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Friday, October 22, 2021

Pumpkin Path is back as Hitchcock continues new tradition of festive family fun

BRIMFIELD — Now in its second year, Pumpkin Path is a fresh community tradition at Hitchcock Academy that boasts festive and cre-

ative, hands-on family fun, lighting up the lawn of the nonprofit community center in Brimfield with locally carved pumpkins in a path



Courtesy photo

around the building. Before the path is laid out and lit, participants are welcome to carve and paint on site with a variety of materials provided by the center for a small fee of \$10 per pumpkin. Participants do need to bring their own carving utensils. Participants can also drop off a decorated pumpkin for display only for a fee of just \$5. For the remainder of the evening, contestants and spectators alike may view and marvel at all the entries and vote for a contest

winner. The event will also include other festive fun for families and community members of all ages. Carving a path through a pandemic year was a challenge. As a beacon of hope that has weathered many a storm in over 60 years in operation as a community center, and even a tornado, Hitchcock found ways to keep offering enriching programming despite the limitations caused by COVID's many phases. It was first

Turn To **PUMPKIN PATH**, page **A12**

Celebrating annual Harvest Festival in the sun



Gus Steeves

Wells Art Center vice president Simone Germain carefully carves a giant pumpkin. She said it was the fourth one of that design she'd done by that time (about 11:30 a.m.) Saturday.

STURBRIDGE — Although smaller than before COVID, the annual Harvest Festival still filled the Common with music, food, crafts and people last weekend. Next door, the library held its annual book sale, and, for the first

time, the Federated Church was hosting a Pumpkin Patch, with all kinds of decorative and edible squashes filling the library's front lawn.

.....
MORE HARVEST FESTIVAL PHOTOS, page A17

Home of the Brave 5K to hit Sturbridge Town Common Nov. 13

BY KEVIN FLANDERS
NEWS STAFF WRITER

STURBRIDGE — Guests are invited to show their support for veterans and active military members next month by attending the third annual Home of the Brave 5k Run/Walk. The Sturbridge Special Events Committee, in collaboration with the Friends of the Sturbridge/Fiskdale Council on Aging, are hosting the event on Saturday, Nov. 13 at 9 a.m. Beginning at the Sturbridge Town Common, the event will honor all veterans and individuals currently serving in the military. Race proceeds will be donated to the newly created Sturbridge Veterans Assistance Fund, which was established at the June 2021 Town Meeting. The fund is intended to provide support for Sturbridge veterans, current military members, and military families. "We want to honor our veterans and mil-

itary members in our community, and also provide a place where

Turn To **BRAVE 5K**, page **A12**



Courtesy photo

NATHAN HILLMAN NABS 5-POUND BASS IN WALKER POND
Youth fisherman Nathan Hillman boated a 5.13-pound largemouth bass in Sturbridge's Walker Pond this past Saturday, Oct. 9. After catching the fish, Hillman released the fish back into the pond.

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Pink ribbons for Breast Cancer Awareness worn by Bay Path practical nursing students



CHARLTON—October is Breast Cancer Awareness Month, and Bay Path Practical Nursing students are thinking pink and wearing pink ribbons! Jane Miru of Worcester is leading the initiative. Miru distributed pink ribbons to the practical nursing class of 2022. She graciously obliged for a photo to help spread awareness for breast cancer. Originally from Kenya, Miru is a graduate of Makwa High School. She is a Certified Nursing Assistant (CNA) at the Venture Community Services (Sturbridge) and Sunrise Health Services. She is certified in Mental Health First Aid, Healthcare Provider/BLS Provider CPR, and Dementia care. She is encouraging her cohort to participate in thinking pink and wearing pink ribbons for the month of October. Being proactive is cru-

cial when it comes to breast cancer. Wearing the pink ribbon serves to help remind people to schedule mammograms, do self-examinations, and raise more awareness. According to the nationaldaycalendar.com, “approximately one in eight women and one in 1,000 men will get breast cancer during their lifetime.” It is important for women over the age of 40 and patients with breast abnormalities to get a mammogram annually.

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

OCTOBER

NATIONAL PHYSICAL THERAPY MONTH

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Let's Make This Month All About Taking Care Of Ourselves

Soft tissue injuries and how PT can benefit recovery

Soft tissue injuries are more common than people may realize. In fact, anyone with an undiagnosed pain in his or her

body may be suffering from a soft tissue injury.

According to Delaware Integrative Healthcare, bone injuries garner significant attention because broken bones and fractures can be very serious. But soft tissue injuries, when left untreated, also can be troublesome and jeopardize individuals' athletic pursuits.

Verywell Health defines soft tissue injuries as trauma to any muscle, skin, tendon, or ligament in the body. Injuries may result from overuse or acute trauma, which is an external force applied to the body. Common examples of soft tissue injuries are lacerations, abrasions, contusions, sprains/strains, bursitis, and tendinitis.

Strains are injuries to muscles or tendons and sprains are injuries to ligaments, which are elastic bands of tissue that connect and stabilize bones. Both strains and sprains are common soft tissue injuries. Bursitis and tendinitis also are common. Bursitis is an inflammation of the bursa, a fluid-filled sac that provides a cushion between the bones and muscles or tendons. Tendinitis is an inflammation of the tendons, which connect muscles to bones.

Many minor (Grade 1) soft tissue



injuries that involve muscles, tendons and ligaments may heal when injured persons follow the protocol known as R.I.C.E., which is an acronym for Rest, Ice, Compression, and Elevation. R.I.C.E. is widely recommended for these types of injuries. However, more serious soft tissue injuries may take extended time to heal. Some of these injuries also may lead to permanent changes in muscles, tendons and ligaments, causing certain body parts to cease functioning how they used to. That may be the case with Grade 2 (moderate) or Grade 3 (severe) injuries. Further medical attention may be needed and physical therapy may be prescribed.

The Ace Physical Therapy & Sports Medicine Institute says soft tissue injuries account for most of the injuries that outpatient physical therapists treat. A therapist will analyze the type of injury

and the pain or impairment it is causing to develop a rehabilitation program. Physical therapists often perform various treatments geared toward reducing swelling and inflammation. Manual therapies to help restore normal motion also are part of soft tissue treatment plans. Stretching and strengthening exercises may be incorporated to improve endurance and repair soft tissue. Orthotic therapy may be needed to correct certain imbalances, advises Algonquin Chiropractic Center. Physical therapists also can educate patients about how to strengthen the body to help reduce risk for future injuries.

Soft tissue injuries are common and usually can resolve with rest. Guided physical therapy may be prescribed for more severe cases.

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Positives taken for Shepherd Hill and Tantasqua, as Rams edge Warriors

BY NICK ETHIER
SPORTS EDITOR

DUDLEY — Not often can two high school boys' varsity soccer teams engage in a spirited, physical game that had a postseason-like feel to it and both sides walk away pleased and optimistic, but such was the case at Carmignani Memorial Field on Thursday evening, Oct. 14 following Shepherd Hill Regional edging Tantasqua Regional, 1-0.

The Rams and Warriors employ strong teams and, as regular season play winds down, both clubs are preparing for runs in the upcoming Central Mass. and State Tournaments.

"We want the momentum. We've had a few ties in a row, so we're hoping to end on a good note," said Shepherd Hill head coach Tim Cormier following the victory. "It's a grind and we'll be battle tested for the postseason. That's what I'm happy about."

Following their win versus Tantasqua, the Rams ended the regular season by defeating North Middlesex Regional, 4-1, two days later to finish 10-2-2. The Hill will now play in the Central Mass. Division 1 Tournament, followed by a Division 2 bid in States.

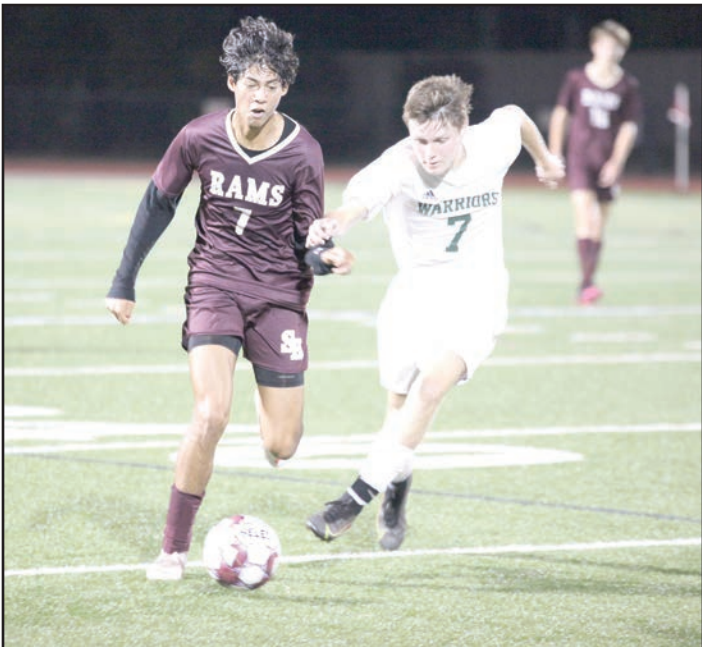
"As a sports fan, I'm excited for postseason ball for this club. Just to be able to experience it," said Cormier. "I'm actually excited to be in D1 to get a crack at those teams."

