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Friday, October 22, 2021

Overlook holds annual Fall **Festival**

CHARLTON Overlook in Charlton played host to its fifth annual Fall Festival celebration on Saturday, Oct. 16 welcoming members of the local community and beyond to the property to enjoy some fall-themed activities and a craft fair. The event included music, games, visits from local organizations and crafters. and allowed visitors to get a first-hand look at what The Overlook's community is all about.

More photos on page 12

Jason Bleau photos

Youngsters make their own pumpkin faces on their handpicked pumpkins, a classic Fall Festival activity.



Divide remains between **Dudley Charlton Regional School Committee and citizens**

BY JASON BLEAU NEWS STAFF WRITER

DUDLEY/CHARLTON The division between certain members of the public and the Dudley Charlton Regional School Committee has been front and center for several months now in the wake of debates about whether or not Critical Race Theory was being considered for the schools. That divide appears to remain as several citizens continued to express their displeasure with the committee during an October meeting.

The Oct. 13 School Committee meeting began as all meetings do, with public comments. Citizens are given three minutes to speak with a half-hour limit on the session to allow the meeting to progress in a timely manner. However, several citizens made good use of their three minutes, continuing to

criticize the School Committee Paquette said before directing for a variety of grievances from perceived breakdowns in communication to controversies over policies related to COVID-19, sex education and Critical Race Theory.

Dudley parent Timothy Paquette was the first to speak, providing strong criticisms directed not only at the School Committee, but the superintendent and the national conversation about mandatory masking and vaccinations among other prominent movements in terms of education.

"For the record, 42 days ago school started and so did the forced masking of our kids again. I oppose Critical Race Theory. I oppose comprehensive sex education. I oppose forced masking of our kids. I oppose mandatory COVID injections. I do support term limits for this committee,"

a criticism toward President Joe Biden and his administration. He then directed his complaints toward posts made by an unnamed district school principal on social media promoting support for the causes he openly opposed. The discussion was quickly halted by School Committee members who voted for a recess and stated that such discussions were against policy.

"The policy clearly says you can't talk about personnel matters. You can only talk about things that are within the School Committee's preview," Superintendent Steven Lamarche clarified after the brief recess. "If you have concerns with personnel there is a policy. If it's building based, you can go to the teacher or

Please Read COMMITTEE, page A6

Supply chain issues impacting school lunches

BY JASON BLEAU NEWS STAFF WRITER

DUDLEY/CHARLTON Supply chain problems facing the nation at large have created significant issues for all kinds of businesses, but the effect it has had on schools has been widely overlooked. Districts across the country who usually set up their menus well ahead of time following certain health guidelines are

forced to change their food offering on a moment's notice due to limits in what they are able to receive.

The situation is no different in the Dudley Charlton Regional School District, according to Food Service Director Matthew Greenberg, who reported to the regional School Committee on Oct. 13 that the district has had to change its menus several times, usually as late as the morning of when certain meals were supposed to be served. This is a direct result to the issues nationwide with food

delivery and transportation. "The Dudley Charlton Regional Food and Nutrition Department is asking for your patience and support as we navigate new challenges," Greenberg said, reading from a letter to families in the dis-

> "As trict. you may be aware, we are

currently faced with unprecedented shortages of food and packaging materials, massive delays or cancellations of deliveries, and labor shortages. Nationwide shortages and delays have affected availability of certain food items leading to substitutions of menu items we've been able to offer regularly in the past.'

Greenberg said these supply issues have created many challenges for districts who must conform to nutrition guidelines and serve a large quantity

of food. It has resulted in quick substitutions of menu items and last-minute notifications to parents that the district is unable to fully control. Many times the district receives food the morning of an expected menu offering and are not made aware of what they will or won't receive until a truck arrives. The district does adjust menus when necessary online, but the delivery backups have made it difficult or, in

Please Read SUPPLY, page A6



Nick Ethier photos

On the game's lone scoring play, Dan Gronek of Shepherd Hill touches the ball past sliding Tantasqua keeper Braylon Casinghino and finishes a shot into the empty net.

Positives taken for Shepherd Hill and Tantasqua, as Rams edge Warriors

BY NICK ETHIER

DUDLEY - Not often can two high school boys' varsity soccer teams engage in a spirted, physical game that had a postseason-like feel to it and both sides walk away pleased

and optimistic, but such was the case at Carmignani Memorial Field on Thursday evening, Oct. 14 following Shepherd Hill Regional edging Tantasqua Regional, 1-0.

The Rams and Warriors employ

Please Read SOCCER, page A6

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YMCA Mission in Motion Day to benefit LiveStrong Program

On Saturday, Oct. 23, from 8 a.m. to noon, The YMCA of Central MA, Tri Community Family Branch located at 43 Everett Street in Southbridge, is sponsoring a "Mission in Motion" Exercise Event to benefit the LiveStrong Program held at the Southbridge YMCA. Special classes will be held throughout the morning for a suggested donation of \$10 per class. Everyone is invited to join in the fun to support this important program supporting those affected by cancer. LiveStrong is free to all registered Program Participants.

