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New coach, same philosophy for Shepherd Hill football

RAMS RUN FOR OVER 400 YARDS, TAKE DOWN WESTBOROUGH

BY KEN POWERS SPORTS CORESPONDENT DUDLEY — Turns out, the 2021 edition of the Shepherd Hill Regional varsity football team is going to look exactly like your father's Shepherd Hill Regional varsity football team. Earlier this year, when Dave Buchanan was hired to run the Rams, some high school football "experts" speculated that Buchanan would do away with the run-oriented, double-wing offense for a more wide-open offense, similar to the three-wide receiver, two-tight-end, empty-backfield set he ran as head coach of Quabbin Regional. Buchanan quickly skewered that notion, both on the field — Shepherd Hill bludgeoned Westborough High, 53-6 — and with his comments after the game, played at Carmignani Memorial Field on Friday Sept. 10. On the field the Rams' offense was in control from its first snap, a 73-yard run by senior Alex Siwik, which set up a 5-yard touchdown carries and scored twice, the aforemenrun by classmate Zach Christenson on the next play. The outcome was never in doubt after that pair of plays.



Nichols College remembers 9/11

BY JASON BLEAU CORRESPONDEN1

DUDLEY - Nichols College held a special ceremony in remembrance of the thousands of lives lost on Sept. 11, 2001, recognizing the solemn twentieth anniversary of the acts of terror that felled the World Trade Centers as terrorists hijacked four planes intending on initiating a coordinated strike on western ideals. Students, staff and local citizens gathered on the Campus Green on Sept. 10 where Leonard Samborowski, Associate Professor of Management and a 30-year veteran of the U.S. Army, offered brief words before those present joined hands and the Academy Bell was rung in honor of the 2,977 lives lost two decades prior. "We are told to remember to never forget as if that implied obligation to revisit the narrative of the past is sufficient," said Samborowski. "We should do more. In our reflection let us link our resolve to our futures, a focus not on the fall of the towers but attention to what rose from the dust. Let us learn from



Friday, September 17, 2021

Photos Nick Ethier

Shepherd Hill defender Zach Christenson hunts down Westborough ball-carrier Adam Steinberg.

By the end of the third quarter nine Rams had combined to carry the football 28 times, gaining more than 400 yards and scoring all eight of Shepherd Hill's touchdowns.

Siwik led Shepherd Hill's rushing attack, gaining 112 yards on six carries — one being a 13-yard touchdown — but he had lots of help. Christenson gained 86 yards on five tioned five-yard scoring run as well as a

Photos Jason Bleau

Leonard Samborowski, Associate Professor of Management and a 30-year veteran of the U.S. Army, speaks at Nic

the lessons of supreme sacrifices made."

Samborowski called 9/11 a "day of horror for the world" but noted that from that dark

Please Read 9/11, page A10

Coleman returns home for old Home Day

BY JASON BLEAU CORRESPONDENT

CHARLTON - It's been nearly a year since Shepherd Hill Regional High School graduate Liam Coleman signed his first management contract with Marathon Talent Agency, and even after months of working the Nashville scene enhancing forming both live and virtual shows for his growing legion of fans Coleman has not forgotten his roots.

The budding country music star and Charlton native returned to his hometown once more to be a part of one of the his home crowd. community's most historic

his songwriting skills and per- events, Old Home Day. After what to think of it all," Coleman that it's all happening and playing to a packed house at the Beagle Club over the weekend, Coleman was one of the main acts on the stage for the Sept. 6 Old Home Day celebration, where he performed a variety of covers and original music for

said of his success before taking the stage. "I love traveling. I love playing music. The fact that I get to do both of those things is insane. All the people I'm meeting and the connections I'm making, the opportunities that I've had, I've been "It's insane. I still don't know grateful for it all. It's amazing

being able to go into it full force is just really special – All the support from my hometown is super special. I won't ever forget that these people supported me doing this and getting to see it here again it just awesome."

Coleman, son of Auburn Fire

Please Read COLEMAN, page A2

24th Masonic District participates at Old Home Day



Photos Courtesy

Quinebaug Lodge with French fries sign and long lines and Oxford Lodge on right with children going wild over the snow cones.

beautiful day it was at the Charlton Old Home Day festivities. Two local lodges from the 24th Masonic District set up to sell their goods for a long overdue celebration which was canceled last year due to Covid-19 pandemic. Quinebaug Masonic Lodge of Southbridge and Oxford Masonic Lodge had a very, very busy and exciting day trying to keep up with the demands of what the people wanted.

There was all kinds of food being sold, music from a local band, and Irish step dancers. The Charlton Old Home Day committee members announced the next activities and demonstrations over a loudspeaker and the bleaches were packed full of spectators. There were various

CHARLTON - On Monday, Sept. 6, what a goods along with all kinds of nonprofit organizations. Quinebaug Masonic Lodge was selling French fries and chicken tenders. Most of the day there was a long line of people waiting to get those freshly hand cut homemade French fries. The lodge went through many pounds of potatoes.

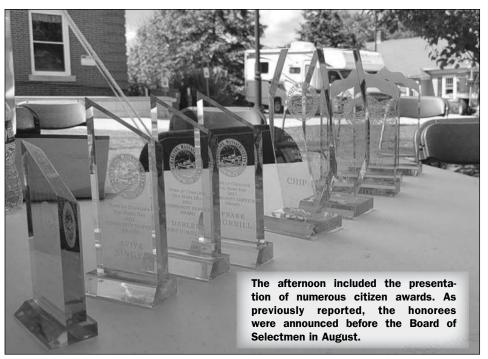
Oxford Lodge was selling sweet corn and snow cones. The delicious corn was smothered in butter which I heard one happy customer saying can I have another corn please. The children were going wild, crazy over the flavored snow cones. Both lodges had long lines and people waiting for their great, delicious, tasty treats. If you would like more information about Freemasonry and to find a lodge nearest you, organizations, and many vendors selling their visit our Web site at www.massfreemasonry.org.

Please Read FOOTBALL, page A10

Charlton Old Home Day returns

CHARLTON – After taking a hiatus in 2020 due to the pandemic Charlton's annual community celebration Old Home Day returned in full force in 2021 with music, games, vendors, food and an overarching sense of pride in everything Charlton. Countless locals and visitors made their way to the center of town to enjoy everything the event had to offer as Charlton offered a nice piece of normal during the continued recovering from the pandemic in 2021.

Photos Jason Bleau





Old Home Day also included the annual Highland Games which challenged participants to contests of strength and endurance.



A huge crowd showed up to enjoy the entertainment at Charlton Old Home Day. Here they are celebrating local country star Liam Coleman.



Henry Inflatables, LLC provided a literal field full of bounce houses for youngsters to play in during their stay at Old Home Day.

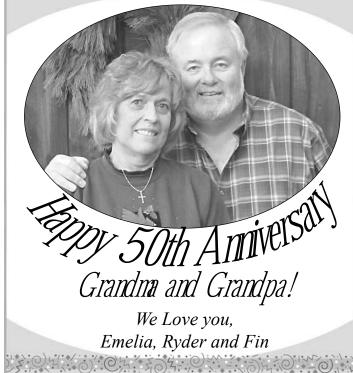


The Charlton Lions cook up a tasty lunch for a waiting customer.



Charlton American Legion Post 391 provided a portable museum honoring the 75th Anniversary of WWII which actually took place in 2020 but was delayed to the public due to the pandemic. The display including authentic WWII uniforms and other items.





The Bad News Jazz & Blues Orchestra was one of the featured acts providing musical entertainment for visitors to Old Home Day.

Turn To OLD HOME DAYS page 16

COLEMAN continued from page **A1**

LOCAL SERVICE PROVIDERS



To advertise in The Local Service Provider Directory Contact June at 508-909-4062 Jsima@stonebridgepress.news Chief Stephen Coleman, also credits his family for their undying support. His mother, father and sister were his original cheerleaders and now Coleman has countless more fans supporting his drive to make music a career. However, Coleman remains humble understanding that his goal is not to be the best, but to be the best that he can be and to bring his own unique brand to the country music world.

"It's really hard because there's always going to be someone better than you, no matter where you are. You just have to make yourself stand out. You need to work hard and grind it out. There are so many people trying to do this you need to be the real you. If you're not people will see right through that. Be yourself, work hard and just grind it out. If you want it, you'll stay focused and you'll make it happen. You just have to take the right steps to make things happen and I want this," said Coleman.

While Charlton will always have a special place in his heart, Coleman will officially move to Nashville to take up residence in Music City at the start of 2022, but he has promised that while he may not call Charlton his official home for much longer it will always be his hometown that built him up to who he has and what he will become.



