



Chef Gino Bolandrino

## Bay Path Adult Evening School offers cooking classes

CHARLTON — Bay Path Adult Evening School is hosting Japanese cooking classes beginning Tuesday, Nov. 9, at 57 Old Muggett Hill Rd.

Leading the classes in the Adult Evening School is Gino Bolandrino, chef and owner/Chief Ramen Chef for KuruKuru Ramen, who worked for many years in Japanese restaurants in and around the Boston area.

His class will cover how to make Ramen and Katsu, Japanese comfort dishes. Japanese comfort dishes are simple to make, flavorful, and have countless possibilities. In Chef Gino's class, participants will gain an understanding of the history and stories behind each dish. The Japanese ramen though created from Chinese influence comes in a wide variety of flavors and is an amazing dish to learn how to make. According to Chef Gino, "once you have real ramen, you won't want the instant cup ramen noodles anymore!" Katsu directly translates to "victory" and has a deep history and many different variations. Katsu is a breaded meat dish, "works wonderfully with beef, pork, chicken, or turkey," added Chef Gino, "as influenced by Western cuisine, Katsu is a perfect dish for any occasion."

The Japanese Comfort

Food classes are part of several hands-on cooking classes that run through the Bay Path Night School. All the dishes will be prepared in class. The class consists of both demonstration and hands-on participation. The classes are held from 6 to 9 p.m. The course fee is \$109. Class size is limited to provide social distancing; masks are required. All cooking classes include supplies/food unless stated otherwise. Register through [baypath.augusoft.net](http://baypath.augusoft.net) or call 508-248-5971, ext. 1715.

Chef Gino is a Douglas High School alumnus (2012). He had been passionate about food since his childhood. At age seven, he trained at the Heny Sison Culinary School (Manila, Philippines) under Chef Jill Sandique (International ICE alumni and a graduate of the Institute of Culinary Education Pastry & Baking Arts program). Gino's culinary experiences range from apprenticeship (The Ivy Restaurant, Boston), to Cooking Shows (Chef Heny Sison), to employments (Harvard Faculty Club, Cambridge; Pikaichi Ramen, Boston; Ganko Ittetsu Ramen, Boston; Gen Sou En Tea House, Boston; and Love Art Udon, Boston). He has

Please Read **COOKING**, page **A11**

## Charlton sees decline in COVID-19 cases

BY JASON BLEAU  
CORRESPONDENT

CHARLTON — Like many communities in Massachusetts, Charlton has experienced fluctuating numbers of COVID-19 cases over the past few months but things appear to be looking better for the town which ad recently reached over 50 active cases in September.

During a meeting of the Board of Health on Oct. 12 Health Director James Philbrook provided an update to the board on the COVID-19 active case numbers and the data has shown a sharp decline providing positive news especially as schools have reopened. As of that meeting Philbrook said the town's Public Health Nurse reported only eight active cases

of COVID-19.

"No number is a good number, but it's a lot better than seeing 50-something. Our contact tracing nurse is doing a good job contacting everyone and working to ensure the residents that we're there for them," said Philbrook.

The news was obviously positively received by the Board of Health with Chairman Jon Sanborn saying Charlton's numbers follow a trend for the commonwealth where communities across the country are seeing a decrease in cases.

"We're seeing on the news that cases in general nationwide are also coming down and I'm hoping that's because folks are getting vaccinated or being a little more cautious. I thought it would have stayed at the current rate or elevated with

everybody going back to school and as the weather gets colder more people inside just like the flu season," said Sanborn. "That's good news and hopefully that will continue."

According to data available on the Massachusetts Department of Public Health website, Charlton recorded as many as 43 COVID-19 cases by the end of September. A week later that number dropped to 30. The most recent data as of this report showed 16 active cases in Charlton, more than at the time of the Board of Health meeting but still a significant drop in recorded cases from only a month ago. Charlton remains lower than most surrounding communities most of which recorded more than 20 cases as of Oct. 21.

## Rams play another close game with Shrewsbury

BY NICK ETHIER  
SPORTS EDITOR

SHREWSBURY — "Every time Shepherd Hill and Shrewsbury meet each other, it's always a battle, it's always a tight game. I know [Shrewsbury head] Coach [John] Aloisi said something earlier in the week that I saw...every time we meet it comes down to one or two things, and that's what it is," Shepherd Hill head football coach Dave Buchanan said after the Rams took on Shrewsbury Friday evening, Oct. 22. "Tonight, a couple older guys go down and younger guys are stepping up, so we're super excited to see that. At the same time, we're still a pretty young team that's making young team mistakes, which we've got to clean up."

Tailback Zach Christenson suffered an injury at the tail end of the first half and couldn't return, the same happened with return specialist Josh Harrison, and quarterback Nolan Legere got dinged up — but did make it back onto the field.

"Losing pieces like that is tough, so we've got to be able to battle through that. And to their credit, the kids did," Buchanan said while taking the good with the bad in the Rams' 18-6 loss to the Colonials.

Shrewsbury scored on its opening possession, embarking 65 yards in 10 plays. There were 13 and 14 yard runs by Jack O'Sullivan and Cameron Jenkins, respectively, before Jack Peters found the end zone



Photos Nick Ethier

Shepherd Hill's Alexander Siwik follows the blocking provided by teammates while carrying the ball.

from a couple of yards out. The two-point try was no good, so the Colonials had an early 6-0 lead. The Rams battled back, though, and tied the score early in the second quarter. They themselves had a long drive, this one going 67 yards in 18 plays. The Hill converted on a pair of fourth down runs and ultimately found pay dirt when Jack List barreled in from two yards out. The kick was blocked, which kept the score at 6-6.

Shrewsbury scored the eventual game-winning touchdown with 2:53 to play until half-time, this time going through the air. O'Sullivan, one of two quarterbacks employed by the Colonials, hit Brady Soldo with a screen pass. Soldo did

the rest, juking past defenders on a 19-yard scoring play as Shrewsbury took a 12-6 lead at the break. O'Sullivan completed 6 of 8 passes for 97 yards and the score.

Shrewsbury opened the second half with the ball and traveled all the way to the Rams' 21-yard line, where they faced a fourth-and-eight. Shepherd Hill's defense then made the stop, taking over possession. And the Rams had a 16-play drive, but it stalled at the Colonials' 16. Legere attempted a pass into the end zone and toward Austin Giarnese on fourth down, but a pair of defenders knocked the well-

Please Read **FOOTBALL**, page **A11**

## Charlton Garden Club meets Monday

CHARLTON — Come and join us! The Charlton Garden Club's Monday, Nov. 8 meeting will feature Sari Bitticks of the Auburn Historical Society and Museum. She will be speaking on Christmas Traditions and the History of the Christmas Carol.

Charlton Garden Club meetings are open to all interested in gardening and related themes. Whether you're a novice or accomplished gar-

dener, the Charlton Garden Club is a great place to meet other gardening enthusiasts, learn about plants and planting, and to share your gardening tips and experiences. Meetings are held at 7 p.m. at the Charlton Federated Church. If interested in joining the Garden Club, please contact Co-Presidents, Virginia Charette at (508) 248-7300 or Marcia Liedigk at (508) 434-0507.



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Knights of Columbus launches  
Coats for Kids fundraiser

SOUTHBRIDGE — For the last few years our Knights of Columbus Council 199, in Southbridge, has been raising money to purchase and donate children’s winter coats to Catholic Charities to be given away free to local children. Our goal was always to raise enough money to purchase and distribute 72 coats every fall, something we did easily without thinking as to whether or not the need was greater. Starting In 2018, the drives were so successful that we were able to purchase 192 coats and receive more from K of C State as a match. With so many coats to distribute we were able to donate to both Catholic Charities and Holy Trinity’s coat closet. Because of these successes this year we’re starting our drive with 6 cases in reserve ready to be given away so our goal is only 144 coats.

Again this year, the kids’ coats are sold in cases of 12 for \$238, which is about \$20 per coat and we would like to purchase eight cases, the teen size coats are \$295 per box of 12, our plans are to purchase four cases of these larger coats. The total cost to purchase these 12 cases of coats would be \$3084 but that would require your help, if you’re a business or civic group maybe you could donate \$238 and we could buy 1 case, if that’s too much to ask for, 2 donations of \$119 will buy a case, a person or a family could donate \$20 which we could put towards purchasing 1 coat. Maybe we won’t hit our goal of buying the 12 cases, but whatever we do raise

will put a new coat on someone’s child that might otherwise go cold this winter if we don’t try.

These kids could be a neighbor or most likely be someone you’ll never know or meet, but we could all get a warm feeling if we pitch in and help keep our kids warm this winter.

If you can help, checks would be payable to K of C Council 199 and can be dropped in the collection basket at St John Paul II Parish with a note on the envelope saying “Coats for Kids” or just mail them to us; our address is PO Box 176 here in Southbridge. Please don’t think that you won’t make a difference because every dollar counts, and it just takes 20 of them to buy a coat.

Charlton Villager

ACCURACY WATCH

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

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

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

Nichols College  
receives gift from  
DCD Automotive for  
new video scoreboard

DUDLEY — Nichols College recently unveiled a new digital scoreboard donated by Nucar, a subsidiary of the DCD Automotive Group based in Norwood, Mass.

