

# Roach brothers help relentless Rams beat Hudson



Shepherd Hill's Shawn Maple sends a pass past a Hudson defender and toward teammate Taylor Gavaletz (10).



Shepherd Hill's Logan Fournier runs up to the ball and makes a play on it.



Michael Sobocinski of Shepherd Hill uses his chest to collect a pass.

BY NICK ETHIER  
SPORTS EDITOR

DUDLEY — Shepherd Hill Regional senior Gabe Roach can vividly remember back to the fall of 2018, when he was a member of the Rams' varsity soccer team. He, his fellow classmates and first-year head coach Tim Cormier suffered through an 0-17-1 season.

"It was very dark days back then, but now I think we truly have a good chance to make it far in playoffs," Roach said of the past and future play in the statewide Division 2 Tournament.

Roach is confident in his words because the 2021 Rams are lightyears

ahead of where they were just three years ago. In fact, following Shepherd Hill's 7-0 trouncing of Hudson High on Thursday, Sept. 23 at Carmignani Memorial Field — where Roach scored twice and his sophomore brother, Adrien, netted a hat trick — the Rams improved to a perfect 5-0.

"We've come a very long way. I think it really is the confidence," Gabe Roach said when asked what has changed with the program in just four seasons. "My sophomore year was the first time we really felt like we could compete at this level."

Gabe Roach's sophomore year saw the Rams go 8-8-2. Then, last year during a COVID shortened season,

The Hill went 6-1-1. Now seems to be their time to shine, and Cormier has been on the sideline to witness it all. And, according to the coach, it has taken very little actual X's and O's coaching to change the culture to a winning one.

"Me and the JV coach, Pete DeCaro, have a fun time with the boys and I don't really tell the boys what to do. They know how to play and I refine their skills. I set up practices where they just pass and they move and they can execute at pace," he said. "I credit their attitude. They have bought in."

Cormier noted that these players were also winning last year outside of the high school level.

"This team, last year they won the States in the MTOC," he said of Charlton Youth Soccer winning the Massachusetts Tournament of Champions in the High School Division, where the team included upperclassmen and recent graduates.

Versus Hudson, Gabe Roach put the Rams ahead 1-0 in the 19th minute. From 30 yards out, Roach took a free kick from the right side of the field and belted a shot into the near right corner of the net.

"The wall was on the right side, but since I'm a lefty usually it's an inswing on that side so it'll curve

Turn To **SH BOYS**, page **A11**

## Charlton launching town concert series

BY JASON BLEAU  
CORRESPONDENT

CHARLTON – Less than a month after the return of Charlton's annual town pride event, Old Home Day, the Board of Selectmen has announced that a new community activity will be coming to the town common in the form of summer and falls concert series.

Selectwoman Barbara Zurawski discussed the idea during the Sept. 14 meeting of the board where she said that the recent employee appreciation gathering revealed increased interest in bringing more community programs to the center of town.

"After the successful employee appreciation event, we were approached by many people actually willing and excited to get more involved in the community and see

Turn To **CONCERTS**, page **A4**

## Bay Path practical nursing students complete Mental Health First Aid training

CHARLTON — September is National Suicide Prevention Month and Bay Path practical nursing (PN) students are doing more than just sharing a post on social media. The PN class of 2022 learned the signs of suicide to prevent home or workplace-based tragedy. Research states that the overall suicide rate in the US has increased by 35 percent since 1999 and suicide is the 10th leading cause of death overall in the US.

The faculty, staff, and practical nursing students of Bay Path Practical Nursing Academy are ready to change these numbers. The PN Class of 2022 completed the Mental Health First Aid (MHFA) training lead by Christine Mowry, Executive Director, and Lynn Lynch, Business Manager, of the Shrewsbury Youth and Family Services, Inc. The 6-hour curriculum, completed in one full professional development day gives the participant a 3-year certification upon completion. Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director at Bay Path Practical Nursing Academy has been working with Mowry for the PN students MHFA training for the past five years.

Turn To **MENTAL HEALTH**, page **A4**

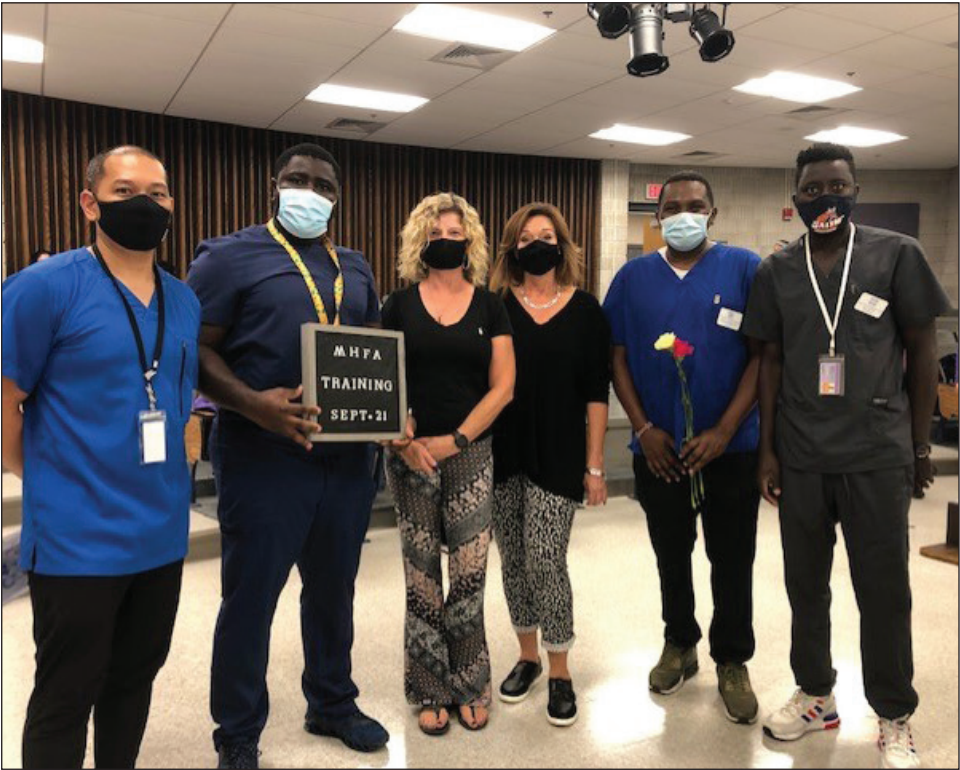


Photo Courtesy

Photo shows, from left: Marvelous Undag, George Boamah, Christine Mowry, Lynn Lynch, Kennedy Irungu, and Alex Mupengu.

## Charlton sees COVID numbers rise

BY JASON BLEAU  
CORRESPONDENT

CHARLTON – COVID numbers have risen in Charlton over the last month, causing concern for the town's Health Director that the state may be moving backwards instead of forwards when it comes to mandates such as universal masking requirements.

During a meeting of the Charlton Board of Selectmen where a discussion took place concerning the potential expansion of town halls hours into a five-day week, Charlton Health Director Jim Philbrook opened the debate saying he was against any immediate

expansion of town hall hours mostly as a health concern during the current pandemic. Philbrook noted that other towns in the area are actually examining ways to continue to do business digitally or with minimal face-to-face contact and while Charlton hasn't taken those steps, he didn't feel expanding hours during a pandemic was the best option especially with numbers even higher now than this time a year ago.

"TownsofSturbridgeandSouthbridge have now enacted mask mandates for town hall and are going to limit the hours of town hall or by appointment only, so they've asked back and forth. The Department of Public Health kind

of indicated that they will let us do it on our own on the mask mandate. They haven't mandated it yet, but they're asking towns and putting out pamphlets and fliers not only for public transportation but in town halls and municipal buildings and libraries that would indicate that a mask would be mandated again so it looks like we're taking steps back," said Philbrook.

As of the meeting day, 118 active cases had been recorded in Charlton including 30 the weekend prior. Many of those cases are considered "breakthrough" cases, a term used to describe someone who has been fully vaccinated contracting and showing symptoms of COVID-

19. Philbrook also shared data from a ten-day span that showed COVID cases have not been limited to one age group but have been evenly spread among any age from as young as four to as old a 91 with most cases in that span recorded among those in their 30s and 40s or four years old or younger. The trend has certainly caught Philbrook's attention to say the least.

