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Kate Abrafi Nsiah

Bay Path student awarded \$8,000 training grant

CHARLTON — MassHire Worcester Career Center announced the awarding of \$8,000 in training grant for Bay Path RVTHS Practical Nursing Academy student Kate Abrafi Nsiah of Worcester.

Nsiah is a Certified Nursing Assistant (CNA) with the Worcester Rehabilitation and Health Care Center. She graduated from the Presbyterian Senior Secondary School in Bechem, Ghana earning her high school certificate. She obtained her certificate as a nursing assistant from Fieldstone School in Worcester. Nsiah is described as a detail-oriented CNA with multiple years of health experience to deliver high-quality patient-centered care. She is talented at attending to patients in diverse healthcare settings and liaises well with other healthcare professionals and families to provide continuous quality patient care. Nsiah also has a background in manufacturing having worked at Unified 2 Global Company for a year in the Foam Assembly Department as a night shift worker.

“We’re grateful 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 helps many of our practical nursing students consistently. The grant will help Kate through the ten months of rigorous training and ensure that she stays motivated and inspired to give her best.”

Training grant funds encourage economic growth in the state and allows for 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/wtftp 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

Turn To **GRANT** page **A2**

Charlton Lions hosting Meat Raffle Jan. 8

CHARLTON — The Charlton Lions are hosting our famous Meat Raffle being held Saturday, Jan. 8 at the Heritage Golf Course at 85 Sampson Rd. in Charlton. There will be six tables of beef, pork and poultry to be won.

The raffle begins at noon, with early bird tickets available to those who arrive before 1 p.m. Heritage will have their bar open for beverage service and will provide a small pub style menu during the meat raffle. So come share a great afternoon of fun and fill Your Freezer!! For more information, please email thecharltonlions@gmail.com. And remember...100 percent of what we raise goes back to the community. The Charlton Lions thank you for your continued support!

Please mark your calendars for our next Meat Raffles on Feb. and March 5.

EARLY DEADLINES FOR CHRISTMAS



To ensure that the Dec. 24 edition of the Auburn News arrives in subscribers’ mail boxes on schedule despite the holiday, the submission deadline for any press releases and letters to the Editor intended for publication that week will be Friday, Dec. 17 at 9 a.m. Submissions are welcome by e-mail at news@stonebridgepress.news.

The staff of the Auburn News thanks our readers for their cooperation with this scheduling change, and wishes one and all a safe and happy holiday season.

GWCF donates mobile vaccination/ clinic van to City of Worcester



WORCESTER — Last year, when funds were allocated to the Greater Worcester Community Foundation for vaccine equity programs, interim President/CEO Carolyn Stempler reached out to Dr. Matilde Castiel, MD, a GWCF board member and Worcester’s Commissioner of Health & Human Service, to determine where and how the remaining funds could be most impactful. After some thought, Castiel told her the city needed a mobile clinic van that, for the time

being, could be used as a roaming Covid testing and vaccination resource.

Worcester’s Department of Health and Human Services (HHS) has coordinated the City of Worcester’s Covid-19 Vaccine Mobile Equity Clinic since January of 2021. Through this effort, they have administered over 23,000 vaccine doses to over 14,000 individuals at over 380 mobile clinics. To date, the Mobile Vaccine Team has relied on volunteer or personal vehicles to pack and transport materials.

After allocating a budget of approximately \$70,000 and searching for a vehicle to meet all the needs for the city, it was determined that purchasing a fully-outfitted

van would require more budget than previously thought.

Enter Vinh Ly, a personal friend of Stempler and owner of 3B Auto Inc. at 18 Canterbury St. in Worcester. Ly, a first-generation Vietnamese immigrant, was so excited to be a part of the project he found an appropriate van for \$23,000 at an online auction, priced out the cabinetry and gear needed with HHS staff, and graciously donated his, and his teams, labor to make sure the project came in under budget.

“In the true spirit of what the Worcester community can do when they come together, the new mobile vaccination van/mobile clinic will help reach some of the hardest hit neighborhoods in Worcester,” said Stempler. “Showing how local governments can work with charitable organizations along with private citizens is the epitome of people helping people during the pandemic.”

The van, which includes wheelchair access, hot and cold running water, restroom facilities, cabinetry, and appropriate lighting was unveiled as part of the City of Worcester’s monthly Covid-19 Briefing held at noon Friday, Dec. 10,

behind City Hall on the Worcester Common.

“With only 57 percent of Worcester’s population fully vaccinated, the mobile van will sustain HHS’s Covid-19 vaccination efforts as the Pandemic continues to evolve,” said Castiel. “We’re looking forward

to bringing medical resources into the community in new ways and are so thankful to the Greater Worcester Community Foundation and the team at 3B Auto. This collaboration with Carolyn and Vin is an example of how great our community is here in

Worcester, and it inspires me to see our city working together.”

While immediate plans are to use the van for Covid-related programs, the ultimate goal will be to have a mobile resource center for the city’s

Turn To **VAN** page **A2**

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VAN
continued from page A1

health care team helping with community events, emergency response, and mobile healthcare.

“We are so proud to be a part of this project that will help so many people,” said Ly. “We’re honored to be part of the Worcester community and even more proud to provide this community resource.”


The van will be delivered to Worcester’s Department of Health and Human Services in late December, with hopes of hitting the streets in early January 2022.

About the Greater Worcester Community Foundation
Greater Worcester Community Foundation (GWCF) is central

Massachusetts’ leading community foundation dedicated to improving the quality of life in the region by connecting donors to high impact non-profits and community partners. The Foundation employs its expertise and resources to address the region’s most urgent needs. Since 1975, GWCF has worked in partnership with donors to build a \$178 million endowment and award close to \$146 million in grants that have helped transform communities and build a strong and vibrant region. We apply our knowledge, relationships and resources to our work every day, combining passion and discipline to pursue a vision of Worcester’s success that works for everyone. For more information on GWCF programs and how to give, please visit www.greaterworcester.org.


GRANT
continued from page A1

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.




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MARIANAPOLIS ANNOUNCES HONOR ROLL

THOMPSON, Conn. — Congratulations to the following students on earning honor roll status for the first trimester, based on their weighted trimester GPA and the defined criteria. The Academic Office applauds their hard work and dedication to their studies.

Head of School List
Olivia-Mae Acquaah-Harrison, Charlton; Chloe Alba, Sutton; James Alves, Uxbridge; Kaitlin Baca, Webster; Briella Bailey, Pascoag, R.I.; John Barnwell, Danielson, Conn.; Celia Bouchard, Douglas; Vincent Bourgeois, Thompson, Conn.; Campbell Braun, South Grafton; Stephen Canavan, Ashford, Conn.; Lauren Conde, Danielson, Conn.; Sidney Corriveau, Brimfield; Spencer Courville, Charlton; Anna Czechowski, Webster; Anna De Villa, San Pietro di Cadore, Italy; Giana DeCesare, Chepachet, R.I.; Caitlin Diaz, Oxford; Sophia DiPietro, Worcester; Joseph DiPietro, Worcester; Hoang-Dat Do; Charles Eggen, Worcester; Klara Elezaj, Tirana, Albania; Ava Fabiano, Killingly, Conn.; Felicia Fongemie, Ashford, Conn.; Barbara Forgues, Shrewsbury; Federica Galli, Lipomo, Italy; Kyle Gallo, Dudley; Kira Gillette, Webster; Ashley Giorgio, Millbury; Xiayuan Gong, Wuxi, China; Sofia Gonzalez Tabares, Cozumel, Mexico; Justin Griffiths-Lam, Thompson, Conn.; B Hannon, Putnam, Conn.; Angelina Hargrave, Charlton; Luisa Henao, Southbridge; Thu Hoang, Hai Phong, Vietnam; Patrick Hoban,

