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Friday, October 15, 2021

## Local Scout raising money to help DCF kids



*Photos Jason Bleau*

**Local Boy Scout Timothy Maenpaa held two yard sales to help kickstart his Eagle Scout project providing care packages to teens and children in the DCF system.**

**BY JASON BLEAU**  
CORRESPONDENT

CHARLTON – The Charlton Grange played host to a special fundraising yard sale event for two weekends in October assisting a local Boy Scout raise funds to pay for his Eagle Scout initiative helping youth in the Department of Children and Families system.

Timothy Maenpaa of Troop 165 in Charlton is only the latest in a growing family line of scouts and

*Turn To MAENPAA page A10*

# Bluewater holds Lunch and Learn briefing on Amazon project

**BY JASON BLEAU**  
CORRESPONDENT

CHARLTON – As the Charlton Amazon project, code named Project Patriot, prepares to go before the voters this November the initiative's Development Manager Partner Bluewater Property Group held a pair of informative Lunch and Learn Briefings on Oct. 7 and 8 providing all up-to-date information for citizens to consider.

Less than a month after revealing details about the Tax Incremental Financing, or TIF, agreement that will be considered by voters at the Annual Fall Town Meeting next month Bluewater representative Alex Escamilla appeared on a Zoom presentation providing viewers further insight into Amazon's plans. It's become common knowledge by now that Project Patriot is comprised of a "first touch" e-commerce facility for sorting and distribution and is not considered a "last-mile" facility with only large transportation trucks and employee vehicles as the primary source of traffic. The project is expected to create over a thousand jobs. So far, Project Patriot has been warmly welcomed by residents and officials in the community with little pushback in public forums.

"We've been working in this town and on this project since 2020 and we did submit our site plan in June. We've been through a very rigorous Planning Board process at this point and we're kind of chipping away at the questions. We think we've addressed most of the question set by the Planning Board and we hope to achieve site plan approval by the end of this month. November we'll be going to a town meeting for the Tax Increment Finance Program along with a community benefits agreement. By February we hope we have MEPA approval so that we can break ground by March," Escamilla said.

That would put the facility in line for an August 2023 opening.

The presentation depicted several different aspects of the project as well as the partnership the town is forming with Amazon. Escamilla said one of the biggest focuses in on Route 20 where much of the traffic will be directed. As part of the project, safety enhancements and other improvements to Route 20 are all being planned.

"The project that we're proposing will improve the Route 20 corridor. The improvements that we're talking about will create additional capacity on this roadway in order to accommodate our proposed and forecasted trips and that existing service levels at the key intersections will either be the same or better as a result of this project but that overall safety along the corridor will be enhanced," said Escamilla.

The presentation also delved into the details of the TIF Agreement, which was previously discussed before the Board of Selectmen in September and would see Amazon's tax levy increase year after year over the course of the first ten years of the twenty-year contract. Escamilla also discussed Amazon's other investments in Charlton including millions devoted to Route 20 improvements, streetscape repairs and improvements, local education programs, and thousands to be invested in local recreation and public safety just to name a few.

The presentation has been made available in full for citizens to view on the Town of Charlton Facebook page. Questions concerning the project can also be submitted to [projectpatriot@bluewaterpg.com](mailto:projectpatriot@bluewaterpg.com).



*Photos Nick Ethier*

**Shepherd Hill's Victoria Cravedi loads up her right leg to send the ball away from Marlborough's Carly Bamford.**

## CEA proving to be worthy investment

**BY JASON BLEAU**  
CORRESPONDENT

CHARLTON – The Charlton Board of Selectmen received an update on the town's Community Electricity Aggregation Program in late September that promoted the benefits of the program as National Grid's rates continue to increase.

John O'Rourke, to town's representative for the program, said that in 2021 the town topped off at 3,429 participants in the program, a new record since Charlton's program launched in 2017. The electricity supply program is a town initiative that provides residents and businesses with town-vetted options for electricity supply with delivery and billing for use still completed through National Grid but charged at a lower rate than the company's standard fees.

O'Rourke told selectmen than every five to six months new residents of Charlton are informed of the program with hopes of adding to the enrollment number. As of the Sept. 28 Board of Selectmen meeting, the recorded savings to town residents has topped \$1.6 million during the program's lifespan. O'Rourke explained that with electricity rates continuing to increase, those savings will only continue to add up for any Charlton resident willing to participate in the program. National Grid's latest approved rate is \$0.14821 per kilowatt hour, quite a bit over the rate for participants in the Charlton CEA.

"We were expecting it to be high, but we weren't expecting it to be that high. That compares extremely well to the aggregation rate at \$0.10316 per kilowatt hours," O'Rourke told selectmen. "We can't make predictions on the National Grid rate adjusting in that next period, but we think it's going to be above the \$0.10 per

*Please Read CEA, page A3*

## Shepherd Hill hangs tough, shows progress in loss to Marlborough

**BY NICK ETHIER**  
SPORTS EDITOR

DUDLEY — For Amanda Brotherton, head coach of the Shepherd Hill Regional girls' varsity soccer team, the word of the evening was 'progress' after the Rams did battle with Marlborough High at Carmignani Memorial Field on Tuesday, Oct. 5.

That is because injury riddled Shepherd Hill has been taking its lumps this season. That included a 3-0 loss to the Panthers as the Rams dropped to 0-9.

"We've been very positive as a staff and progress is what we want. I don't care about the score at this point. I want to see progress," Brotherton began. "What we did from the first half to the second half tonight was progress. They feel good about the progress they're making as a team and as a whole."

Marlborough led at halftime, 3-0, and was held scoreless with only four shots on frame over the duration of the second 40-minute half.

"We've been developing a lot this year," Brotherton said. "In the past we've had teams that have competed and been one game away from making it to districts. In the past we have tied Wachusett, beat Nashoba and things have changed. I think this is just a challenge for us as a coaching staff, something we're not used to, but the girls are young. I have one player who has played in a [varsity] Mid-Wach game before this season."

That player is junior Kat Alicea, who joined the varsity as a freshman

*Please Read SHEPHERD HILL, page A7*

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

WORCESTER — Open Sky Community Services is excited to announce the return of the Seventh Annual Valley Bag Toss, after being canceled in 2020 due to the ongoing pandemic. The Valley Bag Toss presents the perfect opportunity to show off your cornhole skills developed over a summer of barbecues and picnics with friends and family. It’s also much more, as the funds raised at the tournament support Open Sky’s health and wellness programs for the 4,900 individuals served by the agency.

People of all abilities, age 14 and older, are invited to participate in this friendly competition scheduled to be held at the Alternatives’ Whitin Mill at 50 Douglas Rd. Whitinsville, Mass. on Saturday, Oct. 16 (Oct. 17 rain date).

The Bag Toss features live music by Dynamite Rhythm, food available for purchase from the Kith & Kin food truck, drinks, a fabulous raffle and of course, flying bags and cornhole boards. However, the cornhole boards used at this competition are not your mainstream boards. Handmade by artist, designer and woodworker Nick Hollibaugh, each set of boards is unique and beautifully crafted. In fact, the prize awarded to the tournament’s first place team is a set of Hollibaugh’s boards.

Former Open Sky Board Member and event founder, Molly Hollibaugh, particularly enjoys the inclusive nature of the event and is excited for the opportunity to be together again.

“So grateful to be back again putting on such an amazing feel-good event.

Every year it is such a thrill to see such wonderful people come together to throw bean bags and share smiles,” Hollibaugh said. “People show up with enthusiasm for the event and such great support for one another.”

Zentangle Inc. is the event’s presenting sponsor. Other sponsors that have already signed on are Curry Printing, Gaudette Insurance, Harbro Auto Sales & Service, Hollibaugh House, Koopman Lumber, Osterman Management, Savers Bank and Social Perspectives 4 Everyone.

Pre-registration is required, so before going out to take those extra practice tosses, sign up online at <http://www.openskycs.org/valleybagtoss>.



October is Breast Cancer Awareness Month

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## Breast Cancer awareness



# How physical activity can help in the fight against breast cancer

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 theorize 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 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 77,462 women, who they followed for an average of 15.8 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.

