

Auburn's Erin Murphy makes a play on the ball during a free hit opportunity.

Nick Ethier photos

BY NICK ETHIER
SPORTS EDITOR

UXBRIDGE — Over the first four weeks of the high school field hockey season, Uxbridge High's varsity team compiled a sterling record of 8-0, outscoring its opponents by a score of 57-2. That's why head coach Kelly Rosborough was pleased with how her team performed in the fifth week when they played Division 1 Doherty High, a strong Division 3 team in Nipmuc Regional, and fellow Division 4 foe Sutton High, who were undefeated.

"We came off a big week last week. We had Doherty last Wednesday. We were down zero to two in the first quarter and came back to tie it, 2-2," said Rosborough. "They're a solid team and have some real quality players. The other three quarters of the game we completely outplayed them. I love how they came back because we haven't been in that situation this season

and it's really important before you get into the postseason."

The very next day (Thursday, Oct. 7) the Spartans enjoyed a 5-1 victory versus Nipmuc. Then, on Saturday, Oct. 9, Uxbridge tied Sutton at their grass field, 1-1.

"It gave us a lot of opportunities to see what we can do under pressure situations," Rosborough said of that three-game stretch.

Uxbridge then continued its strong play on Tuesday, Oct. 12 when playing host to Auburn High. It took the Spartans just 47 seconds to score their first goal, and they were off to the races which finished 13-1 in their favor.

"It was a quick start, good start," Rosborough said of defeating the Rockets. "That just set the tone."

Auburn, meanwhile, has been decimated by two season-ending injuries as they fight to stay near the .500 mark.

"We had a couple of injuries to starters. Maeve [Whittemore]

since the second game and Reese [Levansavich] the fourth game," explained head coach Heidi Tatum. "Starters, big contributors and most importantly, goal scorers. They put the biscuit in the basket."

Tatum was quick to put the injuries in perspective, though, stating "That's sports. That's what happens."

Goal scorers for 10-0-2 Uxbridge included the three senior co-captains — Chloe Kaeller (four goals), Grace Boisvert and Gracie Nummela — who were participating in their Senior Day game.

"It's a special day for our seniors," Rosborough said. "It's very special honoring them and the commitment that they gave us over the last four years. They're great all-around kids."

The Spartans' other goal scorers were Kendall Gilmore (three), Ellie Bouchard (two),

Turn To **SPARTANS** page **A11**

Auburn resident to have role in Dean College Theatre Production, *The Theory of Relativity*

FRANKLIN — Derek Brigham of Auburn recently played Anthony 2 in the Dean College production of *The Theory of Relativity*, from Oct. 13 through Oct. 17.

Through a collection of songs, scenes and monologues, *The Theory of Relativity* introduces a compelling array of characters experiencing the joys and heartbreaks, the liaisons and losses, the inevitability and the wonder of human connection. Drawn from the real-life experiences and struggles of millennials, Drama Desk Award nominees Neil Bartram and Brian Hill have created a joyous and moving contemporary musical about our surprisingly interconnected lives. Whether you're allergic to cats, in love for the first or the tenth time, a child of divorce, a germaphobe or simply a unique individual, you will be sure to find yourself in the characters of this musical.

The Theory of Relativity is presented by special arrangement with Musical Theatre International Enterprises, Inc.

bankHometown supports food pantries with annual Neighbors Helping Neighbors fundraiser

OXFORD — Robert J. Morton, president and CEO of bankHometown, announced the start of the bank's annual Neighbors Helping Neighbors fundraising drive for 2021 to help support local food pantries.

This marks the bank's 18th year of hosting the program, which invites bank customers, employees, and members of the community to donate money toward food pantries throughout the month of November. All donations (up to \$2,500 per customer) will be matched dollar for dollar by bankHometown and the total raised will be divided among participating food pantries across Massachusetts and Connecticut in the communities the bank serves.

In 2020, through contributions and matching donations, the campaign raised \$32,200 and resulted in \$2,300 contributions to 14 participating food pantries. Over the years, the program has contributed more than \$225,000 to help fight food insecurity.

The bank encourages donations of any amount, with contributions of as little as \$1 to \$5 helping to provide 10 to 50 meals. As an added incentive to give, the bank will offer those who donate the opportunity to win a \$25 gift card at each of its locations.

"Neighbors Helping Neighbors is a great example of how communities come together to help others in need," said Morton. "bankHometown is proud to lead this annual giving tradition and thankful to our valued customers and employees who selflessly give each year."

Those who wish to participate have until Nov. 30 to make their donations. Checks should be made payable to "bankHometown Neighbors" and can be dropped off at any bankHometown branch or mailed to:

Mary C. Mulrenin
Executive Secretary
bankHometown
31 Sutton Avenue
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Turn To **PANTRIES** page **A11**

Second Chance announces grand opening of veterinary hospital in Southbridge

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SOUTHBRIDGE — Second Chance Animal Services will be hosting a grand opening for their Southbridge Community



Courtesy photo

Second Chance Animal Services will host a grand opening for their Southbridge Community Veterinary Hospital (700 Worcester Street) on Thursday, Nov. 4 from 11 a.m. to 2 p.m.

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Gators earn SWCL Golf Team Championship; Millbury's Sousa top individual

LEICESTER — On Tuesday, Oct. 12, Leicester Country Club played host to the Southern Worcester County League Golf Championship. There, Grafton High prevailed as the team champion, edging Millbury High.

Both the Gators' and Woolies' top four golfers combined to shoot 315, but the tiebreaker came on the fifth golfer, where Grafton's was lower.

The team results are as follows:

1. Grafton, 315 (396)
2. Millbury, 315 (413)
3. Auburn, 330
4. Tantasqua, 337
5. Uxbridge, 359
6. Northbridge, 370
7. Quaboag, 386
8. Leicester, 388
9. David Prouty, 407

10. Oxford, 411
11. Bartlett, 424

The top 10 individuals are as follows:

1. Nathan Sousa, Millbury, 76
2. Ryan Schiappa, Grafton, 77
3. Will Piatt, Northbridge, 78
4. Dominic Maynard, Grafton, 79
4. Mark Monfreda, Millbury, 79
4. Nick Viens, Grafton, 79
7. Carter Burnett, Grafton, 80
7. Blake Samuelson, Millbury, 80
7. Jaden Palumbo, Millbury, 80
7. Cooper C'Miel, Auburn, 80


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Soft tissue injuries and how PT can benefit recovery

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body may be suffering from a soft tissue injury.

According to Delaware Integrative Healthcare, bone injuries garner significant attention because broken bones and fractures can be very serious. But soft tissue injuries, when left untreated, also can be troublesome and jeopardize individuals' athletic pursuits.

Verywell Health defines soft tissue injuries as trauma to any muscle, skin, tendon, or ligament in the body. Injuries may result from overuse or acute trauma, which is an external force applied to the body. Common examples of soft tissue injuries are lacerations, abrasions, contusions, sprains/strains, bursitis, and tendinitis.

