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Friday, May 10, 2024

Political Advertisement

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DAVIS FOR DOUGLAS!

On Tuesday, May 14th Vote for Harold (Hal) Davis) as Your Selectman

Hal's Priorities as Selectman:

- Improve the condition of our roads and traffic flow.
- Revitalize our small downtown.
- Provide more recreational opportunities, especially for Seniors.
- Maintain as low a residential tax burden as possible.

Hal's Qualifications:

- Past Service as Selectman
- Past Chairman, Douglas Economic Development Commission
- Past Service on the Zoning Board of Appeals
- Attorney, Specializing in Municipal Law
- Douglas Resident Since 1997

Please join the following Douglas community leaders supporting Hal:

Carol Gogolinski, Paul Peterson, Lynn Paresky, Tim Bonin, Donna Geer, Mike Hughes, Pam Schwartz, Jim Ducharme



Paid for by Harold Davis

Koopman Lumber celebrates one-year anniversary of Uxbridge paint store

UXBRIDGE—Koopman Lumber celebrated the first anniversary of its Uxbridge paint store location with a ribbon-cutting ceremony on April 23. Koopman Lumber co-owners Dirk Koopman, Denise Brookhouse and Tony Brookhouse welcomed Liz O'Neil of the Blackstone Valley Chamber of Commerce; John Wise of the Uxbridge Board of Selectmen; Senator Ryan Fattman; and MA House Representatives member Joe McKenna to commemorate the one-year anniversary of its store. Koopman Lumber is a family-owned and operated provider of lumber, hardware, paint, and other home improvement solutions in New England.

Located at 22 Douglas St. in Uxbridge, the paint store acts as an expansion to its neighboring Koopman location with a variety of Benjamin Moore paint products to better serve the community.

The celebration comes just weeks after Koopman Lumber unveiled its latest



location at 181 Mattakesett St. in Pembroke. The store enhances the area's access to building supplies and services, including lumber, decking, windows & doors, insulation, siding, roofing, flooring, cabinetry, and more. Early

this summer, Koopman Lumber's Pembroke location will also begin offering Benjamin Moore paint products and delivery services to serve pros

throughout the South Shore.

"We're excited to celebrate the one-year anniversary of the opening of Koopman Lumber's

Uxbridge paint store," said Dirk Koopman, CEO of Koopman Lumber. "Pairing earlier hours with a wide range of Benjamin Moore prod-

ucts and other high-quality painting supplies, the store offers professional painters the ultimate source for refills or pickups before heading to their next jobsite."

The paint store opens at 6:30 a.m. Monday – Friday; 7 a.m. on Saturday, and its neighboring Koopman's PowerShop store opens at 7 a.m. Monday – Saturday. Koopman's paint store provides professional painters and homeowners with unmatched customer service and painting supplies. Offering a comprehensive selection of the highest-quality paint products and accessories, the Uxbridge location is only a parking lot away from Koopman's PowerShop, providing one-stop shopping for hardware and power equipment for any home project.

To learn more about Koopman Lumber and its Uxbridge paint store, visit <https://koopmanlumber.com/locations/uxbridge-paint>.

Soter announces more than \$29,000 in funding for Uxbridge High School's internship program

UXBRIDGE — State Rep. Michael Soter (R-Bellingham) is pleased to announce that Uxbridge High School has been selected to receive additional state funding from the Massachusetts Department of Elementary and Secondary Education (DESE) to establish paid internships for high school seniors interested in becoming teachers and educators.

The announcement, made by the DESE commissioner Russell Johnston on April 30th, unlocks a total of \$1,504,866 in grant funding to be distributed to schools in 34 municipalities across the state.

Uxbridge High School is receiving \$29,250 to be used to pay high school seniors for what would otherwise be unpaid internships in the field of education. Seniors at Uxbridge High School are already given the opportunity to find internships at local businesses and town services with the ever-expanding Uxbridge High School Internship Program. This funding will expand this program, specifically for students interested in pursuing careers as teachers after graduation.

The DESE offers this program to ensure the future success of elementary and secondary education schools in Massachusetts. With this program, students will gain valuable experience in a career-readiness program that offers a hands-on opportunity to work with elementary students in a classroom setting, learn instructional methods from mentor instructors, and engage in educator preparation curriculum.

"I am extremely grateful to learn that the Town of Uxbridge has been chosen to receive this funding," commented Soter. "The work done by Principal Michael Rubin and Superintendent Michael Baldassarre in building the existing internship program has been instrumental for preparing young adults in our district for successful careers beyond high school. With this funding, students who are interested in becoming teachers will be financially supported as they gain necessary experience in the field."

Soter further emphasized the importance of funding internship programs for high school students and ensuring easy access to essential careers paths such as elementary and secondary school teachers.

Memorial Day book sale planned at Douglas library

DOUGLAS — The Friends of the Library are planning a big Memorial Day Weekend sale on May 25 from 9 a.m. to noon. Usually, it is a book and plant sale. This year, it is a book, plant, puzzle, and fall auction leftover sale. I'm making them clean out the

basement, so there's plenty of loot to be taken! As always, the buyer sets the price—take what you want, and donate what you can!

If you have plants or seedlings to donate to the sale, please leave them behind the Library on May 23 or 24 in labeled pots. If you need

some pots, there is a big ole bin of them behind the Library. Take some or leave some—they are there for your convenience.

We don't want to be carrying anything off to recycling, so please come and procure some stuff!

BVT students earn 69 'precious medals' at SkillsUSA State Competition

UPTON — The 50th SkillsUSA State Leadership & Skills Conference (SLSC) was held on April 26 at Blackstone Valley Regional Vocational Technical High School (BVT). The annual event, hosted by SkillsUSA Massachusetts, welcomed more than 2,100 district champions to BVT's campus.

The state competition is like a bustling hive of talented students and industry professionals abuzz with energy, creativity, and a shared passion for excellence. It is an incredible showcase of vocational technical training at its finest. BVT's student competitors achieved remarkable results, earning 69 medals: 27 Gold, 23 Silver, and 19 Bronze. These achievements are a testament to the student's hard work and dedication.

The gold medalists earn the right to represent SkillsUSA Massachusetts and compete with champions from all over the country at the SkillsUSA National Leadership and Skills Conference in Atlanta, Georgia, this



Courtesy

Congratulations to Nicolette Paradis of Northbridge, a freshman in Multimedia Communications, for scoring GOLD in the SkillsUSA Sticker Design Contest at this year's State Competition.

June. The complete list of medalists is available at www.valleytech.k12.ma.us/skillsusa.

BVT students who earned medals at the State Leadership & Skills Conference are listed by hometown:

BELLINGHAM
 Gold: Sophie Jacobson, Promotional Bulletin Board; Elizabeth Moroz, Safety Poster Design Team; Kiele Sarnie, Carpentry.
 Silver: Ellen Franco, Cyber Security.
BLACKSTONE
 Gold: Darshannie

Francis-Drackett, Health Occupations Portfolio; and Carolyn Powers, Collision Damage Appraisal.
 Bronze: Mia DelVecchio, Baking & Pastry Arts; and Parker Guilbert, Nail Care.

DOUGLAS
 Gold: Lavoie, Photography; Om Patel, Mobile Robotics; and Skyler Robinson, Restaurant Service.
 Silver: Emily Muniz: Principles of Technology; Samantha Pinto, Health Knowledge Bowl; and Tyler Stevens, Cyber Security.

Bronze: Haley Chamberlain, Esthetics.

GRAFTON
 Gold: Cooper Often, Mechatronics; Owen O'Packi, Television & Video Production; and Ryan St. Angelo, Culinary Arts.

Silver: Christopher Joiner, Bio Tech Knowledge Bowl.

Bronze: Caitlin Brown: Job Demonstration Open; Connor Mcinerney, HVAC/R; Ava Mills, Career Pathways Showcase Ind & Eng; and Grant Purcell, Career Pathways Showcase Ind & Eng.

HOPEDALE
 State Officer Elect: Kallie Allen.

Gold: Josh Maillet, Diesel Equipment Technology.

Silver: Ella Foster, Engineering Technology; Igor Freeman, Additive Manufacturing; and Gabriella Griffin, Health Knowledge Bowl.

MENDON
 Silver: Noah LeFave: Electronics; and Leila Leyvas, Health Knowledge Bowl.

Bronze: Kalynn

Freshmen named to Bay Path honor roll

CHARLTON — Bay Path Regional Vocational Technical High School congratulates the following grade 9 students for being named to the honor roll for the third quarter of the 2023-2024 school year:

High Honors

Kennadie Balcunas, Alyssa Bonneville, Missage Budimbu Mpolo, Clara Burlingame, Bella Calnan, Miya Chauvin, Morgan Chlapowski, Jenna Cianci, Ian Clark, Madelyn Creelman, Trinity Crompton, Brianna Dwomoah, Molly Dwyer, Hailey Ferrara, Samantha Fleck, Aria Fournier, Brooke Fuller, Kelsey Karłowicz, Finnian Keefe, Owen Kennedy, Jayme Kenney, Jack Maroney, Shaun McGrath, Thomas Nault, Johnny Nhan, Anastasia Nieuwenhoff, Corey Ntim, Katie Putnam, Jason Richard, Kayla Schroeder, Isabella Sepulveda, Travis Tong, Nicholas Tremblay, Kyle Twombly

Honors

Saltete Alves, Trevor Amaral, Lacie Andrews, Lillian Araujo, Winifred Aucoin, Vincent Balducci, Boden Barrell, Nolan Barton, Liam Beals, Lyla Beauchene, Samantha Belanger, Brett Beltzer, Kayleigh Bissell, Alexandria Blanchard, Alexia Brown, Ariana Byrnes, Keziah Chipman, Dominic Cincotta, Aidan Clyne, Liam Colon, Naomi Cooper, Benjamin Cryan, Liam Cunniff, Destiny

Daviau, Eric Day, Hunter Defosse, Livia Deluca, Madison Drewry, Elizabeth Eccleston, Jackson Edwards, Ava Erkoc, Dylan Filipkowski, Aliyah Gauvin, Ely Gemboski, Jinnette Goguen, Adrian Golemo, Jady Goodwin, Liam Greenwood, Emma Grensavitch, Emm Harrington, Kaylee Hoffner, Colin Hurley, Vikram Jha, Alexander Kowalski, Abena Kwarteng, Benjamin Labbe, Sangey Lama, Owen Lemansky, Ethan Lemire, Jaxon Leonard, Andrew Levitzky, Damon Libby, Perry Lima, Apollo Logan, Jared Magnusson, Emily Malia, Julie-Anna Marchetti, Christopher Martin, Aaron Mazur, Colin McLlaine, Ava McKellick, Johannys Melendez, Nicholas Meneguzzo, Jayden Minardi, Alexis Moore, Miles Moriarty, Miguel Mosqueda, Kaiya Murphy, Melany Ngo, Daniel Nowlan, Jacey Okyere-Tawiah, Aylah Patraw, Mayli Pedersen, Kiera Pederson, Iban Pelaez, Grace Perron, Racquel Provencal, Ava Rennie, Isabella Richard, Devin Robinson, Leilani Rohena Torres, Josdrielys Rosario Negron, Jennavicia Roseberry, Jaelynn Royea, Jordyn Sabotka, Owen

