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Northbridge Middle School students get a fresh Step-Up Day experience

NORTHBRIDGE — In October, eighth graders from Northbridge Middle School, accompanied by their teachers, participated in the annual “Step-Up Day” at Northbridge High School.

This year’s visit took students on a comprehensive two-hour tour filled with presentations on a wide array of academic offerings, clubs, and sports.

Step-Up Days traditionally involve middle school students shadowing older peers for a portion of the day. Northbridge High, however, elevates the experience by providing a tour that showcases the diverse opportunities available to incoming freshmen.

During their recent visit, students enjoyed presentations on various specialized academic programs such as engineering and robotics, music, video broadcast, business and marketing, art and ceramics, yearbook, and biotech sciences. Through engaging demonstrations and discussions with student ambassadors, the middle schoolers gained valuable

insights into these fields and discovered potential career paths.

Principal Dr. Scott Connery commented, “This year’s eighth grade Step Up Day was a great opportunity to expose the incoming students to all the unique opportunities we have here at Northbridge High School. Students and parents would be surprised at how many traditional and newly-developed programs we have for them here that really put students on a path towards their futures.”

Mrs. Tracy Zuliani, an eighth-grade teacher at Northbridge Middle School, also appreciated the Step-Up Day experience, stating, “I’ve been to many step-up days, and this was the most engaging and interesting of all. Being able to see and interact with all of the equipment and demonstrations really held the kids’ interest.”

In addition to academic offerings, the tour also showcased the extensive extracurricular landscape at Northbridge High



School. Representatives from an array of clubs and organizations shared their experiences and encouraged students to get involved. From Active Minds, a club dedicated to promoting mental health awareness and education

for young adults, to the Foreign Travel Club, there was something for everyone. Other featured clubs included Unified Sports and Best Buddies, which aim to promote inclusion of students with unique learning needs in athletic and social outings.

Ski Club, Students Against Destructive Decisions (SADD), Debate Club, Drama Club, Book Club, Student Council, and the NHS Marching Band and Color Guard rounded out the offerings.

Several eighth graders expressed their appreciation for the opportunity to explore the offerings at Northbridge High School.

One student, Max, an eighth grader at Northbridge Middle School, commented on the experience, stating, “I had no idea that there were that many options up there!”

Another student, Alexis, echoed this sentiment, saying, “I am very excited to join Northbridge High next year. I liked seeing the Anatomage table [a 3-D interactive anatomy visualization system], and I am planning to join HOSA. I think it will be a good experience for me to work towards something.”

As the visit concluded, students felt a sense of eagerness for the next academic year. Step-Up Day served not only as a bridge between middle school and high school but also as a catalyst for exploration and new areas of personal growth and inquiry.

For more information about Northbridge High School and its programs, visit <https://www.nps.org/high-school>.

Uxbridge Historical Society announces Annual Meeting

UXBRIDGE — Members and the general public are invited to the Uxbridge Historical Society annual meeting on Nov. 10 at the Community House adjacent to the Congregational Church at 7 Court St., across from the Uxbridge Town Common. Start time is 1 p.m., and the meeting is expected to take one or two hours.

The meeting will encompass election of officers, summary of our activities, financial update, future goals, and a question answer session.

Don Koerten, a well known local historian who has a vast collection of Uxbridge photos along with a thorough knowledge of Uxbridge history will present “Uxbridge Center – Through the Years” an historic journey along main street.

Refreshments will be served.

Questions or comments can be forwarded to Jim Beauchamp, President, 508-498-0270 or jim.beauchamp2251@gmail.com.

Gabby and Bryce at the Douglas Public Library

DOUGLAS — Over the last ten years, the Douglas Public Library has provided a welcoming space for our young readers who struggle with reading to practice in a non-judgmental environment by reading to dogs. Reading to dogs provides a non-judgmental comfort to children so that they feel less nervous about reading aloud. These pups sit quietly by and listen without criticism as your young reader works their way through the book of their choice. Right now,

the Douglas Library is fortunate that Jean Riganati is kind enough to share Gabby and Bryce with us.

Gabby is a 14-year-old whippet who is quite shy. Listening to our young readers has not only helped the kids, but has helped Gabby come out of her shell. She’s a good listener who loves treats and will never turn down a cookie. Bryce is a three-year-old show whippet, who has won the GRAND Champion title. His gentle nature has been an asset to becoming a good library dog. He also will

never turn down a cookie.

So if you have any young readers who struggle and are looking for a non-judgmental ear to read to, we have four time slots on the third Wednesday of each month: 6, 6:15, 6:30, and 6:45 p.m. Sign-ups are on a first come, first serve basis. If Gabby/Bryce’s schedule is full for the current month, we will sign you up for the following month. Contact Debbie at the library for more information or to register (dsoderman@cwmar.org or 508-476-2695).

BVT seniors ‘commended’ in National Merit Scholarship Program

UPTON — The Blackstone Valley Regional Vocational Technical High School (BVT) Superintendent-Director, Dr. Michael F. Fitzpatrick, and Principal, Mr. Anthony Steele, are proud to announce two seniors have been named Commended Students in the 2025 National Merit Scholarship Program.

Dylan Leeds of Northbridge (Engineering & Robotics) and Lacey Coffman of Milford (Multimedia Communications) are the Commended Students. They were recognized during the October school committee meeting and received a Letter of Commendation from the school and the National Merit Scholarship Corporation (NMSC®), which conducts the program.

Their high selection index score placed them among the top 50,000



students who entered the 2025 National Merit Program by taking the 2023 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®). Dylan and Lacey are among roughly 34,000 Commended Students nationwide who have shown exceptional academic promise.

“Those being named Commended Students have demonstrated outstanding potential for academic success,” according to a NMSC press release. “These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic suc-

cess.”

The District School Committee is proud to acknowledge the remarkable achievements of the Commended Students.

About Blackstone Valley Regional Vocational Technical High School (BVT) Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. For more information about the school, visit www.valleytech.k12.ma.us.



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Local residents named to Simmons University Dean’s List

BOSTON — The following local residents have been named to the 2024 spring

semester dean’s list at Simmons University in Boston.

Eva Llopiz, Douglas Katherine DiPillo, Millbury

To qualify for dean’s list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the

letter grade system.

About Simmons University Located in the heart of Boston, Simmons is a respected private university offering nearly 50 majors and programs for undergraduate women and graduate programs open to all on campus, in blended formats, or entirely online in nursing and health sciences, liberal arts, busi-

ness, communications, social work, public health, and library and information science. Founded in 1899, Simmons has established a model of higher education that other colleges and universities are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields with the intellectual foundation

of the liberal arts. The result is a Simmons graduate prepared not only to work, but to lead in professional, civic, and personal life - a vision of empowerment that Simmons calls preparation for life’s work. Follow Simmons on Twitter at @SimmonsUniv, and on LinkedIn at https://www.linkedin.com/school/simmons-university/.

QCC receives grant from Greater Worcester Community Foundation

WORCESTER — Quinsigamond Community College has received a \$12,500 grant from the Greater Worcester Community Foundation (GWCF). QCC will use the funds for its Bridges to College program, a support program to prepare students for college-level math

and English courses.

“I’m excited that the college has the opportunity to deliver more Bridges to College classes to prepare students for success in college-level math and English. The success rates in credit classes for students who participated in a Bridges to College program are compelling,” said Dean of College & Career Pathways Carol King.

According to King, after taking the math Bridges to College class, 93 percent of students passed a college-level math class. Of the students who participated in an English Bridges to College class and subsequently enrolled at the college, 88 percent passed ENG 101 or 102.

