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Thursday-Friday, August 7-8, 2025

# Awesome Boxing Gym opens on South Street

BY GUS STEEVES CORRESPONDENT

SOUTHBRIDGE — Parents typically don't want their kids to get into fights.

Carlos and Maria Galindez are an exception. But that doesn't mean they want kids to get in trouble. Just the opposite – they recently started Awesome Boxing Gym to help young people learn the discipline to avoid such trouble and develop the focus to follow their dreams.

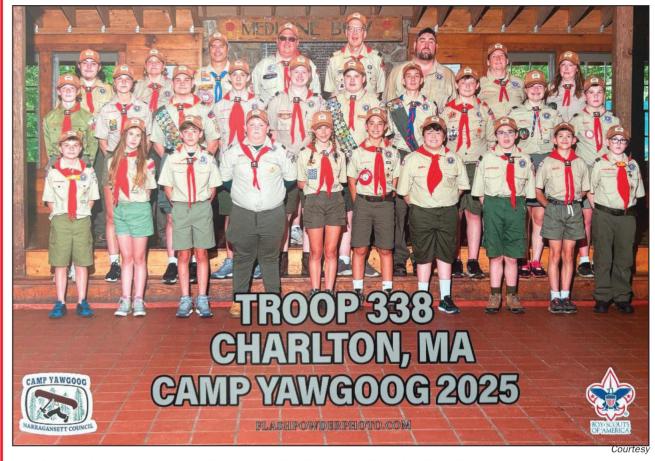
"I want to show the town the kids are not the problem," Maria said at last Saturday's grand opening. "...They call for attention the wrong way" because they need good role models who respect them as people and adults they can trust.

Carlos said he's been boxing for decades. His sports enthusiasm began with running at age 11, then track and field, then boxing with an older brother. He still runs, but feels boxing helps build discipline and focus, made him healthier, and can be a good example to others.

"If you're doing everything good, everything goes forward for you," he said. Later, he added he sees boxing as a way to help kids "direct their energy and their anger. ... If you box with anger, that's not good."

As we talked, a couple of young boxers were sparring, or had just sparred with him. One of Tum To **GYM** page 14

## Local Scouts recognized as Troop of the Week



Charlton Scout Troop 338 was named the Troop of the Week during Week 4 of Camp Yawgoog this summer.

BY JASON BLEAU
CORRESPONDENT

CHARLTON — Charlton Scout Troop 338 was recognized as Troop of The Week during their recent stay at Camp Yawgoog recognizing them as the best embodiment of the Scout Law during Week 4 of the annual summer camp.

Troop 338, a co-ed Scouting American Troop (formerly Boy Scouts of America) has earned the honor several times before, but being recognized again in 2025 was particularly special as nearly half of the Troop are new scouts. It also serves to honor their commitment

## Annual Zucchini Festival returns to Holland Aug. 17

HOLLAND — The Friends of the Holland Community Center will once again host their Annual Zucchini Festival at the Holland Community Center, 40 Brimfield Rd. in Holland. The event will take place on Sunday, Aug. 17 from noon-4 p.m. Admission is free, and there is something for everyone to enjoy. This event has happened annually, the third Sunday of August, since 2014. With over 200 people in attendance, there is something for everyone.

Fun ways to participate:

Bake Sale: We will have a bake sale. If you would like to help support it by baking for it, the drop off time and date for donations is Aug. 16 from 2 – 5 p.m.

Zucchini Cookoff: If you have a tried-and-true zucchini recipe or want to try something new, you can get an application from the Friends of the Holland Community Center.

World of Wheels: Show off your cars, trucks, jeeps, tractors, and anything with "wheels" even if it's on a trailer.

Our food court expanded with vendors like Angry Panda, Udder Delights, O'Neil Lemonade, and fan favorite,



plus an opportunity to get hot dogs, sodas, and chips from Scout Troop #163

We will have raffles, "Spin the Wheel" for prizes, a photo booth and other interactive opportunities with the Holland Library will have a booth with kids' activities. Also the Holland Fire Department will stop by (unless they are on a call) for the kids to check out their fire truck.

Everything is bigger and better this year in-

cluding our craft vendors, specialty vendors and nonprofits (located inside and outside) you will find everything from kittens up for adoption, to raw honey, sports memorabilia, Tupperware and more. All ages can run through and cool off in the foam machine or use our giant chess set and cornhole boards.

Bottle and Can Collecting: While you are attending, you can drop off your redeemable bottles and cans to drop

es and cans to drop Tum To **ZUCCHINI** page 14



Gus Steeves

Alanna and Justin Tomer with the hillsides visible from their hilltop field.

## "It reached out to us and said 'Save me'"

BY GUS STEEVES CORRESPONDENT

CHARLTON — A little over a year ago, when Justin and Alanna Tomer started renting the 81 acres many people still know as Charlton Orchards, they found it overgrown and neglected.

While some of it still is, they've cleared large stretches of the blueberry, blackberry and apple orchard, the pond, and the hilltop field. You can once again see long distances without being strangled by bittersweet, brambles and multiflora rose.

They now call it Monarch Orchards
Farm after the butterfly, which frequents the farm. Alanna said she's loved butterflies since childhood, and saw them as a symbol of transforming

the land they hope to do.

For both of them, it's their first for-

ay into farming. Both have fulltime jobs – Justin as a landscape designer, Alanna as a creative director/marketer – and three kids: Thea, Taylin and "Tino" (Justin Jr). But after they saw the property listed and walked it, "it reached out to us and said 'Save me," she said. "We took a huge risk renting, and hope to close in late August. We're just trusting this is all going to work out."

"We heard there were a couple developers who wanted to come in and make this all homes, which would be terrible," Justin recalled.

Alanna's mother Teri Diliddo as a little skeptical at first.

"It was an overwhelming feeling, but I see their determination and the connection they have with the land," she said. "I'm proud of both of them."

Turn To **ORCHARDS** page 14

## Southbridge Community Center hosting program with Hands on Nature

SOUTHBRIDGE — The Casaubon Senior Center. located at the Southbridge Community Center, 153 Chestnut St., is excited to present Wildlife Tracking

with Hands on Nature. This welcome to join. a multi-generational presentation and grandparents are encouraged to bring their grandchildren to enjoy this fun-filled afternoon. All are

Hands on Nature programs are instructed by Heather Simpson. She has completed naturalist training through the Wilderness Awareness School in Washington. Her previous education includes a BA in Sociology from Skidmore College (where she graduated Phi Beta Kappa) and a Masters degree in Peace Studies from the University of Lancaster in England. She also is certified as a Lead Teacher by the Dept of Early Education and Care. Heather is the Founder and Director of Hands On

Wildlife Tracking will take place on Thursday, Aug. 14 at 2 p.m. at the Casaubon Senior Center. All ages are welcome. Come discover the tracks of our local mammals and learn to identify which mammals leave which types of tracks. In addition to learning our local mam-

Thomas, and Martin, Elizabeth A.

to Reilly, Tyler, and Reilly, Brooke.

to Lane, Amanda.

and Brousseau, Jane A.

Rental Prop LLC.

Kurtis J, and Tracy, Norah M.

REAL ESTATE

**CHARLTON** 

\$657,500, 42 A Young Rd, Sparks, Andrew C, and Durgin,

\$585,000, 156 E Baylies Rd, Leblanc, Ronald, to Martin,

\$520,000, 11 Buffum Rd, Shenoda & Shenouda LLC, to Ka-

\$450,000, G French Rd, Bonnie Be Rt, and Berthiaume,

\$435,000, 80 T Hall Rd, Gunnell, Simon J, and Gunnell, Su-

**HOLLAND** 

\$660,000, 11 Leisure Dr, Lund, Mark E, and Lund, Susan A,

\$355,000, 47 Leno Rd, Perez, Peter C, and Strom, Shaun M,

SOUTHBRIDGE

James W, to Melendez, Randy, and Belfort-Lopez, Sashira D.

\$520,000, 85 Everett St, Daubney, Lisa A, and Daubney,

\$340,000, 55 Durfee St, Turner, Shane, to Garfield, Kori L,

\$325,000, 148 Prince Rd, Lamica, Lisa A, and Lamica, Ste-

\$195,000, 44 Maria Ave #102, J & R Re Holdings LLC, to

**STURBRIDGE** 

\$1,500,000, 504 Main St, Cormier, Gregory S, to Premier

\$900,000, 444 Main St, New Eng Prop Assoc Rlty U, and

\$575,000, 251 Holland Rd, Central City Prop LLC, to Tracy,

\$425,000, 3 Gedeon Ave, Holdcraft, John, to Collins, Aman-

san A, to Dam, Amanda, and Langhill, Andrew.

ven M, to Corkum, Shawn, and Smith, Micaella.

Cormier, Gregory S, to Premier Rental Prop LLC.

Wenzel, Jonathan R, and Jackson, Tyla M.

Nature.

discover their other 'signs.' such as fur traces, scat and scratch marks. Following an animal's tracks can teach us a lot about who lives in our woods and their behavior. Make some track rubbings and a track cast to take home! This fun and exciting program is supported by a grant from the Southbridge Cultural Council, a local agency funded by the Massachusetts Cultural Council, a state agency.

The Southbridge Community Center and Senior Center is a multi-functional facility providing social and recreational opportunities for all citizens of Southbridge and the local area. The Senior Center is very active and publishes the Casaubon Chronicle which details all the happenings each month. We hope to see you

# mal tracks, we will also

#### VILLAGER ALMANAC

#### **OPEN TO CLOSE**

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Weekdays 8:30 - 12:30 and 2:00 - 4:30 and Sat. 9:00 – 12:00

#### Church Listings

• Central Baptist Church

256 Main St., Southbridge, MA 01550

Tel 508/764-6365; Worship 10:00 A.M. • Charlton Federated Church, 64 Main St., 508- 248-5550, Sunday worship 10:30 a.m. Summer worship is 9:30 a.m. www.fed-church.org

• Charlton Baptist Church, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 10 a.m.

· Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.

Sunday worship and Children's church 10am

•St. Anne St. Patrick Church, 16 Church St., Fiskdale (508) 347-7338

www.stannest patparish.com

Saturday Vigil Mass at 4 pm, Sunday 8 am, 10 am, 12 noon, Youth Mass (September to May) 5 pm. Daily Mass Mon-Thurs 7:30 and 10 am, Fri

• St. Joseph's Church, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

• Wayside Church, 6 Haggerty Road, 248-5144 · Assemblies of God Southern New England District Headquarters, Route 20, 248-3771, snedag.org, Office hours Monday-Friday

8:30 a.m. to 4:30 p.m.