Sanford, Anthony Savasta, Michael Scott, Lucas Silva, Zachary Sirard, Addisyn Skeates, Hadleigh Splaine, Amelia St. Peter, Kayley Suprenant, Rachel Torres, Isabella Vangel, Brady Weeks, Connor Welsh, Dashiel Williams, Jazzelle Wolverson, Jackson Young, Lucy Zaleski, Payton Ziernski

Principal's List

Collin Bachand, Michaela Carter, Anthony Correnti, Maya Cronin, Camden Decarolis, Tobias Falco-Foreman, Marcus Feliciano, Cole Going, Julia Holton, Alex Kirejczyk, Ella Komssi, Maximilian Lapriore, Kiya McCart, Sarah McDaniel, Joshua McLaughlin, Alysia Melendez, Jose Mercado Lopez, Samantha Morley, Nathaniel Munson, Elijah Ofori, Noah Peck, Jacob Perry, Kyla Pierre, Dane Potenti, Gianna Rosario, Benjamin Rucho, Logan Schoff, Ella Schofield, Allison Smith, Skyla St. Francis, Alexander St. Jacques, Cayden Stewart, Sean Sullivan, Marley Talbot, Isaiah Torres, Eskil Tranes, Kara Trevarthan, Ryan Ugrinow, Bryce Vautour, Nico Yacavace

New moonlight program to focus on EMT training

UPTON — The Blackstone Valley Vocational Regional School District recently received a special request from Douglas town officials to explore the possibility of an Emergency Medical Technician (EMT) program at the school. In light of this request, the District is taking the necessary steps to offer a new EMT Course to its adult evening Moonlight Program offerings in the fall.

Given the shortage of emergency medical technicians, Douglas Town Administrator Matthew J. Wojcik urged the Douglas Board of Selectmen (BOS) Chair to contact Blackstone Valley Tech to propose the need for EMT training at its facility. With the community's best interest in mind, the BOS Chair, Michael E. Fitzpatrick, acted swiftly, handling the initial outreach through BVT's Superintendent-Director, Dr. Michael F. Fitzpatrick, and Vocational Director, Dr. Matthew

Connors, who took the lead.

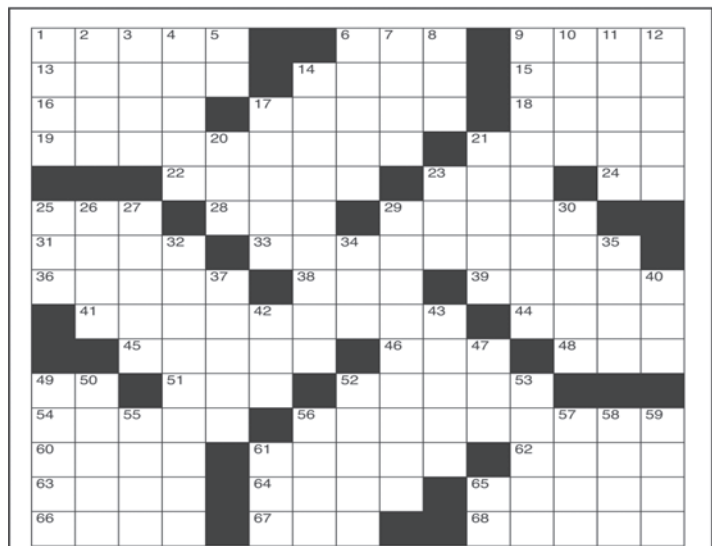
The proposed program, pending state approval, has received positive feedback from Douglas officials, who have since lauded the vocational-technical school for its exceptional cooperation, effective communication, and responsiveness to address a community need in the Blackstone Valley and beyond. This feedback reassures potential students about the value of their investment in EMT training. The new Moonlight Program EMT Course at BVT will help address the growing need for more EMTs. Upon successfully completing this course, students will be eligible to take both the State and National certification exams, paving the way for them to start their careers in Emergency Medical Services and contribute to the community's health and safety.

If you or someone you know

is interested in pursuing a new and exciting career, one of the Moonlight Programs at Blackstone Valley Tech might be a great fit. To learn more about these programs, visit www.valleytech.k12.ma.us/moonlightprograms.

About Blackstone Valley Regional Vocational Technical High School (BVT)

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.



CLUES ACROSS

- 1. It wakes you up
- 6. A place to sleep
- 9. Czech village
- 13. Appetizer
- 14. African country
- 15. Dark brown or black
- 16. Parent-teacher groups
- 17. Saturates
- 18. ESPN personality Kimes
- 19. Songs to a lover
- 21. Cavalry-sword
- 22. Begat
- 23. Patriotic women
- 24. Famed Princess
- 25. One who does not conform
- 28. Neither
- 29. Nigerian monetary unit
- 31. Body parts
- 33. Hit Dave Matthews Band song
- 36. Depicts with pencil
- 38. Make into leather without tannin
- 39. Plants grow from them
- 41. Alias
- 44. Fingers do it
- 45. More dried-up
- 46. Clod
- 48. Senior officer
- 49. A way to listen to music
- 51. The bill in a restaurant
- 52. Historic center of Artois region
- 54. Cyprinid fishes
- 56. Poisonous perennial plant
- 60. Scottish Loch
- 61. Heads
- 62. Extra seed-covering
- 63. Wings
- 64. Britpop band
- 65. Forearm bones
- 66. Small immature herring
- 67. Female sibling
- 68. Hymn

CLUES DOWN

- 1. Vipers
- 2. Not on time
- 3. Resembling a wing or wings
- 4. Tears down
- 5. Professional designation
- 6. Noise a sheep made
- 7. Type of lodge
- 8. Speak poorly of
- 9. Ties the knot again
- 10. Apron
- 11. Studied intensively
- 12. City in Finland
- 14. One who monitors
- 17. 18-year astronomical period
- 20. Trent Reznor's band
- 21. Takes to the sea
- 23. Split pulses
- 25. Valentine's Day color
- 26. Wyatt
- 27. Type of rail
- 29. One from the Big Apple
- 30. Asteroids
- 32. Made more sugary
- 34. Change in skin pigment
- 35. Mild yellow Dutch cheese
- 37. Koran chapters
- 40. A place to relax
- 42. Young woman ready for society life
- 43. Female horses
- 47. Half of Milli Vanilli
- 49. Icelandic poems
- 50. Indiana town
- 52. Golden peas
- 53. Closes tightly
- 55. It's mined in mountains
- 56. Cliff (Hawaii)
- 57. Ribosomal ribonucleic acid
- 58. Monetary unit
- 59. Primordial matter
- 61. TV station
- 65. Rise

PUZZLE SOLUTION



UXBRIDGE — Our Lady of the Valley Regional School has released its honor roll for the third quarter of the 2023-2024 school year.

High Honors
Grade 8: Julia Colonero, Rebecca Daly, Savannah Hendricks, Isabella Kay, Julianna Kay, Isabella Lima, Addisyn McCormahan, Cormac O'Neil, Anna Pena, Katelyn Siciliano, Lile Twohig-Mann, Emmeline Walek, Lillian Wickstrom
Grade 7: Mikayla Elhosri, Zachary Hafers, Reese Hendricks, Luke Hutchinson, Emily Johnson, Teddy Pino, Gavin Pinterich, Thomas

Rosborough, Eleanor Susienka
Grade 6: Matthew Auger, Peter Colonero, Allison Creighton, Zephania Fritz
Grade 5: Angelina Lucchetti, Joseph Podles, Liam Roy, Felicity Walek
Grade 4: Elias Azar, Kaelyn Crosby, Nora Eland, Felix French, Gideon Fritz, Ferrari Gear, Scarlett Hendricks, Gracyn Lambert, Logan Lariviere, Andrew Patnode, Aya-Sophia Saliba, Audrey Thayer, Chloe Westernfelder, Jason Youssef
Honors
Grade 8: Thomas Krause,

Ishani Patel, Allie Patnode, Sarah Pomeroy
Grade 7: Isabella Bardon, Lily Bolender, Dylan Gallagher, Madeline Hurley, Brynn Kent, James Keough, Albert Lucchetti, Leo Pino, Camila Santana, Maria Villecco
Grade 6: Anthony Baldwin, Nolan Calnan, Andrew Gebrowski, William Horrigan, Aimee Talbot, Molly Till, Nathan Weed, Emma Wickstrom
Grade 5: Anthony Aloise Graf, Jacob Carter, Caelyn Kent, Audrey Keough, Sophia Pica, Graeme Pintarich, Arabelle Siciliano, Victoria Silva

Grade 4: Jovie Smart, Benjamin Brant, Emilia St. Mary

REAL ESTATE

BLACKSTONE

\$570,000, 7 Farm St, Huber, Jessica, to Reed, Austin M, and Bailen, Courtney J.
\$300,000, 106 Lakeshore Dr, Manzola, Jeannine, and Dauley, Earl, to Clesas, Michael.

DOUGLAS

\$465,000, 36 NW Main St, Alexander, Kylie R, and Mangano, John R, to Mcneal, Kelley A.
\$30,000, 278 NW Main St, Lonergan, Beth G, and Gray, Christopher P, to Lonergan, Timothy W, and Lonergan, Beth G.

NORTHBRIDGE

\$830,000, 207 Rocky Rd, Novick, Kenneth J, and Inman, Mary E, to Lee, Joshua.
\$824,900, 75 Valerie Run, D&f Afonso Builders Inc, to Jacob, Harrys K, and Charles, Alexandra.
\$515,800, 108 Theresa Cir, Baldarelli, Michael R, and Baldarelli, Nicole J, to Ashwell, Patricia L, and Ashwell, Dy L.
\$150,000, Fowler Rd (off), Parker, Cecelia C, and Parker, Lee J, to Renaud Jr, Edward K.

