

Auburn News

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Mark Seliger — Courtesy

Auburn's Nathan Jette carries the ball, with teammate Owen Fitzgerald nearby to block.

Undeterred Auburn wins at home versus Nipmuc

AUBURN — Just one week prior, Auburn High's varsity football team lost to Grafton High at Memorial Field, 49-14. But, back at Memorial on Friday evening, Sept. 24, the Rockets exacted revenge when they took on Nipmuc Regional.

Auburn defeated the Warriors by a score of 29-14, improving to 2-1 in the process.



Mateo Peschiera of Auburn attempts to boot a kick through the uprights.



Auburn's Brian Dillon watches as the football gets up and over a Nipmuc defender.

Auburn Public Schools offers Child Find screenings

AUBURN — Federal law guarantees every student the right to a free and appropriate public education regardless of disability. State law (603 CMR 28) documents the process for the identifying the students who may have a disability. The Auburn Public Schools is committed to providing special education services for students with disabilities from age three to 21.

Child Find is a continuous process of public awareness activities, screening and evaluation designed to locate, identify, and refer as early as possible all young children with disabilities and their families who are in need of Early Intervention Program (Part C) or Preschool Special Education (Part B/619) services of the Individuals with Disabilities Education Act (IDEA).

Parents/guardians of children ages three to 22, who reside in Auburn and feel their child needs an evaluation for the determination of eligibility for special education services, may contact the Office of Pupil Services (508) 832-7752. You may also contact your child's school directly and speak with the special education team chairperson to discuss your concerns.

To receive Special Education services, children must meet eligibility guidelines according to the IDEA. For more information you can write: Rosemary Reidy, Director of Pupil Services, 5 West St., Auburn, MA 01501 or call 508-832-7752.

CHARLTON — Becoming an LPN did not change the career trajectory for Meghan Reidy, LPN of Auburn. She was a lifeguard at the YWCA in Worcester from 2014 to 2016, and during the summers of 2014-2019 at the Camp Woodhaven in West Boylston, MA monitoring the safety of swimmers, supervising swimmers to make sure they are swimming within safety protocols, checking the safety of all equipment on deck/pool area, and maintaining the pool area including checking pool chemical/ph levels to maintain safety to all.

June of 2021, Reidy completed the rigorous ten-month practical nursing program at Bay Path Practical Nursing Academy. She passed the NCLEX-PN on her first try shortly thereafter. And she is set to embark on the "real world."

Reidy is newly employed as an LPN at Southbridge

Rehabilitation in Southbridge, MA. She is completing her orientation as an entry-level nurse, all that was well

and good, and she is fully ready to transition from lifeguard to a lifesaver as an LPN. She had always wanted to help people,

and with her commitment to nursing, she is able to do just so.

"After experiencing fast-paced medical situations on my medical-surgical rotations and encountering them with proper training, as well as skills that I had acquired in becoming an LPN, I realized that I'm ready and this is the path that I wanted to go down," Reidy said.

While at Bay Path, Reidy was a member of the Admissions Panel, and the Mock Code Team. She was an officer of the UNICEF Club and was a judge for the SkillsUSA State competition. Reidy is certified in Mental Health First Aid and Dementia Care. She attended the COVID-19 Contact Tracing at Johns Hopkins University. She completed her secondary education at Bay Path Regional Vocational Technical High School, Facilities Management Shop (2017).



Meghan Reidy

Auburn Special Olympic Unified Partner competes in 2021 Unified Match at Gillette Stadium

FOXBORO — Auburn Special Olympic Unified Partner Paige Veideman took to the pitch alongside her 12 teammates apart of the New England Revolution and Special Olympics Massachusetts 2021 Unified Team on Saturday, Sept. 18.

Supported by Arbella Insurance, the Unified Match is part of the organizations' partnership with Special Olympics Massachusetts that leverages the power of sports to promote an environment of inclusion and friendly competition.

