

**CERTIFIED PREOWNED
2024 VOLVO MODELS NOW
IN STOCK!**
Huge savings from MSRP
trusted for 51 Years
508-234-6767
HARBROAUTO.COM
HARBRO
AUTO SALES SERVICE



©2025, Issue #6

Free by request to residents of Douglas, Northbridge, Uxbridge, Linwood, Whitinsville and North Uxbridge

SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS

Friday, February 7, 2025

Women empowering senior women at Plummer Place!

NORTHBRIDGE — Michelle LaChapelle and Amy Cowen both work at Plummer Place, home of the Northbridge Senior Center. LaChapelle is the Assistant Director, and Cowen is the Program and Volunteer Coordinator.



Prior to being the Assistant Director, LaChapelle was an occupational therapist. Cowen comes to her position as a former educator. They both share an office suite, so to speak, and like people to feel as if "our door is always open!" Seniors and older adults are always stopping in to chat with them, even if it's just to say "hi." Other folks sit down and stay awhile to share their thoughts, stories, or a special event happening in their lives. Both Cowen and LaChapelle like making a difference in the lives of seniors in and around their community and look forward to coming to work each day!

Cowen and LaChapelle had been hearing from a

lot of women who weren't sure where they fit in anymore due to a recent move, an empty nest, illness, retirement, divorce or the loss of a spouse. Through their own experiences, they knew the benefits of women supporting one another and wanted to share that with senior women. As

such, they structured an informative and supportive women's circle that shares with one another, learns from one another, and often hosts women speakers. Their women's circle has created vision boards together, meditated, completed tasks together, journaled with one another, and even donated to a local women's shelter.

Joyce Brill, one of the women from their "Women on the Move" circle, as this group refers to themselves said, "This is my favorite program at the senior center. It gives senior women a place to share their perspectives on any number

of topics and I have met several women through this group that I might never have known! It is a warm and welcoming group where everybody has a voice and is safe. If you come to a meeting once, you will surely want to return."

This past fall, LaChapelle and Cowen were honored to present their "Women on the Move" program at the Massachusetts Council on Aging's Annual Conference. Their presentation was incredibly well received by their peers and colleagues, and they are now assisting other senior centers with forming these important

women's circles across the state.

"During the Conference, I had the pleasure of witnessing Plummer Place staff members, Michelle LaChapelle and Amy Cowen, present a workshop on the women's circle they have established at our Center. Watching Amy and Michelle share their experience was truly a proud moment and I am incredibly honored to have them both as a part of the Plummer Place Team!" shared Kelly Bol, Plummer Place director.

For more information on Plummer Place, home of the Northbridge Senior Center, please call (508) 234-2002.

Shawna Foundation Library Poetry Tour returns

REGION — The Shawna Foundations Library Poetry Tour Returns in 2025, with readings at the Milford Town Library and the Uxbridge Free Public Library.

The featured poets are Kathy Stoker and Nanayaa Dadzie. We are very excited to announce our new Host and Director of the Shawna Foundation's Poetry Program. Kathy Stoker, a poet and educator, joins the fold as we kick off the 2025 Library Poetry Tour next month with readings continuing in Milford and Uxbridge.

We thought the best way to introduce Stoker is with her poetry — she'll be headlining the February Library Poetry Tour. And joining her will be Nanayaa Dadzie.

We want to thank award-winning Worcester poet Tony Brown for his time as the Foundation's Poetry Program Director for the past two years.

Stoker She is a 25-plus-year secondary English/Journalism teacher, adjunct college professor of communications and English, and education consultant. She currently is in the role of education coordinator for New England Medical Group (an adolescent behavioral health program). She is a former high school slam poetry coach as well as a poetry club advisor. She has written poetry, short stories, and letters since her middle school years (many decades ago). After teaching incarcerated individuals in a medium security prison, Stoker is writing a collection of poems and vignettes to humanize her former students and break down the stigma surrounding incarcerated individuals. Kathy loves watching all New England sports, spending time with family and friends, drinking tea, and listening to podcasts and music. She

lives in Milford with her family, including the cat Wallace.

Nanayaa Dadzie is a 20 year old poet who is currently earning her associate degree in liberal arts at Quinsigamond Community College. She is a first generation Ghanaian American and an equal rights advocate. When Dadzie was in high school, she led an equal rights movement in Westborough to implement a non-discrimination, no-tolerance policy in the student handbook for Westborough High School. She loves anything and everything to do with art. She grew up with her Grandpa Henry playing the trumpet and his record collection. He gave Dadzie and her brother their love for music. In 2022, she won the Senior Library Award. Recently, she has been performing her poetry at local open mics. She currently lives in Westborough with her family.

The readings will be held on Feb. 19, 7 p.m. at the Milford Town Library and Feb. 27, 7 p.m. at the Uxbridge Free Public Library.

The program is financed in part by the Milford Cultural Council, the Uxbridge Cultural Council and the Massachusetts Cultural Council.

The Shawna E. Shea Memorial Foundation, Inc is a 501(c)(3) charitable nonprofit who believes the arts and education are essential to creating a vibrant, healthy community and world.

The mission of the Shawna Foundation is to equitably promote and support students through scholarship and showcase artists in filmmaking, performance arts, poetry and other creative endeavors with a focus on under-represented communities.

For more information, visit the shawnafoundation.org.



Courtesy

UXBRIDGE SENIOR CENTER HONORS JENNIE OLEKSYK ON 103RD BIRTHDAY

Congratulations, Jennie Oleksyk, on your 103rd birthday! Oleksyk is a very sweet but incredibly strong and resilient woman from a remarkable generation. She emphatically expressed that her secret to living a healthy life is to stay active, socialize, foster meaningful relationships, always have a positive attitude and think of others before yourself. Historically, Jennie has been passionate about assisting the elderly. She served on the committee for the building of the first Uxbridge Senior Center with its grand opening in 1981. She volunteered her services to the elderly for over twenty years while she was on several committees and boards and was continuously active in raising funds to maintain the center even when she was well into her eighties. We sincerely thank you, Jennie, for your generosity, compassionateness, and service to our Uxbridge seniors. You are a blessing and an inspiration to us all! Much love to you, and happy 103rd birthday!

Uxbridge Historical Society celebrates Washington's birthday

UXBRIDGE — The Uxbridge Historical Society is proud to present a celebration of George Washington's birthday on Saturday, Feb. 22 at 1 p.m. The program will be held at the Community House Turn To **WASHINGTON** page **A8**

UniBank donates to Uxbridge Fire and Police departments



WHITINSVILLE — UniBank, the largest Mutual Community Bank headquartered in Central Massachusetts, recently made monetary donations to the Uxbridge Fire Department and Uxbridge Police Department.

Michael Welch, CEO of UniBank said, "As a mutual bank, we have been and continue to be focused on giving back

to the communities that we serve. As we see around the country (especially on the West coast), it is crucial for our first responders to be well-equipped for the well-being of lives and community soundness. With our donations of \$2,500 to the Uxbridge Fire Department and \$2,500 to the Uxbridge Police Department, we are confident that both will utilize the



funds to assist in the purchase of any necessary equipment that they require to keep our community safe."

UniBank is headquartered in Whitinsville with assets of \$2.6 billion as of Dec. 31, 2024. A full-service, mutually owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts.

UniBank is dedicated to contributing to the overall quality of life and economic health of the communities it serves, while maintaining an elevated level of financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC. UniBank NMLS #583135. The company Web site is www.unibank.com.

Law enforcement officials lobby for more leeway in detaining non-citizens

BY KEVIN FLANDERS
STAFF WRITER

REGION — As the new bi-annual legislative session begins for Massachusetts lawmakers, local officials are promoting a bill meant to improve public safety.

Worcester County Sheriff Lew Evangelidis and Plymouth County Sheriff Joseph McDonald, Jr. have expressed their support of the proposed legislation, which calls for a 36-hour buffer for their departments and other

law enforcement agencies to hold non-citizens with ICE detainers.

Bill HD.4221, An Act to promote and protect safety in the Commonwealth, seeks to enhance cooperation among state court officers, local and state law enforcement, and the U.S. Immigration and Customs Enforcement Agency (ICE).

Specifically, the bill addresses a loophole in state public safety laws that arose from the 2017 Lunn v.

Commonwealth ruling, officials said. This loophole prevents law enforcement officials from holding non-citizens with ICE detainers beyond certain timeframes, allowing these individuals to walk free after committing serious crimes, supporters of the bill said.

As part of its mission to identify removable non-citizens, ICE Enforcement and Removal Operations (ERO) lodges immigration detainers

against non-citizens who have been arrested for criminal activity and taken into custody by state or local law enforcement. An immigration detainer is a request from ICE to state or local law enforcement agencies to notify ICE as early as possible before a removable non-citizen is released from their custody.

In 2017, ICE detainers were challenged in the Massachusetts Supreme Judicial Court (SJC). As a result, the SJC deferred to the legislature to cre-

ate guidelines for local and state law enforcement agencies to follow when complying with immigration detainers.

After a failed attempt by the Baker Administration to pass legislation addressing the ruling, the topic has since fallen dormant.

“With the Massachusetts SJC ruling almost eight years ago that the legislature should create guidelines, it is beyond time for us to enact laws that allow local and state agen-

cies to detain those here illegally and charged with additional crimes,” said State Sen. Peter Durant (R-Spencer). “These new laws will improve public safety by allowing time for ICE to remove people who are increasingly victimizing others, including children, while illegally in the United States.”

In October 2024, Evangelidis issued a statement highlighting an increase in crimes committed by non-citizens.

“The number of individuals with

ICE detainers coming through our facility has more than doubled since 2021,” Evangelidis said. “These individuals have committed serious crimes, including murder, rape, drug trafficking, and more. This bill will ensure that my staff can utilize all available tools to protect the safety of Massachusetts residents.”

According to ICE officials, detainers focus enforcement resources on removable non-citizens who are already in custody for criminal activity.

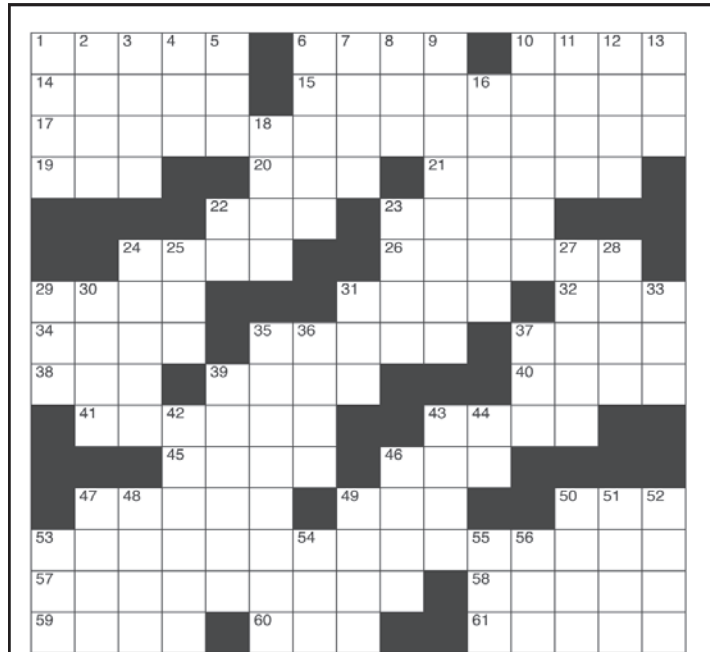
Since detainers result in the direct transfer of a non-citizen from state or local custody to ERO custody, they also minimize the potential that an individual will re-offend, officials said.

Supporters of the bill encourage Massachusetts residents to request that their legislators advocate for the passage of the bill. Residents can find their legislators’ contact information by visiting www.MALegislature.gov/Search/FindMyLegislator.

WANTED TO BUY
Antiques & Old Stuff

- Bottles • Crocks • Jugs • Costume Jewelry • Pottery • Toys
- Games • Glassware • Sterling Silver • Coins • Gold
- Silver Plated Items • Watches • Typewriters • Sewing Machines
- Tools • Radios • Clocks • Lanterns • Lamps • Kitchenware
- Cookware • Knives • Hunting • Fishing • Military • Masonic
- Fire Dept • Musical Instruments & Much More

CALL DONALD ROY 860-874-8396



- CLUES ACROSS**
1. “The Las Vegas of the East”
 6. Cook
 10. Manning and Wallach are two
 14. Chameleon
 15. A way to fill up
 17. What MLBers hope to play in
 19. Unhappy
 20. Indefinite period of time
 21. Excites
 22. Males
 23. Mongol leader Genghis
 24. Turfs
 26. Soda comes in them
 29. Not nice
 31. Professional organization
 32. Part of a play
 34. Sea eagle
 35. Emily Blunt’s character in “Sicario”
 37. Beige
 38. Mental sharpness
 39. Valley
 40. Alcyone’s husband
 41. A place to gamble
 43. Flightless Australian birds
 45. Call out somebody’s name over a P.A. system
 46. US spy group
 47. Pancakes from buckwheat flour
 49. Swiss river
 50. Disfigure
 53. Have surgery
 57. Formal withdrawal
 58. Early English council
 59. Square measures
 60. 2,000 lbs.
 61. Siskel and __, critics
- CLUES DOWN**
1. Mouths
 2. Buffalo
 3. You plug it in
 4. Each
 5. Largest English dictionary (abbr.)
 6. King of Thebes
 7. English name meaning “mythical hunter”
 8. Indicates near
 9. More herbaceous
 10. Gas-powered cars need one
 11. Dishonest individual
 12. Systems, doctrines, theories
 13. The woman
 16. The whole of one’s holdings
 18. Witnesses
 22. Doctor
 23. Paul __, Swiss painter
 24. Kids look for him on December 24
 25. Single
 27. Competitions
 28. Predict the future
 29. Cage for trained hawks
 30. Musician Clapton
 31. Frozen water
 33. Semiformal men’s evening attire
 35. Most worn
 36. Common soap ingredient
 37. Former EU monetary unit
 39. Provisions
 42. Book parts
 43. Republic of Ireland
 44. Partner to “Pa”
 46. Sammy __, songwriter
 47. Dutch colonist
 48. Clare Booth __, American writer
 49. Solar disk in Egyptian mythology
 50. Minute arachnid
 51. From a distance
 52. Monthly apartment cost
 53. Young women’s association
 54. Tourist destination
 55. “Woman” in Ojibwe language
 56. Pointed end of a pen

Assumption students named to University’s Dean’s List

WORCESTER — Assumption University has announced those who have been named to the University’s Dean’s List for the fall 2024 semester. Students named to the Dean’s List must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the

completion of the fall and spring semesters.