The Bridges to College program provides non-credit programming in English and math for students considering college. The program includes support from a case manager, who offers guidance with higher education processes such as interacting with professors and reading a syllabus. Case managers also connect students to resources such as tutoring, counseling and the college’s food pantry.

“Students considering this program should know that they will be fully supported and gain the skills and confidence to succeed at QCC and beyond. Our staff takes the time to get to know the students and make them feel comfortable,” said Director of Mentoring and Special Programs Kalan Lewis.

“As a new college student, it can be intimidating to ask for help and get connected with all the support services. Bridges to College offers a sense of belonging through building a relationship with students and making them feel comfortable in a college setting,” Lewis continued.

REAL ESTATE

BLACKSTONE

\$130,000, Union St, Whipple, Pauline E, to Barron, Corey, and Barron, Zachary.

DOUGLAS

\$674,000, 54 Ridge Trl, Brooks, Derek R, and Brooks, Alison W, to Pickering, Patrice G.

\$290,000, 29 Cottage Colony, Bloem, Randall H, and Bloem, Mary A, to Decastro, Rejane M.

NORTHBRIDGE

\$610,000, 6-8 Woodland St, 6-8 Woodland LLC, to Marshall, Kwame T, and Parent, Janelle.

\$500,000, 286 N Main St, Winchell, Meghan M, and Burbury, Susan M, to Gilder, William M.

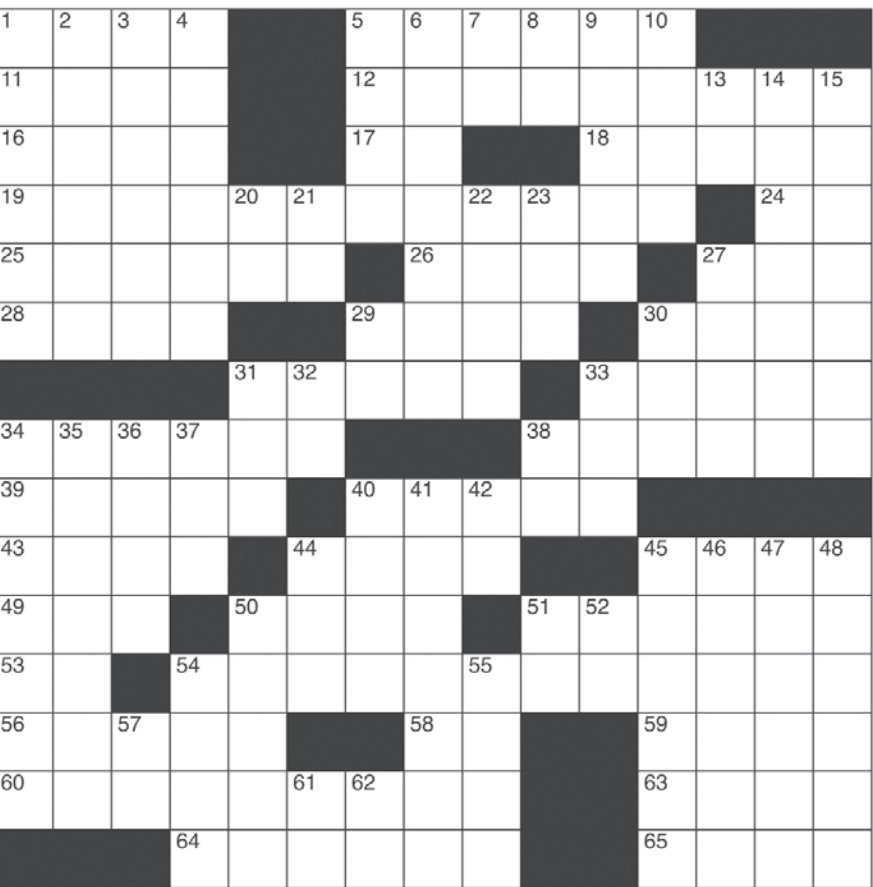
\$275,000, 2011 Providence Rd, Peloquin, Inger M, to Elevator Properties Inc.

UXBRIDGE

\$610,000, 6-8 Woodland St, 6-8 Woodland LLC, to Marshall, Kwame T, and Parent, Janelle.

\$500,000, 286 N Main St, Winchell, Meghan M, and Burbury, Susan M, to Gilder, William M.

\$275,000, 2011 Providence Rd, Peloquin, Inger M, to Elevator Properties Inc.



CLUES ACROSS

1. ___ Spumante (Italian wine)

5. Highly impressed

11. Pronoun to identify something specific

12. Uttered in an impassioned way

16. Outfits

17. “Westworld” actor Harris

18. Stewed game casserole

19. Indignities inflicted on others

24. Blood type

25. Says beneath one’s breath

26. Taxis

27. Transmits genetic information from DNA to the cytoplasm

28. NFL great Randy

29. Where college students live

30. Brief Yankees sensation Kevin

31. Condiment

33. -frutti

34. Polish city
38. Astronomy unit of distance

39. Romanian village

40. Bears first overall pick Williams

43. Irritated

44. Clothing for sale has them

45. One-time world power

49. When you anticipate arriving

50. Farm building

51. Organize thoughtfully

53. Detective

54. One who reduces

56. Nursemaids

58. Partner to “Pa”

59. World’s longest river

60. Commemorates

63. Compound

64. The Lannisters and Starks fought for one

65. Email function

CLUES DOWN

1. Open-roofed entrance

2. Japanese religion

3. Dancer’s garments

4. Distributes

5. Yemeni port

6. Spanish doctors

7. It cools your house

8. Engine variant

9. Makes more manageable

10. Days (Spanish)

13. Milliliter

14. Spread out from

15. With two replaceable hydrogen atoms

20. Respectful title for a man

21. Equally

22. Scarlett’s home

23. Big Blue

27. Subway dwellers

29. One-tenth of a liter

30. Central European river

31. Distress signal

32. Expression of sympathy
33. Bar bill

34. Football equipment

35. Dance music

36. Russian river

37. Mary __, cosmetics

38. Gym class

40. Autos

41. Fourth and honorable name in ancient Rome

42. Defeats (abbr.)

44. A way to color

45. Planet

46. Form of humor

47. Taken without permission

48. Go over again

50. Auto parts manufacturer

51. Detective’s source

52. Home of the Flyers

54. Short official note

55. Emit coherent radiation

57. In the year of Our Lord

61. Atomic #18

62. Not from, but...

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Bay Path Practical Nursing Academy UNICEF Club announces new officers

CHARLTON — The Bay Path Practical Nursing Academy Class of 2025 announced the election of new UNICEF Club officers.

Elected were Elizabeth Achayo of Worcester as chair, Tamara Lidonde of Spencer as co-chair, Delene Sarsfield of Charlton as secretary, Loise Ngigi of South Grafton as treasurer, and Rachel Anane of Worcester as press relations officer. The election was held recently as the Practical Nursing Class of 2025 held the US Constitution Day under the guidance of Professor Virginia Dockstader, BSN, RN of Hopkinton.

Achayo holds a college diploma in Human Services (career guiding and counseling, from Kenya). She is a support specialist with the Justice Resource Institute (Framingham, MA). Lidonde is a Certified Nursing Assistant (CNA) with experience working at Venture Community Services and CareOne Concord. She completed her



Courtesy
Seated from left: Rachel Anane, Delene Sarsfield; standing from left: Loise Ngigi, Tamara Lidonde and Elizabeth Achayo.

secondary education at Worcester Technical High School. Sarsfield is a CNA at CareOne at Millbury. She graduated from Holy Name Central Catholic Jr/Sr High School in Worcester. Ngigi currently works for Venture Community Services (Sturbridge, MA) as a direct support professional. She graduated

from Moi Girls Kamangu High School in Kenya. She obtained her CNA training at 3Dimensions Health Services in 2017. Anane works as staff at Arbor (Southborough). Prior to coming to Bay Path Practical Nursing Academy, she has taken courses at Framingham State University. All UNICEF Club officers

are certified in Dementia care and have a valid Healthcare Provider / BLS Provider CPR from the American Heart Association. As UNICEF Club officers they will lead the PN Class of 2025 in children's advocacy and raising awareness. The Bay Path Practical Nursing Academy UNICEF Club

was founded in 2016 and each year club officers lead members through various fundraising methods that serve to educate and raise awareness of relevant issues happening local-

ly and globally. The UNICEF Club meets after school hours. Plans are under way for educational fundraising activities.