Millbury; Kaylynn Horan, Putnam, Conn.; Ge Jia, Baoding, China; Madeline Joyce, Dudley; Mackenzie Jutras, Greenville, R.I.; Ethan Kalmin, Dudley; Zachary King, Plainfield; Molly Landis, Brooklyn, Conn.; Kate Landis, Brooklyn, Conn.; Chengxun Li, Xiamen, China; Alana Lorusso, North Oxford; Kaya Lukasek, Webster; Sydney Lundt, Woodstock, Conn.; Yihui Luo, Jiangsu, China; Bridget MacDonough, Grafton; Ian MacKenzie, Woodstock, Conn.; Szymon Mamro, Webster; Claire Marchand, Holden; Delia Marchand, Holden; Amelia Margoupis, Sutton; Jack Margoupis, Sutton; Miriam Martinez de la Herran, Bilbao, Spain; Tessa McCabe, Douglas; Benjamin McGarry, Thompson, Conn.; Shane McGlone, Southbridge; Keegan McLeod, Foster, R.I.; John McMullen, East Greenwich, R.I.; Katherine Melnick, North Grosvenordale, Conn.; Brady Miller, Sturbridge; Ayame Mizuno, Aichi, Japan; Siena Mueller, Whitinsville; Luciana Najjar, Northborough; Hugo Ndizeye, Kigali, Rwanda; Gianna Nichols, Fiskdale; Abbie O'Brien, Dayville, Conn.; Riley O'Connor, Dudley; Declan O'Connor, Worcester; Natalie Olkowski, Harrisville, R.I.; Lindsey Paradise, Dudley; Alek Popovich, Charlton; Wiktoria Potem, Webster; Victoria Pozo Domingos, Higuey, Dominican Republic; Sophia Rabor, Dayville, Conn.; Grace Rhoades, Stafford Springs, Conn.; Olivia Richardson, Lincoln, R.I.; William Savoie, Northbridge; Olivia Sczuroska, Brooklyn, Conn.; Emily Shamback,

Sterling, Conn.; Andrew Shultz, Oxford; Ava Simon, Southbridge; Alex Spetseris, Webster; Zachary Stoddard, Pomfret Center, Conn.; Christian Terwilliger, Lebanon, Conn.; Matthew Tomasino, Leicester; Violeta Torres, Plainfield, Conn.; Daniel Twohig-Mann, Douglas; Rachel Ullstrom, Auburn; Caroline Villa, Auburn; Vincent Vo, Worcester; Emily Walsh, Thompson, Conn.; Sophia Wildes, North Uxbridge; Rasim Zekiri, Plainfield, Conn.; Yang Zhang, Yuxi, China; Xingyu Zhu, Wenzhou, China

Dean's List
Samuel Balzanka, Banska Stiavnica, Slovakia; Morgan Beaudreault, Dayville, Conn.; Lillian Belsito, Millbury; Ana Paula Beltran Perez, Villahermosa, Mexico; Jamie Calkins, Charlton; Kaito Correa Wagatsuma, Merida, Mexico; The-Trung Dang, Hanoi, Vietnam; Phuong Nhi Duong, Hanoi, Vietnam; Benjamin Duquette, Webster; Timothy Hall, Plainfield, Conn.; Franklyn Herasme, Santo Domingo, Dominican Republic; Filip Kalis, Prague, Czech Republic; Norah Larson, Charlton; Vinh-Kien Le, Hanoi, Vietnam; Abigail Leahy, Leicester; Elena Lensing, Cologne, Germany; Alexander Litke, Brooklyn, Conn.; Logan Mueller, Webster; Ngoc-Anh Nguyen; John Perweiler, Pomfret Center, Conn.; Emma Raps, Webster; Morgan Royston, Oxford; Lily Tessmer, Lancaster; Alessandra Torelli, Genoa, Italy; Isabella Vigliotti, Worcester; Miles Wesolowski, Brooklyn, Conn.; Anna Wildes, North Uxbridge



ACCURACY WATCH

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

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

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School Committee honors standout Shepherd Hill seniors



BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON — Several standout senior class students were recognized during the final meeting of the Dudley-Charlton Regional School Committee for 2021 as the annual awarding of the Principals' and Superintendent Certificate of Academic Excellence Awards were presented on Dec. 8.

Shepherd Hill Regional High School Principal William Chaplin started off the ceremonies by awarding his yearly Principal's Award, this year to Molly Starczewski. Calling her a "standout" and "stellar student," Chaplin complimented Molly for her exceptional leadership skills in addition to her academic success.

"(Molly) is always the first one to volunteer or raise her hand and take the lead or initiative on events. She certainly has grown over the last four years in terms of her leadership and her academic skills and hard work perseverance through tough moments — Ultimately, she's a young woman who exemplifies all of Shepherd Hill's core values," Chaplin said.

Molly Starczewski's list of accomplishments include her involvement in School Council, a Class officer for the Class of 2022 as Secretary for her junior and senior years, a member of the Principal's Advisory Council, a member of the national Honor Society, Drama Club and Hill

Improve, a member of Student Council all four years including serving as President in her senior year, accomplishing First Honors every year in high school and recently being named a Presidential Scholar nominee for the State of Massachusetts.

Next, Superintendent Steven Lamarche announced two recipients of the Class of 2022 Massachusetts Association of School Superintendents Certificate of Academic Excellence Awards. The first was Gabriel Roach who Superintendent Lamarche said had represented both the district and his high school at a "high level."

"As a student, Gabe has put forth a prodigious effort to experience and learn from all that we have to offer our students academically and athletically and through his membership in various Shepherd Hill Regional High School student groups. In turn, through his dedication and commitment to his experiences, family and community, he quietly and unassumingly leads with confidence and mature convictions," the Superintendent said.

Roach's accomplishments including not only outstanding and recognized success in his academics and state test scores but also serving as Treasurer of National Honor Society, as a member of the Math Team, a member of the Foreign Language Club, a peer tutor, and the recipient of, with distinction, the Massachusetts State Seal of

Biliteracy recognizing students who have achieved proficiency in English and at least one other language.

Finally Regional School Committee Student Representative Trevor Wallace was recognized as the second Superintendent Certificate of Academic Excellence Award winner. Superintendent Lamarche called Wallace as "dynamic young man" who approaches life with "zeal" and a thirst for opportunity.

"(Trevor) is a well-rounded individual who embraces and contributes to the overall student experience at Shepherd Hill. He is an outstanding athlete and musical talent only surpassed by his academic prowess. Trevor takes his academics very seriously. He elected to take the most rigorous schedule of AP and Honors classes available, and he has excelled while doing so. His cumulative GPA is top in his class, number one, and earned him tremendous accolades," said Lamarche.

Wallace caps off his accomplishments with a resume that include membership in the National Honor society, First Honors recognition for four years, and as a nominee to represent Massachusetts for the Presidential Scholar honor as well as being an active Shepherd Hill musician and instrumentalist.

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Dogs and cash take center stage at Oxford selectmen’s meeting

BY GUS STEEVES
CORRESPONDENT

OXFORD — Dogs were the stars of the show Nov. 30, as selectmen held a dangerous dog hearing for two canines from Wayne Avenue.

According to ACO Kelly Flynn, a woman was running with her friend’s beagle mix Rocky when “two dogs ran out from 8 Wayne Ave and attacked Rocky” on Oct. 19 at 2:43 p.m. The dogs bit Rocky on left ear and neck, and the woman received injuries to her right hand and left forearm trying to assist Rocky.

Flynn described the attackers as Penny, a black-and-white female pitbull mix, and Cash, a brindle male pitbull mix.

When police and EMTs arrived, they found the dogs had been separated. ACO Ed Hart spoke to David Tremblay Sr, who said he’d opened the front door and the dogs ran out, but he’s blind and could not see what happened. Neither Hart nor Tremblay, Sr., spoke at the hearing, but dog owner David Tremblay Jr said he was not home at the time, but the dogs escaped because his father had opened his room’s door to see if he was.

“I’m going to do everything I can to prevent it from happening again,” he added.

Flynn said he has already added “appropriate latches and hinges” to the front gates to prevent future escapes, and she found the backyard well fenced. Neither dog was licensed or vaccinated for rabies on Oct. 19, but both are now, she said.

Flynn recommended identifying Cash and Penny as “dangerous dogs” under state law – a designation that will follow them for the rest of their lives. Furthermore, she proposed several specific restrictions, including requiring they be “humanely restrained” whenever outdoors but not chained to inanimate objects, on a three-foot leash and muzzled whenever off the property, in the backyard only when an adult is home, and microchipped for future identification. She recommended giving them 30 days to complete those things.

The selectmen unanimously agreed to deem them “dangerous,” and voted 4-1 to accept those restrictions. Afterward, Chair Dennis Lamarche said, “We wish you good luck in he future. Hopefully,

we won’t see you again.”

Much of the meeting’s remaining time was filled with Town Manager Jen Callahan’s presentation on how she intends to use Oxford’s American Rescue Plan Act (ARPA) funds. Oxford has been earmarked \$4,187,386 and has received half of it so far, but there are “a multitude of reporting requirements” for their use.

