

SOUTHBRIDGE NEWS

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Local nonprofit puts Southbridge man in the driver's seat



SOUTHBRIDGE — A global shortage of semiconductor microchips is affecting the automobile industry and making it difficult for consumers to find affordable used cars. For low-income families, this means that purchasing a reliable used car is harder than ever, and for many, is financially out of their reach. Thankfully, a local nonprofit is helping people obtain safe and reliable vehicles, and a Southbridge man is one of the latest beneficiaries.

Luis Rodriguez was awarded a life-changing car from the vehicle donation nonprofit Good News Garage. His used 2010 Mazda 3, donated by a generous New Englander, will put him on the road towards self-sufficiency.

Rodriguez is one of over 5,500 recipients of a vehicle from Good News Garage since the charity began providing refurbished donated cars to neighbors in need in 1996. The organization celebrated its 25-year

anniversary and awarded its 5,500th car in September.

With the microchip shortage driving up car prices to record highs, the charity says the need for donated vehicles is currently at an all-time high.

"While we can't solve the car and chip shortage, we can certainly help some of those who are being hit the hardest," said Cash Cranson, director of operations at Good News Garage. "But we can't do it alone. Our ability to help is limited by the number of car donations we receive. During this difficult time, choosing to donate your car is an act of kindness and compassion that makes a huge, immediate impact."

Good News Garage awards cars to Massachusetts residents through a partnership with the Massachusetts Rehabilitation Commission (MRC). The organization remains one of the

Please Read **RODRIGUEZ**, page **A12**

Dick Hoyt Memorial Golf Tournament a huge success

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

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

This year was the first year that our golf tournament was held in honor of our good friend, Dick Hoyt, who recently passed. Dick was a runner who became well known for competing in the Boston Marathon and over 1000 other races while pushing his son, Rick, in a specialized running chair. Dick inspired people to look at their children as equals, no matter their abilities. Their motto was "Yes You Can!" After his passing, his sons, Rick, Russ and Rob Hoyt continue to run the Hoyt Foundation, generously donating to agencies that support and advocate for individuals with disabilities. Dick's grandson Troy, son of Russ, is

continuing the legacy by pushing Rick in races.

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

"Dick and Rick and the family were great friends of the Center of Hope Foundation for many years. The number of opportunities that previous support and this year's \$35,000 brings to the individuals at the Center of Hope, their families and others in our local community is enormous. We miss him very much," says Cindy Howard, CEO at the Center of Hope.

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

Please Read **TOURNAMENT**, page **A12**

Wolverines coast past Warriors on Senior Night



Photos Jason McKay

Caled Thompson throwing the ball to an open teammate while being taken down by Tyler Breault of the Leicester Wolverines.

BY DEAN ST. LAURENT
SPORTS CORRESPONDENT

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

On Friday night, Oct. 8, Tantasqua traveled to Leicester, and in Wolverines head coach

Tim Griffiths first game back home coaching since his team's Gillette Super Bowl run two years ago his team was able to come out on top. Leicester (2-3) defeated Tantasqua (0-5) 35-8.

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

"I guess we had it early," expressed Leicester head coach Tim Griffiths. "Since we didn't have a homecoming we just thought that the Seniors should be acknowledged tonight since they didn't have their homecoming

against Southbridge. There are all these festivities tomorrow, and we are not part of them. It was a nice day. We needed it. It is my first home game because I had COVID week 1, and all our other games have been away. It is week five, and it is the first time coaching since two years ago during the Gillette run. So I had some fun."

In the first quarter, it looked like the game was going to be a defensive battle. Tantasqua drove down the field after fielding the opening kickoff but didn't convert on fourth down at

Please Read **FOOTBALL**, page **A15**

Bluewater holds Lunch and Learn briefing on Amazon project

BY JASON BLEAU
CORRESPONDENT

CHARLTON — As the Charlton Amazon project, code named Project Patriot, prepares to go before the voters this November the initiative's Development

Manager Partner Bluewater Property Group held a pair of informative Lunch and Learn Briefings on Oct. 7 and 8 providing all up-to-date information for citizens to consider. Less than a month after revealing

details about the Tax Incremental Financing, or TIF, agreement that will be considered by voters at the Annual Fall Town Meeting next month Bluewater representative Alex Escamilla

Please Read **BLUEWATER**, page **A9**

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Woman's Club meets Oct. 22

SOUTHBRIDGE — The Southbridge Woman's Club will hold a Social held at The Southbridge Conference Center on Oct. 22, at noon.

St. Nicholas taking orders for Albanian delicacies

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

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

The following delicacies are available: Kourabias (butter cookie) four for \$5; Twist Cookies four for \$3; Date-Nut Filled Cookies \$2 each; and Rolled Baklava \$2 each.

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

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

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



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October is Breast Cancer Awareness Month

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Breast Cancer awareness

How physical activity can help in the fight against breast cancer

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

Exercise benefits women in myriad ways, and that includes lowering their risk for breast cancer. The ACS notes that researchers are increasingly linking exercise to a reduced risk for breast cancer. Though the reasons behind that link remain unclear, some theorize that the

positive effects of exercise on body weight, inflammation, hormones, and energy balance could be why regular physical activity helps women reduce their risk for breast cancer.

Body weight and breast cancer

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

could lower women's risk for breast cancer.

Being sedentary and breast cancer

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



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

Does physical activity really reduce breast cancer risk?

The human body is complex, and a host of factors, including those like age that women have no control over, can affect cancer risk. However, engaging in routine physical activity seems to be an effective way for

women to reduce their risk for breast cancer. In fact, the Breast Cancer Research Foundation estimates that one-third of all breast cancer cases could be prevented with positive lifestyle choices that help women maintain a healthy weight, including exercise.

Routine physical activity can be a significant weapon in women's arsenal as they continue their efforts to prevent and overcome breast cancer.

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Bay Path Practical Nursing Academy welcomes new faculty members

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

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

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



Tara Johnson



Angela McGrath



Rianna Romano

in 2018 and was awarded an outstanding achievement award for Summa Cum Laude in 2019. She earned her Associate in Nursing degree at Holyoke Community College in 2016 where she was also inducted to the Phi Theta Kappa Honor Society. She completed her certificate in practical nursing at Greater Lowell Technical School in 1999 and was a certified nursing assistant in 1998 at the Middlesex Community College. Her experience

includes sub-acute care, long-term care, case management, hospice care, and care plan development.

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

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

Local Scout raising money to help DCF kids

Photos Jason Bleau

Local Boy Scout Timothy Maenpaa held two yard sales to help kickstart his Eagle Scout project providing care packages to teens and children in the DCF system.

BY JASON BLEAU
CORRESPONDENT

CHARLTON — The Charlton Grange played host to a special fundraising yard sale event for two weekends in October assisting a local Boy Scout raise funds to pay for his Eagle Scout initiative helping youth in the Department of Children and Families system.

Timothy Maenpaa of Troop 165 in Charlton is only the latest in a growing family line of scouts and has dedicated his Eagle Scout project to helping provide care packages to youth and teens going through DCF. The yard sales held on Oct. 2 and Oct. 9 were held specifically to fund his goal to create

25 bags for boys and 25 bags for girls.

“We want to help kids in DCF by buying duffel bags we can fill with items such as toiletries that we can give to those kids and teens. I had the idea a few years ago. In one of the church groups I was doing, one of the people that was leading me was an Eagle Scout and his project was very similar to what I’m doing right now,” said Maenpaa. “I just like helping people out. I think this is a great way to do that.”

