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Friday, January 17, 2025

Douglas Common offers messages of love

BY LYNN PARESKY
DOUGLAS COMMON
PRESERVATION SOCIETY, INC.

In these times when the news is filled with so much negativity, violence and hatred, it's wonderful when the story changes to one of positivity, light-hearted fun and love.

February is the Month of Hearts and Roses, a Month of Love, at the Douglas Common as the Douglas Common Preservation Society, Inc. offers the opportunity for the community to share messages of love as part of a mini FUNdraiser. Four-inch hearts will be personalized with one of four messages and hung from the gazebo for the month of February

when donations of \$10 or more are received. The donor gets to choose from four messages for their heart(s): Be Mine, I Love You, XOx, and Forever Yours, and the message also includes their first name and the first name of their valentine.

To take part in this new opportunity, start the process online at <https://forms.office.com/r/kd3sDQaZOE> and make your donation either by check payable to the Douglas Common Preservation Society, Inc., 76 NW Main St., Douglas, MA 01516 or via Venmo @Kathleen-Sugrue-Richards. Or visit us on Facebook and print out the flyer



with form. Once your form and payment are received, a personalized heart (or hearts) will be prepared for you and hung from the Douglas Common gazebo for the month of February.

Whether your valentine is your girlfriend or boyfriend, husband or wife, child or grandchild, or a special friend, why not be part of the fun, support a good cause, and declare your love for your valentine during the Month of Love at the Douglas Common. We hope to have hundreds of hearts decorating the gazebo with declarations of love!

The Douglas Common Preservation Society, Inc. is a 501(c)(3) non-profit organization dedicated to preserving, maintaining and beautifying the Town-owned Douglas Common. Made up entirely of volunteers, it relies on donations for funding to accomplish its projects and activities. As always, 100 percent of all donations are tax-deductible and are used to benefit the Common and its activities. We hope you will support us during the Month of Love and have some fun in the process!

Valley Chapel hosting healthy heart talk

UXBRIDGE — Join an enlightening and informative talk on maintaining a healthy heart and addressing issues related to the cardiovascular system. This session, led by the knowledgeable and passionate Dr. Theolinda Barry, will provide a clear understanding of:

- How Your Heart Works: Learn the basics of heart function and its vital role in your overall health.
- Cholesterol Demystified: Understand the ins and outs of cholesterol—its types, effects, and how to manage it effectively.
- Common Diseases & Risk Factors: Explore the most prevalent cardiovascular diseases, their risk factors, and how they affect your well-being.
- Natural Solutions for Prevention & Care: Discover practical, natural approaches to address existing heart concerns and reduce the risk of future issues.

Dr. Barry earned her doctorate from the National College of Naturopathic Medicine in Portland, Oregon, and brings a wealth of knowledge and experience to the topic. Now retired, she remains dedicated to helping others lay a foundation for healthy living through education and natural approaches to wellness.

When & Where:

Monday, Feb. 10, at 11 a.m.

Room 219 at Valley Chapel, 14 Hunter Rd., Uxbridge
Everyone is welcome! Whether you're a community member, someone seeking to improve heart health, or simply curious to learn, this talk is for you.

For more information or questions, contact Valley Chapel at 508-278-2315 or email info@valleychapel.us.
Take charge of your heart health naturally—your heart will thank you!

'Shake the Frost' at annual Douglas Spring Time Clean Up

DOUGLAS — Save the date for the annual Spring Time Clean Up. We welcome the residents of Douglas, and anyone passionate about the Blackstone Valley, to 'Shake the Frost'-take part in a Town Wide cleanup of our roadways, woods, neighborhoods...wherever trash has found its way, that it doesn't belong.

While this is an invitation

for an on-going initiative through the month of April, we will specifically be hosting a trash pickup and drop off event Saturday, April 26 from 8 a.m.-2 p.m. This event is rain or shine. Safety vests, trash bags & pickers, & gloves are available April 26. Collected trash can be dropped at the Douglas Highway Garage, 56 Main St., Douglas, at the event set up.

All ages are encouraged. This is a great opportunity for local groups and sports teams to work together to contribute time to their community. Students that need volunteer hours are welcome! We've had a great youth turnout in the last few years.

Please contact allyssamanyak@gmail.com for any questions or ideas.

Bay Path Academy Director recognized with two citations

WORCESTER — Massachusetts State Sen. Ryan Fattman and State Rep. John J. Marsi, Jr., through Amanda Galonek Hellyar, MPA, Deputy District Director and Special Projects Coordinator from the Office of Senator Ryan Fattman, Worcester & Hampden presented a citation to Bay Path Practical Nursing Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN of Athol, formerly of Dudley and Douglas. The citations were an acknowledgement for Bolandrina's accomplishments and award as a Champion of Health Care creating partnerships to enhance community health as recognized by the Worcester Business Journal. Citations are awarded to constituents who have reached a significant personal or professional milestone.

Ryan C. Fattman currently serves in the Massachusetts State Senate. Previously, he represented the 18th Worcester district in the Massachusetts House of Representatives as a Republican.

John J. Marsi, Jr. is currently serving as a Republican member of the Massachusetts House of Representatives from

the 6th Worcester district.

Originally from Isabela, Philippines, and formerly a resident of Douglas, Bolandrina had an interesting path that eventually led her to Bay Path Practical Nursing Academy. She attended high school in Novaliches, Quezon City, and obtained her Bachelor of Science in Nursing degree at the University of Santo Tomas (UST) College of Nursing. UST, officially the Pontifical and Royal University of Santo Tomas, is a private, Catholic research university in Manila, Philippines. Founded in 1611, UST has an autonomous status with Centres of Excellence in the fields of Medicine, Nursing, Pharmacy, Medical Technology, Biology, Chemistry, Chemical Engineering, Teacher Education, Philosophy, Psychology, Tourism & Hospitality Management and Music.

She worked at the Philippine General Hospital for a year prior to moving to Boston. The move to the US was prompted by Bolandrina's mother and father who knew she needed a safer environment.

Bolandrina stated, "My father has been an



Amanda Galonek Hellyar and Gretheline Bolandrina.

enormous influence in my life. He would tell me, become a nurse, and go to

America. Never forget the Philippines. He always offered great advice, hav-

ing traveled the world as a journalist."

At 22, Bolandrina was

an entry level nurse at St. John of God Hospital in Boston with a specialty in rehabilitation nursing. She became a CRRN (Certified Rehabilitation Registered Nurse) in 1994.

After moving to Boston, Bolandrina became more focused on her nursing career. That focus led her to nursing education.

Bolandrina stated, "I believe in serendipity as well as God's plan to bring me where I am today. As I have worked to care for patients and influence lives, nursing education changed me for the better. I see myself in many of the nursing students. I can share my experience and nursing journey with the students I mentor. I enjoy seeing them succeed."

Bolandrina obtained her Master of Science in Nursing education in 2013 at University of Phoenix and her Doctor of Health Administration degree also from University of Phoenix in 2021. She was inducted to the Iota Phi-at-Large Chapter; Chapter of the Honor Society of Nursing, Sigma Theta Tau (STT), the Upsilon Phi Delta Society University of Phoenix-Phoenix Chapter Sigma Alpha Pi, and The National Society of Leadership and Success.

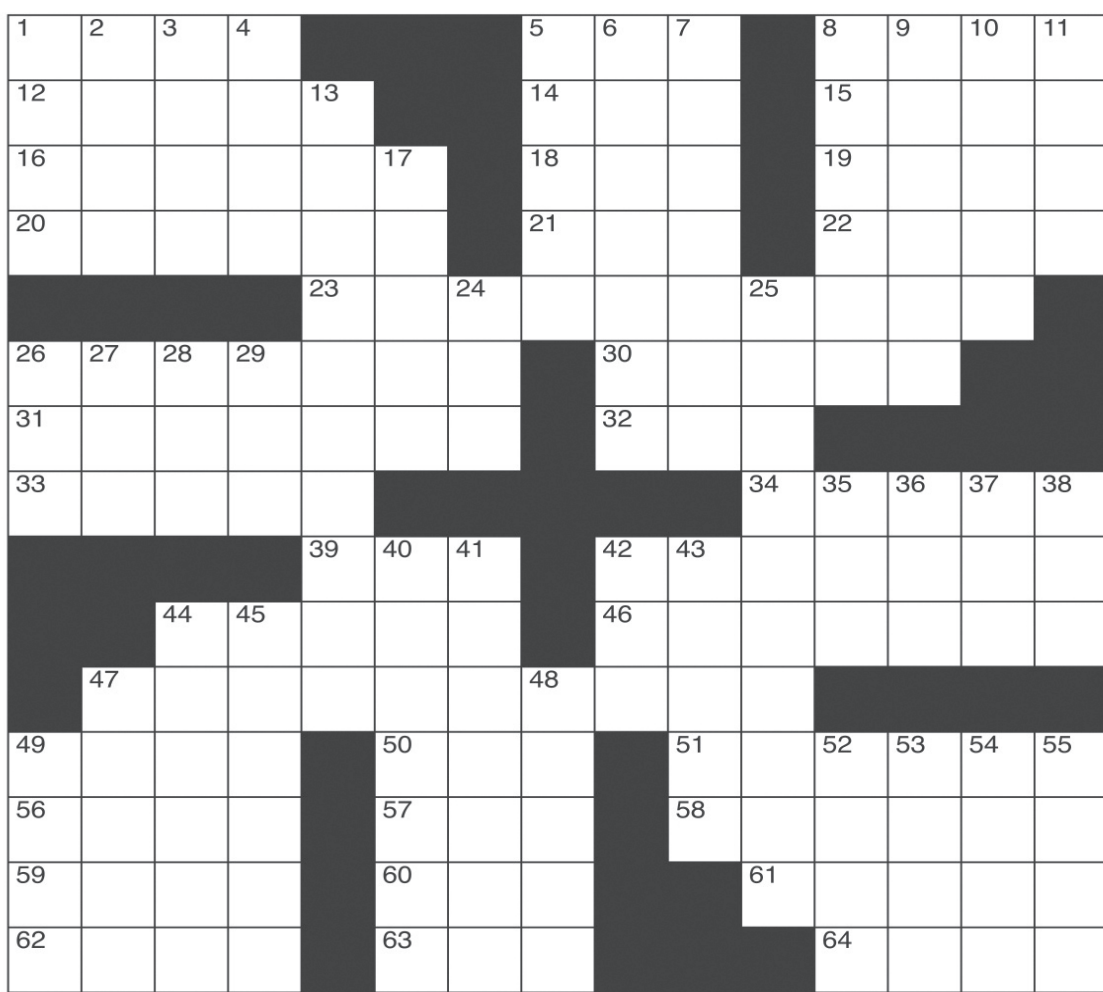
Courtesy

Coffee Break Bible study continues Feb. 4

WHITINSVILLE — Coffee Break, a community Bible study for women, will continue its Winter season with a study of Comfort: A God of Compassion on Feb. 4. God loves us and has wonderful plans for our lives — no matter what the current events look like. Come join with others in a study of Comfort: A God of Compassion as we look at who God is and the power and glory He is about to display in the earth. Our God is so trustworthy.

