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Friday, February 28, 2025

## BVT senior named U.S. Presidential Scholars candidate

UPTON — Blackstone Valley Regional Vocational Technical High School (BVT) Superintendent-Director Dr. Michael F. Fitzpatrick is proud to announce Christopher E. Joiner of Grafton as a 2025 candidate for the prestigious U.S. Presidential Scholars Program. Candidates are selected based on academic performance, standardized test scores, and contributions to their schools and communities. Only a select number of students' nationwide progress to the finalist stage.

Joiner, a senior in the Biotechnology program, has proven himself to be an extraordinary student who demonstrates academic excellence, leadership, service, and honorable character. His achievements include membership in BVT's National Honor Society and National Technical Honor Society, serving as the president of both societies. Named most outstanding English, Math, and Chemistry student for earning the highest class grade. A silver medalist in the SkillsUSA Biotechnology Knowledge Bowl State Competition.



Courtesy Photo

Chris Joiner

Joiner is an enthusiastic school community member who participates in many extracurricular organizations. He is actively involved in the LEO Club, Student Council, and SkillsUSA, having served as a delegate. He volunteers at Project Just Because (a local non-profit that helps families attain basic necessities) and Pawfect Life Rescue (a local animal shelter). His self-motivation extends to independently study-

ing multiple Advanced Placement courses to challenge himself academically while employed through BVT's Cooperative Education program at UMass Chan Medical School, where he helps conduct novel Down syndrome research.

Having gained valuable industry experience, Joiner intends to further his career training by studying biomedical engineering at a four-year college, earning a master's degree and then entering the industry. He aspires to start his own neural prosthetics company, focusing on minimally invasive neural prosthetics. This career path aligns perfectly with his passion for helping others, advancing science, and applying creativity to design life-changing medical devices.

On behalf of the school community, Dr. Fitzpatrick is proud to recognize Chris and the many accomplishments and contributions that have led to his nomination for this distinguished recognition, which will ultimately lead him to an incredibly bright future.

### About Blackstone Valley Regional Vocational Technical High School (BVT)

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. For more information about the school, visit [www.valleytech.k12.ma.us](http://www.valleytech.k12.ma.us).

### National Grid assistance at Uxbridge Senior Center

UXBRIDGE — Life can be hard, but finding assistance shouldn't be. National Grid advocates will be on site at the Uxbridge Senior Center to help you with options to manage your energy bill and ways to save money. Meet with assistance program experts and connect with the resources your family needs, all under one roof, all in one day.

Advocates will explore options and determine your eligibility for assistance including the following: discount rates, payment plans, budget billing and Arrears Management Program (AMP). Other assistance agencies will provide helpful information so that you may qualify for their services.

Please bring with you your benefit cards and/or program acceptance letters, such as SNAP, MassHealth, SSI or WIC, if applicable.

Please join us on Wednesday, March 19 from 10:30 a.m.-1:30 p.m. at the Uxbridge Senior Center located at 36 S. Main St. in Uxbridge. For more information, please reference: [ngrid.com/madiscout](http://ngrid.com/madiscout).

## Uxbridge resident named to Health Foundation of Central Massachusetts Board

WORCESTER — The Health Foundation of Central Massachusetts today announced the election of three new members to its Board of Directors: Leah M. Bradley, LCSW, CEO of Central Massachusetts Housing Alliance; Arthur O. DuBois, LICSW, MSW, a licensed clinical social worker; and Morgan A. Russell, Esq., an attorney specializing in child welfare litigation and real estate transactions.

Five current directors were also re-elected to new three-year terms: Diane E. Gould, LICSW, MSW; Lindsay



Courtesy Photo

Arthur DuBois

F. Greenfield, MBA; J. Michael Grenon, CIMA; Kathryn Y. Lee, MD; and Carole M. Steen, MSA.

"We are thrilled to have both new and returning leaders from across the region helping to guide The Health Foundation's initiatives," said Dr. Amie Shei, President and CEO of The Health Foundation. "The knowledge and dedication of each Director allows us to be strategic in responding to the health needs of Central Massachusetts communities and ensures that we are optimizing our investments to improve health, address upstream social drivers of health and advance health equity."

DuBois, a resident of Uxbridge, is a licensed clinical social worker with a background in supporting individuals with mental health conditions, emotional difficulties and intellectual and developmental disabilities (IDD). Most recently, he retired from working with the Committee for Public Counsel Services as a supervising social worker assisting persons who are indigent.

"I am thrilled to have this opportunity to provide input to The Health Foundation and support its philanthropic efforts," said DuBois. "I am especially pleased to represent the Blackstone Valley and Milford areas."

DuBois' experience also includes prior roles at Seven Hills Foundation, where he provided counseling for individuals with IDD. He holds a master's degree in social work from Rhode Island College, a bachelor's degree from Salem State University and a certificate in contemplative clinical practice from the Smith College School of Social Work.

### About The Health Foundation of Central Massachusetts

The Health Foundation of Central Massachusetts is dedicated to improving the health of those who live or work in Central Massachusetts, with particular emphasis on vulnerable populations and unmet needs. Through its unique and impactful approach to grant-making, The Health Foundation supports community-identified health issues, with health defined broadly to include social determinants of health and with a focus on promoting health equity. As a health conversion foundation launched in 1999 following the sale of the not-for-profit HMO Central Massachusetts Health Care Inc., The Health Foundation's grants have totaled over \$59 million to more than 230 unique organizations over its history. For more information, visit [www.thfcm.org](http://www.thfcm.org).

## A little history and celebrating 50 years!



Courtesy Photo

The Northbridge Senior Center started in June of 1975 in a donated room at 5 Prospect Street. That makes 2025 the 50th Anniversary of the senior center. George Coullard was hired by the Council on Aging to coordinate the Senior Center activities and services with a town budget of \$200.

NORTHBRIDGE — This June, the Northbridge Senior Center will be celebrating its 50th anniversary!

In June of 1975, the Northbridge Senior Center opened its doors in a donated room at 5 Prospect St. Seniors enjoyed playing card games, participating in craft classes, and free coffee. They ate lunches at the Northbridge High School or potluck lunches at the Whittin Community Center and American Legion Hall in Rockdate. Senior discount cards were issued for discounts at local businesses. The Center offered flu shots and free hunting and fishing licenses. The Kotses Brothers who owned Phillips Market donated a senior bus for shopping trips, doctors' appointments, salon services, and trips to the Center. Two of the first bus drivers were Lois LaFleur and Carol Swart. Carolyn Hallen was the first coordinator of the Senior Center and served in that role from 1976-1985.

In 1977, the ceiling fell in at the Prospect Street location and in January of 1978, the Center relocated to a store front at 99 Church Street. In 1978, the Friends of Northbridge Elders (FINE) was formed to support the funding needs of the Center. In the fall of 1983, the Plummer School was vacated, and students and staff were moved to the new Elementary School. The Town of Northbridge agreed that the Plummer School would become the new Center. Thanks to numerous donors and the Blackstone Valley Technical High School's hard work, on Feb. 2, 1985, the Center officially opened in the former Plummer School on Highland Street.

In March of 1985, Pamela Tarvit was appointed Center director. She was quoted in the Blackstone Valley News Tribune as saying, "Old is a normal

process. It is OK to be old. We need to make the Senior Center look like a positive community resource."

When Tarvit resigned in 1988, Gail Anderson became the director of the Center and served the community for 25 years. She worked tirelessly to build up the Center and provide essential services and programs to the Northbridge community. Gail retired in June of 2012, and Kelly Bol was hired as director. Bol has held her role since then and continues to build on the ideals of those that came before her and continues to enrich the lives of our senior community by providing services, programs and support that allow for independence and quality of life. Bol supervises five part-time staff members: Michelle LaChapelle, assistant director, Amy Cowen, program and volunteer coordinator, Lori Gannon, outreach worker, and bus drivers Jeff Allard and Patrick Stewart. The Center offers weekly, monthly and yearly activities and programs, varied supports, services and many special events.

In celebrating the history and the accomplishments of the Center, there will be a 50th Anniversary Gala sponsored by the Friends of Northbridge Elders on Thursday, June 19 from 4-8 p.m. at Pleasant Valley Country Club in Sutton. The Gala will feature Flamingo, a 15-piece big band, a three-course dinner, dancing, silent auction and raffle baskets. Tickets will be available for purchase at the Center on Monday, March 3.

Thank you to Carolyn Cone Lavalley for her diligent research on the Center's history and to Margaret McCloud Creaser for assisting Carolyn with her efforts.



# In memory of heroic police officer, Cornerstone Bank donation helps prevent drownings

WORCESTER — Cornerstone Bank, a community bank with locations throughout Central Massachusetts, is donating \$5,000 to an organization created in memory of a Worcester police officer who died trying to save a boy from drowning. The Manny 267 Foundation raises funds to donate flotation devices, known as “Manny Tubes,” to police departments nationwide.

In June of 2021, Officer Emmanuel “Manny” Familia, whose badge number was 267, responded to a 911 call reporting the drowning of 14-year-old Troy Love in Green Hill Pond, Worcester. Tragically, neither Officer Familia nor Love emerged from the water alive. The officer’s family created the foundation to raise awareness about drowning hazards and the importance of water safety for first responders and the community. “Officer Familia was a hero who selflessly paid the ultimate sacrifice

for his bravery,” said Cornerstone Bank CEO Todd Tallman. “We are humbled to be able to support the Manny 267 Foundation’s work to prevent tragedies like the one that shook our community in Central Massachusetts.”

Each of the yellow, 40-by-5-inch flotation tubes, which feature Familia’s name and signature, can support the weight of five people during a water emergency. Money raised by the foundation also funds water safety training for officers and swimming lessons for children, in hopes of preventing such tragedies from occurring again.

“It’s remarkable how this organization has turned a heartbreaking situation into a positive act to support children and officers across the country,” said Tallman. “We are honored to be a part of this tribute to Officer Familia’s life and legacy.”

# Local students named to Emmanuel College Dean’s List

BOSTON — In recognition of their outstanding academic achievement, Emmanuel College has named more than 1,000 students to the Dean’s List for the Fall 2024 semester. To earn a spot on the Dean’s List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

The following local students were named to the Dean’s List:

Abigail Harty of Whitinsville. Harty is a Nursing major. Izabella Oum of Douglas. Oum is a Biology major.

Olivia Gray of Uxbridge. Gray is a Double Major; History; Secondary Education major.

