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Friday, July 11, 2025

New Town Planner looks to balance development with rural charm

BY KEVIN FLANDERS STAFF WRITER

SPENCER - Newly hired Town Planner Vivian Poplawski is embracing the opportunity to promote economic development while protecting the town's rural charm.

After taking over as Town Planner on May 28, Poplawski has spent the last month meeting officials and community members. She graduated this past spring from the University of New Hampshire with a B.S. in Community and Environmental Planning.

"I'm incredibly honored to have been given the opportunity to begin my professional career in planning with Spencer," Poplawski said.

An internship with the Webster Department of Planning, Conservation, Economic helped familiarize Poplawski with municipal operations. The internship experience also inspired a passion for local government, and she looks forward to continuing to meet Spencer residents over the summer.

"Being a Town Planner in Spencer means finding the delicate balance between encouraging economic growth while maintaining the integrity of our rural areas," Poplawski said. "Although this can be a challenge, the presence of both rural neighborhoods and a dense town center is one of the things that drew me to Spencer in the first place."

Added Poplawski, "While downtown revitalization is incredibly important, the town's rural character is something that residents hold dear. It is critical that we do not forget about our



Courtesv

Vivian Poplawski recently took over as Spencer's Town

rural communities while pursuing economic development.'

Since arriving in her new role, Poplawski has received strong support from officials, committee members, and residents. It's never easy to adjust to the demands of municipal leadership so soon out of college, but Spencer officials have helped her make the transition a success.

"One of my favorite aspects of this position is the people I work with in the Town Hall. Everyone has been so welcoming and helpful as I adjust to my new position," Poplawski said. "A big part of being Town Planner is acting as staff support for the Planning Board and ZBA, and all of the board members have been so kind and welcoming.'

Poplawski is currently focused on conducting a comprehensive review of Spencer's zoning bylaws and subdivision regula-

"A land use bylaw review will help the town identify areas where our bylaws restrict economic growth," Poplawski said. "For example, microbreweries and establishments that specialize in serving alcohol beverages are only allowed with a special permit. These sorts of restrictions can create lengthy processes that discourage new businesses from choosing Spencer."

Rebuilding the Economic Development Committee (EDC) is another high priority for Poplawski. The EDC has been on pause since the pandemic.

"I would love to work with local business own-

> Turn To **POPLAWKSI** page A13

Belanger appointed new Chair of Leicester Select Board

BY KEVIN FLANDERS STAFF WRITER

LEICESTER — At the Select Board's recent reorganization meeting, members unanimously voted to name Doug Belanger as Chairman.

Belanger is no stranger to leading the Board, serving as Chairman eight times during his previous stint that lasted more than 20 years.

After taking a break from municipal service in 2018, Belanger returned to the Board last year.

"I first want to congratulate Dianna Provencher

for her service as our previous chair and thank her for a job well done,' Belanger said. "Moving forward, that's exactly what I plan to do - keep moving forward, keep

making progress.' After seeing large numbers of town officials leave their positions following the pandemic, in part due to widespread discord among municipal leaders, Belanger decided to run again for the Select Board last year. His goal was to help restore transparency and strong communications at the highest level of leadership.

A year later, Belanger and his fellow Board members are pleased with progress seen across several fronts.

"As a town, we have made great strides in filling positions, improving morale, and increasing communication and cooperation through and with our departments,' Belanger said. "But we are not done – not by a long shot. We must continue to reach out with innovation, respect, and

Turn To **BELANGER** page **A13**

Grants will help expand program for Leicester seniors

Spencer officials join **CMRECC**

BY KEVIN FLANDERS STAFF WRITER

SPENCER—The Select Board recently voted to join the Central Massachusetts Regional Emergency Communications Center district (CMRECC).

The district currently serves the towns of Rutland, Hubbardston, Barre, Oakham, and Warren.

Meanwhile, the towns of Charlton, Auburn, Southbridge, and Sturbridge

"This action allows the CMRECC to begin planning an expansion for new space, new staff, and new technologies to service the larger group, paid for by the Commonwealth," said Spencer Town Administrator Jeffrey Bridges. "All of our current full-time dispatchers are eligible to move to the new center."

Officials listed several benefits to joining the CMRECC district. These include significant cost savings for the town; the ability to utilize state-funded technologies and equipment; and improved staffing availability and scheduling.

'Regionalizing brings more people on board and helps a lot of these small towns. It's great to see this moving forward," said Selectman John Howard.

Select Board unanimously vote to join the CMRECC district. Officials said it will take time to complete the transition.

"The town's movement to the new E911 dispatching operation will not happen overnight, but in a year or so as the CMRECC staffs-up and relocates to a new facility," Bridges added.

All costs associated with the transition will be paid by the Commonwealth. Additionally, Spencer's first three years of participation in the district will be fully funded by the state.

The following two years of participation will be partly covered by the state. Moreover, the Commonwealth will also purchase new technologies for the CMRECC facility, including radios, software, and consoles, among other devices.

"The current model, where the town does its own E911 dispatching, will continue to be challenging," Bridges said. "We currently have terrific telecommunicators, and they do a great job

Turn To CMRECC page A13



Leicester Select Board member Dianna Provencher continues to join local students and officials in supporting Senior Center programs.

BY KEVIN FLANDERS

STAFF WRITER

LEICESTER — A pair of grant awards will help the Council on Aging expand programming and technol-

Rachelle Cyr, Leicester's

recently learned from the Massachusetts Council on Aging that two grant proposals she submitted to MCOA have been approved.

The first grant (\$20,000) will be used to start a new nutritional program, in con-Council on Aging Director, junction with Leicester High School. The program will expand the Senior Center's partnership with local students.

"For the COA and our school, it is a win-win situation," read a statement released by the Senior Center's leadership

team. "Our older adults will be invited to eat meals of their choice at the new school restaurant, or dine at our Senior Center, as the culinary program will offer transportation of meals to our site."

Turn To GRANTS page A13



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Officials denounce conservation cuts

BY KEVIN FLANDERS STAFF WRITER

REGION — The Healey-Driscoll Administration joins officials statewide in condemning the Trump Administration's cancellation of more than \$45 million in funding to accelerate conservation efforts across Massachusetts.

The cuts include a \$20.8 million award from U.S. Department Agriculture of to Massachusetts that would have provided long-term protections for farmlands, forests, and wetlands.

State officials said the funding was slated to assist farmers and forest landowners, particularly in small, rural communities. Funds would have been used for projects carried out by a coalition of state agencies, land trusts, and municipalities.

Additionally, the Trump Administration has canceled a \$25 million grant to Mass Audubon that was set to protect more than 10,000 acres of forests and wetlands along the Connecticut River.

"President Trump is yet again taking action that will hurt Massachusetts' rural communities, farmers, and economy," said Gov. Maura Healey. "This is funding that would have been used to ensure clean water, provide access to fresh local food, and support our agricultural economy. President Trump is making us less healthy and weakening our economy. He should reverse these cuts immediately."

The cuts will have several negative financial impacts on rural communities, officials warn.

"These grants are essential for preserving farmland, protecting wetlands to reduce flooding risks, and maintaining forests that attract tourism and outdoor activities," said Lt. Gov. Kim Driscoll. "Cutting these funds puts extra pressure on local budgets, threatens rural jobs, and leaves our communities more vulnerable to disasters."

With Bay Staters having faced emergencies resulting from floods, droughts, and wildfires in recent years, state and local officials are calling for increases in municipal preparedness initiatives and other protections, not cuts.

"When we stop protecting natural lands, we lose clean air, flood protection, and the ability to slow climate change,"

Massachusetts Executive Office of Energy and Environmental Affairs Secretary Reveces
Tenner "These places shield absorb carbon, shield our homes from extreme weather, and keep nature in balance. Without them, we all feel the impact.'

Members of agricultural communities are also concerned by the cuts.

"Canceling this funding strips farmers of critical tools to keep their land in agriculture through voluntary conservation easements. These agreements help make farmland more affordable for the next

generation while allowing farmers to stay on the land and keep it productive," said Massachusetts Department Agricultural Resources Commissioner Ashley Randle. "Without this support, farmers lose options – and some may be pushed to sell, putting local farming at risk."

Added David O'Neill, President and CEO of Mass Audubon, "When we terminate grants that conserve our forests, keep working lands working, act as a flood protection buffer for communities, and leverage millions from other funding sources, we all lose.'

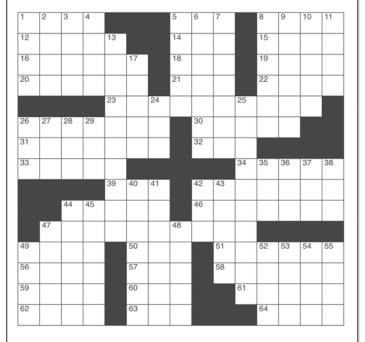


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CLUES ACROSS

- 5. Records electric currents
- 12. More frosty
- 14. Disfigure 15. Sky color
- 16. A thoroughfare in a town or city
- 18. Actress de Armas 19. Spend time in a relaxed way
- 20. California peak
- 21. Lodging option 22. Small amount of a thing
- 23. Expresses sorrow
- 26. Keeps an ear warm 30. Babies (Spanish)
- 31. A conceited and
- self-centered person
- 32. No seats available
- 34. Hip joints 8. Charlize Theron flick "__ Flux" 39. A place to bathe
 - 42. Evading
 - 44. Minute, one-celled unit
 - 46. Losing one's hair
 - 47. A country in W Africa 49. One point north of northeast
 - 50. Pointed end of a pen 51. Extreme
 - 56. Norse personification of old age
 - 57. Doctors' group 58. Member of U.S. Navy
 - 59. Mens' fashion accessories

 - 60. A way to allow
 - 61. Gloomy 62. Grads wear one
 - 63. Between south and southeast

 - 64. Jaguarundi cat

CLUES DOWN

- 1. Snakes do it 2. Hormone
- 3. The standard monetary unit of Turkey
- 4. Fixed charges 5. Electronic communication
- 6. Artilleries 7. "Strangers on a Train" actor
- Farley 8. Burning
- 9. Makes ecstatically happy
- 10. Greek liqueurs
- 11. Tropical Old World tree

- 13. Someone who takes vengeance 48. A way to lessen
- 24. Select
- 25. Immunized against disease 26. Old world, new
- 27. Honorable title (Turkish)
- 17. Style of cuisine
- 28. Court case: __ v. Wade 29. Supervises interstate commerce
- 35. Not divisible by two
- 36. Twelve
- 37. Commentator Coulter 38. Encourage
- 40. Plumbing fixtures
- 41. Early
- 42. One point north of due east 43. King of Thebes
- 44. Short-tailed martens
- 45. Impose a penalty on 47. Consort of Poseidon
- 49. Brooklyn hoops team
- 52. Female of a horse 53. Do as one is told
- 54. A way to prepare meat 55. Unit of measurement

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Building community with "courageous conversations"

BY GUS STEEVES

CHARLTON — In a time where social media and other "communication" outlets seem geared to promoted conflict rather than communication, Michelle Chalmers is still focused on building common ground.

For years, the Charlton resident has been a racial justice educator, largely because her own family is biracial - her husband and two sons are black. While she went into marriage thinking our society was equal, she said she's come to see it's not, and the people who have the most influence on her children are white teachers and police officers.

We all need to understand the system in which we live," Chalmers told a recent meeting of the new Central Mass Common Ground, a group aiming to bridge political and social differences in the area.

It meets at Charlton Library, and has members from Charlton, Sturbridge, Southbridge and Woodstock, among other towns.

For her, that exploration led to seeing a need for ways to build common ground among people who might not see it at first. That's not something widely taught in schools or other public settings; she said we're "not taught how to actively listen," but that's "a skill we can learn in all of our relationships."

"Sometimes, these courageous conversations can be triggering and difficult," she added.

Chalmers has been doing it for years, mostly using a system she calls "transformational conversations." The basic goal is to help people find common interests that will enable them to maintain (or create) relationships with the people they might disagree with.

It's mostly based on the ideas of Dr. David Campt, whose website dubs him "The Dialogue Guy." The site describes its goal as helping people who "know that they have the internal wisdom to better address complex problems but also know they are not operating at their highest potential" to unlock "the power of dialogue for improving inclusive decision making.'

"Dialogue in a small group of people is a critical process for exploring the power of group intelligence, and we are certainly passionate advocates of this approach to engaging groups, a different page states. "But we also believe that

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an organization's or community's problems sometimes require the engagement of more diverse voices than can be in one small group."

Chalmers said Campt uses the acronym RACE as his method's core concept to promote "engaging with empathy."

The R is for "reflect and relax" - taking a moment to assess how you feel when someone says something you dislike. She noted people often get defensive, but don't know why, and it helps a lot to "get more comfortable being uncomfortable in such situations.'

Chalmers encourages using a basic deep breathing exercise "when we want to freak out" - inhaling for a count of five, holding it for two, then exhaling for seven - a few times in succession. While doing so, consider whether you should really respond now, later, or ever.

If you do so, Campt's A is for "Ask for understanding." The speaker might be using terms in a way that's different from how you'd use them, or you might have missed a key point. Ask them how they came to see its meaning that way - did they experience something that taught it to them, or did they hear it from others?