• Living Word Church of Charlton, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am.

www.livingwordhcarlton.com info@livingwordcharlton.com

 New Life Fellowship A/G, SNED Chapel, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

 Federated Church of Sturbridge and Fiskdale- 8 Maple St. Sturbridge, 774-304-1021

www.sturfed.org Sunday Worship 9:30 a.m. • Bethlehem Lutheran Church- 345 Main

Street, Sturbridge, MA 01566 Phone 508-347-7297 Web: www.bethlehemsturbridge.org

Services - Sunday 9:00 am Pastor Dan Purtell Holland Congregation Church

"Where the Bible is preached." 11 Sturbridge Road, Holland, 413-245-9926 Hollandchurch.org Sunday Service @ 10:00 am

Pastor Dan Maketansky **Holy Trinity Episcopal Church** 446 Hamilton St., Southbridge, MA 01550 Phone: 508-765-9559 Web: www.holytrinitysouthbridge.org Sunday Service 11:00 am

Pastor Dan Purtell

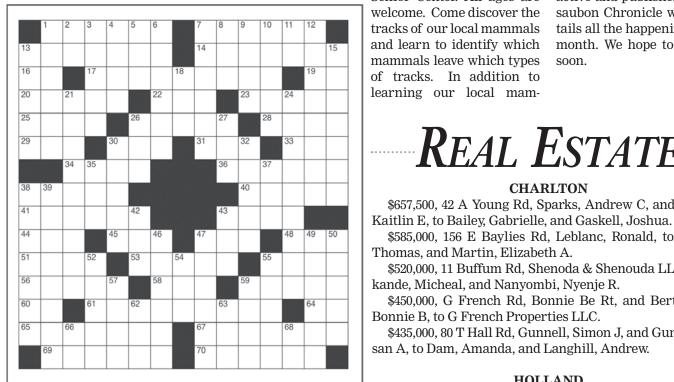
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#### **CLUES ACROSS**

- 1. Spiritual leaders
- 7. Salt 13. Fortified wine
- 14. Edible mollusk 16. They precede C
- 17. A way to compare
- 19. State lawver 20. "Game of Thrones'
- actor Ciaran
- 22. Eighth month (abbr.)
- 23. Very willing
- 25. \_\_ ex machina
- 26. Satisfies
- 28. Mountain in New Zealand 29. A doctrine
- 30. Popular Dodge truck model
- 31. Dekagram 33. Naturally occurring solid
- 34. Company officer
- 36. Villains 38. Cricket frogs

modern psychology 41. Endured 43. A female domestic

40. One of the founders of

- 44. You can get stuck in one
- 45. Partner to feather
- 47. Passive optical network 48. French ballet dynasty
- 51. Employee stock ownership plan
- 53. Bottom layer
- 55. Sound
- 56. Yankee great Judge 58. Dickens character
- 59. Late beloved TNT sportscaster
- 60. South Dakota 61. Exposing human vice or
- folly to ridicule
- 64. Gold 65. Longtime Braves hurler Julio
- 67. Humor
- 69. Shawl
- 70. Hospital unit

#### **CLUES DOWN**

- 1. Animal disease
- 2. Commercial 3. Necklace materials
- 4. Containers
- 5. Investment account 6. Colorado Heisman Trophy
- 7. Dipped down
- 8. Head injury category (abbr.) 9. Lay about
- 10. Intestinal 11. Not yes
- 12. Caused to be loved 13. Muslim spiritual leader
- 15. Showing sincere conviction 18. Not in
- 21. Number above the line in a fraction 59. Silk garment
- 24. Lawn pest 26. Pouch
- 27. Ancient language in India (abbr.)

- 32. Wild white flower 35. Fourteen
- 37. Visual way to interact with computer (abbr.)
- 38. Side by side and facing the same way 39. Religious conflicts
- 42. Touch lightly
- 43. "Boardwalk Empire" actress Gretchen 46. Violent seizure of property
- 47. One who supports the pope 49. Malaise
- 50. Body fluid 52. Inauthentic person
- 54. Title of respect 55. Chilean city
- 57. Japanese city
- 62. Draw from 63. Automobile
- 66. The man 68. Top government lawyer

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PRODUCTION MANAGER

## Tech help now available at Charlton Public Library

CHARLTON you have a few quick questions about technology? Would you like to learn how to use apps like Libby or

Kanopy? Drop in and ic days and times for event-calendar/. speak with Charlton Library's Digital Skill Instructor and get the dedicated support you need. There are specif-

this Drop-In Tech Help; the schedule can be found on the Library's website at https:// charltonlibrary.org/

If you will need more than 15 minutes of tech help, please make a oneon-one appointment in person at the Library, online, or by calling 508-248-0452.

One-on-one tech help Do you have a more complicated question than we can cover during Drop-in Tech Help? Would you like to learn some basic email or internet skills? Make a one-on-one appointment with the Charlton Library's Digital Skills Instructor and get 30 minutes of dedicated support. Appointments

can be made in person at the Library, online, or by calling 508-248-0452.

We cannot assist with: Setting up a new de-

Fixing/Restoring/ Repairing a broken or infected device, app, or email account

Entering sensitive in-

formation for you (e.g. credit card information, social security number, online banking, etc.) Keyboarding, typing,

or proofreading documents

Cannot provide medical, legal, and business advice or opinions

A complete schedule of upcoming sessions can be viewed on the Library's calendar at https://charltonlibrary. org/event-calendar/

This project was funded by the Massachusetts Broadband Institute at the MassTech Collaborative under the Municipal Digital Equity Implementation Program. Funding was provided by Massachusetts ARPA State Fiscal Recovery Funds.

Charlton Public Library is located at 40 Main St.



## Cornerstone Bank welcomes 2025 summer interns for an experiential learning program

WORCESTER — Cornerstone Bank. a community bank with locations throughout Central Massachusetts, is proud to announce the arrival of its 2025 class of summer interns. This year's group includes nine outstanding high school and college students from across Massachusetts who have joined the bank's departments to gain real-world experience and explore future careers in banking and finance.

Established four years ago, Cornerstone Bank's Summer Internship Program offers paid part-time and full-time positions to local students, enabling them to immerse themselves in professional settings aligned with their academic and career interests. Interns are placed in departments including finance, lending operations, retail banking, community relations, IT, facilities, project management and more. Most participants work 38 to 40 hours a week and may be eligible to receive school credit upon completion of the program.

"Our internship program is designed to offer more than just a summer job. It's a launchpad for students to build their professional skills, gain confidence and begin shaping their future careers," said Cornerstone Bank CEO Todd Tallman. "We're proud to offer meaningful opportunities for local students to contribute, learn and grow in a supportive environment."

Each intern began their journey with a structured orientation before diving into department-specific responsibilities. The program also features regular check-ins with supervisors, attendance at Cornerstone events and opportunities to participate in community initiatives.

"We want our interns to feel like they're part of the Cornerstone team from day one," said Cornerstone's

Chief Culture Officer Maria Salvatore. "That means giving them real work, real mentorship and real opportunities to make an impact, not just inside the bank, but out in the community as

This year's interns hail from a variety of hometowns and academic institutions, bringing with them a diverse range of interests and ambitions:

Meet the 2025 Cornerstone Bank Summer Interns

Erika LaChance – Finance

Hometown: Dudley | College: Nichols College

Dev Patel - Lending Operations Hometown: Brimfield | College:

**Bryant University** Molly Johnson - Learning & Devel-

opment Hometown: Charlton | College:

Bridgewater State University Jack Gaudette - Investment Ser-

Hometown: Sturbridge | College:

Elon University

Dylan Clark – Investment Services Hometown: Brookfield | College: Nichols College

Olivia O'Connell-Project Manage-

Hometown: Belchertown | College:

**Bryant University** 

Bennett House – Digital Banking Hometown: Upton | College: Arizona State University

Bryan Nolan – Facilities

Hometown: Douglas | School: Douglas High School

Arnav Jain – Retail Banking

Hometown: Shrewsbury | School: Shrewsbury High School

Cornerstone Bank remains committed to supporting the next generation of professionals and looks forward to seeing the contributions and accomplishments of this summer's talented





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## Frost announces siscal Year '26 Chapter 90 funding for the 7th Worcester District

Frost announces siscal Year '26 Chapter 90 funding for the 7th Worcester District

**BOSTON** — State Rep. Paul K. Frost (R-Auburn) is pleased to announce the 7th Worcester District is scheduled to receive a grand total of \$4,129,557.38 in state Chapter 90 funding assistance for local transportation infrastructure as part of a \$1.185 billion transportation bond bill.

House Bill 4307, An Act financing long-term improvements to municipal roads and bridges, was given preliminary approval by the House of Representatives on July 23, when it was engrossed Library presents Badger on a vote of 156-0. The & Nault live in concert bond bill still requires Thursday, Aug. 14 from Senate approval and Governor Healey's signature is free, and is open to the before the funding can be public. finalized.

the biggest issues I hear about is concern regarding local roads. This program is fundamental in improving and maintaining roads and bridges in our towns. I have always supported more funding for local roads as this is another important form of local aid."

Funded annually, the Chapter 90 program pro- vibrant culture and comvides municipalities with reimbursements to aid in offsetting costs associated with local transportation infrastructure hosted by the South-Communities can utilize the funding Central Massachusetts for the construction, re- (SEACMA). Among the pair and maintenance of honored attendees was roads and bridges, as well the Director of Bay Path as related street lighting, Practical Nursing Acadtraffic signalization and emy. Gretheline Bolansidewalks.

House bill calls for a \$300 million statewide allocation for the Chapter 90 program for Fiscal Year 2026, with \$200 million region's Asian commuto be allocated to cities nities. and towns using the traditional three-prong formula that is based on the weighted average of each community's local road mileage (58.33 percent, population (20.83 percent) and employment (20.83 percent). The remaining \$100 million will be allolocal road mileage.

