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Friday, October 15, 2021

Local veteran honored with Quilt of Valor

BY KEVIN FLANDERS
 STAFF WRITER

STURBRIDGE – A Vietnam War veteran was honored by his family during a Quilt of Valor presentation earlier this month.

Former U.S. Marine Joseph Kularski, Jr., a lifelong resident of East Brookfield, received his Quilt of Valor during an Oct. 2 surprise ceremony at The Barn in Sturbridge. Kularski assumed he

would be attending the 90th birthday celebration for a family member, but instead he found himself surrounded by relatives eager to honor his service.

“It was an excellent day. Not one of my relatives let on that this was going to happen,” Kularski told us. “I had teary eyes all day, especially when they put the quilt around me.”

The Quilts of Valor Foundation honors veterans across the country



Courtesy (Left) Vietnam War veteran Joseph Kularski, Jr., a lifelong resident of East Brookfield, recently received a Quilt of Valor.

1967. He stands among four generations of his family to serve in the military.

Kularski was nominated for a Quilt of Valor by his Aunt Peggy and Uncle Louis Fedler. An Air Force veteran, Louis Fedler served at roughly the same time as Kularski. It was a thrill for the family to come together to honor him, especially after being apart during the height of the pandemic.

“My brother said it was the best day of his life. He couldn’t believe everyone had done this for him,” said Carol Mulrain, Kularski’s younger sister. “It was a very moving day. It was nice to get everyone together for a wonderful event.”

Also attending the event was Scott Conner, the veterans’ agent for Spencer and East Brookfield.

Turn To **QUILT OF VALOR**, page **A12**

Historical Society meets Oct. 28

STURBRIDGE — The Sturbridge Historical Society meeting will be held on Thursday, Oct. 28 at The Publick House Historical Inn on Sturbridge Common. The guest speaker will be Peter Hastings on the strategic importance of the mills in Warren and West Warren during World War II.

Peter’s presentation will be how Warren Pumps, Davan’s Dyeing and Finishing Corporation and William E Wright & Sons helped our military with products that they made.

Different pumps, rubber decoy tanks and parachutes were some of the material supplied to our troops.

Peter’s interest in history really began when he met his wife’s parents Steve and Marion. He would listen as Stephen would tell stories of West Warren at every get together. Peter has gone on to write seven volumes based on these stories of people and pictures called the village of West Warren, A Small Historic Mill Town.

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

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

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

with quilts meant to provide comfort and gratitude for their service. For Vietnam War veterans

like Kularski, the honor is especially meaningful after the hatred and abuse servicemen endured on

returning from war. Serving in the Marines from 1966-69, Kularski saw active duty in Vietnam in

Dick Hoyt Memorial Golf Tournament a huge success

SOUTHBRIDGE — The Center of Hope Foundation, Inc. (CoHF), a non-profit agency serving individuals with intellectual and developmental disabilities, hosted its 15th Annual Golf Tournament on Sept. 11. With 144 golfers participating at the event, the Center of Hope was able to raise about \$13,000.

This tournament benefits the Special Olympics Program and the Holiday Giving Program. Once

again, we will be able to see the relief and smiles on families’ faces this year. We are very lucky to have the generous support from local businesses and members in the community who help to make our mission possible. Changing lives and providing opportunities is not only what we do at the Center of Hope, but it is also who we are.

...This year was the first year that our golf tour-

Turn To **GOLF TOURNAMENT**, page **A12**

Wolverines coast past Warriors on Senior Night

BY DEAN ST. LAURENT
 SPORTS CORRESPONDENT

LEICESTER — Due to Auburn having COVID issues on their team and Southbridge not having enough players to field a team, Leicester and Tantasqua came together and decided to battle it out in week five.

On Friday night, Oct. 8, Tantasqua traveled to Leicester, and in Wolverines head coach Tim Griffiths’ first game back home coaching since his team’s Gillette Super Bowl run two years ago, his team was able to come out on top. Leicester (2-3) defeated Tantasqua (0-5) 35-8.

Leicester recognized 17 seniors before the game, and many of them made their presence known throughout the contest.

“I guess we had it early,” expressed Leicester head coach Tim Griffiths. “Since we didn’t have a homecoming we just thought that the Seniors should be acknowledged tonight since they didn’t have their homecoming against Southbridge. There are all these festivities tomorrow, and we are not part of them. It was a nice day. We needed it. It is my first home game because I had COVID week 1, and all our other games have been away. It is week five, and it is the first time coaching since two years ago during the Gillette run. So I had some fun.”

In the first quarter, it looked like the game was going to be a defensive battle. Tantasqua drove down the field after flogging the opening kickoff but didn’t convert on fourth down at Leicester’s 11-yard line. Five plays later, when the Wolverines had possession, Mike Mero threw a



Jason McKay

Caleb Thompson throwing the ball to an open teammate while being taken down by Tyler Breaunt.

pass downfield and was picked off by Tantasqua’s Caleb Thompson.

However, Leicester was able to force a three-and-out following the interception and gain some momentum. The Wolverines scored on their next two drives and sustained stops on defense to go up 14-0 mid-way through the second quarter. Then things got interesting.

Sparked by a 16-yard catch by Tantasqua’s Aiden Filler on third and 10, the Warriors began to drive the football. Quarterback Caleb Thompson gained 29 total yards on two straight plays using his legs and got his team in the red zone later in the second quarter. A couple of plays later, Nate Winco took a sweep down to the 5-yard line on a big run following a play that the offense lost 11 yards. Momentum was on the Warrior’s side after a three-yard run by Thompson that brought up a 2nd and goal from the Wolverines two-yard line.

Despite the momentum shift, the Leicester

defense didn’t break. On two straight plays from the two-yard line, Wolverine senior linebacker Griffin Metcalf broke through the A gap and laid a stick on Winco. It resulted in a tackle-for-loss of both plays. It forced a fourth and goal with a couple of ticks left on the clock before half from the Wolverine 5-yard line. Unfortunately, a Thompson pass to the end zone landed incomplete. Leicester escaped and went into the locker room with a 14-0 lead.

“That was huge, to stop them, kill their momentum and then score on the first play of the second half,” stated Griffiths about his team’s defensive stand before halftime. “It was game over then.”

In the second half, Leicester began to roll. It was evident how important the defensive stop was before the half. Mike Mero took the first play of the second half for 54 yards to pay dirt on a QB keeper to give his team a commanding 21-0 lead. Mero (twice) was one of three seniors to score on Senior Night. Seth Larson and Griffin

Metcalf scored as well. Tantasqua found the end zone once in the con-

test but moved the ball between the twenties pretty well all night. The

Warriors accounted for four trips inside the red zone but were only able to score once on a 13-yard run by Thompson in the fourth quarter. Thompson carried the ball eight times for 75 yards and the score.

“They battled, and then we would get inside,” stated Tantasqua head coach Jon Hargis about his team’s red-zone struggles. “It has been like that the past five weeks; we get inside the ten and just can’t get touchdowns. We had no turnovers tonight which we have battled about three or four a game, we can’t do that, but you have to score inside the red zone and we struggling

Turn To **FOOTBALL**, page **A16**

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Stonebridge Press, located in the Worcester County area of Massachusetts is looking for a full-time Web Pressman and Press Helpers to work in our Southbridge printing facility. Four years of web press experience is preferred but not necessary. These positions are year-round, Monday-Friday printing publications for our group of local community newspapers. Stonebridge Press offers competitive wages, paid vacation and holiday time, and company sponsored retirement plan.

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Stonebridge Press

Bay Path Practical Nursing team raises \$1,160 in Walk to End Alzheimer's

CHARLTON — Lindsay Guertin, BSN, RN and Jason Guertin, BHS, ASN, RN and their children, JJ and Elyse, all of Spencer, led the Bay Path Practical Nursing Team in



Courtesy (Left) Lindsay Guertin, BSN, RN and Jason Guertin, BHS, ASN, RN and their children, JJ and Elyse, all of Spencer, led the Bay Path Practical Nursing Team in the Oct. 3 Walk to End Alzheimer's at the Hanover Insurance Office Park, 100 North Parkway in Worcester. The ten-plus strong Bay Path Practical Nursing Team raised \$1,160 for Alzheimer's care, support, and research. Professor Lindsay Guertin is passionate about Dementia and

Alzheimer's care. She reiterates, "it's important to learn as much as we can, especially our practical nursing students. The more awareness we can bring leads to someday have a cure." The Bay Path Practical Nursing Team members attended the Promise Garden Ceremony at 10 a.m. Professor Lindsay Guertin as the Team Captain enthusiastically lead the walk in her Team Captain gear. Practical Nursing students in attendance were Sarah Garcia of Charlton, Marites Sklarz of Southbridge, G e a r l y n Wetherbee of

Charlton and Martha Yeboah of Worcester. "Participating is fun and a memorable service-learning activity for everyone," said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director. She participated with her husband Joseph, adding "it's a chance to make an impact in the mission to end Alzheimer's." In addition, Bolandrina stated, "I am so grateful for Professor Lindsay Guertin's leadership and her entire family's participation. We look forward to the day when the goal is reached of finding a cure for Alzheimer's."



