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Friday, November 19, 2021

Dunn, Wengender combine for goal to lead Warriors by Bishop Fenwick

TANTASQUA'S SEASON ENDS IN STATE PLAYOFF ROUND OF 16 GAME AGAINST AUSTIN PREP



Photos Nick Ethier

Keeper Lizzy Thompson of Tantasqua races out to secure the ball before a Bishop Fenwick player can attempt to score on her.

BY NICK ETHIER
SPORTS EDITOR

PEABODY — With the game still scoreless in the 68th minute, something had to give when the Tantasqua Regional girls' varsity soccer team played at Bishop Fenwick High's Donaldson Field on Monday, Nov. 8 in a Round of 32 matchup in the MIAA Division 3 State Championship Tournament. And a pair of seniors combined for the winning moment to propel the Warriors to victory.

Ana Wengender took the ball down the left

Please Read **TANTASQUA**, page **A12**

Charlton selectmen lower permitting fees

BY JASON BLEAU
CORRESPONDENT

CHARLTON — The Charlton Board of Selectmen has lowered a selection of fees in an attempt to ease the burden on businesses in town after a challenging nearly two years of

COVID interruption.

Selectman David Singer brought forward a proposal to reduce or change six items on the town's fee schedule during the Board of Selectmen's Nov. 9 meeting receiving unanimous support from his fellow board mem-

bers to enact the changes immediately. Despite receiving input on other towns feels Singer said this wasn't about competing with other towns as much as it was about doing what's right for Charlton. He also felt that

Please Read **FEES**, page **A3**

Bay Path Practical Nursing Academy resumes free blood pressure testing

CHARLTON — Bay Path Practical Nursing Academy is again offering free blood pressure testing every last

Wednesday of the month, 10:30 to 11:30 a.m. at Charlton Senior Center, 37 Main St.

"It is great to have the

students back again, our seniors enjoyed speaking with the students," said

Please Read **TESTING**, page **A11**

Christmas by Candlelight at Old Sturbridge Village

CELEBRATE CHRISTMAS PAST WHILE CREATING NEW TRADITIONS

STURBRIDGE — Christmas by Candlelight returns to Old Sturbridge Village (OSV) this December, inviting visitors to step into the past and enjoy a time-honored tradition, celebrating New England

Christmases of the 19th century and today. On select dates in December, the Village will open with special hours (1 or 3 p.m. until 8 p.m. each evening) for guests to take in sights, sounds, and special traditions of holi-

days long ago. Tickets are on sale now to the public, with discount pricing through Nov. 26.

This year's event will focus on celebrating Christmas past, while

Please Read **OSV**, page **A16**

Season's Greetings.

KINDLY NOTE OUR
Holiday Hours

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CHRISTMAS
SATURDAY 12/25
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This holiday season glitters and glows at Worcester Art Museum!

WORCESTER — Love is celebrated in its many forms this holiday season at the Worcester Art Museum (WAM). This year Deck the Halls at WAM will feature Sunday concerts and holiday programs for all ages, surrounded by artfully decorated trees by Sally Jablonski of Herbert E. Berg Florist, Inc. and themed around the classic love story, “Dr. Zhivago.” WAM will also be hosting Dwight Sturtevant and his interactive model train layout, sure to delight visitors of all ages. These exciting displays will celebrate the love, elegance, and splendor of winter and will be on view at the Worcester Art Museum from Nov. 26 through Jan. 9.

Deck the Halls at WAM launches on Dec. 4 with “The Gatherings” tour, followed by a FREE Community Day Celebrating Hanukkah. WAM partners with the Worcester JCC and the Jewish Federation of Central MA to host this full day of programming that celebrates Hanukkah with activities for all ages. Throughout the holiday season, all are invited to enjoy many wonderful events that WAM is hosting to celebrate this holiday season including: concerts, tours, ice carving, a screening of the 1965 film “Dr. Zhivago,” and much more.

“The weekend programs have something for all ages,” says Aileen Novick, Manager of Education and Public Programs at the Worcester Art Museum. “Visitors can stroll the galleries and take in the sounds of the Merrimack Valley Ringers”, or see Chip Koser creating a love stories themed ice sculpture outside, or see John McDonough’s Pumpernickel Puppets Musical Variety Show. There will be a lot of fun things for all ages at WAM this winter!

Events schedule
All programs and activities listed below are free with admission, unless otherwise indicated, and held at the Worcester Art Museum, 55 Salisbury Street in Worcester, MA. Masks are now required for all visitors, age 5 and over, to the Worcester Art Museum, regardless of vaccination status. Museum parking is free, but limited. For directions and a map of additional parking around the Museum, visit: <http://www.worcesterart.org/information/directions/>

“The Gatherings” Tour
Saturday, Dec. 4, 2 p.m.,
and Saturday, Dec. 18, 2 p.m.
Meet in Lancaster Lobby

December is a month where families around the globe gather for different winter holidays and festivals. Join docent Susan Gately as she leads WAM’s special tour of the month, “The Gatherings.” She will present visitors with expected and unexpected objects throughout the museum that are related to gatherings. From the Chapter House, to a Japanese Tea Service, to Pieter Brueghel II’s “The Marriage Procession.”

Community Day: Hanukkah at WAM
Sunday, Dec. 5, 10 a.m.-4 p.m.

WAM partners with the Worcester JCC and the Jewish Federation of Central MA to host this full day of programming that celebrates Hanukkah with activities for all ages. Join us for Klezmer music, live cooking demonstrations of latke making, story times in collaboration with PJ Library, art activities, and discussions about the traditions and history of Hanukkah.

Merrimack Valley Ringers
Sunday, Dec. 12, 2 p.m.
Renaissance Court

Hear the joyous sounds of holiday bells across the Museum with the Merrimack Valley Ringers! This popular hand-bell ensemble will perform holiday favorites with warmth and gusto, sure to delight listeners of all ages. Read more about the Merrimack Valley Ringers.

Holiday Concert: Arianna Falk, Peter Sulski, and Neighborhood Strings
Sunday, Dec. 19, 2 p.m.
Renaissance Court

Enjoy a soaring string performance in the Museum’s Renaissance Court! Arianna Falk, cello, and Peter Sulski, viola, are joined by Worcester’s Neighborhood Strings for a special holiday concert surrounded by inspiring artwork.

John McDonough’s Pumpernickel Puppets Musical Variety Show!
Sunday, Dec. 26, 2 p.m.
Renaissance Court

Join Bugsy and his Pumpernickel Puppet Friends both old and new for an interactive, musical variety show featuring hand, string, and life size puppets. Come see the colorful characters, live voices, and exciting and humorous adaptations of classic folk and fairy tales. Be sure to stay to the end for a behind the scenes demonstration of the puppet show.

Ice Carving by Chip Koser of South Cape Ice Sculptures
Saturday, Jan. 8, 11:30 a.m.
Lancaster Plaza

Step outside to watch an ice sculpture be created before your eyes! Chip Koser will work to hand carve a unique sculpture inspired by WAM’s special exhibition, Love Stories from the National Portrait Gallery, London.

Screening of Doctor Zhivago
Sunday, Jan. 9, 1-4:30 p.m.
Second Floor Conference Room
(limited seating – pre-registration required)

Be transported to early 20th century Russia in a special screening of the

1965 classic film, Doctor Zhivago. Come see one of the most epic love stories of all time, take in the winter scenes of Russia, and notice influences that inspired this year’s holiday decorations!

Register now

About the Worcester Art Museum
The Worcester Art Museum creates transformative programs and exhibitions, drawing on its exceptional collection of art. Dating from 3,000 BC to the present, these works provide the foundation for a focus on audience engagement, connecting visitors of all ages and abilities with inspiring art and demonstrating its enduring relevance to daily life. Creative initiatives— including pioneering collaborative programs with local schools, fresh approaches to exhibition design and in-gallery teaching, and a long history of studio class instruction—offer opportunities for diverse audiences to experience art and learn both from and with artists.

Since its founding in 1896, the Worcester Art Museum has assembled a collection of 38,000 objects: from the ancient Near East and Asia, to European and American paintings and sculptures, and continuing with works by contemporary artists from around the world. WAM has a history of making large scale acquisitions, such as its Medieval Chapter House, the Worcester Hunt Mosaic, its 15th-century Spanish ceiling, and the Flemish Last Judgment tapestry. In 2013, the Museum acquired the John Woodman Higgins Armory Collection, comprising two thousand arms and armor objects. It continues to commission and present new works, such as 2019’s exhibition, With Child: Otto Dix/Carmen Winant. For more information about the Worcester Art Museum, visit worcesterart.org.

The Worcester Art Museum, located at 55 Salisbury Street in Worcester, is open Wednesday through Sunday from 10 a.m. to 4 p.m. Admission is \$18 for adults, \$14 for seniors 65 and older, and for college students with ID. Admission is free for Museum Members and children ages 17 and younger. On the first Sunday of each month, admission is free for everyone. Museum parking is free. Tickets may be purchased in advance at worcesterart.org. Visitors are advised to check the Museum website for visiting requirements related to COVID-19.



ACCURACY WATCH

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

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

If you find a mistake, email news@stonebridgepress.news 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.

FEES the

continued from page A1

changes would help Charlton be competitive and would provide more “fair” fees that would allow local businesses to grow and thrive.

“We want to alleviate some of the burden financially on businesses that are in town and the residents that do business in town who have gone through a financially difficult time through this pandemic. In the grand scheme of things if you look at the fee schedule it doesn’t cost the town a lot of money,” Singer said before the vote. “We lose \$300 here and a little bit there. There’s no big hit to the town but to one business that \$250 or \$300 helps them pay other bills or employees’ salaries.”

The first change will bring the permit fees for chimneys and fireplaces down by half, reducing it from \$200 to \$100. The second change alters garages, barns and storage shed fees which were all previously groups together with one single fee. Garages and barns will maintain the current \$250 permit fee, but storage sheds will have their own lower fee of \$100. Both signage and reinspection fees will drop from \$75 to \$50, respectively, and finally, all alcohol club license fees will reduce from \$1,000 to \$750.



Sturbridge Historical Society Meeting meets Dec. 2

STURBRIDGE — The Sturbridge Historical Society meeting will be held on Thursday, Dec. 2 at The Publick House Historical Inn on Sturbridge Common.