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Edgar absolutely loves other dogs and enjoys his daily walks with volunteers and his doggy pals. Whether it's fun outings with furry friends, adventurous walks, or snuggling up after a day of play, Edgar is ready to bring joy and laughter to your life. If you're looking for a loyal friend to grow with, Edgar might just be the perfect match for you!

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EDITORIAL

The joy of America’s pastime

As the leaves change colors and the air turns crisp, the onset of fall brings with it the arrival of one of America's most cherished traditions: baseball play-offs. For generations, baseball has held a special place in the hearts of Americans, to become a timeless pastime that brings happiness, unity, and a sense of belonging.

Baseball’s roots in America run deep, tracing back to the 19th century when it evolved from a simple game into a full-fledged professional sport. Over the decades, baseball has become more than just a game. From the crack of the bat to the roar of the crowd, baseball’s enduring appeal lies in its ability to evoke nostalgia and a sense of belonging. It reminds us of our history, spanning generations to connect grandparents, parents, and children through the love of the game.

During playoff season, this connection becomes even more profound. The excitement of watching your favorite team battle it out on the national stage, the suspense of each pitch, and the thrill of a game-winning home run all create moments of genuine joy and a bit of adrenaline as well!

But it's not just the game itself that brings happiness; it's also the sense of community and camaraderie that baseball fosters. Ballparks across the nation become gathering places for fans of all backgrounds to come together and share in the experience. Whether you're tailgating in the parking lot, high-fiving strangers after a big play, or singing along to "Take Me Out to the Ball Game" during the seventh inning stretch, baseball erases our differences, just like that.

Baseball has seen the nation through some of its darkest days, offering a distraction and a source of comfort during times of crisis. From the Great Depression to the aftermath of 9/11, baseball has been a constant, reminding us that there is always some- thing to look forward to and that, together, we can overcome adversity.

With that, we all have our favorite teams, so please indulge us as we take this opportunity to say, in lieu of the Red Sox... go Dodgers!

OPINION
LETTERS TO THE EDITOR

Community Preservation Act will bring a better future to Douglas

To the Editor:

I am writing in support of the Community Preservation Act, question # 6 on the Douglas ballot. I believe that we all should support this Act. Why? For me, it is personal. For you, the following are the reasons why the Act should be personal for you also.

We seniors often live with limited income. But in addition we often look at the larger picture – our children. Such as what will the world look like for

our children and grandchildren, and for those lucky enough to have lived long enough our great grandchildren.

We want to live comfortably, be a part of our community, socialize with other elders, and be recognized as a contributing member of society. Sometimes we will visit our Adult Social Center for meals, exercise and socializing. So how does the Community Preservation Act achieve these? One, through the Open Space part of the Act. This preserves open space for the pres-

ent and future generations. Two, thru the Affordable section of the Act. Three, while we are less likely to play tennis, run a marathon or other high energy exercises, we can still enjoy some form of exercise and recreation that are a part of the Act also.

We hope that you will vote for Question # 6, the adoption of the Community Preservation Act for a better future in Douglas.

Dick Skinner
Douglas

Gut-check time, America!

year old who won't release his medical records, and surely won't be physically or mentally able to complete a four-year term.

Accomplishments:

- 1: As president, by attempting to subvert a free and fair election, and various other infractions, Trump violated his oath to “preserve, protect and defend the Constitution.” He will do worse a second time in office.
- 2: With his lies, Trump has destroyed American's faith in our elections, the judiciary, and government institutions.
- 3: The grifting president - he forced his and his families Secret Service agents to stay at his properties wherever they traveled, and charged them three to four times the normal rates. Foreign nations bought influence by renting entire floors in his hotels.
- 4: He is a convicted felon, and would be the first president who has achieved this distinction. He has additional criminal trials waiting the election, but will be held accountable for his alleged Federal crimes, only if he is defeated in this election. This is unprecedented in our political history.
- 5: According to scores of his former top advisors, he is unfit to be president. He has no empathy. He has the attention span of a gnat, doesn't read or comprehend, and is interested solely in issues that affect him personally. He is vain, and susceptible to flattery and bribery. Russian intelligence has labelled him a 'useful idiot.'
- 6: His covert association with and admiration for Putin and other dictators, makes him a threat to our national security. His threats to withdraw from NATO rattle and endanger the free world.
- 7: He is the most policy-ignorant candidate in memory. He can't grasp basic economic principles, such as who pays for imposed tariffs. Experts now say that his proposed tax cuts and economic policies will “crater the economy and add \$3 trillion to the national debt.”
- 8: His Supreme Court appointees have thrown women's health care into chaos, and established the president as a king, immune from the law. He can't be in a position to make more appointments to the highest court.
- 9: His lies have cost people their lives, their freedom, their careers, and their families. His lies about, and mishandling of COVID, all to protect his own chances

for re-election, should qualify as a crime of depraved indifference, if not murder. How can you trust someone who is fact-checked to have lied more than 30,000 times during his first term? It is incomprehensible.

10. As the great ‘divider,’ he is not, nor will ever be, a president for all Americans. You are both white and loyal to him, or you are the ‘enemy within’, and subject to retribution. How in hell can there be “Hispanics for Trump”? Or ‘Blacks for Trump?’ Or ‘Women for Trump?’ How about just rolling them all up into ‘Dummies] for Trump’?

Candidate 2: Kamala Harris

Qualifications: she's not Trump (see 1-10 above), and is among the most qualified applicants for the job ever; with prior experience as a prosecutor; Attorney General, U.S Senator; and U.S. Vice President.

Accomplishments: She, along with Joe Biden have created an economy that is the envy of the world. Inflation is down, gas prices are down, interest rates are down, and they continue to go down. Chaos, lies, and incompetence are gone from the White House. Millions of Americans still have health care through the Affordable Care Act, which Trump has sworn to repeal. Kamala played an integral role in the development of all of Biden's initiatives, including the bipartisan Border Reform bill, endorsed by the Border Agents Union, that Trump instructed House Republicans to kill; and the Inflation Reduction Act, which cut the price of critical health care drugs for millions of Americans – something else that Trump has sworn to repeal. The Build Back Better initiative has spawned infrastructure improvements across the country.

Our military leaders have already declared that they will resign en masse if Trump is re-elected. Trump will replace them with incompetents loyal to him, rather than to the Constitution. He will then use the military on our own people. That is right out of his own mouth. It's gut-check time, America. Disregard the words of Trump's former advisors - disregard your own eyes and ears - at your own peril. Have the guts to save democracy. Once it is lost, we will never get it back. Vote Blue.

Rick Bevilacqua
Whitinsville

To the Editor:

Eighty-three years ago, our country went to war to save the world from a foreign dictator. Four hundred twenty thousand Americans, and between 40 and 50 million people worldwide, lost their lives. Now, a wannabe dictator is vying for the levers of power on our own soil. General Mark Milley, former Chairman of the Joint Chiefs of Staff, said “Trump is the most dangerous man in America.” In reality, with America’s role in geopolitics, Trump is the most dangerous man in the world.

