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Friday, December 18, 2020

Bay Path students complete Mental Health First Aid training course

CHARLTON — The entire Practical Nursing Class of 2021 at Bay Path Practical Nursing Academy completed the 8- hour Adult Mental Health First Aid (MHFA) Training Course recently and all became MHFA Certified.

Pictured above is Brianna Cloutier of Charlton, one of the first practical nursing students to receive her certificate for successfully completing the MHFA training. She welcomed the crucial education and training from health crisis to a mental health crisis.

The Centers for Disease Control (CDC) reported a jump in cases of anxiety, depression, substance abuse, and suicidal thoughts during the pandemic. The PN students as Certified MHFA givers can help adults get critical support when they need it most. The members of the Bay Path Practical Nursing Class of 2021 completed training in Mental Health First Aid held at the Bay Path Regional Vocational Technical High School following all the CDC requirements for physical distancing and face coverings. The Mental Health First Aid training emphasized to participants mental health literacy, understanding risk factors and warning signs for mental health and addiction concerns and strategies for how to help someone in both crisis and non-crisis situations. Just as CPR helps participants assist an individual having a heart attack, Mental Health First Aid helps participants assist those experiencing a mental health or substance use-related crisis. At the end of the training PN students met the goals of recognizing signs of mental distress and how best to respond.

Another PN student, Tianna Welcome of Oxford, stated "This was an amazing course. Nearly every topic touched on, I have had personal experience with. I feel I can take what I have learned in my career as a nurse, support of family and friends, and in the community."

Gretheline Bolandrina, MSN Ed, RN, CRRN, Academy Director stated, "Bay Path Practical Nursing Academy has a



Photo Courtesy

Pictured above is Brianna Cloutier of Charlton, one of the first practical nursing students to receive her certificate for successfully completing the MHFA training.

Please Read **COURSE**, page **A10**

Icy weather puts school procedures to the test

BY JASON BLEAU CORRESPONDENT

DUDLEY/CHARLTON — While the Dudley Charlton Regional School District does have plans in place in case of snow events this winter, it was ice that truly put those plans to the test on Tuesday, Dec. 8, when freezing conditions in the early morning forced the district to cancel in-person classes and move to online learning for the day.

Superintendent Steven Lamarche discussed the day during a School Committee meeting on Dec. 9 saying the unexpected conditions caused him to make a late-morning call to keep students from coming into school for their safety and the safety of the bus drivers putting into play the district's strategy of moving classes to online learning if possible should the schools need to remain closed for unexpected reasons

"We experienced a surprise weather-related day due to drizzle and mist that froze on contact with streets and driveways. With our half-day schedule, it doesn't lend itself to any type of delay so therefore we have to move into a full remote day. Typically, that would have been a two-hour delay day. It would not have been in any way, shape or form a snow day," Lamarche said, admitting the call was made later that normal as the weather caught a lot of people off

guard. "We continue to plan for remote learning days for weather related closures at our facilities. There's no question the exceptions of those weather-related closures will be if we have a state of emergency or widespread power outages. Those will obviously play a factor in if we call a remote learning day or a snow day."

The discussion offered a chance for members of the School Committee to chime in on any improvements they felt needed to be addressed or concerns they had from the first true weather closure of the new school year. Committee member Pauline Aucoin questioned what was expected from staff on a snow day to have a better understanding of how such a day works. Lamarche stated that every building has its own protocol that the educators follow if schools are forced to close.

"What we learned was every building was slightly different in their approach to that particular day, so we met as an administrative team to discuss that further and plan that out better," Lamarche said. "We have some work to do. What was happening is we were developing plans for big things like if we went to full remote. We were a little flat footed on the weather-related day."

Lamarche said they received great feedback from teachers and parents and identified

Please Read **WEATHER**, page **A3**

Charlton REAS Foundation, Inc. announces 2021 fundraisers

CHARLTON – Due to the COVID pandemic, the Charlton REAS Foundation will not be able to have our annual Taste of the Towns. This was our main fundraiser so now we must look at alternative fundraising. We will continue with the lottery calendar and draw names in March. Lottery calendars are just \$10 each and are available at the Charlton Senior Center, or download from the REAS website at www. reascharlton.org.

Last year, the Charlton REAS Foundation awarded 36 qualifying seniors citizens with heating/cooling assistance totaling \$13,150. REAS is now taking applications for the 2020-2021 heating season which began on Oct. 1 and will run until March 31.

Assistance for this program would not be possible if it weren't for our annual

fundraisers and the generous donations of local businesses, organizations and individuals. Thank you for your support and please know your donation can make a difference in the lives of our most vulnerable citizens.

If you need assistance or you know someone who does, please call 508-868-5289. If you'd like to send a donation, address to Charlton REAS Foundation, P.O. Box 793, Charlton, MA 01507.

The Charlton REAS Foundation is a 501c3 non-profit organization providing qualifying senior citizens in the Town of Charlton with energy assistance including heat during the winter months and air conditioning or support with electric bills during the hot summer months.

Charlton REAS Foundation

Please Read **REAS**, page **A3**

HERO IN THE CLASSROOM



Photo Courtesy

Teacher Katie Matthews embraced her alter ego during a recent Super Hero Day in her classroom at Charlton Middle School. Photo courtesy of the school's Twitter feed.

Baker orders rollback of COVID reopening process

BY KEVIN FLANDERS STAFF WRITER

REGION – With COVID-19 numbers heading in the wrong direction, Gov. Charlie Baker announced last week a statewide reversion to a previous reopening threshold.

As of Dec. 13, all towns in Massachusetts were required to return to Phase 3: Step 1 of the Commonwealth's reopening plan. The mandate also reduces indoor capacities across a broad range of sectors

of the economy.

Baker announced the roll-back in response to a sharp increase in new COVID-19 infections and hospitalizations

since Thanksgiving. State officials are worried that a continued escalation of cases through the holiday season could cause many hospitals to reach capacity for ICU beds.

"More people are suffering from severe COVID-related illnesses and need urgent care. This sharp increase is putting a strain on our health system and healthcare workers," Baker said. "Hospitals are short on critical staff because many people are either in quarantine or they themselves have been infected with the

The return to Step 1 requires the closure of certain business-

es, including indoor performance venues and high-contact indoor recreational businesses. In addition, capacity limits will be reduced to 40 percent statewide for most industries, and the limit on outdoor gatherings will be

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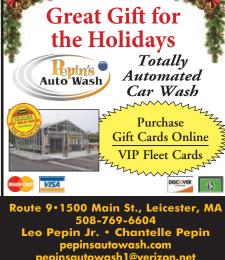


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LPN to RN

Dream comes true for Gitaka-Muchiri family

WORCESTER — Husband and wife John Muchiri and Esther Gitaka, both of Worcester, agree and understood the importance of education. Both completed high school overseas (Kenya), he at Dandora High School and she at Mugoiri High School. Both also completed the rigorous practical nursing program at Bay Path Practical Nursing Academy in Charlton then bridging to the LPN to RN program at Quinsigamond Community College earning their Associate Degree in Nursing. Both passed the NCLEX-PN and NCLEX-RN take one, the first try! Both were LPNs first then both became RNs!

Their other dream came true recently — purchasing their new home in Worcester which they now enjoy with their three children.

As children themselves growing up overseas, both John and Esther admired "helpers" in their lives. They observed how compassionately healthcare workers dealt with the community, how kind the nurses are. John first applied to Bay Path Practical Nursing Academy and graduated in 2015. He took the NCLEX-PN the same year and passed on his first attempt. He completed his Associate Degree in Nursing at Quinsigamond Community College and became an RN. His previous work background includes Mental Health Counselor at Advocates Inc., in Framingham (2007-2013); a nurse at Beaumont at the Willows in Westborough (2015-2016), at Pivot Point Home Healthcare in West Boylston (2016-2018); and at



Holy Trinity Nursing And Rehabilitation Center in Worcester (Jan. 2019 -April 2020). Since February of 2020 he is an RN at the Adcare Hospital in Worcester providing direct nursing care, a frontline worker! Esther completed her Practical Nursing Certificate at Bay Path Practical Nursing Academy in 2016. Her background as a Certified Nursing Assistant (CNA since 2013) helped tremendously. With her excellent academic performance Esther was inducted into the National Technical Honor

Society (NTHS). She also completed her Associates Degree in Nursing at Quinsigamond Community College and became an RN. Her work experience as a nurse includes Beaumont Rehabilitation and Skilled Nursing Center in Worcester (2016-2017), Christopher House Skilled Nursing Facility in Worcester (since April 2017) and Seven Hills Foundation also in Worcester (since November 2019).

