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By Jason Bleau

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Rockets.net two quick goals, hold on late to upend David Prouty

By Nick Ethier

S O C C E R

Auburn’s Jenn Johnson, left, and David Prouty of Madison Chil-er take a break at the end of the game. Playing in his last regular season contest, Prouty was unable to prevent Auburn from scoring its second goal of the game.

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Breast cancer is a complex disease that affects millions of women across the globe each year. Though the American Cancer Society reports that only about 4 percent of women diagnosed with breast cancer in the United States are under age 40, women of all ages can take steps to protect themselves against this deadly disease.

Exercise benefits women in myriad ways, and that includes lowering their risk for breast cancer. The ACS notes that researchers are increasingly linking exercise to a reduced risk for breast cancer. Though the reasons behind that link remain unclear, some theories that the positive effects of exercise on body weight, inflammation, hormones, and energy balance could be why regular physical activity helps women reduce their risk for breast cancer.

Body weight and breast cancer

The National Cancer Institute reports that being obese after menopause can significantly increase a woman’s risk for breast cancer. In addition, the ACS attributes the rise in hormone receptor-positive breast cancers to an increased prevalence of excessive body weight. Routine exercise is a highly effective way to lose weight and keep weight off, which in turn could lower women’s risk for breast cancer.

Being sedentary and breast cancer

Exercise is a not a sedentary activity, and that could be another reason why women who are physically active have a lower risk for breast cancer. The ACS notes that more than one study has linked sitting time to a higher risk of various diseases, including breast cancer. Researchers with the ACS analyzed data from 17,412 women who, they found, followed for an average of 15 years. None of the participants had cancer when the study started, but researchers found that women who sat for six or more hours per day during their free time had a 10 percent greater risk for invasive breast cancer than women who sat for less than three hours per day during free time.

Does physical activity really reduce breast cancer risk?

The human body is complex, and a host of factors, including those like age that women have no control over, can affect cancer risk. However, engaging in routine physical activity seems to be an effective way for women to reduce their risk for breast cancer. In fact, the Breast Cancer Research Foundation estimates that one-third of all breast cancer cases could be prevented with positive lifestyle choices that help women maintain a healthy weight, including exercise.

Routine physical activity can be a significant weapon in women’s arsenal as they continue their efforts to prevent and overcome breast cancer.

Bay Path Practical Nursing team raises $1,160 in Walk to End Alzheimer’s

CHARLESTON — Lindsay Guertin, BSN, RN and Jason Guertin, BHS, ASN, RN and their children, JJ and Elyse, all of Spencer, led the Bay Path Practical Nursing team in the Oct. 3 Walk to End Alzheimer’s at the Hanover Insurance Office Park, 100 North Parkway in Worcester. The team’s goal was to raise $1,160 for Alzheimer’s care, support, and research. Professor Lindsay Guertin is passionate about Dementia and Alzheimer’s care.

She reiterates, “it’s important to learn as much as we can, especially our practical nursing students. The more awareness we can bring leads to someday maybe a cure.”

The Bay Path Practical Nursing Team members attended the Promise Garden Ceremony at 10 a.m. Professor Lindsay Guertin as the Team Captain enthusiastically lead the walk in her Team, Captain gear. Practical Nursing students in attendance were Sarah Garcia of Charlton, Marites Sklarz of Southbridge, Geyalyn Worthbee of Charlton and Martha Veloz of Worcester.

“Participating in an event is a memorable learning activity for everyone,” said Germaine Bolandrina, DHA, BSN, RN, CRBN, Academy Director.

Guertin, with her husband Joseph, saying “it’s a chance to make an impact in the mission to end Alzheimer’s.”

In addition, Bolandrina stated, “I am so grateful for Professor Lindsay Guertin’s leadership and her entire family’s participation. We look forward to the day when the goal is reached of finding a cure for Alzheimer’s.”

Captain gear. Practical Nursing students in attendance were Sarah Garcia of Charlton, Marites Sklarz of Southbridge, Geyalyn Worthbee of Charlton and Martha Veloz of Worcester.

October is Breast Cancer Awareness Month

Please see important info below.

Thank you to the businesses supporting this special page.

Breast Cancer awareness

How physical activity can help in the fight against breast cancer

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Bay Path Practical Nursing Academy welcomes new faculty members

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In addition to Ms. Johnson, the school has also announced the appointment of Angela McGrath as an adjunct faculty member. Ms. McGrath brings over 20 years of experience in the healthcare field, specifically in the area of dental hygiene.