Under the House bill, the towns of the 7th Worcester District are set to receive:

Town	FY2026 Chapter 90 Formula	FY26 Road Miles	Total FY26 Chapter 90 Funding	Comparison to FY25 Chapter 90 Funding
Auburn	\$ 602,773.75	\$ 322,131.94	\$ 924,905.69	+ \$319,879.79
Charlton	\$ 622,206.32	\$ 419,940.30	\$ 1,042,146.62	+ \$421,870.94
Leicester	\$ 422,336.32	\$ 278,258.19	\$ 700,594.51	+ 278,140.78
Millbury	\$ 418,604.23	\$ 236,375.56	\$ 654,979.79	+ \$235,180.80
Oxford	\$ 503,405.68	\$ 303,525.09	\$ 806,930.77	+ \$303,084.18

H.4307 has advanced to the Senate for its consideration.

## Badger & Nault bring traditional music to Facob Edwards Library

SOUTHBRIDGE — The Jacob Edwards 6:30-7:30 p.m. This event

Badger & Nault are an old-time acoustic duo Frost said, "One of based in central Massachusetts featuring banjo, accordion and vocal har-

monies.

Freddy Badger is an old-time banjo player, guitarist, and singer in American/Wester European roots music tradition. While he is a native of Ashland, Mass., based on his musical style, you could easily believe he is from somewhere in the Appalachian Mountains circa

Bridget Nault is an accordion player, guitarist and singer out of Worcester. She is a Berklee-educated musician who has appeared all over the state (and beyond) playing her original songs and performing solo and in different

Together, this duo

will play a selection of old-time and traditional songs spanning from the 16th century through the early 20th century, with a focus on the Scottish, Irish, and English music that was brought to Appalachia during that time period. Along with the music itself, Badger & Nault are passionate about the song histories,

and will discuss the origins of the music they play throughout the performance.

This program is supported by a grant from the Southbridge Cultural Council, a local agency funded by the Massachusetts Cultural Council, a state agency.

## Bay Path Practical Nursing Academy Director attends 22nd Annual Asian Festival hosted by Southeast Asian Coalition of Central MA

WORCESTER — The munity spirit of Central Massachusetts were on full display at the 22nd Annual Asian Festival, east Asian Coalition of drina, DHA, MSN Ed, RN, CRRN of Athol, who Frost notes that the joined community leaders, families, and advocates in celebrating the rich cultural heritage and contributions of the

The event, held June 22 at the Worcester State University Wellness Center, featured colorful performances, traditional cuisine, cultural exhibits, and community outreach activities that showcased the diversity and resilience of Southcated based strictly on east Asian communities in the region. It served as both a celebration



for dialogue and unity.

Founded in 1999 and incorporated in 2001, SEACMA's mission is to envision a community where all newly arriving and long-settled immigrants and refugees can

thrive, actively engage in civic discourse, and contribute to Central Massachusetts while achieving their full potential. The annual festival plays a central role in fulfilling that vision—bringing together people from all walks of life to promote inclusion, education, and mutual respect.

The presence of Dr. Bolandrina as Bay Path Practical Nursing Academy's leadership highlights the growing collaboration between local educational institutions and community organizations in promoting ac-

cess, equity, and cultural awareness. Dr. Bolandrina expressed appreciation for SEACMA's dedication to uplifting immigrant and refugee communities and emphasized the importance of building strong, inclusive partnerships to support future healthcare professionals and community leaders.

"This event is not only a celebration of culture but also a reminder of the incredible strength and potential within our diverse communities," Bolandrinasaid. "Bay Path Practical Nursing Academy is proud to

stand with SEACMA in supporting pathways to education, wellness, and empowerment for all."

As the festival marked its 22nd year, SEACMA reaffirmed its commitment to creating a welcoming and supportive environment for immigrants and refugees in Central Massachusetts. The continued support from educational, civic, and community partners like Bay Path Practical Nursing Academy ensures that the mission of inclusion and empowerment will thrive for years to come.

#### Sturbridge Conservation Department hosting free seminar

STURBRIDGE — The Sturbridge Conservation Department is excited to announce a free public seminar, "Simple Steps, Big Impact," on Tuesday, Aug. 12 from 6 to 7:30 p.m. at Sturbridge Town Hall's Veterans Memorial Hall, located at 301 Main St.

This engaging and educational event is designed to empower Sturbridge residents with the

knowledge and tools they need to make environmentally conscious decisions at home. Presenters will guide attendees through practical and impactful strategies for protecting our natural resources.

Topics include:

Reducing harmful chemical use (pesticides, herbicides, fertilizers, and road salts)

Managing invasive plants re-

Conserving water through smart irrigation and rain barrels Understanding stormwater and erosion control

Protecting and maintaining healthy trees

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Incorporating sustainable Turn To **SEMINAR** page 15

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## The QCC alum who said yes and never looked back

WORCESTER — When Dr. Sandra Laney arrived at Quinsigamond Community College as a student, she had a passion for learning but no clear path or understanding of college. Today, Laney is an expert in global health science whose work has taken her to 52 different countries worldwide. She has also founded a consulting practice that helps maximize the benefits of philanthropy.

"I loved my time at QCC," Laney said. "Not having an understanding of what college was, it was a nice entryway. It was game-changing in taking the next steps in my career."

Laney didn't come from a college-educated family. By her own admission, she had gotten "a little sidetracked" in high school and carried a lingering fear of science after failing biology, "an attitude rather than aptitude problem," according to Laney. Initially drawn to visual arts at QCC, she found herself needing to complete a science requirement to graduate.

When she enrolled in a biology for non-majors course, Laney experienced a revelation.

"I felt instantly at home," she said. "I'm a learner at my core. I'd be a student forever if someone would pay me, and that's what science is—paying you to learn."

Academic opportunities

Late QCC professor Melvin Shemluck noticed Laney's potential and became the mentor who would alter her life trajectory.

"Even though I was an art student, he explained that I could still go on and do whatever I wanted, including science," Laney said.

Shemluck suggested Smith College's Ada Comstock Scholars Program, a bachelor's program for students of non-traditional college age. Laney took his advice, completing a degree in biological sciences. She continued at Smith for her master's as well, all while raising a family and working to support them.

Her academic journey continued in Dr. Steven A. Williams' laboratory at Smith College. When Dr. Reda Ramzy, a collaborating professor at a sister laboratory in Egypt, encouraged her to pursue a Ph.D., Laney explained she couldn't afford to stop working to attend graduate school full-time. Understanding her constraints, Dr. Ramzy arranged for her to enroll and expand her research through his laboratory. This allowed her to maintain her position as a research scientist at Smith College and participate in a collaborative research project with Dr. Gary Weil at Washington University Medical School—allowing her to earn while she learned. She ultimately earned her Ph.D. in molecular parasitology and zoology from Ain Shams University, with her dissertation now housed in the National Library of Alexan-

Working around the globe

Laney's expertise led to an advisory position with the U.S. Department of State through an American Association for the Advancement of Science fellowship, where scientists and policymakers collaborate. She then transitioned to philanthropy when she was selected as an inaugural fellow in the Bill & Melinda Gates Foundation Global Health program. She also held leadership positions catalyzing breakthrough science with the Walder Foundation and Paul Allen's philanthropy at Vulcan. Her life's work has taken her around the globe working directly with governments, scientists and communities fighting infectious diseases like Ebola and Neglected Tropical Diseases.

"Never in a million years with my background did I dream I'd be traveling the globe to places like Papua New Guinea and French Polynesia," she shared.

Today, Laney runs Strategic Journey Lab, Inc., a boutique consulting practice where she serves as a philanthropy advisor and strategist to high-net-wealth individuals, foundations, and companies. Her perspective encompasses the vantage points of beneficiaries, scientific researchers and funders. She is also part of P150, an invitation-only group started by Schmidt Futures (founded by former Google CEO Eric Schmidt) that brings together philanthropic advisors to maximize charitable impact worldwide.

A QCC legacy

In 2013, Laney's achievements and ongoing connection to QCC were recognized with a Wyvern Guardian Award, given to alumni who make a difference in their communities and beyond. Laney's connection to the college continues today, as her grandson Jadyn Kiley now studies chemistry at the same institution that launched her career.

Kiley recalled how his grandmother encouraged family members to get as much education as possible, but because he didn't get high grades in high school, he didn't think college was for him. However, after working in the food service industry for several years, he started to crave more intellectual stimulation and his grandmother's advice took hold.

He enrolled at QCC and, similar to Laney, developed a strong connection to his biology professor, Dr. Swathi Turlapati, who helped ignite his passion for science. Subsequently, he began to excel academically. Though he is still deciding what direction his studies will take, he has been enjoying organic chemistry and has an interest in soil science. Kiley credits part of his newfound confidence to his grandmother's influence.

"Any time I have a problem or feel like I can't do something, she has been so supportive," Kiley said. "She doesn't care what you're doing, as long as you're doing it to your full potential."

Turn To **LANEY** page 15

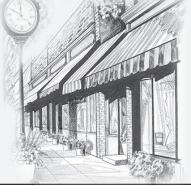
## **Pasture** Prime **Players** announce auditions for "Honeymoon at Graveside Manor"

CHARLTON — Pasture Prime Players, Inc. is pleased to announce open auditions for "Honeymoon at Graveside Manor" by Pat Cook. The production will be directed by Stephanie Sawyer. Auditions will be held Tuesday, Aug. 12 at 6 p.m. and Saturday, Aug. 16 at 10 a.m. at the Charlton Arts & Activities Center, 4 Dresser Hill Rd., Charlton. Performances will be held Oct. 31 and Nov. 1, 2, 7, 8 and 9. This play is produced by special arrangement with Dramatic Publishing, Inc., Woodstock, Ill.

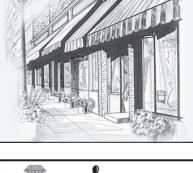
Marian Thorncraft is looking forward to her honeymoon with new hubby, Tyler. She pictures someplace romantic, secluded and cozy. No sooner have her feet touched the ground after being carried over the threshold than she discovers her love nest is really a one-time mortuary! Graveside Manor, as the locals call it, has been abandoned for years, mainly due to the rumors of it being haunted. Cozy as a bat cave, it's about as secluded as Grand Central Station. A daffy maid shows up to clean the place and gets lost in the catacombs behind the walls. This goes unnoticed because Tyler is too busy ducking a female ghost with a hatchet, three high-school kids trying to set up a Halloween prank and his wise-cracking female editor who once had a crush on him. Throw in an absent-minded cop and the escaped lunatic he's looking for and the stage is set for a Honeymoon at Graveside Manor.