That leads into the C, which means "Connect" sharing lived experiences that might be similar or how they're different, leading to common ground. (As Chalmers' handout describes it, this step is to find the chocolate in the trail mix.")

Finally, the E means "Expand" on those experiences, to promote wider understanding.

Chalmers asked participants to think about what they can agree on that will enable a shared next step. The key is to try to understand the other person's story before expressing your own, and she noted "try not to use the word 'but,' and replace it with 'and." But "negates all you just said," while and continues the thought and adds to it, she noted.

After her summary of the concept, a couple people came forward to roleplay scenarios of disagreements from their personal experience. The group decided they'll have brief roleplay sessions in future meetings.

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

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WEST BROOKFIELD

\$580,000, 6 Foster Rd, Paquette Bro Contracting, to Hartwick, Carl E, and Hartwick, Kayleigh M. \$550,000, 55 Long Hill Rd, Siewert Ft, and Siewert, Kathy S, to

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Nichols College board elects new chair, vice chair, trustees

DUDLEY — At its May 2 meeting, the Nichols College Board of Trustees elected David G. Bedard as the new Chair and Jaime Paris Boisvert as the new Vice Chair of the 27-member board. During the academic year, the board also elected Edmond J. (E.J.) Landry and Taylor Cornell as new trustees.

Bedard is a 1986 graduate of Nichols and has been a member of its board since 2011, serving on the Executive and Finance committees and as chair of the Audit Committee. He succeeds Randy Becker, a member of the board since 2006, and chair for the past three years. Bedard is a retired financial services executive with 35 years experience, most recently as senior vice president and head of New York Life's Finance Services Organization, the company's global shared services group in New York City. A native of Shrewsbury, he currently resides in Estero,

Paris Boisvert, a 1998 graduate of Nichols, was elected to the board in 2021 and has served on the Executive and Finance committees and as chair of the Academic Faculty **Affairs** Committee. She succeeds Carolyn Burke, a trustee since 2015 and vice chair for the past three years. Paris Boisvert is the executive director for global development in the Sustainable Infrastructure division of Johnson Controls, which is known for delivering outcome-based infrastructure solutions. She resides in Woodstock, Conn.

New trustees Landry and Cornell began their terms in the 2024-2025 academic year.

Landry is a 1986 grad-uate of Nichols and a retired partner at Deloitte. He is a seasoned financial expert, and risk and controls expert, with significant experience auditing and consulting

with companies in the life sciences (med device), technology and manufacturing industries. Prior to his role on the trustees, Landry served a three-year term as co-chair of the college's Board of Advisors. He resides in Franklin, New Hampshire.

graduated Cornell from Nichols in 2024 with a degree in general business and minors in psychology and criminal justice. As a student, she founded the Bison Pantry to help address food insecurity on campus, played a key role in establishing the Equestrian Club, was an inaugural member of the women's golf

team, and served as vice president of student advocacy on the Student Government Association. Currently, she is a financial aid officer at Keiser University in Sarasota, Fla., and vice president of the Haiti Plunge program board of Berkshire County. She resides in North Port, Fla.

About Nichols

Nichols College has earned business accreditation from the prestigious Association to Advance Collegiate Schools of Business (AACSB International), the longest serving global accrediting body for business schools and the largest business education network connecting learners, educators, and businesses worldwide. Founded in 1815, Nichols College transforms today's students into tomorrow's leaders through a dynamic, career-focused business and professional education. Nichols offers realworld learning focused on professional depth - combined with vibrant living, competitive athletics, and an unmatched alumni advantage - equipping students to exceed their own expectations. www. nichols.edu

Where ideas take shape

QCC's Fab Lab offers CUTTING-EDGE TOOLS

WORCESTER Quinsigamond Community College's Fab Lab has become a hub of innovation, learning and collaboration. Open Monday - Friday from 9 a.m. - 4 p.m., this state-ofthe-art facility welcomes anyone with an idea and a desire to create. The lab isn't simply about access to advanced technology; it's about fostering a collaborative learning environment.

ing exceptional customer satisfaction.

were able to achieve this award."

"My purpose is to make the next generation more prepared," explained Coordinator of Engineering Technology Laboratories R. Webster. who became the full-time coordinator in the spring of 2025.

With experience at Apple and Petracore, and adjunct teaching at QCC, Webster brings both industry knowledge and educational passion to the role.

The Fab Lab has a primary focus on practical applications. The 3-D printing process has been used for projects such as a rear differential, a boat mounting system for a fish-finder and components of a jet

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to deliver the absolute best customer experience possible in this ever-changing automotive world we are in," say Lamoureux Ford's owners Marc and Lionel

Lamoureux. "We couldn't be prouder to receive this recognition, especially since it

comes from the people, we value the most- Our Customers. They're the reason we

Dealerships become eligible through survey responses from the customers relat-

ed to their sales and/or service satisfaction. The President's Award was established

turbine. Participants can test multiple iterations of designs that mirror professional manufacturing processes, a process that QCC's engineering students often utilize.

Projects can range from academic to personal, but skills gained in the Fab Lab can lead to professional benefits as well. Webster shared that local employer SMC Inc. in Devens has noted familiarity with equipment like the waterjet cutter, can translate to a substantial wage increase for new hires.

"It's one thing to be interested in something, but to actually be doing it makes all the difference," Webster said. "All of these machines are directly applicable to current industries."

The facility maintains close relationships with local businesses. QCC staff conduct regular outreach to ensure the lab's capabilities align with workforce needs. This connection benefits students preparing to enter the job market, as well as companies looking for skilled employees.

"I gained both technical and soft skills here," said engineering student and Fab Lab assistant Abigail Gumlaw, who came to QCC after technical high school with experience working in a machine shop.

"I've learned to manage

expectations and communicate effectively—skills I never developed in purely technical settings," she said.

Majoring in robotics engineering and computer science, Gumlaw plans to transfer to WPI and credits the lab with providing daily learning opportunities.

"I get to apply theoretical concepts in practical ways," she added.

F r o mv i n y 1printing and screen printing to

dery machines, the lab also supports creative projects alongside technical ones.

"You can make anything; the only limit is your imagination," said Gumlaw.

For more information. visit QCC.edu/FabLab.

Local residents named to Dean's List at Saint Anselm

MANCHESTER, New Hampshire — Saint Anselm College has released the Dean's List of high academic achievers for the second semester of the 2024-Massachusetts! Lamoureux Ford has earned this prestigious award 28 years in a 2025 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade. This semester there were a total of 674 students from 22 states and 4 countries.

> Mark W. Cronin, Dean of the College, announced that Cole Nussey of Spencer and Abigail Bernabei of Leicester have been named to the Dean's List for the spring 2025 semester.

Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.



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Cornerstone Bank promotes Elizabeth Dunn to vice president of benefits



WORCESTER - Cornerstone Bank, a community bank with locations throughout Central Massachusetts, is pleased to announce the promotion of Elizabeth Dunn to vice president of benefits. She previously served as assistant vice president, HR business partner. In her new role, she will lead the development, implementation and management of Cornerstone's employee benefits programs, ensuring compliance, cost-effectiveness and employee satisfaction, while also advising on strategic planning

and vendor relationships. "Lyz has more than a decade of valuable experience in her field, and is intimately familiar with our culture," said Cornerstone CEO Todd Tallman. "She has demonstrated expertise in administering and overseeing comprehensive benefits programs, ensuring compliance with federal and state regulations while monitoring the effectiveness of our health and welfare offer-

ings." Dunn is a Nichols College graduate and a member of the Society for Human Resource Management. She also volunteers with Habitat for Humanity and the Community Harvest

About Cornerstone

Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help peoand ple businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank's local

presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone, which is a subsidiary of PeoplesBankCorp, MHC, operating independently under its own name and brand, provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities through a broad range of deposit and loan products and services. Built on Trust is not just a tagline, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank's personal and business banking offerings, please visit cornerstonebank. com or call 800-939-9103.

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Busy month ahead at Haston Free Public Library

KEVIN FLANDERS STAFF WRITER

NORTH BROOKFIELD — Area residents are invited to take advantage of a busy schedule of programs this month at Haston Free Public Library.

Craft Night for Adults returns on Thursday, July 24, at 5 p.m. Guests will learn how to make sea glass windchimes. Please register for this event in advance by contacting the library by phone or email.

The library's Book Discussion Group will not meet this month. Look forward to great reads in the months to come.

Library officials also invite guests to check out a new program called "Cook the Book Club."

Select a recipe from this month's featured cookbook (available at the circulation desk), cook it up, and bring it to our potluck and discussion," a library-issued statement read. "Let's share great food and conversation."

The group will next meet on Thursday, July 17, at 5:30 p.m.

Local guests are also invited to check out a two-part herbal apothecary series. The first session, slated for Monday, July 28, at 5:30 p.m., will focus on herbal infused oils. Participants will prepare an infused oil using the herb or blend of their choice.

The second session will take place on Monday, Aug. 25, at 5:30 p.m. This program will be dedicated to herbal salves, including formulation and how to customize a recipe for everyday care.

All materials will be provided at both programs. Registration is required, and space is limited.

Meanwhile, the library invites guests to take part in "Adult Summer Reading Bingo."

You can get involved in this fun program by picking up your Bingo sheet at the library, completing challenges, and claiming prizes.

"Each bingo you complete earns you a prize and an entry into our grand prize drawing, the library-issued statement read. "The more bingos you finish, the more chances you have to win.'

All bingo entries must be completed and verified by Sept. 2. The grand prize winner will be drawn on Sept. 3.

The library is also announcing a fun program for teens and adults.

"Ready to embark on an epic adventure? Join us every Thursday from 5:30-7 p.m. at the library for Tabletop Game Night," the statement read. "We're playing Dungeon World, a fun, beginner-friendly roleplaying game with a simple ruleset and big imagination.

No experience is required to take part in this program. Simply bring your creativity.

If you have questions about this program, send a text to: 774-200-9025. You may also stop by during Thursday sessions to learn more. All are welcome.

Additionally, youngsters are invited to visit the library's teen area to explore the "Teen Activity

"You'll find coloring supplies, puzzles, games, and craft kits, perfect for relaxing or hanging out

with friends," the statement read.

Local teenagers are also invited to join a special Teen Advisory Committee. If you would like to help shape teen programs, recommend books, and augment library experiences, officials are seeking Teen Advisory Committee mem-

volunteer hours, build leadership skills, and make your voice heard,' the statement read.

If you're interested in taking part, stop by the front desk or email nbdirector@cwmars.org to sign up.

Several July story-time programs will be offered to youngsters on Tuesdays at 10:30 a.m. Books will be paired with craft activities covering summertime topics.

The library continues to host the Children's Art Club on the first and third Monday of each month. All sessions last from 4-5 p.m.

The library's youth Lego Club takes place every Thursday at 4

upcoming library events, or to register for an activity, call 508-867-0208. You may also send an email hastonfreepubliclibrary@ gmail.com.

The library is located at 161 North Main St.

Ethan Kenyon of Brookfield earns Bachelor's degree from Nazareth University

ROCHESTER, N.Y. — Ethan Kenyon of Brookfield graduated from Nazareth University with a Bachelor "This is a great way to earn of Science degree in Nursing during the 98th Commencement ceremony on campus at the Golisano Training Center on Saturday, May 17.

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In a learning community that purposefully integrates liberal arts and professional programs, Nazareth University graduates launch lifetimes of changemaking leadership in communities and workplaces near

JICE REPOR'

Liecester Police Log 4

THURSDAY, JUNE 26

12:15 a.m.: investigation (South Main Street), report taken; 6:51 a.m.: assist citizen (South Main Street); 7:22 a.m.: disabled mv (Stafford Street), assisted; 8:25 a.m.: mv stop (Pleasant Street), citation issued; 8:57 a.m.: animal complaint (Baldwin Street), referred; 9:01 a.m.: erratic operator (Pleasant Street), unfounded; 9:04 a.m.: holdup alarm (South Main Street), false alarm; 9:36 a.m.: municipal security alarm (Paxton Street), false alarm; 9:46 a.m.: ambulance (Huntoon Memorial Highway), transported; 10:43 a.m.: mv stop (Main Street), verbal warning; 10:52 a.m.: mv stop (Main Street), written warning; 11:04 a.m.: mv stop (Main Street), verbal warning; 11:19 a.m.: property found (Washburn Square) no action required; 12:19 p.m.: animal complaint (Auburn Street), referred; 12:42 p.m.: welfare check (Soojians Drive), report taken; 12:47 p.m.: ambulance (Soojians Drive), transported; 12:59 p.m.: ambulance (Main Street), transported; 2:41 p.m.: malicious mischief (Pleasant Street), report taken; 8:06 p.m.: assist other PD (South Main Street), services rendered; 8:41 p.m.: ambulance (Treadwell Drive, Spencer), transported; 10:12 p.m.: animal complaint (Mt. Pleasant Avenue), referred; 11:31 p.m.: mv stop (Main Street), verbal warning.