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# QCC’s Dental Hygiene program celebrates National Dental Hygiene Month

WORCESTER — October is National Dental Hygiene Month, an annual reminder to everyone to practice good dental habits.

At Quinsigamond Community College, the dental hygiene students and faculty have been working together during these extraordinary times to promote good oral health to the local community. These students are part of the College’s Dental Hygiene Associate Degree Program that prepares them to enter the profession of dental hygiene by learning and practicing clinical skills in QCC’s Dental Hygiene Clinic.

The Dental Hygiene Clinic offers hands-on learning for both dental hygiene and dental assistant students. The state-of-the-art training facility provides the opportunity for students to work directly with patients, who come from Worcester and the surrounding communities for affordable dental hygiene care. Students also work with the KidSeal Program to provide needed oral health services to children in the Worcester Public School system. The children are bussed to the clinic to receive free cleanings, fluoride and sealants, as well as oral health education from QCC’s Dental Hygiene students.

“My experience here at Quinsigamond Community College has been nothing short of astounding. Over the past five years, I have obtained my Associate Degree in General Studies, as well as a license in dental assisting. While in the dental assisting program, I noticed the dental hygiene students practicing in

the clinic,” said Dental Hygiene student Jade Chaves. “I assisted the hygiene students for just one day, and instantly developed a passion for the field. Here I am two years later, a senior in the dental hygiene program. The program is such an incredible one. The faculty are experienced and knowledgeable. From day one, the faculty has encouraged us to expand our horizons and use critical thinking to gain the most from each and every experience.”

There is a low student to faculty ratio in the clinic, as well as faculty-monitored open lab sessions for students to practice clinical skills, as well as radiology skills.

“This allows the students more time on task to learn difficult fine motor skills associated with the profession,” said Professor Jane Gauthier, program coordinator for Dental Hygiene Education.

Safety is first and foremost a priority and there are currently 30 students in the program, as opposed to the typical 48, in order to maintain social distancing. Students wear high-level protection masks, face-shields, gowns over the scrubs, head coverings and shoe covering while treating patients in the clinic.

“COVID-19 has changed how we practice dental hygiene. We use sophisticated air purification systems in the clinic, as well as large extra-oral suction that limit the amount of aerosols in the air. We treat only eight patients each clinic session, vs. 16 typically, due to safe social distancing practices,” Professor

Gauthier said. “We screen all of our patients in order to keep everyone safe. Students and faculty are also vaccinated and tested weekly for COVID-19.”

Professor Gauthier said students who graduate from the program have no trouble with job placement. According to the Labor Board of Statistics, dental hygiene is growing 11% faster than the national average for 2020 – 2030, with a median pay in 2020 of \$77,090.


“Many of our students have secured jobs before graduation. We get calls or emails weekly from dentists in the community asking us to post job postings or to send out their ad to recent graduates,” she continued. “The role of the dental hygienist has gotten more complex as patients present with more complex medical histories, all of which needs to be considered in treatment planning. The standard of care has changed and thus the role of the dental hygienist.”

The Commission on Dental Accreditation accredits QCC’s Dental Hygiene and Dental Assisting programs.

“We graduate in just about eight months, and I am certain I will be proud to say I graduated from the Dental Hygiene program at QCC,” Ms. Chaves said.

To learn more visit [www.QCC.edu/dental-hygiene](http://www.QCC.edu/dental-hygiene).

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or [jmartin@qcc.mass.edu](mailto:jmartin@qcc.mass.edu).



### 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 manner.

If you find a mistake, email [news@stonebridgepress.news](mailto: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.

**CEA**  
*continued from page A1*

kilowatt hour.”

The Board of Selectmen had little to say during the update other than praising the success of the program. Board Chair Bill Borowski specifically noted the savings it has brought to citizens as proof that the program was a worthy investment.

“When we think often towns talk around how we all can work together and save money, this is a perfect example based upon a lot. That’s \$1.6 million saved for town residents,” Borowski said.

Charlton residents interested in learning more about the Charlton CEA program can view current rates and enrollment details by visiting [www.charlton-cea.com](http://www.charlton-cea.com).

## Bay Path’s Howe awarded \$5,000 training grant

CHARLTON — MassHire Worcester Career Center announced the awarding of \$5000 in training grant for Bay Path RVTHS Practical Nursing Academy student Darcey Howe of Palmer.

Howe is a customer-oriented waitress with experience in the service industry who completed her pre-requisites toward a degree in healthcare while maintaining a GPA of 3.17. She graduated from Tantasqua Regional High School where the Assistant Principal, Peter S. Dobrowolski described Howe as “outgoing and dynamic” adding “there is a unique kindness and respect for others that she displays without reservation.”

“We’re thankful for the continued support of the MassHire Worcester Career Center,” said Bay Path RVTHS Practical Nursing Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN. “MassHire continues to help many of our practical nursing students. The grant will help Darcey through the ten months of rigorous training and ensure that she stay motivated and inspired to give her best.”

Training grant funds encourage economic growth in the state and


allows in additional training for workforce. The Executive Office of Labor and Workforce Development, and Commonwealth Corporation encourage businesses to address workforce training needs. Interested parties are encouraged to visit [www.commcorp.org/wtfp](http://www.commcorp.org/wtfp) to learn more.

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 St., Boston, MA 02114 617-973-0800; [www.mass.gov/dph/boards/rn](http://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.councilonocc.edu](http://www.councilonocc.edu)

[councilonocc.edu](http://councilonocc.edu) 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](http://www.neasc.org).



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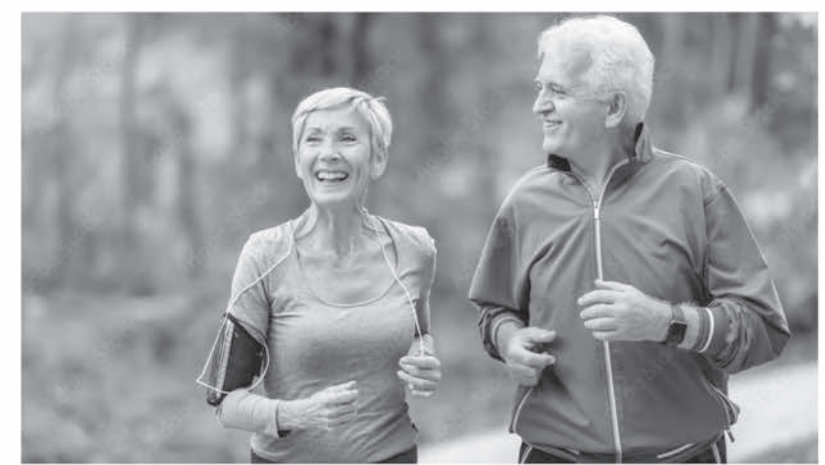
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# Residents object to NEC proposal's tentative approval

BY GUS STEEVES  
CORRESPONDENT

CHARLTON – In what might be their last chance to do so, several area residents and intervenors urged the Energy Facilities Siting Board to reject the proposed NEC gas storage facility next to Millennium Power on Route 169.

Last Wednesday, the EFSB started its online public hearing regarding its tentative decision on the project, which lasted only an hour before closing for the day. Most of that time was devoted to public comment, although Presiding Officer Andre Gibeau began reading the tentative decision in the last few minutes. A continuation date had yet to be finalized as of last Friday.

To resident Julie Dowling, the board “failed to take into account the importance of the Mass Pike” in its traffic considerations, noting accidents there routinely create problems along Route 20. She also argued the “untested facility” has not considered quakes or tornadoes in its planning, and compared the risk to a natural gas leak in California that forced the relocation of many people in 2015.

Joe Lewandowski later agreed on the Pike issue, adding they need to also include impacts of other proposed major projects (namely, the

Amazon warehouse).

“I am not totally opposed to the LNG [liquefied natural gas] project, but I am totally opposed to the selected location,” he said. To him, NEC has shown “a lack of respect” for residents, neighbors and the town governments of Charlton and Southbridge, and he urged EFSB to create stronger guidelines for local participation in such a process.