To defeat the Warriors, it took a goal



Nick Ethier

Shepherd Hill's Cal Hopkins watches after sending a booming kick down the field.



Nick Ethier

scored in the 25th minute by Shepherd Hill's Dan Gronek that made all the difference. Teammate Jack Barrows sent a pass down the field that Gronek and a Tantasqua defender battled for. Gronek got a step on the defender and was off to the races.

"I saw the keeper coming out. I took a touch... with my right. I knew I could get there first... just enough," Gronek said of the goal-scoring play. "With the balance I had left [I shot] lefty and it went in the net."

"He's got tremendous pace and very good instincts,"



Nick Ethier

On the game's lone scoring play, Dan Gronek of Shepherd Hill touches the ball past sliding Tantasqua keeper Braylon Casinghino and finishes a shot into the empty net.



Nick Ethier

Jack Leland of Tantasqua clears the ball out of his team's defensive end.

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EYE CATCHING

ACCURACY WATCH

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bankHometown supports food pantries with annual Neighbors Helping Neighbors fundraiser

OXFORD — Robert J. Morton, president and CEO of bankHometown, announced the start of the bank’s annual Neighbors Helping Neighbors fundraising drive for 2021 to help support local food pantries.

This marks the bank’s 18th year of hosting the program, which invites bank customers, employees, and members of the community to donate money toward food pantries throughout the month of November. All donations (up to \$2,500 per customer) will be matched dollar for dollar by bankHometown and the total raised will be divided among participating food pantries across Massachusetts and Connecticut in the

communities the bank serves.

In 2020, through contributions and matching donations, the campaign raised \$32,200 and resulted in \$2,300 contributions to 14 participating food pantries. Over the years, the program has contributed more than \$225,000 to help fight food insecurity.

The bank encourages donations of any amount, with contributions of as little as \$1 to \$5 helping to provide 10 to 50 meals. As an added incentive to give, the bank will offer those who donate the opportunity to win a \$25 gift card at each of its locations.

“Neighbors Helping Neighbors is a great example of how communities

come together to help others in need,” said Morton. “bankHometown is proud to lead this annual giving tradition and thankful to our valued customers and employees who selflessly give each year.”

Those who wish to participate have until Nov. 30 to make their donations. Checks should be made payable to “bankHometown Neighbors” and can be dropped off at any bankHometown branch or mailed to:

Mary C. Mulrenin
Executive Secretary
bankHometown
31 Sutton Avenue
Oxford, MA 01450

The food pantries that will be supported this year include:

Massachusetts:

- Athol Salvation Army Food Pantry
- Auburn Youth and Family Services, Inc. Food Pantry
- CARE Food Pantry - Clinton
- Food Share - Southbridge, Charlton & Sturbridge
- Friendly House Pantry, Worcester
- Friends of the Millbury Seniors
- Ginny’s Helping Hand, Inc. - Leominster
- Oxford Ecumenical Food Shelf
- Sutton Senior Center’s Michael A. Chizy Food Pantry
- St. Vincent de Paul Food Pantry - Webster

Connecticut:

- Community Kitchens of Northeastern CT - Killingly
- Daily Bread - Putnam
- Friends of Assisi - Killingly
- Thompson Ecumenical Empowerment Group (TEEG)

Massachusetts Department of Mental Health and Open Sky team up on pilot projects

WORCESTER — Earlier this year, the Department of Mental Health (DMH) and Open Sky Community Services teamed up on two innovative pilot projects to address ongoing behavioral health challenges in the Greater Worcester area.

The two pilots include a mobile respite project to help reduce emergency department boarding at UMass Memorial-Harrington in Southbridge, and a flexible support project to support students experiencing homelessness in Worcester Public Schools and their families.

“Having the freedom, flexibility and funding to innovate can make a significant difference in the ability of providers to try new ways of tackling complex problems and improving the system of care,” said Ken Bates, President and CEO of Open Sky. “We were pleased to partner with the Department of Mental Health on these pilot projects, which demonstrated promising outcomes and which we hope to continue during the coming year.”

These pilots have demonstrated the power of collabo-

ration and innovation in serving people who are experiencing behavioral health challenges, homelessness and other complex needs.

“Emergency room boarding and supporting the mental health needs of individuals experiencing homelessness and their families have long been priorities of the Department of Mental Health (DMH),” said Massachusetts DMH Commissioner Brooke Doyle. “We are happy to be a part of an expanded emergency room, mental health and homelessness response in which we hope will become a foundation for the future.”

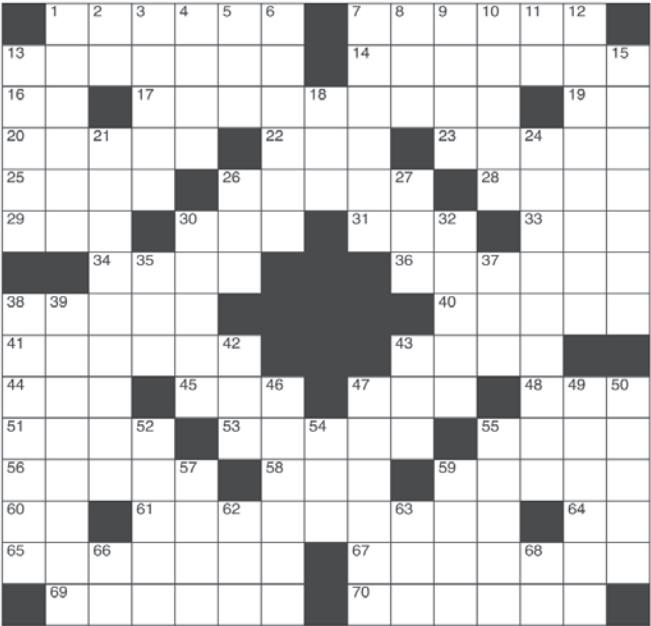
The mobile respite project enabled a team of people to reach out to individuals experiencing behavioral health crises in the emergency department, or inpatient units, who need assistance and support so they may return home and avoid future ER visits or hospitalizations. Emergency department “boarding” occurs when there is a delay in locating an inpatient bed due to high demand and limited availability. This is a significant issue for patients as well as hospital emergency departments.

During the pilot, the team connected with 19 people and 84 percent of them did not return to the emergency department, indicating the team was able to refer people to services that met the individuals’ needs.

“This initiative, in conjunction with our psychiatric emergency services, has provided creative and flexible alternatives to existing types of support, and thus allowed many patients to avoid long waits in the emergency room and the need to return so often. This has made a significant difference for patients, their families, and the enormous demand on hospital resources,” said Greg Mirhej, vice president of behavioral health services at UMass Memorial-Harrington Hospital.

The project is expected to continue at UMass Memorial-Harrington and has now expanded to St. Vincent Hospital in Worcester.

In the second pilot, 13 student families in the

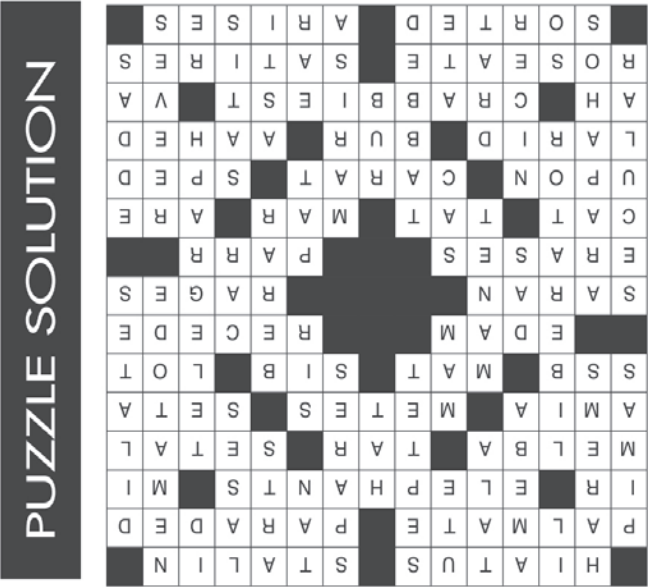


CLUES ACROSS

1. Break
7. Ruled Russia
13. Having several lobes
14. Walked around proudly
16. Atomic #77
17. Largest living land animals
19. The Great Lakes State
20. A type of toast
22. Partner to feather
23. Bristlelike
25. Bowfin
26. Distributes
28. Hairlike structure
29. Sino-Soviet block (abbr.)
30. Where wrestlers work
31. Blood relation
33. A great deal
34. Round Dutch cheese
36. Move further away from
38. Type of wrap
40. Furies
41. Removes from the record
43. Young salmon
44. Feline
45. Skin decor
47. Disfigure
48. They ____
51. Formal term for “on”
53. Weight of precious stones
55. Traveled rapidly
56. Long-winged aquatic bird
58. Prickly husk
59. Expressed pleasure
60. Exclamation of surprise
61. Most irritable
64. Virginia
65. Optimistic
67. Humorous works
69. Arranged systematically
70. Emerges