FRIDAY, JUNE 27

12:00 a.m.: mv stop (South Main Street), verbal warning; 1:04 a.m.: mv stop (Stafford Street), verbal warning; 1:22 a.m.: mv stop (Stafford Street), written warning; 2:46 a.m.: mv stop (Main Street), written warning; 4:20 a.m.: ambulance (Waite Street), transported; 7:41 a.m.: ambulance (Huntoon Memorial Highway), transported; 8:16 a.m.: ambulance (Victoria Drive), transported; 11:27 a.m.: ambulance (Huntoon Memorial Highway), transported; 12:17 p.m.: ambulance (Huntoon Memorial Highway), transported; 12:40 p.m.: ambulance (Main Street),

transported; 1:05 p.m.: summons service (Main Street), served; 1:34 p.m.: erratic operator (Paxton Street), verbal warning; 3:40 p.m.: ambulance (May Street, Worcester), transported; 6:24 p.m.: notification (Henshaw Street), unable to serve; 7:34 p.m.: ambulance (Main Street, Spencer), transported; 8:12 p.m.: disturbance (Charles Street), services rendered; 11:50 p.m.: mv stop (Stafford Street), verbal warning.

SATURDAY, JUNE 28

1:13 a.m.: mv stop (Main Street), verbal warning; 8:54 a.m.: ambulance (Pleasant Street), transported; 9:39 a.m.: disabled mv (Main Street), mv towed; 2:02 p.m.: ambulance (Soojians Drive), transported; 2:05 p.m.: ambulance (Winslow Avenue), transported; 3:45 p.m.: assist other PD (Pleasant Street), services rendered; 4:38 p.m.: ambulance (Huntoon Memorial Highway), transported; 5:28 p.m.: mv stop (Main Street), no action required; 6:47 p.m.: assist citizen (Washburn Street), services rendered; 7:23 p.m.: disturbance (Marshall Street), peace restored; 8:02

p.m.: disturbance (Marshall Street), James O'Neal, 38, 474 Marshall Street, Leicester, disorderly conduct, disturbing the peace, threatening to commit a crime, arrest; 8:33 p.m.: ambulance (Huntoon Memorial Highway), transported; 10:04 p.m.: disturbance/gathering (Lake Avenue), investigated; 10:37 p.m.: commercial alarm (Main Street), call canceled; 10:38 p.m.: disturbance (Soojians Drive), unable to locate; 11:10 p.m.: prisoner transport (West Main Street, Spencer), transported.

SUNDAY, JUNE 29

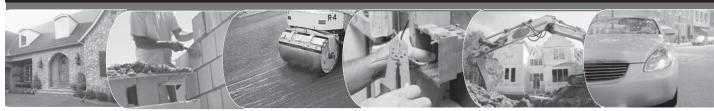
7:43 a.m.: family problem (Towtaid Street), report taken; 9:10 a.m.: transport prisoner (out of town, no destination noted on police log), transported; 9:57 a.m.: mv stop (Main Street), verbal warning; 11:19 a.m.: welfare check (Main Street), assisted; 11:42 a.m.: accident (Main Street), report taken; 2:47 p.m.: ambulance (Towtaid Street), transported; 3:54 p.m.: keep the peace (South Main Street), services rendered; 7:04 p.m.: disturbance/gathering (Main Street), spoken to; 9:38 p.m.: disabled mv (Peter Salem Road), services rendered; 10:14 p.m.: commercial alarm (Main Street), false alarm; 11:05 p.m.: abandoned 911 call (Stafford Street), spoken to; 11:46 p.m.: welfare check (Stafford Street), assisted.

MONDAY, JUNE 30

1:44 a.m.: welfare check (Main Street), report taken; 2:12 a.m.: ambulance (Main Street), transported; 4:31 a.m.: mv stop (Main Street), verbal warning; 8:07 a.m.: investigation (Main Street), report taken; 8:08 a.m.: mv stop (Main Street), verbal warning; 8:17 a.m.: erratic operator (Stafford Street), gone on arrival; 8:29 a.m.: mv stop (Stafford Street), verbal warning; 9:03 a.m.: mv stop (Stafford Street), verbal warning; 10:20 a.m.: ambulance (Stafford Street), transported; 10:44 a.m.: animal complaint (Main Street), referred; 10:46 a.m.: welfare check (Main Street), gone on arrival; 11:07 a.m.: abandoned 911 call (Main Street), unfounded; 11:09 a.m.: assist citizen (Main Street); 11:37 a.m.: mv stop (Charles Street), verbal warning; 12:28 p.m.: ambulance (Pleasant Street), transported; 1:12 p.m.: erratic operator (Watson Street), gone on arrival; 2:27 p.m.: ambulance (Huntoon Memorial Highway), transported; 7:21 p.m.: assist other PD (South Main Street), message delivered.

TUESDAY, JULY 1

12:00 a.m.: investigation (South Main Street), report taken; 1:07 a.m.: suspicious my (Charles Street), spoken to; 1:10 a.m.: disabled mv (Main Street), services rendered; 2:11 a.m.: mv stop (South Main Street), verbal warning; 5:28 a.m.: mv stop (South Main Street), verbal warning; 9:35 a.m.: assault/battery (South Main Street), report taken; 10:04 a.m.: animal complaint (Waite Street), referred; 10:29 a.m.: mv stop (South Main Street), verbal warning; 11:30 a.m.: welfare check (Main Street), transported to hospital; 12:25 p.m.: investigation (Huntoon Memorial Highway), report taken; 1:02 p.m.: ambulance (Pleasant Street), transported; 2:58 p.m.: ambulance (Huntoon Memorial Highway), transported; 3:13 p.m.: erratic operator (Pleasant Street), resolved; 4:45 p.m.: mv stop (Main Street), verbal warning;



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5:43 a.m.: medical/general (Chickering

Road); 7:46 a.m.: animal complaint (Lakeview Drive), re: injured bun-

nies; 9:32 a.m.: officer wanted (Elm

Street), req. welfare check; 11:00 a.m.:

officer wanted (Chestnut Street), rep.

loud bang; 11:52 a.m.: LTC issued (West

Main Street), assisted; 12:18 p.m.: fraud

(West Main Street), report taken; 12:29

p.m.: suspicious persons (Main Street),

investigated; 12:31 p.m.: officer wanted

(Main Street), refusing to pay cab fare;

1:22 p.m.: DPW call (Paxton Road), tree

limb in road; 3:28 p.m.: officer wanted

(North Spencer Road), wide load stuck

at bridge; 4:05 p.m.: 911 call (West Main

Street), rep. accident in Leicester; 4:09

p.m.: mutual aid (West Main Street),

assist Leicester PD; 4:51 p.m.: DPW call

(Buteau Road), tree in road; 5:27 p.m.:

medical/general (West Main Street);

5:56 p.m.: disturbance (Maple Street),

services rendered; 6:48 p.m.: officer

wanted (Donnelly Road), rep. wife

missing; 7:07 p.m.: mv complaint (Main Street), erratic operator; 7:40 p.m.:

suspicious persons (Pleasant Street),

investigated; 9:24 p.m.: 911 call (Main

Street), open line/yelling heard; 10:22

p.m.: mv repossessed (Grove Street), info rec'd; (total daily mv stops – 1).

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4:55 p.m.: ambulance (Stafford Street), transported; 5:23 p.m.: mv stop (Main Street), citation issued; 5:27 p.m.: mv stop (Stafford Street), verbal warning; 11:06 p.m.: mv stop (Main Street), citation issued; 11:12 p.m.: assist citizen (Rawson Street).

WEDNESDAY, JULY 2

12:13 a.m.: civil dispute (Main Street), peace restored; 4:13 a.m.: ambulance (Victoria Drive), transported; 8:01 a.m.: ambulance (Pleasant Street), transported; 9:55 a.m.: mv stop (Main Street), written warning; 11:34 a.m.: vandalism (Main Street), report taken; 2:10 p.m.: accident (Main Street), report taken; 3:28 p.m.: summons service (Willow Hill Road), unable to serve; 3:35 p.m.: summons service (South Main Street), served; 4:04 p.m.: assist citizen (Upton Street); 4:44 p.m.: shoplifting (Soojians Drive), Carlos Mario Luis Reyes, 29, 11 Irving Street, Worcester, shoplifting by asportation/3rd offense, failure to appear upon recognizance, straight warrant, arrest; 6:08 p.m.: accident (Stafford Street), report taken; 6:25 p.m.: transport prisoner (out of town, no destination noted on police log), transported; 6:36 p.m.: ambulance (Pleasant Street), transported; 6:54 p.m.: suspicious person (South Street Extension), unfounded; 8:23 p.m.: erratic operator (Stafford Street), unable to locate; 9:07 p.m.: assist other PD (South Main Street), services rendered; 11:29 p.m.: assist other PD (Watch Street), service rendered.

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Spencer Police Log

WEDNESDAY, JUNE 25

1:58-2:47 a.m.: buildings checked, secure; 2:28 a.m.: commercial alarm (Chestnut Street), services rendered; 3:28 a.m.: commercial alarm (Bixby Road), services rendered; 7:45 a.m.: LTC issued (West Main Street), assisted; 7:50 a.m.: officer wanted (North Spencer Road), debris in roadway; 8:25 a.m.: medical/general (Howe Village); 8:26 a.m.: officer wanted (West Main Street), c/o being harassed by ex; 9:12 a.m.: 911 call (Main Street), accidental; 9:30 a.m.: 911 Call (Chestnut Street), c/o crew blocking road; 10:41 a.m.: parking complaint (Maple Street), c/o mvs on sidewalk; 11:26 a.m.: restraining order service (West Main Street); 11:26 a.m.: restraining order service (West Main Street); 11:36 a.m.: disturbance (Main Street), neighbor dispute requesting officer; 12:08 p.m.: larceny (West Main Street), re: past incident; 12:11 p.m.: medical/general (Howe Village); 12:30 p.m.: elderly matters (Fairview Drive), c/o car being moved; 1:58 p.m.: sex offender registration/annual (West Main Street), assisted; 3:39 p.m.: mv complaint (West Main Street), erratic operator; 3:57 p.m.: fire alarm (Route 49), referred; 4:46 p.m.: restraining order service (Old East Charlton Road); 5:17 p.m.: officer wanted (Main Street), c/o drone near residence; 5:27 p.m.: accident (North Spencer Road), report taken; 6:16 p.m.: 911 call (Ash Street), no emergency; 6:46 p.m.: officer wanted (Cranberry Meadow Road), tree in road; 8:59 p.m.: officer wanted (Howe Village), c/o elderly woman left alone; 10:13 p.m.: suspicious persons (Chickering Road), investigated; (total daily mv stops – 1).

THURSDAY, JUNE 26

3:11 a.m.: medical/general (Salem Street), lift assist; 8:36 a.m.: accident (West Main Street), report taken; 8:47 a.m.: officer wanted (Main Street), req. welfare check; 10:01 a.m.: medical/general (Bixby Road); 10:11 a.m.: officer wanted (Pioneer Valley Drive), poss. unwanted party; 10:46 a.m.: officer wanted (Pleasant Street), req. welfare check; 12:07 p.m.: mutual aid (West Main Street), Sturbridge PD bolo; 12:58 p.m.: lost/found (Main Street), ring found; 1:28 p.m.: mv complaint (Route 49), erratic operator; 2:08 p.m.: mv complaint (Main Street), erratic operator; 3:23 p.m.: fraud (Main Street), report taken; 3:27 p.m.: illegal dumping (West Main Street), report taken; 3:30 p.m.: mutual aid (West Main Street), Webster PD bolo/officer safety; 4:34 p.m.: officer wanted (West Main Street), re: terms of restraining order; 5:24 p.m.: animal complaint (Browning Pond Road), re: pet rabbit roaming loose; 8:03 p.m.: medical/general (Summit Street); 8:15 p.m.: medical/general (Treadwell Drive); 10:37 p.m.: accident (Grove Street), report taken; 10:41 p.m.: medical/general (Howe Village); 10:50 p.m.: medical/general (Main Street); (total daily mv stops - 1).