"What's concerning is the amount of people that are vaccinated that are now getting the Delta variant getting sick and whole households are getting sick. It is concerning, especially with

Turn To **COVID UPDATE**, page **A16**



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A promotional graphic for National Dental Hygiene Month. On the left, the text "YOUR TEETH MATTER" is displayed in large, bold, blue and red capital letters. To the right, the text "OCTOBER IS NATIONAL DENTAL HYGIENE MONTH" is shown in bold, teal and blue capital letters. Below this, a paragraph in a smaller, black serif font reads: "Visit one of these Professionals to improve your family's oral health. Good dental hygiene is *very important* to overall good health." The word "dental" is in blue, and "hygiene" is in teal. On the far right, a close-up photograph of a smiling woman with brown hair is shown, using a piece of white dental floss to clean her teeth. She is wearing a gold ring on her finger.

# Dental hygiene is about more than just your teeth

increased risk for periodontal disease, speculating that diabetes patients' risk is higher because people with diabetes are more vulnerable to infections than those without diabetes. While that suggests periodontal disease is a byproduct of diabetes, the AAP notes that research points to the relationship being a two-way street. Periodontal disease may make it more difficult for people with diabetes to control their blood sugar, making dental hygiene an especially vital component of routine healthcare for people with diabetes.



disease be prevented?

Periodontal disease is preventable. A daily dental hygiene regimen that includes brushing after meals, flossing at least once per day and swishing with mouthwash are some simple, healthy habits that can prevent periodontal disease. In addition, the AAP recommends that people at increased risk for periodontal disease, including the elderly and smokers, should discuss their risk with their dental professionals.

Dental hygiene can do more for individuals than produce a mouthful of pearly white teeth. In fact, people who prioritize dental hygiene may lower their risks for various diseases.

## Can periodontal

The AAP notes  
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abetes are at

Heart disease  
The AAP notes


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# Quinebaug Masonic Lodge Ladies Auxiliary Craft Fair a great success



Left to right: Public Relations Officer Bro. Jimmy Falzone, Sheri Labree of Color Street of Paxton, Roxanne Jackson of Jackson Creative of Worcester with their bag of apples and Ladies Auxiliary Coordinator Norah Proper with her daughter Collette.

SOUTHBRIDGE — On Sunday, Sept. 26, the Quinebaug Masonic Lodge Ladies Auxiliary had a beautiful fall day and a great turnout for their craft fair.

For the last five months, rain or shine, vendors have been setting up their tents and tables in the parking lot at the Quinebaug Masonic Lodge in Southbridge. This past Sunday most of the vendors had there fall creations on display. Vendors including, Color Street, Little Hearts Custom Creations, Norah's Fabric Creations, SOR Creations, Matilda Jane, Jackson's

Creative, Nicole Singer Arts, Pampered Chef.

In appreciation and support for the craft fair, Quinebaugs Lodge Public Relations Officer Bro. Jimmy Falzone and Ladies Auxiliary Coordinator Norah Proper went around to each vendor and thanked them for their support and handed out bags full of heirloom apples. Bro. Falzone explained the kind of apples they were and said they are great for baking and eating. Norah agreed with him and told them the pies she has made with these apples came out delicious. A winter Craft Fair is

scheduled for December 11th with more information to come soon. Members of the Quinebaug Lodge are very proud of the Ladies Auxiliary volunteers. If you would like more information about Freemasonry and to find a lodge nearest you, visit our website at [www.massfreemasonry.org](http://www.massfreemasonry.org).

Charlton Villager

ACCURACY WATCH

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

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CHURCH LISTINGS

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

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

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

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

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

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

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

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

Charlton Cultural Council seeking grant applications

CHARLTON — It's time for the annual Massachusetts Cultural Council grant application process, which supports programs and activities throughout the year.

The Charlton Cultural Council is seeking applicants now for its FY 22 funding. Eligible applicants include individuals, nonprofits, public schools, libraries, municipal government agencies and religious organizations.

This is a great opportunity to bring the arts to our community, and we look forward to reviewing the applications! Applications are due by Oct. 15.

For more on the application process, please go to: <https://masscultural-council.org/communities/local-cultural-council-program/application-process/>.

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**#1. It determines what can and cannot be built on the land.** If adopted, the land in question would be allowed to be used for an equine center, a racetrack, a sports restaurant and sports betting, agricultural activities as well town dedicated recreational and sports facilities. If the racetrack is not granted a license by the state to operate, this project will not move forward.

**#2. It puts into the hands of the town the authority to approve or disapprove of the project as it moves forward.** The Agricultural Entertainment Overlay District requires any applicant who wants to develop an equine center to get approval from the town for every facet of the project. From traffic to noise to parking, any applicant will have to provide detailed impact studies and satisfy the requirements of both site plan and special permitting bylaws.

**#3. It defines and determines explicitly what can never be done on the land.** This includes restrictions expressly prohibiting a casino and slot machines, as well as restricting retail development. In short, if this passes at town meeting, this land can never be turned into a casino or a strip mall.

At every step, Sturbridge maintains ultimate control over what is acceptable use for the land in the overlay district. The town's Planning Board must be consulted and grant approval from beginning to end.

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# Community Connection

## Artists and Crafters Wanted

The Holly Berry Christmas Fair committee of the Sturbridge Federated Church 8 Maple Street, Sturbridge is looking for artists and crafters who wish to sell their handmade items on December 4th, 2021 from 9am to 3pm.

This popular annual show attracts people from all over the area. Our booth fee is \$35, and table fees are on the registration form which is due by October 31st.

***We have a few spaces left for more exhibitors.***

To join us, simply go to the church website, [www.sturfed.org](http://www.sturfed.org) or call the church office (774) 304-1021.

*We welcome all inquiries.*

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# Celebrating autumn

CHARLTON — Capen Hill Sanctuary celebrated the arrival of fall by showcasing several dozen regional artisans and crafters of countless types as part of its Fall Family Festival last weekend. Almost anything was available under one of the tents that covered the upper end of the driveway and lawn near the old bomb shelter: art, home-dyed yarn, woodworking crafts, jewelry, chicken-themed material, clothing, soap and wall-hangings among them.

Photos Gus Steeves



One of the day's woodworkers talks to a potential customer in Sunday's sunshine.



Gary and Susan Wirth of Union, Conn., with one of Gary's designs.



Antony, Isaiah and Jesmili Rivera get ready to haul their cart back up the hill for another ride down.



This shows just a small part of the day-long tent community that formed at Capen Hill Sunday.



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EDITOR

# Take a break from bad news

Oftentimes, ideas for Editorials arise when something close to us personally surfaces that hits home, or when we hear a significant amount of chatter about a specific topic. This week, the chatter has been about national news overload.

We love the news — after all, it’s what we do. Sharing information with our readers on the local level is both an honor and a necessity.

This week, however, we have heard many people say they just can’t listen to the national news anymore. They feel bombarded by a relentless parade of doom and gloom, from the continuing (and to us, frankly confounding) debates over mask mandates in schools to the minute-by-minute coverage of the tragic Gabby Petito case, oftentimes leaving them feeling depressed and overwhelmed. News junkies watch the news every morning and night, check their Twitter feeds, listen to talk radio on their commutes and are constantly in the know. It’s important and responsible to be aware of what’s happening around you, however finding a balance is key, even for those of us in the businesses.

It seems as though the national news cycle has been nothing but chaos. Bad news seems to ping our phones almost on the minute. This can be exhausting.

As a way to catch your breath, pick one day of the week as a ‘no news’ day, sort of like a news siesta. Get outside, unplug, read a book, listen to some vinyl or watch Cobra Kai (we do recommend for a splash of nostalgia). Attempt to shut off the little magic box we all stare at way too much on the daily. Could landlines actually still serve a purpose?

If you feel like you can’t make a difference, realize that you can. Do something every day to make the world a better place, even if that means your own little world. Such actions can often result in the domino effect.

Take some time to count the blessings in your life. Positivity still surrounds us in bulk if you look for it. Family, friends, dogs, crisp fall leaves, apple crisp, bacon, a friendly wave from a neighbor, morning coffee, a cold drink, a beautiful hike or walk, a good novel and a nice music blasting session are just a few things we can lean on to always lift us back up.

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## LETTERS

Extra! Extra! Read All About It!

