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# Auburn tops Leicester for Tarentino Cup



Photos courtesy Mark Seliger, markseliger.smugmug.com

Auburn's Mike Nadeau hauls in a pass versus Leicester.

BY DEAN P. ST. LAURENT SPORTS CORRESPONDENT

LEICESTER — The inaugural Tarentino Cup Thanksgiving Day football game was one for the books.

The clash between Auburn and Leicester High, two top high school football programs in Central Mass., did not disappoint. The newfound holiday tradition set a high bar for meetings to come in the future.

The contest went back and forth and offense was not at a premium. The outcome was not decided until the last play of the game. With just 10 ticks left on the game clock, Leicester's offense set up for one last play at Auburn's 46-yard line.

Senior quarterback Mike Mero corralled the shotgun snap, rolled to the right avoiding pressure, and launched a catchable ball into the end zone intended for fellow senior Luke Clay. Unfortunately for the Wolverines, opposing Auburn senior Mike Nadeau played it perfectly and caught his second interception of the game to clinch the 34-31 win for the Rockets.

"Ten seconds left, I knew Mike Mero, I

knew him growing up. I know he has a strong arm," expressed Nadeau. "I cheated backward and I saw it, went up for the ball, and landed into the end zone. The clock hit zero and it just felt amazing.'

Nadeau also caught the game-winning touchdown for the Rockets midway through the fourth quarter on a crucial fourth-and-8 play from Leicester's 14-yard line. The Rockets were able to start with great field position trailing 31-28 following a Leicester touchdown drive early in the fourth quarter due to a big kick return by senior running back Nate Jette.

The Rockets set up from the Wolverine 42-yard line and put the pressure on right away with a strong run game. Five plays later Auburn had first-and-10 from the opposing 16-yard line. In what looked like an easy scoring drive, the Leicester defense stepped up and played swarming defense letting up just two yards on three plays forcing the fourth-and-8.

participation.

Please Read TARENTINO, page A15

### Newly passed bill aims at mental healthcare reform

BY KEVIN FLANDERS

REGION - The statewide push to improve mental health treatment received significant momentum with last month's passage of a bill by the State Senate.

Titled "Mental Health ABC Act: Addressing Barriers to Care," the legislation is aimed at reforming mental healthcare across the state and increasing access to treatment options.

The bill passed unanimously in the Senate late last month. It will now move on for review by the Massachusetts House.

"Mental health is as critical as physical health, and this bill continues an important process of how mental health services are delivered, helping to remove the stigma with a major leap forward in making sure people can access the mental healthcare they need and deserve," said Sen. Anne Gobi, of Spencer.

Already a major challenge in recent years, mental health struggles have been exacerbated during the pandemic. Isolation, employment loss, remote learning issues, mask mandates, and COVID-19 apprehension have all contributed to increased anxiety and mental health challenges for people of all ages.

If the new bill receives final approval, residents would have expanded options to receive mental health treatment. This

includes eligibility for residents to receive an annual mental health exam covered by their insurance provider.

The bill also requires all insurance carriers to use one standard credentialing form healthcare providers. Additionally, the legislation calls for a quicker turnaround time for approval of a completed credentialing request. Officials said these new requirements will benefit patients, providers, and healthcare systems.

"This legislation is the first step toward putting the Commonwealth on a pathway to developing a more integrated system of mental healthcare delivery," read a statement released by Senator Cindy Friedman. "The Mental Health ABC Act removes barriers to timely quality care, provides the state with more effective tools to enforce existing mental health parity laws, and invests in the mental and behavioral health workforce pipeline."

To that end, the bill authorizes a pilot program through the Department of Higher Education, in consultation with the Department of Mental Health. The program is aimed at creating a workforce pipeline to encourage and support individuals from diverse backgrounds to work toward careers in mental health.

"With this initiative, we

Please Read BILL, page A6

### Bay Path Nursing students participate in Shepherd Hill's Festival of Crafts

29th Annual Shepherd Hill's Festival of Crafts was held at the Shepherd Hill Regional High School. Along with more than 125 New England Crafters and Artisans with top-quality handcrafted items, raffles and food trucks, the Bay Path Practical Nursing Academy Class of 2022 participated. Professor Sarah Watson, MSN Ed, RN of Worcester led the volunteer practical nursing

students with Blood pressure and Finger Stick Blood Sugar screenings.

"It's a wonderful opportunity for the students," said Watson. "I am glad to be join-ing Shepherd Hill's Festival

Watson led a group of student volunteers in the past but have missed the event last year due to the pandemic. Suzanne Taylor, MSN, RN invited Bay Path Practical Nursing

Academy and coordinated the practical nursing student's

"We are grateful that Professor Taylor invited us and continue to give our practical nursing students the opportunity to be of service to the community," stated Gretheline Bolandrina, DHA. MSN Ed, RN, CRRN Academy Director at Bay Path Practical

Please Read FESTIVAL, page A6



Photo Courtesy

Rebecca Lorre of Oxford, Felisters Mburu of Shrewsbury, and Evalyne Njoroge of Southbridge volunteers at the Shepherd Hill's Festival of Crafts.

**FULL AND PART-TIME** 

### QCC's nursing program recommended for reaccreditation

WORCESTER — Quinsigamond Community College's Nurse Education Program has been recommended for reaccreditation by the Accreditation Commission for Education in Nursing (ACEN), Inc.

"Reaccreditation is important to our nursing program and to the Central Massachusetts area, particularly since the closing of Becker College's nursing program. To date, we have integrated 54 former Becker students into QCC's nursing program and anticipate 24 will graduate in December and another 15 in May 2022," said QCC President Luis G. Pedraja, Ph.D. "As the country and

our local region continue to experience a nursing shortage, QCC's nursing program is delivering vitally needed healthcare professionals to the workforce pipeline."

QCC's Nurse Education program has been accredited by the ACEN since 1983. The program recently went through a comprehensive reaccreditation process by a team from the ACEN, which resulted in a recommendation for the program to receive an eight-year accreditation. Accreditation is a voluntary process that confirms that a high standard of excellence exists in a program.

"It is always in a student's best interest to seek and enroll in a program that is accredited. It signifies to potential employers that they have been prepared within a program that has established a higher standard of expectations,' said Patricia Creelman, professor of

Nurse Education at QCC. "Additionally, it is important for a graduate to complete an accredited program to facilitate application and acceptance at higher levels of nursing

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# Bay Path LPN on inspiring tales, perseverance, and resilience

CHARLTON — Before 2021 ends, the aphor in Ghana which means memorizinspiring story of Isabella Boateng, LPN of Manchester, Conn., needs to be heard or read. As a novice Licensed Practical Nurse, she did not let the fact that the COVID-19 pandemic could deter her. She plowed through nonetheless.

A perfect proof is her approach to practical nursing education at Bay Path Practical Nursing Academy. She was nominated and elected to two top posts, that of being student representative and as an officer of the UNICEF Club. She was a finalist for the Massachusetts Vocational Association's Post-Secondary Student of the Year Award. She participated in multiple volunteer activities. She did not let COVID become an obstacle to her nursing jour-

According to Boateng, "chew and pour, pass and forget" was a learning strategy she adapted for her primary and secondary education in Ghana. Chew and pour, pass and forget is a met-

ing to pass a test without necessarily understanding the concept. "Because of this experience, math has always been my favorite subject," said Boateng, "give me the formula and I will be your Eratosthenes!" Academic writing required critical thinking and was not incorporated into the curriculum in her early years of education hence writing was not much of a favorite. Boateng added that the "chew and pour, pass and forget" method of learning contributed to multiple failures in her academic journey in the US. "From 2015 to 2018 I had withdrawn from a GED class and dropped out of eight general education classes in two different community colleges," said Boateng. "I did not realize at the time that "chew and pour" was the problem. It was not until Boateng enrolled at Bay Path Practical Nursing Academy, received her first grade of "A" for Medical Terminology then just as quickly scored poorly for her first Fundamentals of Nursing examination. Boateng narrated, "I had no idea that the 3-page, 60-item questions on the Fundamentals of nursing examination would primarily be based on patients' safety translated into what would you do as a nurse? The questions were multiple choice and multiple response forms (in the nursing world, the dreaded select all that apply)." Boateng then realized that she had "chewed" only the key points. Unlike the medical terminology test, fundamentals in nursing required critical thinking and a thorough grasp of the concepts.

Boateng lamented, "Immediately, my sympathetic nervous system (fight or flight mode) was activated; my heart rate elevated, and my palms were sweating. The fear of failure creeping into my mind made matters worse!

Boateng said, "My mind was blank, not even an educated guess could save me, and sure enough as the results came a couple of days later, I had blown it."

Even though she struggled she also thrived. And thrived she did, through her resilience, perseverance, and the encouragement she received.

'One of the things I admired about Bay Path Practical Nursing Academy was the opportunity given to students who failed the 73 percent benchmark to participate on an examination review," said Boateng. "And so, I set up an appointment to meet with the Academy Director, Dr. Bolandrina for a Fundamentals exam review. Upon arrival on campus, I parked my car, made my way to the main entrance, and all the while my heart was beating frantically."

The Practical Nursing Office was a study in contrast.

According to Boateng, "It was cold yet vibrant. Even though it was run by women, it was not expressed in pink and purple."

Turn To **BOATENG** page **A5** 

### TIS THE SEASON TO SHOP LOCAL

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## The benefits of in person holiday shopping



son was unlike any other. The COVID-19 pandemic was still affecting daily life across the globe over the final months of 2020,

The 2020 holiday sea- prompting many families ed in person holiday shopand individuals to alter holiday traditions they'd embraced for decades. That included how people shop. Many people avoid-

ping in 2020. However the successful rollout of various COVID-19 vaccines has made in person shopping safe again.

That's good news for local businesses and great news for shoppers, who may have forgotten just how much they can benefit from shopping in person.

In person shopping is con-Much venient. is made of the convenience of online shopping. And it's undeniable that the ability to shop at all hours of the day and night is convenient. However, in person shopping, especially when shopping for others, is much more convenient than shoppers may realize. When shopping in person, shoppers can get a feel for an item, size it up and even inspect its quality prior purchasing it. That can save shoppers from that disappointing feeling of receiving an item in the mail only to realize it's poorly made or oddly

eventual recipient.

 In person shopping isn't all about shipping. Shipping speed is a significant factor for online shoppers, and that may affect just which gift they give come the holiday season. According to a Dotcom report titled "How Fast Delivery and **Quality Packaging Drives** Customer Loyalty," 87 percent of shoppers surveyed indicated shipping was a key factor when deciding whether to shop with an e-commerce brand again. That's an important consideration, as shoppers may be more inclined to buy an item the opportunity to uncov-

from a retailer simply because **r - - -** of their shipping speed capabilities | and not because the quality I of the item and whether or not it's what they want to give to their loved one. Shopping in person removes shipping from the equation, ensur- I ing gift givers I will give a gift I they truly want to give and not just the one that will

arrive on time. In person shopping allows for

fore unlikely to fit its more accessible browsing. Within minutes of entering a store and walking around, shoppers may see a handful of gifts that will ultimately be great for various people on their lists, even if they had no idea what to get prior to entering. That ability to browse is more difficult when shopping online, especially when buying from online retailers with massive inventories of a range of products. Such sites often require visitors to pick a category to streamline their searches. That's not always easy or enjoyable for shoppers who cherish

er hidden gems or more unique gifts that aren't available all over the internet.

• In person shopping gets shoppers out of the house. Since the onset of the pandemic, people have spent more time than ever within the confines of their homes. The 2021 holiday shopping season provides a great opportunity to get out of the house and disconnect from devices. Shoppers can even do so alongside friends and family members they weren't able to see last holiday season.





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### Greater Worcester Community Foundation names Jim Ayers **President and CEO**



Jim Ayers

WORCESTER — The Greater Worcester Community Foundation is pleased to announce its Board of Directors has voted unanimously to hire Jim Ayres as its new president and CEO. Ayres comes to the Foundation from Strategies for Collaborative Impact and Justice Consulting as its principal consultant and founder. Prior to that, Ayres served as the Vice President of Programs & Strategy for the Community Foundation of Western Massachusetts, the Interim President/ CEO of the United Way of Pioneer Valley. and as the CEO/Executive Director of the United Way of Hampshire County.

"After a thorough search with the Foundation's priorities in mind, Jim emerged as the unanimous choice to lead as the new CEO," said J. Christopher Collins, Chair of the Board. "The Greater Worcester Community Foundation is focused on promoting broader awareness of how philanthropy can offer leadership and support to address critical needs in Worcester and Worcester County. With Jim's history of building community, through gathering voices with a commitment to diversity, equity and inclusion, he has the essential qualifications, energy and expertise to strengthen our organizational leadership and propel this entire organization, and our varied missions, forward."