The upcoming 2025 presidential election is an existential event in American history, which will reverberate worldwide. This event could result in democracy ceasing to exist on our shores, and precipitate the demise of democracy everywhere. This sentiment has been made explicit this week, by several of Trump's former senior advisors. One of the most damning was that made by General Milley. Members of Trump's own party have called him “unhinged” and “unstable”. In his new book, Mitch McConnell says that Trump is “a despicable human being.” J.D. Vance said he was “a moral disaster;” and “America’s Hitler.” Trump's own Chief of Staff, General John Kelly, called him a “full-on fascist.” Even his former Attorney General, Bill Barr, said “Trump should never again be allowed near the Oval Office.” Faint praise from the traitor who saved Trump from the Mueller investigation. The list goes on and on, but it's obvious what those who worked most closely with Trump, really think of him.

This ‘opinion’ is simply intended to remind those who haven't already voted, of the ‘who and what’ we are voting for: It was initially much more detailed, but was cut down to a few bullet points, recognizing that if you don't believe Trump's own advisors, nothing I say will inform you. As always, in this regard, I defer to John Cleese's polemic “Stupid people are too stupid...”

Candidate 1: Donald Trump

Qualifications: failed businessman with six bankruptcies to his credit; immoral creation of a fictitious, ghost-written book, and a scripted, fake ‘reality’ TV show; twice divorced serial adulterer; convicted felon, and self-acknowledged sexual abuser; pathological liar; malignant narcissist, exhibiting signs of dementia; obese, incontinent 78

Join me in voting yes on Question 6

we don't want to miss out on matching funds from the state which can further leverage grant money for our community. Let's seize this opportunity!

How does it work? A 1.5 percent surcharge is added to your property taxes and there are exemptions. The first \$100,000 of both residential and commercial property value is exempt, and full exemptions are offered for low-income homeowners and low/moderate

income senior homeowners. The average single family homeowner will pay about \$6 a month.

Nearly 200 cities and towns across Massachusetts – including Northbridge, Mendon, Hopedale and Upton to name a few – have adopted the CPA and found that it's easy to implement with plug in software. Assessors in small towns like ours say that it adds very little to their workload.

I hear people lamenting the loss of our “rural character” and that our historic buildings sit vacant and crumbling. Our residents are looking for more recreational opportunities and easier access to our beautiful natural areas. It's time we take action to save Douglas! Join me and vote yes on Question 6.

Lisa Mosczynski
Douglas

CPA is an investment in our town

the town meeting for adoption and funding. These monies cannot be used for any other town business or function. I have heard “I don't want more taxes.” I see this surcharge as an investment in our town.

For more information, please visit <https://www.communitypreservation.org/about>.

Some interesting facts about the Community Preservation Act:

- CPA Accomplishments to date
- 196 communities have adopted CPA

(55 percent of the Commonwealth's cities and towns)

- Of the total number of adopted communities, 36 are cities and 160 are towns
- 70 percent of Massachusetts residents live in a CPA community
- Over \$3.4 billion has been raised to date for community preservation funding statewide
- 16,266 CPA projects have been approved by local legislative bodies
- More than 11,500 affordable hous-

ing units have been created with an additional 18,000 units supported

- 36,098 acres of open space have been preserved
- Over 7,100 appropriations have been made for historic preservation projects
- Over 3,700 outdoor recreation projects have been initiated

Gordon Larrivee
Douglas

Unity out, hate in

was ditched almost immediately after his Inaugural speech. Instead, henceforth every opportunity was taken to deliver a steady diet of defamatory rhetoric about the former President, the ‘other’ presumptive nominee for '24. Note: Democrats have tagged every Republican candidate since Barry Goldwater in '64 as “fascist.” Trump is simply the latest!

Of interest, history records no actual “fascists” among Republican candidates or eventual Presidents. Further, past actions and present proposals indicate Harris –Waltz represents the dictionary definition of “fascist”, not “45” when achievements of his term are studied. Meanwhile, Democratic stalwarts and most media outlets have continued to drum Jan. 6 into America's psyche with Trump cast as

the “existential threat to democracy.” For three-plus years, the world has waited and watched, listening to this insidious, propaganda-like language, because it is the perfect recipe for plotting assassination. Two attempts having been made already to eliminate the “threat.”

The election draws nearer and volume of destructive rhetoric increases. After the Democratic nominee's Fox interview, the ‘undecideds’ still lack definitive answers to serious questions. Rather than tout positives her Presidency might bring, her ‘closing argument’ and those of surrogate spokespersons use exhortations of Trump in ever more volatile, unrepeatable terms as their rallying cry for votes.

Campaign rhetoric has conse-

quences. So powerfully do “words matter” they ‘cause’ decisions, good or bad, to be made. It is no stretch of imagination to conclude the ‘effect’ of such language, heard consistently, serves subliminally or directly as a call to action for the mentally unstable.

If no ballot has been cast yet, vote on Tuesday, Nov. 5. ‘Religion’ plays no role in my usual comments, except occasionally to quote St. Augustine about anger, hope and courage making change but, as the country approaches Election Day, the chorus of a hymn sung recently struck a loud chord in my mind:

“Christ be our light, shine in our hearts, shine through the darkness...”

Jane F. Keegan
Uxbridge

To the Editor:

Each party loudly proclaims “words matter,” yet name-calling persists. Stop a moment to contemplate my point about the cause and effect of language.

In hindsight, Biden’s ‘unity’ theme

Letter submission policy

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

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

To the Editor:

Oh, for the love of “Woke,” are you kidding me?

An alleged piece of Chopin the size

of an index card is “unearthed” in a New York museum. Then the New York Times jumps the gun on the proper authentication process in regards to that

“pockmarked musical scrap” just so the word “waltz” will be repeated millions

SEE LETTER PAGE A10
LETTERS CONTINUED PAGE A5

Cutting spending can help boost retirement savings

Like most of us, you may someday want to enjoy a comfortable retirement. Your ability to achieve this goal will depend on how much you save — but it also matters how much you spend.

And saving and spending are certainly related: The more you can reduce your spending, the more money you could have available to save for retirement through your IRA and your 401(k) or other employer-sponsored retirement plan. Over many years, even relatively

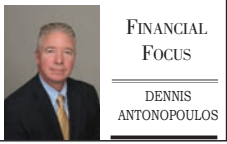
small amounts diverted from spending to saving and investing could add up substantially.

How can you go about potentially reducing your spending? Here are a few suggestions:

- Use a budgeting tool. If you're not already doing so, you might want to consider using a free online budgeting tool. Among other capabilities, these apps can place your spending in categories — groceries, travel, entertainment, and so on — which can reveal redundancies that, once

eliminated, could save you money. For example, you might find that you're spending a not-insignificant amount on streaming services you rarely use. Or you might be surprised at how often you go the grocery store, rather than consolidating your visits and reducing the likelihood of "impulse" purchases.

- Take advantage of employee benefits. If you work for a mid-size or large company, you may have an extensive employee benefit plan, which could include discounts



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DENNIS ANTONOPOULOS

on some products and services. Also, if you are enrolled in a high-deductible health plan through your employer, you might have access to a health savings account (HSA) or flexible spending account (FSA), either of which may let you lower your out-of-pocket health care costs by using pre-tax dollars to pay for deductibles, copayments, coinsurance and some

other qualified expenses.

- Shop around for insurance. To some extent, we are all creatures of habit, which can be good in some circumstances and not so good in others. In the "not so good" category, many people stick with their auto, homeowners and life insurance policies year after year, even though they might be able to save some money by switching to another company. But even if you stay with your current company, you might find ways to save money by

taking steps such as adding a home security system. Check with your insurer to learn more.

