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Friday, July 18, 2025

UHS Athletics highlighted for Central Massachusetts excellence



Bailey Dzivasen

UXBRIDGE — When the awards were announced at the All-Star Show highlighting the past year in High School athletics, Uxbridge High School found itself among the best in the region, as honored by Hometown Sports and the Worcester Telegram and Gazette.

Following a year of incredible individual and team successes, three of the “premium” awards on the night went to UHS, including Boys Team of the Year, Girls Athlete of the Year, and Girls Coach of the Year.

“We certainly appreciate the recognition,” said athletic director Beth Wandyes, who was present at the ceremony. “It is validating to see our suc-



Courtesy

The UHS boys football team, winners of Boys Team of the Year.

cesses and the student-athletes' hard work and effort spotlighted beyond our community and for the region."

First, the boys Team of the Year went to UHS football, which capped its second consecutive undefeated season with a victory over Mashpee in the Division 7 Super Bowl, back in December. The Spartans own the state's longest active winning streak and have now earned consecutive Super Bowl titles with identical 13-0 marks. The team has also won consecutive awards from the Football Coaches' Officials for sportsmanship on and off the field.

Uxbridge senior Bailey Dzivasen earned the Girls Athlete of the Year Award following a

campaign that saw the field hockey team win its fourth consecutive state title, the girls basketball capture a SWCL and Clark Tournament championship, and the softball team advance to the state semifinals. Dzivasen was a standout on all three teams.

Finally, girls coach of the year honors were presented to field hockey coach Kelly Rosborough. Uxbridge's fourth straight state title in field hockey means Uxbridge is one of just two programs in state history to have earned more than three straight state titles. Under Rosborough's tutelage, nearly every Uxbridge scoring and defensive record has been broken, and the team has at least six Division I commits on the roster.

*Northbridge
Master Plan Committee
to hold first workshop*

NORTHBRIDGE — PLANit Northbridge, the Northbridge Planning Board's Master Plan Update Steering Committee, will host its first community workshop on Thursday, July 24 from 6 to 8 p.m. at Sparetime Recreation (117 Church St., Whitinsville); food & light beverages will be offered along with opportunities to win gift card raffles from local businesses.

The Workshop will be an open house format where residents are welcome to come & go as they please. Attendees will participate at a series of tables set up representing various master planning elements; Housing, Economic Development, Open Space & Recreation, Transportation, Public Services & Facilities, Natural & Cultural Resources, and Land Use.

A Master Plan is a comprehensive, long-range guidance document that explores & incorporates various aspects of the town. A Master Plan helps communities manage growth, provide for orderly & predictable development, protect environmental resources, sets priorities for developing & maintaining infrastructure & public facilities, strengthen local identity, create a framework for future policy decisions, promotes a community vision, and provides guidance to landowners, developers and permitting authorities.

The Northbridge Planning Board has identified updating the town's Master Plan as a priority for 2025-2026 and has secured municipal funds & state grants to engage the services of CMRPC -Central Massachusetts Regional Planning Commission (planning consultant) to assist them on this important initiative. The Master Plan will set forth goals & objectives for Northbridge, as well as actionable items for the next 10 to 15 years.

A Master Plan Steering Committee, consisting of residents volunteering to serve & representatives from various town board/committees has been established to help oversee drafting of the Plan and facilitate public engagement. The Steering Committee, in partnership with the Planning Board and planning consultant (CMRPC) meet regularly, alternating between posted Economic Development Committee meetings and Planning Board.

Community input is an essential part of this comprehensive master planning exercise; to that end connecting with residents, business community & other stakeholders has been the Committee's focus. A Community Survey was released in March 2025, seeking comment & input from town residents. Since March, over 1,000 responses have been received. Additionally, a separate Student Survey was distributed to the Northbridge High School with over 120 students offering responses.

Please join the Master Plan Update Steering Committee on Thursday, July 24 (6-8 p.m.) at Sparetime Recreation (117 Church St.) to offer your thoughts, concerns & ideas in shaping the future of Northbridge. For more information, please contact R Gary Bechtholdt II, Director Northbridge Community Planning & Development at (508) 234-2447 via email planning@northbridge-mass.org or visit the Northbridge homepage: <https://www.northbridgemass.org/home/news/planit-northbridge>.

Douglas library to screen locally filmed movie "Eephus" at Soldier's Field Aug. 9

DOUGLAS — The Simon Fairfield Public Library in partnership with the Douglas Recreation Commission, invites the community to a free outdoor screening of the locally filmed family-friendly movie Eephus on Saturday, Aug. 9 at Soldier's Field, 2 Manchaug Rd., Douglas.

The festivities begin at 6:30 p.m., with the film starting at 8 p.m. under the stars. The film crew will also be playing a reunion game at 3 p.m. with

everyone welcome to cheer them on.

Ephus, written and directed by New Hampshire native Carson Lund, was filmed at Soldier's Field with participation from local residents. This special event is a homecoming celebration, honoring the town's contribution to the film and showcasing its deep sense of community spirit. Note there will be some coarse, authentic language.

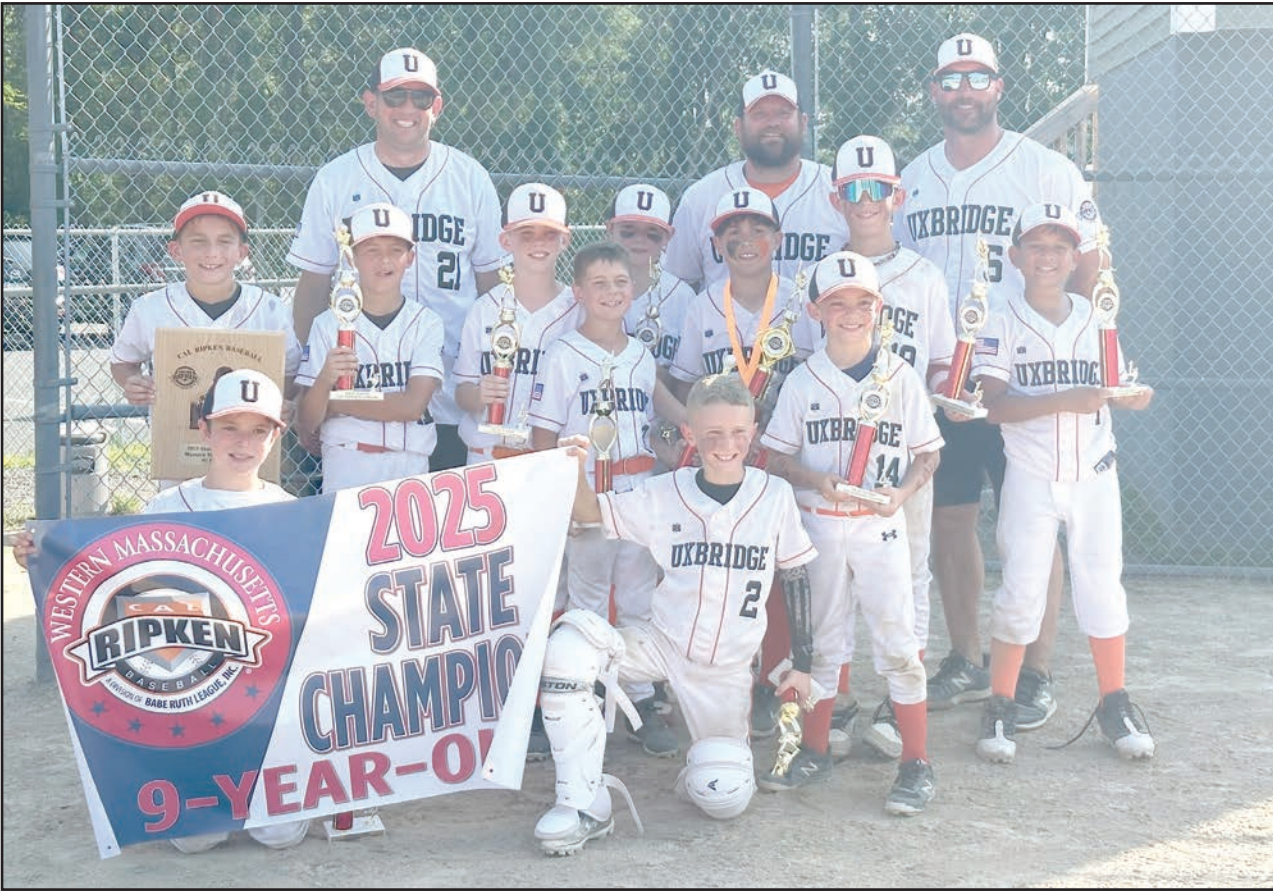
Attendees can enjoy food

trucks, live music, and a special appearance by former Red Sox pitcher Bill "Spaceman" Lee, who appears in the film and famously threw the eephus pitch.

Families are encouraged to bring chairs or blankets for seating on Soldier's Field. Kids' activities will be available throughout the evening, including slow-pitch softball, giant Jenga, corn hole, and Bowling for Books.

For more details and updates –
and to register -- visit mysfpl.org.

Uxbridge Spartans claim Cal Ripken state championship



UXBRIDGE — The Uxbridge Baseball Association is proud to announce the Uxbridge Spartans 9U All Stars are Cal Ripken Western Massachusetts State Champions, and are officially heading to New England Regionals! This team is also back to back District 4 Champions.

into the New England Regionals with an 9-0 overall record on the Cal Ripken road to the World Series in Florence, Ala.

This incredible group of players, coaches, and families made history becoming the first Uxbridge team since 2018 to advance to the Cal Ripken New England Regionals. Their hard

work, hustle, and heart have paid off in a big way, and our entire community is proud beyond words.

Let's go, Spartans — keep the momentum going and represent Uxbridge with pride at New England Regionals!