Both pursued a nursing career where they can hone their strong clinical judgment, excellent physical assessment skills, good communication skills, but also, provided financial security. Both John and Esther agree that they have the best of both worlds, as healthcare workers and have economic security for their family.

"Choosing Nursing and Bay Path was one of the best decisions I have ever made," said John. "I have had the opportunities and experiences that have made all the difference."

"I knew Bay Path's program would help me achieve my dream," Esther said. "The Practical Nursing program gave me countless opportunities and exposure, which prepared me for suc-

cess in my nursing career." Read on to learn about Bay Path Practical Nursing Academy, visit www.bay-path.net. The program is a 40-week, (10-month), fulltime, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing (www.mass.gov/dph/ boards/rn) and is accredited by the Commission on Occupational Education (www.council.org). For more information visit www.baypath.net.



ACCURACY WATCH

The Charlton Villager is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur.

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely

If you find a mistake, email news@stonebridgepress.news or call (508) 909-4106 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

WEATHER

continued from page A1

several areas they want to improve. Overall, though, he felt that the teachers and administrators handled things well and promised that they will continue to improve and evolve as winter progresses.

"We have not left the continuous improvement model on everything we do," Lamarche said. "This one day did not escape our attention to reflect, evaluate and improve on what we do on a full-remote day due to weather related

REAS

continued from page A1

Board of Directors: Debra Ciesluk, Ed Ciesluk, Michael Cunningham, Ray Delisle, Carl Ekman, Darlene Emco-Rollins, Dorothy LaChance, Elaine Materas, Katherine Pariseau, Jean Vincent, Sabrina Webb.



Dudley town facilities to receive green upgrades

BY JASON BLEAU CORRESPONDENT

series of small projects in Dudley continuing the town's push towards becoming a greener community.

Using funding from a Green Communities Grant, several facilities in Dudley will see lighting and HVAC work done to help make them more energy efficient. Town Administrator Jonathan Ruda pointed out during a Board of Selectmen meeting on Nov. 23 that lights in the town hall were already brighter than before thanks to the changes and that more alterations were soon to come.

'All of the florescent lighting in the building and in the highway building will be replaced with energy efficient, low maintenance LED lighting fixtures. Additionally, work will begin on weather-proofing the entire town hall including the police station and then finally an evaluation of the buildings HVAC system will be conducted and based on the findings we will replace, upgrade and improve the components as required to improve the energy efficiency of the

HVAC system," Ruda told selectmen.

The work is being completed at no cost to the town thanks to the state-operat-DUDLEY - Work has begun on a ed Green Communities Grant Program which provides guidelines and funding to communities in the Commonwealth to assist them with cutting down their energy use and embracing more efficient resources. As part of the current planned improvement three of the four schools in Dudley will also have similar upgrades take place in the near future.

"The value of this is right around a quarter of a million dollars worth of work between the schools, the town hall, the HVAC systems and the highway barn. This kind of fell off the radar screen for a while, but we're back on

track," said Ruda.

In August of 2020, Dudley was names one of 103 communities awarded a share of \$13 million in Green Communities Grants by the Baker-Polito Administration. Dudley earned \$191,170 from the most recent grant award. Dudley is one of 271 towns designated as a "green community" in the state of Massachusetts after meeting five criteria required to earn the distinction.







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Bay Path LPN gets accepted into Laboure College's ASN Program

CHARLTON — Although she always planned on academic progression with her career path, Ashley Rivera, LPN of Southbridge did not think it would come so soon! Yet here she is, ready to embark on another academic adventure.

Rivera received her acceptance notification into the highly respected Associate of Science in Nursing (ASN) program at Laboure College. To be considered for the Laboure College's ASN program (LPN to RN Advanced Placement track) candidates must meet application requirements for all programs, the general admission criteria for all programs, be an LPN with a current license in good standing and meet the program-specific criteria based upon the candidate's level of education. Some candidates will be required to take the

Test of Essential Academic Skills (TEAS) on campus at no additional charge for acceptance or for course placement. Since Rivera graduated from Bay Path Practical Nursing Academy, which is an accredited, post-secondary institution, recognized by the Department of Higher Education and fully approved by the board of registration in nursing, she is eligible for advanced placement.

Justin G. Roy, Vice President of Enrollment and Marketing in his letter to Rivera commended her for her personal and academic accomplishments. Rivera completed her practical nursing education at Bay Path Practical Nursing Academy in 2019. She was an officer for the UNICEF Club and competed for SkillsUSA district and state championship where she garnered a silver and gold medal respectively in the Health Knowledge Bowl category. She attended the Innovation Summit at Northeastern University in Boston, Rivera was a volunteer at the Paxton Senior Health Fair. She participated in "SafeTalk" developing suicide alertness and safety connection skills resulting in in-depth skills to recognize signs of suicide. Rivera also received certifications in Dementia Care, Mental Health First Aid (National Council for Behavioral Health), and

Infusion Therapy/Central Line

Care (Intravenous Edu).

Rivera said she has always wanted to be a nurse since she provided direct support at Jefferson Rehabilitation Center in Watertown, N.Y. in 2015-2017.

"I've always thought about being a nurse," Rivera said. "I love to help people and I like doing different things. Nursing is the best fit.'

Rivera does not have second thoughts about picking rehabilitation nursing and home care. She has been with Webster Manor Rehabilitation and Healthcare Center (July 2019 to present) and Accessible Home Health in Auburn (September 2019 to present). Rivera, who is bilingual, (English and Spanish) is humbled by being called a healthcare hero amidst the COVID-19 pandemic. The world needs more nurses like Rivera to care for patients or clients either in the rehabilitation or home health setting. Some nurses are willing to combine specialties, but only a handful do it. Rivera does it and does it with passion!

At Bay Path Practical Nursing Academy, the program is a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-



Ashley Rivera

PN licensure exam. Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing (www.mass.gov/ dph/boards/rn) and is accredited by the Commission on Occupational Education (www. council.org). For more information, visit www.baypath.

CLUES ACROSS

- 1. Popular pickup truck
- 4. Profoundly wise men
- 9. Camera company
- 14. Folk singer DiFranco Passerine birds
- 16. Plum-shaped fruit used for
- preserves 17. Popular kids channel
- 18. Dodgers' skipper
- 20. Removes
- 22. The Atlantic is one 23. Badgerlike mammal
- 24. Foulness
- 28. Luke's mentor __-Wan
- 29. Commercial
- 30. A type of gin
- 31. Temptress
- 33. Shuts in an enclosed space 37. Milligram
- 38. Actress Adams
- 39. Strive to equal or match

CLUES DOWN

- 1. Driver 2. Bone cavities
- 3. Menacing
- 4. Where coaches patrol 5. Greek mythological figure 6. War-based board game
- 7. Midway between northeast
- 8. 18-year period in astronomy
- 9. Mid-century term used to
- Japanese-Americans
- 10. Large bodies of water
- 11. Eurasian ryegrass
- 12. Perform on stage 13. Greek island
- 19. 10th month of the year (abbr.) 59. As fast as can be done
- 21. One point east of southeast 24. Belgian city
- 25. Praise excessively
- 26. River in France

- 41. Health insurance
- 42. A detective's source
- 43. Small American rails
- 44. Alfred __, Brit. poet
- 46. Crest of a hill
- 49. Atomic #52 50. Caesar, comedian
- 51. Breaks apart
- 55. Register formally (Brit. sp.)
- 58. Worker
- 59. Chemical compound
- 60. Disgraced newsman 64. Born of
- 65. Chemical substance
- 66. Supernatural powers
- 67. Clothes

27. Edible lily bulbs

32. Organic compound

34. Tears down (Brit.)

41. Firemen use them

52. Moves by turning over

47. Greatly dismay

53. Boxing's GOAT

60. Reciprocal of a sine

54. Swarms with

56. Margarines 57. Feudal superior

61. Chinese city

62. Tell on

63. United

36. Unconscious

40. Missouri

45. Pig noise

48. Imitator

- 68. Indy footballers
- 69. Moves forward

31. Quarterbacks take them

35. Beloved Hollywood alien

70. Midway between south and southeast

Old Sturbridge Village hosts first virtual fundraiser

STURBRIDGE Sturbridge Village (OSV) hosted their first ever virtual fundraiser, "Before and Beyond: A Virtual Fundraising Celebration of Where We've Been and What Comes Next!" on Thursday evening, Dec. 3.