All peace and joy are found in Him. You're only allowed to be a newcomer the first week. After that, we're all friends. We look forward to meeting you. Refreshments and childcare are provided — There's loving care for your babies and toddlers through age five. Coffee Break is held each Tuesday from 9:30 to 11 a.m., and offers women in the Blackstone Valley an opportunity to read and discuss the

Bible, share questions and concerns, and develop new friendships. There's no "homework" required, and no previous Bible knowledge is necessary. Study guides and Bibles are provided free of charge. Pleasant St. Church is located at 25 Cross St. in Whitinsville. For directions, questions, or to get more information, please call Anna 774-287-9449, email churchoffice@pscrc.org or visit pscrc.org/adults.



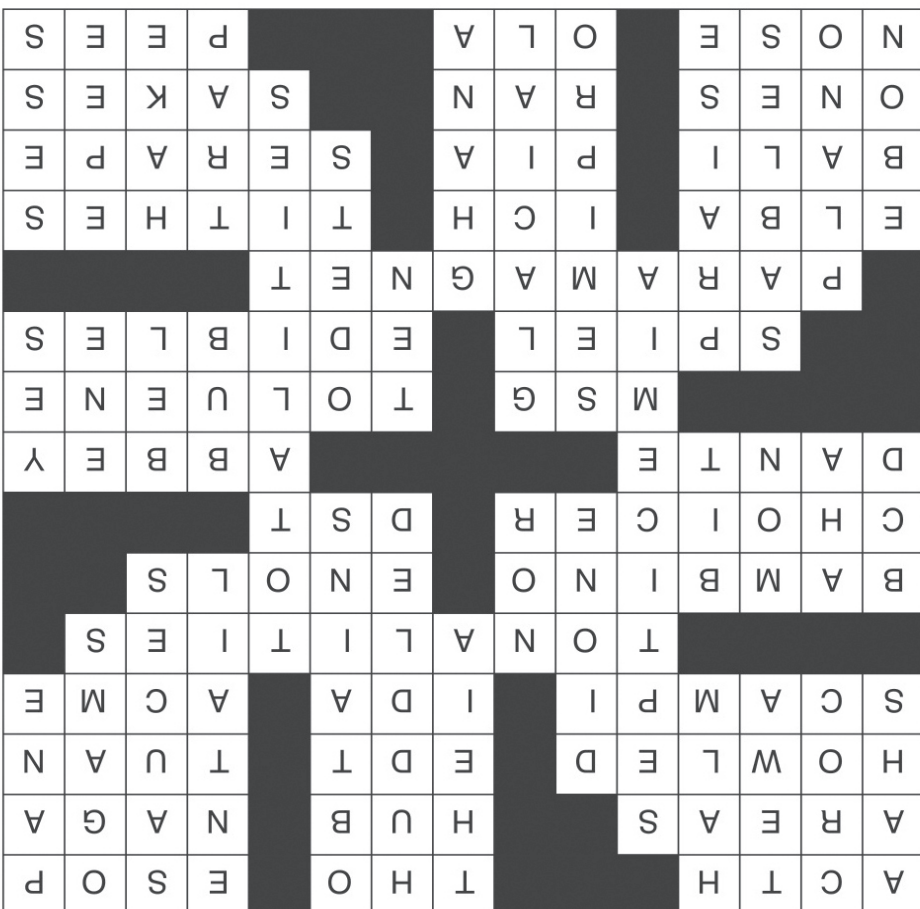
CLUES ACROSS

- 1. This regulates cortisol production (abbr.)
- 5. People of northern Vietnam
- 8. Employee stock ownership plan
- 12. Regions
- 14. The center of a city
- 15. Hindu serpentine deity
- 16. Roared
- 18. Sun up in New York
- 19. "Sir" in Malaysian
- 20. Shrimp dish
- 21. Muckraker Tarbell
- 22. Apex
- 23. Harmonic effects
- 26. One of Babe Ruth's nicknames
- 30. Groups in organic chemistry
- 31. More pleasant-tasting
- 32. Spring forward
- 33. Noted writer
- 34. Building occupied by monks
- 39. "The world's most famous arena"
- 42. Colorless liquid hydrocarbon
- 44. Long or fast speech
- 46. Things you can eat
- 47. Substance in which magnetic moments are not aligned
- 49. Actor Idris
- 50. I (German)
- 51. Taxes
- 56. Indonesian island
- 57. Nuisance (slang)
- 58. Shawl
- 59. Digits
- 60. Moved on foot quickly
- 61. "For goodness ___"
- 62. Facial body part
- 63. Russian river
- 64. Urinates

CLUES DOWN

- 1. Partner to "oohs"
- 2. Scaly water dweller
- 3. Pueblo people of New Mexico
- 4. Music producer Teo
- 5. Greek mythological goddess
- 6. Got together to discuss
- 7. Acquires
- 8. Involve
- 9. Some are tomato-based
- 10. Old Irish alphabets
- 11. A sheet of glass in a window or door
- 13. Blood poisoning
- 17. A moon of Saturn
- 24. Neither
- 25. Sums
- 26. They follow "A"
- 27. Satisfaction
- 28. People of southeastern Burma
- 29. Small amount
- 35. Guy (slang)
- 36. Sound unit
- 37. Midway between northeast and east
- 38. Affirmative
- 40. Almost at the top
- 41. Extremely slow
- 42. Pearl Jam's debut album
- 43. Influential mid-century playwright
- 44. Martens
- 45. Approval
- 47. Dallas-adjacent Texas city
- 48. African nation
- 49. Dark brown or black
- 52. A place to get caught
- 53. Large-headed, elongated fish
- 54. Type of sword
- 55. Scottish tax or levy

PUZZLE SOLUTION



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Vendors sought for Douglas Farmers Market

DOUGLAS — Vendor applications are being welcomed for the 2025 Douglas Farmers Market, so if you grow it, make it, bake it, cook it, weave it, paint it, sew it, build it... you get the idea... we would love to hear from you. Vendors of all kinds are welcome to apply. For more details and registration information, please visit us on Facebook and email us at douglasfarmersmarket-info@gmail.com.

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TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: news@stonebridgepress.news OR send to Blackstone Valley Tribune P.O. Box 90, Southbridge, MA 01550

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Officials offer ice safety tips

BY KEVIN FLANDERS
STAFF WRITER

REGION — Public safety officials remind outdoor enthusiasts of several tips for staying safe on the ice this winter.

In recent winter seasons, wildly fluctuating temperatures have made it a challenge to know which frozen bodies of water are safe for recreation. Depending on how high temperatures rise during a thaw, ice could thin to dangerous levels in a matter of days.

“New ice is usually stronger than old ice. Clear ice is also stronger than white, cloudy ice,” said Leicester

Fire Chief Michael Dupuis. “Ice that is formed over open water containing a large number of natural springs is even more dangerous and should be avoided.”

If ice thickness is two inches or less, you should stay off the ice, according to officials with the state’s Division of Fisheries and Wildlife. Ice must be at least four inches thick to support ice fishing, skating, and other activities on foot.

Six-inch ice is required to support snowmobiles, while cars and small pickup trucks need over

a foot of ice thickness to safely cross, officials said.

“Ice formed over flowing water and currents is often more dangerous. Avoid traveling onto ice-bound rivers and streams, as the currents make ice thickness unpredictable,” read a statement released by the Division of Fisheries and Wildlife.

Before stepping onto the ice, be prepared with the following items: a cell phone, rope, ice picks, warm clothing, and a life jacket. You should also tell someone about your travel plans and when you expect

to return, experts recommend.

If you fall through the ice, place your hands and arms on an unbroken surface and kick your legs. Use ice picks to pull yourself up onto the ice while kicking.

“Once your torso is on firm ice, roll toward thicker ice to distribute your weight,” read the statement released by the Division of Fisheries and Wildlife.

Public safety officials also urge enthusiasts to frequently check ice conditions as they pass into new areas of a water

body. Conditions can often vary as you progress from shallow coves or shorelines to ice covering deeper waters.

“You can’t judge ice conditions by appearance or thickness alone. Many other factors like water depth, size of water body, water chemistry, currents, snow cover, age of ice, and local weather conditions impact ice strength,” read a statement released by Mass Wildlife.

Residents should also be aware of changing conditions throughout the winter. In February and March, higher sun angles can impact

ice thickness even on cloudy days. Also, a single day with temperatures surpassing 50 degrees can significantly weaken previously solid ice.

For additional tips to keep your group safe on the ice this winter, visit www.mass.gov.

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Home of the Northbridge Senior Center

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We are accepting donations for our Plummer Place Café. Heavy duty plasticware utensils, heavy duty plates large and small, bowls, napkins, plastic cups, crystal lite packs, bottled water either

large or small, creamers, decaf coffee and regular coffee, Shaw’s gift cards. We appreciate all donations to help our café run successfully!

Plummer Place Singers will now meet on

Wednesdays at 1:00pm. Raianne Richards will lead you as a group, to develop your skills, to enjoy the camaraderie, and to perhaps sing for others. If you would like to join this group, please call the Center to sign

up. The cost is \$5 per week.

“Writing Your Way” will meet every 2nd and 4th Thursday of the month from 2:00-3:30pm. All writers are welcome to share their writing with others, get motivated

to write their story, and get feedback from fellow writers! Lori Gannon is the instructor for this class, call the Center for more information. \$5/class.

Meditation group meets every Thursday at 9:30am. Set your intentions to enter 2025 in a calm, relaxing manner. There is no commitment, join us when you can. Beginners to meditation are always welcome.

Grief Support Group will meet at 2:00pm on the second Monday of each month. Sign up in the main office or call Michelle at Plummer Place for more information.

Daniel Bourguignon of Whitinsville named to Dean’s Honor List at Cedarville University

CEDARVILLE, Ohio — Daniel Bourguignon of Whitinsville was named to the Dean’s Honor List at Cedarville University for Fall 2024. This recognition requires the student to obtain a 3.75 GPA or higher

for the semester and carry a minimum of 12 credit hours.

