel in your mind. Step into the role you were born to play. Speak differently. Walk differently. Believe differently. And soon, you'll see that your results follow your role.

If five days of pretending to be younger changed the lives of elderly men... imagine what six months could do for you.

"Live out of your imagination, not your history," wrote Stephen R. Covey

The question isn't whether it works. The science is there. The results are real.

The real question is: Who have you been pretending to be?

And more importantly—Who are you ready to become?

Because in the end, identity isn't something you find.

It's something you choose.

Because your identity isn't written in stone—it's written in action. And today is as good a day as any to begin the rewrite.

More than \$9 million in scholarships awarded to BVT students

UPTON — The Blackstone Valley Vocational Regional School District is proud to announce its Class of 2025 Scholarship and Award Recipients. As BVT's newest graduates advance their career training, they do so with the assistance of awards with an estimated tally exceeding nine million in renewable value, which is a springboard for success, allowing its recipients the financial freedom to implement their career plans across various pathways.

"When it comes to putting their career plans in action, some students purchase new tools, clothing, and equipment while others use financial aid to cover tuition at colleges or universities," said Superintendent-Director Dr. Michael F. Fitzpatrick. "The aid of scholarships and awards help our graduates move toward a bright future, whether directly out of high school or five years out, to contribute as well-trained, educated, and skilled members of the workforce."

The following is a list of the scholarships and awards earned by members of the Class of 2025, including immediate plans for career training. Students are categorized by town and listed alphabetically by their last name. Scholarship amounts reflect the first-year total. For more details, visit www.valleytech.k12.ma.us/scholarshiprecipients.

BELLINGHAM
Isabella Anderson – Worcester State University (Early Childhood Education) \$3,000 Merit Scholarship
Connor Champagne – Webster First Credit Union (Help Desk Technician) \$2,500 John & Abigail Adams Scholarship
Molly Danner – Nova Southeastern University (Marketing) \$12,000 Deans Scholarship
Matthew Drons – Curry College (Undecided) \$41,240 Curry College Grant/Scholarship
Matheus Guedes – Army \$500 Anonymous Military Scholarship
\$500 Corporal John Dawson Memorial Award
Isabella Lepardo – Merrimack College (Nutritional Sciences and Dietetics) \$1,500 IBEW local Union 104 scholarship
\$36,000 Athletic Aid
Abigail Noyes – UNC Charlotte (Fire Safety and Engineering Technology) \$750 Blackstone Valley Rotary Club \$1,000 Women's Club Scholarship for Italian Heritage \$1,000 Middlesex Savings Charitable Foundation Scholarship

\$1,000 Upton American Legion Scholarship
\$1,000 Upton Fire & EMS Scholarship
\$2,500 Upton Mens Club Scholarship
\$3,000 UNC Charlotte Chancellors Scholarship
Aydan O'Neal – Bridgewater State University (Elementary Education) \$6,000 Bridgewater Commitment Grant
Kiele Sarnie – Wentworth Institute of Technology (Construction Management) \$23,000 Presidential Scholarship
\$500 Herman Buma Memorial Scholarship
Tan Tran – Northeastern University (Business Administration: Finance) \$2,000 Andrew Cocaine Memorial Scholarship
\$10,000 Horatio Alger Association BLACSKTONE Braedon Ando – Texas Christian University (Business Finance) \$60,000 Founders Scholarship
Addison Baldini – Worcester State University (Nursing) \$2,000 Andrew Cocaine Memorial Scholarship
\$750 Blackstone Lions Club Scholarship
\$3,158 Mass Grant Plus Expansion \$3,000 Massachusetts Cash Grant
\$1,500 Pilon Scholarship
\$1,000 WSU Housing Grant
Samuel Carneiro – Cybersecurity \$500 Town Fair Tire Foundation Toolship Scholarship
Paige Connolly – Johnson and Wales (Food and Beverage Entrepreneurship) \$1,000 Edward Fraine Memorial Scholarship
\$26,500 Presidential Scholarship
Nathaniel Cook – UMass Amherst (Biology) \$1,500 Daniel Allard Memorial Scholarship
\$2,000 Dean's

Award
Skylar Cournoyer – Bellingham Imports (Mechanic) \$1,000 Town Fair Tire Foundation Toolship Scholarship
Matheus De Carvalho – Plumbing Apprentice \$1,000 Town Fair Tire Foundation Toolship Scholarship
Mia DelVecchio – Johnson and Wales University (Baking and Pastry Arts) \$16,500 JWU Presidential Academic Scholarship
\$7,600 Johnson and Wales Grant
\$1,000 Michael Drinkwater Memorial Scholarship
\$1,000 SkillsUSA Competition Scholarship
HaleyMcKinnon – Massachusetts College of Art and Design (Studio for Interrelated Media) \$250 BVT Teachers Association Scholarship
\$1,000 MassArt President's Scholarship
Cassidy Walsh – University of New Haven (Dental Hygiene) \$30,000 Presidential Scholarship
DOUGLAS Haley Bilodeau – Trinity College (Biochemistry and Music) \$67,420 Presidential Scholarship
Haley Chamberlain – University of Massachusetts-Amherst \$500 Dean Bank Scholarship
Matthew Dean – Wentworth Institute of Technology (Architecture) \$6,000 Arno and Roberta E. Wagner Scholarship
Justin Dooner – Wentworth Institute of Technology (Mechanical Engineering) \$2,180 John & Abigail Adams Scholarship
\$22,000 Presidential Merit Scholarship
Tyler Grybowski – Wentworth Institute of Technology (Cyber Security)

\$1,000 John & Abigail Adams Scholarship
Riana Katragini – Endicott College (Early Childhood Education) \$5,000 Arno and Roberta E. Wagner Braydn Levesque – All Points HVAC & Plumbing (Service Technician) \$500 Class of 2024 Scholarship
Emily Muniz – Drexel University (Business and Engineering) \$32,400 A.J. Drexel Scholarship
\$500 Homefield Credit Union Scholarship
Om Patel – Georgia Institute of Technology (Electrical Engineering) \$500 Millbury National Bank Scholarship
\$4,000 NUCOR Foundation Community Scholarship
\$2,180 Georgia Institute of Technology \$2,180 John & Abigail Adams Scholarship
Liam Peach – Massachusetts College of Art and Design (Graphic Design) \$1,000 John & Abigail Adams Scholarship
\$500 Olive Branch Lodge Samantha Pinto – University of South Carolina (Nursing) \$500 NHS/NTHS Scholarship
\$1,714 John & Abigail Adams Scholarship
\$96,000 Superlative Scholars Award
Evan Pupka – Thomas College (Computer Science) \$20,000 Presidential Academic Achievement Award
\$2,000 Welcome to Maine
Emily Sullivan – Rhode Island College \$2,000 Maguire Family Scholarship
Addison Taylor – Worcester State University (Nursing) \$12,000 Merit Scholarship
Jeremiah Thomas – Ace Temperature Control (HVAC Apprentice) \$500 Derek Yancik Memorial