We think you’re important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

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Or e-mail your letters to the editor at [news@stonebridgepress.news](mailto:news@stonebridgepress.news)

You’ll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don’t have a set limit, but if you keep it around 600 words or so, you’re going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



# OPINION

VIEWS AND COMMENTARY FROM CHARLTON, CHARLTON CITY, CHARLTON DEPOT AND BEYOND

## Hope

Most of us are hoping for things. Hoping to meet someone special, hoping to get a new job, hoping our business works out, hoping our loved ones break the addiction, hoping to hear good news from the doctor.

There are a few definitions of hope in the dictionary. One description says: to want something to happen or be true and think that it could possibly happen or be true.

Another definition is: a wish or desire that something will occur.

Those two definitions, it seems to me, are the way most people use the word hope today.

“I hope I get the job,” “I hope things work out,” “I hope I get a raise,” “I hope to be cancer-free,” “I hope I get a puppy for Christmas!” “I hope we win the game...”

These are merely wishes. They might happen, they might not happen, and it’s a passive way to approach a desire. It doesn’t require anything of you.

There is another definition of hope: to expect with confidence.

This type of hope requires you to believe with a confident expectation. It requires you to have faith; It’s active, not passive.

A lot of people like to say, “I hope for the best but expect the worst.” Sadly, it seems that’s how a large portion of people live their lives.

I had a friend who was fond of saying, “I always expect the worst to happen, so that way I’m never disappointed.”

Upon contemplating what he was saying, I began to realize, whether he knew it or not, what he was saying was, “I expect to live a life of disappointment,” or “I hope the worst happens; that way, I’m never disappointed.”

When you have that type of mindset, you’re satisfied when every disappointment occurs because it’s a reassurance that you’re correct; disappointment becomes a reward!

Sure, bad things happen, and preparing for the worst outcome could be a wise thing to do, but to expect disappointment around every corner is a road that leads to a lifetime of dissatis-

faction.

A different and better way to hope and expect with confidence is to predict the best possible outcome, expect to win, expect success, expect good health, and accomplish your goals.

Do you think winners ever hope to lose? Does Tom Brady walk out onto the field hoping and expecting not to get a Super Bowl ring?

One of his best quotes is, “You wanna know which ring is my favorite? The next one.”

That’s powerful!

He may be blessed with fantastic football abilities, but I would be shocked if he had a hope and confident expectation that disappointment lurked around every corner. Some of his quotes say precisely the opposite.

“If you want to perform at the highest level, then you have to prepare at the highest level.”

If you’re preparing to perform at the highest level, then you’re hoping and expecting the best possible performance.

A lot of you reading this are probably thinking, “Yeah, Yeah, but I’m not Tom Brady, and I’ve never won at anything like he does, so why should I hope and expect the best possible outcome? It’s not realistic.”

I get that. I’ve spent large parts of my life expecting the worst. When I lived with that attitude, things never got better; they only got worse. I was unhappy, irritated, pessimistic, lost, and unable to see that my thoughts were the cause of it all. I was so far from my dreams and goals I didn’t think I’d ever find my way back.

The only time things ever turned around and moved in a direction I wanted for my life was when I changed my thinking and began hoping and confidently expecting for the best! Now, after many years with this attitude, I’m happier than I’ve ever been, and I’m closer to accomplishing my dreams than ever before.

It’s never too late to become the best version of you.

POSITIVELY  
SPEAKING  
.....  
TOBY  
MOORE

## All Saints’ Day

Many of us have had extra grieving to do the past two years. We’ve grieved the loss of jobs, normalcy, and, of course, the loss of loved ones. At such a time, we long for the past, a past whose memory can wrap us in warm and fuzzies, a past filled with our beloved elders teaching us how life should be. That’s what All Saints’ Day is about, connecting us to the lives, the memories, and the teachings of our beloved deceased, strengthening us by their model for the future ahead.

Halloween, originally All Hallows Eve, derives its reputation from the belief that, on All Saints’ Day, originally All Hallows, the distance between the earthly and spiritual realms is shortened. Until relatively recently, a new “day” began at sunset, so the connection between the realms started on the night of Halloween. From sunset Oct. 31 to sunset Nov. 1, we could commune with the dead—why some cultures call it The Day of the Dead.

For Christians, those faithful who have run the race before us are considered saints, so those whom we commune with are saints: hence, All Saints’ Day. Some Protestants are wary of celebrating the day because “saint” is often confused with the official designation Roman Catholics give to certain spe-

cial disciples of Christ. But Paul, in the New Testament, makes clear that “saint” is anyone who has witnessed to us the goodness of God and has gone on to join the “great cloud of witnesses.” For all of us, then, it should be a special day commemorating beloved saints that taught us how to love God, to live well, to fight for our ideals, etc. Even if we don’t believe we can literally be close to them, at least we should spend one day a year spiritually close to them, honoring and remembering them and giving thanks.

I like to invite the church I’m serving, now Charlton City UMC, to bring a picture or some memento, like a journal, of the person/s they want to particularly honor, remember, and grieve on All Saints’ Day. This year, we’re celebrating on Sunday, Oct. 31. But whether you come to our church or decide to go elsewhere, I invite you to consider All Saints’ Day as one of those major days you should attend a church worship, especially this year. We have lost so much and there are plenty of questions about our future. Let’s spend a day honoring and remembering, and being close to, those who have lived and gone who taught us how to stand tall and conquer the uncertainties that face us.

BEYOND  
THE PEWS  
.....  
REV. JOHN H.D.  
LUCY



## Indian Summer and Other Weather Curiosities



TAKE  
THE  
HINT  
.....  
KAREN  
TRAINOR

Here in New England where long, cold winters make warm weather highly anticipated and much appreciated, few weather forecasts are celebrated more than the promise of “Indian Summer.” The bonus of an extra week or two of summer weather as the hydrangeas wane and school buses reappear, is nothing short of a celebratory occasion. From

extra swims to extended camp outs, Northeasterners of all ages savor the unseasonal high temperatures.

Now I’m not saying we’ll have Indian Summer this year, and while the hope of it conjures up thoughts of autumn boat rides and post Labor day whites, the phrase itself isn’t exactly clear. When does warmer weather qualify as an Indian Summer? And is it a Native American phrase as the title implies?

Read on for interesting and intriguing facts about Indian Summer and other old New England weather lore.

\*\*\*

Indian Summer Explained

In 1817, writer John Bradbury offered this emotional explanation of Indian Summer:

“The air is perfectly quiescent and all

## Should you buy term insurance and invest the difference?

If you have children or other loved ones who depend on your financially, you need life insurance – no question about it. And you’ll need an amount that can enable your family members to continue



FINANCIAL  
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JEFF  
BURDICK

their lifestyle if you aren’t around. But there may be less certainty about what type of insurance you should purchase: term or permanent. And the issue can cause even more confusion if you’ve heard the phrase: “Buy term and invest the difference.” What does this mean? And is it good advice?

First, let’s review the chief differences between term and permanent insurance. As its name suggest, term insurance lasts for a set period, such as 10 or 20 years, while permanent insurance can last your entire life. Term insurance only pays a death benefit – there’s no opportunity to build cash value. But permanent insurance, such as universal life, also contains an investment element. Consequently, permanent insurance premiums are generally considerably higher than those of term insurance.

Given this difference in premiums, you may have heard that it’s a good move to buy term insurance and use the “savings” – that is, the money you would have spent on a costlier permanent insurance policy – to invest in stocks or mutual funds, rather than rely on the investments contained in permanent insurance. But in reality, it’s not that simple. Here are a few reasons why “buy term, invest the difference” may not always be the best strategy:

People don’t consistently invest the difference. Although people may have the best intentions when it comes to investing the savings achieved by purchasing term insurance, life often gets in the way and they find other ways to spend the money. Or they may invest sporadically or make poor investment decisions. By way of contrast, the premiums that go into permanent insurance are invested systematically and managed by professionals.

Term premiums won’t always be cheap. Term insurance is quite affordable when you’re young. But when the term expires after, say, 15 or 20 years, the premiums can become much more expensive. Consequently, there will likely be much less of a gap between the costs of term and permanent insurance.

Permanent insurance investments can grow tax-deferred. If you followed the “buy term, invest the difference” approach, and you purchased stocks or mutual funds, you might incur taxes on capital gains and dividends. But the investments within a permanent insurance policy are tax deferred, so you won’t pay taxes on interest, dividends or capital gains until you withdraw the proceeds, similar to the tax benefits you get with your IRA and 401(k) accounts.