The yard sales were also a way for Maenpaa to turn a tragic loss the family into something positive as the collection of goods for the sale started with items from his grandmother’s house who passed away in 2020. However, as the idea grew, so did the donations resulting in the two sales.

“We needed to find a way to get rid of the furniture that was in her old house. We figured the best way was to

do a yard sale that would help us raise money for the project. The rest of what we have was donated by others,” said Maenpaa. “I think it’s cool that people want to help out and recognize what I’m doing and help out DCF as well.”

While Maenpaa couldn’t provide an exact quote for how much money he needs to raise for his fledgling project, he said every penny will certainly help. The Scout is also holding an ongoing can and bottle drive to help with his project. Those wishing to donate to the cause can email aodtimothymaenpaa@gmail.com or text 508-596-5298 to arrange a pickup.



ACCURACY WATCH

THE SOUTHBRIDGE 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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IF YOU FIND A MISTAKE, CALL (508)909-4106 OR EMAIL NEWS@STONEBRIDGEPRESS.NEW, EXT. 130 DURING NORMAL BUSINESS HOURS. AFTER 5 P.M., PRESS FOR THE NEWSROOM HOTLINE.

Methodist Church announces blessing of the animals

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

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

past many months of pandemic isolation—they bring us joy and are a blessing themselves.”

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

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



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Dasanee
Age 14

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

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

how to play the piano and sing.

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

Who Can Adopt?

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

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

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

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

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

She reiterates, "it's important to learn as much as we can, especially our practical nursing students. The more awareness we can bring leads to someday have a cure."

The Bay Path Practical Nursing Team members attended the Promise Garden Ceremony at 10 a.m. Professor Lindsay Guertin as the Team Captain enthusiastically lead the walk in her Team Captain gear. Practical Nursing students in attendance were Sarah Garcia of Charlton, Marites Sklarz of Southbridge, Gearlyn Wetherbee of Charlton and Martha Yeboah of Worcester.

"Participating is fun and a memorable service-learning activity for everyone," said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director.

She participated with her husband Joseph, adding "it's a chance to

Lindsay Guertin, BSN, RN and Jason Guertin, BHS, ASN, RN and their children, JJ and Elyse, all of Spencer, led the Bay Path Practical Nursing Team in the Oct. 3 Walk to End Alzheimer's at the Hanover Insurance Office Park, 100 North Parkway in Worcester.

Photo Courtesy



make an impact in the mission to end Alzheimer's."

In addition, Bolandrina stated, "I am so grateful for Professor Lindsay Guertin's leadership and her entire family's participation. We look forward to the day when the goal is reached of finding a cure for Alzheimer's."

Bay Path's Howe awarded \$5,000 training grant



Darcey Howe

CHARLTON — MassHire Worcester Career Center announced the awarding of \$5000 in training grant for Bay Path RVTHS Practical Nursing Academy student Darcey Howe of Palmer.

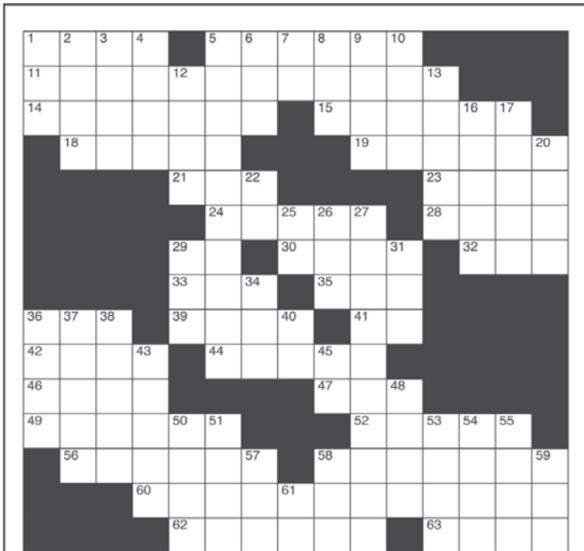
Howe is a customer-oriented waitress with experience in the service industry who completed her pre-requisites toward a degree in healthcare while maintaining a GPA of 3.17. She graduated from Tantasqua Regional High School where the Assistant Principal, Peter S. Dobrowski described Howe as "outgoing and dynamic" adding "there is a unique kindness and respect for others that she displays without reservation."

"We're thankful for the continued

support of the MassHire Worcester Career Center," said Bay Path RVTHS Practical Nursing Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN. "MassHire continues to help many of our practical nursing students. The grant will help Darcey through the ten months of rigorous training and ensure that she stay motivated and inspired to give her best."

Training grant funds encourage economic growth in the state and allows in additional training for workforce. The Executive Office of Labor and Workforce Development, and Commonwealth Corporation encourage businesses to address workforce

Turn To **HOWE** page A5



CLUES ACROSS

- 1. Flat-topped hill
- 5. Move upward
- 11. Admiration
- 14. It's useful for serving food
- 15. Kidnap
- 18. One of the Greek Muses
- 19. A type of media
- 21. Sunscreen rating
- 23. Former Michigan coach Brady
- 24. German town devastated in WW2
- 28. Gasteyer and Ortiz are two
- 29. Leave
- 30. Forearm bone
- 32. Very fast airplane
- 33. Helps little firms
- 35. Defunct economic organization
- 36. Science-based students organization (abbr.)
- 39. Feels ill
- 41. Indicates position
- 42. Beverage containers
- 44. Assists
- 46. Science accreditation organization (abbr.)
- 47. Purpose
- 49. Group of elected officials
- 52. Hebrew prophet
- 56. They help you drink
- 58. Lawmaker
- 60. Charitable
- 62. Doctrines
- 63. Footwear

CLUES DOWN

- 1. Where wrestlers work
- 2. Dueling sword
- 3. Practice fight
- 4. Genus of clams
- 5. Fear of heights
- 6. What some tell their dog
- 7. The Golden State
- 8. When you expect to get there
- 9. Pointed ends
- 10. Extinct flightless bird
- 12. Feeds
- 13. Nape of neck
- 16. Descendant
- 17. Small boats found in Turkey
- 20. To avoid the risk of
- 22. Athlete with no contract (abbr.)
- 25. 13th letter of the Greek alphabet
- 26. Brew
- 27. Feeling of anxiety
- 29. Young girls group
- 31. Perform on stage
- 34. White clerical vestment
- 36. Popular musical awards show
- 37. Bumpkins
- 38. One who acts on another's behalf
- 40. Direction
- 43. Look at with fixed eyes
- 45. One who helps professors (abbr.)
- 48. A large number of
- 50. Type of powder
- 51. Large jug
- 53. Christian Anderson, children's author
- 54. American state
- 55. Muslim inhabitant of the Philippines
- 57. Witness
- 58. Landscapers lay it
- 59. Type of bread
- 61. Of 1

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

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

People of all abilities, age 14 and older, are invited to participate in this friendly competition scheduled to be held at the Alternatives' Whitin Mill at 50 Douglas Rd. Whitinsville, Mass. on Saturday, Oct. 16 (Oct. 17 rain date).

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

Former Open Sky Board Member and event founder, Molly

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

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

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

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

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\$378,000, 177 Prince Rd, Binienda, Joseph W, and Binienda, Omayra, to Juarez-Pelico, Densil G, and Morales, Jenniffer I.

\$302,500, 43 Whitetail Cir, Maccougall, Douglas S, and Maccougall, Pattimarie, to Adjei, Michael, and Adjei, Elizabeth A.

\$287,500, 26 Newell Ave, Paules, Raad, to Calderon, Julio E.

\$280,000, 1 Violet Ave, Rodriguez, Carmen I, and Aponte, Jorge, to Pena, Carolina, and Reyes, Adolfo B.