The Village had 150 attendees from 16 states, including Massachusetts, Rhode Island, Connecticut, New Hampshire, New York, Maine, California, Illinois, Missouri, New Jersey, Maryland, Virginia, Michigan, Pennsylvania, Vermont, and Delaware. The event was free to attend but donations were encouraged. Those that donated were entered into different raffle drawings that took place throughout the evening. The

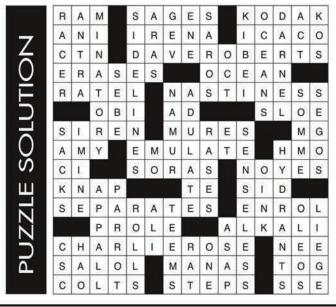
event included 24 raffle items unique to the Village in addition to autographed materials and prerecorded greetings from Norm Abram, of the TV show "This Old House" and documentary filmmaker, Ken Burns. All donors of \$25 or more received an Old Sturbridge Village ornament in the mail.

Attendees heard from key staff on Old Sturbridge Village's pandemic response, how COVID-19 brought about innovation to the Village, and where program is headed in the future. Donors were given the opportunity to honor a person of their choosing by making their gift in honor or memory of someone. Names of Savers Bank for sponsoring this those honored were read out and listed on the screen during the

event. Included were memorials to former Old Sturbridge Village staff members, volunteers, and supporters; and tributes to cur-

President and CEO, Jim Donahue welcomed the attendees of the event sharing, "We are busy working on programs and ideas of the future for Old Sturbridge Village as we prepare to launch into 2021 when we will celebrate our 75th year.'

Donahue went on to thank all those in attendance for their unwavering support of Old Sturbridge Village not just during 2020 but throughout all the years. Special thanks to first virtual event.



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\$420,000, 10 Muggett Hill Rd, Martha L Walker RET, and Walker, Martha L, to Mazzone, Anthony M, and Degnan,

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\$400,000, 35 J Davis Rd, Rockaway RT, and Gauthier, Ronald J, to Morin, \$380,000, 18 King Rd, Thomas, Robert S, and Thomas, Rebecca A, to

\$290,500, 21 N Main St, Green Way LLC, to Moore, Zachary, and Dearbon,

Richardson, Abigail, and Jefferson,

Brandon. \$215,000, 38 Stevens Park Rd, Moynihan Charles N Est, and Moynihan, Charles N, to Williamson,

Donald S, and Nor, Noriah M. \$135,000, 236 Burlingame Rd #C, Messina, Michael, to Bishop, Lauren E.

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Big Brothers Big Sisters host successful virtual event

REGION — Big Brothers Big Sisters of Central Mass & MetroWest (BBBS) found themselves three weeks away from their largest fundraiser of the year, The Big Celebration, when everything came to a halt due to Covid-19. The Mayor of Marlborough, Arthur G. Vigeant, alongside Bob's Discount Furniture's Executive Chairman, Ted English, both committed to being Honorary Chairs of the event. The decision was soon made to postpone the event that was scheduled for April 4, 2020. The BBBS staff and event committee pivoted and began planning for their first-ever, virtual event, The Big Night In which was held on Oct. 29.

Unsure what to expect, the team at BBBS re-evaluated their event budget and goals before forging ahead. The team worked closely with an event planning company out of Newburyport called Ember and a skilled audio-visual team at Blackstone Productions located in Uxbridge.

"Everyone has had to learn how to work differently. Whether you are a teacher and learned how to work remote, a store owner who had to find a new way to reach consumers, or an event planner in a world where events do not exist - we

are all adapting to make the best out of

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a situation. Working with the team at Ember and Blackstone Productions on The Big Night In provided our agency with a new capacity which ensured that we offered the best possible virtual event experience for our supporters," said Lindsay McCarthy, Marketing and Special Events Manager at BBBS.

The Big Night In featured an online auction and a live-streamed event which was broadcasted from the AC Hotel in downtown Worcester on October 29th. During the event, former WCVB news reporter, Susan Wornick, announced that BBBS of Central Mass. & MetroWest was one of 15 Big Brothers Big Sisters agencies from across the nation selected to receive a \$50,000 matching gift from the Stavros Niarchos Foundation. BBBS used this donation to drive donations during the event and will continue raising funds which will be matched by the Stavros Niarchos Foundation, up to \$50,000 throughout the giving season.

"We are so thankful and gratified by the support of our entire network during this challenging year," said Jeffrey Chin, CEO for Big Brothers Big Sisters of Central Mass & MetroWest. "Our supporters, and especially our staff and legions of volunteers, have shown how much of an impact we can have when we adapt and continue to provide mentoring to children facing social isolation and uncertain conditions."

The event can be viewed at www.youtube.com/bbbscmmw. Thanks to sponsorships, auction sales, and donations, BBBS of Central Mass & MetroWest raised over \$130,000. Top sponsors were The Hanover Insurance Group, TJX Companies, Bob's Discount Furniture, and Avidia Bank.

About Big Brothers Big Sisters of Central Mass. & MetroWest

The mission of Big Brothers Big Sisters of Central Mass. & MetroWest is to create professionally supported mentoring relationships, empowering youth to realize their potential and build brighter futures. Children's lives are enhanced when they have a mentor in their lives to celebrate their successes. To learn more about Big Brothers Big Sisters of Central Mass & MetroWest, please visit www.bbbscm.org.



STUDENTS OF THE MONTH

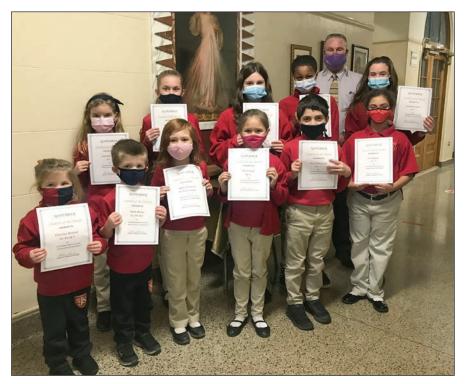


Photo Courtes

Congratulations to the following students who were selected as November Students of the Month: Pre-K 3-year-old – 3 Day Program: Kamila Biela; Pre-K 3-year-old – 2 Day Program: Gracelyn McGrail; Pre-K 4-year-old: Austin Runge; Kindergarten: Sophia Bengtson; Grade 1: Olivia Pajak; Grade 2: Bella Kicilinski; Grade 3: Jacob Marcuccio; Grade 4: Lisa Kippaxp; Grade 5: Alvin Montreuil; Grade 6: Bella Calnan; Grade 7: Maeve Sullivan; Grade 8: Samantha Keller. Students are awarded Student of the Month for their outstanding exemplification of Religion, Respect, and Responsibility. Keep up the great work!



Church Listings

- Charlton Federated Church, 64 Main St., 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org
- Charlton Baptist Church, 50 Hammond Hill Road, 248-4488,www.charltonbaptist.org, Sunday worship 10 a.m.
- Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children's church 10am St. Joseph's Church, 10 H. Putnam Ext, 248-7302
- 7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m. • Hope Christian Fellowship, 6 Haggerty
- Hope Christian Fellowship, 6 Haggerty Road, 248-5144
- Assemblies of God Southern New England District Headquarters, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.
- Lamblight Christian Church, 37 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Rev. Stephen Wade, (774) 452-2393 -Pastor's Cell. Sunday Service 10:00am. www. visitlamblight.com
 New Life Fellowship A/G. SNED Chapel.
- New Life Fellowship A/G, SNED Chapel, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.



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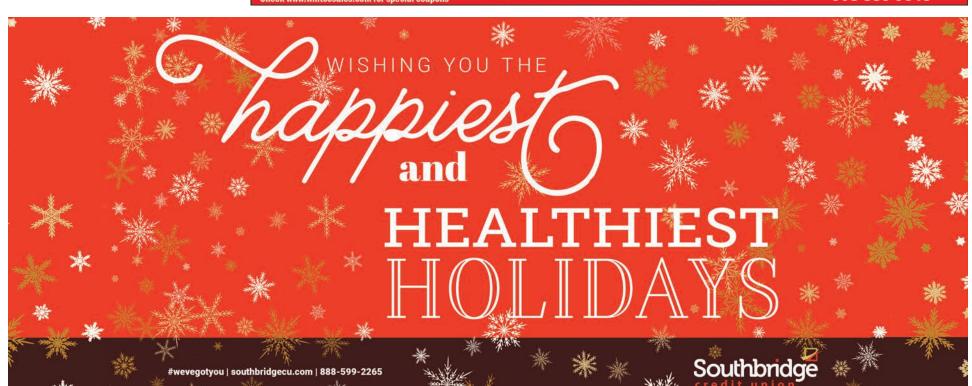
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Wreaths Across America event to take place with modifications

HOLLAND — The Wreaths Across America mission to Remember, Honor, Teach, is the foundation behind all the organizations efforts. Throughout the year, local volunteers have been tirelessly working to make certain that families, loved ones and heroes get honored and remembered for the holidays. However, the challenge was doing so in a way that is consistent with safety and in compliance with local COVID-19 recommendations and mandates.