Lewandowski said he’s specifically concerned about the size of the facility’s storage tank (2 million gallons), its “unproven” cooling system, the fact the company isn’t being required to set aside enough money for emergencies or to return the site to its original condition. He said NEC should be required to provide police and fire training for Charlton and nearby towns and to have independent construction supervision during the project.

The most vocal participant was Mary Beth Czaja, owner of neighboring North American Tool & Die Co. She said the project will “grossly affect our business in more ways than one,” but feels NEC has not been willing to “take our concerns seriously.”

Specifically, she’s concerned any blasting or other vibrations up there would be detrimental to her business, which makes precision tools. Czaja proposed

10 amendments to the EFSB’s preliminary decision, but the board only accepted one, plus a couple partially. Even there, she said, she’s concerned about the “ambiguity” of wording, noting as an example “who defines ‘comprehensive’” in the EFSB’s demand that NEC do a “comprehensive” vibration mitigation plan. She was also concerned about vague enforcement language, noting the state has few enforcement officers.

“NEC and North American Tool should have come to an agreement on this months ago,” she told the board. “... What they’ve said they’re going to do and what they do are two different things. ... I don’t think they’re going to work with me, or they’d already have done so.”

Regarding that, EFSB staff person Andrew Greene agreed the wording is somewhat vague, but he noted Czaja and others will be able to see and weigh in on the mitigation plan.

“It’s subjective,” he said. “That’s the nature of the regulatory process at times.”

Planning Board member John Smith objected to Charlton’s “lack of our power and ability to have a thorough site plan review of this project” and the fact the state can “supercede any local authori-

ty.” To him, Charlton is essentially being “left out,” even though various town boards’ concerns have been part of the record.

Representative from two outside organizations spoke up in support of the community as well.

To Rosemary Wessell of No Fracked Gas in Mass, the NEC project is contradictory to the state’s own stated goals and laws reducing reliance on fossil fuels. She said it puts natural gas profits above local interests and is “like building an eight-lane highway to the beach for traffic on Memorial and Labor days.”

Cathy Kristofferson of the Pipeline Awareness Network agreed, saying the facility’s size is “beyond the amounts needed to meet its firm commitments.” NEC has committed 850,000 gallons of storage and 168,500 gallons of its liquefaction capacity to National Grid, but will seek other customers for the rest of its capacity, Andre Gibeau later stated.

To Kristofferson, the idea NEC considers this an “energy bridge” toward weaning off fossil fuels is wrong and contrary to the state’s goals for 2030.

“This is the fossil fuel econ-

omy,” she said. “... It’s time to just say no to new gas infrastructure.”

After the citizens spoke, Gibeau began reading the tentative decision. In general, it claims the project “is needed,” in large part because National Grid’s winter gas has largely been supplied by the Everett terminal, which has an “uncertain” future. He said this facility would be a “cost effective and reliable source” when compared to oil, propane or other fossil fuels (but did not mention alternative energy or conservation) because of its location.

Gibeau said EFSB believes the 169 site is “superior” to the original Route 20 site. Although it does lengthen distance to the Pike, the original site had no signal and would have used a dangerous connection to Route 20.

He ran out of time after noting NEC plans to build a 20-foot noise barrier along the eastern edge of its property, which may be more extensive depending on the results of a noise study conducted after the project begins.

Gus Steeves can be reached at [gus.steeves2@gmail.com](mailto:gus.steeves2@gmail.com).

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

WORCESTER — Greater Worcester Community Foundation’s (GWCF) new grant program, Creative Intersections, announced the recipients of its first cycle of funding with grants totaling \$54,762. The funding, which is part of the organization’s Creative Worcester Initiative, supports collaborations that pair non-arts sector programming with arts organizations and/or individual creatives to address community needs in areas such as social justice, public health, mental health, housing, education, history, culture, identity, environment, or civic engagement.

“Arts have the power to heal and unify,” said Carolyn Stempler, GWCF’s Interim President & CEO. “Our Creative Worcester Initiative recognizes how embedded arts can and should be in a healthy, thriving community. With continued support from the Barr Foundation, we are proud to help advance the innovative, responsive, and community-informed work of our grantee partners.”

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

Music Worcester, Inc., Concert Truck for Community, \$5,000

Creative Hub Worcester, Strengthening Families & Raising Resilience, \$10,000

Indian Lake Community Association, Inc., Cultivating the Arts in an Urban Community Garden, \$10,000.00

Día de los Muertos Event, “Recuerda la Memoria”: Latino storytelling on loss and hope during COVID. A mixed media art project, \$10,000.00

Worcester Center for Crafts (WCC), Fiber Arts, from Sheep to Craft, \$10,000

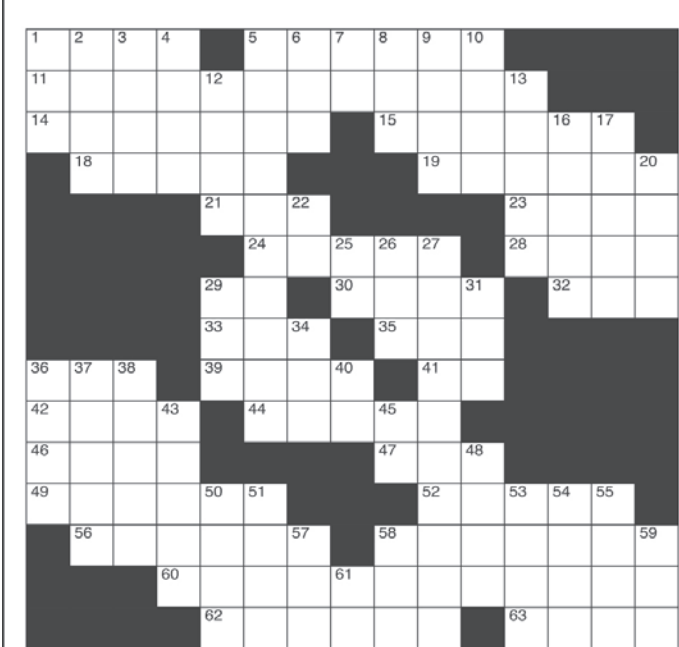
College of the Holy Cross, Telling Journeys: Visual Storytelling in Recovery, \$9,762

“Art encompasses every aspect of our lives,” said Lindiana Semidei, Program Associate. “From the music we play to the poetry we write, art is a form of communication and has always been a central part of our human needs. Together with our Creative Worcester Initiative, we’re not only stimulating projects, but we’re also inspiring collective creativity in our community.”

The second application cycle is currently open and will close on Nov. 1.

Creative Intersections is designed to advance the City of Worcester’s Cultural Plan. It is also part of the Foundation’s Creative Worcester Initiative, a multi-year partnership with the Barr Foundation that unites GWCF with four other Massachusetts community foundations and continues to infuse Worcester’s creative sector with capital and knowledge resources.

More information or questions about GWCF’s Creative Intersections grant program, contact Lindiana Semidei at [lseidei@greaterworcester.org](mailto:lseidei@greaterworcester.org).

