

Local business owners support Bay Path



Photo Courtesy

Bay Path Director of Career and Technical Education James Tripp Pockevicius, carpentry instructor Ron Johnson, STP co-owner Seth Chisolm, students Sabien Gonzalez, Jeffrey Denham, Ismael Porrata, Richard Corriveau, Margaret Russell, Emma Bransky, Bay Path Superintendent-Director Kyle Brenner, STP co-owner Mary Chisolm, and Bay Path Principal Cliff Cloutier.

CHARLTON — Bay Path Regional Vocational Technical High School recently received a generous donation of \$5,000 from local business owners Seth and Mary Chisolm. The Chisholms own and operate Skilled Trades Partners, or STP, based in Fiskdale.

Seth Chisolm, who considers himself a proud graduate of Bay

Path’s carpentry class of 1993, visited the school with his wife to speak with students about how the transferable skills he learned as a student at Bay Path helped make him successful in life.

When asked what motivated him to give back to the program, Chisolm alluded to his “great experience in the carpentry shop,” also comment-

ing on how much he enjoyed being on the school’s football team. He elaborated by saying that with his business ‘we hire all skilled tradespeople, are entrenched in the skills gap, and want to now support younger people in the trades.’

Chisolm said that returning to the school was a “great experience” for him, noting that he knew exactly

where to turn in the building to get to the shop area, despite the updates and renovations that occurred since he was enrolled at the school and “even though it had been so long.”

The Chisholms’ donation and their visit to the school had a clear and positive impact on Bay Path stu-

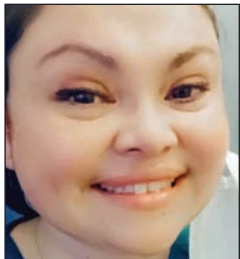
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PCE grant recipient, Bay Path LPN help to improve patient care

CAMBRIDGE — In many hospitals across the nation, entry-level nursing requires a Bachelor’s in nursing degree. At Massachusetts Institute of Technology (MIT) Medical, Bay Path Practical Nursing Academy alumna and PCE grant recipient Linda Chavez, LPN, class of 2019 is shining! MIT Medical provides further training which is encouraging for Chavez.

Working the front lines of health care, Chavez cannot help but remember how her nursing journey started.

“I was work-



Linda Chavez

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Nichols College and Team Training Associates, LLC, create degree pathway in public safety leadership

DUDLEY — Nichols College has signed an articulation agreement with Team Training Associates, LLC (TTA) of Thompson, Connecticut, to streamline the transition to a bachelor’s or master’s degree program for TTA-certified public safety leaders.

Students who successfully complete the Public Safety Leadership Academy, and other certificate programs at TTA, can earn academic credit toward the Nichols College Bachelor of Science in Business Administration with a concentration in criminal justice management or the Master of Science in Counterterrorism (MSC).

“This is a unique opportunity for the region’s law enforcement and emergency response managers to increase their effectiveness as leaders and prepare for the future of these fields,” said Glenn M. Sulmasy, JD, LL.M, president of Nichols College. “At Nichols, they will build on the excellent leadership training offered by TTA to



Photo Courtesy

From left, sitting, Julie Rumrill, Senior Associate, and Eric Murray, President, of Team Training Associates LLC; Nichols President Glenn Sulmasy; standing, Nichols Associate Deans Tom Stewart and Allison McDowell-Smith.

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Baker urges masking, vaccination amid post-holiday surge

BY KEVIN FLANDERS
STAFF WRITER

REGION — Despite the surge of COVID-19 cases during the holiday season, Gov. Charlie Baker doesn’t plan to reinstitute indoor mask mandates.

The Baker-Polito Administration recently announced measures to address the state-wide spike in COVID-19 cases, including an

indoor mask advisory. Measures are also intended to ensure that hospitals have sufficient capacity to care for both COVID and non-COVID patients.

“The Commonwealth’s healthcare system is facing a critical staffing shortage, which has contributed to the loss of approximately 500 medical and ICU hospital beds,” read a statement released by Baker. “Hospitals are also seeing a high level of patients, many due to non-COVID related reasons.”

Getting your COVID-19 vaccines and booster remain the most effective ways to protect against serious illness or hospitalization from the virus, officials said. In a report released last week

by the Mass. Department of Public Health, data showed that 97 percent of COVID-19 breakthrough cases in Massachusetts have not resulted in hospitalization or death. Moreover, unvaccinated individuals are five times more likely to contract the virus than fully vaccinated individuals, according to the DPH report.

Massachusetts continues to be a national leader in COVID-19 vaccinations, with more than 94 percent of eligible residents having received at least one dose. Approximately 74 percent of the eligible population is fully vaccinated, and Baker’s staff has opted to promote continued vaccinations rather

than restore mask mandates.

Additionally, the Governor activated 500 members of the Massachusetts National Guard to address the non-clinical support needs of hospitals and transport systems. Up to 300 of these Guard members will support 55 acute care hospitals, as well as 12 ambulance service providers across the Commonwealth.

“DPH surveyed all hospitals and ambulance service providers, and in concert with the Massachusetts Health and Hospital Association, has identified five key roles that non-clinical Guard

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Hitchcock Academy hosts holiday celebration

BRIMFIELD — As the sole bona fide community center serving the Sturbridge area, Hitchcock Academy is home to gatherings and groups for scouts, artists, painters, martial artists, yogis, and learners of all ages in numerous crafts, skills, and disciplines. A huge variety of activities have just one thing in common: each brings people together for shared experiences. And when it comes to creating a sense of community online, Hitchcock works to do that, too.

Through the month of November, the nonprofit community center orchestrated a campaign of gratitude entitled #30DaysOfThanks, featuring community members daily who had made an impact on the organization in 2021, and united people in appreciation of those who had been generous.

On Dec. 11 and 12, the center welcomed the community at large for a two-day celebration of the holiday season at Christmas at Hitchcock. The event was all free of charge, offered as a gift to all who attended thanks to the generosity of volunteers and a local sponsor. Coming together in gratitude, in giving, and in gathering in celebration, are all three tenets of building community, and are all the more essential during trying times.

“In our current political climate, it’s so important to create moments of connection, celebration, and gratitude,” says Executive Director Cindy Skowrya. “There are so many invitations to be angry, to judge one another for our differences, and to be divided. We need to make sure we counteract that by bringing people together to common ground, and that’s what Hitchcock does. A sense of connection and community is something we all seek and need.”

The #30DaysOfThanks Campaign was met with enthusiasm, seeing



record levels of engagement for the organization and garnering a slew of comments cheering on the people who were recognized. The largest response was acknowledging one of Hitchcock’s closest and dearest supporters, Mr. Jim Adams, 93, who joined in on a community clean-up of Hitchcock’s tennis courts back in April, donning a pair of work gloves and joining a group clearing brush and sprucing up the area after another local resident suggested the initiative. A decorated vet born and bred in Brimfield, and an alum of Hitchcock during its long-ago tenure as a free high school, Mr. Adams is well-known in the community, and is heralded for grander achievements such as hiking the entire Appalachian Trail as much as his daily ones such as patiently maintaining his home and lawn, as he sets a fine daily example of civic responsibility, neighborliness, patience, and persistence.

Other honorees include Monson resident Derek Campbell who reached out

to the organization out of the blue to help with its first annual golf tournament, ultimately securing a dozen raffle prizes and a number of players to participate, and Brimfield resident Ed Searah who volunteered his bucket truck to string up lights to decorate the tree in front of Hitchcock, and also cleaned the gutters and tended to some other trees needing TLC free of charge while he was at it.

The organization highlighted many people who don’t often receive public recognition, those who quietly give their time in support of community initiatives, such as Susan Desy, Mary Bernstein, Anna Ozolins, Charlotte and Bob Corry, Carrie Deltoro, Sharon Palmer, The Bolte Family, Karen Ballou, Linda Fuchs, Sue Gregory, Bob Clark, Lester Twarowski, Mark Carron, Cedric Daniel, and Les & Steven Skowrya.

The organization’s feel good vibes went palpable at Christmas at Hitchcock, where attendees could

enjoy live music, decorate Christmas cookies, make ornaments and swags, shop from local vendors, play games and watch ice carving, write letters to Santa and cards to vets, visit with Santa, and enjoy a special reading of “’Twas The Night Before Christmas,” all while sipping on complimentary hot cocoa and coffee. More than 200 people of all ages attended the event, and two days of festivities were offered free of charge, thanks to Hitchcock Pool Water’s sponsorship of the event and a host of helpers, including all of the musicians who volunteered their talents, instruments, and time, like local favorite Livestock, Brimfield’s bell ringers, Frozen Red, and Clark Howell of the Time Stretchers, among others.

“I watched strangers meet, get to know one another, and exchange contact information before leaving the event, and listened to kids giggle with glee in the presence of Santa, and we all sang along to Christmas carols together led by the members of 4-H Steerage Rock Riders (one of the many groups who calls Hitchcock home) at the end of the day on Sunday. If that doesn’t lift your spirits, I don’t know what would,” says Skowrya. “There are lots of places to go with your friends, but Hitchcock is a place where we see a lot of people come in as strangers and leave as friends. It’s wonderful to see.”

Hitchcock’s annual “Friends” Campaign has currently raised just over \$5,000 of its \$10,000 year-end goal. Donations can be made through Hitchcock’s website (www.hitchcock-academy.org) or via cash or check on site. Donations can be made in memory or in honor of someone who inspired the gift, and each gift, no matter the size, will help to ensure that Hitchcock can continue its mission of building community through feel-good fun.