Callahan said there are seven major eligible categories, of which town administration has identified five they’re likely to use funds under: public health, premium pay, infrastructure, revenue replacement and administrative costs. The other two are social services and ameliorating negative economic impacts. All money must be “obligated” by Dec. 31, 2024 and spent by Dec. 31, 2026.

“We’re going to have to petition the federal government – it’d be smart to do that – to make sure we think this is going to be qualifying,” Callahan said.

If they can’t prove it, they’ll have to pay the funds back.

Under public health, she’s looking at doing ventilation upgrades for Town Hall and other buildings, noting “a lot

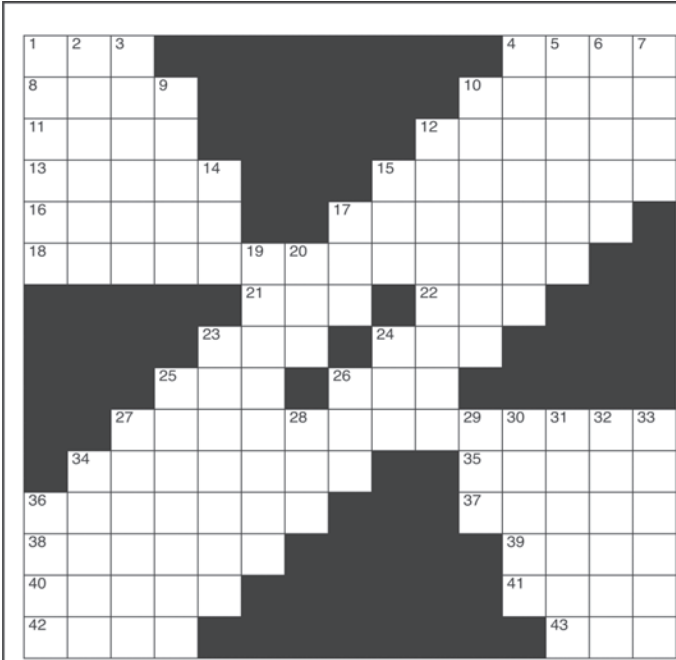
of legislators” are seeking such things. Some funds will go for Covid-related staff pay, which means the town will have to define “essential workers,” a group that includes police and fire, but also “many other people who had to deal with coming front and center.” She noted, however, that even the state hasn’t defined that term, so the auditors are telling towns “to be a little cautious.”

Around town, she’s considering using funds for sewer projects and worked with town auditors to devise a formula under which they’ve calculated around \$500,000 “we could actually justify” in revenue replacement. (That amount for 2020 “has already been certified.”)

Regarding administration, Callahan noted it will be “burdensome to report” how Oxford uses the money, and she doesn’t know what doing so will look like yet. That will involve establishing a grant management plan.

The rest of the meeting was mostly the board’s annual approval of various kinds of business licenses.

Gus Steeves can be reached at gus.steeves2@gmail.com.



CLUES ACROSS

1. You fry food in it

4. Pesky insect

8. Gets older

10. ___ Dern, actress

11. Uncouth man

12. One who sulks

13. Napoleon’s king of Naples

15. One who swims underwater

16. Make amends

17. Expressions

18. Document format

21. What a beaver makes

22. Limb

23. Photograph
24. Golf score

25. Moroccan mountain range

26. Wrinkled dog breed: Shar ___

27. 20th century sex symbol

34. Remedy for all diseases

35. Bluish greens

36. Moved swiftly

37. Type of units

38. Madames

39. Indian religious god

40. Potentially hazardous asteroids

41. Leak slowly through

42. An association of criminals

43. A way to push content (abbr.)

CLUES DOWN

1. Town in central Brazil

2. Large burrowing rodent

3. Nerve cell

4. Estimating

5. Bakers use it

6. Regions

7. Small lake

9. Environmentalist nun

10. More kookie

12. Announce officially

14. Israeli city ___ Aviv

15. Title given to friar

17. Inches per minute (abbr.)

19. Buildings
20. Pouch

23. They steal on the high seas

24. It’s mightier than the sword

25. Going off on a tangent

26. Monetary unit

27. Young woman

28. Type of bulb

29. Type of drug (abbr.)

30. City opposite Dusseldorf

31. Animal disease

32. Martini necessities

33. Elude

34. La ___: Buenos Aires capital

36. An oft-enduring symbol

St. Joseph School celebrates new members of Children of Mary



Photo Courtesy

St. Joseph School’s Children of Mary Sodality gather on the altar of St. Joseph Basilica for a photo following the installation of new members. Joining them are Advisor Mary Ann Papiez, Associate Pastor Rev. Anthony Kazarnowicz (left) and Pastor Rev. Grzegorz Chodkowski (right).

WEBSTER — On Sunday, Dec. 12, the Children of Mary Sodality at St. Joseph School held its annual installation for new members. Membership is open to girls in grades three through eight who attend St. Joseph School. New members are Third-Grade students Evelyn Macko, Lily Martin, Abigail Rubin, Sophia Surowaniec, and Fourth-Grade students Hayley Benes and Ivanka Warnajtys.

During the installation, Children of Mary President Gabriela Pianka invited each student and a member of their family to the altar to place tra-

ditional Children of Mary blue capes on the girls’ shoulders. Following this special moment, Rev. Grzegorz Chodkowski, Pastor of St. Joseph Basilica had the girls recite their Acts of Consecration. Then, with the assistance of Children of Mary officers Leah Boudreau and Emily Macko, Rev. Chodkowski placed a Miraculous Medal around the neck of each new member. In addition, Elizabeth Sabaj, President of the Holy Rosary Sodality, presented rosaries to the girls.

As members of the Children of Mary Sodality, the girls active-

ly participate in various parish activities such as processions on important feast days and the Fatima processions on the 13th of the month from May through October. The girls also participate in First Friday adoration, where they pray the rosary in front of the Blessed Sacrament and join parishioners in singing the Chaplet of Divine Mercy. In addition, they take part in a variety of service activities, including organizing and preparing the parish Advent Angel Tree. Sr. Mary Ann Papiez advises the Children of Mary Sodality.

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frank@stonebridgepress.news
BUSINESS MANAGER
RYAN CORNEAU
860-928-1818 EXT. 102
ryan@salmonpress.news
OPERATIONS DIRECTOR
JIM DINICOLA
508-764-6102
jim@stonebridgepress.news
EDITOR
BRENDAN RUBIE
508-909-4106
news@stonebridgepress.news
PRODUCTION MANAGER
JULIE CLARKE
860-928-1818, EXT. 305
julie@villagernewsnewspapers.com

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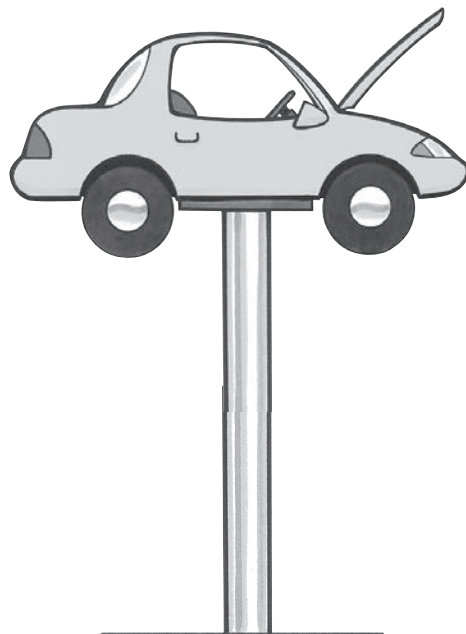
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TAKE
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HINT

KAREN
TRAINOR

New England cranberries are not just for the holidays anymore. The tart fruit, hailed as the “king of antioxidants,” are enjoying a surge of popularity as fans of the bouncy berries are finding new and delicious ways to work the wee wonders into a daily diet. From stalling a urinary tract infection, to preventing peptic ulcers, cranberries have been credited with an array of health helping benefits. Ongoing research also shows the fruit holds promise in the fight against such illnesses as cancer, heart and gum diseases and more. Add the fact the berries are touted as a powerful antioxidant and are high on the list of 20 anti aging foods and its no wonder the bowl of cranberry sauce could be the most important dish on the holiday table this year!

Humble Beginnings: Cranberries are native to New England, and the Northeast has long been credited with producing top quality bumper crops of the bright berries. Today, cranberries are grown commercially throughout the northern United States, but it was the early Native Americans who first unleashed the impressive properties of the humble, bitter berry.