\$260,000, 64 Oliver St, Contes, Luis A, and Contes, Rosa, to Reich, Joel, and Reich, Rosamaria.

\$240,000, 63 Cliff St, Neely, Scott, to Rhines, Eileen A.

\$235,000, 16 Newell Ave, Schillizzi, Stephan J, and Schillizzi, Apryl L, to Hamm, Michael, and Davis, Florence.

\$200,000, 107 Cliff St, Bastien, Charles D, to Silveira, Erivaldo, and Silveira, Ieva.

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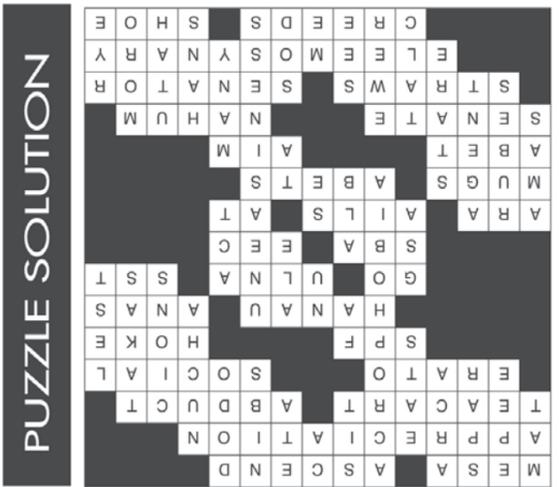
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QCC's Dental Hygiene program celebrates National Dental Hygiene Month

WORCESTER — October is National Dental Hygiene Month, an annual reminder to everyone to practice good dental habits.

At Quinsigamond Community College, the dental hygiene students and faculty have been working together during these extraordinary times to promote good oral health to the local community. These students are part of the College's Dental Hygiene Associate Degree Program that prepares them to enter the profession of dental hygiene by learning and practicing clinical skills in QCC's Dental Hygiene Clinic.

The Dental Hygiene Clinic offers hands-on learning for both dental hygiene and dental assistant students. The state-of-the-art training facility provides the opportunity for students to work directly with patients, who come from Worcester and the surrounding communities for affordable dental hygiene care.

Students also work with the KidSeal Program to provide needed oral health services to children in the Worcester Public School system. The children are bussed to the clinic to receive free cleanings, fluoride and sealants, as well as oral health education from QCC's Dental Hygiene students.

"My experience here at Quinsigamond Community College has been nothing short of astounding. Over the past five years, I have obtained my Associate Degree in General Studies, as well as a license in dental assisting. While in the dental assisting program, I noticed the dental hygiene students practicing in the clinic," said Dental Hygiene student Jade Chaves. "I assisted the hygiene students for just one day, and instantly developed a passion for the field. Here I am two years later, a senior in the dental hygiene program. The program is such an incredible one. The faculty

are experienced and knowledgeable. From day one, the faculty has encouraged us to expand our horizons and use critical thinking to gain the most from each and every experience."

There is a low student to faculty ratio in the clinic, as well as faculty-monitored open lab sessions for students to practice clinical skills, as well as radiology skills.

"This allows the students more time on task to learn difficult fine motor skills associated with the profession," said Professor Jane Gauthier, program coordinator for Dental Hygiene Education.

Safety is first and foremost a priority and there are currently 30 students in the program, as opposed to the typical 48, in order to maintain social distancing. Students wear high-level protection masks, face-shields, gowns over the scrubs, head coverings and shoe covering while treating patients in the clinic.

"COVID-19 has changed how we practice dental hygiene. We use sophisticated air purification systems in the clinic, as well as large extra-oral suction that limit the amount of aerosols in the air. We treat only eight patients each clinic session, vs. 16 typically, due to safe social distancing practices," Professor Gauthier said. "We screen all of our patients in order to keep everyone safe. Students and faculty are also vaccinated and tested weekly for COVID-19."

Professor Gauthier said students who graduate from the program have no trouble with job placement. According to the Labor Board of Statistics, dental hygiene is growing 11% faster than the national average for 2020 - 2030, with a median pay in 2020 of \$77,090.

"Many of our students have secured jobs before graduation. We get calls or emails weekly from dentists in the community asking us to post job postings or to send out

their ad to recent graduates," she continued. "The role of the dental hygienist has gotten more complex as patients present with more complex medical histories, all of which needs to be considered in treatment planning. The standard of care has changed and thus the role of the dental hygienist."

The Commission on Dental Accreditation accredits QCC's Dental Hygiene and Dental Assisting programs.

"We graduate in just about eight months, and I am certain I will be proud to say I graduated from the Dental Hygiene program at QCC," Ms. Chaves said.

To learn more visit www.QCC.edu/dental-hygiene.

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

HOWE

continued from page A4

training needs. Interested parties are encouraged to visit www.commcorp.org/wtftp to learn more.

About Bay Path RVTHS Practical Nursing Academy

Bay Path Practical Nursing Academy offers a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth

of Massachusetts Executive Office of Human Services of Public Health, Board of Registration in Nursing, 239 Causeway St., Boston, MA 02114 617-973-0800; www.mass.gov/dph/boards/rn.

The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges, 209 Burlington Rd., Suite 201, Bedford, MA 01730-1433 781-271-0022; www.neasc.org.

Historical Society meets Oct. 28

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

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

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

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

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

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

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



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Green Meadows launches first line of home-processed cannabis products

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

General's Aide products are the result of partnerships with premier, like-minded cultivators across the state, which are then expertly processed in Green Meadows' 35,000-square-foot cannabis production facility that sits in the same restored 19th century mill building as the dispensary. Leveraging Green

Meadows' extensive experience in botany science, horticulture, and organic methods of extraction and processing, General's Aide products are potent, terpene-rich, and often test in the higher ranges of TAC and THC. This first wave of Green Meadows' manufactured cannabis includes Bubble Hash concentrates and infused pre-rolls. Bubble Hash products are solventless concentrates created using ice and water to extract THC crystals from cannabis.

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

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

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

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

Serving the veteran community is central to Green Meadows' mission as a company, as well as its founders, the Patton family. The acquisition of its medical license, and ultimately serving medical patients this fall, are critical steps to ensure Green Meadows can meet the needs of those who served. In addition to donating a percentage of every General's Aide purchase to veterans' charities and supporting research into PTSD, opioid dependency, social isolation and pain-related issues, Green Meadows is also committed to having the most aggressive veteran discounts for medical patients in the state.

Greater Worcester Community Foundation funds more than \$54,000 for arts collaborations that address community needs

WORCESTER — Greater Worcester Community Foundation's (GWCF) new grant program, Creative Intersections, announced the recipients of its first cycle of funding with grants totaling \$54,762. The funding, which is part of the organization's Creative Worcester Initiative, supports collaborations that pair non-arts sector programming with arts organizations and/or individual creatives to address community needs in areas such as social justice, public health, mental health, housing, education, history, culture, identity, environment, or civic engagement.

"Arts have the power to heal and unify," said Carolyn Stempler, GWCF's Interim President & CEO. "Our Creative Worcester Initiative recognizes how embedded arts can and should be in a healthy, thriving community. With continued support from the Barr Foundation, we are proud to help advance the innovative, responsive, and

community-informed work of our grantee partners."