Charlton sees staying power of hybrid meeting model

BY JASON BLEAU
CORRESPONDENT

CHARLTON – In the nearly two years since the COVID-19 pandemic first forced a nationwide shutdown, countless entities have embraced online meeting rooms and livestreaming to get their business done. This includes towns and local governments who took to Zoom, Facebook, YouTube and other online video and meeting services to make sure business continues to take place with the public’s involvement.

Over time, this approach has become more than just a temporary addition to the public meeting format as communities like Charlton have begun to embrace them as alternatives to attending live gatherings without actually replacing in-person meetings. Since town governments were forced to adjust to an online-only approach in early 2020, Charlton has begun streaming its major board meetings, most notably the Board of Selectmen, on Facebook and Zoom while also enhancing its previously existing video sharing resource, the TVCharltonMass YouTube page. Town Administrator Andrew Golas said Charlton has seen great benefits from embracing online meetings, specifically the hybrid format which has been utilized by the town’s Board of Selectmen since in-person meetings were once again allowed.

“I think it’s been very well received, and I definitely want to try to make this a permanent fixture moving forward really for as many boards and commit-

tees as possible,” Golas said. “We at least want to offer the hybrid version for meetings and public participation because we know that the ability for people to make a 5 or 6 o’clock meeting at the town hall on a Tuesday night, for example, is just not the same now as it was twenty or thirty years ago. I think this is a great tool for the general public to get involved in a way that doesn’t have to be inconvenient for them. They can log in and participate in town government without making it to every meeting in person.”

Hybrid meetings allow members of the public to watch meetings live online and also submit comments, either verbally or through a message board, for town officials to respond to in real time. The hybrid model has seen great success with the Board of Selectmen who have taken to broadcasting nearly every meeting on Facebook with a higher quality recording of the meeting later added to YouTube for citizens to watch at their leisure. While the selectmen are usually together in-person for their meetings, some boards still conduct all their meetings through online meeting rooms where those meetings are also recorded for posterity. Golas said this approach will continue for at least a few more months but doesn’t expect an online-only format to be a permanent model.

“The ability to have the remote meetings is going to be allowed until at least, I believe, the beginning of April and then we could see some form of legislation that will allow it to contin-

ue beyond that to some extent,” Golas said. “I think that the hybrid model of the majority of the boards meeting in person will definitely be a fixture, but I think it will be interesting to see how the legislature wants to treat fully remote meetings moving forward.”

Golas clarified that the remote and hybrid models only apply to meetings of boards, commissions and committees and not to town meetings. Public gatherings like the annual town meeting are required to be in-person through state law and do not afford participation to those online as it would be difficult, if not impossible, to verify every online participant’s residency in Charlton through an online method, something that is required for anyone to comment at a town meeting. Still, it looks like at least the hybrid board meeting model is here to stay and Golas hopes to see the system perfected enough to have a majority of the town’s elected bodies participate in the format.

Those who wish to be a part of Charlton meetings online or remotely can do so in several potential ways. First, all boards and committees have links or details concerning livestreaming posted on the agendas for their upcoming meetings. Second, some meetings will be broadcast on either Facebook, YouTube or both, again with confirmation posted on the agenda. All meeting agendas can be found by visiting www.townofcharlton.net and clicking the “Agenda & Minutes” link on the homepage.

Central One Federal Credit Union provides holiday gifts to community

SHREWSBURY — Central One Federal Credit Union was happy to help make the holidays a little brighter for local children by making donations to Auburn Youth and Family Services, Shrewsbury Youth and Family Services, Westborough Youth and Family Services, and Northborough Helping Hands. We also want to thank our members and staff who donated gift cards and toys at our branches to benefit the above organizations and the local Toys for Tots holiday drive.

About Central One Federal Credit Union

Central One Federal Credit Union is a not-for-profit financial institution that provides members with excellent, personalized service. Central One offers a wide range of savings, deposit, and loan products designed for the local community, and has branches in Shrewsbury, Auburn, Northborough, Westborough and Worcester, and school-branches in both Shrewsbury and Westborough High Schools. Learn more about Central One and why we have been chosen as one of the top credit unions in Central Mass. www.centralfcu.com.

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GWCF grants \$1.9 million to 110 awardees

WORCESTER — The Greater Worcester Community Foundation announced the 110 awardees of its 2021 Community Grants: a total of \$1.9 million. Community Grants are made possible by people who have set up discretionary funds with the Foundation. This type of fund provides GWCF with the maximum amount of flexibility to grant resources where community needs are greatest.

“In the face of such demand for services, our local nonprofits are proving their dedication to serving others,” says Carolyn Stempler, Interim GWCF President and CEO.

Stempler also noted how other societal changes informed this year’s grant making, adding “Nonprofit organizations have a unique relationship with the community, partnering with individuals with lived experience to tackle the most pressing problems.”

In recognition of this, GWCF actively sought to support nonprofit organizations doing authentic work around increasing racial equity, centering community voice, and working to change systems.

For 2021, Community Grants set its focus on three strategic areas: Health & Wellbeing, Thriving Families, and Creative Worcester. In response, the Foundation saw its highest number of applicants, and was able to fund over half of them. The Foundation also increased its arts investment compared to previous years, and singled out a group of organizations working on advocacy and policy change.

Those organizations receiving funds for operating support this year are:

Abby’s House Operating Support \$30,000
African Community Education Program Operating Support \$50,000
Ansaar of Worcester Operating Support \$25,000
Apple Tree Arts Operating Support \$10,000
ArtsWorcester Operating Support \$17,500
Audio Journal, Inc. Operating Support \$7,500
Black Excellence Academy Operating Support \$25,000
Camp Putnam, Inc. Operating Support \$7,500
Catholic Charities of Diocese of Worcester Operating Support \$40,000
Central Massachusetts Housing Alliance, Inc. Operating Support/Advocacy \$15,000
Coalition for a Healthy Greater Worcester Operating Support/Advocacy \$20,000
Community Harvest Project Operating Support \$10,000
Crocodile River Music Operating Support \$20,000
Dismas House of Massachusetts, Inc. Operating Support \$30,000
Dress for Success Worcester Inc Operating Support \$12,500
Edward Street Child Services Operating Support/Advocacy \$25,000
Genesis Club House, Inc. Operating Support \$30,000
Ginny’s Helping Hand, Inc. Operating Support \$5,000
Girls Incorporated of Worcester Operating Support \$20,000
Greater Worcester Land Trust Operating Support/Advocacy \$10,000
Growing Places Garden Project Operating Support \$10,000
Interfaith Hospitality Network of Worcester Operating Support \$15,000
Jeremiah’s Inn Operating Support \$25,000
Joy of Music Program, Inc. Operating Support \$15,000
Latino Education Institute Operating Support \$50,000
Legendary Legacies, Inc. Operating Support \$40,000
LGBT Asylum Task Force Operating Support \$20,000
Literacy Volunteers of Greater Worcester Operating Support \$20,000
Living In Freedom Together, Inc. Operating Support \$40,000
Main South Community Development Corp Operating Support \$50,000

Music Worcester, Inc. Operating Support \$20,000
NewVue Communities Operating Support \$25,000
North Star Family Services, Inc. Operating Support \$10,000
OurStory Edutainment Operating Support \$15,000
Pakachoag Music School of Worcester Operating Support \$15,000
Pathways for Change Operating Support \$15,000
Pernet Family Health Service, Inc. Operating Support \$40,000
Pleasant Street Neighborhood Network Center Operating Support/Advocacy \$10,000
Project New Hope Operating Support \$15,000
Rachel’s Table Operating Support \$10,000
Regional Environmental Council, Inc. Operating Support \$25,000
Render Creative Inc/Main IDEA Operating Support \$10,000
Rise Above Foundation Operating Support \$10,000
Southeast Asian Coalition of Central MA Operating Support \$50,000
Squares Squared, Inc. Operating Support \$10,000
Studio Theatre Worcester Operating Support \$10,000
The CASA Project Operating Support \$25,000
The Shine Initiative Operating Support \$20,000
The Village Operating Support \$15,000
Together for Kids Coalition Operating Support/Advocacy \$15,000
Tri-Valley, Inc. Operating Support \$10,000
WCUW Inc. Operating Support \$5,000
WCN Public Radio, Inc. Operating Support \$10,000
Worcester Anti-Foreclosure Team Operating Support \$7,500
Worcester Art Museum Operating Support \$10,000
Worcester Center for Crafts Operating Support \$15,000
Worcester Common Ground, Inc. Operating Support \$25,000
Worcester Community Housing Resources Operating Support \$20,000
Worcester County Mechanics Association Operating Support \$15,000
Worcester County Poetry Association Operating Support \$10,000
Worcester Cultural Coalition Operating Support/Advocacy \$15,000
Worcester Education Collaborative Operating Support/Advocacy \$15,000
Worcester Historical Museum Operating Support \$12,500
Worcester Interfaith Operating Support \$35,000
Worcester Regional Research Bureau, Inc. Operating Support/Advocacy \$10,000
Worcester Youth Center Operating Support \$20,000
Worcester Youth Orchestras Operating Support \$10,000
YWCA of Central Mass. Operating Support \$40,000
Those organizations receiving Angels Net Foundation Inc funds for projects this year are:
Programs for Immigrant/Refugee Children and Families \$15,000
Appalachian Mountain Club Worcester Educators Outdoors \$5,000
Ascentria Community Services, Inc. Immigration Legal Assistance Program \$15,000
Boys & Girls Club of Worcester Learning Loss Recovery After COVID \$20,000
Central Massachusetts Agency on Aging Equitable Dental Care for Seniors \$12,500
Children’s Friend The Gender Wellness Initiative \$15,000
Clark University Photography as Tool for Social Justice \$5,000
Coalition for a Healthy Greater Worcester Trauma, Resiliency & Racial Equity Training Institute \$10,000
Community Legal Aid, Inc. Immigrant Legal Advocacy Project \$15,000
Community Servings Nutrition for Those Affected by Critical/Chronic

what he did for the carpentry group.”
“What happened was so kind and surprising...carpentry is very grateful. Thank you, STP!” added student Emma Bransky.
‘Proud to be able to do what he did for the school,’ Chisholm mentioned that he and his wife are hoping to expand their outreach and support to other schools, states, and vocational programs.