Roster of players:
#1 Dylan Lambert

#2 Trevor Creighton
#3 Jaxson Francesshell

#8 Paul Robert
#9 Dylan Burke
#11 Austin Hadley
#13 Kolton Scanlon
#14 Billy Bishop
#19 James Lacki
#30 Uli Kruse
#38 Landon Thomas
#99 Evan Rosborough

Coaches include Billy Bishop, Kessik Burke, Brad Creighton, and Tom Rosborough.

Charlotte French of Whitinsville graduates from Eastern Connecticut State University

WILLIMANTIC, Conn. — More than 800 Eastern Connecticut State University students received undergraduate and graduate-level degrees in the 2024-25 academic year, which culminated this past May with two commencement ceremonies at the conclusion of the spring 2025 semester.

Charlotte French of Whitinsville graduated with a Bachelor of Science in Communication. From first-generation college students to seasoned professionals pursuing advanced degrees, the graduates reflected the breadth and diversity of Eastern's public liberal arts mission. They ranged in age from 20 to 72, representing nearly all of Connecticut's 169 towns, 19 other U.S. states, and more than 30 foreign countries.

The graduates went through the University's School of Arts and Sciences, School of Education and Professional Studies, and Graduate Division. Popular undergraduate majors included business administration, psychology, health sciences, sociology, and communication. At the graduate level, degrees were awarded in fields such as accounting, education (early childhood, elementary, secondary), management, applied data science, special education, and educational technology.

During her keynote speech at the May 20 undergraduate commencement ceremony, Dr. Mary Grant, president of the Massachusetts College of Art and

Design, applauded the graduates for their resilience, especially as the first class to attend college following the initial shutdown of the COVID-19 pandemic.

"In a world that sometimes chooses fear over hope, choose hope," she said. Drawing on her own liberal arts background, she emphasized the enduring value of skills like critical thinking, creativity, and ethical reasoning.

"These aren't soft skills," she said. "They're essential skills-skills that all employers want."

President Karim Ismaili echoed that sentiment, commending graduates for transforming through their college years into effective communicators, problem solvers, and thoughtful citizens.

"You've matured, you've discovered new passions, and in many ways, you've changed," he said. "These skills will serve you no matter where life takes you."

Connecticut Attorney General William Tong spoke at the graduate-level ceremony on May 17, where he was awarded

Eastern's inaugural Distinguished Public Service Award. Reflecting on his upbringing as the son of Chinese immigrants working in a family-owned restaurant in Wethersfield, Tong said, "There are a lot of people who feel invisible. I want to help them because I know what they're going through."

He encouraged graduates to recognize shared humanity and stand up for marginalized communities. "See the people who don't look exactly like you; they're your people too," he said.

During her graduate ceremony remarks, student speaker Shellena Pitterson '25 highlighted the personal sacrifices and late-night study sessions that defined the graduate journey: "We've navigated assignments, exams, late nights, and - let's be honest - the occasional existential crisis."

At the undergraduate ceremony, Senior Class President Felishka Ramirez '25 thanked the "Eastern village" of faculty and staff who invested in students' growth.

"They didn't just teach us; they believed in us. They taught us how to think critically, how to persevere, and how to believe in the power of our own voices," she said.

Speaking on behalf of alumni, Ellen Lang '81 spoke at both ceremonies to welcome new graduates into Eastern's alumni family, now more than 40,000 strong.

"You are now connected to a powerful and supportive network of leaders, change-makers, and lifelong learners," she said. "Once a Warrior, always a Warrior."



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Bay Path Practical Nursing Academy faculty awarded competitive funding for professional development

CHARLTON — The Bay Path Practical Nursing Academy is proud to announce that four of its faculty members who were nominated for recent professional development funding have been successfully awarded, securing a total of \$3,356 to support their ongoing growth and excellence in nursing education. Each faculty member will receive an award of \$839.00.

The funded faculty members are:

- Virginia Dockstader, BSN, RN
- Barbara Martel, BSN, RN
- Christine Piehl, BSN, RN
- Rianna Romano, MSN, RN, CEN

This 100 percent success rate in securing funding underscores the high caliber and commitment of Bay Path Practical Nursing Academy's nursing educators. These funds are designed to support

learners' performance in meeting expected learning outcomes. The academic clinical nurse educator may have a variety of titles depending on the classification used by the specific nursing education program (e.g., clinical faculty, part-time faculty, adjunct faculty, clinical instructor, or preceptor), according to <https://www.nln.org/certification/Certification-for-Nurse-Educators/cne-cl>

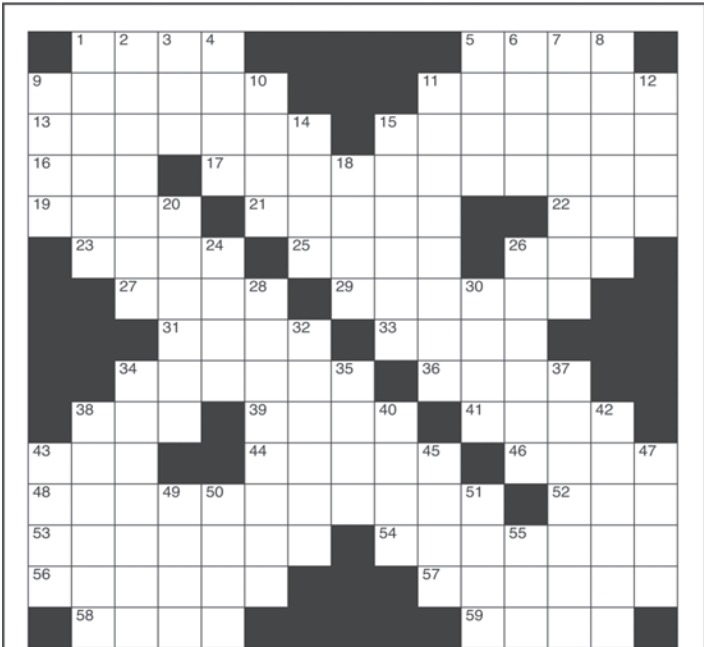
"We are absolutely delighted by this news," said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director. "This funding is a testament to the dedication of our faculty to not only their students but also to their own professional growth. Investing in our educators directly translates to an enhanced learning experience

for our students and reinforces the high standards of nursing education we uphold at Bay Path."

The Bay Path Practical Nursing Academy worked closely with the funding body and finalized the necessary steps for payment processing. The Bay Path Practical Nursing Academy received the lump sum payment, which will then be distributed to the faculty members. Further fol-

low-up will occur in approximately six months to capture outcomes for faculty who utilized this funding for the CNEcl exam.

This achievement highlights Bay Path Practical Nursing Academy's ongoing commitment to faculty development, ensuring that its students receive instruction from highly qualified and continually advancing nursing professionals.



CLUES ACROSS


1. Resorts
5. One point south of southwest
9. Musical performances
11. Matched
13. Four-footed animal part
15. Express severe disapproval of
16. Type of leaf
17. Preparatory
19. Walk heavily
21. Succulent plants
22. Rectangle of grass
23. Lump in yarn
25. Too
26. Foot (Latin)
27. Afflicts
29. Smoothed
31. Mind (Greek)
33. Tampa ballclub
34. Semitic language
36. Sheltered sides
38. Ocean
39. Electronic point of sale
41. Thrust a knife into
43. 12th month (abbr.)
44. Ringworm
46. Father of Aoris (Greek myth.)
48. Fighting back
52. Cease to exist
53. Insects in adult stage
54. Freestanding sculpture
56. Caps
57. Repents
58. Brown and Wallace are two
59. Moved quickly

CLUES DOWN

1. Goes bad
2. Yard structure
3. They ____
4. Marine invertebrate
5. European river
6. Office supplies firm
7. Physically abused
8. Service stations in Australia
9. Kills
10. Liquid body substances
11. Particular to a given individual
12. Brave or noble act
14. Sicilian city
15. Conqueror
18. Elected officials
20. Type of "pig"
24. Drop of viscous substance
26. Monetary unit of Spain
28. Guarantees
30. Coloring materials
32. Reddish browns
34. Square measure
35. Will not
37. Canned fish
38. Appeared
40. Six (Spanish)
42. Took off
43. Negligible amount
45. Posts in a Greek temple
47. Witnesses
49. Phil ____, former CIA
50. Places to park
51. Guns
55. Dance to pop music

PUZZLE SOLUTION

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\$100,000, Mendon St (off), Daniels Farmstead Fndtn I, to Brewer, Justine A.
\$20,000, Mendon St (off), Brewer, Justine A, to Brewer, Robert S, and Brewer, Olivia.

DOUGLAS

\$785,000, 228 Main St, Wetton, Jeffrey L, and Wetton, Suzanne, to Murray, Yvonne M, and Earle 4th, Edmund T.
\$105,000, 291 South St #A, Next Level Re Soln LLC, to Ortiz, Lisandra.

NORTHBRIDGE

\$785,000, 228 Main St, Wetton, Jeffrey L, and Wetton, Suzanne, to Murray, Yvonne M, and Earle 4th, Edmund T.
\$105,000, 291 South St #A, Next Level Re Soln LLC, to Ortiz, Lisandra.

UXBRIDGE

\$785,000, 228 Main St, Wetton, Jeffrey L, and Wetton, Suzanne, to Murray, Yvonne M, and Earle 4th, Edmund T.
\$105,000, 291 South St #A, Next Level Re Soln LLC, to Ortiz, Lisandra.