BY GUS STEEVES

REGION – In an era when most of the economic talk is about austerity, some are willing to argue that there really is enough for everyone. The problem is that it's not at all distributed equally.

That was the gist of a Yes! Magazine forum last week online, which drew attendees from all over the nation to hear Chan Phap Dung, Chuck Collins and Stan Cox talk about how to do it right.

For Cox, one of the biggest parts of sustainability is energy rationing. He noted the United States' per capita consumption is now about 9,000 kilowatts, but he's proposing a "ceiling" of about 1300 KW – roughly what Cuba or Jamaica use. Done right, he argued, "every household gets a fair share."

He didn't state this, but federal Energy Information Agency statistics (U.S. electricity flow, 2018 (eia.gov)) show that a vast quantity of the energy is actually wasted, even just taking electricity generation into account. In 2018, the US used 38.8 quadrillion BTUs of fuel (mostly fossil fuels) to generate electricity, with 23.8 quadrillion BTUs of that being "conversion losses" (mostly heat) and another 0.94 quadrillion BTUs lost in transmission. Just 13.4 quadrillion BTUs makes it to end users (who often waste it in some way, too).

"There's a very steep reduction we have to make in emissions and in use of oil, gas and coal," Cox observed, saying there need to be "statutory declining caps" on energy use. "... We are not going to create a new society like this one without those fossil fuels."

Although Cox feels "technical details need to be worked out," he said it can be done without "power cutoffs." Electricity is not as big an issue as is "dealing with the loss of liquid, solid and gaseous fuels," which will probably require nationalizing the fossil fuel industry, replacing private energy corporations with public cooperatives, and large-scale land redistribution, he said.

Collins agreed, quoting Gandhi by saying "there's enough for everyone's need, but not for everyone's greed." He sees the need to address the fact that about \$30 trillion is being held in offshore tax havens. Collins is not a poor man; he is himself a millionaire, but makes his living advising younger generations of wealthy families how to "be a good ancestor."

"The wealthy people I've been talking to are surrounded ... by the mythology of scarcity, even among the wealthy," Collins said, noting in many cases their wealth prevents them from having a connection to community. Some younger people inheriting fortunes want to use the money to fix problems and promote greater equality, he added.

To Chan, a Buddhist monk in San Diego, many people today "have a sense of lack" and an "unhappiness that creates a consumptuous filling-up of the lack" in both capitalist and communist cultures. He sees that as a "spiritual crisis," and noted the COP-21 climate change conference was the first to include discussion of the spiritual impact of the changes Earth faces.

Although he agreed with Cox's point about rationing, he argued it needs to happen in conjunction with a widespread conversation about "purpose." "Not everyone will want to share," Chan said, but many are "waking up to the idea there's a cost to everything" and that "all things have a toxic effect somewhere."

"We need to revisit what is true security," he said. To him, that's participating in "the simple joys of being alive," not in having larger homes, which only require more security cameras.

"Even the wealthiest in our culture don't feel they have enough," Collins said, noting encouraging them to be good ancestors helps counter that. "There's a hunger for community around redistribution."

As an example, he said there really is no housing shortage in the US, "but we have a housing distribution crisis" caused largely by "speculative investment, gentrification, [and] people buying three houses before some people have one." In general, Collins argued, "A grotesque imbalance of income and wealth ... is driving the social and ecological crisis," and solving it needs to include taxing the wealthy and moving the money to people who need it.

Cox said he thinks effectively addressing the ecological and climate emergency will create conditions "under which capitalism can't survive. ... The economy will stop growing, either because of catastrophic world events or because we take control of it."

Chan agreed, saying we need to start questioning the need for constant growth and learn to cherish what we have. That can be difficult, because "we love sweets, we love stimulation," and rampant advertising plays on that.

"Maybe we're a little bit overgrown as a country and recession is a good thing," he said.

Gus Steeves can be reached at gus. steeves2@gmail.com.

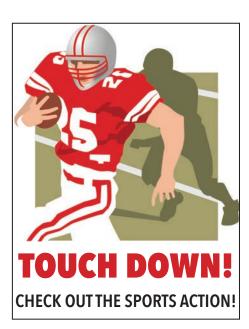


ACCURACY WATCH

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

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

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





baseball equipment, golf, exercise equipment **Clothes** - shirts, pants, jackets, shoes, bags **Kids toys and baby items** - high chairs, bouncy, games, seats **Antiques**

SNHU announces Summer 2021 President's List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the summer 2021 President's List.

Full-time students who have earned a minimum grade-point average of 3.700 and above are named to the President's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in fall or spring semester, and online students must earn 12 credits in either EW1 & EW2, EW3 & EW4, or EW5 & EW6.

Taylor Dickman of Charlton Hannah Andronic of Charlton Sarah Willis of Charlton Frankie Nieves of Uxbridge Mercedes Anderson of Charlton Sarah Caplette of Charlton Amanda Geer of Uxbridge Samantha Frawley of Charlton Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 150,000 learners worldwide, SNHU offers approximately 200 accred-

A Division Of Industrial Transfer & Storage.Inc

ited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.



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19-year-old from Southbridge youngest graduate at Bay Path Practical Nursing Academy



CHARLTON — The COVID-19 pandemic has taken a mental and physical toll on many healthcare heroes and yet, Angeley Santa, 19 years old from Southbridge, is now an LPN (Licensed Practical Nurse).

In a message to Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director, Santa shared that she "passed my test!" which is the NCLEX-PN (National Council Licensure Examination for Practical Nursing) and that she is grateful to the Bay Path Practical Nursing Academy, stating "Thank you for all your help throughout this journey!"

Bay Path Practical Nursing Academy graduate, Angely Santa, credits her parents for her success. Her mother Susan

Torres (Susie) is a PCA. Santa said, "My mother has always been interested in the health field; she previously completed CNA and phlebotomy programs, but she devotes

most of her time to taking care of her family, so she really never finds the time to go back to school.'

Her father, Juan Santa, Jr. (known to family and friends as Al), graduated from Bay Path's Automotive program in 1990 and owns Al's Automotive in Southbridge. Although both Susie and Al were born in the USA, he in Massachusetts and she in Connecticut, both trace their heritage back to Puerto Rico. Angeley proudly wore a Puerto Rico stole during graduation.

Lovingly, Al and Susie wrote to their daughter Angeley, who "started school at Bay Path Regional Vocational Technical High School and began to explore the shops they had to offer. Angeley has always been driven towards fashion and I had a feeling that she would automatically sign up for Cosmetology (it was one of her top choices); however, after finishing exploratory we were very surprised to hear that she wanted Health Tech as her shop of choice. Angeley did very well in her class and went on to tell us that she wanted to continue in the health field but was not sure which way to go. Shortly after, Angeley applied to several colleges but still was confused about what she wanted to do until she heard of the nursing program at Bay Path. Angeley was very determined to get into this program and planned out how she would be able to juggle this fast-paced course, along with her job and social life, but Angeley is one to set goals for herself and is very organized and determined. Angeley was able to get into the nursing program at Bay Path and it was a lot of hard work, but Angeley was able to complete the course. Angeley just graduated nursing school on June 25, 2021, and on September 3, 2021, Angeley took her NCLEX and passed! Angeley became an LPN at the young age of 19 and we couldn't be any prouder!"

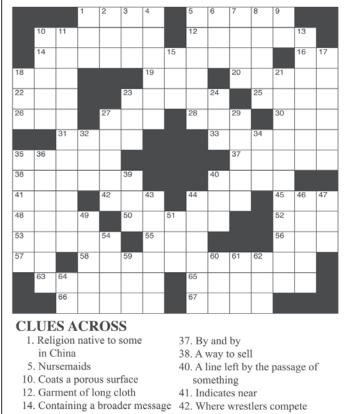
While a student at Bay Path Regional Vocational Technical High School's Health Technology program, Santa was inducted into the National Honor Society. She participated in SkillsUSA and was a member of the Steering Committee. As a Health Technology Trade student, her impressive clinical experience line-up included Webster Manor, Accord Eldercare, All Saints Academy, St. Anne Elementary School (all of Webster), the Goddard School (Auburn), Radius Healthcare, and Harrington Memorial

Hospital (both of Southbridge), and the Overlook (Charlton).

While a student at Bay Path Practical Nursing Academy, Santa became certified in Mental Health First Aid, certified in Dementia Care with the distinction of obtaining 94 percent which is the highest score for the class of 2021. She was an attendee for the COVID-19 Contact Tracing at Johns Hopkins University. She was a judge for the SkillsUSA State competition and a member of the Admissions Panel. All while maintaining employment at Harrington Memorial Hospital as a Dietary Aide. She participated in Clinical observation at the Wound Clinic in Charlton and spent two days as a School Nurse at Bay Path **RVTHS.** Most recently became certified in Infusion Therapy/ Central Line Care Program through the Intravenous Edu.