FRIDAY, JUNE 27

12:32-2:36 a.m.: buildings checked, secure; 5:59 a.m.: 911 call (Pioneer Valley Road), accidental; 8:43 a.m.: officer wanted (Lake Street), req. welfare check; 9:08 a.m.: LTC issued (West Main Street), assisted; 9:45 a.m.: officer wanted (Paxton Road), property check req.; 9:48 a.m.: medical/general (Pearl Street); 10:15 a.m.: RV accident (Clark Road), report taken; 10:23 a.m.: medical/general (Duggan Street); 11:12 a.m.: mutual aid (West Main Street), State Police bolo; 11:15 a.m.: commercial alarm (Main Street), services rendered; 11:21 a.m.: suspicious mv (West Main Street), c/o being followed; 11:35 a.m.: identify theft (West Main Street), report taken; 12:00 p.m.: fire alarm (Pleasant Street), referred; 12:42 p.m.: medical/general (Thompson Pond Road); 1:18 p.m.: lost/found (West Main Street), receipt for earlier incident; 2:00 p.m.: 911 call (Maple Street), open line; 2:00 p.m. mv lockout (Brown Street), assisted; 3:19 p.m.: commercial alarm (Main Street), services rendered; 3:22 p.m.: medical/general (Maple Street); 4:31 p.m.: officer wanted (Smithville Road), re: tenant eviction; 4:59 p.m.: officer wanted (West Main Street), req. restraining order; 6:35 p.m.: officer wanted (West Main Street), req. info on court issues; 7:00 p.m.: disturbance (Kingsbury Road), noise complaint/ construction; 7:01 p.m.: medical/general (Chestnut Street); 7:17 p.m.: disturbance (Linden Street), services rendered; 9:40 p.m.: officer wanted (Chestnut Street), DCF req. assistance; 9:45 p.m.: 911 call (West Main Street), no response recorded on police log; 10:04 p.m.: fire alarm (Main Street), referred; 10:15 p.m.: mv complaint (North Spencer Road), sparks coming from mv; 11:45 p.m.: disturbance (Main Street), noise complaint; (total daily

mv stops - 0). SATURDAY, JUNE 28 1:03-3:09 a.m.: buildings checked, secure; 5:20 a.m.: disturbance (Main Street), services rendered; 7:27 a.m.: officer wanted (West Main Street), spoken to; 8:01 a.m.: animal complaint (Main Street), dead animal in road; 9:23 a.m.: officer wanted (West Main Street), req. assistance w/car seat: 9:38 a.m.: officer wanted (West Main Street), debris in road; 10:48 a.m.: missing person (Church Street), report taken; 12:58 p.m.: parking complaint (Maple Street), mvs blocking intersection; 1:06 p.m.: animal complaint (McCormick Street), loose dog; 1:07 p.m.: disabled mv (Woodside Road), mail truck/no action required; 1:46 p.m.: DPW call (Sycamore Avenue), branch in road; 2:45 p.m.: parking complaint (Wire Village Road), services rendered; 2:55 p.m.: officer wanted (School Street), req. welfare check; 3:12 p.m.: commercial alarm (Main Street), services rendered; 3:59 p.m.: medical/general (Main Street); 5:34 p.m.: lost/found (Main Street), wallet lost; 5:41 p.m.: lost/found (Charlton Road), trailer hitch lost; 6:05 p.m.: 911 call (Pleasant Street), open line; 9:11 p.m.: fire/woods/grass (Maple Street), bonfire close to house; 9:20 p.m.: 911 call (Woodchuck Lane), accidental; (total

daily my stops -2). SUNDAY, JUNE 29

a.m.: medical/general (Treadwell Drive); 12:29-2:47 a.m.: buildings checked, secure; 1:49 a.m.:

suspicious persons (Main Street), investigated; 1:57 a.m.: fire alarm (Hastings Road), referred; 4:55 a.m.: medical/general (Temple Street); 9:10 a.m.: medical/general (Howe Village); 10:31 a.m.: commercial alarm (Main Street), services rendered; 2:51 p.m.: 911 call (Chestnut Street), hang-up; 3:50 p.m.: animal complaint (Mechanic Street), baby birds/nest in dryer vent; 4:10 p.m.: medical/general (Pioneer Valley Drive); 4:17 p.m.: medical/general (Ledge Avenue); 4:36 p.m.: mutual aid (Brooks Pond Cross Road), assist State Police; 4:51 p.m.: parking complaint (West Main Street), mvs on sidewalk; 5:46 p.m.: officer wanted (First Street), neighbor dispute; 6:04 p.m.: medical/ general (Maple Street); 7:50 p.m.: officer wanted (West Main Street), lg. hole in road; 7:51 p.m.: medical/general (Valley Street); 8:27 p.m.: officer wanted (Lincoln Street), neighbor dispute; 8:41 p.m.: medical/general (Main Street); 9:39 p.m.: disabled mv (Main Street), assisted; 9:40 p.m.: medical/ general (Mechanic Street); 10:22 p.m.: mutual aid (Gauthier Road), assist Charlton PD; (total daily mv stops – 3). MONDAY, JUNE 30

secure; 7:35 a.m.: medical/general (Howe Village); 7:48 a.m.: animal complaint (Sunset Lane), bear in yard; 7:55 a.m.: LTC issued (West Main Street), assisted; 9:09 a.m.: suspicious persons (Grove Street), investigated; 10:12 a.m.: debris in road (Main Street), removed; 11:04 a.m.: medical/general (Roberta Bay); 11:45 a.m.: animal complaint (Smithville Road), cows in road; 12:30 p.m.: medical/general (Whittemore Court); 1:06 p.m.: LTC issued (West Main Street), assisted; 1:07 p.m.: disabled mv (Main Street), services rendered; 2:06 a.m.: shoplifting (Main Street), report taken; 3:15 p.m.: hit/run accident (West Main Street), report taken; 4:02 p.m.: accident (North Spencer Road), report taken; 5:38 p.m.: medical/general (Howe Village); 5:40 p.m.: disturbance (Laliberte Lane), neighbor shooting firearm; 7:24 p.m.: medical/general (Prouty Street); 8:42 p.m.: fraud (West Main Street), report

taken; 8:59 p.m.: residential alarm (McDonald Street), services rendered; 9:26 p.m.: disturbance (Lloyd Dyer Drive), noise complaint; 10:35 p.m.: disabled my (Main Street), services rendered; (total daily my

stops -0). TUESDAY, JULY 1

12:24-1:51 a.m.: buildings checked, secure; 3:43 a.m.: medical/general (Howe Village);

12:20-3:22 a.m.: buildings checked,

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Laren Age 10 Registration #8313

Laren is a friendly, fun-loving, and energetic young girl who brings joy and enthusiasm to everything she does. She thrives in a structured environment where routines are clear and consistent, as this helps her feel safe and supported. Laren loves being creative and often spends her time drawing and expressing herself through art. Music and dance are also some of her favorite outlets-she enjoys moving to the beat and letting her personality shine. Active and adventurous by nature, Laren enjoys outdoor play and being on the go, whether it's exploring new places or simply running around outside. She has a deep love for animals, especially turtles and other aquatic creatures, and enjoys learning about them whenever she can. Her in-

terest in sea life is a special part of who she is and brings out her sense of wonder and curiosity. With the right support, encouragement, and structure, Laren continues to grow and shine. She would do best in a nurturing, active family that can provide consistency, patience, and plenty of opportunities to explore her interests.

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EDITOR

EDITORIAL

Some of the best memories are made in flip flops

Summer is in full swing, with everyone walking around with a sun kissed glow. Apart from mild weather, lush green forests, swimmable rivers and lakes and beautiful flowers, there are significant health benefits to these summer months.

Sunlight aids in regulating our systems. During the summer months, there is a reduced rate of heart attacks. One study revealed that those who suffered a heart attack during the summer had survival rates increase by 19 percent. Vitamin D is said to play a role in protecting the heart as well as regulating calcium and phosphorus absorption.

Individuals tend to eat lighter and healthier in the summer, consuming more fruits and vegetables, which boosts our immune system. Produce is in abundance, whether it's at the local farmer's market or in our own back yards. Bring on the watermelon! The sun can also cure many skin issues, such as psoriasis, dermatitis and acne; however, this doesn't mean we can skip the sunscreen.

Summertime encourages us to get out and exercise. Getting the blood pumping creates endorphins and initiates and improves the flow of oxygen to the brain, which in turn lowers stress, and can aid in productivity in other areas of our lives. The longer days also afford us zero excuse to get out and get it done.

Because of the warmer temperatures, we automatically increase our water intake. This promotes digestion and flushes the toxins from our bodies.

Sleep disorders tend to fall by the wayside or improve during the summer due to the sun's early morning exposure. Experts say getting sunshine between 7 and 9 a.m. every morning will help you sleep better at night.

Spending time with friends, family and community increases in the summer which is key to our mental health. During summer months there are more outdoor activities that bring folks together such as band concerts, farmer's markets, campfires, which are all great places to catch up with our neighbors.

Most people tend to go on vacation during the summer, reducing stress and burnout. More and more people are realizing just how important it is to take a breather

Summertime helps us to feel more footloose and fancy free. There is also an overall feeling of relaxation and joy, over simple things like reading a book on the front porch, sipping sun tea or the smell of fresh cut grass.

The rivers flow wildly in the mountains and the lakes remain calm for fisherman to drop a line and float about, letting all cares melt away as the sunlight dances off the small ripples and waves. Mountain summits are picture perfect with blue skies, white clouds, vibrant green trees with glistening rocks, oftentimes creating scenes that don't even

Take advantage of the season and savor every moment. In the words of the great Henry James, "Summer afternoon-summer afternoon; to me those have always been the two most beautiful words in the English language."

Letter submission policy

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

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

Opinion and commentary from Spencer, Leicester and the Brookfields

LETTERS TO THE EDITOR

Bizarro World

To the Editor:

While the Big Beautiful Bill (BBB) has, at this writing, not passed the House, there is little doubt that it will, unless Elon Musk reaches out to recruit at risk GOP house members to his American Party, who, in concert with Dems, could put a stop to the largest "Robin Hood in Reverse", transfer of wealth, from the poorest to

Considering that the richest man in the world, presided over the shutdown of USAID, which has already killed over 350,000, competing with Gaza, for most death, I think his interest has to do with what ballooning the debt impact, has on the dollar. Do not be confused by the stock market because if your dollar buys less today than yesterday, it is not just inflation, but also deflation.

I did notice that an amendment to delay Medicare/Medicaid cuts to after midterms was proposed, so the impact that will close nursing homes, rural doctors and hospitals are not evident until after you have sent the thieves back to D.C. I wonder how many voters are savvy enough to know how their reps' votes impact them. I was amused at how many GOP reps touted the benefits their voters were getting, without mention, that they voted against them. I expect the red states will have greater clarity forced on them, as rural hospitals and other medical facilities close.

On the brighter side, there will be a boom of hiring to work in the funded concentration camps and as masked ICE agents, I hope this will make you proud that the BBB, expands that budget above the FBI. Trump visited Alligator Alcatraz [last weel], better described as Everglades Aushwitz. I

wonder if the Iranian woman in this country 47 years, mother and wife of US citizens, PTA and Katrina relief volunteer, grabbed while picking figs with the neighborhood kids, will be sent there?

Apparently, they have already removed the criminals, so now grab those who are positive contributors to our country. Last week it was the father of three US Marines. Steven Miller, author of the complete Muslim ban, should go and take HOman and Gnome, with him. Maybe Putin needs more Stalin style help.

When I was in elementary school, we learned about the checks and balances of having three co-equal government branches. I think that system actually worked for quite a while. It could not be clearer that this mob boss style of running the executive branch, has achieved appalling success. Legislators not following orders, get fired by hook or crook. They are more afraid to answer to those who elected them, than the guy they are supposed to "balance."

After actually moving cases to jurisdictions that support their political agenda (keeping Trump on ballot and out of jail), justice Sotomyer felt the need to actually read her minority ruling, when six GOP judges, ruled that Federal court rulings, would no longer be federal, but just local, while allowing a stay on the actual clearly written birth right law. My question is, if a president is immune from prosecution for breaking laws and has pardon power, how would dictatorship differ?

I have read novels and watched movies, that do not come close to being as hard to believe as our current reality.

> KEN KIMBALL BROOKFIELD

What does it mean to 'Make America Great Again?'

To the Editor:

Make America Great Again! That phrase resonates with many people, but what does it mean?

Obviously, many of us have differing opinions about what constitutes our greatness. Is it our great wealth in monetary terms, or our military might? What is America? We have often been described as a melting pot, the majority of us being descendants of immigrants from countries all over the world. Most immigrants came here either by choice, escaping persecution or starvation, or simply searching for a life with greater opportunities. Other immigrants did not come by choice, but as victims of the slave trade. Whatever our origins, we are certainly a melting pot. What I believe can make us great is a greater appreciation of the tremendous cultural wealth we share with our fellow Americans. Unfortunately, there are some who believe that their heritage or gender makes them greater, and deserving of privileged treatment. I doubt that their ancestors would be

proud of such an attitude. As I am writing this (July 2), we will soon be celebrating the Fourth of July, the signing of our Declaration of Independence in 1776, nearly 250 years ago. Since that time, our journey to greatness has had a checkered history. Our land of opportunity has often been at the expense and exploitation of others, forcing native Americans from their land, participating in the slave trade, destroying and polluting our land, water, and air, and the wasteful use of our resources in the pursuit of monetary wealth. Those were, and are, not now our greatest moments. On the 4th, we celebrate the courage and sacrifice of the many people who helped protect our land and the lands of others from the threat of despotism. True homage to those patriots would be greater stewardship on our part to protect our land and the world for future generations, just as many of before us sacrificed for their future and our present.

Although our journey to "greatness" has not always been so great, one truly noteworthy characteristic is that it has been a gradual march toward greater freedom and opportunity for all, regardless of race, creed, gender, or ethnicity. Yes, there have been "hiccups" along the way; and we are certainly experiencing one such "hiccup" right now. In the previous

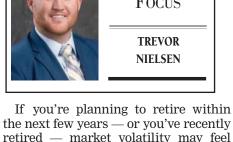
century, Germany suffered from a fascist dictator who embroiled his country and the world in a terrible war. He poisoned the minds of many of his countrymen with racist thoughts of supposed superiority. Our country is facing a similar threat. Donald Trump and the MAGA cult he helped create believe that DEI (diversity, equity, and inclusion) is dragging America down. Nothing could be further from the truth. Working together, that wealth of cultural diversity can be a tremendous strength. Our universities have attracted extremely intelligent minds from all around the world, and our country has benefited greatly from their insights and contributions. Do we really want to discourage that pro-

Great power does not lead to true greatness unless that power is used their weakest members. Taking away health care for millions of our poor to fund additional income for millionaires and billionaires will not reflect well on us.