A brief ceremony took place on Vendetti Field on September 23, prior to the start of the college’s Homecoming football game, which included several members of the Dagesse family, who own and operate the DCD Automotive Group. Founder Dan Dagesse and his son, President and CEO Chris Dagesse, were joined by Nichols College President Glenn M. Sulmasy, JD, LL.M, Athletic Director Eric Gobiel. Football Coach Dale Olmstead, and Thunder, the school’s bison mascot.

The 30-foot state-of-the-art sign – emblazoned with the Nucar logo – was built by Digital Scoreboards LLC, and features hi-def video capability, electronic scorekeeping, and a premium built-in sound system, among other features.

Nichols is the only college in the Commonwealth Coast Conference to have a video scoreboard.

“The new video board is certainly a game changer for Nichols and the athletic department, allowing us to bring a whole new interactive experience for

our fans and student athletes,” said Gobiel. “We could not be more thankful to the Dagesse family for their extremely generous gift and continued support!”

In addition to football, the scoreboard will support the other teams that use Vendetti Field, including field hockey and men’s and women’s lacrosse. Beyond athletics, Nichols plans to use the video feature for campus events, such as movie nights, and extend opportunities to the local community, such as advertising during the game.

“This donation reflects our commitment to innovation and giving back,” said Chris Dagesse. “We are also proud that the Nucar name will now not only be gracing dealerships in Delaware, Massachusetts, New Hampshire, and Rhode Island but will also be attached to this great institution.”

Coach Olmstead called the scoreboard “awesome,” adding, “Looking down on Vendetti Field from the hill and seeing a scoreboard of that magnitude makes a statement about Nichols commitment to athletics. Our players love it, and I am looking forward to showing it off to our recruits!”



Photo Courtesy  
Members of the Dagesse family, following the ribbon cutting for the new video scoreboard on Vendetti Field at Nichols College.

DA’s office to host  
Safe School Summit

REGION – The Worcester County District Attorney’s Office is looking forward to helping promote school safety.

On Nov. 16, Worcester County District Attorney Joseph Early, Jr., and his team will host a virtual Safe School Summit. The event is intended for all officials who work in school environments, including law enforcement personnel, superintendents, principals, and other professionals working with youth.

The event will take place from 9 a.m. to noon. The lineup will feature leaders with the Handle With Care program, which provides schools and care agencies with various forms of assistance.

The program focuses on such topics as school community safety; handling student trauma; and educating students on the dangers of drugs and alcohol.

The program will also include a panel discussion featuring school and law enforcement professionals.

The District Attorney’s Office is hoping to eventually implement the Handle With Care program throughout the county.

If you are interested in taking part in the event, contact Ellen Miller at ellen.miller@mass.gov. You can also call 774-314-5371.

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# QCC’s Respiratory Care Program celebrates Respiratory Care Week

WORCESTER — This week is Respiratory Care Week and in a world that needs more respiratory therapists (RTs), Quinsigamond Community College’s Respiratory Care program is doing its part to meet that growing demand.

In 1983, President Ronald Regan designated the last full week in October to be Respiratory Care Week. Every year since, those working in the profession and those dealing with chronic lung diseases have been honored during this week. Today’s research shows that chronic lung disease deaths have increased by 39.8 percent, rising from 389 million in 1990 to 545 million in 2017 worldwide. In Worcester county, with a population of approximately 830,839,000 approximately 97,500 (12 percent) of adults have some form of chronic lung disease and approximately 11,215 (1.3%) have pediatric asthma.

“Many individuals pursue a career in respiratory care after having personal experience with a respiratory therapist. Respiratory therapists play a vital role as part of the healthcare team. As cardiopulmonary specialists, they provide services for patients from the first breath they take

in the delivery room, to the last breath they take, and the many breaths in between,” said Amy Hogan, director of Clinical Education, and assistant professor of QCC’s Respiratory Care program. “We help people breathe better by administering medications, providing therapies, and using sophisticated breathing equipment to help sustain life.”

QCC’s Respiratory Care program was established in 1967. It is the oldest respiratory program in Massachusetts. The program currently has 15 full-time enrolled students.

“All of our students are taking classes in-person, and are getting frontline exposure to patients who are struggling to take a breath... this includes COVID-19 patients,” said QCC’s Respiratory Care Program Director Keith Hirst. “COVID-19 has really challenged us in how we teach and ensure that our students are ready to take their board exams upon graduation. Having clinicals ensures that the students who will be on the frontlines, caring for COVID-19 patients when they graduate have hands-on experience.”

In 2020, QCC’s Respiratory

Care program received Commission on Accreditation for Respiratory Care (CoARC) Distinguished Registered Respiratory Therapist (RRT) Credentialing Success Award for having over 90% of students pass and obtain the RRT credential over the past 3 years, and for meeting on-going programmatic thresholds as set forth by CoARC. QCC was one of a handful of associate degree programs that received this award.

“This speaks to the quality of the program and the outstanding job that the academic and clinical faculty have done in preparing the students to be successful not only in their board exams, but also in their future employment,” Mr. Hirst said.

“Our students are sought after because of their preparedness from the program,” Ms. Hogan added.

QCC was also able to work with the accreditation board to allow QCC RT students to work and simultaneously earn credit, adding additional respiratory therapists to hospitals when they needed them most.

“From the moment QCC went remote in 2020, faculty, staff and the students worked

diligently to explore new and effective avenues to complete educational requirements. Their team spirit and professionalism demonstrated that they had indeed transformed to the professionals they aspired to become,” Ms. Hogan said. “All sophomores were able to graduate on-time and secure RT positions post-graduation, and all achieved the RRT credentials.”

In spring 2021, during the students last semester at QCC, they worked alongside their future colleagues as RT student therapists helping to treat patients.

“COVID-19 has brought RTs to the forefront of the healthcare profession. RTs are the only medical specialist specifically trained in the cardiopulmonary system. As such, they are uniquely qualified to manage not only patients with COVID-19, but also any patient who has breathing issues, whether it is from a neonate born premature, someone who has lung disease, or dealing with a patient who has any kind of breathing issues,” Mr. Hirst said.

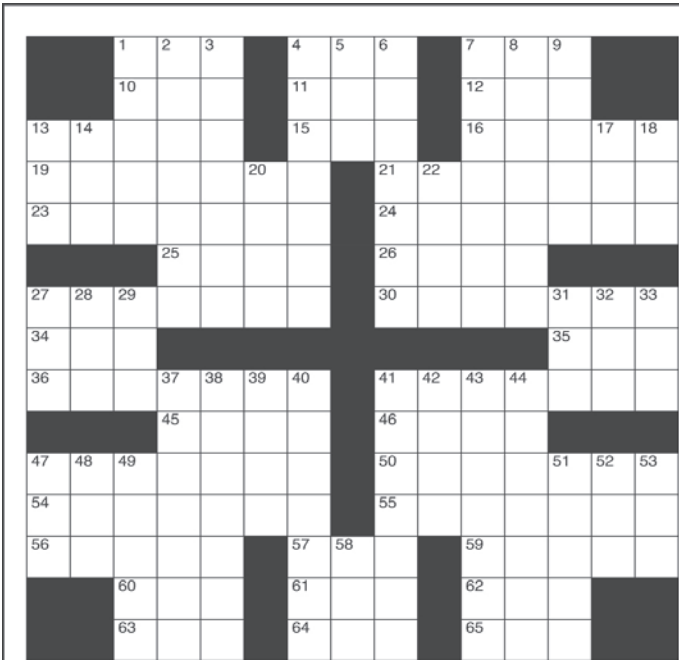
According to the U.S. Bureau of Labor Statistics, employment of respiratory therapists is projected to grow

23 percent from 2016 to 2026, much faster than the 8 percent average growth rate of all occupations, with a current national average base salary of \$60,000.

As the U.S. population ages, so too will an increased incidence of respiratory conditions, thus leading to an increased demand for respiratory therapy services.

“The role of the RT is increasing as well. RT’s are now involved with Telehealth, patient education, disease management, Extracorporeal membrane oxygenation (a form of cardiopulmonary bypass), pulmonary rehabilitation, as well as being more involved with the management of the patient,” Mr. Hirst said. “This makes this program vital not only for the Worcester area, but also for Massachusetts as a whole.”