In the first round of Creative Intersections funding, the following organizations and projects were awarded:

Music Worcester, Inc., Concert Truck for Community, \$5,000

Creative Hub Worcester, Strengthening Families & Raising Resilience, \$10,000

Indian Lake Community Association, Inc., Cultivating the Arts in an Urban Community Garden, \$10,000.00

Día de los Muertos Event, "Recuerda la Memoria": Latino storytelling on loss and hope during COVID. A mixed media art project., \$10,000.00

Worcester Center for Crafts (WCC), Fiber Arts, from Sheep to Craft, \$10,000

College of the Holy Cross, Telling Journeys: Visual Storytelling in Recovery, \$9,762

"Art encompasses every aspect of our lives," said Lindiana Semidei, Program Associate. "From the music we

play to the poetry we write, art is a form of communication and has always been a central part of our human needs. Together with our Creative Worcester Initiative, we're not only stimulating projects, but we're also inspiring collective creativity in our community."

The second application cycle is currently open and will close on Nov. 1.

Creative Intersections is designed to advance the City of Worcester's Cultural Plan. It is also part of the Foundation's Creative Worcester Initiative, a multi-year partnership with the Barr Foundation that unites GWCF with four other Massachusetts community foundations and continues to infuse Worcester's creative sector with capital and knowledge resources.

More information or questions about GWCF's Creative Intersections grant program, contact Lindiana Semidei at lsemidei@greaterworcester.org.

Renaissance Medical Group to launch meal delivery program for Worcester Housing Authority residents

SOUTHBIDGE — On Wednesday, Oct. 13, Renaissance Medical Group (RMG) is excited to host the launch of the Buen Provecho Meal Program. The Worcester Housing Authority and Renaissance Medical Group are partnering to bring a new meal delivery program to the residents of 1050 & 1060 Main St. at Worcester (Webster Sq Towers). Buen Provecho Meal Program is a tool developed by RMG to combat food insecurity.

Buen Provecho Meals offers precooked, shelf-stable food with unprecedented variety, quality, and nutritional value, including meat, vegetables, and legume-based entrees and side dishes — all infused with Caribbean Latino flavor.

CEO and founder of RMG, Jesus D. Suarez, said, "When COVID-19 hit and the shutdowns began, many food programs were on a delay and overwhelmed. Our team worked tirelessly to find resources for our patients who were struggling with food insecurities. This inspired our team to really look at the issue of food insecurity and how it was affecting the people we serve, especially the Latino community."

Since then, RMG has made a commitment and investment to fight food insecurities by providing access to healthy meals that meet the dietary and cultural needs of the community.

RMG is honored to have Congressman Jim McGovern as a special guest. Congressman McGovern is a senior member of the United States House of Representatives, representing Massachusetts' 2nd Congressional District since 1997. He is the Chair of the House Rules Committee, and of the Congressional Executive Commission on China, as well as the Co-Chair of the Tom Lantos Human Rights Commission. Congressman McGovern has been a strong advocate in the fight against food insecurity.

Renaissance Medical Group is a 360-degree health care company providing a wide range of wellness programs and services, including primary care, behavioral health, pharmacy, adult day health care, dental and in-home services. Our bilingual caregivers for English and Spanish-speaking communities at locations in Lawrence, Springfield, Southbridge and Worcester.

Nichols College receives grant to expand student access to Bloomberg technology

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

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

The \$168,000 commitment from the Southbridge-based Dexter-Russell underwrites the additional annual cost of expanding to 16 terminals. In addition to increasing access

to this experiential tool in the lab, 300 web logins are available so students can complete their certification remotely. This was particularly helpful in providing uninterrupted student access to Bloomberg during the pandemic. To date, some 850 students have earned BMC certification, a requirement for first-year business students at Nichols.

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

"We are so grateful to Dexter-Russell, and the Affinity Group Charitable Foundation for the opportunity to extend this

powerful resource to more students," said Glenn M. Sulmasy, JD, LL.M, Nichols College president. "This grant directly supports the Nichols mission of offering students the real-world experiences that set them apart and boost their career prospects."

Alan Peppel, president and CEO of Dexter-Russell Inc. who earned an MBA at Nichols, added, "As a leading employer in the Southbridge/Dudley community, Dexter-Russell supports endeavors that can benefit our community, employees, and their families. The Affinity Group Charitable Foundation was established to support these efforts, and we are pleased to underwrite students' educational aspirations at Nichols College, the leading business school in the area."

Masons hosting Open House and pet food drive

SOUTHBIDGE — On Saturday, Oct. 16 from 9 a.m. to 3 p.m., the Quinebaug Masonic Lodge located at 339 Ashland Ave., Southbridge, will be hosting an open house. All lodges located throughout Massachusetts will also be hosting an open house. Quinebaug Masonic Lodge was chartered in 1859 and has been around for an astounding 163 years. The Lodge is thriving due to the strong bond of Freemasonry and family-oriented men in this community.

If you like history and tradition, come down and visit the Lodge. During this open house period you will be able to see

the mysterious Lodge meeting room along with ancient symbols. Additionally, our walls of photos represent previous Lodge Past Masters, dating back over 100 years. We will give you a tour and explain what Freemasonry is to men and their families in our community. In its 163 years the Quinebaug Masonic Lodge of Freemasons has continued to make good men better. One of our famous founding fathers, Benjamin Franklin, once said "Is there greatness in you?" Ask this question to yourself and if so, come to this open house and talk to our brethren's.

The Lodge's Community

Outreach Program is also sponsoring a pet food drive in conjunction with FOCAS (Friends of Charlton Animal Shelter) a 501(c)3 nonprofit organization. The Lodge would greatly appreciate if anybody who can drop off dog food, cat food and cat litter. Please check out the Web site and read and see the exciting things FOCAS has done and continues to do for this community at www.focascharlton.org

If you would like more information about Freemasonry and to find a lodge nearest you, visit our Web site at www.massfreemasonry.org.

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

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

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

Nonprofit applicants from across Worcester County may apply for operational expenditures such as personnel costs, program expenses, small equipment purchases, or physical

space improvements. Grant requests between \$5,000 and \$25,000 will be considered. Collaborative efforts will be given a higher priority.

"Expanding access to healthcare resources remains a top priority as the pandemic continues," said GWCF's Interim President and CEO, Carolyn J. Stempler. "Our goal is to enable our community partners to continue the impressive work in providing under-resourced communities with equitable, culturally appropriate access to health services."

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



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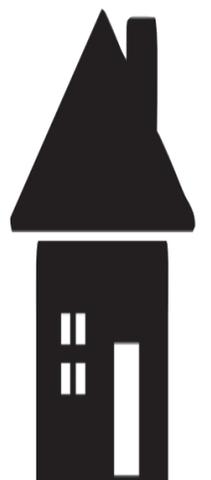
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PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

We appreciate our local police

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

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

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

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

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

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

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

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!

Mail your letters to the Southbridge News, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at 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

Viewpoints and commentary from the Tri-Community and beyond



Photo Melinda Myers

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

Enjoy the beauty and science behind fall color

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

Each fall as the days shorten our deciduous trees and shrubs begin this transformation.

The plants produce less of the chlorophyll that gives leaves their normal green color. The existing chlorophyll starts breaking down, revealing the underlying pigments of yellow, red or orange.

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

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

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

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

Warm, sunny days followed by cool nights without a hard frost mean more sugar and better red, orange, and purple fall color. Sufficient soil moisture helps keep the leaf color bright for a



GARDEN MOMENTS

MELINDA MYERS

longer period of time. Leaf color fades, turns brown and leaves drop from the tree more quickly during dry fall weather.

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

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

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

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

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

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

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

It's Pumpkin Time!

