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Friday, October 1, 2021

Well-balanced Warriors blank Notre Dame Academy

BY NICK ETHIER
SPORTS EDITOR

STURBRIDGE — As a head coach, all one can want is for their team to try and perform the task asked of them to the best of their ability. And when that happens, it's more than worthwhile.

That was the case for Matthew Rickson, head coach of the Tantasqua Regional girls' varsity soccer team, when the Warriors hosted Notre Dame Academy at the Cage on Tuesday, Sept. 21. Tantasqua played brilliantly on the way to a 3-0 shutout victory.

"They're increasing their level of play each game and that's all I can ask for. They did everything we asked them to do today," said Rickson.

What Rickson asked of the Warriors was to remain offensively persistent at the halftime break, where they held a slim lead of 1-0.

"It's going to come," Rickson remembered telling his



Nick Ethier

Olivia Magerowski of Tantasqua steps into the ball to clear it out of her team's defensive zone.

squad. "You guys are doing everything you're supposed to do. It [ended up working out] for us."

Rickson was also pleased that his team had a lead at the break after numerous chances to put a goal on the board. Tantasqua finally did so with 5:45 remaining in the first half. That is when freshman Keelan Mader, a defender, found a gap in the Rebels' defense and lofted a brilliant kick from 25 yards out that got up and over the keeper and into the back of the net.

"[That goal] helps us going into the half," said Rickson. "That's a big goal. One's nowhere near enough. The opportunities we were creating we had to keep doing."

And keep going the Warriors did. "The best thing is what we talked about they were able to execute," Rickson said.

Tantasqua continually peppered Notre Dame's net in the second half and they were rewarded with their

Turn To **SOCCER**, page **A13**

New book compiles facts about Brimfield

BY KEVIN FLANDERS
STAFF WRITER

BRIMFIELD — Residents are learning plenty of fascinating facts about their town thanks to a recent book celebrating Brimfield history.

Featuring multiple contributors from across town, "101 Things to Know About Brimfield" includes sections on many of the most significant people, places, and events impacting Brimfield since its founding in 1731.

The primary author and researcher for the book is Mike DeFalco, a member of both the Brimfield Historical Commission and the Brimfield Public Library Board of Trustees. DeFalco was assisted greatly by community contributors, who combined to cover about a quarter of the book's content.

"We contacted people in the community who had a close association to a place or event. We asked if they would like to contribute to the book," DeFalco said.

Don Duffy, a local expert on Native Americans in the area, provided material for multiple chapters of the book. Additional contributors include Cindy Skowrya, the Executive Director of Hitchcock Academy; Brimfield Selectwoman Suzanne Collins; and Brimfield Public Library Director Rebecca Wells, among several others.

Book topics include the town's early industry; the lost villages of East Brimfield; the 1955 hurricane and other major weather events; military information and war memorials; and important people who helped shape Brimfield over the years.

Chapters in the book range from informational pieces on important figures to highlights of interesting places and events. Readers will learn more about the circus that came to Brimfield in the early 1900s, as well as the local man who became an expert in hot air ballooning. They will also discover how a local woman became known as the mother of Oregon.

Places of emphasis in the book include Steerage Rock; First Congregational Church; Town Hall; the windmill; Brimfield Brickyard; Sherman House; the

Turn To **BOOK**, page **A10**

Hitchcock Academy invites you to celebrate World Smile Day

BRIMFIELD — Hitchcock Academy invites one and all to "do an act of kindness and make one person smile" in honor of World Smile Day on Friday, Oct. 1. Executive Director, Cindy Skowrya, who has been a Smile Day ambassador for years, hopes to spread the day's message of kindness through the area with activities geared toward reaching out to others.

Skowrya says, "We are looking to spread smiles and moments of joy with Smile Day Ambassador volunteers."

Created in 1963 by Worcester native Harvey Ball, Smiley became a worldwide phenomenon. By 1999, Ball, concerned by what he considered the over commercialization of his happy face, decided that one day a year, the first Friday in October, Smiley would serve as the impetus for a day dedicated to acts of kindness and World Smile Day was born. Over the years the day has been observed by myriad activities such as choral performances, nursing home visits, and Smiley flash mobs; all geared to make people smile.

Anyone can be a Smile Day Ambassador!

Simply stop into Hitchcock Academy in Brimfield from 11 a.m. – 6 p.m. to pick up Smile Day Certificates, free posters, stickers, and to deliver messages of cheer to friends, families even strangers or simply for themselves. Want Hitchcock Academy to deliver one for you locally – for just \$1 order yours at hitchcockacademy.org. Smiley face balloons will also be available for \$1. Everyone is also encouraged to celebrate with HFA by painting a Kindness Rock with a positive message. The kindness rocks can then be shared to a neighbor's porch or a friend's garden. All activities are in keeping with Smiley creator Harvey Ball's hope that his yellow face symbol could become an inspirational source of benevolence. For more information about World Smile Day and its impact you can visit Worldsmileday.com. If you would like to help deliver smile certificates on behalf of Hitchcock Academy you can call 413-245-9977 or email executive@hitchcockacademy.org.

Skowrya said, "Anyone, no matter their age,

Turn To **SMILE**, page **A10**

Old Sturbridge Academy welcomes new deans to elementary, middle schools

STURBRIDGE — Old Sturbridge Academy (OSA) has hired two new key staff members to provide leadership for the school's mission to deliver real-world learning experiences in a supportive and nurturing school community. Old Sturbridge Academy Charter Public School works in partnership with Old Sturbridge Village to create a learning environment that represents all aspects of the diversity spectrum.

