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Bay Path Practical Nursing Academy resumes free blood pressure testing

Charlton selectmen lower permitting fees

BY JASON BLEAU

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 members 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 the 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.

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 Advisory Senior Council (NSAC).

those selected Among 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."

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 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.

Lindvay Luciane 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

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McGovern applauds partnership between QCC and CMAA

Quinsigamond

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 opportuni-

ty 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.'

Community

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 Нудіепе Professor Jane Gauthier, and QCC Dental Hygiene student Jade Chaves. "It's a plea-

sure to be with you today to announce the new partnership between

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

Turn To MCGOVERN page A9



IMMEDIATE OPENINGS! Pressroom help needed

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You can also email your resume to Jim@StonebridgePress.news

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 holidays 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 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 - 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. Takehome 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 Šanta – 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 profession-al, 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 75thAnniversary.

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/.



Major benefits to early holiday shopping



day shopping rush begins. Individuals who start their holiday shopping early this year may discover there are many benefits to such an approach.

Spread out spending

vertently leads to delays. Couple this with supply chain disruptions due to the pandemic, and certain items may be out of stock or on back order.

"With potential product shortages continuing, if you see something you

Some people begin their holiday countdowns the day after the festivities have come and gone. With 365 days until the next celebration, it may seem like one has all the time in the world to complete holiday tasks. But before long, holiday crunch time arrives and some people find themselves rushing around to buy gifts and other essentials.

A 2020 Gallup poll found the average holiday shopper planned to spend \$942 on gifts in 2019. The personal finance site Mint.com from Intuit reported roughly \$729 billion was spent during the holidays in 2019 — making it the

pandemic

shopping

biggest holiday season to date. DECK THE WALLS with a Though FREE Benjamin Moore® Pint Sample! the changed the hol-**BRING IN THIS COUPON** iday landscape in 2020, a return to normalcy appears to be on the horizon PAINT for the 2021 holi-Auburn day shopping sea-Worcester - Leominster son. In fact, the Shrewsbury - Westborough adage of "the early bird catches the Name: worm" could help **Email Address:** shoppers scoop up One coupon per person. Cannot be duplicated or reproduced. Exp.1/31/22 gifts and bargains SKU: 523906009096 before the holi-



Those who begin shopping well before the holiday season arrives can spread their spending over several months rather than a short period of time. This can make shopping more affordable for those who may have limited financial leeway. It may be easier to swallow spending an extra \$100 per month throughout the year as opposed to having a \$1,000 bill at year's end.

Shop sales

A Coresight Research survey found that more than 25 percent of shoppers expected to start holiday shopping earlier than usual in 2020, when retailers

offered their promotions earlier than normal to compensate for a decline in brickand-mortar shopping. While it remains to be seen what retailers will do this year, shopping early means people are not beholden only to holiday sales promotions; they can take advantage of major sales throughout the year, including Martin Luther King Jr. Day, Memorial Day, Labor Day, back to school season, tax-free weekends (often offered in August), and even retailer-specific sales like Prime Day.

Avoid delays Continued pressure on shipping companies as online shopping has become so prevalent inadknow you want, go ahead and buy it," said Karl Haller, retail industry expert at IBM Global Business Services.

Shopping early also assists those who have to ship gifts domestically or internationally. Shopping early ensures those presents get to their recipients on time.

Getting a head start on holiday shopping is advantageous to shoppers who want to budget, save and ensure items are available.

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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 threepart 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 examand Economic Development ine 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 busi-

ness and nonprofit 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 allocat-