UXBRIDGE

\$630,700, 187 Chocolog Rd, Doti, Dennis J, and Doti, Shelly R, to Donovan, Matthew T, and Donovan, Danielle E.
\$580,000, 341 Chestnut St, Duff Jr, Michael N, and Duff, Katelyn A, to Picard Jr, Edward K, and Picard, Diane E.
\$555,990, 266 Crownshield Ave #266, Sterling Court LLC, to Rangaswamy, Madhu, and Satish, Pooja P.
\$525,000, 68 Rogerson Xing #68, Pichel, Barbara, and Bliss, Deborah J, to Stevens, Helen L.
\$495,000, Eber Taft Rd #10, Eber Taft Road LLC, to Lobisser Building Corp.
\$495,000, Eber Taft Rd #8, Eber Taft Road LLC, to Lobisser Building Corp.
\$495,000, Eber Taft Rd #9, Eber Taft Road LLC, to Lobisser Building Corp.
\$380,000, 9 Ascot Ln #9, Dileo, Francis B, and Dileo, Cheryl A, to Metcalf, Travis.
\$350,000, 657 Aldrich St, Soreboe William J Est, and Murdock, Robin, to Belle Contracting Inc.
\$330,000, 224 W River Rd #224, Seymour, Ashley R, and Decosta Jr, Michael J, to Ridge, David C, and Rodriguez, Fernanda G.
\$200,000, 85 Freedoms Way, Gray Wolf Dev Corp, to Kasper, Scott, and Kasper, Debra.

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PAW of the WEEK

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If you think you'd like to give Blondie a chance, please start the process today!
To Learn more go to PawfectLifeRescue.org!

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BOY SCOUT TROOP 273 SPRING YARD SALE
Saturday, May 25th

Universal Tag Parking Lot, 36 Hall Road, Dudley
Early Birds (8am to 9am) \$10.00 per person fee
9am until 3pm FREE We accept CREDIT CARDS!
24,000 sq.ft. of yard sale items ONE DAY ONLY
Pick your items and Make an offer!

Grouped Items: hand tools - stereos, speakers, etc. (no TVs) Tools - beds, tools, lights, flooring, etc. Furniture - Tables, chairs, bed frames, cabinets, hutches, etc. Housewares - glassware, dishes, pictures, mirrors, bowls, cups, small appliances **Sporting goods** - Bikes, skis, baseball equipment, golf, exercise equipment **Clothes** - shirts, pants, jackets, shoes, bags **Kids toys and baby items** - high chairs, bouncy, games, Antiques

Mother & daughter bond over empowerment at Harvard University Book launch

CAMBRIDGE — On a recent Saturday afternoon, mother-daughter duo Elizabeth Anacona and Ashley Rincon, both of Southbridge, with roots from Colombia, gathered with members of the Asian American community at the Harvard University Asia Center, Room S020 1730 Cambridge Street in this city. The occasion was the launch of the book “Six Filipino Women for Justice.” Bay Path Practical Nursing Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN of Douglas, was also in attendance. Bolandrina, a board member of the Harvard Square Philippine American Alliance (www.hspaa.org) extended the invitation for the book launch to the members of PN Classes 2024 and 2025.

Both Anacona and Rincon are inspired and empowered after hearing from Professor Ed Garcia, Human rights activist, peace advocate, and writer. Not surprisingly, both mother-daughter shared their

own insight after the discussion on injustice, failure, hope, success, resilience, empowerment, and peace.

Anacona stated, “It was an honor to be there. It has been a global issue with women. I am fortunate that young people are now listening to the issues. But, unfortunately in many countries young kids do not have a different view and that is all they know. But, in events like this we can open the mind of how women can be empowered. Not only to manage household work but to start owning their own business and being CEOs and empower a country.”

Many big names associated with the Philippine-American community, academics, and community leaders were there to support the book launch. The introductory remarks were given by Zarrin Foster, President of the Harvard Neighbors. Professor James Robson, Victor and William Fund Director, Programs and Affiliates Coordinator for Harvard University Asia



Pictured, from left: Elizabeth Anacona and Ashley Rincon, both of Southbridge, and Gretheline Bolandrina of Douglas.

Center gave the welcome remarks. The newly published book, “Six Filipino Women for Justice” edited by Asuncion David Maramba featured former senator Leila de Lima by Rosario A. Garcellano, the former vice president Leni Robredo by Ed Garcia, the journalist Maria Ressa by Dulce Festin-Baybay, Sen. Risa Hontiveros by Rafael A.S.G. Ongpin, the former associate justice of the Supreme Court Conchita Carpio Morales by Maria Olivia H. Tripón, and the activist nun Sr. Mary John Mananzan by Neni Sta. Romana Cruz. There is a closing essay by Vergel O. Santos.

Rincon shared, “It was such a great experience. I loved how it was about empowering

women. Filipino women are strong women. Thirty-seven percent of Filipino women are under the age of twenty-five. It is hard to get out of the circle of repeated generations. Women are known to cook, clean, and just do the household stuff. But the 6 Filipino women are a great inspiration to women all around the world not just in the Philippines.”

The publishers, San Anselmo Publications, Inc. posted: “Six Filipino Women for Justice” explores resilience and the quest for equity. The authors craft an insightful anthology that casts light on six Filipino women at the forefront of challenging and navigating through the Philippines’ flawed

judicial landscape. The anthology navigates the stark realities of the Philippines—from the dire conditions of its prisons to the entrenched corruption that spans the governmental spectrum. Each story is a testament to the power of conviction and the impact of standing firmly for justice amidst overwhelming opposition. With narratives that inspire and a call to action that resonates, the book not only pays homage to its subjects but also mobilizes a collective belief in the transformative potential of justice.”

Rincon concludes, “I know in Colombia women are just known to have kids, cook, and clean and the men provide. But women should be able to be a pres-

ident, be CEOs, and even get paid equally as men. This generation is changing that view little by little.”

Bolandrina was glad to have joined the launch and discussion immediately following the program.

She stated, “it is wonderful to have the opportunity to reflect on the nature of justice. The book launch was both inspirational and insightful. I

am proud of my Filipino heritage, even prouder that I can participate in honoring the legacy of Filipino

heroes. Maramba’s work is recognized as a tribute to the spirit of defiance and hope. Hope is a remarkable thing.”

Evergreen Cemetery Annual Trustees and Lot Owner Meeting
will be held on May 11th at 8am at the Douglas Municipal Center
29 Depot Street
Douglas, MA

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HELP WANTED TOWN OF DUDLEY

TOWN ACCOUNTANT

The Town of Dudley is seeking a qualified leader who is collaborative -minded and self-directed for the critical position of Town Accountant. Under the direction of the Town Administrator the candidate would be responsible for day-to-day activities of the town’s accounting function as to maintenance of all financial records, accounts payable, internal and external audit and compliant with applicable State laws and town policies.

A bachelor’s degree in accounting or related field is required, master’s degree preferred. An understanding of GAAP and GASB and knowledge of Massachusetts municipal finance laws and MA. General Laws. Also, familiar with municipal financial software applications and Uniform Massachusetts Accounting Standards (UMAS). Knowledge of VADAR Systems a plus.

Salary range is commensurate with experience and qualifications, beginning within established salary range – Grade 4 - \$86,000.

This is a full-time position with competitive benefits. Applicants should submit a cover letter and resume to Michelle Jervis, Assistant Town Administrator/HR Director at townadmin2@dudleyma.gov. A complete job description can be found on www.dudleyma.gov under Employment Opportunities.

Hattie Tauson inducted Into Tri-Alpha Honor Society

EASTON — Hattie Tauson, a member of Stonehill College’s Class of 2024 from Northbridge, was recently inducted into the Tri-Alpha Honor Society. This organization recognizes members of the institution’s first-generation community, who are the first in their

families to attend college, for their commitment to academic excellence.

About Stonehill College

Stonehill College, a Catholic institution of higher learning, was founded by the Congregation of Holy Cross in 1948. Located on the beautiful 387-acre

campus and former estate of Frederick Lothrop Ames in North Easton, Massachusetts, it is a community of scholarship and faith, anchored by a belief in the

inherent dignity of each person.

Through more than 100 academic programs in the liberal arts, sciences, business and pre-professional field, Stonehill

College provides an education of the highest caliber that fosters critical thinking, free inquiry and the interchange of ideas for over 2,500 students.

Stonehill College educates the whole person so that each Stonehill graduate thinks, acts and leads with courage toward the creation of a more just and compassionate world.

Senior low impact exercise classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live eight-week session of Low Impact Exercise classes for Seniors. This is a fitness program that will include light cardio with full body toning. This is an eight-week specialized program designed for seniors.

The program will begin Thursday, June 6 from 2:45-3:45 p.m. at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron St. The class will run for one hour, one day a week, on Thursdays, for an eight-week time frame, at the cost of a \$25 donation. The instructor, Pamela Landi, is a certified personal trainer. Checks may be payable to the Uxbridge Senior Center.

The benefits of exercise include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! These workouts are safe and can be done at any fitness level. There will be an option of doing these exercises seat-

ed or standing. The class would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main Street in Uxbridge and is open Monday thru Friday from 8 a.m.

PROPERTIES FOR RENT
Prince Edward Island, Canada
Summer/Fall Weekly Cottage Rental
2-bedroom newly constructed oceanfront cottage that sleeps 8.
Sweeping views of the pond, ocean and lighthouse.
Enjoy kayaking, bicycling and beach walking.
\$900/wk. Contact Scott at 603-254-5032 or scottm@plymouth.edu

TYBEE ISLAND, GEORGIA
YEAR-ROUND SHORT-TERM RENTAL
1-bedroom unit overlooking ocean in a gated community with pool and walkway to beach. Sleeps 4. Watch dolphins at play, freighters, pelicans and fishing boats. Prices vary.
Contact Oceanfront Cottage Rentals at 800-786-5889 or <http://www.oceanfrontcottage.com/listings/218-bay-breezes>

Estate/Yard Sale
Saturday and Sunday,
May 18th and 19th,
9:00 am - 3:00 pm
110 Leland Hill Road
Sutton, MA
Furniture, glassware,
small kitchen appl,
tools, TV’s,
snowblower,
car (Hyundai Elantra)

NORTH BROOKFIELD’S TOWN WIDE YARD SALE
HUNTING AND FINDING TREASURES AT UNBEATABLE PRICES!

SATURDAY, MAY 25, 2024

For More Info, Visit [Facebook.com/NBPTOYARDSALE](https://www.facebook.com/NBPTOYARDSALE)
Maps can be purchased in the center of town by the Town Sign and at 46 Mill Rd Beginning at 7 AM

Friday’s Child

Hi! My name is Lexus and I want a home where I can raise pet ducks and chickens.

Lexus is beautiful, kind, loving, and sweet. She thrives on receiving one-on-one attention from loving adults. Lexus is energetic, eager to please and does best with positive reinforcement. She enjoys coloring, arts & crafts, playing outside, listening to music and playing games. She loves animals, trying new things and visiting with her brother. She is very outgoing, creative, and loves projects. Lexus would like her new family to help her with raising pet ducks and chickens. She also would like to take horse back riding lessons.