The Mission in Motion Day starts off at 8 a.m. with offerings of either Yoga (Charice Kalis) or Zumba (Christine Neslusan) classes. At 9, Biker Barre (Suzi Guerin) or Animal Flow (Kate Hardy) takes place. Ten a.m. brings a 90-minute Cycle class with Charice Kalis or at 11:30 there is a 30-minute cycling class with Kate Luscombe! Love to swim? Bring the family and come use the pool from 11 a.m. to noon for open/ family swim time!

Anyone wishing to work out in the Fitness Center instead of attending a class will be offered a Fitness workout challenge at three levels for different intensity workouts! Of course the Fitness Center is offered as a work at your own pace area too!

The YMCA invites everyone to join us for this exciting event. It is a great way to "try the Y" and see the facility while helping to support a great cause.

LiveStrong is a 12-week Program offered to all persons effected by cancer. During LiveStrong classes, trained and certified Instructors work one on one and in small groups with persons who have struggled with cancer. The program helps to rebuild strength and balance for the participants as well as offer nutrition advice and small group support. There is no cost for participants in this program as we celebrate each milestone of the fight to beat cancer!

For further information about either the LiveStrong Program or the Mission in Motion event please contact the Tri Community Family Branch at (774) 318-

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Soft tissue injuries and how PT can benefit recovery

Soft tissue injuries are more common than people may realize. In fact, anyone

with an undiagnosed pain in his or her

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body may be suffering from a soft tissue iniury.

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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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 national-daycalendar.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.





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@stone-bridgepress.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.



POSITIVELY SPEAKING

TOBY MOORE

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

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

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

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.

Don't Complain

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.



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\$520,000, 426 Stafford St, Hanson, Cory M, and Hanson, Alyssa H, to Martiros, Melissa S.

\$475,000, 37 Leland Dr, Cloutier, Joseph W, and Saad-Cloutier, Patricia J, to Lopes, Seth P.

\$423,020, 52 Jennings Rd, Prop Soln RE& Contracting, to Wydronkowski, Cory, and Wydronkowski, Keri.

\$377,000, 173 Berry Corner Rd, Pariseau, Steven T, and Pariseau, Katherine, to Lees, Jonathan M, and Greene, Brittany S.

\$302,000, 92 City Depot Rd, Mastromatteo, Anthony G, to Smith, Amanda.

\$276,000, 360 Worcester Rd, Putters Miniature Golf, and Hometown Bank, to Homes Development Corp.

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



CHARLTON—DarceyHoweofPalmer 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.

Massachusetts Department of Mental Health and Open Sky team up on pilot projects

WORCESTER — Earlier this year, the Department of Mental Health (DMH) and Open Sky Community Services teamed up on two innovative pilot projects to address ongoing behavioral health challenges in the Greater Worcester area.

The two pilots include a mobile respite project to help reduce emergency department boarding at UMass Memorial-Harrington in Southbridge, and a flexible support project to support students experiencing homelessness in Worcester Public Schools and their fam-

"Having the freedom, flexibility and funding to innovate

can make a significant difference in the ability of providers to try new ways of tackling complex problems and improving the system of care," said Ken Bates, President and CEO of Open Sky. "We were pleased to partner with the Department of Mental Health on these pilot projects, which demonstrated promising outcomes and which we hope to continue during the coming year."

These pilots have demonstrated the power of collaboration and innovation in serving people who are experiencing behavioral health challenges, homelessness and other complex needs.

"Emergency room boarding and supporting the mental health needs of individuals experiencing homelessness and their families have long been priorities of the Department of Mental Health (DMH)," said Massachusetts DMH Commissioner Brooke Doyle. "We are happy to be a part of an expanded emergency room, mental health and homelessness response in which we hope will become a foundation for the future."

The mobile respite project enabled a team of people to reach out to individuals experiencing behavioral health crises in the emergency department, or inpatient units, who need assistance and support so they may return home and avoid future ER visits or hospitalizations. Emergency department "boarding" occurs when there is a delay in locating an inpatient bed due to high demand and limited availability. This is a significant issue for patients as well as hospital emergency departments.

During the pilot, the team connected with 19 people and 84 percent of them did not return to the emergency department, indicating the team was able to refer people to services that met the individuals' needs.

"This initiative, in conjunction with our psychiatric emergency services, has provided creative and flexible alternatives to existing types of support, and thus allowed many patients to avoid long waits in the emergency room and the need to return so often. This has made a significant difference for patients, their families, and the enormous demand on hospital resources," said Greg Mirhej, vice president of behavioral health services at UMass Memorial-Harrington Hospital.

