

Southbridge Hotel and Conference Center to be used as police training center

BY GUS STEEVES
CORRESPONDENT

SOUTHBRIDGE — For at least two decades, the old American Optical property hosted a defense training contract. That expired in 2020, but last week, the state and the facility's owners unveiled a training center for a different kind of defense.

Now, a large part of the hotel and conference center is a Municipal Police Training Center, where the state will offer its new "Bridge Academy" to train part-time officers up to full-time standards.

According to Executive Director Robert Ferullo, a retired Woburn police chief, the plan is to provide the extra training and specialized courses to ensure all officers meet the same standards, whether they're in rural or urban communities. It's not full time, but designed to help officers who are working other jobs and were "trained to a 300-hour standard as opposed to an 800-hour standard," as well as to provide the annual continuing education for full-timers. He noted this is for veteran officers, not newcomers, including local and state police, environmental officers, campus cops, hospital security and more. It does not train corrections officers, who have a different function.

Leading town officials, media representatives, Lt Gov Karyn Polito and



Gus Steeves

A large part of the Southbridge Hotel and Conference Center is now a Municipal Police Training Center, where the state will offer its new "Bridge Academy" to train part-time officers up to full-time standards.

others on a tour of the new site last Thursday, Ferullo noted it will feature 14 classrooms for 30 and 60 officers, have the capacity to conduct all training online, and brings academia, police and others together to ensure the training is updated whenever the law changes.

"I'd love to take you to some old [facilities] to see where we came from," he said.

This is "a great day for central Mass,"

Town Manager Michael McCall said, adding he finds it "not hard to imagine why Southbridge Innovation Center was

picked." "We wish to be a great host to this project," he said.

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President Charles "Chip" Norton said the MPTC "has been a regular guest of ours" for the last 6-9 months,

while they negotiated this more permanent arrangement. He described it as "a natural fit" and said he was "proud MPTC has chosen us to support their training for our men and women" in law enforcement.

State Rep. Peter Durant thanked Norton and MPTC for their "vision." He noted his father was a part-time Spencer officer in the 1960s, when "there was no training. He got a badge, a gun and was told to do the best you can." Today, by contrast, is "a tough time to be a police officer" and requires training; he said he once tried the police simulator but "got killed three out of five times, and I didn't know it."

To Polito, seeing this site open "makes me feel safe and makes me feel responsible."

She praised Ferullo for his "high standards of training" and providing the "best support in training and techniques." She noted the idea of such a site was first discussed in 2019

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Amazon utility plan goes to state

BY JASON BLEAU
CORRESPONDENT

CHARLTON – As Amazon continues to progress towards building its new facility at 53 Sturbridge Rd. in Charlton, the town's Water & Sewer Commission recently addressed a small part of the project by allowing the project's contractors to proceed with seeking permission to connect to the town's water and sewer system.

Water & Sewer Superintendent Peter Boria discussed the matter with Water & Sewer Commissioners at the beginning of January explaining that John Perry and Langen Engineering has sent over a final utility plan draft for the proposed Amazon warehouse on Sturbridge Road. Boria wanted commissioners to approve a letter of support to help Langen Engineering move forward with the process on the state level.

"They're getting ready to submit their application to MassDOT to connect to the water and sewer lines on Route 20. (Langen Engineering) was looking for a letter of support from the commission. I know we've discussed this I think it was back in May and there wasn't much resistance to the connections being made," Boria said.

The commission did discuss the likelihood of a connection proposal for the project in mid-2021 but did not move on the proposal or a letter of support at that time. Now that a plan has been submitted for consideration Boria felt it was time for the commission to address the matter once again.

"I believe if we just vote to have a letter of support drafted for this interconnection, we should be good to go for now, and then as I review the final utility plans and ask John Perry some questions, we'll probably have those ready to review and approve hopefully in the February meeting. This way here they can go ahead and get that MassDOT application submitted," said Boria.

The Water & Sewer Commission approved having Boria draft a letter of support with little deliberation. If the project is brought forth for further discussion in February the Water & Sewer Commission would discuss the utility plan during its meeting on Feb. 8.

Baker moves to increase availability of COVID tests for schools

BY KEVIN FLANDERS
STAFF WRITER

REGION – Amid a winter surge of COVID-19 cases, state officials are rushing to deliver expanded testing availability to residents and schools.

The Baker-Polito Administration announced last week that an order was placed with iHealth to supply the state with 26 million rapid antigen tests over the next three months. The tests will be prioritized to support K-12 schools and childcare settings, officials said.

"The agreement allows for shipments of tests to arrive on a rolling basis

in the Commonwealth, but the timing and shipment amounts will vary depending on international shipping and production variables," read a statement released by Gov. Charlie Baker's office.

The Governor has been repeatedly criticized by parents and school leaders across the Commonwealth, including the *Massachusetts Teachers Association*, for not moving quickly enough to secure additional testing availability.

Last week, the Baker-Polito Administration also released a public health advisory to better inform residents of

when to seek tests for COVID-19. The advisory urges all residents to seek a COVID-19 test when exhibiting COVID symptoms, or five days following a known close contact with someone diagnosed with COVID.

The new advisory reflects updated guidance offered by the CDC and health experts.

"The new isolation protocols do not require a COVID-19 test to exit isolation after having COVID," read the statement released by Baker's office. "This general rule also applies to childcare and K-12."

Newly updated quarantine protocols recommend, but do not require,

all exposed individuals to get a test five days after exposure. Additionally, exposed individuals do not need to quarantine in the following circumstances:

If they are fully vaccinated and not yet eligible to receive a booster.

If they are fully vaccinated and have received their booster.

If they had COVID-19 and it is less than 90 days since they were diagnosed.

Meanwhile, the Massachusetts Department of Public Health advises that a positive COVID-19 rapid antigen does not need to be confirmed with a PCR

Turn To **TESTS** page **A13**

Nursing students extend helping hand to families affected by Typhoon Odette/Rai

CHARLTON — Bay Path Practical Nursing Academy PN Class of 2022 and alumna, Khamphan Houatchanthara of Southbridge have joined forces to fundraise for relief operations to provide immediate aid and assistance to families and communities in Bohol, Surigao, Dinagat Islands, and other provinces affected by Typhoon Odette, internationally known as Rai.

A public Facebook group can be accessed at <https://www.facebook.com/groups/1633295990349634>.

The PN Class of 2022 have teamed up with the Jacky Robert Foundation, Inc., (Belmont, www.jackyrobert.com) and the Simon Says Pizza Chef (Southbridge, www.pizzachefsouthbridge.com) for fundraising while it also partnered with various charitable organizations such as the Holy Infant Jesus Parish (Paranaque City) and through the office of Fenina (Nenen) Rodriguez, former CFO in PNOC EDC to support ongoing relief operations.

Greteline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director stated, "I appreciate that help is brought faster with donations sent through Holy Infant Jesus Parish and the Rodriguez's because they have boots on the ground to mobilize. Although Filipinos are known to be resilient, I am sure the community support, local and international will be a powerful force to rise over this natural disaster."

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Quinsigamond Community College offers full-time police academy



WORCESTER — Quinsigamond Community College's Police Academy is addressing a workforce demand with its new police academy. This is the only Massachusetts community college running its own full-time police academy held on nights and weekends. "Operating a full-time, pre-employment Recruit Officer Course in an extended format meets the needs of those who

may not be able to attend a traditional full-time police academy during the day. The QCC Police Academy is authorized by the Municipal Police Training Committee (MPTC) to conduct entry-level police training for full-time police officers. Graduates of QCC's Police Academy will have the ability to apply directly to police agencies, pending the hiring standards and requirements of that

police department," said QCC's Police Academy Deputy Director, Captain Joseph P. Cecchi. "QCC's student officers participate in the same rigorous activities and training as any other MPTC-Authorized Police Academy." In 2018, QCC launched a Reserve Intermittent Recruit Officer Course Police Academy; however, these types of academies are now being discontinued in

Massachusetts. Yet the need for police officers with full-time training has increased, and currently there is a hardship on recruitment and retention, according to a September 2019 membership survey, performed by the International Association of Chiefs of Police (IACP). Statistics from the IACP membership survey found that 78 percent of law enforcement agencies reported having difficulty in recruiting qualified candidates, and 65 percent of agencies reported having too few candidates applying to be law enforcement officers. "QCC's Police Academy is addressing this need," said Captain Cecchi. The College's first full-time police academy class, currently consisting of 14 student officers. The program began in mid-September 2021, and student officers will graduate on May 27, 2022. "If a police department hires an applicant, the department must send them to a Recruit Officer Course at a MPTC Police Academy, unless they are already full-time graduates of an MPTC-authorized police academy, such as the QCC Police Academy," Captain Cecchi said. While police academies such as the one at QCC must be authorized through the MPTC, in the Commonwealth of Massachusetts, prospective police officer applicants must be sponsored by a municipal or campus police chief, sheriff, or campus/hospital security director. At QCC's Police Academy, Police Chief Kevin Ritacco is sponsoring each police recruit after they successfully complete the application process, which includes a vetting procedure, passing a Criminal Offender Record

Information (CORI) and Sex Offender Registry Information. "Chief Ritacco wanted to give as many students as possible an opportunity to fulfill their dream of being a police officer," said Captain Cecchi. QCC's inaugural full-time student officers come from diverse backgrounds, yet they all have one commonality, wanting to become police officers and serve their community. "I wanted to be a police officer because I have a passion for helping others. When choosing a career path, I wanted to find one that aligned with my morals. I have always felt compelled to help anyone I can and I feel becoming a police officer is a great way to help my community," said QCC Student Officer Coryn Dias. "I chose to apply to the QCC Police Academy because it was an overall amazing opportunity for me. I had been trying to get my foot in the door to begin my career, but finding a sponsor was hard." QCC Student Officer Riley Brown was a recent college graduate, who was ready to take the next step toward becoming a police officer... a career he had been interested in since he was a child. "I was also experiencing difficulty finding sponsorship. Every department I applied to has wanted candidates that are already academy trained. Therefore, I was very pleased to discover that this program already had a sponsor,

and it was an opportunity to receive the training I would need," Mr. Brown said. "I intend to be an officer who is a good role model for others, and I would like to take part in changing how the public views the police." According to the U.S. Bureau of Labor Statistics, employment of police and detectives is projected to grow 7 percent from 2020 to 2030. "QCC's Police Academy is filling a crucial need in our communities, as departments are looking for applicants who are already trained and can become active police officers immediately," said Chief Ritacco. "We want to thank the MPTC for voting to approve a Full-Time Police Academy at QCC." QCC will be hosting upcoming information sessions at QCC's main campus, 670 West Boylston Street, Surprenant Hall (Room 120S) Worcester, with additional sessions added continuously. • Monday, Feb. 28 at 5 p.m. • Wednesday, March 23 at 5 p.m.