Strains are injuries to muscles or tendons and sprains are injuries to ligaments, which are elastic bands of tissue that connect and stabilize bones. Both strains and sprains are common soft tissue injuries. Bursitis and tendinitis also are common. Bursitis is an inflammation of the bursa, a fluid-filled sac that provides a cushion between the bones and muscles or tendons. Tendinitis is an inflammation of the tendons, which connect muscles to bones.

Many minor (Grade 1) soft tissue injuries that involve muscles, tendons and ligaments may heal when injured



persons follow the protocol known as R.I.C.E., which is an acronym for Rest, Ice, Compression, and Elevation. R.I.C.E. is widely recommended for these types of injuries. However, more serious soft tissue injuries may take extended time to heal. Some of these injuries also may lead to permanent changes in muscles, tendons and ligaments, causing certain body parts to cease functioning how they used to. That may be the case with Grade 2 (moderate) or Grade 3 (severe) injuries. Further medical attention may be needed and physical therapy may be prescribed.

The Ace Physical Therapy & Sports Medicine Institute says soft tissue injuries account for most of the injuries that outpatient physical therapists treat. A therapist will analyze the type

of injury and the pain or impairment it is causing to develop a rehabilitation program. Physical therapists often perform various treatments geared toward reducing swelling and inflammation. Manual therapies to help restore normal motion also are part of soft tissue treatment plans. Stretching and strengthening exercises may be incorporated to improve endurance and repair soft tissue. Orthotic therapy may be needed to correct certain imbalances, advises Algonquin Chiropractic Center. Physical therapists also can educate patients about how to strengthen the body to help reduce risk for future injuries.

Soft tissue injuries are common and usually can resolve with rest. Guided physical therapy may be prescribed for more severe cases.



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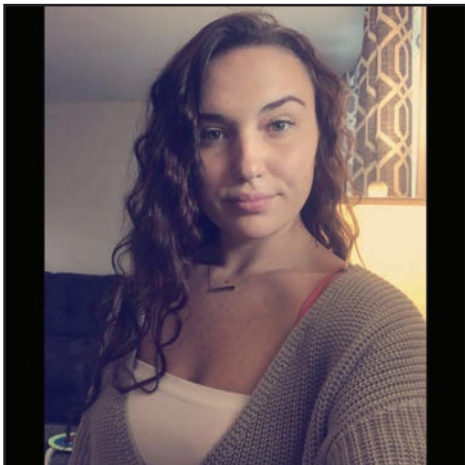


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Bay Path nursing student awarded Horatio Alger National Career and Technical Scholarship



CHARLTON — Darcey Howe of Palmer has been awarded the 2021-22 scholarship from the Horatio Alger National Career & Technical Scholarship Program (CTE Scholarship).

Howe, a full-time practical nursing student at Bay Path RVTHS Practical Nursing Academy will receive an award of \$2,500 for her practical nursing studies. CTE Scholarships are awarded on

a competitive basis of verification of good academic standing, high school completion or earned high school equivalency credential, enrolled in a career or technical certificate program leading to employment, attending a not-for-profit post-secondary institution, Pell Grant eligibility, US citizenship, and be under the age of 30.

Howe's work experience includes waitressing at Applebee's Grill & Bar and Friendly's Family Restaurant (both in Sturbridge), and as a banquet server at the Publick House also in Sturbridge. She graduated from Tantasqua Regional Senior High School (Fiskdale) in 2017. She is on week eight of the rigorous ten months of academics and clinicals to complete the practical nursing program and make positive contributions while continuing her service to the nursing profession.

The Horatio Alger Association honors the achievements of outstanding individuals in our society who have succeeded despite adversity and who are committed to supporting young people in pursuit of increased opportunities

through higher education.

About Bay Path RVTHS Practical Nursing Academy: Bay Path Practical Nursing Academy offers 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-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing 239 Causeway Street Boston, MA 02114 617-973-0800 www.mass.gov/dph/boards/rn. The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org. Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges 209 Burlington Rd, Suite 201 Bedford, MA, 01730-1433 781-271-0022 www.neasc.org.

Journal of Antiques and Collectibles to host New Year's Day show

STURBRIDGE — The Journal of Antiques and Collectibles — a national monthly magazine for dealers, collectors, and enthusiasts of antique collectibles — will be returning New Year's Day 2022 to the Sturbridge Host Hotel & Convention Center with its New Year's Day Antique Collectibles Show, sponsored by the Sturbridge Tourist Association and Sturbridge Antique Shops.

Managed by Weathervane Enterprises, Inc., publisher of Journal of Antiques and Collectibles, the Show will feature 50 hand-selected local and regional dealers covering 11,000 square feet with authentic, quality antiques and antique collectibles. The Antique Collectibles Show made its debut on New Year's Day 2020, welcoming over 700 guests eager to kick off the new year with some old finds. This year's show kicks off with optimism as we all welcome the new year and a return to doing the things we love.

"This New Year's Day show provides a wonderful opportunity for us to showcase some of the best and most knowledgeable local and regional dealers

of antique collectibles," says Maxine Carter-Lome, president of Weathervane Enterprises, Inc. and publisher of Journal of Antiques and Collectibles. "It's the perfect way to spend the day as these dealers will create spaces adorned with special finds that are sure to spark memories and inquiry."

With something for everyone, this year's dealers offer a mix of 18th through early 20th century period items, including Primitives, Decorative Objects Folk Art, Glassware, Textiles, Vinyl Records, Books, Oil Paintings, Small Furnishings, Estate Jewelry, Coins, and so much more!

The Exhibit Hall will be open on Saturday, Jan. 1, 2022, from 10 a.m. to 4 p.m., offering guests ample time to walk the festively decorated floor and meet the dealers. In addition, a Concession Café will be open in the Exhibit Hall with beverages,

snacks, and lunch options, and a Hospitality Table will provide great take-home information on future shows and antique publications. Items of interest to antique lovers will be raffled off all day on the show floor, adding to the excitement and experience.

\$10 Admission, \$8 online (starting Dec. 1) at www.the-antiquecollectiblesshow.com. For more information visit the-antiquecollectiblesshow.com, Follow Us on Facebook at AntiqueCollectiblesShow, or contact Maxine Carter-Lome directly at (508) 347-1960 x402 and at weathervanepublishing@gmail.com for more information.

Auburn News

ACCURACY WATCH

The Auburn News 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 manner.

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

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Save seeds of favorite vegetable and flower plants

Experimentation is part of the fun of gardening. Saving seeds from your favorite vegetable or flower for next year's garden or even the next generation is something you might like to try.

Keep in mind that all flowers and vegetables will not come true from seed. Hybrids and those pollinated by the wind or insects may produce offspring unlike the parent plant. The resulting surprise can add to the fun. Use heirloom or older varieties when looking for consistency. Timing is critical. When saving flower seeds wait for the seeds, not the flower, to be full size and mature. This is usually when the seedpod, capsule or seed head that houses the seeds turns brown and brittle.