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October is Breast Cancer Awareness Month

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Breast Cancer awareness

How physical activity can help in the fight against breast cancer

Breast cancer is a complex disease that affects millions of women across the globe each year. Though the American Cancer Society reports that only about 4 percent of women diagnosed with breast cancer in the United States are under age 40, women of all ages can take steps to protect themselves against this deadly disease.

Exercise benefits women in myriad ways, and that includes lowering their risk for breast cancer. The ACS notes that researchers are increasingly linking exercise to a reduced risk for breast cancer. Though

the reasons behind that link remain unclear, some theorize that the positive effects of exercise on body weight, inflammation, hormones, and energy balance could be why regular physical activity helps women reduce their risk for breast cancer.

Body weight and breast cancer

The National Cancer Institute reports that being obese after menopause can significantly increase a woman's risk for breast cancer. In addition, the ACS attributes the rise in hormone receptor-positive breast cancers to an increased prevalence of excessive body weight. Routine exercise is a high-

ly effective way to lose weight and keep weight off, which in turn could lower women's risk for breast cancer.

Being sedentary and breast cancer

Exercise is a not a sedentary activity, and that could be another reason why women who are physically active have a lower risk for breast cancer. The ACS notes that more than one study has linked sitting time to a higher risk of various diseases, including breast cancer. Researchers with the ACS analyzed data from 77,462 women, who they followed for an average of 15.8 years. None of the participants had cancer when the study started, but researchers found that women who sat for six or more hours per day during their free



time had a 10 percent greater risk for invasive breast cancer than women who sat for less than three hours per day during free time.

Does physical activity really reduce breast cancer risk?

The human body is complex, and a host of factors, including those

like age that women have no control over, can affect cancer risk. However, engaging in routine physical activity seems to be an effective way for women to reduce their risk for breast cancer. In fact, the Breast Cancer Research Foundation estimates that one-third of all breast cancer cases could be prevented with

positive lifestyle choices that help women maintain a healthy weight, including exercise. Routine physical activity can be a significant weapon in women's arsenal as they continue their efforts to prevent and overcome breast cancer.

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Bay Path Practical Nursing Academy welcomes new faculty members

CHARLTON — The Bay Path Practical Nursing Academy is pleased to welcome three newly appointed faculty members as adjunct faculty: Tara Johnson, MSN, RN; Angela McGrath, BSN, RN; Rianna Romano, BSN, RN, CEN.

Tara Johnson, MSN, RN of Springfield, has been named adjunct faculty, a role she assumed in July 2021. Johnson is an experienced Director of Nursing Services. This year she completed her Master of Science in Nursing Education at Framingham State University. Her academic progression in nursing started at Greenfield Community College for Practical Nursing in 2005, Associates Degree in Nursing (2015), and her Bachelor of Science in Nursing at Our Lady of Elms College in 2018. Aside from her certificates in Dementia training, Intravenous Therapy, and BLS healthcare provider CPR and AED (American Heart Association) she is also an Infection Control Preventionist.

Angela McGrath, BSN, RN of Palmer, has been named adjunct faculty, a role she assumed on Sept. 15. McGrath is an experienced home care nurse. She completed her Bachelor of Science in Nursing degree at Southern New Hampshire University (SNHU) in 2018 and was awarded an outstanding achievement award for Summa



Courtesy

Tara Johnson

Cum Laude in 2019. She earned her Associate in Nursing degree at Holyoke Community College in 2016 where she was also inducted to the Phi Theta Kappa Honor Society. She completed her certificate in practical nursing at Greater Lowell Technical School in 1999 and was a certified nursing assistant in 1998 at the Middlesex Community College. Her experience includes sub-acute care, long-term care, case management, hospice care, and care plan



Courtesy

Angela McGrath



Courtesy

Rianna Romano

development. Rianna Romano, BSN, RN, CEN of Charlton, has been named adjunct faculty, a role she assumed on Sept. 15. Romano completed her Bachelor of Science in Nursing degree at MCPHS University in 2017 and her Bachelor of Science in Exercise and Sports Science at Fitchburg State University in 2014. Prior to becoming a nurse, Romano was an emer-

gency medical technician and a critical care technician (Emergency Department) at HealthAlliance Hospital in Leominster. She is a Certified Emergency Room Nurse, HCP/BLS certified, advanced cardiac life support, and pediatric advanced life support certified. She is connected with the emergency departments at UMass Memorial, Harrington Memorial Hospital, and HealthAlliance Hospital.



ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4106 or email news@stonebridgepress. news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

Bluewater holds Lunch and Learn briefing on Amazon project

BY JASON BLEAU
CORRESPONDENT

CHARLTON — As the Charlton Amazon project, code named Project Patriot, prepares to go before the voters this November the initiative's Development Manager Partner Bluewater Property Group held a pair of informative Lunch and Learn Briefings on Oct. 7 and 8 providing all up-to-date information for citizens to consider.

Less than a month after revealing details about the Tax Incremental Financing, or TIF, agreement that will be considered by voters at the Annual Fall Town Meeting next month Bluewater representative Alex Escamilla appeared on a Zoom presentation providing viewers further insight into Amazon's plans. It's become common knowledge by now that Project Patriot is comprised of a "first touch" e-commerce facility for sorting and distribution and is not considered a "last-mile" facility with only large transportation trucks and employee vehicles as the primary source of traffic. The project is expected to create over a thousand jobs. So far, Project Patriot has been warmly welcomed by residents and officials in the community with little pushback in public forums.

"We've been working in this town and on this project since 2020 and we did submit our site plan in June. We've been through a very rigorous Planning Board process at this point and we're kind of chipping away at the questions. We think we've addressed most of the question set by the Planning Board and we hope to achieve site plan approval by the end of this month. November we'll be going to a town meeting for the Tax Increment Finance Program along with a community benefits agreement. By February we hope we

have MEPA approval so that we can break ground by March," Escamilla said.

That would put the facility in line for an August 2023 opening.

The presentation depicted several different aspects of the project as well as the partnership the town is forming with Amazon. Escamilla said one of the biggest focuses is on Route 20 where much of the traffic will be directed. As part of the project, safety enhancements and other improvements to Route 20 are all being planned.

"The project that we're proposing will improve the Route 20 corridor. The improvements that we're talking about will create additional capacity on this roadway in order to accommodate our proposed and forecasted trips and that existing service levels at the key intersections will either be the same or better as a result of this project but that overall safety along the corridor will be enhanced," said Escamilla.

The presentation also delved into the details of the TIF Agreement, which was previously discussed before the Board of Selectmen in September and would see Amazon's tax levy increase year after year over the course of the first ten years of the twenty-year contract. Escamilla also discussed Amazon's other investments in Charlton including millions devoted to Route 20 improvements, streetscape repairs and improvements, local education programs, and thousands to be invested in local recreation and public safety just to name a few.

The presentation has been made available in full for citizens to view on the Town of Charlton Facebook page. Questions concerning the project can also be submitted to project-patriot@bluewaterpg.com.



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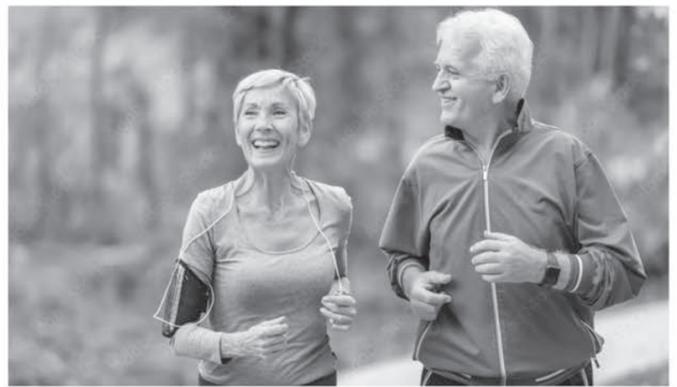
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Nichols College receives grant to expand student access to Bloomberg technology

DUDLEY — A grant from the Affinity Group Charitable Foundation, supported by Dexter-Russell, Inc. has enabled Nichols College to expand the number of terminals in the college's Bloomberg Finance Lab, increasing student access to market-leading software used by more than 325,000 professionals.