Joseph Mazzairelli of Northbridge. Mazzairelli is a Double Major; Political Science; Economics major.

Zoe Wojnowski of Uxbridge. Wojnowski is a Psychology - Counseling & Health Psychology major.

With more than 80 majors and areas of study, Emmanuel College combines outstanding classroom instruction and real-world experience to prepare students for lives of professional achievement, lifelong learning, and purpose. Voted the #1 college location in America by Niche.com in 2023 and 2024, Emmanuel

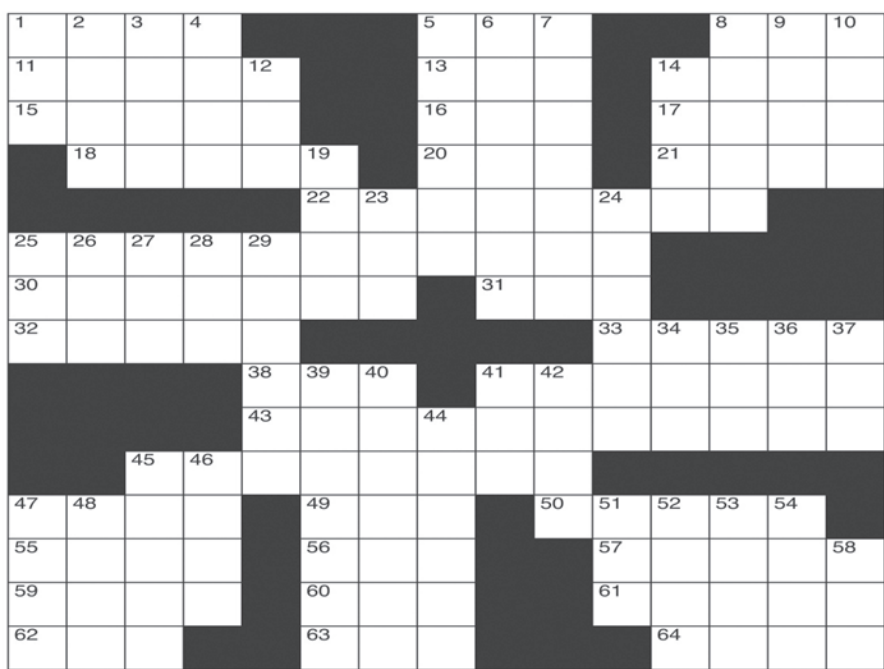
offers access to world class medical, cultural, and business organizations, all with a tight-knit 17-acre campus and 13:1 student-to-faculty ratio. Learn more at Emmanuel.edu.

**TRIBUNE ALMANAC**  
— REAL ESTATE —  
**BLACKSTONE**  
\$500,000, 223 Elm St, Stevens Jeannine D Est, and Dean, Gail M, to Dean, Lisa M, and Purpura, David J.

**DOUGLAS**  
\$700,000, 210 South St, South Street Nt, and Sabatinelli, Joseph G, to Hanson, Christopher M.  
\$328,000, 40 Eagle Dr #40, White, Susan, to Motyka, Lisa.  
\$110,000, 79 Webster St, Lewis, Kara, to Hoague, Lance.

**NORTHBRIDGE**  
\$649,900, 298 Mendon Rd, Bullio, Marc, and Bullio, Stefanie A, to Snapp, Kelsey L, and Snapp-Leo, Marisa I.  
\$638,000, 152 Morgan Rd, Hart, Derek M, to Wood Jr, Jonathan M, and Wood, Brianna M.  
\$570,000, 1243 Quaker St, M&j West Ft, and West, Mary D, to Gallagher, Emily, and Gallagher, Thomas.  
\$535,000, 1912 Hill St, St Germain-Kelly, M M, to Keeping, Nicole, and Harris, Ryan.  
\$467,500, 34-36 Railroad St, Stanley, Nicolas J, to Mannan, Ryann.

**UXBRIDGE**  
\$758,900, 43 King St, Laplante, Matthew D, and Laplante, Amanda M, to Arnold Jr, Don F, and Arnold, Laura A.  
\$660,000, 145 Hazel St, Gregorio, Lucelia D, to Bradshaw, Matthew, and Bradshaw, Hilary.  
\$599,000, 6 Spring Hill Dr #6, Dalton, Christopher H, and Dalton, Traci J, to Kane, Sean K.  
\$395,000, 90 Hartford Ave W, Wang, Kimmy Z, and Wang, Fadong, to Morreale, Kristina, and Barber, Aaron R.  
\$230,000, 770 Hathaway Ln, Desruisseaux, Kyle R, to Minasian, Jasmine, and Alvarado, Hemelvin J.  
\$215,281, 112 Taft Hill Ln #112, Nazare, John D, and Peters, Brigitte, to Ritchie, Kelly A.



**CLUES ACROSS**

- 1. Greek mythological figure
- 5. Small amount
- 8. Play a role
- 11. River in Georgia and Alabama
- 13. Water in the solid state
- 14. Ancient Greek sophist
- 15. Having a strong sharp smell or taste
- 16. Fleece
- 17. Writer/actress Dunham
- 18. Behave in a way that belittles
- 20. Comedienne Gasteyer
- 21. Zoroastrian concept of holy fire
- 22. Conceits
- 25. Slowed down
- 30. Nourishment
- 31. Midway between east and southeast
- 32. Fights
- 33. Comedienne Tyler
- 38. Standing operating procedure
- 41. Locks
- 43. Old
- 45. Song sung to one’s lover
- 47. Whale ship captain
- 49. Moved quickly on foot
- 50. Volcanic craters
- 55. Large musical instrument
- 56. Liquefied natural gas
- 57. Ethiopian town
- 59. Not closed
- 60. A team’s best pitcher
- 61. Spiritual leader of a Jewish congregation
- 62. Disfigure
- 63. Prefix denoting “in a”
- 64. Sleep

**CLUES DOWN**

- 1. S. American plant
- 2. Soul and calypso song
- 3. Fruit of the service tree
- 4. Continent
- 5. Albania’s capital
- 6. Poisonous plant
- 7. Argues
- 8. Assists
- 9. Town in Galilee
- 10. Russian leader
- 12. Promotional materials
- 14. Wings
- 19. Not odd
- 23. Expression of creativity
- 24. Conceptualize
- 25. A digital tape recording of sound
- 26. Peyton’s little brother
- 27. Cost, insurance and freight (abbr.)
- 28. Difference in potential
- 29. Owner
- 34. I (German)
- 35. Chinese conception of poetry
- 36. The world of the dead
- 37. Sign language
- 39. Coincide
- 40. Religious observance
- 41. Confined condition (abbr.)
- 42. Polite interruption sound
- 44. Texas ballplayer
- 45. Type of sword
- 46. Abba \_\_, Israeli politician
- 47. Basic unit of a chemical element
- 48. Native American people in California
- 51. Swiss river
- 52. Hebrew calendar month
- 53. Easily swindled person
- 54. One point south of southwest
- 58. Small island (British)

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# Freshmen named to Bay Path honor roll

CHARLTON — Bay Path Regional Vocational Technical School congratulates the following students in grade 9 on being named to the honor roll for the first quarter of the 2024-2025 school year.

**High Honors**  
 Madeline Caudice, Aduygf, Davian Alexander, Alinda Aliu, Mathews Holland, Gianna Rae, Benjamin Brooks, Morgan Lynn Brooks, Brian Bui, Claire Elizabeth Calnan, Keegan Jack Champlin, Cassidy Lynn Chickering, Ayva Marie Coffey, Noah James Cole, Andrew Edward Collins, Alyssa Marie Cuevas, Norah Abigail Dean, Arielle Grace Deaueault, Dominik John Dziubasik, Christopher Jeremy Feliciano, Madyson Riley Fitzgerald, Anthony Joseph Fredette, Madelyn Helena

Frost, Alivia Rose Gauvin, Jayden Robert Afolabi, Vanessa Diane Gordon, Yadiel Enrique Hernandez, Fatima Edilene Herrera, Shaylan Rose Hesselton, Chloe Rose Hosley, Emma Mae Jalbert, Jannie Mahoney Kabba, Jordyn Kate Labrecque, Brianna Ashleigh Laforest, Cody Paul Landry, Andrew Arthur Lashua, Isabella Grace Leatham-Wright, Kaitlin Angela Lulu, Emily Ann Macko, Amelia Layne Magorian, Julia Danielle Marini, Ginelly Shantel Molina, Marieliz Magdalena Morel, Shea Alfred Mulligan, Kurtwood Russell Pettiford, Ava Sophia Reed, Alexia Grace Rondeau, Ava Victoria Rondeau, Esmerelda Rosario Tiado, Jayden Jose Santos, Brianna Jingchen Shi, Alejandro Javier Sierra Varas, Paul Joseph Skarzenski, Victoria Marie Sullivan, Olivia Ruth Torres, Colin

Anthony Vega, Ella Violette Wall, Noah Joel Waterhouse, Colby Deary Wells, Madison Elizabeth Wells, Sydney Alexandra Winer, Spencer Thomas Wisniewski

**Honors**  
 Shaila Irma Agudo, Sophie Catherine Anderson, Chase Michael Anthony, Vanessa Sophia Audette, Nyahli Lillian Aviles, Yaniel Aviles, Ori Joshua Bader, Isabella Elizabeth Barrell, Zachary Barry Barsalou, Elizabeth Susan Bennington, Addam James Bergeron, Caterina Beverlianna Boon, Liam David Bray, Julia Rose Bukowski, Abel Pax Burdick, Derek Alexander Camp, Andrew Mason Carter, Sydney Rae Cavan, Paul Matthew Cappelletti, Julie Elizabeth Chenier, Sydney Faustina Chisholm, Cristian Michael Choquet, Sadie Ann Cleary, Aiden Michael Collins,

Zion Colon Maldonado, Brody James Coughlin, Jackson Murray Coughlin, Addison Kaeleigh Coutu, Esmee Eliabeth Cyr, Sam Robert Daignault, Holly Marie Dailey, John Michel Rousseau Daniel, Allan Carreiro De Belli, Elaine Nichole Defazio, Nadya Anita Delgado, Aaron Justin Desautels, Ryder James Diggins, Nicolas James DiGiola, Symeon Downie, Ayla Rose Drisco, Alice Marie Dufault, Ava Marie Dufault, Fable Dufresne, Gabrielle De Jesus Ferreira, Brian Thomas Finnegan, Adrie James Ford, Charlotte Susan May Fredette, Tyler Blake Friend, Melody Starr Fuentes, Autumn Rae Gatto, Matthew Donald Graves, Ryan James Gruppo, Colton Philip Hall, Marcus Roy Hamilton, Aiden Peter Hammond, Veronica Mae Jensrud, Colin Henry Joyce, Victoria Rose Kaiser, Brooke Marie Kasprzak, Cadence Gillian