Even though you should consider the above issues, you don’t necessarily have to dismiss the “buy term, invest the difference” strategy. Everyone’s situation is different, so you’ll want to explore your options carefully. At different times of your life, different insurance and investment solutions may be appropriate. But however you choose to do it, you’ll want to maintain sufficient life insurance and invest for your long-term goals – two actions that can pay off for you and your loved ones.

*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](mailto:jeff.burdick@edwardjones.com).*

is stillness, as if Nature, after her exertions during the Summer, were now at rest.”

Weather Historian William R. Deedler notes “The term ‘Indian Summer’ dates back to the 18th century in the United States. It can be defined as ‘any spell of warm, quiet, hazy weather that may occur in October or even early November.’ Basically, autumn is a transition season as the thunderstorms and severe weather of the summer give way to a tamer, calmer weather period before the turbulence of the winter commences.”

Deedler, in his article “What is Indian Summer and did Indians really have anything to do with it?,” further explained:

“The  
t e r m

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



# Looking ahead to waterfowl season



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

The regular waterfowl season is scheduled to open on Oct. 11 in the Central district. There is a lot of water this year making plenty of areas for the ducks and geese to hang out. The plentiful acorn crop, which is one of the Wood Ducks favorite food this time of year, should keep them well fed for there long migration South. Wood Ducks are plentiful this year, and provide most of the shooting during the first part of the duck season. If the season starts early enough, you many get lucky to encounter a few flights of blue winged or green winged teal. They provide some great shooting opportunities, and they are fast.

Wood Ducks do not take a lot of hunting pressure and move out of the area sooner than other ducks. Other than Wood Ducks, Mallards make up most of the daily bag limits during hunting season, with some blacks also being harvested. Because of the inter breeding of black and mallard ducks, they can easily be mistaken for a black duck. The three-bird daily limit on Wood Duck is far better than the limits 20 or 30 years ago that remained at a two-bird limit for years, despite the high population of birds in the area.

Local sportsmen banded together to build and erect a few hundred nesting boxes for the birds to raise their young. It worked well and even more birds were observed in the valley. It was called operation Wood Duck! The high

population of birds in the area did not convince Fish & Wildlife to increase the daily limit on Wood Ducks until eight or 10 years ago. The migrating Wood Duck’s provided great shooting for the neighboring state of Rhode Island’s waterfowlers, as well as the Southern states. Rhode Island did have a shorter duck season back then, but did provide some great shooting opportunities for the most colorful & exciting duck to hunt in Massachusetts, and they still are.

Their feathers were prized by fly tyers for their colorful barbs under their wings, as well as numerous other feathers that made great trout fly’s. The meat on the wood Duck was, and still is a great eating bird when properly prepared. Any duck hunters that do not tie flies should reach out to the New England Fly Tiers organization and donate the male Wood Duck feathers to them for their students to use at their upcoming classes. They would surely appreciate them. Duck feathers are illegal to sell, but can be donated to individuals or organizations like the New England Fly Tiers!

Waterfowl hunters need to be reminded that when hunting ducks and geese, every possible means to retrieve shot birds needs to be practiced. Hunters that do not can be charged with wanton waste. Most serious duck hunters own a good retriever. These dogs can provide the most satisfaction when hunting waterfowl. Their desire to hunt and retrieve ducks and upland birds provides the ultimate satisfaction for their owners, and also find and retrieve downed birds that would otherwise be lost. Owning a good bird dog can cost a few bucks, but once you own one to hunt with you. You will never hunt without one again, not to mention their bond with their owner throughout the



Photo Courtesy

**These yellow lab pups were part of a litter this writer had his pick of at seven weeks old. The one on the left (Twig) is now 11 years old, and is a great hunter & family pet. She may not be a field Champion, but she is great in the field. She has had no hip problems which is often a problem for Labs, and has been basically a healthy dog.**

year. He or she will become your best friend, but do not tell your wife!

A good hunting dog is not cheap and veterinarian bills are costly, but they are worth every penny. If you decide to purchase a pup, be sure to do your homework. It cost just as much money to raise a pedigree dog as it does a mongrel, and the final results are totally different in most circumstances. Be sure to buy your pup from a highly respected breeder, and you should end up with a great hunting partner for many years to come, not to mention a great family pet.

Saltwater fishing for tautog and seabass is red hot right now in Rhode Island right now, and continues to improve daily.

Freshwater bass fishing has been very good for anglers using shiners. At the time of this writing, anglers were anxiously awaiting the start of the fall trout stocking. Only lakes and ponds are stocked with trout in the fall, in the Central District.

*Take a Kid Fishing & Keep Them Rods Bending!*

## Preparing your landscape for winter



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

Fall is a season of transition and that includes your garden. Make the most of beautiful fall days to enjoy your garden and prepare your landscape for the winter ahead.

Put fall leaves to work in your landscape improving your soil, reducing maintenance, and creating winter homes for toads, frogs, and beneficial insects. Mow over the leaves that land on the lawn. It may take a couple passes but

once the fall leaves are the size of a quarter you can leave them on the lawn to add organic matter and nutrients to the soil.

Or mow, bag and add the shredded leaves to annual flowers or vegetable gardens. Dig several inches of shredded leaves into the top eight to 12 inches of garden soil. The leaves will decompose over winter, adding organic matter to the soil. Still more leaves; add them to the compost pile. Mixing this carbon rich plant debris to greens like plant-based kitchen scraps, manure, and worm castings makes for great compost.

Use leaves as mulch on the soil around the base of perennials. They suppress weeds, conserve moisture, insulate the roots and add organic matter to the soil as they decom-

pose. Leaves also provide winter homes and insulation for insects, toads and frogs that overwinter in leaf litter or just below the soil surface.

Leave healthy perennials stand for winter. They add winter interest to the landscape, provide homes for many beneficial insects and the seeds of Rudbeckia, coneflower, liatris, and others provide food for the birds. These winged visitors add welcome color and motion to the often, gray days of winter.

Take time to remove any dead, damaged and diseased stems, and branches. Disinfect your tools between cuts to reduce the risk of spreading disease to healthy plants. Clean tools with a spray disinfectant or 70% alcohol between cuts to manage disease organisms

without harming your tools.

Refresh mulch around trees and shrubs. Maintaining a three-inch layer helps conserve moisture, insulates the roots from temperature extremes, reduces competition from the lawn for water and nutrients and improves the soil as it decomposes. Pull mulch away from the trunk of trees and stems of shrubs. Piling mulch over these can lead to rot, decline and early death of the plants.

Help your lawn recover from the stresses of summer and prepare for winter with fall fertilization. University research found fall fertilization is most beneficial for home lawns. Fall fertilization encourages deep roots and denser growth that is better able to compete with weeds and tolerate disease and

insect pests.

Always sweep grass clippings and chemicals off walks and drives and back into the lawn where they belong. This simple step keeps unwanted nutrients out of waterways and eventually our drinking water.

Add some spring color by planting daffodils, grape hyacinths, tulips, and other spring flowering bulbs this fall. It is also a good time to add trees, shrubs, and perennials to the landscape. The soil is warm and air cool, making it less stressful for plants to adjust to their new home. Mulch new plantings and water thoroughly whenever the top few inches of soil are crumbly and moist. Continue watering new and existing plantings as needed

Turn To **MYERS** page **A11**

### TRAINOR

continued from page A8

“Indian Summer” is generally associated with a period of considerably above normal temperatures, accompanied by dry and hazy conditions ushered in on a south or southwesterly breeze. Several references make note of the fact that a true Indian Summer can not occur until there has been a killing frost/freeze. Since frost and freezing temperatures generally work their way south through the fall, this would give credence to the possibility of several Indian Summers occurring in a fall, especially across the northern areas where frost/freezes usually come early.”

In short, any spell of unseasonably hot temperatures after autumn has officially begun is called an Indian Summer. Unless of course you’re a weather purist, in which case it isn’t officially Indian Summer unless the summer temps occur after a frost.