The Guest speaker will be Sabi Bitticks on the History of Photography. Sari’s program on the history of photography is a fascinating study of what we can do with a few chemicals, some specially treated paper and a whole lot of light.

The program will cover the origins of photography as we know it. How the first cameras had some strange uses, and

photographs showing the true horrors of war: See how cameras evolved from one big enough to walk around in, to one that can fit in a watch. Through many slides you will see the first president to be photographed.

Sari Bitticks is president of The Auburn Historical Society and chair of the Auburn Historical Commission. Holder of the Riley Award as the outstanding citizen of Auburn. Sari has given many popular talks around New England at Historical Society Meetings, Senior Centers and various Senior Housing and Assisted Living locations. She

will be bringing several photographic artifacts, including an item that inspired an iconic Star Wars creation.

Historical Society meetings are free of charge with dessert and meeting room provided by Michael Glick, Publick House Innkeeper. Our sincere thanks go out to Mr. Glick.

Meetings are held September through May on the fourth Thursday of the month except November and December. November meeting is held the first Thursday in December.

All meetings start at 7 p.m. The public is welcome.



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McGovern applauds partnership between QCC and CMAA



WORCESTER — Last week, a new partnership was announced between Quinsigamond Community College and the Central Massachusetts Agency on Aging (CMAA) to offer free preventative dental care to seniors 55 and older in the Central Massachusetts region.

The announcement was made at an event held at QCC, which featured Congressman James McGovern, QCC President Luis G. Pedraja, Ph.D., President and CEO of the Central Massachusetts Agency on Aging, Dr. Moses S. Dixon, QCC's Dental Clinic Operations and Facilities Manager Sheryl Ficorilli, QCC Dental Hygiene Professor Jane Gauthier, and QCC

Dental Hygiene student Jade Chaves.

“It’s a pleasure to be with you today to announce the new partnership between Quinsigamond Community College and the Central Massachusetts Agency on Aging, which will expand access to dental care for low income seniors here in Worcester,” Congressman McGovern said, noting the invaluable resource QCC is to the region. “Everybody in our community has an opportunity to get a first-class education, whether it’s about what we’re talking about here today, this is not just a college, this is very much a part of our community. I think I speak for everybody here in the City

and in the region when I say thank you, thank you for caring about all of us here today.”

The new Central Massachusetts Senior Dental Clinic will provide free preventative dental services that include cleanings, assessments, x-rays and fluoride treatment. Worcester’s Yellow Cab has also agreed to partner with QCC and CMAA to provide transportation to and from dental appointments, as transportation can be an issue for seniors who are unable to get to the Clinic.

Congressman McGovern was instrumental in helping obtain \$60,000 in funding for the senior dental program through the American Rescue Plan Act, and QCC will provide a 50 percent match to cover the Clinic’s operating costs during appointments.

“Older Americans, particularly low income, underserved seniors, often lack access to dental care. Thanks to this partnership with the CMAA, we are helping to provide equitable access to important dental care for this vulnerable population, as well as enabling our dental hygiene students to become better prepared to care for senior patients when they enter the workforce,” President Pedraja said.

Congressman McGovern was quick to also note the longstanding commitment the CMAA and Dr. Dixon have on equity, justice and fairness, and making sure that nobody, especially our seniors, get left behind.

“Our senior citizens have been hit the hardest by COVID-19 in all aspects of their life. Now that we are emerging out of the pandemic, one of the greatest challenges facing our seniors is the lack of accessible and affordable dental care and treatment,” said Dr. Dixon. “I truly believe this new partnership between the Central Massachusetts Agency on Aging and Quinsigamond Community College will be a model for the nation on how to provide affordable and accessible dental care to older adults.”

QCC Dental Hygiene student Jade Chaves described the positive benefits this program will have on the hygiene students.

“Being able to care for more senior patients in the clinic, will allow the students to gain experience with more complex oral health conditions. Having this experience will set us up for success in our careers long after we graduate,” Ms. Chaves said.

It is anticipated that the funding will allow approximately 2,000 seniors to be served over the next three years.

“This partnership will provide access to critical dental care for seniors here in Central Mass, which is all too often pushed to the back of the priority list due to costs and lack of transportation, leaving many of them to skip it all together. So I’m thrilled that the funds for the American Rescue Plan will build on the great dental care being provided here at QCC’s Dental Hygiene Clinic,” Congressman McGovern said. “And, before I go, I just want to thank all the dental professionals and students who are going to provide these vital services, your work is going to make a huge difference for seniors across the region and I can’t thank you enough, I mean this is a big deal.”

For more information about QCC, contact Karen Hutner, Interim Director of Institutional Communications at 508-854-2842 or khutner@qcc.mass.edu.

Emma Earls participates in Hamilton College Production of “10 Out of 12”

CLINTON, N.Y. — Emma Earls, of Sturbridge (01566), was a member of the cast in the recent Hamilton College Fall Theatre production of “10 Out of 12,” by playwright Anne Washburn. Earls, a sophomore, is a graduate of Deerfield Academy.

The play focuses on a fictional technical rehearsal in which actors can only work 10 of the 12 hours they are on set, as per union rules. As in a real technical rehearsal, some cast members, such

as those playing stage managers or lighting/sound designers, sit in the audience.

The production was directed by Professor of Theatre Craig Latrell, who said he chose the show for its ability to show the joy of live performance following more than a year of COVID-19 restrictions. The performance followed New York State theatre guidelines.

Originally founded in 1793 as the Hamilton-Oneida Academy, Hamilton College offers an open curriculum that gives students the freedom to shape their own liberal arts education within a research- and writing-intensive framework. Hamilton enrolls 1,850 students from 49 states and 46 countries. Additional information about the college can be found at www.hamilton.edu.

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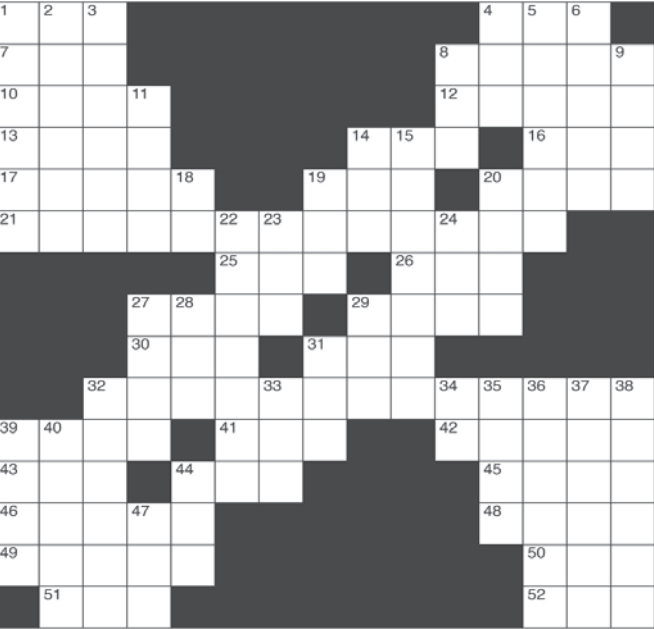
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CHURCH LISTINGS

- **Charlton Federated Church**, 64 Main St., 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org
- **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 Life/TEEN 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.livingwordcharlton.com info@livingwordcharlton.com
- **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

REAL ESTATE

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\$320,000, 5 Kings Bridge Rd, Delnegro, Michael, to Soucie, Francis W, and Soucie, Margaret D.
\$220,000, 64 Apple Rd, Carpenter, John D, and Carpenter, Beverly, to Flynn, Vanessa M.
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\$430,000, 26 City Depot Rd, DRL Capital Partners Inc, to Stanley, James P, and Stanley, Brooke D.
\$380,000, 96 Haggerty Rd, Vicki Vertucci RT, and Costello, Michael A, to Merriman, Brandon, and Holden, Kayla.
\$325,000, 35 Hammond Hill Rd, Presutti, Michael P, and Presutti, Deborah L, to Simons, Michael.
\$319,000, 199 Sunset Dr, Seigler, Stephen, to Mitchell, Michael G, and Mitchell, Andrea L.
\$206,000, 187 Nugget Dr, Connolly, Timothy M, to Chapman, Thomas, and Haley, Bridget.
HOLLAND
\$265,000, 5 Birch Dr, Collins, Joseph T, to Rasmussen, Ann L.
STURBRIDGE
\$437,600, 18 Tantasqua Shore Dr, L E Fazen 3rd 2018 T, and Fazen, Louis E, to Jette, Matthew, and Jette, Amy.
\$431,000, 259 Holland Rd, Heffner, Douglas K, and Heffner, Lisa M, to Archambault, Sallie M, and Archambault, Joseph W.
\$421,000, 26 Allen Rd, Hillman, Ethan, and Hillman, Erica L, to Falconi, Jose L.
\$421,000, 54 Cricket Dr, Wilson, Jennifer A, and Wilson, Thomas A, to Fountaine, Laura.
\$399,900, 242 Holland Rd, Simac RT, and Harray, James M, to Buckley, Jameson T, and Buckley, Maegan E.
\$269,900, 141 Podunk Rd, Hast, Derek, and Hast, Jessica, to Gagnon, Dana.