Collect these and separate the seeds from the surrounding structure. Spread them on newspaper to finish drying. Place the dry seeds in an envelope labeled with the plant name and date the seeds were collected. This will make spring planting much easier. Store the seeds in an airtight container



GARDEN MOMENTS

MELINDA MYERS

in the refrigerator.

Consider saving a few vegetable seeds as well. Heirloom peas and beans are open-pollinated, so they form seeds that will grow into plants that are similar to the parent plant. Allow the peas and beans you plan on saving to dry on the plant. Once the pods turn brown and the seeds rattle inside, they are ready to harvest. This is about six weeks after you harvest snap beans for eating and about four weeks after the normal picking stage for peas.

Protect plants from frost or pull them out of the ground and hang them in a cool dry location, so the pods can finish drying if needed. Remove the pods from the plants and allow them to further dry indoors for about two weeks.

Remove the seeds from the

dried pods, store in an airtight opaque container in a cool dark location. Label with the varietal name and date the seeds were collected.

Saving seeds from tomatoes requires a bit different preparation. Scoop out the gelatinous center of a ripe tomato. Place this in a container of water and let it ferment in a warm location for a week or two. Then remove and compost the rather disgusting layer of fermented tomato waste and bad seeds floating on the surface. Pour the remaining water and the good seeds sitting on the bottom of the container through a fine mesh strainer. Rinse the seeds, removing any of the gelatinous material that may remain. Spread the seeds on a piece of paper to dry.

Once dry, place the seeds in an envelope labeled with the date and variety and set in a sealed jar or plastic container. Store in the refrigerator or other consistently cool location until it's time to start them for next season.

Start with these and then consider trying other flower, vegetable and even tree and shrub seeds. You'll find helpful information in books, online and on the Seed Savers Exchange website. Saving your own seeds can help you save money while preserving and planting a bit of gardening history.

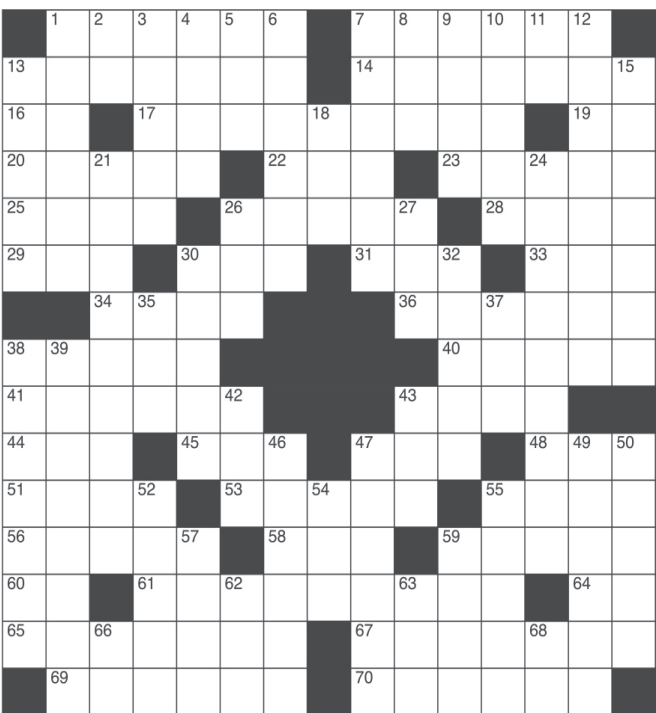
Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook and



Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds &

Photo courtesy MelindaMyers.com
Saving heirloom seeds, like this striped Roman paste tomato preserves both flavor and history.

Blooms magazine. Her web site is www.melindamyers.com.



CLUES ACROSS

1. Break
7. Ruled Russia
13. Having several lobes
14. Walked around proudly
16. Atomic #77
17. Largest living land animals
19. The Great Lakes State
20. A type of toast
22. Partner to feather
23. Bristlelike
25. Bowfin
26. Distributes
28. Hairlike structure
29. Sino-Soviet block (abbr.)
30. Where wrestlers work
31. Blood relation
33. A great deal
34. Round Dutch cheese
36. Move further away from
38. Type of wrap
40. Furies
41. Removes from the record
43. Young salmon
44. Feline
45. Skin decor
47. Disfigure
48. They ____
51. Formal term for "on"
53. Weight of precious stones
55. Traveled rapidly
56. Long-winged aquatic bird
58. Prickly husk
59. Expressed pleasure
60. Exclamation of surprise
61. Most irritable
64. Virginia
65. Optimistic
67. Humorous works
69. Arranged systematically
70. Emerges

CLUES DOWN

1. Wives of a polygamous man
2. Where hurt ballplayers land
3. Single-celled animal
4. Rhythmic pattern
5. One from Utah
6. A group of seven
7. Refrains from inflicting
8. Light brown
9. Humanistic discipline
10. Emits coherent radiation
11. It says who you are
12. Roundworm
13. Group of Native Americans
15. Makes wider
18. Headgear
21. One who sets others free
24. Form of communication
26. A Brit's mother
27. Title of respect
30. Famed modernist painter
32. One-time province of British India
35. Prosecutors
37. Motor vehicle
38. Non-religious
39. Native Americans of Colorado and Wyoming
42. Pouch
43. Touch gently
46. Chose
47. Actress Tomei
49. Former Broncos coach Dan
50. Icelandic poems
52. More decent
54. Grillmasters use it
55. Self-immolation by fire rituals
57. Expression of annoyance
59. __ Spumante (Italian wine)
62. Consumed
63. Body part
66. Thus
68. Rupee



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AUBURN NEWS PUBLISHED BY STONEBRIDGE PRESS

PRESIDENT AND PUBLISHER
FRANK G. CHILINSKI
860-928-1818 EXT. 103
frank@stonebridgepress.news

BUSINESS MANAGER
RYAN CORNEAU
860-928-1818 EXT. 102
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
508-764-6102
jim@stonebridgepress.news

EDITOR
BRENDAN BERUBE
508-909-4106
news@stonebridgepress.news

PRODUCTION MANAGER
JULIE CLARKE
860-928-1818, EXT. 305
julie@villagernews.com

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BRENDAN BERUBE
EDITOR

Why do people enjoy being scared?

With Halloween just around the corner, scary movies, goblins, monsters and all things Freddy and Jason are re-surfacing as they do each year. One of the scariest novels by far is Stephen King's IT.

When this Editor was in High School, an attempt to read the original 1,138 page novel did not go so well. Being far to scared by Chapter Three, the book, was closed and has been collecting dust since. An avid reader of Dean Koontz, the thought of reading IT didn't seem so scary, but I digress.

When the film was released in 2016, this Editor, took another stab (see what I did there) at the story, this time via motion picture. It was not scary, maybe a 20 plus year gap between the attempt to read the novel and see the film played a role in that. Disturbing, yes, but not scary.