The Indians used cranberries to make a poultice which proved an effective means to draw out the poison of arrow wounds. The dark, red juice of the fruit also provided an attractive dye for precious blankets and fabrics. In addition, cranberries mixed with dried venison and fat and dried in the sun formed staple food that could withstand the rigors of travel, providing Native Americans with a valuable food source when they were hunting.

The wild cranberry got its name from the early settlers, who dubbed the round fruit the “craneberry” for its pink blossoms that resemble the head of a crane. The Pilgrims adopted the Indian’s uses of the fruit and expanded its use in cooking to include meat sauces, tarts, jams and nogs. As the early New England

Ode to Cranberries: A Festive Fruit Beyond the Holiday Table

settlements expanded, new applications for the berries were discovered including their role in relieving stomach disorders, gall bladder pain, as well as treating blood and liver ailments. The fruit, a rich source of vitamin C, was also credited with preventing scurvy in 17th century seafaring crew members.

Cranberry Cures
Can the common cranberry cures what ails you? Medical studies prove the fruit, until recently overlooked as a health benefit in modern times, is packed with healing properties. Cranberries are perhaps best known for their role in preventing urinary tract infections. A bottle of cranberry juice is often prescribed as a first response approach to an impending infection. According to medical studies, the cranberries secret weapons are proanthocyanidins, nutrients which prevent certain bacteria from sticking to the lining of the bladder; thus preventing an infection.

Research reveals the same anti stick properties might help stall bacteria from adhering to teeth and gums, slowing or preventing cavity growth. The same components may prevent stomach ulcers by stopping H. Pylori from sticking to stomach cells.

Better yet, according to Ocean Spray Cranberries, Inc., the fruit may benefit the heart, as medical studies show cranberries can inhibit oxidation of low-density cholesterol, which is thought to be one way cholesterol becomes sticky, allowing it to attach to the blood vessel wall. In addition, early laboratory studies suggest cranberry juice cocktail may be as effective as red wine in benefiting heart health.

The impressive healing properties of cranberries include the powerful antioxidants, plentiful in the little red berries. These compounds, which include flavonoids and vitamins, are credited with boosting the immune system and reducing free radicals, which can lead to a healthier body.

Current studies indicate a daily dose of ten ounces of cranberry juice can effectively achieve the bacteria blocking benefits to help prevent such health problems as urinary tract infections, gum disease and ulcers.

Cranberry Recipes
The tart, bright taste of cranberries is always a crowd pleaser; whether the fresh fruit is cooked in a sauce, or served up a la mode at the end of a holiday meal. The following recipes are holiday worthy, but are versatile enough to be served up any time of year.

Apple Cranberry Crisp
Too busy with the hustle and bustle of the holidays to whip up a fresh, cranberry dessert? This crock pot version cuts the effort, not the flavor of this cold weather favorite. **Ingredients:** Three apples; one cup cranberries; three quarters cup brown sugar; one third cup rolled oats (quick cooking); one quarter teaspoon salt; one teaspoon cinnamon; one third cup butter, softened. **Directions:** Peel, core and slice apples. Place apple slices and cranberries in separate bowl and sprinkle over top of apple and cranberries. Place a few paper towels over the top of the crock pot, then place an object (such as a wooden spoon) across the top of the pot and set lid on top. This allows the steam to escape. Turn slow cooker on high and cook for about 2 hours. Serves 4.

Cranberry Walnut Relish
A step up from ordinary relish, this sweet condiment is festive and fancy enough to serve at the yuletide table. **Ingredients:** 12 ounces fresh cranberries; 3/4 cup white sugar; 1 (12 ounce) jar orange marmalade; 3/4 cup chopped walnuts; 1 tablespoon lemon juice; **Directions:** Preheat oven to 350 degrees. Pour cranberries into a shallow 1.5 qt oven proof baking dish. Sprinkle with sugar; cover with tinfoil and bake for 30-35 minutes. Remove from oven and evenly distribute walnuts into the

dish. Recover and bake another ten minutes. Stir in marmalade and lemon juice and combine well. Allow dish to cool at room temperature, then cover and refrigerate for several hours before serving.

Curious about Cranberries?:
*Did you ever wonder why cranberries have the ability to bounce? Tiny pockets of air inside the fruit allow the berries to bounce off hard surfaces. It is this same air that makes cranberries bouyant in water!

*Think cranberries grow in water? Think again! Cranberry vines grow in marshes and sandy bogs. Because cranberries float, producers flood the bogs at harvest time to ease the chore of collecting the cranberries.

*It is widely reported that fresh cranberries were served at the first Thanksgiving in Plymouth, Massachusetts.

*Cranberries are almost 90% water.
*Cranberries helped fight the war? During World War II, American forces were supplied with about one million pounds of dehydrated cranberries each year.

*The United States boasts eight townships in the USA named “Cranberry” or a variation of the name.

*Cranberries pack a big punch! There are over 4,000 cranberries in each gallon of cranberry juice.

*It took until 1994, but that year the native Cranberry was declared the official state berry of Massachusetts.

*History traces cranberry juice back to 1683, where the tart drink was first made by American settlers.

*The first commercial cranberry sauce was marketed in 1912.

* Believe it or not, cranberry beds over a century old are still producing healthy berries!

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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.

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A certain parcel of land, with the buildings thereon, and all privileges and appurtenances thereto belonging, situated in said Auburn, on the westerly side of Carroll Street, bounded and described as follows:
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THENCE: northwesterly by Lot 13 on plan of House Lots in Auburn, owned by Mary J. L. Pond-Snyder by Arthur N. Pond dated November 2, 1947 and not of record, as revised, for a distance of one hundred sixty-seven and seventy-five hundredths (167.75) feet, more or less, to a point at land now or formerly of Pinehurst Development;
THENCE: northerly by said Pinehurst Development one hundred thirteen and eleven hundredths (113.11) feet, more or less, to an iron pipe;

THENCE: easterly on a line parallel to the northerly line of Lot 14 on said plan one hundred eighty-two and eight tenths (182.8) feet, more or less, to the westerly line of Carroll Street;
THENCE: southerly by the westerly line of Carroll Street one hundred twelve and five tenths (112.5) feet, more or less, to the point of beginning. Being Lot 14 and the southerly half of Lot 15 on said plan. This conveyance is made subject to and together with rights over Carroll Street; Subject to the following restrictions: All buildings are to be set back at least thirty (30) feet from street line excepting steps, bay windows, porticoes, etc. may be within restricted area. No house to be built to accommodate more than one family and said house is to cost not less than \$5,000.00. No garage for more than two (2) cars shall be erected on the premises. No mercantile or manufacturing business shall be carried on said premises.
Being all and the same premises conveyed in Book 17506 and Page 58. Subject to any conditions, covenants, easements and restrictions of record insofar as the same are in force and applicable.
The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.
For Mortgageor’s Title see deed dated November 21, 1995, and recorded in Book 17506 at Page 58 with the Worcester County (Worcester District) Registry of Deeds.
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December 17, 2021
December 24, 2021
December 31, 2021

TOWN OF AUBURN PUBLIC NOTICE REQUEST FOR PROPOSALS

The Town of Auburn, acting by and through its Town Manager, is seeking proposals to purchase a parcel of land for the siting of a new Police/Fire and Ambulance Public Safety Complex (“Public Safety Complex”) in the Town of Auburn. Owners of real property within the Town of Auburn, which meets the minimum and mandatory criteria of this Request For Proposal (“RFP”) are invited to respond.
A Highly Advantageous offer of real estate will include a parcel of property that: (1) contains 4.5 acres or more of usable acreage; (2) is located between 366 and 676 Southbridge Street; (3) is 100% vacant with no structures; (4) is free and clear of exposed ledge; (5) does not contain a significant change in grade; (6) is free of utility and/or other easements; (7) is not situated in a FEMA floodway, flood zone or in a flood plain with an impediment or encroachment; (8) and is free of vernal pools, excessive wetlands, intermittent streams, or similar environmental conditions. Property that meets the minimum and mandatory criteria, but which is not classified as “Highly Advantageous” will also be considered and proposals for such property are welcome. Any proposal found to be of interest

to the Town is conditional on two (2) specific and independent actions being approved: 1) debt exclusion vote by the voters of the Town and 2) vote by the Auburn Town Meeting appropriating any monies necessary to complete the purchase as set forth in the proposal accepted by the Town. A property owner who submits a proposal is not precluded from continuing to market their property and take secondary offers in the event the two conditions above are not satisfied.
The Request for Proposals (RFP) is available in the Town Manager’s Office, 102 Central Street, Auburn, MA 01501 or by calling the Town Manager’s Office at 508-832-7720.
Sealed proposals will be received at the office of the Town Manager, Town Hall, 102 Central Street, Auburn, Massachusetts until **12:00 p.m., on Monday, January 31, 2022** and at that time non-price proposals will be publicly opened and read.
A pre-proposal briefing session will be held on **Thursday, January 6, 2022 at 10:00 AM** in the Board of Selectmen’s Room, 2nd Floor, Town Hall, 104 Central Street, Auburn, Massachusetts, for all parties interested in submitting a proposal.
This will be an opportunity for the Town to answer questions or make clarifications to the RFP. Any questions after the pre-proposal briefing must be made in writing to Julie A. Jacobson, Town Manager.
This procurement is subject to the requirements of G.L. c.30B, the Uniform Procurement Act. The Town of Auburn reserves the right to waive any informality, reject any and all proposals, negotiate with any and all proposers, or to accept a proposal deemed to be in the best interest of the Town of Auburn. Proposals are encouraged from women and minority businesses.
Julie A. Jacobson
Auburn Town Manager
December 17, 2021

Board of Health nixes litter bylaw

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The Charlton Board of Health has voted against supporting a proposed littering bylaw, believing the law would not actually deter litter bugs from committing their acts.