Santa graduated from the Bay Path Practical Nursing Academy at 19-years-old, one of the youngest ever to do it.

She has been accepted to the Quinsigamond Community College Advanced Placement LPN and nothing will stop her from making a difference in this pandemic, one patient at a time



Chelsea Krasnecky named to SNHU Dean's List

MANCHESTER,

Office Hours:

Hampshire Chelsea Krasnecky of Charlton has been named to Southern New Hampshire University's summer 2021 Dean's List. Eligibility for the Dean's List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699 and earn 12 credits for the term.

New

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 150,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www. snhu.edu.

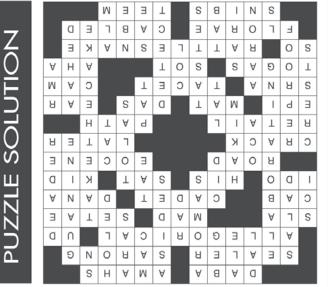


- University of Dayton 18. Patti Hearst's captors 19. Insane 20. Bristlelike structures in invertebrates 22. Taxi 23. Trainee 25. Comedian Carvey 26. Some couples say it 27. Belong to he
- 28. High schoolers' test
- 30. Young goat
- 31. You drive on one
- 33. Denotes a time long ago 35. Space between two surfaces

CLUES DOWN

- 1. Split pulses
- 2. Brew
- 3. Ask humbly
- 4. Distinctive smells
- 5. Digressions
- 6. Partner to cheese
- 7. Father of Araethyrea
- 8. Made a cavity
- 9. Tin
- 10. Appetizer
- 11. Presenting in detail
- 13. Compound in guano and fish scales
- 15. Cool!
- 17. " than a doornail"
- 18. Popular literary form fi 21. Be the most remarkable
- 23. "Final Fantasy" universe
- character
- 24. Buffer solution
- 27. Muslim physician using traditional remedies

- 44. Prosecutors 45. Body part 48. Soluble ribonucleic acid 50. Indicates silence 52. NFL's Newton 53. Ancient Roman garments 55. Drunkard 56. Expression of satisfaction 57. Thus 58. Noisy viper 63. Plants of a particular region 65. Communicated with 66. Latches a window 67. Swarm with
- 29. Fantastical planet 32. S. American plant 34. Domesticated animal 35. The tops of mountains 36. Expression of disapproval 39. Skeletal muscle 40. Game show host Sajak 43. One's interests 44. Identify the existence of 46. Partner to "oohed" 47. Does not accept medical help (abbr.) 49. Hammerin' Hank 51. Lowest point of a ridge between two peaks 54. Elaborately draped garment 59. Check
- 60. Car mechanics group
- 61. One point east (clockwise) of
- due north
- 62. Austrian river
- 64. A command to list files



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- · Charlton Federated Church, 64 Main St., 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org
- · Charlton Baptist Church, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 10 a.m.

 Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children's church 10am St. Joseph's Church, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

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

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

• Living Word Church of Charlton, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am.

www.livingwordhcarlton.com

info@livingwordcharlton.com

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

French, Robert A, Rd. and French, Nancy J, to Seraphin, Joseph, and Seraphin, Jean.

\$785,000, 16 Windy Ridge Ln, Faubert, Michael E, and Faubert, Dawn M, to Taber, Andrea.

\$500,000, 2 Scott Dr, Chamoun, Jacques, and Chabo, Aila, to Sahagian, Austin N, and Sahagian, Kaylen T.

\$500,000, 3 S Charlton Shore Rd, Leoni, Christopher R, and Leoni, Kim C, to Fabbri, Maryfrances, and Fabbri, Gregg.

\$335,000, 24 Number 10 Schoolhouse Rd, Oconnell, Kenneth R, and Oconnell, Lisa M, to Caldwell,

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\$200,000, Eleanor Ln #4, Eleanor Lane RT, and Lemaire, Stephen, to Barry, Timothy.

\$27,000, Oxford Rd, Elm Street Land Prop LLC, to Robinson, David.



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Old Sturbridge Village bires Director of Diversity, Equity, Inclusion and Accessibility



Jasmin Rivas

STURBRIDGE — Old Sturbridge Village has hired Jasmin Rivas to fill a new position at the Village, as Director of Diversity, Equity, Inclusion and Accessibility. In this role, Rivas will work with the Village, as well as Old Sturbridge Academy and Coggeshall Farm Museum, to connect the stories being told through historical interpretation to the surrounding communities they serve.

Rivas was born in New Haven, Conn. and raised in Southbridge. She attended Michigan State University and later graduated with a bachelor's degree from Worcester State University, as the first person in her family to go to college. She later got her MFA in Creative Writing from Bay Path University.

Rivas' career has included time as a reporter with the Southbridge Evening

News, a Victim/Witness Advocate and Forensic Interviewer with the Worcester County District Attorney's Office, and a Program Coordinator for the Voices With Choices Program. She has also worked in the Southbridge Public Schools as a Family Liaison and District Coordinator.

She joined the Board for the Old Sturbridge Village Academy after seeing the passion and commitment of the work being done there. In this new role, she hopes to help the Village, Farm, and Academy grow and learn about the people, culture, food, language and beauty within the community – and open up access and opportunity for new groups to engage with the experiences being offered.

"I want to help others understand that creating diversity, equity, inclu-

sion and access enriches us all. That we are better when we share spaces and opportunities with others who are different than ourselves," says Jasmin Rivas. "I also hope that at the end of the day, we learn that we really aren't that different after all."

"We are thrilled to welcome Jasmin onto the Old Sturbridge Village team," says James Donahue, President of Old Sturbridge Village. "We believe that by incorporating this new position, we can further support DEIA strategies and implementation for long term transformation at the museum. We look forward to Jasmin's vision and fresh approach."

To learn more about the mission of Old Sturbridge Village, visit: https:// www.osv.org/about/mission-narrative/.

Imagine 2050: A Vision for Central Massachusetts

WORCESTER The Massachusetts Central Regional Planning Commission(CMRPC) is excited to announce the launch of "Imagine 2050: A Vision for Central Massachusetts." A region-wide comprehensive planning initiative, "Imagine 2050" will establish long-range strategies for the 40-community region. Working with residents, business owners, governments, and institutional partners, CMRPC will facilitate development of the community-driven plan. The project aims to identify the resources, problems, possibil-ities, and needs of the region; these findings will inform a plan to improve the welfare and prosperity of those who live, work, and visit Central Massachusetts.

Imagine 2050 is intended to help local, regional, and state actors make informed public policy and investment decisions. Community needs and preferences will be identified through robust community engagement processes. Recommendations will derive from community surveys, listening and visioning sessions, data and trend analysis, and scenario planning. This represents the region's first comprehensive planning effort in more than 20 years. In 2000, CMRPC released the CMRPC Development Framework, a regional plan for population, infrastructure, environment, and economy. Imagine 2050 updates this framework and incorporates other timely and cross-cutting topics, including: social equity, land use and housing, civic and municipal capacity, environment, economic development, mobility, and public safety.

While Imagine 2050 is just getting underway, prior planning efforts help set the stage. A long-range transportation plan (Mobility 2040) is in place. The Southern Worcester County Comprehensive Economic Development Strategy (2019) is in the implementation phase. Land Use for Regional Resilience, a region-wide land use and zoning analysis, is ongoing. CMRPC youth planners recently completed We Hear You(th), the first regional plan focused on the Central Massachusetts' young people. Sub-regional plans covering all constituencies date within the last 10 years. Imagine 2050 will update and synthesize prior efforts, with community in a front and central role.

At CMRPC's September Quarterly Commission Meeting, Executive Director Janet A. Pierce called on residents and other stakeholders to get involved: "Imagine 2050 is an opportunity to help define the future of Central Massachusetts. If you love where you live, you should participate. If there are things you would like to see changed about the region, you should participate. Whether you live in heart of Worcester or the heart of New Braintree, we are asking for your insights and your preferences. Please join us in charting a path for all of Central Massachusetts."

About the Central Massachusetts Regional Planning Commission

CMRPC is the designated planning entity for Central Massachusetts. Founded by the Legislature in 1963, CMRPC provides a variety of planning services to our constituencies and bring a regional perspective to planning and development. One of 13 Regional Planning Agencies in Massachusetts, CMRPC serves the City of Worcester and 39 surrounding communities in the southern twothirds of Worcester County. CMRPC's programs include Collaboration Regional and Community Planning, Transportation, Homeland Security, Geographic Information Systems (GIS), and other services.