Juliana Buchanan of Douglas, Class of 2026

Kaleigh Chesley of Douglas, Class of 2025

A delaide Greenwald of Uxbridge, Class of 2028

Joseph Maxim of Whitinsville, Class of 2026

Isabella Nolan of Uxbridge, Class of 2027

Assumption University, founded in 1904 by the Augustinians of the Assumption, is a premier New England University for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption’s

graduates are known for their intellectual seriousness, thoughtful citizenship, and dedication to the common good. Located in Worcester, Massachusetts, Assumption has undergone a series of major advancements since transitioning to a university, including new academic buildings, degree programs, and athlet-

ic facilities for our NCAA Division II student athlete population. The University offers 37 majors and 50 minors in the liberal arts, sciences, business, nursing, and professional studies, and other areas, as well as graduate degrees and professional credentials. For more information about Assumption University, please visit www.assumption.edu.

Uxbridge residents named to Dean’s List at Boston College

CHESTNUT HILL — Julie Compston and Sophie Compston, daughters of Marie Compston of Uxbridge, received academic honors at Boston College by making the University’s Dean’s List for the fall semester of 2024. As sophomores at Boston College,

Julie Compston is double-majoring in Mathematics and Computer Science while Sophie Compston is majoring in Political Science.

Boston College was founded in 1863 by the Society of Jesus. Today, it is one of the foremost universities in the nation, with

a coeducational enrollment of some 14,500 undergraduate and graduate students drawn from all 50 states and 80 countries. Its faculty of eminent scholars is dedicated to teaching, both at the undergraduate level and in its graduate programs in education, law,

management, nursing, social work, and theology and ministry. Boston College is guided by its founding Jesuit mission to offer students a transforming edu-

cational experience; to help them develop both their intellect and their character; and to encourage them to lead lives of faith, integrity and service to others.

Dean’s, President’s List students named for UA Fall 2024 term

TUSCALOOSA, Ala. — A total of 14,631 students enrolled during Fall Semester 2024 at The University of Alabama were named to the dean’s list with an academic record of 3.5 (or above) or the president’s list with an academic record of 4.0 (all A’s).

Local students include: Kole Wyndham of Northbridge was named to the Deans List.

Mattew DiLibero of Uxbridge was named to the Presidents List.

The University of Alabama, part of The University of Alabama System,

is the state’s flagship university. UA shapes a better world through its teaching, research and service. With a global reputation for excellence, UA provides an inclusive, forward-thinking environment and nearly 200 degree programs on a beautiful, student-centered campus. A leader in cutting-edge research, UA advances discovery, creative inquiry and knowledge through more than 30 research centers. As the state’s largest higher education institution, UA drives economic growth in Alabama and beyond.

Town-to-Town Home Town Service, BIG TIME RESULTS

CLASSIFIEDS

774-200-7308

Place your ad today!

FOSTER PARENTS WANTED:

Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need. 24/7 Support Generous Reimbursement, \$1000 Sign-On Bonus. Call For Details.

Devereux Therapeutic Foster Care. (508)829-6769

Devereux
ADVANCED BEHAVIORAL HEALTH

LIVE BAIT FOR ICE FISHING

Open 24/7

Spencer

508-885-5416

www.StonebridgePress.com

WAR RELICS & WAR SOUVENIERS WANTED:

WWII & EARLIER CASH WAITING!

Helmets, Swords, Daggers, Bayonets, Medals, Badges, Flags, Uniforms, etc. Over 40 years’ experience.

Call David (508) 688-0847. I’LL COME TO YOU!

BLACKSTONE VALLEY TRIBUNE

TO PLACE AN AD:
MIKAELA VICTOR (774) 200-7308 mikaela@stonebridgepress.news

SUBSCRIPTION SERVICES:
KERRI PETERSON (508) 909-4103 kerrip@stonebridgepress.news

TO PRINT AN OBITUARY:
E-MAIL: obits@stonebridgepress.news
CALL: 508-909-4149
OR send to Blackstone Valley Tribune P.O. Box 90, Southbridge, MA 01550

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

BLACKSTONE VALLEY TRIBUNE PUBLISHED BY STONEBRIDGE PRESS
PRESIDENT AND PUBLISHER: FRANK G. CHILINSKI 860-928-1818 EXT. 103 frank@salmonpress.news
BUSINESS MANAGER: RYAN CORNEAU 860-928-1818 EXT. 102 ryan@salmonpress.news
OPERATIONS DIRECTOR: JIM DI NICOLA 508-764-6102 jdinicola@stonebridgepress.news
EDITOR: BRENDAN BERUBE 508-909-4106 news@stonebridgepress.news
PRODUCTION MANAGER: JULIE CLARKE 860-928-1818, EXT. 305 julie@villagenewspapers.com

The Blackstone Valley Tribune (USPS 024-873) (ISSN 0745-8673) is published weekly by Stonebridge Press, 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA and additional mailing office(s). POSTMASTER: Send address changes to the Blackstone Valley Tribune, P.O. Box 90, Southbridge, MA 01550.

PUZZLE SOLUTION

L	H	E	B	E	N	O	L	S	E	H	V												
N	V	L	I	M	N	O	I	S	E	C	E	S											
E	J	I	N	K	E	H	L	H	E	D	N	O	G										
H	V	M																					
			V	I	C																		
			S	P	W	E		O	N	I	S	V	C										
X	A	E	C					E	T	V	A	L	I	M									
P	H	C	E					H	E	C	V	W	E	N	H	E							
L	C	V						E	E	E	I			N	V	E	M						
			S	H	E	L	I	T			S	D	O	S									
											N	V	H	K			N	E	W				
			S	H	I	L	S				N	O	E						D	V	S		
E	W	V	G	S	E	I	H	E	S		D	T	H	O	M								
H	S	I	N	E	T	D	E	H			E	T	O	N	V								
S	I	L	E								F	E	H	C					O	V	C	V	M

QCC nursing students achieve high success rate on licensure exam

WORCESTER — Quinsigamond Community College recently confirmed that in 2024, graduates from the Associate of Science in Nurse Education program and the Practical Nursing Certificate program achieved close to a 100 percent pass rate on the National Council Licensure Examination (NCLEX), a nationally recognized exam required to become a registered nurse (RN) and licensed practical nurse (LPN). “Our faculty members are incredibly dedicated and continually align course learning outcomes with the resources we provide, ensuring that students benefit from all available supports,” said Pat Schmohl, dean of the School of Healthcare. QCC alum Pamela Lara, who passed the NCLEX last year and gained employment as an RN at UMass Memorial Health, already had a bachelor’s degree in an unrelated field but was looking for more fulfillment as well as flexibility after having children. Like Schmohl, Lara recognized faculty for the vital support they offered. “I encourage people to look at QCC. They have been extra helpful and everyone works together. I never felt like I was in a real group in any other college environment,” said Lara, adding, “There was constant communication and they held us accountable.” Chair of the Practical Nursing Program Margaret Yoder praised QCC’s faculty for their investment in the students. She also noted that professors’ lived experiences and backgrounds can create an inclusive setting that enhances learning. “Our faculty are multicultural and their diversity is reflective of our student population. We have students from different countries, cultures and various socio-economic statuses, as well as single parents and many English language learners,” said Yoder. Of the 80 Practical Nursing graduates who took the NCLEX in 2024, 97.5% passed. Of the 132 graduates from the ADN program, 97% passed the NCLEX. “These are highly motivated students who are actively seeking to improve their lives by entering this profession,” said Chair of Nurse Education Patricia Creelman. “Additionally, the clinical agency partners who collaborate with the program provide comprehensive clinical learning opportunities for students at all levels of our educational program.” Creelman noted that QCC’s up-to-date educational equipment and individualized student support helped contribute to students’ academic and licensure achievements. “All of the additional services offered through the college including the food pantry, social service referrals, tutoring and counseling are very important to the students’ success,” said Yoder. Graduates who become LPNs can now work in settings such as nursing homes, ambulatory care centers, mental health facilities, as well as in-home care and some hospitals. Graduates who become RNs can work in many of the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

2:45pm (starting Jan. 7)
Wednesday: Balance & Strength 10am, Darts 11:30 am, MahJong 1pm, Dominoes 1 to 2:30pm
Thursday: Walking club 9am, Chair Yoga 9:30am, Pitch 9:30am, Hand and Foot card game 12:30pm
 Friday: Balance & Strength 10am
FEBRUARY EVENTS: The center will be closed on Monday February 17th. Adult Social Center Facts: Did you know all of our classes, activities, movies & shows are free? Even the transportation to visit the center is free! Stop in anytime meet to some new friends, or connect with some old ones. Exercise & Socialization are the key to aging healthy & happy! If it’s your first time visiting the center for lunch, let us know and your lunch will also be free. Donations: The senior center is not accepting any puzzles, or games at this time. We will accept large print books only. Please do not leave any thing on the ramp inside or out. If you have something to donate, please call the center and we will let you know if it is needed.

of Johnny Cash from 12:30-2:00 the entertainment for this event is being sponsored by the Douglas Cultural Council. Please call the center to sign up by 2/6 @ 508-476-2283.
 • Lunch & a Movie Thursday February 20th @ 11:30. We will be watching 53Blast. Lunch is tacos with all the fixings for \$4.00 per person. Please call the center to sign up by 2/14 @ 508-476-2283.
 PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES
 Check our website for events that may not be listed here
<https://www.douglas-ma.gov/202/AdultSocialCenter-Senior-Center>

Wellness/ Blood pressure Clinic with Nurse Ann: Monday February 3rd & Tuesday February 18th from 10 am to 12 pm.
 • Valentine’s Day Celebration **Thursday February 13th @ 12:00.** A turkey luncheon with all the fixings will be served. The Counterfeit Cash Band will be performing the hits

the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

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 12pm, Mat Yoga 2pm
Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call to make an appt.), Line Dancing 2 to

classes, activities, movies & shows are free? Even the transportation to visit the center is free! Stop in anytime meet to some new friends, or connect with some old ones. Exercise & Socialization are the key to aging healthy & happy! If it’s your first time visiting the center for lunch, let us know and your lunch will also be free. Donations: The senior center is not accepting any puzzles, or games at this time. We will accept large print books only. Please do not leave any thing on the ramp inside or out. If you have something to donate, please call the center and we will let you know if it is needed.

of Johnny Cash from 12:30-2:00 the entertainment for this event is being sponsored by the Douglas Cultural Council. Please call the center to sign up by 2/6 @ 508-476-2283.
 • Lunch & a Movie Thursday February 20th @ 11:30. We will be watching 53Blast. Lunch is tacos with all the fixings for \$4.00 per person. Please call the center to sign up by 2/14 @ 508-476-2283.
 PLEASE CALL (508) 476-2283 TO SIGN UP FOR PROGRAMS & CLASSES
 Check our website for events that may not be listed here
<https://www.douglas-ma.gov/202/AdultSocialCenter-Senior-Center>

the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

the same facilities however, they are more frequently hired into hospital settings. “There is still a shortage of nurses in Massachusetts, Yoder continued. “Understaffing and burnout have caused undo stress on the nurses, causing them to exit the workforce or seek jobs in different areas of healthcare,” she said, adding that it’s critical to support these students who are vital to the state’s healthcare system.

Anna Maria College announces Dean’s List

PAXTON — Anna Maria College recently announced academic honors for students named to the Dean’s List for Fall 2024 Semester. Anna Maria College awards Dean’s List recognition to students enrolled in a full-time undergraduate day program in good standing who have attained in the previous semester a GPA of 3.5 with no grade lower than “B” for a minimum of four courses. The following Massachusetts students achieved Dean’s List:
 Rafael Albino, Auburn
 Ayva Borelli, Auburn
 Nathan Cook, Auburn
 Aleigha Martinsen, Auburn
 Paige Stewart, Auburn
 Emily Goodwin, Blackstone
 Donovan Turner, Blackstone
 Ivy Ballou, Charlton
 Megan Burdett, Charlton
 Jenna Johnson, Charlton
 Chloe Lanier, Charlton
 Sarah Happy, Douglas
 Lucas Miglionico, Dudley
 Ethan McInerney, Grafton
 Megan Wajer, Grafton
 Mae McGowan, Leicester
 Sage Charpentier, Leominster
 Tyler Godin, Leominster
 Julianna Lavoie, Leominster
 Emily Crowther, Linwood
 Lia Mucera, Milford
 Angelina Botelho Fritze, North Brookfield
 Evan Calderone, North Grafton
 Lauren Decoteau, Northbridge
 Macy Hutchinson, Oxford
 Erika Melendez, Southbridge
 Manuel Abraham Toribio, Spencer
 Joseph Barbato, Spencer
 Marissa Randall, Spencer

Patricia Rwandarugari Asimwe, Spencer
 Drew Gage, Sterling
 Jenelle Remy, Sterling
 Brooke Macey, Sturbridge
 Heather Monroe, Sturbridge
 Naomi Moura, Sturbridge
 Thomas Vanasse, Sturbridge
 Michael Mosher, Templeton
 Sophia Mone, Uxbridge
 Madison Tousignant, Uxbridge
 Kayla Berthiaume, Webster
 Kayla Brown, Webster
 Nyia Gonzalez, Webster
 Carly Impey, Webster
 Becky Ramirez, Webster
 Tyler Withers, West Brookfield
 James Donnelly, Whitinsville
 Sehila Ryerson, Worcester
 Tiffany Salazar, Worcester
 Karisya Suarez, Worcester
 Matthew Sullivan, Worcester
 Justin Taylor, Worcester
 Patrick Tineo Ruiz, Worcester
 Melannie Valdes, Worcester
 Seth Williams, Worcester
 About Anna Maria College
 Founded in 1946 and located in Paxton, Massachusetts, Anna Maria College is a private, co-educational institution inspired by the ideals of the Sisters of Saint Anne. We prepare our students to become ethical leaders by combining a values-based, service-focused education with strong functional knowledge and the skills necessary to address the rapidly changing needs of their world. Anna Maria delivers undergraduate and graduate degrees along with certificate programs on campus and online. For more information, visit www.annamaria.edu.

LOWEST PRICES • FULL SERVICE

Serving Worcester County for almost 60 years! Shrewsbury’s Own...

AL’S OIL SERVICE

www.alsoil.com

We accept most major credit cards

24-HOUR EXPERT BURNER SERVICE • 508-753-7221

PET of the WEEK

Angeline

Sweet Angeline has been waiting a long time to find her family - could you be the ones she’s been waiting for? Angeline has come a long way since being rescued. She was underweight, nervous, and not loving shelter life. Luckily a loving foster home has taken her in and she has gained weight, and continues to come out of her shell. She has shown her goofy side, and how smart she is. She gets along with other dogs and is always happy to meet a new friend. Angeline can be nervous in new situations and takes a little time to get to know you, but she warms up quickly if you offer her a tasty treat! Angeline has an adorable and unique nose. While cute, it looks the way it does since she has a cleft (aka bifid) nose. We think Angeline would do best in a home with teens and older, she could live with another dog or solo. No cats for this girl please. If you think this gorgeous girl could be the one for you, apply for her at BaypathHumane.org.