### Local EXIT Realty affiliated office welcomes new team members

WORCESTER — EXIT Beacon Pointe Realty is pleased to announce that Alaina Quebec and Felix Mensah have ts growing team of dedicated real estate sales professionals.

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"I'm thrilled to be joining the Greater Worcester Community Foundation," said Ayres. "The Foundation is a tremendously important and impressive organization, and I believe this is an exciting point in time for the Foundation, the city and region."

'Over the past decades, I've been fortunate to have worked to build opportunity, improve lives, and strengthen communities through leadership in philanthropy and organizational develop-ment," adds Ayres. "Now working with the amazing communities in Worcester and Worcester County, I'm particularly eager to begin engaging those who've historically been shut out, while keeping the concept of equity front-and-center in our planning, decision-making, and organizational self-reflection."

Ayres will step into the role on January 3, 2022. Former Chair of the Board Carolyn Stempler has served as the Interim CEO of the Foundation for eight months.

'On behalf of the Board of Directors, the Corporators, the staff, the volunteers, and all the communities we serve, we want to thank Carolyn for her exemplary leadership over the past 8 months during this time of leadership transition," said Collins. "Carolyn's commitment, professionalism, and understanding of the Foundation's needs during this time were invaluable and we were so lucky to have her."

'I'm so thankful to have had the opportunity to work with the staff of the Greater Worcester Community Foundation as they've remained resilient through this time of transition," said Stempler. "I am proud of my 13 years of service to the Foundation and look forward to watching the continued efforts as it serves the entire greater Worcester community.'

As President and CEO, Ayres will lead a team of 11 employees and will work closely with GWCF's Board of Directors. Core focus areas for the CEO will include strategic direction, governance, program development, business operations, financial management,

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

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### A Step Ahead Family Child

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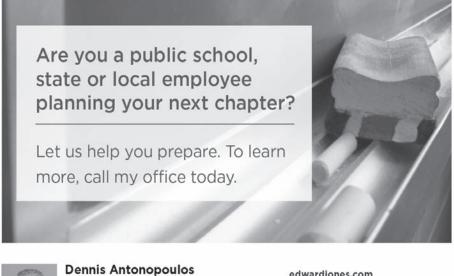
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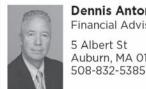
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### Bay Path announces honor roll

CHARLTON — Bay Path Regional Vocational Technical High School has released its honor roll for the first quarter of the 2021-2022 school year.

Grade 12

Honors: Connor High Barton, Justin Barton, Alexia Brawn, Catalina Burden, Dylan Butkus, Diego Canovas, Isabella Capuano, Jackson Chaffee, Stephanie Chege, Anaya Compres, Carter Coughlin, Izabella Coughlin, Marisa DeJesus, Chloe Dexter, Lillian Dolan, Erin Donahue, Marlee Donohoe, Nathan Dreitlein, Lillian Dunkerton, Gensies Gonzalez, Julia Graveson, Cameron Hafner, Nicholas Hunter, Logan Johnson, Cole Komssi, Bethany Lasell, Andrew Leach, Amber Mercon, Jovanni Morales, Olivia Morin, Samuel Murillo, Aidan Oosterman, Angelina Ortiz, Paige Osche, Jayna Schmohl, Ethan Shanbaum, Sarah Simpson, Olivia St. Germain, Scarlet Tarveras, Tupai, Tyler Mackenzie Verrier

Honors: Aidan Adler, Lana Antocci, Adrian-Nicky Antwi. Thomas Becker, Dominic Benvenuti, Jayde Berthiaume, Sadie Bickford, Brian Bonnette, Kylie Bouchard, Havden Bourgeois, Rebecca Boutilette, Patric Campbell, Graham Carbonneau, Adriana Carignan, Tinaya Chauvin, Aiden Chernisky, Yadrial Colon Vega, Chynna Cote, Kaden Cote McGrath, Dylan Cotton, Hailey Cournoyer, Kevin Cunningham, Chad Cutroni, Jack Dalton, Kurtis Davis, Cody Douglas, May Emsiranunt, Johnathon Ferreira, Daniel Gautier, Isabella Gervais, Alex Gilfoy, Amie Grenier, Nathan Gulkin, Ashley Hamel, Julia Higgins, Zachary Hinman, Anthony Hudon, Ivory Morgan, Molly Johnson, Chloe Johnson, Kira Kalwarczyk, Lucas Kaufman, Kempskie, Ryan Kevin Kilcourse, Tiffany King, Jason Kozlowski, Taylor Labrecque, Anthony Lang, Jacob LeBrun, William LeCuyer, Casey Levasseur, Lexie MacDonald, Marguerite MacKenzie, Ian Malone, John Marchetti, Emma Marcotte, Anthony Martins, Brandon Martocci, Alannah Matthews, Madigan McManus, Richard Menard IV, Cadie Miller. Aaron Mitchell. Brayden Nolette, William Ofori, Gabrielle Samuel Parker, Packard, Aaliyah Perez, Ilias Perez, Rachael Plaud, Hunter Pocis, Krystal Quadarella, Lukas Rafferty, Caleb Renaud, Carlos Rosado, Jacqueline Ross, Alex Saad, Sagastilelbelza-Luzyvette Lopez, Zachary Sargent. Kristina Scott, Anthony Seymour, Daniel Sibert, Chloe Sicari-Swinimer, Katrina Somers, Caroline Soucy, Kyra Stevens, Isabella Tanacea. Francheska Toribio-Polanco, Camden Jalissa Torres, Towns, Aaliyah Tremblay Collins, Jared Tucker, Rohan Vaidya, Kyle VanCott, Adriana Vazquez Gonzalez, Yamaira Vega Torres, Mateusz Zych

Principal's List: Princess Angela Agyeman, Makayla Aubin, Thomas Benoit, Brianna Bond, Samantha Brown, Kyle

Burlingame, Andrew Cannon, Jayden Caribo, Nathan Cuff, Brayden Decker, Alyssa Evers, Laura Featherstone, Colin Gagne, Brady Garabedian, Nicholas Gosselin, Joseph Guinard, Declan Johnson, Kailey Jones, Kayleigh Kanz, Wyatt Kelly, Ryan Komssi, Cody LaMonda, Madison Martin, Thomas Martin, John Martinek, Evan O'Malley, Elijah Paddock, Adalius Rivera, Evanie Rodriguez, Roycewicz, Keith John Schramm, Isabella Strzelecki, Kristina Sylwanovicz, Jomar Torres, Aaron Trahan

#### Grade 11

Samuel High Honors: Audunsson, Olivia Beaudette, Chervl Dolson. Brenna Donohue, Elizabeth Dreitlein, Evan Gelineau, Barry Hanson, Emma Hesselton, Samantha Inangelo, Aiden LaFrance, Sydney Lamontagne, Judly Maignan, Erika Melendez, Jaysi Miller, Mackenzie Morrisey, Merissa Murray, Sabrina Rodrigues, Abrahm Routhier, Wyatt Sadusky, Jazlynn Santana, Arminda Simoes, Sawyer Smith, Jonathan Young

Honors: Jake Aho, Lukus Bachand, Sincere Bailey, Haven Banks, Cauy Beaver, Quinn Beck, Alexander Besaw, Benjamin Besaw, Constantine Billis, Samuel Boria, Emma Boulet, John Boyle, Aleana Brayton, Dennis Brunelle, Miranda Burden, Matthew Casati, Daniel Chaffee, Michael Chansignavong, Isabella Coleman, Makayla Collins, Abraham Colon, Anthony Comforti, Libby Condrate, Ryan Couture, Edgardo Cruz-Merced, Ryan Davis, Cam'Ron Desrosiers, Ronald Desrosiers, Ty Dupuis, Zachary Finizza, Jayden Flanders, Alexis Fleck, Evan Frost, Casey Gallagher, Aiden Gelardi, Emily Gelineau, Noah Gilspin, Adrian Gonzalez, Osiris Gonazlez, Devon Goulet, John Guerin, Julius Guillen, Lauren Hennessy, Luke Hill, Tatyanna Johnny, Grace Jones, Summer Jordan, Angelica Joubert, Matthew Kallgren, Marissa Keefe, Hunter Kelley, Nakia L'Ecuyer, Anna L'Esperance, James LeProhon, Ayden Letourneau, Gianaleze Lopez, Yamilisha Machado, Michael Mallette, Matthew Marchetti, Matthew Marshall, Connor McCarthy, Dylan McDonald, Rachel McMenemy, Jayme Melanson, Trinity Mercier, Yerilian Miranda-Colon, Dominic Moniz, Stephen Ngaruiya, Jonathan Norman, Jonathan Nussey, Kiyana Perez, Damon Provencal, Jacob Provencher, Timothy Putnam, Jenisey Ramos, Rozlyn Robillard, Nolan Sharry, Terry Simon, Ronin Simone, Lucas Soloperto, Naomi Soriano, Emma St. Francis, Evan St. Cyr, Damion Szafarowicz, Alexzander Tetreault, Brayden Thomas, Therrien, Jacob Patrick Tierney, Walfry Torres-Rodriguez, Lucas Welton, Emily Westwell, Jacob Wilga,

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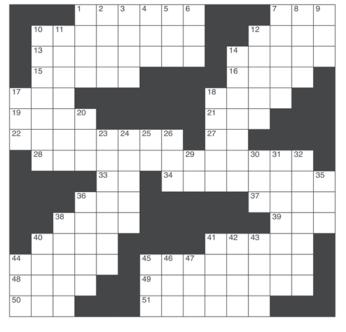
Marquez, Jaime Marrero, Kyle Moody, Dylan Morrison Ilvonen, Cameron Nolette, Gabrielle Oikle, Machaen Pacheco, Amelia Peterson, Georgios Pirperis, Patrick Prudhomme, Emma Rannikko, Katelynn Richard, Madri Rodriguez-Carpenter, Jonathan Saad, Kieya Santerre, Aaron Stieglitz, Cassandra Trondillo, Wade Wolanski

#### Grade 10

High Honors: Jacob Alden, Sophia Balestracci, Caitlyn Burke, Rachel Carpenter, Olivia C. Carrier, Meredith Clark, Kirsten Congdon, Mariselle Cosme, Dylan DeJesus, Robert Fleck IV, Jenna Gajewski, Ethan Gallant, Greening, Tristan Hanson, Bridget Hast, Derek Hosley, Carly Impey, Abigail Kibaru, Emma Levasseur, Maggie Mullaly, Adrianna Navarro, Kayla Nguyen, Peter Nhan, Noah Okolita, Wendy Ramirez, Catherine Sirard, Jacob Sirard, Adriana Stanley, Victoria Tinsley, Colton Tittle, Jack Ugrinow, Stone Zink, Gabrielle Zopatti

Honors: Aidan Anderson, Jacob Anderson, Kaidra Anderson, Avarie Beauchamp, Alyesia Bellamy, Hailey Benoit, Lindsey Berthiaume, Alex Beshiri, Luke Boliver, Andrew Bousquet, Ryan Bray, Samuel Brill, Vincent Brink, Riley Caruso, Evan Christiano, Jomar Cintron Perez, Yanieris Coldon Vega, Shane Conti, Richard Corriveau, Zachary Cournoyer, Peter Courville, Kyleigh Czechowski, Gabriel Dadah, Daniel Daige, Wyatt Pedro Daoust, Augusto Dasilva, Emma Davidson. Emma DeJong, Jeffrey

Turn To HONOR ROLL page A5



### **CLUES ACROSS**

- 7. Sino-Soviet block (abbr.)
- 10. A Sultan's court
- 12. Maine city 13. Largest living land animal
- 14. Appetizer
- 15. Encounters
- 16. Leader 17. The source of bacon
- 18. Nuclear near reach weapon (abbr.) 19. Celery (Spanish)
- 21. Pie \_ . \_ mode
- 22. Eye disease
- 27. Hello (slang)
- 28. Those in their 80s
- 33. Law enforcement agency (abbr.)
- 34. Business organizations
- 36. Mimic 37. For indicating speed of
- rotation (abbr.)
- 38. Feeling
- 39. Visual way to interact with computers (abbr.)
- 40. "Let It Snow!" songwriter
- 41. Essential oil used as perfume
- 44. Norwegian composer
- 45. Coast
- lang syne, good old days 49. Gland behind the stomach
- 50. Tooth caregiver
- 51. King of Camelot