This brings us to Bangor, Maine, the home of Stephen King. The trip from New Hampshire and into Maine was vast, with winding roads and houses scattered far apart. Small towns were passed and if you blinked, you would miss them. Farm stands and old farm houses lined the roads and we could see why it would be the perfect place for an author to relax their minds, and get creative.

The interest to go and see Stephen King's home wasn't planned, it was more of a, 'since we're here' type of situation. The downtown area was quaint and had less people than one would think on a Sunday, sunny morning. King's home was located just about a mile from the downtown area.

Anyone with any knowledge of the famous author could pick his house out right away. Red balloons were seen swinging and bobbing from the tall black gates, with iron cobwebs and a bat at the top. Our guess is that the balloons were placed by enthusiastic fans, however a closer look and one will notice a red balloon inside the home, peeking from a window. Thank you Stephen, for playing along. King is said to be the best horror writer of all time. Before him, Bram Stoker who wrote Dracula in 1897 was the one to read for a good scare. A story about the Dracula Festival in Whitby, England, I'll save for next week.

A conversation with the Editor in Chief for Salmon Press, brought us the knowledge that King, was working as an Associate Professor of English at the University of Maine, barely making ends meet, when his wife rescued the manuscript for 'Carrie' from the trash and sent it to Viking, his original publisher. The rest is history.

So brought forth the question, 'Why do people like being scared?'. Human beings have been telling ghost stories and doing other fear producing things, such as jumping from cliffs or entering haunted houses since the dawn of time, but why? There are some people who abhor being scared and those who love nothing more. Horror has become, fun and a major pillar of the entertainment world.

Experts say there is a rush from the fight or flight response. This happens when a person feels threatened. That natural high can leave some people feeling great. The Excitation-Transfer Theory could play a role as well. This is when a group experiences extreme emotions together; which can build stronger relationships. The oxytocin released tends to make those moments more prevalent in our brains. There is also the Reward Pathway Theory, in which the brain thinks you're in danger while watching a scary movie or reading a horror novel. When the story is over, your brain 'likes' not being scared, therefore provides a reward.

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I promise you friend, you can't go too low.

Let Him take over and hold onto Him tight.
You're not alone in this battle – fight!

He's the strongest One who can be found.
He's God's own Son, He's all around,

He's under you now, you can't sink any lower,
So don't turn away and say it's all over.

From the pit of Hell to Heaven above,
No place can escape Jesus' love.

There's so much goodness Christ has in store,
Answer Him now – He's at your door.

Don't wait for another time to say yes,
The chance may pass, right now it is best.

You've gotta reach out, don't be ashamed.
There are people to help you, just call out their name.

I know what I'm talking about, I've been there before.
Believe me friend, life holds so much more.

It may seem like there's no way to survive.
Get yourself up, don't give into the lie.

Talk to someone – if even a stranger.
Do it now, before there's real danger.

Even though you feel you're losing your mind,
God made you unique – you're one of a kind.

Just take one step, and then one more.
You'll soon find out that you really can soar.

There are so many ways your life can improve.
Please trust me friend, I've made the move.

“For I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow – not even the powers of hell can separate us from God's love.” ~ Romans 8:38,39 (NLT)

—SJ Sheperd

Latest antique and auction news

There've been some interesting stories from the antique and auction world since my last column. Here are some of the latest.

Artwork by Muhammed Ali recently hit the auction block here in the U.S. In early October, 28 pieces painted by the former Heavyweight champ owned by his friend Rodney Hilton Brown were sold, according to CBS news.

“I had taken over a failing art gallery in Soho, and I was looking for a world class famous figure that could paint some paintings that we could make limited edition prints of and sell,” Brown said.

Ali agreed to help his friend and created paintings that were sold in Brown's gallery. Some of the subjects of Ali's paintings were religion, war, social justice and, of course, boxing. The collection sold for nearly \$1 million and “Sting like a Bee,” which depicts Ali in the ring with his arms raised over an opponent sold for \$425,312.

This antique and antique story comes from across the pond. Collector plates typically have little value, but an antique plate that was tucked away in a Scottish woman's closet fetched a small fortune at auction recently. The British “Mirror” newspaper reported that the “the 16th century plate bear[s] a biblical scene by Italian artist Nicola da Urbino.” The majolica plate of Samson and Delilah was said to have been tucked away in the back of a drawer and forgotten about. It had a preauction estimate of £80,000 (approximately \$110,000 U.S.) to £120,000 (approximately \$165,000 U.S.).” It sold for ten times expectations at £1.2 million (\$1.7 million U.S.).

A badly deteriorated portrait of French and Polish composer and pianist Frédéric Chopin recently made news when the owner had it appraised after owning it for 30 years. NPR referred to Chopin as a “matchless genius in the realm of keyboard music.” A man purchased the painting of Chopin at a Polish flea



Courtesy photo



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market approximately 30 years ago, according to the New York Post. The painting was reported to have been painted during Chopin's life in the 18th Century. After hanging on the buyer's wall since the 1990s, financial concerns caused the owner to get the painting appraised. Dariusz Markowski, an art restoration expert and Nicolaus Copernicus University professor didn't reveal the appraised value but told the AP “it has significant historic and emotional value.”

The Polish Press Agency's “First News” additionally reported that an unsigned portrait of Mozart sold for £4.4 million at a Paris auction in 2018. They also stated that “when the current owner discovered the true value of the small oil on canvas he was so astonished he crashed his car into a ditch.” I hope you stay safe when you are on the hunt for treasures.

Our next multi-estate online auction will begin soon, and I will have more information about it in my next column. I'll be presenting on antiques and collectibles at FinnFunn Weekend in Troy, NH on Saturday, Oct. 30. My antiques night class takes place Nov. 10 at Bay Path Evening School in Charlton. I'll be appraising items virtually for the Townsend, MA Historical Society on Nov. 13. Please visit our website for more details on upcoming events: <https://centralmassauctions.com>

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Don't Complain

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Ever since my dad died, I've had more problems than ever before. My responsibilities have easily tripled. I'm constantly working yet determined not to let all of these new responsibilities get in the way of my dreams.

I'm thankful I've had time to grow up before being faced with this situation. Not long ago, I wouldn't have handled it well; I would've been bitter, jaded, angry, and constantly complaining.

I've learned that to go where I want to go in life, I cannot complain. If I want to accomplish my goals and achieve my dreams — I must leave no room for complaint.

How can I focus on the future if I'm focused on the past? How can I think thoughts of victory when I'm feeling the thoughts of anger, defeat, and victimhood? If I'm reliving a bad experience that happened last month, yesterday, or even just five minutes ago through the act of complaining, I'm reinforcing that experience and living in the past.

Every thought produces a chemical peptide in the brain that causes a feeling in the body. When I complain, I am bathing my inner self in a chemical cocktail of negativity.