The board discussed the matter with the newly renamed Keep Charlton Beautiful Committee (formerly the Recycling Committee) where Joe Mahaney explained the details of the proposal which he has been working on in partnership with the Keep Charlton Beautiful Committee through much of the year. After noticing that littering is a problem for the town compromising its beauty and attractiveness, Mahaney and others felt putting a bylaw in place could help deter these actions more thoroughly on a town level.

“We’re talking about what we can do to control litter, and it’s an insidious problem. I don’t know if anyone has any magic formula to control it. It’s a difficult thing to do. We’ve talked to various people in town that had some

experience with it and one of them was the Chief of Police Dan Dowd. He echoed the same sentiment that it’s a difficult problem. It’s tough to catch anybody littering. The bad thing about it is you know that most people don’t litter. Ninety-five percent of the people don’t litter, but those five percent do it over and over again,” said Mahaney.

Mahaney said he explored several options for enforcement with the chief, including camera monitoring and how fees are handed down. Currently, the state minimum fine for littering is \$25, with a maximum of \$250. Mahaney presented an idea to erect signs imposing higher fines on the town level, even up to \$500, as a “scare tactic” to deter littering. If someone is caught littering and handed a citation by an officer they can choose to go before Charlton’s Health Agent, James Philbrook, who acts as the town’s hearing officer, to appeal it and, if they so choose, can take the matter to the state court which would be a costly commitment for local police with minimal if any financial return for fines or moral returns for stopping littering in the future.

Philbrook himself was complementary to Mahaney and the Keep Charlton Beautiful Committee for their hard work but indicated his doubts that the bylaw would truly solve the problem.

“I don’t think it’s the amount of the fines that’s going to deter them. I don’t care if you put \$5,000 down, they’re still going to litter. People don’t even read signs. There are ‘stop littering’ signs all over Charlton – I don’t know if the \$500 fine is going to deter anyone because they’re not going to pay it anyway,” said Philbrook. “They’re going to appeal it. They’re going to come before the hearing officer in the community. We’re going to hold a hearing and then they’re not going to pay it and appeal it to the court. We need to find some other way to educate the community and keep it beautiful.”

Board of Health members Pete Lancette offered similar doubts about whether a new bylaw would result in the change it would be meant to impose.

“I hear a lot of concerns about the nips and the beer bottles. If they’re caught throwing a nip or a beer bottle out while driving, I think the littering

fine is the least of their worries and they’d be driving under the influence or driving with an open container,” said Lancette. “I’m concerned with bringing this to the town level as it was pointed out that these people are habitual litterers, that it’s not tracked from Charlton to Dudley to Spencer. If they’re littering here, they’re littering elsewhere. If they’re getting caught here, they’re getting caught elsewhere. If we contain that within Charlton, they’re not going to get the subsequent fines for being a habitual offender.”

In the end the Keep Charlton Beautiful Committee ultimately requested the blessing of the Board of Health to bring the matter to the Board of Selectmen to consideration on a 2022 town meeting warrant believing that Board of Health approval would help their cause. The Board of Health respectfully voted in a 2-1 decision not to support the bylaw with chair Jon Sanborn the only affirmative vote and members Lancette and Matt Gagner voting against the proposal.

Soprano Elaine Daiber joins NESO for “Festive Baroque and Beyond” concert at Mechanics Hall

WORCESTER — The New England Symphony Orchestra announces that soprano soloist Elaine Daiber will be a featured guest artist at their “Festive Baroque and Beyond” concert, taking place in Worcester’s Mechanics Hall at 7:30 p.m. on Saturday, Dec. 18. Tickets are available through the orchestra’s Web site (newenglandsymphony.org) or from the Mechanics Hall box office at 508-752-0888.

Boston-based soprano, Elaine Daiber, has been heralded for her “spectacular vocalism” (Hudson Housatonic Arts), which has garnered much acclaim on the operatic, concert, and recital stages. This season, Elaine looks forward to engagements with Cambridge’s Coro Dante as the soprano soloist in Vivaldi’s “Gloria”, as the soprano soloist with The New England Symphony, and in recital with JJ Penna in a performance

of Messiaen’s rarely heard “Harawi”. Most recently, Elaine was at The Yellow Barn Chamber Music Festival where she appeared in recital with famed pianist Gil Kalish, and also performed works by György Ligeti, Earl Kim, Claude Vivier, and György Kurtág. Last season, Elaine participated in a concert of Bach arias and duets with Emmanuel Music, a production of Poulenc’s “La voix humaine” in Boston’s Jordan Hall with pianist JJ Penna, and in a concert of new works by women composers with NYFOS Next. Other engagements have seen the versatile soprano in a variety of performances with The Tanglewood Music Center, The Bard Music Festival, The New York Festival of Song, The Boston Symphony Orchestra Prelude Series, The Orchestra Now and the Albany Symphony, among others. Elaine holds degrees from Oberlin Conservatory,

Bard College, and New England Conservatory. www.elainedaiber.com.

Also appearing with the orchestra will be the Worcester Children’s Chorus. Mechanics Hall composer in residence Leonard Ciampa has composed a new piece especially for this concert by the NESO, Worcester Children’s Chorus, and Elaine Daiber. NESO Music Director Roderick MacDonald will give a free pre-concert talk for ticket holders at 6:30 p.m.

New England Symphony Orchestra continues to operate as a volunteer-led, non-profit professional symphony orchestra serving the people of New England. This season’s strategic plan includes a three-concert series at Mechanics Hall, streaming performances as part of the NESO At Home series, and more. For information about volunteering or sponsorship, call 603-438-8920.

TRINITY CATHOLIC ACADEMY HONOR ROLL

SOUTHBRIDGE — Trinity Catholic Academy has released its honor roll for the first trimester of the 2021-2022 school year.

Grade 4

High Honors: Celia Ladd, Heer Swadia
Honors: Nicolas Gauvin, Olivia Kentley Freeman, Joshua McManus, Ella Sawyer, Alexio Yacavace

Grade 5

High Honors: Layla Beu, Lucas Cournoyer

Honors: Chloe Cahill, Sarah Clark, David Gil, Sofia Henao, Lily Nellis, Kylar Norris, Anthony Postale, Kerstin Smaltz

Grade 6

High Honors: Alivia Gauvin
Honors: Jameson Durocher, Aedyn Esser, Heather Kennedy, Isabella Lamica, Oliver MacDonald, Olivia Neuenschwander, Matilda Paradis, Nolan Smeltzer

Grade 7

High Honors: Michael Gasperini, Apollo Logan, Yashvi Swadia

Honors: Jeremy Figueroa, Melany Ngo, Nico Yacavace

Grade 8

High Honors: Colin Ladd
Honors: Charles Congdon, Anika Ferrantino, Cole Paradis, Amari Pereira

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OPINION/COMMENTARY



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FRANK G. CHILINSKI
STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

An epidemic of ‘experts’

“Ignorance more frequently begets confidence than does knowledge.”
— Charles Darwin

It seems as though in today’s society, everyone is an expert. It’s one thing to have a specific belief system or an educated opinion on a certain topic, (with the operative word here being educated) this to include all topics. However, it seems as though critical thinking has all but flown right out of the window. Common sense is used less and less with people making outlandish assumptions, believing misinformation and falling into line with outright absurdities. Social media doesn’t help. Unfortunately, some people will read a meme and take it as face value. Some people even think JFK, Jr. is coming back to life.