- Compare credit cards. There's a piece of financial advice that essentially says: "Pay cash for everything" — and this isn't a bad idea. Ideally, you might want to use a credit card strictly for items such as car rentals or hotel reservations, and you should pay off the bill each month to avoid interest charges. Sometimes, though, you may need to use your card for other purposes, and it may not always be possible to pay your bill in full. That's why you'll want to review credit cards periodically to find one with lower interest rates, a

favorable balance transfer offer and a better rewards program.

It's not always easy to cut down on your spending, but when you do, it can provide more peace of mind — and an opportunity to boost your savings for what could be a long and active retirement.

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

LETTERS TO THE EDITOR CONTINUED

A moment of truth

To the Editor:

"A writer's words are like a fingerprint, uniquely revealing their perspective, experiences, and inner voice, allowing the reader to glimpse the person behind the page." And this was certainly true with last week's letters.

Jim had to back track last week when his accusation of ICE data didn't really hold up against his 'truth.' He realized he had to be truthful enough to acknowledge that but still had to go on to disparage Labor data. Since that ICE data reflected decades, it also included the Trump administration. Notice, Jim could care less about what his 'beloved' Trump didn't do. What he didn't include about the data, conveniently, was "that they remain in the US under some form of ICE supervision, but are not held in ICE custody." They are not necessarily 'roaming free' but "may be under various forms of legal supervision or serving time in federal, state or local prisons for their crimes." Or they "may have already completed their sentences for their convictions and may be under ICE supervision while awaiting further immigration proceedings." Further, "the custody determinations of the vast majority of those on the list (were) being made long before the current administration." Certainly, not a perfect situation but Jim likes to deal in 6 truths. Black and white is easier

for him to digest, present and complain about. A complex subject is harder to get traction with when you just want to spread your brand of disinformation in honor of Trump. Right, Jim?

Your immigration tripe is the same stuff that has been used before — in fact for decades. The third wave of mass immigration that primarily came from Southern and Eastern Europe was seen as 'inferior' and the anti-immigrant rhetoric then "was infused with racist and anti-Catholic sentiment." These immigrants were accused of undercutting native-

born worker wages. And your favorite, Jim, that these immigrants increased crime in the US. As Edith Abbott stated in 1931, "The theory that immigration is responsible for crime, that the most recent wave of immigration is less desirable than the old ones, that all newcomers should be regarded with an attitude of suspicion is a theory that is almost as old as the colonies planted by Englishmen on the NE coast." And before more is done about those mass detention camps you love so much Jim, think about the price of milk and who is doing the work of tending to cows on those dairy farms. (New York Times) Oh, and, "what Musk has not publicly disclosed is that he did not have the legal right to work while building the company that became Zip2." (WP) Any concerns about that Jim or only about poor people who do the same thing? But your moment of truth is coming up shortly. "Washington feared that, amid constant political warfare, some citizens would come to seek security and repose in the absolute power of an individual." The New York Times stated that Kelly, "said that, in his opinion, Mr. Trump met the definition of fascist, would govern like a dictator if allowed and had no understanding of the constitution or the concept of the rule of law." On Rogan, your great love was quoted as saying: "Dictators are the smartest people. Xi controls 1.4 billion people with an iron fist." Jim, he has told you who he values and who he wants to be. When asked how fascism starts Bertrand Russell replied: "First, they fascinate the fools. Then they muzzle the intelligent. So, before you vote ask yourself the question are you the fool or the intelligent?"

"There has to be a point at which Dad comes home," Carlson said to rapturous applause. "Yeah, that's right." And when Trump came home, Carlson continued, he would tell his daughter, "You've been a bad girl. You've been a

bad little girl and you're getting a vigorous spanking, right now." Jim, this was pure 'gag me with a spoon' moment. You and Tucker need 'Daddy' to chastise the women of America?

Well, the rest of the adults in this country do not need a misogynist, fascist daddy to decide what would be best in our lives. Have you ever considered that you are backing the 2024 version of Hitler? Trump is even now mirroring a "1939, when more than 20,000 people, many wearing Nazi armbands, filled the Garden for a "Pro America Rally" in support of Adolf Hitler." The xenophobia on display, at the recent Trump Garden rally was no coincidence. Jim, the real truth — you want a dictator to take over? Are you such a frightened man that you can't imagine a democracy stepping up to this moment and that only your beloved daddy can take care of you? I never ever understood how the 'good' Germans let Hitler take over, but Jim, you are showing me how it gets done.

Bev, your very own statement suits you: "Lies, Lies and more damned lies." Bev typically provides her half-truths based on Fox or Howie Carr. She hadn't bothered to read the report about the quoted 325,000 'children' stats. Read the 2024 report by department of homeland security OIG. "This report highlighted issues with ICE tracking of unaccompanied migrant chil-

dren after their RELEASE from government custody." Did you know, "Thus, individuals who report hating their political opponents are the most likely to share political fake news and selectively share content that is useful for derogating these opponents?" Sounds about right. And Bev, your lack of understanding about abortion is grotesque. There are an abundance of medical conditions that could necessitate a medically necessary abortion even for women who desperately want to take their pregnancy to term. Don't you know that? The conditions include: ectopic pregnancy, eclampsia, placental abruption, severe fetal anomalies, cancer requiring treatment, cardiac or renal conditions, severe infection or sepsis, premature rupture of membranes, etc.

Bev, "When we Christians become convinced that we are the only authority on truth, that anyone who opposed us is evil and that things will only get better if we are in charge of all positions of power that is when we know we are no longer worshipping God. We are worshipping ourselves." (Rev. Cremer) And in this case, your worship of MAGA and Trump supports a lie that omits the reality that abortion is medical health care for women. Your statement about Harris is patently false.

Jane, do you really believe she "outlined no solutions plans or even descriptions of where she stands

on important issues?" Is this your real view? Or are you just a lackey mouthpiece for your buddy? Read this about Harris Trump on Tax Foundation. Read her web site. Check out American Century insights, U.S. News, BBC News, etc. You, do realize that "hiding the truth is a lie of omission," don't you, Jane? An army psychologist at the Nuremberg trials; "A lack of empathy is the one characteristic that connects all the defendants, a genuine incapacity to feel with your fellow men. Evil, I think, is the absence of empathy." (Gilbert)

"True patriotism springs from a belief in the dignity of the individual, freedom and equality not only for Americans but for all people on earth." On the basis of your ongoing writing, Rick, you are undoubtedly a singular patriot!

Linda Lacki
Northbridge




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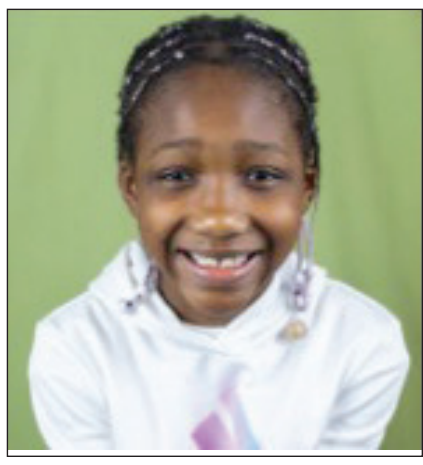
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Friday's Child



Hi! My name is Lisa and I like unicorns!


Lisa is described as both funny and intelligent. She is open to new experiences and has gone horseback riding, taken violin lessons, played volleyball at her school, and taken part in a local Wizard of Oz production. She loves arts and crafts, playing card and board games, and watching videos on her tablet. Lisa enjoys reading and you can always count on her to have a book in hand. Lisa would one day like to take gymnastics or karate lessons. Lisa also attends a youth group, which she enjoys very much.