For more information on future opportunities to participate, please email CMRPC atIMAGINECentralMass2050@googlegroups. com or visit the Imagine 2050 Web site at https://bit. ly/ImagineCentralMA.

Trinity Catholic Academy celebrates first mass of new school year



SOUTHBRIDGE — On Sept. 3, Trinity Catholic Academy was able to celebrate their first school wide Mass for the 2021-22 academic year. Fr. Ken Cardinale opened the special Mass with a "Happy New Year" greeting!

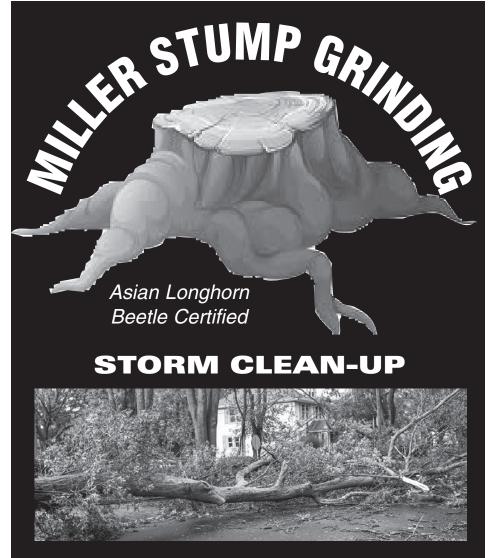
Opening this new school year with Mass during the first week of school is a great start! This new year includes a few new classroom renovations, a new principal, and a new outlook with everyone able to start of school with in-classroom learning right from the beginning. TCA teachers, parents and grandparents were welcome to share the celebration with the students at Notre Dame Church Mass volunteering to cook hot dogs for the students as part of the small picnic held the courtyard of Notre Dame Church organized by Trinity Catholic Academy's dedicated Parent & Teacher Organization. TCA students hale from as far as Stafford Springs, Conn., the Brookfields and Auburn, Woodstock, Conn. and towns in between. Trinity Catholic Academy is looking forward to a great successful school year continuing to build the leaders of tomorrow.

Trinity Catholic Academy, a Pre-K to Grade 8 school, promotes academic excellence, athletics, and the arts with respect, compassion, and service among

of St. John Paul II Parish.

Knights of Columbus Council #199 followed the celebration of

our diverse family, inspired by the communion of the Father, Son, and the Holy Spirit.



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* * * Friday's Child * * *



Nacari and Nikira Age 14 and 15 Hi! Our names are Nacari and Nikira and we want to be adopted together!

Nikira and Nacari are siblings of African-American descent who are looking forward to finding their forever home together! Nikira is a likable and friendly girl who gets along well with both adults and her peers. Her favorite activities include yoga, cooking, singing, dancing, and painting. She also enjoys going to church and loves being a part of her Girl Scouts troop. When she grows up. Nikira would like to be a teacher because she enjoys reading on her own and to others. Nikira is on the Autism spectrum, and her teachers describe her as intelligent, talkative, and able to follow directions and form relationships with others.

Nacari describes himself as shy, quiet, likable and well-behaved. Others describe him as a sweet, smart

and loving boy. His favorite activities include playing basketball and video games. Nacari is on the Autism spectrum and interacts well with his peers. Nacari does well in class with extra supports and loves going to school.

Nikira and Nacari will do best in a loving but strong family that is able to provide the siblings with support and set appropriate limits and boundaries. Their social worker is open to exploring homes with a mother and a father, two mothers, or a single mother. The siblings will do best in a home where they can be the youngest or only children. Nikira and Nacari are legally freed for adoption.

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.



Annual Art Show held in Charlton

CHARLTON - In conjunction with Charlton's annual Old Home Day event on Monday, Sept. 5, the Charlton Cultural Council held the annual Old Home Day Art Show presenting numerous different works from Charlton residents and employees in the Town Hall. While public voting didn't return for the in-person event and some items were displayed digitally rather than on the Town Hall walls, the annual celebration of Charlton's creativity still proved to be a fun stop for anyone walking through the center of town attending Charlton's annual community celebration.

Photos Jason Bleau



A beautiful photography piece called "Moon Over Allagash."



Called "Long Landscape," this singular piece was made up of three different paintings combining to form a visual landscape.



A trio of standout art pieces including one of the winners of the Art Show "Indian Maiden in Ceremonial Dress" (bottom left).





Lifelike pictures depict an eastern box turtle and an owl.



This motorcycle piece was made using rocks and other simple items from nature.





A pair of impressive scenery paintings called "Forest" and "Rainy Day" capture the beauty of New England.

Socially Speaking...

This feature is for churches, senior centers, libraries, or other civic organizations who have events coming up.

LOCAL



Call June at 508-909-4062 or email jsima@stonebridgepress.news (Charlton Villager); or Mikaela Victor at 508-909-4126 or email Mikaela@stonebridgepress.news (Sturbridge Villager) for advertising sizes and prices

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PROVIDERS

LEGALS

Commonwealth of Massachusetts The Trial Court **Probate and Family Court Worcester Division** Docket No. WO20P2215EA Estate of: William Steibel Date Of Death: April 14, 2020 **INFORMAL PROBATE PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner Teresa Steibel of Monterey MA

a Will has been admitted to informal probate

Teresa Steibel of Monterey MA

has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. September 17, 2021

To advertise in The Local Service Provider Directory Contact June at 508-909-4062 Jsima@stonebridgepress.news

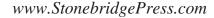


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> FRANK G. CHILINSKI PRESIDENT/PUBLISHER

BRENDAN BERUBE EDITOR

There is more to the labor shortage than laziness

All around the country, we've seen businesses reducing hours, restaurants reducing menu items and help wanted signs everywhere. "People just don't want to work!" is the excuse we here uttered by anyone who hasn't done their homework.

While it's true there are some who don't want to work, this certainly has not caused the labor shortage. Please note that since the dawn of history, there have always been those who don't want to work. At the end of the day, if someone is able bodied enough to work and isn't independently wealthy for some reason, and chooses not to work, well they end up unfortunately facing their own issues.

According to the Bureau of Labor Statistics, job openings are at 9.3 million. Extended unemployment benefits have run out, so that argument is no more. In fact, only 3 percent of unemployed people earned enough with the extended benefits country wide to warrant not returning to work. Only 14 percent were earning more than they did prior to the extended benefits. The cessation of those benefits will send some people back to work, but not enough to make a dent. Experts say worker's rights could have more to do with it.

Low pay is one reason for the shortage. In 1968, the federal minimum wage was \$1.60 per hour. Factoring in the rate of inflation since, that would be the equivalent to \$12.38 per hour in 2021; however, the federal minimum wage is just \$7.25 per hour in 2021. Walmart is now starting employees at \$17/hour, and McDonald's restaurants in many New England states start their employees at \$15/hour. Lowes has just advertised to start paying \$18/hour. This is not good news for smaller local businesses who don't have the backing of being a corporation.

Employees are also seeking bet-

Worries

All kinds of stresses and pressures will come to us in this life. Worries will come about our parents, careers, children, health, finances, relationships, death, sickness, and more.

It seems there is a never-ending stream of things we can about-nail-biting worry worry, worry that makes our head and heart hurt.

Thankfully, our imaginations usually make things seem much worse than they are. Too often, we imagine the worst

possible outcome, outcomes that generally never come to pass; if they do come to pass, often they aren't as bad as we imagined them to be.

A little bit of worry can be good when that worry propels us to action so we can solve the problem before it gets out of hand

Worry is bad if we allow fear to paralyze us, never taking the necessary steps to solve the problem.

Worry affects us all in different ways. Most of us have at times been so worried we become consumed with fear. Our hands tremble, and anxiety overwhelms all of our senses. Paralyzed with fear, often all we can do is lay down and fall asleep or pace back and forth, mumbling incoherently until exhaustion takes hold.

Some of us can only see a negative outcome and are angry and irritable at those trying to convince us that a good result may be possible.

Some of us turn into complainers, taking on the victim mentality and telling everyone how dire our situation is and how things will never get better.

Drugs and alcohol sometimes become the temporary solution; Waking up with a hangover, but the problem is still there.

Some might turn to healthier solutions like exercise, prayer, and meditation to calm the worried mind. Napoleon Hill said, "Worry is a state

of mind based upon fear. It works slowly,

but persistently. It is insidious and subtle. Step by step it "digs itself in" until it paralyzes one's reasoning faculty, destroys self-confidence and initiative. Worry is

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

a form of sustained fear caused by indecision; therefore, it is a state of mind which can be controlled."