The 2021 Revolution Unified Team, all of whom reside in Massachusetts competed against the Andover Stars Unified

Team following the New England Revolution's match against the Columbus Crew. Prior to the Unified Match, both teams watched the Revs vs. Columbus Crew pre-game warmups and match before taking to the field at 9:30 p.m. The 2021 Unified Match marked the seventh season of the Revs partnership with Special Olympics MA.

Courtesy

Auburn resident, Paige Veideman alongside her teammates at the 2021 Unified Match held at Gillette Stadium on Saturday, Sept. 18.



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Mark Seliger — Courtesy

ROCKETS BEAT SHEPHERD HILL, KNOCK RAMS OUT OF UNBEATEN RANKS

Auburn's Omar Abu-Lail focuses intently on the ball when the Rockets played host to Shepherd Hill Regional on Saturday, Sept. 25. Auburn won the game 2-1 and improved to 5-1-1. The victory also knocked the Rams out of the ranks of the unbeaten, as they slipped to 5-1.

W. F. Financial Services announces name change to Central One Retirement & Investment Center

SHREWSBURY — W. F. Financial Services announces a name change to Central One Retirement & Investment Center. Although their name has changed, the same experienced team is available to work with you. The new name reflects their continued commitment to guide individuals and families to plan for their short and long-term financial goals.

W.F. Financial Services has been providing financial services to our members and the community for more than 25 years. The qualified team of Jeff Singer and Hope Dennis are available to help you identify your primary financial goals and objectives, analyze your current financial situation and recommend alternative methods to help you achieve your financial security for:

- Retirement
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Together, you'll create a future that will make those financial plans a reality. Schedule your complimentary appointment to review your portfolio or get started on your road to financial independence with Jeff Singer or Hope Dennis. Located at Central One FCU Shrewsbury branch, you can schedule an appointment at any other branch location. For more information, contact them at Jeff Singer jsinger@centralfcu.com 508-841-0635 or Hope Dennis hdenis@centralfcu.com 508-841-0506.

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Dental hygiene is about more than just your teeth

Individuals tend to learn about dental hygiene at an early age. On the recommendation of their children's pediatricians, parents may begin brushing their youngsters' teeth the moment the first tooth breaks through the gums. While proper dental hygiene is vital to oral health, it also can have a profound effect on the rest of the body.

According to the Mayo Clinic, poor oral health might contribute to various diseases and conditions. Periodontitis is a severe yet preventable gum infection that can lead to tooth loss if left untreated. But the threat of periodontitis doesn't end in

the mouth. The American Academy of Periodontology notes there's a connection between periodontitis and several other diseases. While bacteria was long suspected to be the link between periodontitis and other diseases in the body, the AAP notes that recent research points to inflammation as the culprit that connects periodontitis with diseases such as diabetes and heart disease.

a person's risk for heart disease, with the inflammation caused by the former leading to the latter. People with existing heart conditions also may find that periodontal disease exacerbates those conditions. The Mayo Clinic notes that the link between heart disease and periodontal disease is not fully understood, but enough studies have been conducted for scientists to support the notion that the two are connected.

Can periodontal 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.

Diabetes
The AAP notes that people with diabetes are at 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.

Heart disease
The AAP notes that research indicates periodontal disease increases

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QCC announces new Senior Development Director



Felicia Riffelmacher

WORCESTER — Life has come full circle for Quinsigamond Community College Alumna Felicia Riffelmacher. Ms. Riffelmacher recently came back to her alma mater as QCC's Senior Development Director.

"We are excited to welcome Felicia back to QCC. As a former student, she brings an energy and passion to this role that is unique and inspiring," said QCC President Dr. Luis G. Pedraja, Ph.D. "Felicia understands the challenges that our community college students face and knows the incredible value donors bring to our college, our students and our community."

As a former development director for a state university, Ms. Riffelmacher has

over 10 years of fundraising experience in the non-profit and education sectors, as a fundraiser and instructor.