For more information on QCC’s Respiratory Care program visit [www.QCC.edu/respiratory-care](http://www.QCC.edu/respiratory-care), or email Mr. Hirst at [Khirst@qcc.mass.edu](mailto:Khirst@qcc.mass.edu). For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or [jmartin@qcc.mass.edu](mailto:jmartin@qcc.mass.edu)

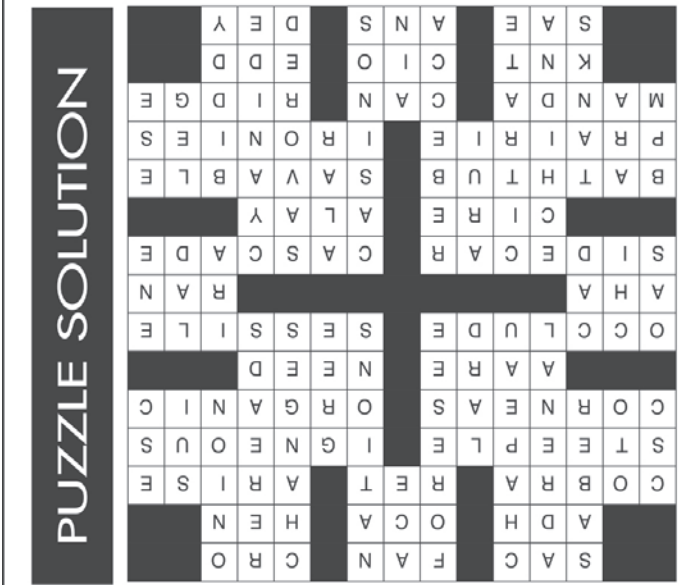


CLUES ACROSS

1. Pouch  
4. Cooling device  
7. Corporate exec (abbr.)  
10. Antidiuretic hormone  
11. South American plant  
12. Adult female bird  
13. Type of snake  
15. Soak in water  
16. Emerge  
19. Church tower  
21. Having solidified from lava  
23. Eye parts  
24. Natural  
25. Swiss river  
26. Require to live  
27. Obstruct  
30. Immobile  
34. Expression of satisfaction
35. Moved quickly  
36. Popular cocktail  
41. Dish detergent brand  
45. Waxed finish  
46. Kyrgyzstan mountain range  
47. A place to get clean  
50. Able to be rescued  
54. Large, open grassland  
55. Expressions for humorous effect  
56. Hindu goddess  
57. Beverage container  
59. Long narrow hilltop  
60. Sir (abbr.)  
61. Data executive  
62. Doctor of Education  
63. Car mechanics group  
64. Autonomic nervous system  
65. “The Partridge Family” actress

CLUES DOWN

1. Cavalry-sword  
2. Gland above the kidneys  
3. Hat  
4. Predict  
5. A team’s best pitcher  
6. Countries  
7. Substitutions  
8. Peruses again  
9. Popular food  
13. Reciprocal of a sine  
14. Of or relating to the ears  
17. \_\_\_ juris: Independent  
18. Keyboard key  
20. Fat from a pig  
22. AC manufacturer  
27. Organization of N. and S. American countries  
28. 22nd star of a constellation  
29. Scoundrel  
31. A way to save money
32. Boy or young man  
33. Midway between northeast and east  
37. Egg-laying mammal  
38. Salt of citric acid  
39. Barbary sheep  
40. Actress \_\_\_ de Mornay  
41. Gambling hotspots  
42. Wing-shaped  
43. Basked in  
44. Poison  
47. Beats per minute  
48. Macaws  
49. Military vehicles  
51. Elderly woman  
52. Body part  
53. Midway between east and southeast  
58. Forearm nerve (abbr.)



## DA’s office to host Safe School Summit

REGION – The Worcester County District Attorney’s Office is looking forward to helping promote school safety.

On Nov. 16, Worcester County District Attorney Joseph Early, Jr., and his team will host a virtual Safe School Summit. The event is intended for all officials who work in school environments, including law enforcement personnel, superintendents, principals, and other professionals working with youth.

The event will take place from 9 a.m. to noon. The lineup will feature leaders with the Handle With Care program, which provides schools and care agencies

with various forms of assistance. The program focuses on such topics as school community safety; handling student trauma; and educating students on the dangers of drugs and alcohol.

The program will also include a panel discussion featuring school and law enforcement professionals.

The District Attorney’s Office is hoping to eventually implement the Handle With Care program throughout the county.

If you are interested in taking part in the event, contact Ellen Miller at [ellen.miller@mass.gov](mailto:ellen.miller@mass.gov). You can also call 774-314-5371.

## Drop off fall yard waste

CHARLTON — There will be a Fall Yard Waste drop-off for Charlton residents on Saturdays, Oct. 4 – 20 from 1 to 4 p.m. behind the Highway Garage at 100 Flint Rd. Only yard

waste including leaves, grass clippings, shrub/ tree trimmings (less than three inches in diameter & less than three feet long) and non-wood organic garden waste are permitted. No bags or containers may be left on the property; this is a “dump-it-out” event.

The combination of rainfall with leaves on our driveways, sidewalks, streets, and parking lots can produce stormflows into local rivers, streams, and lakes that are loaded with nutrients. Proper use or disposal of leaves will help to avoid these contaminated flows.

Other uses for your leaves:

1. Mulch leaves in place with your lawn mower to put valuable nutrients back into your soil.
2. Gather leaves and other “yard waste” into a compost pile, let overwinter and decompose, and then use as fertilizer next growing season.
3. Offer your leaves to a neighbor who may be able to use them for composting.

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Heritage School ..... (508) 248-4884

Charlton Middle School..... (508) 248-1423

Shepherd Hill Regional High School

..... (508) 943-6700

Bay Path Regional Vocational Technical

High School (508) 248-5971 or (508) 987-0326

CHURCH LISTINGS

• Charlton Federated Church, 64 Main St., 248-5550, Sunday worship 10:30 a.m. [www.fedchurchcharlton.org](http://www.fedchurchcharlton.org)

• Charlton Baptist Church, 50 Hammond Hill Road, 248-4488, [www.charltonbaptist.org](http://www.charltonbaptist.org), Sunday worship 10 a.m.

• Charlton City United Methodist, 74 Stafford St. 248-7379, web site: [CharltonCityUMC.org](http://CharltonCityUMC.org) Sunday worship and Children’s church 10am

• St. Joseph’s Church, 10 H. Putnam Ext, 248-7862, [www.stjosephscharlton.com](http://www.stjosephscharlton.com), Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

• Hope Christian Fellowship, 6 Haggerty Road, 248-5144

• Assemblies of God Southern New England District Headquarters, Route 20, 248-3771, [snedag.org](http://snedag.org), Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• Living Word Church of Charlton, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am. [www.livingwordcharlton.com](http://www.livingwordcharlton.com) info@livingwordcharlton.com

• New Life Fellowship A/G, SNED Chapel, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

REAL ESTATE TRANSACTIONS

CHARLTON

\$579,900, 45 Daniels Rd, Dimolfetta, Andrea, and Dimolfetta, Aileen, to Lundi, Latamara C.

\$522,000, 16 Denfield Rd, Bousquet, Robert R, and Bousquet, Linda C, to Asca, Percy, and Asca, Monica.

\$480,000, 25 Casey Rd, Guzman, Kristian, and Colozzi, Shaina A, to Pilichowicz, Jakub P, and Noyes, Julia V.

\$430,000, 7 Pheasant Ln, Barrows, Patricia A, to Barrows, Daniel A, and Barrows, Amber L.

\$420,000, 203 Sunset Dr, Ochs, Daniel, and Krawcyk-Ochs, Chelsea, to Schadler, Dennis, and Schadler, Dawn.

\$85,000, Jennings Rd #15, Gair LLC, to Rawan Cap Investments.

\$78,000, Harrington Rd #2, Lamarine RT, and Lamarine, Antonio, to Shree Hari Invs LLC.

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# United Way kicks Off 2021 Annual Campaign with \$432,000 in grants



Photo Courtesy

Janet Scheffler and William Keefe.

SOUTHBIDGE — The 2021 United Way of South Central Massachusetts Campaign Chairman, Kris Marier kicked off the annual campaign at a special Jazz Dinner event held at Point Breeze Restaurant in Webster on Oct. 12. The Kickoff attendees included corporate partners, donors and member agencies.

The “READY TO LIVE UNITED” theme was introduced by Marier, stating “With all the changes in the world during the pandemic, we need to rebuild, reimagine and reconnect to the members of our community. By supporting the United Way, we are able to fund 22 local agencies that provide lifesaving and vital services to those that are struggling to make ends meet. Collectively, as neighbors and co-workers, we share a responsibility for the future of our community. When we exercise compassion for our neighbors, we build a foundation for prosperity. By

offering a hand up to one, we influence the condition of many.”

The United Way of South Central Massachusetts focus is education, income, and health. In May of this year the Community Investment Committee met with local non-profit agencies to review applications and make their recommendations for funding for this new campaign year. The UWSCM continues to strive to align its funded programs within Southern Worcester County. It was determined to fund 27 programs that directly impact the residents of the towns of Charlton, Dudley, Southbridge, Sturbridge and Webster.

During the Jazz Dinner event, representatives from the funded agencies described the programs that are funded by the United Way and how this direct support affords them the opportunity to truly make a difference to the lives most affected by the ongoing pandemic, the need for accessible services and how everyone from the youngest infant to seniors recovering from hospitalizations are helped through these programs. Whether it is affordable childcare, food for families, elderly and disabled, health and dental services, homelessness prevention, fuel assistance, legal aid and many more important services that assist the vulnerable in our society, United Way of South Central MA is there to lend support to the non-profit organizations in our area that do so much for our neighbors and fellow community members.

UWSCM Executive Director, Mary O’Coin, stated “That when the pandemic started, MASS 2-1-1, a United Way sponsored program was designated by Governor Baker as the number one resource for all Covid-19 questions. Hundreds of thousands of calls were answered. Many dealt with mental health issues and Covid relief questions. So many were affected and needed that resource line. Thankfully, United Way was there.”