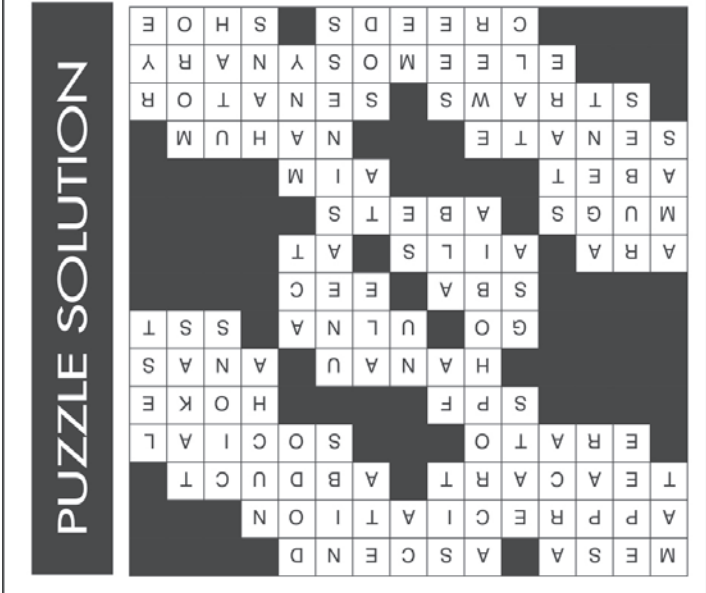


### CLUES ACROSS

- 1. Flat-topped hill
- 5. Move upward
- 11. Admiration
- 14. It's useful for serving food
- 15. Kidnap
- 18. One of the Greek Muses
- 19. A type of media
- 21. Sunscreen rating
- 23. Former Michigan coach Brady
- 24. German town devastated in WW2
- 28. Gasteyer and Ortiz are two
- 29. Leave
- 30. Forearm bone
- 32. Very fast airplane
- 33. Helps little firms
- 35. Defunct economic organization
- 36. Science-based students organization (abbr.)
- 39. Feels ill
- 41. Indicates position
- 42. Beverage containers
- 44. Assists
- 46. Science accreditation organization (abbr.)
- 47. Purpose
- 49. Group of elected officials
- 52. Hebrew prophet
- 56. They help you drink
- 58. Lawmaker
- 60. Charitable
- 62. Doctrines
- 63. Footwear

### CLUES DOWN

- 1. Where wrestlers work
- 2. Dueling sword
- 3. Practice fight
- 4. Genus of clams
- 5. Fear of heights
- 6. What some tell their dog
- 7. The Golden State
- 8. When you expect to get there
- 9. Pointed ends
- 10. Extinct flightless bird
- 12. Feeds
- 13. Nape of neck
- 16. Descendant
- 17. Small boats found in Turkey
- 20. To avoid the risk of
- 22. Athlete with no contract (abbr.)
- 25. 13th letter of the Greek alphabet
- 26. Brew
- 27. Feeling of anxiety
- 29. Young girls group
- 31. Perform on stage
- 34. White clerical vestment
- 36. Popular musical awards show
- 37. Bumpkins
- 38. One who acts on another's behalf
- 40. Direction
- 43. Look at with fixed eyes
- 45. One who helps professors (abbr.)
- 48. A large number of
- 50. Type of powder
- 51. Large jug
- 53. \_\_\_ Christian Anderson, children's author
- 54. American state
- 55. Muslim inhabitant of the Philippines
- 57. Witness
- 58. Landscapers lay it
- 59. Type of bread
- 61. Of I



## REAL ESTATE TRANSACTIONS

**CHARLTON**  
\$280,000, 58 Lakeview Dr, Webster, Steven P, and Webster, Alison J, to Bousquet, Christian M, and Rinaldo, Maria C.  
\$216,000, 212 Worcester Rd, Krager Hawk Industries, to Mace, Michael.  
\$215,000, 3 Glen Echo Shore Rd, Phifer, Suzanne A, and Boudriault, Laurence R, to Cherco Properties LLC.

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Bay Path Regional Vocational Technical High School (508) 248-5971 or (508) 987-0326

### CHURCH LISTINGS

• **Charlton Federated Church**, 64 Main St., 248-5550, Sunday worship 10:30 a.m. [www.fedchurchcharlton.org](http://www.fedchurchcharlton.org)  
• **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, [www.charltonbaptist.org](http://www.charltonbaptist.org), Sunday worship 10 a.m.  
• **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: [CharltonCityUMC.org](http://CharltonCityUMC.org) Sunday worship and Children's church 10am  
• **St. Joseph's Church**, 10 H. Putnam Ext, 248-7862, [www.stjosephscharlton.com](http://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 Road, 248-5144  
• **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, [snedag.org](http://snedag.org), Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.  
• **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am. [www.livingwordcharlton.com](http://www.livingwordcharlton.com) [info@livingwordcharlton.com](mailto:info@livingwordcharlton.com)  
• **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

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

CHARLTON — 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 ten-plus strong Bay Path Practical Nursing Team raised \$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 some-

day have 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, Gearlyn Wetherbee of Charlton and Martha Yeboah of Worcester.

“Participating is fun and a memorable service-learning activity for everyone,” said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director. She participated with her hus-

band Joseph, adding “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.”



Photo Courtesy

## Fallon/OrNda Community Health Fund of the Greater Worcester Community Foundation now accepting applications

WORCESTER — The Fallon/OrNda Community Health Fund is now accepting applications. Established at Greater Worcester Community Foundation (GWCF) in 1996, this fund aims to increase access to healthcare in Worcester County by advancing projects that address the social determinants of health.

“The focus of the Fallon/OrNda Community Health Fund is to support organizations adopting and implement-

ing strategies that reduce barriers to care,” said Jonathan Cohen, GWCF’s Vice President for Programs and Strategy. “These barriers can include language, culture, transportation, and technology, among others.”

Nonprofit applicants from across Worcester County may apply for operational expenditures such as personnel costs, program expenses, small equipment purchases, or physical space improvements. Grant requests between

\$5,000 and \$25,000 will be considered. Collaborative efforts will be given a higher priority.

“Expanding access to healthcare resources remains a top priority as the pandemic continues,” said GWCF’s Interim President and CEO, Carolyn J. Stempler. “Our goal is to enable our community partners to continue the impressive work in providing under-resourced communities with equitable, culturally appropriate access to health

services.”

Applications to the Fallon/OrNda Community Health Fund must be received online by Oct. 29. For more information, please visit <https://www.greaterworcester.org/Grants/Grant-Opportunities/Fallon-OrNda-Community-Health-Fund>, or contact Jonathan Cohen at [jcohen@greaterworcester.org](mailto:jcohen@greaterworcester.org).



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# bankHometown adds Fitzmaurice as officer

OXFORD — bankHometown recently hired Courtney Fitzmaurice of Charlton as commercial credit analyst officer.

She rejoins the bank, having previously served as a credit analyst for several years until 2017. Fitzmaurice has nearly 20 years of banking experience, most recently as assistant vice president, credit analyst at TD Bank. She also previously held the roles of credit analyst and assistant vice president, commercial portfolio manager with North Brookfield Savings Bank.

Fitzmaurice earned a Bachelor's degree in psychology and a certificate in accounting, both from Worcester State University. She also attended the Massachusetts Bankers Association's School of Commercial Lending and Fundamentals of Credit Analysis program.

About bankHometown

Founded in 1889, bankHometown is headquartered in Oxford, Massachusetts, and has \$1.3 billion in assets and 16 branches located throughout central Massachusetts and north-eastern Connecticut. Through its sponsorship and charitable giving program, bankHometown and the Hometown



Courtney Fitzmaurice

Bank Community Foundation support non-profit organizations and causes throughout Worcester and Windham Counties. In 2020, the bank and foundation donated more than \$346,000 and over the last five years donated more than \$1.4 million. For more information, visit bankhometown.com.

## SHEPHERD HILL

continued from page A1

man in 2019. The Rams didn't play any Mid-Wach League games — a perennially tough league — in 2020 as games were competed in geographically compliant pods due to COVID-19.

Shepherd Hill also has just one senior, that being Micah Sanborn. And the defender had a busy night, as she was tasked with containing Marlborough star Ava

VanBuskirk, an extremely fast forward with supreme foot skills.

"Completely happy with how she did, being able to mark her," Brotherton said of Sanborn's play. "[VanBuskirk] scored seven goals against us the first time we played them [a 7-2 loss]. We had a little bit of a goal coming into this game to limit her."

VanBuskirk scored twice, in the game's 23rd and 37th minutes, with teammate Lauren

Lefebvre sandwiching her goal around those in the 33rd minute. Other than that, Shepherd Hill keeper Shaylan Cashman (11 saves) was sharp.

"She came back to us from Marianapolis and she played goalie for them," Brotherton said of Cashman, who started the season as a defender for the Rams. "She did a great job tonight."

Marlborough improved to 5-4 following its victory.



Shepherd Hill's Colleen Thomas turns the corner to generate space while maintaining possession of the ball.



Colleen Cumming of Shepherd Hill runs into a Marlborough clearing attempt and sends the ball back down the field.