CLUES DOWN

1. Wives of a polygamous man
2. Where hurt ballplayers land
3. Single-celled animal
4. Rhythmic pattern
5. One from Utah
6. A group of seven
7. Refrains from inflicting
8. Light brown
9. Humanistic discipline
10. Emits coherent radiation
11. It says who you are
12. Roundworm
13. Group of Native Americans
15. Makes wider
18. Headgear
21. One who sets others free
24. Form of communication
26. A Brit’s mother
27. Title of respect
30. Famed modernist painter
32. One-time province of British India
35. Prosecutors
37. Motor vehicle
38. Non-religious
39. Native Americans of Colorado and Wyoming
42. Pouch
43. Touch gently
46. Chose
47. Actress Tomei
49. Former Broncos coach Dan
50. Icelandic poems
52. More decent
54. Grillmasters use it
55. Self-immolation by fire rituals
57. Expression of annoyance
59. ____ Spumante (Italian wine)
62. Consumed
63. Body part
66. Thus
68. Rupee



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STURBRIDGE VILLAGER
PUBLISHED BY
STONEBRIDGE PRESS
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The *Sturbridge Villager* (USPS#024-955) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Sturbridge Villager, P.O. Box 90, Southbridge, MA 01550

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Overlook holds annual Fall Festival



Jason Bleau

The Salty Sisters provided three-piece acoustic covers to entertain the Fall Festival crowd.



Jason Bleau

Declan and Addi, both of Thompson, Conn., get a tour of one of the Charlton Fire Department's fire trucks.



Jason Bleau

A young visitor to the Fall Festival tries his hand at a tomato toss game.



Jason Bleau

A server dishes out a bowl of The Overlook's own Lighthouse Chowder.



Jason Bleau

A representative of the New England Mineral Museum shows off some goods and talks about the group's findings with some customers.

CHARLTON — The Overlook in Charlton played host to its fifth annual Fall Festival celebration on Saturday, Oct. 16 welcoming members of the local community and beyond to the property to enjoy some fall-themed activities and a craft fair. The event included music, games, visits from local organizations and crafters, and allowed visitors to get a first-hand look at what The Overlook's community is all about.



Jason Bleau

Youngsters make their own pumpkin faces on their hand-picked pumpkins, a classic Fall Festival activity.



Jason Bleau

Children's author Melissa Menzone shows off books from her series, "Rooster's Tales."



Jason Bleau

The Overlook Brew Crew was on hand to talk about the community's own brewery.



Jason Bleau

Visitors to the Fall Festival could purchase raffle tickets for a chance to win this handmade doll house as well as scratch tickets with proceeds benefitting the Resident Scholarship Fund for Overlook employees and their families.

Phantoms and Fire at Old Sturbridge Village, now through Oct. 31

Phantoms & Fire returns to Old Sturbridge Village (OSV) this year, now through Oct. 31. The event, now in its second year, brings theatrical and family-friendly Halloween activities to the Village in October, every Wednesday through Sunday, from 5-8:30 p.m.

from Nevermore, a series of six outdoor scenes written and directed by P.J. Griffith, bringing to life the short stories and poems of author Edgar Allan Poe.

Information about Phantoms & Fire 2021 can be found at: <https://www.osv.org/event/phantoms-and-fire-2021/>.



PHOTO/VIDEO OPPORTUNITIES:

- Costumed visitors young and old participating in Clues & Candy, an outdoor twist on Trick-or-Treat at the Village.
- Live music with the Mysterious Melodies of Lawrence Trailer.
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- Theatrical performances

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Veterans Day Salute November 5, 2021



Stonebridge Press would like to salute our veterans

(from all wars & branches, including honoring deceased veterans, reservists, and active duty U.S. Military members
in the November 5th issue

of the Auburn News, Blackstone Valley Tribune, Spencer New Leader, Southbridge News, Webster Times, Sturbridge Villager & Charlton Villager.

This is not a separate section but will be page(s) within the papers.
If you've submitted a veteran in the past, you must resubmit.

Cost to submit a veteran is \$25 per paper.
Color is first come/first served. Photos can be included.

Business sponsors are \$30 for one paper;
\$50 for 3 papers;
\$100 for 7 papers.

Please email June at jsima@stonebridgepress.news
or call (508) 909-4062

Deadline is October 29 at Noon

Crafters, artisans, vendors wanted for annual Christmas Craft Fair in Brimfield

St. Christopher's Parish, Brimfield (16 Sturbridge Road) is seeking crafters and artisans for their annual Christmas Craft Fair on Saturday, Nov. 20 from 9 a.m. to 3 p.m. and Sunday, Nov. 21 from 9 a.m. to 1 p.m. Tables are \$35 each and covers both days for vendors to display and sell their goods. Additional activities will be happening including raffles and the kitchen will be serving throughout the day. To reserve a spot, call the parish at (413) 245-7274 days: or email Stchriscwc@gmail.com. Required COVID protocols at the time of the fair will be in place.

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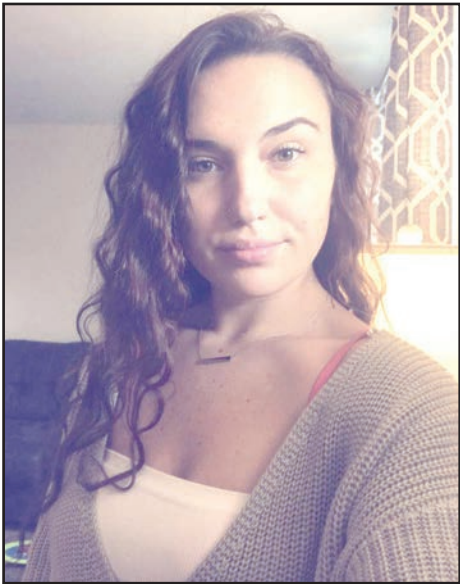
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Bay Path nursing student awarded Horatio Alger National Career and Technical Scholarship

CHARLTON — Darcey Howe of Palmer has been awarded the 2021-22 scholarship from the Horatio Alger National Career & Technical Scholarship Program (CTE Scholarship). Howe, a full-time practical nursing student at Bay Path RVTHS Practical Nursing Academy will receive an award of \$2,500 for her practical nursing studies. CTE Scholarships are awarded on a competitive basis of verification of good academic standing, high school completion or earned high school equivalency credential, enrolled in a career or technical certificate program leading to employment, attending a not-for-profit post-secondary institution, Pell Grant eligibility, US citizenship, and be under the age of 30. Howe's work experience includes waitressing at Applebee's Grill & Bar and Friendly's Family Restaurant



(both in Sturbridge), and as a banquet server at the Publick House

also in Sturbridge. She graduated from Tantasqua Regional Senior High School (Fiskdale) in 2017. She is on week eight of the rigorous ten months of academics and clinicals to complete the practical nursing program and make positive contributions while continuing her service to the nursing profession. The Horatio Alger Association honors the achievements of outstanding individuals in our society who have succeeded despite adversity and who are committed to supporting young people in pursuit of increased opportunities through higher education. About Bay Path RVTHS Practical Nursing Academy: Bay Path Practical Nursing Academy offers a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed

in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing 239 Causeway Street Boston, MA 02114 617-973-0800 www.mass.gov/dph/boards/rn. The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org. Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges 209 Burlington Rd, Suite 201 Bedford, MA, 01730-1433 781-271-0022 www.neasc.org.