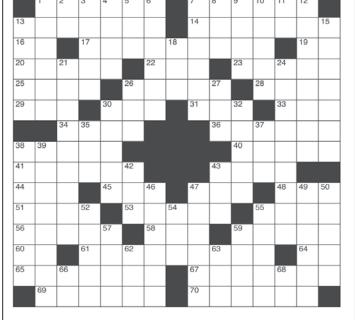
The project is expected to continue at UMass Memorial-Harrington and has now expanded to St. Vincent Hospital in Worcester.

In the second pilot, 13 student families in the Worcester Public Schools who were experiencing homelessness or housing insecurity for the first time were referred for services. Families received comprehensive short-term stabilization services and an array of flexible clinical and supportive services including housing support, financial assistance, counseling and skills-teaching.

Of the referred families, 58 percent were experiencing homelessness. During the project, four families became permanently housed, one family was admitted to a shelter and two families are still actively engaged in housing searches. All 13 families received support, stabilization and connection to needed services.

"Worcester Public Schools is committed to supporting the needs of youth and families experiencing homelessness. We appreciate the partnership and efforts of the Department of Mental Health and Open Sky to help us provide vital support and services for the families we served in the pilot. We look forward to collaboration,' continued continued collaboration," said School Superintendent

Turn To **PROJECTS** page **A5**



CLUES ACROSS

- 1. Break
- 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
- 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

65. Optimistic

- 70. Emerges
- 67. Humorous works 69. Arranged systematically

41. Removes from the record

51. Formal term for "on"

55. Traveled rapidly

59. Expressed pleasure

60. Exclamation of surprise

58. Prickly husk

61. Most irritable

64. Virginia

53. Weight of precious stones

56. Long-winged aquatic bird

43. Young salmon

44. Feline

48. They

45. Skin decor

47. Disfigure

- 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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bankHometown supports food pantries with annual Neighbors Helping Neighbors fundraiser

Morton, president and CEO of bankHometown, announced the start of the bank's annu-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

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 "bank-Hometown Neighbors" and can be dropped off at any bank-Hometown branch or mailed

Mary C. Mulrenin **Executive Secretary** bankHometown 31 Sutton Avenue Oxford, MA 01450

The food pantries that will be supported this year include: Massachusetts:

Athol Salvation Army Food

Auburn Youth and Family Services, Inc. Food Pantry CARE Food Pantry - Clinton Food Share - Southbridge,

Daily Bread - Putnam Friends of Assisi - Killingly Thompson Ecumenical Charlton & Sturbridge Empowerment Group (TEEG)

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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 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

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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.theantiquecollectiblesshow.com. For more information visit theantiquecollectiblesshow.com, Follow Us on Facebook at AntiqueCollectiblesShow, or con-

tact Maxine Carter-Lome directly at (508) 347-1960 x402 and at weathervanepublishing@gmail. com for more

PROJECTS

continued from page A4

Maureen Binienda.

"We are so pleased to work with DMH and other partners to find creative ways to meet the needs of our community," said Erica Robert, senior vice president of community services at Open Sky. She said that Open Sky plans to continue to explore innovative ways of improving care and the system of services with DMH over the next year.

About Open Sky Community Services Open Sky Community Services, Inc. offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other complex challenges throughout Central Massachusetts. Open Sky, which was formed through the affiliation of Alternatives Unlimited, Inc. and The Bridge of Central Massachusetts, has over 1,200 dedicated employees and an annual budget of \$89M with more than 100 programs throughout the region. For more information, please

visit www.openskycs.org.
About the Massachusetts Department of Mental Health

The Department of Mental Health (DMH), as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities. DMH operates five regional offices as well as inpatient beds at seven locations across the state. DMH also shapes mental health policy and retains licensing authority over more than 2,500 beds in privately owned facilities.

LOCAL

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

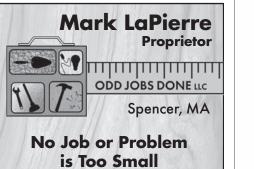
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- · Charlton Baptist Church, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 10 a.m. Charlton City United Methodist, 74 Stafford
- St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children's church 10am St. Joseph's Church, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.
- Hope Christian Fellowship, 6 Haggerty Road, 248-5144
- · Assemblies of God Southern New England District Headquarters, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.
- 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.livingwordhcarlton.com info@livingwordcharlton.com New Life Fellowship A/G, SNED Chapel, 307 Sturbridge Road, Rt. 20, Charlton, MA,

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SOCCER

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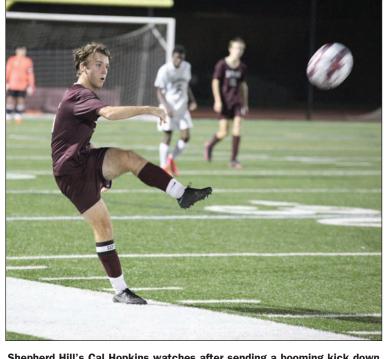
strong teams and, as regular season play winds down, both clubs are preparing for runs in the upcoming Central Mass. and State Tournaments.