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Holiday lighting celebration returns to Douglas Common Nov. 30

BY LYNN PARESKY
DOUGLAS COMMON
PRESERVATION SOCIETY,
INC.

D O U G L A S — The fun will continue at the Douglas Common in November as the Fall decorations are replaced with holiday lights and decorations. The Douglas Common Preservation Society, Inc. is planning a Holiday Lighting Celebration at the Common on Saturday, Nov. 30, from 6 to 7 p.m. This free event will feature caroling performed by The Very Merry Dickens Carolers, photo opportunities with Santa or the reindeer, and refreshments. And, of course, the lights and decorations will be fantastic and sure to put you in the holiday mood. The Common has not had a lighting celebration for many years, and the Society is excited to be able to respond to your requests and bring back this popular event for the community's enjoyment. This festive event is made possible thanks to generous donations from our major sponsors, UniBank and Bright Factor, in addition to a grant awarded to the Society from the Mass Cultural Council. This year the reindeer "herd" will be enlarged

thanks to the handiwork and generosity of the Blackstone Valley Regional Vocational Technical High School, increasing the decorative appeal of the Common and offering more opportunities for family photos. The Society hopes you mark your calendars and come join us for this hour-long holiday celebration. The Common will also be a stop on the Second Annual Winter Stroll scheduled for Dec. 14. As you Stroll through Douglas, stop in at the Common for hot chocolate and caroling hosted by the Sunshine Club between 5 and 6:30 p.m. — and use this opportunity to take some beautiful family photos.

Follow the activities and events of the Douglas Common Preservation Society on our Facebook page (Douglas Common Preservation Society, Inc.). Beautifying, maintaining and decorating the Common is the year-round work of volunteers who make up the Douglas Common Preservation Society. The Society relies on the support of many members of the community, both businesses and individuals, to make this possible. All sponsors who donate between July and Thanksgiving will be recognized on a second Recognition



Banner placed during the months of December and January. Your tax-deductible donations should be mailed to Douglas Common Preservation Society, Inc., 76 NW Main St., Douglas, MA 01516 if you would like to support this worthwhile cause. Memorial Donations will also be recognized on the Recognition Banner with a memorial message. All donations are tax-deductible and are used 100% for the Douglas Common. Together we can make our Common a source of pride for our Town and a location where the community can come together to celebrate the seasons.



Courtesy

The People First Food Pantry of Uxbridge extends heartfelt thanks to Cub Scout Pack 2-Den 5 Webelos for their generous donation of birthday gift packages. This thoughtful gesture truly warms our hearts! We are grateful for the support from the Cub Scouts!

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November 2024 Schedule

Please note that some events do require registration. If you have any questions regarding any events, please do not hesitate to contact the library at 508-476-2695 or email at us at douglas@cwmmars.org.

Children's Book Clubs (Registration Required)

Tuesday, Nov. 5 at 4 p.m.: Young Reader's (Grades K-2), "Nora's Ark" by Natalie Kinsey-Warnock

Thursday, Nov. 14 at 4 p.m.: Book Wizards (Grades 5-7), "Hatchet" by Gary Paulsen

Tuesday, Nov. 19 at 4 p.m.: Book Bunch (Grade 2-5), "Violet and Jobie in the Wild"

by Lynne Rae Perkins

Fall Storytime (Registration Required)

Monday, Nov. 4 at 10 a.m.: Fall Storytime Ages 2-4

Tuesday, Nov. 5 at 10 a.m.: Fall Storytime Ages 15 mos - 2 yrs

Children's Programs

Tuesday, Nov. 5 & 19, at 11:30 a.m.: Music & Movement with Deb Hudgens

Wednesday, Nov. 6 & 13, at 11:30 a.m.: "Young Scientists" STEM Program Ages 3-6 (Registration Required)

Wednesday, Nov. 6 at 3:30 p.m.: Lego Club I (Registration Required)

Wednesday, Nov. 13 at 3:30 p.m.: Lego Club II (Registration Required)

Wednesday, Nov. 13 at 6 p.m.: Owls and their Prey (Registration Required)

Wednesday, Nov. 20 at 3:30 p.m.: Lego Club III (Registration Required)

Wednesday, Nov. 20 at 6 p.m.: Reading to Gabby (Registration Required)

Thursday, Nov. 21 at 5:30 p.m.: BVT Robotics STEM Night (Registration Required)

Adult Book Clubs

Thu, Nov. 7 at 6:30 p.m.: Greatest Book Club Ever, "The Crucible" by Arthur Miller

Tuesday, Nov. 12 at 6:30 p.m.: Intrepid Readers, "The Tattooist of Auschwitz" by Heather Morris

Monday, Nov. 18 at 6:30 p.m.: Plot Twisters Book Club, "The One" by John Marrs

Tuesday, Nov. 19 at 6:30 p.m.: Sci Fi Book Club, "The Murderbot Diaries, Books 3, 4 & 6" by Martha Wells

Adult Programming

Tuesday, Nov. 5 at 5:30 p.m.: Sci Fi Film Club, "Tron" (1982)

Thursday, Nov. 7 at 5:30 p.m.: Fiber Arts Friends, Knit A Warm Winter Hat (Registration Required)

Wednesday, Nov. 13 at noon: Sen. Ryan Fattman Office Hours

Thursday, Nov. 14 at 5:45 p.m.: Fiber Arts Friends

Thursday, Nov. 14 at 6 p.m.: Community Skills Program II (Registration Required)

Saturday, Nov. 16 at 10:30 a.m.: Douglas Homeschool Network



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Pumpkin Possibilities: Recipes that Recycle!

Once Halloween is over, the big question remains: What to do with those perfectly fine sugar pumpkins used as porch props and party centerpieces? From whipping up a variety of pumpkin treats to prepping purée for future use, the following recipes, culled from old files and the internet, promote pumpkin repurposing!

Preparing Pumpkin: Freezing cooked, pureed pumpkin is a favored way to preserve the taste and texture of pumpkin for use in holiday recipes. Sugar or pie pumpkins are ideal candidates for freezing as the pulp is thicker and firmer. To easily prepare a pumpkin for pureeing, simply place the whole fruit in the microwave for about a minute or so to soften the skin. This will make the pumpkin much easier to peel. Cut the pumpkin in large slices, peel the skin and remove

the strings and seeds. Then cut the slices into smaller pieces. Boil the pumpkin pieces until tender, then mash or process the pumpkin pulp until it forms a smooth, thick puree.
To store, freeze in Ziploc bags or frost safe containers.

Pumpkin Granola
Autumn flavors, such as pumpkin puree, maple syrup and cranberries mix with crunchy pumpkin seeds and nuts and for a seasonal taste treat you can enjoy throughout the season.
Note: This recipe differs from the one shared in this column last year at this time, and doesn't require hours of roasting!
Ingredients: 3 1/2 cups rolled oats; 2 1/2 cups puffed rice cereal (like Rice Krispies); 2 teaspoons pumpkin pie spice



TAKE THE HINT KAREN TRAINOR

mix; 3/4 tsp salt; 3/4 cup brown sugar; 1/2 cup pureed pumpkin; 1/4 cup smooth applesauce; 1/4 cup maple syrup; 1 tsp vanilla extract; 1 cup chopped nuts, such as walnuts pecans, pecans, etc.; 1/2 cup pumpkin seeds; 1 cup raisins and dried cranberries
Directions: Preheat the oven to 325 degrees and line a large baking sheet with parchment paper.
In a large bowl, combine oats, puffed rice cereal. In a medium bowl, whisk together spices, salt, sugar, applesauce (smooth), pumpkin puree, maple syrup and vanilla. Whisk until very smooth.
Pour wet ingredients into dry ingredients and stir with a spatula or large spoon until mixture is evenly coated. Spread on prepared baking sheet in an even layer.
Bake for 30 minutes, then turn over the granola carefully using a large wide spatula, spreading as thin as possible. Sprinkle the nuts onto the granola, and bake for additional 15 minutes, until crisp and golden. If center isn't fully dried, remove the edges of the cooked granola to a cooling rack and let the rest cook for another 10-15 minutes until done. Cool on pan or on a fine wire rack. Break up granola. Add dried fruit before serving.