\*\*

So where does the “Indian” in Indian Summer come in? Like most old New England history, it’s not crystal clear. The most likely explanations? According to the aforementioned Deedler, one theory is that Native Americans hunted during such warm autumn spells, since the hazy air allowed the hunter to better sneak up on its prey. Supporting this explanation is a practiced the Native Americans to set fires to New England woods and grass to create hazy, smoky conditions. Another theory is that the Indian in the title refers to the ocean. Deedler recounts how ships in the Indian Ocean typically loaded up their cargo during the fair weather season, marking their hull level with the initials IS, for Indian Summer.

\*\*

Early America Weather Forecasters: Native Americans have a long history of predicting the weather through nature. They taught many of these weather forecasters to the early settlers, some of which have continued to aid farmers for centuries. Here is the logic behind some of the oft repeated phrases:

Phrase: When squirrels chatter, rain will follow.

Principle: Squirrels chatter while gathering or eating food, both of which they tend to do before a rainstorm.

Phrase: A mile winter is in store if

a muskrat builds his house toward the edge of the lake it.

Principle: A muskrat requires open water to leave of his house. If he builds near the edge of the lake, it means he knows that there won’t be a long hard freeze.

Phrase: If a muskrat builds his house toward the middle of the lake, a long winter is ahead.

Principle: If there’s going to be a long freeze, the muskrat will build in deep water to prevent freezing.

Phrase: If snakes are out in the fall, it will be a long autumn season.

Principle: Snakes hibernate in the winter, so their appearance in fall can be an indicator of a longer than usual season.

Phrase: If crows are seen in February there will be an early spring.

Principle: Birds follow instinctive migratory patterns and routes at various times of the year. Their arrival and departure are indicators of the seasons.

Phrase: When leaves on the ash trees turn upward it will rain.

Principle: Moisture in the air affects the position of some types of leaves.

Phrase: When cranes return southward in the early fall, we will have a storm.

Principle: Cranes always move ahead of a storm.

\*\*

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

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Friday’s Child

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Gene

Age 15

Photo by Brandi Ebersole

Hi! My name is Gene and I am learning how to play the guitar!

Gene is a quiet teenager of Caucasian descent. Those who know Gene best describe him as being reserved at first, but once he gets to know you, then he becomes friendly and outgoing. Gene enjoys sports and is athletic. He is looking forward to playing basketball at his school in the winter. In the past, Gene has participated in other sports such as soccer, baseball, and Pop Warner football. Some of his other favorite activities include playing video games on the computer and collecting Pokémon cards. He is currently trying to expand his interests by learning how to play the guitar and ukulele.

Legally freed for adoption, Gene is seeking a two-parent home with a mother and a father, or a single male or female parent. An ideal home for Gene would be a family that can provide him with the stability and structure he needs to thrive. His social worker believes he would do well in a family with or without other children. He would especially do well in a placement with younger children. The considering family must be open to helping Gene maintain his relationship with his older sister.

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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](http://www.mareinc.org). The sooner you call, the sooner a waiting child will have a permanent place to call home.

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# SPORTS

## Quaboag football claws past Minutemen

BY DEAN ST. LAURENT  
SPORTS CORRESPONDENT

CHARLTON — The culture has changed in Warren, home of the Quaboag Regional varsity football team. For the first time in program history, the Cougars have gotten off to a 3-0 start.

“Tremendous, I am not going to lie. The kids are playing very hard,” expressed head coach Dave Shepherd with a smile. “We have changed the culture; these are kids that we started a youth program with that I have coached since fourth grade. Now it is starting to pay dividends. We used to come to the game thinking let’s try and keep it close and hang in there, now we are coming to games expecting to win, so the culture has changed. That is big.”

On Friday, Sept. 24, Quaboag controlled the pace of the contest with a strong ground and pound approach led by senior Alex Worthington and junior Brendan Burke to down a young Bay Path Regional (1-2) team on the road, 34-21.

“They’re close, we are right there,” explained first-year head coach Cody Giampa of Bay Path. “We are playing tough with everybody, but we have to make tackles and you have to block the

whole game. We did a good job in the first quarter, halfway through the second quarter we kind of lost it, but they (Quaboag) did a great job on offense just pounding us up the middle. Again, if you can’t stop that you’re not going to win very much, but we are a young team we are relying on a lot of younger guys to play so know we need to make that next step. We are close, we are right there and I hope they see that.”

The game started fast, with four straight scoring drives, and was neck-and-neck for the majority of the first half. The game was even at 14-all with 9:07 left in the second quarter. Quaboag got both of their scores from senior Worthington, on runs of 16 and 44 yards. Bay Path got a score from junior Luke Welton and junior quarterback Anthony Catino.

Late in the second quarter is when momentum started to shift. Following Bay Path’s second scoring drive, Quaboag’s offense drove down the field but ended up fumbling the ball in the red zone. Momentum shifted briefly in favor of the Minutemen, but just four plays later they were forced to punt after a three-and-out. This gave the Cougars the opportunity to score before halftime and change the course of the game.

That is exactly what they did, with just one tick left on the game-clock Burke scored the first of his pair of touchdowns from just 1-yard out. Quaboag went into the half up 20-14.

Coming out of the half with all the momentum, led to a very energized and crucial defensive stand to open up the third quarter. Bay Path did have a promising drive going to open the half that started at mid-field, but it ended in Quaboag territory when they turned the ball over on downs after picking up just one first down a big play through the air from Catino to Jonathan Nussy for 25 yards.

Moments later Quaboag controlled the clock and used an effective inside-out game to drive the length of the field and score. Burke accounted for 25 hard-earned yards on the drive and Worthington accounted for 37 yards including his third touchdown of the game from 14 yards out.

“We talked about it at halftime,” stated Shepherd. “We said we got that score before the half, but we have to bump into a two-score lead. We knew that these guys were going to keep fighting, so getting that stop and then another touchdown was huge.”

Bay Path showed some fight and scored on the next drive on a heave

down the sideline from Catino to Welton for a 39-yard score to make it a five-point game, 26-21 late in the third quarter.

“Luke is great for us,” praised Giampa. “He does whatever we ask. We use him in a variety of roles. He works his tail off. He does everything for us. He is just a very good player, he is fast and physical. He is another kid that has a lot of potential, it’s the same thing if he could take that next step he would probably be one of the better players around here. We need to keep putting him in positions to get the ball and put him in positions to do well.”

It didn’t matter though because Quaboag continued to run the rock between the tackles with Burke to wear down the Bay Path defense, as they did for the entirety of the game. Burke accounted for 30-plus carries for the Cougars and a pair of touchdowns. Shepherd acknowledged Burke’s importance following the win.

“He (Burke) is a workhorse. He has put in his time in the weight room so he has earned his keep. He has lifted like crazy over the last two years and it shows. Now he is a 220-pound kid and tough to bring down especially for high school,” the coach said.

## Two young programs on the rise as North Brookfield defeats Bay Path



Bay Path’s Casey Levasseur stickhandles the ball before sending a pass over to a hard-charging Amberlynn Humphrey.

BY NICK ETHIER  
SPORTS EDITOR

SPENCER — Although North Brookfield High has employed a field hockey program for decades and Bay Path Regional is in its infancy stage, the two teams are in similar positions in terms of working with many younger players and improving as the season rolls on.

“I like the number of kids we have,” Indians’ head coach Shiela LeBlanc said of the 19 players on her roster.

North Brookfield, which defeated the Minutemen 4-0 in the varsity game on Wednesday, Sept. 22, doesn’t have a full

junior varsity team, but instead has many players compete in both games. The Indians and Bay Path played a 7-on-7 JV game following the rain-soaked varsity contest.

For LeBlanc, she wants as many JV games as possible to take place.

“Six kids out on this field out of the seven are brand new, have never touched a ball before this fall,” she while watching the junior varsity game. “They are brand new to the sport. We have half and half of experienced and not. You’ve got to try and find a way to mesh it.”

Similarly, Bay Path is experiencing



Goalie Natalie Walker of Bay Path kicks aside a North Brookfield scoring opportunity.

many athletes playing the sport for the first time.

“I want to say 65 percent of the girls have never held a stick before tryouts this year. We have very few returning that have played,” said Joanna Gogan, head coach of the Minutemen. “Of those that are returning, I think we have four that have played 11-on-11 because last year the COVID season was 7-on-7.”

Bay Path is also in its first season officially being called Bay Path.