Complaining seems very innocent. After all, you're just expressing how you feel.

It's a common belief that you have to vent your feelings because if you don't let them out, then they will bottle up inside of you until you explode!

Scientific studies show that complaining isn't an act of getting rid of the feeling; it's not an act of venting at all. Instead, it reinforces a negative emotion and trains your brain to produce more bad feelings until all you can focus on is the negativity in every interaction.

I used to work in the service industry, and a lot of my income depended on tips. When I first started, I complained about almost every tip I received. I complained about customers that annoyed me, I complained about my managers, I complained about my co-workers, I complained about my schedule, I complained about my commute to work. It was a never-ending parade of complaints, and I was miserable.

Little did I know that I wasn't unhappy because I received a bad tip or had a bad interaction with a customer, co-worker, or manager. I was miserable because I reinforced negative moments I experienced in the past, making those connections stronger in my brain. I was trapped, a prisoner of my thoughts.

Studies have also concluded that complaining is bad for your health.

When you complain, you're damaging your brain. Complaining shrinks and damages part of your brain called the hippocampus. What does this mean? It means that complaining destroys your memory, imagination, creativity, decision-making, and much more!

When you complain, you're increasing your levels of cortisol, also known as the stress hormone. Chronically high cortisol levels can lead to various health problems, including depression, digestive issues, sleeping disorders, higher blood pressure, and increased risk of heart disease; complaining shortens your lifespan.

Although it's been a battle, I've rid myself of complaining more and more every year. Sometimes I still catch myself, and I have to retrain my thought process. It becomes easier the more you do it.

Whenever I catch myself complaining, I try to think thoughts like this, “I know complaining keeps me from moving forward. Losers complain; winners brush it off and keep moving forward. Thank you for allowing this experience to sharpen me and make me better; I know I will overcome.”

Rather than giving voice to the negativity of complaint, try voicing the positivity of gratitude. Try to speak words of encouragement, speak ill of nobody.

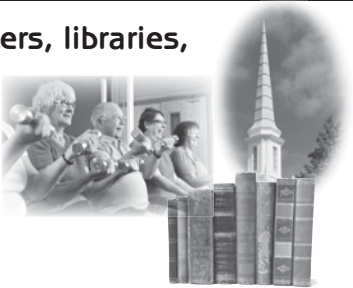
You are capable of handling every situation that comes your way. Every bad thing that happens to you doesn't deserve the time it takes to complain. Focus on your dreams. Change your thoughts and your words, and you'll begin to see miracles happen in your life.

Toby Moore is a columnist, the star of Emmy - Nominated *A Separate Peace*, and CEO of CubeStream Inc.

Socially Speaking...

This feature is for churches, senior centers, libraries, or other civic organizations who have events coming up.

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Fall has arrived

Summer is over and fall has arrived with all of the colors and cool temperatures that only New Englanders are able to enjoy year after year. Bow hunting for deer opened this past Monday in Mass., but not all archers are able to enjoy hunting with a crossbow. Many sportsmen prefer to hunt with their compound bows and recurve bows, but for many that had hoped to hunt this year with a crossbow, will need to wait a bit longer. Passing new hunting regulations in Mass. is not easy! Not all bow hunters have the skills needed to hunt with traditional bows, and passing a crossbow bill for any hunter that would like to use one would increase recovery of many deer, that would otherwise be lost. Maybe next year!!!

The high population of whitetail deer in Mass. should make for a great hunting season and put plenty of venison on the table for many families. With



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the high price of meat at the grocery stores this year the venison will be a welcomed addition to the freezer for the coming winter months. Wild turkeys also opened to hunting this past Monday, and their populations remain high. Many families prefer wild animals to eat, and are much healthier to eat than farm raised meats. Coyotes are causing more concerns among the local community, as daily sightings of them are reported. Keeping a sharp eye on your pets needs to be practiced, especially small pets.

Ticks are also being observed on pets and hunting dogs. One local bird hunter reported taking numerous ticks from his dog after each daily hunting trip. Keeping your dog on NexGuard or some other medication to keep your pet healthy needs to be practiced. They are not cheap, but owning a dog is not cheap, but they are worth every penny.

Trout fishing has been providing many anglers with some great action on

the recently stocked trout in the Central District. Numerus anglers reported catching some 15- and 16-inch rainbow trout at Wallum Lake and Webster Lake last week. Reports of trout being stocked on some of the major rivers this year was good news. Many rivers have much higher water than in previous years, making the water suitable for holding trout. The Cape ponds are also providing some excellent trout fishing in uncrowded conditions. Go to the Mass. fishhunt website for a complete list of stockings to date.

A few local anglers returned home from a fishing trip on the Salmon River in Pulaski, N.Y. Unfortunately, the fishing was very slow because of the warm water and lack of rainfall. The recent cool temperatures should change all that by the time you read this column and fishing should improve dramatically.

Tautog fishing remains strong in Mass. and Rhode Island with many fish in the 5-to-8-pound class being caught. The limit of tautog was increased to five fish per angler last Friday, but only



Courtesy photo

if you are on a party boat. Anglers that have their own private boat in Rhode Island, can only take 10 fish daily, if more than two anglers are in the boat. The recreational guy that has his own boat gets hit again. What is it? They do not like the recreational guy? They like our money!

Take A Kid Fishing & Keep Them Rods Bending!

It's Soup Season

A pot of homemade soup simmering on the stove fills the house with flavorful scents, and the spirit with fond sentiments. Many a long, cold New England winter has been cheered by bowls of soup that warm both body and soul. From crock pot stews that cook during the workday to weekend soups that taste better reheated, soups and stews are a favorite comfort food for all generations. Read on for some delicious soup and stew recipes to try this season as we gear up for the colder months.

Old Fashioned Chicken Soup
Every family needs a good chicken soup recipe to whip up at the first sign of sniffles. This one is easy and effective, not to mention delicious!

Ingredients: Carcass of whole chicken (with some meat attached); five cut carrots; four stalks celery, sliced; one large onion, chopped; egg noodles; chicken bullion; dash of poultry seasoning; salt, pepper; parsley.

Directions: Place the chicken in a large soup pot and cover with cold water. Heat and simmer, uncovered, until the meat easily pulls off bones. Take carcass out and pick off meat return chicken meat to pot. Add carrots, onion, celery, poultry seasoning,



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and chicken bullion to taste. Bring to a boil, then simmer until carrots are tender. Add precooked egg noodles and season with salt, pepper and parsley. **Tip:** For convenience, use a pre-cooked roasted chicken from the supermarket.

Broccoli and Cheese Soup

This thick, rich soup is a clone of a favorite served at a nationwide chain restaurant. The good news is it takes little time and effort to clone the popular appetizer at home!