New leadership announced at Safe Homes, LGBTQIA+ Youth Center



Renn Duffey

WORCESTER — Open Sky Community Services has announced the appointment of Renn Duffey (they/them) to the role of Director of Safe Homes. Safe Homes, which is a program of Open Sky, operates two drop-in locations for LGBTQIA+ youth: Safe Homes Worcester, on Mann St in Worcester,

and Safe Homes North, on the Fitchburg State University campus. Duffey was appointed to the role of Director following the retirement of long-time program director Laura Farnsworth. They will oversee both drop-in centers and the program's transgender resource center. Duffey, who was served by Safe Homes as a teenager, previously held the position of Safe Homes North Program Coordinator. They are a graduate of the University of Massachusetts Amherst where they received a bachelor's degree in Psychology and a minor in Women, Gender and Sexuality Studies. "Being part of Safe Homes as a teenager gave me a sense of belonging and taught

me vital lessons about inclusivity and the importance of standing up for your beliefs," said Duffey. "I look forward to making sure that the youth who come to Safe Homes today find that same environment of empathy, warmth and encouragement," they added. Safe Homes provides LGBTQIA+ youth and their allies between the ages of 14 and 23 with a safe space to forge connections, gain leadership experience and access resources to support their well-being and personal development. The program also offers support for homeless youth, a transgender resource center and free mental health counseling.

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Legally freed for adoption, Yessenia will need a family that will allow her continued contact and visits with her two younger brothers. She would do best in a two parent or single female family with or without other children. She would like to have a family that is supportive of her relationship with her siblings and her mother.

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To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.ma-reinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

Evangelidis outlines 2022 goals

WEST BOYLSTON — As we settle into the New Year, Sheriff Lew Evangelidis looks ahead to 2022 and shares his goals for the months ahead.

The Worcester County Jail and House of Correction was built on a solid foundation of public safety and professionalism by eliminating patronage and politics at the jail.

Throughout his 11 year tenure, the Worcester County Sheriff’s Office (WCSO) maintains the highest hiring standards in corrections today. All Worcester County correctional officers must have an associate’s degree or at least two years of military service. Additionally, Evangelidis is the only sheriff in the Commonwealth to decline donations from employees and their spouses.

In the midst of the COVID-19 pandemic, Evangelidis remains vigilant in his pursuit to ensure the highest level of safety, both within the walls of the facility and throughout the community.

“In many ways, 2021 was our finest hour,” said Evangelidis. “When so many had to step back, our office stepped up.”

Despite the challenges presented by the pandemic, the Sheriff’s Office continues to safely run the facility with minimal impact to inmate visitation and internal programming. The ultimate goal of the department is having those who leave less likely to reoffend than when they arrive.

A strong focus is being placed on both the physical and mental health of the inmate population. With the June 2021 opening of the new \$24 million onsite medical facility, inmates are now able to receive comprehensive treatment for detoxification, dental work, mental health, substance-use, co-occurring disorders and other medical concerns.

This year, Evangelidis will prioritize the expansion of inmate education programs such as the culinary program in partnership with Quinsigamond Community College.

Throughout this 12-week course, inmates receive 180 hours of hands-on training and certificates in allergy awareness, food equipment, and ServSafe.

Through completing these programs, inmates learn valuable life skills to help re-enter the workforce and reduce recidivism rates. Other educational programs offered are the financial literacy program, in partnership with Worcester State University’s Enactus group, and OpporTUNEity song-

writing program, with Anna Maria College.

In 2022, the sheriff plans to reintroduce the Inmate Community Service program and begin working on new service projects. Since 2011, the program has tripled in size and provided more than \$8million in taxpayer savings by providing cost-free labor by minimum-security inmates who have been convicted of a non-violent, non-firearms offenses, and have an exemplary record while incarcerated.

Dormant due to the pandemic, the program has helped hundreds of non-profits and municipalities with thousands of service projects throughout the county.

Outside the jail, the WCSO Community Outreach Team remains active distributing more than 3,600 new winter coats to underserved communities, thousands of pounds of organic produce, and their fourth round of personal protective equipment (PPE) care packages to

all 60 senior centers in the county. Care packages include: hand sanitizer, mask, file of life cards, and free house number sign ups.

“It’s been an honor to be sheriff in a place where my family’s lived for generations,” stated Evangelidis. He continued, “I’m proud of the hard work done at the jail, and throughout the community, on a daily basis and look forward to continuing to serve the people of Worcester County.”

Health Foundation announces 2022 Activation Fund grant opportunity is open

WORCESTER — The Health Foundation of Central Massachusetts is pleased to invite Letters of Intent from organizations interested in applying for its Activation Fund grant opportunity in 2022. Letters of Intent are due April 28. The Activation Fund supports discrete, one-year projects in Central Massachusetts that demonstrate creative and innovative approaches to addressing community health concerns and that move an organization to its next level of capacity and effectiveness, which can be sustained beyond the term of the grant.

Given the extraordinary challenges nonprofits continue to face as a result of the pandemic and the robust investment market in 2021, the Foundation has increased its Activation Fund

grantmaking budget by 60 percent over last year to more than \$850,000 in 2022. While grant amounts will vary based on project scope, funding request amounts in the range of \$60,000 to \$120,000 are encouraged. Final decisions about 2022 Activation Fund grants will be made in September, with funding to begin in October.

Those interested in applying for an Activation Fund grant should visit the Foundation website at www.hfcm.org and attend an online information session (registration required) for details including guidelines, deadlines, and examples of previous grants. In addition, interested parties are asked to contact the Foundation’s Senior Program Officer, Ms. Jennie Blake, at jblake@hfcm.org by April 1 to seek guidance on alignment of proposed project

ideas before submitting a Letter of Intent.

The Health Foundation was established in 1999 with the proceeds from the sale of Central Massachusetts Health Care, Inc., a physician-initiated, not-for-profit HMO. The Foundation currently has assets of approximately \$95 million and has awarded grants totaling more than \$50 million since it began its grantmaking in 2000. To date, the Foundation has awarded Activation Fund grants to 98 unique organizations serving Central Massachusetts. For further information about these grants or about the Foundation’s grantmaking programs and application process, please visit the Foundation’s website at www.hfcm.org or call (508) 438-0009.

Charlton employs program to increase budget transparency

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Town officials in Charlton are employing a new program with the hopes of making town budget presentations easier to access and understand for voters and residents.

Town Administrator Andrew Golas told selectmen during a meeting on Jan. 11 that in an effort to better communicate the numbers to citizens without the extensive and complicated paper documents, his office is working with a new program that will make budget presentations more simplified but still just as detailed for the average citizen to digest. This announcement came just as the board started budget discussion and prioritization during that same meeting.

“One thing that we’re working on for this year’s budget is kind of a new format in order to present it and make it easier for the public to understand the budget itself and how it impacts them,” said Golas. “We’re currently working with a program called ClearGov and we’re trying to get that up and running before the initial pass of the budget at the beginning of March.”

The program is available to any municipality and allows users access to budget information as far back as 2019 using state data. The town has decided to work with the first tier of the program allowing access to real data.

“I think that it will be very helpful for residents to understand each portion of the budget. When it’s fully up and running somebody should be able to go and put in their actual tax bill and know how much of their tax bill goes towards any specific line item in the budget so it’s a pretty intuitive program,” said Golas.

The end game for the program is to help increase transparency and accessibility for the budget and allow citizens to better determine the personal impact a budget increase will have on their and their tax bills. The town hall will provide more information on how citizens can access the program once it is officially rolled out for the town of Charlton.

REAL ESTATE

SOUTHBRIDGE

\$520,000, 95 Fairlawn Ave, PLS RT, and Fields, John S, to 95 Fairlawn LLC.

\$450,000, 718 Main St, Southbridge RE LLC, to Shelle Realty LLC.

\$374,900, 54 Ellis Rd, Cardinal, Leonard N, to Pfeffer, Sotear L, and Pfeffer, Christopher.

\$367,500, 151 Hamilton St, Ortiz, Cheryl L, and Ortiz, Dante I, to Wentworth, Stephanie N, and Wentworth, Christine.

\$340,000, 228 Hamilton St, Sandoval, Michael, and Sandoval, Tamaris, to Almanzar, Yelissa.

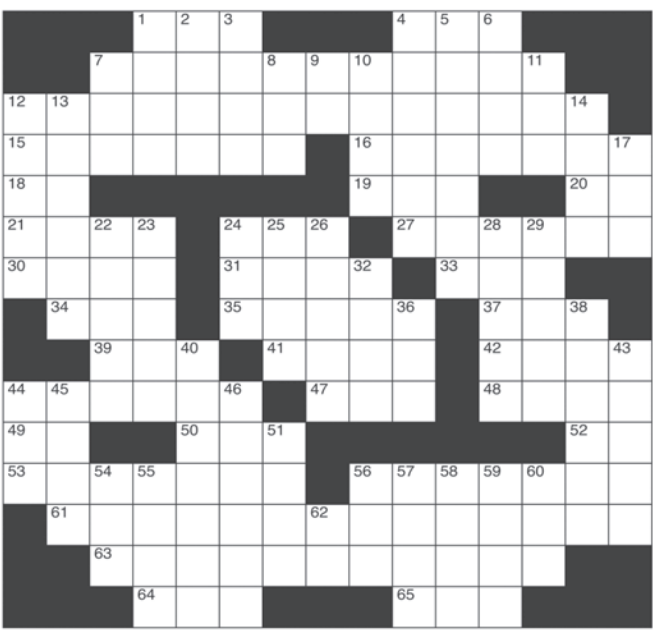
\$310,500, 27 Cliff St, Giroux, Steven A, and Giroux, Sarah E, to Richardson, Shayaa.

\$300,000, 53 Newell Ave, Bonadies, Jason, to Brogan, Timothy J, and Brogan, Gail A.

\$277,000, 448 Hamilton St, Laroche, Dennis R, and Laroche, Donna J, to Chapter 7 Rlty Corp Inc.

\$275,000, 51 Main St, Bussiere, Ronald H, to Cignarella, Norma A.

\$105,000, 191 Hamilton St, Gregory, Georgianna M, and Wilmington Svgs Fund Soc, to Avella, John A.