There are roles for 6 females and 4 males. Auditions will be cold readings from the script. We are also looking for people to fill non-performing roles. For more information, contact us at

pasture.prime.players@gmail.com.



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PRESIDENT/PUBLISHER

Brendan Berube

Editor

## The case for silence

We don't get much silence anymore. Even when the world is technically quiet, there's the hum of the refrigerator, the buzz of notifications, the constant chatter in our heads. We've gotten so used to noise that the idea of sitting in a car with nothing but the sound of the tires on the road feels almost rebel-

Lately, we've realized how amazing real silence is. No radio, no podcast. Just us, our thoughts, and the steady rhythm of driving. It has been a reset button we didn't know we needed.

Science actually backs this up. A 2013 study published in Brain, Structure and Function found that periods of silence, just two hours of it, can help the brain generate new cells in the hippocampus, the part of the brain linked to memory and emotion. Other research has shown that quiet time lowers cortisol (the stress hormone) and lets the brain shift from "react" mode to "reflect" mode. In short: silence isn't empty, it's restorative.

We live in a world that treats silence like a gap to be filled. We fill it with scrolling, streaming, playlists, background noise and anything to avoid just... being. But what if the thing we're avoiding is the very thing our minds crave?

Driving in silence has become our version of meditation. It's where ideas show up uninvited. It's where we notice the scenery we usually speed past. It's where our brains, exhausted from the constant feed of information, finally exhales.

Silence isn't a luxury — it's fuel. The more we give ourselves those pockets of quiet, whether it's in the car or just sitting at our kitchen table, we can feel our brains unclenching.

So, here is our challenge to you: turn off the noise for ten minutes. Drive in silence and let your thoughts wander. In a world that keeps shouting for your attention, you might be surprised what you hear when everything else finally

## **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.

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## ()PINI()N



Mary Gelezunas emerges from the Monson Unitarian Church after last Friday's bookstore The stairs down to the bookstore. Watch closing time.



## The bookstore in the basement is "not Barnes & Noble"

BY GUS STEEVES CORRESPONDENT

Just off Main Street in downtown Monson, there's an independent bookstore tucked into the Unitarian Church.

It's been there all of this century so far, but has no sign, no distinct name, not even many hours just first Fridays 5:30-7:30 p.m. and third Saturdays 10 a.m.-1 p.m. But it has personality, especially if you like the chance of finding books in a well-stacked basement. Or, better yet, in the old "wine cellar" down the ramp behind that.

None of the people who founded it in 1999 are still around, but Mary Gelezunas took up the baton of running it as a volunteer back in 2004. She's not alone: she described its continued existence as "a labor of love by volunteers who are all book lovers." It's also entirely reliant on donations - and gets quite a few of them.

"This is not Barnes & Noble," she adds. "We have no control over what's donated."

On the flip side, she added, they see this as "a community service for people (for whom) going to Barnes & Noble would be cost-prohibitive." Books are mostly 50 cents to \$2.

Over the years, they've seen some quirky things come through. A 1950s home economics textbook. The original Alcoholics Anonymous book from the 1930s. An 1890s History of Germany that still had the stamp of the Prescott Public Library – a town that's been under the Quabbin Reservoir since the 1930s. A teaching atlas of Latin American history. A first edition copy of Uncle Tom's Cabin. Various long out-of-print books from private collections and estate donations.

"This place is dedicated to the art of browsing," Gelezunas said, who noted the store has more than 10,000 titles.

The Unitarian Church bookstore began in 1999 as an idea of several church members, including then-selectman Ed Harrison, who "built it with scrap lumber cobbled together." One of those founders "used a bandsaw down there to cut the bindings off" books they didn't sell and wanted to recycle.

Today, the church doesn't have a Web site nor even its own phone number to save money. But the store still comes up online if you google "Monson UU Church bookstore" or look at booksalefinder. com. Its hours are still the same as they were on a Facebook post from

To find the books, you have to go through the church's main hall,

READER'S JOURNEY

**GUS STEEVES**  which is festooned with another of the church's quirks - it houses a regional club for sewing machines, both electric and pedal-driven. Several of those machines are semi-permanently on

display around the room, with several of them more than a century old and from foreign countries. Most of them are still useable, and when the club meets, they get used.

Beyond that, you'll go up the ramp, take a right and find a steep staircase down. At the bottom, the sign says "watch your step," but tall people really should watch their heads. Passing through that doorway brings you into a bibliophile's world of wonders.

The first section is mysteries, out browsing through the place, you'll find pretty much everything - fiction, science, religion (mostly not your typical spirituality), kids' books and biography. Make your way through the white door and down a second ramp into the "wine cellar," and there's still more, including history, art, science fiction and fantasy, among other things.

With the rise of the internet, many people buy only what they're specifically seeking (and maybe what some corporate algorithm recommends), but miss out on the possibility of the unexpected finds a small store can have.

"The appearance of Amazon. com in 1995 led to a significant decline in the number of independent bookstores in the United States, leading many analysts to predict the demise of the sector," reported Ryan Raffaeli of Harvard Business School in his 2020 paper 'Reinventing Retail: the Novel Resurgence of Independent Bookstores.' "However, between 2009 and 2018 independent bookstores proved to be far more resilient than expected. The American Booksellers Association (ABA) reported a 49% percent growth in the number of "indie" booksellers, from 1,651 in 2009 to 2,470 in 2018."

To counter Amazon and other big-business competition, Raffaeli observes, "A core segment of book-buying consumers who drive sales in independent bookstores is attached to the bookstores' communal identity. When a consumer shops at an independent bookstore, they are reinforcing a set of beliefs that they have about themselves and their ability to contribute to the economic welfare of their local community."

The paper's online at https:// www.hbs.edu/ris/Publication%20 Files/20-068\_c19963e7-506c-479abeb4-bb339cd293ee.pdf.

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

## Let a financial advisor belp plan for life's curveballs



FINANCIAL Focus

**TREVOR NIELSEN** 

Think estate planning is only for the wealthy or elderly? Think again. If you own anything — a home, a car, a savings account, even a pet — you already have an estate plan. The only question is: Did you create it, or will your state do it for you?

When someone passes away without an estate plan, state laws take over, deciding who gets what and when. This legal process may not reflect your wishes. That's why taking control of your assets through a personal estate plan should be a top priority.

At its core, estate planning is about clarifying your wishes and making things easier for your heirs. It ensures your assets are distributed according to your preferences, designates who will make decisions on your behalf if you can't and provides guidance for your care in a medical crisis. Most plans include four key components:

1. A Will - This document outlines how your assets should be distributed after your death and names an executor to oversee the process in probate court. It can also designate guardians for minor children. Keep in mind that a will doesn't cover everything — certain transfer on death (TOD) accounts and jointly held property may bypass your will entirely.

2. Power of Attorney - If you become incapacitated, you'll want someone you trust to be able to make decisions on your behalf. A durable power of attorney designates such a person, helping to ensure your bills are paid your business continues (if you have one) and your wishes are honored.

3. Health Care Directive - Sometimes called a living will, this document spells out your preferences for medical treatment if you're unable to speak for yourself. It can also designate someone to make health care decisions for you.

4. Beneficiary Designations – Accounts like 401(k)s, IRAs, and life insurance policies transfer directly to the people you name, regardless of what your will says. It's essential to review these beneficiary designations regularly, especially after significant life events such as marriage, divorce, death of a spouse or the birth of a child.

One common myth is that a will is all you need. But wills only take effect after death; they don't help if you're alive but unable to make decisions. Another misconception is that estate planning is only for the wealthy. In truth, planning is about more than money it's about making things easier for the people you love during difficult times.

An effective estate plan can prevent costly legal battles, reduce confusion and give your loved ones a clear roadmap to follow. It also allows you to leave a legacy that reflects your values and priorities.

As your life changes, your estate plan should change along with it. Review your documents every few years or after major life events. It's often a good idea to seek help with such reviews. Your financial advisor or attorney can guide you through the process, ensuring your plan fits your unique circumstances.

In the end, estate planning isn't just about planning for what happens when you are gone. It's about feeling confident, knowing that what matters most — your family, your purpose, your legacy — is protected.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Trevor Nielsen, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or trevor.nielsen@edwardjones.com.

## Plant a bit of shade



GARDEN Moments

> MELINDA **MYERS**

Summer heat may have you seeking comfort from a nearby shade tree. You immediately experience as much as a 15 to 20 degree drop in temperature and enjoy the relief it provides.

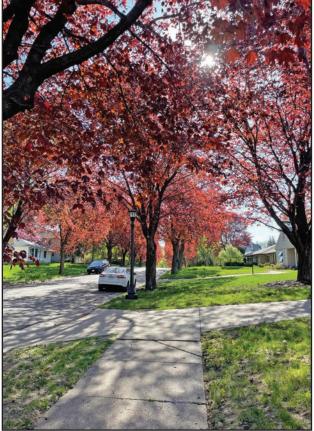
Bring this shady relief home by looking for ways to include trees in your landscape. First, monitor patterns of sun and shade on and around your home throughout the day and throughout the year as the angle and position of the sun changes. Observe the impact your home. neighboring

homes, sheds and existing plantings have on the sunlight reaching your landscape.

Consider providing welcome shade where needed during the hottest hours of the day and weeks of the year. Look for opportunities to plant trees where you can make a difference in your comfort and money spent cooling your home.

Plant trees, if space allows, near those areas where you spend time outdoors. Shading patios and decks makes them more inviting on a hot summer day. Deciduous trees that drop their leaves in winter allow you to soak up some welcome sunshine during the cooler months of the year.