Rebekah Andino's new role is Elementary School Dean of Students. Previously, Andino was the OSA Special Education Team Leader and a fourth grade lead teacher. She comes qualified with her B.S. in Elementary Education and Special Education from Palm Beach Atlantic University, along with her M.Ed. in Educational Leadership and Management from Fitchburg State University. Andino has obtained certificates in Trauma Informed Care and Safety Care, making her therapeutic interventions with children an integral part of her position as Dean of Students.

Andino found her way to OSA after much research and planning.

"After researching best practices, and trying my best to influence my instruction with research-based methods, I realized the concept of learning through experiences could not be done on my own. I looked for experts to join hands in my instruction but had no luck finding consistent supports. When visiting Old Sturbridge Village with my sister and family, we realized our dream of Old Sturbridge Village opening a school was rapidly becoming a reality. Once my nieces were



Courtesy

Rebekah Andino

enrolled, I relocated to Massachusetts and awaited the opportunity to join this team of inspirational educators. This dream became a reality in August of 2018 when I joined the OSA Crew as a Special Education Teacher," said Andino.

Andino is eager to continue building cohesive and strong relationships between the Village and the Academy to best educate the students. She is also looking forward to building rapport with the families and community partners to contin-



Courtesy

David Burris, Jr.

ue providing opportunities for people to learn more about OSA both online and in person. "The community outreach will be important in the recruitment of English Language Learners and economically disadvantaged," said Andino.

David Burris, Jr. comes to Old Sturbridge Academy as the Middle School Dean of Students. Burris grew up in nearby Southbridge working

Turn To **DEANS**, page **A10**

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Dental hygiene is about more than just your teeth

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

According to the Mayo Clinic, poor oral health might contribute to various diseases and conditions. Periodontitis is a severe yet preventable gum infec-

tion that can lead to tooth loss if left untreated. But the threat of periodontitis doesn't end in the mouth. The American Academy of Periodontology notes there's a connection between periodontitis and several other diseases. While bacteria was long suspected to be the link between periodontitis and other diseases in the body, the AAP notes that recent research points to inflammation as the culprit that connects periodontitis with diseases such as diabetes and heart disease.

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

Diabetes The AAP notes that people with dia- Heart disease



Can periodontal disease be prevented? Periodontal disease is preventable. A daily dental hygiene regimen that includes brushing after meals, flossing at least once per day and swishing with mouthwash are some simple, healthy habits that can prevent periodontal disease. In addition, the AAP recommends that people at increased risk for periodontal disease, including the elderly and smokers, should discuss their risk with their dental professionals. Dental hygiene can do more for individuals than produce a mouthful of pearly white teeth. In fact, people who prioritize dental hygiene may lower their risks for various diseases.

STURBRIDGE VILLAGER

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

Quinebaug Masonic Lodge Ladies Auxiliary Craft Fair a great success

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

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

In appreciation and support for the craft fair, Quinebaug's Lodge Public Relations Officer Bro. Jimmy Falzone and Ladies Auxiliary Coordinator Norah Proper went around to each vendor and thanked them for their support and handed out bags full of heirloom apples. Bro. Falzone explained the kind of apples they were and said they are great for baking and eating. Norah agreed



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

with him and told them the pies she has made with these apples came out delicious. A winter Craft Fair is scheduled for December 11th with more information to come soon. Members of the Quinebaug Lodge are

very proud of the Ladies Auxiliary volunteers. If you would like more information about Freemasonry and to find a lodge nearest you, visit our website at www.massfreemasonry.org.

Courtesy



ACCURACY WATCH

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

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

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

Application open for Creative Worcester's "The Business of Art" Cohort

WORCESTER — The Greater Worcester Community Foundation (GWCF) is seeking individual artist applicants for a new program, The Business of Art. Funded by GWCF's Creative Worcester Initiative in partnership with the Barr Foundation, The Business of Art cohort is a 6-month financial wellness and sustainability program for Worcester artists of color or artists who identify as low to moderate income. Administered with the help of MASS MoCA's Assets for Artists, this capacity-building program will pair a \$1,000 mini-grant with one-on-one coaching, artist communi-

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

"Individual artists are essential to a vibrant arts and culture ecosystem, but developing a successful creative career has unique challenges," said Lindiana Semidei, GWCF's Program Associate, Arts & Culture. "Our hope with 'The Business of Art' cohort is to provide Worcester's artists of color with tools and resources to thrive as creative entrepreneurs."

Through "The Business of Art," which will run from November 2021 through

May 2022, participants will build their own business plan, take part (virtually) in group activities, and have the following resources available:

- \$1,000 mini-grant (upon completion of the program)
- Priority sign-up for 5 free online workshops
- Individualized support and guidance from Assets for Artists staff or trainers
- Social media promotional support for 1-2 projects per artist with GWCF's social accounts

"The Business of Art" workshops, which will be led by MASS MoCA's Assets for Artists team of artist-entrepreneurs, will cover a range of topics such

as developing a strategic business plan, applying for grants, understanding the basics of taxes and financial planning for artists, decolonizing your creative practice, and more.

"The cultural sector continues to feel the economic pains of the pandemic, and low income artists and artists of color are among those who feel the impacts acutely," said Carolyn Stempler, GWCF's Interim President and CEO. "This program, an innovative new element of our Creative Worcester Initiative, is infusing the cultural sector with financial resources and expert support to address inequities and to

fully recognize the arts as a vital community asset."

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

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High School Notebook

Sept. 20

Tantasqua 179, Bartlett 251 — A 7-1 record is now had by the Warriors' golf team after defeating the Indians. Colm McGrath was the medalist after carding a 6-over par 42 at Hemlock Ridge.