To ensure the continuance of this year's program in Holland, modifications have been made to ensure the continuance of National Wreaths Across America Day - Saturday, Dec. 19 - and more importantly to show the families of our nations heroes just how much we appreciate their ultimate sacrifice.

The decision to amend this year's traditional wreath laying was not made lightly and have gone great lengths to address public safety while maintaining the best interests of families whose loved ones are interred here.

Modifications include:

Wearing masks Wearing gloves Socially distancing Private ceremony

These continued efforts prove our resolve and tell the story of our commitment to our fallen veterans while demonstrating our appreciation for everything they have done to preserve the freedom that we all enjoy today.

Wreath sponsorships are only \$15, and can be sponsored directly at www. WreathsAcrossAmerica.org/MAHHDC

"Every \$15 wreath sponsorship is a meaningful gift from a grateful American who knows what it means to serve and sacrifice for the freedoms we all enjoy," said Karen Worcester, executive director of Wreaths Across America. "Whether the wreath is placed this December, or next, know that your gift will be honored. We are so grateful to the good people of this great nation for participating in our mission to Remember, Honor and Teach."

To stay informed about changes to Wreath Day events in your community or to sponsor a wreath for a local hero, please visit www. WreathsAcrossAmerica.org/MAHHDC

About Wreaths Across America

Wreaths Across America is a 501(c)(3) nonprofit organization founded to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman Morrill Worcester in 1992. The organization's mission - Remember, Honor, Teach - is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at thousands of veterans' cemeteries and other locations in all 50 states and

This year's National Wreaths Across America Day is Saturday, Dec. 19. For more information or to sponsor a wreath, please visit www.wreathsacrossamerica.org.

LEGALS

Wales **Zoning Board of Appeals Public Hearing**

In accordance with the provisions of M.G.L. Ch 40A §10 & §11, the Wales Zoning Board of Appeals will hold a Public Hearing on December 29th, 2020 at the Wales Town Offices at 6:00 PM, on the application of Kevin Jegelewicz of 93 Union Rd, for a special permit in terms of the Town of Wales Zoning By-law Sec. 4. 2.. The Town of Wales Zoning By-Law Sec. 4.2.2 states "A pre-existing non-conforming use or structure may not be extended, altered or changed except by a special permit from the Zoning Board of Appeals." Specifically, the applicant wishes construct a 5'x 9' porch onto an existing structure. Any person interested and wishing to be heard on this application should refer to the town website (www. townofwales.net) under zoning board agenda for the above date to participate virtually. If you have any questions or concerns please email planning@ townofwales.net

December 18, 2020 December 25, 2020



PRO AUTOMOTIVE SUPPORTS DUDLEY PTO CONTEST



Photo Courtesy

Jason Rousseau, owner of Pro Automotive in Webster, recently donated \$2,000 to the Dudley PTO for the Holiday Card **Contest. Aaron Desautels,** a fifth grade student, drew the winning card. Pictured here are Diana Hrzyan PTO Secretary, Aaron Desautels, and Jason Rousseau.

ROLLBACK

continued from page A1

reduced statewide from 100 persons to 50 persons.

The Baker Administration also announced additional guidance for certain sectors, including restaurants, office spaces, and gyms. Moving forward, all hosts of outdoor gatherings featuring more than 25 people will be required to provide advance notice of the gathering to their local board of

Meanwhile, indoor theaters and performance venues will be closed until further notice.

Restaurant-specific guidance includes the following:

Patrons must wear masks at all times, except when eating and drinking

Restaurants must seat no more than six patrons per table

Restaurants must impose a 90-minute time limit on tables

Musical performances at restaurants will no longer be permitted

Food court seating must be closed in

Restaurant patrons are encouraged to dine only with members of the same household. As much as possible, utilize take-out or delivery services to help minimize risks.

"These new measures are designed to prevent infection and viral spread, especially in indoor settings," Baker said. "They will create stronger mask compliance, more social distancing, and limits to the time spent with people outside of your immediate household."

The Baker Administration also announced new guidelines for workplaces and gyms. In offices, employees must wear masks at their place of work when not in their own workspace.

Employers are encouraged to close down or limit the use of break rooms.

We continue to encourage all employers to offer teleworking to their employees when possible," Baker said. Patrons must wear masks at all times

During the latest weekly state report, Leicester, Spencer, North Brookfield, and several other area communities were listed in the state's "red zone" for COVID-19 transmission risk.

Local officials remind residents to wear masks in public at all times and avoid large private gatherings.

The Worcester field hospital at the DCU Center has already begun accepting patients. A second field hospital was set up in Lowell.

For more information on statewide efforts to combat COVID-19, visit www. mass.gov.

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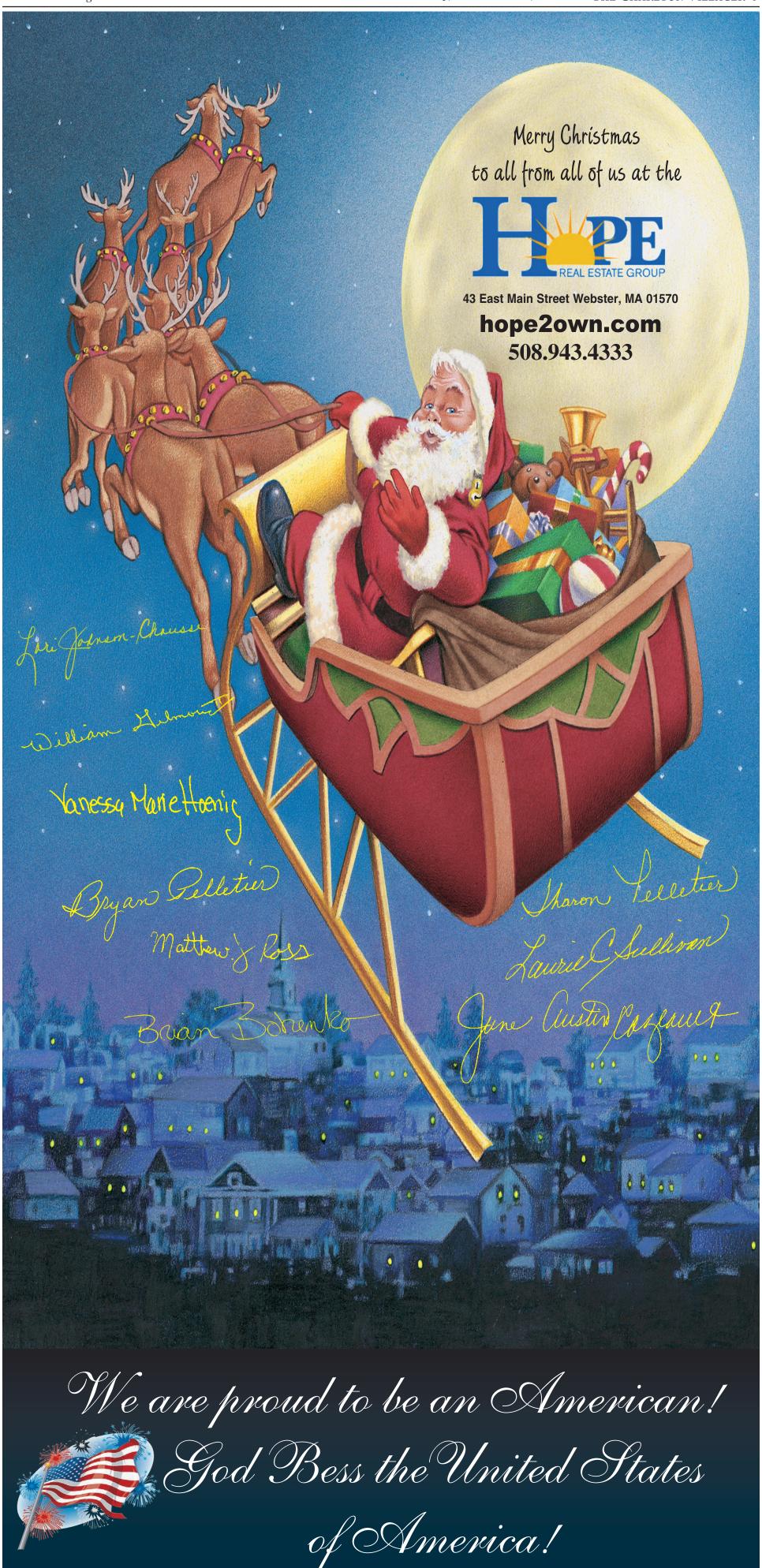
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PRESIDENT/PUBLISHER

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We all share responsibility for protecting the vulnerable

Something we've been hearing over the past few months with regard to COVID-19 deaths is the downplaying of elderly victims succumbing to the virus. When we look at the data and have conversations about the infection rate, and the numbers of those who actually pass away as a result, it seems to be dismissed in cases where the person is over the age of 65. "Well, they are old anyway, and in that age bracket" is often overheard.