500 Legacy Farms North • Hopkinton, MA 01748

MILFORD FEDERAL
 Est. 1887 Our Community. Your Bank.

Milford Federal Bank is proud to sponsor Baypath Humane Society’s Pet of the Week!

Bring your furry friend along on your next trip to MFB for a treat from our drive-up tellers, or stop in any branch and bring home a treat from our complimentary doggy treat bar.

1271 Providence Rd, Whitinsville, MA 01538
 508.234.8256 • 800.357.2265
MilfordFederal.com

Milford | Whitinsville | Woonsocket

Friday’s Child

Hi! My name is Victory and I like hugs and affection!

Victory is a joyful, adorable, and sweet little boy. Those who know him best describe him as gentle and loving and say that he almost always has a big smile on this face. When he gets excited, Victory will clap and jump up and down. His joy is contagious! Victory loves trains and playing with toys that have wheels. He can engage in imaginative play for lengthy periods of time. He also enjoys using his tablet. Victory is fascinated by bright lights and reflections and creatively uses items to reflect and observe light.

Victory
 Age 12
 Registration # 8682

<https://adopt.mareinc.org/waiting-child-profiles#gallery/child/8682>

Can I Adopt?

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

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

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

Salem Cross INN
 RESTAURANT & TAVERN
 260 West Main Street, West Brookfield, MA 01585

Come on in for a delicious meal!

THE SALEM SUNDAY SPECIAL
 12:00-5:00PM
Fresh Local Roasted Turkey Dinner \$28
 Includes homemade rolls, stuffing, giblet gravy, butternut squash, whipped potato, tossed salad, and a sundae for dessert
 TURKEY RAISED AT LIBERTY FAMILY FARMS. WHILE SUPPLIES LAST!

HEXMARK TAVERN SPECIALS
 Thursdays- Open Faced Sirloin Steak Sandwich \$20 • Fridays- Whale’s Tale Fish & Chips \$20

For more info visit www.salemcrossinn.com (508)867-2345
 Hours: Thursday, Friday & Saturday 4-8; Sunday 12-5
 Hexmark Tavern Hours: Thursday & Friday 4-8



25 ELM ST.
SOUTHBRIDGE, MA 01550
TELEPHONE: (508) 909-4126
FAX: (508) 764-8015
WWW.STONEBRIDGEPRESS.COM

FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Slow down—technology is stealing your time

We live in a time where technology promises to make life easier; yet somehow, we have less time than ever. Every advancement, faster Internet, instant messaging, smart devices, claims to free up space in our schedules, but instead, we're drowning in notifications, endless emails, and a to-do list that never seems to go away. Life has become a constant cycle of "work, work, work," and the simplicity many of us grew up with feels like a distant memory.

Think about it: technology was supposed to cut down on the time we spend working. Instead of making things easier, it has made us always available, always connected, always doing something. The lines between work and personal time are blurred, and instead of freeing us up to enjoy life, our devices keep us tethered to obligations. We're answering emails at dinner, checking texts before bed, and scrolling through social media when we could be outside, catching up with friends, or just doing nothing for a change.

Somehow, we've been tricked into believing that productivity equals worth, that every spare moment should be filled with checking off tasks. Half the time we spend responding to "urgent" messages, organizing digital clutter, or trying to keep up with the latest trends is time wasted. The hours we lose staring at screens, overthinking schedules, and squeezing in one more thing could be spent actually living.

Remember when life was simpler? When fun wasn't something we had to "schedule," but something that just happened? As kids, we didn't check emails or try to multitask joy. We just had fun riding bikes, playing outside, having actual conversations without checking our phones every five minutes.

It's time to reclaim some of that simplicity. Give yourself permission to step away. Carve out time not just to cross things off your to-do list, but to breathe, to laugh, to enjoy. Be deliberate about setting boundaries with work and technology. Put the phone down. Close the laptop. Go outside. Call a friend instead of sending a text. Spend an afternoon doing something just because it makes you happy.

Life isn't just about being productive. It's about being present. The world won't fall apart if you take a break. And when you do, you might just realize how much time you've been wasting trying to keep up with a pace that was never meant to be sustainable in the first place.

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Will the state rubber-stamp and accept responsibility for 192 40B units?

To the Editor:

No negative information about the critical public safety issues with the required off-site roadways, or the legitimate concerns of the abutters, was sent to the state's Executive Office of Housing and Livable Communities (EOHLC).

EOHLC wasn't told that the developer originally insisted on building 46 dwelling units. When he refused to make any off-site access improvements for public safety, he then threatened the Planning Board with submitting a 40B plan for 192 dwelling units for the property. The Planning Board upheld Millbury's By-laws and Rules and Regulations and DENIED the Project based on Public Safety Concerns.

Instead, EOHLC was sent the approval of a "LIP" Agreement (Local Initiative Program) by the Millbury

Board of Selectmen, and an approval by the Millbury Board of Appeals for the same "Rice Pond Village 40B Project for 192 dwelling units that did not require the developer to make any off-site public safety improvements.

If the Project was unsafe for 46 dwelling units, how could it now be safe for 192 dwelling units without the required off-site public safety improvements?

EOHLC wasn't told that at Millbury's Special Town Meeting, the citizens voted against raising the estimate of \$4 million to fix the roadways' safety concerns. Therefore, the town will not make any public safety improvements either, and that will leave road users exposed to potential injury or death.

Will EOHLC accept the financial responsibility of making the public

safety improvements to the off-site roadways? Or will the members of EOHLC accept the personal responsibility of knowing that they are putting peoples' property and lives in jeopardy without making those improvements?

The state's EOHLC must be accurately informed and allowed to see why this is the wrong place for such an overdevelopment, and why just "rubber-stamping" an approval of this 40B Project that ignores the serious risks to public safety, can potentially put road use, people's quality of life, and lives at risk.

With complete and truthful information, we can win this appeal!

Please see our "Appeal Rice Pond Village 40B Project" Web site.

Terry Burke Dotson
Millbury

What it means to be an American

To the Editor:

Do you know what it means to be an American?

It means that I choose to be an American and think of Americans as "my people," even though I have Polish and Russian heritage. Even though my grandparents were legal immigrants in 1914. Even though I grew up speaking Polish and English. Even though I have cousins and family still living in Poland.

I do not have an illustrious family history, like my learned friend whose forefather came to America in 1636 and was among the founders of Dedham. He soon moved to New Hampshire. My learned friend's ancestor fought in the Battle of Saratoga in New York during the Revolutionary War.

My family were poor immigrants. My first loyalty is always to America.

Being an American means that we can appoint General Dwight D. Eisenhower to be Commander of the Allied Forces in World War II and not give a second thought to his German heritage. His German family settled in Pennsylvania in 1740. They assimilated and became patriotic Americans.

In 1915, President Teddy Roosevelt described what being an American meant when he spoke to the Knights of Columbus in New York: "There is no room in this country for hyphenated Americanism... a hyphenated American is not an American at all."

"Americanism is a matter of the spirit and of the soul. Our allegiance must be purely to the United States.... The one absolutely certain way of bringing this nation to ruin, of preventing all possibility of its continuing to be a nation at all, would be to permit it to become a tangle of squabbling nationalities, an intricate knot of German-Americans, Irish-Americans, English-Americans, French-Americans, Scandinavian-Americans, or Italian-Americans, each preserving its

separate nationality, each at heart feeling more sympathy with Europeans of that nationality than with the other citizens of the American Republic."

"The men who do not become Americans... who are hyphenated Americans; there ought to be no room for them in this country. The man who calls himself an American citizen and who yet shows by his actions that he is primarily the citizen of a foreign land, plays a thoroughly mischievous part in the life of our body politic... the sooner he returns to the land to which he feels his real heart-allegiance, the better it will be for every good American." True then, true now.

It was true for the Zemke family. Hubert Zemke was born to German immigrant parents in 1914. He became a decorated Air Force pilot during World War II. Shot down over Germany, at age 30, he became the leader of 9,000 prisoners of war.

Born in Missoula, Mont. [you can't get much more American than that], Zemke had no desire to fly. He wanted to study forestry at the University of Montana, but in 1936, he left college to join Army Flight Training. In 1937 he became a pilot with the 36th Pursuit Squadron.

By February 1942, after the U.S. entered World War II, Zemke joined the U.S. Army Air Force. By September he was commander of the 56th Fighter Group. He worked hard to improve the performance and maneuverability of the Thunderbolt P-47 aircraft. It had a tremendous dive capability, but it had weaknesses.

Zemke was as American as apple pie. In 1943, in England, he led the 56th to escort bombers over Germany. Even though the P-47 had a poor rate of climb, slow acceleration, and radio problems, Zemke strategized using its strengths: spectacular dive performance and superior roll.

By August 1943, the "dive, fire and recover" tactics of Zemke's "re-invented"

plane made his 56th the top air superiority group of the Eighth Fighter Command. Major Zemke was promoted to Colonel.

By October 1943, Zemke scored his fifth kill and became an "ace." His 56th squadron or "Zemke's Wolfpack" shot down 39 German aircraft. In 1944, Zemke transferred to the 479th Fighter Group, the least experienced in the Eighth Air Force. They flew P-51 Mustangs and had suffered severe losses.

Shortly after his transition to P-51's, Zemke made one of the first shoot-downs of a German jet fighter: Zemke achieved 2.5 kills while leading the 479th and was slated to become chief of staff of the 66th Fighter Wing. But in October of 1944, his plane lost a wing in severe turbulence. Zemke bailed into enemy territory.

He was captured by the German army. As Senior Allied Officer at Stalag Luft I, he commanded 9,000 Allied prisoners. As you can imagine, conditions were deplorable: little food, inadequate clothes and medical attention. The Germans were worried about the advancing Soviet Army so they ordered the prisoners to leave Stalag Luft. Zemke refused but negotiated with the Germans to allow the Germans to leave, at night avoiding the Soviets. Zemke protected his POWs.

Colonel Zemke. An American of German ancestry. Not a German-American. Are you an American? Me too. And proud of it.

Bev Gudanowski
Uxbridge

PS.: Do you need a pardon? Me neither. If Fauci is pure as the driven snow, why does he need a pardon? Because he is responsible for Gain of Function experiments in the WuHan lab (the origin of the deadly Covid virus). He cancelled researchers who suggested the virus came from a lab leak. He cancelled physicians who had success with alternative Covid treatments. He committed perjury before Congress. That's the short list.

Annual Cold/Flu (& More) Guide

This time of year seasonal cold and flu outbreaks are common. In fact, up to one in five Americans are expected to experience the flu this season. While most recover within a week, some symptoms linger on. With this in mind, this column's Annual Cold and Flu guide is offered – along with timely updates, additions, and natural and proactive methods you can employ to increase your odds of staying healthy this season.

Note: This information is offered as a guide only, NOT medical advice. Seek out a health professional to treat any respiratory illness.

Cold, Flu, Covid, RSV? The common cold, the flu, Covid-19, and RSV are all respiratory illnesses caused by different viruses. Symptoms of these maladies can be similar at the start of the illness, they are often treated differently, so it's important to identify them.

Most common this time of year are colds and flu: According to the Centers

for Disease Control and Prevention (CDC), a cold is a milder respiratory ailment that has symptoms that last a few days; the flu can last weeks and result in such serious health problems as pneumonia. While a stuffy nose and aches and pains are symptoms typically present in both colds and flu, a temperature reading can often differentiate the two. A common cold rarely causes a temperature to reach over 101 degrees. Also, body aches are much more common with the flu virus.

Cold Symptoms: Symptoms usually begin with sore throat, runny nose followed by congestion and cough. Mucus may become thicker and darker. A slight fever is possible. Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious.

Flu Symptoms: Flu symptoms usually come on quicker than cold symptoms are typically more severe. They can include a sore throat, (sometimes hacking) cough, congestion, accompanied by headache, fatigue, chills and fever 102 to 104 degrees. Most symptoms improve in about five days, but fatigue can linger on for a week or more. The flu virus can be contagious from the day before the onset of the virus up to a week after.

Covid-19 Symptoms (subject to change as new strains are discovered): According to the CDC, as of January 2025, the dominant variant nationwide is XEC, with 47% of cases, followed by LP3.1, with 15% of cases, and KP3.1.1, with 14% of cases. Experts claim while the original omicron variant is gone, sub-variants of omicron are circulating, including MC.1, KP3, and LE7.

The most common symptoms of the dominant XEC and KP3.1.1 variants are similar to those of previous variants. Symptoms include fever, chills, sore throat, body aches, new loss of taste or smell, cough, runny nose, headache, diarrhea, nausea, and vomiting. Depending on the variant, symptoms develop 2-14 days after exposure and can last from several days to weeks.

Emergency treatment should be sought for the following symptoms:

Inability to wake or stay awake; Lips, skin, and nail beds that appear pale, blue, or gray; New confusion; Persistent



TAKE THE HINT
KAREN TRAINOR

pain or pressure in the chest; Trouble breathing.

Free rapid COVID tests (four per household) are still available at COVIDtests.gov

RSV: Symptoms of RSV mimic the common cold but may become more severe over time. Symptoms can last over a couple of weeks. Typical RSV symptoms are a runny nose, cough, wheezing, sneezing, and reduced appetite. In more serious cases RSV infections can lead to bronchitis or pneumonia.

According to the CDC, People infected with RSV are usually contagious for 3 to 8 days and may become contagious a day or two before they start showing signs of illness. However, some infants, and people with weakened immune systems, can continue to spread the virus even after they stop showing symptoms, for as long as four weeks.

How viruses are spread: Respiratory viruses are spread when an infected person releases germs in the air via coughing, sneezing and close contact. Such viruses can live for hours on surfaces such as desks, door knobs, handrails, phones, etc.

Home Remedies: The following remedies are effective "first step" treatments for respiratory illnesses. Symptoms that last more than a few days or become severe should be checked by a physician.

*According to several Japanese studies, gargling with black tea twice a day from October to March, significantly improved participants abilities to fend off the flu bug.

*Feel a case of the sniffles coming on? The fiery spice cayenne is a hot commodity in home remedies,

*Have a head cold? A dash or two of cayenne powder in a cup of hot tea relieves congestion.

*Touted as a natural antibiotic, a few shakes of Tabasco sauce into tomato juice is said to boost the immunity and fight flu. But never give cayenne to kids!

*A hot bath can be a powerful cold chaser and in Chinese medicine very hot baths are used to "sweat" out a cold at its earliest stages. To kick up the detox power of a bath, add a few drops of eucalyptus, rosemary or thyme essential oils to the water.

Note: Check with your doctor before taking a hot bath if you are pregnant, diabetic, have heart disease or other com-

plications.

*Giving colds a two-step punch with a double dose of ginger and lemon can relieve cold and flu symptoms. Adding ginger and lemon to a hot cup of tea not only soothes the throat, but ginger's antimicrobial properties and lemon's vitamin C help fight the bug. To break up mucus, add a pinch of cayenne pepper to the hot tea.