Scholarship
GRAFTON Alexandra Bell – Framingham State University (Food and Nutrition) \$2,000 Culinary Arts Alumni "Mr. B" Scholarship
\$5,000 Massachusetts Restaurant Association Audrey Bell – Western New England (Mechanical Engineering) \$2,000 Gene Haas Foundation Machining Technology Scholarship
\$2,180 John & Abigail Adams Scholarship
Elena Baker – Missouri State University (Musical Theater) \$5,000 Engaged Citizen Award
\$10,000 Out of State Waiver
Saim Choudhry – University of Massachusetts Lowell \$2,000 Gene Haas Foundation Machining Technology Scholarship
Raghav Dave – University of Massachusetts, Amherst (Electrical Engineering) \$1,575 John & Abigail Adams Scholarship
Rowan Hackett – Massachusetts College of Art and Design (Illustration) \$7,300 Richard W. Pierce Scholarship
2025 Nora Iadarola – Emerson College (Business of Creative Enterprises) \$500 NHS/NTHS Scholarship
\$12,500 Emerson Visionary + Beantown Merit Awards
Keyara Jones – Worcester State University (Nursing) \$2,100 Friends of Rutland Heights Hospital Scholarship
\$25,000 Horatio Alger National Scholarship
\$970 John & Abigail Adams Scholarship
Ella McCann

– University of Rhode Island (Criminology and Criminal Justice) \$17,000 URI Owen O'Packi – Bryant University (Business) \$22,000 Bryant Black and Gold Award
\$4,000 Vice Presidential Scholarship
Broddie Remillard – University of Massachusetts Lowell (Business Administrations) \$4,000 John & Abigail Adams Scholarship
Joshua Siefert – MassBay Community College (Engineering) \$720 John and Abigail Adams Scholarship
Carly Simpson – University of Connecticut (Allied Health Sciences) \$4,000 Husky Achievement Award
Robert Wells – Giroux Electric (Electrical Apprentice) \$1,000 James Brochu Memorial Scholarship
\$2,000 Unibank Scholarship
Corporal John Dawson
HOPEDALE Kallie Allen – Virginia Tech (Biomedical Engineering) \$3,000 Hopedale Foundation Trade Education Scholarship
\$300 MAVA Outstanding Vocational Technical Student of the Year Award
\$1,000 Sharon Melton Myers Memorial Scholarship
\$1,000 SkillsUSA Alumni & Friends Scholarship
Nathaniel Allen – Wentworth Institute of Technology (Cyber Security) \$24,000 Merit-Based Scholarship
Devin Arthur – University of New England \$3,000 Hopedale Foundation Trade Education Scholarship
Anthony

Bucchino – Mass Maritime (Marine Engineering) \$7,500 Admiral's Scholarship
\$740 Federal Pell Grant View Award
\$2,180 John & Abigail Adams Scholarship
\$4,120 MA Grant Plus \$500 MASSGrant \$10,000 Room/Board Grant
Benjamin Catalogna – NEIT (Cybersecurity) \$9,000 Merit Scholarship
Nicholas De Mesquita – Cape Cod Community College \$700 John Lachapelle Memorial Award
Eric Deppe – Northeastern University (Mechanical Engineering) \$500 Chad A. Holbrook Memorial Sports Scholarship
\$3,000 Hopedale Foundation Trade Education Scholarship
\$2,180 John & Abigail Adams Scholarship
Harold Erickson – Wentworth Institute of Technology (Interior Design) \$20,000 Presidential Merit Scholarship
\$1,500 Impact Lab Scholarship
Crys Gerry – Advanced Manufacturing Field (Aerospace Welder) \$200 Matthew L. Fleming Memorial Award
Connor Griffin – Franklin Pierce University (Business) \$36,500 Merit Scholarship
Ryan Jacques – Massachusetts Maritime Academy \$2,000 Gene Haas Foundation Machining Technology Scholarship
Jacob Noble – Pennsylvania State University \$3,000 Hopedale Foundation Trade Education Scholarship
Jacob Orne – Massachusetts

Maritime Academy (Marine Engineering) \$18,000 Merit scholarship
Declan Reilly – Worcester Polytechnic Institute \$3,000 Hopedale Foundation Trade Education Scholarship
Christopher Russell – Worcester Polytechnic Institute (Bioinformatics & Computational Biology) \$3,000 Hopedale Foundation Trade Education Scholarship
\$26,000 WPI Presidential Merit Scholarship
MENDON Kalynn Bellefontaine – UMass Dartmouth (Nursing) \$4,000 Dean's Scholarship
Leila Leyvas – Worcester State University (Nursing) \$20,000 State Scholarship
Ian Maguire – Assumption University (Cybersecurity) \$1,000 Early Acceptance Grant
\$32,000 Presidential Scholarship
Kyle Miller – A.S. Jones & Co. \$1,000 James Brochu Memorial Scholarship
Cameron Roy – Plumbing Apprentice \$4,000 Nucor Scholarship
MILFORD Matthew Alencar – Plumbing Field (Plumbing Apprentice) \$1,000 Town Fair Tire Foundation Toolship Scholarship
Nicolas Alvarez-Benincasa – Quinsigamond Community College (Liberal Arts) \$3,000 John & Abigail Adams Scholarship
Albert Aweh – Regis College \$48,000 Regis Grant
Alexa Barnes – Texas State University

Turn To **SCHOLARSHIPS** page **A10**



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Local residents earn degrees at Clark University's Commencement exercises

WORCESTER — Clark University awarded 468 undergraduate degrees and 1,014 advanced degrees during two ceremonies as part of the University's 121st Commencement exercises, held at the DCU Center in Worcester, Mass., on Monday, May 19.

Ethan W.L. Keller, of Whitinsville, graduated with a Bachelor of Arts. Woody Michael Garrigan, of Whitinsville, graduated with a Master of Science in Communication. President David B. Fithian '87 urged the graduates to celebrate their accomplishments.

"For this day, smile upon yourself, applaud your achievements, reflect upon your growth, celebrate your friends and classmates and, perhaps most importantly, bask in the love of those here with you and for you," President Fithian said.

"All of us up here representing the trustees, administration, faculty, staff, and alumni are so proud of you, especially for overcoming all that you have had to in the past four years. We are smiling upon you, we applaud you, we celebrate you, and we thank you for sharing these years with us."

Esther Duflo, the Abdul Latif Jameel Professor of Poverty Alleviation and Development Economics in the Department of Economics at the Massachusetts Institute of Technology, delivered the Commencement Address during the bachelor's degree ceremony and was presented with the degree of Doctor of Laws.

"I have no advice for you as you embark on this task, but I have one plea. Do not let anyone convince you that the world is a Hobbesian dystopia where everything is zero-sum and wealth is the ultimate metric of success. It's not a place where there is a concentric center of caring, and beyond some radius, the value of others is zero. Think about this day, about how you got here, remember the kindness of many, and ask yourself what you can do to keep that going," said Duflo.

Temera De Groot, a first-generation college student who emigrated from Guyana when she was 10 years old and plans to pursue law school, spoke to her peers at the undergraduate ceremony.

NPR journalist Ari Shapiro spoke to the students receiving master's and doctoral degrees, and encouraged them to prioritize connecting with and helping those around them.

"All of us carry a baton that our ancestors handed us. And all of us will pass it to those who come after us. Wherever we are in that relay race, there are people we can help. So the question we need to ask is, 'How can I be helpful?'" Shapiro told the crowd.