Cedarville University, a Baptist institution in southwest Ohio, offers undergraduate and graduate residential and online

programs across arts, sciences, and professional fields. With 6,384 students, it ranks among Ohio’s largest private universities and is recognized by the Wall Street Journal as being among the nation’s top

three evangelical universities. Cedarville is also known for its vibrant Christian community, challenging academics, and high graduation and retention rates. Learn more at cedarville.edu.

REAL ESTATE

BLACKSTONE

\$290,000, 159 Lakeshore Dr, Kadlec Michael R Est, and Kadlec, Constance, to Erickson, Brian, and Erickson, Uiara.

DOUGLAS

\$985,000, 77 Locust St, Podstawka, Grzegorz, and Podstawka, Agnieszka, to Marcotte, Kenneth, and Marcotte, Chelsea.

\$945,000, 291 SE Main St, New Sherborn LLC, to J G & Janice D Ambro RET, and Ambro, John G.

\$750,000, 37 Olde Carriage Ln, Morgan, Gregory S, and Morgan, Kathleen R, to Disaia, Nevena T, and Disaia, Nicholas R. \$565,000, 48 Glen St, Corcoran, Richard R, to Trebier, Diane B.

\$540,000, 115 SE Main St, Hartman, Lisa C, to Szczepanek, Hubert.

\$537,000, 30 Martin Rd, Pratt, Jeremiah, and Pratt, Susan, to Peltier, Brendan, and Peltier, Alexandra.

\$533,000, 60 Pond St, Gover, Ryan J, and Gover, Michelle A, to Fredericks 4th, William J, and Fredericks, Julie E.

\$427,500, 51 Chestnut St, Pavoni, Michael A, to Cote, Roland.

NORTHBRIDGE

\$965,000, 135 Rocky Rd, Morrow, David R, and Morrow, Sharon R, to Pica, Matthew R, and Pica, Jessica L.

\$570,000, 18 Gill Ct, Obrien, Ann K, to

Barton, Peter, and Barton, Carol A.

UXBRIDGE

\$1,250,000, Turner Rd, Fikow LLC, to Tf Rt, and Tancreti, Michael.

\$785,000, 50 Brady Ct, James John Latini Lt, and Latini, John, to Inman FT, and Inman, Brian F.

\$714,900, 35 Mountainview Rd, Farmer, Russell, and Farmer, Elaine, to Borges, Andrew C.

\$569,400, 59 Pouts Ln #59, West River Homes LLC, to Koopman, Stephen J, and Koopman, Caitlin.

\$475,000, 11 Talbot Ter, Glenn, Kellie M, to Devries, Mark C, and Vadakin, Samantha S.

\$417,800, 22 Seagrave St, Caya, Dillon D, and Griggs, Rachel, to Opendoor Property J LLC.

\$400,000, 96 Carrington Ln #96, Aloise-Graf, Lindsay, and Aloise-Graf, Dennis, to Zeno, Karen.

\$250,000, Homeward Ave #1, Fournier, Mary, and Manning, Brenda L, to Wescott Cutom Homes LLC.

\$250,000, Homeward Ave #2, Fournier, Mary, and Manning, Brenda L, to Wescott Cutom Homes LLC.

\$185,000, 27 Lake St, Milo Jr, Lawrence J, and Milo, Hsiu-Min H, to Lokal Properties LLC.

\$180,000, 11 Yale St, Ambrosino, William, to Drinkwater, Jason J, and Drinkwater, Michelle L.



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PAW of the WEEK CUSTARD



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Friday’s Child



Bella
Age 9
Registration # 8578

Hi! My name is Bella and love dancing and gymnastics!

Bella is an outgoing, vibrant, young girl. She loves to engage in gymnastics and dance. She takes pride in her dancing and loves to put on shows. Bella likes to engage in social settings such as play dates, gymnastics, and dance classes with her peers that have similar interests. Bella has a great sense of humor and loves to show off her “sassy” side with some hair flips and other age-appropriate actions. Those that know her, say that “she is a joy to be around.”

<https://adopt.mareinc.org/waiting-child-profiles#gallery/child/8578>

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



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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

The ties that really matter

You never really think about how much a good friend means until life throws you a curveball or a moment of joy, and you look around for someone to share it with. A true friend isn't just a person who's around when it's convenient; they're the ones who stick with you through life's messier moments, offering support when you need it and calling you out when you need that too. But as the years pass, it's easy to let these relationships fade into the background, overshadowed by work, family, and the endless demands of daily life.

Friendship isn't just a nice thing to have; it's a cornerstone of what makes life meaningful. Studies show that strong relationships can boost mental health, reduce stress, and even help us live longer. But this isn't about science. It's about the people who make you laugh until your ribs hurt, who know your embarrassing stories and love you anyway. These bonds are rare, and they deserve more care than we often give them.

Think about your own life, your moments of celebration, your hardest days. Who was there with you, either physically or in spirit? A good friend is the one who shows up, even when it's inconvenient, and listens without judgment. They're the person you call when you need advice but also when you just need someone to laugh with. That kind of bond doesn't come along every day, and when it does, it deserves to be nurtured.

But here's the thing: friendships don't maintain themselves. Life's busy pace often makes us assume that the people who matter will always be there, even if we don't put in the effort. Days turn into months, and before we know it, the people who once meant everything become distant memories. It's not intentional, it's just what happens when life gets in the way. Yet the cost of losing those connections can be profound, leaving us feeling isolated or unmoored when we need them most.

The good news? It doesn't take much to rebuild or maintain those bonds. A quick phone call, a handwritten note, or even a spontaneous "How are you?" text can remind someone they matter to you. Showing up doesn't always have to mean grand gestures; often, it's the little acts of consistency that count. It's not about having dozens of close friends; one or two truly meaningful relationships are enough to make a world of difference.

As life keeps moving forward, take a moment to think about the friends who've been there through thick and thin. Reach out to the ones you haven't spoken to in a while, even if it feels awkward at first. Friendship, like anything worth having, takes effort, but the rewards are immeasurable. A good friend isn't just someone who walks into your life, they're someone who stays. Make sure you do your part to keep them there.

In the end, life's most valuable currency isn't money or success; it's the people who stand by us through all of it. Good friends remind us of who we are when we forget, and they make even the hardest days a little easier to bear. Don't let the busyness of life rob you of one of its greatest gifts. Stay in touch. Stay connected. Because the best friendships are worth holding onto, no matter how far life pulls you apart.

Letter submission policy

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

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

OPINION

Opinion and commentary from the Blackstone Valley and beyond
LETTERS TO THE EDITOR

The end of 'Truth'

To the Editor:

When the founding fathers wrote the First Amendment to the Constitution, as part of the Bill of Rights, I wonder if they intended it to cover even the most egregious, intentional lies? They probably didn't worry about it so much in those days, even though Ben Franklin was writing all kinds of scurrilous things about the English government in the hopes of fomenting a revolution. Which worked, by the way. But that was pre-Constitution so doesn't count, I guess.

Here we are 250 years later, and the Republican Party has utilized First Amendment protection to execute a silent coup in America. They have reversed the Revolution of 1775, and replaced King George with the Orange Toddler King. Only this 'revolution' occurred without physical violence, other than the Capital attack on Jan. 6, 2021. Instead, an internal terrorist organization - the Republican Party - white supremacists, Christian nationalists, billionaire oligarchs, spineless politicians, duplicitous media outlets, an uninformed, uneducated populace, led by a corrupt, feckless, immoral carnival barker; lied its way into power: Ban Franklin would be proud.

Trump's capacity for lying is legendary - over 30,000 fact-checked lies during his first administration, almost that many in his interregnum period, and the spigot is now wide open with his re-election. He wasted no time lying that the New Orleans attacker was an immigrant. Now that's how a real leader acts at a time of tragedy or crisis - lie to cause misdirected outrage. Maybe there were no paper towels available to throw?

Since our hollow vessel of a president can't be expected to cut down on the lies, Republicans decided to eliminate the fact-checkers instead. A lie is only a lie if the dim-witted MAGA crowd has someone tell them it's a lie. Otherwise, how would the poor fools know? That would require enough intelligence and intellectual curiosity to overcome their cognitive dissonance. That's never going to happen.

Mark Zuckerberg, who was accused of having stolen the idea, source code and business plan for Facebook from three Harvard classmates, showed his continued lack of backbone and integrity, when, after a meeting with Trump at Mar-a-Lago, 'decided' to eliminate fact-checking from Facebook. According to Trump,

To the Editor:

Amidst all that's been done to President-elect Trump over the last nine years - the shootings, sham convictions, Mar-a-Lago raid, obstruction of justice on a presidential candidate, Russia, Russia, Russia, Quid Pro Quo, etc., etc. - it's apparent the Democrats will stop at nothing to keep Trump out of office. In addition, Hollywood, who wanted nothing to do with President-elect Trump and tried their hardest to get Kamala Harris elected, has its own battle to deal with... Sean Combs.

Sean "P Diddy" Combs is charged with racketeering and sex trafficking offenses and we keep hearing that he took liberties on women and even Justin Bieber was among the tormented. So why am I tying these two things together? Anyone with half a brain (Lil Ricky knows what I mean) knows the sole reason Hollywood was backing Kamala Harris in the presidential race was so Hollywood wouldn't have to be implicated in the whole mess involving Sean Combs. The sad reality is that Hollywood is being very hush hush about the matter in fact; comedian Nikki Glazer took great big shots at the Hollywood celebrities during the opening ceremony at the Golden Globes, and all they could do was sit there and take it.

The title of this article is called "Shameless," and it speaks volumes to those of us who were quite tired of the last four years because we knew Biden wasn't fit for office; heck, he wasn't even fit for the Senate! The thing that bothers us Republicans the most is the shameless disposition of the Democrats in the United States, including the media and Hollywood.

Conservative newspapers and TV spewed the truth about Hunter's laptop, Biden's ties to his son's overseas business, which Biden said was disinformation. Biden was asked about the 10 per-

cent for the "big guy" during the 2020 debate, and what did he say about that? Biden retorted, "Fifty former national intelligence professionals said this: what he's accusing me of is a Russian plot." We all now know that Biden lied and liberal news media covered up all of his lies. Recently, via the Biden administration, we were treated to more money heading over to Ukraine and more pardons for coke heads and bank frauds. No help for our Israeli allies or help for our victims of that heinous fire set by some arsonist in California. Previously Joseph R Biden unveiled his Medal of Freedom award and who did this buffoon award the Medal of Freedom to? Hillary Rodham Clinton was one of the recipients and Hillary is still filthy in her greatest faux pas: Benghazi and how about those mysterious suicides of the Clintons?