CLUES ACROSS

1. FDNY’s union

4. Hideout

7. Trent Reznor’s band

8. Old World tropics plants

10. Places to stay

12. Group of organisms from a common ancestor

13. TV character Goodman

14. Not around

16. Title of respect

17. Ceramic jars

19. British legal authority (abbr.)

20. A companion (archaic)

21. Where groups of people live

25. Indigenous person of NE Thailand

26. Red-brown sea bream
27. Ridge of jagged rock

29. Meat from a pig (French)

30. A way to save for the future

31. Opposite of bottom

32. A term of endearment

39. Weight used in China

41. You need it to hear

42. Frighten

43. Basics

44. Computer data collection (abbr.)

45. The best point of something

46. Jewelled headdress

48. Spoke

49. Mammary gland of female cattle

50. Midway between north and northeast

51. Defunct European economic group

52. Foul-mouthed Hollywood bear

CLUES DOWN

1. In tune

2. Ending

3. Ring-shaped objects

4. Equal to 10 liters (abbr.)

5. Removes from record

6. The lowest point

8. Plant cultivated for its tubers

9. Dry or withered

11. Stony waste matter

14. Speedometer reading

15. Each of two or more forms of the same element

18. A baseball stat

19. Corporate PR exec (abbr.)

20. Insures bank’s depositors

22. Made dim

23. Uncultured person

24. Paddle
27. Currency of Cambodia

28. Pitching stat

29. A place to put mail

31. God of battle (Scandinavian)

32. 10 years

33. Resinous substance secreted by insects

34. Losses

35. S. American plants

36. Void of thought or knowledge

37. Stout-bodied moth

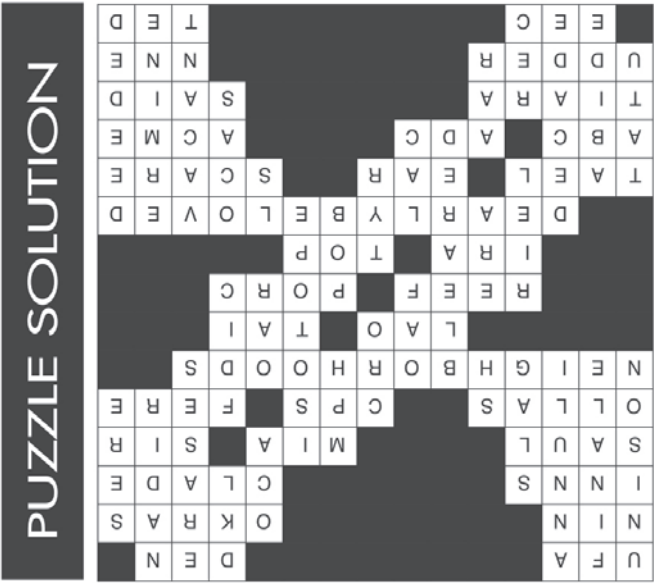
38. Transferred property

39. Russian pop act

40. Accept

44. A retrospective military analysis (abbr.)

47. A type of center



St. Christopher's Annual
Craft Fair returns

Old Sturbridge Village
opens Holiday Market
& Café Pop-Up for
holiday shoppers

BRIMFIELD — The annual Christmas Craft Fair at St. Christopher's Parish Rte. 20, Brimfield is excited to be able to return this year on Saturday, Nov. 20 from 9 a.m. – 3 p.m. and Sunday, Nov. 21 from 9 a.m. – 1 p.m. It's 2 days in 2 buildings!

With a wide array of unique hand crafted items created by local artisans and crafters, the fair is a great opportunity to find unique gifts for everyone on your gift list, yourself, or your home and even your pets! Everything from hand carved wooden toys & art, one of a kind jewelry, soaps, soy candles, Christmas ornaments, hand painted art, tie dye, soaps, quilted runners & hangers, knitted & crochet hats, scarves & blankets, pebble art, pet beds & clothing, and so much more.

The kitchen is open throughout the day serving delicious food with breakfast on Saturday and lunch on both days that includes soups, sandwiches, and desserts. There will be raffles with dona-

tions from the crafters and local businesses and includes items such as Worcester Red Sox and Railers tickets, gift baskets, restaurant gift cards, and a lottery tree. The woman's club will also have their white elephant tables for some great deals! A strolling caroler will help bring the Christmas spirit.

Club President Cindy Skowyrza says "after a year off because of covid we are really happy to be able to bring this community event back. Not only is it a great community event but it also gives an avenue for the artisans and crafters who put their heart and soul into their work to get some returns. It also remains an important fundraiser for the parish to help defray the cost of maintaining 3 buildings but also upkeep of the recently renovated historic Windmill that once provided indoor plumbing and is a recognized symbol in the town of Brimfield, "Each year we try to make this a great community event. We have many returning

crafters and a variety of new ones mixing up our offerings. We also commit funds to parish needs. This year funds will go towards painting our rectory building"

"The women's club works hard to make a positive impact in the parish", said Father Brennan. "They are making a difference and both I and the parish appreciate their efforts. We are grateful that our doors are once again open so stop in and see us not just at the fair, but anytime, all are welcome."

Skowyrza also notes that due to Covid and to make people feel comfortable they accepted fewer crafters to provide more space between areas and also make the café area larger.

Admission to the craft fair is free. For more information contact the parish at 413-245-7274 or email or check it out on the church's Facebook page.

STURBRIDGE — Old Sturbridge Village is hosting a Holiday Market & Café just in time for the holiday season! The shop, open now through Dec. 30 on Wednesdays through Sundays, is located outside of the Village and admission to the museum is not required. Locals and visitors alike are invited to stop by the market to browse and shop or enjoy a variety of sweets and hot or cold beverages in the café.

Old Sturbridge Village artisans have been working hard to supply the market with handcrafted items, including Village-made pottery, tin and iron crafts, Christmas décor and ornaments, specialty food items, and other household goods are available for purchase.

On Dec. 3-5, the Holiday Market & Café will feature Member's Double Discount Days. Members to the Village will receive 20 percent off merchandise when they show a valid membership card. Exclusions apply to sale items, markdown, or promotional prices.

On Dec. 17 & 18, the Holiday Market & Café will be the site of a special book signing, with "Hector Fox and the Giant Quest" author Astrid Sheckels. Sheckels was born and raised in the town of Hatfield. Her book follows the adventures of Hector Fox and his merry band of forest creatures as they seek adventure, hunt for giants, solve mysteries and discover the value of friendship. Sheckels will be signing copies of the book (available for purchase in the shop) each night from 5:30-7:30 p.m.

Old Sturbridge Village's Holiday Market & Café is open Wednesday through Sunday from 10:00 a.m. to 5:00 p.m., now through Dec. 30. The shop will remain open until 8:30 p.m. during the evenings of Christmas by Candlelight, on Dec. 3-5, 10-12, 17-19, 23 and 27-30. The shop will be closed on Thanksgiving Day (Nov. 25) and Christmas Eve through Christmas Day (Dec. 24-25).

More information on the Holiday Market & Café can be found at: <https://www.osv.org/event/holiday-market/>.

Tantasqua hosts
holiday craft fair



Photos Kevin Flanders

Author Lisa Brodeur shares her family's inspirational story with guests.



Samantha Millet, of Ware, spends the day with her daughter Emmalynn.

STURBRIDGE — Tantasqua Regional High School held its ninth annual holiday craft fair last weekend, drawing guests from throughout the area for holiday shopping.

The Nov. 13 event featured hundreds of vendors lining the school's entry hall, cafeteria, and gymnasium. Guests were

able to find plenty of creative selections to round out their holiday shopping lists.

The event also included food, raffles, and fun programs.

Donations from raffle items benefited TRHS SkillsUSA students.

Lasell student earns
professional hospitality
certificate from American
Hotel & Lodging Educational
Institute

NEWTON — Kaylie Gonya, a Lasell University student from Uxbridge, earned a professional certificate from the American Hotel & Lodging Educational Institute.

Gonya received the certificate and training in understanding unconscious bias through an interactive program that, according to Assistant Professor of Hospitality and Event Management Siddharth Mobar, sheds light on the existence of unconscious bias in the industry and guides restaurant managers in their interactions with guests and employees.

For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.

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OBITUARIES

Joanne M. Wilbur, 85

CHARLTON – Joanne M. (Zollo) Wilbur, 85, died Tuesday, November 9, 2021, at UMass Memorial Medical Center – University Campus in Worcester, surrounded by her family, after a three-month period of declining health. Joan, as she preferred to be called, was predeceased by her husband of 49 years, Norman

S. Wilbur who died in 2008 and infant son, Dean E. Wilbur, who died in 1963. She is survived by two sons, Brian F. Wilbur and his wife Jeanne of Charlton, and Todd S. Wilbur of Charlton and her grandchildren: Kelsey Wilbur and husband, Samuel Warner; Erin Wilbur; Patrick Wilbur; Daniel Demeritt; Mia Wilbur and Grace Wilbur; as well as many nephews and nieces.

She was born in Worcester, and was raised by Herbert and Ida Pierce in Charlton. She graduated from Charlton High School. Joan proudly served four years in the United States Air Force where she was stationed in Texas, at Randolph Air Force Base. Joan was awarded the Good Conduct medal, for demonstrating exemplary behavior; efficiency and fidelity during her service.

Prior to raising her family, Joan worked at Wyman Gordon. She later spent over 20 years working at the Heritage School in Charlton, retiring in 1999. She and

Norman spent six weeks traveling across the country, visiting friends, family and enjoying their retirement together in 1999. In her retirement years, Joan enjoyed volunteering and spending time at the Charlton Senior Center. She was honored by the town at Old Home Day 2012, as Volunteer of the Year.

Joan was a member of the American Legion Post 391 in Charlton and one of the original members of the Charlton Chapter of the Red Hat Society.

She loved gardening, mowing her expansive lawn on her rider, annual family trips to Cape Cod, Boston sports teams and socializing with her family and many friends.

However, her greatest joy was her grandchildren, cheering at their sporting events and attending their activities.

The family would like to thank the nurses and staff of UMASS, University Campus, for their loving care and attention provided to Joan and our family during the last days of her life.

A funeral service was held at 10 a.m. on Wednesday, November 17, 2021, at Paradis-Givner Funeral Home, 357 Main St., Oxford. Burial with military honors will follow at West Ridge Cemetery in Charlton. Calling hours were Tuesday, November 16, 2021, from 4-8 p.m. at the funeral home. In lieu of flowers, memorial contributions may be made to the Charlton Senior Center, 37 Main St., Charlton, MA 01507.

Hazel S. Prouty, 95

OXFORD – Hazel S. (Strader) Prouty, 95, died Sunday, November 14, 2021, at the Overlook Masonic Health Center in Charlton. She was predeceased by her husband of 48 years, Donald O. Prouty who died in 1993. She is survived by her daughter, Cynthia L. Boisjolie and her husband Armand of Spencer; her brother, Donald K. Strader of Oxford; two grandchildren, Michelle Muise and her husband Jason, and their children Cameron, Colin, and Addison, and her

granddaughter Amanda Comptois, and her children Hannah and Reilly; and many nephews and nieces. She was predeceased by a sister, Marion L. Matthews of Florida who died in 2018. She was born in Oxford, daughter of the late Lorne B. and Ellen L. (Keith) Strader, and was a lifelong resident of Oxford. She graduated from Oxford High School in 1944.