I believe Napoleon Hill was correct. Worry is based on fear; it paralyzes our reasoning faculty, destroys our initiative, it's caused by indecision, and therefore it is a state of mind that can

be controlled.

How can we control it? According to Napoleon Hill, worry is caused by indecision. The proper response to anxiety might then be to decide on a course of action. We need to remove the hesitation and choose! Sometimes just figuring out what path to take is all that's necessary to stop the worry.

What if you're having trouble decid-ing what to do? Talk to your friends, get advice, pray, meditate, think it over. If you're focused on what path you need to take, an answer will come.

Once you choose what the best course of action is, it is essential not to worry if you made the right choice. If you find yourself worrying whether or not you made the right choice, then it's ok to modify your course of action as the days pass. Whatever you do, keep moving forward.

Wherever you are right now, whatever you're going through, maybe you're nervous, worried, stressed, and afraid. Try to be thankful, think of all the positive things in your life as you make your decision, count your blessings. Moving forward with gratitude and thankfulness is crucial and can often make for a better outcome.

You don't have to make a decision; you get to make a decision. Be thankful that you can choose. Keep a smile on your face; you're capable of great things!

Help for weather-stressed lawns

The extreme heat and drought of 2021 across much of the country has turned many lawns brown. Damaged lawns may

GARDEN MOMENTS

and reduce the stress on already stressed lawns. As always, read and follow label directions carefully whether using traditional, natural or

Prepare yourself financially for illness ... just in case

All of us hope to live long, healthy lives, so we do what we can to take care of ourselves through proper diet, exercise and avoiding unhealthy activities. However, none of us can predict our future, so it pays to be prepared for anything - including a serious physical illness or the onset of some type of mental incapacity, such as Alzheimer's disease.

Of course, you may never face these infirmities, but you should be aware that they could upset your long-term financial strategy and place considerable stress on your loved ones. What steps can you take to head off these threats?



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know what your health insurance covers and how much you might have to pay out of pocket for treatment of illnesses such as cancer or kidney ailments. If you're on Medicare (supplemented with Medigap) or Medicare Advantage (Medicare Part C), you'll want to know all about deductibles, copay ments and coinsurance. However, if Alzheimer's

First, make sure you

or another type of dementia is involved, Medicare may not cover the costs that could be incurred in an assisted living facility, so you may want to consult with a financial advisor, who can suggest ways of protecting yourself from long-term care costs, which can be quite high.

Your next move is to make sure you have adequate liquidity. It's hard to predict how many out-of-pocket costs you could incur when coping with a serious illness, but it's a good idea to have enough cash readily available, rather than dipping into your 401(k) or other retirement accounts. So, if you're retired, you might want to keep up to a year's worth of living expenses in a liquid, low-risk account.

Here's another important step: Update your estate plan. Hopefully, if vou have a serious illness, you'll be able to recover. But it's still a good idea to review your estate plan to ensure everything is in order, such as your will and your living trust, if you've created one. If you've kept up your life insurance, you'll also want to ensure your premiums are still being paid. And don't forget to review your beneficiary designations on your 401(k), insurance policies and other financial documents, since these designations can supersede the instructions in your will. As part of your estate planning, you may want to include a durable power of attorney for finances, which allows you to name someone to manage your financial affairs if you become incapacitated, and a durable power of attorney for health care, which lets you name someone to make medical decisions for you if you're unable to do so yourself. You may also create a health care directive or living will to express your wishes if you don't have a power of attorney for health care, or the person named in a power of attorney for health care can't be reached in an emergency. And since estate planning can be complex, you'll certainly want to work with a legal professional, and possibly your tax and financial advisors, as well. You might think it's somewhat grim to prepare yourself financially in case you become seriously ill or if your life is touched by Alzheimer's or another mental infirmity. But it's a positive move - you're protecting yourself and your loved ones from whatever life may throw at you.



ter working conditions. Those in the restaurant business who rely on tips are sexually harassed at a much higher rate, and because of mask mandates. those workers are often asked to police rude and belligerent people who refuse to comply for either personal or political reasons.

The COVID lockdown has allowed many to re-evaluate what is really important and meaningful, and working a job where you're harassed and underpaid just isn't worth it. Flexibility that provides work life balance is what many are looking for. Remote work has allowed this to become more of a reality. Remote work has also allowed many companies to function with less employees. Workers without digital skills are out of luck as far as remote work goes until more training is available. There are some companies who do offer such training such as Google and Amazon.

Many Americans are also in a position where they need to stay home to care for vulnerable individuals including young children. While many schools and daycares are open, many have closed due to COVID outbreaks, leaving parents without childcare. The opening and closing is unpredictable, and will remain that way until the pandemic is under control.

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 Charlton Villager, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at news@stone bridgepress.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!

be thin, contain dead patches or are overrun with weeds.

Fall is a good time to improve the health

and appearance of a weather-worn lawn. Start the process by evaluating the damage. Then plan a course of action and be prepared to follow through as needed with proper care.

Fall fertilization can help improve thin lawns and those with numerous small dead patches the size of a baseball or smaller. Apply fertilizer in early September to help lawns recover from summer stress while encouraging denser growth and deeper, more drought tolerant roots. Those in warmer climates growing grasses like centipede, Bermuda and zovsia should make sure the last fall application is at least one month prior to the average first killing frost. Use a low nitrogen, slow-release fertilizer that won't harm stressed lawns and young seedlings if repairing or overseeding the lawn.

Continue to mow high as long as the grass continues to grow. Taller grass produces deeper, more drought tolerant roots. Mow often, removing only a third of the total height. This is less stressful on the lawn and results in shorter clippings that can be left on the lawn. The clippings return moisture, nutrients, and organic matter to the soil.

Use a sharp blade for a cleaner cut that closes more quickly, reducing water consumption and risk of insects and disease while leaving the lawn looking its best. You'll also save time as sharp blades cut more efficiently and reduce fuel consumption by as much as 22 percent.

Improving a lawn's growing conditions will help it recover more quickly and equip it to better manage environmental stress. Core aerate lawnsB that have more than one half an inch of thatch, those growing in compacted soils, or before overseeding. By removing plugs of soil, you will break through the thatch and create channels for water and fertilizer to reach the grass roots. For best results, core aerate the lawn when its actively growing; fall for cool season grasses and spring or early summer for warm season grasses.

Hand removal of weeds is the most environmentally friendly option. Organic broadleaf weedkillers with the active ingredient Fehedta or Hedta is another option. Spot treat problem areas to minimize the use of chemicals

organic chemicals.

Repair dead and bare patches in cool season lawns that are the size of a soccer ball or larger

as needed. Those growing warm season grasses will have the best results when seeding in spring through early summer. Rake away dead grass and debris roughening and exposing the soil below. Spread grass seed over the area and lightly rake to ensure seedto-soil contact. Or mix a handful of grass seed in a bucket of compost or potting mix. The organic matter helps conserve moisture and promotes seed sprouting. Spread the mix over the soil surface. Water these areas often enough to keep the soil surface moist until the grass seed sprouts. As grass begins to grow, water more deeply and less often to encourage a robust drought tolerant root system.

Proper maintenance and a bit of cooperation from nature will help transform your lawn from a disappointment to an asset in your landscape.

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

Photo Melinda Myers

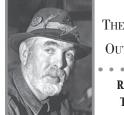
Fall is a good time to improve the health and appearance of a stressed lawn.

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









THE GREAT OUTDOORS RALPH TRUE

The feeling of fall is in the air! My two dogs also feel the cooler temperatures, and are running around like a couple of puppies. My Yellow Lab TWIG knows what the cool temperatures mean. Hunting! The Massachusetts pheasant season opens on Oct. 16 in the Central District. Mass. Fish & Wildlife no longer raises pheasant, and shut down their pheasant raising pens years ago. It is a lot cheaper to buy them during the season from New York & Vermont, and stock them throughout the pheasant season. Unfortunately, the valley area has lost a couple of prime hunting covers over the years, which prompted the state to reduce the number of birds, that are stocked in our area.

Some local hunters are not happy with the situation, but take numerous trips to the Brookfield area to hunt birds with their dogs. They have found a few great spots to hunt birds and often find their limit of two birds on each trip. Unfortunately, the grouse population continues to dwindle in the valley area, and reports from sportsmen north & west of the valley are reporting the same situation. The loss of prime habitat is the main reason, and is also affecting



Photos Courtes

The first picture shows a large black bear ,and the second shows a file photo from Fat Nancy's Tackle shop in Pulaski, N.Y. of a young lady with a nice salmon caught a few years ago on the Salmon River.

the woodcock populations in our area. Ground nesting birds have a lot more predators to contend with also.