"We want the momentum. We've had a few ties in a row, so we're hoping to end on a good note," said Shepherd Hill head coach Tim Cormier following the victory. "It's a grind and we'll be battle tested for the postseason. That's what I'm happy about."

Following their win versus Tantasqua, the Rams ended the regular season by defeating North Middlesex Regional, 4-1, two days later to finish 10-2-2. The Hill will now play in the Central Mass. Division 1 Tournament, followed by a Division 2 bid in States.

"As a sports fan, I'm excited for postseason ball for this club. Just to be able to experience it," said Cormier. "I'm actually excited to be in D1 to get a crack at those teams."

To defeat the Warriors, it took a goal scored in the 25th minute by Shepherd Hill's Dan Gronek that made all the difference. Teammate Jack Barrows sent a pass down the field that Gronek and a Tantasqua defender battled for. Gronek got a step on the defender and was off to the races.



Shepherd Hill's Cal Hopkins watches after sending a booming kick down

"I saw the keeper coming out. I took a touch...with my right. I knew I could get there first...just enough," Gronek said of the goal-scoring play. "With the balance I had left [I shot] lefty and it went in the

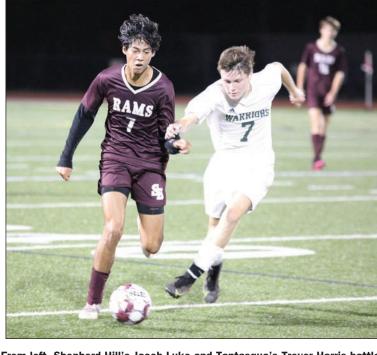
"He's got tremendous pace and very good instincts," Cormier said of Gronek reading the play and knowing that Warriors' keeper Braylon

Casinghino (seven saves) was approaching the ball. "He's smart and we try to feed him as much as possible up there."

Tantasqua head coach Matt Guertin also gave credit to Gronek on the scoring play.

"Right place, right time and a nice little one-two," Guertin said. "That was a great play."

Guertin was pleased with his team's effort, though, especially with numerous regulars



From left, Shepherd Hill's Jacob Luke and Tantasqua's Trevor Harris battle for possession of the ball.

"at least three" — not in the lineup to rest up and heal

"We had guys in positions they hadn't played all season," explained Guertin. "I'm glad the guys came out and fought hard. I thought we owned the last 15 to 20 minutes and had some chances.'

Tantasqua did indeed have its chances, but Shepherd Hill keeper Ryan Davis was in posi-

tion to make all six shots sent his way, five coming in the second half.

The Warriors finished the regular season 11-2-1 and are now ready for the Central Mass. Division 1 Tournament, following by a Division 3 State appearance.

"I'm very proud of this team. I'm hoping we can make some more things happen," Guertin

Carole Stewart to present Halloween themed Story Time at Oxford Public Library

A Charlton resident for over 15 years, Carole Stewart, former Connecticut's "Story Time Lady" along with her companion, "Foxy", will be presenting a special Halloween themed Story Time at 10:30 a.m. on Saturday, Oct. 23 at the Oxford Public Library. The story time is for children ages 3 to 6 years and due to Covid protocols everyone is encouraged to wear masks. Mrs. Stewart was Assistant Children's Librarian at the New Canaan (Conn.) Public Library for over 14 years and after retirement, continued her story

time presentations for Day Cares for another 20 years. Along with being a Co-Grand Marshall of New Canaan's annual Halloween parade, she was the recipient of New Canaan School's Youth Service award and a presenter at Norwalk Community College's annual Children's Literature Conference. The event is sponsored by the First Congregational Church of Oxford in conjunction with its 300th Anniversary celebration and its "Give Back to the Community" that has supported it for over 300 years.

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COMMITTEE

continued from page **A1**

principal. If it's principal based, you can go to the superintendent." It is not uncommon for personnel matters to be discussed by the School Committee but usually in executive session due to privacy laws. While Paquette did not name the employee in question, the implication of their position seemed to take the discussion too far for the committee.

Still, Paquette continued to voice his concerns asking for clarification on the district's policies concerning administrators' statements on social media before saying that what he saw was not a "good look" for the committee and that their actions or lack thereof are "very telling" of the committee's "agenda." He also criticized the committee's unwillingness to defy mandates handed down by the Massachusetts Department of Elementary and Secondary Education, ending his statements by asking the committee to unmask the students.