What an awful world view.

True, when we hear about an older person passing, we can find some sort of solace knowing that they were able to live for a fairly long time and enjoy life as such. However, isn't the point to try to live as long and healthy as possible? Many of these elderly individuals who have fallen victim to this virus, would still be alive today, had COVID not come into all of our lives.

This outlook is a dangerous viewpoint to have, especially amidst a pandemic. Of course the younger, healthier population is less at risk; however the responsibility falls on all of us to protect the vulnerable, regardless of our odds of contracting a severe case ourselves. We may be fine if we catch it, and may decide not to take precautions, telling ourselves "I'll be fine." However, walking around asymptomatically may infect someone who might not be OK. As a society of neighbors, co-workers, family and friends, it should always be our job to look out for each other. Despite our differences, we must always put humanity first and take care of one another. Whether that looks like helping someone with a flat tire, pulling someone out of a ditch who's car slid off the road, helping someone in need with groceries, or taking precautions during a pandemic to keep each other safe, it's our duty as decent human beings to do the right thing, not for ourselves but for each other.

In overhearing such statements regarding the elderly, we want to remind those that need to hear it, that these long lived lives are just as important as they always have been. Being elderly shouldn't mean we are automatically dismissed as a member of society. The golden years should be protected as best they can as we all age, and we

Our elderly community are just as valuable now as they were when they were in their twenties. Remember that senior citizens still pay taxes, grocery shop, take care of family members including grandchildren. It is our grandparents that make up the highest number of child care providers, allowing their own children to continue to work, which in turn boosts the econo-

Our elderly population provides friendship and support to everyone around them. In addition, the highest number of volunteers come from the senior citizen population. Again, this in turn helps to contribute to our econ-

It doesn't seem like any of this hits home for some individuals, until they are affected personally. If you are not close with someone who is elderly, remember that many of us are. It is important to continue to value and protect the most vulnerable among us.

In an attempt to bridge recent political division, we want to remind everyone to look out for each other, despite your differences. What matters in the end is community and how we operate in our own small circles.

We have seen refreshing occurrences of both Republicans and Democrats, locally, who have joined forces to make our communities a better place...individuals who have not lost sight of what really matters in life.



Views and commentary from Charleton, Charleton City, Charleton Depot and beyond

TO THE EDITOR

TCA is thankful

To the Editor:

Trinity Catholic Academy would like to take this opportunity to thank the area community for their most recent support of their first time "online" Giving Tuesday event assisting TCA to obtain Chromebooks.

Key support of matching gift opportunities offered by the Hyde Dexter Foundation; a Local Community Partner & the TCA Board were truly instrumental in the success of this campaign offering the ideal incentive tool to obtain the results that exceeded our

Thank you to Rita's Country Primitives, Oakridge Creations, Toni Perkins, LMT for supplying gifts from

their businesses and thanks to all that invested time in the short Campaign. Your support added fun and interest as progress was made toward the goal.

We cannot forget the parents, past parents and grandparents and alums who participated with gifts and spreading the word. Your participation revealed a great benefit to reach new donors.

TCA is truly grateful to all that participated individually monetarily or "in-kind." We are truly blessed.

On behalf of Trinity Catholic Academy,

> DIANE PERRY ALUMNI LIAISON

Are we still a beacon of democracy?

I'm a lifestyle columnist that promotes optimism and positivity in our daily lives. I'm not a political pundit. Occasionally a subject arises that connects the two areas of positivity and politics and I feel it's important to address. We have a problem.

Depending on which poll you believe, almost 40 percent of all Americans believe our recent election was either dishonestly counted or was unfair, while seventy-seven percent of Republican voters say their candidate was fraudulently defeated. There has never been so much distrust in our voting system.

Former US Congressman and retired Army Lieutenant Colonel Allen West is now floating the idea of secession for those states who feel election laws were broken to elect Joe Biden.

This was an unprecedented election, with new rules and extreme methods. designed to accommodate voters due to our current Covid-19 pandemic. Former President Jimmy Carter, a long-time global advocate and judge for free elections, a Democrat, says that mail-in ballots are wrought with the opportunity for fraud Never in our history have we had the massive number of vote-by-mail ballots as we did in this 2020 election.

The Beacon of Democracy? The Land of the Free and Home of (because) of the Brave now floating a break-up of

Yes. I believe our Union is at risk, but let me be clear. I do not advocate overturning the recent election. I accept the results based upon the election rules that were in place. The problem I see, and it should disturb both sides. is that the looseness of rules, methods, techniques, and monitoring of the last election places our democracy at risk. This isn't about Trump or Biden. This is about election security. We can and must do better.

You may say Allen West isn't representative of most voters on the right. but I'd say you may be wrong. This shouldn't be a left or right issue, it's an American issue. We should be united in preserving the integrity of our elections.

I'm born and raised in Illinois, and for as long as I can remember, there has been, and continues to be, a desire for the Illinois "outside of Chicago" to separate from the Windy City. The Chicago Machine rules Illinois with an iron fist and has for almost one-hundred years. Look no further than the 1960 presidential election if you want to understand the power of the machine and how a small dishonest group can impact an entire nation.

There has been a movement over the last few years for the vast expanses of red California to break away from the influence and control of blue Los Angeles and San Francisco. And red Western Washington and Oregon could not be more polarized from their fellow statesmen in Seattle and Portland. They are now discussing breaking away and joining Idaho. Then back to Texas, there's been a group calling themselves the "Republic of Texas' that has been pushing secession from the U.S. for years. And now a former congressman, retired Lt. Colonel (Army) and head of the GOP in Texas, calling for a discussion of secession.

The secession movement is growing and gaining momentum. It's fueled by a large minority (upwards of forty percent) that believe their candidate was cheated and the rightful winner was denied. Yes, the country is divided almost perfectly down the middle by a



MOORE

different ideology but that alone isn't enough to fuel a dissolution of our Union that has lasted since 1776. A lack of trust in our elections ... just might be. If we believe our elections are not honest and fair ... how can we possibly be the Beacon

of Democracy? Why should we vote if every legal vote isn't counted? It is a National dilemma.

To those calling for secession, let me remind you how well it worked for our nation last time this idea reared its ugly head. The southern states paid a devastating price, while the whole nation suffered the massive losses of our civil war. I cannot believe anyone would want to risk a second American Civil War, but there are those who do, and the numbers are growing. Ideology alone will not cause this break-up, but a lack of a reliable, honest, and trustworthy voting system can and maybe

If we want to secure our Union, we must secure our voting system.

How do we do it?

We must show picture identification for many less important reasons in our states and our nation. What's more important than voting? Picture ID must be shown to vote. And no ... this is not voter suppression but reasonable election security.

Absentee ballots must be used for legitimate reasons for being absent on Election Day and should not be available to the masses because they don't want to vote in person. If you care about the future of your nation, show up at the voting booth, show your ID and vote. How is this asking too much?

Counting of every single vote must be done with poll watchers from each party. Any vote that is illegally counted under the view of only one side must be either thrown out or counted again, with proper witnesses.

As for voting machines and the allegations they are easily open to fraud, I don't know enough to comment, but I've heard enough to believe they must be examined before they are used again.

Then you have our tech giants who I believe clearly favor one side over another and influence voters by their bias. Why is this allowed and how do we stop this?