Shapiro was presented with an honorary Doctor of Letters degree at the afternoon ceremony.

Kumar Gaurav, a first-generation college student from India who received his MBA, also spoke at the graduate ceremony.

President David Fithian concluded the day's celebrations and told the graduates, "I applaud you. I congratulate you. And I urge you to put to work - anywhere in the world you find yourself next - the knowledge you have developed and the skills you have honed here to address the challenges and opportunities we face as global citizens."

The University conferred 975 Master's and 39 doctoral degrees to a class that included graduates from 41 states and 35 countries.

For more coverage of Clark's Commencement ceremonies, visit the web.

Founded in 1887, Clark University is a liberal arts-based research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. Through 33 undergraduate majors, more than 30 advanced degree programs, and nationally recognized community partnerships, Clark fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.

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Celebrate National Pollinator Month this June by creating and maintaining a garden that attracts and supports these important members of our ecosystem. Pollinators are responsible for about 75 percent of the food we eat and play an important role in producing food, fiber, medicine and more. The European honeybee is the most well-known but our native bees along with moths, wasps, beetles, flies, bats, and some birds also help pollinate our gardens.

Just like the honeybees and Monarch butterflies, many pollinators are struggling with their populations dwindling due to pesticides and loss of habitat. You can make a difference by creating pollinator gardens filled with their favorite plants.

Start helping all pollinators and the environment by reducing or better yet eliminating the use of pesticides. If you opt for a chemical solution, look for the most eco-friendly product and as always read and follow label directions to minimize the negative impact on the environment and pollinators.

As you create your pollinators' paradise include shelter from predators and the weather. Include trees and shrubs, if space allows, providing you with year-round interest and nectar, pollen, and tasty leaves as well as nesting sites and safe havens for the various life stages. Leave patches of open soil for ground nesting bees and some leaf litter to shelter some butterflies, bumblebees, and other pollinating insects.

Plant a variety of native plants, herbs and other pollinator favorites that provide nectar and pollen throughout the season. Spring bulbs, early blooming wildflowers and perennials provide essential food that is often in limited supply early in the season. Fall flowering plants provide needed energy supplies as the bees, hummingbirds, and other pollinators prepare for winter.

Include plants with different colors and shaped flowers to attract and support a variety of pollinators. Plant flowers in mass. You will enjoy the display, the garden will require less maintenance, and the pollinators will use less energy when they can gather lots of food from a smaller area.

Plant masses of flowers like columbine, sweet alyssum, annual and perennial salvia, cupheas, cosmos, phlox, zinnias, bee balm, liatris, sedum, asters and more to help attract these beauties to your landscape. Fuchsias, begonias and impatiens are perfect for shady locations. And don't let a lack of space dissuade you; even a window box of flowers can help.

Bigger flowers are not always better. Double flowers may be showy, but they have less nectar and pollen. The multiple layers of petals may hinder access to the nectar and pollen they contain.



Courtesy

A Hemaris Hummingbird Moth on a Monarda flower.

Grow some herbs in the garden and containers for you, the bees, and other beneficial insects. Let some go to flower and watch for visitors on thyme, borage, oregano, and other herb flowers. Tolerate a bit of damage on parsley, dill and fennel as the swallowtail caterpillars dine on the leaves. These vigorous plants will recover once the caterpillars transform into beautiful butterflies.

Add some native plants to your gardens whenever possible. They are a richer source of nectar and pollen than cultivated plants. Pollinators and other beneficial insects have evolved with these plants, providing a mutual benefit.

Puddles, fountains, birdbaths and even a damp sponge can provide needed water. Include water features with sloping sides or add a few stones for the visitors to sip without getting wet. Sink a shallow container of sand in the ground. Keep it damp and add a pinch of sea salt for the butterflies and bees. Add a flat stone for warming and be sure to watch for and snap a few photos of visitors as they sip and sun in your garden.

If you create it, they will come. Be patient, make note of their favorites, and keep growing to attract, support and enjoy these important garden visitors.

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. Myers hosted "The Plant Doctor" radio show on WTMJ radio for more than 20 years and seven seasons of *Great Lakes Gardener* on PBS. Myers' Web site is www.MelindaMyers.com which features gardening videos, free webinars, monthly gardening tips, and more.

Uxbridge High School students presented with CAPS Cord Awards

UXBRIDGE — The following Uxbridge High School students were presented with the CAPS (Center for Advanced Professional Studies) Award during this year's senior awards ceremony.

- Ali Alomar
- Addison Griffiths
- Brianna Pare
- Maria Aprili
- Shane Guillette
- Olivia Pirrotta
- Elyse Bouchard
- Alyson Haley
- Talen Rosborough
- Catherine Buma
- Chase Henault
- Stella Roy
- Sydney Daniels
- Matthew Hinchcliffe
- Bruno Sampaio
- Maxwell Deary
- Liam Kaferlein
- Dominic Silva
- Rogan Devlin
- Timothy Devlin
- Thatcher Kling
- Jack Sullivan
- Bailey Dzivasen

- Milla Mace
- Landon Sweet
- Justin ElTukmani
- Isadora Malta
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Whitinsville Social Library

Web site: northbridgemass.org/
WSL
Phone: 508-234-2151

Hours:
Monday-Thursday: 10 a.m.-8 p.m.
Friday 10 a.m.-5 p.m.
Saturday 10 a.m.-2 p.m.
Friday, July 4-Sunday, July 6:
Closed for Independence Day

Level Up At Your Library
June 17-August 9
Log your reading on Beanstack all summer long to earn prizes. The more you read the more chances to win prizes from local businesses. All ages. Get started at whitinsville.beanstack.com

Summer Reading Books
Suggested reads for all of the Northbridge public schools are on display in the Tween & Teen Room and many are available on Libby.

Music & Movement with Miss Deb
Wednesdays in July at 10:30 AM
Join Miss Deb for singing, dancing, games, stories, and lots of fun. Ages 1-5. Registration required.

Storytime with Miss Jen
Thursdays at 10:30 starting 6/26
Read stories, sing, dance, and play.

For ages 1-5. Drop in.

Balloon Workshop
Monday 6/23 at 3 PM
Join Ed the Wizard for an engaging and fun balloon twisting workshop to learn how to make a dog, bunny, and cat! For children ages 7 and up and parent participation is mandatory.

Craft Night for Adults
Monday 6/23 at 6 PM
Customize a waist apron. For ages 18+. Register.

Tween & Teen Paint Night
Tuesday 6/24 at 6 PM
Join Julie Harrold in a step by step instructional painting of a light-house at night. Participants will learn blending and layering techniques to create this dramatic landscape. For ages 10-17. Register.

Bingo Night
Monday 6/30 at 6 PM
Play Bingo! Win prizes! All ages welcome. Register.

Fiction Book Club
Monday 7/7 at 6 PM
Read "We Solve Murders" by Richard Osman. Books are available at the library. Ebooks are available

via Overdrive/Libby. Register.

The Whodunnits
Tuesday 7/8 at 11 AM
Read and discuss "The Vacation" by John Marrs.. Copies of the book are available at the library or via Libby. Refreshments provided. Register.