This year, \$432,000 has been committed through grants to the following member agencies and programs. UWSCM forward funds to the agen-

cies prior to the annual campaign and depends on the contributions of the general public and businesses in our service area to fulfill this commitment. Please consider donating this year so that these worthwhile programs can continue.

BIG BROTHERS BIG SISTERS OF CENTRAL MA/METROWEST

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- BOYS’ & GIRLS’ CLUB OF WEBSTER-

- Youth Development Programs

- BOYS SCOUTS OF AMERICA - HEART OF NEW ENGLAND

- Scouting and Learning for Life – Explorers Program

- CARE CENTRAL VNA

- Telehealth Remote Patient Monitoring in South Worcester County.

- CASA PROJECT, INC.

- CASA Child Court Advocacy Volunteers

- CATHOLIC CHARITIES

- Emergency Stabilization and Homelessness Prevention Program

- COMMUNITY LEGAL AID

- South Worcester County Legal Assistance Project

- FAMILY HEALTH CENTER OF WORCESTER

- Southbridge Family Dental Care Program

- Southbridge Family Health Center

- Webster School based Dental Program

- GIRL SCOUTS OF CENTRAL AND WESTERN MASSACHUSETTS

- Girl Scout Leadership Experience

- GUILD OF ST. AGNES

- Behavioral Health counseling for pre-school aged children

- LITERACY VOLUNTEERS OF THE SOUTH CENTRAL MA

- English for Speakers of Other Languages (ESOL)

- NEW HOPE, INC.

- Southern Worcester County Violence Prevention Project and Counseling

- OLD STURBRIDGE VILLAGE

- Learning Through Experience (LTE) Program

- OPEN SKY COMMUNITY

- South County Recreation Program

- South County Homeless Assistance Program (SCHAP)

- OUR BRIGHT FUTURE, INC.

- Afterschool Enrichment; Homework Help, Sports and Robotics Program

- PATHWAYS FOR CHANGE, INC

- Sexual Assault Youth Education Program

- SAINT VINCENT DE PAUL

- Fuel Assistance - Webster

- ST. LUKE’S GUESTHOUSE

- Homeless Shelter for men, women and children

- YMCA of Central MA—TRI-COMMUNITY FAMILY BRANCH

- Childcare for All Financial Assistance (Childcare, summer programs, Camp Foksett)

- Growing Strong Together Program (Strengthening Families)

- Mind, Body, Spirit for Teens (Youth Development)

- TRI-VALLEY, INC.

- Nutrition Program (Meals on Wheels and Community Dining)

- WORCESTER COMMUNITY ACTION COUNCIL

- Behavioral Health counseling for pre-school aged children

- MASS 2-1-1

- 24 Hour service that connects people who need vital resources in their community.

The evening concluded with a special award presentation to Janet Scheffler, former Executive Director of United Way of Webster & Dudley who retired upon the merger of UWWD and the United Way of Southbridge, Sturbridge and Charlton. An engraved vase was presented by former UWWD President, William Keefe, recognizing Mrs. Scheffler’s 22 years of hard work and dedication to the communities of Webster and Dudley.

The United Way of South Central Massachusetts serves the communities of Charlton, Dudley, Southbridge, Sturbridge and Webster and is located at 176 Main St., Suite 400, Southbridge, MA 01550. To learn more about programs and donate, visit [www.uwscm.org](http://www.uwscm.org), follow on Facebook @UWSCM or call (508) 765-5491.

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

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

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# Trunk or Treat held in Charlton

CHARLTON – The Charlton Arts and Activities Center welcomed back a modern tradition on Sunday, Oct. 24 with the return of their annual Trunk-or-Treat event. Part of a modern trend for the Halloween holiday, the day saw local citizens, businesses and organiza-

tions put together creative and sometimes spooky trunk displays which local trick-or-treaters visited to get their first treats of Halloween. The event also featured food, music, games and a pumpkin decorating contest.

*Photos Jason Bleau*



This inventive display saw an imprisoned treat giver trapped in the trunk of a car.



Girl Scout Troop 64691 featured a tropical theme for its trunk.



The Pasture prime Players went theatrical with their display embracing the classic “Willie Wonka and the Chocolate Factory.”



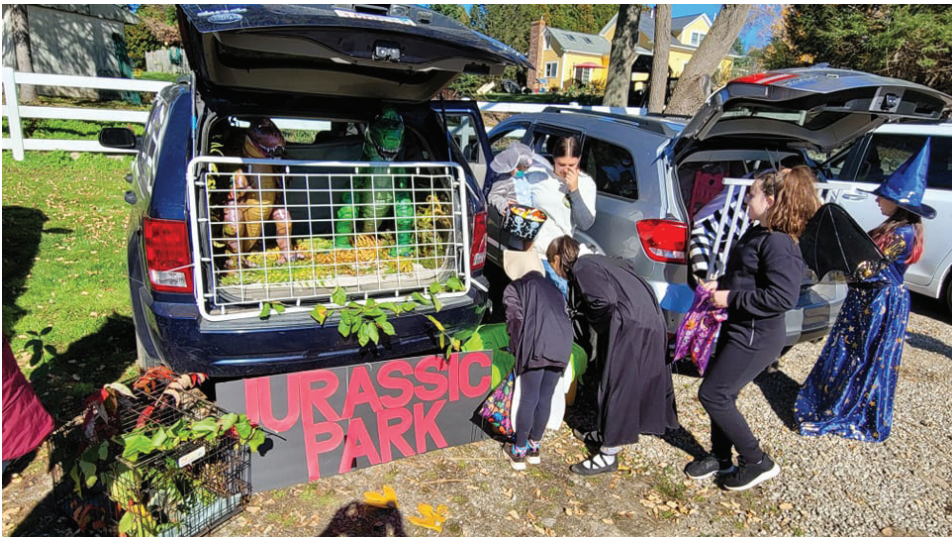
Annie’s 24-Hour Towing of Oxford put together a spooky display in the back of one of their vehicles.



The Trunk-or-Treat included a pumpkin decorating contest that resulted in some truly creepy and inspired designs.



Quality ABA Services put together a fun display complete with a ring toss game for trunk-or-treaters to play.



The ‘90s classic “Jurassic Park” was captured in this fun dino-themed display.



The “Pumpkin Harvest” display captured the spirit of Halloween’s unofficial gourd.



A farm-themed trunk by Wendy Scanlon was either the first or last trunk guests could visit depending on which direction they decided to travel through the displays.



One of the more inventive displays utilized balloons to turn a trunk into a classic gumball dispenser.



A few pirates say “Ahoy!” to trunk-or-treaters.



Cornerstone Bank embraced a “Harry Potter” theme fittingly inspired by the Wizarding World’s own Gringotts Wizarding Bank.

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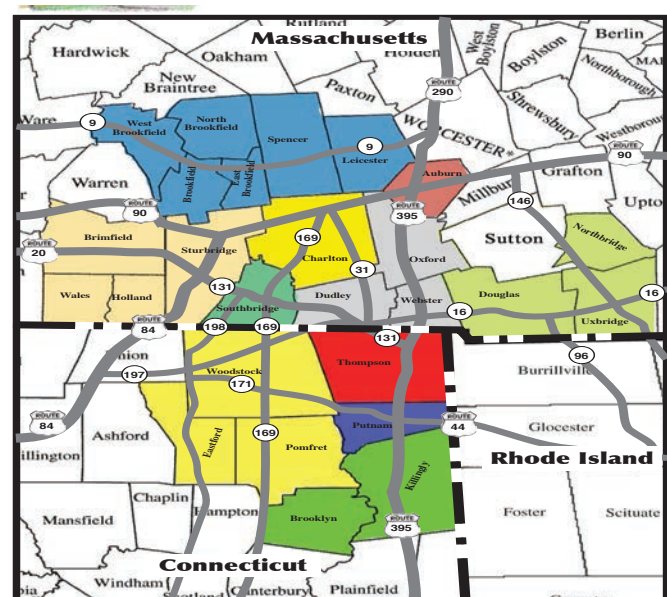
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**FRANK G. CHILINSKI**  
PRESIDENT/PUBLISHER

**BRENDAN BERUBE**  
EDITOR

# Clash of the horror titans

With Halloween taking place in four days, we figured we'd have a bit of fun and pose the question who's scarier — Freddy or Jason?

For those not in the know, Freddy Krueger is the lead character from the 1980's movie series, 'A Nightmare on Elm Street', created by Wes Craven. Donning a black hat and a red and grey sweater, Krueger played by Robert Englund, literally gave all of us '80's kids nightmares for months. With his face shredded and his claw hand, we all definitely slept with the light on for a while.

Enter Jason Voorhees from the famous "Friday the 13th" movies. Voorhees was the young son of a camp cook turned killer, Mrs. Voorhees. This film was created by Victor Miller, Ron Kurz, Sean Cunningham and Tom Savini. The plot begins with a group of teenagers on vacation at a lakeside camp. One by one they start to disappear. What could be scarier than a hockey mask, machete wielding ghost?

A poll we conducted revealed that Freddy is the scarier of the two leading men. This revelation may not offer us anything of real value, but it does give us some insight on what the majority considers 'scary.' We remember watching the "Nightmare on Elm Street" series as adults and actually laughing during parts we thought were scary as youths.