Sept. 23

Longmeadow 163, Tantasqua 168 — Ryan Downes carded a 1-under par 35 to help Longmeadow defeat the Warriors' golf team at Hemlock Ridge. Tantasqua's Aubyn Phillips was the lowest Tantasqua (7-2) player with a 40.

Sept. 24

Fitchburg 20, Tantasqua 6 — Falling behind by a score of 13-0 at halftime, the Warriors' football team couldn't mount a second half comeback, despite a touchdown run by Caleb Thompson in the third quarter.

Wachusett 197, Tantasqua 227 — The Tantasqua varsity golf team travelled to Bedrock Golf Club to face undefeated Wachusett. There, medalist honors went to Mitch Bullett, who shot an even par 36 for winning Wachusett. Low Warrior was Nate Wright who shot a 43. Tantasqua is now 7-3.

P.A.L. of the Week

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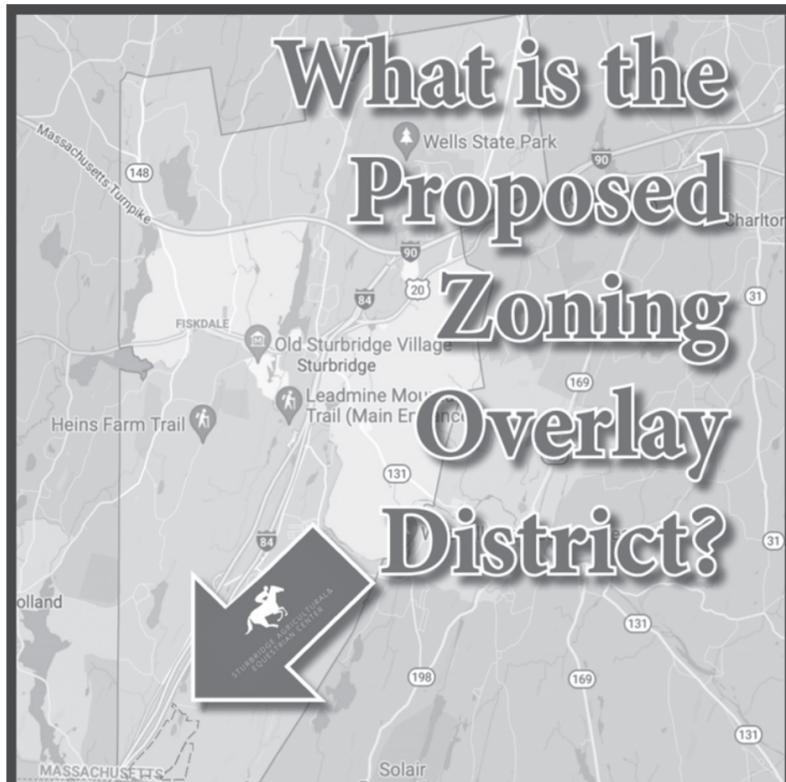
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- 2. It puts into the hands of the town the authority to approve or disapprove of the project as it moves forward.**
The Agricultural Entertainment Overlay District requires any applicant who wants to develop an equine center to get approval from the town for every facet of the project. From traffic to noise to parking, any applicant will have to provide detailed impact studies and satisfy the requirements of both site plan and special permitting bylaws.
- 3. It defines and determines explicitly what can never be done on the land.**
This includes restrictions expressly prohibiting a casino and slot machines, as well as restricting retail development. In short, if this passes at town meeting, this land can never be turned into a casino or a strip mall.

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



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Socially Speaking...

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



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QCC announces new Senior Development Director

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

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



Courtesy

(Left) Felicia Riffelmacher

As a former development director for a state university, Ms. Riffelmacher has over 10 years of fundraising experience in the non-profit and education sectors, as a fundraiser and instructor.

"I have a deep commitment to fundraising for mission-based organizations; particularly higher education. I raise funds for students and I share with donors how their gifts have a multiplier effect regarding their generational impact. My joy is in mentoring staff and students and sharing how philanthropic giving

on any level is one of the ways we empower ourselves and brighten a world that is in need of healing," she said. "I'm thrilled to have the opportunity to return to the institution that changed the trajectory of my life."

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

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

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

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

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

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

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

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

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

Cornerstone Bank to hold reopening celebration for Sturbridge branch

WORCESTER — Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, will host a reopening celebration at its Sturbridge branch located at 200 Charlton Road, Route 20, on Saturday, Oct. 2. The event, which will unveil new renovations, will be held from 10 a.m.-1 p.m., with an official ribbon cutting at noon.

"We are excited to celebrate this newly remodeled branch with our community," said Cornerstone Bank CEO Todd Tallman. "We invite customers and our community to stop by with their family for games, food, and entertainment. Come check out our renovated branch, which has been elevated with a more modern and functional design for our staff and more importantly our customers. I look forward to seeing you there."

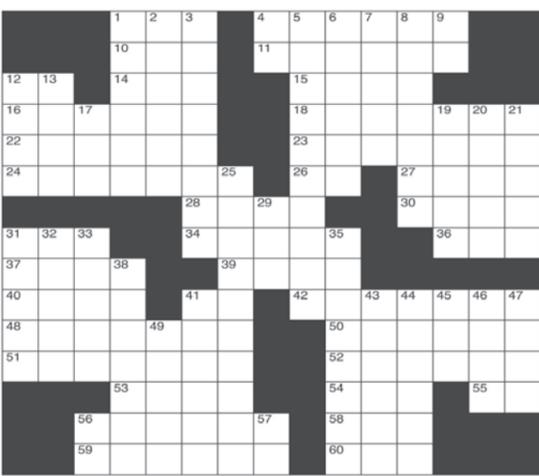
The public is welcome to attend and enjoy fun for the whole family including a bounce house, face painting, ice cream truck, balloon artist, games, giveaways, and more. For more information about Cornerstone Bank and its services, please visit cornerstonebank.com.