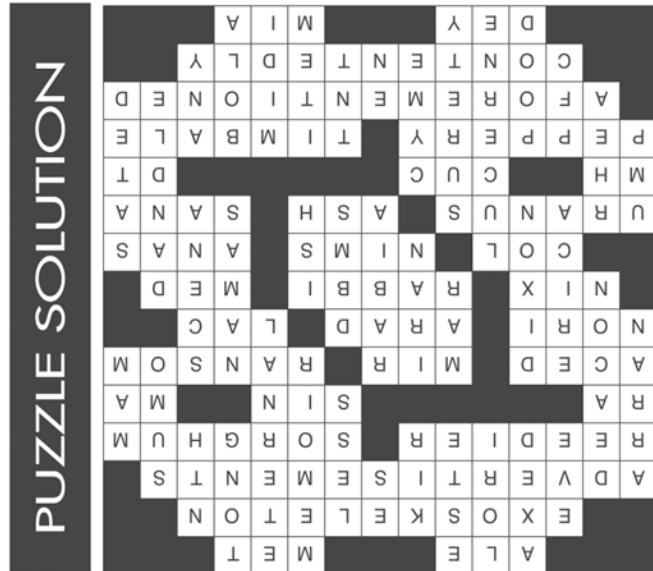


CLUES ACROSS

- 1. Brew
- 4. NY ballplayer
- 7. Rigid external covering in some animals
- 12. Promotional materials
- 15. More high-pitched
- 16. Widely cultivated cereal
- 18. Dormitory employee
- 19. Bad act
- 20. One's mother
- 21. Scored perfectly
- 24. Space station
- 27. Exchange for money
- 30. Edible seaweed
- 31. Iranian city
- 33. Lakers' crosstown rivals
- 34. Nothing
- 35. Spiritual leader of a Jewish congregation
- 37. ___ student, learns healing
- 39. Military official (abbr.)
- 41. Matchstick games
- 42. Gasteyer and De Armas are two
- 44. Distant planet
- 47. A type of residue
- 48. Punk art icon Jimmy De ___
- 49. Millihenry
- 50. Canadian media firm
- 52. Type of withdrawal
- 53. Spicy
- 56. Dish of minced meat or fish
- 61. Noted previously
- 63. Happily
- 64. "Partridge" actress Susan
- 65. Not present

CLUES DOWN

- 1. In a way, brought to an end
- 2. Scandalized actress Loughlin
- 3. This (Spanish)
- 4. Essay
- 5. Continuing indefinitely
- 6. Tool for lifting food
- 7. Partner to Adam
- 8. Dry white wine drink
- 9. Spanish be
- 10. Smaller quantity
- 11. Last or greatest in an indefinitely large series
- 12. (Scottish) island
- 13. Church officer
- 14. Large wrestler
- 17. Polite address for women
- 22. Famed Susan Lucci character "___ Kane"
- 23. Mason ___ Line
- 24. Disfigure
- 25. Asian nation
- 26. Rage (Span.)
- 28. Khoikhoi peoples
- 29. Opera solo
- 32. Database management system
- 36. Similar
- 38. Move up and down playfully
- 40. Alfalfa
- 43. Satisfied
- 44. Baseball official
- 45. Large, flightless bird of S. America
- 46. Money given in support
- 51. Flower cluster
- 54. Beginning military rank
- 55. Russian weight measurement
- 56. Explosive
- 57. An individual unit
- 58. Midskirt
- 59. Weapon featuring balls
- 60. Used of a number or amount not specified
- 62. Unit of measurement



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Saturday: 9 a.m.-1 p.m. (May 25 will be our last open Saturday until Labor Day) Sunday: Closed

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Summit Campus celebrates program's successful launch

WORCESTER — Summit Campus is pleased to celebrate the successful launch of their program amidst Covid disruptions. Summit Campus, a living, learning residential community for young adults with autism spectrum disorder, along with related diagnoses, is designed to empower students with the transition skills necessary to live productive, rewarding, and successful lives.

The Director of Residence Life for Summit Campus, Nikki Koppel, had this to say, "As challenging as it has

been to get this program up and running, the joy and satisfaction in seeing how much growth our residents have achieved in such a short time affirms the importance of a program like ours in the Worcester community. We will continue to support more young people on their journey toward independent living. I have the best job in the world!"

The Summit Campus program is part of the recent Summit Agency expansion serving children and young adults with autism and related diagnoses. The Summit

Health and Wellness Center, an integral part of the expansion, is next door to the Campus, and provides priority access to counseling and psychiatric services to those residents who choose to avail themselves of those services. The H&W Center is open to the greater community as a resource to children and young adults experiencing a variety of mental health issues during this critical time.

The majority of our current residents living at Summit Campus attend Quinsigamond Community College,

but the program also supports individuals on a vocational pathway through internships and training programs. Rising seniors from across the country, waiting to be accepted into many of the consortium schools, are in need of the support provided at the Campus and have submitted applications for Fall 2022.

A parent of one of Summit's residents recently expressed how

he feels about his daughter's experience.

He said, "I had no idea how ready she was to be her own person."

These expansions, under the umbrella of Summit Agency, are a result of the needs of a growing population of neuro-diverse students who want a chance at reaching their fullest potential despite the challenges of their condition. The agency's expertise is rooted

in the experience of the Summit Academy, located on Jamesbury Street in Worcester. The Academy, under Daniel Dimezza's leadership, has a fifteen-year history as a therapeutic alternative school for children on the Autism Spectrum.

For more information on Summit Agency's program and services, please visit us at <https://www.summit-agencyma.com/>.

Michael Hernandez of Southbridge named to Springfield College Dean's List

SPRINGFIELD — Springfield College has named Michael Hernandez from Southbridge to the dean's list for academic excellence for the 2021 fall semester. Hernandez has a primary major of Comp Sci/Crim Just.

The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.

Local residents make dean's list at Connecticut College

NEW LONDON, Conn. — Connor Murray of Southbridge has been named to the dean's list for the 2021 fall semester.

About Connecticut College

Founded in 1911, Connecticut College is a highly selective private liberal arts college of 1,800 students located on a 750-acre arboretum campus in New London, overlooking Long Island Sound and the Thames River. The College's mission is to educate students to put the liberal arts into action as citizens of a global society. Through an innovative four-year program, Connections, students integrate every aspect of their experience-from classes to majors to internships to activities to jobs on campus and abroad-into a meaningful pathway that allows them to synthesize different perspectives, solve complex problems, and contribute to the public good. For more information, visit www.conncoll.edu or find us on Facebook, Twitter, Instagram and LinkedIn.



Courtesy

STURBRIDGE POLICE PROMOTE INTERNET SAFETY

Officer Zachary Marderosian, of the Sturbridge Police Department, gave a presentation on Internet safety last week to each grade at Old Sturbridge Academy. The Jan. 20 presentation covered such topics as safe use of the internet and social media; smart devices; apps; and cyberbullying, among others. Each presentation was age-appropriate. "We hope to give a presentation to parents in the near future regarding best practices for keeping children safe on the Internet," read a statement released by the SPD.

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Managing gnats on houseplants



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LEGALS

**Commonwealth of Massachusetts
The Trial Court
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Worcester Probate and Family Court
225 Main Street
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(508) 831-2200
Docket No. WO21P3731EA
CITATION ON PETITION
FOR SALE OF REAL ESTATE
BY A PERSONAL REPRESENTATIVE**
Estate of:
Genevieve L Grant
Date of Death: 10/20/2021

To all interested persons:
A Petition for Sale of Real Estate has been filed by:
Lori J Burlingame of Charlton MA requesting that court authorize the Personal Representative to sell the decedent's real estate at a private sale.
IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/15/2021.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: January 14, 2022
Stephanie K. Fattman,
Register of Probate
January 27, 2022

Public Meeting Notice
In accordance with the Massachusetts Wetlands Protection Act, Chapter 131, Section 40, the Brimfield Conservation Commission will hold a public meeting on Wednesday, February 09, 2022 at 7:00 pm to review a Request for Determination of Applicability (RDA) permit application submitted by Darren Nguyen to determine if the proposed project to break up ledge in a 30 foot by 30 foot square at 0 Allen Hill Road in Brimfield is subject to the Wetlands Protection Act (as amended).
Project location: 0 Allen Hill Road, Brimfield, MA 01010 (Assessor's Map: 16-D-7)
Meeting Location: Public Participation will be In-Person at the Brimfield Town Hall at 21 Main St., Brimfield, MA at 7:00 PM.
Roger deBruyn & Joseph Venezia,
Brimfield Conservation Commission Co-Chairs
01/17/2022
January 27, 2022

dow. Fortunately, these fungus gnat insects are more annoying to us than harmful to our plants.

This pest finds its way into our homes on plants added to our indoor houseplant collection or those moved inside after a summer outdoors. Some may enter on organically rich, non-pasteurized soil.

The small, one-eighth-inch adult resembles a fruit fly or mosquito but does not feed on overripe fruit and vegetables and it does not bite. Adults live for only seven to ten days, but the female can lay up to 200 eggs in the cracks and crevices of moist soil in that short time.

Eggs hatch releasing worm-like larvae with black heads and elongated white or clear legless bodies. The larvae begin feeding in the top two to three inches of soil, dining on fungi, algae and organic matter and occasionally plant roots and leaves on the soil surface.

Plant damage is usually insignificant. If conditions are right, fungus gnat populations can reach damaging levels, resulting in root damage that leads to wilting and stunted growth. Over and under watering, over fertilization and other environmental factors are more likely the causes of these symptoms. Provide proper care



GARDEN MOMENTS
.....
MELINDA MYERS

to reduce the risk of this type of damage.

Fungus gnat populations on houseplants seldom reach levels that require control for the plant's health and longevity. The adults can be annoying, especially to the non-gardeners in the family, and are often the motivation for managing this pest.

Start control by adjusting your watering practices. Since fungus gnats thrive in moist soil, avoid overwatering. Allow the top few inches of soil to dry between thorough waterings. Pour off excess water that collects in the saucer to avoid root rot. Or place pebbles in the saucer to elevate the pot above any excess water that collects in the tray.

Adjust your watering schedule with the change of the season. As day length and light intensity change throughout the year and heat and air conditioning is employed, a plant's water needs change as well.

Use containers with drainage holes or self-watering pots with overflow outlets, also known as weep holes, to avoid waterlogged soils. Refresh potting mix as needed. Older planting mixes degrade over time, retaining moisture longer and creating an inviting environment for fungus gnats.

Manage unwanted fungus gnats with an organic *Bacillus thuringiensis israelensis* (BTI) product such as Summit Mosquito Bits® (www.summitresponsiblesolutions.com) labeled for controlling fungus gnat larvae. Just sprinkle it on the soil surface and this naturally occurring soil bacterium kills the fungus gnat larvae in the soil. It's safe for people, pets, and plants. Read and follow label direction—repeating as needed.

Use yellow sticky traps to monitor adult populations. Place homemade or purchased traps on sticks in houseplant containers.

Use 1/4-inch slices or wedges of potatoes to attract and monitor fungus gnat larvae. Stick a portion of the potato into the soil. Check for fungus gnats after a few days and replace the potato wedge to help manage this pest.

Understanding the fungus gnat and its preferred environment will help you safely and effectively manage this pest.

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

Natalia Santos named to Dean's List at American International College

SPRINGFIELD — Natalia Santos, of Southbridge, has been named to the Fall 2021 Dean's List at American International College (AIC). Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massachusetts, comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its students and the community.

Courtesy

RUTH WELLS CENTER OFFERS KIDS ART CAMP

The Ruth Wells Center for the Arts is sponsoring a Kids Art Camp during February school vacation week. This program is supported in part by a grant from the Southbridge Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Children's Art Camp will be held Feb. 21 - 25. Ages 6-10 from 9-10 a.m., ages 11-16 from 10:30-11 30 a.m. All children attend free with a paid family membership. Membership button is on the Web site at ruthwellscenter.com. For more information, call 508-764-3341. The Ruth Wells Center began in 1977 and offers a variety of classes, workshops and exhibits. While Covid has drastically reduced our programs, we are excited to offer this fun art camp for kids. Space is limited, so register now.