I hope we can turn the table by recognizing the common threat to all of us, regardless of political affiliation. By combining our varied backgrounds and talents to find the solutions we need, I think we can continue our journey toward greatness, promoting the common good and helping rescue our seriously threatened planet.

portfolio in volatile markets FINANCIAL Focus

Stress-test your retirement



especially unsettling. After years of saving and planning, you're now entering a stage where your portfolio may shift from growth to providing income. The five-year window before and after your retirement date is especially critical when market downturns can have an outsized impact on your long-term financial security.

While you can't control the markets, there are meaningful steps you can take to "stress-test" your retirement income, so it is not consumed entirely by market drops before you stop working.

Explore your short- and medium-term income needs. One of the most important steps to take is to understand how much of your portfolio you'll need to rely on for income. It depends on your other income sources such as Social Security, IRAs, 401ks, pensions and wages if you work in retirement. You'll want to avoid taking too much from your portfolio in response to a decline because that could increase the likelihood that your money may not last through retirement. A financial advisor can help you determine your threshold for monthly withdrawals, based on your income needs, long-term outlook, inflation and risk tolerance.

Review your emergency fund. Are you able to set aside at least three to six months' worth of essential expenses in cash or very low-risk investments? That could allow you to avoid digging too deeply into your portfolio or selling stocks or other volatile assets at a loss if the market drops. The income bridge from an emergency fund gives your longer-term investments time to recover and can reduce stress during down markets. You may even find you want more than six months in this fund to help weather emergencies, depending on your risk and your comfort level.

Review your mix. As you approach or begin retirement, does your portfolio reflect your need for stability and income? You may need to reduce exposure to riskier assets such as stocks and increase holdings in more stable ones. like bonds or cash equivalents. Your ideal allocation depends on your risk tolerance, spending needs and other income sources. The goal is to shield your savings from major losses just as you begin drawing from them.

Consider market swings. If the value of your portfolio dropped 20% tomorrow and stayed there for a period of time, would you need to change your lifestyle or spending immediately? Would you need to go back to work? If your answer is yes, revisit your asset allocation or spending plan. A more conservative approach may offer less upside but can provide greater confidence during the early years of retirement.

Assess your spending. Even small budget adjustments can make a big difference, especially early in retirement. Do you need to consider postponing a major purchase or trimming discretionary spending? If you're still working, directing extra income into savings can help build a cushion. If you're already retired, keeping withdrawals as low as possible during market downturns can help support long-term sustainability.

Stay grounded — and get support. Market swings are inevitable, but emotional reactions and risky investing can lead to costly mistakes. Don't abandon your investment strategy. Instead, focus on what you can control: your asset mix, spending and flexibility. A financial advisor can help you stresstest your retirement plan, evaluate your options and stay focused on your longterm goals — even when the markets are anything but steady.

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

to promote the common good rather than the exploitation of others for personal gain. Our country of opportunity relies on a system of laws that protect our environment and our people from exploitation. Our President appears to believe that his wealth and political power puts him above the law. Republicans have political power right now. They control the White House, the Senate, and the House of Representatives. Are they using that power to promote the common good? Take a look at the big, beautiful budget bill that they are trying to pass. Senator Sheldon Whitehouse of Rhode Island provides some excellent and thoughtful videos that are available on YouTube. I encourage you to view them. That "beautiful" bill adds trillions of dollars to our debt in order to fund tax breaks for the wealthiest among us. True greatness of a nation should be reflected in how it treats

> DAVID W. BROWN NORTH BROOKFIELD

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Annual Guide to Pick Perfect Produce

or those

that are

yellow

or pale

green.

Gardens are in full bloom and many crops are ripe for the picking that means offerings of local veggies and fruits are plentiful. That also means it's time to once again publish our annual guide to choosing the freshest pro-Whether you're shopping at an outdoor market or local grocery store, the following tips will help you pick perfect produce from early crops through the end of the season.

Beans, snap: Look for small seeds inside straight, fleshy pods. If

you can see large seeds through the skin than the beans are probably too old. Avoid beans with dry-looking, rusty,

wilted or damaged pods.

Broccoli, Brussels Cauliflower: Sprouts, Look for tightly compacted flower clusters on broccoli and cauliflower, and compact, uniform sprouts. Avoid wilted, yellow, or dirty heads, and avoid loose, open sprouts



KAREN TRAINOR Cabbage and head let-

TAKE

THE

HINT

tuce: Look for firm compact heads that are heavy for their size. On leaf lettuce, choose unwilted, compact, crisp-looking compact plants.

Carrots: Look for deep orange colored and smooth skinned roots. Avoid carrots with purple or green shoulders or pale in color, or ones with forked or crooked roots. Oversized roots usually mean they are woody. If tops are still attached on carrots, they should be fresh.

Celery: Choose large, firm stalks with uniform stalk and a white bottom. Avoid spindly, wilted stalks.

Chard: Look for fresh, dark green leaves with bright, tender stalks. Avoid wilted, poorly colored leaves.

Collards and kale: Check for tender, green, full-sized leaves with tender tips; avoid wilted, tough or overly large leaves.

Corn on the cob: Choose for well-filled cobs with plump, straight rows of kernels. Avoid large, wrinkled kernels.

Cucumbers: Pick long, slender cukes that are medium to dark green.

Peppers: Look for firm, darkly colored fruit with uniform size, color, and number of lobes. Avoid wrinkled or shriveled ones or fruits that are sunburned (contrasting color spots).

Radishes: Choose medium-sized, firm, crisp roots. Avoid wilted or soft roots or those with growth cracks or insect damage. Oversized roots will be pithy. Sunburned crowns are also not desirable.

Summer squash: Choose ones that are uniform in size, color, and shape. Avoid large

fruits (over mature) or ones with scarred skins, missing stems, or that are soft or wilting.

Tomatoes: Look for smooth skinned, firm fruits with uniform color. Avoid fruits with growth splits, sun scald, or overripe (soft) fruits.

Apples: Choose firm, well-colored fruit that feels crisp.

Blueberries: Pick plump, firm, deep blue berries with their natural waxy silver coating.

Cantaloupe: Look for a smooth shallow base; thick, coarse, corky netting that stands out from skin. Should yield slightly when pressed on nonstem end and have the slight scent of cantaloupe.

Cherries: Should be dark in color, glossy, plump, with fresh looking stems.

Nectarines: Fruit should be plump, slightly soft along "seam"; either orange-yellow or greenish between red-blushed areas depending on variety.

Oranges: Choose firm oranges, heavy for its size; smooth-textured, with bright-looking skin.

Peaches: Should be somewhat firm, becoming slightly soft; red with creamy, orangy base color.

Pears: Look for firm fruit, just barely beginning to soften. Bartletts: pale to rich yellow; Boscs: green to brown yellow.

Pumpkin: Look for a pumpkin with an even orange hue. Give it a thump; if it sounds hol-

SEND US YOUR NEWS!!!

low, it is ripe and ready to be picked. Look for hard skin and a hard stem. Leave several inches of stem when you harvest a pumpkin. Doing so will slow down the rotting process

Watermelon: Should be symmetrical with bright green rind with a creamy yellow underside. Choose a watermelon heavy for its size.

Win Dinner for Two at the Publick House

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

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

<u>etters to</u> the Editor

What is Trump's bigotry costing America?

To the Editor:

I am the daughter of immigrants. My parents, at the ages of 17 (mother) and 19 (father), came from Nova Scotia, Canada, each to live with an older brother. Having an older brother to live with must have given my grandparents some ease of mind to let their youngest child go to another country.

My father soon took over his brother's ice delivery route when that brother returned to Nova Scotia to run the farm of his father-in-law who had become ill. My mother became a maid on an estate outside of Boston. I always wondered why she was so particular about setting the table. That must have been her job. During the Great Depression my father had a job delivering ice. Most people had "ice boxes" at that time. He was glad to have a job.

While my parents knew each other in Nova Scotia, they courted in Massachusetts. They married during the Great Depression. My father became a U.S citizen early on. My mother "dragged her heels" and did not become a citizen until I was in the fifth grade. My brother and I are birthright citizens. My parents were good citizens. Dad worked in a shipyard during WWII. My mother flew the U.S. flag in her yard! For many years my father's vacations were spent going to Nova Scotia. My brother and I became well acquainted with our Nova Scotia cousins. And still are. And for all that a neighbor called on the phone and told my parents to go back

to Nova Scotia where they belonged. My brother answered the call and told our dad who he thought it was. Dad went to the neighbor who admitted she called. Dad said she should have been sure who answered before her careless remark.

Donald Trump has made so many speeches demonizing "illegal immigrants." I think 95 percent come to our country to better themselves, as my parents did. They were able to purchase a home. Dad had a good job and never wanted my mother to work outside the home. Would that be possible in today's economy?

In today's times, would my mother be deported? Oh, wait. My parents were white and came across the northern border. The racism of our president shows forth as those black and brown people coming across the southern border are depicted by him as being so dangerous to our country. They are hunted down by ICE agents who are masked and show no ID or warrant for arrest. I am appalled that this is happening in our country. DJT told us we would see deportation such as we had never seen before. It is hard to believe a pathological liar, but on deportation, he was telling us what would happen, and doggone it, he is making it come true! But at what cost to our country? Isn't anyone noticing how "off the rails' Trump is with his nonsensical rants that are showing awful cruelty? Are people okay that a felon has been elected to be President?

Patricia Jackman North Brookfield

A time to reflect

To the Editor:

A moment for nostalgia. In our lifetime, we have heard many great, powerful, inspirational speeches, read several creative books, recalled special quotations, remembering a plethora of memorable songs; let us once again take time

To remember Martin Luther King's words "I have a dream," expressing his desire for economic and employment equality.

To praise FDR's four freedoms of speech, worship, want and fear, his desire for all of us to enjoy.

To recall Churchill's plea to "Never give in, never, never, never," telling people to persevere in the face of adversity.

To print Bishop Sheen's quote "If you do not live what you believe, you will end up believing what you live." Straight talk.

To understand Gandhi's thought, "You must be the change you wish to see in the world." A very strong statement.

To enjoy Walter Cronkite's philosophy, "In seeking the truth, you must get both sides of the story." Makes perfect

To give credit to Edward R. Murrow for saying, "We cannot make good news out of bad practice." Very sound wis-

To believe Abe Lincoln when he said, "You cannot escape the responsibility of tomorrow by evading it today." How

To concentrate on Dalai Lama's words "The purpose of life is to be happy." That is one of many reasons why we exist.

To listen to Eleanor Roosevelt when she said "No one can make you feel inferior without your consent." A great To promote Walt Disney's statement

"All our dreams can come true if we have the courage to pursue them." Walt was a master of creativity, and continues to make us happy.

To appreciate Albert Einstein's quote "Only a life lived for others is a life worthwhile." Perfecto!

To reflect on Benjamin Faulkner's words "Where liberty dwells, there is my country." A great statement, Ben.

To ponder the words of JFK, "Ask not what your country can do for you, ask what you can do for your country." So perfect.

To hear Kate Smith sing "God Bless America," giving us a strong powerful feeling of appreciation for our country.

The reason for writing "A Time to Reflect" is for each of us to remember the times, purpose, events, and the people who made these famous statements. In the future, if all of us work together

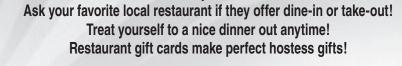
to try to create an atmosphere of cooperation, compassion, appreciation, understanding and love, we can remember in future years to listen, read, understand, and enjoy a new article on "A Time to Reflect!'

> DONALD L. GAUDETTE, SR. SOUTH HADLEY (FORMERLY OF Brookfield)

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Blind Tiger Swing Posse next up in Spencer summer concert series

P E N C E R The Spencer Parks & Recreation Commission 2025Concert Summer Series continues from 2 to 5 p.m. on Sunday, July 13 at Powder Mill Park, corner Smithville and Meadow Roads, Spencer with the Blind Tiger Swing Posse.

Blind Tiger Swing Posse is seven pieces of hard-driving swing and rock made up of some of New England's most seasoned professionals. Band members include Doug Moore on vocals and lead guitar, Pete Levesque on saxophone, William Fanning on trumpet, Jeff Galindo on trombone, Jim Heffernan on piano, Joe D'Angelo on bass guitar and Billy MacGilvray on drums.



Each musician brings their unique skill set that delivers a timeless mix of jazz, blues, swing, pop, soul and rock.

The series continues on July 20 with The Chain.

The concert series is proudly sponsored by Cornerstone Bank. Serving Worcester County, Massachusetts, Cornerstone Bank's local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts

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For Advertising

DA's office supports safety programs at Quaboag Regional



Jr., in celebrating a recent grant award.

WARREN — The Worcester County District Attorney's Office recently presented a check to support student safety programs at Quaboag Regional High School.