About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank serving residents, businesses and communities throughout Central Massachusetts. Our customer promise, Built on Trust, is not just a brand, but also a corporate focus. Whether a business or personal partnership, Cornerstone Bank rests on the foundation that relationships are

built on trust. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender and SBA Preferred Lender. To learn about Cornerstone Bank's personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.



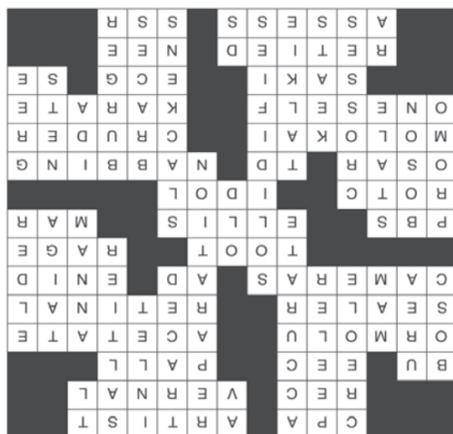
CLUES ACROSS

1. Numbers cruncher
4. Creator
10. A type of center
11. About spring
12. Equal to 64 U.S. pints (abbr.)
14. Precursor to the EU
15. Something that can be cast
16. Gold-colored alloy
18. A salt or ester of acetic acid
22. A hard coating on a porous surface
23. A type of detachment
24. Filmmakers need them
26. Promotional material
27. ___ Blyton, children's author
28. Short, sharp sound
30. Feeling of intense anger
31. Popular TV network
34. Island entry point
36. Disfigure
37. College army
39. One who's revered
40. Long, winding ridge
41. Football stat
42. Stealing
48. Hawaiian island
50. More raw
51. In one's normal state of mind
52. Daniel LaRusso's sport
53. Tropical American monkey
54. Measures heart currents
55. Midway between south and east
56. Knotted again
58. Born of
59. Value
60. Soviet Socialist Republic

CLUES DOWN

1. Mother tongue
2. Removes potato skins
3. True
4. Early multimedia
5. The making of amends
6. Discovered by investigation
7. Small arm of the sea
8. More seasoned
9. Atomic #81
12. Type of pear
13. Chemical compound
17. One's mother
19. Vietnam's former name
20. Snow forest
21. Church officer
25. Hardens
29. Ancient
31. Advertising gimmick
32. Subatomic particle
33. Not fresh
35. Loosens
38. Religious symbols
41. Film
43. Orthodontic devices
44. Grilled beef sandwich
45. Journalist Tarbell
46. Brooklyn hoopsters
47. Japanese social networking service
49. Romantic poet
56. Dorm worker
57. Poor grades

PUZZLE SOLUTION



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Community Connection

Artists and Crafters Wanted

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

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

We have a few spaces left for more exhibitors.

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

We welcome all inquiries.

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and submit a free and reduced-price school meal application. Applications are available in the main office of the school as well as on our website <http://www.osacps.org>. If you have questions please contact the Nutrition Program at 774-922-1840. Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees,

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3	28,548	2,379	1,190	1,098	549	40,626	3,386	1,693	1,563	782
4	34,450	2,871	1,436	1,325	663	49,025	4,086	2,043	1,886	943
5	40,352	3,363	1,682	1,552	776	57,424	4,786	2,393	2,209	1,105
6	46,254	3,855	1,928	1,779	890	65,823	5,486	2,743	2,532	1,266
7	52,156	4,347	2,174	2,006	1,003	74,222	6,186	3,093	2,855	1,428
8	58,058	4,839	2,420	2,233	1,117	82,621	6,886	3,443	3,178	1,589
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From lifeguard to LPN

CHARLTON — Becoming an LPN did not change the career trajectory for Meghan Reidy, LPN of Auburn. She was a lifeguard at the YWCA in Worcester from 2014 to 2016, and during the summers of 2014-2019 at the Camp Woodhaven in West Boylston, MA monitoring the safety of swimmers, supervising swimmers to make sure they are swimming within safety protocols, checking the safety of all equipment on deck/pool area, and maintaining the pool area including checking pool chemical/ph levels to maintain safety to all. Reidy is newly employed as an LPN at Southbridge Rehabilitation in Southbridge, MA. She is completing her orientation as an entry-level nurse, all that was well and good, and she is fully ready to transition from



Courtesy

Meghan Reidy embark on the "real world." Reidy is newly employed as an LPN at Southbridge Rehabilitation in Southbridge, MA. She is completing her orientation as an entry-level nurse, all that was well and good, and she is fully ready to transition from

lifeguard to a lifesaver as an LPN. She had always wanted to help people, and with her commitment to nursing, she is able to do just so. "After experiencing fast-paced medical situations on my medical-surgical rotations and encountering them with proper

training, as well as skills that I had acquired in becoming an LPN, I realized that I'm ready and this is the path that I wanted to go down," Reidy said. While at Bay Path, Reidy was a member of the Admissions Panel, and the Mock Code Team. She was an officer of the UNICEF Club and was a judge for the SkillsUSA State competition. Reidy is certified in Mental Health First Aid and Dementia Care. She attended the COVID-19 Contact Tracing at Johns Hopkins University. She completed her secondary education at Bay Path Regional Vocational Technical High School, Facilities Management Shop (2017).