Maximize the cooling



Melinda Myers

Norway maples providing shade and cooling the yards, side-

benefits to your home temperature of the by planting trees on the space around your home east and west side of helps lower the indoor your house. Shading the temperature. roof, walls and windows greatly reduces heat gain and energy needed tioner can increase its to cool your home. Since efficiency by as much about 75 percent of the as ten percent, reducing heat gain in a building energy use and saving comes through the win- you money. If space is dows, shading them can limited, consider plantgreatly increase your ing a shade-producing comfort and reduce shrub or vine trained on money spent cooling a trellis. Be sure to proyour home. Once again, vide space around the deciduous trees provide unit for needed airflow. needed shade in summer and allow warming sunthe cooler months.

that greatly impact the air temperature. Shadwalks reduces heat absorbed that is released back into the surrounding air. Lowering the

Shading an air condi-

Avoid underground light into homes during and overhead utilities when planting trees. Tall trees that eventual-Don't overlook paved ly grow into the wires or areas near your home structures may interfere with utilities and power transmission, creating ing paved drives and a real hazard. Improper placement results in pruning that ruins their beauty or requires removal, eliminating any benefit they provided. Always call 811 as you plan new plantings and at least three business days before placing the first shovel in the ground. It can help reduce the risk of injury and avoid the inconvenience that can happen when you damage an

> Consult your local extension service and energy company for plant sein wildfire prone areas need to also consider landscaping

No room to plant trees on your property? Consider joining the local tree board or other tree planting group. Adding trees to your community can help you and ronment that everyone can enjoy.

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

## Break the rules!

Vivek Ranadivé, a software entrepreneur and future NBA team owner, decided to coach his 12-year-old daughter's middle school basketball team in Redwood City, California.

He didn't grow up with the game, didn't play it, didn't know its culture—he just wanted to help. Vivek had a major problem—not only did he know nothing about the game, but neither did his girls. Most of them had never played a single minute of organized basketball.

But Vivek wasn't the type to do something halfway. From the moment he signed up, his goal was to win the state championship that season.

If he had told anyone, they might've laughed him out of the gym. But he started studying, watching games, trying to understand how basketball worked—and the more he learned, the more something didn't sit right.

After every score, teams would run back to the other end of the court, settle into formation, and wait to play defense. It was tradition. It was how the game was done. But to Vivek, it seemed like an unnecessary surrender—giving the other team a free pass for most of the court. Why retreat when you could press?

Without breaking a single rule. Vivek taught his team a strategy called full-court press: to stay on top of their opponents, disrupt every inbound, and apply pressure at every pass. It wasn't illegal. But he was breaking unwritten rules.

"Learn the rules like a pro, so you can break them like an artist." — Pablo Picasso

And by the end of the season, that little team of underdogs was breaking all the unwritten rules—and was winning big.

Top performers don't follow rules—they rethink them. Research at Harvard Business School and Columbia shows that people who break norms (nonconformists) are often perceived as more powerful and more competent. One study found that entrepreneurs who take strategic risks and ignore conventional advice are more likely to create successful ventures than those who play it safe.

The girls weren't great dribblers, couldn't shoot from distance, and had no height advantage. But they had something nobody else did: an unconventional strategy and unwavering attitude.

As the first games kicked off, Redwood City stunned opponents with how quickly they scored—and how consistently they pressed.

Positively SPEAKING

> **TOBY MOORE**

One game ended with them leading 25-0 before the other team even scored. Instead of retreating after scoring, they hustled back, applied pressure on every inbounds pass, and swarmed players off the ball. Teams used to long periods of transition now found themselves stuck in chaos before they could cross midcourt. underground utility.

They jumped out to early leads—4-0, 6-0, even 12-0.

Opposing coaches fumed on the sidelines. One even confronted Vivek in the parking lot, furious that this university "skinny foreign guy" was defying tradition—and winning. Every whistle signaled a barrage of fouls called

on Redwood City—referees seemed determined to break them. But lection and placement the girls adjusted. Instead of folding, they learned to play without recommendations for pressing at times, weaving traditional basketball in between the your area. Those living chaos.

Through all the drama, they stayed unbeaten in most of their fire-safe regular season. They won the local league, then the regionals, then practices. advanced deep into the Northern California tournament. Each win built their stamina, sharpened their cohesion, and deepened belief in the system and each other.

By season's end, Redwood City had stormed through their local league and advanced all the way to the national Junior Basketball championship tournament!

In the end, Redwood City didn't win the national championship. your neighbors create They came up short in the final rounds. But by then, the point had a healthier, cooler envialready been proven.

A team of middle school girls with no height, no elite skills, and no basketball pedigree had made it to the biggest stage in the country for teams their age—by doing what nobody else dared to do.

They didn't cheat. They didn't bend the rulebook. But they did break the unwritten rules—the ones that say, "This is how the game is supposed to be played."

They rewrote the script. And almost won it all.

Because sometimes, if you want to win—if you want to slay the thing" instant video segiants, shatter the odds, or change the game—you don't follow the ries and the nationally

You break them.

With intention. With intelligence. With guts.

And sometimes, that's enough to change everything.

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tise here advertise advertise here advertise advertise lere advertise advertise here advertise here ad advertise here advertise here adverti advertise here adver vertise here adve

## Music, mingling and fireworks kick off August



Catalino Alicea, Severina Rios and friends chat on the grass. Beacon Street Band provided a mix of classic rock.

A boy inside the bouncy house.





A boy turns his sister into a burrito.

Gus Steeves



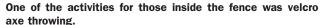
A little girl tells daddy a secret.



Gus Steeves

Staff at Honest Town Pizza's truck make the pies.







SOUTHBRIDGE — It wasn't a typical day for public fireworks, but last Saturday had them. (Well, it was the ancient Celtic harvest festival of Lunasa, but that was probably coincidental.)

A couple women dance to the music.

As many people saw from signs around town, the Wellsworth Hotel hosted an event for Hyde Corp, to which the public was (sort of) invited. Those who attended really had two tiers – Hyde company people

inside the plastic fence labeled "Private Event," and the general public outside on the grass.

Both groups could hear the live music from the Beacon Street Band and see the fireworks shot over Lensdale Pond, but only the first group had access to food inside the hotel, a couple bouncy houses, and cornhole. Outside the fence, though, a couple food trucks provided fare.



A girl relaxes after escaping the bouncy house.

## www.StonebridgePress.com



## Keeping the Flavor of Vine Ripe Tomatoes

Tomatoes on the vine are an irresistible palate pleaser of summertime. Gardens bursting with the bright red fruit, conjure up visions of fat tomato sandwiches, fresh colorful salsa, and pots of thick tomato gravy. There's no doubt about it, delicious, home grown tomatoes are plentiful this time of year. However, no matter how many creative dishes you may come up with, it can be a challenge to use up a bountiful crop of tomatoes before they spoil.

Read on for some ways to keep just- picked tomatoes fresh, and how to properly freeze them to enjoy the fruits of your labor for months to come.

To chill or not to chill: My whole adult life, I have never put tomatoes in the refrigerator, much to the chagrin of well-meaning family and friends who will automatically stash the fruit (especially when cut) in the fridge for me. That said, I know tomatoes lose some flavor when chilled, but never really knew why. Is it just the coldness that dulls the flavor or is there more to it?

Turns out, the cold air has a negative effect on the tomato that goes beyond flavor. When stored below 55 degrees F, the low temperature damages the tomatoes cell membranes and disrupts the enzymes responsible for producing flavor and smell. Thus, refrigerated tomatoes can not only lose flavor, but become mealy or even mushy – to the point that even letting them sit in the sun won't bring back the flavor.

Still not convinced tomatoes shouldn't be chilled? Here's an excerpt from a study that Cornell University did several years ago: "After storing whole tomatoes in the refrigerator for seven days (at 39 degrees), tomatoes lost some of their supply of substances that produce their characteristic aroma, which is a key part of their fla-

vor. Three days of sitting at room

temperature didn't remedy that,

and a taste test by 76 people con-

firmed the chilled tomatoes weren't as good as fresh tomatoes."

So how to store tomatoes at room temperature? I used to put them on the windowsill

the ripening process by placing to-

perature.

Cut tomatoes should be stored cut side down on a plate, and cov-herbs. ered with a dish towel or paper towel to prevent flies.

Note: Never wrap cut tomatoes in plastic or in a plastic bag, as they can get slimy within a few hours.

Freezing Tomatoes: If you're lucky enough to have too many tomatoes to use or give away, and don't have the time or tools for cantomatoes are a practical option.

Freezing Raw Tomatoes: Despite what you might have heard, it is possible to quickly freeze raw come mushy when they're thawed.

Tomatoes should be washed before cutting. To wash, wet each tomato with water, rub its surface, dry it with a paper towel. After washing, cut away the stem scar mato.

Washing tomatoes in a sink filled with water is not recomcan be absorbed through the fruit's stem scar. The use of soap or detergent is neither recommended nor

TAKE THE HINT KAREN TRAINOR

approved for washing fruits and vegetables because they can absorb detergent residues.

Tomatoes may be

frozen whole, sliced,

chopped, or pureed. to ripen (OK, I still do). But ac- Additionally, you can freeze them cording to experts you should keep raw or cooked, as juice or sauce, them out of direct sunlight, which or prepared in the recipe of your can adversely affect the ripening choice. Thawed raw tomatoes may process. Instead you can speed up be used in any cooked-tomato recipe. Do not try to substituted them matoes in a paper bag with an ap- for fresh tomatoes, however, since ple or banana, which produce eth- freezing causes their texture to become mushy. Tomatoes should be Ripe, whole tomatoes should be seasoned just before serving rather stored stem side down at room tem- than before freezing; freezing may either strengthen or weaken seasonings such as garlic, onion, and

> Preparation. Select firm, ripe tomatoes for freezing. Sort the tomatoes, discarding any that are spoiled. Wash them in clean water as recommended above. Dry them by blotting with a clean cloth or paper towels.

Freezing Whole Tomatoes with Peels: Prepare tomatoes as dening or dehydrating them, freezing scribed above. Cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes tomatoes without blanching them from the cookie sheets into freezfirst. They may be frozen without er bags or other containers. Seal their skins or frozen whole with tightly. To use the frozen tomatoes, their skins. Frozen tomatoes are remove them from the freezer a few best used in cooked foods such as at a time or all at once. To peel, just soups, sauces and stews as they be- run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

Freezing Peeled Tomatoes: If you rinse it with running water, and prefer to freeze peeled tomatoes, you can wash the tomatoes and then dip them in boiling water for about and surrounding area and discard 1 minute or until the skins split. it before slicing or chopping the to- Peel and then freeze as noted above.

Lifespan: To extend the lifetime of frozen tomatoes and all frozen mended since contaminated water foods it's imperative to maintain good quality by packaging foods in material intended for freezing and keep the temperature of the freezer at 0 degrees F or below. It is generally recommended frozen tomatoes be eaten within about eight months for best quality.

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!