A report from a resident that lives on Henry Street in Uxbridge last week, about the possible siting of four bears that were spotted in his yard, was the first report of multiple sightings in Uxbridge. He was not too sure about what he had actually seen until he observed a number of large foot prints on his lawn. He showed me the picture of one print that was no question, made by a black bear.

Upstate New York salmon

fishing is improving every day on the Salmon River. If you want to watch anglers fishing on the Salmon River on live cam, log onto Fat Nancy's Web page and click on their 24 hours live cam, showing anglers fishing the Salmon River. You can also get there daily hour by hour fishing report and water temperature in the river. If you are planning a trip to Upstate New York, the time is quickly approaching. On the 16th of this month, anglers fishing the Salmon River reported a large school of coho salmon working their way upstream. There



were also some kings mixed in.

The tackle shop was quick to say that the big push of salmon has not started, but do expect it to start any day now. Get your rods and gear ready, and tell the boss you are going fishing. The Salmon River is only five hours away from the valley. This week's picture shows an angler with a nice salmon from the Salmon River, and the fishing is only going to get better.

Goose hunting has been slow because of standing corn in most fields. Hunters that have a golf course to hunt on, or a grassy field that has been cut are harvesting a few geese locally.

Do not forget the Whitinsville Fish & Game Clubs annual field day this Saturday, Sept. 18, at their club headquarters on White Court in Douglas. Fun and games, along with shooting on all ranges, and great food will be available all day. The grounds open at 11 a.m. with plenty of free parking.

Take a Kid Fishing & Keep Them Rods Bending!

Tips to Plant Fall Bulbs



Following a long New England winter, few signs of spring are more welcome than the first sprouts of green popping up in a barren garden. The promise of a season of beautiful blooms, the tiny shoots are the gardeners reward of a past autumn spent preparing and planting. Experts agree fall offers ideal conditions to plant perennials. In fact, this season is the preferred time to plant spring blooming bulbs. The following are tips to preparing, planning and planting bulbs now for a flourish of flowers come spring.

If you are selecting bulbs in bulk, such as loose bulbs offered at discount garden centers, it's important to follow a few rules of thumb. Typically, big bulbs produce the largest blooms and may yield more flowers, therefore, it may be worth the cost to pay a bit more for good sized, healthy bulbs. However, if you are on a budget and have the time to wait, smaller bulbs will eventually increase in size and bloom each year.

When choosing a bulb, look for those that are firm and plump. Hold them in your palm and select bulbs that feel heavy for their size. Avoid bulbs with bruises, spots or signs of mold. And steer clear of soft, mushy and lightweight bulbs. Sprouting bulbs may indicate a bulb that has been in storage for a long time.

A little thought and preparation long way in reaping the benefits of a successful spring and summer flower garden. The planning you take time for in the fall will be apparent when the flower garden plantings burst with color and texture next year. Know your flowers before you plan to plant. While most bulbs require an area where there is full sun, other varieties such as the iris and crocus enjoy some shade after blooming. For best results select a location in full sun or sun with morning shade only. Well drained soil is a requisite for flower bulbs. If you have poor soil, raised flower beds may be an effective alternative.

rules that ensure a pleasant mix of color for a showy display. Notice how a clump of daffodils and tulips are much more charming than a tidy row of the springtime flowers? The eye is drawn toward the burst of color when these flowers are situated in generous groups of plantings.

Be sure to take an accurate bulb count of such large splashes of plantings. Your layout plan should also include using flower bulbs as accents in perennial beds, or to fill in rock gardens or as an interesting border to greenery. Be sure to plan for extra bulbs to fill in areas or to add as landscape accents.

For an interesting mix, merge short plants with tall specimens to give variety and depth as well as differing textures. And don't underestimate the power of fragrance! Nothing is more delightful than a pathway of floral scents welcoming visitors to your Scaling plants to the bed is another important factor when plotting your plan. A simple rule to follow is to keep in mind the tallest plant in an island flower bed should have a mature height that is equal to about half the width of the bed. Place these plants in the center, so they can be viewed from all sides. Also remember to take into account plants that grow and expand quickly.

goes a long way in a garden bed, but if you use a lot of white flowers in an area, consider adding a dramatic splash of bright red or bright pink or purple for visual contrast.

Dreading the long, cold winter ahead? Forcing bulbs indoors allows the impatient gardener to enjoy springtime blooms during the winter season! Certain bulbs, such as the narcissus and hyacinth lend themselves to forced budding. To do: Drop a bulb into a glass jar and fill with water and small pebbles until the water level reaches the base of the bulb. Position the jar in a sunny window. Water must remain at the same level, so add moisture as needed. To prevent mold, change the water periodically.

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

Your tips can win you a great three ourse dinner for two at t Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints! Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or email KDRR@aol. com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

Fall is in the air

Planting time varies depending on location, but here in the northeast it ranges from September until as long as the soil can be worked, usually around the end of October.

Prepare your bed by making sure the soil is properly fertilized. Be sure to dig out the soil to the proper depth. Loosen the soil and if you choose, add a bulb booster to the soil. Bulbs should be planted with pointed side up. Place them firmly, yet gently, into the ground. Cover the bulbs loosely with soil, water lightly and add a layer of mulch. Typically, bulbs should be planted three times as deep as the bulb is wide. In sandy soils, you can plant a little deeper, and in heavy soils you can dig a slightly shallower hole. Bulbs should be spaced approximately a width twice the diameter of the bulb. Note: Tulips should be planted one inch or so deeper as deep rooting can prolong the effective life of the tulip bulb.

For best results, design your garden with pen and paper first, mapping out the size of the beds and the flowers to scale. Keep in mind color, texture and fragrance are all important factors when deciding on a particular flower garden plan.

Plotting a garden plan is an exciting chore, and there are some basic

Color is another major consideration when planting your bulbs. If you want your garden to be a showcase all season, select a variety of bulbs that flower during early, middle and late spring and summer for a continuous burst of color.

Just as in the home, in the garden bed cool colors seem to recede and warm colors appear to come forward. To make a small garden area appear larger and more spacious, plant flowers in cool, light colors. As a general rule white

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On the first offensive play from scrimmage, Alex Siwik of Shepherd Hill busts off a 73-yard run.

FOOTBALL

continued from page **A1**

42-yarder late in the second quarter that gave the Rams a 33-0 halftime lead.

Junior Romeo Holland finished with 80 yards on three carries, scoring TDs on runs of 33 and 36 yards. Sophomore Aidan Watson gained 54 yards on three carries, one a 31-yard scoring romp. Seniors Nolan Legere and Jack List each scored on two-yard runs.

Off the field Buchanan made it clear, Shepherd Hill's reputation for groundand-pound, smash-mouth football will continue for the foreseeable future.

We're going to come out and we're going to run the football. That's what we do, that's what we are. That's what Shepherd Hill has been for a long time and it's what Shepherd Hill is going to continue to be," Buchanan said. "At the end of the day we've got to run what fits our personnel. At Shepherd Hill you're always going to have offensive linemen you can run the football behind, and running backs who know how to do that. When you have that, you don't mess with it.

Christenson said the lopsided win over the Rangers was, plain and simple, the way the Rams play football.

"We just have to play that Shepherd Hill brand of football," said Christenson, who was asked to explain just what that brand of football is. "It's just a bunch of tough guys; tough linemen that are blocking hard, and tough backs that are running hard. We just want to go out, get our three or four yards on every play and push the ball down the field. That was the game plan going into the game and that's what we did.'

9/11

continued from page A1

day came lessons he hopes the world can carry with them. The first is that "in darkness become the light". Samborowski recalled the story of a man named Ron Clifford who was scheduled for a meeting at the World Trade Center the day of the attack only to find himself assisting a woman named Jeannieann Maffeo who had suf-



Shepherd Hill's Romeo Holland celebrates after scoring a touchdown.

Christenson was quick to add that there was no shortage of holes for the Rams' bevy of backs to run through.

"The line played great. I'm really proud of all those guys," he said. "They did most of the work.'

Buchanan said Siwik's 73-yard run on the first play from scrimmage set the tone for the game.

"We have a relatively young offensive line, so that early success was huge for them," Buchanan said. "Early success builds a lot of confidence, which leads to more success running the ball, which leads to more confidence in our ability to run the ball."

Starting along the Rams' offensive line are senior captain Justin Generella, juniors Charles Karp, Gavin Grenier, and James "JD" Robson, and sophomore Nick Dell'Ovo. Only Generella, at guard, and Karp, at center, have fixed

fered severe burns from falling jet fuel after the North Tower was struck, the first attack on that fateful day.