Kilderrey, Alana Dianne Kowalewski, Caleb John Kozlowski, Brayden Albert Kraus, Hailey Sage L'Heureux, Olivia Corinne LaMountain, Wesley Patrick Lawless, Juliano Ligeniale Lopez, Cynthia Kagan Marc, Ayadan Michael Marsh, Ryan David McDonald, Logan James Mondino, Carly Jane Moody, Raider Keith Newton, Martha Mumbi Ngigi, Adalynn Jane Nietsche, Teagan Patrice O'Halloran, Landon Spencer Olszta, Giavanna Bella Orsi, Gabriella Olivia Pace, Genesis Lianni Pacheco, Saverio James Palaia, Emma Elizabeth Panczyk, Julian Thomas Papeirski, Hayley Ann Paradis, Matilda Cecile Paradis, Mason D. Michael Parker, Michael Thomas Payson, Jacob Louis Pecore, Parker Jonathan Pielh, Treva Mae Plank, Joseph Lewis Pretty, Tianyu Qi, Andrew Robert Quiry, Brady Leonard Reilly, Nicholas

Donald Richard, Christopher Jeffrey Richardson, Bo Carl Riley, Emilyyanis Joan Rodriguez, Keomar Arnaldo Rosario Sanchez, Isabella NMN Roszkowski, Rianna Gathoni Ruo, Kayla Elizabeth Shepard, Thomas Francis Shivick, Grace Autumn Shoblo, Braeden Kellen Smith, Tatiana Maria Smolynsky, Victor Manuel Sobinski, Nelson Tobias Sorto, Buddy Gordon Stocks, Angela Sofia Suarez Pineros, Cameron Hunter Tagliaferro, Jaelyn Doherty Thomas, Haidynn Anne Tuttle, Shaflick Yamal Vasquez-Grande, Gina Grace Vautour, Castiel Lee

Vazquez, Joniel Leonardo Velez Diaz, Sadie Mckenna Villegas, Sione Flynn Villegas, Robert Charles Welch, Thomas Earl Welch, Benjamin Richard Wolanski

**Principal's List**  
 Cameron Michael Barry, Sophia Isabella Belk, Collin Edward Burt, Raymond Joseph Clouthier, Bryan Colon Serrano, Tavish McKinley Davis, Oliver Gage DeLorge, Rylie Anne Dwyer, Nikolas William Foustoukos, Rylan James Fuller, Evelyn Ann Gray, Jonathan Brian Hallaman, Addison Katie Harrington, Camron Leroy Hollis, Caleb

James LaRoche, Madison Grace McKinstry, John Steven McMahon, Ashlyne Emily Monsen, Chase Ryan Murzycki, Mia Angell Navedo, Jocelyn Rose Peck, Aleya Jeanne Pereira, AJ Jesse Perron, Tyler Garcia Porcino, Timothy Raymond Pupka, Blake Leonard Richard, Shaye Patricia Riley, Ethan Vance Rodriguez, Jacob James Rovezzi, Lilianna Morgan Rubito, McKaelyn Carvalho Shine, Liam Charles Sirmans, Heather Holiday Starr, Owen Miles Stewart, Logan James Verity, Abby Rose Vignali, Julianis Paola Zayas Rivera, Isabella Anne Zorena

## UMass Amherst announces Fall Dean's List

AMHERST — The following students were named to the Fall 2024 Dean's List at the University of Massachusetts Amherst. Students are appointed to the Dean's List at the end of a semester in which they have completed a minimum of 12 graded credits and have earned a grade point average of 3.500 or better.

Blackstone Jazlyn Bailey, Joseph Bouret, Grace Buehler, Victoria Lemieux, Hunter Lockwood-Letourneau, Gabrielle Martinelli, Rachel Morrisson, Emma Ryan, Sean Tasker  
 Douglas John Dariotis, Kyle Gaskill, Madison Mathieu, Sean Pellerin, Caramia Pozzi, Ariana Sacco, Wayne

Simon, Connor Stickney, Jacob Triber, Daniel Twohig-Mann, Siobhan Twohig-Mann, Maia Tyra

Northbridge Colin Brody, Aiden Chase, Meghan Cumiskey, Connor DeCiero, Matthew Godin, Lily Marshall, Kiera McMahon, Sarah Tubbs, Nicholas Vaughan, Emily Wheeler, Graham Williams, Nathan

Williams Uxbridge Maren Anderson, Bella Borjeson-Troupe, Elise Croteau, Micah Deary, Syrianna Douangsavanh, Luke Eposito, Madison Gannon, Riley Holt, Trevor Horgan, Iris Marcello, Sunny Moscatelli, Daniel Redgate, Manya Saini, Caroline Sanford, Vien Tran, Samuel Waugh,

Megan Wingfield Whitinsville Maren Brueggemann, David Castellon Palma, Luke Collins, Maeve Kelly, Madison Murphy, Angela Niver, Krystal Otis, Aaron Smeglin, Megan St. Jean, Daniel Trainor

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## Area 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 first semester of the 2024-2025 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. A total of 622 students representing 23 states and four countries received this honor.

Mark W. Cronin, Dean of the College, announced that Kathleen Crowley and Brianne Rett of Uxbridge have been named to the Dean's List for the fall 2024 semester at Saint Anselm College, Manchester, New Hampshire.

About Saint Anselm College  
 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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<https://www.mareinc.org/child/21175660316>

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



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## EDITORIAL

### *It's okay to change your mind about politics*

Politics in America can feel like a team sport. Once you pick a side, there's pressure to stick with it no matter what. But it's okay to change your mind. In fact, it's healthy. If something isn't working whether in your town, your state, or the country as a whole you don't have to keep supporting the same people, policies, or parties just because you always have.

It's easy to get caught up in labels, but at the end of the day, bad is bad and good is good, no matter who says it. A politician can be from your preferred party and still make bad decisions, say harmful things, or push policies that don't align with your values. Likewise, someone from "the other side" can have a good idea or do the right thing. Being honest about that doesn't mean betraying your beliefs it means thinking for yourself.

We all grow, learn, and experience life in ways that shape how we see the world. Maybe you've felt the effects of a policy firsthand. Maybe you've had conversations that opened your eyes to something you hadn't considered before. That's part of being human. Staying locked into a political identity just because it's what you've always done doesn't leave room for those experiences to shape your views.

Staying clear-eyed means cutting through the noise. Ignore the team mentality. Ignore the pressure to defend bad behavior just because it comes from "your side." Instead, focus on what's right and what's wrong. Look at leadership decisions, policies, and actions not just the letter next to someone's name.

Most importantly, stay kind and good in the process. When it comes time to vote, vote based on what actually aligns with your beliefs today not what you thought five, ten, or twenty years ago.

Changing your mind isn't weakness. In a world that often demands blind loyalty, thinking for yourself is one of the strongest things you can do.

To the Editor:

Your vote brought: A King. "CONGESTION PRICING IS DEAD. Manhattan, and all of New York, is SAVED. LONG LIVE THE KING!" Trump wrote.

Your vote bought: A King above the law. Trump quoted a phrase attributed to Napoleon, "He who saves his country does not violate any law," which has drawn criticism. "Governor Mill of Maine, are you not going to comply with it?" he demanded of her. "I'm complying with state and federal laws," she replied. To this, Trump shot back, "We are the federal law." Notice no mention of Congress, only his Executive Orders.

Your vote brought: A king who believes in manifest destiny. Heard of the Treaty of Tordesillas? Here is a probable 'version', thanks to our King. "Since the dawn of the Cold War in the late 1940s, the Kremlin has dreamed of pushing America out of its role as the cornerstone of European security." (Weiss) And Trump, a Putin parrot, and his boy Vance may accomplish that by defanging NATO for Putin and presenting Ukraine on a golden platter. And what will this accomplish? A possible beginning of the new world order where governance is in the hands of three realm leaders: Trump, XI, and Putin, with all other nations subordinate to one of these dictators. Putin rules Europe and Russia, and probably the United Kingdom. Xi gets Taiwan and the rest of Asia plus a bonus of Africa without the Middle East. Trump also gets the Western Hemisphere plus part of the Middle East, especially GAZA. That includes his already 'claimed' Canada, Greenland, and probably Iceland. He doesn't want XI to influence Latin America, so he gets that too. Each realm

### Letter submission policy

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

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

## OPINION *Opinion and commentary from the Blackstone Valley and beyond*

### LETTERS TO THE EDITOR

#### The axe man cometh

oversee the nation's nuclear weapons. Officials are now trying to rehire them but can't figure out how to reach them because the workers lost access to their work email when they were fired.

Do you sheep think you will see a penny of the "savings" that Trump wants you to believe are coming from his dismantling of government? Hah! Is there 'waste' in government? Sure. But it is the largest employer in the world. And those employees all pay taxes, and buy U.S. products, etc. Is there 'fraud?' Now that Trump has fired the Inspectors General, there sure will be. American corporations, like the one run by Florida Republican Senator Rick Scott, perpetrated most of, if not all, the fraud in the Medicare program. (There's your next 'Opinion' letter, Jane!) So just randomly firing people with no understanding of what they do, or the impact on agency objectives and on our lives, is how you achieve anything worthwhile? These random cuts are simply a deflection to justify the extension of Trump's tax cuts of 2016. You lose all functions of the federal government, including those that keep you safe from predators - foreign and domestic, corporate and societal - just so Trump and the oligarchs can become even more morbidly rich. Small price to pay, right?

Elon Musk, the biggest welfare queen in history, has the audacity to call struggling Americans "parasites" while his entire empire runs on taxpayer dollars. Tesla? Built on government subsidies. SpaceX? Propped up by NASA and Pentagon contracts. Starlink? Funded with your tax money. This clown has gifted more from the federal government than every social program combined—and now he wants to cut aid to the very people who paid for his rocket-fueled megalomania.