Nichols launched its Bloomberg Lab in fall 2018 with 12 terminals. In its first semester of use, 279 students earned Bloomberg Market Concepts (BMC) certification, elevating Nichols as a Bloomberg Experiential Learning Partner.

The \$168,000 commitment from the Southbridge-based Dexter-Russell underwrites the additional annual cost of expanding to 16 terminals. In addition to increasing access to this experiential tool in the lab, 300 web logins are available so students can complete their certification remotely. This was particularly helpful in providing uninterrupted student access to Bloomberg during the pan-

demio. To date, some 850 students have earned BMC certification, a requirement for first-year business students at Nichols.

The integration and expansion of Bloomberg terminals drives the college's degree concentration in corporate finance and investments and has been key in the creation and operation of the student-managed investment fund launched in 2020.

"We are so grateful to Dexter-Russell, and the Affinity Group Charitable Foundation for the opportunity to extend this powerful resource to more students," said Glenn M. Sulmasy, JD, LL.M, Nichols College president. "This grant directly supports the Nichols mission of offering students the real-world experiences that set them apart and boost their career prospects."

Alan Peppel, president and CEO of Dexter-Russell Inc. who earned an MBA at Nichols, added, "As a leading employer in the Southbridge/Dudley community, Dexter-Russell

supports endeavors that can benefit our community, employees, and their families. The Affinity Group Charitable Foundation was established to support these efforts, and

we are pleased to underwrite students' educational aspirations at Nichols College, the leading business school in the area."

Tantasqua golfers close out week with win over Millbury

REGION — The Tantasqua varsity golf team traveled to Minnechaug for an away match at Wilbraham C.C. last Thursday afternoon. The final score was 161 to 186 in favor of Minnechaug. Medalist honors go to Minnechaug player Owen Goldberg who shot a 38. Low Warriors were Aubyn Phillips and Joe Pieczynski, who both shot 46. Tantasqua is now 9-6 and Minnechaug is now 9-4.

The varsity golf team faced league rivals Grafton at home on Friday afternoon at Hemlock Ridge. The final score was 167 to 169 in favor of Grafton.

Medalist honors go to Grafton senior, Ryan Schiappa, who shot an impressive 1 under par 35 on the par 36 layout. Low Warrior was Nathan Wright who shot a 39. Tantasqua is now 10-7 and Grafton is now 9-5.

The team also faced the Millbury Woolies on Friday afternoon in a league tri-match. The final score was 169 to 181 in favor of Tantasqua. Medalist honors go to Tantasqua senior co-captain, Nate Wright, who shot a 3-over par 39. Low Woolie is Jayden Palumbo who shot a 40. Tantasqua is now 10-7, and Millbury is now 6-7.



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PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

We appreciate our local police

Support for police should not be political. Yet here we are. Over the past few days, we have thought a lot about our local police departments, and they truly deserve a shout out of appreciation. Reporters, editors and all of us in the media work very closely with our local officers. We could not do our jobs without their help.

What we have come to know is that police officers are democrats, republicans, independents or simply don't affiliate with any political party whatsoever. The current climate would lead you to believe that if you support police, you're affiliated with one party. This could not be further from the truth.

We see the police logs every week, we know how much stress our officers face on a daily basis, and to make things a bit more challenging, many of our local departments are short staffed.

Our police officers do so much more than we think. The day-to-day tasks do not come without some sort of stress, whether they are dealing with someone with a mental health issue, confiscating drugs, chasing someone who doesn't want to be caught and putting their lives at risk every single day. They are shouted at, assaulted, and disrespected daily. Sure, this comes with the job, however it doesn't mean that it should, or that it doesn't get taxing. Oftentimes it's the same culprits day in and day out they deal with, and we're not sure how they remain calm and professional while doing so, but for that we say thank you.

After an arrest, or any sort of incident, it doesn't end there. There are calls from family members, or those who were arrested, court dates, collecting written testimony and being a part of some tough family situations as well. Responding to motor vehicle accidents that end in tragedy, or all of the other situations that we only see in movies, is actual real life to our officers. Just because we don't see what's happening every day in the lives of our police, doesn't mean that it's not happening.

Of course, there are officers in other states and cities that abuse their power, however that is not the case in our smaller communities. Police reform is needed in those places and has been for decades, however we consider ourselves lucky to live in a place where our officers are all top notch. Many officers would agree that police reform is needed.

Being a police officer is a career that has long been praised as a high honor, only to be filled with selfless brave women and men who simply want to keep our communities a better, safer place to live in. Follow our lead and show your local police they are appreciated. We see you, and we thank you.

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OPINION

IEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

LETTERS TO THE EDITOR

Say no to the zoning overlay

To the Editor:
The Zoning Overlay vote at the Special Town Meeting on Oct. 28 at 7 p.m. is our only chance to have a say in what happens with the Sturbridge Agricultural & Equestrian Center. The developers of this project "promise" that there will be no more than 10 days of thoroughbred racing a year in Sturbridge. The reality is that neither the town nor the developer make that decision. The State Legislature and the Massachusetts Gaming Commission decide a maximum and minimum number of race days at any horse race location. Any town bylaw or agreement in conflict with state law is null and void. Their attorneys certainly know that. Massachusetts collects revenue from other gambling activities in the state to build a fund (Race Horse Development Fund, RHDF) for horse racing. The Fund is used to subsidize horse racing. Horse racing repeatedly proves to be a money loser.

At the March 22 Horse Racing Committee (<https://massgaming.com/news-events/article/horse-racing-committee-meeting-march-22-2021-2/>), several references were made in the first 40 minutes indicating the Fund could afford 6-10-12 days a year to "kick start" thoroughbred racing. A "kick start" can be tolerated for one or two years, but not beyond that time. It was said the goal is to race more than 50 days a year. Traffic for 50 days of racing plus horse trailers coming and going for training will totally change our town. The state and/or the Gaming Commission will make the final decision on how many races will be held in Sturbridge. The town, and the "Host Agreement" have no leverage. If the town objects, they will be subject to a lawsuit. Litigation will cost the tax payers money. Vote "no" on the Zoning Overlay and turn down this project.

Barbara A. Search
Sturbridge

The consequences of a race track outweigh the benefits

To the Editor:
Does Sturbridge need or desire a race track, or are we just better off without it? Do we need a race track because it will mean the town could collect a million dollars or so in taxes? Could that mean that we might take that money and put it toward a purchase, or purchases, that cost much more each year than the million, meaning (oops!) more bills, meaning we have to collect more money. Funny how easy it is not to live within our means, isn't it? Do we desire this race track because it may mean that we get ball fields for the kids? Do we think it would be wise to bring children into that environment, even if there are no races, betting, etc. when the kids are there? Oops! Might a few of the children begin to believe, because the race track project provided them with ball fields, etc., that race tracks and betting on the races would be a good thing for them to get into as soon as they could? Is it possible that unknown persons working or lurking in the area close to the kids'

ball fields might become problematic? What are the chances that a child might be dropped off early or picked up late without much supervision? Who might be hanging around, watching? There will be only one entrance into the Equine Center from Interstate 84. Therefore, we are told, the traffic in town won't be affected. We are also told that the Equine Center will generate income for local businesses. Oops! So traffic in town will increase! I can't believe that people won't use their GPS systems, or whatever electronics they may have, to go anywhere they want to go when they get back onto 84. Sturbridge is the only town in close proximity with many hotels and restaurants, and shopping places. This is not the first or the last enterprise to promise benefits to the town. We need to ask ourselves, "What consequences should we expect" whenever someone wants to give us something to get what they want.

Marilyn Desy
Fiskdale

It's Pumpkin Time!

Although we think of pumpkins as a vegetable, it is officially classified as a fruit. Pumpkins are not only delicious, they are a rich source of both fiber and vitamin A and naturally low in calories. Best of all pumpkins are very versatile, which have made them the spotlight of many autumn feasts via pumpkin soups, casseroles and hearty pies.

Read on for some pumpkin tips, tricks and ideas:

Choosing a proper pumpkin for your table is important. Pumpkins should be mature and firm, with taut skin and a nice orange hue. Select pumpkins that feel solid and are heavy for their size. If still growing on the vine, look for stems that are solidly attached to the pumpkin. A general rule to test for maturity is to scratch the skin slightly with a fingernail. A mature pumpkin will resist scratching.

Keep in mind when choosing pumpkins that the variety you select should fit your need. For example, if you desire a pumpkin for pie, a medium sugar pumpkin, which is typically small and sweet with a dark orange color, is the best choice. For carving, look for well rounded pumpkins that have good color with stem intact. Pumpkins earmarked as Jack-O-Lanterns are usually larger and contain too many strings and seeds to be practical for pie making.