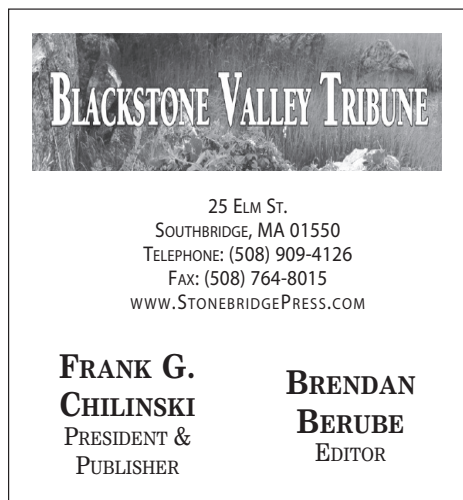
Lexus
Age 12

<https://adopt.mareinc.org/waiting-child-profiles#gallery/child/7511>

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

The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with.

To learn more about adoption from foster care visit www.mareinc.org. Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care.



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BRENDAN BERUBE
EDITOR

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

The suburbs are turning liberal

To the Editor:

Liberals don't like suburbs; they turn them into urban areas and then gerrymander secretly. I guess that's what happens with too much 'Ingraham Angle' viewing. Parental controls might be a real plus here. And, of course, it's not the whole story; it never is. Miss Laura stated that the left enjoyed railing against the suburbs for decades. A 2014 Pew research study found, "It is an enduring stereotype—conservatives prefer suburb McMansions while liberals like urban enclaves—but one that is grounded in reality." Now the 2022 surprise:

"From Northern Virginia to Northern Kentucky, the American suburbs rejected Republican candidates, sending a message that leafy residential communities where elections were once won and lost increasingly side with the Democratic Party—especially on abortion rights."

"Suburban America left the G.O.P in 2016 when they didn't like Trump's behavior," said Luntz, a Republican pollster.

So if Democrats are voting from the suburbs, that likely means both the right and left are living in that bigger house on those larger zoned lots. NIMBY, it would seem, is more than just a political issue.

Adding more vitriol to the issue, Trump declares, "The suburban housewife will be voting for me. They want safety & are thrilled that I ended the long-running program where low-income housing would invade their neighborhood."

To avoid a race-baiting accusation, Trump explained, "He wanted to exclude by class rather than race." Is housing availability a class issue? Racial discrimination in housing has changed enough that by 2020, most white people live in mixed-race neighborhoods. On the other side, racial segregation continues to impede mobility because of restrictive density zoning in the suburbs banning multifamily housing." More exclusionary zoning was adopted in the 1970s in part as a response to racial segregation but also because "housing was becoming a larger piece of the financial portfolio of

average Americans." (Kahlenberg) The concern about property values suggests an understanding that racial discrimination is wrong, but class discrimination, by both left and right, based on income is acceptable. (Kahlenberg) Research suggests that "when a proposed plan is tasteful and scaled appropriately, it will likely not reduce property values." Economists agree that "exclusionary zoning artificially props up property values by creating scarcity." (Kahlenberg) An aside: The building of that large warehouse in Sutton was thanks, in part, to a Republican friend of Trump, Robert Kraft.

In another surprise, both left and right in a variety of states are starting to realize that YIMBY could be a solution for a lack of housing availability in their states. Did Miss Laura forget to mention: When Montana's state legislature reconvened in 2023, a slew of housing and land-use reform bills passed that made building much easier? "The raft of legislation loosens zoning, allows more housing density, and requires localities to devise a land-use plan, among other things. Dozens of Republican lawmakers joined virtually all of their Democratic colleagues in supporting most of the various bills. The so-called Montana Miracle has been celebrated by progressive housing advocates nationwide." (Relmen) While the governor, Gianforte, won't call himself a YIMBY, he offered "a simple sales pitch to disarm the opposition to new development". "If we want nurses, law enforcement officers, and teachers to live in the communities they serve, we must also address the shortage of affordable, attainable housing throughout our state." Minneapolis, Montana, and other locations allow duplexes anywhere there are single-family homes. In MA, The Zoning Reform (MBTAC) was the Baker (Republican) administration's ambitious law to spur transit-oriented housing development in the 177 cities and towns served by or abutting MBTA service. Instead of mandating new con-

struction or providing subsidies/other incentives for housing creation, MBTAC requires municipalities to establish zoning districts near transit where dense multifamily residential development is permitted. Baker's 2021 act also allowed for, though it's noted that "ADUs alone can't solve the rental problem, but they are the fastest, easiest solution and can be permitted and built in months — not years — without a lot of public money invested." ADUS can allow homeowners to create an accessory dwelling unit for an elder parent or a young adult or for additional rental income with the proper zoning. Again, this is not just a left or right issue.

Now, for gerrymandering, there is no secret gerrymandering. It is an obvious act by those in power; typically in state legislatures. After the Census Bureau released detailed demographic data from the 2020 census, states and local governments began the once-a-decade process of drawing new voting district boundaries known as redistricting. (Kirschenbaum) Both Republicans and Democrats do it. However, the Republicans tend to be more aggressive about these actions and have a slight advantage at this point in 2024 in New York. There are better ways to do this. One idea is for states to give the responsibility for drawing voting districts to independent commissions. Because the Constitution gives state legislatures the authority to draw political districts, they also have the authority to hand that responsibility to another party or organization. Though not without controversy, "Michigan voters changed the state constitution to wrest control of the line-drawing process from politicians and put the pen in the hands of a group of randomly selected voters in the state charged with drawing fair maps." (Detroit Free Press)

Remember, continued listening to Ingraham Angle will make complex issues clear... as mud.

Linda Lacki
Northbridge

EDITORIAL

Fashion flashbacks — The timeless appeal of retro trends

In the ever-evolving world of fashion, one thing remains constant: the cyclical nature of trends. From bell-bottoms to neon windbreakers, retro styles from past decades have made a triumphant return to the forefront of fashion, appealing to a new generation of style enthusiasts.

What is it about retro fashion that continues to captivate our imagination? Perhaps it's the allure of bygone eras, where style was synonymous with individuality and self-expression. From the glamorous silhouettes of the 1950s to the rebellious spirit of the 1990s, each decade offers its own unique aesthetic, ripe for reinterpretation in the modern age.

Social media has played a significant role in the resurgence of retro trends, providing a platform for fashion enthusiasts to share their love of vintage-inspired looks and connect with like-minded individuals around the globe.

Beyond the allure of aesthetics lies a deeper appreciation for the sustainability aspect of embracing retro fashion. As the fashion industry grapples with issues of environmental impact and overconsumption, repurposing and reimagining clothing from past decades offers a more eco-conscious alternative to fast fashion. By breathing new life into vintage pieces through upcycling and thrifting, we not only reduce waste but also celebrate the craftsmanship and history of fashion.

The resurgence of retro trends has sparked a renewed sense of creativity and individuality in the way we approach style. From mixing and matching vintage finds with contemporary pieces to putting a modern twist on classic looks, the possibilities are endless. Retro fashion allows us to express our personalities and tell our own unique stories through the clothes we wear, bridging the gap between past and present with each outfit choice.

Whether you're channeling the glamour of Old Hollywood or the laid-back vibes of the '90s grunge scene, remember that style knows no bounds and creativity knows no limits. So, dig into your grandmother's closet, scour thrift stores for hidden gems, and embark on your own fashion flashback journey. The past is calling, and it's time to make it your own.

Douglas, beware of Article 16 at Town Meeting

To the Editor:

Article 16 on the Warrant for the May 6 Annual Town Meeting, if adopted, would amend the town's Zoning Bylaws by establishing a "Construction and Post-Construction Stormwater Management Bylaw." One would think that for the common good, this is sensible, as we should prevent stormwater from running on to neighboring real estate. This makes sense for subdivisions and commercial projects. The Article 16 Bylaw would be applicable to any person undertaking "a construction activity, including clearing, grading, and excavation within the Town of Douglas that results in a land area disturbance to an area equal to or greater than one (1) acre of land or will disturb less than one acre of land but is part of a larger common plan of development or sale that will ultimately disturb an area or greater than one (1) acre of land without first obtaining a Stormwater Management Permit."

One of the exemptions in the bylaw states that it is not applicable to existing landscaping, gardens or law areas associated with a single-family dwelling. However, if you own a duplex, you are not exempted under this provision. The single-family homeowner disturbing the soil in an area larger than one acre, let us say for new landscaping around a swimming pool, or even if you want to put in new landscaping you would not be exempt.

By the way, the Conservation Commission, under the article, is empowered to make rules and regulations for the applicability and operation of the new system of stormwater management. If the Conservation Commission says your property improvements trigger the bylaw, you must hire what is called a "Certified Professional in Erosion and Sediment Control." We are sure that this would be an expensive hire for the homeowner, particularly if the Conservation

Commission is not satisfied with the work of the hired professional. Failure to comply with the stormwater management Bylaw triggers a \$300 per day penalty for violations. Please consider, if someday you wish to sell your home, the buyer's lawyer may very well alert the prospective buyer that any new landscaping or other improvements are subject to the Bylaw and discourage the sale.

The Select Board considered lowering the one-acre threshold to a much smaller area making matters even worse. We do know that both the Planning Board and Finance Committee each unanimously opposed the adoption of the Bylaw. Let us defeat this unwarranted intrusion into the use of our real estate. While we support realistic stormwater management for larger projects, we reject the Bylaw as unnecessary and potentially a problem for homeowners.

Harold Davis
Douglas

Join me in supporting Hal Davis

To the Editor:

I want to take a moment and share with you my support for Hal Davis, who is running for a three-year term on the Douglas Board of Selectmen. To be clear, my words of support are in favor of Hal, and not in opposition to any of the other candidates. I believe strongly that our Town is best served with hotly contested elections and thoughtful debate. I commend all the candidates for stepping forward and serving. It's not glamorous and not always fun.

Over the years, I've worked closely with Hal, and have come to appreciate his experience and calm and steady

approach to running local government (we served on the BOS together for years). I deeply value his desire and ability to consider all sides of an issue before making a decision.

Hal knows how municipal government works. As a lawyer, Hal's successful law career has focused on advising businesses, developers and municipalities on economic development programs.

Rather substantial movement on the economic development front in Town is readily visible. Hal's experience on this front is invaluable to our Town's taxpayers.

While economic development is a team

effort, largely driven by timing and opportunity, Hal was part of the team that delivered some remarkable wins for our town's taxpayers. He led the way in making a proper investment towards our economic development efforts, paving the way for a sensible investment on this front. The investment cost Douglas taxpayers pennies on the dollar. Consider the following:

- Town has received \$8.2 million in Federal and State grants for infrastructure upgrades and improvements.
- \$100 million in private investment for new economic development growth.
- \$1.2 million in building permit monies was collected for town's first large com-

mercial project. More is on the horizon!

We can anticipate tripling the town's commercial tax base. I remain hopeful in being able to reduce the tax burden on Douglas homeowners.

With increased revenue, we can expedite much needed municipal services and programs, including a greater investment roadway repair along with much needed and long-awaited municipal programs and services.

Please join me in voting for Hal! He has the experience, knowledge and ability to lead our town!