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

Read on for some pumpkin tips, tricks and ideas:

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



TAKE THE HINT

KAREN TRAINOR

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

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

Turn To TRAINOR page A9

Financial moves for women business owners

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

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

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

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

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

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

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

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

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

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



FINANCIAL FOCUS

JEFF BURDICK

The season of hunting and fishing

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



THE GREAT
OUTDOORS
.....
RALPH
TRUE

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

More sightings of bear are being reported by archers that have cameras out to catch a few photos of deer in the areas that they hunt. If you are hunting deer during the shotgun deer season, it would be wise to purchase a bear permit for only \$5. It is a small price to pay to harvest a black bear.

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

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

Salmon fishing in upstate New York's famous Salmon River is starting to improve, with numerous anglers returning with some great stories on



Photo Courtesy

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

their fishing experience. It is only going to get better.

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

where crossbows are legal!

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

Take A Kid Fishing & Keep Them Rods Bending!

"You can't win an argument"

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

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

He was upset; He knew them for over twenty years; they stopped talking to him because of too many heated

POSITIVELY
SPEAKING
.....
TOBY
MOORE

political arguments. He ended the conversation by telling me he was done with their friendship forever.

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

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

and eventually, they fell out of practice.

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

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

How is that possible? How

can you win an argument and still lose?

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

Benjamin Franklin said, "if you argue, rankle, and contradict, you may achieve a vic-

tory sometimes, but it will be an empty victory because you will never get your opponent's goodwill."

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

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

I've lost friends due to argu-

TRAINOR

continued from page A8

** Whole pumpkins keep better if picked leaving two inches of the stem on the fruit. Dry them in the sun for a few days before storing.

For safety's sake, wipe pumpkins down with a common disinfectant such as Lysol before storing. Whole pumpkins should not be allowed to touch each other in storage. And be sure to keep an eye out for rot spots that may form. Any pumpkins that are found to be decaying should be promptly removed from the storage area.

** If you want to store pumpkins beyond several months, you will need to preserve them. Several methods of preserving pumpkins are used. Freezing cooked, pureed pumpkin is a favored way to preserve the taste and texture of pumpkin. Sugar or pie pumpkins are ideal candidates for freezing as the pulp is thicker and firmer. To easily prepare a pumpkin for pureeing, simply place the whole fruit in the microwave for about a minute or so to soften the skin. This will make the pumpkin much easier to peel. Cut the pumpkin in large slices, peel the skin and remove the strings and seeds. Then cut the slices into smaller pieces. Boil the pumpkin pieces until tender; then mash or process the pumpkin pulp until it forms a smooth, thick puree. Those who are considering home canning pumpkin should be advised pumpkin puree cannot be canned due to its thickness, and although some people successfully can chunked slices of the pulp, it is safer to avoid the risk altogether.

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

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

Arrange thin slices on a microwave safe tray or glass pie plate. You must leave space between the slices so air

can circulate around them. Cook on high for 15 to 20 minutes. Check the pumpkin; if it is not crispy; cook again for five minutes, and continue until the dried slices are crunchy. Allow to cool before storing.

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

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

To properly toast pumpkin seeds, remove all pulp and clean strings from the seeds. Place seeds in a bowl and stir in melted butter or olive oil and salt to coat the seeds. Spread seeds on a cookie sheet and bake in a 275 degree oven for about an hour or until the seeds are golden brown and crisp. Avoid overcooking as seeds can become hard and tough. Prefer crisper seeds? Prior to toasting boil the seeds in salted water for about ten minutes, drain and prepare for roasting. Pumpkin seeds:

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

To sprout pumpkin seeds, place the seeds in a glass jar (Mason jars are ideal) and cover with water just to cover. Secure a piece of cheesecloth over the top with a rubber band. Soak seeds overnight. The next day, drain the water out and place the jar in dark area that is room temperature. Rinse the seeds in the jar at least four times a day. After a few days, you should see the seeds sprouting. Rinse them again and place the jar in the sun for a day or so until tiny leaves form. They are now ready to use as a tasty garnish or salad addition.

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

Mix together in a food processor until smooth: two cups pureed sugar pumpkin; one 15 oz. can of

garbanzo (chi chi) beans; one tablespoon tahini, two teaspoons vegetable oil; one teaspoon cumin; one teaspoon salt; one eighth teaspoon cayenne pepper; one crushed garlic clove, and three tablespoons of water. Adjust thickness by adding a little water if it is too thick. Makes two cups. Serve with pita bread or crackers.

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

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

BLUEWATER

continued from page A8

appeared on a Zoom presentation providing viewers further insight into Amazon's plans. It's become common knowledge by now that Project Patriot is comprised of a "first touch" e-commerce facility for sorting and distribution and is not considered a "last-mile" facility with only large transportation trucks and employee vehicles as the primary source of traffic. The project is expected to create over a thousand jobs. So far, Project Patriot has been warmly welcomed by residents and officials in the community with little pushback in public forums.

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

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

The presentation depicted several different aspects of the project as well as the partnership the town

is forming with Amazon. Escamilla said one of the biggest focuses in on Route 20 where much of the traffic will be directed. As part of the project, safety enhancements and other improvements to Route 20 are all being planned.

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

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

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

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Creative Coloring

Be supportive of all people.
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THIS DAY IN...



HISTORY

- **1933:** GERMANY WITHDRAWS FROM THE WORLD DISARMAMENT CONFERENCE AND THE LEAGUE OF NATIONS.
- **1947:** U.S. AIR FORCE CAPTAIN CHARLES YEAGER BECOMES THE FIRST PERSON TO TRAVEL FASTER THAN THE SPEED OF SOUND.
- **1968:** THE FIRST LIVE TELECAST FROM A STAFFED U.S. SPACE-CRAFT IS TRANSMITTED FROM APOLLO 7.



THIS GENETIC DISORDER OCCURS IN PEOPLE WHO HAVE ALL OR PART OF A THIRD COPY OF CHROMOSOME #21 IN THEIR DNA.

ANSWER: DOWN SYNDROME



ANOMALY

something that is different from the standard

How they SAY that in...

- ENGLISH:** Gene
- SPANISH:** Gen
- ITALIAN:** Gene
- FRENCH:** Gène
- GERMAN:** Gen

Did you know?

OCTOBER IS NATIONAL DOWN SYNDROME MONTH. EVENTS TO SUPPORT PEOPLE WITH DOWN SYNDROME TAKE PLACE ALL MONTH LONG.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: AN ADULT'S AND CHILD'S HANDS

⊙ * ☼ ☽ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

CRYPTO FUN

☼ ☽ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓
Determine the code to reveal the answer!

Solve the code to discover words related to baking.
Each number corresponds to a letter.
(Hint: 15 = L)

- A. 7 15 14 12 24**
Clue: Wheat-based baking ingredient
- B. 21 12 4 19 24**
Clue: Sweetener
- C. 21 19 15 18**
Clue: Sodium chloride
- D. 14 26 10 8**
Clue: Cooking appliance

Answers: A. flour B. sugar C. salt D. oven

SUDOKU

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

Level: Intermediate

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

ANSWER:

LEGALS

Public Notice

Notice is hereby given under Chapter 138, Section 12 of Massachusetts General Laws of a public hearing to be held in the George Parent Meeting Room, second floor of the Town Hall, 41 Elm Street, Southbridge, MA, on Thursday, October 28, 2021 at 1:00 p.m. during the regular scheduled Liquor Board Meeting in regard to the application for alteration of premises/change of manager.

This hearing pertains to Bravos, Inc., 76-78 Pleasant St., Southbridge, MA, 01550. Anyone wishing to speak will be given the opportunity to be heard.