“We were in a co-op for two years with David Prouty as the host school and then this season we switched with Bay Path as the host school,” said Gogan, although the home games are still played at Prouty’s Eugene R. Hurley Memorial Athletic Field. “We have one David Prouty player left in the program. It [the field] just works, the only thing that has changed is the uniforms.”

North Brookfield earned the win with a goal in the first quarter, two more in the second frame and a final tally in the third quarter.

Sophia Giangrande (Eve Tonks assist), Tonks (Angelina Fritze assist), Ty Babineau (Kelly Daige assist) and Babineau a second time scored the Indians’ goals. They also finished with

15 penalty corner opportunities.

On the other side, Bay Path goalie Natalie Walker finished with a strong performance and eight saves.

“She keeps us in the games,” Gogan said of Walker. “She gets better and more confident. It’s not necessarily aggressive, but she’s confident in how she moves in goal.”

During a recent scoreless tie with Worcester Tech, Walker finished with a staggering 26 saves.

The Minutemen are 1-5-1 with its win coming against Oxford High.

“Our goal this season is to keep our score differential low, which we’ve been successful with. We’ve been very competitive,” said Gogan, who is back with a head coaching gig after a nine-year break following a two-year stint at Shepherd Hill Regional.

North Brookfield is now 4-1-2, including a scoreless tie with Division 2 Leominster High, and LeBlanc gave credit to both teams for battling through the elements.

“It was a tough game both ways. The rain is a factor,” she said. “Any field hockey game with wet grass is a factor. [Bay Path] never quit. We had to put our heads back in the game. Credit my kids for continuing to fight.”



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## News, really close to home

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## Bay Path golf splits pair of matches last week

**Sept. 20**  
Bay Path 156, Monty Tech 177 — Behind the strong playing of Evan O'Malley (2-over par 37), Martin Mullen (38) and James LeFrohon (39), Bay Path's golf team defeated Monty Tech at Heritage Country Club.

**Sept. 21**  
Blackstone Valley Tech 162, Bay Path 165 — In a very tightly contested golf match at Heritage Country Club, the Beavers edged the Minutemen. But Bay Path's Brandon Mertocci was the match's medalist with a 2-over par 37.



# How to effectively and safely sanitize a car



The COVID-19 pandemic changed the way people live. One readily felt effect was spending more time at home. Vehicles sat idle in driveways and even some automotive insurance providers reduced rates because people were driv-

ing much less.

Even with stay-at-home measures in place, people still need to leave their homes to stock up on essentials, such as food or medicine. In other cases, people may have been essential workers who drive for a living, including delivery drivers or health care personnel who were incapable of working from home.

Any time a person goes out in public, he or she runs the risk of contracting viruses. Bacteria and germs may reside on various surfaces, including those inside vehicles.

People want to protect themselves and now are more aware of the importance of frequently cleaning and sanitizing their cars. Keeping a vehicle safe to drive without affecting its upholstery or electronic components is paramount.

The Centers for Disease Control and Prevention makes a distinction between cleaning and disinfecting. Cleaning refers to the removal of germs, dirt and impurities from surfaces. It does not kill germs, but can lower their numbers. Disinfecting refers to using chemicals to kill germs on surfaces. The following are some ways to deeply clean and sanitize a car.

- Wash hands. First and foremost, it is crucial to wash your hands before and after using the car. This can reduce the likelihood of growing ill

because of transferred viruses or bacteria.

- Use rubbing alcohol. Solutions that contain 70 percent alcohol are effective against many viruses and bacteria, including coronaviruses, says the CDC. Furthermore, Jeff Stout, Executive Director of Global Innovation at Yanfeng Automotive Interiors, says that, for the most part, nearly every interior surface of a vehicle can be cleaned with isopropyl alcohol. Plastic to painted chrome to imitation leather have been tested to ensure they don't degrade when exposed to pure isopropyl alcohol.
- Avoid bleach or hydrogen peroxide. While bleach and peroxide are very effective cleaners and sanitizers, they are likely to damage a car's upholstery, according to Consumer Reports.
- Use soap and water: Experts say that vigorous washing with a soap-and-water solution can be effective against many contaminants because it breaks down the protective envelope that surrounds coronaviruses and other germs to disarm them. Friction also can help to break down germ cells during cleaning.

"You want to do the best with what you have, so even soap and water can chip away at the risk," says Stephen Thomas, M.D., Chief of Infectious Diseases and Director of Global Health at Upstate Medical University in Syracuse, NY.

- Address frequently touched surfaces. Pay attention to the steering wheel, door handles, buttons, touchscreen displays, shift lever, and more when sanitizing. Each of these items can harbor germs.

Deep-cleaning a vehicle has become a necessity since COVID-19 emerged. Frequently cleaning and sanitizing can help make vehicles safer to operate.

## Charr Jobe, of Uxbridge named to Assumption University Men's Soccer Team

### SH BOYS

continued from page A1

toward the right. Because of that positioning I decided to go toward the right side," explained Gabe Roach. "It felt good off the foot."

The Roach brothers then combined for the next goal in the 22nd minute. Shepherd Hill received a corner kick and Gabe Roach serviced it in. The ball eventually found the foot of Adrien Roach, who tallied his first of the game.

"Usually on corners it's too busy in the box. You just try to put it in a good position, usually around the six-yard box where the goalie can't get it but my team can get it," Gabe Roach said when admitting that the corner kick wasn't specifically going toward his brother.

"I was being held a little bit, but I fought for some room and stuck my foot out at the right time," Adrien Roach explained of his goal.

"It's that brotherly connection," joked Gabe Roach.

The Rams took a 3-0 halftime lead when Adrien Roach (goal) and Dan Gronek (assist) executed a

nifty give-and-go.

Jack Levesque opened second half scoring about 10 minutes into the frame, and Gronek made it 5-0 when his shot bounced off the post and into the net.

Adrien Roach then finished off his hat trick minutes later after receiving a corner kick feed from Logan Fournier.

"I saw the ball coming and it actually hit my nose," Adrien Roach said when confirming that it was not a header, but instead off his face. "I checked for [blood] after."

There was no blood, and he has now scored four goals in his last two games, including his first career at the varsity level two days prior.

"You always want to score at the highest level and this is the highest level," Adrien Roach said of his recent goal-scoring hot streak.

Gabe Roach then put the finishing touches on the scoresheet when his direct kick from a distance hit a Hudson player and went into the net.

Shepherd Hill's goaltending tandem of Ryan Davis and Dan Adamuska combined for six saves and the shutout, which each making three stops.

WORCESTER — The Assumption University Department of Athletics has announced that Charr Jobe, of Uxbridge, has earned a spot on the 2021 Men's Soccer team. Jobe, Class of 2024, is competing during the fall season.

The Assumption Men's Soccer team was ranked eighth in the 2021 Northeast-10 Conference Preseason Coaches' Poll. The Greyhounds are the defending NE10 Champions after winning the NE10 Title as a No. 5 seed in 2019; the 2020 season was cancelled due to the COVID-19 pandemic. Following the Championship, they earned the program's first-ever NCAA victory with a 2-1 victory over West Chester. Overall the team finished with a 13-8 record and 7-5 mark in the NE10, including a streak of seven straight games with at least two goals. Assumption ranked seventh in the NE10 in both goals against average (1.65) and scoring (1.67).

"The team is looking forward to competing this season and defending our Northeast-10 Championship," said head coach Ed Matz, who is entering his first season as head coach of the team. "Our student-athletes has put in a tremendous amount of work

and I am looking forward to seeing that they are able to accomplish this year, both in the classroom and on the field."

For more information on Assumption sports, visit [www.assumptiongreyhounds.com](http://www.assumptiongreyhounds.com).

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### MYERS

continued from page A9

until the ground freezes.

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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](http://www.MelindaMyers.com).