Paquette was not the only parent who spoke out during the meeting. One parent who had recently re-enrolled her child to allow her to be with her friends expressed distrust in both the School Committee and Department of Education. Another expressed concerns about lack of communication and the unwillingness of the committee to compromise with parents on mask manes and meeting locations that would

allow for better social distancing and unmasking. Marcia Wagner of Dudley summed up many of these concerns in her own statement to the committee.

The policy we were given says keeping open communication with the public is critical to the proper functioning of the School Committee, but the policies that are written feel so stifling to us and constrictive. Three minutes is not enough, and shouldn't the taxpaying public have a say in the policy procedures? We feel like the FBI is here already to some degree. It just doesn't feel like there's a give and take," Wagner said. "You say go to the specific principal or superintendent, but that's not transparency for the rest of the gen-

The School Committee did not directly answer any of the concerns during the meeting, which is normal practice as such discussions are usually added to future agendas to allow those who were not at the meeting but may want to contribute to participate. However, Superintendent Lamarche did touch on a few issues later in the evening in his report to the committee, including voicing his opposition to mandating

"We've tried to stay away from the vaccination game as a school district, so we have not been asking people for records of vaccination. As I've indicated since May of last year, it is something that I would never recommend to the School Committee to enter into vaccinations or mandates of vaccinations. It does come up in independent conversations with school nurses and those that are considered close contacts because there are different bubbles or avenues for people to go with vaccination, but at this point in time, I would still not recommend that we seek out vaccination

records of individuals," said Lamarche.
The superintendent also explained that there is a way for citizens to be involved in what policies are made and approved for the district and that they are working to make sure citizens are well informed.

"The Policy Subcommittee has embarked on a new feedback loop with Dudley Charlton Regional School District Families. As School Committee policies are reviewed, updated or created and after the school committee first read the draft red line version will be sent out to all DCRSD families via our district communication system. The Policy Subcommittee will take all feedback into consideration in the policy adoption process," Lamarche added.

Details on district policies are also available on the Dudley Charlton Regional School District website under the "About DCRSD" dropdown menu.

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_EGALS

TOWN OF STURBRIDGE REASSESSMENT OF REAL PROPERTY

The Town of Sturbridge is accepting proposals for the Fiscal 2025 Reassessment and Fiscal 2023 Interim Adjustment and Fiscal 2024 Interim Adjustment of Real Property within the corporate limits of the Town of Sturbridge. Please refer to www.sturbridge. gov/bids for specifications of the reassessment program.

Envelopes must be clearly marked:

"Town of Sturbridge, Massachusetts -Real Property Reassessment Program FY2025, 2023, and 2024"

Proposals are to be submitted to the Board of Assessors, Town Hall, 308 Main Street, Sturbridge, MA 01566, no later than 11:00 A.M. on November 12,

October 22, 2021

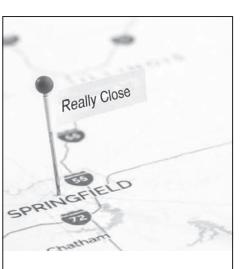
TOWN OF STURBRIDGE REVALUATION OF PERSONAL PROPERTY

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SUPPLY

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some cases, near impossible to predict when substitutions will be required.

'We know that this affects students, parents and families and we are doing our best to provide updates about menu changes when possible as soon as we can identify an issue," Greenberg said. "Our number one priority continues to be providing healthy, nutritious and appetizing meals for your children. We love seeing them every day and appreciate your support and patience as we continue to offer meals at no charge to all students.'

Greenberg did provide some good news in that free lunches and breakfasts will continue throughout the district. However, what happens after the current school year remains a mystery. Greenberg acknowledged that lawmakers in Massachusetts are contemplating a bill that would potentially provide free lunches as a standard, however it remains in the draft phase.



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FRANK G. CHILINSKI

PRESIDENT/PUBLISHER

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

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

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 Stepnen, 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

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.

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

TO THE EDITOR

Congress must act now to protect democracy

To the Editor:

A recent surge of state-wide voter suppression bills and ongoing attempts to erode fair and secure elections requires federal action. Congress must act now to implement national standards for federal elections to protect our democracy. The Freedom to Vote

Act would protect people's right to vote, end partisan gerrymandering, and help to eliminate the undue influence of dark money in our elections.

> MARGARET W. TRAINA Charlto

Many, Many Thanks

We would like to take this opportunity to thank the many people, businesses, and organizations who helped to make this year's AutumnFest 2021, sponsored by the Southbridge Business Partnership, one of the biggest and most successful community events that our town has seen in a very long time.