Country Bank appoints new Board of Trustee members and New Corporators

WORCESTER — Country Bank President and CEO, Paul F. Scully, announced the appointment of four prominent business professionals to its Board of Trustees and four new Corporators from local businesses within the communities it serves. Attorney Richard H. Maynard, owner of the Law Offices of Richard H. Maynard, PC and Elizabeth Rappaport, Partner at Century Investment Company, both from western Massachusetts, have joined the Board of Trustees. Central Massachusetts Board of Trustees include Ross Dik, owner of Knight-Dik Insurance located in Worcester, and Stacy Luster, General Counsel and Assistant to the President of Worcester State University, who will also serve as a Corporator.

Konstantaki, Cofounder and Principal at Amcomm Wireless. "While each of our markets offers a unique value proposition, we are adding strategic business professionals throughout the region to our team to help us focus our efforts on the areas that will provide us with the most growth opportunities," stated Paul Scully, President and CEO of Country Bank. "We are delighted to have these new dedicated and experienced business professionals join us. Together, we look forward to the future with great optimism for continued success, growth, and prosperity for our Community, Customers and Staff."

About Country Bank

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

UMass Memorial Health-Harrington welcomes Courtney Kotfila to Cancer Center

SOUTHBRIDGE — Courtney Kotfila, FNP-C has joined UMass Memorial Health - Harrington, providing Hematology/Oncology care at The Cancer Center at Harrington, located in Southbridge. Prior to her new role at The Cancer Center at Harrington, Kotfila, served as a registered nurse on the Medical Surgical Unit at Harrington Hospital for the past five years. She holds certification as a family nurse practitioner through the American Academy of Nurse Practitioners and is a graduate of the Massachusetts College of Pharmacy and Health Science University (MCPHS University), where she earned a Master's of Science, Family Nurse Practitioner. She completed

her Bachelor's degree in Nursing at Westfield State University in Westfield Massachusetts. Kotfila joins Drs. Jeffery Gordon, Andrei Bandarchuk and Donna Kentley, PA-C at The Cancer Center at Harrington, located at 55 Sayles Street in Southbridge. The Cancer Center at Harrington is nationally accredited by the Commission on Cancer of the American College of Surgeons, and provides comprehensive, multidisciplinary treatment of cancer and hematological conditions, including support services to patients and their families. To learn more about The Cancer Center at Harrington and to request an appointment, visit harringtonhospital.org/cancer or call (508) 764-2400.

Liam Gore, of Sturbridge named to Assumption University Football Team

WORCESTER — The Assumption University Department of Athletics has announced that Liam Gore, of Sturbridge, has earned a spot on the 2021 Greyhounds Football team. Gore, Class of 2024, is competing during the fall season. The Assumption University football team was picked fourth in the 2021 Northeast-10 Conference Preseason Coaches' Poll. The Greyhounds, NE10 champions in two of the past five seasons (2015, 2017), were tied for third in the 2019 league standings with a 6-4

mark. Assumption led all NE10 programs in points per game (34.3) and rushing yards per game (202.4) two seasons ago. "We are excited to be back on the field and competing this season," said Andy McKenzie, who is entering his fourth year as head coach. "Our student-athletes have worked very hard throughout the year to stay mentally and physically ready, both in the classroom and on the field. They haven't

Turn To GORE, page A10



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 EDITOR

EDITORIAL

Take a break from bad news

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

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

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

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

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

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

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

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

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OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Indian Summer and Other Weather Curiosities

Here in New England where long, cold winters make warm weather highly anticipated and much appreciated, few weather forecasts are celebrated more than the promise of "Indian Summer." The bonus of an extra week or two of summer weather as the hydrangeas wane and school buses reappear, is nothing short of a celebratory occasion. From extra swims to extended camp outs, Northeasterners of all ages savor the unseasonal high temperatures.

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

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

Indian Summer Explained

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

"The air is perfectly quiescent and all is stillness, as if Nature, after her exertions during the Summer, were now at rest."

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

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

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

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

So where does the "Indian" in Indian Summer come in? Like most old New England history, it's not crystal clear. The most likely explanations? According to the aforementioned Deedler, one theory is that Native Americans hunted during such warm autumn spells, since the hazy air allowed the hunter to better sneak up on its prey. Supporting this explanation is a practiced the Native Americans to set fires to New England woods and grass to create hazy, smoky conditions. Another theory is that the Indian in the title refers



TAKE THE HINT

KAREN TRAINOR

to the ocean. Deedler recounts how ships in the Indian Ocean typically loaded up their cargo during the fair weather season, marking their hull level with the initials IS, for Indian Summer.

Early America

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

Phrase: When squirrels chatter, rain will follow.

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

Phrase: A mile winter is in store if a muskrat builds his house toward the edge of the lake it.

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

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

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

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

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

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

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

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

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

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

Principle: Cranes always move ahead of a storm.

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

Your tips can win you a great three course dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

Hope

POSITIVELY SPEAKING

TOBY MOORE

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

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

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

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

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

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

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

This type of hope requires you to believe with a confident expect-

tation. It requires you to have faith; It's active, not passive.

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

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

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

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

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

A different and better way to hope

Turn To **MOORE**, page **A9**

Should you buy term insurance and invest the difference?



FINANCIAL FOCUS

JEFF BURDICK

If you have children or other loved ones who depend on your financially, you need life insurance – no question about it. And you'll need an amount that can enable your family members to continue their lifestyle if you aren't around. But there may be less certainty about what type of insurance you should purchase: term or permanent. And the issue can cause even more confusion if you've heard the phrase: "Buy term and invest the difference." What does this mean? And is it good advice?

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

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

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

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

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

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

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

Looking ahead to waterfowl season



THE GREAT
OUTDOORS
.....
RALPH
TRUE

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

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



Courtesy

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

that remained at a two-bird limit for years, despite the high population of birds in the area.