The \$500 grant assists with safe prom transportation for students. School officials joined District Attorney Joseph Early, Jr., and local police officers to celebrate the

"Prom is an unforgettable night to celebrate high school achievements. We are glad to support Quaboag High School and Quaboag Regional School District as they provide safe prom transportation for students," read a statement released by the DA's Office. "Thank you to the officers from the Warren Police Department and West Brookfield Police Department, Superintendent Stephen Duff, and Class Advisor Jim Joinville for joining us."

To learn more about programs and initiatives supported by the DA's Office, visit www.worcesterda.com.

Local student achieves Dean's List at TCN7

EWING, N.J. — Abigail Bouchard of West Brookfield has earned the esteemed honor of placement on the Dean's List at The College of New Jersey for the spring

2025 semester. To achieve this honor, a student must carry 12 or more credits that semester and earn a 3.5 (or above)

grade point average.

Founded in 1855 as the New Jersey State Normal School, TCNJ delivers an exceptionally high-quality education, in a collaborative and supportive environment. The college has the ninth highest four-year graduation rate among all public colleges and universities. The college is situated on 289 tree-lined acres in suburban Ewing Township, New Jersey, in close proximity to both New York City and Philadelphia. A strong liberal arts core forms the foundation for a wealth of degree programs offered through the college's eight schools: Arts and Communication; Business; Education; Engineering; Graduate, Global, and Online Education; Humanities and Social Sciences; Nursing and Health Sciences; and Science.

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Estate jewelry, gold, diamonds, and gold watches

cited are fewer

weddings, less

demand for lux-

ury goods, and

lower demand

in China. The

biggest reason

for the decline

though is the

decreased price

of lab-grown

diamonds.

Reports show

lab grown dia-

monds have dropped in

price between



We've neared the top of our top 10 list with number 2 today, which is estate jewelry, gold, diamonds, gold watches.

I'll start by discussing estate jewelry, vintage and antique jewelry. Estate jewelry is generally meant to be any jewelry that was previously owned regardless of age. Antique jewelry uses the same timeframe as most antiques,

100 years or older. Some consider any jewelry less than 100 years old to be vintage. Others say it must be at least 50 years old while others consider 20- or 30-year-old jewelry to be vintage. Some nicely designed, scarce, signed costume jewelry brooches have sold in the low thousands of dollars but I'll be

discussing jewelry with precious metals and gemstones in this column.

As with coins, the gold or platinum is worth at least the scrap value of the metals. Platinum jewelry is typically 85 to 95 percent platinum with the rest being alloys. The platinum price is around \$1,400 per ounce as of July 5. With gold, the number of karats indicates is purity. 10k gold is 41.7 percent gold, 14k is 58.3 percent gold, 18k is 75 percent gold, and 24k is 99.9 percent (or nearly pure gold). Gold price is well over double the price of platinum as I write this at \$3,346.50.

While gold and platinum prices are strong, diamond prices have been declining. Reasons being



ANTIQUES,

COLLECTIBLES & ESTATES WAYNE TUISKULA

75 and 85 perover cent 10-year period.

There are several factors to consider if you are selling precious metals or diamonds. Most of us are familiar with the 4 Cs of diamonds; cut, clarity, color and carat weight. The size, weight, age, percentage of gold, and design all play a factor in gold jewelry value.

Auction has proven to be a great method to sell gold jewelry, watches, and other valuables, especially when you are unsure of its value. In 2021, we sold a Rolex Oyster perpetual wristwatch with box for \$3,600. Last year we auctioned an antique 14K gold necklace with three black opals and two mine cut diamonds for over \$11,000. In October 2024, an 18K gold Tiffany & Co. necklace with green tourmaline stones brought \$27,600 in one of our auctions. In 2016 we sold a three and a half carat diamond ring for \$30,000.

diamonds Although may have lost a little of their sparkle, gold is shining brighter than ever making fine jewelry pric-

We will be offering gold jewelry, some with diamonds, in our fall/winter sale. We continue to work on a Civil War auction, Laurel and Hardy memorabilia auction, and will be announcing another major auction soon. We also continue to accept consignments for future sales. Please visit our Web

site, https://centralmassauctions.com, for links to upcoming events.

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

pplied Faith

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SPEAKING

TOBY

MOORE

Everybody dreams they wish they could accomplish. It could be to find the perfect job, an ideal partner, or beautiful home. Launching a business, scoring the

game-winning shot, or maybe even standing on stage with the crowd roaring. Dreams are a part of being human, and we all know there's a big difference between dreaming and doing. Between wishful thinking and what Napoleon Hill called 'Applied Faith.'

He thought that most people have a passive hope when it comes to their dreams. They wish for better circumstances but never move toward them. They believe, sort of—but they don't demonstrate that belief by taking action. It's like saying you trust the parachute but still refusing to jump.

Those who achieve extraordinary results don't just wish—they move. They practice applied faith. That means they believe so strongly in the outcome that they start living like it's already on the way. That kind of faith doesn't sit still. It works.

Hill thought that applied faith is not something you have or don't have; it's something you grow, like a muscle. So, how do you develop applied faith?

It starts here: have absolute belief in your definite purpose. Not a vague hope but a precise, focused goal that sets your soul on fire. Once you lock in a purpose that you're passionate about, you'll find it much easier to take the following steps.

Build a plan. Faith needs a blueprint. It requires a calendar, a checklist, and

a schedule. Applied faith isn't just saying, "I know it'll happen"—it's saying, "Here's how I'm making it happen." Even small steps become acts

of faith. Faith without a plan is just fantasy, but faith with a plan-that's how dreams take form.

Next, you need to take immediate action despite uncertainties. Waiting for the perfect moment is wishful thinking because that moment never arrives. Move forward while the path is still foggy. Every step you take—even the wobbly ones-sends a message that you're serious. Courage isn't the absence of uncertainty; it's the decision to act despite uncertainty.

You're going to suffer defeats and setbacks, but even when the storm hits, keep going. That's when the real test shows upnot when everything's smooth, but when your plans hit a wall when doors close, and when nothing seems to be working. Most people quit there. But applied faith says, "This is just part of the process." It doesn't crumble under pressure it doubles down.

Temporary defeat isn't a failure. It's feedback. It's training. It's proof that you're on the field. Stay in the game, and your breakthrough will come.

It's crucial to surround yourself with believers and supporters. Faith multiplies in the presence of people who see your vision, even when it's just a seed. You don't need a crowd, just a few who remind you of your capabilities. Doubters drain you. But believers? They

lift you. Applied faith grows stronger in the company of good people.

Faith needs fuel. Read scripture or uplifting books. Watch videos of people who've walked through fire and come out shining. Listen to podcasts that keep the fire burning inside. Put quotes on your bathroom mirror. Fill your space with reminders that your dream is on the way. When doubt knocks, let inspiration answer the door.

Express gratitude as if success is already yours. Speak it out loud—daily, confidently—as if the breakthrough has already happened. Say things like, "I'm so thankful for the opportunities lining up for me right now," or "It feels so good to be living in alignment with my calling." Begin each morning with, "Thank you for letting me achieve my

Gratitude doesn't wait for results—it calls them forward.

When you apply faith directly, something powerful happens-doubt disappears. Fear dissolves and transforms into courage. And the obstacles? They start to look like stepping

Applied faith doesn't sit around hoping things work out. It expects success and plans accordingly. It's not blind optimism; it's belief with a back-

The next time you catch yourself dreaming, turn that vision into a plan. Turn that plan into action. And back it all with unshakable faithnot the kind that waits for a miracle, but the kind that moves like the miracle's already on its way.

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LEGALS

A.C. 108A

Docket Number WO25P0582PO

THECOMMONWEALTH OF MASSACHUSETTS WORCESTER, SS PROBATE COURT

To Brittany A. Tee an absentee, who last known address was 69 Jolicoeur Avenue, Spencer, MA 01582 having property in the County of Worcester; to the Treasurer and Receiver General of said Commonwealth; to all persons claiming an interest property hereinafter described; and to all whom it may concern

A petition has been presented to said Court praying that Susan M. Tee of Spencer in the County of Worcester, or some other suitable person, be appoiinted receiver of the following described property of said absentee, and a warrant to take possession thereof has been issued to an officer who has taken and now holds the same, as follows:

PERSONAL ESTATE. LOCATION. VALUE 2011Jeep Grand Cherokee Spencer \$5,000.00 IRS Tax Refund Spencer \$1,407.00 DOR Tax Refund Spencer \$221.00 Arbella refund Spencer \$41.00

If you desire to object thereto you or your attorney shall file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the nineteenth day of August 2025, the return date of this citation.

Witness, Leilah A. Keamy, Esquire, First Judge fo said Court, this thirtieth day of June 2025

Stephanie K. Fattman Register of Probate July 11, 2025 July 18, 2025 July 25, 2025

Commonwealth of Massachusetts The Trial Court

Probate and Family Court Worcester Division 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO24P1278EA CITATION ON PETITION FOR ORDER OF **COMPLETE SETTLEMENT Estate Of: Blanche Kiley**

A Petition for **Order of Complete** Settlement has been filed by Robert George of Sturbridge MA

requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, 1st and other such relief as may be requested in the Petition. **IMPORTANT NOTICE**

You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and

objection at this court before: 10:00 a.m. on the return day of 07/29/2025. 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.

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

July 01, 2025 Stephanie K. Fattman, Register of Probate

July 11, 2025

Town of Spencer Conservation Commission PUBLIC HEARING NOTICE

In accordance with the requirements of the Massachusetts Wetland Protection Act, MGL c. 131, s. 40 and the Spencer

Wetlands By-Law: David Bird has filed an RDA with the Spencer Conservation Commission to replace a deck located at 16 Ledge Avenue, Spencer, MA.

Tom Lynch has filed an NOI with the Spencer Conservation Commission to construct a septic system located at 72 Thompson Pond Road, Spencer, MA. Peter Boria has filed an NOI with the Spencer Conservation Commission for roadway, sidewalk & drainage improvements located at Valley & Mill Street, Spencer, MA.

Patrick Tatro has filed an NOI with the Spencer Conservation Commission to construct a septic system located at R25 44-1 Greenville Street, Spencer, MA.

Jimmy Georges has requested to Amend the Order of Conditions with the Spencer Conservation Commission and demolish and reconstruct new foundations located at 19 & 20 Whittemore Cove, Spencer, MA.

Applications can be reviewed at the Office of Development and Inspectional Services, Town Hall. A public hearing regarding these filings will be held by the Spencer Conservation Commission in McCourt Social Hall at Town Hall. 157 Main Street, on Wednesday, July 23, 2025 at which time all persons having an interest may be present or call in remotely to participate. Conservation Commission meetings open at

Mary McLaughlin, Chairwoman

July 11, 2025

Town of North Brookfield

Requests sealed bids for FY2026 Fuel Contract Approximately 15,000 gallons Ultra Low Sulfur Diesel

Fuel and Heating Oil. Bids may be obtained from the Highway

Dept., 508-867-0213 and delivered to 65 Donovan Rd., North Brookfield no later than 1:00 P.M.

on Friday, July 25, 2025. July 11, 2025

June 30, 2025 **TOWN OF EAST BROOKFIELD FY26 ROAD MATERIALS**

The Town of East Brookfield Select Board will receive sealed bids through the Highway Department on materials & equipment to be used in State Aid Road Construction work and general Town road maintenance work until 11:00 AM, Wednesday, July 23 2025, at the East Brookfield DPW Building, 424 East Main Street, E. Brookfield, MA 01515 at which time bids will be opened and publicly read aloud. Late bids will not be considered. MassDOT prequalification of contractors with the class of work as Highway-Construction for the project with an estimated value of \$204,000 will be required.

Specifications and bid forms are available by contacting the Highway office by email EbHighway@eastbrookfieldma.us or call 508-867-6575. July 11, 2025

The North Brookfield Zoning Board of Appeals will hold a public hearing & meeting on Monday, July 21, 2025 at 6:00pm in the North Brookfield Senior Center, 29 Forest St on the application of Robert Anderson for a Special Permit to Zoning Bylaw, IV, A, 2, I: to construct a two-family duplex in the R11 District at 12 Winter St. A copy of the application is available at the Town Clerk's Office at 215 North Main St.

July 4, 2025 July 11, 2025

Bring the garden to your next gathering



Melinda Mvers

Edible nasturtium blossoms brighten up this salad.

Make every dining experience fun and flavorful by including garden fresh herbs, vegetables and flowers in your meals. Allowing guests to harvest and season their drinks, entrees and sides from the garden or container creates an interactive experience they are sure to remember.

Start your gathering

with a review of the menu and a tour of the gardens. Provide guests with a harvest basket and snips so they can collect all their favorite ingredients. Or gather an assortment of herbs and vegetables in advance and display them in containers for your family and guests to make their own selections.