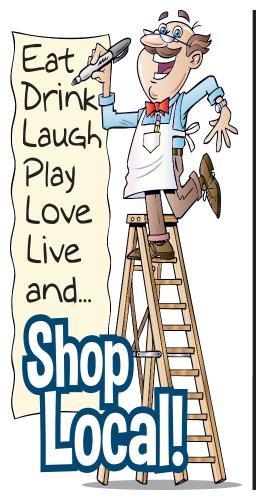
Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/ or hints to: Take the Hint!. C/o the Southbridge Evening News, PO Box 90; Southbridge,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



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## **OBITUARIES**

#### Susan Patricia Maynard-Miller

Charlton, MA- Susan Patricia Maynard-Miller of Charlton, passed away peacefully on July 21, 2025 after a long battle with cancer.

She lived a life marked by faith, creativity, and a deep connection to the natural world.

Susan's years were spent in Charlton, where she attended Charlton Elementary School, before graduating from Shepherd Hill Regional High school in 1976. Susan was a dedicated student and a member of the National Honor Society.

Susan was an animal lover always

helping out injured or hungry animals. She had a profound love for the earth. Whether planting vibrant flowers or cultivating herbs and vegetables. She found joy and peace working with her hands in the soil. Her artistic talents extended beyond the garden.~ Susan was a very talented pen and ink artist, with her drawings earning her awards throughout school.

Music also played an important part in Susan's life. Gifted with a natural ear and skill for instruments. Susan could play the guitar, piano, organ, flute and harmonica with ease and grace.

Her strong belief in God was a guiding force throughout her life. She often spoke of eternal life, with conviction and comforted others with her unwavering faith. Her spiritual strength was evident to all who knew her.

Susan is lovingly remembered by her husband Thomas Miller; her stepchildren- Melissa, Liz, Will and Alan; her brothers Joe, John and Peter Maynard; her sisters Robyn Muetterties and Pamela Piehl; as well as many in-laws, nieces and nephews.

Susan was predeceased by her parents Raymond and Dorothy (Jacobs) Maynard. Also her brother Ronald

Those who knew Susan will remember her for her warmth, talent and enduring spirit. She touched many lives

through her kindness and creativity. God bless you Susan, your memory will always be treasured.

Memorial services will be held on August 16, 2025 at 11:00 a.m. at The Charlton Federated Church 64 Main Street Charlton

## Bay Path Practical Nursing graduates shine at SkillsUSA National Conference

ATLANTA, Ga. — Two recent graduates of the Bay Path Practical Nursing Academy earned national recognition at the 2025 SkillsUSA National Leadership and Skills Conference, held this summer in Atlanta, Georgia.

Ashley Rincon of Southbridge placed 10th in Medical Terminology, a competitive category that tests participants on their mastery of clinical language and healthcare vocabulary. Her achievement reflects a deep understanding of medical concepts and terminology, essential for effective communication in clinical settings.

"I had the incredible opportunity to attend Nationals for Medical Terminology in Georgia," Rincon shared. "It was an eye-opening experience to connect with students from across the country who share a passion for healthcare. It was inspiring and rewarding. I would gladly do it all over again. It was truly an unforgettable experience."

Loise Ngigi of South Grafton earned an impressive 6th place in First Aid/CPR, showcasing her ability to apply critical lifesaving skills in high-pressure scenarios. Her performance demonstrated not only technical proficiency but also calm decision-making, qualities essential in emergency care.

Ngigi expressed her deep gratitude to Bay Path Practical Nursing Academy's Director, Dr. Gretheline Bolandrina, saying "Thank you so much for everything—I seriously couldn't have done it with-



out you! You were amazing! I was smiling the whole

Both graduates were among thousands of competitors from across the country who demonstrated their knowledge and skills in various career and technical education fields. The Practical Nursing program at Bay Path has long been recognized for preparing graduates for real-world healthcare environments, and the success of Rincon and Ngigi continues that tradition.

"These results are a testament to the hard work and commitment of our students and faculty," said Bolandrina. "Ashley and Loise represent the future of healthcare—skilled, compassionate, and ready to lead. It helps that we have the strong support of Bay Path's leadership, from the Superintendent, Mr. Kyle Brenner, members of the School Committee, to Mr. James Tripp Pockevicius, (Director of Career and Technical Education), and most especially to the SkillsUSA Advisors Pam and Chris Staney."

SkillsUSA is a national organization that empowers students to become world-class workers and leaders in their fields. The annual conference brings together the best of the best from across the country in skilled trades, health sciences, and more.

Rincon and Ngigi's accomplishments not only bring pride to the Bay Path community but also highlight the critical importance of career and technical education in shaping the next generation of healthcare professionals.

## Riders descend on region for Pan-Mass Challenge

BY KEVIN FLAN- for a cure."

**DERS** STAFF WRITER

REGION — Riders from throughout the nation descended on central Massachusetts last weekend for the annual Pan-Mass Challenge.

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

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

The PMC offers 14 routes of varying distances to participants. Several local riders train throughout the year to be ready for the big weekend, with some participants accepting the challenge of an extended ride.

"As always, I ride for the angels above us and the warriors among us," said West Brookfield's Jessica Piwowarski, a longtime member of Team De-Feet Cancer. "I ride for hope, for change,

Piwowarski's employer, Landry's Bicycles, took on a larger role this year in support of the PMC at three major hub sites: Sturbridge, Welleslev. and Bourne.

"This has been a huge undertaking for me as the PMC liaison for Landry's. I am so lucky that I get to combine something I'm so passionate about with a job I love and my love for bikes," Piwowarski told the New Leader.

Now in her 12th year of PMC participation, Piwowarski carried 117 names on her bike this year. Her teammates and supporters also honored those who lost their battles with cancer, as well as those currently fighting the disease.

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

"Each summer, thousands of riders and volunteers from 43 states

and 12 countries participate in the PMC," read the statement released by event leaders. "One hundred percent of all rider-raised funds go directly to cancer research and treatment at Dana-Farber and the Jimmy Fund."

The PMC is Dana-Farber's single largest supporter. Since 1980, the event has raised roughly \$1.05 billion for Dana-Farber.

To learn more about the PMC and how you can join the fight against cancer by making a donation, visit www.pmc. org. After arriving at the website, you can search for a rider, team, or volunteer; read their stories; and make a donation to support their

Event leaders thank all volunteers, sponsors, supporters, and riders who make the PMC pos-

sible each year. Additionally, all public safety agencies involved in the event are thanked for their efforts. Several police departments across the state, as well as members of the State Police, team up to ensure security along the course.



Riders support the Dana-Farber Cancer Institute with their participation in the annual Pan-Mass Challenge.

www.StonebridgePress.com

## Kindness in every line: The story of a grateful Bay Path Practical Nursing graduate

CHARLTON a world increasingly driven by deadlines and digital communication, one nursing student, now a graduate, has quietly stood out—not with fanfare or flair, but through something far more enduring: consistent, heartfelt gratitude.

Elizabeth Achayo of Worcester, a graduate of the Bay Path Practical Nursing Academy, is currently preparing for her NCLEX-PN exam. While she diligently studies and seizes every minute of her time, it's her grace and character that continue to leave a lasting mark on those around her.

"I am doing great, seizing every minute I have in preparation for my NCLEX-PN exam," Achayo shared recent-

—In ly. "I became a better human because I got to learn under a dedicated person and team whose desire is to nurture greatness and positive behavior."

> Her message, addressed with deep appreciation to Dr. Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director, and mentions the entire faculty, speaks volumes not only about the education she received but the heart she brought into every interaction.

> Whether reaching out with a question or simply acknowledging an update, Elizabeth's emails were always more than transactional. She began every message with a personal check-in—"How are you doing today?"—and



**Elizabeth Achayo** 

ended with words that lifted spirits and inspired others.

In one such message,

she wrote:

"Thank you for your endless great thoughts for all of us and always to help us achieve and grow and be better humans."

And in another:

"These almost 10 months I have experienced growth in so many ways that I can never take for granted."

To Achayo, no role within the program was too small to honor. She extended her gratitude to professors, executive assistants, custodians, and leadership alike:

"Every day we meet people that make life bearable... everyone played a role that was never taken for granted, and I will forever be grateful."

Her words were not simply polite—they were powerful. In a profession built on compassion,

sharing opportunities nication, and empathy, Achayo is already practicing the principles that define outstanding nursing care. She doesn't just know what it means to be a nurse; she lives it—with mility, respect, warmth.

> "Great nurses have been born under your guidance," she wrote to Bolandrina. "Thank you for the opportunity."

> As Elizabeth prepares to take the next step in her professional journey, one thing is certain: she leaves behind more than academic success. She leaves a legacy of kindness and a reminder that small gestures—when done with heart—can make a profound difference.

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## **LEGALS**

## TOWN OF CHARLTON, MASSACHUSETTS CLOSURE OF THE FORMER OLD TOWN DUMP INVITATION TO BID

Sealed Bids for construction of the Closure of the Former Old Town Dump will be received by the Town of Charlton, Massachusetts (the Town is considered as the "OWNER" herein). The work of this Contract shall be performed in accordance with the documents prepared by Langdon Environmental LLC dated July 2025. The work of this Contract includes furnishing all labor, materials, and equipment necessary for the construction of the proposed corrective actions including waste excavation and consolidation, importing and placement of approved grading and shaping materials, and construction of a new cap on the Old Town Dump located off Flint Road in Charlton, Massachusetts as shown on the Drawings. The work also includes appurtenant and miscellaneous work, as specified, and as indicated on the Drawings.

The Bid Package may be obtained as of 9:00 AM on August 8, 2025 and must be downloaded from PROJECTDOG. COM by following these instructions: Go to www.PROJECTDOG.COM to log in or click "Sign Up" to create a new user account. Enter Project Code "870248" in the search box and select "Acquire Documents" for a free, downloadable bid set. Hard copies of the documents may be purchased online. A free CD-ROM may be requested by contacting ProjectDog shipping & handling charges apply. Neither OWNER nor Designer shall be responsible for full or partial sets of Bidding Documents, including Addenda if any, obtained from sources other than ProjectDog Inc. Questions regarding the website or project distribution should be directed to ProjectDog at (978) 499-9014. Electronic Sealed Bids will be received

until 10:00 AM on September 10, 2025 through online submission at Hard WWW.PROJECTDOG.COM. copies of bids will not be accepted by PROJECTDOG.COM or by the Town of Charlton offices. Each sealed electronic bid shall be submitted on the prescribed forms. Tutorials and Instructions are available online at WWW.PROJECTDOG. COM. Bids will be available immediately for public view at the date and time stated above online at WWW. PROJECTDOG.COM. Bids shall be clearly identified as per instructions at ProjectDog's website. Bid Security shall be at least five percent (5%) of the greatest possible bid amount

The Closure of the Former Old Town Dump Project is being bid in accordance with M.G.L Chapter 30, s. 39M (Non-Building/Public Works Projects). Each Bid must be accompanied by cash, bid bond, or a certified check on, or a treasurer's or cashier's check issued by, a responsible bank or trust company, payable to OWNER to the amount of five percent of the amount bid.