### **CLUES DOWN**

- 1. N. American indigenous people 25. Of I
- 2. Fascinated by 3. Root of out
- 4. Patti Hearst's captors 5. Atomic #50
- 6. Habitual drunkard 7. Arabic for "peace" 8. Trickery
- 9. One's physique (slang)
- 10. Not quite there 11. Wistfully mournful
- 12. Popular dance 14. Cut of meat
- 17. A way to stand 18. "Gunga Din" screenwriter
- 20. 10th month of the year (abbr.) 46. Body part
- 23. A way of jumping
- 24. Utah town

- - 26. Actress de Armas 29. Silver
  - 30. Play a role 31. Falls
  - 32. Attaches to
  - 35. Japanese title 36. Expressed pleasure
  - 38. Buckets
  - 40. Dirt
  - 41. Hypnotists' group (abbr.) 42. Restaurant drive-\_\_\_
  - 43. Digs up
  - 44. He voices "Olaf"
  - 45. Relaxing place
- 47. Pesky house critter
- ь у и с ח D Я SOLUTION S A B S E C G R I 3 B ОН Ν ∀ Н H A D Τ G U I А Ч I 3 Я A H O A T 3 A G E N C а а SN 0 C T 0 G E N A R 0  $\forall$ A M O H ၁ A ЯТ A PUZZLE  $\forall$ I 9 A ٦ Ι Ь 8 H S M Э  $\forall$ ∃ M M M SI 3 S T N A H 9 3 ٦ ٦  $\forall$ 3 О A ٦ ы А Я 3 T S 3 A 0 S S



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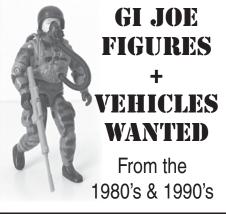
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### ALMANAC

### REAL ESTATE

**AUBURN** 

\$765,000, 855 Oxford St S, Chan, Alexander, and Chan, Cheryl, to Leblanc-Keyes, Ashley, and Keyes, Adam J. \$655,000, 29 Burnap St, Barbosa,

Enio, to Atuquayfio, Benjamin C, and Atuquayfio, Matilda F. \$539,900, 41 Old Cart Rd, Oconnor,

John, and Oconnor, Judy, to Toedt, Justin, and Toedt, Savannah L. \$530,000, 148 Leicester St, Pickoff

Properties LLC, to Henderson, Karen. \$514,000, 28 Pioneer Ln, Richardson, Sharon, and Richardson, Sigismund, to Ullah, Aziz, and Begum, Seema. \$480,000, 19 Laurel St, White, Deborah, to Thompson, Meghan, and

Fierimonte, Anthony. \$470,000, 4 Maria Ave, Vecchio LT, and Vecchio, Michael, to White,

Alissa. \$465,000, 23 Thayer Ave, Rozak, Alexander X, and Rozak, Alyssa H, to

Simonelli, Robert J. \$403,000, 6 Harvard Dr, Pigeon, Paula, to Cannon, Benjamin, and Cannon, Cathleen D.

\$400,000, 18 Waterman Rd, Tranhagno, Joice J, to Nguyen, Cuc T. \$392,500, 4 Munger Dr, George, Matthew, and Hersey, Joanna, to

Hale, Jonathan C, and Hale, Nora E. \$385,000, 11 Grove St, Contes, Sammy, and Contes, Angela M, to Bell, Kevin C, and Trinidad, Yakaira

\$375,000, 25 Wellman St, Kerins, Dominique M, and Kerins, William J, to Dietrich, Andrew, and Bradley, Kate.

\$375,000, 7 Manor Rd, Keyes, Ashley

L, to Hankes, Nicholas T. \$346,000, 3 Magna Vista Dr, Whorton Sharon A Est, and Carney, Jennifer L,

\$325,000, 21 Elmwood St, Harris, Jeromy, and Harris, Jessica, to Harakles, Cassandra.

to Casciolini, Christopher.

\$320,000, 5 Prospect Pkwy, Bertel Edward H Jr Est, and Dodge, Marlene, to Gonyea, Matthew C.

\$310,000, 35 Potter Farm Rd, Kupstas Maryann C Est, and Kupstas, David M, to Turning Point Invs LLC. \$10,000, 4 Burnap Ln, V L& P M Tracy RT 2021, and Tracy, Victor L, to Barbosa, Enio.

continued from page **A2** 

There were candies on the desk, mason jars with printed graduation competencies. Through the doors, transformation happens.

space and great, big dreams.

Boateng stated, "On top of the secretary's computer monitor were colorful tiny wooden turtle souvenirs in bold colors from her travels through Florida and California. In addition, the walls were covered with clipboards and calendars with schedules for lab and exams, highlighted in red, yellow, and green based on priority. The office appeared small for an office that served 31 nursing students. On the left side of the white walls was the school banner in the official school colors of purple and gold. Underneath the banner was a cluster of books and a wall mount of customized numbered 40-pocket large clear shoe organizer used as student mailboxes.'

Boateng describes Bolandrina as "very efficient and a good role model. She had been a nurse for over 30 years and came from a family of educators and nurses. She has a sweet and kind personality.

A Filipino-American who is barely five feet tall, she walks confidently with a stern look, and commanded an audience like a giant! She and her family volunteers and raise funds for many non-profit organizations. Dr. Bolandrina was certainly someone I did not want to disappoint." Boateng realized that the director's role required her to "probe and rectify until a student is molded from a civilian into a nurse.'

According to Boateng, "Behind all this, you could see the kindness in her deep brown eyes, even in her most serious look. It was her words of encouragement during the initial phone call that motivated me to proceed with my application. That day in her office she again encouraged me and reminded me of how far I have come. She told me in her warm and soothing tone, like a mother talking to her child that it all depends on your can-do-spirit."

The simple words touched Boateng's heart and persuaded her to get over her fear of failure and investigate alternative ways to learn. Following examination reviews with Dr. Bolandrina and completing a learning strategy assessment, Boateng's problem was identified

"Completing the learning strategy book, I realized I was a visual learner, an auditory learner, and a kinesthetic learner as well!" said Boateng.

She began incorporating the appropriate learning strategies into her academics.

Boateng completed 45 credits at Bay Path Practical Nursing Academy, graduated in ten months, and passed the NCLEX-PN on her first try.

"I cannot believe all the accomplishments I have attained," she exclaimed. "Now, I appreciate learning new things. I no longer just chew and pour but I comprehend the material being presented and can apply them. I have become a better learner," said Boateng.

The realization has empowered Boateng to go further in her academic progression. She is looking into an associate in nursing degree and hopes to go even further.

"I am confident that I can achieve all that I have set my mind to do. When I told Bay Path Practical Nursing students there's nothing you cannot do if you put your mind to it, I really believe it," Boateng concluded.



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### HONOR ROLL

continued from page A4

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Seymour, Sydney Seymour, Ryan Sinkewich, Gerald Splaine, Ashton Stockenberg, Alan Suklis, Aysha Szafarowicz, Trent Szela, Landon Walker, Ryleigh Warchal, Thomas Wilk, Genesis Williams-Heath, Hailey Williamson, Sebastian Winer, Charlotte Worster

List: Principal's Annalease Arnberg, Alec Borelli, Caroline Borgeson, Samantha Buchanan, Alivia Cannon, Eyan Chase, Brielle Christenson, Petru Cojocaru, Alexia Conrad, LeeAnn Dagnese, Nyasia Delgado, Dylan Dielin, Marissa Dumas, Joseph Fritze, Bradley Graves, Alba Henriquez Baez, Nathan Josey, Madisyn Kozlowski, Abigayle Linde, Albert Luciano, Kai Lukasek, Ryan MacCormack, Tatiana Marin, Marissa Masciarelli, Matteo Mastrototaro, Macaylah Millder, Cole Mitchell, Avelyn O'Brien, Nicholas Pollone, Renard, Harrison Colby Richardson, Margaret Russell, Connor Sentence, Brady Staniunas, Brady Suprenant, Yasmin Tolomio, Cole Vignali, Timothy Natalie Walker. Welch, Korey Wood

Grade 9

High Honors: Brianna Berrios, Kendall Bond, David Boyce, Kendra Brooks, Joshua Chumsae, Mikayla Crocker, Philipe Dasilva, Ryan Dawson, Bryce Dube, Emma Dwyer,

Reyna Gonzalez, Noah Goulet, Matthew Guerin, Keegan Hall, Bryce Hutchinson, Elena Jerez, Leah Johnson, Anya Kittredge, Samuel Lamont, Samantha Landgren, Nathan Lashua, Lillian Maglich, Joseph Mancini, Ayla McGrail, Isabel McLam, Jed McManus, Cheyene Monsen, Jacob Morello, Julian Mucci, Ava Murray, Ashlyn Olejniczak, Maya Ortiz, Dominic Paldino, Raegan Perreault, Willis Perreault, Brad Piekarczyk, Gabriel Prado, Melany Rebeiro, Casey Renaud, Savannah Steiner, Cassandra Tinsley, Manaali Vaidya, Angelica Vega, Alison Welton

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Aysel Silva Nieves,

Ed Simon, Abigayle Simpson, Benjamin Streeter, Zaydyn Wornham, Streeter Sullivan, Aaliyah Szukutak, Kathryn Szretter, Madison Teal, Hailie Tod, Isabella Tolomio, Matthew Twombly, Colin Vaillancourt, Adrian Vitkos, Amelia White, Dayzyah Kaeden Wintzel Neely, Zajkowski-Gonzalez

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# **OBITUARIES**

### Charles J. "Chuck" Houston, Jr., 94

AUBURN - Charles J. "Chuck" Houston, Jr., 94, of Wellesley, and formerly, a longtime Auburn resident, passed away peacefully with his loving family by his side, on Thursday, November 18, 2021 at Waterstone of Wellesley. He was predeceased by his high school sweetheart and beloved wife of 53 years, Mary "Jean" (Halloran) Houston, in 2004.



He leaves his devoted daughters, Mary E. Quinn and her husband Robert, of Quincy, and Kathleen M. Gannon and her husband John, of Auburn; his loving sons, Charles J. Houston, III, of

Nashua, NH, John P. Houston and his wife Katherine Read, of Waban, Richard F. Houston and his wife Anne Hynes, of Harwich, Paul V. Houston and his wife Tracy, of Auburn, and Michael J. Houston and his wife Maude, of Cambridge; fourteen wonderful grandchildren: Kathryn Miller and her husband Edward, Elizabeth Quinn and her husband Jonathan Link, Ellen Quinn and her husband Zachary O'Hara, Charles J. Houston. IV, Shannon Houston and her husband James Wenkert, Abigail Portu and her husband Matthew, Peter Houston and his wife Megan Clayton, Megan Houston and her fiancé Ben Graff, Samuel Houston-Read, Rebecca Houston-Read, Zachary Houston-Read, John Gannon, Mary Gannon, and Thomas Gannon; six adoring

great-grandchildren, John Miller, Henry Wenkert, Caroline Wenkert, Robert O'Hara, Nora Link, and Mary Link; his brother, William Houston and his wife Sandra; his sisters-in-law, Mary Ann Houston, of Spencer, and Joan Houston, of West Tisbury; as well as many nieces and nephews, cousins, and friends, including his breakfast buddies at The Broadway and Culpepper's.

Chuck was also predeceased by his siblings, Robert Houston and his late wife, Beatrice, of Auburn, Benjamin Houston, of Spencer, and Frederick Houston, of West Tisbury; and their parents, Charles J. Houston, Sr. and Ann (Waterhouse) Houston.

Born, raised, and educated in Worcester, Chuck was the oldest of five sons. After battling back from a spinal injury caused by a hunting accident at the age of 14, he graduated in 1946 from South High School, where he was a star pitcher on the baseball team for three seasons. He was named, several times, to Inter-High all-star teams during his remarkable pitching career. Chuck graduated in 1949 with a degree in business, and continued his pitching prowess on the college's baseball team.

An accomplished businessman, Chuck served in leadership positions for over fifty years in his family's company, Industrial Suppliers of Worcester, co-founded by his father on Summer Street in 1946. Chuck, along with his four brothers and many talented and devoted staff, operated the company successfully for decades, expanding the business to include locations in Nashua and Manchester, NH.

In 1990, his son Chuck Houston III assumed ownership and operated it with Paul, and many key long-term staff members. The company expanded throughout New England before it was sold in 1998 to a publicly traded firm.

A member of the Rotary Club of Worcester for over fifty years, Chuck attended weekly meetings into his 90's. He was made a Paul Harris Fellow for his contributions to the club, and he always wore his pin proudly on his lapel. He was the embodiment of the motto of the Rotary Club: "Service before self."