Want to preserve our Union? Secure our elections. Taking the steps to secure our elections is not voter suppression but election security. Without election security, everything we say we stand for is a lie.

I love my blue friends and love my red friends. If we love our Union, we must join hands and engage in election systems we can all trust. The risk of not doing so is unfathomable.

My prayer for our nation this Christmas is that we can come together and reflect the values that have held us together for almost 250 years. If we only agree upon one thing, let's agree that our United States of America is worth preserving and saving. Imagining the world without our influence creates a frightening picture. Let's set aside our political and ideological differences and preserve our nation.

God bless America, and may God save and preserve our troubled Union.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @ GaryWMoore721 and at www.garywmoore.com.

Are you still planning to retire early?

Have your retirement plans changed because of COVID-19? If so, you have plenty of company. Nearly 40 percent of those planning to retire say the pandemic has disrupted their intentions, according to the Edward Jones/ Age Wave Four Pillars of the New Retirement study. You might have been thinking about retiring early - can you still do so?

FINANCIAL Focus

JEFF BURDICK

sider these factors: Your retirement lifestyle - Your ability to retire early depends somewhat on what sort of lifestyle you're anticipating during your retirement years. If you

think you'll be trav-

Even without a cri-

sis, it's not a bad idea

to review your import-

ant life goals from time

to time. So, in thinking

about the possibility of

early retirement, con-

eling extensively or pursuing expensive activities, you might not be able to afford to retire as early as someone with more modest ambitions. Of course, there's no "right" or "wrong" way of living in retirement - we all have our own dreams and preferences. But be aware that different lifestyles do carry different price tags – and have different effects on when you can retire securely.

Sources of retirement income Obviously, a key factor in knowing whether you can retire early is the amount of retirement income you can rely on. So, you'll have to assess all your sources: Social Security, any other pensions you might receive, and your investment portfolio, including your 401(k) and IRA. The amounts you receive from these sources will depend on a variety of factors.

For Social Security, the longer you wait until collecting, the larger your monthly payments (although they will "top out" when you reach 70, excluding cost-of-living adjustments). In regard to your investments and retirement accounts, you'll need to establish a withdrawal rate that's appropriate for the length of time you expect to be retired. So, by adjusting these variables – taking Social Security earlier or later, taking more or less money from your retirement accounts - you can help determine if the retirement date you had in mind is viable.

Your feelings about work – Your goals are not static - they can change in response to any number of reasons, both external and personal. When you first decided you wanted to retire early, you might have been motivated by, among other things, a weariness of your current job. But has that changed over time? Have you found new challenges that interest you at work? Or, if you were forced by the pandemic to work remotely, did you actually enjoy the arrangement and want to continue it?

After all, many employers have found that their workers can be just as productive working at home, so, even when we've gotten past COVID-19, we might see a sizable shift in the geography of the workplace. In any case, if your feelings about work have changed in some way, leading you to think you could work longer than originally planned, you'd likely gain some financial advantages. You'd make more money, for starters, but you'd also keep building your 401(k) and IRA, and you could even possibly delay taking Social Security.

The pandemic may lead to a reevaluation of many financial goals - and taking early retirement might be one of them. By thinking carefully about your situation and your options, you can come up with a course of action that's right for you.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edwardjones.com.



Brothers on the hunt

The final day of the Massachusetts shotgun season was a good one, according to hunters that I spoke with. The weather was perfect during the morning hours. It was comfortable to sit on a deer run that had high hopes for this writer and many others. I hunted

with my brother Ken, as I do every year. We both drew a doe permit for Zone 8, so we hunted in the town of Douglas. I met Ken at our usual spot at 8 a.m., which is a bit late because of our elderly status.

We do not hunt hard, and often have one of us take a stand on a good deer run, that also showed signs of deer activity like acorn feeding. My brother decided on taking a slow walk through the area, hoping to push a deer to my stand. I sat comfortably on my hotseat up against a large oak tree, waiting for my brother to come through. As I waited, I was being entertained by a couple of gray squirrels scampering across the ground, looking for acorns to sustain them through the winter months.

A couple of times one of the squirrel's scampered down a small log that was only a few feet from me, when he noticed something wrong. He let out a loud screeching noise, alerting every form of wildlife in the area of my presence. A few red squirrels also joined in with their chatter. I spotted my brother walking towards me, and I slowly lifted my ageing body off from the ground, with the help of the large tree, and a couple of smaller trees. After we discussed the situation, we decided to hunt the lower part of the property,

THE GREAT **OUTDOORS RALPH**

TRUE

where I had left one of my tree stands that I no longer use. I left Ken on the ridge

and headed down to my tree stand to sit on the lower part. At least I could get up to shoot if the situation arises. I slowly walked down to my tree stand, but need-

ed to cross the small stream to get to where I was going. Lucky I had my Muck boots on. I found an old stick that was laying on the ground, and used it to steady my ageing body, hoping to navigate the water without falling in. "Whew!" "I Made it." I slowly walked over to my tree stand and placed my cushion on the lower part before I sat down. "This is a lot more comfortable."

There were all kinds of fresh deer sign in the area, and I just felt sure I was in a good spot. I called my brother on our two-way radio and told him to take a slow walk through the brush towards my position. I watched the area pretty good for a while, and then suddenly out of nowhere, this huge deer came gliding through the brush in slow but huge jumps. I quickly stood up and took aim at the large deer, but it disappeared into some thick brush. I spotted the deer again and let one round go on my 12-gauge shotgun. The discharged shell echoed through the woods.

I waited a few minutes to stop my heart from racing and to let my brother know of the situation. He stayed where he was because the deer could very well circle and head back in his direction. I was not so sure about my shot being productive, but I spent a while making sure there was no blood trail. It was as I had



Photo Courtesy

This week's picture shows Ken & Mark True ice fishing on one of our favorite spots in years past. We are all hoping for some ice this year.

figured. A clean miss! I guess I will need to borrow some venison from one of my buddies again this year! We worked our way back to the car and headed for the nearest coffee shop. There is still black powder season that ends on Dec. 31 in Massachusetts! But I am not to encouraged about scoring on some venison this year.

With Christmas only days away, we need to brace ourselves as families, that it will be like no other Christmas that we have ever encountered. That does not mean as families that the cele-

bration cannot be meaningful as it has always been; it is just that the celebration should be done in smaller groups of family members & friends. We all need to hope and pray that the recently approved vaccine to combat Covid-19 is safe, and will work to eradicate this terrible disease that has cost thousands of lives, and threatens thousands more. Our faith is being tested, and we better be ready. God bless!

Take A Kid Fishing & Keep Them Rods Bending!

What makes estate personal property valuable?

There are many components of estate assets, with home and land typically being the most valuable. Stocks, bonds, or bank accounts may be worth more in certain situations. Personal property is typically the least valuable, but there are times when there are some very desirable items in the estate.

Being an antique estate auctioneer, I focus on antiques, collectibles and other estate personal property and will explain in this column what we look for in determining whether estate contents are potentially valuable.

One factor is how long the family has been in the country. We've handled at least one estate where the family came over on the Mayflower. There were books and documents dating back to the 18th century. In an estate where items have been passed down through generations, you can usually expect to find some valuable

objects. The family's wealth is another important factor. Some families have the financial means to buy Rolex instead of Timex watches and to buy large sterling silver flatware sets instead of silverplate or stainless steel. Even though formal dining isn't as popular today, sterling silver flatware can be worth

One of the rules that most collectors follow is to collect what you like. Collectors typically don't look at their collections as an investment. However, when the collection is auctioned and converted to cash, having collected popular items will benefit the collector or their heirs. Some common collectibles like coins, 1960s and earlier baseball and other trading cards, and comic books can be worth a considerable amount. We recently sold a collection



ANTIQUES, COLLECTIBLES & ESTATES

of mainly gold and silver coins that brought nearly \$40,000 and sold a baseball card collection a few years ago that sold for over \$20,000.

The time period that the person collected their items also impacts the value of personal property. Over 20 years ago, we were contacted by a woman who had a large collection of Barbie dolls and other toys. She was at the age where she could've begun collecting when some of the first Barbies were manufactured and we had high WAYNE TUISKULA hopes for selling her items after our conversation with her. Unfortunately for her and

us, she collected all of her toys later in her adult life and they had little value. When you've collected something in your youth, you don't have to worry about fakes and reproductions in your collection that have become more prevalent now.