The work of this Contract includes furnishing all labor, materials, and equipment necessary for the construction of the landfill cap and stormwater basin on the Former Old Town Dump including appurtenant and miscellaneous work, as specified, and as indicated on the Drawings.

The Work shall commence 10 days following written notice by the Town and shall be completed within 365 days of the written notice to proceed. Paper copies of the Contract Documents are available for examination at the office of the Board of Health, Town Hall, 37 Main Street, Charlton, Massachusetts.

Each Bid shall be submitted in accordance with the Instructions to Bidders and shall be accompanied by a Bid Security in the amount of five percent

of the Bid.

Bidders may not withdraw their Bids for a period of 45 days, excluding Saturdays, Sundays, and legal holidays after the actual date of the opening of the Bids.

The Successful Bidder must furnish a 100 percent Performance Bond and a 100 percent Payment Bond with a surety company acceptable to the Owner.

Complete instructions for filing Bids are included in the Instructions to Bidders.

Minimum Wage Rates as determined by the Executive Office of Labor and Workforce Development under the provision of the Massachusetts General Laws, Chapter 149, Sections 26 to 27D, as amended, apply to this project. It is the responsibility of the contractor, before bid opening, to request, if necessary, any additional information on Minimum Wage Rates for those trades people who may be employed for the proposed work under this contract.

A non-mandatory pre-bid conference will be held on August 21, 2025 at 10:00 AM at the meeting room at the Town of Charlton Municipal Offices, 37 Main Street, Charlton MA 01507 to discuss the requirements of the Contract Documents. The initial meeting will be followed by a site walk. Interested Bidders are encouraged to attend the pre-bid conference.

The Owner reserves the right to waive any informality in or to reject any or all Bids if deemed to be in its best interest.

BOARD OF HEALTH TOWN OF CHARLTON, MASSACHUSETTS August 8, 2025

#### TOWN OF STURBRIDGE Select Board Public Hearing

Massachusetts Electric Company d/b/a NATIONAL GRID and Verizon New England, Inc requests permission to locate poles, wires, and fixtures, including the necessary sustaining and protecting fixtures, along and across the following public way: Arnold Rd - National Grid to install 1 JO pole on Arnold Rd beginning at a point approximately 109 feet South of the centerline of the intersection of Arnold Road and Cooper Road. Installing one pole for new residential service. Arnold Road-Sturbridge, MA.

The pole hearing will take place on Monday, August 18, 2025 at 6:35 p.m. at the Sturbridge Town Hall, 2nd floor, Veteran's Memorial Hall located at 308 Main Street, Sturbridge, MA 01566. August 7, 2025

#### NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Jason Tom Patraw to Mortgage Electronic Registration Systems, Inc., as nominee for Norwich Commercial Group, Inc. D/B/A Norcom Mortgage, dated August 26, 2015 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 54216, Page 249, as modified by a certain modification agreement recorded on January 27, 2022, and recorded with said Worcester County (Worcester District) Registry of Deeds in Book 67013, Page 323, of which mortgage the undersigned is the present holder, by assignment from:

Mortgage Electronic Registration Systems, Inc., as nominee for Norwich Commercial Group, Inc. D/B/A Norcom Mortgage, its successors and assigns to Pingora Loan Servicing, LLC, recorded on August 28, 2019, in Book No. 60953, at Page 323

Pingora Loan Servicing, LLC to Freedom Mortgage Corporation, recorded on December 11, 2020, in

for breach of the conditions of said mortgage and for the purpose of fore-closing, the same will be sold at Public Auction at 2:00 PM on August 22, 2025, on the mortgaged premises located

Book No. 63955, at Page 177

Auction at 2:00 PM on August 22, 2025, on the mortgaged premises located at 40 Dennison Lane, Southbridge, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

The land with the buildings thereon located in Southbridge, Worcester County, Massachusetts situated on the westerly side of Old Breakneck Road, formerly called Dennison District Road, bounded and described as follows: BEGINNING at the southeasterly corner thereof, at an iron pin on the westerly line of said Old Breakneck Road at the northeasterly corner of the land now or formerly of Anton Cubranich et ux; THENCE N. 42° 39' W. along a wall by said Cubranich land 231.4 feet to an iron pin at land now or formerly of Raymond J. Lataille et ux.; THENCE N. 41 ° 04' E. by said Lataille land 128 feet to an iron pin; THENCE S. 46° 56' E. by land now or formerly of Fred P. Campbell et ux., 229.65 feet to an iron pin on the westerly line of said Old Breakneck Road; THENCE S. 40° 45' W. partly along a wall by the westerly line of said Old Breakneck Road 145.05 feet to the point of beginning. For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 54216, Page 247.

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

Adeposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

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

FREEDOM MORTGAGE CORPORATION

Present holder of said mortgage

By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
27460

July 31, 2025 August 7, 2025 August 14, 2025

## (SEAL) COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT

Brian Carl Moran and Kimberly A. Moran, Individually and as Personal Representative of the Estate of Stephen Edward Moran,

#### ORDER OF NOTICE

Docket Number: 25 SM 002212

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50

§3901 (et seq.:)

U.S. Bank Trust National Association, as Trustee of the LB-Cabana Series IV Trust

claiming to have an interest in a Mortgage covering real property in Sturbridge, 9 Cricket Drive, given by Holly A. Moran to Wells Fargo Home Mortgage, Inc., dated September 17, 2003, and recorded at the Worcester County (Worcester District) County Registry of Deeds in Book 31726, Page 52, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status. If you now are, or recently have been,

in the <u>active</u> military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property <u>on that basis</u>, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square**,

**Boston, MA 02108** on or before 09/08/2025 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Gordon H. Piper, Chief Justice of this Court on <u>7/22/2025</u>. Attest:Deborah J. Patterson Recorder August 7, 2025

Town of Sturbridge
Zoning Board of Appeals
Public Hearing Notice
Special Permit
John & Emily Kingsbury

In accordance with the provisions of M.G.L. Ch. 40A, §11, the Zoning Board of Appeals will hold a Public Hearing on Wednesday August 20, 2025 at 6:35 PM at the Center Office Building located at 301 Main Street, Sturbridge, MA 01566 and/or by virtual means if circumstances warrant, in accordance with applicable law; on the application of John & Emily Kingsbury. The applicant is requesting a Special Permit pursuant to Article XVIII §300-18.2 (2) and

a Finding pursuant to Article XV §300-15.2A of the Zoning Bylaw to allow a 298 square foot addition to the existing house to square off the foundation as shown on the plans and supporting documentation submitted. The proposal will increase the non-conformity in regards to the side setback with the existing setback at 17' and the proposed setback at 12.2'. No other non-conformities will be intensified as a result of the proposed alterations. The property is located at 23 Library Lane.

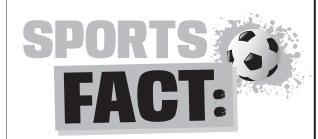
The proposed request can be viewed at https://www.sturbridge.gov/zoning-board-appeals/pages/recent-filings or arrangements can be made to view the application packet by contacting the Sturbridge Planning Department at (508)347-2508 or by email at jlacy@sturbridge.gov.

Any person interested or wishing to be heard on this proposal should appear at the time and place designated. Members of the public may watch the meeting online via the Town's on demand video broadcast or via cable television on Channel 191. It is the intent to have this Public Hearing in person. However, if circumstances warrant, the Board may choose to hold this Hearing via virtual or hybrid (in person and virtual) means. In the event of a virtual or hybrid meeting, notice and a link shall be posted on the ZBA website. Please note that the meeting/hearing will not be suspended or terminated if technological problems interrupt the virtual broadcast, unless otherwise required by law.

Diane Trapasso, Chair Sturbridge Zoning Board of Appeals July 31, 2025 August 7, 2025







The earliest balls used in this sport were made from feathers and called "featheries."

Answer: Golf

#### **Math Blocks**

Fill in the missing blocks with numbers between 0-20. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals on the bottom.

	0	20	26
4	1		20
2			17
12	10	41	•

9	6	7
۶L	L	Þ
20	0	9

Solution

Answer: Hole in one

## **BOGEY**

1100: Henry I is crowned King of

**1620:** The Mayflower

1914: In Cleveland, Ohio, the first electric traffic light

is installed.

England.

departs from Southampton, England, carrying would-be settlers to North America.

a score of one stroke over par at a hole in golf

#### **Get Scrambled**

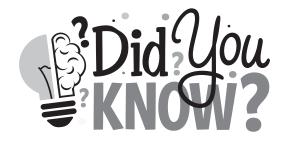
Unscramble the words to determine the phrase.

**HLEO NI NOE** 

English: Club (golf) Spanish: Palo de golf

Italian: Mazza French: Club

German: Golfschläger



Buzz Aldrin, who served as Commander of Apollo 14, swung a golf club on the moon and sent two golf balls into space.

Answers:

A. vision

 $\Omega$ 

exam

D. protect





Can you guess what the bigger picture is?

Answer: Golf club

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so

sharpen your

pencil and put

your sudoku savvy to the test!



Solve the code to discover words related to eye health. Each number corresponds to a letter. (Hint: 1 = S)

14 17 1 17 10 13 Α.

Clue: Sight

B. sunglasses 1 18 13 25 3 В.

Clue: Tinted lenses

8 6 5 11 C.