Headline: "Measles Cases Spread in Texas and New Mexico as Trump Purges Federal Health Workers." (Measles is an airborne, highly contagious disease able to infect up to 90 percent of unprotected people who come into contact with someone with the illness. It can also infect some vaccinated people.) Of the 58 measles cases reported in Texas, fifty-four were unvacci-

#### How do we treat "liberalholics?"

impugned his own reputation in a seemingly incurable way.

And yet, when presented with such simple facts, the average "liberalholic" male or female will then wander off-topic on some headache producing bender. Entering into a highly pernicious state of binge ranting that unfolds before our very eyes within the black and white of print. Whereby the liberally addicted male might rant on for over five paragraphs without getting a blessed thing right.

Meanwhile, some liberally addicted Christian nationalist female might fall into a similar left-wing diatribe. One that, along with its associated lies of omission, will actually dumb down or in some way

To the Editor:

Have you noticed lately how similar the addictive behavior patterns of liberalism and alcoholism have become?

Many of us have tried to cure, or at least curb, the "liberalholics" of their left-wing, anti-patriotic, addiction disorders but it never really works, does it?

We've seen the reactions of the liberalism addicts when confronted with the simplest of facts that in some way challenge their addictions to left-wing dogma.

Dr. Fauci acted like a mentally challenged, pseudoscientific dimwit during the pandemic. Doing far more harm than good to the American people as individuals and as a whole as well as to his own reputation. Fauci is the one who

To the Editor:

leader has enough military force to dominate their realm. This will likely avoid world wars for a time, but democracy will die.

Putin will be so busy exerting control of his realm if we leave NATO that Trump will be permitted to carry on and gather all his 'possessions.' China will be brought into the fold because everyone wants trade to make all oligarchs richer so each Realm dictator can pass his realm on to their next JD Vance peacefully or Baron.

Your vote brought: The end of privacy. Musk and his boys have 'god access' to our data. HIPAA? HIPAA used to be a law to protect sensitive patient health information from being disclosed without the patient's consent.

Your vote brought: The Gulf of America. The AP has to go to court on First Amendment rights because they want to say the Gulf of Mexico. Bev explained that free speech is mostly hate speech and disinformation. What she missed is only MAGA can exercise those claims anymore. AP is wasting their time because facts, truth, and the search for truth certainly don't deserve protection, right, Bev?

Your vote brought: Yarvin. Theil, for 15 million, bought the senate for JD Vance. They and Sacks are both infatuated with Yarvin. Think neo-reactionary theory, Dark Enlightenment, or NRx. Democracy doesn't work. Billionaires and tech elites should rule us as CEOs who act with immunity. He also suggests you get over 'dictator phobia.' The movement openly promotes dictatorships as superior to democracies, making absolute freedom possible. You may want to check-out Yarvin's thoughts about "NPCs" (non-player characters). Oh, 'everyday' MAGA need not apply.

Your vote brought: The courtier billionaires who get to define our rights and are part of his unelected court. "The result of these developments is an oligarchy

To the Editor:

Did you know that the Green New Scam has arrived in Uxbridge?

So-called "green" companies have proposed to build at least five battery energy storage system facilities in Uxbridge: Chestnut Street (Agricultural zone), Millville Road (industrial), Hazel Street (Agricultural), Providence Road, and Blackstone Street (strictly single family home residential zone).

My Learned Friend likes to say, "TYJB

— Thank you, Joe Biden."

In this case, it is TYCH: Thank you, Comrade Healey. By the time the dust settles on all the damage she has done, she will be Senator Healey in D.C. and be long gone from here.

Did you know that her geniuses in Boston passed a law in 2024 to override local zoning for siting such facilities? Towns must approve a facility within 12 months. Or else! If we don't approve, the state will approve it automatically.

Beacon Hill and Healey killed local

nated with the measles-mumps-rubella vaccine. In New Mexico, six of the eight cases reported were unvaccinated. Of 14 measles cases across four states - Alaska, Georgia, New York, Rhode Island - since the beginning of the year, all involved people who were either unvaccinated or had an unknown vaccination status. Trump, who knows more than the generals, the scientists and the doctors, just entrusted our health care to noted heroin addict, serial adulterer, conspiracy advocate, and vaccine skeptic RFK, Jr. You need to start pricing burial insurance.

"Both Trump's attempt to incite a coup in 2021 and his subsequent victory in the 2024 presidential election speak volumes of the democratic decline in the United States. Citizens' support not just for a democracy-eroding leader, but for one who repeatedly promised during his campaign to be a dictator - he lied about it being only for one day - is ample evidence to make the case that the end of democracy in the U.S. is upon us." (Common Dreams)

This is you, America. Top 10 Worst States for Quality of Life in 2024 - Arizona, Kansas, Louisiana, Missouri, Tennessee, Arkansas, Oklahoma, Alabama, Indiana, Texas. The criteria: crime rates; health care access; air quality; child care availability; worker protections; legal safeguards against discrimination; personal freedoms. Hmmm... all red States. All with Republican Congressmen. All States that take more from the Federal government than they contribute in taxes. And you just put the entire government - and the rest of us - in Republican hands.

Question: Since Trump is known for being completely, and absolutely 'transactional,' what do you think he gets from Russia in return for snatching victory from the jaws of their defeat at the hands of Ukraine and the rest of the free world? He's betraying Eastern Europe and multi-millions of people, so, to his clotted pea-brain, he must be receiving something bigly!

*Rick Bevilacqua  
Whitinsville*

"retard" the intellectual levels of the public discussion at hand. With none of it different than trying to get some group of totally drunk alcoholics to see themselves as they truly are

And so, as readers and as writers, we are all confronted with the same age-old problem.

How should we try to treat a "liberalholic" induced headache?

Should we take two over-the-counter pain relievers and call that fool Dr. Fauci in the morning?

Or should we put de lime in the coconut and drink 'em bot' togedder before we call a real doctor?

*Stephen Gambone  
Northbridge*

have released their budget plan, and to pay for massive tax cuts for the wealthy, they are planning to slash funding for Medicaid and food stamps." (TNR)

Your vote brought: The end of truth. Zelinsky is a dictator. Ukraine started the war with Russia. JD Vance warns Zelensky to "Shut up and obey tRump." (TNR) Trump on Putin stated: "And he doesn't have to make a deal, because if he wanted, he'd get the whole country."

Your vote brought: Cancel culture to American myths. Maga abhors the melting pot. "White, male, straight, and Christian is what a significant percentage of our nation's populace perceive as normative." (WINIG) Diversity gives way to meritocracy, where a wealth test is included. Hegseth claims diversity is dumb for keeping America safe. No wonder Trump only wants white migrants from northern countries or ones from South Africa. Like Bev and the Heritage Foundation, MAGA has no use for hyphen citizens. Trump only wants English spoken, his patriotic history taught and assimilated. Anyone ever hear of eugenics? Think about why they would kick out immigrants who have kept labor inflation down and helped with population decline and yet don't want the country south of Texas as the 52nd state.

Your vote brought: Probable privatization of the Postal Service, etc., because Trump's oligarchic court needs more profits to assure their loyalty to his personal realm. Turns out this is a very Orban illiberal democracy kind of move.

I hope you're happy now. I hope you're happy how you've hurt your cause forever

I hope you think you're clever ("Wicked")

*Linda Lacki  
Northbridge*

P.S.: You absolutely do need a pardon for all the disinformation you have pumped through this column over the years. Or at least go to confession.

#### Uxbridge v. Massachusetts

zoning. But they are all for Democracy! We defy their outrageous override of local zoning. We have a right to say No. We have a right to our own zoning laws, duly passed by town voters and duly approved by Attorneys General of our state. We had no say in this new law.

Time for a lawsuit: We the People of Uxbridge v. the Commonwealth of Massachusetts. Restore local zoning. Allow us to permit such facilities only

Turn To **LETTER** page **A8**



# Readers Reveal Tips and Tricks!

It's time to take a peek into the Take the Hint! snail mail and virtual mailboxes. Thanks to the readers who have taken time from shoveling and de-icing to send in their great tips for dealing with the little nuisances in life!

And remember readers, your hints put you in the running for a three course dinner for two at the Publick House!

**\*\***  
This simple but ingenious tip is sure to be appreciated by travelers:

Here is how to bring a 16 ounce water bottle through the TSA line without getting it tossed out:

Freeze one 16 ounce bottle of water until solid, drink any excess melted liquid prior to placing it in the tray before it goes in the machine. Ice is not a liquid so it is allowed.

You will have a free cold bottle of water for the plane ride once it melts.

Darlene Hamilton  
East Brookfield, MA

**\*\***  
A reader offers a pair of tips that extend the use of garlic – saving money while adding flavor:

I have two helpful hints for Garlic.  
1. Chop/mince up fresh garlic cloves and add to melted butter to marinate it. It can be stored in the fridge and used on vegetables, beef, baked potatoes, fish etc.

2. If you grow garlic, in the spring when the garlic bulb sends up the shoot, cut it half way and chop it up to use in salads, scrambled eggs, or anywhere you need a little spice.

Steven Rodgers

**\*\***  
In a recent Reader Hint column, a submission offered ways to keep donuts from going stale. See below for readers who submitted their own donut tips:

A longtime reader who will be 100 years old next month (Happy Birthday Mary Ann!), shares her tried and true method to up leftover donuts:

I read about the stale donuts in your article. When I have stale donuts, I split them in half. Then I butter them, put them in a flat pan, sprinkle sugar and cinnamon on them, then I place them under the broiler. This make them nice and brown and good –while warm.

My kids loved them and my company once said “the dogs are not getting stale donuts anymore!”

PS: Lord willing, I will be 100 on March 22! Still in my condo and do everything. God is good!

Mary Ann Wiersma  
Whitinsville, MA

**\*\***  
This reader has the donut trick “in the bag!”

I read with interest the fresh donut suggestion submitted by Sharon, whereas you put individualized donuts in little zip-lock baggies to keep them fresh in a box. This is a good idea, however, I have another hint as to how to keep them fresher

longer.  
I keep them in the original box but insert the box into a plastic bag and wrap it up with a tie. The bag can be any bag you have kept from the bakery or a loaf of bread. This also works when the donuts are in a paper bag, though you should close the bag tightly before securing it in a plastic outer bag.

This isn't foolproof, but you get a couple of more days of a fresher donut.