Illnesses \$10,000
Cultural Exchange Through Soccer Youth Leadership Through Soccer \$20,000
Dignity Matters, Inc. Distribution of Free Menstrual Products \$5,000
Edward M. Kennedy Community Health Center Preventative Dental Care at North High \$10,000
Edward Street Child Services Master Teacher Consultation Program \$25,000
Family Health Center of Worcester, Inc. Perinatal Group Programs \$15,000
Friendly House, Inc. Frances Perkins Transitional Housing \$25,000
Friends of St Luke’s, Inc St. Luke’s Guesthouse \$10,000
Hope Coalition Worcester Addresses Childhood Trauma \$12,500
Ivy Child International Youth Yoga/Mindfulness Teacher Training \$10,000
Literacy Volunteers of South Central Massachusetts ESOL and Basic Literacy Tutoring Program \$10,000
Lovin’ Spoonfuls Inc. Food Rescue in Worcester County \$10,000
Massachusetts Adoption Resource Exchange, Inc. Breaking Down Barriers to Adoption from Foster Care \$5,000
MA Education & Career Opportunities On Our Way \$10,000
Montachusett Opportunity Council, Inc. Youth Innovation Center After School Programs \$10,000
New Hope, Inc. Supervised Visitation & RESPECT \$10,000
Notre Dame Health Care ESOL/ABE at Educational Bridge Center \$5,000
Open Door Arts, Inc. Connecting/Creating Through the Arts \$5,000
Open Sky Community Services Safe Homes and Safe Homes North \$15,000
Open Sky Community Services South County Homeless Services \$15,000
Our Father’s House, Inc. Health & Wellness in Homeless Children \$10,000
OurStory Edutainment Kwanzaa Academy \$15,000
Quinsigamond Community College Foundation Student Emergency Aid \$10,000
Reach Out and Read Greater Worcester Rx for Success \$5,000
Refugee and Immigrant Assistance Center Comprehensive Case Management \$15,000
Rock of Salvation La Cocina de ROCA \$15,000
SEIU Education & Support Fund MA Child Care Training Fund \$7,500
Spanish American Center, Inc. Nos Ayudando Mutuamente \$10,000
Student Clinic for Immigrant Justice, Inc. Expanding Access to Immigrant Justice \$5,000
The Community Builders, Inc. Family Self Sufficiency at Plumley Village \$10,000
The Village Afrocentric Saturday School \$10,000
United Way of Central Massachusetts YouthConnect \$12,500
United Way of Tri-County WHEAT Community Connections Meal Delivery \$7,500
Wayside Youth & Family Support Network PrideSide Charlton \$7,500
Worcester Caribbean American Carnival Association Carnival Outreach & Promotion \$7,500
Worcester Center for Performing Arts (Hanover Theatre) WYSH (Worcester Youth Speak Honestly) Project \$10,000
Worcester Chamber Music Society Neighborhood Strings \$10,000
Worcester Earn a Bike Inc. Transportation Equity & Alternatives for All \$5,000
Worcester Education Collaborative Woo-Labs: Reimagining/Amplifying Learning \$12,500
Worcester Youth Center Creative Leadership Institute (CLI) \$10,000
Y M C A of Central Massachusetts Minority Achievers Program \$10,000



ACCURACY WATCH

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

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

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BAKER

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personnel can serve in support of hospital operations for up to 90 days,” read the statement issued by Baker’s office.

These roles include non-emergency transport between facilities; patient observation; security support; in-hospital patient transport services; and food service support.

Guard personnel were deployed to the field on Dec. 27.

State officials also released updated guidance to hospitals concerning non-essential elective procedures. Effective Dec. 27, all hospitals statewide are directed to postpone or cancel all non-essential elective procedures that are likely to result in inpatient admission. The goal of this order is to maintain and increase inpatient capacity, officials said.

“Patients are reminded to still seek necessary care at their hospital or from their healthcare provider,” read the Governor’s statement.

Residents are reminded that people ages five to 17 can get the Pfizer vaccine. People over 18 can get any vaccine.

To learn more about the latest state COVID-19 guidance and data, visit www.mass.gov.



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BAYPATH

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dents.

Student Shaun McLaughlin stated that “the generous gift to the Bay Path Carpentry program was a highlight in this trying year. It highlights the good and generosity of the Christmas spirit. Going back to his roots and giving back to the program that molded and shaped his future was a selfless act that won’t be forgotten.”

Luke Wonderlie, another carpentry student, echoed this sentiment by saying “It was very cool that a former student wanted to give back to his roots. I like what he did because that is something I want to do someday. I was really appreciative of

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Bay Path nursing students help plant tulips



CHARLTON — And 25 bulbs were planted at the Bay Path Practical Nursing Academy! In early November, Bay Path Practical Nursing Academy was one of the 100 Organizations chosen to receive a bag of 25 premium tulip bulbs. The same bulbs sold online and planted on the Wicked Tulips farm (Johnston, R.I.). According to Jeroen

of Wicked Tulips Farm, “the fall is always a busy time.” Jeroen and his team planted one million tulips and installed thousands of yards of deer fencing to protect the fields. Further, tulip planting is both an art and a science, and something Jeroen learned by working on his family’s farm in the Netherlands. At the Wicked Tulips farm, Jeroen arranged the tulip beds to maximize bloom times. Certain colors and types with custom mixes of tulips are planted in alternate rows. Jeroen stated, “the choreography in planting means nearly every stretch of field will have vibrant colors in the spring!” Dr. Ana Olivar (of Rutland) and practical nursing students who planted the 25 tulip bulbs expect to have tulips popping up at Bay Path

the last week of April or at the beginning of May since the weather always factors into the bloom time. Joining Dr. Olivar in tulip bulb planting were Felisters Mburu of Shrewsbury, Luciane Lindvay of Spencer, Marites Skarlz of Southbridge, and Gearlyn Wetherbee of Charlton, all from the PN Class of 2022. About Bay Path RVTHS Practical Nursing Academy: Bay Path Practical Nursing Academy offers a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing 239 Causeway Street Boston, MA 02114 617-973-0800 www.mass.gov/dph/boards/rn The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges 209 Burlington Rd, Suite 201 Bedford, MA, 01730-1433 781-271-0022 www.neasc.org

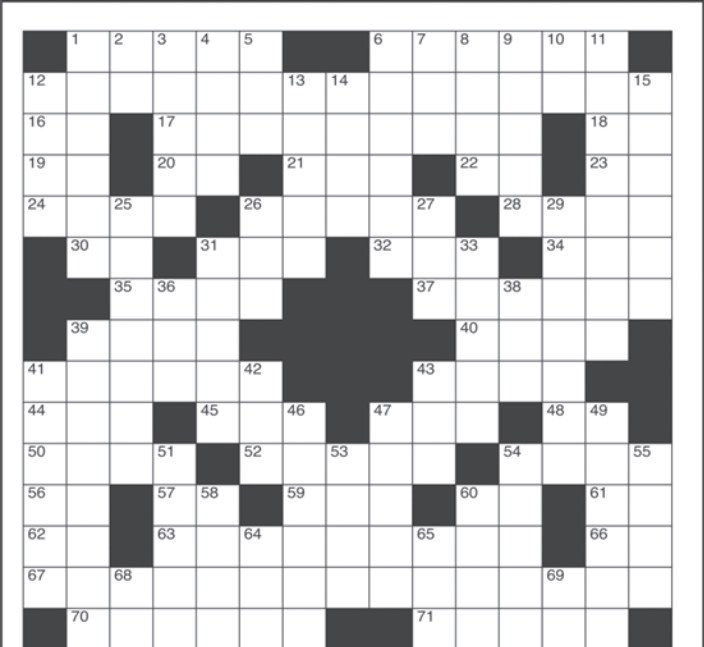
Greater Worcester Community Foundation accepting scholarship applications

WORCESTER — The Greater Worcester Community Foundation is now accepting scholarship applications for high school seniors who live in Worcester County and are seeking college scholarships for the 2022 - 2023 academic year. One application opens the door to more than 130 unique scholarship opportunities. Since the program’s found-

ing in 1978, over 9,000 students have been awarded scholarships and more than \$13 million has been distributed. Last year, GWCF awarded over \$680,000 to more than 375 local students. Now in its 44th year of awarding college scholarships, awards ranging from \$300 to \$5,000 will be made to students based on a wide variety of criteria including need, merit, career goals and activity involvement. New to 2022 is the Harold R. Jensen Scholarship fund.