The school believes that having a diverse group of faculty members will enhance the learning experience for students. They hope that these new appointments will help in providing a broader range of perspectives and knowledge to the students.

“The addition of these new faculty members will certainly enhance the learning experience for our students,” said Dr. Robert J. Moreau, President of the Bay Path Practical Nursing Academy. “We are excited to welcome them and look forward to their contributions.”

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Residents object to NEC's tentative approval

In what may be their last chance to do so, several area residents and business leaders on Friday rejected the proposed NEC gas storage project.

The9-listened to an extensive public hearing regarding the tentative approval in the town that project, which lasted only an hour before closing for questions. Most of that time was devoted to public comment. Although Presiding Officer Andre Gibeau began reading the tentative approval in the last few minutes. A continuation of the hearing was finalized as of Friday.

To resident Julie Dowling, the board ‘failed to take into account the importance of the Middlesex Valley consideration, noticing accidents there have recently create problems along Route 20. She also agreed the “unmanaged facility” has not considered shadows or tornados in its planning, and ignored the risk to a natural gas leak in California is large for the time it forced the relocation of many people in 2015. Jo Lemond looked agreed on the Pike issue, but he urged EFSB to consider local participation in a project that forced the relocation of many people in 2015. He agreed the word- ing on fossil fuels. She believes the 169 site is “superior” to the original site, and he believes the 169 site is “superior” to the original site, and the fact the project was “grossly” affected our commonwealth’s ability to set a new gas infrastructure."

In general, it claims that “NEC and North American Tool, Inc. are important to our business, and to him, it’s subjective,” he said. "It’s not part of the regulatory process for local authority." To him, the project will “grossly" affect our commonwealth’s ability to set a new gas infrastructure."

The most vocal par- ticipant was Mary Beth Greene agreed the word- ing of No Fracked Gas in Massachusetts, the NEC project is contradictory to the state’s goals. Greene agreed the wording, noting the state’s goals are to build a 206 mile new natural gas pipeline to the east of its property, but she said it puts natural gas pipeline on above local streets and is "like building a highway to the beach for traffic on Memorial Day."

Cathy Kristoferson of New Englander Correct, agreed, said it’s "beyond the amounts needed to meet its firm needs. NEC has committed 850,000 dollars in the project, which has been part of the record."

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For more information, the foundation donated more than $346,000 and has been working with 50-75 creative grantee partners. “Arts have the power to heal and study,” said Carolyn Stempler, GWCF’s executive director. “The Greater Worcester Creative Initiative recognizes how important it is to be in a healthy, thriving community. Through programs like the Buzz Foundation, we are proud to help cultivate creativity and community-informed work of our creatives.”

In the first round of Creative Intersections funding, the following organizations and projects were awarded:

Music Worcester, Inc. Concert Truck for Community $10,000
Creative Hub Worcester, Strength, Faith, & Raising Resilience $10,000
Indian Lake Community Association, Sprout $10,000
Worcester Riverfront Coalition, Cultural Plan $10,000
Worcester Center for Crafts (WCC), Journeys: Visual Storytelling in Resilience, $10,000
Indian Lake Community Association, Creative Hub Worcester, Strength, Faith, & Raising Resilience, $10,000
Indian Lake Community Association, Culture, Resilience, $10,000

The second application cycle is currently open and will close on November 1, 2021. Creative Intersections is designed to support sustained, authentic connections to the Cultural Plan. It is also part of the greater Creative Worcester Initiative, a multi-year partnership between GWCW and four other Massachusetts communities to infuse Worcester’s creative sector with capital and resources.

More information or questions about GWCW Creative Intersections grant program, contact Limiana Semidei at lstemidei@greaterworcester.org.

Celebrate the start of the New Year by ringing in the 2022 New Year with Crooked Creek Farm's New Year's Day Breakfast Buffet. For more information, please call 508-347-7077 or email CrookedCreekFarmMa@gmail.com.

Cornhole for a cause: Open Sky’s Seventh Annual Valley Bag Toss

The Valley Bag Toss promotes healthy competition and community engagement for residents of all ages. All proceeds will go towards Open Sky, a non-profit organization that supports children and families through crisis care and support. The event will take place on Saturday, January 29, 2022, at the Whitinsville Country Club. Admission is $30 per team, or $15 per individual. Registration is required, and all proceeds will be donated to Open Sky.