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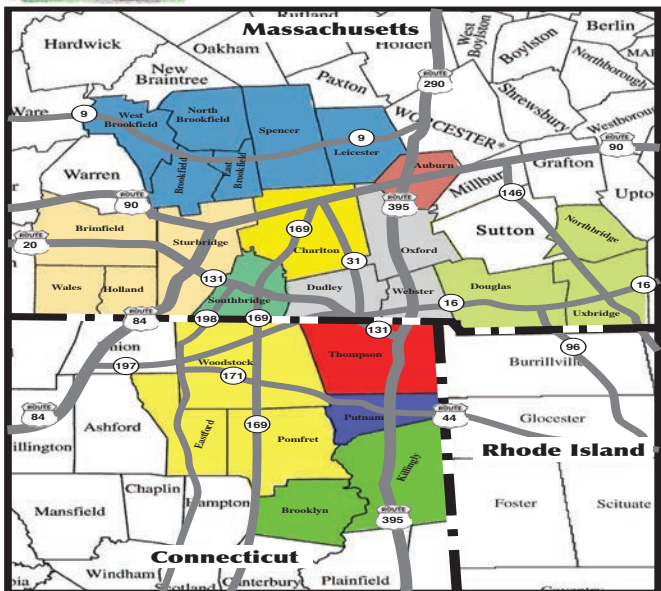
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EDITORIAL

Vitamin D is more important than ever now

Recent studies have suggested that Vitamin D is one way to build our immune systems against inflammation and viruses, including COVID-19. During summer months, it's easy to get our daily dose by eating fresh fruit and vegetables and by spending more time outdoors. However, winter brings a challenge, with shorter days reducing the ability to absorb the much needed vitamin.

During a hike last weekend, we encountered a doctor who went on to explain how during winter months the vitamin D, the sun gives off does not radiate to the levels high enough for our bodies to absorb it. He suggested taking Vitamin D supplements until about April, advice he takes himself. We can also find vitamin D in oily fish, mushrooms and certain dairy products.

Individuals who live in the northeast during winter at higher latitudes are at higher risk of having a deficiency in the vitamin. Experts say adults should get at least 600 IU per day of vitamin D.

It was during the 1980's when it was discovered that our immune cells had receptors for Vitamin D and that it played a crucial role in the gastrointestinal tract. Experts suggest that the more vitamin D in your system, the less likely you will suffer from inflammatory bowel disease or Crohn's disease. Lung and gut health was also improved. Vitamin D offers aid to the gut by keeping the micro-biome healthy.

Of course, with all things, do not go overboard. It is recommended that individuals do not take more than 4,000IU per day to avoid any toxic side effects. Vitamin D aids in calcium absorption, so if those levels spike, calcium levels may spike, affecting the kidney. As with all things, always check with your doctor before taking any supplements.

On another note, this winter seems to be flying by for some of us. The holidays have come and gone in a flash. We are just one week away from what many call the longest month of the winter, the dreaded February. Usually, temperatures drop well below zero, and stay there for far too long. However, we find that if you embrace these winter months, enjoy your snowy walks and hot cocoa you might actually find yourself missing these chilly, refreshing days when the extreme heat hits this summer, or maybe not.

We can't let this week's Editorial slide without mentioning Superbowl LVI. This year's game will take place at the SoFi Stadium in Inglewood, California. This year's logo seems to have received a lot of attention, as some say the red palm trees look like something out of a commercial for CSI. Championship Sunday will take place on Jan. 30. The big game is slated for Feb. 13. Teams that are in the running to win, according to football fans, include the Green Bay Packers, Kansas City Chiefs, Buffalo Bills, Tampa Bay, LA Rams and the Tennessee Titans. Halftime guests are a throwback to the '90's with legends such as Mary J. Blige, Dr. Dre, Snoop Dogg and Eminem performing.

Whatever team you end up rooting for, it's sure to be one for the ages.

OPINION

Viewpoints and commentary from the Tri-Community and beyond

Dr. King's dream lives on within QCC community

Each year on the third Monday in January, our nation honors the life and legacy of Reverend Dr. Martin Luther King, Jr. When Dr. King gave his impassioned "I Have a Dream" speech during the March on Washington, D.C. in 1963, our nation was finally made to take notice of the injustices against people of color in our country.

Sadly Dr. King's dream still remains elusive. We have seen hatred rear its ugly head; racism emboldened, has lashed out with renewed fierceness. We have been confronted with a health pandemic, which has disproportionately impacted our minority populations and exacerbated the inequalities in our society. Furthermore, our very democracy was threatened during an insurrection against the U.S. Capitol on Jan. 6, 2021.

Today, inequity and inequality remain prevalent in our society. Dr. King's dream of a person being judged, "not by the color of their skin, but by the content of their character," has not yet been realized and we must all make a renewed commitment to accomplish this dream.

While Dr. King's dream of a post-racial America has not come to fruition, there is hope. There are many in our society who have been renewed and inspired to do more and be more, thanks to Dr. King's powerful words. He was a man who did not sit on the sidelines and let injustices go unnoticed. He took a peaceful approach to the miscarriages of justice he witnessed and through him, the civil rights movement took hold.

At QCC, we are doing our part to

instill and impart Dr. King's message to our college community. Diversity, equity, and inclusion have become the mantra for our college. We know the profound impact a higher education can make. It raises people out of poverty, puts people on equal playing fields, and elevates our entire population. Higher education is a right not a privilege and should be afforded to all. Yet even in 2022 it is still not accessible to everyone.

Dr. King knew the importance of higher education in our society. He earned a Bachelor of Arts from Morehouse College, a Bachelor of Divinity from Crozer Theological Seminary, before earning a Doctorate in Systematic Theology from Boston University in 1955.

In 1947, he wrote an article "The Purpose of Education," in his college's (Morehouse College) campus newspaper the Maroon Tiger. In it he noted, "Education must enable one to sift and weigh evidence, to discern the true from the false, the real from the unreal, and the facts from the fiction."

Dr. King went on to earn five honorary degrees, was named Time Magazine's Man of the Year, and was the youngest man to have received the Nobel Peace Prize. He achieved all this as a man of color in the 50s and 60s. Many in our society have been moved to action by the great orator.

As we enter 2022, I ask each of you to investigate higher education. Challenge yourselves and work hard to make your lives and our world better. Be the dream Dr. King inspires us all to be.

The Gateway Process, Part 2

Last week, I started to unravel a formerly classified document called "The Analysis and Assessment of the Gateway Process," written in 1983 by Lt. Col. Wayne M. McDonnell, whom we will refer to as Wayne. Wayne was tasked by the US Army to study The Gateway Process and its relation to national defense. "The Gateway Process" is a technique developed by the Monroe Institute from the 1960s through the 1980s. I will do a quick recap, but it will be helpful for you to go back and read last week's edition if you haven't already.

I find this document fascinating for two reasons; first is because I often talk about positive thinking and the power of the human mind, and this document discusses concepts of our reality and powers of the human mind that even if only 10 percent of it was accurate, it's enough to change the way we think about ourselves dramatically, our capabilities, and the world in which we live. The second reason is that the US Army considered "The Gateway Process" important enough to study for many years and keep classified for over 20 years.

To learn The Gateway Process, the practitioner must understand a few things. First, there is no such thing as matter - everything is energy. Second, the only thing in the universe that is not energy is consciousness. Third, the entire universe is a hologram of unbelievable complexity.

The Gateway Process teaches participants how to meditate with specific sound frequencies and visualization techniques to bring the practitioner into a meditational state known as Hemi-Sync. Hemi-Sync occurs when both the left and right hemispheres of the brain are synchronized.

Synchronizing both hemispheres of the brain is not something that humans do naturally. Somebody who has practiced Zen meditation for 20 years or more can quickly achieve Hemi-Sync. The Gateway Process can teach a dedicated practitioner how to Hemi-Sync within a week or two.

Some say that just one person who knows how to achieve a state of Hemi-Sync can do more damage to an opposing force than an entire army. Perhaps

this is why the military was so interested in analyzing this technique and have probably developed a more advanced method of their own.

Some claims in this document are controversial and hard to comprehend, but I'll briefly go over them before getting to my main point of interest.

According to this document, The Gateway Process teaches the practitioner to access the infinite information stored within the universal hologram to solve any problem, change reality, heal life-threatening injuries, separate from their physical body to witness things happening in another part of the world, the universe, other dimensions, interact with other forms of consciousness within these dimensions, and even time travel, viewing the past, and the future.

One of the things I often write about is living above your present circumstances. I've learned through life experience, reading many books on positive thinking, in particular, the works of Joe Dispenza, that if you can see a vision of the future you'd like to have, combine the vision with intense positive emotion, and maintain that vision and feeling for long enough, you will accomplish your goal.

The Gateway Process confirms this through a technique called Patterning, "... The patterning technique recognizes that since consciousness is the source of all reality, our thoughts have the power to influence the development of reality... If those thoughts can be projected with adequate intensity...however, the more complicated the objective sought, and the more radically it departs from our current reality, the more time the universal hologram will need to reorient our reality...."

What's the take-away? Believe and have faith! If you're determined to accomplish your dreams, then you must believe that you've already completed them in a future timeline. As often as you can, visualize yourself achieving the desired outcome, allow yourself to feel the feelings of success. If you can do that for long enough - it will be given to you.

Should inflation affect your investment moves?



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As you know, inflation heated up in 2021, following years of pretty stable – and low – numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics – strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery logjams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times. Companies that can pass along higher costs to consumers due to strong demand for their goods – such as firms that produce building materials or supply steel or other commodities to other businesses – can do well. Conversely, companies that sell nonessential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising.

Of course, it's still a good idea to own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also consider investing in companies that have a long track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop – a concern if you decide to sell the bond before it matures. The impact of inflation is especially sharp on the price of longer-term bonds because of the cumulative loss of purchasing power.

However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to your financial advisor to determine if TIPS may be appropriate for you.

Ultimately, inflation may indeed be something to consider when managing your investments. But other factors – especially your risk tolerance, time horizon and long-term goals – should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down.

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

Staying on my feet



This week's picture shows John Kochinskis with his custom-made ice fishing sled on the Meadow Pond while fishing last Saturday with a group of his fishing buddies.



This week's second picture shows John Kochinskis, Mark Asselin & his son Luke, Drew Porter, & Tim McIntyre fishing, and enjoying some good "Bar B Q" cooked food.

This past week, this writer visited a group of anglers shown in this week's picture while they were fishing on the Mumford River side of Meadow Pond in Whitinsville. There were more than 20 cars parked alongside the road, and I figured I would bump into a few old-time friends. It turned out to be a good idea as long as I did not fall on my backside. The ice was extremely slippery, and I forgot my ice cleats at home, so I slowly shuffled my way out to the group. Mark Asselin introduced himself immediately, and I quickly recognized him from many years ago. He was fishing with his son Luke and others that are mentioned in this week's picture.