And just like an infomercial... But wait, just wait; there's more! George Soros the Hungarian billionaire was awarded the Medal of Freedom too. George Soros has clearly interfered in American politics and should be in jail for it. For those of you unfamiliar with the likes of Georgie Boy Soros he likes to throw his Nazi money to District Attorneys who are liberal aka "soft on crime" and why would he do that? It's no secret George Soros hates America and he is one of the reasons why our big cities are rampant in violent crimes because soft DA's put these criminals back out on the street immediately after they commit crime. So as you can see, Biden is a disgrace to the office, and anyone foolish enough to vote him in is as shameless as he is. In case any readers are wanting to know where the majority of these truths came from, please visit the oldest newspaper's Web site in the country (New York Post) for more of Joseph R. Biden's shamelessness.

Our liberal news organizations are no fact-checking was 'biased' against conservative views! Which, in English, means that Republican lies keep getting caught. This is his rationale, even though one of the fact-checkers used by Facebook was the Dispatch - a media site that admits it is 'middle-right leaning.' Huh? Bottom line, the new Trump fascist Reich can't have its lies expunged from one of the most pervasive social media sites in the world! How would they control the sheep... even with Fox News already promoting right-wing lies and disinformation (after paying a \$785 million fine for doing so)? The message - loud and clear - is that Republicans don't want us to trust facts! Truth is dead. Mission accomplished! In addition to X, Truth (?) Social, Fox News, One America, and countless other blogs and outlets, Trump and Republicans can now go full-throat lying on Facebook. Zuckerberg joins Bezos, ABC and other sell-out titans of industry, who, to protect their assets, sold their soul, and our trust - along with \$1 million to Trump's 'inauguration fund' - to their bloated, orange puppet master.

Shameless

This end of 'truth' didn't happen overnight. It started when Ronald 'Bedtime for Bozo' Reagan, the dimwitted hero of 'trickle-down economics', fast-tracked Rupert Murdoch's citizenship, and shortly after, led the repeal of the Fairness Doctrine. This allowed Murdoch's Fox News to blatantly lie, with no counter arguments presented. Their audience could be fed unadulterated crap 24 hours a day. It's been all downhill from there.

So what harm can a little lie do? Well, there was the insurrection attempt of Jan 6... all based on Trump's lies about election fraud, something he admitted was a lie on several occasions. But it obviously didn't matter. Then we had the COVID lies that cost thousands their lives. But that didn't seem to matter. Then we had the court cases where juries convicted Trump for lying on his company's taxes, and lying about paying off a porn star, and lying about sexually assaulting a New York woman, even after telling Billy Bush that he would always grab women by their genitals. Even that didn't matter. In fact, Trump and Republicans realized that the antidote to those lies was to tell even more lies! The message became "Trump is being persecuted!" Which to us lay folks translates to "he is being held accountable for breaking the law". Such

Our liberal news organizations are no

We need practical power, not 'green' power

We need reliable, dependable electricity, produced by nuclear power, oil, natural gas or coal. Not unreliable solar and wind power. Did I mention that green power is unreliable? And expensive? And a waste of money? But Governor Maura Nutt contracts with wind turbine companies to provide fantasy power sometime in the future, in a galaxy far, far away.

MFA reminds us that "energy instability is a threat to New England's most vulnerable residents... rolling blackouts (power outages) throughout the winter are part of the region's future if regional state governments insist on rigid adherence to "de-carbonization plans" that demand at least 80 percent reductions in their states' carbon emissions by 2050."

Massachusetts does not produce even one percent of global carbon emissions! We used to be an electricity-rich state in the good old days of Massachusetts Electric and nuclear plants. We are now electricity parasites: 50 percent of our electricity comes from out of state! We only make 50 percent of our electricity.

A new joint report, "The Staggering Costs of New England's Green Energy Policies" by Always on Energy Research (AOER),

Americans for Prosperity Foundation, the Josiah Bartlett Center for Public Policy [NH], the Ethan Allen Institute [Vermont], Maine Policy Institute, the Fiscal Alliance Foundation [Massachusetts], Rhode Island Center for Freedom and Prosperity and Yankee Institute in Connecticut describes the New England Energy Nightmare.

It states that residents and businesses can expect their electric rates "to double under the de-carbonization regime. Rolling blackouts will occur as "green energies, like wind and solar, fail to meet electricity demands."

What does that mean for us regular folks? Electric bills will increase. Business electric costs will soar by \$489 per year. And the electric bills for industrial (manufacturing) customers "would skyrocket by an average of almost \$5,280 per year." Green Nuts say Yay!

The report finds that a shift to green energy as the primary energy source is not feasible for the electrical grid of ISO-New England - an independent, not-for-profit corporation responsible for keeping electricity flowing across the six New England states. Within 10 years, ISO-NE may not be able to power the grid.

unfair treatment for a king!

Which brings me to Bev Gudanowski. It would be easy to write her off as some disturbed misanthrope, bitter about her wasted life, lashing out at a modern America that no longer conforms to her antiquated, defunct views. But something more sinister is afoot, as evidenced by her latest joust with the truth - Dr. Fauci is responsible for thousands of deaths by stopping the use of Ivermectin and Hydroxychloroquin. As most of us know, Dr. Fauci warned against using them, as did the FDA, but neither of them stopped their use. This from PolitiFact:

"The U.S. Food and Drug Administration in March 2020 gave hydroxychloroquine emergency use authorization as a COVID-19 treatment, but rescinded it three months later as data showed it was ineffective and could cause harm."

Ivermectin is approved for some uses, but COVID-19 treatment is not among them. The FDA issued a warning in 2021 after it received reports that patients were self-medicating with the livestock version of the drug.

Not only were these two dangerous and ineffective, they diverted people from getting the vaccines that could save their lives.

It was Trump who caused thousands of deaths by lying about the seriousness of COVID (but admitting it to journalist Bob Woodward), who told people they didn't have to wear masks, get vaccinated or socially distance, and actually promoted the use of these two dangerous animal treatments. (Then there was that female witch doctor that he paraded out - COVID was caused by having sex with aliens!) Now, why would Bev promote this malicious lie again? The truth is readily available to anyone who knows how to use Google. Is she on a crusade to help Trump erase his past? I'll leave conjecture of her motives to you.

My point is that without media fact-checking - liberal and conservative - how do you keep people like Bev from doing real harm? What if someone believed her and killed Dr. Fauci, a celebrated physician and researcher? Is that okay in Trump world? Has America really sunk to that level? Once truth is dead, what can you believe... and who? Do you believe only 'Dear Leader'.... he of the thousands of fact-checked lies? Or are you simply okay with being played for fools?

*Rick Bevilacqua
Whitinsville*

better: CNN, ABC, CBS, and NBC have all faced, or will be facing, court time for the misinformation they lavishly supplied to the sheep that still watch this garbage. George Stephanopoulos had to pay Trump a million dollars of his own money and apologize in person. Stephanopoulos, who claimed Trump had raped E. Jean Carroll during an interview with Republican lawmaker Nancy Mace, was particularly upset about being forced to apologize, a source with knowledge of the situation said. ABC was forced to pay \$16 million for the loss of the defamation suit, God works in miraculous ways. CNN was sued by Kyle Rittenhouse and Nick Sandman for defamation and the list goes on. When the New York Times prints one of their bombshell stories meant to destroy the Republican in question, but it turns out to be wrong, where do they print the retraction? In a small section at the back of the newspaper where it can hide shamelessly. Leslie Stahl from CBS owes Trump an apology for her rudeness and calling Trump out as a conspiracist but don't hold your breath because she, like the rest of the liberal news organizations, won't do that unless they're forced by the law.

Hollywood is about to become famous or infamous depending on how you look at this crazy story with their involvement with Sean Combs. At the risk of providing wrong information about this situation, I will digress until more information on this case is made available. I hope I have provided enough proof to show you how shameless the democrats aka liberals and their cohorts are. Biden has roughly another eight days left as the worst president in history and if you think he can't get any more shameless, then you just haven't been paying attention to him and the liberals that are moving his strings.

*Mike Downing
Whitinsville*

The report states: "To supply New England with constant electricity during a year in which wind and sunshine are plentiful, it would require more than 12,000 wind turbines and 129 million solar panels." 12,000 turbines. Remember, they built five (out of a total proposed 62) off Nantucket before they failed. No electricity. None.

Did you know that New England is responsible for less than four tenths of a percent of global emissions? Meanwhile, the rest of the world burns coal! Every day. Did you know that Boston's Mayor Whoop-De-Doo, with a budget deficit of \$1 billion, spent \$500,000 million on electric Mustangs for city officials to drive.

Did you know that Beacon Hill banned gas-powered cars as of 2035? Did you know they banned diesel trucks as of Jan. 1, 2026?

Did you know, despite what Al Gore said, the polar ice has increased by 26 percent over the past 12 years, according to the National Oceanic and Atmospheric Administration?

It's time to say to Communist Democrats on Beacon Hill, "You're fired because you are idiots."

*Bev Gudanowski
Uxbridge*

To the Editor:

The Massachusetts Fiscal Alliance played Paul Revere on Dec. 9. Did you hear their warning? Green Climate Fraud will cause rolling electric blackouts!

They warn of rolling electricity blackouts in Massachusetts due to the illogical and, frankly, nutty policies of Gov. Maureen Healey-Nutt. Of course, our Massachusetts legislature and appointed public officials are so full of nuts that squirrels have permanent residence in the State House on Beacon Hill.

Sanctuary cities protect criminals, child molesters, and rapists. Our electric power grid policies pay overseas Global Elite companies to build wind turbines that fail. No one wants what California and Governor Slick are selling.

Mass Fiscal Alliance (MFA) states that "87 percent of New England households rely on electricity for heat during the cold winter months - whether natural gas furnaces, heating oil tanks or heat pumps. Elderly and sick individuals depend on electricity to stay warm and to power their medical devices, including dialysis machines and oxygen concentrators." Does the Left care? Nope.

Reader's Share Favorite Tips and Tricks

It's time again to peek in to the email box and snail mail bag for another round of reader tips. From preventing waste to curing a common malady, the following tips and tricks are geared to make everyday life a little easier. Read on for the first Reader Hint column of 2025.

And remember readers, send in your tried and true tips and you too could win a three course Dinner for Two at the Publick House!

This frugal reader's tip is a twofor: It ensures every last drop of detergent is utilized, while self-cleaning the bottle for the recycling bin!