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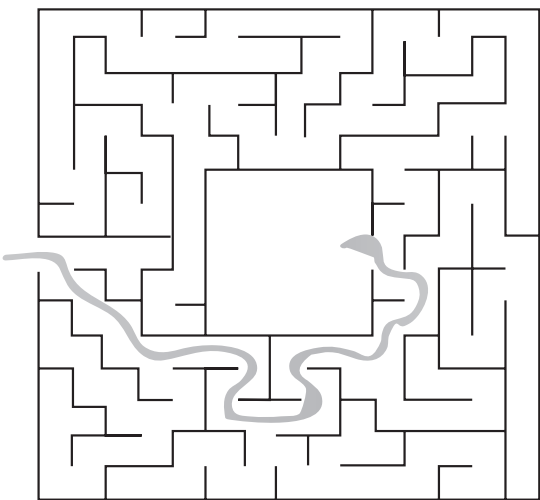
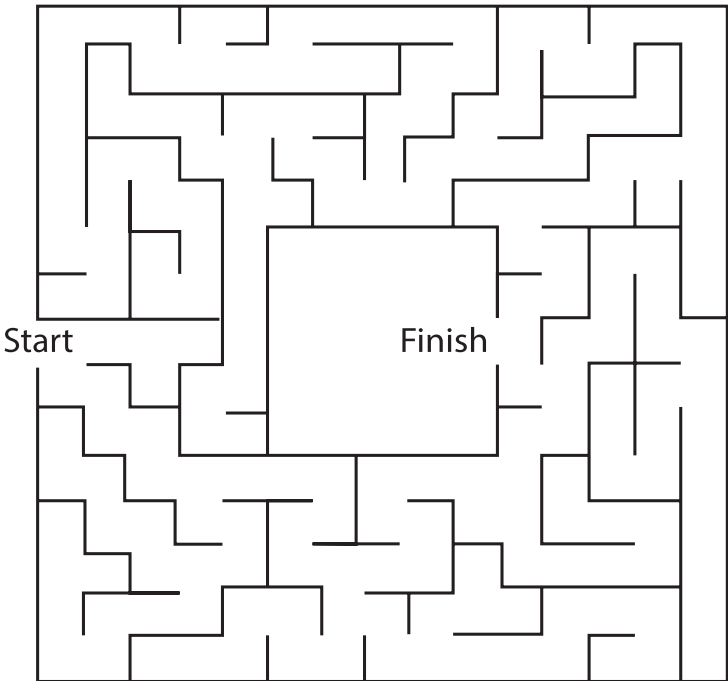
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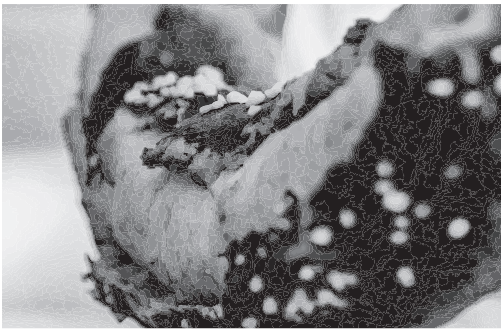
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A. 4 12 12 19 16

Clue: Equipment

B. 23 10 1 9 23 19 16

Clue: Livestock

C. 14 23 22 4 1 12 10

Clue: Use care

D. 4 18 23 1 10 1 10 24

Clue: Instruction

Answers: A. tools B. animals C. caution D. training

SUDOKU

4		6			9			
			1					5
						6	1	9
		9						
	8				1	7	5	
1				6	4	8		
6								
		7		3				4
		8			7		6	3

Level: Advanced

Here's How It Works:

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

3	9	6	7	1	2	8	4	5
4	8	1	5	3	9	7	2	6
7	2	5	8	4	6	1	3	9
2	6	8	4	9	7	3	5	1
9	5	7	1	6	3	4	8	2
1	4	3	2	5	8	6	9	7
6	1	9	3	2	4	5	7	8
5	7	4	9	8	1	2	6	3
8	3	2	9	7	5	6	1	4

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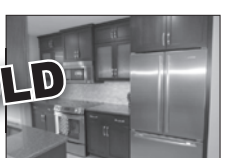
## Listings Always Needed – We're Always Busy Selling!



**WEBSTER LAKE** - 11 Bay View Rd! One of the Lake's Premier Properties! 9,822' of Real Nice Set on .68 Acres of Park Lake Grounds with 297' Waterfront! Over \$4 Million Spent! Nothing was Spared! 18 Spacious Rooms! 5 Water View Bedrooms, 4 with their Own Bathrooms! 5.5 Bathrooms Total! Brazilian Cherry Hardwood Floors, Grand & Spiral Stairways! Elevator from the Ground Floor up 3 to the Master Suite! In-door Resistance Swimming Pool, Hot Tub & Bathroom with Steam Shower just off the Mirrored Exercise Room! Billiard Room! Media Room with Custom Cabinetry & Wet Bar! Fantastic Center Island Granite Kitchen with Viking Gas Range, Sub-Zero Refrigerator, 16' Butler's Pantry & Breakfast Bar! Open Floor Plan! Dining Area, Family Room with Cherry Entertainment Center & Wet Bar! Open Formal Dining Room, Fireplace Living Room & Atrium! Library with Private Deck! Waterfront Master Suite with Private Office, Bedroom with Triple Glass Door to its Private Deck with Panoramic Lake Views, 3 Walk-in Closets, Lake View Bathroom with Huge Multi-Head Shower, Whirlpool Tub, Double Vanity Sinks & Separate Commode/Bidet! Pedestal Sink Area! 16 Zones of Updated Geothermal Heat & Air Conditioning - 30 Tons! Recessed Lighting & Sprinkler System Through Out! 3 Car Heated Garage! Full House Generator! Slate Roof! All Decks & Railings Brazilian Ipe Hardwood! Copper Gutters & Downspouts! It's Time to Reward Yourself! **\$1,749,900.00**

**STURBRIDGE**! Big Alum Lake! 243 Big Alum Rd! 6.58 Acres of Privacy! Sub-Dividable! West Expo - Beautiful Sunsets! 3,313' 10+ Rm Cape w/3 - 4 Bdrms & 4 Baths! Features Applianced Granite Kit w/Breakfast Bar & Tile Flr! Frp'd Din Area! Din Rm w/3 Walls of Glass & French Dr to the Deck! Cathedral Ceiling Fam Rm w/Hearth & Wood Stove & Wall of Picture Windows! Spacious Liv Rm w/Pine Flr! Office! Full Bath w/Laundry Closet! 1st Flr Master w/Slider to the Inground Pool, Walk-in Closet, Marble Bathrm w/Separate Tub & Shower & Dble Vanities! 2nd Flr w/2 Spacious Bdrms, Lots of Closet Space & Pine Flrs! Full Hall Bath! Lower Level w/Game Rm, Wine/Root Cellars! Utility & Storage! 2 Car Attached Garage w/Office/In-Law Suite Above! New Driveway Access needs to be Installed! Cosmetic Repairs Needed! **\$679,900.00**

**AUBURN** - 26 Bryn Mawr Ave! Electric Pond Waterfront! Western Exposure - Beautiful Sunsets! 8 Rm, 3 Bdrms, 1.5 Bath Ranch! Applianced Cabinet Packet Granite Kitchen w/Center Island! Dining/Living Room w/Open Floor Plan & Wood Cathedral Ceiling w/Skylights! Fireplace Formal Living Room w/Hrwdws! 3 Season Porch! Huge Composite Deck with Tempered Glass Railings for an Unobstructed View! Finished Walk-out Lower Level w/Fireplace & Water View! Listed by Another, SOLD by Lake Realty! **\$540,000.00**



**DUDLEY** - 10 Camelot Circle 9 Rm, 4 Bdrms, 2.5 Bath, 2,520' Center Hall Colonial featuring an In-Ground Pool on a 28,131' Lot! Tile Entry Foyer w/Guest Closet! SS Applianced Granite Kit w/Breakfast Bar, Spacious Dining Area, Tile Flr, Pantry Closet, Recessed & Pendant Lighting! Formal Din Rm w/Hrwd Flr & Chair Rail! Formal Liv Rm w/Crown Molding! 13.6x27' Fam Rm w/Fireplace w/Wood Pellet Insert, Soaring Cathedral Ceiling, Ceiling Fans & Skylight! Half Bath! 3 Season Porch! 1st Flr Laundry! The 2nd Floor w/4 Bdrms! Spacious Master w/Walk-in Closet & Full Bath w/Dble Granite Vanity! Full Hall Bath w/Dble Vanity! C/Air & Vac! 2 Car Garage! Fire Pit! Many Updates! Original Owner - Pride of Ownership! **\$570,000.00**

**WEBSTER LAKE** - 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! Fireplace 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! Frp'd 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**

**DUDLEY** - 4 Day Rd! Charming 7 Rm, 3 Bedroom Antique Farmhouse w/Lots of Character! Front Parlor w/Hrwd Floors! Open Country Kitchen w/Separate Pantry for Your Baking and Storage Needs! Office Space/Den/or Reading Area! Laundry Area! Large Family Rm w/Chimney for Wood or Pellet Stove & Hrwd Floor! 3 Bdrms w/Hrwdws! Full Bath! Lots of Yard w/Fire Pit & Shed! Dead End Road! New Septic System! **\$290,000.00**

**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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### DUDLEY - 10 MILL ROAD



Beautiful family home! 3 bedrooms, 2 full baths, newer widows & 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.