*It's true that chicken broth can offer cold and flu sufferers relief, but did you know it's the bone broth from the homemade brew that provides much of the healing power? Broth made from boiling bones (for about 12 hours for maximum benefit) offers magnesium, sulfur, phosphorus and other trace minerals that are easily absorbable not always readily available.

*Whether you like it hot or cold, a compress applied to sinuses can relieve congestion quickly. A freeze pack (or bag of frozen vegetables) works as a cold pack on the sinus area to decrease symptoms. Or, heat up a wet facecloth in the microwave (not to hot) and apply across the bridge of the nose for similar relief.

*While there's no cure for the common cold some foods appear to reduce susceptibility to catching colds, or at least reduce the severity of the symptoms. Foods containing beta-carotene, vitamin C, and zinc have shown to have immune repairing and boosting properties. Research suggests that zinc (which is in many over the counter products to prevent colds) can work to reduce the duration and severity of a cold. But it is only effective if it's started early, at the very first signs of illness.

*Did you know you can reach into the refrigerator to clear congestion? Apple juice and purple grape juice both have properties to help clear congestion and a runny nose. As a bonus dark grape juice is rich in tannins, which have been known to kill viruses.

*Hot foods may be the weapon to battling mucus. Studies show foods such as chili peppers, horseradish and garlic help reduce congestion by driving out mucus. How so? The same agent that induces tears also helps thin out excess mucus.

*Coughs and congestion is uncomfortable, but relief can be as close as your water bottle. Keep hydrated by drinking at least 64 ounces of water a day. Water is the best expectorant, and will help thin the mucus and loosen the cough.

Correction

Due to a typographical error, Whitinsville resident Emelyn DeWeerd name was inadvertently misspelled in a letter to the Editor submitted for publication in last week's edition.

The Blackstone Valley Tribune deeply regrets any confusion that may have resulted from this unintentional error.

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.

Control yourself

Life doesn't always give us the outcomes we hope for. In those moments, it's easy to let your emotions take control. But as history shows us, cooler heads prevail. Let these stories remind you of the power of keeping your composure, even in the most trying times.

Alexander Hamilton was a brilliant statesman and one of America's Founding Fathers, but he had a knack for making enemies. His sharp tongue and political writings made him no stranger to conflict, and one of his fiercest foes was Aaron Burr.

When Hamilton's private remarks about Burr being "despicable" were published, Burr demanded satisfaction through a duel. Instead of defusing the situation, Hamilton, bound by honor and societal expectations, reluctantly agreed to face Burr on the dueling grounds.

The duel, which took place in 1804, ended with Hamilton fatally shot. Burr, though victorious in the duel, saw his political career spiral into ruin due to public outrage. Hamilton's decision to defend his honor cost him everything, while Burr's inability to let go of his anger ensured his own downfall. Sometimes, swallowing your pride is better than risking everything to defend it.

"When anger rises, think of the consequences," wrote Confucius. But pride isn't the only emotion that

can cloud judgment—despair can be just as destructive.

Cleopatra, Queen of Egypt, was known for her intelligence and cunning, but her love for Mark Antony led her to make a devastating mistake.

After Antony's forces were defeated at the Battle of Actium, he received false news that Cleopatra had died. Overcome with despair, Antony took his own life. Cleopatra, stricken with grief and unwilling to be paraded as a trophy in Rome, ended her life soon after.

Her death marked the end of Egypt's independence, as the kingdom was annexed by Rome under Octavian.

While Cleopatra's love and despair were deeply human, her fate also underscores the political stakes of her choices. Despair, unchecked, can lead even the most powerful to their knees.

"Do not let your emotions overpower your intelligence," wrote Marcus Aurelius.

Confidence is a valuable trait, but unchecked arrogance can lead to ruin.

General George Armstrong Custer, who famously led the 7th Cavalry, was known for his boldness but also for his tendency to overestimate his abilities.

In 1876, tasked with confronting a coalition of Sioux and Cheyenne warriors led by Sitting Bull, Custer dismissed advice to exercise caution.

POSITIVELY
SPEAKING
TOBY
MOORE

Underestimating the size and coordination of the Native forces, he divided his already small command and advanced with only 200 men. Outnumbered nearly 10 to 1, Custer and his men were overwhelmed at the Battle of the Little Bighorn, known as "Custer's Last Stand."

Had Custer listened to his subordinates and taken the time to assess the situation, the outcome might have been different. His arrogance turned a preventable defeat into a tragic cautionary tale of hubris.

He reportedly said, "There are not enough Indians in the world to defeat the Seventh Cavalry"—a chilling testament to his overconfidence.

Anne Boleyn, King Henry VIII's second wife, was known for her intelligence and charm, but her fiery nature often made her enemies.

After rising to power and captivating Henry, Anne's outspoken nature and unwillingness to defer to him created tension in their marriage. When she failed to produce a male heir, Henry's affections turned to Jane Seymour, and Anne's enemies at court seized the opportunity to act against her.

Charged with adultery, treason, and even witchcraft, Anne was arrested and executed in 1536.

Historians agree the charges were fabricated, but her sharp tongue and ambition made her an easy target in a court where enemies were always watching.

Her story shows that unchecked emotions, no matter how justified, can erode even the strongest positions. Tempered words and actions often yield far greater power than fiery outbursts.

"If you can't control your temper, how can you hope to control your fate?" —Anonymous

Each of these stories—from Hamilton's pride to Cleopatra's despair, Custer's arrogance, and Anne Boleyn's fiery temper—reminds us that emotions can be powerful, but unchecked, they're destructive.

Losing your cool doesn't just impact the moment—it can change the course of your life.

Cooler heads prevail because they see the bigger picture, weigh the consequences, and act with clarity instead of impulse.

Staying in control isn't about suppressing emotions—it's about mastering them.

Senior Zumba classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live 8-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 8-week specialized program designed for seniors.

The program will begin Tuesday, March 25th from 11 a.m.-noon 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 Tuesdays, for an 8-week time frame, at the cost of a \$25 donation. The instructor, Nancy Dalbec, 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 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, the schedule, 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.

Local students named to Dean's List at University of New Hampshire

DURHAM, New Hampshire — The University of New Hampshire congratulates the following students who were named to the Dean's List for the fall semester of 2024.

Douglas
Highest Honors: Elise Forget
High Honors: Emma Kasper, Skylar Manyak

Groton
Highest Honors: Rachel Dalai, Julia Furman, Ashley Palmisano
High Honors: Brendan Camelio
Honors: Samuel Eggimann

Milford
Highest Honors: Ronan Fleming, Emily Frye, Emily Rane, Seamus Stoker, Brian Viscido
High Honors: Audrey Buckenmaier, Jessica Chalarese, Alyxandria West
Honors: Isabella Ferreira, Juliana France

Millbury

Highest Honors: Elora Loughlin
High Honors: Patrick O'Leary, Abigail Weagle

Northbridge
Highest Honors: Emma Lachapelle
High Honors: Emma Ganley

North Grafton
Highest Honors: Ava McLean
High Honors: Meaghan Penrice
Honors: Abigail Hise

South Grafton
Highest Honors: Kacey Fleming
High Honors: Ainsley Marr

Uxbridge
Highest Honors: Tobias Genova, Sallie Hogan, Kristina Kirk
High Honors: Isabel Cahill
Honors: Morgan Ouellette

Whitinsville
Highest Honors: Hailey Banas, Mallory Rogers
High Honors: Paige Chausse

You can put more into your 401(k) this year

Once you retire, you'll likely need to draw on a variety of financial sources — and one of the most important ones may be your 401(k). And for 2025, you can put even more money into your plan than ever.

You can invest in your 401(k) in one of two ways, depending on your employer's plan. With a traditional 401(k), you contribute pre-tax dollars, which can lower your taxable income, and your money can grow tax deferred. If you have a Roth 401(k) option, you can contribute after-tax dollars, which aren't deductible, but your eventual withdrawals will be tax-free if you've had your account at least five years and you're at least 59½.

For either a traditional or Roth 401(k), as well as similar plans such as a 457(b) (for government employees) or a 403(b) (for educators and employees of some nonprofit groups), the contribution limit has increased by \$500 for 2025, to \$23,500. If you're 50 or older, you can contribute an additional \$7,500, for a total of \$31,000. And under the SECURE 2.0 legislation, if you are between 60 and 63, you have a higher catch-up contribution — \$11,250, instead of \$7,500, for a total of \$34,750.

If you can afford to contribute the full amount to your 401(k) or similar plan, consider doing so. Of course, not everyone is in that position. If you're a younger worker, you may well have other financial obligations, such as paying off student loans. And even if you've been in the workforce for a while, you may be putting away money for other things — such as your children's education — as well as your own retirement. But even if you can't "max out" on your 401(k), try to contribute at least enough to earn your employer's matching contribution, if one is offered.

Regardless of how much you contribute to your 401(k), consider these sug-



gestions on managing the money within your plan:

- Create a portfolio that fits your risk tolerance. Most 401(k) plans offer up to a dozen investment options, while some plans

offer many more. You obviously want to increase your 401(k) balance as much as possible, but that doesn't necessarily mean putting all your 401(k) dollars into the most aggressive funds available. Instead, consider spreading your 401(k) contributions among a range of investments, which can help you lower your risk level while still giving you opportunities for long-term growth. Everyone's risk tolerance is different, though, so you'll want to evaluate yours when constructing your 401(k) portfolio.

- Adjust your portfolio as needed. It's a good idea to review your 401(k)'s investment mix at least once a year to see if it's performing as you'd hoped. But be patient — one "down" year doesn't necessarily mean you must make changes. However, as you approach retirement, you may want to lower the risk level of your 401(k) by moving some of your dollars into more conservative vehicles. Still, even when you're retired and have started drawing money from your 401(k), you might want to keep some growth potential in it to help you stay ahead of inflation.

By contributing what you can afford to your 401(k), and by carefully managing the investments within your plan, you can help maximize the value of this powerful retirement savings vehicle — and give yourself a key asset to help you enjoy your retirement years.

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
508-248-9797 Propane

Don't Pay Too Much for Propane

PROPANE	PRICE PER GAL	PROPANE	PRICE PER GAL
0-50	\$5.70	300-500	\$2.55
50-75	\$3.40	500 PLUS	\$2.40
75-150	\$3.05	Duel Fuel	\$3.75
150-300	\$2.75	Drop off Tanks	\$3.00

Tanks Filled to 80% Driver Discretion

DON'T PAY TOO MUCH FOR OIL!
•Monday price 2/3/25 was \$3.47 per gallon*
100 gallon minimum
ONLINE ORDERING NOW AVAILABLE AT www.charltonoil.com

"Call Us First!"
*prices subject to change

Morin JEWELERS
Fine Jewelry & Gifts
The Jewelry store where you buy with confidence

WE BUY GOLD

Specializing in Custom Designs
All types of Jewelry Repairs

MASTER JEWELERS™
BRILLIANCE YOU DESERVE®

409 Main St. Southbridge, MA
morinjewelers.com • 508-764-7250
Located at CVS Plaza

Crooked Creek Farm
East Brookfield, Massachusetts

Stock up now!

Retail Cuts, Quarter, & Half sides of Beef Available!

To purchase your meat packages
CALL/TEXT: (774) 200-7308
www.CrookedCreekFarmMA.com

FREE LOCAL DELIVERY!

Find Us on Social Media

For Advertising Information
Call 774-200-7308
email: mikaela@stonebridgepress.news

Dahlia combinations for gardens and bouquets



GARDEN MOMENTS
MELINDA MYERS

Dahlias come in various colors, shapes, and sizes making them easy to include in any garden, container, and bouquet. Grow them in their own dedicated space, mix them with other flowers, or plant a few at the end of the vegetable garden.

Consider including different varieties of dahlias for added interest and beauty in the garden and your arrangements. Select colors that you imagine will look great together in a vase. This will make it easy to create a lot of creative combinations on the fly.

Grow dahlias with flowers of different shapes and sizes to create more interesting arrangements. Dahlias offer many options and it's one of the reasons they are such a popular cut flower. Longfield Gardens provides help and inspiration in Types of Dahlias: 8 Great Looks.

You'll find the widest range of colors and styles with new varieties in the decorative dahlia group continually being released. Add a bit of elegance to the garden and bouquets with Mondriaan's soft pink petals tinged with pastel yellow, apricot, and lavender. Decorative dahlias make great cut flowers, and their sturdy stems make them easy to grow with other flowers in gardens and containers.

Add interesting texture to your gardens and bouquets with anemone-flowered and collarette dahlias. The anemone-flowered dahlias have a cluster of tubular florets in the center surrounded by more traditional petals. The two different lengths



Courtesy — Longfield-Gardens.com

Dinnerplate dahlias, like this Berry Spritz collection, can grow up to 10 inches across on four- to five-foot-tall plants.

of petals in the collarette varieties add to their charm.

Enjoy an abundant harvest of cut flowers when growing ball and pompon dahlias. These perfectly round flowers are packed with tightly rolled petals and are long-lived in arrangements. Their size makes them excellent additions to mixed bouquets helping to connect the various flowers for an impressive display.

The unique blossoms of waterlily dahlias have made it one of the most popular for cutting. The relatively flat flowers have tightly closed centers surrounded by several rows of flat or slightly curved petals.

Grow a few single dahlias for you and the pollinators to enjoy. The daisy-like flowers have a prominent center surrounded by a single row of petals. Their airy appearance complements a variety of late-season perennials in the garden and bouquets. Mix in a few peony-flowered varieties for a showier display. These also have a prominent center but are surrounded by two or more layers of petals.

Add a bit of excitement to any arrangement with cactus and semi-cactus varieties. Their tightly curled petals make them a standout in the garden and bouquets.

You'll only need one

or a few dinnerplate dahlia blooms to make a statement in a vase or arrangement. The large flowers can grow up to 10 inches across on four- to five-foot-tall plants. Tag team a pair of dinnerplate dahlias for the back

of the border: Labyrinth and Tyrell have apricot flowers with pink and yellow accents that blend nicely with a wide range of colors in the garden.

If you feel overwhelmed by all the choices or can't decide on the

best combination, let the experts lend a hand. Consider purchasing one or more ready-to-plant dahlia combinations selected to look great in the garden and arrangements. The bumblebee collection includes pollinator-favorite Kelsey Sunshine collarette and the coral pink decorative Great Silence. Or for a big splash of purple try the Berry Spritz dinnerplate collection (longfield-gardens.com) with lavender-pink, lilac, and eggplant purple blooms.

Take pictures of your favorite combinations and notes of what you want to try next year, and most importantly, enjoy the fantastic blooms. Fortunately, any flower combination is sure to brighten your day.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* DVD instant video 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 Longfield Gardens for her expertise to write this article. Her Web site is www.MelindaMyers.com.

Auction news 375



ANTIQUES, COLLECTIBLES & ESTATES
WAYNE TUISKULA

I'll get back to my top 10 antiques and collectibles list in my next column as there's been some interesting news that I'd like to share this week. Two thrift store finds, and an estate sale purchase have been making headlines.