Preserving and Preparing Pumpkins: Pumpkins can be successfully stored for up to six months, as long as conditions are favorable. Storage temperature should not exceed 50 degrees and should be stored in a dry, frost free environment.

Whole pumpkins keep better if picked leaving two inches of the stem on the fruit. Dry them in the sun for a few days before storing. For safety's sake, wipe pumpkins down with a common disinfectant such as Lysol before storing. Whole pumpkins should not be allowed to touch each other in storage. And be sure to keep an eye out for rot spots that may form. Any pumpkins that are found to be decaying should be promptly removed from the storage area.

If you want to store pumpkins beyond

TAKE THE HINT

KAREN TRAINOR



several months, you will need to preserve them. Several methods of preserving pumpkins are used. Freezing cooked, pureed pumpkin is a favored way to preserve the taste and texture of pumpkin. Sugar or pie pumpkins are ideal candidates for freezing as the pulp is thicker and firmer. To easily prepare a pumpkin for pureeing, simply place the whole fruit in the microwave for about a minute or so to soften the skin. This will make the pumpkin much easier to peel. Cut the pumpkin in large slices, peel the skin and remove the strings and seeds. Then cut the slices into smaller pieces. Boil the pumpkin pieces until tender, then mash or process the pumpkin pulp until it forms a smooth, thick puree.

Those who are considering home canning pumpkin should be advised pumpkin puree cannot be canned due to its thickness, and although some people successfully can chunked slices of the pulp, it is safer to avoid the risk altogether.

Pumpkin can also be dried, which was a favored method of the colonists. Drying pumpkin must be done carefully in order to kill all the germs that would make it spoil. Here's how to do it the old fashioned way: Split the pumpkin in half and remove the seeds. Remove the skin and cut the fruit into thin slices. Steam for about six minutes. Spread on a tray and dry in the sun (it will take at least two days, and it will take about two days. If flies are a problem, cover with netting. Pumpkin needs to be dried in hot sun so that it dries quickly before it spoils.

Or, you can dry pumpkin quicker and easier in the oven or microwave; here's how to do it in the microwave, which is the fastest method:

Arrange thin slices on a microwave safe tray or glass pie plate. You must leave space between the slices so air can circulate around them. Cook on high for 15 to 20 minutes. Check the pumpkin; if it is not crispy, cook again for five minutes, and continue until the dried slices are crunchy. Allow to cool before storing.

Did you know that dried pumpkin can also be made into a flour, which can be used just as you would all purpose flour in cooking and baking? To do, simply

Financial moves for women business owners



FINANCIAL FOCUS

JEFF BURDICK

If you're a woman who owns a business, you may have some challenges not shared by your male peers – but you also have several opportunities to help improve your financial future.

You may already be taking some or all the right steps, but here are some ideas to be sure you're considering and revisiting as your business grows:

- Refresh your network. Are you involved in networking with other women business owners? Many of them may have insights into the issues women face in the business world, as well as suggestions about lending programs and business-friendly banks. You may also enjoy passing along your lessons learned to others.

- Review your business structure. If you go into business as a sole proprietor, you'll have to report your business income on your personal income tax return. If you incorporate or form a limited liability company (LLC), you can protect your personal assets – such as your house and your investments – from creditors because these assets will be separated from your business assets and debts. You might also consider other, more complex entities, known as C and S corporations. There's no single "correct" business structure and the most appropriate one for you may change over time, so, in choosing one that's right for your needs, you'll want to consult with your tax and legal advisors.

- Invest for growth. Ideally, hard work produces results, and one of the main results you want from your investments is growth – that is, you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are overconcentrated in vehicles such as certificates of deposit (CDs) and government securities, you may end up lowering your growth potential. That's not to say that CDs and Treasury bills are in some sense "lazy." They can provide you with income and help you reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you'll need a reasonable number of growth-oriented investments working for you, with the exact percentage based on your needs and life stages.

- Do an insurance checkup. To protect yourself and your business, you may want to review your insurance to make sure you have the right kinds and amount of coverage. General liability insurance can be appropriate for sole proprietors, if you've established an LLC or you've incorporated your business. If you provide some type of professional service (i.e., legal, accounting, engineering and so on), you might need professional liability insurance. And no matter what business you own, you might want to add disability insurance to replace some of the income you'd lose if you were injured or became ill.

- Consider all your retirement options. If you've got your own business, you're solely responsible for funding your retirement. Fortunately, as a business owner, you've got several attractive options, including an "owner-only" 401(k), a SEP-IRA and a SIMPLE IRA. In deciding which plan is right for you, you'll need to consider several factors, including the number of employees, if any, and the nature of your business. However, all these plans are relatively easy to set up and administer and offer potential tax benefits. And even though you've got plenty to do already, you should make the time to establish or review your own retirement plan – because eventually you'll need all the resources you can accumulate to enjoy life as a former business owner.

You can also find valuable information on programs for women business owners by visiting the Small Business Administration's Web site at www.sba.gov and searching for "women-owned businesses."

Running your own business can be challenging – but by making some positive financial moves and getting the support you need, you can also find business ownership to be highly rewarding, personally and professionally.

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

The season of hunting and fishing



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The month of October brings all forms of hunting and fishing activities for sportsmen. Waterfowl opened this past Monday, Oct. 11, and Pheasant hunting opens this Saturday. If that is not enough for you, deer hunting opens on the 18th of this month, and Massachusetts has started to stock trout in the usual places. Saltwater fishing is also exploding with action both in Massachusetts and Rhode Island. There are a lot of hard decisions to make, but whatever you chose, the time spent in the outdoors with family and friends is priceless. The fall colors on trees also adds to the experiences in the outdoors.

This past Thursday, this writer decided to take advantage of the great weather, fishing for tautog in Rhode Island. After catching a limit of tautog, we decided to head out to deeper water in search of some seabass. A lot of seabass were caught but many were just under size. After a couple hours of fishing in deeper water, we spotted a couple of stripers floating on the surface of the water. Soon, many more stripers in the 20-to-26-inch class were floating by the boat. I knew immediately that a dragger was responsible for the dead stripers. I have seen it before. They catch to many fish and they sort out the fish that they can keep and discard the rest. What a waste. Recreational anglers face stricter fishing regulations annually, and this type of waste continues. It just makes you sick!

More sightings of bear are being reported by archers that have cameras out to catch a few photos of deer in the



Courtesy

This week's picture shows a young German shorthair pointer ready for the opening of the upland bird hunting season.

areas that they hunt. If you are hunting deer during the shotgun deer season, it would be wise to purchase a bear permit for only \$5. It is a small price to pay to harvest a black bear.

It did not take long for the surplus deer permits for zone 9 to be sold out recently. Like maybe six minutes! The sales opened at 9 a.m. and more than 1,300 were gone by 9:06 a.m.! Archery deer season opens on Oct. 18 in zones 1-9. The heavy foliage continues to hamper bird hunting, at a couple of hunting preserves, but will not be gone for this Saturdays opening day in Massachusetts!

This is the time of year that bee stings increase, because they seem to become more aggressive as the cooler weather arrives. Yellowjacket bees often make nests in the ground, making many people unaware that they are there. Wasps are also capable of nasty bites, and can leave the person or persons unaware of the danger they pose to humans. For some humans an EpiPen is a lifesaving tool injecting medication for a bee sting, and is carried by many people to counter act the serious effects of bee stings or spider bites.

Salmon fishing in upstate New York's famous Salmon River is starting to improve, with numerous anglers returning with some great stories on their fishing experience. It is only going to get better.

Mass. Fish & Wildlife has released their new license fee increases for the next five years. For a complete rundown on all the new increases, go to their Web site. They did not change much from their earlier proposals. The fees will gradually increase over five years. No action on the sportsman's proposal to allow any one that wants to hunt with a crossbow to do so. Many bowhunters have gone to the neighboring state of Rhode Island to hunt deer, where crossbows are legal!

The Whitinsville Fish & Game Club is planning a ham & bean supper on Nov. 13, starting at 6 p.m. Tickets are \$12 each. You can buy the tickets at the club or purchase them online. Only 85 tickets will be sold. Don't miss out on this great evening with friends and a ham & bean supper. More clubs are also planning suppers in the valley. Stay tuned!

Take A Kid Fishing & Keep Them Rods Bending!

Enjoy the beauty and science behind fall color



GARDEN
MOMENTS
.....
MELINDA
MYERS

The brilliant fall color in our landscapes is a magical transformation that happens each year. And the science behind it is just as intriguing.

Each fall as the days shorten our deciduous trees and shrubs begin this transformation. The plants produce less of the chlorophyll that gives leaves their normal green color. The existing chlorophyll starts breaking down, revealing the underlying pigments of yellow, red or orange.