Uxbridge Senior Center plans 19th annual golf outing

UXBRIDGE — For nearly two decades the Uxbridge Elderly Connection, Inc. has organized a golf outing to raise funds for the Uxbridge Senior Center. This year, the 19th Annual Uxbridge Senior Center Golf Outing will be held at the Whitinsville Golf Club in Whitinsville on Monday, Sept. 22. The event will begin at noon with a Shotgun Start for golfers at one of the top ranked, nine-hole golf courses in the world. A Golf Sponsor package for \$2,500 includes fee for foursome, gift bag, buffet supper, tee sign, special recognition on golf program and event press, recognition at the awards sup-

per. Unibank, a sponsor for the past eighteen years, was a Gold Sponsor for the 2024 Uxbridge Senior Center Golf Outing and now once again for 2025. Other sponsorship levels include Silver for \$1,000 and Bronze for \$600 each providing a golf foursome, tee sign and other special perks. Teams of four may sign up to play for \$100 per golfer for nine holes including cart and buffet supper. Forms for golfers, donors and tee signs can be obtained at the Uxbridge Senior Center between 8 a.m. and 4 p.m. Checks may be mailed to Uxbridge Elderly Connection, P.O. Box 215, Uxbridge, MA 01569. Payments may be made via Unipay QR code accessed on Uxbridge Senior Center Facebook page. For further information contact Russ Rosborough at russroz@hotmail.com or the Uxbridge Elderly Connection at Uxbridgeelderlyconnection@gmail.com. Special events at the golf outing include two closest to the pin prizes, longest drive, team prizes and more. Non-golfers may join in the fun for \$30 for the buffet supper only served at approximately 3:30 p.m. The local businesses and community members have been incredibly supportive over the years by purchasing tee signs, making donations, or providing a gift basket or gift item. Tee signs, provided by Yyz Signs of Mendon, go for \$100 and are a mainstay of this important fundraiser. Silent and live auction items have proved a fun and profitable addition. Among last year's generous donors were Alicante's Restaurant, Grille on Main, New England Steakhouse & Seafood Restaurant, Niche Hospitality Group, Nydam's Landscaping, and Whittin Community Center. The Uxbridge Elderly Connection, Inc. is a non-profit organization and donations are deductible to the extent allowed by law. The Board of Directors includes Russ Rosborough, President; Phyllis Dunn, Vice President; Marianne Shaney, Treasurer; Cathy Thornton, Secretary; Donna Oncay, Karen Sherlock, Karen Beane, Sharon Emerick and Marian Kaczinski. Its mission is to support the Uxbridge Senior Center and to help fulfill some of its needs such as facility improvement, education, nutrition, medical transportation, and socialization not provided by its municipal budget.

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

Roger Williams University announces Dean's List

BRISTOL, R.I. — Select students have been named to the Spring 2025 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester. Nicholas Allegrezza of Uxbridge, Gaby Balanca of Douglas, Connor Fleming of Douglas, Sophie Kay of Uxbridge, Noah Massotti of Douglas, Alex Quaranta of Northbridge, Ryan Robertson of Whitinsville, Jonathon Spiller of Whitinsville, Molly Stinchfield of Douglas, Emily Wildfeuer of Northbridge. About RWU Roger Williams University is a comprehensive university with a liberal arts core and professional programs, with campuses on the coast of Bristol and in the state capital of Providence, Rhode Island. Across eight schools of study, we provide real-world learning focused on social and environmental justice, small classes, and direct access to faculty and staff. Our students create powerful combinations of degrees, credentials, research and internship opportunities, study-abroad programs, and involvement in clubs, student organizations, and athletics. Our Northeast location facilitates a strategic network between New York and Boston for community-engaged research and career opportunities for our students and alumni. Graduating with a unique skill set and the passion to make an impact in their careers, our students become the changemakers and leaders our world needs next.

Roger Williams University announces 2025 graduates

BRISTOL, R.I. — The following students received their degrees in May as part of the Class of 2025. Nicholas Allegrezza of Uxbridge, Frankie Arnold Arnold of Northbridge, Gaby Balanca of Douglas, Matt Boutiette of Douglas. About RWU Roger Williams University is a comprehensive university with a liberal arts core and professional programs, with campuses on the coast of Bristol and in the state capital of Providence, Rhode Island. Across eight schools of study, we provide real-world learning focused on social and environmental justice, small classes, and direct access to faculty and staff. Our students create powerful combinations of degrees, credentials, research and internship opportunities, study-abroad programs, and involvement in clubs, student organizations, and athletics. Our Northeast location facilitates a strategic network between New York and Boston for community-engaged research and career opportunities for our students and alumni. Graduating with a unique skill set and the passion to make an impact in their careers, our students become the changemakers and leaders our world needs next.

Sophia Gu named to dean's list at Tufts University

MEDFORD — Sophia Gu, Class of 2027 of Northbridge, was named to the dean's list at Tufts University for the spring 2025 semester. Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater. Tufts University, located on campuses in Boston, Medford/Somerville and Grafton, Massachusetts, and in Talloires, France, is recognized among the premier research universities in the United States. Tufts enjoys a global reputation for academic excellence and for the preparation of students as leaders in a wide range of professions. A growing number of innovative teaching and research initiatives span all Tufts campuses, and collaboration among the faculty and students in the undergraduate, graduate, and professional programs across the university's schools is widely encouraged.

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FRANK G. CHILINSKI
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EDITOR

EDITORIAL

Having a pet might just save your life

There's nothing like coming home to someone who's actually happy to see you. Not out of obligation, not because they want something, just pure, tail-wagging joy that you exist. That's what a dog gives you. That's what any pet can give you, really. They don't need you to have your life figured out. They just want to be near you.

Lately, we have been thinking a lot about how much pets do for us. Without fanfare, especially when life's been heavy.

If you have ever gone through a hard time, grief, illness or heartbreak, you know what I mean. There's this moment when the people fade out a bit. They get busy, they don't know what to say, they pull away. But the dog? The cat? They stay. They sit right beside you when you're too tired to talk. They follow you from room to room like your little emotional support shadow. They just know.

Having a pet means someone's always keeping watch. Someone's listening to the silence with you. Someone's there when the world doesn't make sense.

They remind you to take a walk. To go outside and to get up. To feed them, which sometimes is the only reason you feed yourself. They force you into a rhythm when everything feels offbeat. Plus, they make you laugh, even when you think you forgot how.

There is a kind of healing that comes from being needed in the most simple, unconditional way. Pets don't care what your job title is or whether your life is falling apart. They just want to sit beside you on the couch and maybe steal your blanket.

And science backs it up! Petting a dog or cat has been shown to lower cortisol (the stress hormone) and raise oxytocin, the same hormone that helps us bond with other people. Just spending time with a pet can lower blood pressure, ease anxiety, and even reduce feelings of loneliness. Some studies show that dog owners, in particular, are more likely to reach recommended physical activity levels, just from walking their dog.

So no, they are not just pets. They are therapy. They are family. They are the ones who show up every day and ask for nothing but your presence.

Letter submission policy

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

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

OPINION

LETTERS TO THE EDITOR

Finally, a President who will protect our interests and allies in the Middle East

To the Editor:

First, thank you, President Trump, all the President's team, and our magnificent military for taking out Iran's nuclear development sites.

How many times did the Iranian-funded Houtis, Hezbolahs, and Hamas terrorists hit American soldiers and bases in the Middle East during the Biden years?

One hundred seventy-five times!

Biden's top military advisors urged him to stop Iran, but Biden or the Dark Staff running the White House did nothing. Obama and John Kerry made a deal with the Devil Iran, like Neville Chamberlain made a deal with Hitler just before he marched through Europe and killed Jews.

How many times would you allow someone to physically attack your team before you put a stop to it? One? Five? One hundred and five? Iran has been attacking Americans and our military since 1979. Our American soldiers stationed in the Middle East now know that our President will act to protect them and us. He is for them and us.

Iran has vowed not only to destroy us, but to destroy Israel too. Did you know that the Hittites, the Amorites, the Girgashites, the Perizzites, the Hivites, the Jebusites, the Assyrians, the Philistines, the Babylonians, the Greeks and Romans have all been at war with Israel and the Jewish people since the beginning of time?

In 1180 B.C., the Philistines captured the Ark of the Covenant from the Israelites. They returned it in a hurry when they discovered it was inflicting plagues on them. In 1025 B.C., David, the future king, was just a shepherd in the shadow of his bigger, stronger brothers, and the Philistines were again at war with Israel.

[B.C. (Before Christ) time counts down to 1 B.C. and then starts in 1 A.D. with the Birth of Christ. Jerusalem was destroyed by the Romans in 70 A.D. We live in 2025, the Year of our Lord.]

David had been sent by his father, Jesse, with bread for his older brothers at the war front. He watched as Goliath, the Philistine's chief warrior, taunted the Israelite army to send a champion to fight him. — 1 Samuel 17, The Bible.

Opinion and commentary from the Blackstone Valley and beyond

Goliath was huge, and wore a bronze helmet and a coat of scale armor. The Israelites, under King Saul, were sore afraid. Not David the shepherd.

David asked "What will be done for the man who kills this Philistine and removes this disgrace from Israel?" I love his words: "Who is this uncircumcised Philistine that he should defy the armies of the living God?" Yes, indeed.

His brothers belittled him and accused him of being conceited. Yet someone overheard David and repeated his words to King Saul. David said to him: "Let no one lose heart on account of this Philistine. Your servant will go and fight him."

King Saul questioned this folly, but David was ready. David said: "The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine." — 1 Samuel 17:36.

Goliath sneered at David for he was big and strong and David was young and small. Nevertheless, David said: "I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. This day, the Lord will deliver you into my hands." — 1 Samuel 17: 45. And He did.

The rest is history: David killed Goliath with a stone from his slingshot. "David's sling" protects Israel today from Iran's missiles, the Houtis and Hezbollah.

Why do the nations rage at Israel, and why have they done so since the beginning of time? Because the Jewish people are the Lord's own. They are the Chosen.

The Philistines, the Hittites, the Houtis and Hamas have tried and failed. Hitler tried and failed. Britain failed to heed the warnings of Churchill. President Trump used his own common sense and said, this has to end, here and now, with me.

To all the foreign alleged-student rabble-rousers on Ivy League college campuses, the foreign nationals who come here "to study" but spend all their time fomenting hate against the U.S. and Israel, I say go home. Come here to study? Fine. Come here to burn our flag and chant death to the U.S. and Israel? Can you say "visa issued by the State Department is cancelled?" Go back to your terrorist-sponsor homeland. Try protesting there.