Many thanks go out to our Presenting Sponsors: Schott Fiberoptics and the Town of Southbridge; Platinum Sponsors: Southbridge Credit Union and Vocero Hispano; Gold Sponsors: Dexter Russell, New Beginnings ABA Comp, Starkweather & Shepley, United Lens; Silver Sponsors: Savers Bank, Hyde Tool, Southbridge Hotel and Conference Center, Center of Hope; Bronze Sponsors: Big Bunny Market, Cornerstone Bank, Dunk'n Foam it Carwash, Micknuck's Fresh Marketplace, Midstate Welding, Soper Construction, E.J. Stochaj Insurance, Super Clean Laundromat; Contributing Sponsors:

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Jewelers, Dave's Pest Control, Festival of Giving Trees, I am Tshirts, Southbridge Tech Incubator, and Southbridge Tire, Sturbridge Coffee

The Marine Corps.Color Guard from

Westover AFB and Southbridge High School Band helped to get this event off to a very exciting start as did the very talented dancers from the Kara Anderson Dance Studio (KADS).

We are thankful for the help of countless teachers, administrators and ST ARR Ambassador volunteers from Southbridge Middle and Senior High School as well as the SHS Chorus. Equally appreciated were the many volunteers from the Southbridge YMCA, businesses and organizations and SBP partners, who made AutumFest 2021 a true community affair.

Also, a special shoutout goes to over 35 businesses and organizations who donated raffle items that made the SBP Raffle Booth a huge success.

Participating food vendors, crafters, farmer's marketers, Maggie the Clown, and games and kids' activities all helped to make this event a truly fun-filled day that was enjoyed by hundreds .ofpeople of all ages.

Lastly, the entertainment providedby She's Busy and The Island Castaways bands was the highlight of the afternoon and enjoyed by all.

> DARLENE KULESZA SBP BOARD MEMBER SOUTHBRIDGE

Does Sturbridge need or desire a race track?

To the Editor:

Does Sturbridge need or desire a race track, or are we just better off without

Do we need a race track because it will mean the town could collect a million dollars or so in taxes? Could that mean that we might take that money and put it toward a purchase, or purchases that costs much more each year than the million, meaning, (oops!) more bills, meaning we have to collect more money? Funny how easy it is not to live within our means, isn't it?

Do we desire this race track because it may mean that we get call fields for the kids? Do we think it would be wise to bring children into that environment, even if there are no races, betting, etc. when the kids are there? Oops! Might a few of the children begin to believe, because the race track project provided them with ball fields, etc., that race tracks and betting on the races would be a good thing for them to get into as soon as they could? Is it possible that unknown persons working or lurking in the area close to the kids' ball

fields might become problematic? What are the chances that a child might be dropped off early or picked up late without much supervision? Who might be hanging around, watching?

There will be only one entrance into the Equine Center from Interstate 84. Therefore, we are told, the traffic in town won't be affected. We are also told that the Equine Center will generate income for local businesses. Oops! So traffic in town will increase! I can't believe that people won't use their GPS systems, or whatever electronics they may have, to go anywhere they want to go when they get back onto 84.

Sturbridge is the only town in close proximity with many hotels and restaurants, and shopping places.

This is not the first or the last enterprise to promise benefits to the town. We need to ask ourselves, "What consequences should we expect," whenever someone wants to give us something to get what THEY want.

> MARILYN DESY FISKDALE

Short-term investments offer liquidity, and more

Generally speaking, investing is a long-term process. You invest in your IRA and 401(k) to reach a long-term goal — retirement. You may invest in a 529 education savings plan for many years to reach another long-term goal - college for your children. But is there also a place in your portfolio for shorter-term investments?



FINANCIAL Focus JEFF

BURDICK

have three good reasons for owning short-term investments: liquidity, diversification and protection of longer-term investments. Let's look at all three: Liquidity: For many

In a word, yes. You

people, the COVID-19 pandemic brought home the need to have ready access to cash, and shortterm investment vehicles are typically liquid. Still, some are more liquid

than others, and you'll want to know the differences right from the start. Probably the most liquid vehicle you could have isn't an investment at all, but rather a simple savings or checking account. But you likely could earn much more interest from a highyield online savings account without sacrificing much, if any, liquidity. Money market accounts are also highly liquid, but they may carry minimum balance requirements. Other short-term investments may be less liquid, but that may not be a major concern if you don't need the money immediately. For example, you could purchase a type of mutual fund known as an ultra short-term bond fund that invests in longer-term bonds due to mature in less than a year, so you could receive the benefit of the higher interest rates typically provided by these bonds. You could choose to partially or entirely liquidate your bond fund at any time, but it may take several days for the sale to go through, since the shares in the fund need to be sold. You could also invest in a three-month certificate of deposit (CD), but if you cash it out early, you'll lose some of the interest payments.