This notice is also published electronically on www.stonebridgepress.com and on www.masspublicnotice.org
Town of Southbridge
Liquor Licensing Board
October 14, 2021

LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Rachael Holm and Corey Bombard to Mortgage Electronic Registration Systems, Inc., as mortgagee, acting solely as a nominee for Quicken Loans Inc., dated March 15, 2019 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 60155, Page 200 (the "Mortgage") of which mortgage Rocket Mortgage, LLC f/k/a Quicken Loans, LLC f/k/a Quicken Loans Inc. is the present holder by Assignment from Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Quicken Loans Inc., its successors and assigns to Quicken Loans Inc. dated October 11, 2019 and recorded at said Registry of Deeds in Book 61286, Page 130, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 12 Crescent Street, Southbridge, MA 01550 will be sold at a Public Auction at 2:00 PM on November 3, 2021, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

The land in said Southbridge, with the buildings thereon and all privileges and appurtenances thereto belonging, situated on the westerly side of a private way leading Northerly from Williams Street to Crescent Street, and bounded and described as follows: BEGINNING at the N.E. Corner of land now or formerly of W.E. Garfield on said way; THENCE Westerly by land now or formerly of said Garfield a distance of about seventy-eight (78) feet to land now or formerly of Stephen Laffin; THENCE Northerly by land now or formerly of said Laffin, Alice Williams and Charles A. Chapman N 25 degrees E. a distance of sixty-nine and one-half (69 1/2) feet to a pin at land now or formerly of one Therrien; THENCE Easterly by land now or formerly of said Therrien a distance of about eighty-five (85) feet to said way; THENCE Southerly by said way a distance of sixty-nine (69) feet to a point of beginning; and as appurtenant thereto the right to pass with others over said way to and from said Williams Street; which way is fifteen (15) feet in width and is set out in a deed recorded with Worcester Registry of Deeds, Book 1592, Page 238.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 60155, Page 198.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.

Terms of the Sale: Cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable by certified check in thirty (30) days from the date of the sale at the offices of mortgagee's attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication. Other terms to be announced at the sale.

Rocket Mortgage, LLC f/k/a Quicken Loans, LLC f/k/a Quicken Loans Inc.

Korde & Associates, P.C.
900 Chelmsford Street
Suite 3102
Lowell, MA 01851
(978) 256-1500
Holm, Rachael, 19-036498
October 7, 2021
October 14, 2021
October 21, 2021

Sturbridge Planning Board Public Hearing Application for Site Plan Approval STL Group, LLC

In accordance with the provisions of M.G.L. Ch. 40A, §11, the Planning Board will hold a Public Hearing at the Sturbridge Town Hall 2nd Floor, 308 Main Street, Sturbridge, MA on Tuesday, October 26, 2021 at 6:35 PM on the application of STL Group, LLC PO BOX 638, Sturbridge, MA 01566. The applicant requests Site Plan Approval as required by Article XIX of the Sturbridge Zoning Bylaws, to add a new structure at the rear of the existing building at 2 School Street and to create 12 artist studios, 6 in the existing building and 6 in the proposed new structure and to modify the existing parking lot and other site improvements. The property location is 2 School Street/602 Main Street, Sturbridge, MA 01566.

A copy of the site plan and application can be inspected on the Sturbridge Town Website at <https://www.sturbridge.gov/planning-board/pages/recent-filings> or arrangements can be made to view the application packet by contacting the Sturbridge Planning Department at (508) 347-2508 or by email at jlacy@sturbridge.gov.

Any person interested or wishing to be heard on this proposal should appear at the time and place designated. Members of the public who wish to participate remotely may listen and or watch the meeting online via the Town's on demand video broadcast, on cable television on channel 191, or dial into the meeting at 774-304-1455, enter 1428# for the meeting number and 12345 for the access code. (This phone number is only active for the public during public meetings). Specific information and the general guidelines for remote participation can be found on the Town's website at: <https://www.sturbridge.gov/town-administrator/pages/how-access-virtual-meeting>.

Charles Blanchard
Chairperson
October 7, 2021
October 14, 2021

Commonwealth of Massachusetts The Trial Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 Docket No. WO21D1280DR DIVORCE SUMMONS BY PUBLICATION AND MAILING Norma N. Espino vs. Marangeliz Espino

To the Defendant:
The Plaintiff has filed a Complaint for Divorce requesting that the Court. The Complaint is on file at the Court. An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. See Supplemental Probate Court Rule 411

You are hereby summoned and required to serve upon:
Norma N. Espino 103 Mill St., Southbridge, MA 01550
your answer on or before **10/05/2021**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer in the office of the Register of this Court at WORCESTER.
Witness, Leilah A. Kearny, First Justice of this Court
Date: September 30, 2021.

Stephanie K. Fattman
Register of Probate

October 14, 2021

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 Docket No. WO20P1807GD NOTICE AND ORDER PETITION FOR RESIGNATION OR PETITION FOR REMOVAL OF GUARDIANSHIP OF A MINOR

In the interests of:
Angel R Hubbard
Of: **Southbridge, MA**
MINOR
NOTICE TO ALL
INTERESTED PARTIES

1. **Hearing Date/Time:** a hearing on a Petition to Resign as Guardian of a

Minor or Petition for Removal of Guardian of a Minor filed by **Savannah Jean Cotter** on **April 15, 2021**

will be held on **10/20/2021 08:30 AM Guardianship of Minor Hearing** Located **Magistrate Hearing Zoom 160 280 6833** or call **645-828-7666**

2. Response to Petition: You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to:

File the original with the court; and Mail a copy to all interested parties at least five (5) business days before the hearing.

3. Counsel for the Minor: The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.

4. Presence of the Minor at Hearing: A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests.

Date: September 20, 2021

Stephanie K. Fattman
Register of Probate

October 14, 2021

Public Notice

Notice is hereby given under Chapter 138, Section 12 of Massachusetts General Laws of a public hearing to be held in the George Parent Meeting Room, second floor of the Town Hall, 41 Elm Street, Southbridge, MA, on Thursday, October 28, 2021 at 1:00 p.m. during the regular scheduled Liquor Board Meeting in regard to the application for a new beer and wine license.

This hearing pertains to CGK Restaurants Inc., d/b/a Central Pizza located at 55 Central Street, Southbridge, MA. Anyone wishing to speak will be given the opportunity to be heard.

This notice is also published electronically on www.stonebridgepress.com and on www.masspublicnotice.org
Town of Southbridge
Liquor Licensing Board
October 14, 2021

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 5 Liberty Street, Southbridge, Massachusetts

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Steven A. Vaillancourt to Mortgage Electronic Registration Systems, Inc., as Nominee for First American Mortgage Trust, a Massachusetts Business Trust and now held by The Money Source Inc., said mortgage dated November 24, 2015, and recorded in the Worcester County (Worcester District) Registry of Deeds, in Book 54632 at Page 129, as affected by a Loan Modification Agreement dated September 29, 2017, and recorded with said Deeds in Book 57918, Page 171, as affected by an Assignment of Mortgage dated January 6, 2017, and recorded with said Deeds in Book 56603 at Page 99, as affected by an Assignment of Mortgage dated September 27, 2017, and recorded with said Deeds in Book 57834 at Page 28, as affected by an Assignment of Mortgage dated February 25, 2019, and recorded with said Deeds in Book 60135 at Page 237, of which mortgage the undersigned is the present holder, for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on November 4, 2021 at 10:00 AM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

That a certain tract or parcel of land, situated on the Westerly side of Liberty Street, in said Southbridge, bounded and described as follows:

BEGINNING at an iron pin in the ground on the Westerly line of said Liberty Street, at the S.E. corner of the premises to be conveyed and being at the N.E. corner of land now or formerly of Corindo DiBonaventura et ux;

THENCE N. 31 degrees 17' 15" E. along the Westerly line of said Liberty Street, 90 feet to an iron pin in the ground at land now or formerly of Roland LaFleur et ux;

THENCE N. 58 degrees 42'45"W. along land now or formerly of said Roland LaFleur et ux about 123 feet to the Easterly side of Cady Brook;

THENCE in a southwesterly direction along the easterly edge of said Cady Brook, about 90 feet to an iron pin in the ground at land now or formerly of said Corindo DiBonaventura et ux;

THENCE S. 58 degrees 42'45" Along land of said Corindo DiBonaventura et ux about 119 feet to an iron pin in the ground at the point of beginning.