A resident of Auburn, MA for more than 65 years, Chuck often cited the benefits his family had enjoyed from living in the town. In his later years, he visited frequently with friends and neighbors who were frail or homebound, and enjoyed attending his grandchildren's school and sports activities.

Chuck was a founding member and long-time parishioner of North American Martyrs Church in Auburn.

An avid Red Sox fan and season ticket holder, Chuck enjoyed watching games from the family seats. One highlight was the 1999 All- Star game, when Ted Williams made an appearance.

In 1992, he was made an honorary graduate of St. John's High School, Shrewsbury, from which all five of his sons graduated.

Chuck was a life-long learner who read two newspapers daily and followed current events with great interest. He loved to meet new people, and was known for his warmth, charm, kindness, generosity, and gentle wit.

In retirement, he and his wife Jean enjoyed trips to Scotland, Ireland, and Naples, FL. Chuck loved the musicians of the Great American Songbook and the music of Tony Bennett, Johnny Mathis, Erroll Garner, and Nat King

A devoted father who never missed a graduation, wedding, birthday, or family event of any kind, he was greatly loved and admired by his seven children, fourteen grandchildren, and six great grandchildren. He will be remembered with love and missed by all who knew him.

The family would like to recognize the excellent care and kindness of the staff at Waterstone at Wellesley Assisted Living facility and West River Hospice of Needham. In addition, the family wishes to acknowledge with gratitude the wonderful and kind care provided by Ms. Regina Pinckney and Ms. Mary Margaret Nansubuga, who were his devoted guardian angels in the last years of his life.

Funeral services and interment will be private at the family's request. Donations in memory of Chuck may be made to the food pantry at North American Martyrs Church, Kateri's Kitchen, at 8 Wyoma Drive, Auburn, 01501, or to the scholarship program of the Worcester Rotary Club, Rotary Education Fund of Worcester, P.O. Box 3413, Worcester, MA, 01613.

The Britton-Wallace Funeral Home is honored to be assisting with arrangements. www.brittonfuneralhomes.com

### \* \* Friday's Child \* \* \*



Arianna Age 14

#### Hi! My name is Arianna and I love ballet!

Arianna is a sweet and likable girl who likes to dance: she especially loves ballet and participates in ballet recitals every year. She does very well with her peers and is able to build and maintain healthy relationships.

Legally freed for adoption, Arianna would thrive in a family of any constellation, either with or without other children in the home, that is able to provide her with a stable and consistent environment. An ideal family for Arianna will be able to continue the services

she has in place to address her academic and social/emotional needs. Arianna has established a supportive relationship with her maternal aunt, which a family must help maintain after placement

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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

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.



continued from page **A1** 

education."

A reaccreditation is a comprehensive process, in which the nursing program does a self-evaluation to determine compliance with six standards, identified by NCEN. These standards relate to all aspects of Mission and Governance, Faculty, Student, Program Resources, Curriculum and Program Outcome assessment. During a three-day visit to the College, a ACEN team reviewed QCC's program standards, locations, visited with QCC nursing partners and advisory

boards, and conducted interviews with students, faculty and administration.

According to Professor Creelman, while many programs are recommended to receive a full eight-year accreditation after a NCEN team site visit, what was unusual about QCC's recommendation is that there were no areas for improvement identified.

"It is often the practice that, while a program may meet the particular standard, they may also be recommended to improve in particular areas identified by the evaluators. There were none of these recommendations identified," she

said. "The team was most impressed by the comprehensiveness of our preparation, the enthusiastic student body, and the extensive resources available to the program as provided by the College."

The ACEN Board of Commissioners make a final reaccreditation determination in Spring of 2022.

To learn more about QCC's Nurse Education program, visit QCC.edu/ nursing.

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

### **FESTIVAL**

continued from page A1

Nursing Academy.

The Shepherd Hill's Festival of Crafts is an annual event promoted by the Shepherd Hill Music Parents. Students from the music department sang and assisted with bringing food. The Shepherd Hill's Festival of Crafts has nearly 5,000 people attending annually. The celebration highlights the community. Vendors are looking forward to next year's celebration. For more about the Shepherd Hill's Festival of Crafts, visit: https://www.facebook.com/shepherdhillfestivalofcrafts/

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

### BILL

continued from page **A1** 

hope to send a message to young people that this is valued and important work," Sen. Friedman's statement read.

Additionally, the bill requires emergency departments to have the capacity at all times to evaluate and stabilize patients admitted with mental health challenges-or to refer them to

appropriate treatment channels or inpatient admission. The bill also directs the Department of Public Health to issue regulations for an expedited process for individuals under 22 years old.

Moreover, the bill requires commercial insurance carriers to cover community-based services for individuals experiencing a psychiatric emergency. Currently, these services are only

funded by MassHealth.

Finally, the bill directs Department of Mental Health to consider factors that may present barriers to care - such as travel distance and access to transportation – when contracting for services in geographically isolated and rural communities.

To learn more about the bill, visit www.mass.

### **LEGALS**

#### **NOTICE OF MORTGAGEE'S SALE** OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by William Leary and Susan Leary, to Mortgage Electronic Registration Systems, Inc., as nominee for Sherwood Mortgage Group, Inc., dated June 28, 2006, and recorded with the Worcester County (Worcester District) Registry of Deeds in Book 39318, Page 205, of which mortgage the undersigned is the present holder by assignment from Mortgage Electronic Registration Systems, Inc., to GMAC Mortgage, LLC, dated September 16, 2009, recorded with the Worcester County (Worcester District) Registry of Deeds in Book 44969, Page 302; by assignment from GMAC Mortgage, LLC, to Green Tree Servicing LLC, dated August 19, 2013, recorded with the Worcester County (Worcester District) Registry of Deeds in Book 51414, Page 271; by assignment from Ditech Financial LLC f/k/a Green Tree Servicing LLC, to MTGLQ Investors, LP, dat-

ed September 4, 2018, recorded with the Worcester County (Worcester District) Registry of Deeds in Book 59353, Page 321; by assignment from MTGLQ Investors, LP, to U.S. Bank Trust National Association, as Trustee of the Chalet Series III Trust, dated January 7, 2019, recorded with the Worcester County (Worcester District) Registry of Deeds in Book 60066, Page 212; and by an assignment from U.S. Bank Trust National Association as Trustee of the Chalet Series III Trust to U.S. Bank Trust National Association, as Trustee of the Cabana Series III Trust, dated March 7, 2019, recorded with the Worcester County (Worcester District) Registry of Deeds in Book 60172, Page 306, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 10:00 A.M. on the 21st day of December 2021, at 853 Oxford Street, Auburn, MA 01501, all and singular the premises described in said mortgage,

The land in Auburn with the buildings with the improvements thereon shown as Lot 6 on a plan "Survey Plan Drawn by Bertin Engineering Associates, Inc. dated October 23, 2003 and recorded with the Worcester District Registry of Deeds Plan Book 806. Plan 44.

The above-referenced Parcel is part of the land described in deeds dated April 27, 1954 recorded with the Worcester District Registry of Deeds Book 3625 page 519 and dated OCtober 11, 1954 recorded in the Worcester District Registry of Deeds Book 3861 page 593. For title see deed in book 35207, page

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# PINION/COMMENTARY



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Frank G. Chilinski STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE

# What's your story?

It's holiday party season, and for most of us that, is a good thing. We get together with friends and family, enjoy some eggnog and a plethora of our favorite appetizers. However, we do know that oftentimes, we are invited by our significant others to attend a work soiree or we are attending one ourselves. Being in a room where you only know one or a few people could seem like a daunting task for our introverted readers, but have no fear — we have ways for you to have memorable conversations that you may end up actually enjoying.

Instead of discussing the weather or asking the mundane questions such as 'Where are you from?' why not simply ask, 'What's your story?' Other conversation starters include, 'How do you know the host?' 'What was the highlight of your week?' or 'Are you working on

anything exciting?

If you're shy or feeling a bit awkward, you can keep the conversation going by talking about the food being served or the venue where the event is taking place. Asking a person what they have tried so far, and how they liked it is an easy conversation starter. If you research the history of a place, you can always begin with the 'Did you know?' questions. We know everyone loves a good history story and bits of local

If the person you are speaking with is from the area, ask them what they do for entertainment in town, including where and what their favorite restaurants are. Looking up recent sports standings is never a bad idea, even if you don't particularly care for sports. This way when you nod and smile, you can have some

confidence in knowing that you are at least somewhat in the loop. If you've bumped into a fellow skier, discussing snow conditions and ski hills is an easy topic. Look up a recent odd news story that is interesting and humorous, that way during a lull, you can say, 'So, I was reading about a man who appeared before a Dutch court and requested that he legally be made 20 years younger.'

(Yes, that actually happened; if we see you at a holiday bash, we will fill you Most conversations remain on the

surface which is appropriate when you don't really know someone. However, if you feel comfortable and are enjoying the conversation don't be afraid to go a bit bolder. Generally, most people like to talk about themselves, not necessarily for selfish reasons, but who doesn't want to be known and appreciated? We all have unique personalities that are worth sharing.

Such questions that go beneath the surface may include, 'What is your biggest fear?' 'When you were growing up, what was your dream job?' 'Have you been to any interesting places lately?' 'Have you learned anything this week, that you weren't aware of last week?'

The easiest thing to do while in conversation this month is to ask how a person celebrates the holidays. Asking about traditions and the best holiday a person has ever had brings up fond memories and positive energy.

These questions tend to snowball naturally and voila a solid, meaningful conversation has been had and you could even make a new comrade along the

### **LETTERS**

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We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print. If you want to write a bit longer about a particu-

lar issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words. Remember, libelous remarks and/or personal

attacks are a no-no and could lead to your letter not being published. So, what are you waiting for? Start writing!

### Latest antique and collectibles news

I hope everyone had a happy a rare jade figure in a New York auc-Thanksgiving and is enjoying the start of the holiday season. There have been many antiques, collectibles and auction related news reports since my last recap over a month ago, so it's time to get

In local news, our recent Webster

auction of Corvettes, boats, car parts and estate items was very successful. A 1962 Corvette brought the highest amount at \$30,000.

In global news, Reuters reports that a rare manuscript by Albert Einstein recently sold at auction. The 54-page manual was written by Einstein and Swiss physicist Michele Besso, who was Einstein's close friend and academic partner. According to Reuters, the manuscript offered insights on Einstein's theory of relativity "that laid the groundwork for modern cosmology and technology such as GPS navigation." The document was

created by the pair between 1913 and 1914 and Einstein's theory of relativity was published in 1915. Documents by Einstein from before 1919 are considered very rare. The pre-auction estimate was 2 to 3 million euros. It sold for 11.7 million euros (\$13.17 million U.S.).

Elsewhere, the holidays just got a little brighter for a fan of the movie "Elf." The outfit Will Ferrell wore while playing Buddy the Elf just sold at an auction along with over 1,000 additional pieces of Hollywood memorabilia. The Buddy costume had an auction estimate of between for that sale. \$27,600 and \$41,000. An unidentified buyer it sold for nearly \$300,000. The volleyball from the Tom Hanks movie "Cast Away" sold for even more at \$388,750.

Another recent article tells the story of a London-based dealer who spotted

tion, as reported by England's Daily Mail. In his 2005 book, Geoffrey Munn wrote about Fabergé dealers Wartski. One of the objects he discussed was a

> jade T-Rex dinosaur created by Carl Fabergé. The piece is believed to have been created for Russian Emperor Nicholas II. Munn and other experts believed that the carving was lost forever until Munn recently spotted it for sale at a New York auction house. Prior to going to auction, the piece had been on display in a local family's cabinet for 40 years. It's believed that a child who played with it broke and lost two arms on the dinosaur. Despite the damage, the T-Rex surged past the \$800 to \$1,200 estimate to sell forover \$81,000. Experts think that without damaged arms it could have brought over \$300,000. I'm

happy to learn that the dinosaur that went missing for all of this time wasn't

We are currently cataloging the next model railroad, die-cast cars and models auction which go live this month. We are also currently accepting consignments of higher value antiques and collectibles for our next multi-estate auction. Sterling silver, gold jewelry, coins, antique paintings, old comic books, baseball cards and advertising items are just some of the items we are accepting on consignment

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COLLECTIBLES & ESTATES WAYNE TUISKULA

### Baking Spices Review

With the holidays around the corner, the focus turns to homemade pies, cookies and other comfort food confections that conjure up fond holiday memories. One of the simple pleasures of churning out home baked goods this time of year is the unmistakable aroma

of such spices as cinnamon, nutmeg and ginger. Thus, each year at this time I review an array of holiday spices that can benefit your health as well as your taste buds. Read on for some unconventional ways to spice up your life as well as a guide to storing spices.