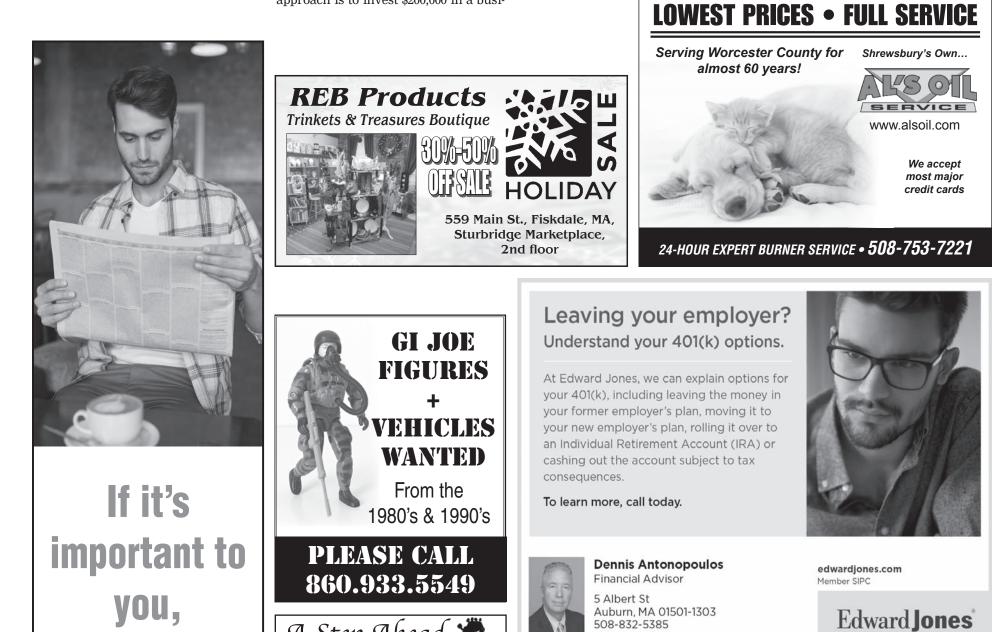


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PET of the WEEK



Owen, 2 years old: Have you been missing a giant fluff ball in your life? If so, then Owen is the man for you! This gentleman came from Texas, all the way to MA. He loves to play, especially with toys that squeak. Owen is a gentle boy who is smart and eager to please. He can take a second to warm up, so for this reason we think kids over 15 would suite him best. If you think this giant fluffball is for you, please email adopt@baypathhumane.org for more information on him, his medical needs, and our adoption process.

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Milford Federal Bank is proud to sponsor Baypath Humane Society's Pet of the Week!

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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 be-come an author when she grows up! Liana is also interested in arts and crafts projects, and her fa-vorite genre of music is country. In school, Liana has developed a great deal of confidence in her-self, and her teachers report she is doing well.

Liana Age 15

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 be-tween 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.



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 spe-cial 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 Worcester JCC and the Jewish Federation of the Central MA to host this full day of programing 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 handbell 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.

McDonough's John 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.

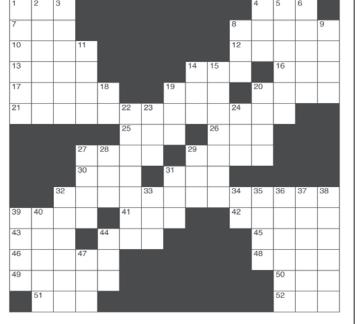
The Worcester Art Museum, located at 55 Salisbury Street in Worcester, is open Wednesday through Sunday from 10 a.m. to 4 p.m. Admission is \$18 for adults, \$14 for seniors 65 and older, and for college students with ID. Admission is free for Museum Members and children ages 17 and younger. On the first 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.

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



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 (Mendon), 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 businesses of surrounding communities. In addition to benefitting 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.



CLUES ACROSS

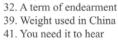
FDNY's unior

27. Ridge of jagged rock

- 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

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



31. Opposite of bottom

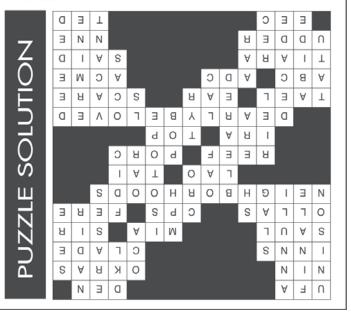
- 42. Frighten
- 43. Basics
- 44. Computer data collection (abbr.)
- 45. The best point of something

29. Meat from a pig (French)

30. A way to save for the future

- 46. Jewelled headdress
- 48. Spoke
- 49. Mammary gland of female cattle
- 50. Midway between north and northea
- 51. Defunct European economic group
- 52. Foul-mouthed Hollywood bear