"I have a deep commitment to fundraising for mission-based organizations; particularly higher education. I raise funds for students and I share with donors how their gifts have a multiplier effect regarding their generational impact. My joy is in mentoring staff and students and sharing how philanthropic giving on any level is one of the ways we empower ourselves and brighten a world that is in need of healing," she said. "I'm thrilled to have the opportunity to return to the institution that changed the trajectory of my life."

Ms. Riffelmacher is a 1997 graduate of QCC's Occupational Therapy Program, and believes in the power of higher education to change not only the life of the individual, but the generations that follow. She saw QCC as a pathway to a better life.

"I had longed for a college education to dispel the narrative that I was, 'not college material' as I had been told in high school," she said. "I felt I had a lot to prove."

At QCC, Ms. Riffelmacher excelled academically and personally, thanks to the guidance and support she received. She was even named Outstanding Student in the Occupational Therapy program the year she graduated.

"QCC had a life-affirming impact on me in areas outside of academics," she

said.

Ms. Riffelmacher quickly received a job offer in the OT field once she graduated. After working for a year, she found in this career she could not follow her passion for making a long-lasting, positive impact on people's lives. She began to research other ways in which she could make a difference, while continuing her education. This eventually led to a sales role for a large company that offered her 100% tuition assistance and became the catalyst for her career in development.

She went on to earn a Bachelor's degree in Business from Becker College, in addition to working and raising her son.

"I found that I loved business and went on and earned my MBA from Suffolk University," Ms. Riffelmacher said. "By the time I graduated, I had a job offer in development, which was a way for me to make a difference in people's lives."

Today, Ms. Riffelmacher is living her best life connecting donors who effect positive change in other people's lives.

For more information on QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

Auburn News

ACCURACY WATCH

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

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Bay Path practical nursing students complete Mental Health First Aid training



Courtesy

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

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.

"We are blessed that Christine and the Shrewsbury Youth and Family Services continue to provide the MHFA training for the PN students even through the pandemic!" said Bolandrina. "It is important for our future nurses to have the skills and knowledge to identify and respond to signs of mental disorders and how to provide initial help and support," Bolandrina added.

MHFA trained individuals may assist someone experiencing a mental health or substance use-related crisis. In the MHFA course, the PN students learned risk factors and warning signs for mental health and addiction concerns, strategies for how to help in crisis and non-crisis situations, and where to turn for help. Topics covered include depression, mood disorders, anxiety, trauma, psychosis, and substance use disorders. Participants learned how to apply the MHFA action plan in situations when someone is experiencing panic attacks, suicidal thoughts or behaviors, non-suicidal self-injury, acute psychosis (hallucinations or delusions), overdose or withdrawal from alcohol or drug use, and reactions to a traumatic event.

"The tie-in is providing education to the future nurses and support so they're in the best state of mind for their nursing journey," Bolandrina said.

The feedback on the MHFA training was positive. Engaging in conversation, education, and breaking the stigma of mental health disorders.

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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.

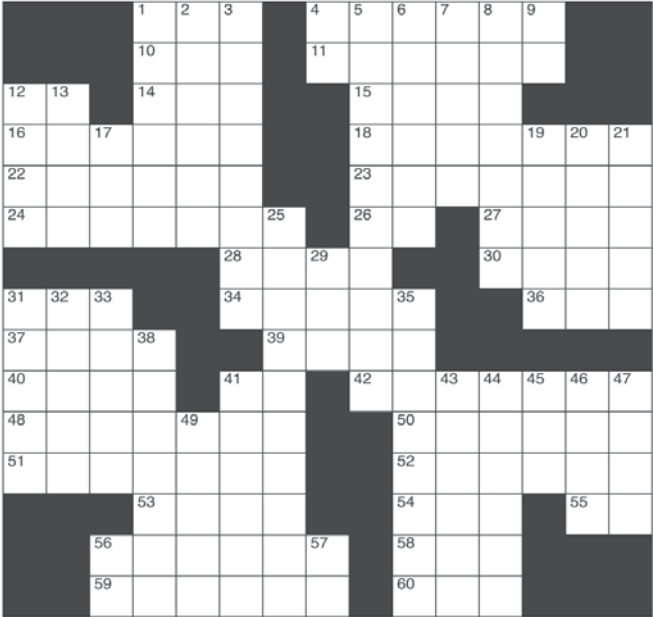
“We talked about it at halftime,” stated Shepherd. “We said we got that score before the half, but we have to bump into a two-score lead. We knew that these guys were going to keep fighting, so getting that stop and then another touchdown was huge.”