## News, really close to home

StonebridgePress.com

# LEGALS

**Legal Notice**  
**Town of Charlton**  
**Charlton DPW Department**  
Private Snow and Ice Removal  
Service Contractors

**Employment Opportunity**  
Now seeking private snow and ice removal service contractors for the winter storm season of 2021-2022. Specifications can be picked up at the DPW Department, 100 Flint Road, Charlton, MA 01507 starting September 21, 2021 before 3:00 p.m. EOE/AA. The Response Deadline – October 22, 2021 by 3:00 p.m. October 8, 2021 October 15, 2021

## Socially Speaking...

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

Call June at 508-909-4062 or email jsima@stonebridgepress.news (Charlton Villager); or Mikaela Victor at 508-909-4126 or email Mikaela@stonebridgepress.news (Sturbridge Villager) for advertising sizes and prices

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PRESIDENT/PUBLISHER  
**BRENDAN BERUBE**  
EDITOR

## We appreciate our local police

Support for police should not be political. Yet here we are. Over the past few days, we have thought a lot about our local police departments, and they truly deserve a shout out of appreciation. Reporters, editors and all of us in the media work very closely with our local officers. We could not do our jobs without their help.

What we have come to know is that police officers are democrats, republicans, independents or simply don't affiliate with any political party whatsoever. The current climate would lead you to believe that if you support police, you're affiliated with one party. This could not be further from the truth.

We see the police logs every week, we know how much stress our officers face on a daily basis, and to make things a bit more challenging, many of our local departments are short staffed.

Our police officers do so much more than we think. The day-to-day tasks do not come without some sort of stress, whether they are dealing with someone with a mental health issue, confiscating drugs, chasing someone who doesn't want to be caught and putting their lives at risk every single day. They are shouted at, assaulted, and disrespected daily. Sure, this comes with the job, however it doesn't mean that it should, or that it doesn't get taxing. Oftentimes it's the same culprits day in and day out they deal with, and we're not sure how they remain calm and professional while doing so, but for that we say thank you.

After an arrest, or any sort of incident, it doesn't end there. There are calls from family members, or those who were arrested, court dates, collecting written testimony and being a part of some tough family situations as well. Responding to motor vehicle accidents that end in tragedy, or all of the other situations that we only see in movies, is actual real life to our officers. Just because we don't see what's happening every day in the lives of our police, doesn't mean that it's not happening.

Of course, there are officers in other states and cities that abuse their power, however that is not the case in our smaller communities. Police reform is needed in those places and has been for decades, however we consider ourselves lucky to live in a place where our officers are all top notch. Many officers would agree that police reform is needed.

Being a police officer is a career that has long been praised as a high honor, only to be filled with selfless brave women and men who simply want to keep our communities a better, safer place to live in. Follow our lead and show your local police they are appreciated. We see you, and we thank you.

## LETTERS

Extra! Extra! Read All About It!

We think you're important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

Mail your letters to the Charlton Villager, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at [news@stonebridgepress.com](mailto:news@stonebridgepress.com).

You'll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



# OPINION

VIEWS AND COMMENTARY FROM CHARLTON, CHARLTON CITY, CHARLTON DEPOT AND BEYOND



Photo Melinda Myers

Each fall as the days shorten, deciduous shrubs and trees like this Arctic Jade Korean Maple begin their transformation as the plants produce less chlorophyll.

## Enjoy the beauty and science behind fall color

The brilliant fall color in our landscapes is a magical transformation that happens each year. And the science behind it is just as intriguing.

Each fall as the days shorten our deciduous trees and shrubs begin this transformation. The plants produce less of the chlorophyll that gives leaves their normal green color. The existing chlorophyll starts breaking down, revealing the underlying pigments of yellow, red or orange.

The carotenoid and xanthophyll pigments assist the chlorophyll in capturing light and producing sugar during the growing season. The beta-carotene contributes to the orange and orange-yellow fall color. Lutein is the most prominent xanthophyll pigment producing bright yellow fall color. There are over 80 different pigments in these two categories contributing to the variations in fall color.

The tanins in leaves contribute to the golden and brown fall colors. These are thought to discourage animals and insect pests from feeding on the leaves and help defend the plants against disease organisms.

At the same time, these plants begin to create an abscission layer between the leaf and stem. This barrier prevents the sugars produced in the leaves from moving down into the roots for storage.

Purple and red fall color, from the anthocyanin foliar pigments, is produced when sugars build up and are trapped in the leaves. This results in brilliant red and purplish-red fall color. Some of these pigments are present during the growing season and can be seen in new growth and mature leaves of some plants. These add color to the garden, help protect the plant cells from high light damage, and may discourage animals and insects from dining on the plants.

Warm, sunny days followed by cool nights without a hard frost mean more sugar and better red, orange, and purple fall color. Sufficient soil moisture helps keep the leaf color bright for a longer period of time. Leaf color fades,



### GARDEN MOMENTS

MELINDA MYERS

turns brown and leaves drop from the tree more quickly during dry fall weather.

Fall foliage is not restricted to deciduous trees and shrubs. The leaves of many of our favorite perennials also turn brilliant colors in the fall.

Solomon's seal and the chlorophyll that gives leaves their normal green color. The existing chlorophyll starts breaking down, revealing the underlying pigments of yellow, red or orange. The carotenoid and xanthophyll pigments assist the chlorophyll in capturing light and producing sugar during the growing season. The beta-carotene contributes to the orange and orange-yellow fall color. Lutein is the most prominent xanthophyll pigment producing bright yellow fall color. There are over 80 different pigments in these two categories contributing to the variations in fall color.

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

## It's Pumpkin Time!

Although we think of pumpkins as a vegetable, it is officially classified as a fruit. Pumpkins are not only delicious, they are a rich source of both fiber and vitamin A and naturally low in calories. Best of all pumpkins are very versatile, which have made them the spotlight of many autumn feasts via pumpkin soups, casseroles and hearty pies.

Read on for some pumpkin tips, tricks and ideas:

Choosing a proper pumpkin for your table is important. Pumpkins should be mature and firm, with taut skin and a nice orange hue. Select pumpkins that feel solid and are heavy for their size. If still growing on the vine, look for stems that are solidly attached to the pumpkin. A general rule to test for maturity is to scratch the skin slightly with a fingernail. A mature pumpkin will resist scratching.



### TAKE THE HINT

KAREN TRAINOR

Keep in mind when choosing pumpkins that the variety you select should fit your need. For example, if you desire a pumpkin for pie, a medium sugar pumpkin, which is typically small and sweet with a dark orange color, is the best choice. For carving, look for well rounded pumpkins that have good color with stem intact. Pumpkins earmarked as Jack-O-Lanterns are usually larger and contain too many strings and seeds to be practical for pie making.

Preserving and Preparing Pumpkins: Pumpkins can be successfully stored for up to six months, as long as conditions are favorable. Storage temperature should not exceed 50 degrees and should be stored in a dry, frost free environment.

Whole pumpkins keep better if picked

Turn To **TRAINOR** page **A9**

## Financial moves for women business owners

If you're a woman who owns a business, you may have some challenges not shared by your male peers – but you also have several opportunities to help improve your financial future.

You may already be taking some or all the right steps, but here are some ideas to be sure you're considering and revisiting as your business grows:



### FINANCIAL FOCUS

JEFF BURDICK

Refresh your network. Are you involved in networking with other women business owners? Many of them may have insights into the issues women face in the business world, as well as suggestions about lending programs and business-friendly banks. You may also enjoy passing along your lessons learned to others.

Review your business structure. If you go into business as a sole proprietor, you'll have to report your business income on your personal income tax return. If you incorporate or form a limited liability company (LLC), you can protect your personal assets – such as your house and your investments – from creditors because these assets will be separated from your business assets and debts. You might also consider other, more complex entities, known as C and S corporations. There's no single "correct" business structure and the most appropriate one for you may change over time, so, in choosing one that's right for your needs, you'll want to consult with your tax and legal advisors.

Invest for growth. Ideally, hard work produces results, and one of the main results you want from your investments is growth – that is, you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are overconcentrated in vehicles such as certificates of deposit (CDs) and government securities, you may end up lowering your growth potential. That's not to say that CDs and Treasury bills are in some sense "lazy." They can provide you with income and help you reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you'll need a reasonable number of growth-oriented investments working for you, with the exact percentage based on your needs and life stages.