A Goodwill store in Cincinnati, Ohio, sold some donated collectibles online last year that turned out to bring more than they expected. The shop manager of the Ohio Valley Goodwill listed two Star Wars Jawa figures with another figure on the charity's website. The shop's Public Information Officer said that they went up around \$5,000 in the first week and "we knew it was more than just a couple Star Wars characters." Someone knowledgeable about the figures informed the staff that they were unpunched, meaning the tab was still intact where they would have hung on racks in the store, increasing the value. The figures sold for over \$19,000. The store manager said that it will change a lot of lives "whether it be a person with a disability or a homeless veteran we're able to get in off the streets." The figures were shipped to a winning bidder in Florida.

Late last year, another valuable Goodwill find was uncovered. Baseball cards were mass produced during the 1980s and 1990s, and most produced during that time have little value now. A collector, Beau Thompson, bought pallets of cards from his local Goodwill store in his quest to collect one million unique Chicago Cubs baseball cards, according to Sports Illustrated. Thompson paid \$700 for



a 700-pound pallet of cards; it was the 21st pallet that he had purchased. Thompson said that he typically had to throw away 10,000 junk cards per pallet. His luck changed though when he found a 2009 Bowman Chrome Mike Trout prospect autograph card. The 1 of 150 issued card is expected to sell for \$10,000 when he auctions it at the start of baseball season. Thompson has completed his collection of one million Cubs cards and Topps presented him with his own card for his accomplishment.

There is debate as to whether a Minnesota garage sale purchase is an original work by Vincent Van Gogh or just worth the \$50 the buyer paid for it. After purchasing the painting, the buyer submitted information to the Van Gogh Museum asking them to verify the authenticity, according to ArtNet. The portrait of a man smoking a pipe with the sea in the background titled "Elimar" is said to be Van Gogh's version of a painting originally done by Michael Ancher. However, the Van Gogh Museum couldn't confirm that it was Van Gogh's work "based on stylistic features." The estate sale buyer sold the painting to a New York based science company called the LMI Group for an undisclosed figure. LMI claims that their new analysis proves

that it was painted by Van Gogh in 1889 while he was at the Saint-Paul asylum in the south of France. LMI's approach is described as one "which considers formal analysis, provenance, and historical context—with newer scientific methods." If real, it's estimated value is around \$15 million. The Van Gogh Museum remains unconvinced and stands by their original decision. It will now be up to potential buyers to make their own determination. Purchasing the painting will be like buying a very expensive scratch ticket.

Our single estate Civil War auction is expected to be over 1,000 lots as we continue to catalog. We are also working on a sports cards, comic book and collectibles auction, a Beacon Hill online estate auction and are beginning to catalog a collection of Laurel and Hardy memorabilia this month. We are always accepting consignments of estate jewelry, sterling silver, art, coins, and other items in our top 10 list. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

Contact us to auction items or for auction information at: Wayne Tuiskula Auctioneer/ Appraiser National Auctions for Antique, Collectibles Auctions and Appraisal Services info@centralmassauctions.com or (508-612-6111).

NAI Glickman Kovago & Jacobs

25 ELM STREET | SOUTHBRIDGE, MA

9,536-SF HISTORIC OFFICE BUILDING FOR SALE



- Historical building, also known as Tiffany-Leonard House, built in 1832
- Large Executive Offices with Elegant Finishes and High Ceilings
- Large Open Concept Cubicle Areas



- Listing price: \$550,000
- Building size: 9,536 SF
- Lot size: 13,939 SF
- Loading docks: (1) tailgate height
- Basement: partial | Unfinished



JAMES GLICKMAN
Principal

508-769-5007

jglickman@glickmankovago.com



JONAH D. GLICKMAN
Vice President

508-868-3765

jdglickman@glickmankovago.com

Creating teachable moments at Bay Path

CHARLTON — Nurse educators identify teachable moments in practice as an effective way to increase learning. Teachable moments are linked directly to optimal patient care. A positive learning culture both in didactic and clinical settings are key considerations at Bay Path Nursing Academy. Everyone plays a role, faculty, staff, students, nurse educators, and especially alumni.



Effective teaching is important in healthcare. The faculty and staff at Bay Path recognize the richness of clinical practice as a learning environment as well as the importance of development and creation of capacities for teaching. The possibilities for identifying and creating teachable moments extend to former students and now

alumni, Licensed Practical Nurses (LPNs). Nursing roles at Bay Path Practical Nursing Academy, such as executive assistant to the Academy Director and Financial Aid Administrator (FAA) are held by alumni Donna Pope, LPN and Heidi Bedard, BSHS, AACJ, LPN, respectively. Pictured above, from left,

are Executive Assistant to the Academy Director Donna Pope, LPN, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy and Ruth "DeeDee" Betz, AS, LPN, of the PN Class of 2015 was the former Practical Nursing Secretary. Pope, of Southbridge, is the first to hold the position

of Executive Assistant to the Academy Director. Pope brings a wealth of experience and a proven record of success. Pope is from the PN Class of 2017. She was a speaker for the PN Class of 2021 with a message of hope in the journey of becoming an LPN. She encouraged graduates to be alert to opportunities — something at

which she has excelled. Pope was with the STDH Program at Center of Hope Foundation in Southbridge. She briefly worked as a Flu Clinic Nurse at Maxim Healthcare in Worcester. While a student at Bay Path, Pope was inducted to the National Technical Honor Society. She represented Bay

Path Practical Nursing Academy at Skills USA District competition earning a Gold Medal and at State competition earning a Bronze Medal both for Health Knowledge Bowl. Pope is Mental Health First Aid Certified. Bolandrina believes that

engaging LPN graduates at the Academy drives substantial growth and significantly enhances the practical nursing operations. Globally, healthcare is faced with the challenge of educating the workforce of tomorrow while caring for the patients of today. Every nurse is

an educator and learning opportunities abound. Embedding education and learning, teaching and alumni engagement is a winning combination at the Academy. Teachable moments or brief opportunities for learning align care delivery and education.

Bay Path Nursing students celebrate 100 days of school



Photo shows members of Team Fairlawn from left front row Giselle Rosario of Southbridge, Flory Muleka of Worcester, Katelyn Smith of Charlton, and Donita Bytyqi of Rutland. Standing from left, Nadeige Octavius of Millbury, Ferdinand Lukadi of Framingham, Anakeesha Gray of Worcester, Ashley Rincon of Southbridge, and Professor McGrath.

Springfield College recognizes Dean's List students

SPRINGFIELD, Mass. — Springfield College Recognizes Dean's List Students for the 2024 Fall Semester. Springfield College has named Karlee Battista from Northbridge to the dean's list for academic excellence for the 2024 fall semester. Battista has a primary major of Sport Management. Springfield College has named Elizabeth Connolly from Northbridge

to the dean's list for academic excellence for the 2024 fall semester. Connolly has a primary major of Health Science / Pre-PT. Springfield College has named Caitlyn DeLuca from Uxbridge to the dean's list for academic excellence for the 2024 fall semester. DeLuca has a primary major of Education. Springfield College has named Brooke Hooper from Douglas to

the dean's list for academic excellence for the 2024 fall semester. Hooper has a primary major of Communication Sci & Disorders. Springfield College has named Evan Wheeler from Douglas to the dean's list for academic excellence for the 2024 fall semester. Wheeler has a primary major of Health Science / Pre-PT. The criteria for selection to the Dean's List are as

follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term. Student must not have been barred from Dean's List due to disciplinary action.

Endicott College announces local Dean's List students

BEVERLY — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2024 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester. The following students have met these requirements: Blackstone

Madison Gaudette, Nursing
Douglas Nathan Lapham, Business Management
Marlee Schultheiss, Studio Art
Northbridge Molly Consigli, Nursing
Sarah Cowen, Interdisciplinary Studies
Uxbridge Sophia Dill, Interior Architecture
William Johnson, Applied Mathematics
Maegan Morrissey, Expressive Arts

Whitinsville Emma Cummings, Business Management
Emily Letendre, Interdisciplinary Studies
Endicott College offers doctorate, master's, and associate degree programs at its campus on the scenic coast of Beverly, Mass., with additional sites online and at U.S. and interna-

tional locations. Endicott remains true to its founding principle of integrating professional and liberal arts education with internship opportunities across disciplines. Through the Endicott Experiential Edge, students gain unparalleled hands-on learning experiences that prepare them for career success and lifelong personal growth. For more, visit endicott.edu.

CHARLTON — "Thank you for celebrating 100 days in nursing school!" shared Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director to the PN Class of 2025.

"Nursing school is busy, life is busy, but our nursing students enjoy the build up to this day, and it is amazing to see their progress over the preceding months."

Originally, the academic premise behind the 100th day is to integrate learning to count with fun activities that encourage young children to explore their environ-

ment while applying what they've learned in the classroom. This is the first time that the Practical Nursing Academy celebrated the 100th day with the adult learners.

NOR'EASTER ROOFING

Over 30 Years Experience

Our roofs will weather the storm!

Thank You for making us your #1 choice.

Deal directly with the owner, Rob Chaile, No outside salesman!

ROOFING • VINYL SIDING • WINDOWS
CHIMNEY REPAIRS • SEAMLESS GUTTERS
SPRAY FOAM INSULATION

Residential & Commercial

From a hole in your roof... to a whole new roof!

508-NOR-EAST / 508-667-3278

www.NoreasterRoofing.com

Visit our showroom

1 Providence Ln., Whitinsville, MA

Call us for a FREE Estimate

CS#69907 HIC#160483

Lauren Riess graduates from Elms College

CHICOPEE — Lauren Riess of Northbridge received a Master of Science in Nursing from Elms College following the conclusion of the Fall 2024 semester. Riess was among 79 students who received their degrees in December. Elms College is a co-educational Catholic college offering a liberal arts curriculum that prepares students holisti-

cally for a purposeful life in a diverse and interconnected world. Founded in 1928 by the Sisters of St. Joseph, Elms College has a tradition of educating reflective, principled and creative learners, who are rooted in faith, educated in mind, compassionate in heart, responsive to civic and social obligations, and capable of adjusting to change without compromising principle.

PRESIDENT'S DAY SALE!

INSTANT FINANCING - HUGE REBATE PACKAGES AVAILABLE!

TV'S On Sale!

- 32" Smart.....\$129.99 (Regularly \$139.99)
- 43" Smart.....\$199.99 (Regularly \$249.99)
- 50" HDTV.....\$189.99 (Regularly \$269.99)
- 55" Samsung HDTV...\$299.99 (Regularly \$349.99)
- 65" HDTV.....\$429.99 (Regularly \$599.99)
- 70" Samsung 4k TV...\$499.99 (Regularly \$599.99)
- 75" Samsung HDTV...\$599.99 (Regularly \$699.99)
- 85" Samsung 4k TV...\$849.99 (Regularly \$1179.99)

ALL OLED TV'S ON SALE!

MATTRESS SALE!

- TWIN: \$199** (REGULARLY \$299)
- FULL: \$269** (REGULARLY \$499)
- QUEEN: \$299** (REGULARLY \$599)

WE INSTALL TV'S, MICROWAVES AND DISHWASHERS!

WHIRLPOOL WASHER & DRYER Front Load, Reg. \$1599.99 \$1299.99	G.E. DELUXE AIR FRY GAS RANGE Reg. \$899.99 \$699.99	FRIGIDAIRE DISHWASHER Reg. \$399.99 \$299.99	SAMSUNG TOP LOAD WASHER & DRYER Pair - Reg. \$1199.99 \$1099.99 AFTER REBATE!
WHIRLPOOL 21 CU. FT. TOP MOUNT REFRIGERATOR Reg. \$899.99 \$699.99	FRIGIDAIRE 18 CU. FT. REFRIGERATOR Reg. \$699.99 \$599.99	FAMOUS MAKER OVER THE STOVE MICROWAVE Reg. \$249.99 \$199.99	LG 24 CU. FT. BOTTOM MOUNT REFRIGERATOR Reg. \$1599.99 \$1399.99

INSTANT FINANCING UP TO \$10,000!

WHITCO

140 MAIN STREET, SPENCER, MA
508.885.9343
SEE WHITCOSALES.COM

Store Hours: Mon. through Fri: 10am-9pm • Sat: 9am-8pm • Sun: 12 Noon-7pm **FOR 100's OF DEALS!**

Seniors named to Bay Path honor roll

CHARLTON — Bay Path Regional Vocational Technical School congratulates the following grade 12 students on being named to the honor roll for the first quarter of the 2024-2025 school year:

High Honors

Kaelen James Anderson, Minos Anifantis, Yheraldine Mercedes Baez, Claire Elizabeth Beaudreau, Amberlyn Avon Brindle, Jameson Patrick Burke, Joshua Michael Chumsae, Catherine Anne Comeau, Mikayla Lynn Crocker, Philippe Mote Santiago Dasilva, Madison Rose Dolan, Jaden James Fall, Keegan Gary Pike Hall, Valerie Anna Hilner, McKayla Rae Hoel, Ave Lillie Iozzo, Kayah Jadcak, Samantha Marlene Landgren, Nathan William Lashua, Logan Charles Letourneau, Eva Noel Lombardi, James Danlan MacConnell, Lillian Virginia Maglich, Joseph Charles Mancini, Ayla Milagros McGrail, Emma Grace McLaughlin, Calle Jean Merchant, Jacob John Joseph Morello, Julian Ryan Mucci, Ashlyn Joy Olejniczak, Maya Selena Ortiz, Alaina Maria Pafume, Dominic Antonio Paldino, Bruna Fagundes Freitas Paula, Willis James Perreault, Dylan Michael Polinski, Eva Amara Powers, Melany Rose Rebeiro, Kaylie Anna Richard, Lilianna Cassandra Rockwood, Savannah Rose Steiner, Cassandra Alyson Tinsley, Manaali Durgesh Vaidya, Vincent William Van Dam, Amelia Claire White

Honors

Kortnie Frances Adams, Nicholas Raymond Adler, Rima Ahmed Qays Al-Dulamimi, Verique Gabriel Da Silva Alves, Connor Michael Belanger, Jessica Claire Benoit, Cherise Elaine Berthiaume, Joshua William Ricardo Blackwell, Briea Annmarie Bogar, Kendall Lynn Bond, Lake Sayge Boucher, Camden Christian Bousquet, Kaiden Conner Brochu, Kendra Nicole Brooks, Jason Robert Brum, Brea Adriane Brunelle-Jacoby, Gianna Mary Burbank, Adrianna Marie Burdick, Julia Loralee Burgos, Alivia Tiara Marie Cannon, Aidan Patrick Carpenter, Robert Edward Casati, Matthew Robert Chatterton, Nathan Richmond Clemence, Makayla Therese Collazo, Olivia Rose Collins, Noah Jonathon Cournoyer, Isabelle Ann Crump, Mariah Lynne Cutroni, Adison Lenna Daoust, Ryan Charles Dawson, Jenna Marie Defosse, Angelina Sophia Degon, Jasai Manuel Diaz, Rori Jean Rockwell Donohoe, Carly James Donohue, Jared Peter Dubovick,