"Hey, Ralph! Do you want something to eat?"



THE GREAT
OUTDOORS
.....
RALPH
TRUE

I could smell the food cooking, and fortunately, I still had room for a quick bite after eating breakfast at Pegs Diner in Whitinsville. Dining on bear meat, venison, stuffed Quahaugs, etc. as I watched numerous flags popping with no real big fish being caught, I decided to leave the company of the group, and head out for home. After thanking the group of anglers, I slowly worked my way to the shore line and had shuffled my way back to the shoreline. I cannot believe that I made it without falling on my behind! Whew! I made it! Next, I had to navigate the river bank that is quite steep for my elderly body. Slowly dropping to my knees, I crawled up the huge mountain of dirt and grass to get to the road. It was only six or seven feet high, but I carefully maneuvered my 83-year-old body to the guard rail

next to the road.

As I stood upright, I swung one leg over the guard rail and attempted to do the same with my other leg, which did not work out as well as the first. I allowed my body to drop to the side of the road. It was a gentle drop, and was a bit more embarrassing than anything else. Numerous vehicles sped by without any assistance, so I grabbed onto the guardrail and slowly became vertical again. I was now on pavement, and I ran across the road (walked), hoping not to get run over by a speeding vehicle. I started the car and headed for home. Just another great day in the outdoors!

The New England Fishing & Outdoor Show in Foxboro Regency, Mass. will be held this weekend, Jan. 28, 29, & 30. Friday hours are 1 to 8 p.m., Saturday 10 a.m. to 7 p.m., and Sunday 10 a.m. to 5 p.m. Adults are \$12, and children 12 & under are free. Check out the complete agenda on their Web site at fishingexpo.com!

The Springfield Sportsmen's show at the BIG -E will open Feb. 25-27 this year, with hopes the Covid epidemic does not get worse. We have had enough of this virus which has screwed up our lives. Check out their agenda on Facebook, or on their Web page. More in the coming weeks.

With a hard freeze of ponds, it has given sportsmen & MFW the opportunity to check out wood duck boxes that were erected in many swamps and small ponds over the years. They need to be inspected for wear, and repairs need to be made if necessary. Cleaning old bedding out, and new bedding placed in them before the wood duck's return this spring to nest and raise their young is extremely important. Each box that is opened for inspection prior to cleaning will reveal how successful the box was in providing a wood duck a place to raise their young. Broken shells and duck feathers are a good sign that the box was productive, and should be good for another year. Erecting new wood duck boxes at this time, should also be done. To get a copy of the plans to build and erect wood duck boxes, can be obtained from Mass. Fish & Wildlife.

The Whitinsville Fish & Game Club will hold their annual game diner Saturday, Feb. 26. Tickets are available at the club. Tickets are limited, so do not wait. The club will also hold an ice fishing derby for members on Saturday, Feb. 5, starting at 8 a.m. The pond was stocked with trout this past Sunday. A breakfast will be served prior to the derby.

The late goose season is now open in Central Mass., with a five-bird limit. The late season stays open until Feb. 11. The hard freeze has forced many birds into open water on major rivers, and is providing some good shooting. Extreme caution needs to be practiced when hunting over water this time of year. Keeping dogs safe is very important, as ice can cause serious danger to them when retrieving birds.

Take A Kid Fishing & Keep Them Rods Bending!

January is National Tea Month

The daily English ritual of Tea Time may be more than a social break - in fact evidence suggests it may be just what the doctor ordered! The simple habit of sipping a cup of hot, steaming tea is being reexamined and is hailed as a cure all for many common ailments in addition to its role as a warm, comforting refreshment.

In recognition of National Tea month in January, the following information highlights some of the many ways tasty tea truly is terrific!

Homegrown Herbal Tea: Making tea from freshly harvested herbs not only retains the integrity of the brew, but offers the satisfaction of "home grown" goodness. Whether you're picking plants from a backyard plot or plucking leaves from a windowsill pot, fresh herbs are an easy and affordable way to create your own signature teas. Some favorite herb tea choices include Peppermint, Lemon Balm, Chamomile, and Lavender.

If you're using fresh herbs, be sure to rub leaves to "bruise" them before brewing to release

the flavors. For each cup of tea use about two heaping teaspoons of fresh leaves or flowers. Add six ounces of boiling water for each serving. Allow to steep for at least five minutes, strain and serve.

Or, if you are purchasing dried herbs, simply use one tablespoon of dried herbs per cup of tea. Strain and enjoy.

Sip Up!: Tea is Good for What Ails You: It's no secret sipping tea offers an array of terrific health benefits. From to easing arthritis pain, tea has been shown to possess impressive healing properties.

***A study funded by the Arthritis Foundation suggests drinking green tea may help ease rheumatoid arthritis. The tea's benefits are attributed to a class of compounds called polyphenols, which are abundant in tea made with fresh or green leaves.**

*** Here's good news for allergy sufferers. A recent study reveals a compound in green tea may help inhibit aspects of the immune system response that produces symptoms of common**



TAKE
THE
HINT
.....
KAREN
TRAINOR

allergens such as grass, pet dander, grass or mold!

***Did you know a sore throat can be relieved by using a strong, hot tea as a gargle? Simply brew the tea of choice, allow it to cool, and gargle once or twice a day during the cold and flu season. As a bonus, the natural, herbal gargle tastes great.**

*** Medical studies reveal green and black teas take center stage when it comes to boosting the immune system. Test-tube studies also suggest that the flavonoids in tea may have more antioxidant activity than certain better-known antioxidants like vitamins C and E.**

***According to researchers at the University of Geneva in Switzerland, green tea is packed with caffeine and catechin polyphenols, substances proven**

to speed up the body's calorie-burning ability. A study they performed showed drinking three cups of the Ancient Japanese cure per day can rev up your metabolism as much as an average man walking 17 minutes!

***Studies reveal green and black tea contain fluoride and polyphenols that prevent plaque from sticking to your teeth? Studies show tea decreases the activity of the oral enzyme amylase, which is responsible for breaking down starch into sugar in the mouth. In addition, the tea plant naturally contains fluoride in its leaves which makes tooth enamel stronger and more resistant to acids. Tea also inhibits bacteria growth in the mouth.**

***Sipping both black and green teas has been associated with a lower risk of heart disease. It's been speculated that the antioxidant activity of chemicals in tea called flavonoids are at least partly responsible. Black and green teas each contain different flavonoids that appear to be beneficial to health.**

Cookie Correction

A few weeks ago, this column featured a cookie recipe that used up leftover Halloween candy. An ingredient was inadvertently left out of the recipe. Please see an alternate recipe below that makes use of leftover candy (keep in mind for V-Day and Easter)!

Candy Bar Cookies: Ingredients: 2 ¼ cups all-purpose flour; 1 teaspoon baking soda; 1 teaspoon salt; 1 cup softened butter; ¾ cup sugar; ¾ cup brown sugar; 1 teaspoon vanilla extract; 2 large eggs; 1 cup semi-sweet chocolate chips, chopped; 2 cups assorted mini chocolate bars- chopped.

Directions: Preheat oven to 375 degrees. Combine flour, salt and baking soda in small bowl. Beat together butter, white and brown sugars, and vanilla extract until creamy. Add eggs, beating well after each one. Slowly beat in flour mixture. Stir in candy and chocolate chips. Drop rounded tablespoons of dough onto lined baking sheets. Bake 8 to 11 minutes, until golden brown. Makes two dozen cookies.

Win Dinner for Two

at the Publick House – Contest has resumed!

Your tips can win you a great three course 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 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 email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

Our top 2021 auction items

In today's column, I'm taking a look back at our 2021 auction results and the items that drew top prices throughout the year. Our top selling pieces were consistent with the trends I've seen in the industry recently and have written about in previous columns.

Estate jewelry, gold and watches continued to sell well last year. An 18-karat gold and jeweled dagger with sheath brought over \$8,000. A Rolex Oyster Perpetual wristwatch sold for over \$3,500 and a turquoise, sapphire and diamond bracelet topped \$2,000.

Similar to gold, silver also commanded strong prices at our 2021 auctions. A sterling three-piece coffee and tea set by Ball, Black and Company of New York brought over \$1,500. A sterling silver Gorham King George pattern 106-piece set reached over \$3,500. A heavy Gorham footed sterling gravy boat sold for over \$2,000.

As you might expect, silver and gold coins were also popular with our bidders. At various peaks throughout the year, the price of silver reached over \$27 per ounce and the numismatic (collector) value drove many coin prices well above the silver value at auction. A group of nine silver dollars

netted nearly \$650. Gold coins brought even higher prices. A scarce 1841-C coin (from the Charlotte, N.C. Mint) brought close to \$1,300. A 1907 Liberty Head 20-dollar gold coin sold for over \$2,100.

Antique and vintage paintings by listed artists (those listed in standard art reference guides) also continued to sell well in our auctions, with many bringing hundreds and some even into the thousands. An acrylic painting on canvas by pop artist Peter Max went for over \$2,500. An 1879 painting by Edward Hill with the Old Man of the Mountain visible in the background reached nearly \$12,000.

Sports cards and memorabilia have seen a sharp increase in prices since the beginning of the pandemic, and that trend continued throughout 2021. A Ty Cobb baseball card made between 1909 and 1911 brought nearly \$4,000. Despite being graded only a PSA 3 (on a scale of 10), a 1951 Bowman Mickey Mantle rookie card fetched over \$11,000. A football card featuring a quarterback many consider to be the GOAT (Greatest

of All Time) also drew a lot of interest. The 2000 Playoff Contenders Tom Brady rookie autographed card went for close to \$20,000. A complete set of graded 1961 Topps baseball cards topped the list of our 2021 sports memorabilia sales, reaching well over \$25,000.

Our Webster, Mass. estate auction with classic cars and car parts in October produced some of our best results last year. Many cars needed a considerable amount of restoration, but that didn't deter bidders. A 1959 Corvette project car went for \$12,600. Another Corvette project car from 1954 sold for over \$23,000 to a Pennsylvania bidder. The best-selling car was a 1962 Corvette that brought over \$30,000. It sold to a buyer in the Lone Star state proving that even bidding is bigger in Texas.

We're still accepting consignments for our spring auction. We currently have a collection of estate jewelry, coins from multiple estates, a large sports card collection and more. Session 5 of the model railroad, die-cast cars and vintage toys auction is



now running and will end on Feb. 9. Registration is currently underway for my "Evaluating your antiques" class at Bay Path's adult evening school on Wednesday, March 23rd. Please see our website <https://centralmassauctions.com> to join our email list to keep up to date on auctions and other events.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www.centralmassauctions.com (508-612- 6111) info@centralmassauctions.com



ANTIQUES,
COLLECTIBLES
& ESTATES
.....
WAYNE TUISKULA

SPORTS

HIGH SCHOOL NOTEBOOK



The Tantasqua Regional boys' and girls' swimming teams competed against Algonquin Regional back on Wednesday, Jan. 19.