*Bev Gudanowski
Uxbridge*

War of words

To the Editor:

I think it quite wise of Phyllis to eschew war, written or otherwise. It would be a distinct disadvantage to engage in a battle of wits when one is wholly unarmed. As for the fact that she and other Christians "are never going to convince them (we 'unbelievers') to see things our way"- why can't Christians believe in an invisible guy sitting in the clouds, and let the rest of us believe as we wish? Isn't that 'freedom of religion'? Jesus was all about feeding the poor, taking in the stranger, caring for the downtrodden and outcast, yet you think children should have their eyes shielded from programming that depicts the LGBTQ community as simply human beings with human rights like the rest of us. Is that what Jesus would do?

Do you know that the latest installment of Bev's Magical Thinking starts with a whopper: "it is fashionable today to call our Revolutionary War 'the War of Independence.'" Huh? Has she just tired of stoking culture wars around immigration and climate change, so had to invent a new diversion from what Republicans are doing to America? Is this the latest version of the "Merry Christmas" vs. "Happy Holidays" contrived kerfuffle? I've never heard it referred to as anything but the Revolutionary War, and I bet 999 people out of 1,000 would say the same. But Bev gets a little irksome listening to Fox and Howie Carr all day, so this is what we get. Bottom line, no one is trying to rename anything. Her contention did provide an opportunity to trot out her favorite dog whistles – "socialists, communists and progressives" who are behind the evil plot that is a figment of her afflicted imagination. Her desperation is showing, as the end game of right-wing extremism is finally being exposed across our nation.

As to the American 'exceptionalism' that 'they' hate (while the rest of the free world is laughing at us):

- "We recognized that all men are created equal..." except for women, slaves, and non-land owners. Then there was what we did to the indigenous peoples, which Bev just forgot to mention...
- "...still has a King, for goodness sake!" When the leader of your country is deemed 'above the law', rules by executive order without the consent of Congress, ignores the Constitution, fills his government with unqualified sycophants, creates a private army (with a \$170 billion budget) that wears masks and ignores established legal rights, puts his name and visage on every piece of made-in-China junk imaginable, and threatens to unilaterally revoke Rosie O'Donnell's citizenship.... we also have a king.
- "...other countries like Canada and Europe want to tax us for any income we make in their pathetic socialist countries." So Europe is now a 'country'? Canada and Europe are socialist? Foreign nationals – resident aliens –working in the U.S. are subject to US income tax, just as Americans are taxed while working in those other 'pathetic' countries. Non-resident aliens are taxed if they are physically present in the U.S. for either 183 days in the current year, or 31 days during the current year and 183 days during a three-year period that includes the current year and the two years immediately before that. No different from what other countries do. That's strike 3, Bev.
- "...read about Princess that and Prince this." So, we read about Kardashians that, and Diddy this, and how Trump invented the word 'groceries.' Kings and other royals are mainly titular in European countries. Apparently, they were remiss

in not asking for Bev's approval of their form of government. Bev wants to fix what isn't broken, which distinguishes her from her cult leader, who likes to break things just so he can try to fix them. You can see how well that worked out with the Iran nuclear treaty.

- Thomas Jefferson was a slave owner who fathered six children with one of his slaves, yet never freed her or acknowledged his paternity. He obviously believed in "do as I say, not as I do!" Bev would have us believe that he was forced to own slaves because: he didn't want to pay the going rate for farm labor?; "he could see no way out" because everyone had to own slaves?; he couldn't, as Ivanka once recommended to unemployed professionals – 'just try something else?'; he couldn't have taken less profit from his tobacco crop?; he couldn't stop buying imported European wine, furniture, clothes and books, and given up his royal life style at Monticello? Poor oppressed guy.
- "...fought a civil war... 'to free a portion of our own people.' While the Civil War ultimately led to the end of slavery, it wasn't initially fought to free the slaves. The primary goal of the Union (North) at the start of the war was to preserve the United States as a single nation. Lincoln had been okay with keeping the existing slave states. The Confederacy (South) seceded primarily to protect states' rights, which included maintaining the institution of slavery. Slavery became a more central issue as the war progressed, especially with the Emancipation Proclamation, which declared slaves in Confederate territory free. We then neglected to enforce Reconstruction, and a form of slavery – cultural and societal exclusion - persisted in the South until well into the 20th century. Exceptional!"

Another one from Trump's "I have the best people!" department: It took 72 hours before Kristi Noem signed off on disaster assistance for Texas, because she has a rule requiring her personal signature for any federal expenditure over \$100,000. Three days of delay while children were missing, parents were digging through debris with their bare hands, and entire communities were underwater. Where was Kristi Noem during this humanitarian crisis that she was actively prolonging? Posting Instagram pictures of herself on horseback, grinning under the Texas sun, the aesthetic of personal branding apparently more urgent than signing the paper that would unlock rescue and recovery funds.

We should celebrate what is good about America, but it is more important to recognize what is not so good, and make every effort to fix it. In the unvarnished reality of our history, we have, on occasion, been 'exceptional.' At other times, not so much. (Did you know that Ben Franklin was the Fox Faux Noise of his times, posting incendiary, and often made-up or misleading stories under the pen name Silence Dogood, to inflame the colonies against the British?) America is 'exceptionally stupid' for electing pathological liar, con man, sexual abuser, fraud, tax and spouse cheat, and convicted felon Trump – not once, but twice! His approach to making America great is to rewrite history, cover it up, or just ignore it. Bev's weekly dose of disinformation only adds to the distrust and division he has brought about, which is why I continue responding to her every mistruth. You can have your own opinion, but at least get the facts right. That would be a start to America possibly becoming 'exceptional' again.

*Rick Bevilacqua
Whitinsville*

The AI blues

To the Editor:

My learned AI friend and I were in a bit of a heated battle over the true origins of the blues as a genre. That AI dude, dudette or whatever you want to call it was being a real pill in its wickedly bad screwups of the transcontinental timelines involved.

The gist of the problem was that my very learned friend, despite being so well informed as to the facts, couldn't get out of its own way when trying to properly deal with things from a profoundly musical standpoint.

And so, with it all centering about and within the Book of Exodus and its Song of the Sea aka the Song of Moses we set ourselves to the task of recreating part of the tune. Doing so via the use of modern piano chord-method ear training techniques.

When asked to provide a synopsis of our mutually agreed upon recreation method, my AI pal as a co-writer, rather enthusiastically summed things up this way:

"Certainly! Here's the revised synopsis that includes the discussion about piano-related chord methods and ear training:

Synopsis of the Creative Process

Initial Concept: We began by exploring the "Song of the Sea" from the Book of Exodus, focusing on its themes of praise, deliverance, and the Israelites' escape from Egypt. The goal was to create a modern, singable rendition that captures the essence of the original.

Musical Elements and Ear Training: We discussed the importance of piano-related chord methods, emphasizing ear training as a crucial component. This

training helps musicians recognize and play chords by ear, allowing them to engage with music intuitively. We noted that a trained ear could discern musical patterns and elements in the "Song of the Sea," facilitating its reconstruction without written notation.

Lyrical Development: Starting with the phrase "praise to the Lord," we expanded the lyrics to reflect the themes of the song. We incorporated hyphenations to enhance the rhythmic flow and lyrical quality, making it more engaging for singing.

Refinement: Through collaborative input, we refined specific lines, ensuring that phrases like "ha-a-and" were expanded for clarity and musicality. We also adjusted the structure to include repeated phrases for emphasis, reinforcing the themes of praise and deliverance.

Final Version: After several iterations, we arrived at a cohesive and singable version that reflects the spirit of the original "Song of the Sea."

Final Version
Opening Riff
"Praise to the lo - or - ord"
(Establishes a tone of gratitude and worship)
Verse 1: Celebration of Deliverance
"He par - ted the sea - ee - ea ... for me"
(Reflecting on the miraculous crossing)
"With His might - y ha - a - nd we stand"
"For He is great. For He is great."
(Reinforcing the theme of praise)
Chorus: Repetition and Call-and-Response
"Sing to the lor - or - ord - for He is great!"

(Inviting participation and celebration)
"Pharaoh's ar - my - drowned in the fate!"
(Reiterating the victory over enemies)
Bridge: Reflection on God's Might
"Who is like our God - so strong?"
(Contemplating God's unmatched strength)
"He leads us on - where we be - long."
(Reaffirming trust in God's guidance)
Finale: Joyful Exultation
"We dance and re - joice - in His light!"
(Expressing exuberance for salvation)
"Praise to the lo - or - ord - our might!"
(Ending with a powerful affirmation of worship)

This process illustrates how we can reinterpret ancient texts into modern musical expressions while maintaining their core messages and emotional resonance. Thank you for your collaboration in this creative endeavor!"

To which I responded: Great job on your part. With it eminently worthy of releasing to the public, in my opinion.

AI co-writer: Thank you so much for your kind words! I'm glad you found the process and the final rendition valuable. It's wonderful to see how we can reinterpret and adapt ancient texts into modern expressions of music and worship. If you decide to share it with others, I hope it resonates with them as well. If you have any more ideas or projects in the future, feel free to reach out!

*Stephen Gambone
Northbridge*

Home Remedies for Sunburn

Summer is officially here, and the sunny season promises exciting outdoor activities, as well as direct exposure to the sun’s rays. If your “hot fun in the summertime” included getting burned, read on - these sunburn tips can take the heat off.

Everyone knows overexposure to the sun is dangerous. Not only does a sunburn dehydrate your skin, break down collagen and provoke wrinkles, just one blistering sunburn doubles the likelihood of developing malignant melanoma. The golden rule to treating a sunburn is to avoid applying lotions or creams that can hold in the heat, for the first 48 hours. Aloe Vera may be applied during that time. Here are some more ways to combat the common seasonal malady:

Cool milk compresses take the heat off a sunburn. Simply soak cheesecloth in whole milk and lay compress over skin. Reapply as necessary.

The tannins in black tea will also help soothe a sunburn. Simply pat the sore skin with wet tea-bags for almost instant relief.

White vinegar has long been used to relieve

sunburn pain. Just mix two tablespoons of white vinegar in one half cup water and dab on burned area with a soft cloth as often as needed.