The carotenoid and xanthophyll pigments assist the chlorophyll in capturing light and producing sugar during the growing season. The beta-carotene contributes to the orange and orange-yellow fall color. Lutein is the most prominent xanthophyll pigment producing bright yellow fall color. There are over 80 different pigments in these two categories contributing to the variations in fall color.

The tanins in leaves contribute to the golden and brown fall colors. These are thought to discourage animals and insect pests from feeding on the leaves and help defend the plants against disease organisms.

At the same time, these plants begin to create an abscission layer between the leaf and stem. This barrier prevents the sugars produced in the leaves from moving down into the roots for storage.

Purple and red fall color, from the anthocyanin foliar pigments, is produced when sugars build up and are trapped in the leaves. This results in brilliant red and purplish-red fall color. Some of these pigments are present during the growing season and can be seen in new growth and mature leaves of some plants. These add color to the garden, help protect the plant cells from high light damage, and may discourage animals and insects from dining on the plants.

Warm, sunny days followed by cool nights without a hard frost mean more



Melinda Myers

Each fall as the days shorten, deciduous shrubs and trees like this Arctic Jade Korean Maple begin their transformation as the plants produce less chlorophyll.

sugar and better red, orange, and purple fall color. Sufficient soil moisture helps keep the leaf color bright for a longer period of time. Leaf color fades, turns brown and leaves drop from the tree more quickly during dry fall weather.

Fall foliage is not restricted to deciduous trees and shrubs. The leaves of many of our favorite perennials also turn brilliant colors in the fall.

Solomon's seal and hosta leaves turn a beautiful yellow, echoing the fall flowers of witchhazel and yellow leaves of ginkgo and quaking aspen. The delicate heart-shaped leaves of barrenwort, botanically known as Epimedium, turn red in fall. Some of the leaves drop in fall like most trees and shrubs. Others will persist through winter and drop as new leaves and flowers appear in spring.

Perennial geranium and Bergenia leaves turn reddish-purple in fall. Both will persist, adding color to the winter and early spring garden.

Brighten up the fall landscape with the fine texture and amber-gold fall foliage of Angelina sedum and willow amsonia.

The fluffy white seed heads of our native little bluestem complement the coppery-red fall color that persists throughout the winter.

Genetics determine the color each plant tends to produce in fall, while weather and the plant's health influence if and how intensely the color will be expressed. Consider fall color when adding plants to the landscape. Then provide proper care to keep them healthy and looking their best throughout the year.

Melinda Myers is the author of 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.

"You can't win an argument"

A famous quote of unknown origin says, "A man convinced against his will, is of the same opinion still."

A year ago, I talked to my good friend in Los Angeles, and he told me about two of his friends who stopped talking to him; they blocked his phone calls and text messages.

He was upset; He knew them for over twenty years; they stopped talking to him because of too many heated political arguments. He ended the conversation by telling me he was done with their friendship forever.

Recently, I've been flipping through the book "How to Win Friends and Influence People" by Dale Carnegie.

I read the book in college, and for a time, I practiced the principles therein. I remember them working fabulously for me. Over time, I forgot some of the valuable lessons, and eventually, they fell out of practice.

I don't know about you, but since 2015, I've heard of many political arguments ruining long-established friendships. I'm embarrassed to admit that I, too, have become entangled in many of these types of discussions; I've learned some hard lessons.

Dale Carnegie says in his book, "You can't win an argument; you can't because if you lose it, you lose it; and if you win it, you lose it."

How is that possible? How can you win an argument and still lose?

Of course, you can win an argument. You can shoot holes in your friend's viewpoint and burn all their logic to the ground. You can show them facts and figures and walk away feeling like you just won a significant debate, thinking proudly to yourself, "I showed them a thing or two!" What you don't realize is that you lost.

Benjamin Franklin said, "if you argue, rankle, and contradict, you may achieve a victory sometimes, but it will be an empty victory because you will never get

POSITIVELY
SPEAKING
.....
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your opponent's goodwill."

What's more important? Keeping your friendship intact or boosting your ego?

As the old saying goes, "you don't know what you've got till it's gone." Some of us have to learn the hard way; I know I have.

I've lost friends due to arguing, but I never intended it to be that way. I guess that's called "unintended consequences." I think about them a lot and wish I would have just asked them how their family was doing or what was new in their life.

Carnegie goes on to say, in the next chapter, "the surest way to make somebody an enemy is to tell them they're wrong... if you tell someone they're wrong, do you make them want to agree with you? Never! For you have struck a direct blow at their intelligence, judgment, pride, and self-respect...It will never make them want to change their mind."

It's hard to hear something you disagree with but is it really worth the fight? Not every disagreement has to become an argument. There are ways of winning someone to your way of thinking but it doesn't happen by arguing.

You probably didn't become friends with that person because you agree with their politics, so why would you end it because you disagree with their politics?

Back to my friend in Los Angeles; the other day one of the two friends who stopped talking to him called and tried to rekindle their friendship. He asked me, "how should I respond?" I replied, "What do you think you should do?"

He said that he was going to forgive him and allow the friendship to move forward. He added, "if I don't forgive him and instead hold a grudge, you could interpret that as hatred; I don't want to carry that type of energy inside of me."

Some of us may not be so lucky as to have a good friend call us back after blocking us, but if they do, try and remember Dale Carnegie's advice, "You can't win an argument."

Friday's Child



Photo by Shaanon Cahral

Dasanee
Age 14

Hi! My name is Dasanee and I am a talented singer and dancer!

Dasanee is an active teen of African American descent. She is reserved, quiet, and shy at first, but once she gets to know you, she becomes very outgoing and talkative. Dasanee is naturally athletic and she enjoys staying very active. Some of her favorite activities include playing soccer and basketball, swimming, and jumping on her trampoline. She is also musically inclined and is starting to recognize this newfound talent. She recently started taking trumpet lessons and knows

how to play the piano and sing.

Legally freed for adoption, Dasanee would do well in a two-parent family that can provide her with the affection, stability, and structure she needs to thrive. She would very much love for there to be other children in the home, and possibly some pets. Interested families must be willing to help Dasanee maintain her relationship and visits with her brother and aunt.

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.



Green Meadows launches first line of home-processed cannabis products

SOUTHBRIDGE — Green Meadows, a cannabis company based in the heart of Southbridge, Mass., launched General's Aide, its first line of cannabis products manufactured in-house. The General's Aide product line was created to provide consumers with quality products that are made responsibly and support the veteran community. A percentage of proceeds from every General's Aide purchase is donated to a veterans-focused charity selected by Green Meadows, such as Folds of Honor, Operation Troop Support, and Disabled American Veterans.

General's Aide products are the result of partnerships with premier, like-minded cultivators across the state, which are then expertly processed in Green Meadows' 35,000-square-foot cannabis production facility that sits in the same restored 19th century mill building as the dispensary. Leveraging Green Meadows' extensive experience in botany science, horticulture, and organic methods of extraction and processing, General's Aide products are potent, terpene-rich, and often test in the higher ranges of TAC and THC. This first wave of Green Meadows' manufactured cannabis includes Bubble Hash concentrates and infused pre-rolls. Bubble Hash products are solventless concentrates created using ice and water to extract THC crystals from cannabis. Green Meadows is one of only a

few operators in the state to produce Bubble Hash — a testament to the company's overall commitment to natural, low-to-no chemical cultivation and extraction. General's Aide Bubble Hash is currently on the shelves at Silver Therapeutics in Orange. The Botanist will also soon carry General's Aide Bubble Hash in their Worcester and Shrewsbury dispensaries, with other wholesale partners to follow.

"Many Bubble Hash products are green and compact, but General's Aide Bubble Hash is blonde and fluffy because our extraction team conducts a rigorous, multi-layered sifting process that is more robust than the industry standard," said Benjamin Bourque, Executive Vice President of Cannabis Production. "The finer the hash is sifted during production, the blonder and more potent the resulting product, as it results in fewer plant particles attached to the hash."

"At Green Meadows, we believe that cannabis consumers deserve great products that are made responsibly and with integrity — and without harmful and unnecessary chemicals," said Bob Patton, Chairman, Green Meadows. "General's Aide was born from our uncompromising commitment to natural, sustainable methods of extraction and processing and brings us one step closer to realizing our vision to bring adult-use customers and medical patients

alike our own homegrown, organic cannabis that is sustainability cultivated to organic standards right in our backyard."

Serving the veteran community is central to Green Meadows' mission as a company, as well as its founders, the Patton family. The acquisition of its medical license, and ultimately serving medical patients this fall, are critical steps to ensure

Green Meadows can meet the needs of those who served. In addition to donating a percentage of every General's Aide purchase to veterans' charities and supporting research into PTSD, opioid dependency, social isolation and pain-related issues, Green Meadows is also committed to having the most aggressive veteran discounts for medical patients in the state.