Note: Do not ingest spices as home remedies without proper medical supervision. Life threatening allergies, overdoses, and side effects can occur.

Nutmeg: Often sprinkled in a holiday eggnog or added to a meat pie, the nutmeg spice jar does duty beyond the kitchen cupboard, from clearing a complexion to

promoting sweet slumber. According to the Encyclopedia of Healing Foods, a little nutmeg added to a glass of warm milk can lull you off to sleep in record time.

Nutmeg has also been hailed for its anti inflammatory properties, which makes it a powerful weapon in battling blemishes. To zap a zit, make a paste of ground nutmeg and milk, and apply to pimple to reduce redness and swelling.

Cinnamon: Move over cinnamon toast and apple pie, the spice has a higher calling. Ever since a study published in the journal Diabetes Care found half a teaspoon of cinnamon daily could be helpful in reducing blood sugar levels in people with type 2 diabetes, cinnamon has been touted as an additional dietary supplement along with conventional medications to fight the disease.

The study also revealed the spice reduced triglyceride, LDL cholesterol, and total cholesterol levels among the same test group.

Want more? Research Copenhagen University showed a significant relief in arthritis pain when patients were given half a teaspoon of cinnamon powder combined with one tablespoon of honey every morning

for a week.

TAKE

THE

HINT

**KAREN** 

**TRAINOR** 

And another study found that the mere act of smelling the spice can boosts cognitive function and memory!

Cinnamon FYI: Microbiologists at Kansas State University found that adding small amounts of cinnamon to samples of apple juice contaminated with E. coli bug killed most of the bacteria. Just one teaspoon of cinnamon killed 99.5 percent of the bacteria after three days at room temperature.

Ginger: Ginger bread and ginger snaps are familiar holiday treats, but did you know ginger has long been hailed for its power to tame a tummy ache? It's also a well known home remedy to treat motion and sea sickness. In fact, in one study, ginger was shown to be superior to a commonly used over-the-counter and prescription drug for motion sickness. reducing dizziness, nausea, vomiting, and cold sweats.

It's also claimed that ginger can aid in relieving arthritis and sciatica pain.

A simple Ginger tea is made by steeping one or two half inch slices of fresh ginger in a cup of hot water. Or add 1/8 teaspoon ground ginger powder too three cups of boiling water and let steep for a few minutes.

Or, some people simply eat several pieces of crystallized ginger to help relieve joint and nerve pain.

Allspice: Christmas pudding, mincemeat and pumpkin pies all benefit from

Turn To TRAINOR page A9

### Managing your retirement plan under a new employer

Your employer-sponsored retirement plan is a valuable asset. But sometimes things happen that can affect the status of your plan. So, for example, if you work for a hospital that changes ownership, and you have been participating in a 403(b), 457(b) or 401(k) retirement plan, what should you do with it

Basically, you have four options: Cash out your plan



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plan and take the money, but you'll have to pay taxes on it, and possibly penalties as well. So, unless you really need the funds and you have no other alternative, you may want to avoid liquidating your account.

You can simply cash out your

Roll account into your new employer's plan

If it's allowed, you can roll over your old 403(b), 457(b) or 401(k) plan into your new employer's plan. Before making this move, you'll want to look at the new plan's investment options (which should be numerous) and fees (which should be low). If you move the money directly to the new plan, you won't be taxed at the time of the transfer, and your funds can continue to grow tax-de-

Leave your plan with your old employer

If your account balance is above a certain level, you may be able to leave your plan with your old employer's plan administrator. You won't be able to contribute any more money to the plan, but if you like the investment options you've chosen, keeping the money in your old plan might be a viable choice.

Move your account into a traditional IRA

One possible advantage to moving your 403(b), 457(b) or 401(k) into a traditional IRA is you'll open up a world of new investment options, because you can fund your IRA with virtually any type of vehicle, includcertificates of deposit (CDs) and exchange-traded funds. And if you already have a traditional IRA, you can combine the new funds with the old ones, making it easier to track your holdings. As is the case with leaving your money in your old employer's plan or transferring it to a new plan, you'll continue to benefit from tax-deferred growth. Keep in mind, though, that IRAs have costs, too, possibly including transaction costs to buy or sell new investments. (One more thing to keep in mind: When you want to move a retirement plan to an IRA, you may want to make a direct rollover, so the old plan's administrator moves the money directly into the IRA, allowing you to avoid immediate taxes. If you were to make an indirect rollover, you'd get the money yourself, but your old employer would have to deduct 20 percent for federal taxes, and you'd have to deposit the entire balance, including the withholding, into your

IRA within 60 days.) Which of these choices is best for you? There's no one "right" answer for everyone. You'll want to consider all the options and possibly consult with your tax advisor and financial professional. But do all you can to protect your retirement plan - you've worked hard to build it, and you'll need to rely on it to help you pay for your years as a retiree.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardiones.com.



### Shotgun deer season kicks off

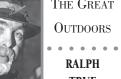
Massachusetts' shotgun deer season opened less-than-ideal conditions! The deer herd in Massachusetts is at an all-time high. All deer must be checked in at authorized deer station for the first week only. When harvesting a deer, and it is processed

THE GREAT RALPH TRUE

by a butcher shop, or it is processed by an experienced meat cutter, it should provide hunters with plenty of venison for the freezer.

The Blackstone Valley has a huge population of deer today, but it was not always that way. Hundreds of deer hunters made the journey to Petersham and Hardwick, to mention a couple. Once you hit Worcester, it held a caravan of deer hunters heading to some of their favorite towns to hunt in the early morning hours. Most diners and breakfast shops along the way were packed with deer hunters. We were called flatlanders by the locals up there.

We all share the memories of the earlier days, but it is nice not to travel the sometimes two-hour journey to hunt deer. With gas prices soaring, a trip to the above-mentioned towns could cost many a tank of gas. Back in the day, gas was as low as 10 cents a gallon, and



rose to a huge price of 25 cents in the '70's and

'80s. My favorite gas station was at the former Whitin Machine Works garage next to the fire station on Main street.

you are lucky enough to harvest a trophy buck, you need to take special care of the

deer skin, if you are planning to have it mounted. If the taxidermist that you chose is extremely busy with other customers' deer pelts, you may need to store it in your chest freezer until he has room for yours. Choosing the right taxidermist for the job is extremely important. Ask for references and work that he has done in the last few years.

Other questions to ask for is the final price, and how long it will take to get your mount back. You should get it in writing! In past years, some hunters ended up waiting a few years before receiving their finished mounts, and some actually ended up waiting even longer. Some were disgusted with the long wait sending it to another taxidermist, resulting in another year or two to have their deer mount finished. You need to do your homework. The cost to get a good job done for your trophy buck could cost upwards of \$500. Never ever pay the taxidermist in full until you receive your mount. You will need to pay a deposit at the time that you drop off your deer head and pelt.

Black bear season in the valley opened this past Monday, Nov. 29, and will run till Dec. 11. With all of the numerous bear sightings in the valley, many deer hunters have purchased a bear permit from the state at a cost of \$5.

Mass. Fish & Wildlife has a new updated site to log onto, which started Dec. 1. You will also notice the hike in license fees and permits for next year. Most permits and stamps have increased from \$5 to \$10, and will automatically increase \$5 for the remaining four years.

Wallum Lake continues to provide some nice trout for shore line anglers, and those that have not put their boats away for the season. One local angler fished from his boat on Wallum Lake last week and caught a couple of 18-inch brown trout while trolling a shiner on one of his trout rigs. Anglers fishing from shore are also doing well, catching numerous rainbow trout. Ice fishing anglers are hopeful that there will be some good ice fishing this year, but you may need to go North if you want a good season. Global warming of planet earth has changed our lives forever, when it comes to outdoor activities in



Photo Courtesy

This week's photo shows a deer with awesome antlers, taken in Massachusetts a few years ago, which was displayed in the Big - E sportsmen's show. Amazing!

Take A Kid Fishing & Keep Them Rods Bending!



GARDEN Moments MELINDA **MYERS** 

Add a small-scale living evergreen to your holiday celebrations. Consider one that is suitable for growing indoors so you can enjoy it throughout the year.

The Lemon Cypress makes a great miniature holiday tree, centerpiece, or gift for a friend. The fragrant chartreuse foliage of this dwarf evergreen continues to brighten your winter décor long after the holidays are over. You can find them as topiaries or in their more natural pyramidal form.

Grow them in a sunny window and turn the plants occasionally to ensure all parts receive equal sunlight and grow evenly. You'll have the best results if you keep your plant in a cool location free of cold and hot air drafts.

Water your mini holiday tree whenever the top few inches of soil are dry. Wait until spring when plants begin to actively grow and need a nutrient boost before applying fertilizer.

The Norfolk Island pine has long been a favorite of indoor gardeners. Its pinelike appearance makes it a great holi-

# Three indoor trees for the holidays

day tree. Add a bit of garland and a few small ornaments for a festive effect.

Grow this plant in a cool, well-lit location free of drafts of hot and cold air. Avoid dry air and soil to keep the needles and branches green, flexible, and healthy. Water thoroughly whenever the soil is just slightly moist. Boost the humidity around this and other plants with a gravel tray. Place pebbles and water in the saucer. Set the pot on the pebbles above the water. As the water evaporates, it increases the humidity around the plant.

Switch out the ornaments when celebrating other holidays. Use hearts for Valentine's Day, eggs for Easter and orange lights for Halloween.

Rosemary wreath and tree topiaries are festive as well as fragrant and edible. Give the leaves a pet to enjoy the fragrance and lift your spirits. Or pluck a sprig to add welcome flavor to your winter meals and beverages.

Rosemary was as popular a Christmas plant as mistletoe and holly until the 20th Century. It's not clear why this plant fell out of favor, but it is growing in popularity as a holiday plant. You can find it in many garden centers and

Norfolk Island pine makes a great indoor holiday tree especially when combined with holiday plants or decorated with garland and small ornaments.

florists this time of year.

Rosemary represents love and remembrance, a great sentiment to share during the holidays. Growing Rosemary indoors can be challenging. Don't let past failures stop you from trying. Just keep experimenting until you find the location and maintenance routine that keeps your Rosemary thriving. If the plant turns brown, move it out of sight to the back of your indoor garden. It still smells good when you give it a pet and no one, but you will know.

Change things up this season with the addition of one or more of these indoor evergreen trees. They are sure to brighten your spirits and holiday décor.

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-syndi-



cated 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

the addition of allspice, but did you know your health can too?

Allspice is famous for its ability to relieve muscle aches and pains when applied topically. To make an allspice poultice, mix ground allspice with water to form a thick paste. Apply it to the body, cover with gauze and relax for 15 to 20 minutes.

Sipping tea made from the spice can also be helpful in relieving menstrual cramps and headaches.

Allspice berries can also be used to temporarily relieve toothache pain. Simply chew one allspice berry for quick relief.

More kitchen cupboard Rx:

Soothe a Sore Throat: To relieve a sore throat, squeeze one half fresh lemon into one half cup warm water. Mix one tablespoon of salt and one quarter teaspoon of cayenne pepper. Gargle with the mixture three times per day until pain is relieved. Do not swallow this mixture.

This remedy, attributed to Dr. Jane Guiltinan, chief medical officer at John Bastyr University Natural Health Clinic in Seattle, is said to also relieve coughs and fight viral infections.

Time to Cure Cough: Did you know Thyme may help reduce coughing due to a cold? Make up thyme tea by adding a teaspoon of crushed thyme to one half cup of boiling water. Allow to steep for ten minutes, then strain and sip. As a bonus studies suggest that thyme can help maintain brain function and promote heart health.

Halt a Headache: Cayenne pepper is a proven pain reliever, especially for headaches. It is said cayenne dilates blood vessels to improve circulation. Before you reach for a pain killer, you might want to try this: Mix one half teaspoon cayenne pepper in six ounces of water and drink slowly.

Cut Congestion: For generations, cayenne has been used as a remedy to clear a head cold and relieve congestion and sinus pain. All it takes is a dash or two of cayenne powder in a cup of hot tea (preferably with honey and lemon) to do the trick!

All of us likely have some aging spices in the back of the pantry shelf. To use or not to use, that is the question! For some specific guidance on when spices expire, here is a round-up of expiration dates of common spices, courtesy of wideopeneats.com: Allspice: Ground and dried allspice

lasts about two to three years.

Basil: Fresh basil lasts about five to seven days, while ground and dried lasts about two to three years.

Bay leaves: Fresh bay leaves last about five to seven days, while ground and dried bay leaves last about two to three years.