Do an insurance checkup. To protect yourself and your business, you may want to review your insurance to make sure you have the right kinds and amount of coverage. General liability insurance can be appropriate for sole proprietors, if you've established an LLC or you've incorporated your business. If you provide some type of professional service (i.e., legal, accounting, engineering and so on), you might need professional liability insurance. And no matter what business you own, you might want to add disability insurance to replace some of the income you'd lose if you were injured or became ill.

Consider all your retirement options. If you've got your own business, you're solely responsible for funding your retirement. Fortunately, as a business owner, you've got several attractive options, including an "owner-only" 401(k), a SEP-IRA and a SIMPLE IRA. In deciding which plan is right for you, you'll need to consider several factors, including the number of employees, if any, and the nature of your business. However, all these plans are relatively easy to set up and administer and offer potential tax benefits. And even though you've got plenty to do already, you should make the time to establish or review your own retirement plan – because eventually you'll need all the resources you can accumulate to enjoy life as a former business owner.

You can also find valuable information on programs for women business owners by visiting the Small Business Administration's Web site at [www.sba.gov](http://www.sba.gov) and searching for "women-owned businesses."

Running your own business can be challenging – but by making some positive financial moves and getting the support you need, you can also find business ownership to be highly rewarding, personally and professionally.

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](mailto:jeff.burdick@edwardjones.com).



# The season of hunting and fishing

The month of October brings all forms of hunting and fishing activities for sportsmen. Waterfowl opened this past Monday, Oct. 11, and Pheasant hunting opens this Saturday. If that is not enough for you, deer hunting opens on the 18th of this month, and Massachusetts has started to stock trout in the usual places. Saltwater fishing is also exploding with action both in Massachusetts and Rhode Island. There are a lot of hard decisions to make, but whatever you chose, the time spent in the outdoors with family and friends is priceless. The fall colors on trees also adds to the experiences in the outdoors.

This past Thursday, this writer decided to take advantage of the great weather, fishing for tautog in Rhode Island. After catching a limit of tautog, we decided to head out to deeper water in search of some seabass. A lot of seabass were caught but many were just under size. After a couple hours of fishing in deeper water, we spotted a couple of stripers floating on the surface of the water. Soon, many more stripers in the 20-to-26-inch class were floating by the boat. I knew immediately that a dragger was responsible for the dead stripers. I have seen it before. They catch to many fish and they sort out the fish that they can keep and discard the rest. What a waste. Recreational anglers face stricter fishing regulations annually, and this type of waste continues. It just makes you sick!

More sightings of bear are being



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

a black bear. It did not take long for the surplus deer permits for zone 9 to be sold out recently. Like maybe six minutes! The sales opened at 9 a.m. and more than 1,300 were gone by 9:06 a.m.! Archery deer season opens on Oct. 18 in zones 1-9. The heavy foliage continues to hamper bird hunting, at a couple of hunting preserves, but will not be gone for this Saturdays opening day in Massachusetts!

This is the time of year that bee stings increase, because they seem to become more aggressive as the cooler weather arrives. Yellowjacket bees often make nests in the ground, making many people unaware that they are there. Wasps are also capable of nasty bites, and can leave the person or persons unaware of the danger they pose to humans. For some humans an EpiPen is a lifesaving tool injecting medication for a bee sting, and is carried by many people to counter act the serious effects of bee stings or spider bites.

Salmon fishing in upstate New York's famous Salmon River is starting to improve, with numerous anglers returning with some great stories on their fishing experience. It is only going

reported by archers that have cameras out to catch a few photos of deer in the areas that they hunt. If you are hunting deer during the shotgun deer season, it would be wise to purchase a bear permit for only \$5. It is a small price to pay to harvest



Photo Courtesy

This week's picture shows a young German shorthair pointer ready for the opening of the upland bird hunting season.

to get better.

Mass. Fish & Wildlife has released their new license fee increases for the next five years. For a complete run-down on all the new increases, go to their Web site. They did not change much from their earlier proposals. The fees will gradually increase over five years. No action on the sportsman's proposal to allow any one that wants to hunt with a crossbow to do so. Many bowhunters have gone to the neighboring state of Rhode Island to hunt deer,

where crossbows are legal!

The Whitinsville Fish & Game Club is planning a ham & bean supper on Nov. 13, starting at 6 p.m. Tickets are \$12 each. You can buy the tickets at the club or purchase them online. Only 85 tickets will be sold. Don't miss out on this great evening with friends and a ham & bean supper. More clubs are also planning suppers in the valley. Stay tuned!

*Take A Kid Fishing & Keep Them Rods Bending!*

## “You can’t win an argument”

A famous quote of unknown origin says, “A man convinced against his will, is of the same opinion still.”

A year ago, I talked to my good friend in Los Angeles, and he told me about two of his friends who stopped talking to him; they blocked his phone calls and text messages.

He was upset; He knew them for over twenty years; they stopped talking to him because of too many heated political

POSITIVELY  
SPEAKING  
.....  
TOBY  
MOORE

arguments. He ended the conversation by telling me he was done with their friendship forever.

Recently, I've been flipping through the book “How to Win Friends and Influence People” by Dale Carnegie.

I read the book in college, and for a time, I practiced the principles therein. I remember them working fabulously for me. Over time, I forgot some of

the valuable lessons, and eventually, they fell out of practice.

I don't know about you, but since 2015, I've heard of many political arguments ruining long-established friendships. I'm embarrassed to admit that I, too, have become entangled in many of these types of discussions; I've learned some hard lessons.

Dale Carnegie says in his book, “You can't win an argument; you can't because if you lose it, you lose it; and if you win it, you lose it.”

How is that possible? How can you win an argument and still lose?

Of course, you can win an argument. You can shoot holes in your friend's viewpoint and burn all their logic to the ground. You can show them facts and figures and walk away feeling like you just won a significant debate, thinking proudly to yourself, “I showed them a thing or two!” What you don't realize is that you lost.

Benjamin Franklin said, “if

you argue, rankle, and contradict, you may achieve a victory sometimes, but it will be an empty victory because you will never get your opponent's goodwill.”

What's more important? Keeping your friendship intact or boosting your ego?

As the old saying goes, “you don't know what you've got till it's gone.” Some of us have to learn the hard way; I know I have.

I've lost friends due to argu-  
*Turn To* **MOORE** *page* **A10**

### TRAINOR

continued from page **A8**

leaving two inches of the stem on the fruit. Dry them in the sun for a few days before storing. For safety's sake, wipe pumpkins down with a common disinfectant such as Lysol before storing. Whole pumpkins should not be allowed to touch each other in storage. And be sure to keep an eye out for rot spots that may form. Any pumpkins that are found to be decaying should be promptly removed from the storage area.

\*\*

If you want to store pumpkins beyond several months, you will need to preserve them. Several methods of preserving pumpkins are used. Freezing cooked, pureed pumpkin is a favored way to preserve the taste and texture of pumpkin. Sugar or pie pumpkins are ideal candidates for freezing as the pulp is thicker and firmer. To easily prepare a pumpkin for pureeing, simply place the whole fruit in the microwave for about a minute or so to soften the skin. This will make the pumpkin much easier to peel. Cut the pumpkin in large slices, peel the skin and remove the strings and seeds. Then cut the slices into smaller pieces. Boil the pumpkin pieces until tender, then mash or process the pumpkin pulp until it forms a smooth, thick puree. Those who are considering home canning pumpkin should be advised pumpkin puree cannot be canned due to its thickness, and although some people successfully can chunked slices of the pulp, it is safer to avoid the risk altogether.

\*\*

Pumpkin can also be dried, which was a favored method of the colonists. Drying pumpkin must be done carefully in order to kill all the germs that would make it spoil. Here's how to do it the old fashioned way: Split the pumpkin in half and remove the seeds. Remove the skin and cut the fruit into thin slices. Steam for about six minutes. Spread on a tray and dry in the sun (it will take at least two days, and it will take about two days. If flies are a problem, cover with netting. Pumpkin needs to be dried in hot sun so that it dries quickly before it spoils.