Memoir Book Club
Wednesday 7/9 at 6 PM
Read and discuss "The Sun Does Shine" by Anthony Ray Hinton. Copies of the book are available at the library or on Libby. Refreshments will be served. Please register.

Tabletop Character Workshop
Friday 7/11 at 12-1
Create and decorate your very own D&D character sheet to be used in your own campaign or the two hour campaign hosted by WSL the following week. Character sheets, dice, and coloring supplies will be provided. Ages 12-17, registration required.

Saturday Snacks & Games
Saturday 7/12 at 11 AM
Visit the Tween & Teen Room between 11-1 and play one of our board games with your family and friends. Snacks provided. Drop in.

Colorful Candles Workshop
Tuesday 7/15 at 6 PM
Gariné from Kulina Folk Art Creative Workshops will be providing a "Colorful Candles" workshop for children that is one of a kind! Non-toxic and free from hot wax, this is a safe and fun activity for children to enjoy. This program is for children ages 5-12, and caregiver participation is required for children under 10 years old. Register.

D&D Campaign
Friday 7/18 at 12 PM
Calling all adventurers! Prove your monster-slaying mettle in a gladiator-style Dungeons and Dragons event at WSL. Bring your character sheet for this one-time event. Dice and snacks will be provided. Ages 12-17. Register.

Animal Family Program: Animals of the Rainforest
Tuesday 7/22 at 11 AM or 1 PM
Joy from Joy of Nature is bringing live creatures to the library! Learn all about rainforest animals and get up close. Sign up for either the morning or afternoon session. For children ages 4-12. Register.

Jigsaw Puzzle Showdown
Tuesday 7/22 at 6 PM
Puzzlers assemble! Grab a team of 2-6 puzzle experts to compete in this timed race to complete a 500 piece puzzle. Mocktails will be served and frivolous prizes awarded to the ultimate puzzle champions. For adults. Register your team.

Introverts Book Club
Thursday 7/31 at 6 PM
The easiest book club in the world. Bring a book or borrow one of the library's. Snacks provided. Drop in.



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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. WO25P1882EA
INFORMAL PROBATE PUBLICATION NOTICE
Estate Of:
Robert Earl Martin
Also Known As:
Robert E. Martin
Date of Death: April 21, 2025
To all persons interested in the above captioned estate, by Petition of Petitioner
Paul Blaine Marchand of Natick MA
a Will has been admitted to informal probate.
Paul Blaine Marchand of Natick 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.
June 20, 2025

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE
By virtue and in execution of the Power of Sale contained in a certain mortgage given by **Dennis Novinger and Kyla Novinger** to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for Taylor, Bean and Whitaker Mortgage Corp. dated August 28, 2007, recorded at the Worcester County (Worcester District) Registry of Deeds in Book 41721, Page 193, as affected by a Freddie Mac Flex Modification Agreement dated April 30, 2018, and recorded June 12, 2018, in Book 58933, Page 109, and further affected by a Freddie

Mac Flex Modification Agreement dated April 30, 2018, and recorded June 29, 2018, in Book 59025, Page 36; said mortgage was then assigned to Federal Home Loan Mortgage Corporation, as Trustee for the benefit of the Seasoned Credit Risk Transfer Trust, Series 2020-2 by virtue of an assignment dated April 6, 2022, and recorded in Book 67428, Page 85; and further assigned to Federal Home Loan Mortgage Corporation, as Trustee for the benefit of the Freddie Mac Seasoned Credit Risk Transfer Trust, Series 2020-2 by virtue of an assignment dated August 12, 2022, and recorded in Book 68148, Page 72 of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 11:00 AM on **July 15, 2025**, on the mortgaged premises. This property has the address of 121 Border Street Unit C, 117-127 Meadow Pond Condominium, Whitinsville (Northbridge), MA 01588. The entire mortgaged premises, all and singular, the premises as described in said mortgage:
The Condominium Unit known as C, in the Condominium known as 117-127 Meadow Pond Condominium, situated at 117-127 Border Street, Whitinsville, County of Worcester, and Commonwealth of Massachusetts, a Condominium created by Master Deed dated December 4, 2006 and recorded on December 5, 2006 in the Worcester District Registry of Deeds in Book 40282, Page 305.
The Post Office Address of the Unit is: 121 Border Street, Unit C, Whitinsville, Massachusetts 01588.
The Unit is shown on the floor plan of the Condominium recorded simultaneously with the Master Deed in Plan Book 851, Plan 25, and on the copy of the portion of said plan recorded with the first deed of this Unit, to which is affixed a verified statement in the form provided Massachusetts General Laws, Chapter 183A, Section 9.
Said Unit is conveyed together with an undivided 16.666 percent interest in the Common Elements, as described in the Master Deed, and any amendments thereto.
The Unit is intended for residential purposes and such other uses as are set forth in the Master Deed.
Said Unit is conveyed subject to and with the benefit of the provisions, including all obligations, restrictions, rights and liabilities, contained in Massachusetts General Laws, Chapter

183A, and as amended, the provisions of the Master Deed and floor plans of the Condominium, as amended, and the Declaration of Trust dated December 4, 2006, and recorded on December 5, 2006 with said Registry of Deeds in Book 40282, Page 325, and as amended.
Being a portion of the premises conveyed in a Deed dated October 1, 1984 and recorded on October 3, 1984 with said Registry of Deeds in Book 8392, Page 242. Subject to and with the benefit of easements, reservation, restrictions, senior mortgages, senior liens, and taking of record, if any, insofar as the same are now in force and applicable. In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale.
Terms of Sale: Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS (\$10,000.00) in cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC ("DG&L"), time being of the essence. Other terms, if any, to be announced at the sale.
Dated: June 3, 2025 Federal Home Loan Mortgage Corporation, as Trustee for the benefit of the Freddie Mac Seasoned Credit Risk Transfer Trust, Series 2020-2
By its Attorney **DOONAN, GRAVES & LONGORIA, LLC**, 100 Cummings Center, Suite 303C, Beverly, MA 01915 (978) 921-2670 www.dgandl.com 56616 (NOVINGER)
June 20, 2025
June 27, 2025
July 4, 2025

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO25P2047EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate Of:
Carole June Feras
Date of Death: 04/26/2025
To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Carly Feras of Coventry RI** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:
Carly Feras of Coventry RI
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 07/08/2025.**
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: June 06, 2025
Stephanie Fattman,
Register of Probate
June 20, 2025

www.Stonebridge Press.com

Plummer Place

Home of the Northbridge Senior Center

(508) 234-2002
Driveway Chicks Concert, Wednesday, June 25th, 1:30-2:30pm. Enjoy the sounds of a 4-woman rock band performing an eclectic spectrum of music. Supported in part by a grant from the Northbridge Cultural Council, a local agency, supported by the Massachusetts Cultural Council, a state agency. Sign up in the main office.
Lunch and Learn with Blackstone Vally Physical Therapy, Thursday, June 26th, 12-1:00pm. Come learn all about muscle atrophy including what it is and how to prevent it. Lunch is being sponsored by State Senator Ryan Fattman.