Braelyn Elizabeth Dunn, Emma Faith Marie Dwyer, Logan Shawn Edwards, Ari Joseph Erkoc, Kayla Marie Evans, Sophia Anna Falconer, Claire Patricia Farrar, Midrose Davilena Freeman, Conor Fergal Gadbois, Erin Elizabeth Gallant, Corey Michael Gaulin, Hailee Lynne Gelinas, Reyna Dianelys Gonzalez, John Waring Gordon, Noah Zachary Goulet, Alicia Marie Graveson, Devan Ryan Grensavitch, Matthew David Guerin, Lexie Rose Harris, Savannah Lee Harrison, Charlotte Elizabeth Hast, Joshua Drew Hemingway, Bryce James Hutchinson, Molly Ruth Isaacs, Elena Gabriela Jerez, Jacob Matthew Johnson, Jacob Jaideen Jurado, Dylan Edward Kasprzycki, Shane Kempeskie, Emma Rose Knott, Austin Devin Kravitz, Samuel Keith Lamont, Katherine Ruth Landgren, Hayden Sivert Larson, Emma Olivia Leclair, Benjamin Ryan Lombardi, Miranda Rose Magalhaes, Brady Francis Marcoux, Corbin James Marcustre, Kyle Francis Mazur, Troy Clayton McCaffrey, Kailyn Elizabeth McHugh, Isabel Constance McLam, Jed Dean McManus, Paul Joseph McManus, Jersey Alecea Mejias, Ava Patricia Millette, Cheyene Elizabeth Monsen, Zachary Lee Moody, Blayke James Morse, Sullivan Joseph Brave Bear Morse, Elyce Chamberlynn Mort, Camron John Mortell, Robert Lawrence Mousseau, Ava Reese Murray, Yahir Jose Negron Claudio, Andy Manuel Nieves, Kaylie Elizabeth Norris, Matthew Christopher Nowak, Dale William Nussey, Morgan Elizabeth O'Malley, Julia Carolyn Osche, Dakota Mathew Ouellette, Jocelyn Amylia Patterson, Catherine Emily Pavone, Raegan Lydia Perreault, Naomi Rose Peterson, Brad Francis Guy Piekarczyk, Ryan Donald Plante, Gabriel Souza Prado, Nicholas Scott Reardon, Casey Abigail Renaud, Lexiana Marie Resto-Nichols, Luzmarianna Jacsels Rodriguez Cirino, Lizmarie Taiz Rodriguez-Soto, Joseph Anthony Roman, Jennalee Alexis Rousseau, Shairy Karielis Ruibal-Rios, John Cameron Rutter, Brayden Roland Ryan, Jeisery Santiago Martinez, Nash Brennan Sicari-Swinimer, Ed Simon, Raymond David St. Francis, Zaydyn John Streeter-Wornham, Zoeybeth Jane Streeter-Wornham, John Gustavo Sullivan, Kathryn Alayna Szretter, Aiden Le Tat, Madison Riley Teal, John Phillip Tighe, Hailie Calais Sampson Tod, Brady Logan Tremblay, Matthew Lee Twombly, Colin Job Vaillancourt, Kevin Yail Vazquez-Rivera, Angelica

Vega, Nayelix Marie Vega, Adrian Joseph Vitkos, Alison Elyse Welton, Dayzayah Jahnay Wintzel Neely, Cayden James Young

Principal's List

Anna Marie Aboe, Peter James Barbale, Noah Troy Brown, Teagan Daniel Carey, Johnathon Cameron Carter, Jason John Checka, Ryan Michael Christiano, Hunter Kevin Davis, Gabriella Ivy Dube, Ian Donald Farber,

Anthony Alexander Gonzalez, Evan Paul Gunnard, Ella Jade Houle, Skylar Jeannette Johnson-Mello, Justin Daniel Kelly, Felix Jose Lopez, Evan Jason Lotti, Aiden Michael McCarthy, Isabella Sofia Pabon, Isabella Britni Pettinelli, Wojciech Alexander Plewa, Nevin Vega Rivera, Alyssa Marie Santos, Dominic Bradley Schoff, Benjamin Lucas Scobie, Aysel Silva Nieves, Mackenzie Marie Widen, Brady Charles Wisniewski

Plummer Place Home of the Northbridge Senior Center

(508) 234-2002

VA Services Rep, Carl Bradshaw, will be at Plummer Place the second Thursday of every month to help you with questions or concerns regarding VA services. His office hour will be from 10-11:00am in the main dining room.

Plummer Place Singers meets on Wednesdays at 1:00pm. Raianne Richards will lead you as a group, to develop your skills, to enjoy the camaraderie, and to perhaps sing for others. If you would like to join this group, please call the Center to sign up. The cost is \$5 per class.

"Writing Your Way" will meet every 2nd and 4th Thursday of the month from 2:00-3:30pm. All writers are welcome to share their writing with others, get motivated to write their story, and get feedback from fellow writers! Lori Gannon is the instructor for this class, call the Center for more information. \$5/

Logan Potter of Douglas named President's List at Hudson Valley Community College

TROY, N.Y. — Logan Potter of Douglas was named to the Fall 2024 President's List at Hudson Valley Community College.

Potter is studying in the Exercise Science academic program at the Troy, N.Y. college.

Each fall and spring term, the college's President's List names those full-time students and part-time students registered for at least six college credits who have a term average of between 3.5 and 4.0 and who received no grade of "D," "F," "I," "Z," or "W" on their record for that term. Students must have completed at least 12 college credits successfully.

Founded in 1953, Hudson Valley Community College is the larg-

est community college in upstate New York and offers more than 85 degree and certificate programs in three schools: Business and Liberal Arts; Health Sciences; and Science, Technology, Engineering and Math (STEM); and also administers the Educational Opportunity Center for academic and career training at no cost to those who qualify. One of 30 community colleges in the SUNY system, Hudson Valley enrolls more than 20,000 students in credit and non-credit courses and is a recognized leader in distance learning and workforce development. The college has more than 90,000 alumni. To learn more, please visit www.hvcc.edu.

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

Grief Support Group will meet at 2:00pm on the second Monday of each month. Our next meeting is Monday, February 10th. Sign up in the main office or call Michelle at Plummer Place for more information.

We are accepting donations for our Plummer Place Café. Heavy duty plasticware utensils, heavy duty plates large and small, bowls, napkins, plastic cups, crystal lite packs, bottled water either large or small, creamers, decaf coffee and regular coffee, Shaw's gift cards. We appreciate all donations to help our café run successfully!

PeoplesBank, Cornerstone Bank complete merger of holding companies

WORCESTER — Cornerstone Bank, a community bank with locations throughout Central Massachusetts, has merged holding companies with PeoplesBank of Holyoke.

PeoplesBank and Cornerstone Bank have announced that they have completed the merger of their holding companies and will now operate under PeoplesBancorp, MHC, as of Jan. 31. The holding company will have over \$6 billion in assets. However, PeoplesBank and Cornerstone Bank will continue to operate independently under their own names and brands, and there will be no changes from a customer perspective. Both banks are adding new branches. Cornerstone Bank added a new branch in 2024 and expects to add another in the second quarter of 2025. PeoplesBank is opening two new banking centers in February.

"The banking industry is shrinking while becoming more competitive," stated Tom Senecal, Chairman and CEO of PeoplesBank, "and asset size matters for scalability. This new relationship means that with our mutual charter, we will realize a new ability to efficiently compete, as well as attract and retain

the highest-quality associates, while also continuing to invest in our communities."

"This merger was always about the people—not only our employees but also the community," explained Todd Tallman, CEO of Cornerstone Bank. "It provides an immense opportunity to invest in people, communities, technology, and, of course, growth."

With the completion of the merger, Thomas Senecal remains CEO and Chairman, Todd Tallman has become President, and Brian Canina has become the Chief Operating Officer of PeoplesBancorp, MHC, and will remain President of PeoplesBank.

Both institutions benefit from the combined financial strength of two strong community banks coming together to create one of the largest mutual multi-bank holding companies in the Northeast. PeoplesBank, serving western Massachusetts and northern Connecticut, and Cornerstone Bank, serving central Massachusetts, will each continue their normal operations with no disruption to customers. Both banks' account information, branch banking, and digital access remain the same.

dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

TRAINOR

continued from page A4

Did you know 3% hydrogen peroxide is a natural disinfectant that can help keep cold and flu germs at bay? Hydrogen peroxide is a thrifty alternative to pricey germ killer sprays. Use it full strength to kill germs on phones, keyboards, door handles or more.

Win a Three Course Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month (or whenever I receive enough tips for a column) will win a fabulous three course

Payton Fish graduates from College of Charleston

CHARLESTON, S.C. — Payton Fish, of East Douglas, recently graduated with a degree in Business Administration from the College of Charleston.

Fish was among more than 375 bachelor's degree and master's degree candidates who participated in the College of Charleston Winter Commencement 2024 ceremony.

Located in the heart of historic Charleston, South Carolina, the

College of Charleston is a nationally recognized, public liberal arts and sciences university. Founded in 1770, the College is among the nation's top universities for quality education, student life and affordability. Its beautiful and historic campus, combined with contemporary facilities, cutting-edge programs and accessible faculty, attracts students from across the U.S. and around the world.

WASHINGTON

continued from page A1

of the First Congregational Church on Court Street in Uxbridge. Additional parking is available at Unibank and at Savers Bank. A donation of \$10 per person would be greatly appreciated to support the program. All are welcome to attend.

Our special guest will be President George Washington, presented by John Koopman III. Since 2006, John has portrayed George Washington at many National Parks, State Parks, and other historic sites all along the East Coast. John has appeared in documentaries and films on PBS, the Travel Channel, and The History Channel, and others. He has also written a book "George Washington at WAR - 1776" which will be available for purchase at the program for \$15.

President Washington will speak on the US Constitution and the Constitutional Convention. He will give Washington's point of view on the process and the result during the first months of the first presidency. This will be in keeping with the story of his 1789 visit to Uxbridge in the year following its official adoption by New Hampshire, the 9th state to adopt it, making the US Constitution the supreme law of the land. The presentation will



Courtesy

John Koopman III as George Washington. last about 45 minutes, followed by a question-and-answer period as well as a book signing.

One of his stops along this journey was at the Samuel Taft Tavern on Sutton Street in Uxbridge where he spent the night. Through the generations, the bed in which he slept that night was carefully preserved and was recently donated to the Uxbridge Historical Society for its collection. The bed is currently in storage but will be put on exhibit in the near future.

For more information or questions, contact uxbridgehistoricalsociety@gmail.com or call Mary Beauchamp at (508) 930-6021.



Jackman Funeral Home
7 Mechanic St. Douglas, MA
12 Spring St., Whitinsville, MA

Tancrell-Jackman Funeral Home
35 Snowling Rd., Uxbridge, MA

(508) 278-2200 - Reaches All Locations

JackmanFuneralHome@yahoo.com ~ JackmanFuneralHomes.com



UMA
FUNERAL HOMES

Uxbridge • Whitinsville • Milford

www.bumafuneralhome.com

Worcester Polytechnic Institute announces Dean's List

WORCESTER — A total of 2,393 undergraduate students at Worcester Polytechnic Institute (WPI) were named to the university's fall 2024 Dean's List. The criteria for the WPI Dean's List differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI students are named to the Dean's List based on the amount of work completed at the A level in courses and hands-on projects.

"WPI's academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students work on real-world, open-ended problems on campus and in communities around the globe. Far from being simple academic exercises, the projects students complete have genuine and lasting impacts in our partner communities," said Provost Andrew Sears. "Some of this nation's best and brightest students come to WPI to study engineering, science, business, and the humanities. Those named to the Dean's List have excelled in all of their work, and we are exceptionally proud of these outstanding students."

The following students were named to the Dean's List for Fall 2024:

Asher Bell of Whitinsville, class of 2028, majoring in Electrical and Computer Engineering

James Bernard of Uxbridge, class of 2028, majoring in Mechanical Engineering

Tyler Bliss of Whitinsville, class of 2026, majoring in Computer Science and Data Science

Connor Chartier of Uxbridge, class of

2025, majoring in Computer Science

Caleb Deters of Uxbridge, class of 2028, majoring in Civil Engineering

Noah Gaskill of Douglas, class of 2028, majoring in Computer Science

Philip Heney of Douglas, class of 2025, majoring in Computer Science and Robotics Engineering

Cullen Jacene of Northbridge, class of 2026, majoring in Mechanical Engineering

Katelyn Lombardo of Whitinsville, class of 2025, majoring in Biology and Biotechnology

Robert Mellen of Uxbridge, class of 2026, majoring in Robotics Engineering

Michael O'Toole of Douglas, class of 2027, majoring in Aerospace Engineering

Cristian Oliveira of Uxbridge, class of 2026, majoring in Robotics Engineering

Julia Philbrook of Uxbridge, class of 2027, majoring in Biomedical Engineering

Adam Pratt of Uxbridge, class of 2026, majoring in Mechanical Engineering

Colin Squier of Douglas, class of 2028, majoring in Mechanical Engineering

Clarice Stumpf of Uxbridge, class of 2025, majoring in Biochemistry

Bryan Wheeler of Douglas, class of 2026, majoring in Electrical and Computer Engineering

About Worcester Polytechnic Institute WPI is a top-tier STEM-focused research university and a recognized pioneer and global leader in project-based learning. Founded in 1865 on the principle that students learn

most effectively by applying the theory learned in the classroom to the practice of solving real-world problems, WPI's continued mission is to transform lives, turn knowledge into action to confront global challenges, and revolutionize STEM through distinctive and inclusive education, projects, and research. WPI's project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project

centers around the world. Today WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. To help address ongoing challenges, improve lives, and help create a more sustainable world, WPI faculty and students pursue groundbreaking research in such areas as the life sciences, smart technologies, materials and manufacturing, and global initiatives.

Senior seated strength yoga classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live 8-week session of Seated Strength Yoga Exercise classes for Seniors. This exercise is a lightweight strength circuit with gentle movements to improve flexibility. Most exercises will be seated with a focus on improving muscle strength especially around the knee area which is crucial for balance and walking and hopefully avoiding falls. This program focuses on light cardio, strength, and fun activities to train the body for real life movements and activities. Some poses can also be done standing using a chair for support.

The program will begin Tuesday, March 25 from 12:15-1:15 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 Tuesdays, for an eight-week time frame, at the cost of a \$25 donation. This is an 8-week special-

ized program designed for seniors. The instructor, Pamela Landi, is a certified personal trainer. Checks may be payable to the Uxbridge Senior Center.