One reader replied, "Freddy, because he's in your dreams."

Another brought up a good point: "You can run away from Jason, but not Freddy."

Another reader took the question quite seriously and gave us a great answer: "I'd argue that Jason was more the product of childhood trauma. A missing father, mentally ill mother who goes on a killing spree after she thinks he's drowned. Freddy's supernatural capabilities far surpass Jason. So I'd say Freddy."

"Freddy is the scarier of the two, but Michael Meyers is a true problem," remarked one person.

Another said, "Freddy, because you can't resist falling asleep, and with Jason there are no facial expressions."

One person called it a draw, stating "Can't do it; it's like the chicken and the egg question. Props to Freddy for the nightmares but props to Jason for the daymares."

We got a chuckle out of 'daymares.'

Of course, our Executive Editor and movie buff gave his take: "Freddy, but I'm going to qualify my answer by saying Freddy from the first two 'Nightmare' movies, before they turned him into Don Rickles in a striped sweater."

We can't write an editorial regarding scary characters without mentioning Gollum from the "Hobbit" and "Lord of the Rings" franchises. No one is scarier than Gollum, and he did it without even trying.

With that, we hope you enjoy Halloween, half off candy sales, a scary movie or two and enjoy the beautiful fall weather before the snow flies.

# OPINION

Views and Commentary from Charlton, Charlton City, Charlton Depot and Beyond

## To the Editor

### Learn more about Project Patriot

To the Editor:

My name is Alexandra Escamilla, and I am a member of the project team leading the effort to approve a new e-commerce fulfillment center and distribution warehouse located at 53 Sturbridge Rd. in Charlton (Project Patriot). Over the past eight months, I have worked closely with Town Leaders and Planners, State Agencies, Town Administrators, and Engineers to put forth a proposal that we believe is thoughtful and responsive to the needs expressed by these important stakeholders. A project of this magnitude has many impacts to a town, and we hope we have been transparent about the facts as well as the crucial benefits.

On Nov. 15, residents of Charlton will be asked to consider a Community Partnership Agreement and Tax Increment Finance Agreement between the Town and the potential Owner of this project. If adopted, Charlton may benefit from the increased tax revenue and direct investment in public services estimated at \$75 million over the next 20 years. In addition, the project will bring direct spending in the local economy, and over 1,000 new good paying jobs.

This is an important decision for Charlton, and we simply want to invite residents to learn more about the project and all the great progress that has

been made by working in close collaboration with the local agencies.

As such, we have generated a website which outlines the key project components and contain links to presentations given through the Public Process and our own outreach: <https://opportunity-forcharlton.com/>

The Town has also generated a dedicated page to outline the key components of the TIF and Community Partnership Agreement: <https://sites.google.com/view/charltonamazonproject/home>.

Finally, my colleagues and I will be hosting a series of virtual information sessions every Wednesday at 5 p.m. and Thursday at 12:30 p.m. The zoom information is as follows and is the same for every session.: <https://us06web.zoom.us/j/5072518655> MeetingID:507 251 8655

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The session dates are as follows:

Nov. 3 at 5 p.m.  
Nov. 4 at 12:30 p.m.  
Nov. 10 at 5 p.m.  
Nov. 11 at 12:30 p.m.

Please email [projectpatriot@bluewaterpg.com](mailto:projectpatriot@bluewaterpg.com) with any questions.

Sincerely,

ALEXANDRA ESCAMILLA  
BLUEWATER PROPERTY GROUP

## Protect your financial information online

If you're an investor, you probably enjoy the convenience of managing your accounts online. But you'll also want to make sure that you're not making it convenient for hackers, "phishers" and others with bad intentions to gain the same access.

Fortunately, there's a lot you can do to protect your privacy. Here are a few suggestions offered by the U.S. Securities and Exchange Commission:

Use a strong password or passphrase. You'll want to pick a password that would be virtually impossible for anyone to guess, employing capital and lowercase letters, plus symbols and numbers. Of course, you'll want to record the password in a secure place so you won't forget it. Instead of using a password, you may have the option of choosing a passphrase, which contains a series of words strung together. You'll want to avoid phrases taken from popular culture or that are otherwise commonly used. And it's also a good idea not to use phrases containing your name, birthday or other personal identifiers.



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ALEXANDRA ESCAMILLA  
BLUEWATER PROPERTY GROUP

## Ten years from now

When my dad told me four years ago he was going to be a syndicated columnist, I gave it little thought. I had confidence that he could do anything he wanted.

I didn't know much about his column. He was calling it Positively Speaking! and it was about having a positive mindset. That was nothing new to me; as far back as I can remember, he promoted thinking positively. He was a motivational speaker for a time.

I was a busy kid and, was involved in many different sports. Whenever my dad drove me to practice, he'd pop in a cassette tape or a CD, and we listened to Zig Ziglar, Tony Robbins, Jim Rohn, Norman Vincent Peale, Napoleon Hill, and many more. I would've rather listened to some 80's hair bands instead; I pretended not to hear, but I was listening.

As I grew older, I began to listen to them myself. In college, I was reading the books I'd heard about in the car with my dad.

He was a big thinker - he taught me that anything was possible as long as I believed and worked hard.

It's been three months since he passed away. He always kept a positive attitude about dying. If you were a fan of his columns, you probably remember that he didn't accept that he would die soon. He planned on living a few years longer.

About ten days before he died, he asked me to continue writing his column on his behalf. It wasn't something I envisioned myself doing. I was apprehensive, but how do you tell your dying father no?

It wasn't easy figuring out who all of his contacts were with the newspapers. By the time I agreed to fulfill his wish to continue the column, he didn't have the energy to teach me how to get it to the editors every week.

Sometimes I post links to his old columns on social media. They consistently receive many more likes than mine. If you were a fan of my dad's columns, after reading my first few, you probably thought to yourself, "this kid doesn't have anywhere to go but up!"



POSITIVELY  
SPEAKING  
  
TOBY  
MOORE

I've enjoyed getting to know a couple of his old friends through this process. Lynda, with a "y," is of great encouragement; she will laugh when she reads that! Hi, Lynda!

Another is a lady named Judith. I thought she was an editor for a newspaper for the first couple of weeks.

She emailed me about how to be a better writer. She gave great advice; after a few emails, I figured out she was a writing friend of my dad's and not a newspaper editor. She and my father shared a love for writing.

Judith recently recommended I write a column about how my dad might have been if he lived another ten years.

That's a tricky thing to write.

He was very excited about the company we started, Cubestream. He and our partner Ted helped to develop it from the beginning. He had big plans to make it an international company.

We would have gone on a couple of family road trips. We planned on doing one earlier this year, but he was too sick. He wanted to go out west to see the mountains and the buffalo like we did when I was young.

He would've enjoyed seeing his two grandsons Caleb and Noah, graduate from high school - they were everything to him.

He may have even started lifting weights again. When I was a child, he was a big weight lifter and was very strong.

As he grew older and became more affectionate and he made sure to let us know how much he loved us.

In his final year, he frequently wrote emails to my two siblings and me telling us things about his life we never knew to help us understand him better.

It's hard to say all the things he might have done if he lived another ten years, but one thing I do know - he would have continued to be more loving, affectionate, and caring.

Love you, Dad.

## Tips to Scent Your Home this Season

Scents are powerful - just a small whiff of certain smells can fuel emotions. From altering moods and sparking memories to creating calm and promoting focus, fragrance can be very influential in our everyday lives.

Autumn in New England offers an abundance of native sights and scents that can be captured as everlasting fragrance for the home. Read on for a few simple recipes to bring the spectacular fragrance of the fall season indoors for months to come.

\*\*

New England Potpourri Mix: This all natural autumn potpourri mix will bring you back to a walk along winding New England roads. A few drops of essential oil may be added to boost the scent as the mixture ages.



TAKE  
THE  
HINT  
  
KAREN  
TRAINOR

Ingredients: Dried slices of two Red or Golden Delicious apples (or other hardy New England variety); dried slices of one orange; eight cinnamon sticks; one tablespoon nutmegs; three tablespoons whole cloves; 2 Whole nutmegs; Filler: acorns, dried leaves, bark pieces, pinecones, etc.

Directions: Break up (or smash) the cinnamon sticks and some of the whole cloves to release fragrance. Mix together all ingredients, gently folding in apple and orange slices last. Place in an open bowl or pack in a clear glass jar for gift giving or later use.

\*\*

Pie Spice Sachets: The sweet scent of freshly baked apple and pumpkin pies can be resurrected every time

you reconstitute these essence filled sachets. Best of all, these can be used to scent the air and to spice up cider!

Ingredients: 2 tablespoons pumpkin pie spice; 4 teaspoons ground cinnamon; 2 teaspoons nutmeg; 2 tablespoons applesauce

Mix the applesauce and spices together in a bowl. Dough will be very stiff. Pinch off small pieces of dough and roll into balls. Press down to form discs, about an inch or so. Bake in a 275 degree oven for about two hours or until fully dry and firm. Allow to cool and harden.

To use for simmering potpourri: Drop one disc into a couple of inches of simmering water.