Space is limited; you must sign up in the main office.
Meditation group meets every Thursday at 9:30am. Set your intentions to start your day in a calm, relaxing manner. There is no commitment, join us when you can. Beginners to meditation are always welcome.
We are accepting donations for Plummer Place. Heavy duty plasticware utensils, heavy duty plates large and small, bowls, napkins, plastic cups, crystal lite packs, bottled water either large or small, creamers, sugar packets, decaf coffee and regular coffee, Shaw's gift cards. We appreciate all donations!

How are the birds?

UPTON — The Metacommet Land Trust will host Brandi Van Roo, Ph.D. and Beth Milke for a presentation on the health of our wild bird populations when they speak at the organization's annual meeting on June 26. The program will be held at the Upton Community Center at 9 Milford Street (Route 140) in Upton.
Brandi Van Roo is a professor of wildlife biology at Framingham State University. Her research includes bird breeding behavior as well as migrant bird banding for conservation purposes. She trains undergraduate students at banding stations in Ashland, Uxbridge and Douglas.

Beth Milke currently serves as a Volunteer-in-Parks with the National Park Service, leading birdwalks and maintaining River Bend Farm's Pollinator Garden for Blackstone Heritage Corridor, Inc.
Metacommet's annual meeting will start at 6:30 p.m., followed by the program at 7 p.m. A silent auction (with wild bird-focused items), refreshments and information on land preservation will also be offered. The event is free and open to the public. The Community Center is handicap accessible and all are welcome. For more information, visit www.metacommetlandtrust.org.

Local students named to Stonehill College Dean's List

EASTON — Stonehill College is pleased to recognize the students named to the Spring 2025 Dean's List. To qualify for this recognition, students must achieve a semester grade point average of 3.50 or better. They must also have successfully completed all courses for which they were registered during the term.
Justine Michaud of Douglas
Rory Paul of Uxbridge
Camryn Salera of Douglas
Katharine Tubbs of Northbridge
Nicolas DeNorscia of Whitinsville
Tyler Fairweather of Uxbridge
About Stonehill College
Stonehill College, a Catholic institution of higher learning, was founded by the Congregation of Holy Cross in 1948.

Located on the beautiful 387-acre campus and former estate of Frederick Lothrop Ames in North Easton, it is a community of scholarship and faith, anchored by a belief in the inherent dignity of each person.
Through more than 100 academic programs in the liberal arts, sciences, business and pre-professional field, Stonehill College provides an education of the highest caliber that fosters critical thinking, free inquiry and the interchange of ideas for more than 2,500 students.
Stonehill College educates the whole person so that each Stonehill graduate thinks, acts and leads with courage toward the creation of a more just and compassionate world.

Logan Potter of Douglas named to President's List at Hudson Valley Community College

TROY, N.Y. — Logan Potter of Douglas was named to the Spring 2025 President's List at Hudson Valley Community College.
Potter is studying in the Exercise Science academic program at the Troy, NY college.
Each fall and spring term, the college's President's List names those full-time students and part-time students registered for at least six college credits who have a term average of between 3.5 and 4.0 and who received no grade of "D," "F," "I," "Z," or "W" on their record for that term. Students must have completed at least 12 college credits successfully.
About Hudson Valley Community College

Founded in 1953, Hudson Valley Community College is the largest community college in upstate New York and offers more than 80 degree and certificate programs in three schools: Business and Liberal Arts; Health Sciences; and Science, Technology, Engineering and Math (STEM); and also administers the Educational Opportunity Center for academic and career training at no cost to those who qualify. One of 30 community colleges in the SUNY system, Hudson Valley enrolls more than 19,000 students in credit and non-credit courses and is a recognized leader in distance learning and workforce development. The college has more than 90,000 alumni. To learn more, please visit www.hvcc.edu.



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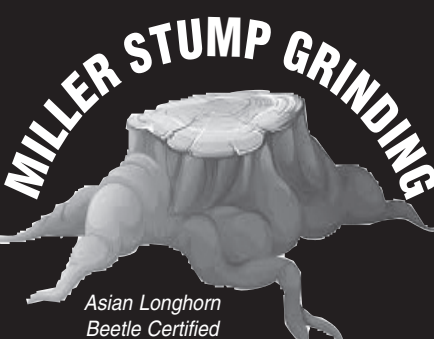


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continued from page A5

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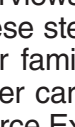
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\$2,000 Early Acceptance
Grant
\$1,000 Salisbury Award
\$500 Upton Police
Association Scholarship
Giada Dabelstein –
MCPHS (Sonography)
\$16,000 MCPHS
Presidential Scholarship
\$350 Valley Tech Ed
Foundation
Perry DerKosrofian
– Stonehill College
(Secondary Education)
\$41,000 Presidential
Merit Scholarship
Sosie DerKosrofian
– University of New
England (Medical Biology
on the Pre-Med Track)
\$2,000 Andrew Cocaine
Memorial Scholarship
\$500 Marcelyn
Karagosian Scholarship
\$500 Student Council
Scholarship
\$81,000 UNE
Presidential Scholarship
Award
Zabel DerKosrofian
– Stonehill College
(Exercise Science)
\$2,000 Andrew Cocaine
Memorial Scholarship
\$41,000 Shields Trustee
Scholarship
\$300 Valley Tech School
Committee-Academic
Award
James Gifford – Ace
Temperature Control
(HVAC Apprentice)
\$500 Derek Yancik
Memorial Scholarship
Conner Gomez – George
Mason University (Civil
Engineering)
\$18,000 Mason
Distinction Award
Haden Houatchanthara
– Regis College (Business
Management)
\$25,000 Merit
Scholarship
\$47,770 Sloan Business
Scholarship
Mara Keane –
Assumption University
(Biology)
\$2,000 Andrew Cocaine
Memorial Scholarship
\$2,000 Assumption Civic
Friendship Ambassador
Award
\$7,000 Athletic Incentive
Grant
\$6,000 Lawrence M.
and Augusta L. Keeler
Scholarship
\$400 Northbridge Youth
Basketball Association
Scholarship
\$32,000 Presidential
Scholarship
\$1,000 Yvette Manosh
Memorial Scholarship
Dylan Leeds –
Wentworth Institute of
Technology (Mechanical
Engineering)
\$200 Massachusetts
Association of School
Superintendents Award
\$2,000 Gene Haas
Foundation Machining
Technology Scholarship
\$700 Northbridge Youth
Basketball Association
Scholarship