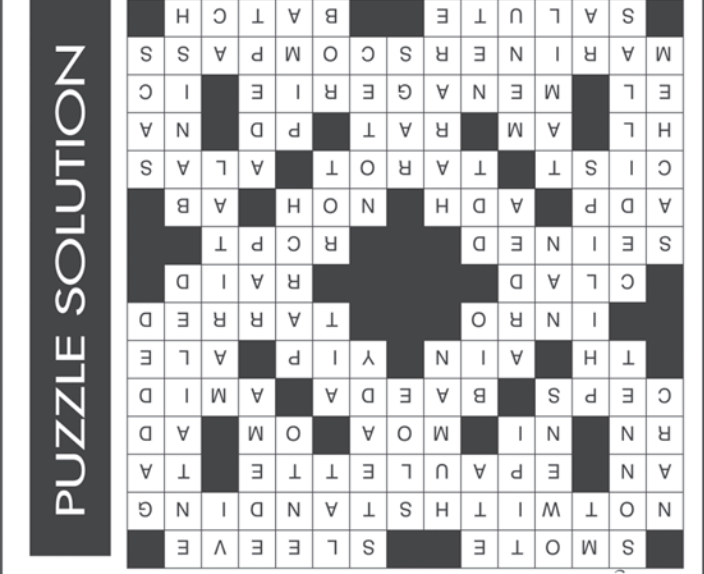
This new scholarship fund will provide more than \$75,000 for renewable and nonrenewable awards to college-bound graduates of Worcester public and parochial schools. Mr. Jensen (1896-1980), a Worcester resident and worked for US Steel as an accountant. His desire to help children in the city that had been his home, led him to craft a trust that would provide scholarships to Worcester students. The Scholarship is for “high school graduates from the City of Worcester who have

proven themselves by scholarship and character to be worthy of assistance for higher education.” Students may apply online by visiting www.greater-worcester.org. Scholarship applications must be submitted by 5 p.m. on Tuesday, March 1. Recipients will be announced July 2022. For more information, please contact Jacob Vazquez, Philanthropy Officer; Scholarship jvazquez@greaterworcester.org.



- CLUES ACROSS**
- 1. Struck firmly
 - 6. Shirt part
 - 12. Nevertheless
 - 16. Article
 - 17. Adornment
 - 18. Educator’s helper
 - 19. Healthcare pro
 - 20. Atomic number 28
 - 21. Extinct flightless bird
 - 22. Mystic syllable
 - 23. College sports decision maker (abbr.)
 - 24. Edible mushrooms
 - 26. Venerable English monk
 - 28. Surrounded by
 - 30. Forming fractional numbers from 4 onwards
 - 31. Eastern France river
 - 32. Short cry or yelp
 - 34. Brew
 - 35. Ornamental box
 - 37. In a way, surfaced
 - 39. Attired
 - 40. Peculation
 - 41. Netted
 - 43. It shows you paid (abbr.)
 - 44. Payroll firm
 - 45. Antidiuretic hormone
 - 47. Japanese classical theater
 - 48. The first two
 - 50. Ancient burial chamber
 - 52. Type of card
 - 54. Expression of sorrow or pity
 - 56. Hectoliter
 - 57. Morning
 - 59. NYC subway dweller
 - 60. Law enforcement
 - 61. Sodium
 - 62. Elevated subway
 - 63. Facility where wild animals are kept
 - 66. Integrated circuit
 - 67. Seaman’s tool
 - 70. Drink to
 - 71. Small group

- CLUES DOWN**
- 1. Poem
 - 2. Everest is one (abbr.)
 - 3. Olympic legend Jesse
 - 4. Portable tent
 - 5. When you hope to get there
 - 6. Unwavering
 - 7. Back muscle
 - 8. Within
 - 9. Excessive fluid accumulation in tissues
 - 10. Six
 - 11. Involved as a necessary part
 - 12. 2002 Liotta, Patric film
 - 13. Living thing
 - 14. Type of gin
 - 15. Moved around in pursuit of fun
 - 25. Makes light bulbs
 - 26. Story of one’s life
 - 27. Small island in a river
 - 29. A type of bliss
 - 31. Genus of large herons
 - 33. A way to make dry
 - 36. One’s grandmother
 - 38. Vocal style
 - 39. Pronunciation mark
 - 41. American Indian chief or leader
 - 42. Insecticide
 - 43. Go bad
 - 46. Capital of Zimbabwe
 - 47. Polish river
 - 49. Cast out
 - 51. People of India and Sri Lanka
 - 53. Cleaning fabrics
 - 54. Very skilled
 - 55. Pouches
 - 58. Restaurant must-have
 - 60. Native Americans from Arizona
 - 64. Remaining after all deductions
 - 65. Fleece
 - 68. Dorm official
 - 69. It cools your home



CHAVEZ

continued from page A1

ing with the Chief Medical Director at Spectrum and he suggested I become a nurse,” said Chavez. “He said it would be a good career change for me and that I would be great at it,” Chavez added. At the time, Chavez was at the Health Care System in various capacities. Her educational background was Sociology and administration of justice from Rutgers University. She had been a Correctional Recovery Academy Counselor, Medicated Assisted Treatment Case Manager, and Medical Coordinator. She was, however up for the challenge. Chavez said, “Why not become a nurse? I highly respected all the nurses at my job and figured it would be a great opportunity.” She added enthusiastically, “The best decision I ever made!” As a nursing student at Bay Path Practical Nursing Academy, Chavez was a PCE \$3,000 grant recipient, a volunteer for Medical Reserve Corps, an officer for the UNICEF Club, certified in Dementia Care, certified in Mental Health First Aid, and certified in Infusion Therapy/Central Line care. She was a District Champion in Medical Terminology earning a bronze medal at SkillsUSA. As an LPN at MIT Medical, she is one of the nurses who can spot opportunities for improving medical devices or creating new ones. Like many health profes-

sionals, COVID-19 has impacted her work. In her own words, “having to help patients virtually and via telephone. . . at the beginning of the pandemic, the medical building closed for all services except urgent care, OB/GYN, and pediatrics. I had to learn new skills in other departments. I also covered the COVID hotline. I had to always be prepared with the latest information to give to patients. Doing the hotline helped me determine what questions to ask to get the information I needed from patients and how to better learn the computer system at work. I also had to develop a plan on how to better serve our patients in my department i.e., pertinent information was needed for the medical providers to have before each visual visit.” Chavez credits Bay Path Practical Nursing Academy for much of her success. “Thank you, Bay Path Nursing Academy for helping me reach my goal. Every Nurse that graduated from Bay Path leaves with the skills necessary to be successful at any job,” she said. She further stated, “the education I received at Bay Path has helped me out so much in my career. The skills I learned in clinicals, and labs are still used to this day. I learned time management and making time where there is none!”

With a smile, she expressed that “the professors at Bay Path empower their students and always encourage them to reach their goals. I remember that for one of my clinicals I had school nurse observation at Bay Path RVTHS. That is where I realized that I wanted to become a school nurse.” She explains, “and here I am working for one of the top colleges in the world in their medical department as a nurse!” Chavez is grateful for the assistance she received from P.E.O. Chapter R. “P.E.O. PCE grant helped me tremendously,” said Chavez. “The P.E.O. Chapter R ladies were so wonderful,” said Chavez. Chavez plans on continuing her education to become an RN. For aspiring nurses, Chavez’s advice is to “always strive to reach your goals no matter how long it takes.”

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COVID, Amazon project highlight busy year for Charlton

BY JASON BLEAU
CORRESPONDENT

CHARLTON – It was a busy year in Charlton in 2021, as the community worked to continue reopening and adapting in the wake of the COVID-19 pandemic while also making strides towards economic growth by welcoming in one of the biggest companies in the world.

Town Administrator Andrew Golas recounted the highlights of the last twelve months as Charlton looks ahead to more positives in 2022. Looking back on the past year, Golas said there are two major storylines that dominated the town, one very obvious worldwide issue and another more localized story involving one of the most recognizable names in modern business.

“One thing has been COVID and try-

ing to get ourselves back to normal even though now this time of the year it feels like we’re taking a step back from that, but I think the town has adapted to some of the newer regulations,” Golas said. “The other side that’s been another big thing has really been economic development and what the future is going to be in Charlton.”

That economic growth involved Amazon bringing a new warehouse facility to the town which has certainly been one of the most talked about projects in the region since it came to light in the spring. Citizens approved zoning changes during the annual town meeting in May that allowed for large scale distribution centers setting the stage for Amazon to bring its project to Charlton. While the company wasn’t identified until a later meeting, the project eventually received

citizens backing for a TIF agreement in the fall. Economic growth such as this is something Golas hopes will continue into 2022 and beyond and will also help with one of the biggest goals of the new year, putting a focus on updating and upgrading public facilities.

“We’re starting to look at the budget and I think that the next conversation that we as a community need to have is what we want to do about our public safety facilities and looking at public facilities as a whole understanding that the new Amazon project is going to bring in additional tax revenue,” said Golas. “There are going to be some municipal challenges that we’re going to need to use that new revenue to address. We know that facilities improvements have been a need for a very long time and trying to leverage those new resources will

also steady the tax base. We really want to focus on a timeline for addressing those needs. We’re also really hoping to continue to adapt to COVID and find out what the next phase is going to be.”

Other accomplishments Golas mentioned from 2021 include upgrading the remote and online experience for citizens which included launching new improvements to the town website such as an online permitting tracking system. Golas hopes that these small improvements will continue into the new year. He concluded by crediting the town and its citizens for their adaptability during the ongoing pandemic saying that Charlton will be looking for more clarity from the state and federal government as to how to proceed with keeping citizens safe while maintaining services in the new year.

Boating safety courses offered in February

MILFORD — The United States Coast Guard Auxiliary Tri-State Flotilla, Massachusetts will be instructing two upcoming boating safety classes at Milford High School. They are scheduled as “in-person” unless further Covid restrictions move them to the Zoom video conference platform. Registration is managed through the Milford Community School Use Program, Adult-Boating, at <http://mcs.milford.ma.us> or (508) 478-1119 keeping in mind that availability is limited and you will receive course materials prior, covered by the registration fee if given on Zoom. Participants under the age of 16 must be accompanied in per-

son, or online by a registered parent/guardian. Both courses will be offered again in March and April at this location as “in-person” or on Zoom platform.

For additional USCGAux. information: phil.uscgaux@verizon.net or (508) 478-3778.

Boat America Feb. 12 8 a.m. – 5 p.m.