To use as spice sachet: Drop disc into Preheat oven to 275 degrees and bake for 1 1/2 hours until dry and firm. Cool. Use as a simmering potpourri by simply dropping in boiling water. To

use as a spice, drop into container of simmering cider.

\*\*

Autumn Wax Tarts (Recycled candles): Making fragrance tarts is easy (and free) if you've collected all your autumn fragranced candle ends throughout the year.

Ingredients: Leftover candle wax; foil cupcake wrappers.

Directions: Carefully melt leftover candle bits in a double boiler or in the microwave. Remove wicks and black bits from melted wax. Line a cupcake pan with aluminum foil cupcake wrappers. Pour about an inch of wax into each aluminum wrapper. Allow to cool, then remove wrapper from tin and peel off tart.

\*\*

Great Gourds!

Now that your house boasts the

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



# Waiting for the ice to set in



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

The string of great weather we had over the last few weeks made for some great opportunities to enjoy numerous outdoor activities. The Uxbridge Rod & Gun Club and the Whitinsville Fish & Game Club stocked their club ponds with trout recently, and members can enjoy some great fishing for weeks to come. The state of Massachusetts continued to stock numerous lakes with trout and should provide some great fall trout fishing.

It should also provide some great ice fishing, if and when we get safe ice this season. Back 30 or 40 years ago, I can remember ice fishing on Thanksgiving Day. Catching yellow perch from the Meadow Pond and Carpenters Pond using a jig stick, and a Swedish Pimple baited with a perch eye, it did not take long to catch 100 or more yellow perch for the dinner table. Fresh yellow perch pan-fried, can provide some great eating in the winter months. I never ate yellow perch during the summer because they often contained worms in the meat. The ice-cold waters seemed to alleviate the problem.

Checking out your ice fishing gear now, will ensure that you are ready for this season first ice. Of course, it all falls on Mother Nature to provide safe ice, which has been extremely poor for the last few winters. If you do not believe in global warming by now, I doubt that you will ever realize that it is happening. The latest in ice fishing gear can be found at your favorite sporting goods store, but it is a bit pricey. Do not for-



This week's picture shows Grampa Murphy and his grandson Jayden Burke enjoying some pheasant hunting at the Uxbridge Rod & Gun Club this past Saturday.

get to shop at some local Bait & Tackle shops. They are struggling to stay open with all of the competition of big store chains. It is not too early to start some of your Christmas shopping for that special guy or woman in your family, as many items may not be available until spring, because of the massive fleet of ships waiting to unload goods.

Wild turkeys were not presenting hunters with many opportunities to harvest one last week, and time runs out on Nov. 27 in Massachusetts for hunters hoping to harvest one for the Thanksgiving dinner table. It is a lot easier to harvest a big bird in the spring, as they are receptive to turkey



This week's Second picture shows Captain Matt Fontaine of Uxbridge with a nice seabass.

calls. If you can find a flock of turkeys, and you can break them up, calling does often work, but you need to find a flock first. A hen or tom turkey can be harvested by a licensed hunter with a fall turkey tag. Because hunting turkeys is legal during bow season, you may just get lucky to have a big turkey present a shot, if deer hunting is slow.

Archers have done really well during the archery deer season in Massachusetts! During the first week of bow season, hunters reported numerous scrapes and rubs indicating that the start of the rutting season has indeed started. One archer reported harvesting three deer. Drivers need to be aware of the deer rutting season, and be extra vigilant when traveling on the roads and highways. Bucks chasing does to breed can have them running out in front of cars, with little time for drivers

to react to a deer car collision. Every year, drivers and passengers are killed when a deer is struck by an automobile. Motorcyclists are even more vulnerable, and can be killed or suffer serious life-threatening injuries from a deer collision. Motorists need to be reminded that if they strike and kill a deer, they can keep the animal for their meat, if the carcass is salvageable. Immediate care needs to be taken to ensure the meat is properly cared for.

Pheasant hunters are enjoying some hunting on stocked areas throughout Massachusetts! The state will continue to stock areas with pheasant until Thanksgiving Day. Bird hunters with dogs are doing the best, but they too need to check their dogs and themselves for ticks after every hunt. As mentioned last week, ticks are going to be a big problem this year, both for man and dog! Deer hunters also need to take precautions after hunting. Removing most of your clothing outside of your home after a hunt, and checking for ticks before you enter the home, can save a lot of grief if Lyme disease is contracted by you or a family member. Never hang a harvested deer in your basement or attached garage. As the deer carcass cools, the ticks will fall off, and can be a real problem for your family if someone is bitten by an infected tick. The deer tick is incredibly small, and careful examination to locate and remove them is necessary. It is best to drop the ticks in a small amount alcohol to kill them. Do not remove them, and toss them into the back yard!

Seabass and tautog fishing remain hot in both Massachusetts & Rhode Island. This week's picture shows Matt Fontaine of Uxbridge with an impressive seabass caught last week off of the Point Judith light house area.

The second picture shows Jack Murphy and his grandson Jayden Burke enjoying a day hunting pheasant.

## Growing and reblooming moth orchids



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

Brighten your indoor décor with beautiful blooming orchids. These living bouquets provide months of beauty with minimal care. Just provide the proper growing conditions and success is sure to follow.

Start with a Phalaenopsis, moth orchid, that is best suited to the home environment making it the easiest to grow. Purchase a healthy plant with green leaves, a few open flowers, lots of buds on a firm green flower stem and no signs of neglect.

Provide your orchid with proper care, similar to that of an African violet, for the best results. Water thoroughly with room temperature tap water just as the planting mix is beginning to dry. This is usually once a week in most indoor gardens. Pour off any excess water that collects in the saucer to prevent root rot.

Grow your moth orchid in a bright location near an east-, west- or slightly shaded south-facing window. Plants do best when they receive 12 to 14 hours of bright light. Give plants growing in low light locations a boost with artificial light. Keep lights 4 to 10 inches above the plants. Placing the plants on a reflective surface helps bounce light back up into the lower parts of the plant. Look for one of the many economical, energy efficient and attractive options for sale. Keep the lights on for 14 to 16 hours if this is the only light the plant receives. You can reduce the time to five or six hours for plants receiving natural light.

Boost the humidity around your orchid while creating a beautiful display by placing it among other indoor plants. As one plant loses moisture from its leaves, it increases the humidity around the neighboring plants.

Use gravel trays to further increase the humidity around all your indoor plants. Fill the saucer or plant tray with pebbles. Set the pots on the pebbles, elevating them above any water that collects in the saucer. When you water thor-

oughly the excess collects in the saucer. As it evaporates, it increases the humidity around the plants right where it is needed.

Fertilize actively growing plants when the soil is moist. Use a dilute solution of a complete fertilizer such as a 20-20-20 labeled for use on orchids or flowering houseplants. Avoid excess fertilization that can cause damaged black root tips, green floppy growth, and prevent flowering.

Once your orchid finishes flowering, continue growing it in a brightly lit location and water and fertilize as needed. You can either remove the faded flowers, leaving the flower stem intact and wait for a flush of smaller flowers at the tip of the stem or cut the flower stem back above either the second or third node, the thickened part of a plant stem where new growth appears, from the bottom. A third option is to cut the flower stem back to one half inch above the leaves. This is better for the health of the plant. It results in the best reblooming and allows the plant to restore energy used for flowering and focus on growing roots.

If forcing your orchid to pro-



Photo Melinda Myers

Moth orchids are the easiest to grow in a home environment.

duce a second flush of flowers seems like too much work, just treat it like a long blooming bouquet. Ease your guilt by gifting the plant to a fellow gardener that would be happy to accept the challenge. Then invest in a new and different orchid to brighten your indoor garden.

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.*

### TRAINOR

continued from page A8

aroma of autumn, why not do a little decorating, compliments of Mother Nature? Gourds are plentiful this time of year, and let's face it, gourds have only one main claim to fame: Their interesting colors and shapes make them a fantastic fall decorating tool.

Talented and imaginative artisans have formed everything from utilitarian bowls to musical instruments out of gourds, although mainstream offerings are likely to include a creative mix of baskets, candleholders, birdhouses and vases. Gourds, both large and small are plentiful and whimsical, with a high "personality quota." Tossing interestingly shaped gourds in a bowl creates an instant centerpiece. Or place handfuls of colorful gourds around an outside entryway display to fill the gaps between pumpkins, mums and corn-stalks.

Gourds, with their contrast of color and textures, are the perfect candidate for an interesting craft project. Whether you choose to make a vase, bowl or birdhouse, drying, cutting and cleaning the gourds are important chores to complete. Much like carving a Jack-O-Lantern, the top of a gourd must be cut off and the inside scraped clean.

To do: Scrape out all inside dried membranes and seeds. This can be tedious, but it is necessary to avoid rot. To ensure a smooth inside surface as for gourd bowls, sand inside with a

wire brush drill attachment.

To dry out decorative thin-skinned gourds, clean them in warm, soapy water containing a household disinfectant. Dry gourds with a cloth and spread them on newspaper in a warm, dry place. After a week, wipe them with a cloth moistened only with disinfectant. Again, spread gourds to dry, now in a warm, dark, damp-free spot for about a month. Every other day, turn them. When seeds rattle inside, they are properly seasoned. Small, thin shelled gourds will dry in less than a month, and large ones can take up to six months. If mold appears during the drying process, scrape it off with a knife. Thin-shelled gourds dry best when hung in a mesh bag.