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.

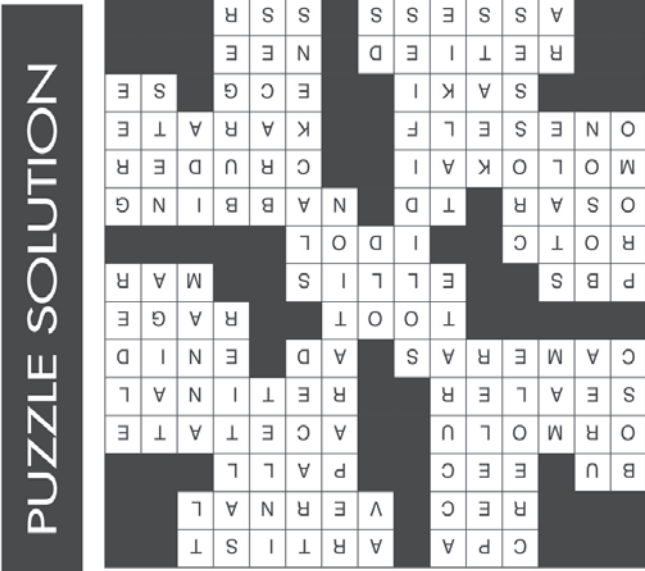


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4. Creator
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15. Something that can be cast
16. Gold-colored alloy
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23. A type of detachment
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27. ___ Blyton, children’s author
28. Short, sharp sound
30. Feeling of intense anger
31. Popular TV network
34. Island entry point
36. Disfigure
37. College army
39. One who’s revered
40. Long, winding ridge
41. Football stat
42. Stealing
48. Hawaiian island
50. More raw
51. In one’s normal state of mind
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53. Tropical American monkey
54. Measures heart currents
55. Midway between south and east
56. Knotted again
58. Born of
59. Value
60. Soviet Socialist Republic

CLUES DOWN

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2. Removes potato skins
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4. Early multimedia
5. The making of amends
6. Discovered by investigation
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8. More seasoned
9. Atomic #81
12. Type of pear
13. Chemical compound
17. One’s mother
19. Vietnam’s former name
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49. Romantic poet
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SPORTS

Two young programs on the rise
as North Brookfield defeats Bay PathBY 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 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."



Nick Ethier

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



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



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Application open for Creative Worcester’s “The Business of Art” Cohort

WORCESTER — The Greater Worcester Community Foundation (GWCF) is seeking individual artist applicants for a new program, The Business of Art. Funded by GWCF’s Creative Worcester Initiative in partnership with the Barr Foundation, The Business of Art cohort is a 6-month financial well-

ness and sustainability program for Worcester artists of color or artists who identify as low to moderate income. Administered with the help of MASS MoCA’s Assets for Artists, this capacity-building program will pair a \$1,000 mini-grant with one-on-one coaching, artist community-building, and a

series of online financial and business resiliency workshops specifically focused on navigating a post-COVID cultural sector.

“Individual artists are essential to a vibrant arts and culture ecosystem, but developing a successful creative

career has unique challenges,” said Lindiana Semidei, GWCF’s Program Associate, Arts & Culture. “Our hope with ‘The Business of Art’ cohort is to provide Worcester’s artists of color with tools and resources to thrive as creative entrepreneurs.”