Mariann LoSasso  
Spencer, MA

**\*\***  
Prize Winner



**TAKE  
THE  
HINT  
KAREN  
TRAINOR**

Congratulations to Mariann LoSasso of Spencer, whose name was drawn for Dinner for Two at the Publick House. She shared the tip for keeping donuts fresh above.

**\*\***  
Win a Three Course Dinner for Two at the

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

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

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

## Rejected, ridiculed, right

**POSITIVELY  
SPEAKING**

**TOBY  
MOORE**

I love stories about people who saw the world differently—people who challenged everything society told them was true. These are the people who tend to change history.

At first, their ideas were dismissed as absurd, ridiculous, and dangerous. Yet today, we take their discoveries, beliefs, and courage for granted.

If you've ever been told to wash your hands before eating, you have Ignaz Semmelweis to thank. But in his lifetime, he wasn't thanked—he was ridiculed.

Semmelweis was a Hungarian doctor in the mid-1800s who noticed something horrifying: women in maternity wards were dying at an alarming rate from something called “childbed fever.” And in a baffling twist, women treated by doctors had a much higher mortality rate than those treated by midwives.

Semmelweis had a radical idea—maybe, just maybe, doctors should wash their hands before delivering babies. At the time, doctors would go straight from dissecting cadavers to delivering newborns without so much as rinsing off. Semmelweis implemented handwashing with a chlorinated solution in his hospital, and the mortality rate plummeted.

You'd think this discovery would be celebrated, right? Wrong. His peers mocked him and rejected his ideas, and he lost his hospital position. Frustrated and increasingly combative, he struggled to gain acceptance for his findings. Eventually, he was committed to an asylum, where he died after being severely beaten by guards.

It wasn't until years later, with the rise of germ theory—that the medical community realized Semmelweis had been absolutely, unquestionably right.

If you could time-travel back to

the late 1800s and tell people that one day, the entire world would be powered by invisible energy moving through the air, they'd probably lock you up. But one man already saw it coming—Nikola Tesla.

Tesla pioneered alternating current (AC) electricity, which is now the global standard, but at the time, many believed it was dangerous and impractical. He envisioned wireless communication, free energy, and devices that could send information instantly across the globe. Sound familiar? It should—because today, we call that Wi-Fi and smartphones.

But Tesla was often overshadowed, sabotaged, and financially ruined. His greatest rival waged a smear campaign against him, staging public electrocutions of animals to convince people that Tesla's AC electricity was deadly.

Tesla's dream of wireless energy transmission led him to build the Wardenclyffe Tower, an ambitious project to transmit electricity through the air. However, investors, including J.P. Morgan, pulled funding when they realized it wouldn't be easily monetized.

By the time Tesla died, he was broke, alone, and largely forgotten.

Today, Tesla's work is the foundation of modern electrical power. Wireless charging, radio waves, and even remote-controlled drones all trace back to his ideas. His name

is now synonymous with innovation (thanks in part to a particular electric car company), but in his lifetime, people saw him as a mad scientist rather than the genius he truly was.

For decades, it was believed that most stomach ulcers were caused by stress and spicy food. Antacids and relaxation were thought to be the cure—but ulcers kept coming back. Enter Barry Marshall, a doctor who believed that bacteria, not just stress, was a major cause of stomach ulcers.

The idea seemed absurd—how could bacteria survive in the harsh acidity of the stomach? Research journals rejected his papers, and experts dismissed his findings as nonsense.

Frustrated, Marshall took matters into his own hands—literally.

In 1984, he drank a beaker full of *H. pylori* to prove his point. Within days, he developed severe gastritis, just as he predicted. A biopsy confirmed the presence of the bacteria, and antibiotics cured him completely.

Suddenly, the world had to take him seriously. His discovery led to a complete revolution in ulcer treatment, proving that many ulcers—though not all—could be cured with antibiotics.

In 2005, Marshall and his colleague Robin Warren won the Nobel Prize in Medicine for their work.

The world has always belonged to those bold enough to challenge it. The ideas that shape the future often sound impossible at first.

If you have a belief, a dream, or a vision that goes against the grain, take heart. The next significant breakthrough won't come from someone who plays it safe—it might come from someone like you.



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# Plummer Place

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Howie Newman, "Knock on

Wood" acoustic folk-rock duo with Joe Kessler; Monday, March 3rd at 1:00pm. Join us for this unique event

### How to determine if the time is right to downsize

The phrase "bigger is better" has endured for quite some time. Though it may be impossible to pinpoint precisely who coined the phrase, its lesson that larger things tend to be more valuable than smaller alternatives is applicable in numerous situations. But no adage is applicable to every situation, and in some instances people may find that bigger is not better.

Downsizing is an approach many individuals consider after turning 50. Parents who are empty nesters and others nearing retirement may wonder if the time is right to downsize from their current homes. Though that's a strategy millions of people have adopted over time, the decision is not always so simple. Individuals over 50 who are trying to determine if downsizing is right for them can consider a host of factors before making a decision.

- Monthly housing expenses: Before downsizing their homes, individuals should determine just how much they're currently spending on housing. Individuals who have fixed rate mortgages likely know the amount of their monthly mortgage payment, but what about maintenance? Home maintenance expenses fluctuate, but a careful examination of the previous 12 months' expenditures can give homeowners an idea of just how much they're spending to maintain their properties. The number may be eye-opening, as Thumbtack's "Home Care Price Index" released in the third quarter of 2024 revealed that the average annual cost to maintain a single family home reached an all-time high of \$10,433. If such expenses are preventing homeowners from building their retirement nest eggs, then it might be time to seek alternative housing.

- Real estate prices: Real estate prices have skyrocketed in recent years, which can be both good and bad for current homeowners considering downsizing. Many people who downsize look to move



from a single-family home into a condominium, where maintenance tasks are typically handled by a homeowners' association (HOA). Such communities typically charge HOA fees, which can be minimal or considerable. In addition, the price of condominiums has risen in recent years, with the lender New American Funding reporting in early 2024 that the median sale price of a condo reached \$341,000. So homeowners who want to downsize their homes may end up taking most of the profit from selling their current properties and reinvesting it in a costly condo. Some may deem that worthwhile, while others may find the cost savings of downsizing in the current market are negligible.

- Emotional attachment: Downsizing may be considered with cost savings in mind, but it's important to consider your emotional attachment to your current home. Many homeowners over 50 raised their families in their current homes, and letting go of a property where so many memories were made can be difficult. Homeowners who are not prepared to move on from properties that are meaningful to them and their families can consider additional ways to downsize their financial obligations.

Downsizing is something many homeowners over 50 consider. Any decision regarding downsizing is best made after considering a range of variables.

featuring well-known cover songs, country and funny originals. Light refreshments will be served. This is a free concert. Sign up in the main office. This program is sponsored in part by a grant from the Northbridge Cultural Council, a local agency supported by the Mass Cultural Council, a state agency. Thank you to both councils!

Northbridge Senior Center's 50th Anniversary Gala, Thursday, June 19th from 4:00-8:00pm at Pleasant Valley Country Club. This amazing event, a fundraiser and a benefit to celebrate the Northbridge Senior Center's 50th year, includes a three-course meal, dancing to "Flamingo" a 15 piece all women big band, raffles and a silent auction. Also included is valet parking. Tickets are \$50 per person, and you may purchase your tickets at the Center starting Monday, March 3rd. Tickets are limited, don't miss this exciting event!

Facial Treatments at Plummer Place, Thursday, March 6th. Schedule your appointment with Nancy and get pampered! \$40 plus gratuity. Space is limited, please call Nancy directly to book your time. Time slots are between 9:00am-1:00pm.

Tickets are now on sale for our St. Patrick's Day Breakfast being held on Wednesday, March 12th from 9:30-11:00am. We will have entertainment featuring Davis Bates and his tales and songs from Ireland, Scotland and Wales. He will share stories of seal folk and wee folk with sing-alongs galore! Tickets are \$10/person with Northbridge residents having priority. This event is sponsored in part by a grant from the Northbridge Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.

VA Services Rep, Carl Bradshaw,

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

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

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

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

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

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

## How to make the most of your local library



Local libraries are invaluable resources for residents, including students and their families. The value of libraries has been recognized for far longer than many may realize. The Franklin Public Library, opened in 1778 in Franklin, Massachusetts, is considered the first lending library in the United States. Since then, libraries have become integral components of communities across the nation and even the globe.

It's easy to overlook a local library, but residents who resolve to make the most of these venerable institutions can do so in the following ways.

- Get or renew your library card. The first step to making the most of a local library is to sign up for or renew your library card. Each member of the family, including children, can get their own card, which affords access to books on site and often additional texts and offerings the library can request from other branches.

- Acquaint yourself with all the offerings at your local library. Books may be the first thing people think of when pondering local libraries, and modern branches still maintain extensive catalogs of books spanning the genres. But libraries also offer more than books. Film fans may be surprised to learn libraries typically have extensive catalogs of films that can be borrowed on DVD, and some even allow movies to be streamed through library-affiliated streaming services. Libraries also

offer services to adults, including seniors, and children that can range from tax preparation tips to passport application assistance to craft projects for youngsters.

- Utilize the research capabilities of local libraries. Card members have access to a wealth of resources at their local libraries, and that includes research databases like JSTOR that might require paid subscriptions if users try to access them on their own. These databases can help individuals grow their knowledge about the world they live in and prove invaluable to students young and old who are conducting research for school projects.

- Open doors to new career opportunities. Many libraries offer career counseling services free of charge. These can be particularly useful to prospective small business owners, recent graduates looking to get a foot in the door in their chosen field, and even mid- and late-career professionals who want a change but aren't sure where to begin.

- Grow your social network. Not all social networks are grown online. Community-based events and programs sponsored by and hosted at local libraries can be great places to meet neighbors with similar interests.

Local libraries are more than just places to borrow a book. Residents can utilize an array of services to make the most of their local libraries.

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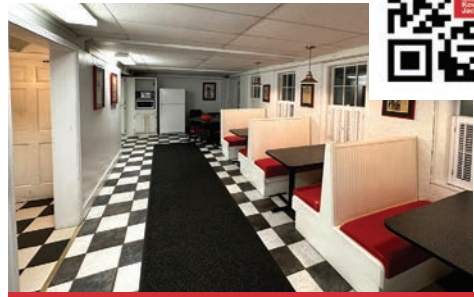
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# Sheriff's office spreads kindness

**REGION** — Several community organizations and programs benefited from the annual Random Acts of Kindness Initiative led by the Worcester County Sheriff's Office.