Haley Marston – High Point University (Biology) \$72,000 Presidential Scholarship
 Markas Petone – UMass Lowell (Biomedical Engineering) \$1,454 John & Abigail Adams Scholarship
 \$8,792 Dean's Excellence Scholarship
 Ayden Rumford – Paiva's Plumbing (Plumbing Apprentice) \$500 PPHC Plumbing
 Sean Russo – Wentworth Institute of Technology (Data Science) \$21,000 Presidential Merit Scholarship
 Emma Salus University of New Haven (Dental Hygiene) \$30,000 Merit Scholarship
 Delaney Sanford – Bridgewater State University (Health Science) \$20,000 Crimson Merit Scholarship
 Eva Schairer – University of Connecticut (Nursing) \$12,000 Husky Achievement Award
 \$500 Rita Skinner Memorial Scholarship
 Alexa Seward – Worcester Polytechnic Institute (Civil Engineering) \$139,560 WPI Presidential Scholarship & Grant
 \$2,680 Worcester Polytechnic Institute
 \$2,180 John & Abigail Adams Scholarship
 \$500 Principal Leadership Award
 Bella Shaw – Primetals (Machine Operator) \$100 Stanley Tool Award
 \$500 Tattersall Machining Scholarship
 Addison Snow Westfield State (Nursing) \$20,000 Presidential Merit Scholarship
 SUTTON
 William Bogdan – Quinsigamond Community College (General Studies) \$500 Bank Hometown Scholarship
 Emma Cliadakis – UMass Amherst (Marketing) \$2,500 John & Abigail Adams Scholarship
 \$500 Ken Baker Memorial Scholarship
 Andreanna DiStefano – Quinsigamond Community College (Criminal Justice and Psychology) \$500 Dudley Gendron Post 414-Richard Maclaren Sr. Memorial Scholarship
 Morgan Gervais – University of Maine (Zoology) \$500 Jason K. Ball Memorial Scholarship
 Dante Hastings – LEI Corporation (Small Engine Mechanic) \$500 Paul Perreault Memorial Scholarship
 Benjamin Hicks – University of Hartford (Mechanical Engineering) \$2,000 Gene Haas Foundation Machining Technology Scholarship
 Tyler Houlihan – University of South Carolina, Columbia (Nursing) \$1,000 Sutton Lions Club
 Kenneth Kalvinek – UMass Lowell (Civil Engineering) \$20,000 PLTW Scholarship
 Caroline Martin – Worcester Polytechnic Institute (Mechanical Engineering) \$4,000 NUCOR
 Turn To **SCHOLARSHIPS**

page **A1**



Friday's Child





Rowan
Age 13
Registration #9215

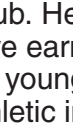
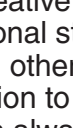
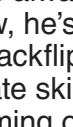
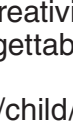
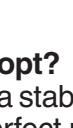
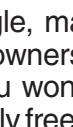
Rowan is a funny, playful, and high-spirited young boy who keeps everyone around him smiling. Always on the move, Rowan enjoys staying active with sports like football, karate, and even waterskiing—a passion he's proud of from his time in a water skiing club. He's especially proud to have earned his boating license at a young age! In addition to his athletic interests, Rowan has a creative side. He loves writing fictional stories and sharing them with others, using his vivid imagination to bring characters to life. He's always dreaming big—right now, he's determined to master a backflip to add to his growing karate skills. Rowan is also a big country music fan and enjoys jamming out to his favorite tunes. His mix of energy, humor, and creativity makes him a truly unique and unforgettable kid.

<https://www.mareinc.org/child/26230361683>

Can I Adopt?

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

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

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BIG TIME RESULTS

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YARD SALE**

**Saturday,
June 21 & 22, 2025
8:00 AM – 2:00 PM**

Oxford, MA

**RICE ROAD Neighborhood
in Millbury**

Rice Rd.
Thomas Hill Rd.
Aldrich Ave.
Capt. Peter Simpson Rd.

YARD SALE

Saturday & Sunday

JUNE 28 & 29

9:00 a.m. - 3:00 p.m.

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FOR RENT**

Cozy modern
2 bedroom apartment
Off street parking
Newly renovated
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\$1450/month
Contact Ed at
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I'LL COME TO YOU!

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SCHOLARSHIPS

continued from page A10

Foundation Community Scholarship \$2,000 Unibank Scholarship \$1,870 WPI Grant \$27,000 WPI Presidential Scholarship Connor Moore – Wentworth Institute of Technology (Computer Engineering) \$1,000 Sutton Lions Club \$24,500 Wentworth Financial Aid Scholarship Jacob Rajotte – Wentworth Institute of Technology (Computer Science) \$5,000 Marine Corps Scholarship Foundation Kathryn Shultz – Roger Williams University Marine (Biology) \$1,000 FEA Franklin Scholarship Spencer Stephenson – University of

Northwestern Ohio (High Performance Motorsports) \$500 James Sochia Memorial Award for Tools \$1,000 Michael Cammuso Jr. Memorial Scholarship \$100 University of Northwestern Ohio FAFSA scholarship UPTON Alexander Burgos – Massachusetts Maritime Academy Facilities Engineering \$1,000 Town of Upton Scholarship E.W. Risteen B. Welfare Trust Fund Samantha Carroll – University of Massachusetts Amherst (Informatics - Data Science) \$6,300 John & Abigail Adams Scholarship \$200 Town of Upton-Gary Bates Scholarship Fund \$1,000 Tri-County

Regional Chamber Honor Scholar Eric Dunham – Worcester Polytechnic Institute (Aerospace Engineering) \$92,000 WPI Grant Scholarship Kylie French–Rochester Institute of Technology (Individualized Study) \$1,000 NTID Outreach Scholarship \$12,500 NTID President's Scholarship Lauren Gronda – University of Louisville (Dental Hygiene) \$400 Broadway Youth Dance Theatre Cassidy Lyon – Northeastern University (Behavioral Neuroscience/Pre-Physician Assistant track) \$500 Mass CTE Vocational Technical Student Achievement Award \$27,400 Northeastern

University Grant Harmony Meléndez-Torres – Bridgewater State (Psychology) \$28,000 Academic Excellence Scholarship RyanPoirier–Worcester Polytechnic Institute (Mechanical Engineering) \$2,180 John & Abigail Adams Scholarship \$2,000 Gene Haas Foundation Machining Technology Scholarship John Simas – Worcester Polytechnic Institute (Interactive Media and Game Design) \$20,000 Merit Scholarship UXBRIDGE Lillian Alberto – Ringling College of Art & Design (Bachelor of Fine Arts) \$22,000 Creative Excellence Scholarship Chris Bouvier – UMass Dartmouth (Business Management)

\$3,500 Merit Scholarship Thomas Carlson – Navy (Hull Maintenance Technician) \$1,000 Anonymous Military Scholarship \$500 Corporal John Dawson Memorial Award Maura Cleary – University of Massachusetts - Lowell (Civil Engineering) \$1,500 Merit Scholarship \$1,000 U.S. Veterans Motorcycle Club Alexi Cox – University of Central Florida (Electrical Engineering) \$2,500 John & Abigail Adams Scholarship \$5,000 Uxbridge Dollars for Scholars-Andrews Scholarship Brendan Knox – Wentworth Institute of Technology (Cybersecurity) \$84,000 Presidential merit Scholarship \$21,000 Presidential


merit Scholarship Nicholas Matte – J.S. Mortimer Inc. (HVAC Technician) \$300 James Franklin Memorial Award Mikaela Swanson – University of New Haven (Forensic Science) \$30,000 Presidential Scholarship Mason Uthoff – University of Rhode Island (Biotechnology) \$54,000 Presidential Scholarship Nicholas Whitlock – Carter Electric (Electrical Apprentice) \$1,000 Town Fair Tire Foundation Toolship Scholarship Stephanie Zaitoun – University of Massachusetts Lowell (Biomedical Engineering) \$500 Altor Corporation Solutions \$8,832 Dean's Excellence Scholarship