Black pepper: Ground and dried black pepper last for about two to three years, while whole peppercorns last about five to six years.

Cayenne pepper: Fresh cayenne lasts about five to seven days, while ground cayenne pepper lasts about two to three years. Like paprika, cayenne pepper will last longer in the refrigerator, though it's not required.

Chili powder: Ground chili powder lasts about two to three years.

Cilantro: Fresh cilantro lasts about five to seven days, while ground and dried lasts about two to three years.

Cinnamon: Ground and dried cinnamon last about two to three years.

Cloves: Fresh cloves last about five to seven days, while ground and dried cloves last for two to three years. Whole cloves last four to five years.

Coriander: Ground and dried coriander lasts for two to three years.

Cream of Tartar: Ground and dried cream of tartar last about two to three

Cumin: Ground cumin lasts about two to three years.

Dill: Fresh dill lasts about five to seven days, while ground dill lasts about two to three years.

Garlic: Fresh garlic lasts for four to

six months, while ground and dried garlic each last about two to three years.

Italian Seasoning: Ground and dried three years. Jalapeños: Fresh jalapeños last for

about five to seven days, while ground and dried will last about two to three

Mint: Fresh mint lasts about seven to 10 days, while ground and dried mint last for about one to three years.

Mustard: Fresh mustard, not the condiment, lasts for about five to seven days. Ground and dried mustard, on the other hand, lasts for about two to three years.

Nutmeg: Ground and dried nutmeg last for about two to three years.

Onions: Fresh onions last for about five to seven days, while dried and ground onion powder lasts for about two to three years.

Oregano: Fresh oregano lasts about five to seven days, while ground and dried oregano last about two to three

Paprika: Dried and ground paprika

last about two to three years. Parsley: Fresh parsley will last about five to seven days, while ground and

dried will last about two to three years. Pumpkin Pie Spice: Ground pumpkin pie spice will last about two to three

Rosemary: Fresh rosemary will last about 10 to 14 days in the refrigerator, while dried and ground rosemary will last about one to three years.

Sage: Fresh sage will keep about 10 to 14 days in the refrigerator, while dried sage leaves will last about one to three years. Ground sage will last about three to four years.

Salt: Table salt keeps indefinitely, just

like kosher salt and sea salt.

Steak Seasoning: Bottled or bulk steak seasoning will last about one to two years.

Taco Seasoning: Packets of taco seasoning will last about two to three years.

Thyme: Fresh thyme will last about 10 to 14 days in the refrigerator, while ground and dried thyme will last about three to four years.

Turmeric: Ground turmeric will last about three to four years.

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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# Seasons Greetings - Happy Holidays







WEBSTER - 20 Scenic Ave! Views WEBSTER LAKE - 11 Bay View Rd! One of the Lake's Premier Properties! 9.822' of Real Nice Set on .68 Acres of Park Like Grounds with 297' Waterfront! Over \$4 Million Spent! Nothing was Spared! 18 Spacious Rooms! 5 Water View Bedrooms, 4 with their Own Bathrooms! 5.5 Bathrooms Total! Brazilian Cherry Hardwood Floors, Grand & Spiral Stairways! Elevator from the Ground Floor up 3 to the Master Suite! In-door Resistance Swimming Pool, Hot Tub & Bathroom with Steam Shower just of Webster Lake! 7 Rm Colonial! off the Mirrored Exercise Room! Billiard Room! Media Room with Custom Cabinetry & Wet Bar! Fantastic Center Island Granite Kitchen with Viking Gas Range, Sub-Zero Refrigerator, 16' Butler's Pantry & Breakfast Bar! Open Floor Plan! Dining Area, Family Room with Cherry Entertainment Center & Wet Bar! Open Formal Dining Pine Flooring, Hearth & Woodstove! Room, Fireplace Living Room & Atrium! Library with Private Deck! Waterfront Master Suite with Private Office, Bedroom with Triple Glass Door to its Private Deck with Panoramic Lake Views, 3 Walk-in Closets, Lake View Bathroom with Huge Multi-Head Shower, Whirlpool Tub, Double Vanity Sinks & Separate Commode/Bidet/ Pedestal Sink Area! 16 Zones of Updated Geothermal Heat & Air Conditioning - 30 Tons! Recessed Lighting & Sprinkler System Through Out! 3 Car Heated Garage! Level! Buderus Oil Heat! Recent Roof & Siding! \$299,900.00

ON DEPOSIT



WEBSTER - 8 Riverside Dr! Super Convenient 9 Rm Colonial! Work-in Work-in Applianced Kit! Dining Area Applianced Kit w/Granite Island & w/Cathedral Ceiling! Living Rm w/ Dining Area! 24' Living Rm w/Laminate Wood Flooring, Slider to Composite Baths! Expandable Walk-out Lower 2.5 Baths Total! Finished Lower Level! Oil Heat! Roof 2019! **\$399,900.00** 



Take Notice! Ideal Office Setup! 1St Floor w/Waiting Rm, Reception Area, 4 Offices w/Sinks, 3 Alcove/Prep Areas, Handicap Accessible 1/2 Bath, and Hrdwd Flrs! 2nd Floor Currently w/Employee Breakroom w/ Full Kitchen, Cabinets & Closet Storage, 3/4 Bath and additional office/bedroom! C/ Air! C/Vac! Security System! \$349,900.00



DUDLEY - 50 Brandon Rd! 3 Family! 5/5/4 Rms! 2/2/1 Bedrms! 2/2/1 Bathrms! Investors take Notice! Fully Rented! Solid Rental History Long Term Tenants! Conveniently Located! Washer & Dryer Hookups in the Basement for Each Unit! Efficient Natural Gas Heating! Two Driveways provide Off Street Parking for up to 5 Vehicles! Dudley's Low Taxes & Desirable School System! \$349,900.00



**DUDLEY** - 10 Camelot Circle 9 Rm, 4 Bdrm, 2.5 Bath, 2,520' Center Hall Colonial featuring an In-Ground Pool on a 28,131 Lot! Tile Entry Foyer w Guest Closet! SS Applianced Granite Kit w/Breakfast Bar, Spacious Dining Area, Tile Fir, Pantry Closet, Recessed & Pendant Lighting! Formal Din Rm w/Hrdwd Fir & Chair Raill Formal Liv Rm w/Crown Molding! 13.6X27' Fam Rm w/Fireplace w/Wood Pellet Insert, Soaring Cathedral Ceiling, Ceiling Fans & Skylight! Half Bath! 3 Season Porch! 1st Fir Laundry! The 2nd Floor w4 Bdrms! Spacious Master wWalk-in Closet & Full Bath w/Dble Granite Vanity! Full Hall Bath w/Dble Vanity! C/Air & Vac! 2 Car Garage! Fire Pit! Many Updates! Original Owner — Pride of Ownership! **\$570,000.00** 







WEBSTER LAKE - 50 Laurelwood Drive! 90' Waterfront! Western Exposure - Beautiful Sunsets! Half Acre, 22,729', of Natural Privacy! 6 Room Custom Built Cedar Home with 2 Car Attached Garage! Dining Area and Fireplaced Living Room with Soaring Cathedral Ceilings! First Floor Master Bedroom with Full Bath! 2 Second Floor Bedrooms and Second Full Bath, Large Second Floor Expansion Area! Additional Garage Space Under! Lighting Strike Beach, Best on the Lake! Detached Garage! \$299,000.00! Fire Damage Repair Required! Tons of Potential! \$889,900.00





WEBSTER LAKE - 33 Loveland Rd! South Pond - Fantastic 19,243' Waterfront Lot with 125' of Prime South Facing Natural Shoreline which Highlights this 5 Room, 2 Bedroom, 3 Season Cottage! Start Your Lake Memories Here! Cute & Cozy, the Way the Lake Use to Be! Open Floor Plan with Lots of Glass and Panoramic Lake Views! Just Enjoy it as it is, or Add on to it, or Take it Down and Build Your Dream Home Here! Don't Need the Entire Lot, Subdivide it and Bring the Cost Down! Perfect Gentle Slope to the Water! Town Services! \$949,900.00



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### Featured New Listing! TREASURE ISLAND - CONDO

Unit 1404 Marina side of the Complex - with 2 Boat Slips! 6 rooms, 2-1/2 baths, 2 bedrooms, fireplace, garage, Sandy Beach, Heated Salt Water Pool! \$549,000.

June Cazeault \* Laurie Sullivan \* Matthew Ross \* Lori Johnson-Chausse \* William Gilmore II \* Brian Bohenko





Beautiful family home! 3 bedrooms, 2 full baths, newer widows beautini family notice: 3 beautions, 2 lui barris, newer woods. & heating system. Mini split system. Hardwoods. Lg eat-in kitchen / Corian counters & Island! Warming fireplace with handsome mantel. Generous dinning room, spacious enough for your family gatherings. lower level fireplace family room, Harmon pellet insert! 2 car garage. Reduced **\$340,000**.

### WEBSTER - 23 EMERALD AVE.



Extraordinary Find! Beautiful 2 Family! Owner occupied with pride and it shows. Grand Front Entry! 3,012 Sf+/- living area. 12 rooms, 6 bedrooms, 2 updated Baths. 2nd Flr - Granite Countertops! High ceilings & Hardwood Floors, Modern Kitchens, Manicured 13,525 SF Lot with a Hip root \$439,900

### **WEBSTER - 10 THOMPSON RD**



2 FAMILYLLOCATION LOCATION OPPORTUNITY KNOCKSL SERI NESS ZONED! PRIME WEBSTER BUSINESS DISTRICT! A LARGE DEEP LOT. 14.875 SF/0.34 ACRE. 9 Rooms, 4 Bedrooms, 2 Baths line in Basement. A QUICK CLOSE IS POSSIBLE.

### WFBSTFR • 22 FASTFRN AVE



LOOKING FOR AN AFFORDABLE, HUMBLE ABODE, THAT WON'T BREAK THE BANK? Convenient Location, corner lot! 1288 SF+-, 4 BRS w/1st Flr Mstr BR, Half Bath! Eat-In Kitchen, Dining/Living Room Combi-Windows, Updated Electric, Buderus Boiler. Part finished walk-out bsmnt

### THOMPSON CT - 15 WAGER RD



Cape with 3 bedrooms, gleaming hardwoods, stone fireplace. Septic (2019), replacement windows, family and dining room, fresh paint throughout! Generator hook up, and updated Buderus boiler with holding tank. Garage

### Featured Island Listing! Webster Lake - 22 Long Island



Once in a lifetime opportunity to own a Webster Lake Waterfront Cottage on Long Island! Properly named the "Grand View". Sandy beach, boat house! Antique Cottage w/5 Rms, 3 BRs, a stone fireplaced w/pellet stove, eat-in kitchen w/modern appliances, full bath! washer/ dryer. Screened porches. Included, 25% ownership share in a main land waterfront lot at 38 Point Pleas-

ant Rd, in sheltered Mumford Cove! land provides boat

slip & winter storage. A FAR AWAY PLACE NEAR BY!

### WEBSTER LAKE - 1301 TREASURE ISL.



Quiet Summers & Fall Seasons on Big & Beautiful Webster Lake. Completely updated Hardwood & Ceramic, Center Island Kitchen, 6 Rooms, 2-1/2 Baths. a must see. Overlooking the Marina. 2

LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS Oxford - 2 Merriam Rd 80 +/- Wooded Acres in Oxford & Charlton! Great Location for Horses!

ON DEPOSIT \$329,000. Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided!

WEBSTER - DOUGLAS RD 26 ACRES on SUGARLOAF HILL. 1000+/- ft of frontage! SORRY, SOLD! \$200,000

Webster - Cooper Road 2 Buildable Lots! Water & Sewer

### **OXFORD - 10 BEVERLY STREET**



2 Family! A RARE FIND, BUILT IN 1967!! 2 PARCELS tal 9 rooms, 5 Bedrooms, 2 baths. 2nd apartment is a perfect mortgage helper!! Beautiful Hardwood Floors! Roomy yard. Off Street Parking! Neighborhood Setting!

### On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



Webster Lake - 300 Killdeer Island

OPPORTUNITY KNOCKS! WEBSTER LAKE waterfront property on Killdeer Circle! Prime waterfront location! Gently sloping landscape to waters edge. Crystal clear, sandy bottomed shoreline. Everyday is a new day at the Lake! 5 rooms, 2 bedrooms, 2 baths! Walk out lower level to nice size patio! Garage. \$650,000.

### WEBSTER - 1402 TREASURE ISLAND CONDO



Nicely appointed, Marina side condo - with 2 Boat Slips! 6 rooms, 2-1/2 baths, 2 bedrooms, fireplace, garage, Sandy Beach, Gazebo, Heated Salt Water Pool! \$595,000.