I would like to share a hint: I do not like to waste anything and try to recycle as much as I can so I find it frustrating at how difficult it is to get the last bit of soap/detergent out of bottles.

To solve this, I save the almost empty bottles and use the residual soap to clean outdoor items like the furniture, gardening tools, trash bins etc. I just add water to the container, shake it up and use. It uses up the last of the soap and cleans the container for recycling.

Chris Manyak
Oxford, MA 01540

Did you know old time legend has it that when you hiccup, it means someone is thinking of you, or missing you? According to the lore, once your mind comes up with that person, the hiccups stop!

While you're mentally going through your list of friends and enemies, you might want to try this reader's roster of hiccup cures:

Here are some helpful hints for getting rid of hiccups.

- One effective remedy for getting rid of hiccups is to swallow a heaping teaspoon of sugar, dry without water.

- Many people cure hiccups by drinking 1 teaspoon of apple cider vinegar, stirred into 1 cup of warm water.

- For many people, eating one heaping, spoonful of peanut butter is a definite cure for hiccups.

- A little known cure for the hiccups is to quickly swallow, a jigger of lemon juice. The sour taste of lemon may shock the diaphragm's nerves out of spasm.

Donna Lewandowski
Charlton, MA



TAKE THE HINT

KAREN TRAINOR

Cabbage lovers take heed: This reader has discovered a quick and easy way to core even the most stubborn cabbage: This is my tip: When you have to core a cabbage to make stuffed rolls or whatever, use an apple corer. The kind that is a cylinder with serrated edges on a wooden handle works best.

Jackie Celko
Webster, MA

A hubby's out-of-the-box method to prevent stale donuts, puts them back in the box!

This tip was mostly my husband's idea. Donuts are usually sold in a box. Unfortunately when you open the box, the remaining donuts get stale.

My husband's idea is to put each donut into a lunch size zip-lock bag then back in the box. They will stay fresher way longer this way.

Sharon Conlon
Whitinsville MA

Prize Winner
Congratulations to Chris Manyak of Oxford, MA, whose name was drawn for Dinner for Two at the Publick House. Chris shared the tip above to

prevent detergent waste.

Win a Three Course Dinner for Two at the Publick House

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

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

Coral Castle

I've always been a person who loves to travel. Over the years, I've taken dozens of road trips, spanning almost every state. My dad used to take us on road trips in the motorhome, and he would stop for every historical marker, every boulder that seemed out of place, and every national park. If we saw a strange-looking animal, we'd stop to stare.

One place I learned about recently that I'd love to visit is the Coral Castle in Florida. The pictures are stunning, but what truly captivates me is the impossibility of how it was built.

Spanning over 1,100 square feet, the Coral Castle is made up of massive coral blocks, some weighing up to 30 tons—equivalent to the weight of six elephants. These stones form walls, furniture, and intricate carvings, all seamlessly aligned.

Altogether, the structure contains over 1,000 tons of coral rock—a feat so astonishing that it defies explanation.

What makes the Coral Castle even more incredible is that it was built entirely by one man, Edward Leedskalnin.

From 1923 to 1951, Edward quarried, transported, and positioned these enormous stones, often working at night to protect his methods from prying eyes. Using only rudimentary tools like pulleys, levers, and wedges, he accomplished what modern engineers with advanced machinery would find daunting.

To this day, experts are baffled by how Edward achieved such precision and scale without heavy equipment.

Perhaps what drove Edward to create the Coral Castle is even more remarkable than the structure itself. As the story goes, Edward was set to marry the love of his life, Agnes Scuffs, in his native Latvia. He called her his "Sweet Sixteen" because she was just 16 years old. On the eve of their wedding, however, she broke off the engagement, leaving Edward heartbroken.

Consumed by grief, he emigrated to America and began work on what many believe was a monument to his unfulfilled love. Each stone, carved and placed with meticulous care, seemed to carry the weight of his devotion, a tangible expression of the loss he could never overcome.

The Coral Castle isn't just a feat of engineering—it's a mystery. I often write about how anything is possible, but have

POSITIVELY SPEAKING
TOBY MOORE

you ever considered that it might be possible for one man to move and position stones weighing 30 tons—all by himself? And not just move them, but do so in the dead of night, shrouded in secrecy?

Edward's work remains one of the most astonishing accomplishments in history.

Witnesses tell stories that only deepen the intrigue. Flatbed trucks loaded with enormous coral stones would arrive at Edward's property, yet no one ever saw how he got the stones onto the trucks or offloaded them once they arrived. Drivers would return in the morning to find their cargo unloaded and perfectly positioned, as if by magic.

One neighbor claimed to have seen Edward late one night, standing near an enormous stone that seemed to "float" into place. The neighbor described the block as if it defied gravity, though this account has often been dismissed as the product of awe and exaggeration.

Another story comes from a truck driver who left a delivery of coral stones overnight. By morning, the stones had been removed and arranged within the Coral Castle with no visible equipment or assistance.

Edward himself only added to the mystery with cryptic statements like, "I understand the secrets of weight and leverage," and, "I've discovered the secrets of the pyramids."

These remarks fueled speculation that Edward had tapped into lost knowledge or harnessed forces beyond modern understanding.

The Coral Castle features towering monoliths, a perfectly balanced gate that pivots with a finger's touch, and spiral staircases carved from single blocks of coral. Each piece showcases a level of craftsmanship and ingenuity that seems impossible for one man to achieve.

Edward's ability to transform raw coral into this intricate masterpiece leaves us marveling at both the structure and the enduring allure of mystery.

Edward Leedskalnin's methods may forever remain a secret, locked away with him, but his creation continues to captivate visitors and defy explanation.

So, the next time you laugh when someone says, "Anything is possible," remember the Coral Castle and the man who made the impossible real.

Retirees may face HELOC challenges

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

As a financial planning firm that specializes in retirement income planning, we often get questions from retirees about how and when to use a Home Equity Line of Credit (also known as a HELOC). While many retirees may understand how a HELOC functions, some retirees could face unexpected challenges when applying for one.

According to research, among U.S. homeowners overall, home equity accounts for nearly 45% of individual net worth. As a result, it is not surprising that many Americans may need to tap into this source of wealth at some point in their lives.

A HELOC is essentially a line of credit secured by the equity in your home. It allows you to borrow against the difference between your home's market value and the amount owed on your mortgage. Repayment options are often flexible and can be spread out over time. When used prudently, a HELOC can be a powerful financial planning tool to help manage unexpected expenses.

Would it be prudent to use a HELOC to fund a luxury vacation? Not likely. But if you're facing a critical expense (i.e. home repair, medical issue, etc.) HELOCs can be a valuable last line of defense during a liquidity crunch.

At many banks, there is little to no cost to open this line of credit. In general, you will only incur fees and interest if/when you access funds (or close the HELOC). And because home values are still near record highs, your total approved line of credit may also be near record highs.

Perhaps you don't "need" a HELOC right now (and perhaps you never will). But is it not "better to have one and not need it" -- than need one and not have it"? You don't want to be left scrambling should the need arise.

Pro tip: If you are looking to establish a HELOC, don't wait until you're retired. Once you no longer have regular earned income, it can be harder for banks to approve your request. Even if you have substantial cash, a large investment portfolio, and zero debt, all banks still have income requirements for HELOCs. We have seen retirees with \$1,000,000 of assets get surprised when their HELOC

application was initially denied.

Fortunately, if you are retired and want to establish a HELOC, there are steps you can take to help meet eligibility requirements. For example, if you work with a financial planner, they might structure portfolio withdrawals in a manner that would satisfy the regular income requirements.

Because The Capstone Planning Group is conveniently located at Cornerstone Bank, our planners can work closely with lenders to help address these situations.

Remember, everyone's financial circumstances are different and may change over time. Evaluating strategies such as a HELOC is just one aspect of financial planning. A comprehensive financial plan is not just about investment management -- it evaluates a variety of tools to help mitigate potential risks. As always, we recommend working closely with a qualified Financial Planner, Lender, and Tax Advisor to receive personalized retirement guidance.

About The Capstone Planning Group

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

This information is not intended to be a substitute for specific individualized tax, lending, or investment advice.

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Maximize seed starting success with a seed starting chart

Now is the time when many of us are busy ordering seeds. We often end up with many seeds, some new ones we needed or wanted and perhaps a few duplicates of those we have left from past seasons. It is easy to overlook some of these as the indoor and outdoor planting season begins.

Save money by inventorying your current seed collection, reducing the risk of ordering seeds you don't need. Decide what seeds you want to keep and grow this season and those you want to pass along to or swap with gardening friends. You may choose to make seed art with older or improperly stored seeds and invest in fresh seeds that are sure to germinate.

If in doubt, check the seed viability of older stored seeds with a simple germination test. Wrap ten seeds in a damp paper towel and place them inside a plastic bag. Check the seeds in a week or so to see how many sprout. If all the seeds sprout, follow the planting guidelines on the seed packets. When only half the seeds sprout, you will need to plant the seeds twice as thick and so on.

GARDEN MOMENTS
MELINDA MYERS



Check catalogs and your favorite garden center for any seeds you need to purchase. Place your order early for the best selection.

Once the seeds arrive, look at the back of the packet to determine when to start the seeds indoors or out. Many seed companies now provide this information on their website instead of the seed packet. Check with your local University Extension website for recommended

planting dates in your area. Record the start date on your calendar, garden chart, or spreadsheet to make the process easier. Consider organizing your seeds to make it easier to find and plant them at the proper time. You may want to organize the seeds in alphabetical order or by the month for planting. Design a system that works best for you.



Melinda Myers

Save money on plants by starting seeds indoors with grow lights, containers, and seed starting mix.

You can create your own seed storage organizer or purchase one. Store the seeds in a cool dark location in an airtight container to help maintain their viability and keep them safe from mice.

Once your seed starting schedule is created and seeds are organized, prepare the space for starting seeds indoors if needed. Make sure your grow lights are in working order and you have sufficient containers, flats, and seed starting mix for planting.

Save money by repurposing yogurt, applesauce, and similar food containers into seed starting pots. Just clean and add drainage holes. Look for used cell packs, flats, and small pots that can be used again. Disinfect these by soaking them in a one-part bleach and nine-part water solution for ten minutes then rinse with clear water. Repurposing saves you money and helps reduce plastic waste and the risk of disease that could kill your seedlings.

Taking time to plan and organize now can save you money while helping you maximize the productivity and beauty of your gardens.