Clue: Test

10 22 8 15 22 D. 21 4

Clue: Care for

	8			9				
	3						9	2
			3	6			7	
		7	2			8		
					socooge			
	ждовоо	2						3
2	9	8		5				6
		4						
						nonnogo	5	

Level: Advanced

#### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ţ	G	anada	8	2	6	ε	L	9
6	8	2	3	_	9	V	())	and door
9	ε	2	Þ	ç	work.	8	6	2
S	Þ	6	9	8	L	2		ç
Z	2	9	yees	ε	G	6	Þ	8
Ş	nends	8	6	Þ	2	L	9	ε
8	L	V	S	9	3	samedi.	2	6
2	6	9	L	anab	8	9	3	ヤ
duna	9	3	2	6	ħ	G	8	2

**ANSWER:** 

#### **GYM**

continued from page 1

those was Leidey, 16, a visitor from Pittsfield who's a student at a friend's gym there.

With her coach translating, Leidey said she boxes "to learn discipline, to take care of her body and mind. ... One day, if she could help somebody, she would do so."

Another girl, bel, agreed, saying she "loves to hit" and likes "the adrenaline of fighting," but also "the forward state of mind" she finds in boxing. She's only been boxing four months, and thinks it can help kids learn to defend themselves and control emotions, she if necessary. As Maria said (also through translation).

"I treat them all the same, because everyone's a human," Carlos said of male and female students. "I want them all to as well as their effort to know you can do it."

Carlos became a boxing coach five years ago, and began the quest to open a gym in Southbridge soon thereafter. It Troop as the most fitting took two years to land at representation of the 12 their site at 580 South St., which already has various equipment and will include English, Math and Spanish tutoring. They'll be open for ages five and up, and are already thinking of building a larger space that nior Patrol Leader with would include a kitchen, showers and other amenities. Among other plans, they want to organize a local marathon "so all the kids see it and come in as family," he added.

money. My mind is for helping the kids," he said. To him, too many kids these days are just hanging out, getting in trouble and/or on their phones, smoking, girls getting



Carlos Galindez spars with Leidey, a teen visitor from Pittsfield.

He said he wanted a place in town specifically so kids could walk here, but he also has a van to pick them up noted, he feels they need 

one on one attention for trusted adults.

"The kids today have everything, but they don't enjoy it," Carlos ob-

Part of the startup de-



Awesome Boxing Gym's team is mostly the Galindez extended family, many of them shown here giving out snacks and souvenirs.

lay came from the town. He said they spoke to someone at town hall who's no longer there who told him he needed to learn more English before starting a busi-

ness. To him, that made no sense, since he's teaching boxing.

"That didn't stop me; it gave me more power," he said. "If you can't help me, don't tell me nothing."

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

#### **SCOUTS**

continued from page 1

to the spirit of scouting go above and beyond in helping the camp reset after a significant weather event. The recognition forever signifies the points of the scout laws during that week: being trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.

Nathaniel Noyes, a Se-Troop 338 which is a top youth leadership posi-

tion within the Troop, said it was special to be recognized as a group for their dedication to embodying what it takes to be a Scout.

"It means we showed more scout spirit, and we showed the scout law more than any other troop in our camp that week, which is pretty hard to do. You need to be pretty loud and trustworthy," said Noyes.

The Troop has ten new members in 2025, roughly half of the group, meaning that for several scouts this was their first time experiencing the honor and in their first year at camp. Noyes said the recognition speaks to the unity of the group and how they are able to work together, adapt, and relate to other scouts to meet the needs of the camp community.

"Compared to some of the troops there, we're relatively medium size, which is really nice because we all know each other well but we also know that we can rely on each other which helps build a lot of teamwork in our troop. That makes it easy for us to pitch in and help when needed," said Noyes.

During the week, Troop 338 participated in several activities from campfire cooking contests to athletic events and a costume contest. Perhaps their most significant contribution of the week however was following a storm where all the tables and chairs had to be moved in the rec hall to accommodate all the scouts at camp until the weather passed. However, once Mother Nature moved on the hall needed to be reset for mealtime and Troop 338 played an essential role in a swift reset of the

building. Additionally, throughout the week the Charlton scouts earned 55 merit badges between them and five scouts advanced rank.

Scout Troop 338 is charted by St. Joseph's Church in Charlton, where they hold all their meetings, and serves youth ages 11-17. The Troop meets every Thursday in the church hall. More information can be found by visiting stjosephscharlton.com/ scouting or the Troop's Facebook page: Scout Troop 338 Charlton Mass.

#### ORCHARDS

continued from page 1

Some of their friends still "think we're absolutely crazy," Alanna added.

But that doesn't matter; as Justin put it, "Up here, "My mind isn't on we feel we're at peace. At the top, you can see everywhere."

> He said he's heard it's been about five years since it was last actively farmed, and around 10 for some parts of it. They only have the land itself; the former owners split off the houses and still own them. The Tomers currently live in Grafton.

With Justin's background, handling the invasives pregnant young. "I don't is fairly easy - just physical work, accompanied with like that," he said, add- frequent doses of poison ivy. "But when it comes to ing he'd like to help them fruit trees, there's been a lot of self-learning," he not-"become good examples" ed – a process they're still doing, reading a lot and The Tomers emerge from their netted blueberry orchard. talking to anyone with experience in farming.



and goats for themselves, since they don't intend to get into animal-raising much. Beyond that, they noted they've started a pumpkin field, want to add more vegetables and strawberries, restore the peach trees, and start planting Christmas trees. All of them will be handled organically. They're still unsure whether they'll reclaim some of the lower blueberry acres, which are hard to reach and badly

Over time, they hope overgrown, and plan to to add some chickens leave the 40 acres that are now wooded intact.

Regarding the latter, "animals need a home, too," Alanna said.

They noted they would love to "get more kids involved in understanding it's not all 'the cool stuff that matters," Justin said, meaning technology. Instead, they hope to encourage kids to see the beauty in nature and have the experience of "eating something you put the time and hard work into."

He noted he "never

thought twice" about agriculture in high school, but started getting interested in it during a year visiting his brother in Kansas. It was nice "not being surrounded by people," and the 45 minute to one hour drives to the nearest supermarket taught him "to get used to whatever's in season." On Monarch, that will mean blueberries, then blackberries, then peaches, then apples.

Their plan is to use no pesticides or other chemicals other than "all natural sprays." In large part, that's because they'll be feeding their own kids this food, and want them and others to be able to pick and eat it safely. Instead, they hope to be able to call on volunteers to help reopen the fields that are still overgrown and other aspects of cleanup.

"You have to be willing to risk getting poison ivy," Justin noted. "But we'd love to have everybody come and help."

Tum To **ORCHARDS** page 15

## \* \* Friday's Chil



Jamoni Age 12 Registration #7022

Jamoni is a happy, curious, and resilient child with a sweet and loving temperament. He enjoys engaging in independent play and has a wide variety of hobbies that keep him active and engaged throughout the day. Some of his favorite activities include coloring with chalk on the pavement, swinging at the playground, sunbathing on warm days, visiting the trampoline park, playing Bocce, and going on field trips that spark his curiosity. His favorite activity is completing puzzles, which he approaches with focus, determination, and a great sense of accomplishment. Jamoni also loves the world of Mario Bros and Pokémon, often getting excited about the characters and

stories from these games. His joyful spirit and enthusiasm for learning make him a delight to be around.

https://www.mareinc.org/child/22539845657

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





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#### ZUCCHINI

continued from page 1

off in our bin to the left of ed \$7,644.40 from redeeming

the building. Did you know that in the last three years, the "Friends" have collect-

cans and bottles? Every nickel goes toward programs and events like the Zucchini Festival to offer some free fun for

everyone. We hope you will join us for this family-friendly fun-filled afternoon. For more informa-

tion, please call the Center at 413-245-3163 or email us at FriendsofHolland@Gmail.

#### ORCHARDS

continued from page 14

they've had some people reach out to them because they want to see

So far, he added, the farm come back to their Website, monar-

chorchardsfarm.com, states. "It's pruning by hand, hauling brush, magic intact."

planting new life, building from the roots up, all while trying to keep the

be reached at steeves2@gmail.com.

#### SEMINAR

continued from page 4

practices into everyday life

"This event is about showing resi-

dents how small changes in their yards and homes can lead to big environmental benefits," said Lauren Vivier. "From protecting our wetlands to promoting pollinators, there's something greener Sturbridge."

This is a free event for Sturbridge/ Fiskdale residents. Attendees are encouraged to RSVP by Friday, Aug.

every homeowner can do to support a 8. Please register online at: https:// forms.office.com/r/vB3s2bTPxF.

continued from page 5

art student to global health expert and educational advocate, she attributes her success to people open-Looking back on Laney's journey from uncertain ing doors for her and a simple principle: say yes.

"I'm very good at saying yes and then working hard to make sure I can capitalize on the opportunities in front of me," Kiley added.

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\* June Cazeault \* Laurie Sullivan\* Lori Johnson-Chausse \* William Gilmore II \* Maureen Cimoch \* *Eryan Pelletie*r



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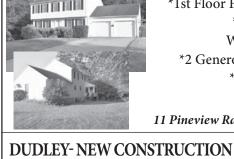
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Brookfield Ecumenical Food Pantry St. Mary's Church 4 Howard Street, Brookfield, MA 01506 Distribution: Wednesday 9:30 AM-11 AM: Saturday 9:30 AM-11AM

#### **CHARLTON**

Chip - In Food Pantry McKinstry Building 37 Main Street, Charlton, MA 01507 Distribution: 3rd Saturday 9 AM-12 Noon

St. Joseph's Church, Charlton Tuesday 6:30-7:30 p.m. Wednesday 9-11 a.m. Everyone is welcome.

#### **LEICESTER**

Leicester Food Pantry St. Joseph-St. Pius X Parish 759 Main Street, Leicester, MA 01524 Distribution: Tuesday 5 PM-7 PM

#### NORTH BROOKFIELD

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Located in the church hall at 296 North
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Distribution is the 1st Thursday of the
month from 5:00-6:30PM
the 3rd Thursday of the month from 12
Noon-1:15PM
Any questions should be directed to the
Rectory office 508 867-6469.
St. Joseph's Food Pantry is a community
partner affiliated with the Worcester County
Food Bank.

#### **OXFORD**

Oxford Ecumenical Food Shelf Oxford Community Center 4 Maple Road Oxford, MA 01540 Distribution: Thursday 4:30 PM - 6:30 PM

#### **ROCHDALE**

The Lord's Cupboard Food Pantry Greenville Baptist Church 674 Pleasant St. Rochdale, MA Distribution: Every Monday from 12:00 -2:00 p.m. Open to everyone.

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#### WEBSTER

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