Diversification: If your portfolio consists largely of stocks and stock-based ETFs and mutual funds, you could take a hit, at least temporarily, during periods of market downturns, which are a normal part of the investment world. But a diversified portfolio, containing both long- and short-term investments, may hold up better during periods of market volatility. That's because the short-term vehicles we've looked at are typically going to be far less affected by market movements, if they're affected at all. (Keep in mind, though, that diversification by itself can't guarantee profits or protect against all losses.)

Protection of longer-term investments: If you were to face an unexpected expense, such as the need for a major home or car repair, how would you pay for it? Without any liquid reserves, you might be forced to dip into your longterm investments, such as your 401(k) and IRA. But by doing so, you could incur taxes and penalties—and, perhaps even more important, you'd be removing resources from accounts designed to help you achieve a comfortable retirement. With enough short-term investments in place, though, you can avoid touching these long-term accounts. As you can see, you can benefit significantly by adding some short-term investment vehicles to your portfolio. They could make a big difference in your ability to meet your financial goals.

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.

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@stone bridgepress.news

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!

It's Soup Season



TAKE THE HINT **KAREN** TRAINOR

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, 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;

Turn To TRAINOR page A9

Save seeds of favorite vegetable and flower plants



GARDEN Moments MELINDA **MYERS**

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



Photo courtesy MelindaMyers.com

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

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 in the

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

Greater Worcester Community Foundation funds over \$54k 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 recogniz-

es 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 award-

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

Día de los Muertos Event, "Recuerda la Memoria": Latino storytelling on loss and hope during COVID. A mixed media art project., \$10,000

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 lsemidei@greaterworcester.org.

TRAINOR

continued from page A8

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

Ingredients: three carrots, cut; three potatoes, cut; two pounds beef chuck or stew meat, in 1-1/2" 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.

Butternut 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 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 be careful not to overcook it to

Cooker Slow Minestrone Brimming with flavor, this soup cooks itself while you're at work.

retain its sweet and savory flavor.

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 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 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. Hints are entered in for dinner for two at the historic Publick

* * Triday'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

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 sinales and couples.

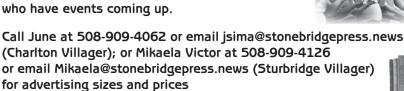
The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

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



Socially Speaking...

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



More exciting photos from Overlook Fall Festival



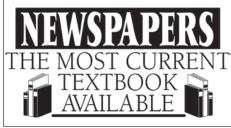




Photos courtesy Lisa Mayville









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Fall has arrived



THE GREAT OUTDOORS RALPH **TRUE**

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 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

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 pro-

viding many anglers with some great action on the recently stocked trout in the Central District. Numerus anglers reported catching some 15-& 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 web site for a complete list of stockings to

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

Tautog fishing remains strong in Mass. & Rhode Island with many fish in the 5-to-8pound class being caught. The limit of tautog was increased



to 5 fish per angler last Friday, but only 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 recreation-

al 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!

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

Turn To ANTIQUES page A12







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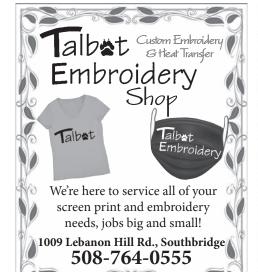
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The Pumpkins are Here! The Pumpkins are Here! Spread the word that the best place to get your fall decorations is the Sturbridge Federated Church in Sturbridge, where the finest pumpkins and gourds

will be on sale from September 26th – October 31st. Proceeds will benefit various local and regional charities as well as the Navajo Indian Reservation.

Wearing face masks and social distancing will be required of anyone entering the Pumpkin Patch.

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OBITUARIES

James "Rosey" P. Rosenquist, 60

OXFORD – James "Rosey" P. Rosenquist, 60, died suddenly on Monday, October 11, 2021, in his home.



He is survived by two daughters, Heather L. Rosenquist and her husband Michael Mills of Oxford, and Heidi R. Rosenquist of Southbridge; two brothers, Donald D. Rosenquist and Erik C. Rosenquist; two

sisters, Dorothy J. Carlson and Holly J. Levasseur; his former wife, Rhonda L. (Hallberg) Rosenquist of Auburn; his bonus grandson, Riley J. Mills of Oxford; and many nieces, nephews, and friends. He was predeceased by a brother, Thomas Rosenquist, who died in 1988. He was born in Worcester, son of the late Donald H. and Dorothy J. (Dudley) Rosenquist, and lived most of his life in Oxford. He graduated from

Oxford High School in 1979.

James worked at Westborough State Hospital for over two decades. He was a jack-of-all-trades and an entrepreneur, starting his own roofing company amongst other businesses. He loved the outdoors, fishing and camping, enjoyed watching hummingbirds and collecting all types of items-especially trucks. He will be remembered for his great sense of humor and the way he made people laugh. He was very social, loved by many, and was willing to help anyone in need.