Nick Ethier photos

Tuesday, Jan. 18

David Prouty 63, Bay Path 44 — The Panthers took down the previously unbeaten Minutemen girls' basketball team, as Gabby Soter led the way with 24 points. Olivia Pepin (11 points), Lindsey Soter (10 points, 7 rebounds) and Emily Soter (8 points) also chipped in during Prouty's great team win.

Wednesday, Jan. 19

Tantasqua 68, Algonquin 41 — The Warriors improved their record to 5-3 in girls' swimming after defeating Algonquin. Tantasqua winners included the medley relay team (Kira Dambly, Tori Stendrup, Katie Wade, Zoey Zhu), Emily Owens (200 freestyle), Zhu (100 butterfly, 500 freestyle), the 200 freestyle relay team (Wade, Molly Bilodeau, Dambly, Owens), Dambly (100 backstroke), Wade (100 breaststroke) and the 400 freestyle relay team (Zhu, Makena Pentoney, Grace Chisholm, Owens).

Algonquin 78, Tantasqua 63 — In boys' swimming, the Warriors lost a close matchup with Algonquin and dropped to 3-5 in the process. Max Pitcher (diving) and Ethan Korenda (100 freestyle) were Tantasqua's winners.

Friday, Jan. 21

Wachusett 86, Tantasqua 79 — In girls' swimming, the Warriors lost a tight contest with the Mountaineers. Zoey Zhu (200 freestyle), Katie Wade (200 IM) and Emily Owens (100 freestyle, 100 breaststroke) were race winners for Tantasqua (5-4).

Wachusett 86, Tantasqua 59 — The Warriors dropped to 3-6 in boys' swimming after losing a decision to the Mountaineers. Ethan Korenda (200 IM) and Eben Mazeika (500 freestyle) won their races for Tantasqua.

Beavers take advantage of strong start, beat Bay Path



Bay Path's Alison Welton drives the ball down the court while on the fast break.

Nick Ethier photos

the second quarter, 11-10, as BVT held a 34-20 halftime advantage.

Bay Path then opened the third quarter on a 6-0 run, which was capped by two Terry Simon free throws. Simon had a strong game for the Minutemen, finishing with 14 points and 8 rebounds.

"Terry's a great center. She boxes out, she rebounds, she blocks shots, she makes baskets and she gets to the free throw line. She's our anchor on offense and defense," Selen said of Simon.

The Beavers shook off Bay Path's run, though, and ended the third quarter on a 10-2 run of their own to re-establish a big lead at 44-28. Valley Tech then won the fourth quarter, 20-6, to put the game away and win by 30 points. Skyla Jack (16 points, 8 rebounds) and Emma Ballard (14 points) led BVT in scoring.

"Emma and Skyla tend to run the floor the most — they're the ones getting the traps so they're the closest to the basket — but essentially whoever is closest to the basket gets the ball and we try to get our buckets from the paint," Christiansen said of Valley Tech's transition game, as Kasey Reeves (13 points, 8 rebounds) and Mara Keane (8 points, 8 rebounds) were other top contributors.

The Beavers improved to 6-3 in what Christiansen called a "building year."

"We lost nine seniors last year, so we have a lot of underclassmen," she continued. "We only have four upperclassmen, so for the freshmen and sophomores who have never played in varsity games to take the lead, it's incredible to see. As long as we compete every day then I'm happy with whatever the outcome is."

Bay Path, which dropped to 9-2 after



Hannah Cavan of Bay Path takes and makes a free throw versus Blackstone Valley Tech.



Bay Path's Kendall Bond backs down a Blackstone Valley Tech defender.

the loss, had Alison Welton score 7 points and Kendall Bond contribute 5 points and 8 rebounds.

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WEBSTER - 20 Scenic Ave! Views of Webster Lake! 7 Rm Colonial! Work-in Appliance! Kitchen! Dining Area! w/Cathedral Ceiling! Living Rm w/ Pine Flooring, Hearth & Woodstove! 1st Flr Bdrms, 3 Bdrms Total! 2 Full Baths! Expandable Walk-out Lower Level! Buderus Oil Heat! Recent Roof & Siding! **\$299,900.00**

WEBSTER - 8 Riverside Dr! Super Convenient 9 Rm Colonial! Work-in Appliance! Kitchen! Dining Area! w/Composite Deck! 3-5 Bdrms Total! Master Bath! 2.5 Baths Total! Finished Lower Level! Oil Heat! Roof 2019! **\$399,900.00**

WEBSTER - 6 Slater Street! Professionals Take Notice! Ideal Office Setup! 1st Floor w/Waiting Rm, Reception Area, 4 Offices w/Sinks, 3 Alcove/Prep Areas, Handicap Accessible 1/2 Bath, and Hrdwd Flrs! 2nd Floor Currently w/Employee Breakroom w/ Full Kitchen, Cabinets & Closet Storage, 3/4 Bath and additional office/bedroom! C/ Air! C/VA! Security System! **\$349,900.00**

DUDLEY - 50 Brandon Rd! 3 Family! 5/4 Rm! 2/2! Bdrms! 2/2! Bathrms! Investors take Notice! Fully Rented! Solid Rental History, Long Term Tenants! Conveniently Located! Washer & Dryer Hookups in the Basement for Each Unit! Efficient Natural Gas Heating! Two Driveways provide Off Street Parking for up to 5 Vehicles! Dudley's Low Taxes & Desirable School System! **\$349,900.00**



DUDLEY HAYDEN POND WATERFRONT - 48 Hayden Pond Rd! Recently Renovated, beautifully appointed, 5 Rm Waterfront Ranch! Enjoy sunsets, fishing & all water sports! Vinyl Composite decking & vinyl railings! Open floor plan! Cathedral ceilings w/skylights! Din Rm w/slider to covered deck! Kit w/quartz counters & SS appliances! Liv Rm w/stunning views of the Pond! Comfortable Master w/generous closet & half bath! 2nd bedroom or office! Full bath w/washer/dryer hook ups! Full basement for storage or additional living space! Floating Dock! Shed! **\$439,900.00**

WEBSTER LAKE - 701 Beacon Park! 5 Rm End Corner Garden Unit - One Level Living - No Stairs! 10 Beautiful Acres of Park Lake Grounds w/Fantastic Panoramic Lake Views! 1,100' of Living Space! Ample Room for Year Round Living or as 2nd Home - Summers on the Lake - Winters in Florida! Well Maintained! 2 Bdrms! Master Bath, 2 Baths Total! Beautiful Lakeside Pool, Spectacular Beach, Best on the Lake! Detached Garage! **\$299,000.00!**

WEBSTER LAKE - 65 Bates Point Rd - Eastern Exposure - Beautiful Sunrises! Year Round - Principle Residence - Second Home - Remodel - Tear it Down and Start Anew! The Choice is Yours! Set on a 12,449' Lot, 50x249', 50.7' Waterfront! Plenty of Area for Expansion! Surrounded by Million Dollar Homes the Pallet is Yours to Create! 5+ Room Ranch with Full Walk-out Expandable Lower Level! Open Floor Plan! Appliance Kitchen, Dining Area and Living Room with Panoramic Water Views! 3 Bedrooms! Full Tile Bath! Oil Heat! Screened Porch! Detached Garage! Dock! Quick Closing! Summer is Just Around the Corner - Don't Delay! **\$699,900.00**

WEBSTER LAKE - 33 Loveland Rd! South Pond - Fantastic 19,243' Waterfront Lot with 125' of Prime South Facing Natural Shoreline which Highlights this 5 Room, 2 Bedroom, 3 Season Cottage! Start Your Lake Memories Here! Cute & Cozy, the Way the Lake Use to Be! Open Floor Plan with Lots of Glass and Panoramic Lake Views! Just Enjoy it as it is, or Add on to it, or Take it Down and Build Your Dream Home Here! Don't Need the Entire Lot, Subdivide it and Bring the Cost Down! Perfect Gentle Slope to the Water! Town Services! **\$949,900.00**



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Featured New Listing!



WEBSTER - 17 BROUDER AVENUE

RARE FIND - SPRAWLING 2,200 SQFT+ RANCH HOME! GARAGE. Situated on a Level 1/2 Acre Lot! FOUNDATION IS IN. CONTRACTOR IS READY TO GO! Very private backyard. GREAT LAYOUT! Grand Formal Entry Foyer. OPEN FLOOR PLAN. Living room w/Cathedral Ceiling. SOLID HARDWOOD FLOORS THROUGHOUT! IF YOU NEED ONE LEVEL LIVING & ALWAYS WANTED A NEW HOME. THIS COULD BE THE HOME YOU'VE BEEN WAITING FOR! PERFECT TIME TO MAKE IT YOUR OWN!
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DUDLEY - 10 MILL ROAD



Beautiful family home! 3 bedrooms, 2 full baths, newer widows & heating system. Mini split system. Hardwoods. Lg eat-in kitchen /Corian counters & Island! Warming fireplace with handsome mantel. Generous dining room, spacious enough for your family gatherings. lower level fireplace family room. Harmon pellet insert! 2 car garage. Reduced **\$340,000.**

WEBSTER - 23 EMERALD AVE.



Extraordinary Find! Beautiful 2 Family! Owner occupied with pride and it shows. Grand Front Entry! 3,012 Sq/- living area. 12 rooms, 6 bedrooms, 2 updated Baths. 2nd Flr - Granite Countertops! High ceilings & Hardwood Floors, Modern Kitchens. Manicured 13,525 SF Lot with a Hip roof 3 car garage! **\$439,900**

WEBSTER - 10 THOMPSON RD



2 FAMILY! LOCATION, LOCATION! OPPORTUNITY KNOCKS! SERIOUSLY CONSIDER THIS A SOLID INVESTMENT. A GENERAL BUSINESS ZONED! PRIME WEBSTER BUSINESS DISTRICT! A LARGE, DEEP LOT, 14,875 SF/0.34 ACRE. 9 Rooms, 4 Bedrooms, 2 Baths, FHW/OIL. Garage! Lot is currently private with a mature tree line in the rear. Property serviced by Municipal Water & Sewer, Natural Gas line in Basement. A QUICK CLOSE IS POSSIBLE. **\$195,000**

WEBSTER • 22 EASTERN AVE



LOOKING FOR AN AFFORDABLE, HUMBLE ABODE, THAT WON'T BREAK THE BANK? Convenient Location, corner lot! 1288 SF+-, 4 BRS w/1st Flr Mstr BR, Half Bath! Eat-In Kitchen, Dining/Living Room Combination! 3-Season Porch. 2nd Flr - 3 BRs, Reshingled Roof, Replacement Windows, Updated Electric, Buderus Boiler. Part finished walk-out bsmt! Garage! **\$215,000**

THOMPSON CT - 15 WAGER RD



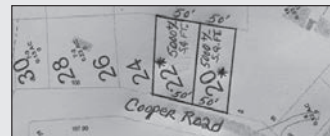
Cape with 3 bedrooms, gleaming hardwoods, stone fireplace. Septic (2019), replacement windows, family and dining room, fresh paint throughout! Generator hook up, and updated Buderus boiler with holding tank. Garage under. This one maybe for you! assisted sale **\$279,900.**

Featured Island Listing! Webster Lake - 22 Long Island



Once in a lifetime opportunity to own a Webster Lake Waterfront Cottage on Long Island! Properly named the "Grand View". Sandy beach, boat house! Antique Cottage w/5 Rms, 3 BRs, a stone fireplaced w/pellet stove, eat-in kitchen w/modern appliances, full bath! washer/dryer. Screened porches. Included, 25% ownership share in a main land waterfront lot at 38 Point Pleasant Rd, in sheltered Mumford Cove! land provides boat slip & winter storage. A FAR AWAY PLACE NEAR BY! **\$389,900.**

WEBSTER - 20 & 22 COOPER RD



LAND with Sewer & Water access! Excellent Opportunity for New Homes! Boat Ramp Near by! **\$24,500., each.**

LAND: WEBSTER/OXFORD/CHARLTON

Oxford - 2 Merriam Rd 80+- Wooded Acres in Oxford & Charlton. **ON DEPOSIT \$329,000.**

Oxford - 4 Leicester St. - Approx. 8.47 Acres! River Frontage.