Many people are uncomfortable when we first meet if the estate they are handling is packed with items. I assure them that there are never too many items as far as an auctioneer is concerned. Even if there aren't a lot of valuable objects, sometimes the sheer volume of items can make an auction or estate sale profitable. Around 15 years ago, we auctioned a collection of items from the 1920s through 1960s that a collector had acquired over many years. There was enough material to fill a box truck. Although there weren't any big-ticket items, 1950s hair dryers, 1940s household items and even circa 1930s rolls of toilet paper combined to bring in tens of thousands for the consignor.

We have a small online auction taking place with items from a Worcester estate. Included is a commercial tractor, dump truck, motorcycles, other vehicles, a large Coke sign and Ford Mustang pedal car. The first session of the large toy collection from a West Boylston estate will soon be ready for online bidding. Session I will contain diecast toys. Antique and vintage toys will be in later sessions. You will also be able to bid online for equestrian and other paintings from artist Fay Moore's estate after the holidays.

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



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** Friday's Child ** **



Samantha Age 14

Hi! My name is Samantha and I want to be a singer

Samantha is a creative teenage girl of Caucasian descent who wants to be a singer when she grows up. Those who know Samantha say she is a smart, resilient, empathetic child who truly cares about the well-being of others. She is also athletic, very practical and a strong advocate for herself. She is able to express her needs without any prompting. Samantha has been very interested in trying out new hair styles and those who are close to her say she is extremely stylish. Samantha likes school, particularly writing

and recess. She is a great problem solver who works hard to achieve desired outcomes.

Legally free for adoption, Samantha would do best in a home with a single mom or a two-parent family. If there are other children in the home, they should not be close in age to Samantha. Samantha would thrive in a family that could give her a lot of attention and help her reach her fullest potential. A pre-adoptive family will need to maintain contact with Samantha's relatives and her visiting resource through phone and visitation. Samantha would like a family with pets (maybe a dog) and older siblings.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

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







TAKE THE HINT **KAREN** TRAINOR

Few simple tasks bring order to chaos better than making a list. Creating a list of "pros and cons" vividly illustrates points for contrast and evaluation, while crossing off a daily list of accomplishments (no matter how mundane) can be a powerful motivator. In fact, most avid list makers take great satisfaction in viewing their options and/or daily

successes literally laid out before them. Numerous studies reveal lists can greatly benefit the writer far beyond short term satisfaction. Writing a list not only has the power to help save time and money, but the act of "listing" has been shown to aid memory, prevent procrastination and boost decision making skills.

Whether you want to pay down debt, tackle a new project or just lay out the pros and cons of an issue, making a visual list sorts it all out for easy review and action. The following listing strategies, ideas, and suggestions reveal how list making list (and maybe even checking it twice) can be a valuable tool to everyday

Writing it Out: While today's world offers an abundance of internet downloads and phone applications to help us track our accomplishments and get our lives in order, perhaps none is more practical and effective than the old fashioned pen and paper list. The advantage over electronic apps is that you can simply jot down a list whenever and wherever the mood strikes. Not to mention a paper list can be folded and tucked away for easy retrieval and review.

If checking off a completed task in a "to do" list is a satisfying act, crossing it off in a big, bold way is even more effective. To make an impressive visual impact, line out items on a written list with a bright red marker. Or, make a list on a wall size whiteboard and check off items with a thick black marker. These

"in your face" visuals of tracking each

COURSE

continued from page A1

strong advocacy for mental health." She added, "like CPR in keeping the

blood flowing to organs until the EMTs or an MD shows up, with MHFA, your caring interventions reassure individuals that they can get help until a referral can be made for them to a mental health professional if necessary.'

Strategies for "Living by the List"

accomplishment throughout the day cuts tasks down to a manageable size. serve to motivate.

For those who need a jump start to begin a manual list, a few simple tracking tools may be all it takes to inspire "listing." Some people enlist the help of a day planner or other calendar based notebook to record daily diet, fitness or work goals. A fresh legal sized pad or lined notebook also inspires pen to paper as do long, narrow pads of paper made for listing. A good, comfortable pen is another valuable aid. In the home office or gym, a white board calendar that displays daily, weekly and monthly goals, commands attention and successes can be easily checked off when achieved.

Free List Maker Software: If you prefer to "type it out," there are many applications that support making, sharing and prioritizing lists. Here are some free ones to check out:

Google Docs is perhaps the most familiar way to make everything from simple, personal lists to multilevel lists you can share and use as business task

Online list maker Scribbless.com is another free and easy list maker to build lists to share with your friends and fam-

·IPhone apps to help you organize and create lists are plentiful online. Some are free, such as Remember the Milk, a capable to-do-list app with some sharing options included at no cost, making it good for household use.

·For serious list makers, a social network for goal achievers, www.mylifelist. org, offers an interactive web destination that challenges people to fulfill their major aspirations by creating a life list. Through the website, members can create a life list, and are motivated to take action and encouraged to inspire others by sharing their successes through stories, photos and video.

Rx for Brain Clutter: Research reveals lists can relieve stress by organizing items and/or tasks. Listing items into order not only calms mental clutter, but

Even if MHFA Certified PN students never face a critical mental health situation, the training enables them to have healthier, more impactful and compassionate conversations with adults.

Mental health awareness is a highlighted program at the Bay Path Practical Nursing Academy, the PN students are grateful to have the support of the Academy and the partnership with Shrewsbury Youth and Family Services, Inc. under the lead-

Making a list can also be good news for procrastinators as a list can be valuable call to action. From tracking a diet program to monitoring career success, listing can break down goals into workable segments. "Listing out" is often all that's needed to jump start a bigger project.

Studies show writing and using lists exercises the brain and builds memory. In today's busy world, trying to remember everything is stressful! Placing items from your mental memory to a list alleviates stress and offers peace of mind that the important issues are "backed up" on paper (or computer).

According Cynthia R. Green, PhD, a nationally recognized clinical psychologist and brain health/memory fitness expert, making and using a list is a memory tool that can "save your brain."

"Using lists, just like using any technique to boost your brainpower, will focus your attention more actively on the information you need to remember. Why? When we work with information, we pay closer attention to it," she said.

In addition, Ms. Green notes that making a list is good for overall well being:

'Lists help us feel better. When we are organized we forget less and do more and generally are more effective and productive. Feeling effective is important to our self-esteem, since we feel better about ourselves when we see ourselves as capable. Being more productive means we are making the most out of our time, so we have more time to do things we really want to do. This is how list making can

From Grocery Lists to Bucket Lists: Lists can serve as great organizers. Whether you want to recall past accomplishments for a resume, or simply need to write a weekly grocery shopping list, a simple list is a clear and concise tool to get the job done.

Those who "live by the list" advise making both short term and long term lists. Short term lists, which are completed daily or within a week include gro-

ership of Executive Director Christine Mowry. The training was made possible through the support of Simon Says Pizza Chef of Southbridge and Big Y, also of Southbridge.

At Bay Path Practical Nursing Academy, the program is a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are cery lists, daily "to do" lists, diet meals, exercise tracking, etc. Long term lists typically include "bucket lists" of future accomplishments, work projects, home improvement plans, career goals, etc.

When writing a list, it's important to keep an open mind. While creating a list can boost enthusiasm, it's important not to get carried away and "overlist." For example, when making a pros and cons list, each point should be short and concise. Stick to basic positive and negative points only, to keep it simple and clear.

When making a "to do" list avoid listing more than can be accomplished. List only tasks that are manageable in the time allotted. It's often better to complete a shorter list than to carry over an uncompleted one. That said, a list is a tool to get jobs done, so don't be tempted to undercut the tasks. "To do" lists should be challenging, but do-able!

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month 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.

eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing (www.mass.gov/dph/boards/rn) and is accredited by the Commission on Occupational Education (www.council. org). For more information, visit www. baypath.net.



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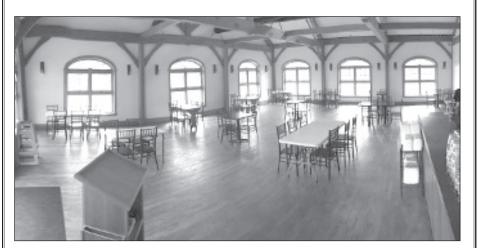


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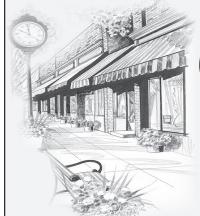






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OBITUARIES

Teresa M. Gauthier, 93

CHARLTON- Teresa M. (Flanagan) Gauthier, 93, of Meadowview Dr., passed away on Tuesday, Dec. 8th, in Care One at Millbury, after an illness.