Journal of Antiques and Collectibles to host New Year's Day show

STURBRIDGE — The Journal of Antiques and Collectibles—a national monthly magazine for dealers, collectors, and enthusiasts of antique collectibles—will be returning New Year's Day 2022 to the Sturbridge Host Hotel & Convention Center with its New Year's Day Antique Collectibles Show, sponsored by the Sturbridge Tourist Association and Sturbridge Antique Shops. Managed by Weathervane Enterprises, Inc., publisher of Journal of Antiques and Collectibles, the Show will feature 50 hand-selected local and regional dealers covering 11,000 square feet with authentic, quality antiques and antique collectibles. The Antique Collectibles Show made its debut on New Year's Day 2020, welcoming over 700 guests eager to kick off the new year with some old finds. This year's show kicks off with optimism as we all welcome the new year and a return to doing the things we love. "This New Year's Day show provides a wonderful opportunity for us to showcase some of the best and most knowledgeable local and regional dealers of antique collectibles," says Maxine Carter-Lome, president of Weathervane Enterprises, Inc. and publisher of Journal of Antiques and Collectibles. "It's the perfect way to spend the day as these deal-

ers will create spaces adorned with special finds that are sure to spark memories and inquiry." With something for everyone, this year's dealers offer a mix of 18th through early 20th century period items, including Primitives, Decorative Objects Folk Art, Glassware, Textiles, Vinyl Records, Books, Oil Paintings, Small Furnishings, Estate Jewelry, Coins, and so much more! The Exhibit Hall will be open on Saturday, Jan. 1, 2022, from 10 a.m. to 4 p.m., offering guests ample time to walk the festively decorated floor and meet the dealers. In addition, a Concession Café will be open in the Exhibit Hall with beverages, snacks, and lunch options, and a Hospitality Table will provide great take-home information on future shows and antique publications. Items of interest to antique lovers will be raffled off all day on the show floor, adding to the excitement and experience. \$10 Admission, \$8 online (starting Dec. 1) at www.theantiquecollectiblesshow.com. For more information visit theantiquecollectibles-show.com, Follow Us on Facebook at AntiqueCollectiblesShow, or contact Maxine Carter-Lome directly at (508) 347-1960 x402 and at weathervane-publishing@gmail.com for more information.

Sturbridge Historical Society meeting set for Oct. 28

The Sturbridge Historical Society meeting will be held on Thursday, Oct. 28 at The Publick House Historical Inn on Sturbridge Common. The guest speaker will be Peter Hastings on the strategic importance of the mills in Warren and West Warren during World War II. Peter's presentation will be how Warren Pumps, Davan's Dyeing and Finishing Corporation and William E Wright & Sons helped our military with products that they made. Different pumps, rubber decoy tanks an parachutes were some of the material supplied to our troops. Peter's interest in history really began when he met his wife's parents Steve and Marion. He would lis-

ten as Stephen would tell stories of West Warren at every get together. Peter has gone on to write seven volumes based on these stories of people and pictures called the village of West Warren, A Small Historic Mill Town. Historical Society meetings are free of charge with dessert and meeting room provided by Michael Glick, Publick House Innkeeper. Our sincere thanks go out to Mr. Glick. Meetings are held September through May on the fourth Thursday of the month except November and December. November meeting is held the first Thursday in December. All meetings start at 7 p.m. Public is welcome.

Candlelight Vigil Against Domestic Violence at Brookfield Unitarian Universalist Church

Stop Abuse Today, Inc. will be co-hosting the annual Candlelight Vigil Against Domestic Violence with Reverend Craig Nowak at the Brookfield Unitarian Universalist Church (9 Upper River Street in Brookfield, MA) on Tuesday, Oct. 26 at 6 p.m. We are honored to have Cindi Perla as one of our guest speakers. After losing her daughter to an act of domestic violence in 2018, Cindi set out on a mission to find peace, understanding, strength, and healing. As founder and president of the Maddilyn Rose Memorial Foundation, Cindi shares her daughter's story with the aim of raising awareness, honoring victims, and bringing hope to survivors of domestic violence.

All are invited to attend this indoor vigil, which is an opportunity to honor those who have passed, those who are still in the midst of darkness, and those who have made it out of the darkness. Stop Abuse Today, Inc. is a local nonprofit organization whose purpose is to support abuse victims and their families. Our primary objective is to provide education, awareness, outreach, and support concerning domestic abuse, elder abuse, and bullying among our youth. Out of respect for others, all attendees will be required to wear a mask and maintain social distancing during the vigil. If you have any questions, please email KatBoyer65@gmail.com.

Sturbridge Trail Committee releases summer trail use numbers

STURBRIDGE — The Sturbridge Trail Committee has released the summer trail use numbers. Pedestrian trail counters are located at the Shattuck Rd, OSV Access Rd., and Leadmine/Heins trail head parking lots. They count persons, and as they count both ways (in and out), the raw numbers are reduced by about one half to adjust for that double count. However, all trail heads have multiple trails, so counts are slightly adjusted for the opportunity to enter on one

trail with the counter and exit another trail without a counter. Trail counts for June 2021: Heins Farm Trails 984, Leadmine Trails 4,508, with a June total of 5,492. July: Heins Farm was 1,068 and Leadmine 5,097, total 6,166. And August: Heins 836, Leadmine 5,073 for a total of 5,909. The three summer months totaled 17,567 trail users, an increase of 729 trail users over the summer of 2020. "Given the rainy weekends and storms of the summer of 2021, this increase is significant," said Brandon Goodwin, chair of the Trail Committee. Continuing, "The trail committee is always welcoming volunteers to help in the many aspects of trail building and maintenance."

There is currently one vacancy on the trail committee. If interested in volunteering, or for more information on the Sturbridge trail program email Brandon at bgoodwin321@gmail.com.

Town of Holland to hold Tax Rate Classification Hearing

The Board of Selectmen will hold a public hearing on the issue of allocation of the local property tax levy among the five property classes and various exemption options. The hearing will be held at Holland Town Hall located at 27 Sturbridge Road on Tuesday, Nov. 2 at 5 p.m. Interested parties may ask questions or offer opinions at the hearing.

LEGALS

TOWN OF STURBRIDGE REASSESSMENT OF REAL PROPERTY
The Town of Sturbridge is accepting proposals for the Fiscal 2025 Reassessment and Fiscal 2023 Interim Adjustment and Fiscal 2024 Interim Adjustment of Real Property within the corporate limits of the Town of Sturbridge. Please refer to www.sturbridge.gov/bids for specifications of the reassessment program. Envelopes must be clearly marked: "Town of Sturbridge, Massachusetts – Real Property Reassessment Program FY2025, 2023, and 2024" Proposals are to be submitted to the Board of Assessors, Town Hall, 308 Main Street, Sturbridge, MA 01566, no later than 11:00 A.M. on November 12, 2021. October 22, 2021

TOWN OF STURBRIDGE REVALUATION OF PERSONAL PROPERTY
The Town of Sturbridge is accepting proposals for the Fiscal 2025 Reassessment and Fiscal 2023 Interim Adjustment and Fiscal 2024, Interim Adjustment of personal property within the corporate limits of the Town of Sturbridge. Please visit www.sturbridge.gov/bids for specifications of the reassessment program. Envelopes must be clearly marked: "Town of Sturbridge, Massachusetts – Personal Property Reassessment Program FY2025, 2023, 2024" Proposals are to be submitted to the Board of Assessors, Town Hall, 308 Main Street, Sturbridge, MA 01566, no later than 11:00 A.M. on November 12, 2021. October 22, 2021

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FRANK G. CHILINSKI
PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Why do people enjoy being scared?

With Halloween just around the corner, scary movies, goblins, monsters and all things Freddy and Jason are re-surfacing as they do each year. One of the scariest novels by far is Stephen King's IT.

When this Editor was in High School, an attempt to read the original 1,138 page novel did not go so well. Being far to scared by Chapter Three, the book, was closed and has been collecting dust since. An avid reader of Dean Koontz, the thought of reading IT didn't seem so scary, but I digress.

When the film was released in 2016, this Editor, took another stab (see what I did there) at the story, this time via motion picture. It was not scary, maybe a 20 plus year gap between the attempt to read the novel and see the film played a role in that. Disturbing, yes, but not scary.

This brings us to Bangor, Maine, the home of Stephen King. The trip from New Hampshire and into Maine was vast, with winding roads and houses scattered far apart. Small towns were passed and if you blinked, you would miss them. Farm stands and old farm houses lined the roads and we could see why it would be the perfect place for an author to relax their minds, and get creative.

The interest to go and see Stephen King's home wasn't planned, it was more of a, 'since we're here' type of situation. The downtown area was quaint and had less people than one would think on a Sunday, sunny morning. King's home was located just about a mile from the downtown area.

Anyone with any knowledge of the famous author could pick his house out right away. Red balloons were seen swinging and bobbing from the tall black gates, with iron cobwebs and a bat at the top. Our guess is that the balloons were placed by enthusiastic fans, however a closer look and one will notice a red balloon inside the home, peeking from a window. Thank you Stephen, for playing along. King is said to be the best horror writer of all time. Before him, Bram Stoker who wrote Dracula in 1897 was the one to read for a good scare. A story about the Dracula Festival in Whitby, England, I'll save for next week.

A conversation with the Editor in Chief for Salmon Press, brought us the knowledge that King, was working as an Associate Professor of English at the University of Maine, barely making ends meet, when his wife rescued the manuscript for 'Carrie' from the trash and sent it to Viking, his original publisher. The rest is history.

So brought forth the question, 'Why do people like being scared?'. Human beings have been telling ghost stories and doing other fear producing things, such as jumping from cliffs or entering haunted houses since the dawn of time, but why? There are some people who abhor being scared and those who love nothing more. Horror has become, fun and a major pillar of the entertainment world.