- 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

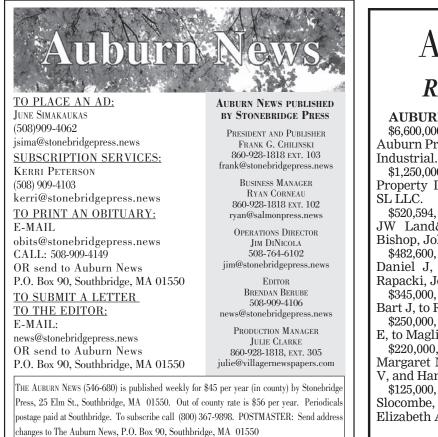


Start your holiday shopping with Charlton City UMC's virtual silent auction

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

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ALMANAC

REAL ESTATE

AUBURN

\$6,600,000, 19 Technology Dr, PVIII Auburn Propco LLC, to BPP Partners

\$1,250,000, 697 Southbridge St. SIC Property LLC, to Orion Pro Friend

\$520,594, 3 Whitman Bailey Dr #3, JW Land& Development LLC, to Bishop, John K, and Bishop, Jo E.

\$482,600, 9 Bylund Ave, Blanchard, Daniel J, to Rapacki, Steven, and Rapacki, Jeanne.

\$345,000, 11 Coachman Ln, Murphy, Bart J, to Rhodes, Sarah R.

\$250,000, 166 Central St, Salce, John E, to Magliaro, Elleanna.

\$220,000, 11 South St, Kibbe, Margaret M, to Hammond, Nicholas V, and Hammond, Michael T.

\$125,000, 61 Federal Hill Rd #61, Slocombe, Thomas R, and Slocombe, Elizabeth A, to Lillie, Jeanne B.

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 dis-

ability 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!"

Hernandez awarded \$8,000 training grant

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/wtfp to learn more.

About Bay Path Practical Nursing Academy: Bay Path Practical Nursing Academy offers a 40-week, (10-month), fulltime, 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.

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

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 Villagemade 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/.

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

NEWTON Rachel McGrillen, а Lasell University student from Auburn, earned a professional certificate from the American Hotel & Lodging Educational Institute.

McGrillen 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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BEST OF WEDDINGS

HALL OF FAME

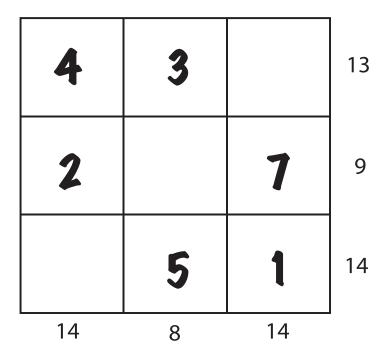
The Perfect Gift!





Math Blocks

Fill in the missing blocks with numbers between 0-10. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.



Get Scrambled

Unscramble the words to determine the phrase.

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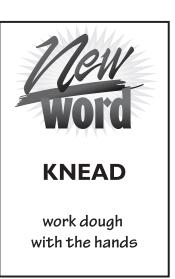


THIS DAY IN... NOV A HISTORY

• **1842:** ABRAHAM LINCOLN MARRIES MARY TODD IN ILLINOIS.

• **1922:** HOWARD CARTER DISCOVERS THE ENTRANCE TO THE TOMB OF TUTANKHAMEN IN EGYPT.

• 2008: SENATOR BARACK OBAMA WINS THE PRESIDENTIAL ELECTION AGAINST SENATOR JOHN MCCAIN.



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THIS STUFFED DOUGH DISH WAS CREATED IN NAPLES

AND IS OFTEN SERVED

ALONGSIDE PIZZA.