Seated Strength Yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. These workouts are safe and can be done at any fitness level. There will be an option of doing these exercises seated 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 enrollment form, the schedule, 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.



AUTO BODY / REPAIRS

KEARNS COLLISION REPAIR
Since 1969
Always Going The Extra Mile For Our Customers

Free Written Estimates • Damage Appraisal
Color Matching Specialists • Rental Car Services
Warrantied Work & Repairs
Diagnostics • A/C Repair
Tune Ups & Engine Repair
Brakes • Alternators • Starters • ABS
Alignments • Tires...and more

Major Insurance Referral Shop
Honoring All Insurance Estimates

1734 Providence Road (Rt 122)
Northbridge, MA 01534
Ph: 508-234-5211 • Fax: 508-234-2231
www.kearnscollision.com
Fully Certified • RS# 2678

BEST WINDOW COMPANY

KUBALA HOME IMPROVEMENT
The Door and Window Experts
MACSL100114 | MAHic150118 | CTHic0619712

Award Winning
High Performance
Windows & Doors

100% FINANCING AVAILABLE | Lifetime Warranty
508-784-1550

ACCREDITED BUSINESS A+ f

BUILDER

Todd A. Ethier TAE

B • U • I • L • D • E • R
INCORPORATED

Remodeling Expert

- ◆ FINISHED BASEMENTS
- ◆ ADDITIONS ◆ GARAGES
- ◆ SIDING ◆ ROOFING ◆ DECKS
- ◆ WINDOWS ◆ DOORS
- ◆ KITCHEN ◆ BATHS

Quality Building Since 1985
Licensed & Insured
508-764-2293 ◆ 774-230-3967

Cleaning Services

HOUSE CLEANING AVAILABLE

Reasonable rates.
Weekly, bi-weekly
or monthly times available.
~ Bonded ~
Fully Vaccinated
Call Wendy for a FREE estimate at:
774-262-9166

Got Space? we do.

Contact Mikaela Today
774-200-7308
mikaela@stonebridgepress.news

CHIMNEYS/MASONRY

CHIMNEY CLEANINGS Starting at \$99

ALL KINDS OF MASONRY & CONCRETE WORK
New & Repairs, Repointing, Rebuilding, Re-lining, Waterproofing, Foundation & Chimney Repair, New & Stair Repair, Concrete Walkways, Stonewalls, New Roofs, Construction & Carpentry.
Need to get it done? Call me!
-FREE Estimates-
Quality Chimney (508)752-1003

Home Improvement

BONETTI'S Home Improvement

Roofing
Siding
Decks
Remodeling
Windows
Doors
Basement Finishing
Gutters Cleaning
Pressure Washing
Painting Landscaping

Over 25 Years Experience
Residential Specialist
Licensed and Insured
128231
508-347-4906
Cell **508-688-0072**

MASONRY

C J

MASONRY HARDSCAPE
RETAINING WALLS
OUTDOOR LIVING CONSTRUCTION

Chimney Repair
Foundation Repair
Steps, Patios
Pool Surrounds
Pressure Washing
Property Maintenance
Water Proofing
Delivery of Aggregate
Cord Wood

Brian French
(413)222-5542
frenchyn45@gmail.com

GJ LEDUC PAINTING

Interior and Exterior

Power Washing
Wallpapering
General Repair
Fully Insured
Over 40+ Years Experience
508-764-8548
774-230-8373

PLUMBING

JOHN DALY Plumbing

Specializing in repairs or new installs for home owners since 1988

Fully licensed and insured
Lic #MPL 21763
Call **508-304-7816**
Email jdrainman714@aol.com

Plumbing

MIKE LAMBERT'S PLUMBING & HEATING INC.
Commercial, Residential, New Construction

369 Main St, Ste 4
Spencer, MA
1-833-969-4330
Fully Insured

MIKELAMBERTSPANDH@GMAIL.COM

StonebridgePress.com

Advertise on this page for one low price! Get 7 papers. Call **774-200-7308**

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

ROOFING

David Barbale ROOFING

Roofing/Gutters Repair Work
Fully Licensed and Insured

MA LIC #CS069127
MA HIC. LIC #1079721
INS. # CAC032585
C: **508-397-6709**
O: **508-248-6709**
davidbarbale.com

ROOFING

GUARANTEED BUILDING MAINTENANCE

Roofing, siding, gutter cleaning, gutter repairs, Certainteed Shingle Master Certified!
Contact Daniel Truax **508-450-7472** call or text **gbmaintco.com**

Senior Citizen Discount
Credit Cards Accepted
Over 30 years of satisfied customers
Fully Insured - Free Estimates
Financing Available
A+ Rating BBB
Mass CSL #099487
Mass HIC number 124019
Connecticut, HIC number 0665243

Roofing

SAUNDERS & SONS ROOFING

Read our reviews at the Better Business Bureau. A+ rating and accredited member since 2009.
Call Bill Toll-Free **1-866-961-Roof**
508-765-0100
Lifetime material warranty & 25 yr. labor warranty available

MA Reg #153955
CSL #095459
CT-HIC #0638641
Fully Insured, Free Estimates
Family Owned and Operated
Now Accepting All Major Credit Cards

ACCREDITED BUSINESS A+ f

For Advertising Information
Call **774-200-7308**
email:mikaela@stonebridgepress.news

LEGALS

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate
and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200**

**Docket No. WO25P0339EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION**

Estate Of:

Ronald N Lesco

Date of Death: 12/23/2024

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Linda Lesco of Northbridge MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that:

Linda Lesco of Northbridge MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 03/04/2025**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: January 30, 2025

Stephanie K. Fattman,
Register of Probate

February 7, 2025

(SEAL)

**COMMONWEALTH
OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL
COURT**

Docket No. 24 SM 003891

ORDER OF NOTICE

TO: **Geoffrey Cuevas Laprade**

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 § 3901 (*et seq*)

Massachusetts Housing Finance Agency

claiming to have an interest in a Mortgage covering real property in Northbridge (Whitinsville), numbered 164 Heritage Drive, Unit No. 164 in Mid-Rise Building IV of the Heritage Park Estates Condominium, given by **Geoffrey Cuevas Laprade** to “**MERS**”, **Mortgage Electronic Registration Systems, Inc.**, a separate corporation that is acting solely as nominee for **Fairway Independent Mortgage Corporation**, “**Lender**”; and its successors and assigns, dated December 30, 2021, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 66860, Page 202, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant’s/Defendants’ Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before 03/03/2025 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Gordon H. Piper, Chief Justice of this Court on 1/22/2025

Attest:

Deborah J. Patterson

Recorder

February 7, 2025

MORTGAGEE’S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Bonnie Lopez to “**MERS**”, Mortgage Electronic Registration Systems, Inc., a separate

corporation acting solely as nominee for “**Lender**”, Residential Mortgage Services, Inc. and its successors and assigns dated December 5, 2017 and recorded with the Worcester County (Worcester District) Registry of Deeds, in Book 58144, Page 134, as affected by Modification Agreement dated August 4, 2020 and recorded with said Registry in Book 63687, Page 390, as assigned by Assignment of Mortgage dated June 24, 2019; recorded in Worcester County (Worcester District) Registry of Deeds, Book 60599, Page 167, and by Assignment dated March 4, 2024; recorded in Worcester County (Worcester District) Registry of Deeds, Book 62058, Page 270, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction at 12:00 PM, on March 3, 2025**, on the premises known as **84 East Street, Northbridge (Whitinsville), Massachusetts**, the premises described in said mortgage, together with all the rights, easements, and appurtenances thereto, to wit:

A certain parcel of land, with the buildings thereon and all the privileges and appurtenances thereto belonging, situated on the southerly side of East Street, in the Village of Whitinsville, in the Town of Northbridge, in said Worcester County, and being more particularly bounded and described as follows:

Beginning at a bound at the northeast corner of land now or formerly of Holka Kuindersma;

Thence southerly about 147.3 feet to a bound at the southeast corner of said Kuindersma land;

Thence easterly about 39.5 feet to a bound, the same being the southeast corner;

Thence northerly about 140.5 feet to a bound, the same being the northeast corner;

Thence westerly by the southerly line of East Street, about 49 feet to the first bound.

The same is bound on the west by land now or formerly of Holka Kuindersma, on the south by land now or formerly of Joseph A. Johnston, on the east by land now or formerly of said Joseph A. Johnston and on the north of said East Street.

Terms of Sale: These premises are being sold subject to any and all unpaid real estate taxes, water rates, municipal charges and assessments, condominium charges, expenses, costs, and assessments, if applicable, federal tax liens, partition wall rights, statutes, regulations, zoning, subdivision control, or other municipal ordinances or bylaws respecting land use, configuration, building or approval, or bylaws, statutes or ordinances regarding the presence of lead paint, asbestos or other toxic substances, sanitary codes, housing codes, tenancy, and, to the extent that they are recorded prior to the above mortgage, any easements, rights of way, restrictions, confirmation or other matters of record.

Purchaser shall also bear all state and county deeds excise tax. The deposit of \$10,000.00 is to be paid in cash or bank or certified check at the time and place of the sale, with the balance of the purchase price to be paid by bank or certified check within forty-five (45) days after the date of the sale, to be deposited in escrow with Guaetta and Benson, LLC, at 73 Princeton Street, Suite 208, North Chelmsford, Massachusetts.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of the foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder or, thereafter, to the next highest bidders, providing that said bidder shall deposit with said attorney, the amount of the required deposit as set forth herein within five (5) business days after written notice of the default of the previous highest bidder.

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

Dated: January 30, 2025

Present holder of said mortgage, NewRez LLC d/b/a Shellpoint Mortgage Servicing

by its Attorneys, Guaetta and Benson, LLC, Peter V. Guaetta, Esquire, P.O. Box 519, Chelmsford, MA 01824

February 7, 2025

February 14, 2025

February 21, 2025

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family
Court
225 Main Street
Worcester, MA 01608
Docket No. WO25P0072GD
NOTICE AND ORDER:
Petition for Appointment**

of Guardian of a Minor

In the interests of

Landin Brian Nawrocki

of **Uxbridge, MA**

Minor

NOTICE TO ALL INTERESTED PARTIES

1. Hearing Date/Time: A hearing on a Petition for Appointment of Guardian of a Minor by filed on 01/08/2025 by Annemarie Bassick will be held **02/12/2025 08:30 AM Guardianship of Minor Hearing**

Located **Worcester Probate & FamiResponse to Petition:** You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to:

File the original with the Court; and

Mail a copy to all interested parties at least five (5) business days before the hearing.

3. Counsel for the Minor: The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.

4. Counsel for Parents: If you are a parent of the minor child who is the subject of this proceeding you have a right to be represented by an attorney. If you want an attorney and cannot afford to pay for one and if you give proof that you are indigent, an attorney will be assigned to you. Your request for an attorney should be made immediately by filling out the Application of Appointment of Counsel form. Submit the application form in person or by mail at the court location where your case is going to be heard.

5. Presence of the Minor at Hearing: A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor’s best interests.

THIS IS A LEGAL NOTICE: An important court proceeding that may affect your rights has been scheduled. If you do not understand this notice or other court papers, please contact an attorney for legal advice.

Date: January 8, 2025

Stephanie K. Fattman

Register of Probate

February 7, 2025

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate
and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200**

**Docket No. WO25P0257EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION**

Estate Of:

Aaron M. Spratt

Date of Death: 11/04/2024

To all interested persons:

A Petition for **Formal Appointment of Personal Representative** has been filed by **Maureen E. Spratt of Uxbridge 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:

Maureen E. Spratt of Uxbridge 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 02/25/2025**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: January 28, 2025

Stephanie K. Fattman,

Register of Probate

February 7, 2025

NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE

Premises: 192 Maple Street, Douglas, MA 01516

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Kathleen

Federico f/k/a Kathleen Gagliard and Michael G. Federico to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for ARC Home LLC, and now held by **Freedom Mortgage Corporation**, said mortgage dated August 26, 2021 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 65951, Page 210, as affected by a Loan Modification dated July 7, 2023 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 69523, Page 264; said mortgage was assigned from Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for Arc Home, LLC to Arc Home LLC by assignment dated August 5, 2024 and recorded with said Registry of Deeds in Book 70855, Page 170; said mortgage was assigned from Arc Home LLC to Freedom Mortgage Corporation by assignment dated August 28, 2024 and recorded with said Registry of Deeds in Book 71107, Page 388; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction** on February 21, 2025 at 01:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

The land in the Town of Douglas, County of Worcester, Commonwealth of Massachusetts, and more particularly bounded and described as follows: BEGINNING at a point on the northerly side of Maple Street in said Town of Douglas, said point being the southeasterly corner of land now or formerly of Michael Millette, et ux;

Thence S. 20° 17’ 00” E., 57.35 feet by a stone wall to a point;

Thence S. 3° 08’ 00” E., 89.02 feet to a point in said stone wall;

Thence S. 20° 25’ 00” E., 35.64 feet by said stone wall to a point at other land of the grantors;

Thence N. 20° 34’ 40” E., 632.42 feet to a point;

Thence S. 71° 00’ 49” E., 100.00 feet to a point at land now or formerly of John Cosma;

Thence N. 18° 59’ 11” E., 574.60 feet to a point at land now or formerly of the Southern New England Railroad Co.;

Thence N. 66° 54’ 33” W., 42.37 feet to a point at land now or formerly of Michael Millette, et ux;

Thence S. 33° 39’ 53” W., 1,066.51 feet to the point of BEGINNING. Containing 3.15 acres, more or less, and being shown as Lot # 1 on a plan entitled “Land of Gordon L. Bliss et ux al., Douglas, Mass., March 26, 1981, Scale 1” = 100”, John R. Andrews III, Land Surveyor,” recorded with said Deeds in Plan Book 486, Plan 107. Being all and the same premises conveyed by deed recorded in Book 52980 Page 322.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor’s Title see deed dated October 16, 2014 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 52980, Page 322.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer’s or cashier’s check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer’s or cashier’s check within thirty (30) days after the date of sale.

Other terms to be announced at the sale.

Brock & Scott, PLLC

23 Messenger Street

2nd Floor

Plainville, MA 02762

Attorney for Freedom Mortgage Corporation

Present Holder of the Mortgage

(401) 217-8701

January 24, 2025

January 31, 2025

February 7, 2025

For Legal Advertising Information Call 508-909-4127 email: legals@stonebridgepress.news



REAL ESTATE



HOPE
REAL ESTATE GROUP
43 East Main Street Webster, MA 01570
Finest Realtor Associates to Serve You!

hope2own.com
508.943.4333

Sharon Pelletier - Owner Broker
Licensed in MA, CT & RI

We Want Your Listings!

Featured Listing!!