Through “The Business of Art,” which will run from November 2021 through May 2022, participants will build their own business plan, take part (virtually) in group activities, and have the following resources available:

\$1,000 mini-grant (upon completion of the program)

Priority sign-up for 5 free online workshops

Individualized support and guidance from Assets for Artists staff or

trainers

Social media promotional support for 1-2 projects per artist with GWCF’s social accounts

“The Business of Art” workshops, which will be led by MASS MoCA’s Assets for Artists team of artist-entrepreneurs, will cover a range of topics such as developing a strategic business plan, applying for grants, understanding the basics of taxes and financial planning for artists, decolonizing your creative practice, and more.

“The cultural sector continues to feel the economic pains of the pandemic, and low income artists and artists of color are among those who feel the impacts acutely,” said Carolyn Stempler,

GWCF’s Interim President and CEO. “This program, an innovative new element of our Creative Worcester Initiative, is infusing the cultural sector with financial resources and expert support to address inequities and to fully recognize the arts as a vital community asset.”

Applications to “The Business of Art” must be received online by October 18, 2021. For more information or eligibility requirements, please visit <https://www.greaterworcester.org/About-Us/Creative-Worcester-Initiative/The-Business-of-Art>, or contact Lindiana Semidei at Lsemidei@greaterworcester.org | 508-755-0980, ext. 107.

SPORTS

Assumption student-athletes named to University’s field hockey team

WORCESTER — The Assumption University Department of Athletics has announced that 30 student-athletes have earned a spot on the 2021 Field Hockey team. Local student-athletes include:

Kileigh Hynes of Auburn, Class of 2021

Molly Lovely of Auburn, Class of 2023

The Field Hockey team was ranked second in the 2021 Northeast-10 Conference Preseason Coaches’ Poll and on September 14, the Greyhounds were ranked fourth in the most recent Penn Monto/NFCA Division II National Coaches Poll, the highest national coaches poll ranking in program history. In 2019, the Greyhounds reached the NE10 Semifinals and earned their first-ever trip to the NCAA Tournament. Assumption lost 1-0 in the NCAA First Round, concluding the year with a 16-5 record. The team averaged 3.0 goals per game to tie for second in the conference while allowing just 14 total goals all year.

“Our team is a strong group of student-athletes who have worked tirelessly, both in their sport and in the classroom, to pursue their goals of athletic and academic excellence,” said Head Coach Annie Leahy, who is in her 11th season with the team. «After missing last season, we are looking forward to picking up where we left off in our pursuit of a Northeast-10 Championship.»

For more information on Assumption sports, visit www.assumptiongreyhounds.com.

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England’s premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master’s and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

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.

Auburn Public Schools to offer free meals for qualifying students

AUBURN — Auburn Public Schools will be participating in the National School Lunch Program and/or the School Breakfast Program Seamless Summer Option. As part of this program, Auburn Public Schools will offer healthy meals every school day at no cost due to the nationwide waiver to allow the Seamless Summer Option through the 2021-2022 school year. Students will be able to participate in these programs without having to pay a fee or submit a household application.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Clifford E. Remillard, Rose A. Remillard to Mortgage Electronic Registration Systems, Inc., as nominee for GMAC Mortgage, LLC, dated June 21, 2007 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 41534, Page 356 of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc. to U.S. Bank National Association, as Indenture Trustee of the GMACM Home Equity Loan Trust 2006-HE4, recorded on May 31, 2018, in Book No. 58872, at Page 259 U.S. Bank National Association, as Indenture Trustee of the GMACM Home Equity Loan Trust 2006-HE4 to Goldman Sachs Mortgage Company, recorded on January 8, 2019, in Book No. 59913, at Page 187 Goldman Sachs Mortgage Company to U.S. Bank Trust National Association, not in its individual capacity, but solely as trustee for the Legacy Mortgage Asset Trust 2018-SL1, recorded on April 2, 2019, in Book No. 60222, at Page 308 U.S. Bank Trust National Association, not in its individual capacity, but solely as trustee for the Legacy Mortgage Asset Trust 2018-SL1 to Goldman Sachs Mortgage Company, recorded on March 31, 2021, in Book No. 64816, at Page 339 Goldman Sachs Mortgage Company to Legacy Mortgage Asset Trust 2020-SL1 Mortgage-Backed Notes, Series 2020-SL1, U.S. Bank Trust National Association, as Trustee, recorded on April 20, 2021, in Book No. 64969, at Page 379 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 PM on October 8, 2021, on the mortgaged premises located at 436 Leicester Street, Auburn, Worcester County, Massachusetts, all