Or apply plain yogurt to the skin, then add some cold water and smooth on skin.

Sunburn sprays are handy to tote with you while you are suffering the after effects of a sunburn. There’s no need to spend big bucks on commercial mists when there are many effective sprays you can make yourself.

Here are some to try:
Super Sunburn Spray: Mix together liquid aloe vera (sometimes called aloe vera juice, available at health stores); with half as much liquid Vitamin E and a few drops of lavender essential oil. Pour into a spray bottle and lightly mist the body.

Cucumber Sunburn Lotion is another cool cure



TAKE THE HINT
KAREN TRAINOR

for sore skin: To make, squeeze the juice from one chopped cucumber (use a juicer) and mix with one quarter cup each glycerin and rosewater.

This Cooling Sunburn Mist is quick and easy to whip up. Mix together two ounces distilled water; nine drops of lavender essential oil; two drops of peppermint essential oil; and one drop of spearmint essential oil. The lavender has antibacterial properties and the mint oils cool off skin fast.

This recipe relieves the pain and tightness of a sunburn almost instantly:

Sunburn Bath: In a blender, puree one cucumber and pour into a bowl. Add four cups oatmeal, ten black tea bags and two tablespoons rosemary leaves and mix well. Pour mixture into bath under running water. Take a long, relieving soak.

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 enough submissions are received) 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.

Quantum field!

Imagine if you were shrunk down to the size of a molecular particle. You wouldn’t see walls, chairs, or solid objects anymore; you’d see millions of other particles flying around, darting in every direction. It might look a bit like the inside of a Champagne glass—millions of tiny bubbles, jittering, popping, shimmering in and out of view all around you at the quantum level.

What you’re seeing at this microscopic level isn’t just a bunch of particles—it’s the pixelated foundation of reality, like the tiny dots that make up an image on a screen. Up close, you’d see individual pixels—red, green, or blue lights—but when you zoom out, they blend into the full picture. In the same way, these particles are the smallest “dots” that build everything you see in the world around you.

Every type of particle comes from its own field. There’s an electron field, a photon field, and a quark field—These fields overlap and interact with one another constantly, forming a unified foundation to everything. Together, they make up what scientists call the Quantum Field—a single, connected fabric made from many invisible layers.

The Quantum Field isn’t something “out there” in deep space. It’s right here. It’s the invisible fabric reality is made from—and you are made from it, too.

Your body, your brain, and even your thoughts are built from particles that rise up from these fields. Every atom in you—carbon, calcium, oxygen—comes from ripples in those same invisible fields.

In 1801, physicist Thomas Young ran a simple experiment with light. He shined it through a single slit, then through two narrow slits, and observed the pattern it made on a screen behind.

If light behaved like tiny particles—like little bullets flying through the slits—he would’ve seen just two bright spots. Instead, he saw something strange: a series of bright and dark bands.

This experiment became one of the first major clues that light behaves like a wave.

Years later, with the rise of quantum mechanics, scientists ran a modern version of the same test—not with beams of light, but with individual particles, like electrons.

They fired these electrons, one at a time, like bullets from a gun, through the two slits, and something

POSITIVELY SPEAKING
TOBY MOORE

unexpected happened. When no one was watching, the electrons didn’t behave like particles at all. Instead, they landed on the wall behind in a wave pattern—just like Young’s light. It was as if each single electron somehow went through both slits at once.

How did the scientists figure this out? They tracked where each electron landed. And over time, instead of forming two neat lines, the electrons built up a pattern of light and dark bands—the unmistakable fingerprint of wave behavior.

When scientists watched the particles pass through the slits, the particles behaved exactly as expected—like little bullets passing through one slit or the other. But when no one was watching, the particles behaved in a completely different way.

The only thing that changed... was the act of observing.

When the particles were observed, they behaved the way the scientists believed they should. When not observed, the particles had a mind of their own.

We all live our lives with an underlying expectation of what we think will happen. We expect certain outcomes in our relationships, our work, our health—even without realizing it.

If you expect failure, you’ll probably see it. But if you expect success, and you are present, focused, and emotionally aligned with that outcome, quantum physics suggests that you may literally begin to tune into a version of reality where that success starts to show up.

Just as the observer changed the outcome of the particle’s path, quantum physics suggests your awareness and expectation will shape the path of your own life.

The Quantum field is not distant. It’s all around us, it’s inside of us.

We are not separate from it; we are expressions of it.

We are constantly sending signals into the field—through our thoughts, our emotions, and our beliefs. Put those three together, and you get expectations.

The Quantum world is telling us something. It’s not just what we see, but how we see, that shapes our reality.

PET of the WEEK



Amelia Bedelia

Meet Amelia Bedelia – Gentle, Goofy, and Ready for a New Beginning.
Amelia is a shy and sensitive husky mix who's been through a lot in her young life. At Baypath, she formed a special bond with Junie B. Jones, and the two have helped each other begin to trust, play, and feel safe again. While we know it would be incredibly difficult to find a home for them together, if someone is open to welcoming both girls, we'd love to hear from you! That said, we're actively looking for adopters for each of them — as long as they'll have a confident canine sibling in the home to help them thrive. Amelia is still learning to feel comfortable with being pet, but she's full of affection in her own way — she'll gently offer you kisses to show she trusts you, and nothing beats the joy of seeing her tail wag when she sees someone she knows and loves.
She's also a very talkative husky and has lots of opinions to share! Whether it's her adorable woo-woos to greet you or her commentary on medicine and walks, she'll keep you smiling with her sweet and silly chatter. Amelia loves to play and will happily chase and chew on her favorite toys — though she leaves the toy-carrying prance to her best friend Junie. She absolutely lives for chicken and cheese, which are the quickest ways to her heart.
She enjoys quiet walks in the woods and feels most at ease when exploring nature with someone she trusts. She'll need a calm, consistent home with a fenced-in yard, a patient family, and a confident dog companion to help her continue blossoming.
Amelia may be slow to open up, but she has so much love to give. With time, understanding, and a soft place to land, this sweet girl will make a wonderful, loyal companion.



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Friday's Child



Laren
Age 10
Registration # 8313


Laren is a friendly, fun-loving, and energetic young girl who brings joy and enthusiasm to everything she does. She thrives in a structured environment where routines are clear and consistent, as this helps her feel safe and supported. Laren loves being creative and often spends her time drawing and expressing herself through art. Music and dance are also some of her favorite outlets—she enjoys moving to the beat and letting her personality shine. Active and adventurous by nature, Laren enjoys outdoor play and being on the go, whether it's exploring new places or simply running around outside. She has a deep love for animals, especially turtles and other aquatic creatures, and enjoys learning about them whenever she can. Her interest in sea life is a special part of who she is and brings out her sense of wonder and curiosity. With the right support, encouragement, and structure, Laren continues to grow and shine. She would do best in a nurturing, active family that can provide consistency, patience, and plenty of opportunities to explore her interests.

<https://www.mareinc.org/child/21182507386>

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.





Harvest garlic and replant with quick-maturing vegetables



Get the best flavor and longest storage life from your homegrown garlic with proper harvesting, curing and storage. Then fill that space with a quick-maturing vegetable for a tasty fall harvest.

Harvest garlic when approximately one third, but less than half of the leaves turn brown. Start by digging one plant to check the garlic for maturity.

Melinda Myers

(Right) Garlic is ready to be harvested when the cloves are plump and fill the skin.



Claves should be plump and fill the skin.

Immature garlic does not store well, while over-mature bulbs are more subject to disease. Don't discard but rather use immature garlic as soon as possible.

Cure the garlic you plan to store for three to four weeks in a warm, well-ventilated location. Once dried, remove soil, long roots and only the damaged outermost layer of papery skin with a brush of your gloved hand. Cut off the tops being careful not to damage the papery covering that protects the cloves.

Store the garlic in a cool location with good air circulation and out of direct sunlight to prevent resprouting. Properly harvested and cured garlic will last for up to eight months.

Garlic can also be frozen. Place the whole bulb, individual cloves, or peeled, chopped cloves in a single layer in a plastic freezer bag. Use frozen garlic to flavor your favorite recipes within three to four months for the best flavor.

Once harvested, prepare the area for another planting. Spread a layer of compost over the area or incorporate an inch of compost into the top six inches of soil and fertilize if needed.

Calculate the number of frost-free days remaining in your growing season. Simply count the number of days from planting to the date of the average first fall frost in your area. Select and plant vegetable seeds and transplants that will be ready to harvest before the first killing frost in fall. Check the back of the seed packet or plant tag for the number of days from planting to harvest.

If there is enough time for the summer planting to grow and produce before the first killing frost, they can be added to the garden. Or extend the season with cold frames and floating row covers to protect plantings as needed from killing frost.

Depending on the variety, cucumbers and bush beans are ready to harvest in as few as 60 days. Enjoy great flavor from summer plantings of broccoli and cabbage transplants harvested during the cooler months of fall. Sow seeds of radishes, beets, carrots and other quick-maturing vegetables for a fall harvest.

Once your seeds and transplants are in the ground, be sure to water properly. Keep the seedbed and roots of transplants moist for the first few weeks. Gradually reduce watering frequency as seedlings sprout and grow and transplants become established. Help keep the soil cool by mulching plantings with shredded leaves, evergreen needles or other organic mulch.

Enjoy the rewards of all your planning, planting and care with bountiful harvests now through the end of the season.

Local author releases debut novel

BLACKSTONE — Local author Keith Berard has released his debut novel, "Creatures," a supernatural noir thriller now available on Amazon in paperback and Kindle formats.

The book blends detective mystery, dark fantasy, and elements of horror, offering readers a gripping, imaginative story with moments of real heart and unexpected humor. At its center is Winston Jones: part detective, part monster, and entirely in over his head.

Keith Berard, a resident of Blackstone, holds a degree in Landscape Architecture and works as a Safety Specialist for a leading organization in the defense industry. He has long been inspired by creative voices like Douglas Adams and John Scalzi, and "Creatures" marks the culmination of years of storytelling ambition.