You can finish your bowl or vase by staining, painting, or using leather dye on it. The leather dye provides a vintage look and is easiest to apply for a first time project. After the dye has dried, apply a protectant, such as varnish or wax.

\*\*  
\*\*

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.

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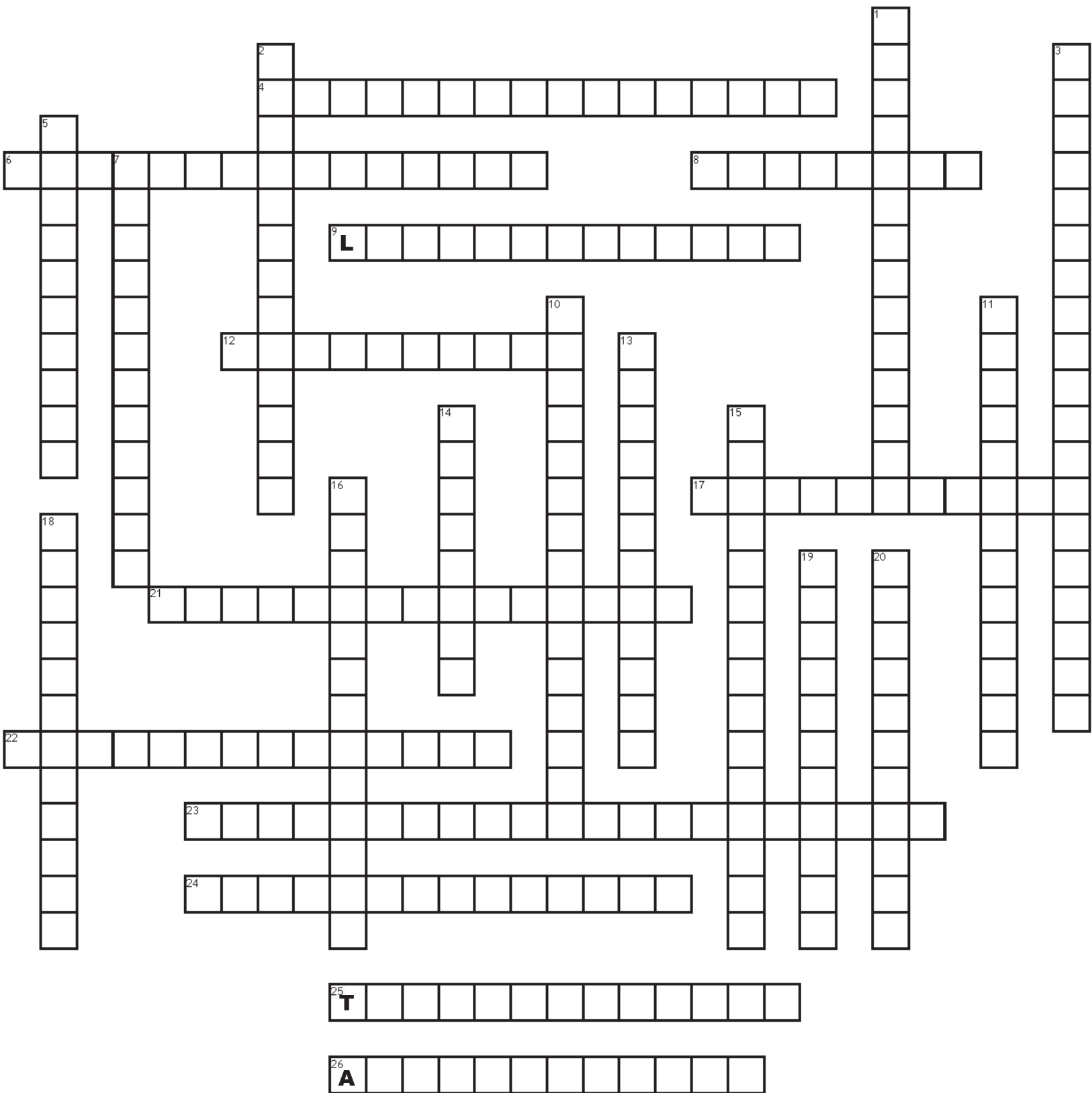
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# 4th Annual ABC's of the Seasons

## Fall Edition 2021

Please find the answers to this crossword puzzle on the ABC's Page



ACROSS

- 4. Order online
- 6. 1103 Main Street, Leicester
- 8. Beautifying America
- 9. Community is our top priority
- 12. as low as 0.99%
- 17. Check out my private office at 12 E Main St.
- 21. Cheers to a new location!
- 22. Construction Supply Delivery
- 23. Great Careers Start Here
- 24. Cirque Dreams
- 25. Fresh Start
- 26. Family owned and operated since 1997

DOWN

- 1. Curbside pickup and no contact delivery available.
- 2. A unique destination experience
- 3. We treat chronic bad breath
- 5. Fall Special \$300
- 7. Small town charm
- 10. Major Insurance Referral Shop
- 11. Select models are eligible for 26% savings
- 13. Seeking ALL Direct Care Staff
- 14. First, Goal Oriented
- 15. Maple Syrup/Products
- 16. Now Hiring
- 18. Cleaning, Repairs, Free Estimates
- 19. We can save you time and money!
- 20. 33 Sutton Ave, Oxford, MA

4th Annual ABC'S OF THE SEASONS, FALL EDITION  
Hint... answers don't always include the entire business name.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

Circle which paper you found this in: *Spencer New Leader, Webster Times, Charlton Villager, Sturbridge Villager, Auburn News, Blackstone Valley Tribune, Southbridge News*  
Daytime Phone: \_\_\_\_\_  
Email address (optional) \_\_\_\_\_  
Comments: \_\_\_\_\_  
\_\_\_\_\_

Please find the answers to this crossword puzzle on the ABC's Page. Enter to win a \$25 gift card to an ABC business by mailing in your completed crossword to ABC Crossword Puzzle, Stonebridge Press, P. O. Box 90, 25 Elm Street, Southbridge, MA 01550 OR scan & email or take a picture and email it to jsima@stonebridgepress.news by Wednesday, November 24th. Random-drawing for winner of all correct entries to be announced in the December 3 issue. One entry per person. Please support these ABC's businesses and tell them you saw their ad in your local paper! Good luck!



# Momentum swings in Valley Tech’s favor as Howe and Mateo torch Minutemen

BY DEAN ST. LAURENT  
SPORTS CORRESPONDENT

CHARLTON — A ground-and-pound approach employed by senior running backs Trey Howe and Josh Mateo — both scored three rushing touchdowns — of the Blackstone Valley Tech varsity football team worked wonders on Friday evening, Oct. 22 when the Beavers defeated Bay Path Regional, 55-14. The visitors also used a late second quarter touchdown as a momentum swing to erupt for a 21-point third quarter to put a once close game out of reach.

“It was huge because I didn’t think we played a very good first half,” expressed BVT (4-2) head coach Anthony Landini about his team’s touchdown with 32 seconds left in the first half. “Once again I have stressed it all year is our penalties, especially early. We are a very fiery, emotional team. They play physical, I preach physicality, and sometimes it hurts us. They finish blocks and play until the whistle, but it is stuff that we should be able to clean up by now and I think we did that specifically in the third quarter.”

Despite the final score, Bay Path (3-4) did not go away easily. They battled adversity in the first half and always answered with a score of their own to keep pace with Valley Tech.

Down 21-7 with 7:30 left in the second quarter, the Minutemen were able to put together a beautiful 4 minute, 14 second drive, capped by a 1-yard strong run by junior back Casey Gallagher to make it a one-possession game, 21-14, with 3:16 left. A 26-yard one-handed catch by junior Jonathan Nussey and a 23-yard scamper by junior quarterback Anthony Catino highlighted the drive.

Moments after the Gallagher touchdown is what changed the course of the game. Bay Path decided to lay down an onside kick that failed and gave the Beavers appealing field position at Bay Path’s 43-yard line. BVT took advantage and capped a seven-play drive with a 1-yard TD plunge



Bay Path’s Jackson Phillion rushes with the ball, hoping to juke past a Valley Tech defender.

by Howe. This was Howe’s second touchdown of the game and he accounted for another in the second half.

“They were getting the ball to start the second half, so we were just trying to maximize our opportunities to have the ball in the first half and keep the ball out of their possession,” explained Bay Path head coach Cody Giampa regarding the onside kick. “I liked the call, it just didn’t work out for us.”

Coming out of halftime Blackstone Valley received the ball and quickly drove down the field and scored in just six plays when Mateo got loose for a 13-yard touchdown. This was his third score of the game. He also finished the contest with 13 carries for 222 yards and a circus catch interception.

Mateo switched from quarterback to running back after a hand injury, forcing him to play both sides of the ball with a cast on his left hand. The injury happened against Northbridge High in the Beavers’ season opener, but the senior has adjusted and made the most of his opportunities to contribute to his team.

“I am not going to lie,” stated Mateo. “This is the position I have been trying to play forever. I have been playing this

position since second grade, so it was an easy little transition and I do what I can for my team. Be a dog out there.”