Include a few herbs and vegetables that can be blended, muddled or added to yours and your guests' favorite beverage. Use the hollow stems of lovage as a straw for tomato juice or bloody Mary. You'll enjoy the celery flavor this edible straw provides. Provide mint, basil or rosemary leaves to flavor iced tea and lemonade. Just set the herbs near the beverage table for easy access, provide needed utensils, and herbal cocktail recipes. Bring the garden to

the party by placing a few containers of herbs, edible flowers and vegetables on your balcony, patio, deck or near the grill. Use small herb containers as edible centerpieces and add a pair of garden scissors or snips. Label the plants, offer seasoning suggestions, and allow your family and guests to season the



GARDEN Moments

MELINDA

MYERS

meal to their taste when it arrives. Remind guests to adjust the quantity of herbs used to allow for the difference in flavor intensity of fresh vs. dried herbs. In general, you will need two to three times more fresh than dried herbs.

Add a bit of color and unique flavor to the meal with edible flowers. Pick the flowers early in the day when they are at their peak and taste best. Wash them by dipping the flower in a bowl of water and gently shaking. Remove the bitter tasting base of the petal and the reproductive parts from larger

flowers before prepar-

Make sure the flowers you select are edible and free of pesticides. Let your guests know they can eat the flowers, or you'll end up with a pile of petals on the side of every plate. Try nas-

turtium and daylily blossoms stuffed with cream cheese; calendula, pansy, and borage petals sprinkled on salad; chive flowers for baked potatoes; and mint leaves on top of a slice of chocolate cake. Harvest your garden

and containers regularly to keep plants looking good and producing. Cut the outer leaves of leaf lettuce when they are four to six inches tall to keep the plant growing new leaves. Pick peppers and tomatoes when fully ripe, so the plant continues flowering and forming new fruit. Remove faded flowers as needed

to keep flowering plants covered with blooms.

Dress up your table with a bouquet of your favorite garden flowers. Pick a few extras to send home with your guests and they'll surely remember your special gathering filled with homegrown flavor and beauty.

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

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100 Years Ago This Month: Historical events from July 1925

The month of July has been home to many historical events over the years. Here's a look at some that helped to shape the world in July 1925.

• The Kuomintang proclaim a new national government for the Republic of China on July 1.

• Nikolai Golitsyn is executed by the Soviet Union on July 2. Golitsyn, the last prime minister of the Russian Empire, was charged with participating in a counterrevolutionary monarchist organization. The Bolsheviks granted Golitsyn an opportunity to leave the Soviet Union, but the 75-year-old aristocrat chose to stay.

• Forty-four people lose their lives when a ceiling collapses inside the Pickwick Club in Boston on July 4. The club was hosting a Fourth of July celebration when a ceiling above roughly 120 people dancing at 3:30 a.m. collapses.

• The treasury of St. Peter's Basilica in Rome is robbed on July 4. Police report between five and seven million lira worth of valuables, including gold crosses and other religious objects, were stolen during the heist. Numerous arrests are made and stolen items are recovered just two days later.

• The Boeing Airplane Company test flies its first passenger aircraft, the Boeing Model 40, on July 7.

• Ralph Samuelson becomes the first person to perform a ski jump on water while performing at a water carnival on Lake Pepin in Minnesota on July 8. Samuelson eventually earns the nickname "The Father of Waterskiing."

• Ecuadoran president Gonzalo Córdova is arrested and removed from office by the Military League on July 10

• The Scopes Monkey Trial begins in Dayton, Tennessee, on July 10. Scopes is ultimately found guilty of violating the Butler Act and fined \$100 on July 21.

• English high school student Phyllis Green breaks the world record for the women's high jump on July 11. The 17-year-old Green becomes the first female competitor to jump higher than five feet.

• A mob of 200 white residents of the logging town of Toledo, Oregon, kidnap 29 residents of Asian descent on July 12. The kidnapped residents are placed on a train bound for Portland. Five mob leaders are ultimately arrested and one of the residents is eventually awarded financial damages for violation of his civil rights.

• Archaeologists in what is now the Czech Republic discover one of the oldest ceramic figurines in the world on July 13. The roughly four-inch artifact is estimated to be from before 24,000 B.C.

• The Canadian province of Saskatchewan repeals the Prohibition Act of 1916 on July 16.

• A flood wall collapses on July 17 after several days of heavy rains in Hong Kong. Eighty people are killed after a landslide sparks the collapse of the wall.

• The first volume of Adolf Hitler's autobiographical manifesto Mein Kampf is published on July 18.

• Britain enacts the first Palestinian Citizenship Order, 1925, on July 24. The act officially defines a Palestinian for the first time and remains in effect until 1948.

• American lawyer, orator and politician William Jennings Bryan, who ran for president three times between 1896 and 1908, dies in his sleep on July 26. Bryan's death comes just five days after he obtained a guilty verdict in the Scopes Trial.

• George Seldes is ordered to leave Italy on July 27. Seldes was in the country as an American correspondent for the Chicago Tribune and refused to alter the tone of one of his dispatches that was critical of the Fascist government led by Benito Mussolini.

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Make the most of a local date night



Date nights are opportunities for couples to strengthen their relationships and have a little fun along the way. A date night also presents an opportunity for couples to experience all their town has to offer, including its restaurant and entertainment scene. A night engaging with the local scene can remind couples why their towns are such special places, and the following are some tips to ensure date night is a hit.

• Plan ahead. Even small town residents can benefit from some planning ahead of date night. Many restaurants are still confronting staffing shortages that began years ago during the COVID-19 pandemic, so it's best to book a reservation as early as possible. Reservations ensure couples won't have to wait for a table to open up. Planning ahead also is necessary for other elements of a date night,

including entertainment. A range of variables has made it harder to score tickets to events like concerts, and even prices for sporting events have risen in recent years. A greater number of secondary market sellers compared to years ago and the rise of dynamic pricing, in which the price of a product or service fluctuates due to real-time market conditions, have helped to drive up the cost of attending unique events like concerts and ballgames. Planning ahead gives couples more time to shop around for afford-

able tickets.

• Take in the town.

More than 1,600 community coalitions participate in Main Street

America, a program that works to revitalize downtown areas in cities across the country. The same approach has been adopted by many towns and cities in Canada. The My Main Street program in southern Ontario and

the continuation of the Main Street Regeneration Approach®, an effort that began in 1979, are some ways that towns and cities across Canada are working to revitalize Main Street with a thriving business sector that can build community pride. Couples can take in their town on date night, strolling through downtown where they can enjoy a meal, have a drink and engage with local businesses in other

• Get crafty. Couples who want to do something unique on their next date night can look for a way to express their creativity. The paint and sip industry is tailor-made for a fun date night that allows couples to relax with a glass of wine or another preferred beverage as they reproduce a pre-selected work of art. Couples can share a few laughs as they work on their masterpieces. Paintalso allow couples to get creative, and much like at a paint and sip studio, couples go home at night with a memento of their fun evening.

• Embrace your inner athlete. Couples seeking an outlet for their athleticism can do so on date night in a number of ways. Axe-throwing has become a popular and fun way to break a sweat and blow off steam, while additional activities like bowling and mini golf remain popular date night staples. Couples who want to be especially close on their next date night while still getting a workout in can rent a tandem bicycle from a nearby bike store.

There's no shortage of fun date night ideas. Couples can find many enjoyable ideas for their next date night right in the confines of their hometown.

Some hidden benefits to shopping local



The economic impact of shopping within one's community is significant. Though estimates vary and are always open to fluctuation, a recent survey from American Express and the National Federation of Independent Business indicated roughy 67 cents out of every dollar spent at a small business remains in the community.

The economic impact of shopping local is plain to see, as many local business owners and employees live in the communities where their companies operate. But there are additional and perhaps less obvious benefits to buying close to home as well.

• Walkability: Community residents who aspire to keep their dollars within their own towns may not need to drive to do so. For example, residents may live within walking distance of local restaurants. A casual stroll to dinner out on the town can make for a more relaxing evening. But that's not the only way walkability pays dividends. A 2023 survey from the National Association of Realtors® found that 78 percent of potential home buyers indicate they'd pay more for a home in a walkable community than one that required driving to access amenities like shops and restaurants. By shopping local and supporting businesses within walking distance of their homes, homeowners can help to maintain their local economies and even drive up the value of local real

• Time: Another nota-

ble but easily overlooked benefit to shopping local is the time savings. Businesses located within one's community are likely a short walk or drive away from home, whereas getting to large chains may require significant travel. Residents can use the time they save by shopping local however they see fit, and that's a particularly notable benefit in a modern world where balancing personal and professional responsibilities is as difficult as ever.

• Health: Shopping local also can have a positive impact on consumers' overall health. The Centers for Disease Control and Prevention reports there are many notable benefits to social connection, including increased feelings of belonging and being

loved and even greater resistance to serious illness and disease. When shopping at locally owned small businesses, residents typically interact with owners and staff in ways that are far less common than when shopping at chain stores. Those interactions help foster relationships between business owners, employees and customers, and that can benefit shoppers in many of the ways noted by the CDC.

Patronizing locally owned small businesses has a well-documented positive impact on local economies. A closer look at shopping local reveals there are many lesser known but no less significant advantages to supporting small businesses in one's community.

POPLAWSKI

continued from page **A1**

ers to discuss how the town can promote business retention, especially in the downtown corridor," Poplawski said. "Spencer's town center has so much potential, and one of my longterm goals is to improve the design of Main Street. This could be something as simple as adding benches and pedestrian furniture to make the downtown more walkable, but I would love to eventually work on larger projects such as adding covered bus stops or facade improvement programs."

Added Poplawski, "There are so many buildings in the town center that have beautiful bones, and preserving and revitalizing these buildings is one of my top priorities."

While at UNH, Poplawski was an executive member of the Organization of Community Planners – a club for students who have a passion for the planning field. During her time with the club, she helped organize campus cleanups and initiatives to improve accessibility during winter weather

Poplawski thanks everyone who helped her throughout the course of her internship, which paved the way for a municipal leadership opportu-

"I'm very grateful that I had the opportunity to intern with the Webster Department of Planning, Conservation, and Economic Development, as this familiarized me with the permitting process," Poplawski said. "Permitting can definitely be one of the more confusing elements of local planning, so the knowledge and experience I gained during this internship has been incredibly valuable for my current

In addition to Poplawski's education in environmental planning, her work with Webster's conservation agent helped her better understand the importance of incorporating sustainable measures into planning initiatives.

"I am very passionate about environmental conservation, and I believe that sustainability and community planning should always go hand in hand," Poplawski said.

Outside of work, Poplawski enjoys reading, sewing, and making clothes using thrifted fabrics.

BELANGER

continued from page A1

support, without favor or prejudice, to those who work for the community, and those people who we have sworn to serve.'

In another unanimous vote, Selectman Kevin Menard was chosen to serve as the Boards's Vice Chairman.

Meanwhile, the board's newest member, Kellie Wilson, was officially welcomed to the team after running unopposed this past spring.

Additionally, Board members highlighted several recent accomplishments and praised multiple town departments for their successes.

"The high school project at the former Becker College campus is progressing and succeeding more and more each day," read a statement released by the Board. "The

new electrical and culinary training programs are joining the successful trades programs of Building and Property Maintenance, Nursing, and Early Childhood Education. Applications have been made to the state for adding HVAC, veterinary, plumbing, and cosmetology

programs.' Belanger described the town's purchase of the former Becker College campus as an investment in Leicester's

future.

"The stock keeps rising, never as fast as any investor likes, but if we keep supporting our investment, it will pay better dividends than anyone ever projected," Belanger said. "It is a pleasure to work with a group of people from so many boards and committees who may disagree on some specifics, but share the vision of community growth."

CMRECC

GRANTS

continued from page A1

continued from page A1

for the community. However, we compete with regional communities that pay more and have better benefits than Spencer can offer, making recruiting a challenge."

Added Bridges, "It is common for these towns that are now collaborating to hire employees away from one another. Now, with the CMRECC, we will work together and enhance the E911 operations.'

Selectmen said the mount-

thrilled with the increase in

programs connecting gener-

ations. Since the pandemic,

the partnership between the

Senior Center and school lead-

ers has been strengthened by

"We are tremendously excit-

ed to open our new Leicester

High School restaurant, The

Wolverine Grill, this fall. We

are also excited to announce

our continued partnership

with the Senior Center to

have grant funds available for

meals," said Leicester Public

Schools Superintendent Brett

Kustigian. "Working together,

our students and our senior

citizens are building a strong

sense of community, and the

stars continue to align for the

several new programs.

ing challenges of current operations made the decision to regionalize an easy one.

"Economically, we don't have much of a choice. It's getting harder and harder to find dispatchers," said Selectman Ralph Hicks.

In addition to the staff recruitment challenges of the current model, Spencer has a limited ability to invest in new technologies like dispatch consoles and upgraded radio equipment. If town officials had opted against joining the CMRECC, the cost of needed technology upgrades could have exceeded \$1 million, officials said.

"By joining the CMRECC, all those upgrades are paid by the Commonwealth, saving the town of Spencer substantial sums," Bridges said.

The road to regionalization began with an extensive review process, which included a feasibility study involving Spencer, Charlton, Sturbridge, Southbridge, and Auburn.

"This was made possible with funding from the State 9-1-1 in the form of a \$75,000 development grant," said Spencer Police Chief Michael Befford.

As the town prepares for its eventual transition to the CMRECC, officials are already making plans for the next stage of services within the SPD station.