Mrs. Prouty worked in the cafeteria at Oxford and Sutton Public Schools for many years prior to retirement. During World War II, she worked at Chaffee Brothers in Oxford making boxes for bombs used in the war. She was a longtime member of the Oxford United Methodist Church in Oxford, and was a member of the Order of the Eastern Star – Clara Barton Chapter in Oxford for over 50 years. Mrs. Prouty was a member of the former Oxford Grange, the Auburn Grange, and the Pomona Grange. She was an avid Red Sox fan and enjoyed sewing.

The family would like to thank the staff at the Overlook Masonic Health Center, especially Kristin, Pat, and Dave, for the exceptional care given during her time there.

A private graveside service will be held at North Cemetery in Oxford. In lieu of flowers, memorial contributions may be made to the Oxford United Methodist Church, 465 Main St., Oxford, MA 01540. Paradis-Givner Funeral Home in Oxford is directing the arrangements.

Nichols College president names 31 seniors to first advisory council

DUDLEY — Nichols College President Glenn M. Sulmasy, JD, LL.M., has appointed 31 students to the inaugural Nichols Senior Advisory Council (NSAC).

Among those selected are Mandy Laporte of Douglas and Maria Mironidis of Oxford.

NSAC comprises students who have played significant leadership roles in the Nichols community. Their role is to advise the president and senior administration on issues related to the senior class and the college in general. In monthly meetings, the council will discuss plans, initiatives, and trends and issues in higher education.

“In addition to helping Nichols become a leader in higher education and enhance the overall experience for the community, NSAC participants will develop the communication skills that are vital to career advancement,” said President Sulmasy.

He reported receiving an “overwhelming number” of nominations for this first council, adding, “These students should be quite proud of this appointment.”

Richard N. “Rick” Martin, Jr., 69

DUDLEY – Richard N. “Rick” Martin, Jr., 69, died Thursday, November 11, 2021, in his home. He is survived by his



wife of 44 years, Gale A. (Bergen) Martin of Dudley; two daughters, Stacey L. Sitko of Dudley, and Kelly A. Johnson and her partner Leanne Forbes of Dudley; a brother, David Van Nevel and his wife Catherine of Oxford, PA; a sister, Frances Hyden of Stow; three grandchildren, Jocelyn Sitko, Jaxon Sitko, and Alyssa Forbes; and several nephews and nieces. He was predeceased by a sister, Paula Martin.

He was born in Easthampton, son of the late Richard N. and Rosemary (Ahern) Martin Sr., and lived in Maynard and Marlboro before moving to Dudley 36 years ago. He graduated from Maynard High School in 1971.

Mr. Martin worked at F.W. Madigan Company in Worcester for over 10 years, retiring in 2011. After high school, he did millwork for several years and

later drove truck for A.J. Letourneau. He had a love for classic cars, and took great pride in his 1953 Chevy pick-up and 1965 Barracuda. He was a talented woodworker and loved using his skills on woodworking projects for family and friends.

Calling hours were Monday, November 15, 2021, from 5-8 p.m. at Paradis-Givner Funeral Home, 357 Main St., Oxford. Due to health reasons, family is requesting that those attending wear masks to calling hours when offering condolences.

Family and friends were invited to gather at the funeral home on Tuesday, November 16, 2021, between 9:00-10:00 a.m., followed by family remembrances at 10:00 a.m. A funeral procession including Rick’s classic cars will follow to Waldron Cemetery in Dudley. Those attending were encouraged to drive their classic cars in the procession.

In lieu of flowers, memorial contributions may be made to the Cystic Fibrosis Foundation, 220 North Main St., #104, Natick, MA 01760.

William L Smith (Poppy), 85

STURBRIDGE: William L Smith (Poppy), 85, of Main ST, Sturbridge, passed away on Wednesday, November 10, 2021 at Harrington Hospital.



William leaves behind his wife of 55 years Cynthia (Adams) Smith, of Sturbridge; his sons Timothy Smith and his companion Colleen Breton of Stafford, Jeffrey Smith and his wife Kimberley of Sturbridge; his grandchildren, Leanna Smith of Webster, David Smith and his companion Emily Petkis of Stafford, Jacklyn Smith of Sturbridge, Jordan (Smith) Farrell and her husband Matthew Farrell of Groton, CT, Logan and Jake Smith of Sturbridge; great grandchild Junah Sweeney of Webster.

He was born in Stoneham, MA and adopted by Ellis E. Smith Jr and Charlotte (Stone) Smith of Sturbridge, MA.

He was predeceased by his brother Ellis E. Smith III. He leaves behind a brother Dwight Logan and a sister Eleanor VanNorman.

He was a graduate of Cole Trade High School class of 1954. He proudly served in the Army, 101st Airborne division. He was a self-employed master carpenter; remodeling and building homes. He enjoyed making fine furniture. He served as Deacon at Friendship Baptist Church in Brimfield, MA.

Calling hours were Tuesday, November 16th from 5-8pm in Belanger Bullard Funeral Home, 51 Marcy ST, Southbridge. Funeral was on held Wednesday, November 17th at 10:00am in Belanger Bullard Funeral Home. Burial will follow in Brookfield Cemetery.

Memorial contributions can be made to Friendship Baptist Church, 9 E Brimfield/Holland Road, Brimfield, MA 01010.

An online guestbook is available at www.BelangeFuneralHome.com

LEGALS

Town of Brimfield Public Hearing Notice

In accordance with the Massachusetts Wetlands Protection Act, Chapter 131, Section 40, the Brimfield Conservation Commission will hold a public meeting on Wednesday December 01, 2021 at 7:00 PM to review a Notice of Intent (NOI) permit application submitted by Green Hill Engineering c/o Elizabeth Poirier of Fiskdale, MA for the construction of an agricultural grow facility, septic, well, driveway and associated grading. All disturbance associated with the project as proposed is located within the 100-foot Buffer Zone to a Bordering Vegetated Wetland.

Project Location: 142 Holland Road, Brimfield, MA (Assessor's Map 17 Parcel/Lot # C-12)

Meeting Location: Public Participation will be In-Person at the Brimfield Elementary School Cafeteria at 22 Wales Rd, Brimfield, MA 01010 at 7:00 PM.

Any person(s) interested or wishing to be heard on this request should appear at the time and place designated. A copy of the permit application and plan may be inspected at the Brimfield Town Annex in the Conservation Commission Office, 23 Main Street, Brimfield, MA 01010 or contact the office at 413-245-4100 ext. 1101.

Roger deBruyn & Joseph Venezia Co-Chairs
November 19, 2021

Town of Brimfield Public Hearing Notice

In accordance with the Massachusetts Wetlands Protection Act, Chapter 131, Section 40, the Brimfield Conservation Commission will hold a public meeting on Wednesday, December 1, 2021 at 7:00 pm to review a Request for Determination of Applicability (RDA) application submitted by Douglas Findlay to determine if the area depicted on map(s) referenced below is an area subject to jurisdiction of the Wetlands Protection Act.

Project location: 13-A-8 Palmer Road, (lot between #45 and #65) MA 01010 (Assessor's Map 13-A-8)

Meeting Location: Public Participation will be In-Person at the Brimfield Elementary School Cafeteria at 22 Wales Rd, Brimfield, MA 01010 at 7:00 PM.

Any person(s) interested or wishing to be heard on this request should appear at the designated time and place. A copy of the permit application and plan may be inspected at the Brimfield Town Annex in the Conservation Commission Office, 23 Main Street, Brimfield, MA 01010 or contact the office at 413-245-4100 ext. 1101.

Roger deBruyn & Joseph Venezia Co-Chairs
November 19, 2021

Start your holiday shopping with Charlton City UMC's virtual silent auction

Start your holiday shopping with Charlton City UMC's virtual silent auction

CHARLTON — Get your holiday shopping started early, avoid Black Friday crowds, and support a great cause by bidding in Charlton City UMC's silent auction. Last year's virtual event was a great success, and so once again we're organizing an online marketplace. A wide variety of goods, services and gift certificates will be up for grabs via online auction at <http://bit.ly/CharltonCity> (BiddingOwl.com).

The auction kicks off just after Thanksgiving, running Nov. 28 – Dec. 4, ending at 2 p.m., with winning items available for pickup after December 5th (apologies, no delivery). Virtual bidding will take place throughout the week, so once you bid, keep on checking to see that you still have the top bid.

Just some of the items that will be up



for bidding: a family pass to Old Sturbridge Village, a two-person pass to Southwick's Zoo (Mendon), a Cormier's Jewelers gift certificate, gift baskets, handmade wares, jewelry, and much more! (Auction preview, which is being updated all the time, is available online at <http://bit.ly/CharltonCity>.) As always, we are incredibly grateful for the wide array of donors this year – individuals within the church community and business-

es of surrounding communities.

In addition to benefiting the church, auction proceeds will go toward Residential Energy Assistance for Seniors (REAS), a Charlton non-profit that assists seniors with winter heating bills. Rising energy costs, which in turn drive the costs of many associated items, coupled with fixed incomes, have placed many of our seniors in difficult and dangerous predicaments.



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Don't be a source of misinformation

There is never a good excuse to not be informed about what is happening in your town or school district. In this day and age, with technology at our fingertips, information is readily available in a matter of seconds. Public hearings are always posted in local papers, town halls and libraries as well. Minutes from meetings are also easily accessible on town and district websites. School districts are constantly emailing information home to parents on a daily basis. Finding information could also be as simple as calling a family member or friend who tends to always be in the know. If people remain unaware of what is going on, they only have themselves to blame.

Further, do not post misinformation on social media. If you don't understand a situation completely, refrain from posting about it, until you do, unless of course your post is an inquiry. Posting misinformation does two things — it makes you look uninformed and unintelligent, and second, it passes on misinformation to others who might believe that what you're posting is true. Fact check or find out more information before blindly posting things you know nothing about. Would you give a book report without first reading the book?