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

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Local students named to Dean's List at Western New England University

SPRINGFIELD — Western New England University (WNE) takes immense pride in recognizing the outstanding academic achievements of over 750 students who have been named to the Dean's List for the Fall 2024 semester. The following local students were named to the Dean's List:

- Jeremy Okenquist of Uxbridge
- Lex Lovell of Uxbridge
- Sarah Johnston of Uxbridge
- Thomas Schreiber of Uxbridge

Students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher.

Western New England University (WNE) is a private, nationally ranked, comprehensive institution with a focus on preparing work-ready and world-ready graduates. Founded in 1919 in Springfield, Massachusetts as a division of Northeastern College, WNE's

215-acre suburban campus serves more than 3,700 students, including more than 2,500 full-time undergraduates. More than 47,000 alumni have earned degrees through its more than 90 undergraduate, graduate, and professional programs at Colleges of Arts and Sciences, Business, Engineering, and Pharmacy and Health Sciences, and School of Law. Students come from 39 U.S. states and territories and 23 countries. Of 45,104 living alumni, 30 percent remain within the region, residing in the four Western Massachusetts counties and northern Connecticut.

WNE is classified among nationally ranked universities in US News and World Report, and among the Top 100 Undergraduate Engineering programs, and in the Doctoral/Professional Universities category in the Carnegie Classification of Institutions of Higher Education.

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Bay Path Nursing students train on use of Narcan

CHARLTON — Bay Path Practical Nursing Academy students through the collaboration of Donna Pope, LPN, executive assistant to the Academy Director and Captain Daniel Sheehan of the Dudley Fire Department offered training to the PN Class of 2025 who may encounter opioids.

“The collaborative partnership offered training in the use of Narcan to the practical nursing students,” stated Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director.

“Our nursing students are aware of the incidents across the state and around the country of healthcare workers who have come into contact with illicit drugs during the course of their duties,” she said.

The Narcan training included information on exposure to opioids, including fentanyl and heroin which usually occurs through ingestion but also can result from absorption through the skin and inhalation. If substance abuse disorder exists, the risk of encountering



Courtesy

Captain Sheehan with Emily Bamberger of Wales and Johanna Marrero of Southbridge.

those substances will also exist. The purpose of the program is to equip the community with life-saving naloxone, also known as Narcan. Narcan is safe and reverses the effects of opioid overdoses so that having it on scene is important and provides an extra layer

of protection. Narcan saves lives but it can also be the bridge to recovery and treatment. Captain Sheehan emphasized how seconds matter in such incidents. The Narcan training is a training that everyone can use. Captain Sheehan allowed for hands-on par-

icipation from the class of 2025. Dr. Bolandrina was attending an advisory meeting for the nursing programs at Anna Maria College when the subject of Narcan training was brought up. “I immediately recognized the value that it presented for our practical nurs-

ing students. It is wonderful that Donna was able to coordinate the training with the Dudley Fire Department. We are grateful to have Captain Sheehan,” she said.

Members of the PN Class of 2025 were grateful to have participated in the Narcan training.

Country Bank announces promotions in Customer Experience and Marketing

REGION — Mary McGovern, President and CEO of Country Bank, is delighted to announce Melissa Mann's promotion to Vice President of Customer Experience and Michael Dias to Product Marketing & Business Insights Officer.

Mann offers a unique blend of skills, including completing New England School for Financial Studies through Massachusetts Bankers in 2019. She is currently working on completing her Project Management Certification through the Project Management Institute which shows her ongoing commitment to professional development and has prepared her well for this role. She will continue to lead and manage the Bank's Sales and Customer Experience programs and strategies, showcasing her dedication and leadership.

Michael Dias has been promoted to Product Marketing & Business Insights Officer. Michael has been a driving force in integrating data analytics into the Bank's marketing strategies. With an MBA in Data Analytics from Western New England University and his recent certifi-

cation as a Certified Financial Marketing Professional (CFMP) from the American Bankers Association, Michael's strategic mindset and forward-thinking approach have been key in integrating data analytics into the Bank's marketing strategies.

“We are excited to announce the well-deserved promotions of Melissa and Michael,” said Miriam Siegel, Chief Culture and Development Officer at Country Bank. “Their hard work, dedication, and contributions have been instrumental to the Bank's success. We take great pride in supporting our team members' commitment to continuous professional and personal growth, empowering them to explore the many rewarding career paths in community banking.”

These promotions are a testament to the dedication, innovation, and leadership that drive Country Bank forward. They underscore the significant impact that Melissa and Michael have had on their teams, colleagues, and the Bank, demonstrating their ability to inspire and lead.



Courtesy

Recently, Mrs. Alger's fifth grade reading class, organized a successful collection drive in support of local veterans that need a little help. Pictured are Principal David McGovern, students of Mrs. Alger, and Mike Shain, the founder and president of Thanks To Yanks. The charity is honored to have local partners to help deepen their mission in support of those who wear our nations uniforms. For more information, please like Thanks To Yanks on Facebook.

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Whitinsville Social Library

Event registration: northbridgemass.assabetinteractive.com/calendar
 Museum passes: northbridgemass.assabetinteractive.com/museum-passes
 Catalog: whitinsville.cwmars.org
 Website: northbridgemass.org/WSL

Hours:
 Monday-Thursday: 10 a.m.-8 p.m.
 Friday 10 a.m.-5 p.m.

LEGALS

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO24P2958EA
INFORMAL PROBATE PUBLICATION NOTICE
 Estate Of:
Barbara M Lightbown
Date of Death: April 20, 2024

To all persons interested in the above captioned estate, by Petition of :
 Petitioner **Kevin Lightbown of East Douglas, MA**

A Will has been admitted to informal probate.

Kevin Lightbown of East Douglas, 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.
 January 17, 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. WO24P4429EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
 Estate Of:
 Raymond Rawlinson
Also known as:
 Jean Raymond Rawlinson
Date of Death: 11/29/2020

To all interested persons:
 A Petition for **Late and Limited Formal Testacy and/or Appointment** has been filed by **Annette Rawlinson of Blackstone 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:
Annette Rawlinson of Blackstone 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 01/28/2025**. 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: January 02, 2025
 Stephanie K. Fattman,
 Register of Probate
 January 17, 2025

Saturday 10 a.m.-2 p.m.
 Closed Jan. 20 & Feb. 17

The Friends of Whitinsville Social Library are seeking book donations on Wednesday, Jan. 29 from 5-7 p.m. Come to the library's back entrance to donate to the Friends during the designated times. Do not donate materials that are damaged or outdated including cassettes, magazines and encyclopedias. Items will be resold at the Friends of WSL's book sale on Saturday 2/8 from 10-2 to raise funds for the library. Contact friendsWSL2019@gmail.com for any questions.

The Historian is In
 Wednesdays from 2-3 PM

Drop-in between 2-3 on Wednesdays to get in-person assistance with your local history research from Northbridge Historical Society member Carol Brouwer.

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 Miss Isabel
 Thursdays at 10:30 AM

Join Miss Isabel on Thursday mornings to read books, sing songs, and do some coloring or a craft. Ages 1-5. Drop in.

Hygge Hour
 Fridays from 10:30-11:30 AM

Hygge ("hoo-gah") is all about embracing the comfy, cozy cold winter months. Join us on Friday mornings throughout January & February for puzzles, coloring, tea, and treats. Participants are welcome to bring their own crafts and books to read. All ages. Drop in.

Jigsaw Puzzle Showdown
 Tuesday 1/21 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 ages 18+. Register.

Knits & Knots
 Wednesday 1/22, 2/12 & 2/26 at 6:30 PM

Calling all fiber artists! Bring whatever craft project you're working on and join us at the library on the second and fourth Wednesday of each month for crafting and conversation. Light refreshments provided. Register.

Tween & Teen Graphic Novel Club
 Monday 1/27 at 4 PM

Discuss January's Book Club pick, "When Stars Are Scattered" by Victoria Jamieson and Omar Mohamed. Along with discussion, we will also complete

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

DAILY ACTIVITIES: All our daily activities are free of charge.

Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 12pm, Mat Yoga 2pm

Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call

Douglas Adult Social Center

to make an appt.), Line Dancing 2 to 2:45pm (starting Jan. 7)
 Wednesday: Balance & Strength 10am, Darts 10am, MahJong 1pm, Dominoes 1 to 2:30pm
 Thursday: Walking club 9am, Chair Yoga 9:30am, Pitch 9:30am, Hand and Foot card game 12:30pm
 Friday: Balance & Strength 10am

an activity related to the book. Along with discussion, we will also complete an activity related to the book. Snacks will be provided. Ages 10-17. Registration required. This book will be available about a month prior to the book club meeting and can be found at the children's and teens monthly book club display. Please read the book before attending the meeting.

Pajama Storytime
 Tuesday 1/28 & 2/11 from 6:30-7PM

Grab your coziest PJs and favorite small stuffed animal and join Miss Isabel for Pajama Storytime! Every other Tuesday we'll read bedtime stories and sing songs. Ages 1-6. Registration required.

Pages & Pals Book Club
 Tuesday 1/28 from 4:15-4:45

The perfect book club for beginner readers in K-3rd grade. This month we will be reading "Good Dog: Home Is Where the Heart Is" by Cam Higgins. Along with discussions, we will complete a fun activity related to the book. Snacks will be provided. Registration required. Copies of the book are available at the library.

Chapter Chats YA Book Club
 Wednesday 1/29 at 4PM

Join Miss Isabel to discuss the January young adult book club pick, "Divine Rivals" by Rebecca Ross. Snacks will be provided. Ages 13-17. Registration required. Copies of the book will be available at the children's and teens monthly book club display.

Get Help with Jenna Gouin
 Thursday 1/30 from 12-2

Patrons are invited to sign up for a 30 minute session with Jenna Gouin, MBA/MSOL from Blackstone Valley Partnership for Public Health. She can help you with: application assistance including MassHealth, SNAP, WIC, Fuel Assistance, Medicare, Social Security, Veteran's benefits; referrals to community organizations, mental health, and substance abuse providers; assistance obtaining financial resources to address past due rents and utilities; and guidance on solving some of life's challenging situations. Register.

Introverts Book Club
 Thursday 1/30 6-8 PM

Come gather at the library with fellow book lovers to read and relax. There are no assigned readings. Bring your own book or browse and borrow one of the library's. Register.

Lego Club
 Wednesday 2/3 at 3:30

Join Miss Isabel on the first Wednesday of each month for Lego Club! Your masterpiece can be inspired by our chosen theme of the month or you can make up your own design! Ages 5-12. Please register.