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Webster - DOUGLAS RD 26 ACRES! on SUGARLOAF HILL 1000+- of frontage! **SORRY, SOLD! \$200,000.**

Webster - COOPER RD - 2 BUILDABLE LOTS! Water & SEWER Access. Zoned Lake Res.! **\$24,500. Each**

OXFORD - 10 BEVERLY STREET



2 Family! A RARE FIND, BUILT IN 1967!! 2 PARCELS = 16,224 SF!! EXTREMELY WELL MAINTAINED! Total 9 rooms, 5 Bedrooms, 2 baths. 2nd apartment is a perfect mortgage helper!! Beautiful Hardwood Floors! Roomy yard. Off Street Parking! Neighborhood Setting! **\$449,000.**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

WEBSTER LAKE - 300 KILLDEER ISL.



Killdeer Circle! Gently sloping landscape to waters edge. Crystal clear shoreline. Ranch with 5 rooms, 2 bedrooms, 2 baths! Walkout lower level to patio! Garage! **\$650,000.**

TREASURE ISLAND - CONDO



Unit 1404 Marina side! of the Complex - with 2 Boat Slips! 6 rooms, 2-1/2 baths, 2 bedrooms, fireplace, garage, Sandy Beach, Heated Salt Water Pool! **\$549,000.**

WEBSTER - 401 TREASURE ISLAND



WEBSTER LAKE! Treasure Island Townhouse! UNIT# 401 Quiet summers on big & beautiful Webster Lake! 6 Rooms. Open Floor Plan! Dining Area. Hardwood Floor & Carpet. Master Bedroom, W/2 Closets, Master Bath! 2-1/2 Baths Total! Slider to Deck & Slider to the Patio! Natural gas heat! 2 Boat Slips! Heated Pool! Natural! Sandy Beach! **\$439,000.**

WEBSTER LAKE - 1301 TREASURE ISL.



Quiet Summers & Fall Seasons on Big & Beautiful Webster Lake. Completely updated Hardwood & Ceramic. Center Island Kitchen. 6 Rooms. 2-1/2 Baths. a must see. Overlooking the Marina. 2 Deeded boat slips. assisted sale **\$600,000.**



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OBITUARIES

Jean Beaudry, 89



STURBRIDGE- Jean (Wassmer) Beaudry, 89, of Sturbridge, passed away on January 11, 2022, at the Overlook Masonic Health Center.

Jean was predeceased by her husband Theophile J. "Pee Wee" Beaudry who passed away in 2010.

She leaves behind her two sons David Beaudry and his wife Ann of Sturbridge, Michael Beaudry and his wife Sharon of Sturbridge, four grandchildren Erica Caouette and her husband Daniel, Brian and his wife Angela, Pamela Beaudry, Jeffrey Beaudry and his wife Kaitlyn; her nine sisters Beatrice Chartier of Southbridge, Claire Goulet and her husband Wilfred of Sturbridge, Annette Biron and her husband Norman of Brimfield; Celeste Dupuis of Sturbridge, Sandra Buckner and her husband Tom of Sturbridge, Vivian Latour of Southbridge, Kate Strum of Sturbridge, Julie Blouin and her husband Richard of West Brookfield, Denise Thompson and her husband Clyde of Brimfield, her Great Grandchildren, Teagan Caouette, Benjamin Beaudry, Leeanna Caouette Carson Caouette, Evan Beaudry, and Brendan Beaudry and many nephews and

nieces. She was predeceased by her brother Ronald Wassmer and his wife Marilyn and her sister Theresa and her husband Tony Mogavero and her brothers in Law, Robert Dupuis, of Sturbridge and Henry Latour of Southbridge and Arthur Chartier of Charlton.

Jean was born in Pawtucket, RI daughter to the late Hector and Cecile (Martin) Wassmer.

She worked at Galileo Electrical Optics for 30 years. Jean was a life-long member of St Anne's Church in Sturbridge.

Jean was well known for her wonderful talent in cooking the most wonderful meals and desserts and for her love of walking several miles each day in her younger years.

Her most happy times were spent with her family and especially the children. She was a very special Grandmother to all of them. She will be dearly missed.

Services for Jean were held January 21, 2022 at the Belanger Bullard Funeral Home, 51 Marcy Street, Southbridge, MA. There will be visitation at 10:00 AM with a Catholic service at 1030 AM. Burial followed at St. Anne's Cemetery, Arnold Rd. Fiskdale, MA. Due to Covid, services are private for family.

A Memorial Mass for Jean will be held in June at St. Anne's outdoor Pavilion.

Emil E. Maly, 91



Southbridge- Emil E. Maly, 91, passed away on Saturday, Jan. 22nd, in his home after a long illness.

Emil's first wife, Irene (Boulanger) Maly, passed away in 1979. He leaves his

wife of 27 years, Patricia M. (Athanas) Maly; his daughter, Carol Athanas and her husband Robert of Montgomery NY; his son, Peter Maly and his wife Susan of Charlton; his two stepdaughters, Carol Turner of Charlton and Abbi Jezierski of Southbridge; his sister, Josephine Zachara of Florida; his 8 grandchildren, Kayla Billings, Tony Albanese, Kimberly Abatangelo, Anthony Athanas, Brady Morton, Hannah Marrier, Justin and Kristin Williams, 12 great grandchildren and several nieces and nephews. He was predeceased by his three brothers, Walter, Francis and Edward Maly and a great grandson. Emil was born in Southbridge the son of the late Peter and Helen (Kupiec) Maly. He was a graduate of the former Cole Trade High School in Southbridge and was a US Air Force Veteran of the Korean War and a member of American Legion Post 109 in Sturbridge.

Emil was a licensed electrician working at Kennedy Electric for 16 years before opening his own business

1970. As the owner of Maly Electric for more than 20 years he also sponsored and coached a softball team in the Southbridge Softball League.

He later went on to work for Galileo Fiber Optics in Sturbridge for 18 years before retiring.

An avid card player Emil loved the challenge of a good card game with members of his family or friends.

The family would like to thank the caregivers from Overlook Hospice and the doctors at Harrington Hospital for all of the care and compassion they gave to Emil during his illness.

His funeral will be held on Saturday, Jan. 29th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 10:00am in St. Mary's Church of the St. John Paul II Parish, 247 Hamilton St., Southbridge. Burial will follow in St. Mary's Cemetery, Southbridge. Calling hours in the funeral home will be held on Friday, Jan. 28th, from 4:00 to 6:00pm.

In lieu of flowers, donations may be made to the St. John Paul II Food Pantry, 279 Hamilton St., Southbridge, MA 01550, where Emil was a longtime volunteer.

www.morrillfuneralhome.com



Ines Lombardi, 97



Southbridge- Ines (Ciccotelli) Lombardi, 97, of Guelphwood Rd., passed away on Thursday, Jan 20th, in Overlook Masonic Healthcare, Charlton, after an illness.

Her beloved husband, Angelo Lombardi died in 1967.

She leaves her son, John J. Lombardi and his wife Karen of Niskayuna, NY; her daughter, Domenica "Jane" Blais and her husband Robert of Southbridge; a son-in-law, Edward Hayes; seven children, Scott Ravenelle, Angela Gavan, April Blais, Anthony Lombardi, Andrea Julian, Michael Lombardi and Adam Blais; 19 greatgrandchildren, 3 great great grandchild and several nieces and nephews. Ines was predeceased by a daughter, Diana M. Hayes in 2017; her two brothers, Omer Ciccotelli and Febo Ciccotelli; two sisters, Alba Maly and Filomena Ciccotelli; and her granddaughter, Tammi Conley in 2017.

She was born in Tocco, Pescara, Italy the daughter of Camillo and Maria (Mastrodicasa) Ciccotelli.

Ines worked as a lens worker for the American Optical Company in

Southbridge for 20 years retiring many years ago. She was a devote catholic and member of St. Mary's Church of St. John Paul II Parish. Ines was a proud member of 76 years of the St. Rita's Society of St. Mary's Church. She loved cooking for her family and friends and enjoyed sharing her Italian cookies she baked. Ines took care and enjoyed spending time in her garden growing fresh vegetables.

The family would like to acknowledge and thank the dedicated nurses and staff at the Overlook Masonic Home in Charlton for the amazing care and compassion which they showed Ines while residing there the past 2 ½ years.

Her funeral was held on Wednesday, Jan. 26th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 12:00 pm in St. Mary's Church of the St. John Paul II Parish, 247 Hamilton St., Southbridge. Burial was in St. Mary's Cemetery, Southbridge. A calling hour in the funeral home was held on Wednesday, Jan. 26th, from 10:30 to 11:30 am, prior to the Mass.

In lieu of flowers donations may be made to St. John Paul II Parish, 279 Hamilton St., Southbridge, MA 01550. www.morrillfuneralhome.com

STUDENTS

continued from page A1

Chef at 85 Hamilton St., Southbridge. "Working together is encouraging," said Bolandrina. "We wanted to help immediately. Help can feed starving families. No amount is too small. Everyone is welcome to help. For \$8, we can feed a family for three days. To date, over \$10,000 have been remitted." Super Typhoon Rai blasted into

TESTS

continued from page A1

test. Further, the DPH recommends that individuals who have COVID symptoms and test negative with a rapid antigen test should isolate and either repeat an antigen test or get a PCR test within 24-48 hours if they continue to exhibit symptoms. Additionally, the DPH does not advise employers, schools, or childcare centers to require a test as a condition of returning to work or school.