ANSWER: CALZONE

SPANISH: Masa



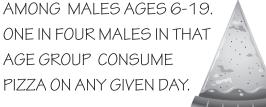
A STUDY BY THE USDA FOUND THAT PIZZA IS AN EXTREMELY POPULAR MEAL



ITALIAN: Pasta

FRENCH: Pâte

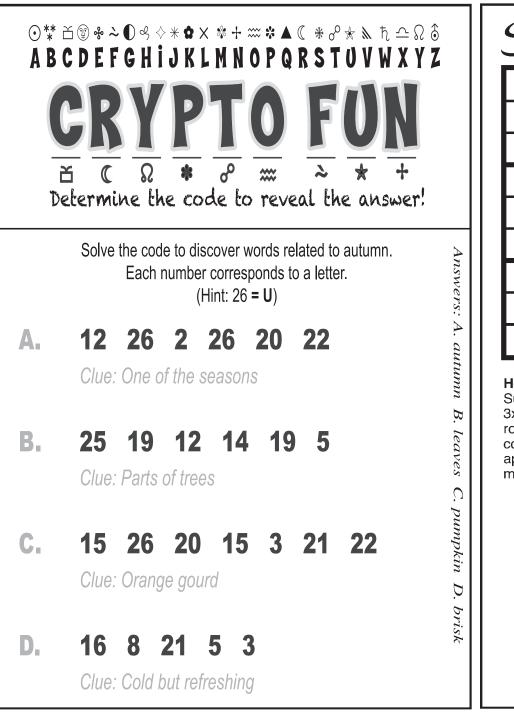
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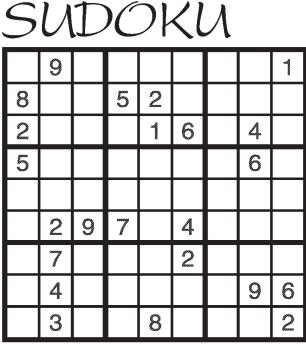




Can you guess what the bigger picture is?

ANSWER: CALZONE





Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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This section reaches 47,000 households in 7 Massachusetts newspapers.

OPINION/COMMENTARY



<u>A STONEBRIDGE PRESS WEEKLY NEWSPAPER</u> 25 ELM STREET, SOUTHBRIDGE MA 01550 TEL. (508) 764-4325 • FAX (508) 764-8015 www.StonebridgePress.com

FRANK G. CHILINSKI STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

> BRENDAN BERUBE Editor

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



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.

This traditional favorite is often overlooked for other newer introductions. Mums' long vase life, variety of flower shapes, and array of colors have helped it maintain a role in flower arrangements, gift plant sales and fall gardens.

These plants begin to flower based on day length. As days shorten and nights lengthen, the plants begin to flower. Those grown as gift plants, often called florist mums, or for cut flowers usually require the longest periods of uninterrupted darkness or shorter days. Growers can force them into bloom any time of the year by covering them to create the shorter days that initiate flowering. When these mums are grown under natural daylight they flower in late fall or early winter.

Maximize your enjoyment of potted gift mums by selecting plants with deep green leaves and only a few open flowers. Then enjoy watching the remaining buds burst into bloom. 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.





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?



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.



TAKE

THE

HINT

KAREN

TRAINOR

Place the plant in a cool, brightly lit location free of drafts that can cause buds to drop. Water thoroughly and pour off any excess water. Or reduce maintenance by placing pebbles in the bottom of the foil wrap, decorative basket, or saucer. The excess water collects in the pebbles below the pot and eventually evaporates, increasing the humidity around the plant.

Remove faded flowers to keep your plant looking its best. Once it's done blooming, you can enjoy the greenery or add the plant to the compost pile. Keep in mind florist mums may not thrive or flower in the garden like those 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. 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.

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? 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 *Turn To TRAINOR page A9*

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.

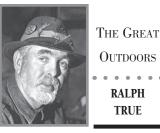
Drink to Think: A decades long study by the University of Bristol revealed coffee drinkers really may be better thinkers! The report said a cup of coffee can help in the performance of tasks, requiring sustained attention. It further helped enhance a persons ability to perform these tasks, during low 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 medicine 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



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

Field dressing your deer

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!

Tips for buying antiques and collectibles





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 vou. 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 vard 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



getting cooler, there are still visit our website for more

TESTING

continued from page A1

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 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

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

'Our senior citizens have been older adults."

TRAINOR

continued from page A8

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

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

details on upcoming events: https://centralmassauctions. com

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

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.



MCGOVERN

continued from page A1 quick to also note the longstand-

ing commitment the CMAA and Dr. Dixon have on equity, justice and fairness, and making sure that nobody, especially our seniors, get left behind.

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



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SORRY, SOLD!



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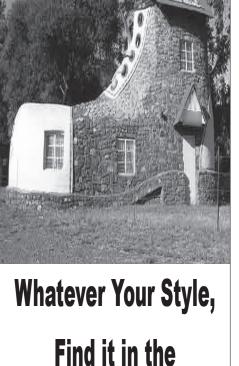
12:00 PM-UXBRIDGE **30 Glendale Avenue** sgl fam, 1,439 sf liv area, 0.339 ac lot, 5 rm, 2 bdrm, 1 bth, Worcester: Bk 31342, Pg 33

TERMS: Cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder. No CASH. No personal checks will be accepted. Cashier/certified checks should be made out to whomever is going to bid at the auction. The balance to be paid within thirty (30) days at the law offices of Korde Actioneer makes no representation as to the accuracy of the information contained berein.