Timothy P Bonin
Douglas

The sound of silence

To the Editor:

The fat lady has sung! But you won't hear it on any right-wing media outlet. Crickets! CNN has reported that "Comer recently approached one of his Republican colleagues and made a blunt admission: He was ready to be 'done with' the impeachment inquiry into Biden." After two years of hearings, credible witnesses — one sent to jail for lying to Congress, and another admitting that all Biden/Ukraine evidence was Russian disinformation, and millions of your tax dollars spent boasting about 'Corruption,' 'Influence Pedaling,' Biden Receives Millions,' 'China Owns Biden,' 'Biden Burisma,' 'Hunter's Laptop,' just to tarnish Joe Biden before the upcom-

ing election, Republicans on the House Oversight Committee have failed to impeach Biden, and they and their media allies want you to forget they even tried.

They did have precedence for their 'investigation': even though five separate hearings on Benghazi produced no chargeable offence against Hillary Clinton, they still served to tarnish her, right before the 2016 election. So, why not try the same dirty tricks on Biden? (Don't you wonder how much better our lives would have been if Hillary had won — she did win the popular vote — and we hadn't had to deal with everything 'Trump' the past seven-plus years?)

The good news is that maybe now, the committee will have time to look into the \$2 billion — actual money, not someone's hypothesis — given to Jared Kushner by the Saudis, after Trump, — in his own words — "saved Mohammed Bin Salman's [behind]" by effectively clearing him of the Adnan Khashoggi murder? Or

maybe investigate why Ivanka Trump was given Chinese business trademarks that no other American was able to get? (China owns which President?) Or maybe look into why three days after a private meeting with Putin, Trump requested and received a list of our top spies? Not long afterwards, the CIA reported a high number of their agents were captured or murdered. During the search of Mar-A-Lago, FBI agents also found more documents with lists of U.S. informants on them. What about all that untraceable cash that Trump used to buy golf courses in Scotland and Ireland?

My choice would be to investigate Trump's handling of the COVID pandemic (you were better off four years ago?).

- Why was The Directorate of Global Health Security and Biodefense disbanded under Trump?

- Why was Obama's "Playbook for Early Response to High-Consequence Emerging Infectious Disease Threats and Biological

Incidents" disregarded, after initially denying ever receiving it?

- Why did Trump lie about the severity of the virus (after admitting it privately to Bob Woodward), lie about the efficacy of masks, and the need to avoid large gatherings?

400,000 unnecessarily dead Americans deserve that investigation.

From the New York Trump trial: Trump is such a famous narcissist that he literally has a woman who follows him around with a wireless printer to feed him a steady supply of online praise. During the trial, hearing what people had to say about him was, all reports suggest, very upsetting for the former president. He glowered and eventually tried to leave the courtroom so quickly that he had to be told to sit down by the judge. Don't you love it?

Rick Bevilacqua
Whitinsville

I love this town

and worked with Veterans Affairs so we finally have a flag flying over those who rest at the Douglas Center Cemetery. Along with some great volunteers, I also help out at the St. Denis Church food pantry.

I love this town, and I want to spend my year on the Board of Selectmen to advocate for health and safety services for senior citizens and push for more

funding to fix our roads. I will also work to bring back the Memorial Day Parade because we need to keep the sacrifice of our veterans in our hearts. I hope you will join me because to me, the parade is a wonderful way to do just that. I humbly ask for your vote on Tuesday, May 14.

Leo Lyons
Douglas

LETTERS CONTINUED page A8

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.



Courtesy

This week's photo shows Duston Tourville with a nice striper he caught in the Providence River this past Sunday while fishing with his fishing buddy, John Gareri.

From tautog to turkeys

Stripers are biting very well up and down the coast, but you need to use the correct bait. The Providence River remained absent from Menhaden last weekend, at least for a couple of local anglers. When they tried trolling umbrella rigs, action picked up, with a pair of anglers landing seven stripers last Saturday. They returned the following day and did even better retaining their two fish in a matter of a couple of hours. If you want to catch stripers, the Providence River is the



THE GREAT OUTDOORS
RALPH TRUE

place to go now! Wild Turkey hunters are limiting out with their season limit of two birds early this year. There is very little competition by other hunters, making the hunts productive. Tautog fishing remained very good this

past week, with reports of some larger fish. Crabs seem to be the top bait again this year, but the trick of cutting crabs in half revealing the inners of the crab is working well. Haddock fishing on the North Shore remains strong! The Uxbridge Rod & Gun Club will hold their annual Kids trout fishing derby this Saturday May 11, starting at 8 a.m. Breakfast will be served at 7 a.m. Take A Kid Fishing & Keep Them Rods Bending!

Planting Pointers

After a long season of browsing through seed catalogs and plot planners, outside planting time is almost here! (I can still hear Dick Lamoreaux's mantra of "no planting until after Memorial Day!" ringing in my ears.) It's no wonder the backyard gardener is dreaming of lush gardens and neatly planted garden rows. While we are still a few weeks away from safely sowing seeds or transplanting seedlings, now is the perfect time to ponder planting strategies for the prospect of sunny days digging in the soil.



TAKE THE HINT
KAREN TRAINOR

seeds, don't spend your hard earned money on a plant heat mat. A heating pad can do the job at a fraction of the cost. Just be sure to cover it in plastic to prevent any water spills.

Here's a helpful tip for storing, and sowing, seeds. Simply put seeds in a clean, empty spice, seasoning or Parmesan cheese shaker. If you have tiny seeds, add little cornstarch to keep them from clumping together. When it's time to plant, just shake them evenly over the soil.

Believe it or not, you might want to consider planting a chrysanthemum plant in the vegetable garden this year. The beautiful chrysanthemum is a garden helper as it acts as a handy water gauge. Because the flower wilts before other plants during a dry spell, it's a red flag to tell you to irrigate.

Want more visual impact for cash output in the garden? If you're planting Azaleas, consider the fact that white azaleas bloom longer than any other color of the plant.

Here's an old farmers tip: If you plant your lettuce near tall growing vegetables, the big plants will give off shade, allowing the lettuce to keep its cool and prevent bitter leaves.

Did you know planting pennyroyal in the garden naturally deters mosquitoes? When evening falls, simply break off some leaves and scatter them on the porch or ground where people sit.

If you have backyard pets and flies are a problem, try planting yarrow to deter the collection of flies. Tansy also works to discourage mosquitoes.

Win Dinner for Two at the Publick House

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

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

The following tips are geared toward helping you get the most out of your early gardening chores.

If you start your seeds indoors in flats, here's an easy way to gauge spacing seeds in large flats: Cut a piece of one-inch chicken mesh wire the size of the flat. Simply lay it on the soil and plant a seed inside each hole for instant one-inch spacing. For two or three inch spacing, simply skip the correct number of holes.

If you have leftover seeds, you can quickly and easily test their viability by dropping them in a container of water. The good seeds will sink to the bottom, while the bad ones will float.

To up the odds this year's leftover seeds will sprout again next year, store them in the refrigerator in a tightly closed jar with a packet of silica gel. The gel packets can be recycled from vitamin bottles, electronic and shoe boxes, etc.

If you're germinating

Should life be all work and no play?

Life seems busier than ever, and it's not slowing down. Despite technological advances, our workload doesn't seem to lighten. Business owners might find AI tools helpful, yet often, they handle these tasks themselves instead of hiring additional help. With rising inflation and economic pressures, what was a full-time job for one person has now become just an hour's task a day for many CEOs. As technology simplifies processes, the burden of multiple tasks increasingly falls on just a few shoulders.

While staying busy can be rewarding, the overwhelming pile of tasks can make you feel perpetually behind. Catching up seems possible only with extra help, maybe even an assistant. The expectations placed on many of us often surpass what one person can manage. I might even need a Teslabot to handle my household chores—come on, Elon, I'm drowning in responsibilities here!

What happens when a loved one falls ill? Suddenly, you're forced to reprioritize to take care of them. If it's a severe illness, the time it demands can feel overwhelming. In such situations, lowering your expectations about what you can accomplish becomes necessary.

But should life be all work and no play? The concept of work-life balance is frequently discussed, and for many years, for me it was nonexistent. My life was like a seesaw stuck to the ground, burdened by an overload of work without any relief. Is this truly fulfilling? I guess it depends on what you find fulfilling.

A friend of mine used to watch me exhaust myself and would eventually ask, "Why? What's the point?" To me, the sense of accomplishment was all the fulfillment I needed.

There was a time after my acting career when I didn't need to work and wasn't worried about finances, but I found that period somewhat empty.

But I digress. Let's ask the question again. Should life be all work and no play?

This reminds me of an old U2 T-shirt. It read, "Smell the flowers while you can." Once, as I was walking by, an older gentleman shouted, "Ain't that the truth!" while pointing at my shirt.

"While you can..." The implications of that phrase are vast. What does it mean? Will the flowers vanish one day? Will we no longer be around to enjoy their scent? At this point, nothing would surprise me.

The weight of "while you can" hit home a couple days ago when a dear friend of mine passed away unexpectedly. It's a stark reminder. We never truly know the future.

Finding balance is essential. It doesn't have to be just vegging out on the couch watching reality TV although occasionally that's what is needed. Ultimately, it's going to look different for each of us. It's a personal journey to discover what that balance means.

Reflecting on a quote by Jim Rohn, whom I often cite and had the fortune to meet as a boy, might offer some guidance.

He said, "Something my parents taught me, that they practiced all their life, and now I practice. Don't miss anything. Don't miss the game, don't miss the concert, don't miss the performance, don't miss the show. Don't miss the conversation, don't miss the sermon, don't miss the class...don't miss anything. Go look, see, learn, try, taste. Let that flavor of life be part of your lifestyle."

Why pursue balance? It's about personal enrichment and development, about becoming a person of value. True, thriving in our workplace demands education, hard work, determination, and dedication. But what about beyond the office?

Consider the value added to your life when you're not only accomplished at work but also knowledgeable in the arts, skilled in playing chess, experienced in gardening, or have read the greatest book upon that which western civilization was founded upon. You've set down the path of enriching your whole self, making you a more rounded and insightful individual, and what is that truly worth?

Can we quantify it? No, but consider this: being a cultured individual stimulates fresh thoughts, inspires new actions, and fosters new ways of being and can help you get out of a rut. This not only adds layers of value to your personality, but also introduces a much-needed balance. What's it worth? I'd say it's priceless.

Financial freedom: a gift to your family

Here's a sobering statistic: 72 percent of retirees say one of their biggest fears is becoming a burden on their families, according to a study by Edward Jones and the consulting firm Age Wave. If you are near retirement, how can you prepare yourself to become financially free, so you won't have to depend on grown children or other family members?



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

Here are a few suggestions to consider: Keep adding to retirement savings. Today, with a greater awareness of healthy lifestyles, many people are spending two, or even three, decades in an active retirement. To help pay for those years, then, you'll likely need to build your retirement savings as much as possible. So, while you're still working, try to contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan. If you are in the later stages of your career, possibly close to your peak earning power, you may be able to put in sizable sums every year.