Pumpkin Ginger Cookies
Fresh pumpkin transforms into a crisp cookie with this old fashioned recipe.
Ingredients: 1/2 cup of butter, softened; 1 cup granulated sugar, plus more for rolling the cookies; 1/2 cup fresh pumpkin puree; 1 egg; 1 teaspoon vanilla extract; 2 cups all-purpose flour; 2 teaspoons baking soda; 2 teaspoons cinnamon; 1 1/2 teaspoons ground ginger; 1 teaspoon ground cloves; 1/2 teaspoon salt
Directions: In a large bowl beat the butter and sugar together until creamy and smooth. Add the pumpkin, molasses, egg, and vanilla extract, mix until well combined.
Meanwhile, in a medium bowl, whisk together flour, baking soda, spices, and salt. Add dry ingredients to wet ingredients and mix until combined. Refrigerate dough for at least an hour.
To bake, preheat oven to 350° F. Line a baking sheet with a parchment paper. Roll spoon sized balls of dough in granulated sugar until well coated and place on prepared baking sheet, about two inches apart. Bake for 10-12 minutes, or until cookies look cracked and set at the edges. The cookies will still be soft. Let the cookies cool on the baking sheet for a few minutes after removing them from the oven, then transfer to a wire rack to cool completely. Makes about three dozen cookies.

Pumpkin Latte
Leftover pumpkin elevates a simple cup of Joe to holiday gourmet status!

Ingredients: two cups whole or 1% milk; two tablespoons pumpkin puree; two tablespoons granulated sugar; two tablespoons pure vanilla; 1/2 teaspoon pumpkin pie spice (or substitute 1/4 tsp cinnamon, 1/8 tsp cloves, 1/8 tsp nutmeg, and a scant pinch of ground ginger); 3/4 cup of strong, brewed coffee (or substitute one half cup espresso).
Directions: Place coffee and milk in a small crockpot. Mix in the pumpkin, vanilla and spices. Cover and cook on high for an hour or two. When ready, whisk again to mix. Ladle into mugs and top with whipped cream and shaved cinnamon if desired.
This recipe will serve two people. You can double or triple the recipe as needed.

Easy Pumpkin Bread
Simple and easy, this classic pumpkin bread recipe can be doubled. Loaves freeze well.
Ingredients: 1 1/2 cups flour; 1/2 teaspoon of salt; 1 cup granulated sugar; 1 teaspoon baking soda; 1 cup pumpkin purée; 1/2 cup olive oil; 2 eggs, beaten; 1/4 cup water; 1/2 teaspoon each nutmeg, cinnamon and allspice; 1/2 cup chopped walnuts.
Directions: Preheat oven to 350°F. Sift together the flour, salt, sugar, and baking soda. Mix together pumpkin, oil, eggs, 1/4 cup of water, and spices. Lightly combine with the dry ingredients. Stir in the nuts. Pour into a well greased loaf pan. Bake 50-60 minutes until toothpick comes out clean.

Win Dinner for Two at the Publick House
Win Dinner for Two at the Publick House
Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month (or whenever I receive enough tips for a column) will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!
Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or E-mail KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

The Marfa Lights

Well, I know I said last week that my spooky season series was done, but with many requests for one more, I said, why not? I couldn't resist sharing just one more story for Halloween. And this one might be the strangest yet. It's the tale of a place where the mysterious meets the unexplained—where eerie lights dance across the horizon, and science and folklore collide. I'm talking about the Marfa Lights.
In a remote stretch of West Texas desert near the small town of Marfa, strange, glowing orbs have illuminated the night sky for centuries.
According to local history, the first recorded sighting was in 1883, when a rancher named Robert Ellison noticed lights flickering in the distance, initially thinking they were Apache campfires. But as he traveled closer, the lights seemed to move farther away, as if intentionally evading him.
Interestingly, Native American tribes in the area, including the Apache, were aware of these lights long before settlers arrived, referring to them as "fallen stars" and interpreting them as celestial or supernatural phenomena.
The Marfa Lights, which appear as bright orange, red, or blue orbs, have been seen shifting, darting, and splitting apart only to rejoin moments later. Some say they float, while others claim they hover above the ground, weaving in and out of view.
During World War II, the Marfa Lights caught the attention of pilots stationed at the nearby Midland Army Air Field. Intrigued, these pilots attempted to locate the source of the lights, thinking it might be a natural or man-made structure. Despite multiple attempts, they never found the origin. It was as though the lights were aware of the pilots' presence, evading discovery every time they tried to pinpoint their source.
What causes these lights?
Some say they are cars from a nearby interstate, Route 67, but that doesn't explain how they've been observed long before the automobile.
Some theories range from the scientific, like reflections or naturally occurring gases, to the supernatural, with legends suggesting they're spirits or entities keeping watch over the land. But one thing's for certain—the lights behave in

ways that defy easy explanation, especially in encounters that seem almost personal.
Consider the story of a film crew that arrived in Marfa hoping to capture the lights on camera. After setting up equipment for hours, the crew finally spotted the lights flickering in the distance. But as they moved in, strange things began to happen. Cameras shut down inexplicably, and batteries drained without reason. Some crew members reported feeling as though the lights were watching them, reacting to their every movement. No matter how they tried, they couldn't get a clear shot—the lights would appear just out of reach, then disappear, only to reappear elsewhere. By the time they left, the crew was convinced that the Marfa Lights weren't just a natural phenomenon, but something else—something almost... aware.
Another tale comes from a local rancher who encountered the lights late one night while driving home. As he traveled down the dark, empty road, he noticed glowing orbs trailing behind his truck. At first, he thought they were headlights, but the lights behaved strangely, veering off into the desert only to reappear closer to him, moving in sync with his truck. He described it as if the lights were "following" him, curious yet keeping their distance. Finally, as he neared home, the lights suddenly broke away and vanished into the mountains. Shaken, the rancher was left wondering—were the Marfa Lights watching him, guiding him, or simply toying with him?
To this day, the Marfa Lights remain a mystery. Scientists have tried to pin them down as reflections, atmospheric gases, or mirages caused by temperature inversions. Yet no explanation fully accounts for their behavior, nor for the strange interactions people report. And the stories continue to pile up, from locals who've seen the lights their entire lives to travelers who stumble upon them unexpectedly.
As Halloween draws near, and we gather around to share tales of the unknown, remember that some mysteries are closer than we think. They flicker on the horizon, waiting to be seen—but not necessarily to be understood.
Happy Halloween, and may all your mysteries be as strange as the Marfa Lights.