Ingredients: four cups chicken broth; one cup water; one cup half and half; four slices American cheese; one half cup all-purpose flour; one half teaspoon dried minced onion; one quarter teaspoon ground black pepper; four cups broccoli florets (bite-size). **Garnish:** one half cup shredded cheddar cheese; two teaspoons minced fresh parsley. **Directions:** Combine chicken broth, water, half and half, cheese, flour,

onion and pepper in a large saucepan. Whisk to combine and to break up any lumps of flour; then turn heat to medium high. Bring soup to a boil, then reduce heat to low. Add broccoli to soup and simmer for 15 to 20 minutes or until broccoli is tender but not soft. For each serving spoon one cup of soup into a bowl and garnish with a tablespoon of shredded cheese and a pinch of parsley.

Classic Crock Pot Beef Stew
Beef Stew is the ultimate comfort food, and the crock pot is one of the best ways to make a tender, delicious stew. This recipe uses tapioca as a thickener. This addition saves the cook the step of mixing up a gravy after the meat has cooked.

Ingredients: three carrots, cut; three potatoes, cut; two pounds beef chuck or stew meat, in 1-½" cubes, one cup beef stock, one pkg. beefy onion soup mix, three tbs. tapioca, one tsp. Worcestershire sauce, one garlic clove, one bay leaf, one tsp. paprika, one celery stalk, cut up, onions to taste, salt and pepper to taste. **Directions:** Put all in a crockpot, stir to mix spices. Cover and cook for 10 hours on low or five to six hours on high. **Note:** You may want to

add a little more broth for your desired consistency.

B u t t e r n u t Squash Bisque
This hearty recipe uses fresh butternut squash and apple cider for a blend of savory and sweet.

Ingredients: one tablespoon olive oil; one-half large onion, diced; one-half large carrot, diced; one stalk celery, diced; one pound butternut squash, peeled, seeded and diced; two sprigs fresh thyme, rinsed; five cups chicken stock or canned chicken broth; two cups apple cider; two cups heavy cream, or half cream half chicken stock (optional); Salt and black pepper, to taste. **Directions:** Heat the oil in a large pot and sauté the onion, carrot, and celery until the carrot and celery are soft and the onion is translucent, about five minutes. Add the squash and thyme and sauté until all of the vegetables are coated with oil, about two minutes. Add the stock and the two cups of cider and simmer until the squash is very soft, about 30 minutes. Remove from heat. Puree the mixture, in small batches, in a blender on medium speed until smooth and well blended. Place the pureed mixture into another pot and stir in either the cream or stock to achieve the

desired consistency. Add the salt and black pepper. Heat gently and serve. **Note:** When heating this soup, be careful not to overcook it to retain its sweet and savory flavor.

SlowCooker Minestrone
Brimming with flavor; this soup cooks itself while you're at work.

Ingredients: two quarts cold water; two to three pounds beef sirloin or top round; one medium onion, diced; three carrots, diced; two celery stalks, sliced; two (28 ounces) cans crushed tomatoes; three teaspoons salt; one cup shredded cabbage; one (16 ounce) can garbanzo (chi chi) beans; two tablespoons chopped fresh parsley; one-half cup barley; three teaspoons chopped fresh basil; one garlic clove, minced; one teaspoon dried oregano; two zucchini, sliced; two (10 ounces each) packages frozen mixed vegetables; one cup uncooked spaghetti; Parmesan or Romano cheese. **Directions:** Add all ingredients through oregano to slow cooker. Cover and cook on low/med setting for seven to eight hours. Remove meat from bones and return to stockpot. Discard bones. Stir in uncooked spaghetti, sliced zucchini, frozen mixed vegetables. Cook covered on high for one hour.

Win Dinner for Two at the Publick House — Contest has resumed!

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

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

Community Connection

Your guide to local businesses and events! To join us, please call June at 508-909-4062 or email jsima@stonebridgepress.news.

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STURBRIDGE! Big Alum Lake! 243 Big Alum Rd! 6.58 Acres of Privacy! Sub-Dividable! West Expo - Beautiful Sunsets! 3,313' 10+ Rm Cape w/3 - 4 Bdrms & 4 Baths! Features Applianced Granite Kit w/Breakfast Bar & Tile Flr! Frp'd Din Area! Din Rm w/3 Walls of Glass & French Dr to the Deck! Cathedral Ceiling Fam Rm w/Hearth & Wood Stove & Wall of Picture Windows! Spacious Liv Rm w/Pine Flr! Office! Full Bath w/ Laundry Closet! 1st Flr Master w/Slider to the Inground Pool, Walk-in Closet, Marble Bathrm w/Separate Tub & Shower & Dble Vanities! 2nd Flr w/2 Spacious Bdrms, Lots of Closet Space & Pine Flrs! Full Hall Bath! Lower Level w/Game Rm, Wine/Root Cellars! Utility & Storage! 2 Car Attached Garage w/Office/In-Law Suite Above! New Driveway Access needs to be Installed! Cosmetic Repairs Needed! **\$679,900.00**

AUBURN - 26 Bryn Mawr Ave! Electric Pond Waterfront! Western Exposure - Beautiful Sunsets! 8 Rm, 3 Bdrm, 1.5 Bath Ranch! Applianced Cabinet Packet Granite Kitchen w/Center Island! Dining/Living Room w/Open Floor Plan & Wood Cathedral Ceiling w/Skylights! Fireplaced Formal Living Room w/Hrdwds! 3 Season Porch! Huge Composite Deck with Tempered Glass Railings for an Unobstructed View! Finished Walk-out Lower Level w/Fireplace & Water View! Listed by Another, SOLD by Lake Realty! **\$540,000.00**



DUDLEY - 10 Camelot Circle 9 Rm, 4 Bdrm, 2.5 Bath, 2,520' Center Hall Colonial featuring an In-Ground Pool on a 28,131' Lot! Tile Entry Foyer w/ Guest Closet! SS Applianced Granite Kit w/Breakfast Bar, Spacious Dining Area, Tile Flr, Pantry Closet, Recessed & Pendant Lighting! Formal Din Rm w/Hrdwd Flr & Chair Rail! Formal Liv Rm w/Crown Molding! 13.6x27' Fam Rm w/Fireplace w/Wood Pellet Insert, Soaring Cathedral Ceiling, Ceiling Fans & Skylight! Half Bath! 3 Season Porch! 1st Flr Laundry! The 2nd Floor w/4 Bdrms! Spacious Master w/Walk-in Closet & Full Bath w/Dble Granite Vanity! Full Hall Bath w/Dble Vanity! C/Air & Vac! 2 Car Garage! Fire Pit! Many Updates! Original Owner - Pride of Ownership! **\$570,000.00**

WEBSTER LAKE - 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rooms, 6 Bedrooms, 4 Bathrooms, 3,269' AC'd Colonial! Custom SS Applianced Granite Kitchen! Formal Dining Rm w/Cherry Hardwoods! Lake Facing Living Rm w/Cathedrals, Cherry Hardwoods! Slider to Waterfront Deck! Spacious 1st Flr Master Bedroom w/Full Bath, Cherry Hardwoods & Walk-in Closet! Fireplaced Lower Level Family Rm! 1st & 2nd Floor Laundries! 2 Car Garage! **\$979,900.00**