### **WEBSTER - 401 TREASURE ISLAND CONDO**



WEBSTER LAKE! Treasure Island Townhouse! UNIT# 401 Quiet summers on big & beautiful Webster Lake! 6 Rooms. Open Floor Plan! Dining Area. Hardwood Floor & Carpet. Master Bedroom, W/2 Closets, Master Bath! 2-1/2 Baths Total! Slider to

Deck & Slider to the Patio! Natural gas heat! 2 Boat Slips! Heated Pool! Natural Sandy Beach! \$439,000.

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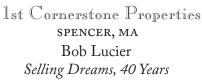
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### WEST BROOKFIELD

(To be built similar to photo)



3 bedroom 2 bath split level ranch! The open floor plan offers a cabinet packed kitchen with granite countertops and a center island, dining area with a slider to the 12x12 deck, large living room with tons of natural sunlight & hardwoods! Wonderful master suite with a private bathroom and double closets, 2 more nice sized bedrooms! Oversized 2 car garage under and plenty of room to finish the walkout lower level! Absolutely beautiful lot close to the West Brookfield Common!! Spring delivery. 5 Foster Hill \$369,900 Road





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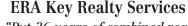
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20. 33 Sutton Ave, Oxford, MA

We hope you enjoyed our 4th Annual ABC's of the Season crossword puzzle. The randomly chosen winner of all the correct entries for a \$25 gift card is Liz R. of Spencer.

Please continue to support these and all of your local businesses.

Thank you to all the ABC businesses and to those who completed our puzzle!

June - jsima@stonebridgepress.news Spencer New Leader, Charlton Villager, Blackstone Valley Tribune, Auburn News -

508-909-4062 Mikaela - mikaela@stonebridgepress.news Southbridge New, Sturbridge Villager,



# Hanover Foundation grant to provide whole health triage pilot program for youth

ate of the Seven Hills Foundation and a leading behavioral health and education agency serving at-risk children, adolescents and families across Worcester County since 1972, was recently awarded a \$25,000 grant from The Hanover Insurance Group Foundation to help launch the Whole Health Triage pilot program that will provide a single point of entry for a broad range of behavioral health services for youth and families at the newly established Seven Hills Child and Family Behavioral Health Center (SHCFBHC) in Worcester.

The pilot will expedite counseling services via a rapid assessment process, and place a dedicated Worcester Family Resource Center (WFRC) care manager on site to quickly connect families to wrap-around community supports and primary health care. At the same time, the project includes expanded evidence-based clinical trainings in areas of pressing need, including the commercial exploitation of children, significant trauma and grief, substance use, neuro-developmental disabilities and autism, and transgender health.

program," commented Anne Fine, Vice President of Seven Hills Behavioral Health. "Because of The Hanover Foundation's financial support we will be able to address the comprehensive social support and safety net needs of the youth and families in the Greater Worcester area that we serve by providing rapid assessment and immediate connection to the Worcester Family Resource Center and related community providers, along with ongoing care management services."

Additionally, the Whole Health Triage pilot program should expand access to and enhance capacity in evidence-based behavioral health services and interventions for youth and their families to be provided both on-site and via telehealth, reduce wait times for treatment and services, and build capacity and experience in the Worcester community for the integration of behavioral health, care coordination with wraparound supports to address health-related social needs, and medical care.

"We are honored to be partnering with The Hanover Insurance Group tive," stated Kathleen Jordan, Seven Hills Foundation's Executive Vice President & CEO. "Now all youth and families who visit the Seven Hills Child and Family Behavioral Health Center will have streamlined access to clinical services, as well as rapid connection to wraparound services which address their health-related social needs.'

"Today, there is such a critical need for expanded mental health resources in our community, and that has certainly been exacerbated in the wake of this pandemic," said Kimberly M. Salmon, assistant vice president of community relations at The Hanover Insurance Group, Inc. "We're proud to help support this new program as it looks to meet the growing demand for mental health resources and help strengthen the foundation of families in our area."

About Seven Hills Foundation Headquartered in Worcester, the Seven Hills Foundation & Affiliates currently offers program sites at more than 200 locations in Massachusetts, Rhode Island and abroad employing more than 4,500 professionals. Seven

support and services to 60,000 children, adults and seniors with disabilities and other life challenges. Seven Hills Foundation stands as one of the most dynamic and comprehensive health and human services agencies in the country and is widely recognized as a premier provider of comprehensive supports. For more information, visit www.sevenhills.org.

The About Hanover Insurance Group Foundation The Hanover Insurance Group Foundation, Inc. is the charitable giving arm of The Hanover Insurance Group. The foundation's mission is to enact meaningful and positive change in the lives of underserved children and youth – and empower the difference makers who support them. The Hanover Insurance Group Foundation provides program grants to nonprofit organizations that work collaboratively in their communities, offering new and innovative programs that address the barriers preventing children and youth from realizing their full potential.

# Quinebaug Lodge participated in Christmas tree lighting festivities

SOUTHBRIDGE On Saturday, Nov. 27, it was a cold windy blistering night at Christmas Lighting festivities on the Southbridge common. Quinebaug Masonic Lodge had a booth set up and put smiles on many people and children's faces with the selling of kettle corn, hot dogs, fried Oreo cookies and fried dough. There was a Lama that children could pet and vendors selling Christmas ornaments that light up that you could wear around your neck or on your hats. A DJ played



Christmas music The Quinebaug lodge booth with members working hard to accommodate these tasty treats in the gazebo and to the people who attended this very busy event

hot coffee and coco. There were long lines at the Quinebaug Lodge's booth to get the tasty treats the lodge was selling.

When the parade started and Santa came by, the lines were still long while many adults and children watched the parade go by. The common was lite up with Christmas lights and decorations of all

kinds. Everyone at this event did not seem to mind the wind and cold because there was so much to see and do. If you are interested about Freemasonry and what we do in your local community, for more information and to find a lodge nearest you, visit our Web site at www.massfreemasonry.org.

### Sarah Cavanaugh named to Dean's List at Stonehill College

Sarah Cavanaugh named to Dean's List at Stonehill College

EASTON — Sarah Cavanaugh, of Auburn, a member of the Class of 2021, has been named to the Spring 2021 Dean's List at Stonehill College.

To qualify for the Dean's List, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.

Stonehill is a Catholic college located near Boston on a beautiful 384-acre campus in Easton, Massachusetts. With a student-faculty ratio

of 12:1, the College engages over 2,500 students in more than 80 rigorous academic programs in the liberal arts, sciences, and pre-professional fields. The Stonehill community helps students to develop the knowledge, skills, and character to meet their professional goals and to live lives of purpose and integrity.

About Stonehill College Stonehill College, a Catholic institution of higher learning, was founded by the Congregation of Holy Cross in 1948. Located on the beautiful 384-acre campus and former estate of Frederick Lothrop Ames in North Easton,

Massachusetts, it is a community of scholarship and faith, anchored by a belief in the

inherent dignity of each person. Through more than 100 academic programs in the liberal arts, sciences, business and pre-professional field, Stonehill College provides an education of the highest caliber that fosters critical thinking, free inquiry and the interchange of ideas for over 2,500 students.

Stonehill College educates the whole person so that each Stonehill graduate thinks, acts and leads with courage toward the creation of a more just and compassionate world.

### Charlton finalizes first phase of American Rescue Plan spending

BY JASON BLEAU

CHARLTON - Charlton has a plan in place for at least the first portion of its American Rescue Plan funds following a Nov. 23 public hearing to finalize the initial slate of projects proposed by the town administrator.

October. Administrator Andrew Golas presented a preliminary list of initiates to selectmen for consideration to use part of the \$4.1 million in funding provided to the town through the American Rescue Plan Act. After selectmen requested he slim down some of Photo Courtesy the options Golas returned with a revised list in early November that consisted of investment in an engineering study for a three-phase water and sewer upgrade, updating police and fire radio systems, continued funding for COVID mitigation, a feasibility study for a potential relocation of the Department of Aging, investment in finishing the town's water line connection to the police department, digital archiving of town records, and a business and nonprofit grant program to be overseen by the Economic Development Commission. Selectmen praised the list of projects but insisted the public have one more chance to debate the list on Nov. 23.

The public hearing was relatively quite with no public input either in person or

through the online stream of the meeting. Charlton Water and Sewer Superintendent Peter Boria was the only department representa-tive to speak discussing his department's portion of the funding as he had at previous meeting. Boria said that the investment from the town in an engineering study will give his department a clearer road ahead in terms of prioritizing and financing the three-phased project that includes facility and equipment upgrades.

"We did have some money set aside for future capital projects but I think it's better that we wait until this engineering study is done to identify and prioritize what the next steps will be before we assign additional money to it and with the additional funding coming down the road there may be more separate funding from this in the future to offset some of those costs as well," said Boria. "For now, I appreciate the initial \$82,000 to get that study going."

The public hearing closed with little further debate concerning items on the investment list. Selectmen unanimously approved the town administrator's plan which leaves around \$2.1 million remaining in funds for future, yet-to-be-determined projects.

"Every Town Deserves a Good Local Newspaper" www.Stonebridgepress.com

## USACE solicits comments on proposed work by MassDOT along Route 20 in Charlton and Oxford

REGION — The U.S. Army Corps of Engineers, New England District received a permit application to conduct work in waters of the United States from the Massachusetts Department of Transportation for proposed work in the French River, Little River, Texas Pond, nine unnamed intermittent streams, and associated vegetated wetlands along an approximately 3.2-mile long stretch of Route 20 in Charlton and

The proposed work includes widen-

ing of Route 20; realignment of Oxbow Road and reconstruction of its intersection with Route 20; construction of a shared-use path along the north side of the road between Route 12 and Oxbow Road; construction of a sidewalk along the south side of the road between Routes 12 and 56; replacement of the bridges over the Little River and French River, including installation of scour protection; and replacement of seven existing cross culverts conveying intermittent streams/wetland flow.

USACE is soliciting comments from members of the public; federal, state and local agencies; American Indian Tribes; and other interested parties to consider and evaluate the impacts of this proposed activity. The public notice with more detailed information is available for review on the District Web site at https://www.nae.usace.army.mil/ Missions/PublicNotices, file # NAE-2014-02586.

Public comments on this proposed work should be forwarded no later

than Dec. 23 to the U.S. Army Corps of Engineers, New England District, Attn: Dan Vasconcelos, Regulatory Division, 696 Virginia Rd., Concord, MA 01742 or by email to daniel.b.vasconcelos@ usace.army.mil. Please reference file # NAE-2014-02586.

All U.S. Army Corps of Engineers, New England District news releases are available online at:https://www. nae.usace.army.mil/Media/News-

### Anne Fine named Vice President of Seven Hills Behavioral Health



**Anne Fine** 

WORCESTER — Kathleen M. Jordan, DHA, FACHE, Executive Vice President & CEO of Seven Hills Foundation recently announced that Anne Fine, LICSW, will be the new Vice President of Seven Hills Behavioral Health.

It has been approximately one year since Seven Hills Foundation brought together YOU, Inc., and Children's Friend to share expertise and combine clinical operations to broaden the efficiencies of the scope of its behavioral health services. These two affiliates were combined with its long-standing affiliate, Seven Hills Behavioral Health and its essential public health work in southeastern Massachusetts. Since then, much has been done to integrate the work of these affiliates into a new, expanded, Seven Hills Behavioral Health to respond to the growing, critical need for behavioral healthcare to the most vulnerable in our community.

In making this announcement, Dr. Kathleen Jordan commented, "As we continue to enhance and expand our expertise as a leading provider in child, adolescent, and family services, we have determined that it is extremely important for us to bring together all of our outpatient, home, and community-based programming. This new structure will be housed under Seven Hills Behavioral Health and we are thrilled to have Anne Fine, LICSW, leading this undertaking as the Vice President of Seven Hills Behavioral Health."

A graduate of Allegheny College with a Master's in Social Work from Smith College, Ms./Mrs. Fine has been with YOU, Inc. for 17 years and has been instrumental in creating Seven Hills' new integrated behavioral health system. Annie has served as the Director of Outpatient Services, Vice President, and most recently as Sr. VP/

Director of Clinical Services. Her leadership during this transition has been invaluable.