Taking place throughout the week leading up to Random Acts of Kindness Day, Feb. 17, the initiative brought together multiple organizations and community members.

"With this initiative, the goal is to inspire acts of kindness throughout the entire county," read a statement released by the Sheriff's Office. "We encourage the residents of Worcester County to pass it on and do a random act of kindness of their own."

Sponsors for this year's initiative include CareOne at Millbury, Pepsi of Worcester and Windham, and Polar Beverage.

The combined efforts of these sponsors, along



Courtesy

## 5 activities for modern empty nesters

The rewards of parenting are bittersweet. Raising children successfully means they will one day leave home and embark on lives of their own. Once the proverbial chicks leave the nest, individuals may be left with a lot of empty home and a lot of time to fill.

According to the U.S. Census Bureau, there were 22.5 million empty nesters in the country in 2020, with most having become empty nesters between the ages of 40 and 60. Statistics Canada says roughly one-third of adults between the ages of 20 and 34 lived with their parents in 2023. Although some parents whose children have

reached adulthood still provide financial assistance to their grown children due to high costs of living, many empty nesters in their fifties have greater financial resources and much more time to fill their days with activities unrelated to parenting. But how does one spend those hours when they had been filled with parenting-related obligations and activities for so long?

The following are five unique ways empty nesters can stay busy and socially engaged as they seek to avoid empty nest syndrome.

1. Take care of yourself. After all those years of putting children first, now is

the time to make yourself the priority. Explore all of the ways to engage in self-care. Maybe you were thinking about signing up for a monthly massage package at a nearby wellness clinic but procrastinated because of the added expense? Or you may have wanted to splurge on a facial or new hair treatment? Now is the time to make those appointments.

2. Prioritize hobbies. Identify rewarding hobbies that might have been pushed to the back burner for years. If you always wanted to learn a new language, why not immerse yourself in it and the associated culture by spend-

ing a month or more in a country where that language is spoken? Now can be a great time to pick up new hobbies as well. Aim for activities that are social in nature, like the ever-popular pickleball.

3. Travel far and wide. Travel is a popular pastime among empty nesters and retirees. When you no longer have to coordinate travel around school schedules and holidays, you can take advantage of great deals on off-peak travel and really see the country or even the world.
4. Indulge your social life. If parenting made it hard to attend certain social functions, now

you'll have the time to engage with friends more regularly. You can reach out to old friends and start a weekly walking group, join a book club, sign up for a fitness class together, or even do a monthly wine and dine meet-up at new restaurants in the area.

5. Adopt a pet. When children were still at home you likely lavished attention on them each day. You can redirect some of that affection to a pet who needs a good home. Visit a nearby animal shelter and pick out a pup or kitten looking for a good home.

Empty nesters have more free time to redirect to their own passion projects and interests.

Members of the Worcester County Sheriff's Office recently supported several local organizations through the Random Acts of Kindness Initiative.

County Reserve Deputy Sheriff and the Worcester Association helped obtain and distribute 3,500 goody bags.

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# OBITUARIES

## Arthur Wynja, 77



Northbridge- Arthur Wynja, 77, of Northbridge passed away Sunday, Feb. 23, 2025, at Blackstone Valley Healthcare, Whitinsville. He was the husband of Sandra A. (Youngsma) Wynja.

Mr. Wynja was a skilled carpenter and worked for Koopman Lumber Company for 52 years before retiring in 2013. He worked on houses throughout the Blackstone Valley and eventually worked in the Engineered Lumber Dept in the Whitinsville store.

He was born November 25, 1947, in Medemblik, Netherlands the son of the late Teake and Jean (Feenstra) Wynja. He attended Whitinsville Christian School, Northbridge Vocational Schools and was a U.S. Navy Veteran.

Arthur enjoyed reading, music, gardening, woodworking and spending time with his family and teaching his grandchildren how to mow the lawn or how to carve a Sunday roast. He was longtime active member of Pleasant Street Christian Reformed Church, Whitinsville where he served as Deacon. He served on the Whitinsville Christian School Board and was a Building Committee member and spent many Saturdays' volunteering on site. He was a long-term member of the Whitinsville

Garden Club.

In addition to his wife of 55 years, Sandra, he is survived by a son David and his wife Kimberly Wynja of Worcester; two daughters, Ruth and her husband Scott Gibbons of Whitinsville and Rachael and her husband Capt. Robert Johnston, USN; two brothers, Rev. Richard (Mary) Wynja and James (Alice) Wynja; two sisters, Helen Postma and Theresa (Fred) Schuurmann; a brother-in-law Wes Nieuwebeerta and 8 grandchildren: Reid, Ian, Cameron, Julia, Elizabeth, Nathan, Leah, and Simon. He is predeceased by a sister, Carolyn Nieuwebeerta.

Visiting hours will be held Tuesday, March 4, 2025, from 5 - 7 PM at the Pleasant Street Christian Reformed Church, 25 Cross Street, Whitinsville.

Funeral services will be Wednesday, March 5, 2025, at 10 AM at the Pleasant Street Reformed Church in Whitinsville.

Burial with Full Military Honors will follow in Riverdale Cemetery, Providence Rd., Whitinsville.

In lieu of flowers, memorial donations may be made to the Whitinsville Christian School, 279 Linwood Ave., Whitinsville, MA 01588.

www.bumafuneralhome.com



# Millbury Senior Center

**ST PATRICK'S DAY PARTY**  
Monday, March 17th 11 A.M.  
Entertainment with Larry Lewis  
Serving a Corn Beef and Cabbage lunch  
Call or stop by the center to sign up!

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

**FLORAL ARRANGMENT CLASS**  
**SAM'S STEMS**  
Monday, March 13th 1 P.M. - 3 P.M.  
price is \$20  
Call the center to sign up!

**BETTER BREATHERS CLUB**  
Tuesday, March 25th 10:30 A.M.

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

**TRANSPORTATION**  
All appointments will be accepted by the WRTA

Millbury Seniors 60 and older / those with ADA services call 508-752-9283 in order to register with the WRTA in advance if they need transportation

Transportation Hours are Monday through Thursday from 8 A.M. to 3:30 P.M. & Fridays 8 A.M. to 11:30 A.M.

Rides have to be scheduled by 4:30 P.M. the day before by calling 508-752-9283

For more information on regards to transportation call the center at 508-865-9154

**SENIOR CENTER EXERCISE CLASSES!**

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

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

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

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

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

**SENIOR CENTER ACTIVITIES!**

**MAHJONG**  
Mondays at 12:45 P.M.

**CRIBBAGE**  
Monday through Friday 8:30 A.M.

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

**SOCIAL BINGO**  
Wednesdays at 1 P.M.  
Bring your pennies!

**PITCH**  
Thursdays 1 - 3 P.M.

**COLORING**  
Thursdays at 10 A.M.

Lunches are served Monday through Thursday 12 P.M. Friday 11:30 A.M.

The menu is available on the town website, [www.townofmillbury.org](http://www.townofmillbury.org) Or our Millbury Senior Center Facebook page

A 48 hour reservation is required. Call the center at 508-865-9154

**"MEMORY CAFÉ"**

Please join us on Tuesday, March 25th at 1 P.M.

Refreshments will be served  
A Memory Café is a monthly gathering for people with memory loss / challenges and their care partners. It is a time to socialize, make new friends, and have a good time

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

**SNAP APPLICATIONS (Food Stamps)**

Our appointments are on Tuesdays & Thursdays 10 A.M. - 2:00 P.M.

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

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## LETTER

continued from page A4

in industrial areas, if we must permit them at all.

On Chestnut Street, they are clear-cutting 16 acres of deeply forested land. 16 acres of trees. How green is that? Where are the environmentalists? The Audubon Society? Where is the Conservation Law foundation (CLF)? Oh, wait. The former attorney for the CLF who helped kill two gas pipelines [which would have lowered gas home heating prices] is now the Secretary of Energy in our state.

Healey bragged that she shut down the gas pipelines, one from Canada and one from Pennsylvania. As Forbes news reported: the "heavy-handed approach to "discouraging" fossil fuel production [by Massachusetts and New York] has been quite problematic. In 2018, during a prior major cold front, New England had to import natural gas from Russia to satisfy its needs. As politically unpopular as it was at the time, that would be more difficult in 2025, both for political reasons and for the fact that, in his waning days in office, Biden placed even more sanctions on tankers transporting Russian energy than previously existed."

Now, Comrade Healey complains that the cost of gas for home heating is too high. Duh. Maura, if you were wise, you would work with the utilities to build a new gas-fired electric plant with gas from the new pipeline that Trump is building in New York state. Instead, she is content to buy electricity from the Connecticut nuclear power plant and Seabrook nuclear in New Hampshire. Good old nuclear power.

On the Chestnut Street site, endangered species such as rattlesnakes thrive. Not that I like snakes, but it makes you wonder: do environmentalists really care about the environment? Or is it all a lie to destroy our American way of life?

When you site an industrial facility in the middle of a residential zone on Blackstone Street where even a duplex

is prohibited, do you care about your neighbors or the citizens who bought land in this location specifically because it is two-acre zoning? And because it is strictly residential? Residential zoning is meaningless now because of the state's new law.

Cut down oxygen producing trees to build a facility that requires electricity in order to generate just four hours of electricity at night. Batteries don't store much.

Battery energy storage facilities are noisy. They emit 75-85 decibels from massive fans required to keep the batteries cool 24/7 because if they heat up, they burn. At 5,000 degrees. Water cannot extinguish these fires. No fire suppression technology exists that can put out this fire. Firemen can only contain it.

Did you know that nuclear power plants provide electricity 24/7 with zero carbon emissions? Did you know that the second cleanest method of producing electricity is a gas-powered plant? And both kinds of power plants provide tons of electricity on small acreage. The Mystic plant, closed in 2024, provided 1,400 kilowatts.

Time for Uxbridge to build a new generation small nuclear power plant to provide electricity for the town. It's not so crazy as it sounds. We sit at the confluence of three rivers, the Blackstone, the West, and the Mumford. Plenty of cooling water. Then, when all the green clean energy fails, and it will, we can sell electricity.

We have the right to say no to battery storage in our neighborhoods. Did I mention that slave labor mines the rare minerals in third world nations to create these batteries? Did I mention that water cannot extinguish such a fire? Did I mention that it emits a buzzing noise 24/7? Did I mention clear-cutting?