Her husband, Arthur B. Gauthier, passed away in 1988. She leaves her daughter, Patricia A. Gauthier of North Grosvenordale, CT; her three sons, Arthur Gauthier and his wife Karen of Charlton,

Paul Gauthier and his wife Cheryl of Charlton and David Gauthier and his wife Marie of West Suffield, CT; her sister, Mary A. Wilson of Rhode Island; five grandchildren and eight great grandchildren. She was predeceased by three brothers, Leo F. Flanagan, John W. Flanagan and Martin T. Flanagan and a sister, Marion L. Vieira. She was born in Norwood the daughter of Leo F.

and Mary G. (Daley) Flanagan.

Teresa worked as a secretary at the Valley View Schools in North Brookfield for many years, retiring many years ago. She was a longtime member of St. Joseph's Church in Charlton and was a member and past president of the St. Joseph's Women's Club. She enjoyed crocheting and rug hooking.

A funeral Mass for Teresa was held on Friday, Dec. 11th, at 11:00am in St. Joseph's Church, 10 H. Putnam Rd. Ext., Charlton. Burial will follow in West Ridge Cemetery, Charlton. A calling hour was held on Friday, Dec. 11th, in St. Joseph's Church, from 10:30am to 11:00am prior to the Mass.

In lieu of flowers donations may be made to St. Joseph's Church, 10 H. Putnam Rd. Ext., Charlton, MA 01507.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.

www.morrillfuneralhome.com

Dudley keeps single tax rate

BY JASON BLEAU

DUDLEY – The Dudley Board of Selectmen held their annual tax classification hearing on Nov. 23, where they unanimously agreed to stick with a single tax rate applying an equal share of the tax burden to both residents and businesses.

Principal Assessor for the town Lisa Berg gave a presentation to selectmen detailing the breakdown of the town's taxpayers including industrial, commercial, and personal property. She said the hearing is held every year to determine if Dudley will fairly distribute the tax levy among these parties based on valuation or if the town wants to embrace a split rate putting more pressure on business to offset the tax burden.

"Out of the whole town, we only have

one taxpayer that's over \$5 million in value, and that's Massachusetts Electric, who really wouldn't be impacted if we shifted the burden. We have three taxpayers that are over \$4 million and then we have five taxpayers that are over \$2 million in value," Berg explained during her presentation adding that only sixteen taxpayers are valued a over a million dollars. "All those other businesses in town would really feel the effects of shifting the burden onto them and taking it off the residential properties"

The recommendation was to maintain the single tax rate the town has embraced for many years. Selectmen unanimously supported the decision unanimously voting to keep the single tax rate for another year.

St. Joseph eighth graders receive class jackets

WEBSTER — Congratulations to the St. Joseph School Class of 2021. Recently, they were awarded their 8th Grade Jackets. The jackets are a significant milestone that the 8th Grade students look forward to each year.

In addition to the students' names, year of graduation, and St. Joseph School logo, the left sleeve of each jacket is embroidered with a symbol representing the sports that they participated in during their time at St. Joseph School. Sports include soccer, basketball, cheerleading, and for the first time, cross country.

In addition to acknowledging the students' participation in athletics, the right arm of each jacket lists academic clubs and achievements, including altar serving, band, Children of Mary, choir, Drama Club, Food Share, LEGO Robotics, Math Club, National Junior Honor Society, AAA Safety Patrol, and Student Council. The jackets are a unique and incredible memory of the students' time at St. Joseph School.

Photo Courtes

St. Joseph School students pose for a group photo after receiving their 8th Grade jackets. Front (L to R) Principal Michael Hackenson, Krystian Kowalczyk, Rylee Conlon, Nicholas Janeczek, Maya Podskarbi, Samantha Keller, Elizabeth Mahlert, 8th Grade Instructor Mary Ann Weaver. Rear (L to R) Zane Ferri, Dale Boudreau, Dominic Lilley, Alexandra Bergeron, Lauren Gingo, and Headmaster, Rev. Grzegorz Chodkowski (absent) Domik Duby & Justin Dooner.



DWC hosting January Calendar Raffle

DUDLEY — For the entire month of January 2021, the Dudley Woman's Club is sponsoring a fundraising calendar raffle in support of our scholarships and charitable programs!

Tickets are \$10 for 31 chances to win! Every ticket is eligible for all prizes. Daily drawings will be held and winners announced at 7 p.m. on our Web site and our Facebook page. Winners will also be contacted directly. Tickets can be purchased online on our Web

site, www.dudleywomansclub.org or by contacting any member of the DWC. For more information, contact us at dudleywomansclub@gmail.com. Tickets will be sold through December 30th. Check out our daily prizes in our prize gallery at www.dudleywomansclub.org!! Your support of our scholarships and charitable giving in this difficult time is greatly appreciated!



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Dress up your landscape with winter-inspired container gardens



GARDEN MOMENTS **MELINDA MYERS**

Clear out your fall containers and make room for some winter greenery. These planters are sure to brighten those dreary winter days and add life to your landscape.

Transform weatherproof summer and fall containers for winter. Fiberglass, plastic, cement and wood will hold up to the cold, ice and snow. Don't subject terra cotta and glazed pots to the harsh elements that can cause them to crack. Remove faded fall flowers and add a bit of potting mix to fill the container within two inches of the top. Or select a new weatherproof container and fill it with potting mix.

Consider your overall landscape design and other outdoor winter decorations when creating or purchasing a holi-

day planter. Place a couple of winter planters on your front steps or dress up your patio, deck or balcony and enjoy the view from the comfort of your home. Don't overlook those hanging baskets. Fill them with winter greenery to elevate your winter containers to a fun new level.

Fresh-cut needled evergreens like spruce, white pine, fir and broadleaf evergreen boxwood and holly combine nicely to form the backbone of your container design. Make it easy by using spruce tips to create vertical interest in a container. You only need to set a few in the center of the pot to look like a pro. Surround these with graceful white pine boughs to anchor the arrangement to the container.

Add sprigs of other evergreens for additional texture and shades of green. Next, it's time to put your creativity to work. For those that prefer a natural look, consider white birch branches and stems of red twig dogwood, corkscrew willow or contorted hazelnut. Add a bit more color with berry laden winter holly branches and dried seed rudbeckias, allium, and coneflower seed heads or hydrangea flowers. Finish off your arrangement with a few evergreen cones and a bow.

Or add a bit of glitz with painted and glittered cones, twigs, ornaments, or other holiday adornments. You can purchase these or create your own with a bit of paint and glitter. Just make sure your materials will hold up to the winter weather.

Once your arrangement is complete, water thoroughly. The moist soil helps keep greenery fresh and in place. Once the soil is frozen you can stop watering. The cold weather will help keep your greens looking good throughout the holidays and beyond.

Extend the life of your greenery with an organic biodegradable antitranspirant. These materials help seal in the moisture, delaying the browning of cut greens. Always read and follow label directions carefully. Most need to be applied to evergreen boughs outdoors and allowed to dry before bringing it indoors or beginning your



Photo Melinda Myers

Winter container gardens brighten up the landscape all season long.

For additional ideas and a bit of inspiration, watch my Create Beautiful Outdoor Evergreen Containers video. You will find more ways to enhance your landscape with winter containers.

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 GrowAnything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her Web site is www.melindamyers.com.













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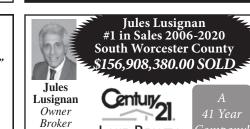


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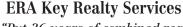






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# of Homes Sold	10	10	>	
Avg Days on Market	73	25	Y	
AUBURN				
Median Price	\$259,000	\$339,000	A	
Market Volume	\$4,008,000	\$7,929,500	A	
# of Homes Sold	14	24	A	
Avg Days on Market	48	28	Y	

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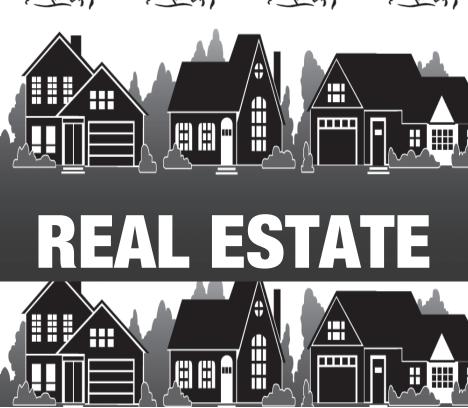


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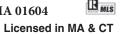


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