Experts say there is a rush from the fight or flight response. This happens when a person feels threatened. That natural high can leave some people feeling great. The Excitation-Transfer Theory could play a role as well. This is when a group experiences extreme emotions together, which can build stronger relationships. The oxytocin released tends to make those moments more prevalent in our brains. There is also the Reward Pathway Theory, in which the brain thinks you're in danger while watching a scary movie or reading a horror novel. When the story is over, your brain 'likes' not being scared, therefore provides a reward.

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

LETTERS TO THE EDITOR

Congress must act now to protect democracy

To the Editor:

A recent surge of state-wide voter suppression bills and ongoing attempts to erode fair and secure elections requires federal action. Congress must act now to implement national standards for federal elections to protect our democracy. The

Freedom to Vote Act would protect people's right to vote, end partisan gerrymandering, and help to eliminate the undue influence of dark money in our elections.

Margaret W. Traina
Charlton

Many, Many Thanks

To the Editor:

We would like to take this opportunity to thank the many people, businesses, and organizations who helped to make this year's AutumnFest 2021, sponsored by the Southbridge Business Partnership, one of the biggest and most successful community events that our town has seen in a very long time.

Many thanks go out to our Presenting Sponsors: Schott Fiberoptics and the Town of Southbridge; Platinum Sponsors: Southbridge Credit Union and Vocero Hispano; Gold Sponsors: Dexter Russell, New Beginnings ABA Comp, Starkweather & Shepley, United Lens; Silver Sponsors: Savers Bank, Hyde Tool, Southbridge Hotel and Conference Center; Center of Hope; Bronze Sponsors: Big Bunny Market, Cornerstone Bank, Dunk'n Foam it Carwash, Micknuck's Fresh Marketplace, Midstate Welding, Soper Construction, E.J. Stochaj Insurance, Super Clean Laundromat; Contributing Sponsors: Blanchet Plumbing, Central Mass South Chamber of Central Mass, Cormier Jewelers, Dave's Pest Control, Festival of GivingTrees,IamTshirts,Southbridge Tech Incubator, and Southbridge Tire, Sturbridge Coffee Roasters

The Marine Corps. Color Guard from Westover AFB and Southbridge High School Band helped to get this event off to a very exciting start as did the very talented dancers from the Kara Anderson Dance Studio (KADS).

We are thankful for the help of countless teachers, administrators and

STARR Ambassador volunteers from Southbridge Middle and Senior High School as well as the SHS Chorus. Equally appreciated were the many volunteers from the Southbridge YMCA, businesses and organizations and SBP partners, who made AutumFest 2021 a true community affair.

Also, a special shoutout goes to over 35 businesses and organizations who donated raffle items that made the SBP Raffle Booth a huge success.

Participating food vendors, crafters, farmer's marketers, Maggie the Clown, and games and kids' activities all helped to make this event a truly fun-filled day that was enjoyed by hundreds of people of all ages.

Lastly, the entertainment provided by She's Busy and The Island Castaways bands was the highlight of the afternoon and enjoyed by all.

Finally, a very special thanks goes to The Center of Hope that provided day-long bus shuttle service from their North St. Parking lot. This made it easy for visitors to join in the AutumnFest fun.

Lisa Brust and Elvis Dyer and their AutumnFest Committee wish to thank everyone, (too many to name) who were involved in making this a memorable community affair. They are already at work planning next year's event and welcome your input and participation. Please visit our website at www.sbppartnership.org to find more information and to contact us.

Darlene Kulesza
Southbridge

Does Sturbridge need or desire a race track?

To the Editor:

Does Sturbridge need or desire a race track, or are we just better off without it?

Do we need a race track because it will mean the town could collect a million dollars or so in taxes? Could that mean that we might take that money and put it toward a purchase, or purchases that costs much more each year than the million, meaning, (oops!) more bills, meaning we have to collect more money? Funny how easy it is not to live within our means, isn't it?

Do we desire this race track because it may mean that we get call fields for the kids? Do we think it would be wise to bring children into that environment, even if there are no races, betting, etc. when the kids are there? Oops! Might a few of the children begin to believe, because the race track project provided them with ball fields, etc., that race tracks and betting on the races would be a good thing for them to get into as soon as they could? Is it possible that unknown persons working or lurking in the area close to the kids' ball fields might become problematic? What are the chances that a child might be dropped off early or picked up late without much supervision? Who might be hanging around, watching?

There will be only one entrance into the Equine Center from Interstate 84. Therefore, we are told, the traffic in town won't be affected. We are also told that the Equine Center will generate income for local businesses. Oops! So traffic in town will increase! I can't believe that people won't use their GPS systems, or whatever electronics they may have, to go anywhere they want to go when they get back onto 84.

Sturbridge is the only town in close proximity with many hotels and restaurants, and shopping places.

This is not the first or the last enterprise to promise benefits to the town. We need to ask ourselves, "What consequences should we expect," whenever someone wants to give us something to get what THEY want.

Marilyn Desy

It's Soup Season

A pot of homemade soup simmering on the stove fills the house with flavorful scents, and the spirit with fond sentiments. Many a long, cold New England winter has been cheered by bowls of soup that warm both body and soul.

From crock pot stews that cook during the workday to weekend soups that taste better reheated, soups and stews are a favorite comfort food for all generations. Read on for some delicious soup and stew recipes to try this season as we gear up for the colder months.

Old Fashioned Chicken Soup

Every family needs a good chicken soup recipe to whip up at the first sign of sniffles. This one is easy and effective, not to mention delicious!

Ingredients: Carcass of whole chicken (with some meat attached); five cut carrots; four stalks celery, sliced; one large onion, chopped; egg noodles; chicken bullion; dash of poultry seasoning; salt, pepper, parsley.

Directions: Place the chicken in a large soup pot and cover with cold water. Heat and simmer, uncovered, until the meat easily pulls off bones. Take carcass out and pick off meat return chicken meat to pot. Add carrots, onion, celery, poultry seasoning, and chicken bullion to taste. Bring to a boil, then simmer until carrots are tender. Add precooked egg noodles and season with salt, pepper and parsley.

Classic Crock Pot Beef Stew

Beef Stew is the ultimate comfort food, and the crock pot is one of the best ways

Tip: For convenience, use a pre-cooked roasted chicken from the supermarket.

Broccoli and Cheese Soup

This thick, rich soup is a clone of a favorite served at a nationwide chain restaurant. The good news is it takes little time and effort to clone the popular appetizer at home!

Ingredients: four cups chicken broth; one cup water; one cup half and half; four slices American cheese; one half cup all-purpose flour; one half teaspoon dried minced onion; one quarter teaspoon ground black pepper; four cups broccoli florets (bite-size). Garnish: one half cup shredded cheddar cheese; two teaspoons minced fresh parsley.

Directions: Combine chicken broth, water, half and half, cheese, flour, onion and pepper in a large saucepan. Whisk to combine and to break up any lumps of flour; then turn heat to medium high. Bring soup to a boil, then reduce heat to low. Add broccoli to soup and simmer for 15 to 20 minutes or until broccoli is tender but not soft. For each serving spoon one cup of soup into a bowl and garnish with a tablespoon of shredded cheese and a pinch of parsley.

Short-term investments offer liquidity, and more



FINANCIAL FOCUS

JEFF BURDICK

Generally speaking, investing is a long-term process. You invest in your IRA and 401(k) to reach a long-term goal — retirement. You may invest in a 529 education savings plan for many years to reach another long-term goal — college for your children. But is there also a place in your portfolio for shorter-term investments?

In a word, yes. You have three good reasons for owning short-term investments: liquidity, diversification and protection of longer-term investments. Let's look at all three:

- Liquidity: For many people, the COVID-19 pandemic brought home the need to have ready access to cash, and short-term investment vehicles are typically liquid. Still, some are more liquid than others, and you'll want to know the differences right from the start.
- Probably the most liquid vehicle you could have isn't an investment at all, but rather a simple savings or checking account. But you likely could earn much more interest from a high-yield online savings account without sacrificing much, if any, liquidity. Money market accounts are also highly liquid, but they may carry minimum balance requirements.
- Other short-term investments may be less liquid, but that may not be a major concern if you don't need the money immediately. For example, you could purchase a type of mutual fund known as an ultra short-term bond fund that invests in longer-term bonds due to mature in less than a year, so you could receive the benefit of the higher interest rates typically provided by these bonds. You could choose to partially or entirely liquidate your bond fund at any time, but it may take several days for the sale to go through, since the shares in the fund need to be sold. You could also invest in a three-month certificate of deposit (CD), but if you cash it out early, you'll lose some of the interest payments.
- Diversification: If your portfolio consists largely of stocks and stock-based ETFs and mutual funds, you could take a hit, at least temporarily, during periods of market downturns, which are a normal part of the investment world. But a diversified portfolio, containing both long- and short-term investments, may hold up better during periods of market volatility. That's because the short-term vehicles we've looked at are typically going to be far less affected by market movements, if they're affected at all. (Keep in mind, though, that diversification by itself can't guarantee profits or protect against all losses.)
- Protection of longer-term investments: If you were to face an unexpected expense, such as the need for a major home or car repair, how would you pay for it? Without any liquid reserves, you might be forced to dip into your long-term investments, such as your 401(k) and IRA. But by doing so, you could incur taxes and penalties — and, perhaps even more important, you'd be removing resources from accounts designed to help you achieve a comfortable retirement. With enough short-term investments in place, though, you can avoid touching these long-term accounts.