While being informed is key to being a productive member of your community, keep in mind to not overwhelm yourself with too much negative news. Be sure to check the news twice a day, then turn it off. Now, if you're a news junkie, and are unaffected by too much negativity, then of course, have at it.

Be sure to avoid news on social media as it's often biased and filled with misinformation. Make sure your news sources are reliable.

Experts say that when people consume too much information, it's hard to process it in a meaningful way. It can also make it difficult to remember all of the facts. In order to properly think about new information, you need time to process it and compare it with other facts you know. You need time to reflect and form an idea or opinion that logically makes sense.

Instead of letting hours go by doom-scrolling, spend some time outdoors or with friends and neighbors. By doing so, you're engaging with fellow Americans in a positive, productive way.



GOOD NEWS

Work with life partner to achieve mutual goals

When you and your life partner work together to achieve your important long-term goals, such as a comfortable retirement lifestyle, the experience can be greatly rewarding. However, your success will require commitment and discipline. So, what steps should you take along the way?

One key move is to decide early in your relationship how you will handle money. Many couples merge their finances and make joint decisions on major purchases. But some couples like to keep at least part of their finances distinct, perhaps by maintaining separate checking or savings accounts. There's really no one correct solution for everyone, but whatever you decide, you'll want to be assured that all the bills will be paid and that neither one of you feels the pressure of an unfair financial burden.

Here's another suggestion: Try to avoid keeping financial secrets from your partner. That means disclosing your debts, hidden funds or uncommon investments. These types of surprises can lead to difficulties and mistrust. Even if you're entering the relationship carrying something like a heavy



FINANCIAL FOCUS
JEFF BURDICK

student loan, it's best to get it out in the open right away so, together, you can strive to gradually eliminate it.

Of course, there's also a practical side to not keeping secrets. Your large student loan could affect your credit rating — an issue that may arise when you and your partner are seeking a mortgage or some other type of loan. Clearly, you both should be aware of this potential stumbling block before you begin the application process.

Now, let's consider your investments. You each may have your own IRA and 401(k) or similar employer-sponsored retirement plan, but you might also share a joint investment account. However, you might not share the same risk tolerance — perhaps one of you tends to be more aggressive, willing to take more risks in exchange for potentially higher returns, while the other is more conservative, preferring to keep down the risk level of a portfolio, even if it means lesser capacity for growth.

Again, neither you nor your partner is necessarily "right" or "wrong" in your views on investing — and nobody's feelings about risk should be ignored. But once you've clearly identified your

retirement goals and estimated their cost, you may find that compromise is possible. In other words, perhaps the conservative partner will realize that a too-cautious approach could hinder progress toward the desired retirement goal, while the partner who focuses on maximum growth will learn that a somewhat less aggressive approach can still yield the desired results. This type of compromise may affect the investment choices you make in your individual accounts as well as your joint accounts. And the way you choose your investments may even change over time, especially if your financial goals evolve.

Ultimately, communication is the key. As long as you're talking to each other and openly expressing your wishes and concerns, you and your partner can find a way to keep moving toward your mutual 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.

OPINION



Photo Melinda Myers

Mums add beauty and fall color whether growing them indoors or in the garden.

Mums, a traditional fall favorite

The rich colors and fall bloom of Chrysanthemums represent fall for many. It's also the November birth flower symbolizing cheerfulness, optimism, and friendship. Add a few to your indoor décor and help improve the indoor air quality in your home.



GARDEN MOMENTS
MELINDA MYERS

sold as hardy or garden mums.

Grow mums headed to the garden in a sunny window and water the soil thoroughly whenever it starts to dry. Wait for the danger of frost to pass before moving the mum outdoors. Pinch the plant back to four to six inches throughout June to keep it tidy and compact. Those with long growing seasons can continue pinching plants through mid July. If lucky, you will have flowers before the snow flies.

Next year, consider planting a few mums in the garden for an added blast of fall color. Garden mums are sold at nurseries and garden centers each fall. They may be hardy and suited to the area, but all the energy is directed to the flowers. This leaves little to establish a hardy robust root system for winter survival.

Those sold as perennial mums are usually hardy enough to survive the winter and flower early enough to provide weeks of color in the garden. Increase your success by planting them in spring. This allows the plant time to develop a robust root system before it begins flowering in the fall.

As the holidays approach, celebrate the season with a potted chrysanthemum or a few flowering stems. Then plan on adding some perennial mums to your garden next summer.

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.

Judgement



POSITIVELY SPEAKING
TOBY MOORE

Tonight, I was watching an independent movie made by a friend of mine who is a film director.

I think it's a great movie, and although I'm not at liberty to promote it yet, I wanted to share something the lead character said that made my mind turn.

"We can't judge somebody in their worst moment because everyone has the capacity for change, and anyone can change."

I don't know if it was the way the actor said it or the statement itself, but it got me thinking.

I initially found myself judging people who judge others. Then I realized I'm judging others for judging others, which led me to think about how judgmental I've been in my life.

I've been guilty of judging public figures, strangers, co-workers, friends, and family, practically everyone, especially when I've witnessed one of their worst moments. I've written people off who probably didn't deserve it.

After a few minutes of beating myself up and feeling guilty, I realized I was judging myself.

Does it ever end?

I suppose we all judge people. It's only natural. We judge people the moment we meet them. The moment somebody walks through the door, we instantly make judgments about their appearance, their demeanor, the way they talk, the way they walk, the rumors we heard about them, and much more. How could we not?

Is all judgment bad? If we don't judge a person's character the right way, sometimes it could lead to disastrous consequences. That's not the type of judgment I'm attempting to write about.

What is judgment? Is it just an opinion based on the present moment, or is it a conclusion about someone that causes us to think about them or mistreat them?

How often does our judgment allow us to give someone a second chance? How often do we judge people in a way that causes us to write them off?

When I judge someone based on a rumor I heard, their physical appearance, the way they talk, or even something I know they did when they were younger, is that fair?

What happens when we witness someone's worst moment? Is that their true character shining through, or are they just having a bad day?

People act the way they do because of a combination of factors, and we don't know what they go through that leads them to behave the way they do. We usually aren't seeing the complete picture. People are more complex than that.

I don't think it's possible to live a life where I never judge anyone, but how often have I judged someone to find out later I was wrong?

How often have those judgments led me to a negative mindset where I'm holding a grudge against a person and thinking negative thoughts about them? Is it healthy for me to be carrying around negative opinions about people?

I think the evidence is clear that harboring negative thought patterns about others harms us in various ways and is often unfair to the person we are judging.

Although real change sometimes takes years, we all are capable of change. I would hate to be judged because of something I did or said ten or twenty years ago; although I'm the same person, I am pretty different now. I have different opinions, different behaviors, different thought patterns. I've changed quite a bit. I'm sure you have too.

Maybe when we're reflective about our own lives, and we think about our own worst moments, it might allow us to give someone a second chance who maybe deserves one.

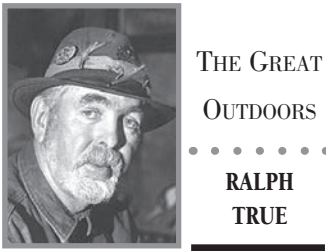
It's been said our judgments about another person probably say more about our character than the character of the person we are judging. Is that true? I'll leave it for you to decide.

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As deer hunting goes into full mode on Nov. 29 for shotgun this year, many hunters are eager to head out into the woods in search of their trophy buck while others will be happy to harvest any deer that is legal game. Not every deer hunter is looking for a trophy, and are just happy to harvest a deer to pack some venison into their freezer for the coming months. The old story that venison is better eating for you than farm raised meat is repeated every year, and may be true.

For those that dislike venison, they more than likely have never tried, it or were given venison that was improperly handled and processed. It all starts in the field! Field dressing is where most venison is ruined with the improper handling and knowledge of the cleaning process. The inner parts of the deer need to be carefully removed without breaking the urinary sack or the stomach.

It is best to have two men lay the deer upside down one holding the legs apart while the other carefully make an incision from the chest cavity to within six inches of the urinary sack. Carefully reaching up into the chest cavity using a sharp knife and gloves, you can slowly cut the heart and liver free. Continue cutting the inner parts free of the cavity until enough is loose. Rolling the deer onto the side you can extract most of the inner parts by carefully pulling on them and cutting them free. Removing the urinary sack can be done while slowly

cutting around the sack, being careful not to spill any on the meat. There are videos on YouTube on field dressing your deer, and they can ensure you that you do it properly.

Now that you have a deer to remove from the woods, you should be in good shape to drag the deer out to your car. If not, you need to get help. Deer carriers also work well, but an extra hand from a friend makes things a lot easier.

Wait! You forgot to wrap up the deer liver and heart for transport. These two organs are delicious to eat, and should not be left behind for the wild animals. If you do not eat them, give them to a friend or local Rod & Gun Club for their wild game supper.

Hanging the harvested deer for a few days in a cooler will improve the taste of the meat, but you need to ensure the deer is kept cool until processing. Never hang a deer in a tree, especially if rain is predicted. I hung my first deer in a pine tree for a few days. It rained a couple of the days, but I did not think it would hurt to hang it there. When I started to process my deer, I brought a couple of steaks into the house for supper. All of the meat was tainted with pine sap, and it tasted as though it was soaked in turpentine! What a waste!

Many hunters bring their deer to a meat processor, and have it properly cut to their specifications. Roasts, steaks, sausage, hamburger & stew meat are going to supply your family and friends with some good eating in the coming months, but it needs to be properly cared for and processed. It is best to use a vacuum packaging machine for all meats and fish. One of the top-rated machines are the Nesco VS-12 from



Photo Courtesy
This week's picture shows Jeff Graves with a salmon he caught a few weeks ago on the Salmon River. Fishing was slow but everyone had a great time.

Amazon which cost \$100. The Mueller Austria Vacuum Sealer is a bit cheaper, at \$60 from Amazon.

You can also freezer wrap your meat in a good freezer wrapping, ensuring that you squeeze all of the air out, which is responsible for freezer burn. Be sure to label all of your meat before placing it in the freezer. If properly processed and wrapped with freezer wrap, your meat should stay good for at least six to 10 months. With the cost of meat rising every day, a freezer full of venison will keep your family well fed. Do not

forget to share some venison with the landowner!