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Methodist Church announces blessing of the animals

SOUTHBRIDGE — The First Methodist Church of Southbridge invites the community to a Blessing of the Animals, on Sunday, Oct. 17, at 1 p.m. in the back of the church. Pets of all kinds are invited. The custom of blessing animals is conducted in remembrance of St. Francis of Assisi and his love for all creatures great and small.

"God blesses us with companions in many forms," says the Rev. Sabina Terrades, Pastor of the Methodist Church. "Our companion animals are important parts of our lives and families—perhaps especially so in these past many months of pandem-

ic isolation—they bring us joy and are a blessing themselves."

The service will feature short readings and an individual blessing for each animal in attendance. Stuffed animals are also welcomed to be blessed, as are photographs of pets who would not find attending the live event a blessed experience! A special blessing will be given for all the companions we lost this past year.

The First Methodist Church is located at 449 Main St. in Southbridge, and can be reached at 508-764-6501.

Fallon/OrNda Community Health Fund of the Greater Worcester Community Foundation now accepting applications

WORCESTER — The Fallon/OrNda Community Health Fund is now accepting applications. Established at Greater Worcester Community Foundation (GWCF) in 1996, this fund aims to increase access to healthcare in Worcester County by advancing projects that address the social determinants of health.

"The focus of the Fallon/OrNda Community Health Fund is to support organizations adopting and implementing strategies that reduce barriers to care," said Jonathan Cohen, GWCF's Vice President for Programs and Strategy. "These barriers can include language, culture, transportation, and technology, among others."

Nonprofit applicants from across Worcester County may apply for operational expenditures such as personnel costs, program expenses, small equipment purchases, or physical space improvements. Grant requests between \$5,000 and \$25,000 will be considered. Collaborative efforts will be given a higher priority.

"Expanding access to healthcare resources remains a top priority as the pandemic continues," said GWCF's Interim President and CEO, Carolyn J. Stempler. "Our goal is to enable our community partners to continue the impres-

sive work in providing under-resourced communities with equitable, culturally appropriate access to health services."

Applications to the Fallon/OrNda Community Health Fund must be received online by Oct. 29. For more information, please visit <https://www.greaterworcester.org/Grants/Grant-Opportunities/Fallon-OrNda-Community-Health-Fund>, or contact Jonathan Cohen at jcohen@greaterworcester.org.

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OBITUARY

Rita F. Austin, 96

Fiskdale: Rita F. (Boucher) Austin, 96, of Autumn Ridge, passed away on Saturday, Oct. 2nd, in the Webster Manor Nursing Home, after a brief illness.

Her husband, Arnold S. Austin, passed away in 2001. Her first husband, William C. Gilmore, passed away in 1961. She was predeceased by her son, William C. Gilmore, Jr. Rita leaves her daughter, Deborah Ciprari and her longtime companion, Robert Levite of Fiskdale; her three grandchildren, Kelly Ciprari and her longtime companion, James DeAngelis of Charlton, Gina Cone and her husband Robert of Fiskdale and William Gilmore and his wife Tina of Woodstock, CT; and her close friend, Kappy Boland of Fiskdale. She was also predeceased by her sister, Doris Hill. Rita was born in St. Armand, Que., Canada the daughter of Joseph and Jennie (Marchand) Boucher.

Rita and Arnold built a log cabin on South Pond and spent many years there. Together they enjoyed canoeing, camp-

ing, ocean sailing and Volkswagens. As a longtime member of a local VW club she found many lasting friendships. After retiring they spent their winters RVing in Florida and took up metal detecting. Rita loved to bake and was especially known for her apple pies.

The family would like to thank all those at Summit Elder Care of Webster for their kindness and compassion during our difficult time. They would also like to thank those who cared for her at the Webster Manor.

Calling hours for Rita will be held on Oct. 15th, from 4:00 to 6:00pm in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a service to follow in the funeral home at 6:00pm. Burial will be private.

In lieu of flowers donations may be made to the Second Chance Animal Center, 111 Young Rd., East Brookfield, MA 01515 or online at www.secondchanceanimals.org

www.morrillfuneralhome.com

organizing the Oct. 2 ceremony.

Quilts of Valor can be awarded to any service member or veteran who has been touched by war. The organization was established in 2003 by Catherine Roberts, whose son Nat was deployed in Iraq. Since then, thousands of quilts have been created by dedicated volunteers and presented to veterans in ceremonies of thanks.

To learn more about the organization, or to make a contribution supporting its efforts, visit www.qovf.org.

Dick inspired people to look at their children as equals, no matter their abilities. Their motto was "Yes You Can!" After his passing, his sons, Rick, Russ and Rob Hoyt continue to run the Hoyt Foundation, generously donating to agencies that support and advocate for individuals with disabilities. Dick's grandson Troy, son of Russ, is continuing the legacy

TRAINOR

continued from page A8

pulverize the dry pumpkin in a food processor.

**

Pumpkin Seeds: Many Halloween traditions include gathering the seeds from a carved Jack-O-Lantern to toast in a warm oven. The snack is both healthy and delicious, and the addition of spices gives the humble treat a flavorful punch. Plus, roasting up a batch of pumpkin seeds is not only an annual treat, it's a great way to use up every bit of the vegetable.

To properly toast pumpkin seeds, remove all pulp and clean strings from the seeds. Place seeds in a bowl and stir in melted butter or olive oil and salt to coat the seeds. Spread seeds on a cookie sheet and bake in a 275 degree oven for about an hour or until the seeds are golden brown and crisp. Avoid overcooking as seeds can become hard and tough.

Prefer crisper seeds? Prior to toasting boil the seeds in salted water for about ten minutes, drain and prepare for roasting. Pumpkin seeds:

**

Pumpkin Sprouts: Pumpkin seeds can even be sprouted to use on sandwiches and in salads. Pumpkin seeds are a healthy snack as they are over 30 percent protein and are high in and oil-soluble vitamins A, D, and E. In addition, pumpkin seeds are rich in iron zinc and magnesium.

To sprout pumpkin seeds, place the seeds in a glass jar (Mason jars are ideal) and cover with water just to cover. Secure a piece of cheesecloth over the top with a rubber band. Soak seeds overnight. The next day, drain the water out and place the jar in dark area that is room temperature. Rinse the seeds in the jar at least four times a day. After a few

by pushing Rick in races.

Russ Hoyt with a message from Rick graciously handed a check for \$35,000 from the Foundation to the Center of Hope at this year's tournament.

"Dick and Rick and the family were great friends of the Center of Hope Foundation for many years. The number of opportunities that

days, you should see the seeds sprouting. Rinse them again and place the jar in the sun for a day or so until tiny leaves form. They are now ready to use as a tasty garnish or salad addition.

**

Pumpkin Hummus: Pureed sugar pumpkin adds just the right flavor to this hummus. To do:

Mix together in a food processor until smooth: two cups pureed sugar pumpkin; one 15 oz. can of garbanzo (chi chi) beans; one tablespoon tahini, two teaspoons vegetable oil; one teaspoon cumin; one teaspoon salt; one eighth teaspoon cayenne pepper; one crushed garlic clove, and three tablespoons of water.

Adjust thickness by adding a little water if it is too thick. Makes two cups. Serve with pita bread or crackers.

**

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.

previous support and this year's \$35,000 brings to the individuals at the Center of Hope, their families and others in our local community is enormous. We miss him very much," says Cindy Howard, CEO at the Center of Hope.

We would like to thank all of

Turn To **GOLF TOURNAMENT**, page **A15**

QUILT OF VALOR

continued from page A1

"It was an honor to be there with Joe and his family," Conner said. "It's inspiring to be part of these events and support our veterans. Hats off to all veterans for their service that allows us to have our freedoms."

Kularski also received a special proclamation from the Quilts of Valor Foundation in honor of his service.

Kularski's younger sister, Doris Johnson, was thanked for her efforts in

GOLF TOURNAMENT

continued from page A1

ament was held in honor of our good friend, Dick Hoyt, who recently passed. Dick was a runner who became well known for competing in the Boston Marathon and over 1000 other races while pushing his son, Rick, in a specialized running chair.