With that, let us make one thing clear. None of us are experts — unless, well, we are. It turns out there’s a name for this phenomenon, called the Dunning-Kruger effect. This is defined as a cognitive bias in which people think they are smarter and more capable than they are. So much so that people don’t recognize their own incompetence.

The Dunning-Kruger effect takes place when a person begins speaking at length about a topic they know nothing about, yet claims everyone else is uninformed and wrong. For an example, if a student fails a test, yet believes they should have received an A. They are incapable of seeing their own faults.

David Dunning, an American social psychologist who along with Justin Kruger discovered the phenomenon, described it as such: “Instead, the incompetent are often blessed with an inappropriate confidence, buoyed by something that feels to them like knowledge. The trouble with ignorance is that it can feel just like expertise.”

The cause of this effect, as described by Dunning, is that people are too incompetent to realize how incompetent they are. These individuals will fail to recognize the skill and expertise of others.

Also mentioned by Dunning is what’s called metacognition. This is the ability to look within and evaluate yourself honestly. Oftentimes, those who suffer from this syndrome hear a small amount of knowledge on a topic, and then think they are experts.

No one person is an expert at everything. Dunning pointed out that everyone has areas in which they are incompetent. Oftentimes, if a person is an expert in one area, they mistakenly think they are an expert in all areas. Dunning did point out that those individuals who are genuine experts in any given field, are more likely to see their own flaws in other areas, and are able to accept the knowledge and expertise in others who truly possess it.

If your car breaks down, you will not bring it to the dentist. If you have a toothache, you will not go see a florist. Further, with the divide in our country politically, let us remember, that politics has zero to do with anyone’s skill set. Our healthcare workers are being harassed daily by those who believe they are experts. There are doctors, nurses and healthcare providers who are both Republicans and Democrats or Independents. Car repair is car repair, healthcare is healthcare, creating a fine dining menu and becoming a top-rated chef is simply about food and creativity. We need to stop politicizing anything other than politics.

Common sense and critical thinking needs to find its way back into our society. Common sense is defined as the sound and prudent judgement based on a simple perception of the situation or fact.

As far as the political divide that has taken hold in this country. It’s ridiculous. There is no need for anyone, on either side, to be filled with so much anger, because their candidate lost, or because someone disagrees with your way of thinking. The beauty of our country is that we can all think differently and still respect one another, and still have the ability to laugh over beers and pizza on a Friday night. The angry political signs still strewn about on either side, are tacky, immature and unintelligent. We can do better.



Estate jewelry is bringing strong auction prices

Recently, estate jewelry has been bringing some of the strongest prices we’ve seen. In today’s column I’ll define exactly what estate jewelry is and share more about prices for this desirable item.

Even estate jewelry dealers’ opinions differ on what estate jewelry is. However, the consensus is that estate jewelry is simply jewelry that was previously owned by someone else. There seems to mainly be agreement that costume jewelry isn’t estate jewelry. It’s generally believed that estate jewelry is fine jewelry crafted from precious metals like gold or platinum. Estate jewelry often includes gemstones like diamonds, opals, rubies, emeralds, jade, sapphires, etc.

Estate jewelry can be broken down further by the age of the pieces. U.S. Customs defines an antique as an item that’s 100 years old or older. Therefore, jewelry made 100 or more years ago is considered antique. But what is considered vintage varies. Some consider vintage to be 50 years old or more. Others consider vintage jewelry to be 30 or even 20 years old. Some describe jewelry that isn’t old enough to be antique or vintage as pre-owned.

Age is just one of the factors that determines the value of your estate jewelry. Most collectors want antique or vintage pieces as the value is typically higher for them. As with most items, the craftsmanship with older jewelry is often much better than with newer pieces.

The designer also makes a difference with estate jewelry. People will pay more for well-made pieces by companies like Cartier and Tiffany. Further, the size and weight are important factors. Larger, heavier pieces are worth at least the value of the gold they contain. Diamonds and other gemstones can have significant value. In one of our auctions several



ANTIQUES,
COLLECTIBLES
& ESTATES
• • • • •
WAYNE TUISKULA

years ago, a three and a half carat diamond sold for over \$30,000. Whether you have an old mine cut, Marquise cut, oval cut or any other diamond cut, the 4 Cs of diamonds still apply (color, cut, clarity and carat.)

Our November auction featured estate jewelry, gold coins and watches that brought nice results for the consignors. A newer 14-karat gold Italian 20-inch serpentine necklace sold for \$650. An 18-karat jade ring brought nearly \$900. A 14-karat gold with two and a half carat old mine cut diamonds and sapphire ring went for over \$1,000.

An 18-karat seven-inch turquoise bracelet with small diamonds reached over \$2,100. A men’s platinum moonstone ring with two small diamonds on the side sold for nearly \$3,000. A Tiffany 18-karat white gold, platinum, emerald and diamond ring fetched over \$4,000. A jeweled 18-karat gold dagger cut through all other items to reach the top auction price when it sold for over \$8,000.

We will be running Session 5 of the model railroad, die-cast cars and models next month. We are now accepting quality consignments for our next multi-estate auction including estate jewelry, sterling silver, coins, art, comic books, sports cards, advertising signs and other valuable antiques and collectibles. I’ll be teaching my “Evaluating your Antiques” class again on March 23 at the Bay Path Evening school in Charlton, Mass. Please sign up for our email list on our website or follow us on Facebook to stay up to date on upcoming events.

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

Use your words

When I was a boy, my parents always told me, “Toby, you’re so smart and handsome!” I didn’t know any better, so I believed I was smart and handsome. When I started attending school, I heard something different. I heard whispers from my teachers to my parents about how they thought I had a learning disability.

Around that time, my parents started telling me, “Toby, you’re smart, handsome, and you’re a late bloomer.” They were putting a positive spin on the situation.

I took to heart what they said, whenever I didn’t do well in school, which was often, my parents would worriedly look over my report card, and I’d reassure them, “Don’t worry, I’m just a late bloomer, I’ll get good grades someday!” which turned out to be true. A decade or more later, I started earning excellent grades while studying acting in college. To take my business to the next level, I recently graduated from a UCLA coding Bootcamp with almost all A’s. I grew up with the expectation that one day I’d get good grades, and it came to pass.

What if instead of telling me that I was a late bloomer, my parents said, “you’re dumber than a box of rocks.” If they did, every time I got a bad grade, I’d say, “of course! I’m dumber than a box of rocks; I’ll never get good grades. I’m an idiot!”

Some of you may have gone through life feeling like a loser because that’s what you were told at home. I think we’re all born to win in our own way. It’s never too late to change what you’re telling yourself.

I learned in college that it doesn’t matter what other people say or think about you. What matters is what you think and say about yourself.

When I became an actor, I was surrounded by people who were more talented than me. I had never acted before, and it took me a few years to get the hang of it. I remember hearing how some people



POSITIVELY
SPEAKING
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TOBY
MOORE

in my classes thought I was a terrible actor. It was a massive blow to my ego, but rather than telling myself, “I’m a terrible actor, I’ll never get better.” I told myself, “I will become a talented actor; they don’t determine how good of an actor I will become - I do.”

No matter how insecure I felt, I kept telling myself, “I will become a talented actor!” For all the roles that I’ve booked on TV, Film and the Stage, I’ve never received a bad review.

I used to hear a former co-worker tell herself, “I’m so stupid!” whenever she did something wrong. Interestingly, I never heard her say, “I’m so intelligent!!” when she did something right.

If you call attention to your mistakes by telling yourself that you’re stupid, more stupid mistakes will follow.

I had a close friend who sarcastically told himself dozens of times a day, “I hate my life!” coincidentally, he was depressed and suicidal. His life seemed great; he had a great family and personality; why did he hate his life? Is there a connection between how he felt and what he told himself?

When you create a negative narrative about yourself, you’re putting yourself into prison. It’s a trap, and you’ll become ensnared by your words.

I know people use their words to describe how they feel, but what if we used our words to change how we feel? What if you used your words to change the direction of your life?

Next time you feel insecure, tell yourself, “I’m talented, I’m secure, I’m valuable, I have everything I need to succeed!” Next time you feel like a failure, tell yourself, “Tomorrow will be better; my future is bright, I am a champion, I will accomplish my dreams!”

As you move forward, don’t use your words to imprison yourself. Use them to set yourself free! Use them to set into motion the type of life you always wanted.