BEING the same premises in a deed from Leo E. Vaillancourt,

Linda Vaillancourt and Yvette L. Comeau et al dated June 19, 2000 and recorded with the Worcester District Registry of Deeds in Book 22633 page 133.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor's Title see deed dated November 10, 2015, and recorded in Book 54632 at Page 125 with the Worcester County (Worcester District) Registry of Deeds.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

TEN THOUSAND (\$10,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid by a certified check, bank treasurer's or cashier's check within forty-five (45) days after the date of sale. Other terms to be announced at the sale.

Marinosci Law Group, P.C.
275 West Natick Road, Suite 500
Warwick, RI 02886
Attorney for The Money Source Inc.
Present Holder of the Mortgage
Telephone: (401) 234-9200
MLG File No.: 19-01470
October 14, 2021
October 21, 2021
October 28, 2021

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court

**225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO21P2863EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Joseph C Sibley
Date of Death: 08/09/2021**

To all interested persons:
Petition for **S/A - Formal Appointment of Personal Representative** has been filed by **Savannah Sibley of Monson MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 10/26/2021.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION
UNDER THE MASSACHUSETTS
UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Leilah A. Kearny, First Justice of this Court.

Date: September 27, 2021
Stephanie K. Fattman,
Register of Probate

October 8, 2021

Public Notice

Notice is hereby given under Chapter 138, Section 12 of Massachusetts General Laws of a public hearing to be held in the George Parent Meeting Room, second floor of the Town Hall, 41 Elm Street, Southbridge, MA, on Thursday, October 28, 2021 at 1:00 p.m. during the regular scheduled Liquor Board Meeting in regard to the application for alteration of premises.

This hearing pertains to JED Ventures, Inc., 219 Everett Street, Southbridge, MA, 01550. Anyone wishing to speak will be given the opportunity to be heard.

This notice is also published electronically on www.stonebridgepress.com and on www.masspublicnotice.org
Liquor Licensing Board
October 14, 2021

OBITUARIES

Roland A. Houle, 73

Roland A. Houle, 73, of Danielson, CT went to the arms of the Lord on October 4, 2021 at Hartford Hospital in Hartford, CT. He was born June 29, 1948 in Putnam, CT, son of the late Arlene (Labonte) Deasy and Francis Deasy. Roland was the beloved husband of Flora (Mullen) Houle. They were married on September 11, 1971 at Most Holy Trinity Church in Pomfret, CT.

Roland was a Sergeant in the US Army during the Vietnam War, serving as a Scout Dog Handler. Along with his dog Krieger, Roland was awarded the Bronze Star Medal for ground operations against hostile forces. He was proud of the lives they saved together. He was a lifetime member of VFW Post 2650 in Danielson, lifetime member of the Putnam Lodge of Elks 574, and a lifetime member of American Legion Post 13 in Putnam. He was a very proud husband, dad, and pépère; his family,

friends, and cats were his life. He was an avid reader, and a connoisseur of fine coffee. Roland was employed at American Optical in Putnam for 13 years. He was proud to be a member of the 1980 start-up team and the first manufacturing employee hired at Frito-Lay in Killingly, where he retired after 33 years.

Roland leaves his wife Flora M. Houle of Danielson, CT; his daughter Linda Spooner and her husband Joshua of Sturbridge, MA; his daughter Karen Houle and her husband Craig Dauphinais of Danielson, CT; his granddaughters Paige Spooner and Violet Spooner; his brother Daniel Deasy and his wife Patricia of Plainfield, CT; his brother Joseph Deasy and his wife Barbara of Brooklyn, CT; and his sister-in-law Roberta Mullen of Rogers, CT. He was predeceased by his sister-in-law's life partner Patrick Galvin.

He is truly loved and will always be missed.

A private graveside service was held at Holy Cross Cemetery, Danielson, CT. Donations in Roland's memory may be sent to Second Chance Animal Services in East Brookfield, MA. Share a memory at Gagnonandcostellofh.com.



Rita F. Austin, 96

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

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

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

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

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

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

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

www.morrillfuneralhome.com

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

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

TOURNAMENT

continued from page A1

Boston Beer, Stearns, Oakholm Brewery, Sturbridge Porterhouse and Brimfield Winery.

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

RODRIGUEZ

continued from page A1

few car-donation programs in the country that awards donors' old or unused cars to neighbors in need, and in doing so can offer donors generous tax deductions. Car recipients must be employed

or have a written plan for employment and meet other qualifying criteria. This program is administered out of Good News Garage's Manchester, New Hampshire office.

For more information or to donate, visit www.GoodNewsGarage.org.

Good News Garage is a member of Ascentria

Care Alliance, one of the largest human services organizations in New England. With locations throughout the region, Ascentria is creating measurable, positive impact in communities by empowering people to reach beyond life's challenges and thrive. For more information, visit ascentria.org.

MEET YOUR MERCHANTS SCRAMBLE ANSWERS

The Winner of a random drawing of all entries for a \$25 gift certificate to one of our Meet Your Merchant advertisers is
Linda M. of Leicester

Thank you to all who entered our Scramble Contest and to all of our Meet Your Merchants advertisers.



MEET YOUR MERCHANTS SCRAMBLE ANSWERS

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Bill Keyes Asphalt Paving | 37. ESENCRP TVYINEEARR OHLATSIP
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Lisa Caron | 20. &SC UMRLEB
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Whitin Community Center |
| 4. JNUE ADN EAMKALI
June and Mikaela | 22. HYECO LESE ISEHNCE TTUAANSRER
Cheoy Lees Chinese restaurant | 40. AAUQGOB LRHITOTAEIABIN
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Lamoureux Ford |
| 7. JIESNNA EFSTOER
Janines Frostee | 25. ACFE OT FEAC ORGEATGM
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The Framers Gallery | 49. RYOU ENW EMHO TNIMAKEGR CLL
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Law Office of Michelle Murray | 32. ITSABTULH NTCOUYR STEOR
Thibaults Country Store | 50. NNJ-OA MCZKZYAS
Jo-Ann Szymczak |
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REAL ESTATE



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FOOTBALL
continued from page A1

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

Leicester's 11-yard line. Five plays later, when the Wolverines had possession, Mike Mero threw a pass downfield and was picked off by Tantasqua's Caleb Thompson.

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

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

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

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

In the second half, Leicester began to roll. It was evident how important the defensive stop was before the half. Mike Mero took the first play of the second half for 54 yards to pay dirt

on a QB keeper to give his team a commanding 21-0 lead. Mero (twice) was one of three seniors to score on Senior Night. Seth Larson and Griffin Metcalf scored as well.

Tantasqua found the end zone once in the contest but moved the ball between the twenties pretty well all night. The Warriors accounted for four trips inside the red zone but were only able to score once on a 13-yard run by Thompson in the fourth quarter. Thompson carried the ball eight times for 75 yards and the score.