Ms. Fine has extensive experience in this field. Anne ran a Psychotherapy and Consultation private practice until 2018 and she continues as an Adjunct Faculty at Boston University School of Social Work, teaching courses that include: Group Work, Trauma Treatment (Adult Trauma Treatment and Child Trauma Treatment), Family Therapy, Child Psychopathology, and Family Violence. In the community, Anne has served as Advisory Board Member for Child Trauma Centers at UMass and LUK. Currently, she serves on the Board and Steering Committee for the Children's Advocacy Center of Worcester County and as a Committee Member for the Worcester Institute on Loss and Trauma.

# Bay Path faculty earns doctorate from Northcentral University

CHARLTON — Ana Liza Olivar of Rutland completed her Doctor of Education degree at Northcentral University (NCU). Dr. Olivar successfully completed her oral defense recently via Zoom Video Conference Technology with her Dissertation Chair and Committee members. Her research work focused on simulation. Dr. Olivar specialized in Nursing Education.

Doctor Olivar is a full-time faculty at Bay Path RVTHS Practical Nursing Academy beginning the 2021-2022 academic year. She had been an adjunct faculty since 2015. She previously earned her Master of Science in Nursing from Walden University (Nursing Education Track) in 2013 and Bachelor of Science in Nursing at the Cebu City Medical Center College in Nursing in the Philippines in 1996.

She is a registered nurse with more than 25 years of experience in the classroom as full-time faculty, managerial as RN Manager, and as RN/Weekend Supervisor. She has held teaching positions at Blackstone Valley Technical School, Quinsigamond Community College, and Massachusetts Bay Community College. She has held nursing positions at University Commons UMass Memorial Health Care, Neuro Rehabilitation Center at Worcester (Ventilator Unit), Whittier Rehabilitation Hospital and West Side House.

A Philippine Nursing Board Examination topnotcher, Dr. Olivar was recognized for outstanding scholastic aptitude by the Professional Regulation Commission for one of top ten examinees who garnered the highest examination ratings in the Nursing Licensure Board Examination. The Philippine Nurse Licensure Examination is a 500item multiple choice exam to test basic nursing level competency which considers the objectives of the nursing curriculum, the broad areas of nursing and other related disciplines and competencies.

Doctor Olivar holds a Massachusetts Teachers Educator Licensure. She is certified in Intravenous Therapy, Tracheostomy & Ventilators, BLS AED & ACLS (Basic Life Support and Advanced Cardiac Life Support).

NCU is a WSCUC accredited institution. WASC Senior College and University Commission (WSCUC), 985



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Determine the code to reveal the answer!

Solve the code to discover words related to being spiritual. Each number corresponds to a letter. (Hint: 25 = I)

26 25 8 25 15 11 21 13 Α.

Clue: Relating to the human spirit

B. 24 16 13 25 16

Clue: Things one accepts as true

15 17 25 4 14 25

Clue: Using rational judgement

15 5 12 16 15 17 16 8 D.

Clue: In proximity to another



Level: Intermediate

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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!

9	ando	9	Þ	S	L	6	8	ε
3	L	8	- Marie	6	9	2	Þ	9
6	Þ	2	3	9	8	ç	-	L
mak	8	6	9	L	2	9	3	Þ
Þ	9	Z	6	8	ε	about the same	2	S
2	3	ç	9	Þ	mah	8		6
8	S	umå	L	ε	6	Þ	9	S
9	S	ε	8	9	Þ	L	6	oud.
L	6	Þ	2	1	9	3	G	8

**ANSWER:** 

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Answers: A. spiritual

B. beliefs

C. thinking

D. together

















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# Oxford's offense explodes to beat Bay Path in Thanksgiving Day Battle for Buffums

OXFORD — Well, that's more like it. sFive days after scoring just six points in a bitterly disappointing loss in a Division 8 state semifinal, the high-voltage Oxford High varsity football team's offense was back to being its old self, scoring five of the Pirates' six touchdowns in a 41-14 Thanksgiving Day win over Bay Path Regional in the eighth annual Thanksgiving Day Battle for Buffums, held at Cmdr. Michael C. Masley Jr. Memorial Field.

For Oxford, which finished the season 9-3 — its first nine-win season since 1999 — the win was its fourth straight turkey day victory, knotting the overall series at four wins each. The Pirates have actually won five straight games against Bay Path, prevailing in a matchup between the schools in the spring during the Fall II season, 28-21.

Senior Antoine LaCourt-Ramos — the Snyder Award winner, given to the outstanding player of the game — staked Oxford to a 7-0 first-quarter lead, scoring on a 15-yard interception return. LaCourt-Ramos has returned an interception for a touchdown in each of his four high school seasons.

"That's not normal," seventh-year Oxford head coach Jeff Clarkson said about LaCourt-Ramos' career feat. "I think it's a testament to how athletic and talented Antoine is.'

Junior Lucas Lambert, who scored a pair of rushing touchdowns and was the game's Offensive MVP, pushed the Pirates' lead to 14-0 when he scurried into the end zone from eight vards out in the second quarter. Lambert's scoring run capped a 99-1/2-yard, 13-play

"We got pinned deep in our own territory. We thought Bay Path was going to attempt a fake a punt, so we didn't have anyone back to field the punt. They ended up punting the ball, got a great roll, and downed it on our halfyard line," Clarkson explained. "It was nice to see the boys go out and put together that scoring drive. That was the offensive team we've been all year. Offensively we moved the ball well all

In the third quarter the Pirates quickly increased its lead to 21-0, Lambert scoring on a 10-yard quarterback keeper. The key moment in the three-play drive was a 33-yard completion from Lambert to senior Steve Fisher, which came on the play before the touchdown.

"Lucas is a very good runner," said Clarkson, who said Lambert began playing for him in youth football as a fourth-grader. He's just as good running the ball inside between the tackles as he is outside in the open field.'

LaCourt-Ramos pushed the Oxford lead to 28-0 later in the quarter, scoring his first career rushing touchdown when he plowed in from a yard out.

Bay Path (4-7) got on the board in the third period, Gabe Espinosa recovering a Pirates' fumble in the Oxford end zone to make the score 28-7. At the end of the high-scoring third quarter Oxford took a 35-7 lead, Lambert hitting junior Jordan DeLeon with a 52-yard scoring

In the fourth quarter Bay Path receiver Jonathan Nussey (six catches, 117 yards) made it a 35-14 game when he gathered in a 23-yard touchdown pass from Anthony Catino. Pirates' senior Darius Richardson — who was named the Defensive MVP of the game closed out the scoring with a 15-yard run late, which accounted for the 41-14

"We made a lot of mistakes. Oxford is a good football team, so they took advantage of those mistakes." second-vear Bay Path head coach Cody Giampa said. "Offensively they drove down the field on us and defensively they did a lot of good things in terms of bringing pressure, and we didn't do a good job of handling that pressure. They kept us pretty much out of our rhythm all game.

We're excited about the team moving forward," Giampa continued. "We're losing some good seniors, but we're excited about the team moving forward. We knew in the spring we were mostly sophomores, and we were going to take our lumps, but we had a really good JV team this year and we have a great freshman class, so we're looking forward to the future of this program."

Oxford, which loses six seniors Richardson, LaCourt-Ramos, Fisher, Robert Cheney, Angel Roman and Chris Ballah — should be strong again next year because several starters will be returning.

'Juniors and sophomores made up the bulk of our team this year,' Clarkson said. "Next year they'll be seniors and juniors."

Key juniors on this year's team include Lambert, Jadan Morales, Zak Parmenter, Quinn Clarkson (coach Clarkson's son), Travis Benoit and Sam

"All those guys should start next year," Coach Clarkson said. "We also have a lot of sophomores I expect to be key contributors next year as well, including Jordan DeLeon, Connor Fantasia and Robbie Fisher.'

#### **TARENTINO**

continued from page **A1** 

stuffed, the Auburn offense stayed poised, led by quarterback Brendan Crowley. Crowley received the fourth down snap, dropped back and read the field. When nothing seemed to be open, the senior signal-caller rolled to the left off-script and threw to the back pylon in the left side of the end zone where Nadeau made a great catch for his third receiving touchdown of the game. A blocked point after attempt gave them a three-point lead

thought Brendan [Crowley] started a little sluggish, but when Dillon [Brian Dillon] went down and we needed somebody, he [Crowley] stepped up and put a seed in there," expressed Auburn head coach Jeff Cormier. "Again, Mike [Nadeau] was being Mike and Crowley did great under pressure and our offensive line gave him plenty of time to see that. That was an 11-person play, just like they all are, but that one in particular. It wasn't necessarily the pattern we called, I think Mike broke off



Brian Dillon (23) and JB Whittemore (12) of Auburn attempt to block a kick taken by Leicester's Mike Mero.

and immediately Brendan was looking for him elsewhere and had to relocate him. It was just great athletes making a play."

Leicester had a chance to counter the scoring drive midway through the fourth quarter, and how the game was going it is what most expected, but Auburn's defense was able to get off the field without giving up their lead

The Wolverines were able to drive down the field, though,

and got themselves in Rocket territory, finding a fourthand-12 following a screen pass from Mero to Xavien Rosario that was tackled for no gain at the Rockets' 17-yard line. Instead of going for it on fourth down, the Wolverine coaching staff decided to go for the field goal to attempt to tie the game. Unfortunately Mero, who did everything for Leicester the whole game, was unable to hit his second field goal.



With a large "Tarentino" sign hanging in the background, the Police Honor Guard takes the field before Auburn and Leicester met in the inaugural Tarentino Cup Thanksgiving Day game.

Mero concluded his last high school game with three rushing touchdowns on 93 yards rushing, a passing touchdown, and a 34-yard field goal. He was awarded offensive MVP honors and the Robert F. Grady award.

"The last four years have been great," Mero stated. "My sophomore year we went to Gillette. I had a great mentor in Dan [Mero] backing him up. He is really good to look up to and he helped me with my game a lot. As a team, we did well."

Other awards given out following the Thanksgiving matchup included, for Auburn Mike Nadeau (Offensive MVP), Owen Fitzgerald (Defensive MVP), Brendan Crowley (Doug Flink Trophy) and J.B. Whittemore (12th Man Award) and for Leicester Nikolas Dagostino (Defensive MVP) and James Mercier (12th Man Award).

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We've all experienced times when things were going well, we were moving towards a goal, and suddenly things began to sour. A new manager may be putting negative pressure on you, and maybe a family member is constantly angry with vou - no matter what you say or do, it's wrong.

Situations like this are most challenging. It's hard to move forward. We lose the spring in our step; we let our heads droop down, we wonder why everything has to be so bad. We go home the next day. We wonder how it will be possible to make it through.

You say your prayers and beg for a change; you confide in your loved ones; They try to help, but nothing they say seems to make a difference.

The positive thoughts become few and far between. You try to be positive, but with a bad attitude, you think to yourself, "I just have to keep putting one foot in front of the other."

The fact is, things don't always go the way we plan. We plan for great things, and then not-so-great things can happen. We have great expectations, but sometimes those expectations are crushed.

When life becomes

at night, and we dread like this, it's easy to get negative; It's easy to get stuck; it's easy to think things will always be like this.

I used to believe that when life gives you lemons, you should squirt your enemies in the eye, but is that the best way?

Years ago, I had a job where everything was running smoothly; it was all under control. Suddenly a new manager was hired, and life became very different. Initially, I was ok with the pressure, but it became too much. I couldn't stand to be at work, and I was distraught. It was a good job, and I didn't want to leave, but I didn't feel like I could deal with it any longer. I prayed, and I read, seeking a solution. I tried to change my

manager, but nothing seemed to work; I lost my cool.

After some time, I realized I wasn't going to change the situation, nor was I going to change my manager, but instead, I was the one who needed changing.

Sometimes to overcome a problem, it isn't about changing the other person; it's about changing yourself. Often our reaction to what's happening is the problem. We have a choice.

I've had family members get angry at me, and my reaction only made things worse. I'd try to show them the error of their ways, I'd complain to other family members, I'd think of ways to change them, but it never worked. The only time things became

peaceful again was when I changed myself when I changed my reaction.

The other person may change, but it usually won't happen according to our time frame. When you can't change the situation, it might be because it's time to change your attitude and feel about it.

They say everything in life is only for a season; is that true?

Oddly enough, when I finally adjusted my attitude and gave up trying to change my manager and the situation, when I accepted that I was the one that needed changing and I took steps to let go and become flexible, my manager was fired.

After reading that, I know some of you are going to change real fast! Don't get your hopes up!

When he was gone, I missed him. I realized how much he had changed me and what valuable life lessons I learned in the process.

Everything in life is only for a season: whatever you're going through won't last forever; soon, vou'll be in a new season with new challenges. Make the most of each season. Allow the season to change you; it will prepare you for the next season.

Gandhi said, "...as a man changes his own nature, so does the attitude of the world change towards him...." Is that

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