MEET YOUR MERCHANTS SCRAMBLE ANSWERS

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WEBSTER LAKE - 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rooms, 6 Bedrooms, 4 Bathrooms, 3,269' AC'd Colonial! Custom SS Applianced Granite Kitchen! Formal Dining Rm w/Cherry Hardwoods! Lake Facing Living Rm w/Cathedrals, Cherry Hardwoods! Slider to Waterfront Deck! Spacious 1st Flr Master Bedroom w/Full Bath, Cherry Hardwoods & Walk-in Closet! Fireplaced Lower Level Family Rm! 1st & 2nd Floor Laundries! 2 Car Garage! **\$979,900.00**

WEBSTER LAKE - 305 Beacon Park! Lake View 1,280' 5 Rm Townhouse - 10 Acres Park Lake Grounds w/Panoramic Lake Views! Yr Round Living or as 2nd Home - Summers on the Lake - Winters in Florida! Move-in Condition! Applianced Kit! Din Rm w/Slider to the Composite Deck! Frplc Liv Rm w/Wall to Wall Carpeting & French Dr to the Deck! Updated Half Bath! Spacious Master w/Wall of Closets & Full Bath w/Recent Sky Light! 2nd Bedroom w/Wall to Wall Carpeting & Full Bath just outside its Door! 2 Bdrms & 2.5 Updated Baths! Garage w/Opener! Lakeside Heated Pool & One of the Best Sandy Beaches on the Lake! Canoe Rack! Rented Boat Dock through 2022, Longer Possible! Great Fireworks Viewing! **\$335,000.00**

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CHARLTON - 3 Glen Echo Shore! Gorgeous Water Views! Year-round 4 Rm Bungalow! Home Features Light Filled Living Room Open to Work-in Kitchen w/ Custom Built Cabinetry & Tile Counters! 2 Comfortable Bedrooms! Full Bath w/ Tub/Shower Combo! Four Season Heated Sunroom! One Car Garage! Manageable Yard w/Fire Pit & Shed! Dead End Road! Great Condo Alternative! **\$215,000.00**



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OXFORD - 10 BEVERLY STREET
2 Family! A RARE FIND, BUILT IN 1967! 2 PARCELS = 16,224 SF!! EXTREMELY WELL MAINTAINED! Total 9 rooms, 5 Bedrooms, 2 baths. 2nd apartment is a perfect mortgage helper! Electric Heat. Beautiful Hardwood Floors! LARGE Outside Deck and Patio. Beautiful & roomy yard. Off Street Parking! Convenient to I-395. Neighborhood Setting! The Extra Lot offers Added Privacy and also could be the Perfect Space for a Garage! **\$449,000.**

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

DUDLEY - 10 MILL ROAD
ON DEPOSIT
Beautiful family home! 3 bedrooms, 2 full baths, newer windows & heating system. Mini split system. Hardwoods. Lg eat-in kitchen /Corian counters & Island Warming fireplace with handsome mantel. Generous dining 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.
SORRY, SOLD!
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 roof 3 car garage! **\$439,900**

WEBSTER - 135 LAKE STREET
SORRY, SOLD!
A RARE FIND! A TRULY ABOVE AVERAGE-TOP NOTCH-HIGH QUALITY-TWO FAMILY! SPACIOUS, CLEAN, UPDATED! Apt# 2 - 1,536 SF+ & 3 BRs, 2nd Flr Apt# 1 - 1,290 SF+ & 2 BRs -1st floor. Oil & Natural Gas Heat. Hardwood flrst granite tops. Enjoy the L-Shaped Covered Farmers Porch! Level Lot! **\$399,900.**

PUTNAM CT - 89 PERRY ST UNIT# 250
SORRY, SOLD!
Heritage Pines Condo Town House - Everything one would expect and then more! 4 bedrooms, 3.5 baths, all Hardwood floors, granite, stainless steel appliances, central air, 2 decks, 2800 sq ft +/- of finished living area., and so much more! **\$319,900.**

WOODSTOCK CT - 110 JOY RD
SORRY, SOLD!
WELCOME TO MIDNIGHT FARM! 1876 Antique Colonial. Included separate Building - Studio/Store both situated on 2.5 Acres Professionally Landscaped! 5 Bedroom, Lg Living room, Fireplaced Dining room, Library, Master Bdrm, Renovated Kitchen! 3 Stall Garage! Picturesque Location! **\$455,000.**

Featured Island Listing! Webster Lake - 22 Long Island
SORRY, SOLD!
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 Pleasant Rd, in sheltered Mumford Cove! land provides boat slip & winter storage. A FAR AWAY PLACE NEAR BY! **\$389,900.**

WEBSTER • 22 EASTERN AVE
ON DEPOSIT
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 Combination! 3-Season Porch, 2nd Flr - 3 BRs, Reshingled Roof, Replacement Windows, Updated Electric, Buderus Boiler. Part finished walk-out bsmt! Garage! **\$215,000**

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! **\$89,900**
WEBSTER - DOUGLAS RD 26 ACRES ON SUGARLOAF HILL. 1000+/- ft of frontage! **SORRY, SOLD! \$200,000**
Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res. **ON DEPOSIT! Each \$24,500.**

FITCHBURG - UNIT# 109 CONSTITUTION DR
SORRY, SOLD!
Chamberlain Hills Condo! 6 Rooms, 2 bedrooms, 1 & 1/2 Baths. Finished lower level! Hot water baseboard by Natural Gas! Low Condo fee# \$202/Mo. **\$247,000.**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster Lake - 300 Killdeer Island
SORRY, SOLD!
OPPORTUNITY KNOCKS! A WEBSTER LAKE waterfront property on Killdeer Circle, you won't want to miss! Offers a prime waterfront location! 64' of water frontage and a gently sloping landscape to waters edge. Crystal clear, sandy bottomed shoreline. Everyday is a new day at the Lake! Nicely arranged floor plan. 5 rooms 2 bedrooms, 2 baths! Walk out lowerlevel to nice size patio! Garage. **\$650,000.**

WEBSTER - 401 TREASURE ISLAND CONDO
SORRY, SOLD!
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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4 bedrooms, family room, fireplace, workshop, car pool
56 Ash St. ~ \$299,000

Webster 3 Units \$369,000
2 family with 2-2 bedrooms apartments, modern kitchens and bathrooms. Two 38 foot garages with 11' garage doors. Third unit is a 400 sq. ft. garage with automatic garage door and burglar alarm. Located on dead end street.
Open House Sat. 1-2:30PM

Dudley Tri-Level \$399,900
9 rooms 3 bedrooms 1.5 bath with attached garage. Two fireplaces, formal dining room, entertaining size living room. 26'x22' family room with fireplace. Large rooms throughout. Possibility of 1st floor office with 1/2 bath. Lots of extras.
Open House Sat. 1-2:30PM

Webster 17 acres \$114,900
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Webster Mobile Home House Lot \$59,900
No park fees with level mobile home lot. Town water and sewerage. Off School St

DUDLEY - 3 UNITS
Sided, 2 bedrooms (2 units), 1 Bedroom (1 unit), Town services
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Dudley 3 acres \$450,900
Large 5 room 3 bedroom 2 bath Cape. Large rooms throughout. Two car attached garage. Beautiful grounds. You have lots of privacy but not total isolation. Utility building for storing equipment.

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Cornhole for a cause: Open Sky's Seventh Annual Valley Bag Toss

WORCESTER — Open Sky Community Services is excited to announce the return of the Seventh Annual Valley Bag Toss, after being canceled in 2020 due to the ongoing pandemic. The Valley Bag Toss presents the perfect opportunity to show off your cornhole skills developed over a summer of barbecues and picnics with friends and family. It's also much more, as the funds raised at the tournament support Open Sky's health and wellness programs for the 4,900 individuals served by the agency.

People of all abilities, age 14 and older, are invited to participate in this friendly competition scheduled to be held at the Alternatives' Whitin

Mill at 50 Douglas Rd. Whitinsville, Mass. on Saturday, Oct. 16 (Oct. 17 rain date).

The Bag Toss features live music by Dynamite Rhythm, food available for purchase from the Kith & Kin food truck, drinks, a fabulous raffle and of course, flying bags and cornhole boards. However, the cornhole boards used at this competition are not your mainstream boards. Handmade by artist, designer and woodworker Nick Hollibaugh, each set of boards is unique and beautifully crafted. In fact, the prize awarded to the tournament's first place team is a set of Hollibaugh's boards.

Former Open Sky Board Member

and event founder, Molly Hollibaugh, particularly enjoys the inclusive nature of the event and is excited for the opportunity to be together again.

"So grateful to be back again putting on such an amazing feel-good event. Every year it is such a thrill to see such wonderful people come together to throw bean bags and share smiles," Hollibaugh said. "People show up with enthusiasm for the event and such great support for one another."

Zentangle Inc. is the event's presenting sponsor. Other sponsors that have already signed on are Curry Printing, Gaudette Insurance, Harbro Auto Sales & Service, Hollibaugh House, Koopman Lumber, Osterman Management, Savers Bank and Social Perspectives 4 Everyone.

Pre-registration is required, so before going out to take those extra practice tosses, sign up online at <http://www.opensky.org/valley-bagtoss>.