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- WEBSTER - 11 PARK RD.
Featured New Listing!
Location - Location!! **MASSIVE TWO FAMILY!** Off the beaten path, on a rarely traveled side road! Feels like a faraway place/close by! Each apartment boasts 1,372 SF+/- of living area ~ the 1st floor Apt has 6 Rms, 4 BRs & Full Bath & the 2nd Floor Apt has 6 Rms, 3 BRs & Full Bath. Updated Boilers w/ Hot Water Storage Tanks provides HWBB Heat by Natural Gas. Garage-under. **\$510,000**

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



Featured New Listing
WEBSTER
4 PERRYVILLE RD
That Cozy "I'm so Happy to be Home" Vibe! Move In Ready, Updated Kitchen w/stainless appliances. Formal Dining Rm, Living Rm, (18x13) Great Rm, 3+ BRS & full updated Bath w/Tub, Classic hardwood floors, rounded archways... wood burning fireplace. Quality Owens-Corning finished basement system with 3 large LL rooms & 2nd Full Bath w/Shower, kitchen area w/cabinets & refrigerator. Morton Barn Style Garage (24x24) w/open lean-to-roof. Property well kept & has loads of character. .39 acre +/- cleared lot w/179' Rd Front! **\$435,000**



Featured New Listing
WEBSTER - 24 COOPER RD
NEW CONSTRUCTION Craftsman Style Home! Tucked away on Cooper Rd, Webster Lake w/ Access at Lakeside Beach/Boat Ramp. 3rd of 4 Homes being built at this Site. Offers 2,155 SF+/- of Living Area, 7 Rms, 4 BRs, 2-1/2 Baths, 9' Ceilings. Open Concept Plan. Wood Flooring Throughout w/Ceramic Tile Floors in the 2-1/2 Baths. Spacious Main BR Suite w/Walk-in Closet & Private Full Bath w/5' Tiled Shower, Double-Sink Vanity! Lower level walkout w/Slider. Basement-rough plumbed for future expansion. FHA Heat & Central AC! Garage. **\$649,900.**



Featured Listing
Snug Harbor Villa!
WEBSTER LAKE WATERFRONT LISTING!

WEBSTER LAKE WATERFRONT LIVING AT IT'S FINEST! THIS 4000+/- SF ** THE VILLA'S at SNUG HARBOR! ** END UNIT IS TRULY A RARE FIND! ONE OF ONLY 6 UNITS** > Custom Built w/Special Features & Upgrades. Offers 4 BRs - 3 are Primary BR Suites w/private baths, 4-1/2 Baths Total!! The Outstanding direct lakefront location provides exceptional Southern panoramic views across Middle Pond, a boat dock, & full recreation activities like swimming, fishing, kayaking, paddle boarding -- whatever Floats Your Boat --! Perfect setup for entertaining family, friends & guests! Enjoy All 4 Spectacular Seasons! It's more than a home - it's a Life Style! **NEW PRICE \$1,150,000**



WEBSTER - 8 VICTORY DR.
ON DEPOSIT
WELCOME to this Charming & Well Maintained Ranch Style House! The Layout is Versatile - Perfect Blend of Comfort & Functionality! New Appliances, "Mahogany" Cabinets! Hardwood Wood floors! "Walk up" attic...Future Expansion! Fully Fenced in back yard for your Furry Friends or Active Kiddos :) **\$359,900**



Featured New Listing!
WEBSTER - 18 GRAYSTONE AVE
Welcome to this "CLASSIC CAPE" offering the perfect blend of modern amenities. Recently remodeled open concept kitchen living room & dining area featuring granite countertops, new flooring & recent appliances. Updates include roof, windows, doors, Roth oil tank & Hot Water Heater (2021). New heating system in 2023. This is a "GEM" Possibility of a 4th bedroom/home office. 1 car under **\$405,000**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



Webster Lake Waterfront
88 Union Point
Excellent opportunity! Natural Western Facing Shoreline-Beautiful Sunsets - Views of Middle to North Pond! 7,000 +/- Sq. Ft. Waterfront Lot! Winterized cottage Fireplaced living room! 12 X 30 one car garage. Beautiful Pine trees at the water's edge! **\$660,000**



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

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



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- *Heated Saltwater Pool (19'x33')
- *Cathedral Ceiling Livingroom
- *Potential 1st Floor Bedroom
- * American Walnut Flooring in Familyroom
- *Proximity to All Major Highways
- *1st Floor Laundry
- * Fireplace
- * 3 Bedrooms
- * Familyroom w/ Wet Bar
- *Hardwood Floors throughout

*2400 sq. ft. not including Lower Level
10 Tobin Drive \$685,000

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\$1,100 month
First floor
2 Bedrooms
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- *Immaculate Ranch
- * 3 Bedrooms
- * 1.5 Baths
- *Hardwood Floors
- *Modern Kitchen & Bath
- *Fantastic Lot
- *Town Services

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Uxbridge Senior Center

36 South Main St.
508-278-8622
Lisa Bernard – Director
Gail Boutiette –
Outreach Coordinator
Donna Oncay –
Transportation
Coordinator
Omer Boucher – Van
Driver
Sally Selvidge –
Activities Coordinator
Pat Ordway – Chef
D I R E C T O R ’ S
NEWS FOR JULY 2025
NEWSLETTER
Our Shuttle Service is
officially two years old

this month!
This community shut-
tle takes older adults and
individuals with disabili-
ties to destinations such
as the post office, pet care
appointments, hair salon
or barber, the bank, the
pharmacy, and shopping
anywhere in the Uxbridge
and Northbridge
area. The shuttle runs
every Wednesday from
9am-3pm, requests require
a 48-hour notice. For more
information and to book
your rides, please call the
senior center.

For medical appoint-
ment transportation,
please call Donna to book
your ride. This service is
available Monday through
Friday and is on a first
come first serve basis.
The Uxbridge Police
Association will be spon-
soring our July 4th pic-
nic celebration on Friday,
July 11th at 12 noon at the
senior center. Come for
a free luncheon, which
will include hot dogs,
hamburgers, salads, and
a special ice cream des-
sert. Please RSVP as

space is limited! We thank
Chief Montminy and
the Uxbridge Police for
this annual event for our
seniors!!! Our entertain-
ment will be provided by
Pat Stephan, who will be
singing Patriotic Songs
for all to join in!
Attention SNAP mem-
bers! Did you know that
as a SNAP participant
you automatically qualify
for the Health Incentives
Program (HIP)?
When you spend
SNAP dollars on farm
fresh fruits & vegetables
at HIP retailers (this
includes Foppema’s Farm
located on Hill Street in
Whitinsville—please call
the senior center to book
the Shuttle Service to take
you there on Wednesdays),
an equal amount of your
monthly limit is instantly
added back to your EBT
card. Please contact the
senior center to learn
more about SNAP bene-
fits to see if you qualify or
if you have any questions
regarding this program.
Feeling depressed,
lonely, anxious, or trou-
bled, the Massachusetts
Behavioral Health Help
Line is here to help, call
1-833-773-2445: You will talk
with a trained staff mem-
ber who will assist you in
accessing the treatment or
support that meets your
individual needs. It is free
of charge and confiden-
tial.