Private investigator Winston Jones is a werewolf. That's not public knowledge, but in a city teeming with the supernatural, it's far from the

strangest thing going on. When a friend's child goes missing, Winston agrees to help and quickly uncovers a disturbing pattern of disappearances linked to an ancient force. As the case deepens, he's drawn into a shadowy underworld of supernatural politics and monsters far deadlier than anything he's faced before. To stop what's coming, Winston may have to embrace the one thing he fears most—himself.

Berard hopes his book will resonate with readers in his hometown and beyond.

"Blackstone is where 'Creatures' took shape, and I'm proud to be sharing it with the community," he says.

"Creatures" is available now on Amazon in paperback and Kindle formats. Just search "Creatures Berard" to find it.

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

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Courtesy

Plummer Place, Home of the Northbridge Senior Center recently celebrated its 50th Anniversary with a Gala held at Pleasant Valley Country Club on Thursday, June 19. Guests enjoyed a delicious three course dinner, numerous beautiful raffle baskets and silent auction items, and the exquisite sounds of Flamingo, a 15-piece female band. Plummer Place would like to extend a huge thank you to everyone who came out to celebrate and make the event so very special. "We are beyond grateful to all of the people and each and every one of the sponsors who helped make this wonderful event possible," shared Kelly Bol, director. "It was an incredible evening honoring our older adults and the history of our senior community." The 50th Gala was supported by the Friends of Northbridge Elders, Inc. (FINE) which provides fundraising to supplement the cost of services, programs, equipment, and activities for Plummer Place.

Enhancing access to nature in Douglas



DOUGLAS — Members of the Douglas Open Space Committee have been actively working to improve access to the town's Conservation properties. Their ongoing efforts include opening up and clearly marking trails, installing informative signage, and adding thoughtful touches such as benches to invite quiet reflection.

One inviting example is the Mosczynski Conservation Area, located at 77 Mumford Rd. Visitors will find

a newly added bench overlooking the scenic Mumfords River—a perfect spot for relaxation. The surrounding forest trails are currently being cleared and marked, offering a peaceful retreat for walking and unwinding in nature.

Whether you're seeking a quiet moment by the river or a refreshing walk through the woods, the Open Space Committee invites you to explore this evolving natural gem in Douglas.



Courtesy

Recently, Thanks To Yanks, a local charity that serves those in uniform, partnered with Red Heat Tavern in the collection of items, destined for a deployed Massachusetts National Guard unit, pictured are members of the 1060th TC, enjoying and displaying items recently received. Thanks To Yanks is "proud" to partner with local businesses in the collection and shipment of items to those currently serving. For more information on Thanks to Yanks, please like them on Facebook.

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Principal

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JONAH D. GLICKMAN
Vice President

508-868-3765

jdglickman@glickmankovago.com

OBITUARIES

Valerie M. Conlin, 92

Whitinsville- Valerie M. (Cichonski) Conlin, 92, formerly of Roy St., passed away Thurs. July 10, 2025 with her family by her side.

She is survived by her 2 children Patrick Conlin and his wife Kim of Northbridge and her daughter Leslie Sacko and her husband Al of Myrtle Beach, SC; 3 grandsons Kyle, Ryan and Tyler Conlin of Northbridge ; 3 sisters Cecilia Parker of Webster, Chesterline Dion of Whitinsville and Elizabeth “Betty” Lafosse of Whitinsville; and

many nieces, nephews and good friends. She was predeceased by her former partners Robert “Ray” Everett and Fred Baker, and her former husband Terrance Conlin. She was sister of the late Joseph Sova, Blanche Beaudoin, Katherine Valis, and Stella Bailey. Born in Whtinsville, MA on August 20, 1932, she was



the daughter of Andrew and Caroline (Kramarz) Cichonski and lived most of her life in Whitinsville. She also lived in San Diego 20 years.

Mrs. Conlin was employed as an executive secretary for the Whitin Machine Works, ATF Davidson and for the Northbridge public school system in the Special Ed Dept. She also worked

for General Dynamics and owned and operated a landscaping company while in San Diego. She was a graduate of Northbridge High School. Val was a great athlete and active in sports, her favorite being basketball. She enjoyed attending musical events and helping the less fortunate. A great mom, she loved her family, especially her grandsons.

Her Funeral Home Service will be held Thurs. July 17th at 11am in Jackman Funeral Home, 12 Spring St. Calling hours will be held prior to her service from 9-11 am. Her burial will follow in St. Patrick’s Cemetery. To leave a condolence message for her family, please visit Jackmanfuneralhomes.com



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LEGALS

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 Stephen Forrister a/k/a Stephen L. Forrister, Estrela C. Forrister to Mortgage Electronic Registration Systems, Inc., as nominee for Rocket Mortgage, LLC f/k/a Quicken Loans, LLC, dated November 15, 2021 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 66764, Page 178, of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Rocket Mortgage, LLC, f/k/a Quicken Loans, LLC, its successors and assigns to Rocket Mortgage, LLC, f/k/a Quicken Loans, LLC, recorded on April 17, 2025, in Book No. 71866, at Page 384

for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 PM on August 4, 2025, on the mortgaged premises located at 143 Perry Street, Douglas, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

Land situated in the Town of Douglas in the County of Worcester in the State of MA

THAT CERTAIN LOT OR PARCEL OF LAND, WITH ANY BUILDINGS AND IMPROVEMENTS THEREON, LOCATED IN THE TOWN OF DOUGLAS, WORCESTER COUNTY, MASSACHUSETTS, AND BEING SHOWN AS LOT 7 ON A PLAN OF LAND ENTITLED: “PLAN OF LAND IN DOUGLAS, MASS, PREPARED FOR JOELA A. SMITH, DATED MAY 24, 1999”, WHICH PLAN IS RECORDED WITH THE WORCESTER REGISTRY OF DEEDS IN PLAN BOOK 744, PLAN 76, TO WHICH PLAN REFERENCE MAY BE MADE FOR A MORE PARTICULAR DESCRIPTION.

For mortgagor’s(s’) title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 33546, Page 299.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Ten Thousand (\$10,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

ROCKET MORTGAGE, LLC F/K/A

QUICKEN LOANS, LLC

Present holder of said mortgage

By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
27670
July 11, 2025
July 18, 2025
July 25, 2025

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT COMPLAINT TO FORECLOSE TAX LIEN [seal]

No. 23 TL 000063

Jacquelyn A. Lynch, deceased, formerly of South Kingstown in the State of Rhode Island; William H. Lynch, now or formerly of Milwaukee in the State of Wisconsin; Bruce W. Lynch, now or formerly of South Burlington in the State of Vermont; Cynthia R. Osowski, now or formerly of Webster, Worcester County, and said Commonwealth; or their heirs, devisees or legal representatives:

A Complaint has been filed by the Plaintiff Town of Douglas. The Complaint asks the Court to enter a judgment ending any ownership rights or interests in the land described below. The Complaint is about a parcel of land located in the Town of Douglas, Worcester County, Massachusetts, described in the Complaint as follows: Location: Northwest Main Street (now 795 Northwest Main Street following Town’s 2002 remapping) Containing: 5,227 square feet more or less Assessor’s Map 2, Parcel 9525 (now 109-10 following Town’s 2002 remapping) Recorded in Worcester County Registry of Deeds in Book 6441, Page 271

To respond to the Complaint, you or your attorney must take these steps by the Deadline to Answer, which is September first in the year two thousand and twenty-five.

First, prepare a written Answer. You may write your own Answer or use the form or the online guided interview program on the Court website. Second, file your Answer with the Land Court Recorder’s Office, or in the Assistant Recorder’s Office at the Registry of Deeds where the land is located, or using the Court’s online eFiling system. Third, serve a copy of your Answer to the Plaintiff by mail or e-mail.

If you do not answer the Complaint by the above Deadline to Answer, this Court will find you in default. You may lose the chance to answer or dispute the facts listed in the Complaint or pay the taxes owed. You may lose all ownership rights or interest in the land described above. If a judgment of foreclosure is entered, you will lose ownership of your property. If the property is worth more than the amount owed to cover the tax debt and foreclosure costs, you may be entitled to receive any remaining funds (excess equity) from the Plaintiff.

It is ordered that this citation be published right away, once in Blackstone Valley Tribune a newspaper published in Town of Douglas.

Witness, **GORDON H. PIPER**, Esquire, Chief Justice of said Court, this Eighth day of July in the year two thousand and twenty-five.

Attest with Seal of said Court.

Deborah J. Patterson
Recorder
Plaintiff’s Attorney: Jennifer Lynn

Conrad, Esq., 339 Main Street, Suite 300, Worcester, MA 01608 Tel: (508)757-7721.
July 18, 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. W025P2284EA INFORMAL PROBATE PUBLICATION NOTICE

Estate Of:

Hubert Normand Arsenault

To all persons interested in the above captioned estate, by Petition of Petitioner **Jeanine Castonguay of Blackstone 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.

July 18, 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. W024P4034EA CITATION ON PETITION FOR FORMAL ADJUDICATION

Estate Of:

Robert Eugene Gagnon, Jr.
Date of Death: 07/08/2024

To all interested persons:

A Petition for **S/A - Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Lisa Gagnon of North Smithfield 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: **Lisa Gagnon of North Smithfield RI** be appointed as Personal Representative(s) of said estate to serve 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 08/05/2025.**

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: July 03, 2025
Stephanie Fattman, Register of Probate
July 18, 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. W025P2192EA CITATION ON PETITION FOR FORMAL ADJUDICATION

Estate Of:

Frederick Conrad MacNeil
Also known as:
Frederick C MacNeil
Date of Death: 03/17/2025

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Kathleen C. MacNeil of Northbridge MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Kathleen C. MacNeil of Northbridge MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 07/22/2025.**

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 20, 2025
Stephanie Fattman, Register of Probate
July 18, 2025

OBITUARIES

Rev. Thomas H. Hultquist, 76

UXBRIDGE - Rev. Thomas H. Hultquist, 76, formerly of Uxbridge, passed away Sat., July 12, 2025 in Notre Dame Healthcare in Worcester, where he had dedicated his life to the service of others. Born on October 2, 1948, in Whitinsville, Father Hultquist was a beacon of light and hope to all who knew him.