Paging President Trump... Paging President Trump...

Bev Gudanowski  
Uxbridge



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# LEGALS

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

**Docket No. WQ24P4372EA  
INFORMAL PROBATE  
PUBLICATION NOTICE**

Estate Of:  
**Ann Mary Castagnaro  
Also Known As:  
Ann M. Castagnaro**

**Date of Death: November 1, 2024**

To all persons interested in the above captioned estate, by Petition of:  
**Petitioner Patrick J. Castagnaro**

**of Aliso Viejo CA  
Patrick J. Castagnaro of Aliso Viejo CA** has been informally appointed as Personal Representative of said estate

to serve **without** Surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
February 28, 2025

**COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT 25 SM 000362 ORDER OF NOTICE TO:** Nathan M Makynen and Heather L Makynen and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq) Towd Point Mortgage Trust 2015-3, U.S. Bank National Association as Indenture Trustee claiming to have an interest in a mortgage covering real property in Uxbridge, numbered 332 West Hartford Avenue, given by Nathan M Makynen and Heather L Makynen to Mortgage Electronic Registration Systems, Inc., as Nominee for Mortgage Lenders Network USA, Inc., dated November 17, 2006, and recorded at Worcester County (Worcester District) Registry of Deeds in Book 40205, Page 65,

and now held by Plaintiff by assignment, has filed with this court a complaint for determination of Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before April 7, 2025, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, GORDON H. PIPER, Chief Justice of said Court on February 18, 2025, Attest: Deborah J. Patterson Recorder  
February 28, 2025



# Douglas Adult Social Center

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

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

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

Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Lunch & Bingo 11:30am, Technology Class 1pm (call to make an appt.), Line Dancing 2 to 2:45pm (starting Jan. 7)

Wednesday: Balance & Strength 10am, Darts 11:30 am, MahJong 1pm, Dominoes 1 to 2:30pm

Thursday: Walking club 9am, Chair Yoga 9:30am, Pitch 9:30am, Hand and Foot card game 12:30pm

Friday: Balance & Strength 10am

**MARCH EVENTS:**

Health & Wellness clinic dates are Monday March 3rd & Tuesday March 18th. The clinic is from 10 am to 12 pm. If you would like a blood pressure check, a simple sugar test, or have concerns you would like to discuss please stop in the center.

• HEARING AID CLEANINGS W/ DARCI THURSDAY MARCH 6th @ 10 AM. This is by appointment only. Please call the center to schedule your appointment.

• POTATO ART W/ JOHN, THURSDAY MARCH 6th @ 11:30. We will be painting

totes & t-shirts with shamrock potato stamps and ink pads. Please bring in a t-shirt that you would like to stamp on. Tote bags will be provided. Please sign up by February 28th.

• ST. PATRICK'S DAY LUNCHEON, THURSDAY MARCH 13th @ 12:00. Corn beef and cabbage with dessert \$4.00 per person. The Douglas Cultural Council is sponsoring this event featuring the entertainment of an Irish Duo for an afternoon of music and fun. Doors will open @ 11:45. Sign up by March 6th.

• LUNCH & A MOVIE, THURSDAY MARCH 20th @ 11:30. We will be watching "The Race", lunch will be baked ziti, salad, & dessert for \$4.00. Please sign up by March 13th.

• THREE SEASON'S RESTAURANT, WEDNESDAY MARCH 26th @ 11:00. The restaurant is located inside Blackstone Valley Tech in Upton. You MUST stop in the center to sign up. Meal choice and payment need to be selected by March 15th. The cost for lunch is \$12.00 per person, thanks to our Sunshine Club for offsetting the cost. This event is for Douglas residents only.

The Sunshine Club invites to a HAWAIIAN LUAU PARTY March 21st @ 6:00 pm. Hawaiian pizza, salad & dessert will be served for \$5.00 per person. Come learn how to do the Hula, and have some fun with friends. Please call the center to sign up by March 14th.

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

Check our website for events that may not be listed here

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

## Simon Fairfield Public Library

290 Main St., Douglas  
(508) 475-2695

The Simon Fairfield Public Library's March 2025 Schedule. Please note that some events do require registration. If you have any questions regarding any events, please do not hesitate to contact the library at 508-476-2695 or email at us at douglas@cwmar.org.

Children's Book Clubs (Registration Required)

Tuesday, March 11 at 4 p.m.: Young Reader's (Grades K-2), "Sylvester and the Magic Pebble" by William Steig

Thursday, March 13 at 4 p.m.: Book Wizards (Grades 5-7), "The Watsons Go to Birmingham" by Christopher Paul Curtis

Tuesday, March 25 at 4 p.m.: Book Bunch (Grade 2-5), "I Survived the Battle of Gettysburg, 1863" by Lauren Tarshis

**Children's Programs**

Tuesday, March 4 & 30 at 11:30 a.m.: Music & Movement with Deb Hudgens

Wednesday, March 5 at 11:30 a.m.: "Young Scientist's" STEM Program Ages 3-6 (Registration Required)

Wednesday, March 12 at 3:30 p.m.: Lego Club I (Registration Required)

Wednesday, March 12 at 6 p.m.: Pumpnickel Puppets presents "Sir George and the Dragon"

Wednesday, March 19 at 6:30 p.m.: Lego Club II (Registration Required)

Wednesday, March 19 at 5:45 p.m.: Reading to Gabby (Registration Required)

Wednesday, March 26 at 3:30 p.m.: Lego Club III (Registration Required)

**Adult Book Clubs**

Thursday, March 6 at 6:30 p.m.: Greatest Book Club Ever; "Saint X" by Alexis Schaitkin

Tuesday, March 11 at 6:30 p.m.: Intrepid Readers, "The Splendid and the Vile" by Erik Larson

Tuesday, March 18 at 6:30 p.m.: Sci Fi Book Club, "The Mechanical" by Ian Tregillis

Monday, March 24 at 6:30 p.m.: Plot Twisters Book Club, Book TBA

Thursday, March 27 at 6:30 p.m.: Muggle Meet-Up, "Harry Potter and the Prisoner of Azkaban" by J.K. Rowling

**Adult Programming**

Tuesday, March 4 at 6:30 p.m.: A Journey Through the Roots of American Popular Music

Thursday, March 13 at 5:45 p.m.: Fiber Arts Friends - Shamrock Mat Class

Thursday, March 13 & 27 at 5:45 p.m.: Fiber Arts Friends

Saturday, March 29 at 10 a.m.: Blue Envelope Program Information Session



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# Libraries reach out for public support

BY GUS STEEVES  
CORRESPONDENT

DUDLEY — Area library fans came together last Friday at Pearle L. Crawford Public Library to start their annual push for library support from the Legislature. In the process, they got an update on some of the bills being proposed, pro- and con-  
Naturally, the core of them were those seeking funding for the Mass Board of Library Commissioners (which provides grants to most public libraries), the Mass Center for the Book (which promotes literacy and sup-

ports Bay State writers), and more general state library aid. According to Commissioner Karen Traub, "it's been a while since we've seen an increase," but that's particularly important now with "the challenges we've seen lately."  
Those include an increased push for censorship in some places, increasing need for English-language education, proposed federal cuts, increasing costs for materials, and more.  
Regarding the MCB, Traub noted that promotes the annual reading chal-

lenge with a different theme monthly (some audience members said what they were reading), Letters about Literature (where students write to authors culminating in a Statehouse ceremony), Children's Literature Festival and book awards.  
For some people, she added, libraries were their "only contact with the outside world" during the pandemic, and some credit them with saving or changing their lives.  
One of those was Dudley resident Kate Evanski, a teach-

er in Auburn. "The library is and always has been my safe place, my happy place," she said.  
In poetry, she told the story of how being able to escape to the library, especially to Tolkien's books, helped her "quiet the noise" and get through her father's unexpected death as a teenager.  
In the library, she recalled, "I was no longer the girl who'd just lost her father. I was just a girl reading a book. I was free."  
Eventually, fiction "pulled me from the depths of despair," she said.  
For Ed Bazinet,

the library has been his refuge for 80 years. He recalled his first book in the late 1940s was about an egg in a barnyard hatching into a strange chimera creature that faced discrimination from other beings until it saved their community. To him, that book made him see the importance of "how you look at something through your difficult eyes... and come to understand its purpose."  
Both of those messages resonated with Jason Homer, Worcester's library director, who said librarians

are safe spaces open to everyone "regardless of your belief system." He talked about how they need to be safe for the staff, too, promoting the Safe Spaces for Librarians bill, which aims to protect "people facing direct threats over materials that are in their libraries."  
Furthermore, Homer talked about the Act for Free Expression (S.141/H.625), which aims to challenge book bans in schools. According to its text, it expands student rights to specifically include "receive information,

including through materials determined to be educational and age-appropriate... by the school library teacher" or whomever selects such materials, based on policy drafted by the school committee that includes a process for book challenges. It also gives students, parents and guardians the right to challenge book removals.  
One issue, he noted, is that Massachusetts doesn't require librarians be certified in K-6 schools, and many don't have one. To him, that raises the question of "where are they getting digital literacy knowledge" and other issues.  
On the finance side, Homer said a growing concern is e-books. The publishers charge libraries three to six times more per copy (up to \$120 each) than they charge everyday people, and each copy goes away after 26 check-outs or two years, forcing the library to repurchase them repeatedly. That's "wasting taxpayer money," he argued, advocating for HD.1221/SD.2329 to correct such abuses. The bills prohibit contracts that stop libraries from "disclosing any terms of [their] license agreements"

or "require or enable libraries to violate the confidentiality of patron records." It also creates a board to investigate how to make library prices be the same as everyone else's, let the library determine loan periods, prohibit license and number of loan-out restrictions and other things.  
C W M A R S Executive Director Jeanette Lundgren said digital and physical item use has been growing, with a 5 percent increase in physical check-outs (10 million items) and 26 percent in digital (3 million items). The library network now has 165 members, including 18 new, small ones in the last four years, some of whom now have their first online catalogs.  
She described libraries as being in "very trying times. We don't know what will happen at the federal level, and we don't know its impact on the state budget."  
Lundgren and others urged library lovers to contact legislators with their personal stories of why libraries matter to them. They noted such stories, even brief ones, matter far more than form letters.  
Gus Steeves can be reached at gus.steeves2@gmail.com.