WEBSTER - 61 PARK AVENUE

First Time Offered!! This Unique, Impressive, Well Maintained Custom Built Ranch Style Home! Incredible Functionality & More! Built in 2001 & offers 1,462 sq +/- of One Level Living, 3 BRs, 2 Full Baths! Fabulous Split Floor Plan w/2 BRs & a Full Bath w/Double Walk In Shower, & a Private MASTER SUITE w/Private Full Bath, Walk-in Closet. Spacious Entry Foyer. Lg Triple Casement Windows overlooking rolling Landscape! \$469,000



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

SOUTHBRIDGE - 140-152 HAMILTON



13 Units - 4 Well Maintained & Updated Multi-Family Buildings with 2 Commercial Spaces! Located within the "Central Core" District of Downtown Southbridge!! Mixed Use Zoning !! Heated Garage Space - Room enough for up to 18 Vehicles!!
\$1,300,000

ON DEPOSIT

Featured New Listing!!

WEBSTER - 25 SLATER ST



Location! Location! This Oversized & Well Maintained 2 Family offers 2,472 sf Total! Apt 1 >1st Floor Unit >has 1,052 sf, 3 BRs & 1 Bath! Apt 2 >2nd & 3rd Floor Unit has 2 levels >1,420 sf, 5 BRs, 2 Baths. Corner lot w/ .30 acre, 22'x22' Two Car Garage! 12'x16' Concrete Patio. Apartments fully occupied. PLEASE DO NOT TRESPASS onto the Property.
\$559,900



SORRY, SOLD!

DUDLEY 3 PRINCE CIRCLE

Come to Pierpont Estates! Young 2100 Sq Ft +/- Colonial on 1+ acre! Featuring 8 rooms, 4 Bedrooms! Master Bed w/Master Bath & Walk-in Closet! 2 Baths and 1/2 Bath! Cozy propane gas fireplace. Hardwood flooring & carpeting. Central air. 2 Car Garage. Yr. 2024 Taxes \$5448 . assisted sale.
\$620,000

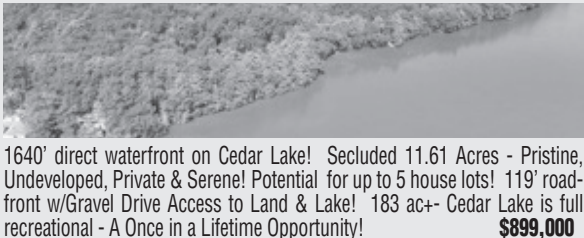
OXFORD - 25 SUTTON AVENUE



Location ~ Location! Move-in ready Commercial Office &/or Retail Space ! Ideal for >>> Small Businesses, Companies looking to expand, Banks, Medical facilities etc...2 Level Free Standing Building on a Corner Lot - Located in an Active area of Restaurants & Retail 1 Minute to Rt 395 & Rt 20...Zoned GB 10 units - .71 Acre - 26 Parking Spots
\$1,150,000

ON DEPOSIT

STURBRIDGE - 66 WESTWOOD DR 1640' FRONTAGE - 11.61 ACRES! WATERFRONT LAND



1640' direct waterfront on Cedar Lake! Secluded 11.61 Acres - Pristine, Undeveloped, Private & Serene! Potential for up to 5 house lots! 119' road-front w/Gravel Drive Access to Land & Lake! 183 ac+ Cedar Lake is full recreational - A Once in a Lifetime Opportunity!
\$899,000



SORRY, SOLD!

WEBSTER - 38 COLONIAL RD. LAKE RESIDENTIAL

Webster Lake Area! Investors take notice! Charming Ranch with possible extra buildable lot! Home has 2 bedrooms, 1 Bath. 1 Car Garage. Recent Furnace and Ductless Mini-Split System. Vinyl Siding, Replacement Windows. 100CB. Interior needs updating*
\$399,900


On the shores of Lake Chargoggagogmanchauggagoggchaubunagungamaugg




WATERFRONT
Webster Lake - 237 Thompson Rd.
FOR RENT...1st floor 1 Bedroom Apartment! Sliders to large deck with outstanding views! Located in the mid section of the Lake.
Catch the sunrises!
Heated by fuel efficient Natural Gas forced hot air. Enjoy Lake living!

Let's talk Webster Lake!

There are very few waterfront homes available for sale & many Buyers waiting for an opportunity to purchase. Call us at the Hope Real Estate Group for a no obligation consultation. If you are thinking of selling a Waterfront home on Webster Lake, please contact us to discuss private showings to pre-approved Buyer prospects.



REAL ESTATE



PUT YOUR TRUST IN US
TEAMWORK AND EXPERIENCE
Jo-Ann Szymczak 774-230-5044
Diane Luong 774-239-2937
Maria Reed 508-873-9254
Bob Berk 508-367-9226
Vicki Bennett, Client Coordinator
ReMax Vision • 25 Union St., Worcester MA 01608
CALL FOR A MARKET ANALYSIS Licensed in MA & CT

<p>HOLDEN- 2.5 ACRES!!!</p>  <p>*Newly designed Septic System * Update the Interior carpeting - paint and have immediate equity *Opportunity for Smart Buyers with Vision</p> <p>130 South Rd \$575,000</p>	<p>DUDLEY- Ranch With Central Air, Central Vac And New Septic System</p>  <p>*Take a look at this well maintained Ranch *Needs a youthful touch * Hardwood Floors- 2 Bath- Family Room</p> <p>29 Charlton Road \$499,900</p>		
<p>OXFORD - 2 UNITS</p>  <p>*Perfect for Owner Occupied * 4 Rooms, 2 Bedroom each unit *New Septic System *Garage/Loft * Level Lot</p> <p>9 Quobaug Ave \$425,000</p>	<p>CHARLTON- 2400 SQ. FT.</p>  <p>*Open Living Room. Kitchen Concept * 4 Bedroom *2 Car Garage *1.3 Acres</p> <p>93 Haggerty Rd \$654,900</p>	<p>DUDLEY- 6 UNITS</p>  <p>*Marie Sold this unique property * 2 Buildings * Total Rehab Project</p> <p>26 Green St \$450,000</p>	<p>LISTINGS WANTED Spring Market Soon! Seller Workshops Available Learn about Financing and Being Show Ready Call Jo-Ann 508-943-7669</p>



MEET YOUR LOCAL REAL ESTATE PROFESSIONALS


Perfect for Realtors, Mortgage Companies, Banks, Real Estate Attorneys, Home Inspectors, Chimney Inspectors, Lead Removal businesses, Insurance Companies, etc... any business involved in the buying or selling of real estate.
To join this section, please contact your local sales rep, 774-200-7308 or email mikaela@stonebridgepress.news



ERA Key Realty SERVICES
Donna Flannery Realtor®
508-612-6771
Donnaflanneryrealtor.com
Donnaflannery@erakey.net

OVER 30 YEARS SELLING LOCAL REAL ESTATE
NATIONAL ERA FINALIST TWICE FOR CUSTOMER SERVICE
TOP AGENT YEAR AFTER YEAR FOR # OF UNITS SOLD & SOLD DOLLAR VOLUME
ERA HALL OF FAME

415B Main Street Spencer, MA 01562



LET'S TALK REAL ESTATE
1. Are there any DEALS in the Market?
Answer: Yes- Are you an Informed Buyer? Are you looking at Motivated Sellers Houses?
2. What is a Motivated Seller?
Answer: A Seller with a Need to Sell: Relocating, Downsizing, Health, Family Issues
3. Are Days on Market an Indication??
Answer: Sometimes- In today's market it is about Buyer being "Buyer Ready" Rates, Market Exposure, Weather and Consumer Confidence
Buyer/ Seller Real Estate Education- Feb. 15th- Limited Seating-21 Schofield Ave 11am-Noon, Let's Talk Real Estate

Call Jo-Ann 774-230-5044
ReMax Vision
25 Union St., Worcester MA 01608
Licensed in MA & CT

CALL JO-ANN FOR A MARKET ANALYSIS



When Experience and Commitment Matter

Mary Vigliatura Stolarczyk
ABR, GRI, CRS, C2EX RE/MAX Hall of Fame

508.612.1382
MESRealty.com
Mary@WillSellit.com



"I SOLVE REAL ESTATE PROBLEMS"
ReMax Professional Associates
Licensed in MA & CT
We need properties to sell - any type!

Conrad Allen
508.400.0438
callen1995@aol.com

RE/MAX
RE/MAX Professional Associates



Sandi Grzyb
I look forward to serving you in all of your real estate ventures!

- Buying
- Selling
- Investing

Contact Info:
774.230.3500/508.943.6960
sandigrzyb@aol.com

65 Southbridge Street, Auburn, MA 01501

Got Space?

we do.

Contact Mikaela Today
774-200-7308
mikaela@stonebridgepress.news

New American flag flies high over Milford

MILFORD — On a bitterly cold day, a new American flag was presented to Milford Parks Department Administrator James Asam by the Deborah Wheelock Chapter, Daughters of the American Revolution, represented for the occasion by Chapter Regent Camille Williams, Judith Thomas, Jane Keegan and

Jane Ellis. The flag had flown over Memorial Continental Hall in Washington, D.C., national headquarters of the DAR, and was one of 250 made available nationally through an NSDAR grant to local chapters in recognition of the Nation's 250th anniversary. It now proudly flies over Draper Park in Milford. Located in a prominent section of

downtown Milford, the park features a dramatic statue of a horse-riding statesman, Gen. William Draper, a name well-known in local history. The statue's sculptor is equally famous. Daniel Chester French of Stockbridge immortalized such notable figures in American history as: Abraham Lincoln at the Lincoln Memorial



in the Nation's capital, the "Minuteman" in Concord, the Marquis de Lafayette and John Harvard at Harvard University in Cambridge, and the "Spirit of Life" in Saratoga Springs, N.Y. A life-size replica of the seated Lincoln depicted in Washington, D.C., can be seen in his home, "Chesterwood," a museum open to the public.

The historic Simeon Wheelock House (c. 1768) in Uxbridge is 'home' to the Deborah Wheelock Chapter which serves local members and those living in Milford, Mendon, and other surrounding towns. The Chapter's volunteer initiatives support the DAR mission to promote historic preservation, patriotism and education. Information about this international organization that has welcomed over one million women since its founding in 1890 can be found at www.massdar.org/deborahwheelock.html.

FIND YOUR BEST NIGHT'S SLEEP TODAY

FOR A LIMITED TIME ONLY

SPECIAL SAVINGS!

Crown Jewel by Sealy® Jewel Nile Queen Mattress Only
\$399*

Crown Jewel by Sealy® Opal House Firm or Plush Queen Mattress Only
\$649*

Upgrade to an Adjustable Base

Crown Jewel by Sealy® Royal Cove Firm or Plush Queen Mattress Only
\$799*

CARRYING THE TOP BRANDS

LAYAWAY* • FREE DELIVERY & REMOVAL* • FREE FINANCING AVAILABLE*

SUNDEEN FURNITURE

241 Providence Rd.
Whitinsville, MA 01588
(508) 234-8777

Mon.-Wed. 9:30 AM-6 PM
Thurs.-Fri. 9:30 AM-7 PM
Sat. 9:30 AM-6 PM/Sun. 11 AM-5 PM

*Terms and conditions apply. See store for details. Copyright 2023 Sealy, Inc. All rights reserved.

Why lock your money into a CD when you can get a GREAT rate in a checking account?!

e by UniBank Checking	Basic Rate of Interest
<p style="font-size: large; font-weight: bold;">2.99%^{APY}¹</p> <p style="font-size: small;">Rates on balances less than \$15,000</p>	<p style="font-size: large; font-weight: bold;">0.45%^{APY}¹</p> <p style="font-size: small;">Rates on balances \$15,000 and above</p>
<p style="font-size: large; font-weight: bold;">0.01%^{APY}¹</p> <p style="font-size: small;">On entire balance when minimum requirements are not met</p>	

Scan to open an account online or visit any UniBank branch! Find your nearest branch at unibank.com/locations.

UNIBANK

www.unibank.com
800.578.4270

MEMBER FDIC | NMLS #583135 ¹ Annual Percentage Yields (APYs) effective as of 2/1/2025 and subject to change at any time after the account is open. The interest rate and annual percentage yield for your account depend upon the applicable rate tier. The interest rate and annual percentage yield for these tiers may change. If the eligibility requirements are not met the account will earn a lower interest rate and corresponding APY and will not be eligible for refund of ATM surcharge transaction fees. Fees may reduce earnings. The account does not have a maximum deposit limit. Minimum balance of \$10 to open the account. Other restrictions may apply, inquire for details.

* In order to be eligible for the disclosed Tier I and Tier II interest rate, Annual Percentage Yield (APY), and refund of domestic ATM Surcharges the following conditions must be met in a given statement cycle:

- A minimum of 8 posted and settled debit card purchase transactions during the statement cycle. Not all purchase transactions post or settle on the day they occur.
- Active enrollment in e-statements – you must sign into your online banking account at least once every 12 months to keep enrollment active. Limit one account per customer holding position of primary account holder. Minimum balance of \$10 to open the account. Other restrictions may apply, inquire for details.

Bay Path Practical Nursing Academy names SkillsUSA district competitors



CHARLTON — The Bay Path Practical Nursing Academy named the 2025 SkillsUSA district competitors for First Aid/CPR, Loise Ngigi of South Grafton, and Grant Peterson of Millbury and for Medical Terminology Natasha Rovano of Worcester and Ashley Rincon of Southbridge. Dr. Adelina Healy, adjunct faculty at Bay Path Practical Nursing Academy who served

as the Team Lead for the Volunteer judges in the skills competition for secondary students is delighted. Dr. Healy was the team lead for the past four years. She wishes the practical nursing competitors the absolute best. Bay Path Practical Nursing Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, stated, "I am excited for our 2025 district competitors! My own mother highly

supported healthy competition and emphasized winning builds confidence and not winning builds character. The SkillsUSA experience is beneficial for both the student competitors and faculty." 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.

Area residents named to dean's list at Quinnipiac University

HAMDEN, Conn. — The following area students were named to the dean's list for the Fall 2024 semester at Quinnipiac University:

Douglas
Hadley Gavan, Julia Oskirko

Northbridge
Shelby Cannon

Uxbridge
Lauren Clish, Hayden Plourde

Whitinsville
Joseph Carpenter, Joseph Fletcher, Dakota Grazulis

To qualify for the dean's list, students must earn a grade point average of at least 3.5

with no grade lower than C. Full-time students must complete at least 14 credits in a semester; with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester. Names followed by an asterisk denotes with honors. Quinnipiac is a private, coeducational, institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 9,400 students in 110 degree programs through its Schools of Business, Communications, Education, Computing and Engineering,

Health Sciences, Law, Medicine, Nursing and the College of Arts and Sciences. Quinnipiac is recognized by U.S. News & World Report and Princeton Review's "The Best 388 Colleges." The university is in the midst of program expansion and renewal for both traditional and adult learners, attraction of diverse communities, development of innovative corporate partnerships and construction of an ambitious set of capital projects. For more information, please visit qu.edu. Connect with Quinnipiac on Facebook and follow Quinnipiac on X @QuinnipiacU.