Local sportsmen banded together to

build and erect a few hundred nesting boxes for the birds to raise their young. It worked well and even more birds were observed in the valley.

Fall landscape care to keep plants and pollinators healthy



GARDEN
MOMENTS
.....
MELINDA
MYERS

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

Put fall leaves to work in your landscape improving your soil, reducing maintenance, and creating winter homes for toads, frogs, and beneficial insects. Mow over the leaves that land on the lawn. It may take a couple passes but once the fall leaves are the size of a quarter you can leave them on the lawn to add organic matter and nutrients to the soil.

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

Use leaves as mulch on the soil around the base of perennials. They suppress weeds, conserve moisture, insulate the roots and add organic matter to the soil as they decompose. Leaves also provide winter homes and insulation for insects, toads and frogs that overwinter in leaf litter or just below the soil surface.

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

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



Courtesy — Pasquesi Home and Gardens

Leaving healthy perennials like coneflower stand for winter provides food for birds, winter interest and homes for many beneficial insects.

tant or 70% alcohol between cuts to manage disease organisms without harming your tools.

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

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

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

Add some spring color by plant-

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

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

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

MOORE

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

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

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

That's powerful!

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

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

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

formance.

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

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

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

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

Friday's Child



Photo by Brandi Ebersole

Gene
Age 15

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

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

Legally freed for adoption, Gene is seeking a two-parent home with

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

Who Can Adopt?

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

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

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



OBITUARIES

Justin Rae-Sinianian, 35

STURBRIDGE: Justin Rae-Sinianian, 35, of Framingham formally of Sturbridge passed away unexpectedly on Tuesday September 21, 2021.

Justin leaves his mother Janet Rae-Sinianian of Sturbridge; and his brother Adam Rae-Sinianian of Sturbridge.

Justin graduated from Tantasqua Regional High School in 2005. He earned his Associates Degree in computer technology from Springfield Technical College in 2009.

He worked for Mass Mutual in Springfield for 8 years and was currently working for Mantra



Computing in Needham as an IT consultant.

Justin was a member of the Federated Church in Sturbridge, he attended youth groups and church services. He enjoyed going hiking and riding his bike. He loved computers and gaming and was a civil war enthusiast.

Calling hours were held on Sunday, September 26th from 3-5PM followed by a funeral service at 5PM in the Belanger-Bullard Funeral Home, 51 Marcy St. Southbridge, MA 01550.

An online guestbook and a video tribute are available at <http://www.BelangerFuneralhome.com>

DEANS

continued from page A1

with both middle and high school students over the last 14 years, where his latest role was as the high school Dean of Students with an emphasis on culture and climate. He received his undergraduate degree from the University of Massachusetts Amherst. Burris is currently attending the University of Massachusetts Dartmouth pursuing an M.Ed. in the Art of Teaching.

Reflecting on why he came to OSA, Burris said, "I decided to join OSA because of the unique opportunity that the Academy offered to work collaboratively with various families within the surrounding communities. The ability to use my past experiences to further support and build on established traditions of perseverance, high-quality work, courage, collaboration, and stewardship appealed to me. With further expansion plans, I can make certain that these values reciprocate within our communities. I strongly believe in the EL Education model in tandem with project-based learning that the Village offers and the invest-

ed efforts into our young scholar's minds. Knowing that I'm an integral part of a larger picture reassures why I transitioned into education."

Burris plans to bring a new perspective to what the Academy can offer to all students, staff, and families. He desires to add additional course offerings, extracurricular activities, multicultural clubs, and athletics to the campus.

"I want to entice OSA instructors to challenge their conventional thinking with non-traditional methods. By taking an active role in our staff's professional development, hiring processes, and parent-run committees, I can ensure effective change will occur," said Burris.

Located on the site of Old Sturbridge Village, Old Sturbridge Academy Charter Public School opened in September 2017 for grades K-3. The 2021/2022 school year will serve 360 students grades K-7. A tuition-free public charter school, admission is open to all residents of Massachusetts and is by lottery only. Extended day program is also available.

To learn more about the mission of Old Sturbridge Academy, visit: <https://www.osacps.org/>.

SMILE

continued from page A1

can reach this year's goal of being a source to make one person smile. All it may take is a quick visit to some-

one to show you care by presenting them with any Smiley token. That token, be it a sticker, a balloon, or a certificate then becomes a symbol of caring and goodwill and that's what this day is all about."

Joshua Hyde Library

calendar of events

STURBRIDGE — The Joshua Hyde Library announces the following programs on tap for the month of October.

Friday, Oct. 1: Drop-in Story time. Join us on the library front lawn for stories, songs, rhymes and a take-and-make craft. All ages welcome with adult partner. Only held if weather permits. Sponsored by the Friends of JHL. 10:45 a.m.

Wednesday, Oct. 6: Rachel S. Geller, Ed.D., Cat Behavior Specialist, will visit with us via Zoom. Her program, "Understanding Your Cat," will provide insight to help you and your cat live a happy and healthy life together. Free. Registration required. 6:30 p.m.

Friday, Oct. 8: Drop-in Story time. Join us on the library front lawn for stories, songs, rhymes and a take-and-make craft. All ages welcome with adult partner. Only held if weather permits. Sponsored by the Friends of JHL. 10:45 a.m.

Saturday, Oct. 9: STEM Saturday. Join us in creating catapults. How far will your creation launch a candy pumpkin? For ages 5-12 with adult partner. Current COVID policies will be followed. Free. Sponsored by the Friends of JHL. 11 a.m.

Tuesday, Oct. 12: Drop-in Story time. Join us on the library front lawn for stories, songs, rhymes and a take-and-make craft. All ages welcome with adult partner. Only held if weather permits. Sponsored by the Friends of JHL. 10:45 a.m.