## Audio Journal's Random Acts of Music set for May date

WORCESTER — "Random Acts of Music," drawing on the great and varied musical talents of Worcester, will present an evening of dining and entertainment at the Hogan Ballroom at the College of the Holy Cross on Saturday, May 31. Audio Journal, the radio reading service for the blind and print disabled, returns to Hogan Hall in Worcester for its annual fundraising event. A ticket purchase, sponsorship or donation in support of this event, will help Audio Journal continue broadcasting news, information and entertainment to individuals in Central Massachusetts who are blind or print disabled.  
"The entertainment aspect of the evening will

include jazz, classical and folk standards of vocal and instrumental, solo and group artists. The event promises to be filled with surprises contributing to a musical night to remember," according to Executive Director Harry Duchesne of Audio Journal.  
Starting at 5:30 p.m. with a cash bar, silent auction and raffle opportunities, the show and dinner are set to begin at 6:30 p.m. A single ticket costs \$75 with tickets for two at \$130. A table of eight costs \$500 with a table of 10 for \$600 in the front two rows. The dinner meal choices offered are chicken, fish, vegetarian/vegan, special choice for those with dietary needs.  
This year's silent auc-

tion will begin online on April 1 and will be open to the public. The online auction will end the morning of the event and will continue as a live auction the night of the event.  
"The silent auction and raffle offerings at Audio Journal events are exceptional and are the cause for enthusiastic bidding," says Duchesne.  
Audio Journal's mission in Central Massachusetts is to connect individuals with a visual impairment, or an inability to access print material, to their communities through broadcasting of local news, information, and entertainment with exclusive programs and

content. Listeners hear broadcasts via an iPhone and Android App, smart speaker (Amazon Echo), internet, telephone, cable TV, or a special receiver tuned to Audio Journal's frequency. Audio Journal's 170 volunteers read newspapers, magazines, books, grocery and retail flyers, health information, and more. There are more than a dozen specialty programs including Speaking Volumes, Radio Active Theatre and Talking Topics and Another Point of View. This local reading service for the visually impaired and print disabled is a valued source of information and companionship.

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## BVT hosting pro wrestling showcase

UPTON — On March 1, Blackstone Valley Tech will host a Pro Wrestling Showcase fundraiser in its competition center.  
This will be an action packed night, with New England Pro Wrestling Hall of Famer Don Vaga will be in action, and tag team action featuring The Consistent Ones. Also in action will be Rambo Godfrey, Shawn Candido, and D-Rex! At only 17 years old, D-Rex is one of the

youngest wrestlers in the business! A special guest, John Cena, Sr., will also be in attendance, and there will be a special guest referee in the ring! One of BVT's own staff members will be in the action and ready to be a true enforcer!  
Doors open at 4 p.m., and bell time is at 5:05 p.m. Saturday, March 1! Tickets are \$10 for bleacher seats and \$15 for ringside seats, which bring spectators right up close to the action!

## Sutton Historical Society announces scholarship

SUTTON — Sutton Historical Society, Inc., is proud to announce the launch of the 2025 Sutton Historical Society \$1,000 Scholarship, made possible through the generosity and dedication of our volunteers and members.  
This non-renewable scholarship is designed to support Sutton students who demon-

strate a passion for history and community engagement. Eligible applicants are high school seniors who are residents of Sutton, including Sutton High School students, resident seniors attending other high schools, and home-schooled resident seniors. This scholarship aims to encourage the next genera-

tion of historians, educators, and engaged citizens.  
Application for the scholarship is now open. The deadline for submission is March 31. Full details, including eligibility criteria and submission guidelines, can be found on our Web site at Sutton1704.org.

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## Audrey Tanner named to Flagler College President's List

ST. AUGUSTINE, Fla. — Audrey Tanner of Uxbridge was among a distinguished group of students who were recognized for their academic excellence earlier this month.  
The President's List is compiled in recognition of students achieving a high standard of academic excellence and is distributed by the Office of Academic Affairs. To qualify for this award, Tanner a Psychology major, had to earn at least a 4.0 GPA with at least 12 semester hours of graded credit.  
President John Delaney acknowledged the level of difficulty students face in qualifying for this award. Delaney said the challenge of achieving an untattered GPA requires incredibly hard work.  
In his ceremonial remarks, the Vice President of Academic Affairs, Art Vanden Houten, congratulated Tanner and the other recipients on what he considers a remarkably hard-earned accomplish-

ment.  
"It is an incredible individual accomplishment," Vanden Houten said. "As the president appropriately noted, many of you are carrying four or five classes. Many of you are working, and many of you have leadership positions on campus... And of course, I couldn't even begin to mention the individual stressors that you all face during the course of a semester"  
Vanden Houten spoke on why this impressive academic achievement "captures so much" of what Flagler College is all about, underscoring the "communal nature of higher education" no matter how "solitary" the academic work to achieve this honor may seem.  
"First, we're in conversation with the books that we're reading, the papers that we're writing, the math equations that we're studying," he said. "That alone is kind of a conversation with others. But for a student to really be suc-

cessful, it takes the support of many, many, many other people."  
He also pointed out the friends, family, peers, and professors who attended the ceremony in support that afternoon, taking a moment to acknowledge the dedication of Flagler's professors and the bar he encourages them to set in the classroom.  
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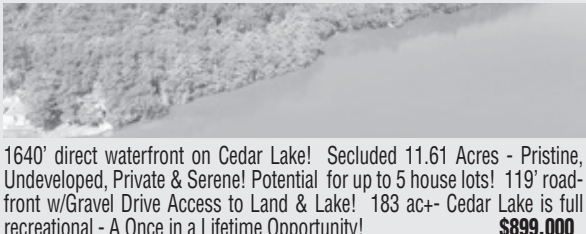
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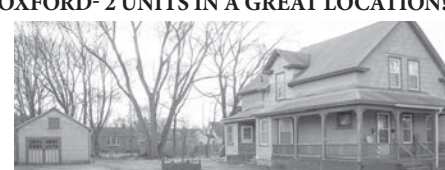

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# Growing basil



GARDEN MOMENTS  
MELINDA MYERS

Fresh on your pizza, added to your favorite Italian and Southeastern Asian dishes, or made into pesto, it's not surprising basil is often called the king of herbs.

Look for opportunities to include basil in gardens, containers, and ornamental plantings. Purple varieties add color and combine nicely with other flowers and vegetables. Everleaf Emerald Towers is a very tall and productive plant that adds vertical interest to container and in-ground gardens.

Always wait for the air and soil to warm before moving basil into the garden. Cold air and soil can stunt or damage the plants and increase the risk of downy mildew. You may even see blackened leaves and other damage when temperatures drop to 50 degrees.

Protect tender plants in spring and extend the harvest in fall with the help of floating row covers. These spun fabrics trap heat around the plants while allowing air, light, and water through. Lightweight row covers can be used throughout the summer to protect the plants from Japanese beetles.

Keep plants healthy and help reduce



Melinda Myers

Purple basil varieties add color and interest to containers and gardens.

the risk of downy mildew disease by growing basil in sunny locations with plenty of room to reach their mature size. The extra space allows sunlight to reach all parts of the plants, and the added air movement quickly dries the leaves.

Avoid overhead irrigation whenever possible. Instead, use soaker hoses, drip irrigation, or a watering wand to apply the water directly to the soil.

Red leaf, Thai, and lemon-flavored basil varieties are less susceptible to downy mildew. Relatively new sweet basil varieties such as Devotion DMR, Obsession DMR, Passion DMR, Thunderstruck DMR, Prospera Compact DMR, and Prospera are downy mildew resistant.

Watch for slugs that feed at night, eating large, ragged holes in the leaves. Trap them with shallow containers of beer sunk into the ground or use a slug beer trap with a built-in cover. The slugs are attracted to the fermenting yeast, crawl inside, and die.

Unlike slugs, the Japanese beetles feed and mate in broad daylight. They devour large portions of the leaves, leaving only the veins behind.

If you see circular clear or black spots on the leaves the four-lined plant bug is the culprit. The dead tissue may eventually fall out, resulting in small

holes.

Manage Japanese beetles and plant bugs by knocking them into a can of soapy water or treating the plants with an organic insecticide labeled for controlling these pests on basil. Always read and follow all label directions for safe and effective control.

Harvest basil as needed. Regular harvesting will increase productivity and ensure the best flavor. Remove flower buds as soon as they appear to maintain foliage flavor. But don't worry if a few blossoms appear, these are also edible and a favorite of beneficial insects.

Plan to grow and harvest extra basil to make pesto or flavored vinegar. Make plenty to enjoy throughout the year and share with family and friends.

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

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## Full circle moment for QCC alum

Newly appointed trustee also Foundation president

WORCESTER — Quinsigamond Community College Foundation President and QCC alum Jorgo Gushi was appointed to the college's Board of Trustees last month by Massachusetts Governor Maura Healey. In October of 2024, Gushi was unanimously elected as president of the QCC Foundation where he continues to support and advocate for community college students.

"I am thrilled that Jorgo has been appointed to serve. His experience in governance and history with QCC brings a new dynamic that is so need-

ed during these challenging times. We welcome his refreshing perspective that energizes all of us in moving the college ahead," said Board Chair Dr. Linda Maykel.

Gushi came to the U.S. from Albania at age 18 and two weeks later started his first semester at QCC. With his sights set on a bachelor's degree in engineering, Gushi made the decision to obtain an associate degree at QCC and then transfer to Worcester Polytechnic Institute (WPI), where he earned both a bachelor's and a master's degree.

While a QCC student, Gushi was elected as the president of the Student Government Association and the chair of the Student Advisory Council to the Massachusetts Board of Higher Education. He advocated to advance open educational resources and championed a successful campaign that changed a state law, which now allows part-time students to run for student trustee positions. His advocacy extended to shaping the MA Department of Higher Education's 10-year Strategic Plan for Racial Equity. In 2022, he received citations from the Massachusetts Governor's Office, State Senate, and House of Representatives for his higher education advocacy work. He also received a WPI GOLD Award for community outreach and inclusion.

Gushi is currently a technical account manager at MathWorks, a global company specializing in technical software for engineers and scientists.

"QCC changed the trajectory of my life," said Gushi. "As an immigrant, it gave me the opportunity, community and foundation for success. Now, as a trustee and Foundation president, I'm honored to give back by supporting students, expanding opportunities and ensuring that everyone who walks through QCC's doors feels empowered to chase their dreams, just as I did."

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