Teen Creative Writing Club
 Monday 2/3 from 4-5 PM

This is the perfect program for teens (grades 7-12) who are seeking a place to write and share ideas. We will discuss different genres of writing, complete writing prompts, and use time at the end to journal and/or work on our own writing pieces. Please bring your own notebook! Registration required.

Fiction Book of the Month
 Monday 2/3 at 6 PM

Read "My Year of Rest and Relaxation" by Ottessa Moshfegh. Books are available for pick up at the library. Ebooks are available via Overdrive/Libby Meetings take place at the library on the first Monday of each month. Refreshments provided. Registration required.

The Meet Cutes
 Tuesday 2/4 at 4 PM

Discuss "Done and Dusted" by Lyla Sage. Copies of the book are available at the circulation desk or via Libby. Refreshments provided. This book club for readers of romance meets the first Tuesday of each month at 4 PM. Registration required.

Craft Night for Adults
 Tuesday 2/4 at 6 PM

Make Valentine's jar luminaries. Use them to brighten up your home or give to a loved one. All materials will be provided. This program is for adults. Register.

The Whodunnits
 Tuesday 2/11 at 11 AM

Read and discuss "Vera Wong's Unsolicited Advice for Murderers" by Jesse Q. Sutanto. Copies of the book are available at the circulation desk or via Libby after the January meeting. Refreshments provided. This mystery, suspense and true crime book club meets the second Tuesday of each month. Register.

A Valentine Week of Fun
 Week of February 10-14

Join us for a whole week of Valentine fun! We will be having drop-in crafts, a Tween and Teen mug painting evening, and a Valentine's Day themed storytime! Keep an eye on our calendar and social media for specific dates and times.

Fine Free Anniversary Party
 Friday 2/21 from 11:30-4:30

Celebrate one year since Whitinsville Social Library abolished late fines. Kids can decorate their own piggy bank (while supplies last) and adults who visit can enter a raffle for a Murder Hill Brewery gift card.

center will be closed with the Douglas School System. If there is a delay the center will open at the regular time.

- Wellness Clinic Tuesday January 21st from 10 am to 12 pm.

FEBRUARY EVENTS:

The center will be closed on Monday February 17th.

- Wellness/ Blood pressure Clinic with Nurse Ann: Monday February 3rd & Tuesday February 18th from 10 am to 12 pm.

- Hearing aid cleaning w/ Darci on Thursday February 6th from 10:00 am to 11:00 am. Please call the center to set up a time to see Darci, 508-476-2283.

- FREE Valentine Craft Thursday February 6th @ 11:30. All supplies included. Refreshments will be served. Please call the center to sign up by 1/31, @ 508-476-2283.

- Valentine's Day Celebration Thursday February 13th @ 12:00. A turkey luncheon with all the fixings will be served. The Counterfeit Cash Band will be performing the hits of Johnny Cash from 12:30-2:00, sponsored by the Douglas Cultural Council. Please call the center to sign up by 2/6 @ 508-476-2283.

- Lunch & a Movie Thursday February 20th @ 11:30. We will be watching 53Blast. Lunch being served is tacos with all the fixings. The cost for lunch is \$4.00 per person. Please call the center to sign up by 2/14 @ 508-476-2283.

PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES

Check our website for events that may not be listed here

https://www.douglas-ma.gov/202/AdultSocial-Center-Senior-Center



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Millbury Senior Center

TRANSPORTATION
Monday - Thursday 8 - 4 P.M.
Friday 8 - 11:30 A.M.
Need a ride outside the WRTA Catchment Area?
Rides need to be made in advance!
Call the Senior Center to schedule your ride 508-865-9154

FLORAL ARRANGMENT CLASS
SAM'S STEMS
Monday, February, 10th 1 P.M. - 3 P.M.
price is \$20
Call the center to sign up!

BETTER BREATHERS CLUB
Tuesday, January 28th 10:30 A.M.

SENATOR MOORE'S OFFICE
Meet with a representative from Senator Moore's office!
Wednesday, February 5th
First Wednesday of the month between 11 - 12 P.M.
All are welcome to meet and discuss issues of importance or looking for assistance

TRANSPORTATION
All appointments will be accepted by the WRTA
Millbury Seniors 60 and older / those with ADA services call 508-752-9283 in order to register with the WRTA in advance if they need transportation
Transportation Hours are Monday through Thursday from 8 A.M. to 3:30 P.M. & Fridays 8 A.M. to 11:30 A.M.

Rides have to be scheduled by 4:30 P.M. the day before by calling 508-752-9283
For more information on regards to transportation call the center at 508-865-9154

SENIOR CENTER EXERCISE CLASSES!

ZUMBA CLASSES
Mondays at 1 P.M. (Class is \$3)

LIGHT EXERCISE CLASSES
Mondays and Fridays 9:30 A.M. - 10:15 A.M. (Free!)

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

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

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

SENIOR CENTER ACTIVITIES!

MAHJONG
Mondays at 12:45 P.M.

CRIBBAGE
Monday through Friday 8:30 A.M.

BLOOD PRESSURE CLINIC
Every Tuesday from 9 A.M. - 10 A.M.

SOCIAL BINGO
Wednesdays at 1 P.M.

Bring your pennies!

PITCH
Thursdays 1 - 3 P.M.

COLORING
Thursdays at 10 A.M.

Lunches are served Monday through Thursday 12 P.M. Friday 11:30 A.M.
The menu is available on the town website, www.townofmillbury.org
Or our Millbury Senior Center Facebook page
A 48 hour reservation is required.
Call the center at 508-865-9154

"MEMORY CAFÉ"
Please join us on Tuesday, January 28th at 1 P.M.
Refreshments will be served
A Memory Café is a monthly gathering for people with memory loss / challenges and their care partners. It is a time to socialize, make new friends, and have a good time
Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!

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

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

SNAP APPLICATIONS (Food Stamps)
Our appointments are on Tuesdays & Thursdays 10 A.M. - 2:00 P.M.

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

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Discover British landscapes with Douglas Sunshine Club

DOUGLAS — The Douglas Sunshine Club invites you to "Discover the British Landscapes" with Collette Tours in September 2025.

There will be a presentation by a Collette representative on Thursday, Jan. 23 at 7 p.m. at the Douglas Adult Social Center, 331 Main St., Douglas. This trip is open to everyone. At the evening presentation you will find out everything you need to know about the itinerary with the included excursions, travel arrangements, costs, and how to

sign up.

This is a great trip starting with a couple days in Edinburgh, Scotland and then traveling down through York, Wales Stratford-upon-Avon and finally arriving in London for a couple days. September is a great time of year to visit England, so come hear all about this enticing trip! Trip extensions at either end of the tour can also be made with Collette. Please call the center at 508-476-2283 to sign up and for more information call 508-476-4474.



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- Spencer New Leader
- Sturbridge Villager
- Charlton Villager
- Southbridge News
- Webster Times
- Auburn News
- Blackstone Valley Tribune

WPI students complete intensive research projects

WORCESTER — A total of 356 undergraduate students at Worcester Polytechnic Institute (WPI) completed research-driven, professional-level projects that apply

science and technology to address an important societal need or issue. Known as the Interactive Qualifying Project (IQP), this project is a core part of the innovative

undergraduate experience at WPI. Centered around project-based learning, this hands-on approach offers students opportunities to help develop thoughtful solu-

tions to open-ended problems. These real-world problems affect the quality of life for people in the communities where students work, giving students a chance to make a

difference in the world before they graduate. About two-thirds of WPI students complete their IQPs at one of the university's 50+ off-campus project centers located in more

than 30 countries around the world. "The WPI project-based curriculum's focus on global studies brings students out of the classroom and their comfort zones and into the global community to apply their knowledge and to solve problems," said Professor Kent Rissmiller, professor of International & Global Studies and associate dean of The Global School. "Students are immersed in all aspects of a different culture from the way people live and work to the values they hold to the foods they eat, all valuable perspectives for surviving and thriving in today's global marketplace. They also learn the meaning and magic of teamwork; make a real and meaningful difference in their host community; and gain a competitive edge for any resume, or graduate or professional school application."

The following students were part of a team that completed an intensive project: Bryan Wheeler from Douglas, Massachusetts, class of 2026, majoring in Electrical and Computer Engineering, completed a project titled Enhancing Higher Education with Specialized Generative AI. Robert Mellen from Uxbridge, class of 2026, majoring in Robotics Engineering, completed a project titled Observational Research for Drowning Prevention.

About Worcester Polytechnic Institute WPI is a top-tier STEM-focused research university and a recognized pioneer and global leader in project-based learning. Founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems, WPI's continued mission is to transform lives, turn knowledge into action to confront global challenges, and revolutionize STEM through distinctive and inclusive education, projects, and research. WPI's project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. Today WPI offers more than 70 Bachelor's, Master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. To help address ongoing challenges, improve lives, and help create a more sustainable world, WPI faculty and students pursue groundbreaking research in such areas as the life sciences, smart technologies, materials and manufacturing, and global initiatives.

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Nine Day Novena to the Infant of Prague
O Infant Jesus, I run to You, begging You through Your Holy Mother to save me in this need (You may name it here), for I truly and firmly believe that Your Divinity can defend me. Full of trust I hope in You to obtain Your holy grace. I love You with all my heart, I am painfully sorry for my sins and on my knees I beg You, O Little Jesus, to free me from them. My resolution is to improve and never more to offend You. Therefore, I offer myself to You, ready to suffer everything for You and to serve You faithfully. I will love my neighbour as myself from my heart for the love of You. O Little Jesus, I adore You, O Mighty Child, I implore You, save me in this need (You can mention it here), that I may enjoy You eternally, see You with Mary and Joseph and adore You with all the angels.
Amen. **N.F.L.**

A Prayer to the Blessed Virgin
Oh most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven. Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh star of the sea, help me show herein, you are my Mother. Oh Holy Mary, Mother of God, Queen of heaven and earth! I humbly beseech you from the bottom of my heart to succor me in this necessity and restore my relationship with John to its full and complete love. Lead him away from another woman and me from anger and distrust. There are none that can withstand your power, Oh show me herein that you are my Mother. Oh Mary, conceived without sin, pray for us who have recourse to Thee. Holy Mother, I place this course in your hands. (Say this portion of the prayer three times) Holy Spirit, you who solve all problems, light all the roads so that I can attain my Goal. You who gave me the divine gift to forgive and forget all evil against me, in all instances in my life, You are with me. I want, in this short prayer, to thank You for things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy towards me And mine. The person must say this prayer on 3 consecutive days After 3 days the request will be granted. This prayer must be published after the prayer if granted. **N.F.L.**

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Erin Toomey named to Husson University's President's List