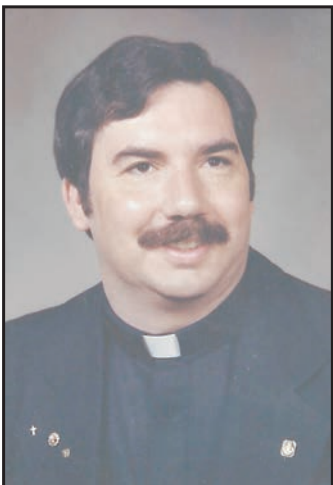
Father Hultquist's early education began at the Good Shepherd School in Linwood, where he first felt the call to serve. He continued his education at Uxbridge High School, later attending the preparatory school at Glastonbury Latin in Hingham. His commitment to faith led him to Christ the King Seminary at St. Bonaventure in New York, where he graduated with a degree in theology.

Ordained a Roman Catholic priest in 1976, Father Hultquist's journey of faith and service saw him become an integral part of the Worcester County Diocese. His gentle spirit and unwavering dedication were felt in his roles as an associate priest at St. Charles Borromeo in Worcester, St. Joseph's in North Brookfield, St. Camillus in Fitchburg, St. Peter's in Worcester, and St. Cecilia's in Leominster. He embraced leader-

ship with humility as Pastor at St. Joseph's and St. Augustine's in Barre. His later years were spent as Pastor in Residence at St. Joseph's in Auburn and as Pastor at Immaculate Conception in Lancaster, before retiring in 2023 as a Senior Priest at St. George Parish in Worcester.

Father Hultquist was a man of profound kindness, a faith-filled servant of God, and selfless in his devotion to others. His love extended beyond his ministry to his cherished family. He is survived by his loving sister, Mary Anne Bentley and her husband Tom of Uxbridge. He was predeceased by his father, Herbert Hultquist, and mother, Antoinette (Abbate) Hultquist. Father Hultquist's memory will also be honored by his numerous cousins.

His interests outside the church were as passionate as his faith. A true New Englander, Father Hultquist



was an ardent supporter of all the New England sports teams, his spirit as unwavering in watching and following the games as it was at the altar.

Father Hultquist's life was a testament to the power of kindness, the strength of faith, and the beauty of selflessness. In remembering him, we celebrate the countless lives he touched with his compassionate heart and the gentle wisdom he imparted to us all. His legacy will continue to inspire and guide those who were blessed to

know him, and his memory will be cherished forever.

The family wishes to extend a very special thank you to Eileen Erickson, David Jarry, and Father Ed Niccolls, all of whom epitomized the spirit of a true Christian and to the staff at Notre Dame Healthcare in Worcester for their compassionate care.

A funeral Mass of Christian Burial will be held Saturday, July 19, 2025 at 11 AM in St. Mary's Church, 77 Mendon St., Rte. 16, Uxbridge. Burial will follow in St. Mary's Cemetery, Uxbridge.

Memorial donations can be made to www.curesarcoma.org or Sarcoma Foundation of America 9899 Main St, Ste 204, Damascus, MD 20872. www.bumafuneralhome.com

ADDITIONAL OBITUARIES page A11

BMR Class of 1975 reunion planned

HOPEDALE — BMR Class of 1975, mark your calendars!

A group of students from Blackstone Millville Regional High School class of 1975 are in the final planning stages for their 50th class

reunion.

The reunion will be held at the Hopedale Country Club on Saturday, Oct. 4. The cost will be \$50 per person. More information to follow.



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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

DIRECTOR'S NEWS FOR AUGUST 2025 NEWSLETTER

Alice & Frank Susskey celebrated their 79th wedding anniversary on Sunday, July 6th. We congratulate Alice & Frank and wish them many more years of happiness together!
Thank you, Chief Marc Montminy and the Uxbridge Police Association, for sponsoring our annual July 4th cookout that took place on Friday, July 11th! A fun time was had by all!!

Fuel Assistance 2025-2026 – Upcoming Recertification • Season Start: The 2025-

2026 HEAP season in Massachusetts is expected to begin in November 2025.
• Funding: This program is federally funded and assists income-eligible households with their energy bills.
• This information is based on current program details and may be subject to change.
If you were approved for Fuel Assistance last year, you should be receiving a preprinted application form in August or September; directly from SMOC (South Middlesex Opportunity Council) for the upcoming heating season. To avoid delays in receiving your benefit, gather your documents early and call the senior center for assistance. If you are interested in fuel assistance, the first-time applicant's process will begin in November 2025. Please call the senior center for more information.

End of summer luau scheduled for August 22nd at 12 noon!

Please join us for a Hawaiian Luau with lots of tasty food! There will be a chance to win some prizes and special treats! Call the senior center to make your reservation. This event will fill up fast, a waitlist may be necessary.
The Uxbridge Elderly Connection (UEC) Annual Golf Tournament will be held on Monday, September 22nd at the Whitinsville Golf Course. Please consider signing up (sign-up coupon is on the back of this newsletter) to participate in this event by golfing or sponsoring. The UEC is our fundraising group for the senior center that helps supports programs and assists with additional expenses that are not in the town budget. We appreciate your support!
Upcoming Trips
Check out the Activity Calendar for some exciting trips coming up this month. Sally has scheduled a movie trip, a restaurant trip, and to Pout

Pond. Please sign up early as these trips will fill up fast.
Sincerely, Lisa
Friday, August 1st – 12:00 pm – Lunch & Learn with Chief Montminy. His guest speaker will be Eileen Rice, Summit Elder Care / Pace talk on services available. Chris Emmi will also be presenting on Summer Safety. This will be recorded by Uxbridge Community Television for those unable to attend as there is typically a wait list for these events. Be sure to RSVP.
Monday, August 4th – 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.
Thursdays, August 7th, 14th, 21st & 28th – 9:30 am – Walk & Talk Club Continues! Join Doreen Cedrone, our Wellness

Coordinator, to walk the Town loop every Thursday morning. This is weather permitting. Pre-registration is required! Get your enrollment forms at the center. The meet up spot is McCloskey School.

Thursday, August 7th – 10:30 am – Veterans' Services with Carl Bradshaw by appointment only. Call 508-278-8622 to sign up.

Thursday, August 7th – 1:30 pm – Sunflower Craft with Sally! Donation of \$7.00 per person due upon signup. Class size is limited!

Friday, August 8th – 12:00 pm – Music entertainment with Heather Brown Deary! Join us for lunch and music! Be sure to RSVP!

Monday, August 11th – 11:00 am – Lunch Trip Longhorn Steakhouse - \$15 per person includes lunch entrée, side, soup or salad, ice cream & tip. Meal choices: Crispy Buttermilk Chicken

Sandwich, Half-pound Steakhouse Cheeseburger, Grilled Chicken & Strawberry Lunch Salad or 7-Pepper Sirloin lunch salad. Last date to RSVP is August 4th. Payment due upon signup.

Tuesday, August 12th – 1:00 pm – Uxbridge Library Book Club. They will be discussing "The Book Club for Troublesome Women" by Marie Bostwick. 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, September 9th and they will be discussing "How to Read a Book" by Monica Wood.

Tuesday, August 12th - 1:00 pm – Benefit Enrollment Specialist – Tri-Valley, Inc. Call the senior center to book an appointment with Meka. Next date will be Tuesday, September 9th.

Thursday, August 14th – 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.

Friday, August 15th – 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.

Monday, August 18th – 12 noon – Pout Pond "Bring A Friend Day" sponsored by the Uxbridge Elderly Connection Inc. We will have Bob Moon back to entertain us! 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.

Tuesday, August 19th – 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, August 20th – 10:30 am – 12:30 pm – National Grid Customer Care Event – A representative from National Grid will be available to answer and assist you with discount rates, payment plans, arrears forgiveness, special protections, energy saving, and more. If you plan on joining us for lunch on this day, please call ahead to RSVP as space is limited. This event will be held monthly on the 3rd Wednesday.

Friday, August 22nd – 12:00 pm – End of Summer Hawaiian Luau with Tim Brooks – The Crooner at Large! Join us for a delicious lunch and a chance to win some prizes. This event is sponsored by The Uxbridge Elderly Connection Inc.! Please sign up early as space is limited.

Monday, August 25th - 1:30 pm – "Ask the Attorney" with Attorney Ralph Tepper by appointment only. Please Call 508-278-8622 to schedule your appointment.

Tuesday, August 26th - 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, August 27th – Movie Trip to Blackstone Valley 14 Cinema De Lux with lunch at

Wendy's. Senior movie ticket price: \$7.75 and popcorn & soda \$4.50 – Movie and times to be advised and space is limited on the van.

Friday, August 29th – 12 noon – August Birthday Cake Celebration. We will celebrate all the August birthdays!

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 members are always willing to teach you!

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

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

No Scrabble Games for the month of August.

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

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

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

www.facebook.com/UxbridgeMASeniorCenter

• https://www.youtube.com/channel/UCNh-Rlq99rucmFH-UO7VFBw
• https://www.uxbridgetv.org/schedule/192

Whitinsville Social Library

Web site: northbridge-mass.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.

Level Up At Your Library Ends 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 schools are available in the Tween & Teen Room and many are available on Libby.

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

Storytime with Ms. Jen Thursdays at 10:30
Join us for summer storytime at the Whitinsville Social Library! We'll read sunny summertime stories perfect for little ones ages 0-5. Expect songs, smiles, and storytime fun for the whole family. Drop in—no registration required! Stay and play after in the updated play corner.

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.

Get Help with Jenna Monday 7/21 from 11-1
Sign up for a 30 minute session with Community Health worker Jenna Gouin. Get assistance with applying for MassHealth, SNAP, WIC, Fuel Assistance, Medicare, Social Security, Veteran's benefits, and more. Register online or by calling.