and singular the premises described in said mortgage, TO WIT: SITUATED IN THE COUNTY OF WORCESTER AND STATE OF MASSACHUSETTS: THE LAND IN SAID AUBURN, WITH THE BUILDINGS THEREON, SITUATED ON THE EASTERLY SIDE OF LEICESTER STREET, BOUNDED AND DESCRIBED AS FOLLOWS: BEGINNING AT THE SOUTHWESTERLY CORNER THEREOF AT A POINT ON THE EASTERLY LINE OF LEICESTER STREET, WHICH IS 1443.71 FEET NORTHERLY FROM LAND OF EDWIN L. CARPENTER AND IS THE MOST WESTERLY CORNER OF LAND CONVEYED TO CARL H. JOHNSON AND HELEN M. JOHNSON BY OUR DEED, DATED JUNE 6, 1949 AND RECORDED WITH THE WORCESTER DISTRICT REGISTRY OF DEEDS BOOK 3240 PAGE 15; THENCE NORTHERLY 86.5 FEET BY THE EASTERLY LINE OF SAID LEICESTER STREET TO LAND OF CHARLES N. AND EDNA M. REMILLARD; THENCE SOUTH 81 DEGREES EAST 163 FEET MORE OR LESS BY LAND OF SAID REMILLARDS TO THE NORTHWESTERLY CORNER OF LAND CONVEYED TO US BY DEED OF WILLIAM A. VIOLA R. JEFFREY, DATED AUGUST 25, 1944 AND RECORDED WITH SAID REGISTRY BOOK 2945 PAGE 165; THENCE SOUTH 11 DEGREES 30 MINUTES EAST 97 FEET BY OUR SECOND TRACT AS RECORDED WITH SAID REGISTRY BOOK 2945 PAGE 165 TO THE MOST EASTERLY CORNER OF SAID JOHNSONS’ LAND, WHICH CORNER IS 30 FEET SOUTH 78 DEGREES 30 MINUTES WEST FROM THE MOST NORTHERLY CORNER OF LAND FORMERLY OF J. ARTHUR AND BEATRICE BOURASSA; THENCE NORTH 81 DEGREES 30 MINUTES WEST 198 FEET MORE OR LESS BY LAND OF SAID JOHNSONS’ TO THE PLACE OF BEGIN-

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recorded with Worcester County (Worcester District) Registry of Deeds in Book 4784, Page 161. These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. TERMS OF SALE: A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale. LEGACY MORTGAGE ASSET TRUST 2020-SL1 MORTGAGE-BACKED NOTES, SERIES 2020-SL1, U.S. BANK TRUST NATIONAL ASSOCIATION, AS TRUSTEE Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 15926 September 17, 2021 September 24, 2021 October 1, 2021



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FRANK G. CHILINSKI
STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
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.

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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Preparing your landscape for winter

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 decompose. 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 encour-



GARDEN MOMENTS

MELINDA MYERS

ages 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 until the ground freezes.

Once the garden is prepared for winter, you can put away the hoses and garden tools, break out the snow shovels and wait for spring to arrive.

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.



Courtesy — Pasquesi Home and Gardens
Leaving healthy perennials like coneflower stand for winter provides food for birds, winter interest and homes for many beneficial insects.

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 dissatisfaction.

A different and better way to hope and expect with confidence is to pre-

dict 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 real-

Turn To **HOPE** page **A9**

Avoid tapping into 401(k) early



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

If you’ve been contributing for many years to your 401(k) or similar retirement plan, it may be your largest pool of money. So, if you are facing a financial need, you may think about tapping into your account. After all, it’s your money – why not use it?