Tuesday, Oct. 19: Drop-in Story time. Join us on the library front lawn for stories, songs, rhymes and a take-and-make craft. All ages welcome with adult partner. Only held if weather permits. Sponsored by the Friends of JHL. 10:45 a.m.

Thursday, Oct. 21: Lego Club. Use your imagination and skill to meet building challenges. For children ages 5 - 12 with adult partner. Current

COVID policies will be followed. Free. Registration required. 6:30 p.m.

Friday, Oct. 22: Drop-in Story time. Join us on the library front lawn for stories, songs, rhymes and a take-and-make craft. All ages welcome with adult partner. Only held if weather permits. Sponsored by the Friends of JHL. 10:45 a.m.

Saturday, Oct. 23: Scaredy Cats Story Time. Join us for fun and silly stories, songs, rhymes, and a fun craft to create at home. Not so scary after all! Children of all ages welcome with adult partner. Library front lawn, weather permitting. Indoors if not. Current COVID policies will be followed. Free. Registration required. 11 a.m.

Tuesday, Oct. 26: Drop-in Story time. Join us on the library front lawn for stories, songs, rhymes and a take-and-make craft. All ages welcome with adult partner. Weather permitting only. Sponsored by the Friends of JHL. 10:45 a.m.

Wednesday, Oct. 27: Half Day Craft Day. Children are welcome to stop by to create fun crafts! There will be a Take and Make craft to complete at home, as well. Borrow books, too, for a fun afternoon! Sponsored by the Friends of JHL. 10 a.m. - 8 p.m.

Friday, Oct. 29: Drop-in Story time. Join us on the library front lawn for stories, songs, rhymes and a take-and-make craft. All ages welcome with adult partner. Only held if weather permits. Sponsored by the Friends of JHL. 10:45 a.m.

Saturday, Oct. 30: Scott Jameson returns with his popular magic show! Scott will amaze and astound you with spectacular feats of magic! Family fun for everyone! Registration required. Seating is limited. Library meeting room. Current COVID policies will be followed. 11 a.m.

Nichols College showcase to feature two internationally exhibited artists

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

"Art is simply part of the academic experience and it is essential for our students to enjoy an appreciation for all that art brings to culture, leadership, experience, and higher education," said Mrs. Sulmasy. "The faculty, staff, and perhaps most importantly, the students have embraced this initiative. Our graduates are leaders, and efforts such as this art exhibit help to provide an expanded education."

The first exhibit will feature two Connecticut-based artists:

Brian Keith Stevens, an American painter, uses contrasting layers of paint to explore themes of nostalgia, nature, and romance. Over the past 20 years he has exhibited in Denmark, France, Germany, Poland, Bulgaria, Italy and across the U.S. The Sulmasys have commissioned a painting by Stevens of an American bison, the college's mascot, which is expected to be unveiled at the showcase.

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

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BOOK

continued from page A1

Bay Path; and the Converse Memorial Drinking Fountain, among others.

Additional chapters introduce readers to lesser known parts of Brimfield, including a rare horse cemetery located near Lake Sherman.

"I really enjoyed this project, and we are finding that a lot of people in town are very interested in Brimfield history," DeFalco said.

The book also received contributions from local legislators, including Congressman Richard Neal, State Sen. Anne Gobi, and State Rep. Todd Smola.

"Their quick responses to the Commission's requests certainly indicate how dedicated and committed they each are to representing their consti-

tuents," read a statement released by DeFalco. "Our admiration and appreciation are well-deserved."

The book was produced with the help of donations from Country Bank and the Brimfield Show Promoters' Association, each contributing \$500.

The drawing for the book's cover was done by a young Brimfield resident. Most of the photos appearing in the book were derived from historical resources in the Brimfield Library's Sherman Room.

The book is currently being sold at Hitchcock Academy, Brimfield Public Library, and the Apple Barn restaurant. The price is \$15.

GORE

continued from page A6

missed a beat and our team is ready to play with confidence as we vie for an NE10 Championship."

The Assumption University Football program has produced two players who are currently competing in the National Football League: Deonte Harris of the New Orleans Saints and Super Bowl Champion Zach Triner '15 of the Tampa Bay Buccaneers, as well as University of Notre Dame Head Football Coach Brian Kelly '83.

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

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

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Bay Path practical nursing students complete Mental Health First Aid training

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

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



Courtesy

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

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

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

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

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

SOCCER

continued from page A1

second goal just four minutes in. Junior Olivia Magerowski slipped a pass into the box, which found the foot of sophomore Ella Colati. From there, Colati placed a shot into the near-side left corner, but the Rebels’ diving keeper.

Just six minutes later, the Warriors added one more insurance goal to account for the 3-0 final score. Senior Shannon Dunn passed the ball over to Colati down the right side. Colati then went right-to-left on her shot, the ball finding the upper portion of the left-side of the net for her second goal of the afternoon.

To preserve the shutout, a strong defensive wall displayed by Tantasqua was used with 18 minutes remaining when Notre Dame received a free kick well within scoring range. But sophomore Abby Rio was there to block the attempt.

Rickson noted that six of the 11 Warrior starters are either freshmen or sophomores, and many of them could be seen all over the scoresheet. One player who didn’t produce a point was freshman Lilina Shiers, but her presence was still felt all over the pitch.

“My leading point getter to this point did not score today, but she just disrupted and distributed and did everything up front,” Rickson said of Shiers.

“This was a whole team effort,” he added.

Now 5-1, Rickson is pleased with the way his team keeps improving.