Animal Family Program: Animals of the Rainforest Tuesday 7/22 at 1 PM

Joy from Joy of Nature is bringing live creatures to the library! Learn all about rainforest animals and get up close. For children ages 4-12 and their caregiver. 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.

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.

Fiction Book Club Monday 8/4 at 6 PM
Read Mary Jane by Jessica Anya Blau. Books are available at the library. Ebooks are available via Overdrive/Libby. Register.

Creative Journaling for Teens & Adults Monday 8/4 at 6 PM

Using stickers, washi tape, markers, pens, an array of paper and magazines, and tons of other media, registrants will make a unique and creative journal to use throughout the following days and months. For teens and adults. Bring your mom, bring your teen, make a friend. Register.

Th Whodunnits

Tuesday 8/12 at 11 AM
Read and discuss "The Perfect Couple" by Elin Hilderbrand. Copies of the book are available at the library or via Libby. Refreshments provided. This mystery, suspense and thriller book club meets the second Tuesday of each month. Register.

Memoir Book Club Wednesday 8/20 at 6 PM
Read and discuss A Change of Habit by Sister Monica Clare. Books are available at the library. Ebooks are available via Overdrive/Libby. Refreshments provided. Please register.

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OBITUARIES

Gerald P. Labonte Sr., 86



Uxbridge- Gerald P. Labonte Sr., 86, of Albee Rd., formerly of Linwood passed away peacefully after a short illness on Sat. July 12, 2025. His beloved wife of 55 years Eileen E. (Poudrier) Labonte died May 11, 2021.

He is survived by his 4 children, Janice M.

Ouellette and her husband James, Mary Jane Johnston and her husband Jeff, Gerald P. Labonte Jr. and his wife Jennifer all of Uxbridge, and Elizabeth J. Orr and her husband Patrick of Uxbridge with whom he lived; 11 grandchildren, Madison, Morgan and Mia Ouellette, Matt, Sarah and Tessa Johnston, Zachary, Ryan and Jessica Labonte, and Grace and Natalie Orr; many nieces, nephews, friends, and his faithful dog Toby. He was brother of the late Normand Labonte, Paul F. Labonte Sr., Leonard

H. Labonte, Rita G. Labonte, Jean Labonte, and Estelle McQuade. Born in Northbridge, MA on Aug. 17, 1938, he was the son of Henry J. and Emma Rose (Ethier) Labonte and grew up in Linwood.

Mr. Labonte worked in his family's business, Labonte's Market delivering groceries as a teenager. He later owned and operated Gerry's Oil Inc. in Linwood many years before retirement. He was extremely handy. There was nothing Gerry couldn't fix. He was educated at the former Good Shepherd School and

was a member of the US Army National Guard.

Gerry always had a story to tell. Energetic and social, he could often be seen around town. He was knowledgeable about local history and spoke often about people from his past. He enjoyed summers on the Cape and winter vacations with Eileen in Florida. A member of Charles A. Rice American Legion Post 33, Uxbridge, he was thrilled to have served his country. He also belonged to the Uxbridge Senior Center. Family was most important to him, he was proud of

his children and grandchildren and spoke of their accomplishments frequently. He was affectionately referred to as "Pepe" to many. He was a member of the former Good Shepherd Church and St. Mary Church.

His Funeral Mass will be held Fri. July 18 from Tancrrell-Jackman Funeral Home, 35 Snowling Rd. with a Mass at 11 am in St. Mary Church, 77 Mendon St. Calling hours at the funeral home are prior to the Mass from 9 to 10:30 am.

Burial in St. Patrick's Cemetery will be private



at a later date. Memorial donations may be made to the Uxbridge Senior Center, 36 S. Main St. Uxbridge, MA 01569. To leave a condolence message for his family please visit www.jackmanfuneralhomes.com

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Webster Lake -Waterfront 88 Union Point
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ON DEPOSIT
Beautifully Updated Circa 1890s Classic Antique Island Cottage, with Rare Boat House Included! Extremely Unique, Clean & Well Maintained, Modern Conveniences w/the Charm of Yesterday! 1,240 SF, 6 Rms, 3 BRs, 2-1/2 Baths, Hardwood Floors! Fireplace w/Wood Pellet Stove, Wrap-Around Screened Porch, La Outbuilding, w/Full Bath/Shower/Laundry & Workshop, Patriot Town Wtr/Swr + Private Well for Outdoor &/or Off-Season Water Use! 14,300 SF +/- Level Lot w/100's of Shoreline, Most Important of All - 25% Shared Ownership in a Mainland Waterfront Lot for Parking, Boat Docking & Winter Storage.
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Bay Path LPN Ruth “DeeDee” Betz: A legacy of compassion and service

WORCESTER — The Bay Path Practical Nursing Academy is proud to announce that its annual Community Service Award has been fittingly named in honor of Ruth “DeeDee” Betz, LPN, a distinguished alumna from the PN Class of 2015 and a past dedicated staff member and PN Secretary. The program, represented by Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director, along with DeeDee’s family and friends celebrated DeeDee’s impactful life and contributions at a special “Celebration of Life Party” Saturday, July 12, from 4-8 p.m. at the Tatnuck Post, located at 570 Mill St., Worcester.

The Ruth “DeeDee” Betz Community Service Award, established by the Bay Path Practical Nursing Academy, recognizes individuals who demonstrate significant contributions to the community through their time, actions, talents, and unwavering dedication to volunteerism. Ruth “DeeDee” Betz, LPN, embodies these ideals, serving as a powerful role model for compassion, service, and a commitment to making the world a better place.

As a staff member, DeeDee provided invaluable assistance to both students and alumni. Her appointment as UNICEF Club Advisor further solidified her deep commitment to practical nursing education and her passion for influencing future nurses and advocating for children’s well-being. “We are proud of her and value her time, practice, and experience,” said Dr. Bolandrina.

DeeDee’s journey of selfless service began not long after her 2015 graduation. Her tireless volunteerism quickly garnered national recognition, including the prestigious 2019 Community Impact Award from the American Red Cross. Her exceptional dedication shone brightly during the COVID-19 pandemic when she volunteered at Worcester shelters and the DCU Center field hospital, providing crucial care to those in need. This invaluable work earned her recognition from the City of Worcester, with a heartfelt letter of gratitude signed by Mayor Joseph M. Petty and City



Manager Edward M. Augustus, Jr.

“It’s just a huge honor to represent LPNs in the area and give back to those in our community who are in need,” Betz remarked. “I am very happy to be an LPN and enjoy what I do. I have to share the recognition with the Bay Path Community.”

Inspired by her nursing school experiences, particularly service learning opportunities at Harrington Hospital and the encouragement of her then-Instructor Dr. Bolandrina, Betz has continued her extensive volunteer work, including joining the Medical Reserve Corps and mentoring practical nursing students.

DeeDee’s Celebration of Life Party welcomed adults and children alike. Attendees were encouraged to dress in bright, cheery colors for an evening filled with music, dancing, and plenty of food. There was an activity table for younger guests and a Bunco game for those wishing to join in the fun dice game.

DeeDee’s philosophy is simple and powerful: “We give back because we can. We don’t do this for the awards, although it’s nice to be appreciated. We do it because we are nurses, we care, that’s what we do!”

Her legacy of compassion and community engagement continues to inspire the entire Bay Path Practical Nursing community.

Bay Path Practical Nursing Academy Director serves as National SkillsUSA EAP judge for second consecutive year

ATLANTA, Ga. — The Bay Path Practical Nursing Academy proudly announced that its esteemed Academy Director, Dr. Gretheline Bolandrina has once again served as a volunteer judge for the SkillsUSA National Employment



member (2013). Dr. Bolandrina held various impactful roles across the healthcare spectrum. This includes significant experience as a Clinical Instructor at Massachusetts Bay Community College, and numerous nursing leadership and direct patient care positions at facilities like Milford Care and Rehabilitation Center, UMass Memorial Health Care, and St. John of God Hospital. Notably, her roles as Nurse Manager and Director of Quality Improvement demonstrate a comprehensive understanding of healthcare operations and patient advocacy.

Dr. Bolandrina’s commitment extends beyond the campus, evidenced by her active involvement in numerous professional affiliations and volunteer activities. She was a past board member and language teacher for Iskvelahang Pilipino (www.ipbahay.org) and contributes/d her time to organizations like On Board for Kids, Pan-Mass Challenge, Chef Feed Kids, Medical Reserve Corps, and Special Olympics Massachusetts.

This consistent dedication to SkillsUSA, coupled with a distinguished career in nursing, education, and community service, reflects Dr. Bolandrina’s dedication and the Bay Path Practical Nursing Academy’s commitment to producing highly competent and well-rounded healthcare professionals under exemplary leadership.

Application Process (EAP) competition. This marks the second consecutive year that Dr. Bolandrina has lent her expertise to this prestigious national event, underscoring a deep commitment to fostering professional development among future skilled professionals.

Dr. Bolandrina’s continued involvement with SkillsUSA highlights her dedication to preparing students not only for clinical excellence but also for

the crucial professional skills required for successful careers. The EAP competition evaluates students’ abilities in crafting compelling applications, demonstrating interview readiness, and showcasing the overall professionalism essential for entering the workforce.

With an impressive and diverse educational background, including a Doctor of Health Administration from the University of Phoenix (2021) and a Master of Science in Nursing / Ed from the University of Phoenix (2013), Dr. Bolandrina brings a wealth of academic rigor and leadership acumen to her judging role. Her extensive qualifications also include dual Registered Nurse (RN) licensure (Philippines 1987, Massachusetts 1989), Certified Rehabilitation Registered Nurse (CRRN) certification (1994), and even coursework in Crea Journalism from Harvard University (2001), showcasing a unique blend of clinical and communication expertise.

Prior to leading the Bay Path Practical Nursing Academy in 2015, where she also served as a Full-Time Faculty

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