\*\*

Or, you can dry pumpkin quicker and easier in the oven or microwave; here's how to do it in the microwave, which is the fastest method:

Arrange thin slices on a microwave safe tray or glass pie plate. You must leave space between the slices so air can circulate around them. Cook on high for 15 to 20 minutes. Check the pumpkin; if it is not crispy; cook again for five minutes, and continue until the dried slices are crunchy. Allow to cool before storing.

\*\*

Did you know that dried pumpkin can also be made into a flour, which can be used just as you would all purpose flour in cooking and baking? To do, simply pulverize the dry pumpkin in a food processor.

\*\*

**Pumpkin Seeds:** Many Halloween traditions include gathering the seeds from a carved Jack-O-Lantern to toast in a warm oven. The snack is both healthy and delicious, and the addition of spices gives the humble treat a flavorful punch. Plus, roasting up a batch of pumpkin seeds is not only an annual treat, it's a great way to use up every bit of the vegetable:

To properly toast pumpkin seeds, remove all pulp and clean strings from the seeds. Place seeds in a bowl and stir in melted butter or olive oil and salt to coat the seeds. Spread seeds on a cookie sheet and bake in a 275 degree oven for about an hour or until the seeds are golden brown and crisp. Avoid overcooking as seeds can become hard and tough. Prefer crisper seeds? Prior to toasting boil the seeds in salted water for about ten minutes, drain and prepare for roasting. Pumpkin seeds:

\*\*

**Pumpkin Sprouts:** Pumpkin seeds can even be sprouted to use on sandwiches and in salads. Pumpkin seeds are a healthy snack as they are over 30 percent protein and are high in and oil-soluble vitamins A, D, and E. In addition, pumpkin seeds are rich in iron zinc and magnesium.

To sprout pumpkin seeds, place the seeds in a glass jar (Mason jars are ideal) and cover with water just to cover. Secure a piece of cheesecloth over the top with a rubber band. Soak seeds overnight. The next day, drain the water out and place the jar in dark area that is room temperature. Rinse the seeds in the jar at least four times a day. After a few days, you should see the seeds sprouting. Rinse them again and place the jar in the sun for a day or so until tiny leaves form. They are now ready to use as a tasty garnish or salad addition.

\*\*

**Pumpkin Hummus:** Pureed sugar pumpkin adds just the right flavor to this hummus. To do:

Mix together in a food processor until smooth: two cups pureed sugar pumpkin; one 15 oz. can of garbanzo (chickpea) beans; one tablespoon tahini, two teaspoons vegetable oil; one teaspoon cumin; one teaspoon salt; one eighth teaspoon cayenne pepper; one crushed garlic clove, and three tablespoons of water. Adjust thickness by adding a little water if it is too thick. Makes two cups. Serve with pita bread or crackers.

\*\*


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 histor-

ic 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.*

✿✿✿Friday's Child✿✿✿



**Hi! My name is Dasanee and I am a talented singer and dancer!**

Dasanee is an active teen of African American descent. She is reserved, quiet, and shy at first, but once she gets to know you, she becomes very outgoing and talkative. Dasanee is naturally athletic and she enjoys staying very active. Some of her favorite activities include playing soccer and basketball, swimming, and jumping on her trampoline. She is also musically inclined and is starting to recognize this newfound talent. She recently started taking trumpet lessons and knows

**Dasanee  
Age 14**

how to play the piano and sing.

Legally freed for adoption, Dasanee would do well in a two-parent family that can provide her with the affection, stability, and structure she needs to thrive. She would very much love for there to be other children in the home, and possibly some pets. Interested families must be willing to help Dasanee maintain her relationship and visits with her brother and aunt.

**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](http://www.mareinc.org). The sooner you call, the sooner a waiting child will have a permanent place to call home.

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# OBITUARIES

## Anna E. Pynnonen, 84

CHARLTON/WILBRAHAM - Anna E. (Tuiskula) Pynnonen, 84, beloved wife of the late Vilho Pynnonen, passed away peacefully in the comfort of her home, surrounded by her family, on Thursday, October 7, 2021. Born in Worcester and raised in Hubbardston, she was a daughter of the late Osmo and Elvira (Rajala) Tuiskula. Anna was a Gardner High School graduate and went on to enjoy her career as a librarian with the Worcester Public Library. Anna was proud of her heritage and was a member of the Finnish American Heritage Society of Rutland. Throughout the years, Anna traveled to Finland many times to visit family and friends. In her spare time she could often be found reading and gardening. During her retirement years, Anna enjoyed working in the bookstore at Old Sturbridge Village. Anna had a great love of animals and nature.



She will be lovingly missed and remembered by her two daughters, Karen Dolan and her husband, Michael of Wilbraham, with whom she lived and Lisa Pynnonen of NY; Anna was predeceased by a daughter, Sandra Pynnonen of Florida; her two brothers, Warren Tuiskula and his wife, Janet of Fitchburg and Wayne Tuiskula and his wife, Amy of Cherry Valley; a sister, Carol Jenkins of CA; and many nieces and nephews. In addition to her husband of 44 years, Vilho and her parents, Anna was also predeceased by two brothers, Ronald and Osmo Tuiskula. A graveside service will be held at Worcester County Memorial Park, 217 Richards Avenue, Paxton where she will be laid to rest beside her husband. In keeping with her love of animals, memorial donations may be made to an animal shelter of one's choice. Arrangements are under the care of Miles Funeral Home, 1158 Main Street, Holden. To share a memory or offer a condolence please visit [www.milesfuneralhome.com](http://www.milesfuneralhome.com)

# Masons hosting Open House and pet food drive

SOUTHBRIDGE — On Saturday, Oct. 16 from 9 a.m. to 3 p.m., the Quinebaug Masonic Lodge located at 339 Ashland Ave., Southbridge, will be hosting an open house. All lodges located throughout Massachusetts will also be hosting an open house. Quinebaug Masonic Lodge was chartered in 1859 and has been around for an astounding 163 years. The Lodge is thriving due to the strong bond of Freemasonry and family-oriented men in this community. If you like history and tradition, come down and visit the Lodge. During this open house period you will be able to see the mysterious Lodge meeting room along with ancient symbols. Additionally, our walls of photos represent previous Lodge Past Masters, dating back over 100 years. We will give you a tour and explain what Freemasonry is to men and their families in our community. In its 163 years the Quinebaug

Masonic Lodge of Freemasons has continued to make good men better. One of our famous founding fathers, Benjamin Franklin, once said “Is there greatness in you?” Ask this question to yourself and if so, come to this open house and talk to our brethren’s. The Lodge’s Community Outreach Program is also sponsoring a pet food drive in conjunction with FOCAS (Friends of Charlton Animal Shelter) a 501(c)3 nonprofit organization. The Lodge would greatly appreciate if anybody who can drop off dog food, cat food and cat litter. Please check out the Web site and read and see the exciting things FOCAS has done and continues to do for this community at [www.focascharlton.org](http://www.focascharlton.org) If you would like more information about Freemasonry and to find a lodge nearest you, visit our Web site at [www.massfreemasonry.org](http://www.massfreemasonry.org).