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



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 flrs! granite tops. Enjoy the L-Shaped Covered Farmers Porch! Level Lot! **\$399,900.**

### PUTNAM CT - 89 PERRY ST UNIT# 250



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



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 Bdrms, Renovated Kitchen! 3 Stall Garage! Picturesque Location! **\$455,000.**

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



Once in a lifetime opportunity to own a Webster Lake Waterfront Cottage on Long Island! Properly named the "Grand View". Sandy beach, boat house! Antique Cottage w/5 Rms, 3 BRs, a stone fireplaced w/pellet stove, eat-in kitchen w/modern appliances, full bath! washer/dryer. Screened porches. Included, 25% ownership share in a main land waterfront lot at 38 Point Pleasant Rd, in sheltered Mumford Cove! land provides boat slip & winter storage. A FAR AWAY PLACE NEAR BY! **\$389,900.**

### WEBSTER • 22 EASTERN AVE



LOOKING FOR AN AFFORDABLE, HUMBLE ABODE, THAT WON'T BREAK THE BANK? Convenient Location, corner lot! 1288 SF+-, 4 BRs w/1st Flr Mstr BR, Half Bath! Eat-In Kitchen, Dining/Living Room Combination! 3-Season Porch, 2nd Flr - 3 BRs. Resting Room, Replacement Windows, Updated Electric, Buden's 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! **\$329,000.**  
Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided! **\$99,900**  
Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE. **\$115,000.**  
Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **ON DEPOSIT! Each \$24,500.**

### FITCHBURG - UNIT# 109 CONSTITUTION DR



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

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



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



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**HOLLAND:** Fantastic Cape, 3.8 acres, central air, 1st floor family room, 2 full baths, sided, 3 bedrooms, 2 car garage  
215 Stafford Rd ~ **\$389,900 ~ Call Jo-Ann**



**SOUTHBRIDGE:** Move right in! 3 bedrooms, 2 baths, Gleaming wood floors, 1/2 acre lot  
22 Hilltop Dr ~ **\$339,900**

### NEW LISTING



**WEBSTER**  
Contractors - potential with this 7 room Cape, 3-4 bedroom, 1st floor family room, workshop  
56 Ash St. ~ **\$299,000**



### Webster 3 Units \$389,900

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

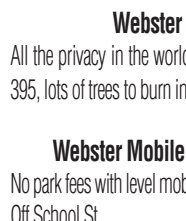
### Dudley Tri-Level \$399,900

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  
141 West Main St



### 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.



### Webster 17 acres \$114,900

All the privacy in the world but minutes to Rt. 12, Rt. 16, and Rt. 395, lots of trees to burn in your new home.

### Webster Mobile Home House Lot \$59,900

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# A simple, tasty holiday treat

Baking is a holiday tradition in many families. Gingerbread cookies may be the first baked goods that come to mind when people envision the holiday season, but celebrants need not limit themselves when preparing special treats for their families.

Macaroons are one beloved baked good that busy holiday hosts may believe are too time-consuming to prepare. However, the following recipe for “Coconut Macaroons with Dried Cherries” from Laurey Masterton’s “The Fresh Honey Cookbook” (Storey) is easy to whip up and makes for a tasty holiday treat.

Coconut Macaroons  
with Dried Cherries  
Makes 25 to 30 small cookies

1 cup unsweetened flaked coconut

1 cup sweetened flaked coconut

8 egg whites

Salt

1/4 cup dried cherries

2 tablespoons butter

1 tablespoon honey, preferably orange blossom honey

1. Preheat the oven to 350 F.

2. Combine the unsweetened and sweetened coconut on a baking sheet. Lightly toast in the oven for 5 to 10 minutes. Keep close watch so the mixture does not burn, though you do want a nice toasted golden brown color.

Remove from the oven and set aside to cool.

3. Reduce the oven temperature to 325 F. (If using a convection oven, leave at 350 F.)

4. Whip the egg whites with a pinch of salt in a medium bowl until the whites stiffen into firm peaks.

5. Fold the toasted coconut into the egg white mixture.

6. Line a baking sheet with parchment paper. Drop tablespoon-size rounds, perhaps using a small ice cream scoop, of the coconut mixture onto the baking sheet. Press one or two dried cherries into the top of each macaroon.

7. Melt the butter and honey together in a microwave on high for 20 seconds. Drizzle the mixture over the top of each macaroon. Sprinkle with a tiny pinch of salt.

8. Bake the macaroons for 20 to 25 minutes, until lightly browned (watch carefully to avoid burning), or for 8 to 10 minutes if using a convection oven. The macaroons should be dry to the touch. You may need to bake them longer if it is a humid day. If you live in a dry area, these will keep well for a week.

Chef’s note: If you want to be really fancy, melt some chocolate and dip each one halfway into it. GG189332

SOCIAL MEDIA TEXT: Macaroons are one beloved baked good that busy holiday hosts may believe are too time-consuming to prepare.

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ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, OCTOBER 2				
DUDLEY				
141 West Main St	S	1:00-2:30	\$399,900	ReMax Professional Associates Conrad Allen 508.400.0438

*To have your open house listed in this directory.  
Please contact June Simakauskas 508-909-4062*

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(To be built similar to photo)

To be built  
Photo's are similar

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

\$369,900

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**COVID UPDATE**  
*continued from page A1*

118 active cases and 30 over the weekend and we didn't get the numbers yet from our Old Home Day that we're hoping are not increasing it by another hundred. That's a lot. That's more than we had last year at this time," Philbrook said.

Selectmen acknowledged Philbrook's health concerns but noted that they still wanted the debate to take place to

determine if expanding town hall hours was a viable or recommended option regardless of whether it's now or later. Selectman Patsy Rydlak noted that Philbrook made good points and that considering holding off on and expansion of hours and days might be a good option to consider.

"We don't want COVID to affect our decision. We want to make a decision based on fiscal responsibility, community needs and resident needs

with the employees in mind. Maybe it makes sense to now kick this can down - maybe we relook at this six or 12 months from now so we can make an educated decision on resident needs without compromising health," Rydlak said.

Selectman Bill Borowski offered a counter argument that even if they held off on any potential changes the board and employees need an answer as to what the future will hold for town hall hours.

"The other side of that is the more we kick it down the lane the worse it gets eventually. Now if the board were to decide to open up five days at all I wouldn't recommend we do it for six months anyway, but if the board were to decide that the overall philosophy was that the town hall is going to be open five days a week then we should give as much notice as possible to the employees so that they can deal with the issues," Borowski said. "At

some point we have to decide if we're going to do this or not and are we going to do that now with the assumption that it doesn't occur for so many months in the future."

The discussion about town hall hours proceeded into the night while Philbrook concluded his COVID update but indicating that he would not be asking for any new mask mandates in Charlton unless the Department of Health makes something official.

# Town-to-Town CLASSIFIEDS

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The Town of Charlton seeks to fill a part-time position (hours vary) for an Assistant Animal Control Officer/Inspector. Must have knowledge of State and local law regulations related to Animal Control; Must have 3 years of experience with animal care and control. Must be able to obtain ACO certification. Hours vary depending on needs. To apply for the position or to see a full job description go to <https://www.townofcharlton.net/158/human-resources>.

Applications must be received by October 7, 2021.  
The position will remain open until filled.

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The Town of Charlton seeks to fill a part-time Custodian position (15 hours per week) at the Police Department. The Custodian is responsible for performing custodial, maintenance, and grounds keeping work. Salary is \$15.43-\$17.20/hr. To apply for the position or to see a full job description go to <https://www.townofcharlton.net/158/human-resources>.

Applications must be received by October 7, 2021.  
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**10:00 AM - 4:00 PM**

October 7th • October 21st  
November 4th • November 18th  
December 2nd • December 16th





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**10:00 AM - 3:00 PM**

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