“They are responding very well,” Rickson said. “The one we lost was 3-0 against Uxbridge. We had 15 shots on frame. They had three on frame. What we had to work on was finishing. And then we had Auburn and we beat them 5-0.”

Without wanting to look too deep into the future, Rickson is excited for the opportunity the Warriors have in front of them when they will be able to compete in the Division 3 State Tournament.

“The concept behind it is good and it will be fun being part of a statewide tournament. I’m kind of excited about the whole thing, but we are taking it one game at a time,” he said.



Nick Ethier

Tantasqua’s Shannon Dunn runs up to the ball before it can roll out of bounds.



Nick Ethier

Tess Chevalier of Tantasqua slows down the ball’s progress before making a play on it.



Nick Ethier

Tantasqua’s Keelan Mader tops the ball with her right foot before pivoting back up the field.



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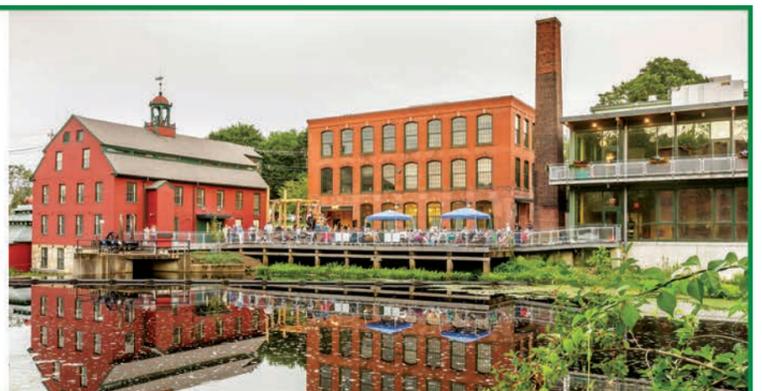
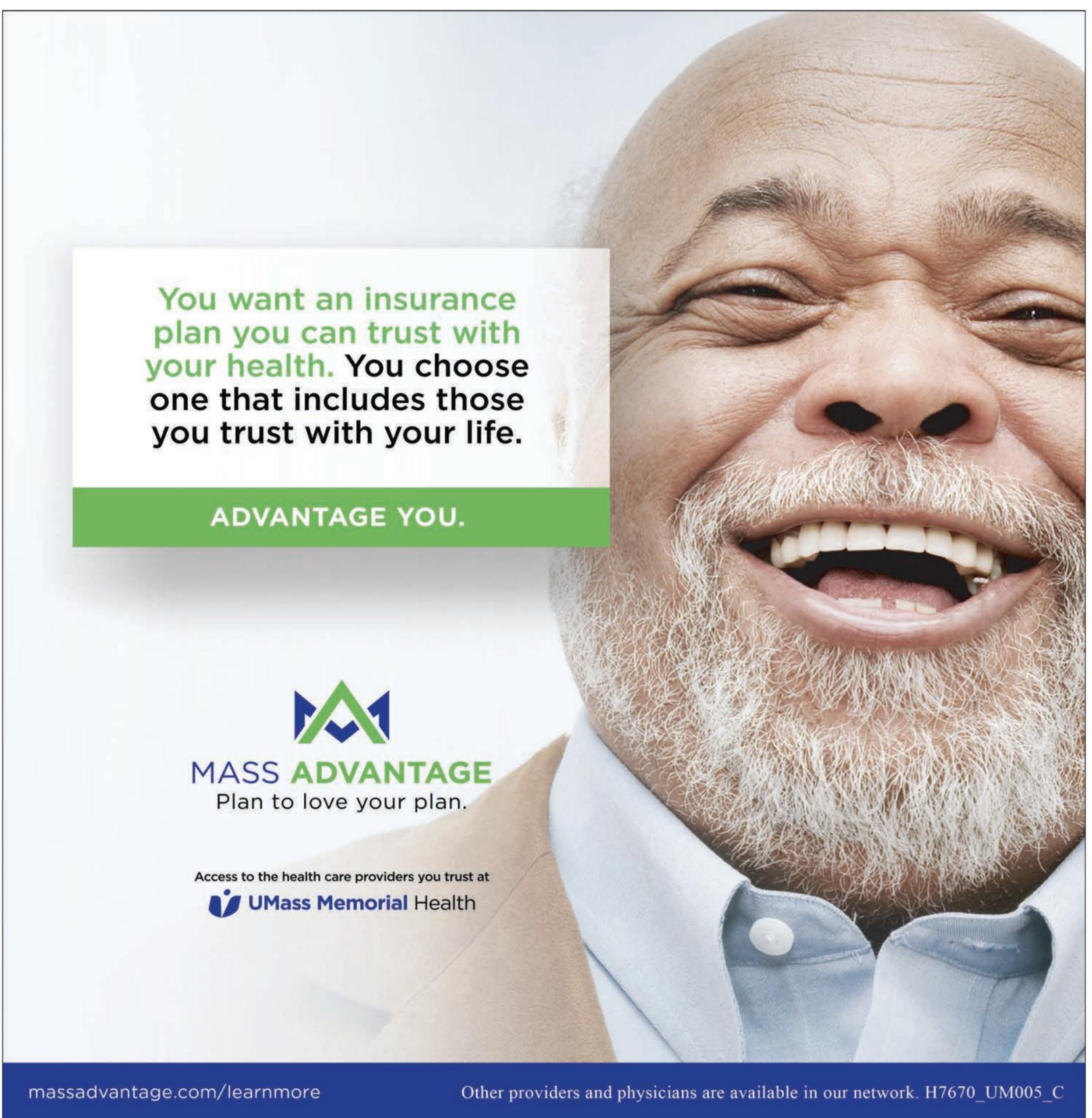
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