"Ron and Jeannieann prayed together because their faith was also their light," Samborowski said.

The second lesson he shared was "when opposed by evil find strength in your people" referencing the story of Ladder 6 who entered the North Tower and ascended to help evacuate individuals after the attack. There they



Ethan Barre of Shepherd Hill secures a first-quarter interception versus Westborough.



A swarm of Shepherd Hill defenders get after Westborough's Ben Verheijen.

positions on the offensive line.

'We like to shuffle our offensive linemen around," Buchanan said. "We try to teach them to be interchangeable and versatile. It helps them at this level, which helps us, and then it helps them at the next level, too.

"It's the reason you can have a kid like [former Ram] Chris Lindstrom who played tackle his entire high school career go to the next level [Boston

felt the collapse of the neighboring South Tower understanding the North Tower would soon do the same. During their evacuation they rescued a woman named Josephine Harris and, refusing to leave her, stayed with her when she was unable to go any further. The Ladder 6 crew survived the collapse of the North Tower after stopping on the fourth floor and refusing Josephine's requests to leave her behind, a decision and specific placement that likely saved College] and not only play guard but be an outstanding guard," Buchanan added. "That happened, in part, because the process of learning how to play the position began as a junior in high school."

Lindstrom is currently a starting guard for the National Football League's Atlanta Falcons, who selected him with the 14th overall pick in the 2019 NFL draft.

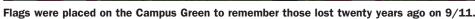
their lives. They were seven of only 22 survivors of the collapse of the North Tower who were later rescued by their fellow first responders.

The ceremony was capped off by a moment of silence and the ringing of the bell followed by those in attendance placing flags on the green, symbols of America's undying unity in the face of what remains today, 20 years after one of, if not the worst terrorist attacks recorded on United States soil.

COLLEGE







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for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols also offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.





Big Brothers Big Sisters of Central Mass. & Metrowest hire new Chief Executive Officer

WORCESTER — The Board of Directors of Big Brothers Big Sisters of Central Mass & Metrowest is pleased to announce the appointment of Connie Askin as its new CEO, effective Sept. 7.

Connie earned an MBA from Olin Graduate School of Business and spent her undergrad years at Harvard University. She has held senior level positions in both business and non-profit organizations, including City Year and Year Up.

Margaret Sullivan, Chairperson of the Hiring Committee, said "Connie is a mission-driven leader who embraces our goal of "providing children facing adversity with strong and enduring, professionally supported one-to-one relationships that change lives for the BETTER, FOREVER". Connie said "The past year and a half has been so challenging for children and families. As a relentless believer in silver-linings, I am excited to be part of a team that is actively helping alleviate some of that stress by matching caring adults and children in our communities who will benefit from this kind of actionable optimism."

Jack Hoehlein, Chairman of the Board of Directors, said "everyone who has had the opportunity to meet with Connie has great confidence that Connie's demeanor and prior business experience including high level positions with nonprofit agencies will serve the staff, Bigs/Littles and all stakeholders very well! In addition, he said "Connie's extensive fundraising experience will be invaluable to reaching our goal of reducing or eliminating the wait list for "Bigs" by generating more revenues to increase the number of matches of mentors to mentees from approximately 1,000 to 1,500 over the next two years."

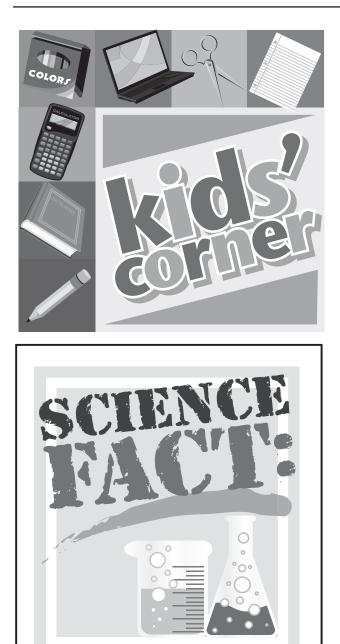
About Big Brothers Big Sisters of Central Mass & MetroWest

The mission of Big Brothers Big Sisters of Central Mass & MetroWest is to create professionally supported mentoring relationships, empowering youth to realize their potential and build brighter futures. Children's lives are enhanced when they have a mentor in their lives to celebrate their successes. To learn more about Big Brothers Big Sisters of Central Mass & Metrowest, please visit www.bbbscm.org.



Connie Askin





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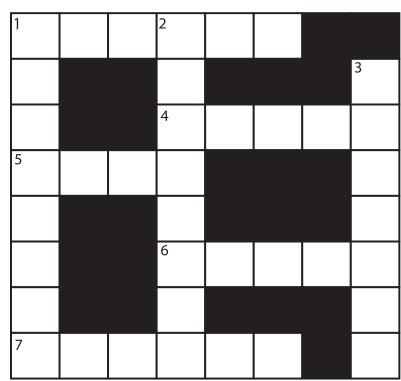
ANSWER: HURRICANES



ENGLISH: Prepare

SPANISH: Preparar

Crossword Puzzle



ACROSS

- 1. Passed easily or gently through
- 4. Gradually lessen
- 5. Orderly, tidy
- 6. Former U.S. President
- 7. Weather events

Answers: Across I. Wafted 4. Taper 5. Neat 6. Obama 7. Storms Down I. Warnings 2. Tattooer 3. Prepare I. Warnings 2. Tattooer 3. Prepare

DOWN 1 Statement

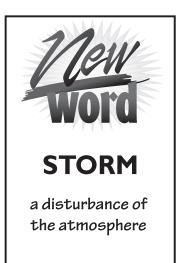
- 1. Statements telling of potential problems
- 2. Tattoo artist
- 3. Plan ahead for something



• **1787:** THE UNITED STATES CONSTITUTION IS SIGNED BY A MAJORITY OF DELEGATES IN PHILADELPHIA.

• **1920:** THE AMERICAN PROFESSIONAL FOOTBALL ASSOCIATION IS FORMED. IT LATER BECOMES THE NATIONAL FOOTBALL LEAGUE.

• 2011: THE OCCUPY WALL STREET MOVEMENT BEGINS IN NEW YORK CITY.







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ITALIAN: Preparare

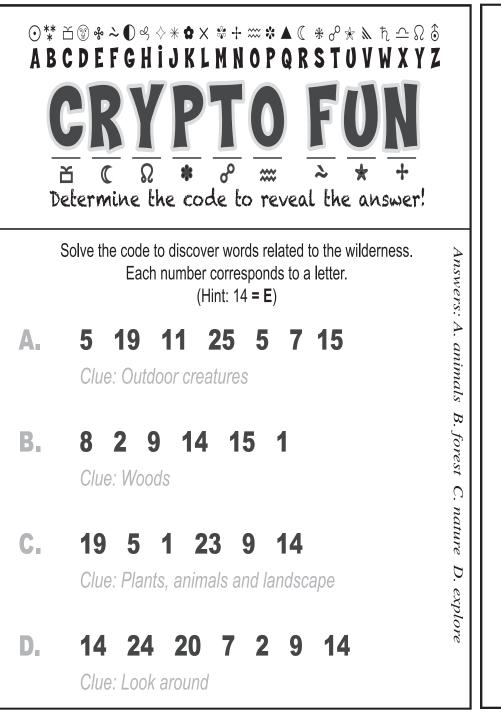
FRENCH: Préparer

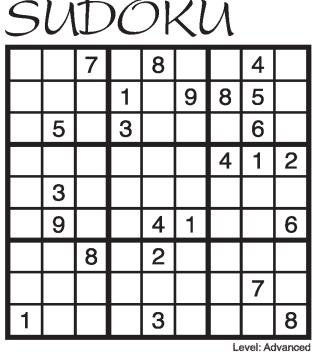
GERMAN: Vorbereiten



Can you guess what the bigger picture is?

ANSWER: HURRICANE





Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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!

8	2	9	G	3	6	4	L	F
4	Z	ε	8	F	9	9	2	6
G	6	٢	Z	2	4	8	9	ε
9	3	9	F	4	8	2	6	Z
6	8	Z	9	G	2	٢	ε	4
2	٢	4	3	6	L	9	8	G
F	9	2	4	Z	ε	6	5	8
Z	G	8	6	9	ŀ	3	4	5
3	4	6	2	8	ç	Z	F	9
:RAWER:								



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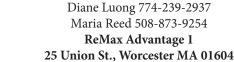
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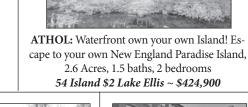
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How to clean and sanitize a backpack

Backpacks are useful tools for students and adults alike. From hiking supplies to school books to sports equipment, backpacks can store just about anything. As veritable workhorses, they're bound to get dirty and can benefit from periodic cleaning.