Register by Feb. 4 (\$75 fee-\$65 Milford residents) An in-person proctored exam is required for completion and will be given to students, in their vehicles, at the MHS parking lot on Sunday Feb. 13 at 10 a.m. if the class is done over Zoom platform.

This is a one-day course developed to provide the skills

and confidence needed to explore the coast and inland waters by boat. Basic knowledge and skills are needed to have safe and enjoyable boating experiences. This course is perfect for families that have just purchased any type of boat or are planning to in the future, and also for the boater keeping up with changes to boating regulations and laws. Successful completion of the course will certify any minor, from 12 to 16 years of age, to operate a powerboat, including a Personal Water Craft / Jet Ski (for 16 & 17-year-old operators), on all Massachusetts waters; in conjunction with the Mass. Environmental Police. Approved by NASBLA it will

also cover the requirements to operate a vessel in most other states & many countries where boating safety education is mandatory. Most boating insurance companies offer a discount on premiums for successful completion of this course.

The Boat America course is limited to 20 students.

Suddenly in Command Feb. 16

Wednesday evening: 6:30 – 9 p.m. Register by Feb. 14 (\$5 course fee, No exam)

Imagine you are out on the water when the boat’s captain somehow is incapacitated or falls overboard and can’t swim back to the boat. Are you prepared to take basic actions to

get help, stop or start the engine and take the helm? A little knowledge could save lives and make you feel more comfortable boating when you’re not generally at the helm.

Misfortunes can and do happen while on that fishing, diving, adventure, or party charter. Being out on your own boat with that significant other at the helm, or going out on a friends’ pontoon boat can also turn to horror if the skipper is suddenly out of commission. This is a boating safety primer for those not generally at the helm but would like to know what to do, to be better prepared.



GOOD NEWS LEGALS

LEGAL NOTICE TOWN OF AUBURN CABLE TELEVISION LICENSE RENEWAL PROCEEDING

The Town of Auburn Cable Advisory Committee, as delegated by the Auburn Board of Selectmen, will hold a public hearing on January 18, 2022, 6:00 p.m., to ascertain Auburn cable license renewal needs as part of the Town’s Spectrum, LLP (also known as Charter Communications) cable television license renewal process. (Snow date will be January 31, 2022 at 6:00 PM same location.) Interested persons may attend in person and may also attend and directly participate remotely through an electronic platform by desktop, laptop, tablet or phone as set forth below. The hearing shall be held at Town Hall, 104 Central Street, Auburn, MA in the Select Board’s hearing room on the 2nd floor and interested persons may attend and participate via the following link or number(s):

Link to Auburn cable hearing:
Join the meeting from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/944243445>

You can also dial in using your phone.
United States: +1 (312) 757-3121

Access Code: 944-243-445

The Spectrum cable license is due to expire June 29, 2023, and the federal Cable Act, 47 USC 546, requires a public proceeding to ascertain the community’s cable-related needs and interests as part of the license renewal process. Public comment is invited on cable license renewal needs of the Town and the general public. For further information and copies of renewal records available for public inspection, contact Julie Jacobson, Town Manager, Town Hall, 104 Central St. Auburn, MA 01501. If and when Spectrum files a license renewal proposal, a copy shall be available for public inspection at the Office of the Town Clerk. By order of the Board of Selectmen as Cable Television License Issuing Authority.
December 31, 2021
January 7, 2022

SHEREWSBURY — Sixteen Central One Federal Credit Union employees were recently honored for their combined 160 years of service.

Twenty years of service: Rajani Koduri, Westborough Branch Manager, and Chuck Frail, System Support Manager

Fifteen years: Owen Russell, AVP of Retail Services, Sandra Georgian, Card Services Coordinator, Deborah Sampson, Senior MSC Agent, and Gary Swanson, Records and Retention Administrator

Ten years: Linda Bryon,

Northborough Relationship Assistant, and Leanne Humphrey, Accountant

Five years: Deborah Cormier, Director of Residential Mortgages, Mandy Corfey, Data Operations Manager, Lou Aponte, Senior Collector, Kristina Beksha, Electronic Services Specialist, Mireille Bones, Lending Specialist

Lillian Carlson, Senior Loan Underwriter Amanda Morang, Senior Equity Loan Processor, and Nicole Roy, Equity Loan Processor.

About Central One Federal Credit Union

Central One Federal Credit Union is a not-for-profit financial institution that provides members with excellent, personalized service. Central One offers a wide range of savings, deposit, and loan products designed for the local community, and has branches in Shrewsbury, Auburn, Northborough, Westborough and Worcester, and school-branches in both Shrewsbury and Westborough High Schools. Learn more about Central One and why we have been chosen as one of the top credit unions in Central Mass. www.centralfcu.com.

Greater Worcester Community Foundation looks to support and recognize local artists in photography contest

WORCESTER — The Greater Worcester Community Foundation is redesigning its website and is looking to showcase the work of local Central Massachusetts photographers. The use of local artwork is in line with the Creative Worcester Initiative which seeks to support a strong and diverse arts and culture ecosystem in Worcester.

Photographers can begin submitting photographs starting Jan. 3 with the contest running until Jan. 14. All photographers (emerging and seasoned) are welcome. Artists are asked to limit

submissions to four per person and photos must be from different seasons. Entries must depict scenes of Worcester County and can be of outdoor themes (landscapes and close-up shots are acceptable) or groups of people/events. Individual photographs of people or household pets, as the primary subject will not be considered.

Artists must be 18 years of age or older to submit and each entry must be the work of the person submitting the photo. All images must be high-resolution digital images in jpeg format, with a file size of at least 500 KB and

no greater than 3,000 KB. No prints or paper copies will be accepted.

Winners will be notified after Friday, Feb. 4. Those selected for the Greater Worcester Community Foundation Web site will be provided a \$200 stipend per photo selected.

To enter, submit digital image(s) to photos@greaterworcester.org. Please include your name and location of where the picture was taken.

The Greater Worcester Community Foundation reserves the right to use selected photos in ways it deems appropriate.

sive experiential learning components related to specific areas of professional development within the field of public safety leadership.

“The cadre at Team Training Associates are highly credentialed and experienced public safety practitioner scholars,” notes Eric Murray, EdD, president of TTA who earned the Master of Science in Organizational Leadership at Nichols in 2009. “For over a decade, our team has helped public safety leaders throughout the country operationalize evidence-based strategies to improve their workforce. We strive to remain at the forefront of professional development and leadership training. Collaborating with Nichols College is setting new standards of excellence and academic opportunities for our public safety clients.”

The Nichols MSC is the only graduate program in the country to focus on

violent extremism at home and abroad. The degree has provided a gateway to emerging careers as analysts and agents in agencies including the FBI, the U.S. Department of Homeland Security, and FEMA, and is viewed as a critical component in the training of the modern police force.

According to Allison McDowell-Smith, PhD, associate dean of the Nichols Graduate School of Liberal Arts & Sciences, “The combination of education between TTA certification programs and Nichols College graduate MSC degree can serve as a force multiplier for law enforcement as they are our first responders responsible for protecting our society. If they are able to lead others as to how to be proactive in regard to extremism threats, we can continue to make our communities safer.”



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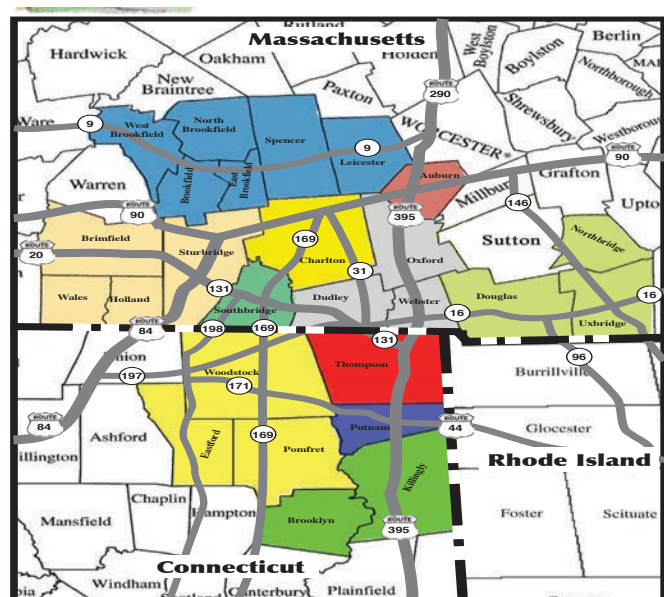
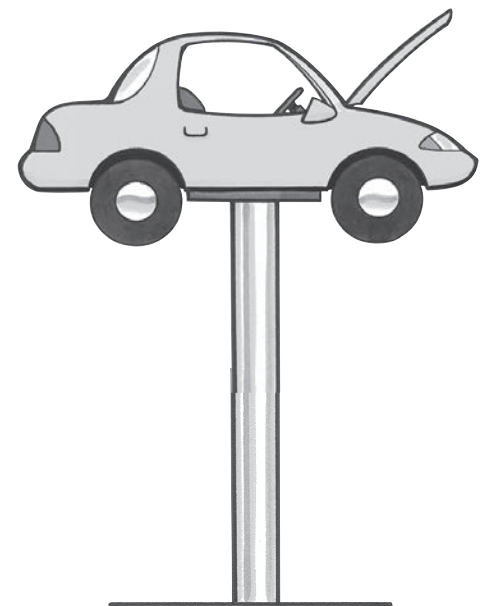
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OPINION/COMMENTARY



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BRENDAN BERUBE
EDITOR

Snowy weather is nothing new

The first big snow dump of the season has come and gone, leaving us with anywhere between three and eight inches of snow, depending on where you are. As with most things, we like to think about how our ancestors handled certain situations. On a personal note, it was during a snowy drive last winter that we writer became more grateful for studded snow tires and heat, after thinking about how those before us dealt with travel during snowstorms.