Choose an appropriate withdrawal rate. While it's obviously important to build your retirement savings, it's just as essential to make the money last. Once you retire, you'll want to establish an appropriate withdrawal rate — that is, the amount you can take out each year from your 401(k) and other investments without running the risk of outliving your money. The amount you can safely withdraw each year will depend on a variety of factors, including your age, your account balances, Social Security benefits, inflation, income tax rates and spousal income. In any case, selecting a sustainable withdrawal rate can help go a long way toward preserving your financial freedom throughout your retirement.

Think about downsizing. One possible way to boost your savings and add liquidity is to downsize your living arrangements. This may be an attractive option if your children are grown and your current home feels too large. Of course, downsizing is a highly personal decision — if you've lived in your home for many years, have fond memories of raising a family in it and still enjoy the neighborhood, it can certainly be hard to leave. Consequently, you'll need to weigh these emotional factors against the potential financial benefits of moving into a smaller, less expensive space.

Prepare for long-term care costs. If you were ever to need some type of long-term care, such as an extended stay in a nursing home, you could face some sizable expenses, most of which may not be covered by Medicare or a Medicare Advantage plan. And clearly, you would not want to put your grown children in a position where they might feel the need to step in financially. To help avoid this possibility, you may want to consult with a financial professional about addressing these costs through strategies that may be appropriate for your needs.

These aren't the only ideas to consider in helping maintain your financial independence and reducing your potential dependence on your family during your retirement years. But taken together, they can give you a good start — so think about putting them to work.

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

Community Connection

Charlton Oil

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Bay Path PN students receive Worcester Women's Leadership Conference scholarships

CHARLTON — Two Bay Path Practical Nursing Academy students —Victoria Boateng of Gardner and Vanessa Gachagua of Southbridge were winners in this year's prestigious 2024 Worcester Regional Chamber of Commerce and Worcester Women's Leadership Committee (WWLC) scholarship. Elizabeth Anacona also of Southbridge joined them. Anacona is a member of the community of interest and a staunch supporter of practical nursing education.

Stefanie Silva, Programs and Events Coordinator



Courtesy

From left: V. Gachagua of Southbridge, V. Boateng of Gardner and E. Anacona of Southbridge.

for Worcester Regional Chamber of Commerce reached out to the nursing students and Anacona with a congratulatory email with the admission to this year's event.

thanks to our sponsors," stated Silva. The \$250 value event scholarship is a wonderful opportunity for the women to expand their network and leadership skills. Silva specifically men-

tioned gratitude to "presenting sponsors, The Hanover Insurance Group Inc. and UMass Memorial Health for their continued support along with all our incredible sponsors who support Central MA largest women's conference."

"Vanessa and Victoria are academically strong and clinically competent students at Bay Path Practical Nursing Academy. Both are headed to SkillsUSA national competition in late June after having won gold medals in the state level for Health Knowledge Bowl," stated Gretheline Bolandrina, DHA, MSN Ed, RN CRRN, Director at Bay Path RVTHS Practical Nursing Academy. "I have had the honor and pleasure of attending a book

launch at Harvard University recently with Elizabeth. I am glad that all three enjoyed the wonderful opportunity to participate in the conference."

The Worcester Women's Leadership Conference was held Thursday, May 2 at the DCU Center Ballroom in Worcester. The Keynote speakers included Cassandra Worthy and Professor Maja. As described by WWLC communications, "Worthy is the Founder & CEO of Change Enthusiasm® Global, a well-respected Leadership Development and Consulting company. She is a former Fortune 100 Innovation Leader, highly dynamic speaker & presenter, chemical engineer, but above all else the world's leading expert on Change Enthusiasm®. Professor Maja is a sociologist, author and TEDx speaker. She is also a confidence-builder and apology-hater. She graduated with a Ph.D. in Sociology in 2014 (focusing on the sociology of women's health), with no clear career in mind, until she attended an academic conference that completely changed the trajectory of her research, her career, and her life."

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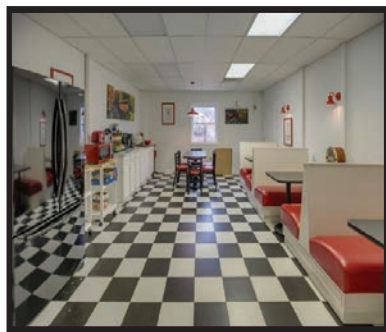
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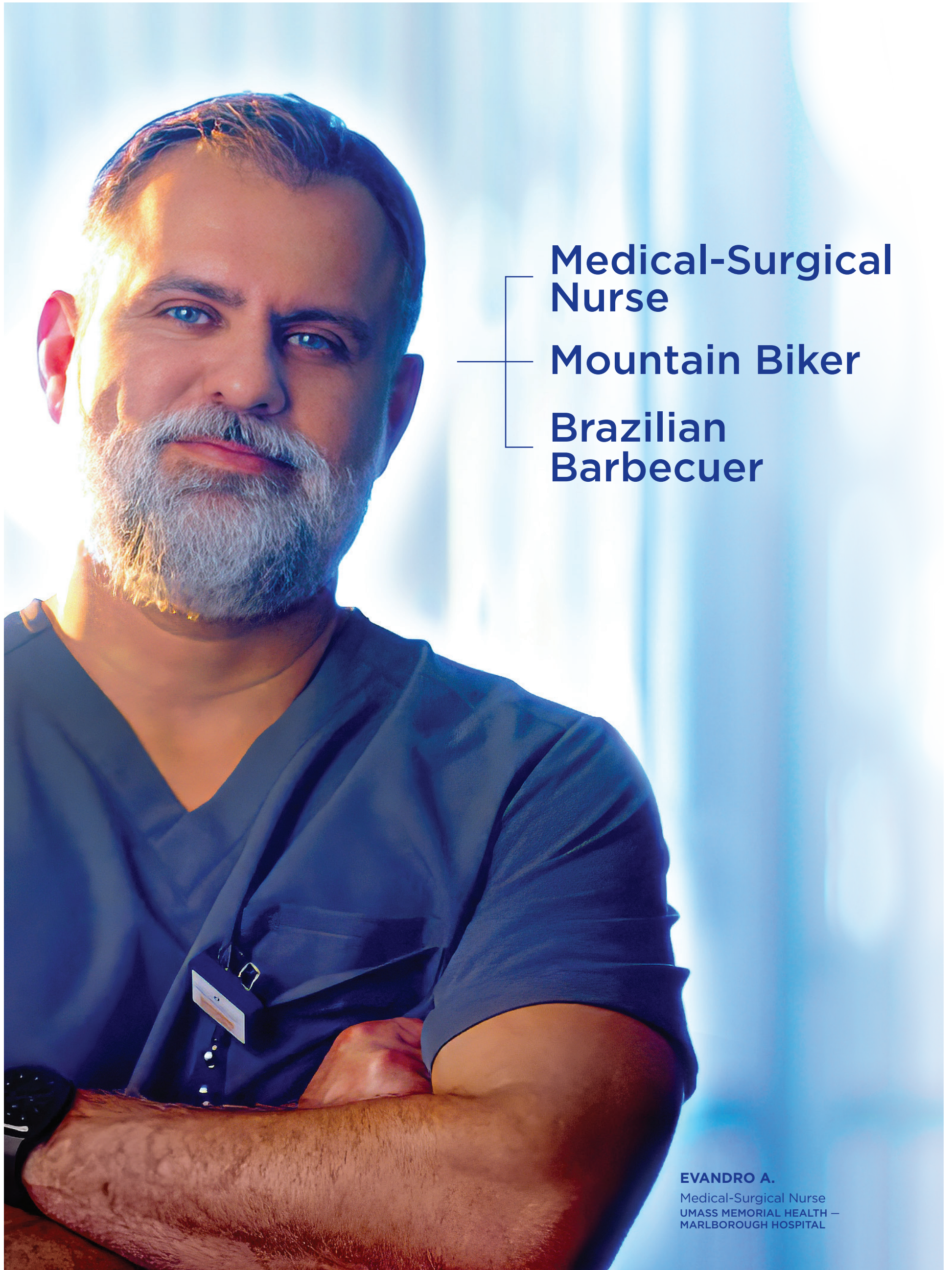
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AND THEY'RE OFF!

Plummer Place/Home of the Northbridge Senior Center celebrated its own version of the Kentucky Derby with a phenomenal afternoon full of Derby-themed bingo games, horse racing trivia, an ornate hat contest, mock mint juleps, and a horse race that will be remembered forever! A very special thank you to all who came out to enjoy the festivities and to the volunteer team who contributed to making this event a success, and a first-ever event for Plummer Place! A wonderful time was had by all! The Kentucky Derby Party was sponsored by the Friends of Northbridge Elders, Inc. (FINE), the non-profit, fundraising arm of the Northbridge Senior Center. For more information on Plummer Place or FINE, please call (508) 234-2002.

Douglas Adult Social Center

331 Main St.
(508) 476-2283
Hours of operation: Monday through Thursday 9 a.m.-3 p.m.; Friday 9 a.m.-noon
DAILY ACTIVITIES: All our daily activities are free of charge.
Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 12 pm, Mat Yoga 2 pm
Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Bingo 12:00 pm, Technology Class 1pm (call to make an appt.)
Wednesday: Balance & Strength 10 am, Darts 10 am, MahJong 1 pm
Thursday: Walking club 9 am, Chair Yoga 9:30 am, Pitch 9:30 am, Hand and Foot card game 12:30 pm
Friday: Balance & Strength 10 am
MAY EVENTS:
The center will be closed on Monday May 27th in observance of Memorial Day.
Wellness Clinic: Monday May 6th & Tuesday May 21st 10 am to 12 pm. Nurse Ann will be here to check blood pressures, blood sugar, and discuss any concerns you may have.
Meet & Greet with the candidates for selectmen, Thursday May 9 @ 1:30 pm. All Douglas residents are invited to attend.

You do not have to rsvp for this event.
Lunch & a Movie Thursday May 23rd @ 11:30: Join us in watching Tom Hanks give another outstanding performance in "Beautiful Day in the Neighborhood." Lunch is Chicken broccoli Alfredo, salad, & dessert for \$4.00 per person. Please RSVP before 5/16. Please call the center to sign up, 508-476-2283.
Tower Hill Botanical Gardens Friday May 24th: The Sunshine club is taking a field trip! We will be meeting at the center and carpooling. Admission for seniors is \$14.40. There will be a guided tour at 11 am for us to enjoy. Please call the center to sign up @ 508-476-2283 before 5/17.
Fishing at Wallum Lake Friday May 31st @ 10:00 am. Representative Joe McKenna invites you to come fishing. The Mass Fish & Game will supply all our fishing equipment. Staff will be on hand to assist those that need assistance. A FREE lunch will be provided. Please RSVP before 5/24. You may call the center to sign up, 508-476-2283.
PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES
Check our website for events that may not be listed here <https://www.douglas-ma.gov/202/AdultSocial-Center-Senior-Center>

Boost the beauty and comfort of your outdoor spaces



GARDEN MOMENTS
.....
MELINDA MYERS



Melinda Myers

Add some comfort and beauty to your outdoor spaces this year. Look for options that fit your lifestyle, budget, and schedule. Even simple changes can make a positive impact on the time you spend relaxing and entertaining on your patio, deck, or other outdoor spaces.