But touching your 401(k) before you retire may not be a good idea, as it can lead to some unwanted consequences.

First, taking funds out of your 401(k) now could increase the risk of running out of money during retirement, which could last for decades.

Also, withdrawals taken from your 401(k) before age 59 and a half may be taxed as ordinary income and are generally subject to a 10 percent penalty for early withdrawal, although there are some exceptions. And a sizable taxable withdrawal from your 401(k) could bump you into a higher tax bracket.

Therefore, if you are facing a financial crunch, you may want to explore some options before tapping into your 401(k). For starters, see if you can cut your expenses where possible and explore financial assistance programs that service providers, such as utility companies, might offer.

Also, if you have an emergency fund, now may be the time to use it. For most folks, it’s a good idea to keep three to six months’ worth of living expenses in such a fund, with the money kept in a liquid, low-risk account. But even smaller amounts can help in a financial crunch.

You might also find another source of cash in your taxable investment accounts. Any uninvested cash in these accounts is an easy place to start. You might also look at selling investments to free up some cash. However, before making this decision, you may want to consult with a financial professional to discuss the pros and cons.

Another cash-generating option is a 401(k) loan, assuming your plan permits such loans. Unlike a direct withdrawal, a 401(k) loan is not taxable if it’s repaid on time. (If it isn’t, you could also incur penalties.) And, although the loan may have some fees, the interest on it will be paid to your account, rather than to a bank. However, you won’t earn investment returns on the loan balance, because you can’t use this money to invest. And if you leave your job before you’ve fully repaid the loan, you’ll likely have to come up with the remaining balance quickly.

You could also consider using your credit cards to generate cash, but these types of loans or advances can be quite costly. Instead, you may want to look at other possibilities, such as a home equity loan, the cash value of a life insurance policy, the “margin” on your investment accounts or a personal loan. Again, you should talk to a financial professional to discuss the tradeoffs of taking out these loans and to develop a payoff strategy, if you decide to use any of them.

Your 401(k) is a long-term investment designed to meet a long-term goal: your retirement. So, if you think you might require these funds before retirement, explore all alternatives first to find the right decision for your needs.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 508-832-5385 or dennis.antonopoulos@edwardjones.com.

Looking ahead to waterfowl season

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,



THE GREAT
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despite the high popula-
tion 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



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.

without one again, not to mention their bond with their owner throughout the 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!

Indian Summer and Other Weather Curiosities

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 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 thunder-

storms 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 term '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



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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.

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.

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.

Win Dinner for Two at the Publick House – Contest has resumed!

Your tips can win you a great three course dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the

town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

Friday's Child



Photo by Brandi Ebersole

Gene
Age 15

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.

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.



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HOPE
continued from page A8

istic."

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

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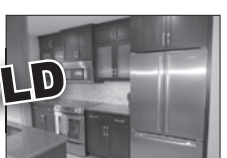
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DUDLEY - 10 Camelot Circle 9 Rm, 4 Bdrms, 2.5 Bath, 2,520' Center Hall Colonial featuring an In-Ground Pool on a 28,131' Lot! Tile Entry Foyer w/Guest Closet! SS Applianced Granite Kit w/Breakfast Bar, Spacious Dining Area, Tile Flr, Pantry Closet, 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! 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! 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/ 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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Your Listings!

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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 Garages! 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. Resingled Roof, Replacement Windows, Updated Electric, Budenur 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

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Nichols College showcase to feature two internationally exhibited artists

DUDLEY — The campus of a business school like Nichols College is not a typical spot for an art exhibit. Marla Sulmasy, wife of Nichols president Glenn M. Sulmasy, JD, LL.M., wants to change that. She has initiated an artist showcase, the first of many, aimed at enriching the student experience.

"Art is simply part of the academic experience and it is essential for our students to enjoy an appreciation for all that art brings to culture, leadership, experience, and higher education," said Mrs. Sulmasy. "The

faculty, staff, and perhaps most importantly, the students have embraced this initiative. Our graduates are leaders, and efforts such as this art exhibit help to provide an expanded education."