What are your financial resolutions for 2022?



FINANCIAL
FOCUS
• • • • •
JEFF
BURDICK

As you know, 2021 was full of challenges. We were still feeling the effects of the COVID-19 pandemic when supply chains shut down and inflation heated up. So, if you’re like many people, you might not be sorry to see the year come to a close. But now it’s time to look ahead to a brighter 2022. And on a personal level, you may want to set some New Year’s resolutions. You might resolve to improve your health and diet, and possibly learn some new skills, but why not make some financial resolutions, too?

Here are a few ideas to consider:

Prepare for the unexpected. If you haven’t already created an emergency fund, now may be a good time to start. Ideally, you’d like to have three to six months’ worth of living expenses in this fund, with the money kept in a low-risk, liquid account. (If you’re retired, you may want your emergency fund to contain up to a year’s worth of living expenses.) Once you’ve got this fund established, you may be able to avoid dipping into long-term investments to pay for short-term needs, such as costly home or auto repairs or large medical bills.

Boost your retirement savings. The pandemic caused many us to reevaluate our ability to eventually enjoy the retirement lifestyles we’ve envisioned. In fact, 33 percent of those planning to retire soon said they started to contribute even more to their retirement savings during the pandemic, according to a study from Age Wave and Edward Jones. This year, if you can afford it, increase your contributions to your IRA and your 401(k) or other employer-sponsored retirement plan.

Reduce your debt load. The less debt you carry, the more money you’ll have available to support your lifestyle today and save and invest for tomorrow. So, this year, resolve to cut down on your existing debts and avoid taking on new ones whenever possible. You can motivate yourself by measuring your progress – at the beginning of 2022, record your total debts and then compare this figure to your debt load at the start of 2023. If the numbers have dropped, you’ll know you were making the right moves.

Don’t overreact to the headlines. A lot can happen during a year. Consider inflation – it shot up in 2021, but it may well subside in 2022. If you changed your investment strategy last year to accommodate the rise in inflation, would you then have to modify it again when prices fall? And inflation is just one event. What about changes in interest rates? How about new legislation coming out of Washington? And don’t forget extreme weather events, such as wildfires and floods. Any or all of these occurrences can affect the financial markets in the short term, but it just doesn’t make sense for you to keep changing the way you invest in response to the news of the day. Instead, stick with a strategy that’s appropriate for your goals, risk tolerance and time horizon. You may need to adjust this strategy over time, in response to changes in your own life, but don’t let your decisions be dictated by external events.

These aren’t the only financial resolutions you can make – but following them may help you develop positive habits that can help you face the future with confidence.

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.



Deer season winding down



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The final three weeks of the Massachusetts deer season opened for primitive arms hunters this past Monday, ending on Dec. 31. There are still a lot of deer in local covers. Shotgun hunters reported a lot of sightings during the shotgun season , but were unable to get a good shot. Hopefully, a few inches of snow will give the hunters some great tracking conditions, providing the hunters with an opportunity to harvest a deer before the final day of hunting.

Most of the deer that were harvested during the shotgun deer season were in good shape, and had a good amount of fat that was observed during the skinning process. The large acorn crop should help many forms of wildlife survive the upcoming winter months. This past week, a package of venison steaks were dropped off at my home, which were quickly pan fried with a few onions and peppers the next day. A special thanks to the person that was kind enough to share some of his venison.

This week’s weather was expected to stay warm, which is not good news for ice fishing. Shoreline anglers are still catching some impressive trout at local lakes and

ponds. Anglers that have not winterized their boats, are continuing to enjoy some good fishing for trout. Cape ponds are also producing some good late fall or early trout fishing. It is worth the trip to the Cape to enjoy some great trout fishing, if the warm weather continues. Hamblin Pond is this writer's favorite pond to fish for trout, and often produces some 18-plus-inch rainbow trout. This Kettle pond is a shallow sediment-filled body of water, formed by retreating glaciers or draining floodwaters in years past. There are numerous Kettle Ponds on the Cape.

Mass. Fish and Wildlife has implemented a new Recreational Permitting System for hunting and fishing licenses. The new system has been a bit of a pain for many first-time, users but they have managed to go through the process. You need to set up an account with a new MassFishHunt permitting system. You will also notice that all license and permitting fees have increased and will continue to rise every year, for the next few years. You will also need an e-mail address and password to log onto the new site.

This year, overall transaction fees will stay the same or decrease for most online customers. The previous online system charged an administration fee of \$1.34 per license and a 3 percent convenience fee on the total transaction. The new online system will charge an administrative fee of \$1.45 per license and 2 percent convenience

fee on the total transaction. It sounds like I am reading my electric bill or gas bill! It is what it is!

Canada goose season opened this past Monday in the Central District, with a daily bag limit of two birds. The season will run through Jan. 1. The late and final Goose season will open on Jan. 15 – Feb. 1, with a five-bird daily limit.

This past week, a few of the Uxbridge Rod & Gun Club members observed a few trout poachers at their club pond. When they were confronted, they quickly left the area , but not until the damage was done. The culprits were extremely brazen, ignoring our shouting to leave the area. A family of otters were feeding on recently stocked trout at the club pond as they do every year, and when they have depleted the trout population, they move on to neighboring Rod & Gun Clubs, to feed on their trout.

With trout costing \$3 a pound or more from trout hatcheries, many anglers become a bit upset with the poachers, but there is not much they can do as very few trappers are left to keep their populations down. Even if we could find a trapper, the trapping season for mink and River Otter ended December 15, 2021. Someone must have sent the otter a copy of the Massachusetts trapping season, as they seem to show up after trapping season?

The Whitinsville Fish & Game Club will be holding another Breakfast Buffet on Sunday, Dec. 19, from 8 till 11 a.m., and is open to the public. The club will also be hold-



Photo Courtesy

This father and son team are eagerly awaiting some safe ice for ice fishing. It may not be long!

ing another Founders Day Prime Rib supper on the third Saturday of January, 2022. Be sure to get your tickets early as ticket sales are limited to 80 reservations. It was a sell out last year and is expected to sell out early. The supper is also open to the public.

Merry Christmas & a Happy New Year to all. Stay safe and get your shots.Do not be foolish!

Take a Kid Fishing & Keep Them Rods Bending !

Plant a terrarium for a unique winter garden or gift

Create a garden under glass to enjoy or give as a gift to new, experienced, and even reluctant gardeners. This self-contained system makes it easy to be a successful gardener with minimal care.

Purchase a terrarium or repurpose something hiding on a shelf in the basement, garage or shed. Even a cool glass container, cloche or bell jar turned open side down and placed on a shallow planting tray will work. Just glue a decorative doorknob or handle on the top for easy access.

Make it more festive for the holidays. Visit the ornament aisle in your favorite craft store. Create a mini terrarium from DIY Christmas orbs for holiday decoration or the perfect hostess gift.

Use closed terrariums like this when growing tropical plants. They thrive in the high humidity and moist soil.

Leave the top off or use open containers like glass vases, or mason jars for cacti and succulents. Use a cacti and succulent mix for these drought tolerant plants. They prefer the lower humidity and drier soil that open terrariums and cacti potting mix provide.

Once you have the container, you need to fill it with potting mix, plants, and



GARDEN
MOMENTS
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MELINDA
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Photo Melinda Myers

Use open containers like glass vases for drought tolerant plants that prefer lower humidity and drier soil.

other decorative items. Consider a layer of decorative stone, twigs, sea glass or sand at the bottom for added color and interest. Some gardeners include a layer of charcoal to help absorb any odor. The key is not overwatering as the decorative stone and charcoal won't prevent waterlogged soil from killing your plants.

Consider covering the stone layer with black landscape fabric to prevent the potting mix from filtering through and covering up these items. Cover this with a layer of well-drained potting mix for tropical plants and cacti and succulent mix for drought tolerant plants. Add contours to the soil level if space allows for added interest.

Select a variety of plants of different heights, textures, and colors to create an attractive terrarium garden. Many garden centers now sell small specimens perfect for these mini gardens.

Low growing tropical plants such as baby's tears, creeping fig, moss, and ivies make excellent groundcovers. Small specimens of dracaenas, crotons, palms and podocarpus make nice upright features. Fill in the middle ground with ferns, nerve plants, polka

dot plants and more.

Once assembled, terrariums are relatively easy to manage. Moisten the soil and cover. Crack the lid open if condensation builds up on the glass. Then replace the cover and monitor the soil moisture and condensation. Add additional moisture carefully. A turkey baster is an easy way to water only the plants in need of a drink.