During the winter of 1717, a storm dumped four feet of snow creating snowdrifts of up to 25 feet. Passing through the snow-covered roads was too much for a postman who traded his horse for a pair of snowshoes. Objects similar to skis were attached to carriages as a means of winter transportation.

Streets had to be passable for wood and food deliveries. When the roads were not passable townspeople would gather together in large groups and dig out a path. The snow was placed into the back of a horse-drawn cart by gangs of men and driven to the closest river to be dumped. Salt was also used on streets, but many people complained because it ruined their shoes and clothes.

Fast forward to 1840, when the first snowplow patent came to be. It wasn't until 1862 that the first snowplow was put into use. The plow was attached to a cart and pulled by a team of horses. Soon after, many cities began to use the horse-drawn snowplow.

Typically, the use of the horse-drawn plow was only used to clear main streets, leaving side streets and sidewalks snowed in by large piles often blocking entrances to businesses. Many business owners actually brought lawsuits against the plowing companies as a result because their customers could not gain access to the storefronts.

The solution to that conundrum, was the hiring of snow shovelers to accompany the plow. The blizzard of 1888, however, was too much for the "modernized" plow, leaving many people trapped inside their homes. This emergency was the catalyst cities needed to begin coming up with a better plan for snow removal. One idea was to stay on top of the storm as it started, instead of waiting for it to end. Different men driving the plows were assigned to certain neighborhoods as well.

The invention of the automobile brought with it a crutch and a new possibility as far as snow removal went. The crutch being that an entirely new method needed to be engineered and put into use. In New York in 1913, a dump truck could be seen on city streets. Seven years later, the first snow loader, came on to the scene. It had a big scoop with a conveyor belt. The snow would go into the scoop via the belt, then dumped into the back of the truck. From there, off to the river it went.

It wasn't until 1959 when the weather was able to be predicted more accurately, allowing towns and cities to better prepare for any incoming storms.

Reading old diaries of our New England ancestors gives the perfect window as to what it was like to experience a bitter cold winter, prior to modern practices. Below a quote literary critic Van Wyck Brooks.

"All praise to winter, then, was Henry's feeling. Let others have their sultry luxuries. How full of creative genius was the air in which these snow-crystals were generated. He could hardly have marveled more if real stars had fallen and lodged on his coat. What a world to live in, where myriads of these little discs, so beautiful to the most prying eye, were whirled down on every traveler's coat, on the restless squirrel's fur and on the far-stretching fields and forests, the wooded dells and mountain-tops, these glorious spangles, the sweepings of heaven's floor."

— The Flowering of New England, 1815-1865



Photo Melinda Myers

Winter sowing allows gardeners to start transplants from seeds outdoors by repurposing milk jugs or two-liter soda bottles.

Start seeds outdoors with winter sowing

Save money and indoor space used for starting seeds indoors with winter sowing. This easy technique allows you to start transplants from seeds outdoors without a greenhouse or cold frame.

Growing your own transplants from seeds can save you money and is often the only option for new, unique, and other hard to find plants. Not everyone has the time, equipment, and dedication to watering that's needed to start plants indoors.

All you need are flower and vegetable seeds, milk jugs or two-liter soda bottles, duct tape and a quality potting mix. Check the seed packet for information on planting details and timing. Winter sowing dates vary with the growing climate, individual gardener, and seed variety you are planting.



runs out the bottom of the container.

Fellow gardener, Patricia, uses rolled newspaper or the cardboard tubes from toilet paper to help space and eventually transplant her winter sown seedlings. She makes newspaper pots by wrapping 22 and a half by five inch strips of newspaper around a two and a half inch diameter by four inch tall jar. She folds the end to create the bottom for a three and a half inch tall pot. Secured with staples, she sets the pots or toilet paper rolls in the milk jug, fills with potting mix, tops them off with about half an inch of seed starting mix and then plants her seeds.

Label the inside and outside of the jug with a permanent marker. Close the lid and seal it shut with duct tape. Remove the cap before setting your milk jugs in a sunny location outdoors where rain and snow can reach it. Keep them handy to prevent waterlogged soil during extremely wet weather.

Water your outdoor seed starting chambers during snow-free and dry weather. This will be much less often than those seedlings growing indoors under artificial lights.

Your plants will be ready to move into the garden at the normal planting time. Just open the lids, harden off the plants and move them into the garden.

Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener's Handbook* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* DVD series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her Web site is www.melindamyers.com.

Taking stock of 2021

Another New Year is upon us. It's amazing how the years keep slipping by, each year seemingly moving faster than the year before. As I take stock of 2021, I encourage you to do the same.

New Year is a mixed bag of emotions for me. As I reflect on 2021, I think of many things. I think of the people who helped me, I think of the people who harmed me, I think of the goals I gave up, and the goals I didn't give up.

As we move into 2022, I have to wonder, have I headed in the right direction? If not, how can I change course? Do I positively impact others? Am I surrounded by people who positively influence me? How am I performing at work? Am I giving it my all? Am I aggressively pursuing my dreams? Am I helping others accomplish their dreams?

I am thankful for those who helped me in 2021. Many positive things occurred this year that couldn't have happened without the help from friends, family, and strangers. Thank you all; you make me feel gratitude that should last a lifetime. I need to make sure I let you know how much I appreciate you and help you in any way I can in 2022 and beyond.

This year, I want to focus on helping those who helped me and those who haven't helped me. I want to become a blessing in as many people's lives as I possibly can. It reminds me of a quote by Zig Ziglar, "You can have everything in life you want, if you will just help other people get what they want."

As I think of those who harmed me in



POSITIVELY SPEAKING
TOBY MOORE

2021...

I want to say thanks to you as well. Thank you for making me more robust, aware, flexible, and diplomatic. I'm tempted to feel anger and revenge, holding onto this poison forever. As I've written in the past, it doesn't do any good to feel that way. It will only cause more harm. Please forgive my trespasses and anything I've done to impact you negatively. Let's move into a place of mutual respect this year. "Don't go into the new year holding a grudge from last year, we cannot move forward if we are stuck in the past." That's excellent advice by Pastor Joel.

I should feel satisfied with the goals I did accomplish in 2021. When I achieve a goal, the good feelings are quickly replaced by acknowledging that I'm still not where I want to be, and the sense of accomplishment quickly fades. This year I will take the time to feel good about my successes, whether they be little or big. I don't know who said it but I think it's true, "Success is a series of small victories."

The hardest thing to think and write about are the failures of 2021. Many things I wish I had done differently, goals I didn't take seriously enough, times I snapped at loved ones while under pressure, the food I ate that made me feel unhealthy, the negative thoughts I harbored for too long, the days when I was lazy and let procrastination take hold. There are more failures in 2021 than I can count. I wish I could go back and fix my mistakes but it's just a

What are your financial resolutions for 2022?



FINANCIAL FOCUS
TREVOR NIELSON

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

Here are a few ideas to consider:

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

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

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

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

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

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Trevor Nielsen, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or trevornielson@edwardjones.com.



Insightful

Deer season ends with some impressive harvests

Deer hunting improved dramatically last week, when a coating of snow fell in our area. Tracking deer helped numerous hunters bag a deer during the light snowfall, but it did not last long as the rain washed most of it away in the following few days. Deer hunting closes this Friday in Massachusetts, and results of the harvest from Mass. Fish & Wildlife should start trickling in by the middle of January. Some real impressive deer were harvested locally, with numerous does weighing in at more than 130 pounds dressed. Some big bucks were also harvested, but few hunters wanted to share their photos. Reports of mutable deer were still being caught on trial camaras set up by sportsmen. There should be no shortage of venison this year for many families.

News of the Rhode Island Saltwater Anglers show preparing for their event in Providence, R.I. in March was great news for local sportsmen. The event is a top rated must attend show, and if Covid is kept under control, it will hopefully happen. I understand that the Marlborough show and the Providence sportsmen's show has not been confirmed to date. Captain Mel True has already canceled his event because of the Covid threat ,but has already confirmed his reservations for the Providence show.

Reports from Jerry's Bait & Tackle of



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anglers fishing rod & reel in freshly stocked trout waters & are catching some nice rainbow trout was good news. Ice fishing is off to a bad start so far this year, and if we do not get some colder weather soon, it will make for another short season locally. This is the time of year that I normally catch a good mess of yellow perch for the frying pan, but I am forced to eat some of my tautog and seabass that I caught this past summer. It really is not a problem to have!

The new Mass. Fish & Wildlife Web site has been a major problem for some sportsmen looking to purchase a hunting or fishing license as a Christmas gift for friends or family members and themselves. Even local stores that sell licenses were not able to get them without problems. One local sportsmen drove to Westborough to ensure his purchases would be ready for the holidays. Previous license information was unavailable on the new site, and required the buyer to find an old license to complete their purchases. Deer permit zones required some sportsmen to get their licenses without completing the paperwork. Hopefully, the problems will be rectified soon.

Now is a good time to check out your freshwater and saltwater fishing gear, and make all of the necessary repairs on rods, reels, etc. Tying fly's and repairing fishing lures, by applying a fresh coat



Photo Courtesy

This week's photo shows a youngster with his dad ice fishing at the Whitinsville Fish & Game club ice derby a year or two ago!

of paint, and new hooks will insure you that you are ready for this upcoming fishing season. If you have a small boat that can be accessed easily, you can still fish local lakes and ponds, which may become an annual event because of climate change.

This week's photo shows a youngster with his dad ice fishing at the

Whitinsville Fish & Game club ice derby a year or two ago! Hopefully, we will have safe ice soon, but until then, staying off thin ice is highly recommended.