While it may be tempting to simply throw a backpack into the washing machine, it is important to check the care instructions first. Some canvas, nylon and fabric backpacks can go in the wash, but those made of leather or those with intricate details should not. Backpack manufacturers also advise against putting backpacks in a dryer.

Here are steps to cleaning a backpack.

1. To get started, begin by removing any items from the backpack, including all of the pockets. If necessary, use a vacuum to get crumbs out of the backpack.

2. Check the care label to see if there are washing instructions. This will determine if vou should wash it by hand or if it can be put in the machine.

3. If the bag can be machine-

washed, turn it inside out first or place it in a pillowcase so that the straps and zippers will not be caught. Then wash it on a gentle setting with a mild detergent and lukewarm water. If the bag should be hand-washed, use lukewarm water and a soft sponge or a gentle bristle brush. The outdoor retailer REI says you do not want to harm any protective coatings on the pack.

4. Zippers need occasional cleaning to remove dirt, sand or crumbs. Many zippers have water-resistant coatings so do not scrub them. Use a lubricant made for zippers to help them slide smoothly.

5. Hang the bag to air dry upside down. It likely will dry more quickly outdoors, but avoid direct sunlight, which can compromise the integrity of the fabric or discolor the backpack.

6. Do not store or use the backpack until it is completely dry

7. Sometimes a backpack may need to be disinfected to prevent the growth of fungus or bacteria. Athlete's foot fungus can easily transfer from socks



and shoes to the backpack if gym clothes are left in the bag. The Spruce says to skip chlorine bleach and use a pine oil or phenolic disinfectant or a disinfectant wipe, such as Pine Sol or Spic-n-Span. Lysol brand

disinfectant also can be used and is available in liquid formula or spray.

If a backpack is waterproof, only wash it once or twice per year; otherwise, you may reduce the pack's ability to

repel water. Use cleansing wipes to spot clean when necessary.

Backpacks can get grimy quickly. Routine washing can freshen them right up.

Strategies to spend less time on your smartphone



Smartphones are a significant part of life in the 21st century. According to the at Zenith, in 2019 the average American adult spent three hours and 30 minutes using mobile internet every day, with estimates suggesting that number could increase to more than four hours per day by 2021. It's no secret that many people struggle when it comes to putting down their smartphones. The secret lies in learning how to unplug from smartphones, especially for the millions of people

technology, data and analytics experts smartphones down can help people do just that, and some additional strategies might make it easier to unplug as well. • Keep your phone in another room. Many people are drawn to their smartphones by a seemingly endless stream of notifications. The addictive nature of notifications is debatable, but blaming notifications and merely turning them off may not be as effective a means to reducing smartphone reliance as you think. A 2020 study by researchers at

the London School of Economics and Political Science found that 89 percent of interactions with phones were unprompted. That suggests people are simply picking up their phones even when notifications or incoming calls aren't making them do so. Keeping a phone in another room when dining, reading a book, engaging with family members, or participating in other activities can help people avoid that familiar urge to pick up their phone.

• Utilize apps to curtail your usage. Various apps allow users to block their own access to other apps and websites. These apps, which include Flipd and Freedom, are designed to help smartphone users regain productivity they might have lost due to their smartphone usage. The apps can be utilized in various ways, and one such way is to restrict access to games and websites during the workday. They also can be used to restrict access during family time or other hours of the day when people don't want to be distracted by the internet. · Set up auto reply. Many professionals set up out-of-office messages to notify colleagues and clients when they're on vacation or engaging in projects that will prevent them from answering emails. The same principle can be applied to text messages. According to a 2019 survey from CTIA, which has tracked the evolution of the United States wireless industry since 1985, two

trillion text messages were exchanged in 2019. That's a lot of messages, and texting is a significant reason why so many people have problems putting down their phones. An automatic response informing friends, family and colleagues that you're away from your phone can be a great way to spend less time texting.

Smartphone usage is on the rise, even among people who want to put their phones down more often. Such users can try various approaches to spend less time on their phones.

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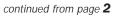
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A closer look at the autumnal equinox

Each September, the Northern Hemisphere experiences the autumnal equinox, which marks the official beginning of fall. In the Southern Hemisphere, spring is arriving at this time.

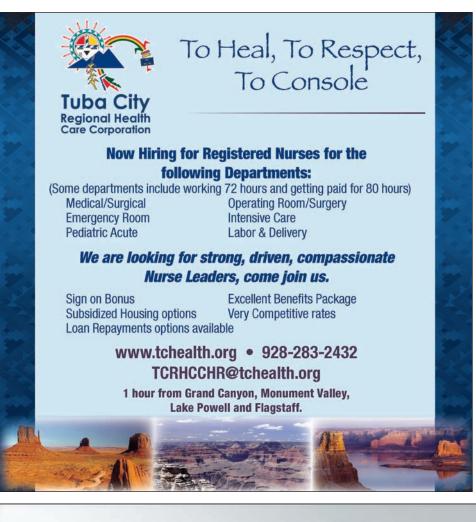
Each year there are two equinoxes, the vernal and the autumnal (March and September, respectively). Shortly after the autumnal equinox, days begin getting shorter and the nights get longer. The autumnal equinox always occurs between September 21 and September 24. In 2021, the autumnal equinox takes place on September 22.

The word equinox is from the Latin "aequi," meaning "equal," and "nox" or

"night." That means that during each equinox the hours of day and night are nearly equal in length across the planet. During the equinox, the part of the Earth that is closest to the sun is the equator, explains History.com. That helps make night and day equal in length.

According to the Farmer's Almanac, the Autumnal Equinox on September 22, 2021, arrives at 3:21 p.m. EDT, 2:21 p.m. CDT, 1:21 p.m. MDT, and 12:21 p.m. PDT. TF219295







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Ninth annual Shawna Shea Film Festival does a COVID merge of 2020 and 2021

STURBRIDGE — The 2021 Shawna Shea Film Festival (SSFF) will host indie filmmakers from around the



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world Sept. 21-25, Tuesday through Saturday, at the Sturbridge Host Hotel and Conference Center, 366 Main St.

SSFF2021 will also host an afternoon of panel discussions relevant to filmmakers and movie lovers alike at the historic Publick House, 277 Main St. in Sturbridge, at 1 p.m. and at 3 p.m.

We're excited to present more than 50 locally produced feature length and short films.

For the full schedule, movie programming and tickets, visit www. shawnasheaff.org.

Big news this year: Robin Lane will perform on Friday, Sept. 24, at 8:30 p.m. following the screening of her biopic documentary "When Things Go Wrong: The Robin Lane Story" by Tim Jackson. We are very excited to have Robin, a well known Boston rocker, with us. She is the founder of the non-profit Songbird Sings, working with domestic violence victims using music as a healing tool.

Another very special segment of SSFF2021 is the screening of all past gram of the Shawna E. Shea Memorial Foundation, Inc. which supports firsttime women filmmakers with financial and mentor support. The Fellowship film block will screen Saturday, Sept. 25, at 7:30 p.m.

SSFF2021 will also screen cult Italian movie director Luigi Cozzi's film "The Battle of Rome:" the Ryan Bliss film "Alice Fades Away;" the Charles Vuolo & Andre Phillips film "Lupe;" the Joe Badon film "Sister Tempest;" and "The Ventures: Stars on Guitars, a documentary by Staci Layne Wilson, the daughter of one of the iconic Ventures guitarist Don Wilson.

Our very popular Horror Shorts block is back with a vengeance as well as our favorite, the Experimental film block which includes "Darling Pet Monkey" by filmmaker Jim McDonough.

Even as we follow state guidelines, masks will be mandatory to enter the screening rooms and adjacent lobbies. After each screening and Q&A, we will

be wiping and disinfecting the screening rooms.

About SSFF:

The Shawna Shea Film Festival celebrates independent films and the people who make them. Established in 2012 as a program of the Shawna E. Shea Memorial Foundation Inc., SSFF honors Shawna's unique independent spirit by bringing audi-ences films that share the same quality. www.shawnasheaff.org. All proceeds benefit the Shawna E. Shea Memorial Foundation, Inc.

About the Shawna E. Shea Memorial Foundation, Inc.:

A 501(c)(3) public charity, the Shawna Foundation supports people, especially women, in filmmaking, performance arts and other artistic and cultural endeavors through financial assistance, collaborative fellowships, mentoring and educational opportunities. Visit www.shawnafoundation to learn about all our programs.



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