BANGOR, Maine — Congratulations to Erin Toomey of Whitinsville, who has been named to Husson University's President's List for the Spring 2024 semester of the 2023-2024 academic year. Toomey is studying toward a degree in BS Hospitality & Tourism Management with a Certificate in Accounting - Master of Business Administration - Hospitality & Tourism Management at Husson. Full-time students who earn President's List, Dean's List and Honors List recognition must be enrolled as an undergraduate, carry a full-time load of 12 credit hours over the course of 21 weeks, complete all attempted courses in the time allotted, and achieve a designated semester grade-point average. Credits from pass/fail classes do not qualify toward meeting the minimum credit hour requirement. President's List: 3.80 to 4.0 semester grade-point average Dean's List: 3.60 to 3.79 semester grade-point average Honor's List: 3.40 to 3.59 semester grade-point average For 125 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has offered quality educational programs in business; health and education; pharmacy studies; science and humanities; and communication. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

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O Holy Saint Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given so great to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. Say three Our Fathers, three Hail Mary's and Glorias. Publication must be promised. St. Jude pray for us and all who invoke your aid. Amen. This Novena has never been known to fail. This Novena must be said for nine consecutive days. **N.F.L.**

PRAYER

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil (intention), Amen
If you pray three times a day, three consecutive days, you will receive your intention, no matter how impossible it may seem. Praise and Thanksgiving please the Heart of God. **BELIEVER. N.F.L.**

Marlborough Fly Fishing Show offers \$100,000 in door prizes

MARLBOROUGH — Some \$100,000 in door prizes — a show record — will be up for grabs along with the year's first view of every fly-fishing tool from the newest rods and reels to boots, waders, clothing and accessories at the 2025 Marlborough Fly Fishing Show® this weekend (Jan. 17-19) in the Royal Plaza Trade Center, 181 Boston Post Road West. Show hours are 10 a.m.-6 p.m. Friday; 9 a.m.-5:30 p.m., Saturday; and 9 a.m.-4:30 p.m. Sunday. Admission is \$18 for one day, \$28 for two days and \$38 for three days. Children under age five are free as are Boy and Girl Scouts under age 16 in uniform. Children 6-12 are \$5. Active military with an ID is \$10. Parking is free. Trade Center exhibitor display booths are filled. There will be 26 classes with Experts, nine free seminars daily along with continuous Destination Theater presentations, authors, fly tying and fly casting. The world premiere of the 2025 International Fly Fishing Film Festival is Fri. (1/17) at 6:30 p.m. Tickets are \$15 in advance or \$20 at the door. Visit https://fly-fishingshow.com/marlborough-ma/ for a full list of door prizes, demonstrations, seminars, films and classes.

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Locals named to UConn Dean's List

STORRS, Conn. — The University of Connecticut congratulates the following students who were named to the Dean's list for the fall semester of 2024: Kaylee Bolin of Douglas Catherine Wroge of Grafton Charlotte Digiovanni Morgan Fosberry, Madelyn Kelly, and Megan Miller of Groton Francesca Beyer and Samantha Kelly of Millbury Sara Bedigian, Samantha Brody, Patrick Klinger, and Keira Touhey of Northbridge Shelby Brass and Audrey Karybdi of South Grafton Emily Pollen and Tessa Stewart of Upton Melanie Bisbee of Whitinsville

Cornerstone Bank honored by Newsweek as one of America's best regional banks

WORCESTER — Cornerstone Bank, a community bank with locations throughout Central Massachusetts, has been named to Newsweek magazine's annual list of America's Best Regional Banks and Credit Unions 2025.

"We are so proud to be recognized in this way," said Cornerstone Bank

CEO Todd Tallman. "We strive to be more than just a financial institution; we want to be an actively supportive partner, strengthening our community and neighborhoods."

Newsweek and Plant-A Insights Group put out the list every year to recognize banks and credit unions positively impacting their communi-

ties, and help people identify the most trusted financial institutions. The methodology is based on the bank's credit quality, as well as profitability, net loans and leases, press coverage and a customer survey of more than 71,000 U.S. citizens, 1.9 million social media reviews and 129 million app store reviews. The list includes the top

500 regional banks and top 500 credit unions.

Cornerstone Bank is committed to uplifting communities throughout Central Massachusetts, regularly donating to charity organizations, contributing to fundraising events and granting scholarships to local students.



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

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WEBSTER - 10 GODDARD STREET

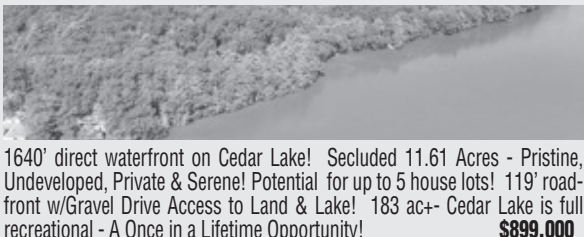
This two family is centrally located, convenient access to major routes. Owner occupied with a first floor tenant lease. Roof replaced two years ago, basement windows are new and several new windows through out the home. Rents are currently below market. **\$330,000**

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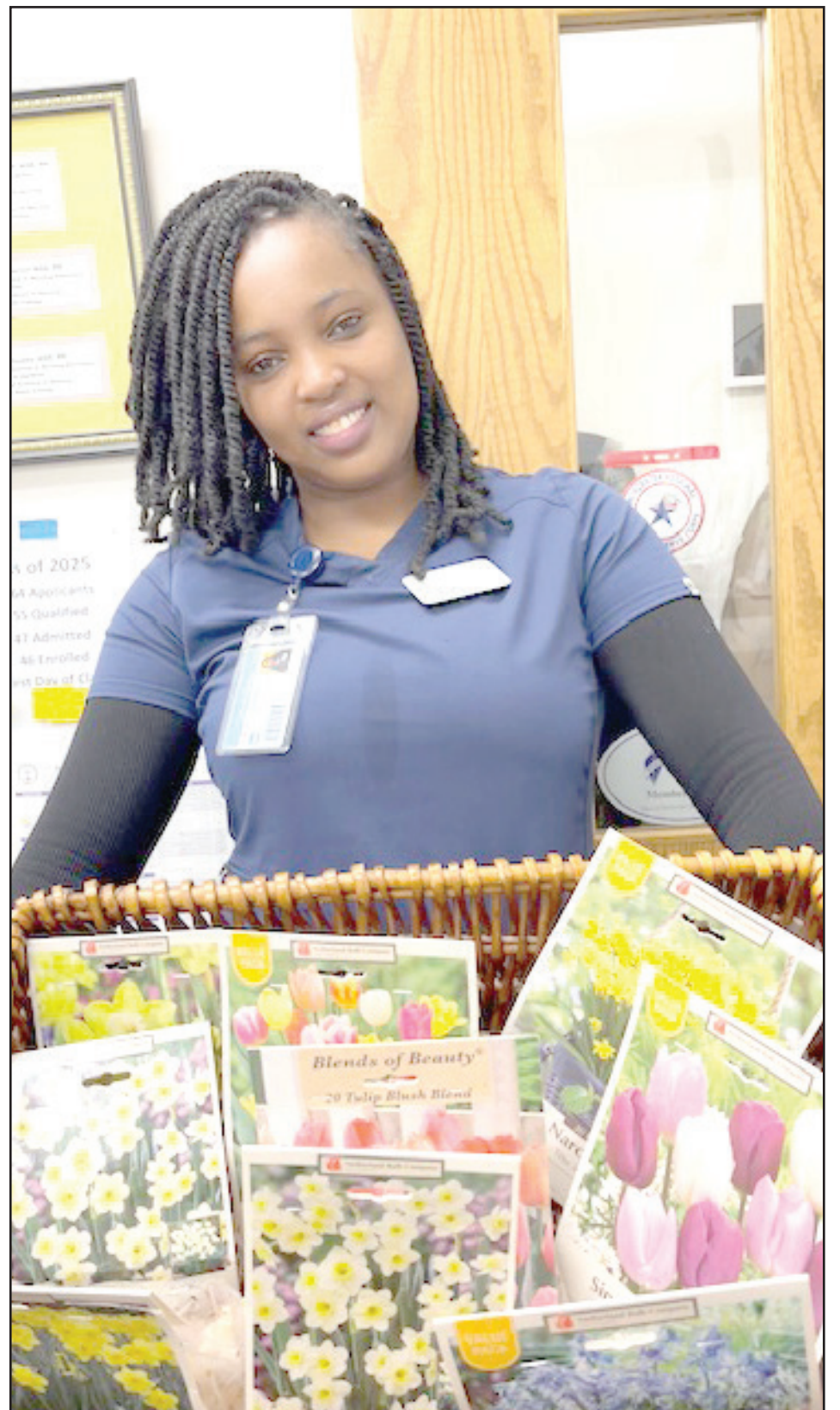
Bay Path Nursing student coordinates flower bulb distribution

CHARLTON — Thirty-six members of the Practical Nursing Class of 2025 were recipients of premium flower bulbs from Achille Agway of Keene, New Hampshire. Hundreds of tulips and daffodil bulbs were donated to Bay Path Practical Nursing

Academy and distributed to the Practical Nursing students as part of self-care efforts and in collaboration with the UNICEF Club. Bay Path Practical Nursing Academy was one of many non-profit organizations chosen to receive bags of premium flower bulbs.

The same bulbs are sold online and at the Keene, NH location of Achille Agway.

According to Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director, "Going to nursing school is a busy time. Like nursing, flower bulb plant-



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Loise Ngigi

ing is both an art and a science." Bolandrina stated, "The care one takes in planting is both therapeutic and stress relieving. It is a beautiful form of self-care." Loise Ngigi of South Grafton, a member of the PN Class of 2025 and UNICEF Club officer graciously coordinated the distribution of the flower bulbs. "I like doing it," said Ngigi with a smile. Ngigi is a compassionate Certified Nursing Assistant

(CNA) and certified home health aide (HHA) whose knowledge is based on the accumulation of seven years of direct experience as a certified HHA and CNA. She obtained her nursing assistant certification through the 3 Dimensions College (Worcester) in 2017. She obtained her high school diploma from Moi Girls Kamangu High School in Kenya (2012). As a practical nursing student at Bay Path Practical Nursing Academy, she

has completed her Dementia Care certification. She is certified in BLS/HCP/CPR (Basic Life Support, Health Care Provider Cardiopulmonary Resuscitation), Medical Administration Program (MAP), and Mental Health First Aid. She was a CNA at River Terrace Rehabilitation and Healthcare Center (Lancaster) and is currently a direct support professional at Venture Community Services (Sturbridge).

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