Although the transition was easy, there has been some adjusting the speedster has had to make to his game.

“Yeah, significantly, I usually carry the ball in my left hand, so it has been a big change having to run the ball with my right hand and not being able to switch with a stiff arm,” expressed Mateo. “Other than that, I have just had to adjust and start lowering my shoulder more being a smaller kid out here. I do what I can.”

The win was Valley Tech’s fourth in a row and they look to build off this momentum heading into the last week of the season hoping for a play-off berth. The key to success has been trusting the process after two early losses expressed by Landini, but from Mateo’s eyes, it has been leading by example and getting the younger players ready.

“Especially with the two losses early we really needed to it up and get into the younger kids a little bit to have them mature and feed off the energy we bring every week to show what BVT is about. Get right back to Gillette where I was my freshman year,” he said.



Anthony Catino of Bay Path sprints down the field while a teammate blocks for him.



Bay Path’s Jonathan Nussey attempts to catch a pass by the 40-yard line.

Bay Path showed a lot of heart against a team that is led by a great group of seniors in Blackstone Valley. The Minutemen are a young team led by a junior core: Gallagher, Catino, Nussey and Lucas Welton. Gallagher scored in the contest and Catino connected with Nussy for a 5-yard

strike in the end zone. “We were proud of the way the kids battled, especially in the first half,” expressed Giampa. “BVT is one of the top programs in the area, and their offense, both personnel, and scheme present a lot of problems.”

Photos Jason McKay

## FOOTBALL

continued from page A1

thrown pass down.

Buchanan thought that those two possessions played an important part in the outcome of the game.

“The first series in the second half, I thought we did a great job getting a stop. We really needed one from a momentum perspective, [but] we’ve got to finish [our] drive,” he said. “When the defense was holding up their end of the bargain, the offense has to step up. And when the offense was holding up their end of the bargain, the defense has to step up.”

Shrewsbury scored following the turnover on downs, TJ Welch — the Colonials’ other quarterback — calling his own number and scampering in from 13 yards out with 6:05 to play in the game. That play accounted for the 18-6 final.

Shepherd Hill had its chances, but the Rams were unable to score both times they entered deep into Shrewsbury territory in the second half.

“That’s a matter of execution in the red zone,” explained Buchanan. “That’s where it gets harder. The field gets compressed and you can’t really attack the edges as well. They’re going to pack the box, which everybody does against us, and that’s the hard part of the area to be. That’s part of the learning experience. We’re seeing positives, we’ve just got to be there.”

The Hill finished with 216 yards rushing on 54 carries, carrying an average of 4 yards per pop. Seven players ran the ball, led by Alexander Siwik (19 carries, 79 yards), Christenson (12 carries, 54 yards), List (7 carries, 33 yards) and Romeo Holland (10 carries, 30 yards).

Both teams are now 3-4, and the Rams



Nolan Legere of Shepherd Hill, right, goes after Shrewsbury ball carrier Cameron Jenkins.

next play undefeated Grafton High (7-0) in Grafton on Friday, Oct. 29 at 5 p.m.

“Next week is a tough, tough Grafton team, but that’s another team that historically we always play great games with. It’s one of the reasons that we love being Shepherd Hill and we love




playing our schedule. It’s one of the best schedules in Central Mass. Our kids love it. It’s part of their identity,” Buchanan concluded.

Shepherd Hill’s JonCarlos Estrada gets low to tackle Shrewsbury’s Jake Mulholland at the knees.

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## COOKING

continued from page A1

traveled to Japan extensively and had enjoyed Ramen in Chiba, Kanagawa, Osaka, Kamikatsu, and Tokyo. It was at Pikaichi Ramen where he worked as a waiter then kitchen chef that he honed in his passion for Ramen. He now has over 10 years of experience running and managing Ramen restaurants in the Greater Boston Area. Chef Gino leads menu creation, daily food prep, and all other cooking-related responsibilities at KuruKuru. He works with suppliers, ensures food quality in every meal, and assists with all back-of-house tasks and duties.

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# OBITUARIES

## Virginia L. “Ginny” Koebke, 86

DUDLEY – Virginia L. “Ginny” (Pickard) Koebke, 86, passed away peacefully on October 20, 2021 joining her husband of almost 72 years, Henry L. “Sonny” Koebke, who died on May 1, 2021. Ginny and Sonny spent a lifetime together at Walnut Lane Farm, enjoying their summers at Baker Pond Camp and in their retirement years at their camp in Charleston, Maine.

She leaves her two children, Anne E. French and her partner Andy Helgerson of Charlton, and James H. Koebke and his wife Krisanne of Dudley; 5 grandchildren, Holden French, Lane French and his partner Morgan Donovan, and August, Curtis and Nolan Koebke. She was preceded in death by her sister Joyce Boniface.

She was born on February 13, 1935

in Charlton, the daughter of George and Alice (Walls) Pickard and lived in Dudley most of her life.

Mrs. Koebke first worked as a mail delivery driver in Dudley. She then drove school bus for Project Coffee for many years before she retired. She dearly loved her grandsons and “Nana’s Kitchen” was always open for them. She also deeply enjoyed being involved in the 4-H community, watching and participating with her kids and grandkids at many dairy cattle shows over the years insuring that two generations were able to experience the joys of 4-H.

She loved antiquing with her sister Joyce, finding a good deal at yard sales and flea markets, going to diners and spending special times with her girl-

friends and her niece Laurie Boniface.

Services will be private and at the convenience of the family. Funeral arrangements are under the direction of Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street, Webster. In lieu of flowers, memo-

rial contributions can be made to: Worcester County 4-H, 7 Midstate Drive, Suite 102, Auburn, MA 01501 to the attention of Meg McDermott.

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Friday's Child



Nathalia  
Age 14

Hi! My name is Nathalia  
and I want to be a teacher  
when I grow up!

Nathalia is a teen girl of Cau-  
casian descent. She is very  
kind and sweet described as  
“easy going” and “one to go  
with the flow.” Nathalia loves  
to go for long walks, play vid-  
eo games on her phone, and  
watch movies. She loves ani-  
mals and enjoys having the re-  
sponsibility of caring for them,  
including walking her foster  
family's dog. Nathalia also likes  
listening to music and singing.  
She already has future aspi-  
rations and would like to be a  
teacher when she grows up.

Nathalia is legally freed for  
adoption and will thrive with a family that is able to give her some one-on-one  
time. Nathalia has stated she would like a family that is patient with her, loves  
her, and plays with her. She would also like a family that is willing to maintain  
contact with her little brother and older siblings. Her social worker is seeking  
a family of any constellation and with or without other children in the home.  
Nathalia would benefit from maintaining contact with her biological siblings  
and foster family.

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The process to adopt a child from foster care requires training, interviews,  
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nect 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 Adop-  
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# Bay Path Practical Nursing Team walks to raise money for AFSP



NATICK — The Bay Path Practical Nursing Academy Team participated in 2021 Out of the Darkness Experience, a walk joining Massachusetts together for the American Foundation for Suicide Prevention (AFSP). Team leader Elizabeth Larson was joined by team members Martha Aboagy of Worcester, Eva Sappor of Worcester, Evalyne Njoroge of Southbridge, Sarah Garcia of Charlton, Jane Miru of Southbridge, Gearlyn Wetherbee of Charlton, Marites Sklarz of Southbridge, and Felisters Mburu of Shrewsbury.

According to Michele Lee, Associate Area Director (MA) and Area Director (RI) for AFSP, “mental health and suicide prevention are now a top

priority for many individuals, businesses, organizations, and communities. The AFSP is committed to offering resources, support, messages, and connection to everyone in need.”

The Bay Path Practical Nursing Academy team raised more than \$800.

“It’s a great cause,” said Larson, who said her focus is to raise awareness for mental health and suicide prevention. Larson is Mental Health First Aid certified. Mental Health Awareness and Mental Health First Aid Training are ongoing advocacies in the practical nursing education community.

About AFSP

The American Foundation for Suicide Prevention is a voluntary health organization based in New York City, with

a public policy office based in Washington, D.C., and local chapters in all 50 states in the United States. The organization’s stated mission is to “save lives and bring hope to those affected by suicide.” For more information, visit [www.afsp.org](http://www.afsp.org).

About Bay Path Practical Nursing Academy: Bay Path Practical Nursing is a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. For more information, visit [www.baypath.net](http://www.baypath.net).

## It’s time again for Trunk or Treat!!

SOUTHBRIDGE — It’s that time of year again when the Quinebaug Masonic Lodge Community Outreach Program holds one of its annual events. Children and adults alike dress up in their costumes to retrieve candy and treats from rows of cars all decorated for Halloween

in the parking lot of Quinebaug Masonic Lodge in Southbridge. This event will be on Saturday, Oct. 30 from noon to 5 p.m. at 339 Ashland Ave. in Southbridge. Come experience the excitement of the kids running to each vehicle and the passing cars beeping their horns

as they drive by. Many lodge members and volunteer students from Nichols College offer their time and resource to put on this event for the kids in the surrounding communities. So come one come all to event sponsored by the Freemasons of Southbridge.



Photo Courtesy

Children and adults dressed up for Halloween at the Quinebaug Lodge parking lot Trunk or Treat event back in 2019.

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