WEBSTER LAKE - 50 Laurewood Drive! 90' Waterfront! Western Exposure - Beautiful Sunsets! Half Acre, 22,729', of Natural Privacy! 6 Room Custom Built Cedar Home with 2 Car Attached Garage! Dining Area and Fireplaced Living Room with Soaring Cathedral Ceilings! First Floor Master Bedroom with Full Bath! 2 Second Floor Bedrooms and Second Full Bath, Large Second Floor Expansion Area! Additional Garage Space Under! Lighting Strike Fire Damage Repair Required! Tons of Potential! **\$889,900.00**

DUDLEY - 4 Day Rd! Charming 7 Rm, 3 Bedroom Antique Farmhouse w/Lots of Character! Front Parlor w/Hrdwd Floors! Open Country Kitchen w/Separate Pantry for Your Baking and Storage Needs! Office Space/Den/or Reading Area! Laundry Area! Large Family Rm w/Chimney for Wood or Pellet Stove & Hrdwd Floor! 3 Bdrms w/Hrdwds! Full Bath! Lots of Closet Space! Small Barn & Shed! New Septic System! **\$290,000.00**

CHARLTON - 3 Glen Echo Shore! Gorgeous Water Views! Year-round 4 Rm Bungalow! Home Features Light Filled Living Room Open to Work-in Kitchen w/ Custom Built Cabinetry & Tile Counters! 2 Comfortable Bedrooms! Full Bath w/ Tub/Shower Combo! Four Season Heated Sunroom! One Car Garage! Manageable Yard w/Fire Pit & Shed! Dead End Road! Great Condo Alternative! **\$215,000.00**



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Webster Lake - 1301 Treasure Island CONDO

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

June Cazeault * Laurie Sullivan * Matthew Ross * Lori Johnson-Chausse * William Gilmore II * Brian Bohenko

DUDLEY - 10 MILL ROAD



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

WEBSTER - 23 EMERALD AVE.



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

WEBSTER - 135 LAKE STREET



A RARE FIND! A TRULY ABOVE AVERAGE-TOP NOTCH-HIGH QUALITY-TWO FAMILY! SPACIOUS, CLEAN, UPDATED! Apt# 2 - 1,536 SF +/- & 3 BRS, 2nd Flr Apt# 1 - 1,290 SF +/- & 2 BRS - 1st floor. Oil & Natural Gas Heat. Hardwood flrs! granite tops. Enjoy the L-Shaped Covered Farmers Porch! Level Lot! **\$399,900.**

PUTNAM CT - 89 PERRY ST UNIT# 250



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WOODSTOCK CT - 110 JOY RD



WELCOME TO MIDNIGHT FARM! 1876 Antique Colonial. Included separate Building - Studio/Store both situated on 2.5 Acres Professionally Landscaped! 5 Bedroom, Lg Living room, Fireplaced Dining room, Library, Master Bdrm, Renovated Kitchen! 3 Stall Garages! Picturesque Location! **\$455,000.**

Featured Island Listing! Webster Lake - 22 Long Island



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

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

LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

Oxford - 2 Meriam Rd 80 +/- Wooded Acres in Oxford & Charlton! Great Location for Horses! **ON DEPOSIT \$329,000.**

Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided! **\$89,900.**

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

Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **ON DEPOSIT! Each \$24,500.**

OXFORD - 10 BEVERLY STREET



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

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



Webster Lake - 300 Killdeer Island

OPPORTUNITY KNOCKS! A WEBSTER LAKE waterfront property on Killdeer Circle, you won't want to miss! Offers a prime waterfront location! 64' of water frontage and a gently sloping landscape to waters edge. Crystal clear, sandy bottomed shoreline. Everyday is a new day at the Lake! Nicely arranged floor plan. 5 rooms 2 bedrooms, 2 baths! Walk out lowerlevel to nice size patio! Garage. **\$650,000.**

WEBSTER - 401 TREASURE ISLAND CONDO



Deck & Slider to the Patio! Natural gas heat! 2 Boat Slips! Heated Pool! Natural Sandy Beach! **\$439,000.**

WEBSTER LAKE! Treasure Island Townhouse! UNIT# 401 Quiet summers on big & beautiful Webster Lake! 6 Rooms. Open Floor Plan! Dining Area. Hardwood Floor & Carpet. Master Bedroom, W/2 Closets, Master Bath! 2-1/2 Baths Total! Slider to



Webster 3 Units \$369,900
2 family with 2-2 bedrooms apartments, modern kitchens and bathrooms. Two 38 foot garages with 11' garage doors. Third unit is a 400 sq. ft. garage with automatic garage door and burglar alarm. Located on dead end street.

Open House Sat. 1-2:30PM



Dudley Tri-Level \$379,900
9 rooms 3 bedrooms 1.5 bath with attached garage. Two fireplaces, formal dining room, entertaining size living room. 26'x22' family room with fireplace. Large rooms throughout. Possibility of 1st floor office with 1/2 bath. Lots of extras.

Open House Sun 24th • 11-1PM



Dudley 3 acres \$440,000

Large 5 room 3 bedroom 2 bath Cape. Large rooms throughout. Two car attached garage. Beautiful grounds. You have lots of

privacy but not total isolation. Utility building for storing equipment.

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Pink ribbons for Breast Cancer Awareness worn by Bay Path practical nursing students



CHARLTON — October is Breast Cancer Awareness Month, and Bay Path Practical Nursing students are thinking pink and wearing pink ribbons! Jane Miru of Worcester is leading the initiative. Miru distributed pink ribbons to the practical nursing class of 2022. She graciously obliged for a photo to help spread awareness for breast cancer. Originally from Kenya, Miru is a graduate of Makwa High School. She is a Certified Nursing Assistant (CNA) at the Venture Community Services (Sturbridge) and Sunrise Health Services. She is certified in Mental Health First Aid, Healthcare Provider/BLS Provider CPR, and Dementia care. She is encouraging her cohort to participate in thinking pink and wearing pink ribbons for the month of October.

Being proactive is crucial when it comes to breast cancer. Wearing the pink ribbon serves to help remind people to schedule mammograms, do self-examinations, and raise more awareness. According to the nationaldaycalendar.com, “approximately one in eight women and one in 1,000 men will get breast cancer during their lifetime.” It is important for women over the age of 40 and patients with breast abnormalities to get a mammogram annually.

About Bay Path Practical Nursing Academy: Bay Path Practical Nursing 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-PN licensure exam.

Friday's Child



Aaliyah
Age 15

Hi! My name is Aaliyah and I like to help those in need!