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LEGALS

(SEAL)
COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
Docket No. 24 SM 003225
ORDER OF NOTICE
TO: **Trisha Begnoche Daniel V. Begnoche**
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 § 3901 (*et seq*)
NewRez LLC d/b/a Shellpoint Mortgage Servicing
claiming to have an interest in a Mortgage covering real property in Northbridge (Whitinsville), numbered 7 Overlook Street, Unit No. 7 of the 5-7 Overlook Street Condominium, given by **Trisha Begnoche and Daniel V. Begnoche to "MERS", Mortgage Electronic Registration Systems, Inc., a separate corporation that is acting solely as nominee for United Wholesale Mortgage, "Lender";**

its successors and assigns, dated August 24, 2018, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 59308, Page 354, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.
If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before 11/25/2024 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.
Witness, Gordon H. Piper, Chief Justice of this Court on 10/16/2024

Attest:
Deborah J. Patterson
Recorder
November 1, 2024
COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
Docket No. 24 SM 003685
ORDER OF NOTICE
TO: Wayne David LeBoeuf a/k/a Wayne D. LeBoeuf
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (*et seq*):
Digital Federal Credit Union
claiming to have an interest in a Mortgage covering real property in Whitinsville (Northbridge), numbered 158 Goldthwaite Road, given by Wayne David LeBoeuf a/k/a Wayne D. LeBoeuf to Digital Federal Credit Union, dated November 30, 2017, and recorded in Worcester County

(Worcester District) Registry of Deeds in Book 58113, Page 67, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.
If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before 12/02/2024 or you may lose the opportunity to challenge the foreclosure on the ground of non-compliance with the Act.
Witness, GORDON H. PIPER Chief Justice of this Court on 10/17/2024
Attest: Deborah J. Patterson, Recorder
November 1, 2024

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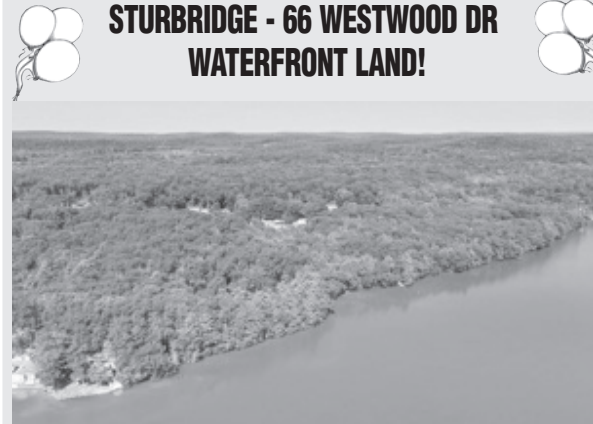
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Youth mental health First Aid training completed by Bay Path Nursing students

CHARLTON — September is National Suicide Prevention Month and Bay Path practical nursing (PN) students continue to do their share in learning. Research states that suicide is the 10th leading cause of death overall in the US and that the overall suicide rate has increased by 35 percent since 1999. The PN class of 2025 learned the signs of suicide to prevent home or workplace-based tragedy. Some members of the PN Class of 2025 completed the Youth Mental Health First Aid (MHFA) training lead by Lynn Lynch, MBA, Director of Business Operations and MHFA Instructor of the Shrewsbury Youth and Family

Services, Inc. (www.SYFS-MA.org). The six-hour curriculum, completed in one full professional development day, gives the participant a three-year certification upon completion. Gretheline Bolandrina, DHA, MSNEd, RN, CRRN Academy Director at Bay Path Practical Nursing Academy has been working with the Shrewsbury Youth and Family Services for the PN students MHFA training for over five years. “We are grateful to have Lynn return to Bay Path annually and the Shrewsbury Youth and Family Services for their continued provision of the MHFA training for the PN students!” said Bolandrina.



Lynn Lynch, MBA front row, second from right with members of the PN Class of 2025.

“I cannot emphasize enough how important it is for our nursing students to have the skills and knowledge to identify and respond to signs of mental disorders and how to provide initial help and support,” Bolandrina added. MHFA trained individuals may

assist someone experiencing a mental health or substance use-related crisis. In the MHFA course, the PN students learned risk factors and warning signs for mental health and addiction concerns, strategies for how to help in crisis and non-crisis situations and well as where to turn for help for both adult and youth. Topics covered include depression,

mood disorders, anxiety, trauma, psychosis, and substance use disorders. Participants learned how to apply the MHFA action plan in situations when someone is experiencing panic attacks, suicidal thoughts of behaviors, non-suicidal self-injury, acute psychosis (hallucinations or delusions), overdose or withdrawal from alcohol or drug use, and reac-

tions to a traumatic event. “Providing education to the PN students and supporting them so they’re in the best state of mind for their nursing journey is a wonderful tie-in,” Bolandrina said. “The feedback on the MHFA training remains positive. We continue to engage in conversation, education, and breaking the stigma of mental health disorders.”

Nurse educators learn about generative AI tools

WORCESTER — Bay Path Practical Nursing Academy faculty and staff (pictured above, from left) Shannen Sherman, BSN, RN, of CT, Donna Pope, LPN, of Southbridge, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, of Athol, Ana Olivar, EdD, MSN, RN, CRRN, of Rutland, and Cheryl Cahill of Oxford all completed the workshop for Nurse Educators presented by the Massachusetts Rhode Island League for Nursing (MARILN)

on Friday, Oct. 25 at the Hogan Center, College of the Holy Cross. The 2024 MARILN Fall Conference and Annual Meeting - Innovate and Educate: Generative Artificial Intelligence (AI) Tools for Nurse Educators speakers were Rachel Cox Simms DNP, MS-HPed, RN, FNP-BC Assistant Professor MGH Institute of Health Professions (Boston, MA); Semiha Asli Bozkurt PhD, RN, CHSE Clinical Assistant Professor



University of Massachusetts Boston (Boston); Catherine Carroca DHS, MSN, RN, CNE Associate Professor Massachusetts College of Pharmacy of Health Sciences (Boston), and Joseph Gordon-Reznar Associate Chief Nursing Officer Cambridge Health Alliance (Boston). The purpose of the workshop is to empower nurse educators with the knowledge and skills to effectively integrate generative AI tools into their teaching and professional practices. The participants explored the fundamental principles of generative AI and discovered practical applications for creating engaging educational materials, designing innovative assignments, and enhancing assessments. The workshop addressed ethical considerations and best practices, ensuring responsible AI usage in educational settings. At the end of the workshop, participants were equipped to leverage AI for professional development, scholarly activities, and enrich the learning experience for nursing students.

The Massachusetts Rhode Island League for Nursing (MARILN) is a constituent of the National League for Nursing. MARILN aims to improve nursing at hospitals, public health, and other organized nursing services by encouraging nursing through nursing education and awarding scholarships to students in nursing programs to encourage their education.

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WHIRLPOOL FRENCH DOOR BOTTOM FREEZER \$1599.99 WAS \$2,699	10 CU. FT. CHEST FREEZER \$499.99 WAS \$599.99
FRIGIDAIRE SIDE-BY-SIDE REFRIGERATOR \$1099.99 WAS \$1,599.99	LG SMOOTH TOP ELECTRIC STOVE \$729.99 WAS \$999.99
20 CUBIC FOOT UPRIGHT FREEZER \$799.99 WAS \$999.95	OVER THE RANGE MICROWAVE \$199.99 WAS \$279.99

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As a former primary care doctor, and now a Mass Advantage member, what I most appreciate about Mass Advantage is the dedicated team of Member Navigators who provide top notch customer service and guidance.

Robert Babineau Jr. M.D., Member since 2023

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A Medicare Advantage Plan

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Representatives are available October 1 - March 31, 8 a.m. – 8 p.m., 7 days a week; and April 1 – September 30, 8:00 a.m. – 8:00 p.m. Monday – Friday.
Calls are answered by licensed sales agents.

Mass Advantage is an HMO and PPO plan with a Medicare contract. Enrollment in Mass Advantage depends on contract renewal.
* Premium and coverage may vary based on plan selection. For a complete list of benefits, visit MassAdvantage.com. Other providers are available in our network. For accommodation of persons with special needs at meetings, call toll-free (844) 416-1027 (TTY:711). We can also help with registering for a sales seminar or rescheduling due to inclement weather.

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