"They battled, and then we would get inside," stated Tantasqua head coach Jon Hargis about his team's red-zone struggles. "It has been like that the past five weeks; we get inside the ten and just can't get touchdowns. We had no turnovers tonight which we have battled about three or four a game, we can't do that, but you have to score inside the red zone and we struggling with that. We have a young offensive line and are beat up at the running back spot so when they start lining up nine guys in the box and bringing the house it is difficult to move the ball inside the five."

The Warriors have sustained injuries and have dealt with COVID issues throughout the year and it has forced young players to step up. On Friday night we saw a freshman for the Warriors who showed sparks of the positive coming for the program despite the 0-5 start to the season.

Gabriel Howard stepped into the lead-back role early on and ran hard. Running back Abner Colon-Martinez sustained an injury on the first drive of the game. Howard carried the ball 17 times for 47 yards and also caught a two-point conversion.

"He (Howard) works hard," praised Hargis. "He is a good kid. He runs hard, pays attention in practice, and just gives full effort. Right now we are banged up between a couple of players hurt from the spring and just banged up here. Between our fullback



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



Tantasqua's Nate Winco sprinting down towards the endzone.



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



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Shepherd Hill hangs tough, shows progress in loss to Marlborough

BY NICK ETHIER
SPORTS EDITOR

DUDLEY — For Amanda Brotherton, head coach of the Shepherd Hill Regional girls' varsity soccer team, the word of the evening was 'progress' after the Rams did battle with Marlborough High at Carmignani Memorial Field on Tuesday, Oct. 5.

That is because injury riddled Shepherd Hill has been taking its lumps this season. That included a 3-0 loss to the Panthers as the Rams dropped to 0-9.

"We've been very positive as a staff and progress is what we want. I don't care about the score at this point. I want to see progress," Brotherton began. "What we did from the first half to the second half tonight was progress. They feel good about the progress they're making as a team and as a whole."

Marlborough led at half-time, 3-0, and was held scoreless with only four shots on frame over the duration of the second 40-minute half.

"We've been developing a lot this year," Brotherton said. "In the past we've had teams that have competed and been one game away from making it to districts. In the past we have tied Wachusett, beat Nashoba and things have changed. I think this is just a challenge for us as a coaching staff, something we're not used to, but the girls are young. I have one player who has played in a [varsity] Mid-Wach game before this season."

That player is junior Kat Alicea, who joined the varsity as a freshman in 2019. The Rams didn't play any Mid-Wach League games — a perennially tough league — in



Photos Nick Ethier

Shepherd Hill's Colleen Thomas turns the corner to generate space while maintaining possession of the ball.



Colleen Cumming of Shepherd Hill runs into a Marlborough clearing attempt and sends the ball back down the field.

2020 as games were competed in geographically compliant pods due to COVID-19.

Shepherd Hill also has just one senior, that being Micah Sanborn. And the defender had a busy night, as she was tasked with containing Marlborough star Ava VanBuskirk, an extremely fast forward with supreme foot skills.

"Completely happy with how she did, being able to mark her," Brotherton said of Sanborn's play. "[VanBuskirk] scored seven goals against us the first time we played them [a 7-2 loss]. We had a little bit of a goal coming into this game to limit her."

VanBuskirk scored twice,

Shepherd Hill's Victoria Cravedi loads up her right leg to send the ball away from Marlborough's Carly Bamford.

in the game's 23rd and 37th minutes, with teammate Lauren Lefebvre sandwiching her goal around those in the 33rd minute. Other than that, Shepherd Hill keeper Shaylan Cashman (11 saves) was sharp.

"She came back to us from Marianapolis and she played goalie for them," Brotherton said of Cashman, who started the season as a defender for the Rams. "She did a great job tonight."

Marlborough improved to 5-4 following its victory.



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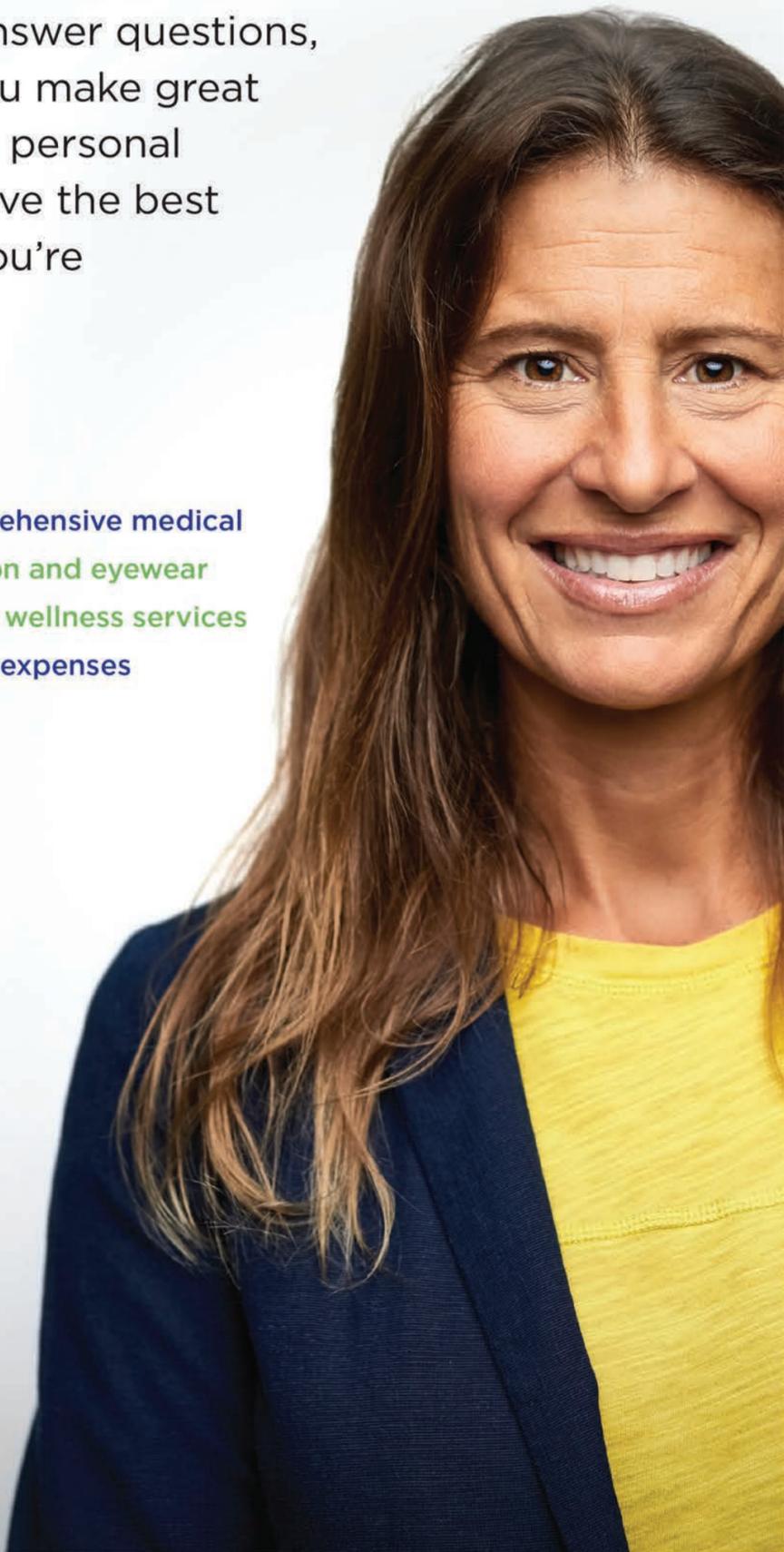


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