Freshen up the look and comfort of these areas with some new furniture. Look for comfortable pieces made of durable materials guaranteed to provide years of enjoyment. If this is not within your budget, consider refurbishing something you already have, are gifted from a friend, or find in a thrift shop. Adding a bit of paint, new cushions, or even colorful pillows can transform older pieces into something special.

Add some shade. A strategically placed umbrella can provide needed relief from the sun. Make sure it is stable and secure, especially in windy locations. Consider shade sails not only for the shade they provide but also for their aesthetic appeal. Make sure it is securely anchored and supported, properly managed during harsh weather, and made of fire-retardant fabric if this is a concern in your location. Pergolas are more permanent structures. Train deciduous vines up and over this structure for added shade in the summer. Then enjoy the warming sunlight when the vines drop their leaves during the cooler months of the year.

Create some privacy with strategically placed plantings and containers. Tall grasses, narrow upright shrubs, and vine-covered trellises can help block unwanted views while creating a private space outdoors. Consider the views you want to keep and those you want to block. Screen unsightly views and areas where neighbors can see into your space. You may only need a vine-covered trellis, several hanging

Fountains add serenity and noise-blocking sound to gardens and outdoor entertainment spaces.

baskets, a couple of pots, or a section of fencing rather than a long hedge or length of fencing.

Soften the look of fencing with some wall-mounted planters, a few potted plants or shrubs, and in-ground plantings if space allows. Use a diverse selection of plants when creating a living screen. This provides more seasonal interest and makes it easier to replace that one failed plant in a mature hedge of evergreens like arborvitae.

Water is another way to add a bit of serenity to your space. A wall-mounted fountain, small container of water plants, or container fountain will add noise-blocking sound and a sense of serenity to any space. To control pesky mosquitoes in water features (or in any standing water), add a mosquito control like Mosquito Dunks and Bits (SummitResponsibleSolutions.com) that contains a naturally occurring bacterium called *Bacillus thuringiensis israelensis* which kills mosquito larvae, preventing them from transforming into biting adults. Mosquito Bits quickly knock down the mosquito larval population, while the Mosquito Dunks provide 30 days of control. They both are safe for pets, fish, wildlife, and children.

Extend the time you can spend outdoors by adding a heat source for those chilly days and nights and a fan to keep air moving and the space cooler on hot days. Adding a fan also provides some relief from mosquitoes. These waeak fliers can't fight

the breeze which will keep you out of their reach and much more comfortable.

Include lighting so you can enjoy your outdoor space in the evening. Consider a string of lights overhead, rail lights around the deck, or strategically placed illuminated plant containers. Create a more intimate experience with a few votive candles displayed in unique holders like old punch cups.

Light a few citronella candles for a bit of ambiance and mosquito control when enjoying your outdoor space in the evening. Citronella oil and the scented candles have some mosquito-repelling properties. Scatter lots of candles throughout the space when entertaining. Position the candles within a few feet of yourself and your guests for some short-term relief from these pests.

Start with a list of improvements you want to make. Then get busy researching the various options so you will be ready to boost the comfort and enjoyment of your patio, deck and other outdoor spaces this year.

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

LETTERS TO THE EDITOR CONTINUED

Lyons, Postma, and Fitzpatrick will not let Douglas down

To the Editor:

As a longtime Douglas resident who served on the School Committee and also on the Board of Selectmen, I know how deeply people care for this town. I also see how rapidly our road frontage has turned into house lots, how we need facilities to provide services, and how we need to make delicate choices to balance our expenses with our revenues so as to not burden our taxpayers.

On Tuesday, May 14, the voters have three excellent candidates to fill the Board of Selectmen seats. I endorse Leo Lyons for the one year seat. He is a dedicated volunteer who has his pulse on the needs of our senior residents, and he will be an advocate for our needs. I also endorse Maxwell Postma, who was elected to a one-year term. He has learned a lot, understands the daunting circumstances around the

choices we will be facing in the near term, and he is the voice of our future. This "rookie" deserves a full term.

Lastly, I have served on the Capital Planning Committee and the Building and Facilities Committee with incumbent Mike Fitzpatrick. He is a dedicated public servant in the truest sense of the words. He does his homework so he is well prepared to make his argument or to support a colleague's; he looks at both sides of an issue and then he asks: "What is best for this town?" The decisions are not easy, but I know he has carefully weighed the options. That's not the least we should expect from our elected officials. It's all we should expect. I know Mike Fitzpatrick won't let us down.

Shirley M. Moczynski
Douglas

St. Patrick's to host Memorial Day breakfast

WHITINSVILLE — St. Patrick's Church will be holding a Memorial Day Breakfast in the Parish Hall, 7 East St., Whitinsville, from 8 – 11 a.m. on Monday, May 27. Delicious pancakes, scrambled eggs, sausage, coffee, orange juice & more will be served. \$12 for adults; \$10 for seniors; \$6 for children eight and under. Come as we honor those who have served our country. In that spirit, Veterans meals are offered free of charge! There will also be a 50/50 raffle. This event is sponsored by the Knights of Columbus, Mumford Council #365.

Coming soon: First Annual Beer & Dynamites Sandwich Blast on July 20, the night of the Northbridge fireworks display! More information to follow.

LEGALS

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO07P2703AD1
Estate of:
Michelle A. Cantin
Date Of Death:
April 7, 2006
INFORMAL PROBATE
PUBLICATION NOTICE

To all persons interested in the above-captioned estate by Petition of Petitioner

Yvonne M. Rogers of Franklin MA
Yvonne M. Rogers of Franklin MA
has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the

administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
May 10, 2024

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2400
Docket No. WO24P1442EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate of:

James F. Hoey, Jr.
Date of Death: 10/11/2012
To all interested persons:
A Petition for **Late and Limited Formal Testacy and/or Appointment** has been filed by **Mary R. Hoey of Whitinsville MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Mary R. Hoey of Whitinsville MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 05/28/2024.** This is NOT a hearing date, but a deadline by which you must file a written ap-

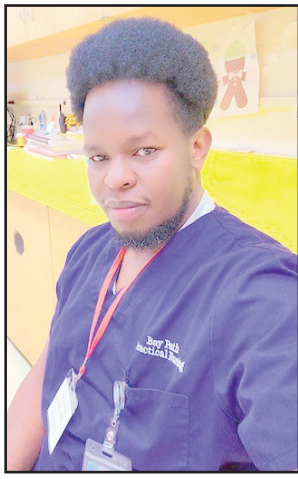
pearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: April 30, 2024
Stephanie K. Fattman,
Register of Probate
May 10, 2024

School nurse for two days: A new definition of caring

CHARLTON — Visiting the school nurse while a student may capture images of a temperature check, getting a note to be excused from gym class, or a bandage for a scraped knee. For Michael Wairimu of Worcester, a practical nursing student at Bay Path Practical Nursing Academy, he realized that the school nurse's office provides vital access for students to a nurse, assisting them through the day and helping with acute injury, unexpected illness, or

a chronic condition. Wairimu recently spent two days at the School Nurse's Office at Bay Path Regional Vocational Technical High School as part of his Clinical Observation for Term 3, PNP 121 Care of the Family/Leadership. In the two days, Wairimu collaborated with the school nurses led by Lynn Coleman, RN. In Wairimu's words, "I had a great experience at my school nurse observation and learned about the duties and the



Michael Wairimu

commitment of being a school nurse." School nursing is a position he admitted he initially did not know too well. As he saw first-hand students in need of medical attention, Wairimu said, "interacting with students was fascinating." School nursing is a calling for a special set of nursing skills when treating students. According to Wairimu, "I observed what the school nurses did each day for the students, the school nurses respond-

ed to emergencies, from minor injuries to chronic conditions such as students who have diabetes. The school nurses supervised and provided care, and for some students who did not follow their plan of care the school nurses took extra time to guide." Caring for the students knows no boundaries. The typical ratio of one school nurse to about 750 students does not change the plan of caring or prioritization. Wairimu concludes by saying, "School nurses

also must keep up with the students' daily prescriptions. I observed the school nurses provide nonprescription medications for minor aches and pains. The school nurses provided first aid for cuts and burns of students from workshops. I observed the school nurses attending to more than ten students in the morning alone. Most importantly, the school nurses were very caring to the students. I enjoyed the opportunity and felt enlightened as an aspiring future nurse."

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OBITUARIES

Jane Eleanor Mitchell

Jane Mitchell, of Uxbridge, MA and Bradenton, FL, passed away peacefully surrounded by family after a heroic battle with cancer. She fought this disease with the heroism of a thousand warriors. Jane created an extraordinary life for herself and for everyone who knew her. Always known to be the life of the party, she loved entertaining and being surrounded by friends and family. Jane would travel anywhere and everywhere in the world, wherever adventure could be found. She will be missed by so many; her extraordinary life and presence were an inspiration and comfort. One of Jane's favorite motto was "step out" - take chances and be brave to make a change in the face of any challenge. We hope those reading this will take that advice and live it. She always wanted her loved ones to live life to the fullest and bravest and most bold.

Jane was born in Milford by Annie and Ivan Mitchell. She had two brothers,



Thomas and Peter; and two sisters, Anne and Betsey. She grew up in Uxbridge and lived a fun hippie life before returning to Uxbridge to settle down. She had two amazing daughters who inherited her braveness and strength. She was proud to complete numerous degrees later in life, all while balancing family and work. Jane was a financial advisor and cared for her clients as if they were family. She is predeceased by her husband, Ian Dudgeon, and survived by her children, Jill, Jaime, Bruce and Tracy, and the loves of her life, her grandchildren Liam, Lauren, Isaac, Caelen, Oliver, Griffin, and Raine.

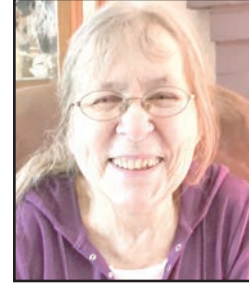
Jane will be laid to rest in a private family ceremony at a later time. In lieu of gifts or flowers, we ask those who would like to help to make a donation to your favorite cancer research center or go on an adventurous trip to a place in the world you've never been.