Greater Worcester Community Foundation funds more than $54,000 for arts collaborations that address community needs

To learn more about the Buzz Foundation or to view current rates and testimony of program founders, visit buzzfoundation.org.

BankHometown adds Fitzmaurice as officer

State University. She also attended the School of Commercial Lending and Foundations of Credit Analysis program.

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Enjoy the beauty and science behind fall color

The brilliant fall color that characterizes our landscape is a magical transformation that happens every year. And the science behind the transformation is just as intriguing. Each fall, we shorten our daylight hours and shrubs begin this transformational process. The plant produces less of the green pigment chlorophyll and begins producing yellow, orange, and red pigments known as carotenoids and xanthophyll pigments

The carotenoids and xanthophyll pigments bring the color yellow to the leaves of persimmon and maple trees. The leaves of some of our favorite perennials also transform as the fall progresses. Some of our favorite perennials include: Autumn Joy Sedum, Chrysanthemum, and Zinnia. These perennials come in a variety of colors ranging from gold to deep orange and red.

So let’s take a look at some of the plants that contribute to fall color:

- **Goldenrod**: This plant is a favorite for its bright yellow flowers that are abundant during the fall season. The flowers are followed by seed heads that attract birds and other wildlife.
- **Prairie Mums**: These are hardy perennials that tolerate a wide range of soil conditions and are perfect for autumn gardens. Their bright golden flowers are sure to brighten up any fall landscape.
- **Zinnia**: Known for their large, colorful flowers, zinnias are a popular choice for fall gardens. They come in a variety of colors including red, orange, yellow, and white.
- **Echinacea**: Also known as coneflowers, echinacea adds a pop of color to the garden with their ray-like petals. They are also known for their daisy-like flowers and long blooming season.

To meet all these objectives, and keep planning for retirement while accommodating changes in your lifestyle goals, be sure to work with a financial professional to help you keep your dreams alive. melinda@melindamyers.com 888/788-1787 www.MelindaMyers.com


distinct period of the year. Some of the leaves drop in fall like the leaves of boxelder and red maple, while others change color like the leaves of sweetgum and willow. Some of the leaves drop in fall like the leaves of boxelder and red maple, while others change color like the leaves of sweetgum and willow.


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The season of hunting and fishing

The month of October begins the season of hunting and fishing activities for many men. Waterfowl opened this past Monday, Oct. 11, and Pheasant hunting opens on Oct. 30. Waterfowl hunting is also available on the 18th of this month, and Massachusetts has

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Friday, October 15, 2021
Nichols College receives grant to expand student access to Bloomberg technology

DUDLEY — A grant from the Affinity Group Charitable Foundation, supported by Dexter-Russell, Inc. has enabled Nichols College to expand the number of terminals in the college’s Bloomberg Finance Lab, increasing student access to market-leading software used by more than 35,000 professionals.

The $168,000 commitment from the foundation-based — Dexter-Russell underwrites the additional annual cost of expanding the 36 terminals. In addition to increasing access to this experiential tool in the lab, 106 web logins are available so students can complete their certification remotely. This was particularly helpful in providing uninterrupted student access to Bloomberg during the pandemic. To date, some 105 students have earned Bloomberg certification, a requirement for first-year business students at Nichols.

Alan Pappell, president and CEO of Dexter-Russell, Inc. who earned an MBA at Nichols, added, “As a leading employer in the Southbridge/Dudley community, Dexter-Russell supports endeavors that can benefit our community, employees, and their families.”

The Affinity Group Charitable Foundation was established to support these efforts, and we are pleased to underline students’ educational aspirations at Nichols College, the leading business school in the area.”

“We are so grateful to Dexter-Russell, and to the Affinity Group Charitable Foundation for the opportunity to expand this powerful resource to more students,” said Glenn M. Sulmasy, JD, LL.M., Nichols College president. “This grant directly supports the Nichols mission of preparing students in the real-world experiences that set them apart and boost their career prospects.”

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SCRAMBLE ANSWERS

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Thank you to all who entered our Scramble Contest and to all of our Meet Your Merchants advertisers.

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Please email resume and phone number to Jimmy D’Nobile at jim@stonebridgepressnews.com or call (508) 909-4651

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