"Vaccination and getting a booster remain the best possible protection against COVID," read the statement released by Baker's office. "There are almost 1,000 locations in the

the Philippines on Dec. 16, with wind speeds of 160 miles per hour; it intensified rapidly in the morning of Dec. 17 and was classified as a super typhoon with sustained winds of 120 miles per hour near the center and gusts of up to 168 miles per hour. The designation is like a Category 5 hurricane in the United States. Super Typhoon Rai is the 15th major weather disturbance to hit the Philippines in 2021.

Commonwealth for residents to receive a COVID-19 vaccine or booster."

To learn more about how you can book your vaccination appointment, visit www.VaxFinder.mass.gov.

Also last week, Baker activated 500 additional members of the Massachusetts National Guard to support the state's healthcare system. This order augments the initial National Guard activation announced on Dec. 21 to support non-clinical functions in the Commonwealth's hospitals.

Assignments for the newly activated 500 members will include providing additional non-clinical staffing at community hospitals and high-volume emergency departments, public hospitals, skilled nursing facilities, and dialysis centers.

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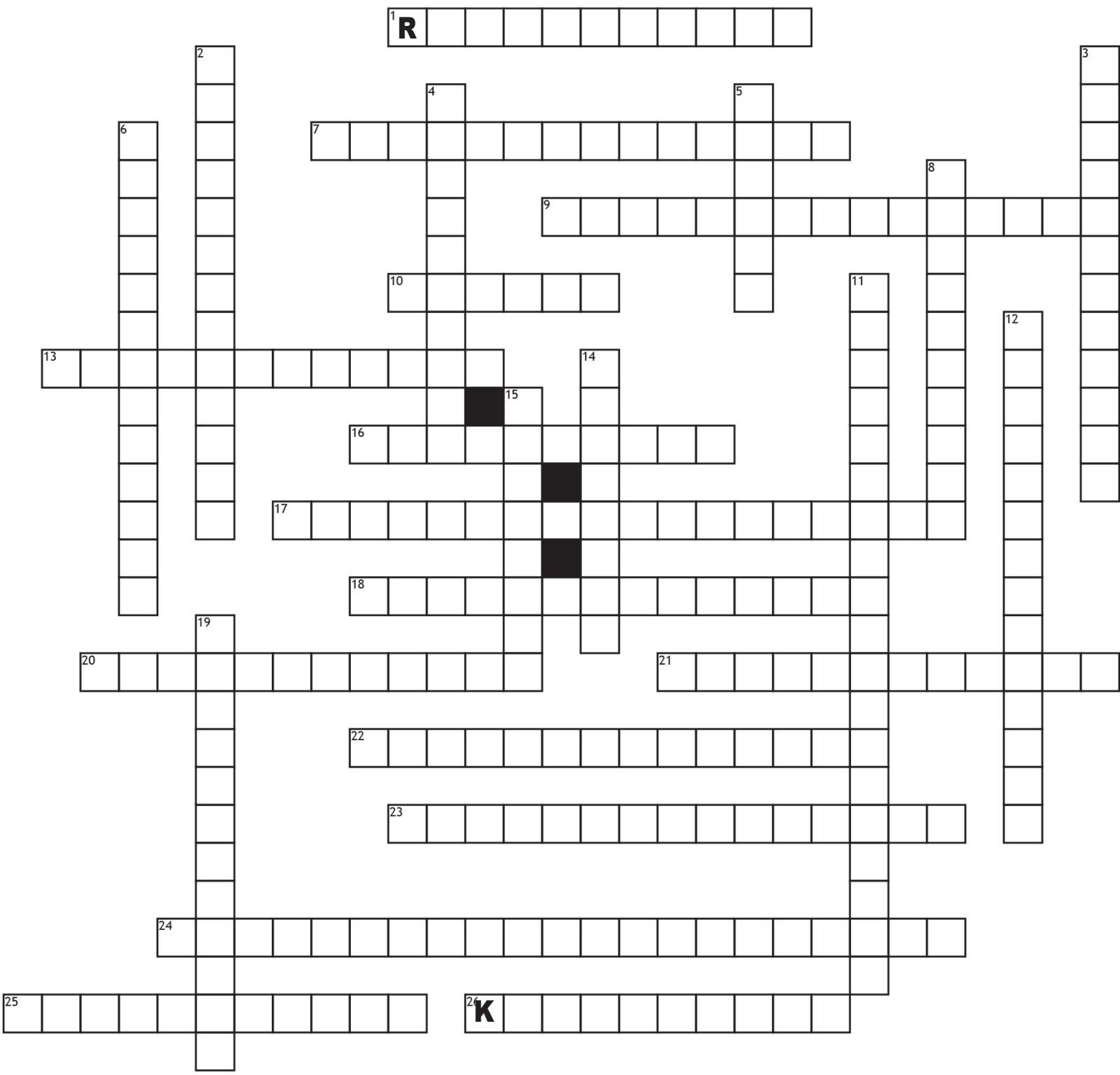
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ABC'S OF THE SEASONS, WINTER EDITION

Hint... answers don't always include entire business name.

Name: _____

Address: _____

Circle which paper you found this in:

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

Daytime Phone: _____

Email address (optional) _____

Comments: _____

Please find the answers to this crossword puzzle on page 2 of this section. Enter to win a \$25 gift card to one of these local businesses by mailing in your completed crossword to **ABC Crossword Puzzle, Stonebridge Press, P. O. Box 90, 25 Elm Street, Southbridge, MA 01550**
OR scan & email or take a picture and email it to jsima@stonebridgepress.news by Wednesday, February 16.
Random-drawing for winner of all correct entries to be announced in the February 25th issue. One entry per person.
Please support these ABC's businesses and tell them you saw their ad in your local paper! Good luck!

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Crews make quick work of chimney fire



Smoke billows from a home on Richardsons Corner Road due to a chimney fire on Jan. 15.

BY JASON BLEAU
CONTRIBUTOR

CHARLTON – Local fire departments made quick work of a house fire in the morning hours of Saturday, Jan. 15 that quickly evolved into a three-alarm emergency due to a combination of factors including a shirt handed Charlton fire crew and harsh winter weather.

The Charlton Fire Department was dispatched to a two-story home at 51 Richardsons Corner Rd. at 9:46 a.m. with reports of a structure fire on the property. Police later confirmed smoke and flames were coming from the home two minutes later and crews were on scene by 9:50 a.m. to begin their attack. However, the Charlton Fire Department found themselves in a short-handed situation which caused an immediate call for assistance according to Charlton Fire Chief



Firefighters work to manage a three-alarm structure fire on Richardsons Corner Road in Charlton.

Ed Knopf.

“Part of our crew was in Worcester on an ambulance call so we were initially short handed out the door. All that does is it quickens the pace for us to call in second and third alarms just to get more help on the road. We had two individuals at the station when the call came in and we also had a Sturbridge Ambulance crew in house. The Sturbridge ambulance followed our crew in, and they were actually quite helpful and allowed our crew to go inside to attack the fire,” the chief said. “We struck the second alarm

right away on route once we got verification from police on scene that there was smoke from the roof. That brought in three additional trucks from outside of the department. Due to the weather, we struck a third alarm as soon as we were on scene.”

Firefighters battled subzero temperatures while managing the scene but were quickly able to local the source of the fire and bring the situation under control by 10:35 a.m., with crews remaining on scene until 12:44 p.m. to ensure the fire didn’t spark again.

“The fire was contained in the walls adjacent to the chimney,” Knopf said. “The crews did an excellent job identifying where it was. We were able to get behind the walls and knock the fire down. The fire did originate in the chimney.”

Crews from Auburn, Dudley, East Brookfield, Oxford, Southbridge, Spence, and Sturbridge reported to the scene to assist with battling the blaze. The Charlton Department of Public Works also assisted with the icy road conditions and helped pull one of the fire apparatuses off a snowpack near the home. Members of the District 7 Fire Investigation Unit assisted in the investigation into the fire which remains active as of this report. According to fire officials the home suffered minimal structural damage with smoke and water damage reported on the second floor where the fire originated. No injuries were reported from the scene to either fire personnel or residents of the home.

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Local LPN continues to give back and inspire others

CHARLTON — Carleen Berthiaume, LPN of Brimfield broke records on being awarded the Community Service Award in 2019 with her graduating class at Bay Path Practical Nursing Academy.

Traditionally given to alumni, Berthiaume was the first student to receive the Community Service Award for her numerous volunteer hours with Medical Reserve Corps, Paxton Health Fair, College Fair (Bay Path), Charlton Lion’s Club, FAFSA Day, College Fair (Mass EdCo), Safety Fair, Reality Fair, and the Charlton Senior Center Blood Pressure Clinic. It is no wonder that to this day, Berthiaume continues to give back and inspire others as a mentor to Genie Biando of East Brookfield, of the PN Class of 2022.

Berthiaume stated, “Genie and I have known each other a little over three years. She was a huge support to me as a new nurse in general, let alone handling the COVID-19 pandemic. She’s always there when I needed her, a great person to have by my side through the beginning of my nursing career.”

Biando is a Certified Nursing Assistant (CNA) with the objective of gaining different experiences in the medical field on her way to becoming a registered nurse. She has worked as a Home Health Aid (HHA) in the past and attended EMT classes at Holyoke Community College.

“I was so excited to hear that Genie was accepted to Bay Path,” said Berthiaume.

“I answered every question she had and guided her through whatever she needed. She has a big heart and personality, she’s become family. She comes to my kids’ birthday parties, holiday



Courtesy
Carleen Berthiaume with Benie Biando.

functions, dinners at my home. She’s become such an important part of my life and such a great friend. She is going to be a phenomenal nurse!” concluded Berthiaume.

Berthiaume was an exceptional student while at Bay Path Practical Nursing Academy where she was inducted to the National Technical Honor Society and received a scholarship from Horatio Alger Foundation. Berthiaume was an officer with the UNICEF Club and received Silver Medals for SkillsUSA First Aid/CPR district and State competitions. She attended SafeTALK and is certified in Dementia Care, Mental Health First Aid, and Infusion Therapy/Central Line Care.

Berthiaume motivates future nurses and CNAs to never give up and be the best they can be, she also emphasizes the important role they play in giving back to the Bay Path community.

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with various chiefs, thus predating the passage of the police reform act in December 2020 that mandated some of the changes this site implements.

“We’ve long been committed ... to training and supporting law enforcement with the best techniques and structure so they can do their jobs better,” Polito said. “... I feel very proud that Massachusetts once again leads the nation in police reform” and is providing “infrastructure that will last for a very long time.”

Secretary of Public Safety Terrence Reidy, by contrast, praised Polito as “the driving force” who “help[ed] us get off the ground” and noted the government has already implemented training standards that exceed other states.

“It took an unbelievable amount of work to make this facility what it is,” he said. “... It’s going to be a sight to see” when fully operational.

It’s not the only site doing so. MPTC runs five other academies in Boylston, Plymouth, Randolph, Reading and Springfield and offers in-person training at eight other sites, plus online.

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