The first exhibit will feature two Connecticut-based artists:

Brian Keith Stevens, an American painter, uses contrasting layers of paint to explore themes of nostalgia, nature, and romance. Over the past 20 years he has exhibited in Denmark, France, Germany, Poland, Bulgaria, Italy and across the U.S. The Sulmasys have commissioned a

painting by Stevens of an American bison, the college's mascot, which is expected to be unveiled at the showcase.

Polish-born photographer and mixed media artist Pola Esther uses bold, rich color to resonate intimacy, human connection and the feminine between the body and the natural world. She has exhibited in Poland, France, Bulgaria, Germany, China, and the U.S., and her work as been featured in several publications, including Harper's Bazaar.

Country Bank appoints new Board of Trustee members and New Corporators

WORCESTER — Country Bank President and CEO, Paul F. Scully, announced the appointment of four prominent business professionals to its Board of Trustees and four new Corporators from local businesses within the communities it serves.

Attorney Richard H. Maynard, owner of the Law Offices of Richard H. Maynard, PC and Elizabeth Rappaport, Partner at Century Investment Company, both from western Massachusetts, have joined the Board of Trustees. Central Massachusetts Board of Trustees include Ross Dik, owner of Knight-Dik Insurance located in Worcester, and Stacy Luster, General Counsel and Assistant to the President of Worcester State University, who will also serve as a

Corporator.

Newly appointed Corporators include Jennifer Cooke, CRPS, CPFA, AIF, and Director of Retirement Plans at CIG Private Wealth Management, Melissa Fales, Loan Program Coordinator at Quaboag Community Development Corporation, William Trudeau Executive Vice President/Partner at HUB International LLC and Kyriakos Konstantaki, Co-founder and Principal at Amcomm Wireless.

"While each of our markets offers a unique value proposition, we are adding strategic business professionals throughout the region to our team to help us focus our efforts on the areas that will provide us with the most growth opportunities," stated Paul Scully, President and CEO of Country Bank.

"We are delighted to have these new dedicated and experienced business professionals join us. Together, we look forward to the future with great optimism for continued success, growth, and prosperity for our Community, Customers and Staff."

About Country Bank
Country Bank is a full-service mutual community bank serving central and western Massachusetts with 14 offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton and Worcester. Country Bank is a member of FDIC, DIF and the SUM network. Country Bank can be reached at 800-322-8233 or online at countrybank.com.

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to farm safety.
Each number corresponds to a letter.
(Hint: 23 = A)

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

Open House Directory

(C) Condo (B) Business (P) Land	(X) Condo (U) Duplex (L) Mobile Home	(M) Multi-Family (S) Single Family (A) Apartment	(T) Townhouse (D) Adult Community (W) Waterfront
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
Photo's are similar

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\$369,900

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PART-TIME CUSTODIAN

TOWN OF CHARLTON

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.

The position will remain open until filled.

The Town of Charlton is an equal opportunity employer and encourages diversity.



WEB PRESSPERSON & PRESS HELPERS NEEDED IMMEDIATELY

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 401k.

Please email resume and phone number to Jimmy DiNicola at: jim@stonebridgepress.news

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PART-TIME ASSISTANT ANIMAL CONTROL OFFICER / INSPECTOR

TOWN OF CHARLTON

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>.

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5TH ANNUAL FALL FESTIVAL

SATURDAY OCTOBER 16TH
10:00 AM - 3:00 PM

88 MASONIC HOME ROAD (ROUTE 31) • CHARLTON, MA 01507



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LIVE MUSIC • DRAFT HORSE WAGON RIDES • CHOWDER HOUSE
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Contact Cathryn Lefebvre-Sipsey at clefebvre@overlook-mass.org





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****JOB FAIR****
FRIDAY, OCTOBER 1ST
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76 County Road Eastford, CT 06242

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- ❖ Sheet Metal Mechanics
- ❖ Leadership candidates

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