Rabbit hunting locally is providing a bit of hunting for hunters that own a good beagle. The upswing in rabbit populations this year is promising a better season for the once popular sport, and they are good eating. Snowshoe hare are still providing some hunting North And West of the valley.

Take a kid Fishing & Keep Them Rods Bending!

Coffee Hailed as “Virtuous Vice”

The humble cup of coffee.

It's a simple pleasure that baristas elevate to an art, painters depict on canvas, and philosophers have sung the praises of throughout the ages. So what's so virtuous about the everyday cup of Joe we sip every morning? Plenty, according to reliable health studies which show a steaming mug of java may go way beyond a satisfying pick-me-upper. If your daily dose of caffeine has become nothing more than a breakfast ritual, the following coffee facts may prove to be more of an eye opener than that morning cup of coffee!

Joe Jogs Memory: If you love your coffee, you now have another excuse to drink high octane java! Here's the latest buzz on caffeine: A cup of joe can jog your memory, especially if you're over age 65, say researchers at the University of Arizona. In a study, memory performance declined significantly between morning and afternoon in seniors who didn't drink coffee or drank decaf. Those who had a cup of the high octane stuff showed no such effect.

Dodge Diabetes: According to WebMD, one to three cups of coffee per day can reduce risk for diabetes by up to nine percent. Up the cups to six or more daily and men's risk for diabetes is cut by 54%, while woman's is reduced by 30% as compared to non coffee drinkers.

Further, a 2018 study of adults aged 20-70 years with low levels of coffee consumption (the majority consuming 1 cup of coffee per week) suggested that a lower risk of both pre-diabetes and type 2 diabetes was observed in coffee drinkers compared to non-drinkers.



TAKE THE HINT
KAREN TRAINOR

Drink to Think: A decades long study by the University of Bristol revealed coffee drinkers really may be better thinkers! The report said a cup of coffee can help in the performance of tasks, requiring sustained attention. It further helped enhance a person's ability to perform these tasks, during low alertness situations such as at night or when a person has a cold.

Buzz Boost: Did you know a safe caffeine buzz can give your workout a boost? According to the American College of Sports Medicine, consuming caffeine equivalent of between two to six cups of coffee one hour prior to exercise, increased both the endurance and performance of athletes during both prolonged and short-term exercise sessions. If you drink caffeinated beverages, drinking one before your workout may help you run or walk a little farther or cycle a little longer. Studies have shown that moderate caffeine intake about 300 milligrams, the equivalent of three cups of drip coffee, may be safe in most adults. But be sure to drink plenty of water before, during and after your workout to remain adequately hydrated.

Jovial Java: Are you aware caffeine can also be an effective antidepressant? Just don't drink more than a couple of cups of coffee a day or the effect can be counterproductive.

Steam Therapy: Taken in normal doses, caffeine has shown to have several other beneficial effects: Home remedy books advise drinking a cup of hot steaming coffee to suppress an asthma attack while waiting for proper med-

Turn To **TRAINOR** page **A16**

Friday's Child



Photo by Shaanon Cabral

Liana
Age 15

Hi! My name is Liana and country music is my favorite!

Liana is a talkative girl of Caucasian descent who loves reading and writing. She even hopes to become an author when she grows up! Liana is also interested in arts and crafts projects, and her favorite genre of music is country. In school, Liana has developed a great deal of confidence in herself, and her teachers report she is doing well.

Liana is legally free for adoption and can be placed in an active one or two-parent family where there is at least

one female caretaker. She should either be the youngest or only child. The ideal family for Liana is one that is patient and provides consistent structure and follow-through in her everyday life. It would also be beneficial if her future family maintained some level of contact between Liana and her sister.

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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Tips for buying antiques and collectibles



ANTIQUES,
COLLECTIBLES
& ESTATES

WAYNE
TUISKULA

In my recent columns, I offered tips for selling your antiques and collectibles. I realize many of you enjoy the thrill of hunting for items for your collections, so today's column will focus on tips for collectors.

I received a question at a recent presentation which made me think more about how collectors can find items for their collections. The person who asked the questions collects pocket watches. He said that he frequently goes to estate sales and tag sales but only occasionally finds pocket watches. When he goes to antique shops, he sometimes finds booths that are full of pocket watches and wonders how dealers are able to find large collections of watches that can fill a booth in an antique shop.

Whether you are collecting pocket watches or have a different item you're hunting for, there are some things you can do to improve your odds of

making that next great find. I'll discuss pocket watches in this column because that's what the person who asked the question was interested in, but these tips apply to any type of antique or collectible.

The most important step is to learn as much as you can about the items you are interested in collecting. You can find books on almost area of collecting to increase your knowledge. You can also find plenty of websites full of information. For example, a web search for "collecting pocket watches" produced nearly eight million results. Many dealers like sharing their knowledge and passion for what they sell. If you find someone who specializes in what you collect and it is a slow time during a show, they'll likely be very happy to answer your questions and offer advice to a fellow collector. If there is something specific that you collect, they may even contact you if they happen to find items that may interest you.

When I answered the question about where dealers get their inventory, I explained that there are many different ways and dealers often use a combination of methods to acquire items. Some dealers are also collectors and sell items for extra cash to purchase items for themselves. Many purchase

items from estate sales and auctions. When people see that a dealer at a show or in a shop specializes in specific such as pocket watches, they may be inclined to bring their watches specifically to that dealer to sell.

My advice for collectors who are looking for specific items is to cast a wide net in your search. Visit local antique shops and speak with the owners. Go to estate sales, tag sales and flea markets. Websites like estatesales.net and estatesales.org list local sales. These sales are primarily run by estate sale companies, but you can find smaller sales run by individuals in the classified ads of this publication and other newspapers. You can also find live and online auctions on auctionzip.com.

Before I became an auctioneer, I spent Saturday mornings at estate and yard sales and Sundays at flea markets and antique shows looking for things for my personal collection. I rarely found the local sports and railroad memorabilia that I was looking for, but I was able to find many other items that other collectors might be interested in. I sold items I didn't collect and had some additional funds to buy things for my collection. Even though the weather is get-



ting cooler, there are still plenty of sales running and you can always buy or bid online. Happy hunting!

We currently have two online auctions running. Session I with gold jewelry, diamonds, gold coins and Rolex watches ends Nov. 30. Session II with sterling silver, paintings and other artwork, silver coins, sports cards, comic books and other antiques and collectibles ends on December 1st. Please

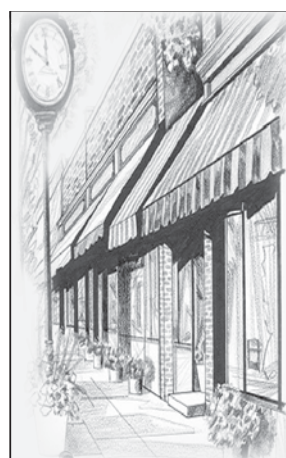
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Thanksgiving Can Drive

Jeff Burdick, an Edward Jones financial advisor in Sturbridge, is supporting both a **Thanksgiving can drive** and **Toys for Tots** by using his office as a drop-off location for a canned goods and unwrapped toys drive.

Canned items in need are stuffing mix, cranberry sauce, gravy, pickles, canned vegetables, canned fruit, and instant potatoes.

Residents may help support this effort by bringing in items to the Edward Jones branch office during the hours of 9am-4pm from November 8th to December 9th. The branch address 419 Main St, Sturbridge Mass.

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POLICE LOGS

Sturbridge police log

Saturday, Nov. 6

All Day – Responded to three ambulance calls.
10:22 AM – 911 call for property damage accident, Podunk Pike.
12:34 PM – 911 call for property damage accident, Main St.
1:25 PM – Responded to hit & run, Rte 20.
2:33 PM – Business check at Sturbridge Plaza led to arrest of Justin Leo, 34, of 31 Laurel Hill Rd, Woodstock, CT, on two warrants.
5:44 PM – Responded to disturbance, Hall Road.

Sunday, Nov. 7

All Day – Responded to seven ambulance calls and traced four dropped 911 calls.
9:18 AM – Well-being check, Main St.
3:19 PM – Assist citizen at Village Motel.

Monday, Nov. 8

All Day – Responded to five ambulance calls.
8:24 AM – Issued complaint after 911 call to assist motorist, New Boston Road.
9:53 AM – Responded to threats at Tantasqua.
12:56 PM – Responded to phone report of suspicious activity, Draper Woods Road.
4:24 PM – Traffic stop on Route 20 led to a woman getting a summons for driving after suspension and 1st offense driving while using an electronic device.
7:16 PM – Traffic stop on Route 20 led to man getting summons for unlicensed driving and speeding.
11:42 PM – Responded to citizens needing assistance, Route 20.

Tuesday, Nov. 9

All Day – Responded to seven ambulance

calls and traced four 911 calls.
2:20 PM – Responded to suspicious vehicle at WalMart.
3:16 PM – Took report regarding well-being check, Collette Road.
3:28 PM – Responded to 911 suspicious activity call, Camp Road.
7:18 PM – esponded to disturbance at Applebee's, Route 20.

Wednesday, Nov. 10

All Day – Responded to five ambulance calls.
8:07 AM – Responded to 911 property damage accident call, Main St.
9:51 AM – Gave person a verbal warning during trespassing response, Cooper Road.
2:27 PM – Responded to animal complaint, Podunk Pike.
11:34 PM – Traffic stop on Route 20 led to a man getting a summons for subsequent offense driving after suspension.

Thursday, Nov. 11

All Day – Responded to two ambulance calls.
8:23 AM – Responded to 911 property damage call, Main St.
10:07 AM – Responded to fire call, Crescent Way.
11:21 AM – responded to walk-in report of fraud, Shepard Road.
3:33 PM – Responded to walk-in fire report.
4:26 PM – Responded to 911 property damage accident, Route 15.
4:48 PM – Traffic stop on Route 20 led to man getting summons for driving an uninsured and unregistered vehicle.
7 PM – Responded to animal complaint, Colonial Drive.
10:38 PM – Unfounded suspicious activity call led to ambulance and fire dispatch to Main St.