GOLF TOURNAMENT

continued from page A12

the sponsors who helped to make this event successful: The Hoyt Foundation, Team Hoyt, US Tool and Fastener, Joe Cleans, Cornerstone Bank, Abacus Distributors, Fletcher Tilton PC, Helgerson's Excavating and Septic, IBEW Local 2324, IBEW Local 2222, IBEW 2321, Incom, Inc., Southbridge Tire, OFS Fitel, Vibrance Technology, Southbridge Credit Union, Excel Advertising, Klem's, Tractor Supply, The Raymond Family, Charlton City Auto Body, Associated Builders, Inc., Tree House Brewery, The Olshewski Family, Kristine Biagiotti-Bridges, Ted's Package Store, Golfer's Warehouse, Cohasse Country Club, Heritage Country Club, Sherie Bombardier, Cheryl Ryan Chan, Anette Lazili, Boston Beer, Stearns,

Oakholm Brewery, Sturbridge Porterhouse and Brimfield Winery.

We would also like to extend a big thank you to our good Friend, John Rowley, who helps to make this event successful. John volunteers his time and energy to help prepare for the event, run the event, donates, and participates in the event.

We would also like to congratulate our winners. First place: Joshua Berthiaume, Mike Frio, Adam Letendre and Cole Amadio. Second Place: Jack Stankowski, Alan Wondolowski, Jeremy Dillensneider, Daren Lenois. Third Place: Raj Connor, Chris Keubler, and Nick Thomas.

To learn more about this golf tournament, view photos or learn about how to participate in next year's event, please visit www.thecenterofhope.org/golf or call (508) 764-4085.

St. Nicholas taking orders for Albanian delicacies

SOUTHBRIDGE — Order your Albanian Pies and Ethnic Delicacies by Nov. 3 from the Daughters of St. Nicholas Albanian Orthodox Church.

Albanian pies are available at \$36 each: Spinach, Leek, Squash and Sauerkraut. Pies may be purchased baked or frozen unbaked. Baking instructions will be provided.

The following delicacies are available: Kourabias (butter cookie) four for \$5; Twist Cookies four for \$3;

Date-Nut Filled Cookies \$2 each; and Rolled Baklava \$2 each.

To place an order, call the church number at 508-764-6226 by Nov. 3 and also leave your name and phone number to receive a confirmation.

Orders to be picked up at St. Nicholas Albanian Orthodox Church, 126 Morris St., Southbridge, on Nov. 22 from 10 a.m. – 1 p.m.

A Thanksgiving Turkey Basket Raffle and Theme Baskets will also be available.



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Jason McKay

Mike Mero handing off the ball to Griffin Metcalf while the defensive line attempts to push through.



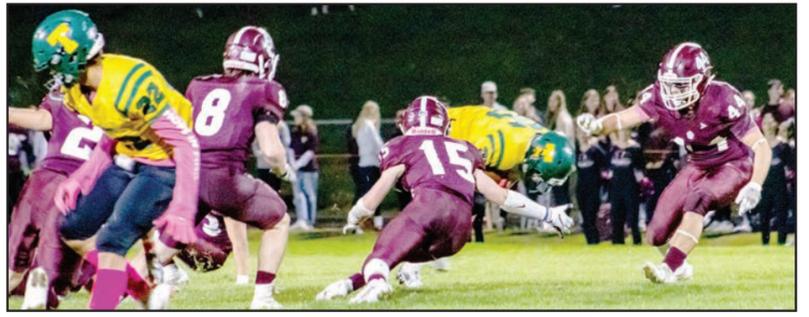
Jason McKay

Mike Mero tramples through the defense as he makes a break for the endzone.



Jason McKay

Aiden Filler attempting to go in for a tackle on Xavien Rosario.



Jason McKay

Connor Linehan and Griffin Metcalf go in for a tackle. times for 47 yards and also caught a two-point conversion.



Jason McKay

Nate Winco sprinting down towards the endzone.



Jason McKay

Mike Mero scanning the field for an open teammate.

FOOTBALL
continued from page A1 with that. We have a young offensive line and are beat up at the running back spot so when they start lining up nine guys in the box and bringing the house it is difficult to move the ball inside the five.”

The Warriors have sustained injuries and have dealt with COVID issues throughout the year and it has forced young players to step up. On Friday night we saw a freshman for the Warriors who showed sparks of the positive coming for the program despite the 0-5 start to the season. Gabriel Howard stepped into the lead-back role early on and ran hard. Running back Abner Colon-Martinez sustained an injury on the first drive of the game. Howard carried the ball 17

“He (Howard) works hard, “praised Hargis. “He is a good kid. He runs hard, pays attention in practice, and just gives full effort. Right now we are banded up between a couple of players hurt from the spring and just banded up here. Between our fullback and running back going out earlier, we had to shuffle a few people around and we are down to him. He stepped up tonight and ran the ball very well.”

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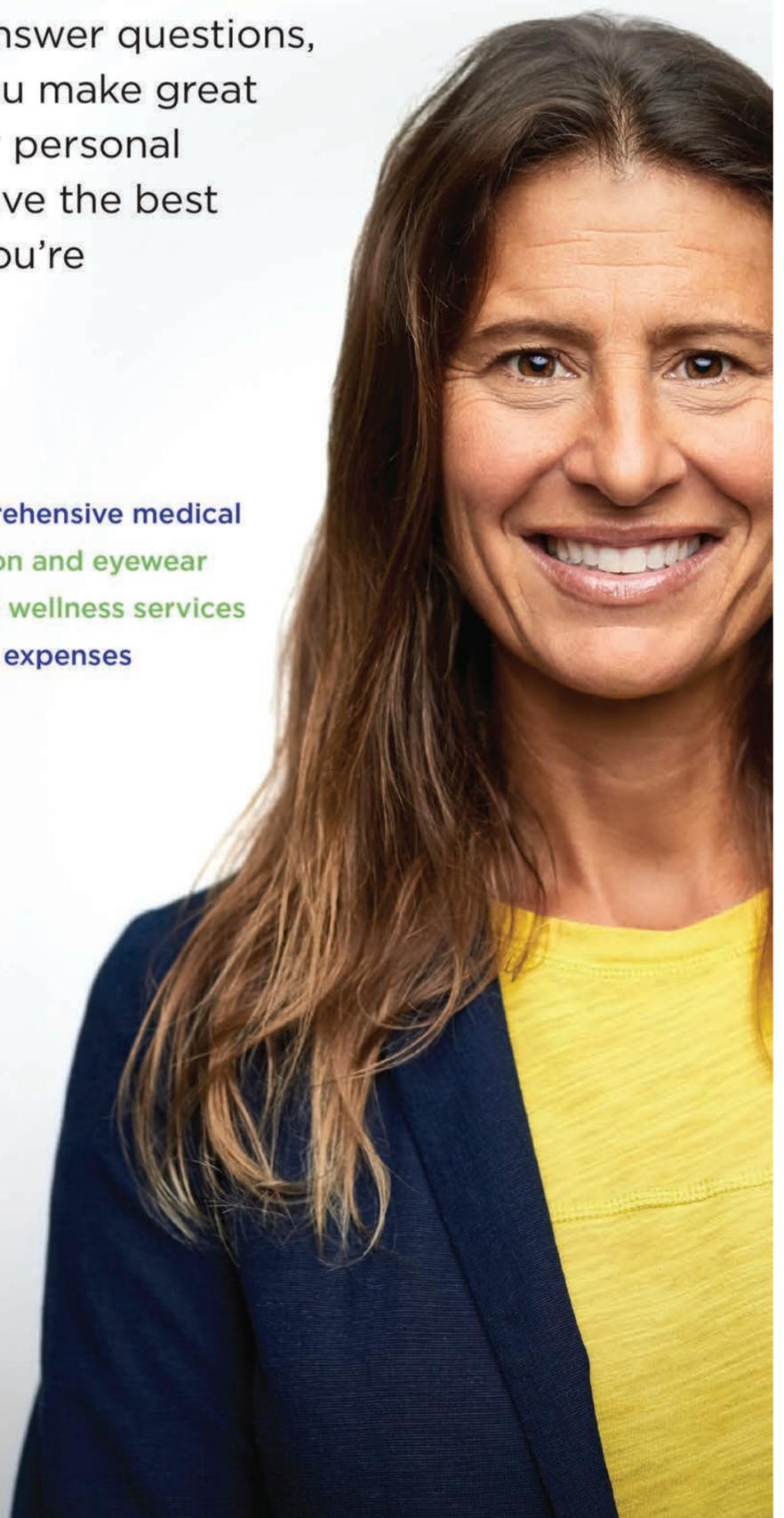


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