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¹DETAILS OF OFFER: Offer expires 12/11/2021. You must set your appointment by 11/26/2021 and purchase by 12/11/2021. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 24 months 50 down, 0 monthly payments, 0 interest when you purchase four (4) or more windows or entry/patio doors between 11/1/2021 and 12/11/2021. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Additional 550 off each window or entry/patio door, no minimum purchase required, taken after initial discount(s), when you set your appointment by 11/26/2021 and purchase by 12/11/2021. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals 5300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky[®] consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchases are of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen locations or details. License number available upon request. Senvironmental Protection Agency. "Entert and and operated." ENERGY STAR" is a registered trademark of Andersen Corporation. @2021 Lead Surge LLC. All rights reserved.

Maxwell Luciano s

QCC's free course offerings fast track students to in-demand careers

W O R C E S T E R — Quinsigamond Community College will begin offering close to two dozen free entry-level career training programs in the coming months. This innovative programming format is being offered through a new Fast Track Skills Academy, from QCC's Center for Workforce Development and Continuing Education.

The Fast Track Skills Academy is designed for individuals who have been displaced from the workforce, or had their jobs affected negatively due to the COVID-19 pandemic. It will focus on trainings that are designed to get people back into the workforce in three months or less, and provide upskilling and/or reskilling for incumbent workers whose jobs have changed or been eliminated due to COVID 19.

"People from low-income households, recipients of public assistance and those lacking basic literacy and numeracy skills have been disproportionality affected by the COVID-19 pandemic. The Fast Track Skills Academy is an investment in our community and an opportunity to remove barriers keeping individuals from bettering their lives," said Kathleen Manning, dean of the Center for Workforce Development and Continuing Education. "Programming in the Academy will focus on meeting individual student needs, by providing a variety of educational programming for all types of learners that is designed to equip individuals with skills that will allow entry into and progression along a career pathway. I encourage those who are interested to reach out soon as limited seats are available and classes are filling fast."

The following programs are enrolling now with many starting soon: • MS Office Certificate: Classes will run in Southbridge and Worcester.

·PersonalCareAssistant(PCA) (Offered in English): Classes will run in Southbridge and Worcester.

· Ophthalmic Assistant Program: Classes will run in Worcester.

· Veterinary Assistant Certificate: Classes will run in Worcester.

• Personal Care Assistant PCA (Offered in Spanish): Classes will run in Southbridge and Worcester.

· Medical Administrative Assistant: Classes will run in Worcester.

· Medical Assistant: Classes will run in Worcester.

· Software Developer: Classes will run in Worcester.

· Nurse Assistant: Classes will run in Worcester.

· Front End Software Developer: Classes will run in Worcester.

· Real Estate Sales Person: Classes will run in Worcester.

"Supporting individuals in today's new world means delivering them workforce readiness skills, technical skills, and competencies that are necessary for them to build a more desirable future for themselves and their families," said QCC President Luis G. Pedraja, Ph.D.

Recognizing that students come to QCC at a different educational levels and career stages, the Fast Track Skills Academy is designed to meet individuals where they are on the education and career continuum. Certain programs will be delivered in Spanish and all career prep programing will include the BOUNCE program, a wraparound soft skills workforce readiness training program, intensive planned coursework, training, and/or work experience that leads to attainment of industry-recognized skills, credentials and job placement. Courses are primarily offered in-person, with several offered in either a hybrid or online format.

In the coming months additional free programming opportunities will be available that focus on high priority, in-demand jobs in the industries of Healthcare/Social Services, Advanced Manufacturing and Information Technology.

Individuals interested in enrolling in one of the fast track programs must attend a mandatory virtual information session. Check the information session box on www.QCC.edu/ fasttrack or call 508-751-7900 for information session dates and registration.

For more information on upcoming free courses such as: Basic Manufacturing

Technician • Google IT Help Desk Technician

· Registered Behavior Technician

Visit www.QCC.edu/fasttrack or call 508.751.7900.

For more information about QCC, contact Karen Hutner, Publications/Press Manager at 508-854-2842 or khutner@qcc. mass.edu.





Socially Speaking...

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

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