Wishing everyone a happy New Year!

Take A Kid Fishing & Keep Them Rods Bending!

Tips to Keep New Year Resolutions

Let's face it, New Year resolutions are difficult to keep. Even the firmest intentions can lose steam come March. So what's the secret to willpower longevity? The key factors to resolution success are attitude and commitment. Oftentimes New Year resolutions are self-improvements, and that requires a lifestyle change. Taking on the challenge with an eye to the future can increase the odds of your New Year resolution turning into a longtime success.

The following strategies are geared toward arming you with the tools to expand your January vows into lifelong achievements. Happy New Year!

**

A national study released by Retailmenot.com revealed the top seven resolutions for 2022. The survey found that 85 percent of consumers will set a New Year's resolution, and nearly half (49 percent) are likely to spend money to keep their resolutions.

According to the survey, Americans made the following New Year resolutions for the upcoming year:

Saving money 44 percent; Exercise more, 35 percent; Losing weight, 30 percent; Spending more time with family, 28 percent; Paying off debt, 27 percent; Reduce stress, 22 percent; Travel more, 19 percent.

While losing weight and saving money have long headed annual New Year resolution lists, spending time with family, reducing stress and traveling are also important goals for the coming year, no doubt influenced by the past two years of stress and restrictions.

**

Rules from the Experts to Turn Annual Resolutions into Daily Habits

Rule #1: Stop Overachieving

Whittling your resolutions down from a top ten list to one or two increases the odds of long term success. With a focus on one main goal, your "eye is always on the prize."

Rule #2: Adjust your Attitude

So you hate working out? Resent pinching pennies? Can't bear to say no to sweets?

Remind yourself you are doing this of your own free will! Remember the "fake it till you make it" research that reveals even a forced smile boosts your happy genes, thus actually making you happier! The phenomenon is called "facial feedback," and according to Psychology Today, it works because the brain senses the flexion of certain facial muscles and interprets it as "Oh I must be happy about something."

No one is forcing you to get on the treadmill or give up your \$6 morning Latte – it is your choice. You are choosing to improve your life. Sometimes reminding yourself that you are willingly partaking in the sacrifice can get you through the tough times.

Rule #3 Be Accountable

Taking pen to paper or using a fitness or budget app can be powerful, and research repeatedly reveals that holding yourself accountable, be it via an exercise chart, daily food or budget tracker, is very effective to making long term changes.

Rule #3: Break it Down

It sounds like common sense to break

goals down into manageable tasks, but people don't always take the time to practice it. Make a plan with mini goals. When you achieve each goal, document it. Again, the power of the written (or typed) word solidifies the commitment.

Rule #4: Group Therapy

There's a reason why group programs are successful. Misery (and merriment) loves company. With plenty of support groups available online there is no reason not to seek out others striving for the same end results as you. Posting in a group that promotes healthy eating, frugality or even organization skills can boost your willpower and give you "shots" of encouragement. Not ready to join in a discussion? No worries. Just visiting a FB or other internet group with information and resources can aid you in your journey of improvement.

Rule #5: Make it Fun!

When's the last time you had fun achieving a goal? It's easier than you think to stay the course if it's a pleasant trip. Besides, who ever said a self-improvement plan has to be grueling? For example, watch the Food Channel while you're on the treadmill. You will get your "food fix" virtually (and with no calories)!; Make a game of your budgeting: Challenge yourself to save a certain percentage at the grocery store each week, and up the ante when you reach your goal; Or simply play your favorite music while you are organizing that messy closet.

Rule # 6: Motivate Yourself

Motivational speakers spark results, but you can use simple tools to be a self-motivator. Look up inspirational quotes, and post them where you'll see them every day. You might also want to repeat an affirmation every day to solidify your vow. Research the habits successful people and take a cue from them on how to carry on and achieve success even after failures. Remember Thomas Edison's famous quote. After someone remarked his light bulb experiments failed, he said: "I have not failed 10,000 times. I have successfully found 10,000 ways that will not work."

**

Success Strategy

You've likely heard it before but here is some advice to successfully "break a bad habit": Experts agree that it takes a minimum of 21 days to change a behavior; so the first thing to do is count ahead 21 days and mark the day you'll be officially "homefree" from your habit on a calendar. How to get through the 21 days? First write down your goal and list the positive reasons you want to change your habit. These exercises will help build commitment. Next share your goals with your family and friends. Making a commitment public leaves little room to back out, plus you'll benefit from a support system. Each day review your list of reasons for quitting or changing. Reward yourself verbally, each hour if necessary, working up to a great treat at the end of a successful week. And remember if you fall off the wagon, jump back on immediately before you fall completely back into

gives us another chance. If, at first, you don't succeed, try again. If you're still alive, you're still a contender.

Let's be resolved to become better people, do the things we ought to do and let the pieces fall where they may. Hold firmly to our dreams, yet be relaxed about how they occur. In 2022 let's be determined, happy, flexible, free from worry, free from doubt, free of anger and hatred. Let's choose to feel optimistic and seize the New Year!



TAKE
THE
HINT

KAREN
TRAINOR

your old habit. It pays to remember research reveals only 40 percent of habits are broken on the first try. Besides, there's always next year!

**

Famous Quotes

Here's a dose of inspiration from successful people:

"If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success."- James Cameron

"All our dreams can come true if we have the courage to pursue them." - Walt Disney

"Success is the sum of small efforts, repeated day-in and day-out." - Robert Collier

"The only place where success comes before work is in the dictionary." - Vidal Sassoon

"Motivation is what gets you started. Habit is what keeps you going." - Jim Ryun

"You may have to fight a battle more than once to win it." - Margaret Thatcher

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success." - Dale Carnegie

"The difference between a successful person and others is not a lack of

strength, not a lack of knowledge, but rather a lack of will." - Vince Lombardi

"The successful warrior is the average man, with laser-like focus." - Bruce Lee

**

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.

Friday's Child



Photo by Jonathan Cabot

Damien
Age: 15

My name is Damien and I like to play basketball and flag football!

Damien is a smart and outgoing teenager of Portuguese descent. He likes making others laugh and has a great sense of humor. Damien does well with other peers and adults. He enjoys playing basketball and flag football. Damien also likes LEGOs, video games and magic cards. He does well in school with extra support. Damien's dream is to become a lawyer.

Legally freed for adoption, Damien would do best in a family of any constellation. He would prefer a two-parent household. He would do well as the youngest or only child in the home. He would like a family that would help maintain his connection to his birth mother and paternal aunt. Damien would benefit from caregivers that are patient and supportive.

Who Can Adopt?

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

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

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



MOORE

continued from page A8

fantasy, the only thing that can be done is to focus on change. Changing my personality, my habits, my thoughts, my words, and my actions. I guess Winston Churchill said it best, "Success is not final, failure is not fatal: it is the courage to continue that counts."

Every day the sun rises again reminding us we can start over. Every year

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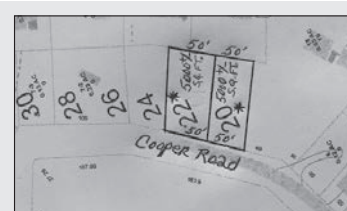
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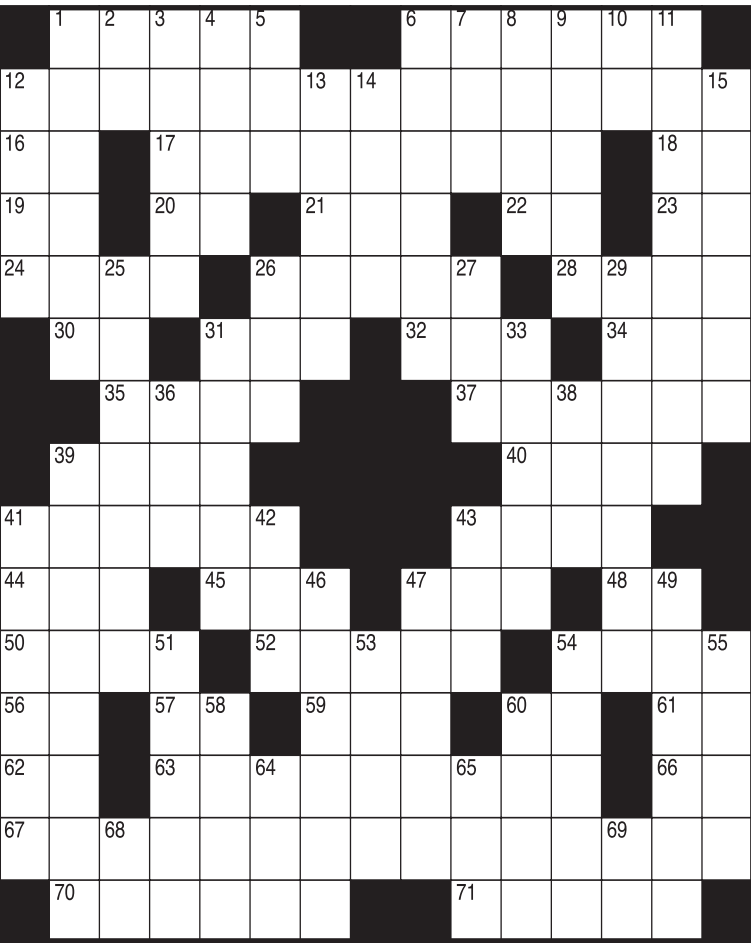
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TAKE A BREAK