# Bay Path Practical Nursing Academy welcomes new faculty members

CHARLTON — The Bay Path Practical Nursing Academy is pleased to welcome three newly appointed faculty members as adjunct faculty: Tara Johnson, MSN, RN; Angela McGrath, BSN, RN; Rianna Romano, BSN, RN, CEN. Tara Johnson, MSN, RN of Springfield, has been named adjunct faculty, a role she assumed in July 2021. Johnson is an experienced Director of Nursing Services. This year she completed her Master of Science in Nursing Education at Framingham State University. Her academic progression in nursing started at Greenfield Community College for Practical Nursing in 2005, Associates Degree in Nursing (2015), and her Bachelor of Science in Nursing at Our Lady of Elms College in 2018. Aside from her certificates in Dementia training, Intravenous Therapy, and BLS healthcare provider CPR and AED (American Heart Association) she is also an Infection Control Preventionist. Angela McGrath, BSN, RN of Palmer, has been named adjunct faculty, a role she assumed on Sept. 15. McGrath is an experienced home care nurse. She completed her Bachelor of Science in Nursing degree at Southern New Hampshire University (SNHU) in 2018 and was awarded an outstanding achievement award for Summa



Tara Johnson



Angela McGrath



Rianna Romano

Cum Laude in 2019. She earned her Associate in Nursing degree at Holyoke Community College in 2016 where she was also inducted to the Phi Theta Kappa Honor Society. She completed her certificate in practical nursing at Greater Lowell Technical School in 1999 and was a certified nursing assistant in 1998 at the Middlesex Community College. Her experience includes subacute care, long-term care, case man-

agement, hospice care, and care plan development. Rianna Romano, BSN, RN, CEN of Charlton, has been named adjunct faculty, a role she assumed on Sept. 15. Romano completed her Bachelor of Science in Nursing degree at MCPHS University in 2017 and her Bachelor of Science in Exercise and Sports Science at Fitchburg State University in 2014. Prior to becoming a nurse, Romano was

an emergency medical technician and a critical care technician (Emergency Department) at HealthAlliance Hospital in Leominster. She is a Certified Emergency Room Nurse, HCP/BLS certified, advanced cardiac life support, and pediatric advanced life support certified. She is connected with the emergency departments at UMass Memorial, Harrington Memorial Hospital, and HealthAlliance Hospital.

# 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 325,000 professionals. Nichols launched its Bloomberg Lab in fall 2018 with 12 terminals. In its first semester of use, 279 students earned

Bloomberg Market Concepts (BMC) certification, elevating Nichols as a Bloomberg Experiential Learning Partner. The \$168,000 commitment from the Southbridge-based Dexter-Russell underwrites the additional annual cost of expanding to 16 terminals. In addition to increasing access to this experiential tool in the lab, 300 web logins are available so students can complete their certification remotely. This was particularly helpful in pro-

viding uninterrupted student access to Bloomberg during the pandemic. To date, some 850 students have earned BMC certification, a requirement for first-year business students at Nichols. The integration and expansion of Bloomberg terminals drives the college’s degree concentration in corporate finance and investments and has been key in the creation and operation of the student-managed investment fund launched in

2020. “We are so grateful to Dexter-Russell, and the Affinity Group Charitable Foundation for the opportunity to extend this powerful resource to more students,” said Glenn M. Sulmasy, JD, LL.M, Nichols College president. “This grant directly supports the Nichols mission of offering students the real-world experiences that set them apart and boost their career prospects.” Alan Peppel, 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 underwrite students’ educational aspirations at Nichols College, the leading business school in the area.”

## MAENPAA

continued from page A1

has dedicated his Eagle Scout project to helping provide care packages to youth and teens going through DCF. The yard sales held on Oct. 2 and Oct. 9 were held specifically to fund his goal to create 25 bags for boys and 25 bags for girls. “We want to help kids in DCF by buying duffle bags we can fill with items such as toiletries that we can give to those kids and teens. I had the idea a few years ago. In one of the church groups I was doing, one of the people that was leading me was an Eagle Scout and his

project was very similar to what I’m doing right now,” said Maenpaa. “I just like helping people out. I think this is a great way to do that.” The yard sales were also a way for Maenpaa to turn a tragic loss the family into something positive as the collection of goods for the sale started with items from his grandmother’s house who passed away in 2020. However, as the idea grew, so did the donations resulting in the two sales. “We needed to find a way to get rid of the furniture that was in her old house. We figured the best way was to do a yard sale that would help

us raise money for the project. The rest of what we have was donated by others,” said Maenpaa. “I think it’s cool that people want to help out and recognize what I’m doing and help out DCF as well.” While Maenpaa couldn’t provide an exact quote for how much money he needs to raise for his fledgling project, he said every penny will certainly help. The Scout is also holding an ongoing can and bottle drive to help with his project. Those wishing to donate to the cause can email [aodtimothymaenpaa@gmail.com](mailto:aodtimothymaenpaa@gmail.com) or text 508-596-5298 to arrange a pickup.

## MOORE

continued from page A9

ing, but I never intended it to be that way. I guess that’s called “unintended consequences.” I think about them a lot and wish I would have just asked them how their family was doing or what was new in their life. Carnegie goes on to say, in the next chapter, “the surest way to make somebody an enemy is to tell them they’re wrong...if you tell someone they’re wrong, do you make them want to agree with you? Never! For you have struck a direct blow at their intelligence, judgment, pride, and self-respect...It will never make them want to change their mind.” It’s hard to hear something you disagree with but is it really worth the fight? Not every disagreement has to become an argument. There are ways of winning someone to your way of think-

ing but it doesn’t happen by arguing. You probably didn’t become friends with that person because you agree with their politics, so why would you end it because you disagree with their politics? Back to my friend in Los Angeles; the other day one of the two friends who stopped talking to him called and tried to rekindle their friendship. He asked me, “how should I respond?” I replied, “What do you think you should do?” He said that he was going to forgive him and allow the friendship to move forward. He added, “if I don’t forgive him and instead hold a grudge, you could interpret that as hatred; I don’t want to carry that type of energy inside of me.” Some of us may not be so lucky as to have a good friend call us back after blocking us, but if they do, try and remember Dale Carnegie’s advice, “You can’t win an argument.”





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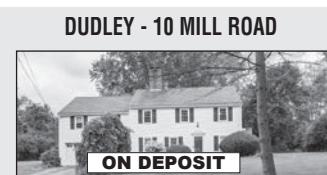
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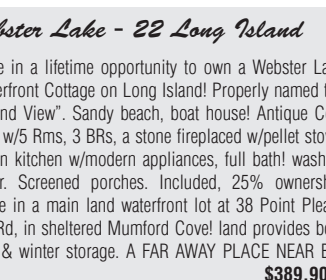
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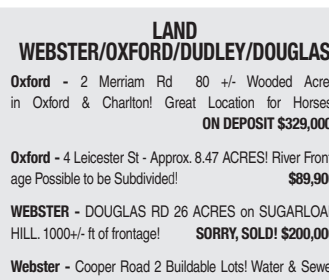
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# Healthy soup offers many different benefits



Food is a critical component of healthy living, helping people to reduce their risk for illnesses and even helping them to overcome colds and other ailments. The properties of soup, for example, can chase away chills and offer other benefits. Soup is hydrating, and the ingredients included in the recipe may be able to do everything from tame coughs to reduce mucus to boost the immune system.

This recipe for “Navy Bean and Collard Greens Soup” courtesy of John La Puma, M.D., ChefMD, includes collard greens. When one chops or chews collard greens, he or she gets the powerful, helpful chemicals isothiocyanates and indole-3-carbinol. They can help the liver produce enzymes that detoxify cancer-causing toxins in the body. In addition, the soup includes tofu, which will adopt the flavor of other ingredients and add a form of lean protein along with the beans.

- Navy Bean and Collard Greens Soup**  
Serves 4
- 3 cups vegetable broth, such as Pacific Organic brand
  - 4 cups coarsely chopped stemmed collard greens, preferably organic (1 bunch 10 to 12 ounces)
  - 1 1/2 cup packaged julienned (matchstick) carrots
  - 1 1/2 teaspoons chili garlic puree or chili paste with garlic
  - 1 (12 ounce) package extra firm tofu, cubed in bite size pieces
  - 1 (16 ounce) can unsalted navy beans, drained
  - 1/4 cup grated Romano cheese


Combine broth, collard greens, carrots, and chili garlic puree in a large saucepan. Bring to a boil over high heat. Reduce heat; cover and simmer 10 to 12 minutes or until greens are nearly tender. Stir in tofu and beans; cover and simmer 5 minutes or until vegetables are tender. Ladle into shallow bowls; top with cheese.

Tips: Great northern or cannellini beans may replace the navy beans and Swiss chard may replace the collard greens if desired. Also, look for chili garlic puree or chili paste with garlic in the ethnic section of the supermarket. Because the beans are unsalted, there is no need to rinse them before adding to the soup.



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