A BIG Thank You to
State Rep Mike Soter for
the lobster roll cookout,
which was held on Friday,
June 27th at the VFW. A
fun time was had by all!
We truly appreciate your
kindness and support.
Have a safe and happy
4th of July!
Lisa
Tuesday, July 1st – 1:30
pm – Flag Cork Craft with
Sally! Donation of \$7.00
per person. Payment is
due upon sign-up.
Thursdays, July 3rd,
10th, 17th, 24th & 31st –
9:30 am – Walk & Talk
Club Continues! Join
Doreen Cedrone, our
Wellness Coordinator,
to walk the Town loop
every Thursday morning.
This is weather permit-
ting. Pre-registration is
required! Get your enroll-
ment forms at the cen-
ter. The meet up spot is
McCloskey School.
Thursdays, July 3rd
– 10:30 am – Veterans’
Services with Carl
Bradshaw by appointment
only. Call 508-278-8622 to
sign up.
Friday, July 4th – The
Senior Center will be
closed in observance of
Independence Day. We will
re-open on Monday, July
7th at 8:00 am.
Monday, July 7th – 3:00
pm – 4:00 pm - Computer
Tutoring with students
from Blackstone Valley
Tech. Please call ahead
to book an appointment.
This will be held on the
first Monday of each
month.
Tuesday, July 8th – 1:00
pm – Uxbridge Library
Book Club. They will be
discussing “Horse” by
Geraldine Brooks. You
are welcome to join us
for lunch on this day,
just be sure to call ahead
to “book” yours! Next
book club meeting is on
Tuesday, August 12th.
Tuesday, July 8th - 1:00
pm – Benefit Enrollment

Specialist – Tri-Valley,
Inc. Call the senior center
to book an appointment
with Meka. Next date will
be Tuesday, August 12th.
Friday, July 11th – 12:00
pm – Lunch & Learn
with Chief Montminy &
The Uxbridge Police
Association Annual
Cookout! Come join the
UPD for lunch. We will be
serving hamburgers, hot
dogs and all the fixings!
We thank the Uxbridge
Police Department for
sponsoring this annual
event! Our entertainment
will be provided by Pat
Stephan, who will be sing-
ing Patriotic Songs for
all to join in! Be sure to
RSVP.
Monday, July 14th –
12:00 pm – Empire Buffet
Lunch Trip - \$14.00 per
person, included gra-
tuitly, payable upon sign
up. Drinks are separate.
Transportation is avail-
able. Please be sure to
RSVP by July 10th.
Tuesday, July 15th
– 9:00 am – 12:00 pm -
SHINE Appointments -
Pat Nectow, our SHINE
Counselor, is back to help
you with your health
insurance questions.
Please call 508-278-8622 to
schedule an appointment.
Wednesday, July 16th
– 10:30 am – 12:30 pm –
National Grid Customer
Care Event. National
Grid Customer Advocates
will be here to assist you
with discounts, payments
and budget plans. This
event will be monthly on
the third Wednesday of
each month. If you’d like
to join us for lunch on this
day, be sure to call ahead
to RSVP. You are also wel-
come to walk in and visit
between 10:30 am – 12:30
pm.
Thursday, July 17th –
1:30 pm – 3:30 pm – Big
BINGO at the Uxbridge
Senior Center. Join us
for a fun afternoon of
BINGO & cash prizes!
Packets of 10 games for
\$10. Transportation will
be provided. Let us know
if you’d like to join us
for lunch on this date by
calling or stopping in to
RSVP.
Monday, July 21st – 12
noon – Pout Pond “Bring
A Friend Day” sponsored
by the Uxbridge Elderly
Connection Inc. We will
be playing BINGO! Join
us at Pout Pond and bring
a friend for lunch! There
will not be lunch served
at the senior center on
this day. This is weather
permitting, if it rains, we
will hold it at the senior
center. Please remember
to RSVP.
Friday, July 25th – 11:30
am - 12:30 pm – “PopUp
Library”. Books will be
on display to check out,
library card sign-ups,
book hold pick-ups, etc.
This program is being
offered by the Uxbridge
Free Public Library.
Friday, July 25th – 12
noon – July Birthday
Cake Celebration. We
will celebrate all the July
birthdays!
Monday, July 28th - 1:30
pm – “Ask the Attorney”
with Attorney Ralph
Tepper by appointment
only. Please Call 508-278-
8622 to schedule your
appointment.
Tuesday, July 29th -
11:00 am – 12:00 pm – Ask
the Nurse Free Blood
Pressure Clinic with the

Salmon Health VNA.
RSVP if you’d like to join
us for lunch.
Wednesday, July 30th -
12:05 pm – Woo Sox vs
LeHigh Valley Iron Pigs
Game! – There are lim-
ited tickets available,
those that sign up will
be included in a lottery.
Sign up deadline is July
14th at 11:00 am. Names
will be drawn at 1:00 pm
on July 14th. Winners
will be notified by tele-
phone. Transportation
will be available; vans
will leave at 10:30 am.
This trip is sponsored
by the Uxbridge Elderly
Connection Inc.
Card Game played
during lunch on Mondays.
Hannaford grocery
shopping every Tuesday.
Pick up begins at 8:30 AM.
Please sign up in advance
by calling us at 508-278-
8622 to reserve your seat
on the van.
Knitting Club every
Tuesday @ 1:30 pm – Even
if you don’t know how to
knit or crochet, come and
visit us! The group mem-
bers are always willing to
teach you!
Every Wednesday
– 9 am – 3 pm – The
Uxbridge Senior Center
Transportation Program
Community Shuttle.
*There will be a shuttle
run on July 30th from 9
am – 12 noon. This shuttle
is for seniors and individ-
uals with disabilities to
destinations such as post
office, pet care appoint-
ments, hair salon or bar-
ber, bank, pharmacy &
shopping anywhere in the
Uxbridge/Northbridge
area. Note: this replaces
the weekly bank/phar-
macy and Shaw’s Ocean
State rides. Call 508-278-
8622 for more information
and to book your FREE
ride. Requests require a
48-hour notice.
Wednesdays – “Canasta”
Hand, Knee & Foot Card
Game – START TIME IS
NOW 1:15 PM due to park-
ing spaces. Let us know
if you’d like to join us for
lunch! No Games on July
30th.
Wednesdays – Play
Scrabble! – START TIME
IS NOW 1:15 PM due to
parking spaces. – Come
by for an afternoon playing
Scrabble. Boards are sup-
plied by the senior center.
Let us know if you’d like
to join us for lunch! No
Games on July 30th.
Medical Transportation
is accepting appoint-
ments. Call 508-278-8622
to schedule your rides.
The senior center is
in need of the following
donations: Lysol wipes,
newly packaged napkins,
paper towels, tissues, toi-
let paper, tea (regular and
caffeine free), ground reg-
ular & decaf coffee. We
thank you for your sup-
port!
Feel free to contact us
at 508-278-8622 or visit
us on our web page at
Uxbridge-ma.gov/coa or
like us on our FB page
or by googling Uxbridge
Senior Center and our
new YouTube Channel or
even dropping by.
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