Friday, Nov. 12

All morning – Responded to five ambulance calls.
11:20 AM – Responded to false fire alarm, Senior Center.

Charlton narrows projects for American Rescue Plan funding

BY JASON BLEAU
CORRESPONDENT

CHARLTON – After initially considering options for \$4.1 million in American Rescue Plan Act funding in October, the Charlton Board of Selectmen and Town Administrator finalized some of the ideas for how the town will utilize a portion of the money over the next several years.

Following a conversation on Oct. 26 where Town Administrator Andrew Golas initially pitched several potential projects for the money, Golas came forward with a revised list of priorities that would not utilize all of the funding but serve as a starting

point to kickstart, support or continue initiatives that would benefit the town.

“The way that the formula worked out a little over \$3.4 million of the \$4 million that we are being granted we can qualify for revenue replacement which essentially just opens up the ability for the use of the funds. It basically says we can be a little less strict with the uses,” Golas told selectmen during a Nov. 9 meeting. With that revelation in mind Golas brought forth a more streamlined list of priorities and initiatives he thought were worth investing in using the Rescue Plan money. These include an engineering

study for the Water & Sewer Department for a three-part building upgrade, investment in updating the police and fire radio system, continued funding for COVID mitigation, a feasibility study for relocating the Charlton Council on Aging, investment in finishing the town's water line connection to the police department, and a new proposal that was not shared in October that would create a digital archival storage for public records. Golas called these projects the “true phase 1” of Charlton's utilization of the funds.

Golas also touched on the much-debated proposal from October to examine

and Economic Development Coordinator position for the town. This item was divisive among selectmen who wanted Golas to bring a different idea to the table for November. The revised approach is to invest \$200,000 in a business and non-profit assistance grant program that would be initiated by the Economic Development Commission.

After these initiatives are completed that will leave \$2.1 million left to be used on other projects still to be determined. Golas said the selectmen will be able to utilize that money as they see fit.

“It would essentially give the board the ability to move on

any project it felt was in the best interest of the town at that given moment without having to wait until the next special town meeting,” said Golas.

Still, selectmen wanted to ensure that the public was included in the conversation. A public hearing has been scheduled for the board's Nov. 23 meeting to receive public feedback on the Town Administrator's recommendations. The board of selectmen will have the final say on how the money is used and stressed that the hearing is the public's opportunity to speak their peace as the funds do not require a town meeting vote to be allocated.

Seven Hills Foundation announces new affiliate leadership



Timothy Johnson

WORCESTER — Kathleen M. Jordan, DHA, FACHE, Executive Vice President & CEO of the Seven Hills Foundation, recently announced that Timothy Johnson would be the new Vice President of Seven Hills ASPIRE!. Seven Hills ASPIRE! offers innovative and creative programming that provides opportunities for people with

intellectual and developmental disabilities, autism, and brain injury to develop skills necessary to pursue interests in employment, recreation, and social interaction. Tim Johnson, who holds an MBA from Fitchburg State University and a BA from Boston University, has been serving as the Interim Vice President. Mr. Johnson has been with the affiliate since March 2018.

Tim started with Seven Hills as Assistant Vice President of Community Based Day & Employment Supports with ASPIRE!. Over the past few years, Mr. Johnson has played a major role in growing the affiliate's employment services and expanding its community opportunities across Central, North Central, and MetroWest Massachusetts. As Vice President for Seven Hills ASPIRE!, Tim will be overseeing day programming and supports more than 500 individuals with developmental differences across six physical sites and many community-based and partner employer locations. Mr. Johnson has held a seat on the Leadership Council

for the North Central Mass Chamber of Commerce, through which he received prior recognition as Ambassador of the Year. A graduate of the Community Leadership Institute, Tim delivered the commencement address at the Chamber's Annual Business Meeting and has appeared on local television and radio programs to discuss disability supports and community inclusion.

In making this announcement, Dr. Kathleen Jordan stated, “We are confident that Tim will provide the necessary leadership to ensure that each person at Seven Hills ASPIRE! will be able to optimize his or her personal, social, and vocational competency to live successfully in the community. Building and sustaining strong partnerships with the broader business community, Tim continually seeks to increase access, inclusion, integration, and employment opportunities for persons served by ASPIRE!”

TESTING

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Elaine Materas, Director, Charlton Council on Aging/Senior Center.

“When it comes to Blood Pressure, it's important for people to know their numbers because there may not be symptoms that alert you to a potential problem,” said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director. “Hypertension is one of the most prevalent chronic conditions in the US, by offering free blood pressure testing, we hope the interaction with Practical Nursing (PN) students encourage more people to manage their overall health by making blood pressure monitoring a part of it.”

American Heart Association statistics show that more than 76 million people in the U.S. age 20 and older have high blood pressure. Of those, about 22 percent are unaware of their condition, 69 percent are receiving treatment and only 45 percent have their blood pressure controlled.

Luciane Lindvay of Spencer is one of the first two PN student volunteers to report to the Charlton Senior Center. Lindvay is a member of the PN Class of 2022

and an elected officer for the UNICEF Club. She is an experienced resident care assistant (RCA) at the Overlook and is currently a Lead Aide responsible for supplies and special items ordering, lead with the overnight shift, and orienting/training new RCA. Lindvay is a compassionate and caring PN student with years of experience caring for Alzheimer's patients. She is Mental Health First Aid Certified and Dementia Care Certified. According to the American Heart Association one in three adults has high blood pressure. Lindvay believes that hypertension is a condition that can be managed through early detection and is happy to have volunteered her services with the Blood Pressure Clinic. “I enjoyed spending time with the clients too, it was fun” stated Lindvay. COVID-19 vaccination status is checked prior to BP Clinic participation and CDC guidelines are observed with wearing face covering.

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

Turn To **TESTING** page **A16**



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TCA supports pink

Hernandez awarded \$8,000 training grant

SOUTHBRIDGE — The season of giving is upon us, With October being Breast Cancer awareness Trinity Catholic Academy kicked off the Season of giving by supporting PINK through Finally Lisa's Salon in Southbridge.

Voluntary Breast Cancer Awareness fundraisers were held at TCA last month in coordination with Finally Lisa's as it continues to practice Health Over Hair. The annual event featured raising breast cancer awareness along with the students. On Thursday, September 30th Finally Lisa's Hair Salon donated their time to attach pink hair clips for students' grade PreK-8 during the month of October. Pink spray for boys was also available for a small donation. The students had a dress-down in pink day and together with our pink hair fundraiser TCA was able to raise over \$1300 for The Harrington Cancer Center!

Principal, Angie Symock has led this project for several years.

She says, "breast cancer is part of so many people's lives for personal reasons and within each community. To contribute to research and care for cancer patients in need gives victims a fighting chance."

TCA will continue the spirit of GIVING



by participating in #GivingTuesday in the month of November. This is a global movement to encourage generosity for causes people believe in. Follow their efforts on their Facebook page till Dec. 1, those that want to join the fun are welcomed to do so!

CHARLTON — Anh Nguyen Antunes, Career Advisor of MassHire Worcester Career Center, announced the awarding of \$8,000 in training grant for Bay Path Practical Nursing Academy student Lizzette Hernandez of Southbridge.

Hernandez is a proficient bilingual speaker (English and Spanish) who until 2020 was the General and Operations Assistant Manager at Mexicali Mexican Restaurant Grill in Webster, MA. She received her training as a Certified Nursing Assistant (CNA) at the Red Cross CNA Training in Worcester in 2017. Hernandez is Mental Health First Aid Certified and Dementia Care Certified.

"We're thankful for the continued support of the MassHire Worcester Career Center," said Bay Path Practical Nursing Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN. "Ms. Antunes is helping more of our practical nursing students. The training grant will help Lizzette 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 allow in additional training for the 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 Practical Nursing Academy: Bay Path Practical Nursing Academy offers a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing, 239 Causeway St., Boston, MA 02114 617-973-0800 www.mass.gov/dph/boards/rn 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.

TANTASQUA

continued from page A1

side of the field and utilized her blazing speed to outrun a Crusaders' defender. From there, she entered the 18-yard box where Fenwick keeper Claudia Keith approached. Wengender was able to take a touch past Keith and send a crossing ball toward the goal. A hustling Shannon Dunn was there, near the right post, to tap the ball in.

Tantasqua, seeded 25th in the tournament, was then able to hang on for the 1-0 victory.

"I knew I didn't really have a good angle for the shot because the keeper was right in front of me, so my goal was to touch it past and then touch it in if I could get there. But my teammate ran up, read it like a book and she touched it in," said Wengender.

"I'm just trying to be there as a backup because I want her to score. It's more of a just-in-case backup plan," added Dunn.

Keith and the eighth ranked Crusaders, who finished 8-2-7, only allowed five goals against all season long.

"I was so grateful for the support to be there. I was really hoping it would find its way in on its own, but that's why we do that play," Wengender said of the scoring sequence. "We work well together up there."

When the ball came Dunn's way, Bishop Fenwick defender McKenna Gilligan made a beeline for the goal. The two nearly collided, but Dunn was able to get the ball in the net one touch before Gilligan could clear it out.

"I thought I had a lot of room when I was making the run in, but I don't know where she came from," explained Dunn. "There was not much room and I ran right into the post."

Tantasqua head coach Matthew Rickson was proud of the way Wengender and Dunn produced the goal from



Tantasqua's Nicki Vejack makes a run on the ball in the middle of the field.

start to finish.

"Her first touch was impeccable, right where it had to be," Rickson said of Wengender. "She held composure and she didn't fire it at the goalie as the goalie came out and took the angle away. She pushed it past that keeper and it was awesome."

"Shannon has scored a couple of goals just like that this year, coming from the outside and the ball coming through," Rickson continued. "Not waiting for the ball to get there, she's anticipating and she's there."

"Such a moment, game-winner, it felt so elevating," added Wengender.

From there, the Warriors had to battle defensively. Fenwick threw everything it had toward the goal, but sophomore keeper Lizzy Thompson was always there to make the big save.

"I was low key freaking out, I'll admit it," said Thompson. "But my defense held strong, so I'm going to put it all on them."

Thompson wasn't the only one freaking out as the game

drew to a close.