As you can see, you can benefit significantly by adding some short-term investment vehicles to your portfolio. They could make a big difference in your ability to meet your financial goals.

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@edward-jones.com.

Save seeds of favorite vegetable and flower plants



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(Right) Saving heirloom seeds, like this striped Roman paste tomato preserves both flavor and history.

of the container through a fine mesh strainer. Rinse the seeds, removing any of the gelatinous material that may remain. Spread the seeds on a piece of paper to dry.

Once dry, place the seeds in an envelope labeled with the date and variety and set in a sealed jar or plastic container. Store in the refrigerator or other consistently cool location until it's time to start them for next season.

Start with these and then consider trying other flower, vegetable and even tree and shrub seeds. You'll find helpful information in books, online and on the Seed Savers Exchange website. Saving your own seeds can help you save money while preserving and planting a bit of gardening history.

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.



Don't Complain

POSITIVELY
SPEAKING
TOBY
MOORE

feel.

It's a common belief that you have to vent your feelings because if you don't let them out, then they will bottle up inside of you until you explode!

Scientific studies show that complaining isn't an act of getting rid of the feeling; it's not an act of venting at all. Instead, it reinforces a negative emotion and trains your brain to produce more bad feelings until all you can focus on is the negativity in every interaction.

I used to work in the service industry, and a lot of my income depended on tips. When I first started, I complained about almost every tip I received. I complained about customers that annoyed me, I complained about my managers, I complained about my co-workers, I complained about my schedule, I complained about my commute to work. It was a never-ending parade of complaints, and I was miserable.

Little did I know that I wasn't unhappy because I received a bad tip or had a bad interaction with a customer, co-worker, or manager. I was miserable because I reinforced negative moments I experienced in the past, making those connections stronger in my brain. I was trapped, a prisoner of my thoughts.

Studies have also concluded that complaining is bad for your health.

When you complain, you're damaging your brain. Complaining shrinks and

damages part of your brain called the hippocampus. What does this mean? It means that complaining destroys your memory, imagination, creativity, decision-making, and much more!

When you complain, you're increasing your levels of cortisol, also known as the stress hormone. Chronically high cortisol levels can lead to various health problems, including depression, digestive issues, sleeping disorders, higher blood pressure, and increased risk of heart disease; complaining shortens your lifespan.

Although it's been a battle, I've rid myself of complaining more and more every year. Sometimes I still catch myself, and I have to retrain my thought process. It becomes easier the more you do it.

Whenever I catch myself complaining, I try to think thoughts like this, "I know complaining keeps me from moving forward. Losers complain; winners brush it off and keep moving forward. Thank you for allowing this experience to sharpen me and make me better; I know I will overcome."

Rather than giving voice to the negativity of complaint, try voicing the positivity of gratitude. Try to speak words of encouragement, speak ill of nobody.

You are capable of handling every situation that comes your way. Every bad thing that happens to you doesn't deserve the time it takes to complain. Focus on your dreams. Change your thoughts and your words, and you'll begin to see miracles happen in your life.

Toby Moore is a columnist, the star of *Emmy - Nominated A Separate Peace*, and CEO of *CubeStream Inc.*

TRAINOR

continued from page A8

to make a tender, delicious stew. This recipe uses tapioca as a thickener. This addition saves the cook the step of mixing up a gravy after the meat has cooked.

Ingredients: three carrots, cut; three potatoes, cut; two pounds beef chuck or stew meat, in 1-½" cubes, one cup beef stock, one pkg. beefy onion soup mix, three tbs. tapioca, one tsp. Worcestershire sauce, one garlic clove, one bay leaf, one tsp. paprika, one celery stalk, cut up, onions to taste, salt and pepper to taste.

Directions: Put all in a crockpot, stir to mix spices. Cover and cook for 10 hours on low or five to six hours on high.

Note: You may want to add a little more broth for your desired consistency.

Butternut Squash Bisque

This hearty recipe uses fresh butternut squash and apple cider for a blend of savory and sweet.

Ingredients: one tablespoon olive oil; one-half large onion, diced; one-half large carrot, diced; one stalk celery, diced; one pound butternut squash, peeled, seeded and diced; two sprigs fresh thyme, rinsed; five cups chicken stock or canned chicken broth; two cups apple cider; two cups heavy cream, or half cream half chicken stock (optional); Salt and black pepper, to taste.

Directions: Heat the oil in a large pot and sauté the onion, carrot, and celery until the carrot and celery are soft and the onion is translucent, about five minutes. Add the squash and thyme and sauté until all of the vegetables are coated with oil, about two minutes. Add the stock and the two cups of cider and simmer until the squash is very soft, about 30 minutes. Remove from heat. Puree the mixture, in small batches, in a blender on medium speed until smooth and well blended. Place the pureed mixture into another pot and stir in either the cream or stock to achieve the desired consistency. Add the salt and black pepper. Heat gently and serve.

Note: When heating this soup, be careful not to overcook it to retain its sweet and savory flavor.

Slow Cooker Minestrone

Brimming with flavor, this soup cooks itself while you're at work.

Ingredients: two quarts cold water; two to three pounds beef sirloin or top round; one medium onion, diced; three carrots, diced; two celery stalks, sliced; two (28 ounces) cans crushed tomatoes; three teaspoons salt; one cup shredded cabbage; one (16 ounce) can garbanzo (chi chi) beans; two tablespoons chopped fresh parsley; one-half cup barley; three teaspoons chopped fresh basil; one garlic clove, minced; one teaspoon dried oregano; two zucchini, sliced; two (10 ounces each) packages frozen mixed vegetables; one cup uncooked spaghetti; Parmesan or Romano cheese.

Directions: Add all ingredients through oregano to slow cooker. Cover and cook on low/med setting for seven to eight hours. Remove meat from bones and return to stockpot. Discard bones. Stir in uncooked spaghetti, sliced zucchini, frozen mixed vegetables. Cook covered on high for one hour.

**

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.

Socially Speaking...

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

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



Joshua Hyde Library to host virtual author talk with Judith Avila: Code Talker

STURBRIDGE — In celebration of Veterans Day and Native American Heritage Month, the Joshua Hyde Public Library is pleased to host author Judith Avila as she discusses her book “Code Talker: The First and Only Memoir by One of the Original Navajo Code Talkers of WWII” on Nov. 9 at 7 p.m.

This memoir of Chester Nez is the first and only memoir by an original member of the Navajo code talkers of WWII. During World War II, the Japanese had managed to crack every code the United States used. But when the Marines turned to its Navajo recruits to develop and implement a secret military language, they created the only unbroken code in modern warfare — and helped assure victory for the United States over Japan in the South Pacific.

Judith Avila is the winner of the New Mexico Press Woman's Zia Award and the New Mexico/Arizona Book Award. Books are available at the library 306 Main Street, Sturbridge.

Sponsored by the Friends of Joshua Hyde Public Library. This is part of the You Belong Here initiative and all are welcome. Registration is required to receive the zoom link.

To register for this event, or for more information, please visit our website at www.sturbridgelibrary.org or on Facebook @sturbridgelibrary.



YMCA Mission in Motion Day to benefit LiveStrong Program

On Saturday, Oct. 23, from 8 a.m. to noon, The YMCA of Central MA, Tri Community Family Branch located at 43 Everett Street in Southbridge, is sponsoring a “Mission in Motion” Exercise Event to benefit the LiveStrong Program held at the Southbridge YMCA. Special classes will be held throughout the morning for a suggested donation of \$10 per class. Everyone is invited to join in the fun to support this important program supporting those affected by cancer. LiveStrong is free to all registered Program Participants.

The Mission in Motion Day starts off at 8 a.m. with offerings of either Yoga (Charice Kalis) or Zumba (Christine Neslusan) classes. At 9, Biker Barre (Suzi

Guerin) or Animal Flow (Kate Hardy) takes place. Ten a.m. brings a 90-minute Cycle class with Charice Kalis or at 11:30 there is a 30-minute cycling class with Kate Luscombe! Love to swim? Bring the family and come use the pool from 11 a.m. to noon for open/family swim time!

Anyone wishing to work out in the Fitness Center instead of attending a class will be offered a Fitness workout challenge at three levels for different intensity workouts! Of course the Fitness Center is offered as a work at your own pace area too!

The YMCA invites everyone to join us for this exciting event. It is a great way to “try the Y” and see the facility while helping to

support a great cause.