Frances M. (Calnan) LaFreniere, 79

Manchaug- Frances M. (Calnan) LaFreniere, 79, formerly of Whitins Rd., passed away on Sat., May 4th at Lydia Taft after a period of declining health. She was predeceased by her husband of 40 years, Leo L. LaFreniere who died in 2019.

She is survived by her in-laws, Lucille LaFreniere of Uxbridge, Annette Boileau of Millbury, and Jeanette L. Pouliot of Whitinsville; nieces and nephews, Andrew LaFreniere and his wife Lisa, Joel LaFreniere and his significant other Alyson Tellier, Lisa-Marie Devries and her husband Michael, Jennifer Fontaine and her former husband Robert Fontaine, Christy Turley and her husband Tyler, Gerry Craven, Brock Diamond, and Gary Modoff; her great-nieces and nephews, Brielle Kennett and her husband Taydon, Katie Opatka and her husband Trevor, Emily LaFreniere, Violette Fontaine, Arielle Fontaine, Parker and Quinn Turley, and other extended family. She was predeceased by 3 siblings Theresa Eames, and Vivian Diamond.

Born in Worcester on April 23, 1945 she was the daughter of John W. and Bernice H. (Pluff) Calnan and grew up in both Northbridge and Uxbridge. She was a graduate of Uxbridge High School class



of 1963. Mrs. LaFreniere was a Medical Transcriber for 25 years for Hammond Hospital in Worcester. Following she worked as a home health aide many years until her retirement in 2000.

Over the years, she enjoyed taking day trips to Maine, adventuring around admiring scenery, and finding new restaurants. She and Leo went daily to Dunkin Donuts for a coffee and donut and to meet with friends. She was a woman of great faith and was a parishioner of St. Mary's Church. Previously she was a member of the former Good Shepherd Church in Linwood and St. Anne's Church in Manchaug. She will be sorely missed by her loving family.

Her funeral Mass will be held on Friday, May 10th at 10AM in St. Mary's Church, 77 Mendon St., Uxbridge. Burial in Quabbin Park Cemetery, Ware, MA will follow. Calling hours in Tancrell-Jackman funeral Home, 35 Snowling Rd., will be held prior to mass from 8:30-9:30 AM. In lieu of flowers donations in Frances's memory may be made to The Alzheimer's Association, 225 N. Michigan Ave., Fl 17, Chicago, IL 60601. To leave a condolence message for her family please visit: www.Jackmanfuneralhomes.com

Bay Path nursing student qualifies for National Technical Honor Society

CHARLTON — Bay Path Practical Academy student Regina Njuguna of Worcester will be inducted into the National Technical Honor Society (NTHS) in an in-person ceremony to be held Sunday, May 12 at the Douglas Orchard and Farms (36 Locust Street, Douglas, MA 01516). This will mark the ninth annual induction ceremony for the academy.

Njuguna has been a direct care staff working with Venture Community Services, Spencer, for the last three years. Regina believes that nurses play a pivotal role in delivering healthcare, especially to the elderly and other community members that are most vulnerable.

"Nurses are enablers, they nurture environments that enable doctors to effectively diagnose and administer treatment plans where needed, thus acting as a vital support of the healthcare system," she says.

Eligibility for induction to the NTHS is based on a minimum 3.0 grade point average, faculty recommendation, character, leadership, and involve-



Regina Njuguna

ment in extracurricular activities and clubs. These characteristics reflect the member attributes of the National Technical Honor Society which are skill, honesty, service, responsibility, scholarship, citizenship and leadership.

Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director stated, "practical nursing students always look forward to the NTHS induction ceremony each year. Making it through nursing school is a big achievement, being inducted to the NTHS crowns it all."

About Bay Path Practical Nursing Academy: Bay Path offers a 40-week, (10

month), full time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. For more information, visit www.baypath.net.

About NTHS The National Technical Honor Society is an educational non-profit that exists to honor, recognize, and empower students and teachers in Career & Technical Education. As the honor society for Career & Technical Education, NTHS serves over 100,000 active members annually in both secondary and postsecondary chapters across the country.

Since its founding in 1984, nearly 1 million students have become NTHS alumni. NTHS honors the achievements of top CTE students, provides close to \$300,000 in scholarships annually, and strives to help connect education and industry to build a highly skilled workforce. For more information, visit https://nthso.org/.

SKILLSUSA

continued from page A1

Bellefontaine, Nurse Assisting.

MILFORD

Gold: Nelle Norris, Chapter Display; and Emma Sanborn Promotional Bulletin Board.

Silver: Matthew Hunter, Bio Tech Knowledge Bowl.

Bronze: Lacey Coffman, Advertising Design; Julia Ribeiro, Esthetics; and Lizmary Vidal-Sanchez, Dental Assisting.

MILLBURY

National Voting Delegate: Elizabeth Moroz.

Gold: Jack Kenary, Television & Video Production; and Madison Moore, Promotional Bulletin Board.

Silver: Mason Diosomito, Mechatronics; Allison Garden, Engineering Technology; and Jayden Quang, Mechatronics.

Bronze: Dylan Fleming, Residential Commercial Appliance; Anthony Octavius, Internet of Things; and Giana Piscitelli, Nail Care.

NORTHBRIDGE

National Voting Delegate: Nicolette Paradis.

Gold: Ava Bates, Cosmetology Under (500 Hrs.); Kayla Chausse, Cosmetology Under (500 Hrs.); Sosie Derkosroffian, Medical Terminology; Logan Feehan, Chapter Display; Dylan Leeds, Mobile Robotics; Nicolette Paradis, Sticker Design; and Jonathan Spiller, Chapter

Display

Silver: Zabel Derkosroffian, Technical Computer Applications; Isabella Reed, Bio Tech Knowledge Bowl.

Bronze: Kayla Leppamaki, Robotics & Automation Tech

SUTTON

Gold: Caroline Martin, Additive Manufacturing.

UPTON

Gold: Justin Fransen, Mechatronics. Silver: Cassidy Lyon, Health Knowledge Bowl.

UXBRIDGE

National Voting Delegate: Charlotte Lewis.

Gold: Charlotte Lewis, Safety Poster Design Team; and Samantha Makynen, Additive Manufacturing.

Silver: Gabrielle Gannon, Engineering Technology; Makaylah Holzman, Additive Manufacturing; Cole Pinchuck, HVAC/R; Mikaela Swanson, Bio Tech Knowledge Bowl; Eli Tripp, Culinary Arts; and Samuel Waugh, Electrical Construction Wiring.

Bronze: Kali Bly, Cosmetology Over 500 Hrs.; Caterina Corapi, Robotics & Automation Tech; Samuel Kirby, Telecommunications Cabling; and Grace Mathieu, Career Pathways Showcase Ind & Eng.

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

Bay Path faculty, staff, LPN, & student volunteers at SkillsUSA state competition

UPTON — The Bay Path Practical Nursing Academy faculty, alumni, and student participated as members of the panel of judges for the secondary competition, Basic Healthcare Conference, during the recent SkillsUSA state competition held at the Blackstone Valley Tech.

Dr. Adelina Healy, adjunct faculty at Bay Path Practical Nursing Academy, served as the Team Lead for the Volunteer judges. They supervised several stations and prepared presentations. She was grateful for the opportunity and glad that how well everything went at the SkillsUSA State competition.

"Both alumni and PN student judges were excellent," Dr. Healy said, adding "the PN alumni and students took leadership roles."

Dr. Healy was the team lead for the fourth year, and she stated, "I



Courtesy

From left: F. Mensah of Worcester, Dr. Healy of Dudley, A. Rincon of Southbridge, H. Bedard of Brookfield, and F. Mburu of Shrewsbury.

enjoyed collaborating with the volunteer judges for SkillsUSA and the experience is beneficial for both the student volunteers, alumni, and competitors."

This year's volunteers included Fidelis Mensah of Worcester, Ashley Rincon of Southbridge, Felisters Mburu, LPN of Shrewsbury and Heidi Bedard, LPN of Brookfield

Recounting the experience, Rincon shared, "I really

liked it!" Mensah stated, "I enjoyed the role of SkillsUSA judge for the secondary student competitors."

Erin Roy, RN Health Careers Instructor at J. P. Keefe Technical High School in Framingham, coordinated the participation of the volunteer judges.

The Bay Path Practical Nursing Academy volunteer judges were thankful for the opportunity to

serve. The skills competition included measuring height and weight, labeling human anatomy, and the proper application and removal of Personal Protective Equipment (PPE). SkillsUSA's mission is geared to empower members to become world-class workers, leaders, and responsible American citizens and serves as the blueprint for workplace readiness.

Plummer Place

Home of the Northbridge Senior Center

(508) 234-2002 Meditation Group meets every Thursday at 9:30am, all are welcome. Learn how to meditate and how it can benefit your health!

Our VA Representative, Carl Bradshaw will be at the Center on Tuesday, May 14th at 10:30am for his office hour.

Salmon VNA will hold their Blood Pressure Clinic on Tuesday, May 14th from 11:00-12:00pm.

Friends of Northbridge Elders Annual Meeting and Pizza Luncheon, Thursday, May 16th from 12:00-1:30pm. Join us for a fun afternoon and see what our FINE group is all about! This is a free event; you must sign up at the main office to attend.

"Knock on Wood" Folk-Rock Duo Concert featuring Howie Newman, Monday, May 20th at 1:00pm. Howie is joined this year by a top fiddler in our area. The duo will perform classic rock covers and funny original songs. This performance is supported in part by a grant from the Northbridge Cultural Council, a local agency supported by the Mass Cultural Council, a state agency. Sign up in the main office, light refreshments will be served.

Art History Program on the Saturday Evening Post, Wednesday, May 22nd at 1:00pm. From the 1920's to the 1960's, the Saturday Evening Post was one of the most widely circulated and influential magazines

for the American middle class. We will learn about the history of the magazine and look at some of the charming cover illustrations. Sign up in the main office, light refreshments will be served.

Our Tech Café for May 29th has been cancelled.

We need volunteer out of town medical drivers! This is a very important service we provide at Plummer Place for seniors who cannot drive to their medical appointments. If you can spare some time, even if it is one day a week, it would be much appreciated. Drivers are reimbursed for their mileage. Call Michelle or Amy if you would like more information or to volunteer.

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Senior Zumba classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live eight-week session of Zumba Gold classes for Seniors. Zumba is a fitness program that fuses entertainment and culture into an exhilarating dance party workout. This is an eight-week specialized program designed for seniors.

June 6 from 1:30-2:30 p.m. at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron St. The class will run for one hour; one day a week, on Thursdays, for an 8-week time frame, at the cost of a \$25 donation. The instructor, Amy Smith, is a licensed Zumba Gold instructor. Checks may be payable to the Uxbridge

Senior Center. The benefits of Zumba include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! The class would be open to all in the community includ-

ing those outside the Town of Uxbridge. Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge, and is open Monday thru Friday from 8 a.m. to 4 p.m.



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