Aaliyah is an intelligent, kind, and loving teenage girl of Cape Verdean and Lebanese descent. Her favorite activities include riding bikes, playing basketball, and playing volleyball. Those who know her best describe her as responsible and ambitious. She often talks about wanting to go to college and about possibly becoming an actress. Aaliyah is very creative and likes to make Tik Tok videos. She loves to watch movies, especially scary movies.

Aaliyah is incredibly smart and loves school and learning. This academic year, she received several awards for excellence in

her academic performance and positive behaviors in class.

Legally freed for adoption, Aaliyah has the potential to thrive in a family that can provide her with emotional support and structure in her everyday life. Aaliyah should be placed with a mother and a father or two mothers, with or without other children in the home. Aaliyah will need to maintain contact with her birth parents per an Open Adoption Agreement, which calls for several in-person visits a year. In addition, she is very close with two of her brothers and it is important to her that these relationships continue.

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 617-964-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



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SPARTANS

continued from page A1

Meghan Smith and Tessa Johnston. Kaeller (two), Gilmore (two), Bouchard, Boisvert and Julianna Casucci added assists.

And although Uxbridge is currently seeded No. 2 out of 54 teams for the upcoming Division 4

state tournament, as well as a potential top seed in the Central Mass. tournament, Rosborough said that her team is focused on the current task at hand.

"One game at a time," she said. "That's how it's been all season. They have to stay in the moment."

Auburn, which is now 5-7-1, hopes for a winning streak to end the regular season.

"We still have a shot to make the playoffs. It's doable," said Tatum.

The Rockets' Jennifer Erikson scored versus Uxbridge, with Marta Brzoska providing the assist.



Auburn's Marta Brzoska looks down toward the ball before attempting a shot on goal.



Alexis Lamarche of Auburn makes a play on a loose ball and sends it out of her team's defensive zone.

PANTRIES

continued from page A1

The food pantries that will be supported this year include:

Massachusetts:
Athol Salvation Army Food Pantry
Auburn Youth and Family Services, Inc. Food Pantry

CARE Food Pantry - Clinton Food Share - Southbridge, Charlton & Sturbridge
Friendly House Pantry, Worcester
Friends of the Millbury Seniors
Ginny's Helping Hand, Inc. - Leominster
Oxford Ecumenical Food Shelf
Sutton Senior Center's

Michael A. Chizy Food Pantry
St. Vincent de Paul Food Pantry - Webster Connecticut:
Community Kitchens of Northeastern CT - Killingly
Daily Bread - Putnam
Friends of Assisi - Killingly
Thompson Ecumenical Empowerment Group (TEEG)

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Veterans Day Salute

November 5, 2021

Stonebridge Press would like to salute our veterans

(from all wars & branches, including honoring deceased veterans, reservists, and active duty U.S. Military members in the November 5th issue of the Auburn News, Blackstone Valley Tribune, Spencer New Leader, Southbridge News, Webster Times, Sturbridge Villager & Charlton Villager.

This is not a separate section but will be page(s) within the papers. If you've submitted a veteran in the past, you must resubmit.

Cost to submit a veteran is \$25 per paper. Color is first come/first served. Photos can be included.

Business sponsors are \$30 for one paper; \$50 for 3 papers; \$100 for 7 papers.

Please email June at jsima@stonebridgepress.news or call (508) 909-4062

Deadline is October 29 at Noon

OPENING

continued from page A1

Veterinary Hospital on Thursday, Nov. 4 from 11 a.m. to 2 p.m. The address is 700 Worcester Street. The nonprofit is inviting all to attend the ribbon cutting ceremony and tour the new veterinary hospital, the location of the Bay Path Veterinary Education Center at Second Chance and the new Second Chance Community Engagement Center.

Chief Development Officer Lindsay Doray says Second Chance chose Southbridge for their newest location for a variety of reasons.

"Our hospitals are in the communities where pets and pet owners need the most help. This hospital will bring full service veterinary care to a very underserved area. It will also be our first educational hospital in partnership with Bay Path Regional Vocational Technical High School. Together we'll be educating the future of animal welfare," she said.

For Second Chance CEO Sheryl Blancato, bringing affordable veterinary care to Southbridge holds special meaning. Blancato grew up in Southbridge.

"For years, people from the Southbridge area have been asking for one of our hospitals to be located closer to them. Our other hospitals located in North Brookfield, Springfield and Worcester are not easy to get to from Southbridge for those facing transportation challenges. Now we can help pets right in their community, providing access to the highest quality veterinary care to all. Subsidized rates ensure all pets can get the care they need," she noted.

The hospital will provide year-round access to care for pets and will be home to the Bay Path Veterinary Science Center at Second Chance. Blancato says this is truly a one-of-a-kind opportunity to impact change for pets in Massachusetts and beyond.

Bay Path students in the veterinary science program will get real-life experience working alongside dedicated, trained staff, learning about working in the veterinary field. They will see what it's like to be a receptionist, a vet assistant, a groomer

and more, graduating with a certificate in veterinary assistance. Graduates can go directly into the workforce or pursue a veterinary technician or veterinarian degree.

The educational hospital is Second Chance's largest project to date. If that wasn't challenging enough, COVID drove cost increases as material costs soared and it derailed plans for Bay Path students to complete some of the construction.

According to Blancato, "the Bay Path programs did their best, but their time on the project was cut in half by the Covid-related school schedule over the past year. Local contractors really stepped up to help to keep the project on track. Some even donated their services, like Tony Toscano of AF Toscano Electric. There were so many hands helping and Bay Path came back full force in the fall to help complete the project."

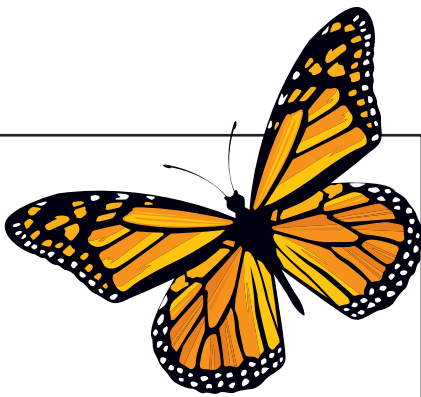
The addition of the Second Chance Community Engagement Center on the site will serve many purposes, according to Doray.

"It will expand our educational outreach and training programs and allow us to offer education for area veterinary and animal welfare professionals. Second Chance volunteers are already using the space for a variety of projects to benefit the animals we serve," she said.

Second Chance is grateful to all the wonderful supporters who made this groundbreaking project possible. Without so many generous donors this would not be possible. We are grateful to everyone, including our major project funders — a very generous anonymous donor as well as PetSmart Charities and Arctic Fox who have long been important partners in the mission of helping pets in need in the underserved communities in Massachusetts.

A limited number of room sponsorships are still available, and the nonprofit will be launching a brick walkway fundraiser to help defray the COVID-related cost increase. For more information contact development@secondchanceanimals.org.

The public is welcome to attend the grand opening. Light refreshments will be provided by Bay Path Culinary Arts students.



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