Place your terrariums in a bright location away from direct light. Heat can build up in this covered ecosystem and cook your plants when placed in a sunny location.

Now is the perfect time to gather or purchase fun glassware, planting and decorating supplies, and, of

course, plants. Then take a break from the hectic holiday season to plant up a few holiday decorations and green gifts for your loved ones.

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.

Friday's Child



Jessica
Age 10

Hi! My name is Jessica and I love the color pink!

Jessica is a sweet and respectful, young girl who likes unicorns, anything Barbie, and her favorite color is pink. Jessica loves to color, especially with gel pens. Although described as shy at first, once she gets to know someone, she will talk about anything and everything! Jessica is aware of maintaining her appearance and loves her hair.

Legally freed for adoption, families of all constellations

will be considered for Jessica, including homes with older children. A family with a trauma-informed approach will help her to thrive in her new setting. Jessica continues to have contact with her previous foster mother and she is an important, positive, life-long support for Jessica that will need to be maintained. Jessica is open to meeting new people and will benefit from a loving and patient home where she can develop a sense of safety.

Who Can Adopt?

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

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



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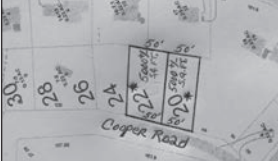
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SPORTS

Auburn ice hockey hangs tough, but ultimately falls in season-opening loss to Nashoba



Nick Ethier photos
Auburn's Dillon Winkelmann controls the puck over the blue line and into Nashoba's defensive zone.



Gavin Groh of Auburn zeroes in on crunching a Nashoba player into the boards.



Auburn's Nolan White stick-handles the puck through Nashoba's defense.

BY NICK ETHIER
SPORTS EDITOR

AUBURN — With Auburn High having not competed in winter season athletics during the 2020-2021 season due to COVID-19, it had been quite a while since the Rockets took to

the ice for a game. “This is like starting a whole new program,” explained head coach Glen Bombard. “We didn’t have any hockey last year. It’s like starting from scratch.” Additionally, Auburn had three tryout dates and just

five practices before hosting Nashoba Regional at the Horgan Arena on Thursday, Dec. 9 for a first round matchup in the Dana Willard Memorial Tournament. The Rockets — who co-op with Millbury High, Shepherd Hill Regional and Tantasqua Regional — played well in spurts but committed too many turnovers in a 4-2 loss. “I was expecting more. I thought we had a good week of practice and a good week of prep,” explained Bombard. “It came down to four key, big mistakes. That second one in the second period with 20 seconds left when we pinched, that was a tough one.” Bombard spoke of a goal off the stick of the Wolves’ Billy Johns, which made it a 2-0 game at the second intermission. Johns broke down the left wing uncontested and fired off a wrist shot that got underneath

the arm of Rockets’ goalie Nate Brown. Kameron Pierce and Joseph Quinn were credited with the assists. That trio struck first for Nashoba just two minutes into the game when Pierce scored, and Pierce and Quinn grabbed assists. Auburn righted the ship in the third period when it took just one minute and one second to slice the deficit in half. On the power play, Dillon Winkelmann snapped the puck from the slot, and it got up and over goalie Jack Peterson (18 saves) for the goal. Then, just over three minutes later, the Rockets tied the score thanks to a strong individual effort from Braden Rich. Rich stole the puck in the offensive zone, and it slipped down to Jack Gaudette. From there, Gaudette sent the puck back up to Rich, who turned and shot

into the net. “It was hard work. If you do that all the time — you know as well as I do — you’re going to get good results,” said Bombard. Although Auburn had all the momentum, it only took four minutes for the Wolves to regain their two-goal advantage. “We didn’t work hard every minute; we didn’t play 45 minutes,” said Bombard. “Then we go out and make two more mistakes. We’ll learn and put it behind us.” On the winning goal, Nashoba’s Marcus DiBello was the beneficiary of a nice pass from Joseph Scanlon. Adam Balewicz had the secondary assist. Then, with 6:45 to go, the Wolves put the game away when Quinn scored off a rebound. Scanlon and Johns added assists. Despite the four goals against, Bombard was pleased with Brown’s play in between the pipes. Brown finished with 18 saves, including a breakaway stop against Johns that kept the game tied at 2-2 for the time being. “I thought he played well. The goals they got were all good goals,” the coach said. Despite the season-opening setback, Bombard is optimistic for the games ahead. “There’s a lot of good signs. For the first game, it’s just the mistakes. I think we’ll be all right in the long run. We have to grow and get to know each other, and we’ll go from there,” he concluded. Update: Nashoba went on to win the Dana Willard Tournament on Saturday, Dec. 11, defeating Worcester 6-3 in the championship game. Auburn won its consolation game versus East Longmeadow, 7-1.

Minutemen — improving as game wears on — march past Southbridge

BY NICK ETHIER
SPORTS EDITOR

CHARLTON — When Bay Path Regional hosted a varsity boys’ basketball game on Friday, Dec. 10 for the first time in close to two years — it came against Southbridge High — head coach Al Greenough knew that in the early going the quality of play may not be superb. “For not having played in a couple of years, I kind of expected that it was going to be a lot rusty. There’s only so much in two weeks you can get in for the first game,” he said. “I was proud of the guys because they battled through the first half...but in the third quarter they pulled away. They got the lead and in the fourth quarter they took care of the basketball late in the game.” The Minutemen trailed after the first quarter, 14-12, and held a slim lead of 28-25 at the half. But Bay Path outscored the Pioneers in the second half, 40-33, to emerge with a 68-58 victory. Dylan Cotton, a senior for the Minutemen, scored a game-high 30 points, with 20 of those coming in the second half. In fact, Cotton got better by the quarter. He scored three points in the first quarter, seven in the second, eight in the third and 12 in the fourth. “He’s been around on varsity for four years and he’s our go-to guy when we need a basket, and he did that tonight. Every time we really needed one, he delivered,” Greenough said of Cotton before mentioning how he, like the team, improved in the second half. “He really struggled in the beginning. I think he was rushing his shot. He settled down as the game went on and we did a better job of moving the ball, getting openings for him to shoot. As a result, he had better looks at the basket and he started making more.” As much as it looked like



Bay Path's Cam Hafner soars toward the basket.

Bay Path may run away with the victory in the third quarter when they grabbed as much as a nine-point lead, Southbridge hung tough. Five late points from Angel Morales gave the Pioneers life, as they only trailed by a 40-36 margin heading into the final frame. But too many “hiccups,” according to head coach Victor Colon, did Southbridge in. He noted that “turnovers,” “not rotating,” and “not finishing at the basket” as the key elements that didn’t allow for the comeback to be completed. Cotton also had something to do with Bay Path maintaining the lead, as his 3-pointer with 6:07 to play put the Minutemen ahead, 48-38, for their first double-digit advantage of the night. “We knew Cotton was going to go and just shoot. A lot of the times they went to the high post and everybody collapsed. I had to call a timeout to adjust

that, and they still did it. Once they collapsed into the high post, that wing is wide open. That’s where he got the majority of his points,” explained Colon. “We knew he’d be a lethal shooter.” In addition to Cotton, seven other Minutemen registered at least three points and Corey Scovil pulled down double-digit rebounding totals to aid in a total team effort. “Wearing these masks, it’s a very difficult situation — breathing on the court, and so on and so forth — so I knew going into this year we’re going to have to rely on the whole team to get it done. The good news is this is one of the deepest teams I’ve had in years. I was proud of the whole team effort tonight,” said Greenough. Similar to Bay Path, the Pioneers also had contributions all around the floor. Morales and Kevin Loftus both scored 12 points, while Sam



Zack Fritze of Bay Path sizes up a 3-point shot.



Bay Path's Dylan Cotton saves the ball from bouncing out of bounds.

Ortiz added 10 more. A total of 12 players either scored or grabbed a rebound, which is familiar for a Colon-coached club. “That’s the way I like to play,” he said of playing all the substitutes and then giving more time to the top producers. “Angel Morales, he sprained his ankle in practice [two days prior] so he iced it, iced it, iced it — he was determined to play — I didn’t go to him in the first

quarter and I don’t even think in the second quarter. At half-time I asked, ‘are you sure you want to do it?’ and he said, ‘put me in.’ He went in there and he did work.” Colon isn’t overly concerned about losing the first game of the season, either. “I saw a lot of good things — obviously a lot of bad things — but it’s just lessons. Tomorrow we go and hit practice again,” he said.

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