Memorial calling hours are Friday, October 22, 2021, from 4-8 p.m. at Paradis-Givner Funeral Home, 357 Main St., Oxford. Because of James' love of animals, in lieu of flowers, memorial contributions can be made to Oxford Animal Control, mailed to Oxford Town Hall at 325 Main Street, Oxford, MA 01540.

ANTIQUES

continued from page **A11**

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 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, October 30th. My antiques night class takes place November 10th at Bay Path Evening School in Charlton, MA. I'll be appraising items virtually for the Townsend, MA Historical Society on November 13th. Please visit our website for more details on upcoming events: https://centralmassauctions.com

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

FALL FESTIVAL

continued from page A1



The Salty Sisters provided three-piece acoustic covers to entertain the Fall Festival crowd.





Children's author Melissa Menzone shows off books from her series, "Rooster's Tales."



The Overlook Brew Crew was on hand to talk about the community's own brewery.



Declan and Addi, both of Thompson, Conn., get a tour of one of the Charlton Fire Department's fire trucks.



A server dishes out a bowl of The Overlook's own Lighthouse Chowder



A representative of the New England Mineral Museum shows off some goods and talks about the group's findings with some customers.



Visitors to the Fall Festival could purchase raffle tickets for a chance to win this handmade doll house as well as scratch tickets with proceeds benefitting the Resident Scholarship Fund for Overlook employees and their families.









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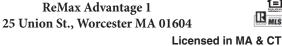




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56 Ash St. ~ \$200's

Celebrating annual Harvest Festival in the sun

than before COVID, the annual Harvest Festival still filled the Common with music, food, crafts and people last weekend. Next door, the library held its annual book sale, and, for the first time, the Federated Church was hosting a Pumpkin Patch, with all kinds of decorative and edible squashes filling the library's front lawn. A few scenes included:

Gus Steeves photos



Maddie Ryan visit Jack Michael and Skellington and Sally, one of this year's handful of Halloween displays gracing the Publick House's front lawn.



Matthew Lempitski Sr. swings his son, Matthew Jr., around to the sounds of Boogie



Wells Art Center vice president Simone Germain carefully carves a giant pumpkin. She said it was the fourth one of that design she'd done by that time (about 11:30 a.m.) Saturday.





Erik Saren holds his son William while the boy tosses darts at the balloon board (he popped all three).



Boogie Chillin plays an extended version of Elton John's "Honky Cat" before launching into a few Grateful Dead tunes.



Jamie Kordak and Sheryl Becker hand out fliers urging Sturbridgians to vote against the horse track at the upcoming Town Meeting.



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Second Chance announces grand opening of veterinary hospital in Southbridge



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.

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

NEW LOCATION ALSO HOME TO BAY PATH VETERINARY EDUCATION CENTER

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.

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

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, accord-

'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 <u>development@sec-</u> ondchanceanimals.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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Town of Spencer is seeking private snow plowers for the 2021-2022 Winter Season. If interested, please contact the

Office of Utilities and Facilities, 3 Old Meadow Road, Spencer, MA Monday-Thursday 8:00am - 5:00pm, call 508-885-7515

or on the Town website www.spencerma.gov Applications should be submitted as soon as possible.

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Phantoms and Fire at Old Sturbridge Village, now through Oct. 31



Phantoms & Fire returns to Old Sturbridge Village (OSV) this year, now through Oct. 31. The event, now in its second year, brings theatrical and family-friendly Halloween activities to the Village in October, every Wednesday through Sunday, from 5-8:30 p.m.

PHOTO/VIDEO OPPORTUNITIES:

Costumed visitors young and old participating in Clues & Candy, an outdoor twist on Trick-or-Treat at the Village.

Live music with the Mysterious Melodies of Lawrence Trailer.

Themed food and beverage



offerings in the ghoulishly transformed Prospero's Tavern.

Theatrical performances from Nevermore, a series of six outdoor scenes written and directed by P.J. Griffith, bringing to life the short stories and poems of author Edgar Allan

Information about Phantoms & Fire 2021 can be found at: https://www.osv. org/event/phantoms-and-fire-2021/.



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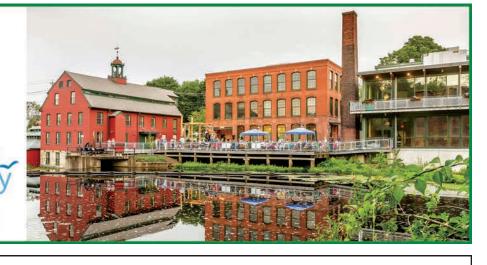
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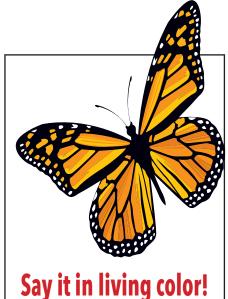
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