- ACROSS
1. Struck firmly

6. Shirt part

12. Nevertheless

16. Article

17. Adornment

18. Educator's helper

19. Healthcare pro

20. Atomic number 28

21. Extinct flightless bird

22. Mystic syllable

23. College sports decision maker (abbr.)

24. Edible mushrooms

26. Venerable English monk

28. Surrounded by

30. Forming fractional numbers from 4 onwards

31. Eastern France river

32. Short cry or yelp

34. Brew

35. Ornamental box

37. In a way, surfaced

39. Attired

40. Peculation

41. Netted

43. It shows you paid (abbr.)

44. Payroll firm

45. Antidiuretic hormone

47. Japanese classical theater

48. The first two

50. Ancient burial chamber

52. Type of card

54. Expression of sorrow or pity

56. Hectoliter

57. Morning

59. NYC subway dweller

60. Law enforcement

61. Sodium

62. Elevated subway

63. Facility where wild animals are kept

66. Integrated circuit

67. Seaman's tool

70. Drink to

71. Small group

- DOWN
1. Poem

2. Everest is one (abbr.)

3. Olympic legend Jesse

4. Portable tent

5. When you hope to get there

6. Unwavering

7. Back muscle

8. Within

9. Excessive fluid accumulation in tissues

10. Six

11. Involved as a necessary part

12. 2002 Liotta, Patric film

13. Living thing

14. Type of gin

15. Moved around in pursuit of fun

25. Makes light bulbs

26. Story of one's life

27. Small island in a river

29. A type of bliss

31. Genus of large herons

33. A way to make dry

36. One's grandmother

38. Vocal style

39. Pronunciation mark

41. American Indian chief or leader

42. Insecticide

43. Go bad

46. Capital of Zimbabwe

47. Polish river

49. Cast out

51. People of India and Sri Lanka

53. Cleaning fabrics

54. Very skilled

55. Pouches

58. Restaurant must-have

60. Native Americans from Arizona

64. Remaining after all deductions

65. Fleece

68. Dorm official

69. It cools your home

BLOOD DONATION WORD SEARCH

A L R N C L U K E G N I R Y S O C S B B
Y K K N A B O O T H E R A P Y E L D A E
U C I S M I P S P E T R Y K L D O N N D
P A K U G R T I M E T S R L M R I G M D
B U D M E D O S A G E O S C G L R O S U
A I L A I L E H T O D N E E U A C I S P
L D S A T Z N S P E G Z N B D B A B C D
L Y A N T I B O D Y A E O S U H L G M O
E S B T U B I Y Y I T L O Y T A I A L C
L E O I P Z B L U I G R K L S N B Y R I
E M T G G R H E C I P I A Y D C R H E H
U Y E E D K E S T T U E S O D N A C G A
T Z I N S P M N I D H D N U O P T T P B
Z N H U D M A O N R Z U E A N K I A K R
R E U G K S N O B G G G N R A T O M R K
E L G T N A N I M O D O C A T R N S O D
S P H M N G R O U P K N N E I Z Z S N O
R N Y I B L N R I Z P Z U L O U T O O O
P N D T A S Z E I G S T M N N K K R D L
H L U M P H K D P D I S E A S E Y C Z B

Find the words hidden vertically, horizontally, diagonally, and backwards.

BLOOD DONATION WORD SEARCH

ADSORPTION, ALLELE, ANTIBODY, ANTIGEN, ANTIGLOBULIN, BANK, BLOOD, CALIBRATION, CELLS, CODOMINANT, CROSSMATCH, DISEASE, DONATION, DONOR, DOSAGE, ENDOTHELIAL, ENZYMES, GENETIC, GROUP, HEALTH, STEM, SYRINGE, THERAPY, TYPE

This Week's Answers

H O I V B E E I N T V S
S V Y W O O S H E N I H V W
O I E I H E O V N E W T E
Y N G d L V B W Y T H
S V T V L O H V L I S I O
B V H O N H O V d d V
L d O R O E N I E S
Q I W Y V O E V B S d E O
Q E B H V L O B N I
O I V Y V O E V B S d E O
Q V W O V O W I N N R
V L E I L E T N V d E N V
O N I G N V L S H L I M L O N
E E E T S E T O W S

Z J A E S V E I O d O X H d W O T H
T O X X N N H L S S I Z Z S V L O R d
O N S Z Z I E N N X d O N O B N H H A S
O O S N R L V O O O O M I N V N O T E
X H H O L V N H S S S S S S S S S S S S
X Y I T X N V S S S S S S S S S S S S
B d L I d O N N C H O I N H W S S I Z L
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SPORTS

Minutemen explode early with plenty of points in romp over Tri-County



Bay Path's Alison Welton looks to drive into the lane on Tri-County's defense.

BY NICK ETHIER
SPORTS EDITOR

CHARLTON — The Bay Path Regional girls' varsity basketball team entered its holiday break in style on Wednesday, Dec. 22, easily dispatching Tri-County Regional 51-22 to improve to 4-0. The Minutemen won't play again until Jan. 3, after press time.

"We've got a real good unit this year with some really nice freshman, [including starters] Kendall Bond and Alison Welton," said Bay Path head coach John Selen. "We're really blessed with them coming in this year."

Both freshmen made an immediate impact in the Minutemen's victory ver-

sus the Cougars. Welton poured in two quick baskets to give her team a 4-2 lead, and Bond followed with a free throw and shortly thereafter a made jump shot as Bay Path surged to a 17-4 first quarter lead, which included a 14-0 run.

Welton added another two baskets in the second quarter and teammate Amber Girard canned a pair of 3-pointers as the Minutemen held a sizeable 31-12 advantage at the halftime break.

"We're off to a real nice start and it's a fun team to coach," said Selen.

Welton showed a model of consistency in the third quarter, again scoring two baskets. In total, Bay Path won the frame 9-6 as they turned to the final quarter holding a 40-18 lead.



Bay Path's Laci Pallone sends a cross-court pass down the floor to a teammate.

Amber Girard of Bay Path begins her deep heave of a pass during an inbounds play.



The Minutemen then won fourth quarter scoring 11-4 to account for the 51-22 final. And, you guessed it, Welton scored two more baskets in the frame to finish with a game-high 16 points. Bond had 5 points and secured a game-high 11 rebounds.

Selen said that he does not know the

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page **A13**

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Town of North Brookfield

Water Department

Employment opportunity

Title: Water Treatment Operator **Location:** North Brookfield Water Department

The Town of North Brookfield Water Department is seeking a candidate for the full-time position of Water Operator.

The North Brookfield Water Department provides drinking water to 80% of the population of the town, drawn from our surface water reservoir, Horse (North) Pond. This position requires operation of the Bell Hill Water Treatment Plant, a US Filter Microfloc package plant including upflow clarifiers run by the SCADA operating system. This position includes meter readings, replacement and repair as well as distribution system maintenance, construction and repair. Also included are lawn mowing, snow shoveling, general cleaning, brush cutting and all similar chores to maintain area in and around the treatment plant, raw water pump station, reservoir and distribution system. A complete job description is available upon request.

Requirements for the position of Water Operator include a high school diploma or GED; and 1T Massachusetts Drinking Water Operators License or a 1-T Operator in training. This is a 40 hour a week position, Sunday-Thursday, coverage on alternating holidays and on-call weekends. Interested candidate must have a valid Massachusetts's driver's license and must be available for overtime work when necessary. Training schedule will be Monday- Friday until successful candidate has met the requirements needed to assume this position schedule.

Starting hourly rate - \$21.65. Step one is an entry level pay scale with yearly potential increases to a maximum step 5 pay scale of \$28.43 over a five year period as duties, licensing, and experience expand.

Interested applicants should submit a letter of interest and resume via email to jfmbwd@gmail.com or can be mailed to: North Brookfield Water Department 14 Bell Road, North Brookfield, Mass. 01535

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SPORTS

Rockets rally to defeat Woodstock Academy in overtime

AUBURN — The Auburn High varsity ice hockey team may have trailed in its game with Woodstock Academy at the Horgan Arena back on Monday, Dec. 27, but the rallying Rockets forced overtime and ultimately won a 3-2 decision.

Nolan White (Dillon Winkelmann assist) and Will Reece (Cooper C'Miel assist) both tallied second period goals to tie the score at 2-2

and, just 15 seconds into overtime, White scored again, and again from Winkelmann, as Auburn triumphed in victory.

The Rockets, a co-operative team consisting of athletes from Millbury High, Shepherd Hill Regional and Tantasqua Regional, in addition to Auburn High, improved to 3-2 after beating the Centaurs.



Jason McKay photo
The Auburn High varsity ice hockey team celebrates its 3-2 overtime victory versus Woodstock Academy on Monday, Dec. 27.



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Kendall Bond of Bay Path peers over the basketball before attempting a free throw.

BAYPATH
continued from page A12

freshmen heading into Bay Path beforehand.

"You're just hoping for the best," he noted of first-day tryouts before saying, "It's like I just won the lottery, you know?" followed by a chuckle when thinking about his talented roster.

In the win over Tri-County (2-2), the Minutemen's Bethany Lasell scored 10

points, while Girard finished with 9 more on a tri of 3-pointers. Maggie Mullaly had 6 points and 9 rebounds as Bay Path won the battle of the boards, 44-30.

"It's a real good group of kids as far as the chemistry goes. They're all getting along and sharing the ball. It's a good team effort from us," said Selen. "What can you do to make your teammates better? That's what they really try to do on the floor — find the open person and do things when you don't



Bay Path's Bethany Lasell gets fouled in the act of shooting.

have the ball."

The Minutemen also executed a strong fast break game plan, which will continue to be in store for 2022.

"The young kids are fast, so we're really trying to up-tempo it as much as we can and score the easy ones when we can," said Selen.



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Health Center
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*Are you uninsured? Do you have questions
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Open weekdays 8:30 a.m. - 5:00 p.m.
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living color!**

**The world isn't
black and white.
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Stuck in a dinner rut?
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