LiveStrong is a 12-week Program offered to all persons effected by cancer. During LiveStrong classes, trained and certified Instructors work one on one and in small groups with persons who have struggled with cancer. The program helps to rebuild strength and balance for the participants as well as offer nutrition advice and small group support. There is no cost for participants in this program as we celebrate each milestone of the fight to beat cancer!

For further information about either the LiveStrong Program or the Mission in Motion event please contact the Tri Community Family Branch at (774) 318-5055.

Tradewinds Clubhouse to receive exercise equipment through Viability grant

WORCESTER — Viability, which serves people with disabilities and other disadvantages throughout Massachusetts, has received a \$15,350 grant to purchase exercise equipment for its accredited Tradewinds Clubhouse in Southbridge. Tradewinds is part of an international network of clubhouses around the world, which provides vocational and life skills training and social support for people experiencing mental illness.

The grant was one of eight Activation Fund grants recently awarded by the Foundation totaling more than \$530,000 to support a wide range of projects aimed at improving health, targeting the most vulnerable populations.

“Since its founding, the Foundation has applied a social determinants of health framework to guide its investments in non-profit organizations working to address barriers to health equity and improve health outcomes throughout 60 cities and towns in Worcester County,” said District Court Judge Timothy M. Bibaud, Chairman of the Board of the Foundation.

In 2021, 53 letters of intent to participate in the application process for support

from the Activation Fund were submitted. After a thorough review of the letters and applications by Foundation staff, eight projects totaling \$530,385 were funded, representing a diverse mix of organizations located throughout the region, half of which are first-time award recipients.

Judge Bibaud continued, “Through the Foundation’s annual Activation Fund process and related community outreach, the Board and staff are able to learn about pressing and emerging health issues from those in the community and direct Foundation resources accordingly.”

The Health Foundation was established in 1999 with the proceeds from the sale of Central Massachusetts Health Care, Inc., a physician-initiated, not-for-profit HMO. The Foundation currently has assets of approximately \$95 million and has awarded grants totaling over \$48 million since it began its grant-making in 2000. For further information about these grants or about the Foundation’s grantmaking programs and application process, please visit the Foundation’s website at www.hfcm.org or call (508) 438-0009.



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High School Notebook



Nick Ethier

Tantasqua's Gabriel Howard follows a lead block provided by Anthony Lataille while carrying the ball.

Oct. 12

Tantasqua golf places fourth at SWCL Golf Championship — Colm McGrath (82), Patrick Dunn (83) and Aubyn Phillips (83) helped lead the Warriors to a fourth-place finish at the Southern Worcester County League Golf Championship, placed a Leicester Country Club.

North Brookfield 1, Leicester 1 — The Wolverines' Nicole Berard scored the lone Leicester goal at the 10-minute mark of the first quarter, while the Indians' Ty Babineau scored the equalizer with 2:34 remaining in the first quarter. North Brookfield is now 9-2-3, while Leicester is 9-3-2.

Oct. 13

Tantasqua 166, Sutton 177 — For the final match of the season, the Warriors' varsity golf team faced the Sammies at Hemlock Ridge. Medalist honors go to Tantasqua senior co-captain Nate Wright, who shot a 3-over par 39. The Warriors finished the regular season 11-7.

Tantasqua 11, Quaboag 0 — In boys' JV soccer, the Warriors went on a scoring barrage to upend the Cougars. Tantasqua's goals were by Joey Chidster (two), Zack Cooper, Jeff Shaw, Flecher Sacco, Ryan Perival, Emil Escobar, Luke Goodwin, Alex Kenney and Owen Stattenfield.

Oct. 14

Tantasqua 2, Shepherd Hill 1 — The Warriors edged the Rams in boys' JV soccer action. Emil Escobar scored twice for Tantasqua, with Joe Chidester assisting. In goal for the win was Daelan Ahearn. Hats off for the defense of Luke Goodwin, Alex Kenney, Flecher Sacco and Charlie Linton.

Oct. 15

Northbridge 36, Tantasqua 0 — A 21-point first quarter did in Tantasqua Regional's varsity football team, as the host Rams improved to 5-1.

For the Warriors (0-6), quarterback Caleb Thompson was 6 of 9 passing for 62 yards. Derek Plowman caught a pair of those passes for 24 yards, while Liam Hubacz hauled in a 22-yard catch. Tantasqua's rushers included Thompson (17 carries, 84 yards) and Gabriel Howard (12 carries, 40 yards).

Oct. 18

Tantasqua's Aubyn Phillips qualifies for State Golf Tournament — The Tantasqua Warrior varsity golf team traveled to Berkshire Hills C.C. for the District Tournament. In cold and rainy conditions, Tantasqua's final score was 343, which was good for a seventh place tie with Pope Francis High School. Sophomore Colm McGrath



Nick Ethier

Four Tantasqua defenders converge in on Northbridge's Tim Labrie.

finished tied for 17th place with an 83, and junior Aubyn Phillips was low Warrior with a 79, which was tied for seventh place and qualifies Aubyn for the Division 2 State Tournament at Sandy Burr Country Club in Wayland.

Gators earn SWCL Golf Team Championship; Millbury's Sousa top individual

LEICESTER — On Tuesday, Oct. 12, Leicester Country Club played host to the Southern Worcester County League Golf Championship. There, Grafton High prevailed as the team champion, edging Millbury High.

Both the Gators' and Woolies' top four golfers combined to shoot 315, but the tiebreaker came on the fifth golfer, where Grafton's was lower.

The team results are as follows:

1. Grafton, 315 (396)
2. Millbury, 315 (413)
3. Auburn, 330
4. Tantasqua, 337
5. Uxbridge, 359
6. Northbridge, 370

7. Quaboag, 386
8. Leicester, 388
9. David Prouty, 407
10. Oxford, 411
11. Bartlett, 424

The top 10 individuals are as follows:

1. Nathan Sousa, Millbury, 76
2. Ryan Schiappa, Grafton, 77
3. Will Pielt, Northbridge, 78
4. Dominic Maynard, Grafton, 79
4. Mark Monfreda, Millbury, 79
4. Nick Viens, Grafton, 79
7. Carter Burnett, Grafton, 80
7. Blake Samuelson, Millbury, 80
7. Jaden Palumbo, Millbury, 80
7. Cooper C'Miel, Auburn, 80



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OBITUARY

Louise P. Caouette, 92

Sturbridge: Louise P. (Beaudry) Caouette, 92, of Poplar Ave., passed away on Thursday, Oct. 14th, in the Overlook Healthcare Center, Charlton, after an illness.

Her husband of 68 years, Armand L. Caouette, passed away in 2017. She leaves her three sons, Michel Caouette of Southbridge, David Caouette and his wife Laurel of Southbridge and Marc Caouette, Colonel (Retired), US Army and his wife Melanie of New Braunfels, TX; her two daughters, Linda L. Cyr and her husband Michael of Gorham, ME and Sylvia Souza and her husband Bruce of Eastford, CT; her brother, Joseph W.H. “Bill” Beaudry of Southbridge;

her two sisters, Sylvia Bialy of California and Rachel Lavallee of Sturbridge; 11 grandchildren, Michel Caouette, Timothy Caouette, Eric Cyr, Laura Cyr-Burgess, Pamela Cantlin, Amelia Peloquin, William Peloquin, Jr., Julie Peloquin, Christopher Caouette, Stephanie Chelar and Sarah Caouette Fore; 16 great grandchildren; and several nieces and neph-



ews. She was predeceased by her sister, Elizabeth Brackett. She was born in Southbridge the daughter of Hormidas and Elizabeth (Perron) Beaudry.

Louise was a lifelong member of Notre Dame Parish (now St. John Paul II Parish) in Southbridge. She was also a member of the Red Hats Society in Sturbridge. She was an avid Boston Red Sox and New England Patriots fan. She enjoyed camping with her husband. She also enjoyed getting together with her siblings which would often result in a sing along. Most of all she loved to spend time with her grandchildren.

Her funeral was held on Monday, Oct. 18th, from the Daniel T. Morrill Funeral

Home, 130 Hamilton St., Southbridge, with a Mass at 11:00am in Notre Dame Church of the St. John Paul II Parish, 446 Main St., Southbridge. Burial followed in New Notre Dame Cemetery, Southbridge. A calling hour in the funeral home was held on Monday, Oct. 18th, from 9:30 to 10:30am, prior the Mass.

www.morrillfuneralhome.com

BRAVE 5K

continued from page A1

they can find informational resources,” said race director Christine Neslusan.

To that end, the Nov. 13 event will also feature a fair with vendors offering various supports and services to veterans and their families.

Business owners are also asked to get involved in the event to help support area veterans.

“We are asking local businesses to make a tax-deductible financial contribution to offset our race expenses,” read a statement released by event organizers. “Donations of any amount are appreciated and will be recognized on social media and at the event. Please be part of our effort to provide support to veterans, military members, and promote a healthy community event by sponsoring this race.”

Event leaders are thrilled to return the race after it was forced to go virtual in 2020. This year’s in-person race begins at 9 a.m., and there is also a virtual option available.