"Over the next several months, as CMRECC ramps up, the current E911 operation at the Spencer Police Department will continue to provide excellent service to the community," Bridges said. "We will also be developing a plan to keep the station staffed after the transition to the CMRECC, so we do not have what is called a dark station."

Leicester Public Schools."

The new program, in addition to providing good food and company, offers several School officials have been other benefits to students and

> "Our efforts will foster social connections with those who come to take part in this new program, as our young adults interact to cook, serve, and mingle with our older adults," read the statement issued by Senior Center leaders. "This program will provide education on nutrition and address the issues of diabetes and food allergies."

Older adults will have an opportunity to choose from a menu of items they wish to eat on a particular day. They will not be restricted to one

"As a COA, we play a critical role by advocating for personal choices and independence," the statement read. "Additionally, because of our fully established hybrid programming, we have access to professional individuals who will hold informational sessions on food and its impact on the wellbeing of older adults."

The Senior Center previously received a grant for nutrition innovation in 2023, which allowed officials to create a garden program. Local students have since visited the center to build raised garden beds and create a large, crushed stone area for two greenhouses

Additionally, Board member Dianna Provencher, who is also a local farmer, has been heavily involved in senior programming. Officials thank her for

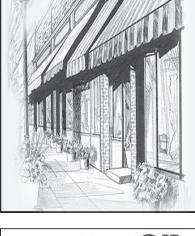
continuing to support multiple programs.

The second grant (\$12,700) will assist with Senior Center modernization. enabling officials to purchase the touchscreen version MySeniorCenter.

"This is a senior center management and reporting system that will allow the Senior Center to collect data on those who attend our programs and give us a better profile to report to our funding sources," the statement



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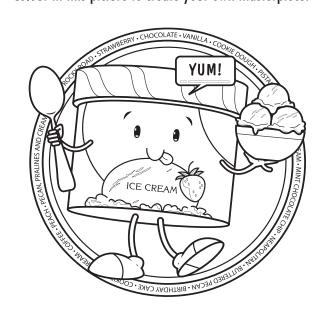


This is believed to be the first ice cream flavor.

Answer: Mectar/honey

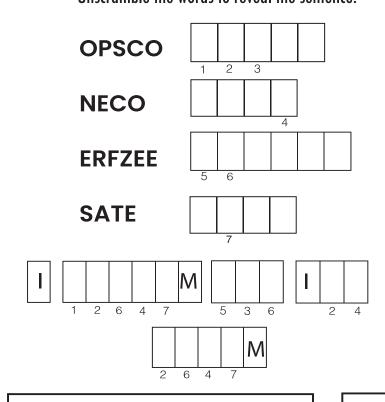
Creative Colouring

Colour in this picture to create your own masterpiece.



Double Word Puzzle

Unscramble the words to reveal the sentence.





HISTORY

1866

The colonies of Vancouver Island and British Columbia are united, bearing the Mainland's name as the Colony of British Columbia. The Island capital, Victoria, is set as the seat of government for the colony.



a dessert made with cream and egg



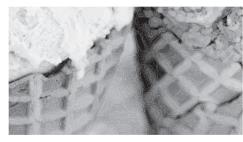
English: Freezer Spanish: Congelador **Italian:** Congelatore French: Congélateur **German:** Gefriertruhe



The countries that consume the most ice cream are the United States, Australia and Norway.



Answer: I scream for ice cream



Can you guess what the bigger picture is?

Answer: Ice cream cones

Fun By The

Like puzzles? Then you'll love

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sharpen your

pencil and put

savvy to the test!

your sudoku

Numbers



Solve the code to discover words related to the beach. Each number corresponds to a letter.

(Hint: 10 = S)

10 9 7 23 Α.

Clue: Granular material

B. 10 8 4 16 15 25 20 7 15

Clue: Where ocean meets sand

5 9 2 15 10

Clue: Swells of water

10 8 15 25 25 10 D.

Clue: Protective coatings of sea creatures

SUDOKU



Level: Intermediate

Here's How It Works:

Answers: A. sand

œ.

shoreline

C. waves

D. shells

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

2	7	8	Þ	3	9	G	6	oorda
S	work	G	2	6	L	V	8	9
9	Þ	6	8	ç	sarch.	S	ည	L
9	3	2	L	Þ	8	annah.	9	6
₽	8	2	9	agenee	6	ε	2	G
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6	2	t	ques	9	3	L	ç	8
8	9	ε	S	L	挈	6	done	S
L	ç	anada.	6	8	S	9	ħ	3

ANSWER:



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

Webster - 24 Cooper RD

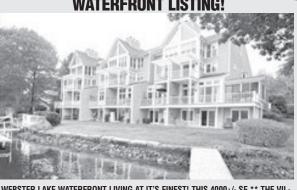
NEW CONSTRUCTION Craftsman Style Homel Tucked away on Cooper Rd, Webster Lake w/ Access at Lakeside Beach/Boat Ramp. 3rd of 4 Homes being built at this Site. Offers 2,155 SF+/- of Living Area, 7 Rms, 4 BRs, 2-1/2 Baths, 9' Ceilings. Open Concept Plan. Wood Flooring Throughout w/Ceramic Tile Floors in the 2-1/2 Baths. Spacious Main BR Suite w/Walk-in Closet & Private Full Bath w/5' Tiled Shower, Double-Sink Vanity! Lower level walkout w/Slider. Basement-rough plumbed for future expansion. FHA Heat & Central AC! Garage. \$649,900. FHA Heat & Central AC! Garage. \$649,900.

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On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



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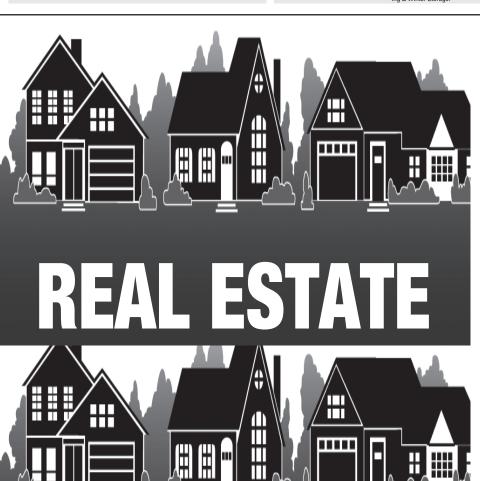


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nursing, graduating from the Bay Path Practical Nursing Academy in Charlton, MA, with the Practical Nursing Class of 2024 and earning his

transitioned to a career in Licensed Practical Nurse (LPN) credentials by passing the NCLEX-PN.

Njunge's journey into healthcare is deeply rooted in personal inspira-

"One person who inspired me to pursue a career in nursing is my Aunt, who worked as a nurse for over five decades," Njunge shares.

His aunt's stories of comforting patients during long nights, her ability to connect with individuals on both a medical and emotional level, and her lifelong commitment to continuous learning in healthcare profoundly shaped his aspirations.

"Her passion for nursing was not a job but a calling," he states, "and it instilled in me the importance of continuous growth and education in this field."

During his time at Bay Path Practical Nursing Academy (Aug. 21, 2023 - June 21, 2024), Njunge distinguished himself through active participation and academic excellence. His activities included volunteering for Charlton Middle School Screenings, serving on the Mock Code Team, and being inducted into the National Technical Honor Society. Demonstrating a strong commitment to public health and emergency preparedness, he became Certified in Dementia Care and Mental Health First Aid. His exceptional skills in First Aid/CPR were recognized at the SkillsUSA competitions, where he earned both a Gold (District Champion) and a Silver (State

Champion) medals.

Njunge's experience as a Naval Engineman from 2022 to the present (United States Naval Service, Bremerton, Wash.), where he is responsible for ensuring safety protocols, training new sailors, and supervising junior personnel, has equipped him with invaluable skills in leadership, attention to detail, and a commitment to well-being – qualities that seamlessly transfer to his new nursing career.

Recalling a pivotal moment in his nursing education, Njunge highlights his first clinical rotation in the Geriatric

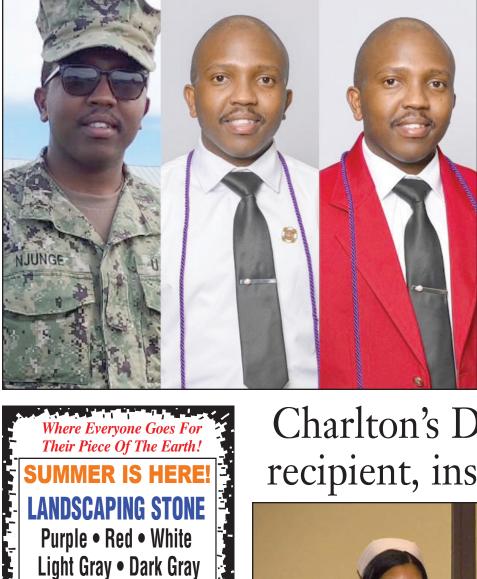
"It's a great memory that stands out because it was the first time I truly felt like a nurse, understanding the holistic nature of patient care," he reflects.

He vividly remembers connecting with a war veteran recovering from surgery, learning the profound impact of kindness and empathy.

"This experience taught me the profound impact that kindness and empathy can have on a patient's healing process," he added.

Having previously pursued Electrical Engineering at NIBS College in Kenya (2013-2017) and earning his High School Diploma from Elyon High School in Kenya (2009-2012), Njunge brings a unique blend of technical expertise, discipline, and a heartfelt dedication to service to the nursing profession.

Patrick Njunge, LPN is now ready to carry forward his aunt's legacy of compassion, commitment, and dedication. aspiring to be a beacon of hope in his own nursing career and make a tangible impact on people's



Charlton's Delene Sarsfield, P.E.O. grant recipient, inspires Bay Path PN graduates









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CHARLTON — The graduating class of 2025 at Bay Path Practical Nursing Academy gathered at the Performance Arts Center of the Overlook on June 20 for their graduation and pinning ceremony, where they were inspired by graduation speaker Delene Sarsfield, a fellow student and a 2024-2025 recipient of a prestigious P.E.O. (Philanthropic Educational Organization) grant.

Sarsfield, a Charlton resident and a distinguished member of the Bay Path Practical Nursing Academy community, was honored by members of Chapter AA of the P.E.O., receiving not only the grant but also a certificate and thoughtful gifts in recognition of her promising future in nursing, and tremendous support as she navigated the rigorous

ten months of nursing education. With more than 15 years of experience as a Certified Nursing Assistant (CNA), Sarsfield brings a wealth of hands-on knowledge and a deep commitment to patient-centered care to her nursing journey. Known for her multifaceted skills, efficiency, and ethical approach, she has consistently demonstrated exceptional compassion and empathy in her interactions with patients. Her collaborative spirit and openness to constructive feedback have also made her a valued colleague. Sarsfield was elected as one of the class representatives and was the elected commencement speaker.

During her address, Sarsfield shared insights from her extensive career, emphasizing the human connection at the heart of nursing. Her adaptability and ability to thrive under pressure, honed through years in healthcare, resonated deeply with the new graduates embarking on their own professional

Sarsfield's long-term aspirations include becoming a Licensed Practical Nurse (LPN) through her Bay Path Practical Nursing Academy education, with the goal of bridging into a Registered Nurse (RN) program. Her specific passion lies in hospice and palliative care nursing, a field that demands profound compassion and specialized knowledge. This dedication to continuous growth and specialized care will undoubtedly make her a significant asset to the healthcare com-

A graduate of Holy Name Central Catholic Jr./Sr. High School in Worcester, Sarsfield is also BLS/HCP CPR certified and has obtained her certificate in Stop the Bleed, demonstrating her commitment to crucial emergency skills. She recently represented Bay Path Practical Nursing Academy at the Worcester Women's Leadership Conference.

Her journey, marked by dedication to patient care and a clear vision for her future, served as a powerful testament to the transformative power of education and unwavering commitment to service for the Bay Path Practical Nursing Academy Class of 2025.

About P.E.O. International

The P.E.O. (Philanthropic Educational Organization) has been celebrating women's advancements since 1869. What started with a bond of friendship among seven women in Mount Pleasant, Iowa, is now a global sisterhood of more than a half a million members with chapters in the United States and Canada. P.E.O. has helped more than 122,000 women pursue their educational goals by providing over \$415 million in financial assistance. The organization also owns and supports Cottey College, a four-year independent liberal arts and sciences college for women in Nevada, Mo.

East Brookfield Library invites families to magic show

EAST BROOKFIELD — Local youngsters and families are invited to attend a magic show delivered by Ed Popielarczyk at East Brookfield Public Library.

Suitable for guests of all ages, the program is set for Tuesday, July 29, at 11 a.m. At least one adult caregiver must be present for every three children in atten-

Meanwhile, the library team invites area kids to take part in the summer reading

program. This summer's program, titled "When you read, you score", is presented by the

Boston Bruins. Also, guests are invited to pick up their Bingo cards at the library. Activities can be completed throughout the summer, and the closing program will take place on

Thursday, Aug. 14, at 10:30 a.m. 'This Bingo is not meant to be completed in one day; you should do a different activity on the card throughout the summer. Be sure to sign up and turn your completed card in by Tuesday, Aug. 12," read a statement released by library officials.