"My heart was beating, I could feel it through my shirt. As a coach, you know if you're down 1-0, you just throw everything you've got forward. Whether it's a good shot, a bad shot, a rebound, a kick, a penalty, a handball — anything can happen," said Rickson, before crediting Thompson and the defense. "They did their job and they did their job very well. They work off each other and play for each other."

The Crusaders' final quality chance came in the final five minutes when they were awarded a free kick. Amy Hatfield took the shot from 37 yards out, but as it dropped toward the goal it ended up being a tad too high, clanging off the crossbar and bouncing out of bounds.

"I knew for sure it wasn't going in. I was very positive," Thompson, who didn't leap to make a potential save, said.

Tantasqua's run ends in Round of 16: The Warriors were back in action two days later when they played at No. 9 Austin Prep with a bid to



Shannon Dunn of Tantasqua, the Warriors' goal-scorer in a 1-0 victory versus Bishop Fenwick, waits for the ball to come her way before possessing it.



Tantasqua's Ana Wengender touches the ball past Bishop Fenwick keeper Claudia Keith on her way to assisting on the Warriors' lone goal in a 1-0 victory.

the State Tournament quarterfinals on the line. And Prep (17-3-2) won a 5-0 decision, ending Tantasqua's season with a record of 12-6-1.

Division 3 Boys' Soccer Round of 16 (3) Norwell 2, (14) Tantasqua 1 — The Warriors also

advanced to the Round of 16 in boys' soccer, and nearly pulled off the upset on Tuesday, Nov. 9, but they fell a goal short. As a result, Tantasqua finished its season with a record of 13-4-1 having allowed only nine goals against all season long.

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OSV
continued from page A1

encouraging guests to make new traditions with family and friends. Highlights of the 2021 event will include:

- Sights & Scenes of Christmas – Old Sturbridge Village’s 200-acre campus will be decorated for the holiday season. Guests can wander the Christmas Tree Trail and Christmas Wish Bridge, ride in the horse-drawn carry-all, enjoy a nightly tree-lighting ceremony, visit the 500+ piece nativity set and view Christmas décor from the 1830s, 1850s, and 1870s.
- Holiday Traditions Recreated

TRAINOR
continued from page A9

icine to kick in. The caffeine acts on the bronchial tubes contributing to the expansion of the muscles, thus relieving the severity of the attack in some cases.

* Halt Headaches: Before you reach for a pain pill, try drinking a cup of strong coffee to combat your migraine or tension headaches. Caffeine has long been used in over the counter pain relief products because it dilates the blood vessels, helping to relieve migraine pain. In addition, coffee is a diuretic, helping to eliminate toxic substances from the body.

** Java Rx: Did you know medical data shows coffee is rich in antioxidants?

– Demonstrations will be taking place throughout the event, including making woolen ornaments and authentic marzipan, knitting Christmas stockings, baking cakes, punching tin lanterns, making pottery and more. Take-home crafts will be available for guests to DIY during or after each program.

- Storytelling – Readings of “The Nativity Gospel of Saint Luke,” “The Nativity Gospel of Saint Matthew,” and classic Christmas tales such as “The Night Before Christmas,” “Rudolph the Red-Nosed Reindeer,” “How the Grinch Stole Christmas,” and more.
- Live Music – Performances of live, festive music by costumed interpreters, musicians and bands.
- Festive Food – A variety foods and beverages available for purchase at various locations throughout the museum, including treats being made in the village, baked goods, hot beverages, and specialty cocktails by the bonfire.
- Visits with Santa – Santa Claus will make an appearance each night for little ones to tell him their special

Christmas wish.

- Holiday Shopping – Unique and handcrafted items, many of which are being demonstrated during Christmas by Candlelight, will be available at the Miner Grant Store and OSV’s new Holiday Market & Café until 8:30 p.m. each evening during the event.

Guests are encouraged to sign up in advance for Old Sturbridge Village’s annual Gingerbread House Contest and make creative works of edible architecture in four major categories: adult non-professional, adult professional, youth and family. To participate, entries must be received no later than Nov. 21 and delivered to the Visitor Center for judging by Dec. 2 at 4:30 p.m. Gingerbread Houses will be scored by a panel of judges, with “Best In Show” voted on by the visiting public during the month of December. The Village is striving to receive 75 entries this year, in honor of the organization’s 75th Anniversary.

Several dates during December offer additional activities for guests – including Member’s-Only Double Discount Days on Dec. 3-5 in the Holiday Market and Miner Grant Store and a special book signing event of “Hector Fox and the Giant Quest” on Dec. 17 & 18 from 5:30-7:30 p.m.

Tickets must be purchased online, in advance for Christmas by Candlelight at Old Sturbridge Village. Tickets for the event are on sale now to the general public at \$28 for adult, \$14 for youth.

Non-members save 10% and members save 20 percent on all tickets through Nov. 26. Admission is free for children three and under.

The full list of available dates and time blocks, as well as event and ticket information can be found at: <https://www.osv.org/event/christmas-by-candlelight-2021/>.

TESTING
continued from page A11

is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing, 239 Causeway St., Boston, MA 02114 617-973-0800 www.mass.gov/dph/boards/rn 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

In fact, a well known study from the University of Scranton proclaimed coffee America’s number one source of health boosting antioxidants! Here’s the scoop: The beneficial “free radical sweepers” are also found in coffee aroma after brewing. According to research carried out in Switzerland by the Lausanne-based Nestle Research Center, consuming coffee up until 20 minutes after brewing will deliver 300 phytochemicals, (antioxidants), and can stay in the human system up to one month.

Prefer your coffee sans the caffeine? You’ll reap the same health rewards as decaf has the same antioxidant benefits as regular coffee!

** Reduced Risks: Several studies indicate that people who drink coffee on a regular basis are up to 80% less likely to develop Parkinson’s disease. According

to research performed at Vanderbilt University’s Institute for Coffee Studies, it’s the caffeine that offers the protection. In fact, VU reported based on this evidence drugs to treat Parkinson’s, containing a derivative of caffeine are currently being developed.

Want more? Additional research reveals compared to not drinking coffee, at least two cups of coffee daily can translate to a 25% reduced risk of colon cancer, a significant drop in liver cirrhosis risk, and nearly half the risk of gallstones!

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

Your tips can win you a great three course dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabu-

lous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I’m in the business of dispensing tips, not inventing them (although I can take credit for some), I’m counting on you readers out there to share your best helpful hints!

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

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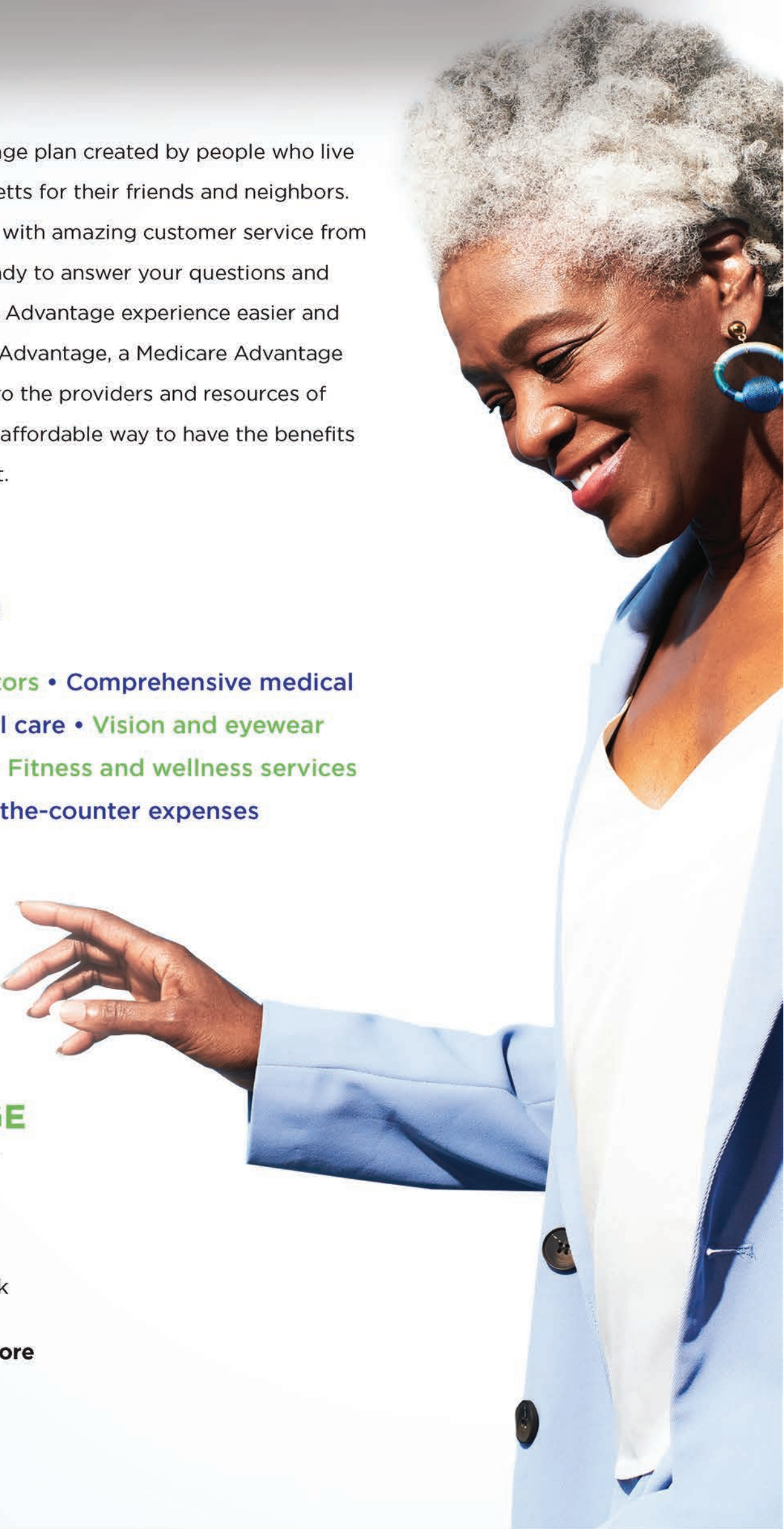
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