The event will also include a farmers’ market and live music. Officials are hoping for a big crowd that will support ongoing efforts to assist veterans.

“The Veterans Assistance Fund is something we have established in

order to assist those veterans and military members who may be over the income limits for some assistance programs, such as Chapter 115 benefits,” said Michael Struppa, Sturbridge’s Director of Veterans’ Services.

Funds received from the race will be used to support veterans, military members, and their families in need of immediate assistance. Supports include food, transportation, heating, and other emergency expenses. One hundred percent of contributions to the fund will be used to benefit qualified applicants.

“As this is the first time establishing the fund, we are still in the process of creating the application and standards required to qualify,” Struppa added. “I’m excited the Town of Sturbridge has accepted this warrant. Often times deployed members of the military face uncertainties on the home front, such as a government shutdown which means no pay for them or their families. If needed, the Veterans Assistance Fund would be a means for families to receive emergency assistance should such an instance arise.”

To learn more about the Nov. 13 event and how you can get involved to support local veterans and their families, send an email to Sturbridgehomeofthebrave5k@gmail.com.

the last 15 to 20 minutes and had some chances.”

Tantasqua did indeed have its chances, but Shepherd Hill keeper Ryan Davis was in position to make all six shots sent his way, five coming in the second half.

The Warriors finished the regular season 11-2-1 and are now ready for the Central Mass. Division 1 Tournament, following by a Division 3 State appearance.

“I’m very proud of this team. I’m hoping we can make some more things happen,” Guertin said.

that Open Sky plans to continue to explore innovative ways of improving care and the system of services with DMH over the next year.

About Open Sky Community Services

Open Sky Community Services, Inc. offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other complex challenges throughout Central Massachusetts. Open Sky, which was formed through the affiliation of Alternatives Unlimited, Inc. and The Bridge of Central Massachusetts, has over 1,200 dedicated employees and an annual budget of \$89M with more than 100 programs throughout the region. For more information, please visit www.openskycs.org.

About the Massachusetts Department of Mental Health

The Department of Mental Health (DMH), as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities. DMH operates five regional offices as well as inpatient beds at seven locations across the state. DMH also shapes mental health policy and retains licensing authority over more than 2,500 beds in privately owned facilities.

Joshua Hyde Library celebrates 125 years with quasiquicentennial events

STURBRIDGE — Joshua Hyde Public Library is celebrating its 125th anniversary from now through July 2022 with numerous events and programs, including book discussions, author talks, historical exhibits, a winter film series, an oral history project, and crafts and activities for the whole family.

A growing calendar of free and ticketed events is available on the Library’s website, sturbridgelibrary.org, including:

- JHPL 125th editions of the Armchair Travelers and Memoirs: Gateway to Dreams and Reflections monthly book clubs (dates and books on the library’s online calendar).
- “Make Your Own Journal” a historical craft activity for ages 10+ (Nov. 20).

- The Frank Capra (born 1897) 125th-inspired film series (Jan. 5, 12, 19 and 26 of 2022).
- JHPL 125th-themed indoor mini golf (March 5-6, 2022).

- “Why They Marched” author talk and reception with historian Susan Ware (April 27, 2022 at The Barn at Wight Farm).

Many other events are in the works, including a community gala and a 125th birthday family picnic with ice cream social on Saturday, July 23, 2022 to mark the Library’s opening on July 22, 1897. The Library will also be hosting a series of historical exhibits, display images, and artifacts from the Hyde family, the Haynes family, JHPL’s construction and renovations, its collections, and its involvement in the community.

As part of its 125th celebrations, JHPL is also launching “Sturbridge Stories,” a community-focused oral history project, funded in part through an LSTA grant from the Massachusetts Board of Library

Commissioners (MBLC). This effort to collect personal stories of life, work, and family from current and past community members is modeled on UMass Boston’s Mass Memories Roadshow and will help the library share Sturbridge’s stories today alongside the town’s historic past.

A brief history of JHPL

Constructed with funds generously bequeathed by George B. Hyde, a Sturbridge native and respected Boston educator and School Committee member. Joshua Hyde Public Library opened its doors on July 22, 1897. It was envisioned as a new and, most importantly, permanent home for the then Sturbridge Public Library’s 1,000s of books that moved from location to location around town during the late 1800s. Hyde requested in his will, dated 1886, that “the name of my father, ‘Joshua Hyde’, in full, be given to the library, to be placed on the building.” The elder Hyde was a prosperous Sturbridge farmer, Revolutionary War veteran, and was known to be “plain in his manners, economical in his habits, and judicious in his calculations... Not favored with the advantages of even a common education, [Joshua] cheerfully bestowed them upon his children, and as cheerfully aided in the education of the rising generation...” according to a biographical account written by George Davis in 1856.

For more information about the JHPL’s 125th celebrations and upcoming events, or to learn more about Sturbridge Stories, please call (508) 347-2512, visit us at www.sturbridgelibrary.org, or find us on facebook and Instagram: [sturbridgelibrary](https://www.facebook.com/sturbridgelibrary).

Greater Worcester Community Foundation funds over \$54k for Arts Collaborations that address community needs

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

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

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

- Music Worcester, Inc., Concert Truck for Community, \$5,000
- Creative Hub Worcester, Strengthening Families & Raising Resilience, \$10,000
- Indian Lake Community Association, Inc., Cultivating the Arts in an Urban Community Garden, \$10,000

PUMPKIN PATH

continued from page A1

in the community to reopen its farmer’s market, working with the Board of Health to ensure safe practices in line with CDC guidelines, and providing local residents with fresh food when grocery stores weren’t the safest places to be.

And when outdoor fun proved to be safer, and spirits needed lifting, Hitchcock decided to start a new tradition.

“You can cancel events, but you can’t cancel community,” says Executive Director Cindy Skowrya. “We were determined to find ways to gather safely and to continue to fulfill our mission, even in trying times.”

The second annual Pumpkin Path will take place on the lawn and inside Hitchcock Academy at 2 Brookfield

- Día de los Muertos Event, “Recuerda la Memoria”: Latino storytelling on loss and hope during COVID. A mixed media art project., \$10,000

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

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

“Art encompasses every aspect of our lives,” said Lindiana Semidei, Program Associate. “From the music we play to the poetry we write, art is a form of communication and has always been a central part of our human needs. Together with our Creative Worcester Initiative, we’re not only stimulating projects, but we’re also inspiring collective creativity in our community.”

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

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

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

Road in Brimfield on Saturday, Oct. 23 from 4 to 7:30 p.m. Decorating and carving begin at 4, the path is laid out and lit at 5:30, viewing and voting takes place from 6 until 7:30 when winners are announced. Children will receive a special treat bag and are encouraged to wear a costume. Prizes will be awarded to winning contestants.

The event also takes place just a week before a new session of classes at the community center. Offerings are for all ages and include fencing, pilates, silk scarf making, yoga, Judo, piano/violin/viola/guitar lessons, and more.

This program was made possible by a sponsorship from B.T. and Sons Towing & Recovery.

To register for Pumpkin Path, and to learn more about Hitchcock and its program offerings, visit www.hitchcockacademy.org.



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



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

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

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WEBSTER - 23 EMERALD AVE.



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Webster Lake - 300 Killdeer Island

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

WEBSTER LAKE! Treasure Island Townhouse! UNIT# 401 Quiet summers on big & beautiful Webster Lake! 6 Rooms. Open Floor Plan! Dining Area. Hardwood Floor & Carpet. Master Bedroom, W/2 Closets, Master Bath! 2-1/2 Baths Total! Slider to



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2 family with 2-2 bedrooms apartments, modern kitchens and bathrooms. Two 38 foot garages with 11' garage doors. Third unit is a 400 sq. ft. garage with automatic garage door and burglar alarm. Located on dead end street.

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Dudley Tri-Level \$379,900
9 rooms 3 bedrooms 1.5 bath with attached garage. Two fireplaces, formal dining room, entertaining size living room. 26'x22' family room with fireplace. Large rooms throughout. Possibility of 1st floor office with 1/2 bath. Lots of extras.

Open House Sun 24th • 11-1PM



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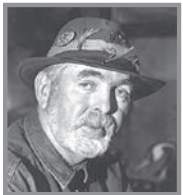
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Fall has arrived



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Summer is over and fall has arrived with all of the colors and cool temperatures that only New Englanders are able to enjoy year after year. Bow hunting for deer opened this past Monday in Mass., but not all archers are able to enjoy hunting with a crossbow. Many sportsmen prefer to hunt with their compound bows and recurve bows, but for many that had hoped to hunt this year with a crossbow, will need to wait a bit longer. Passing new hunting regulations in Mass. is not easy! Not all bow hunters have the skills needed to hunt with traditional bows, and passing a crossbow bill for any hunter that would like to use one would increase recovery of many deer, that would otherwise be lost. Maybe next year!!!

The high population of whitetail deer in Mass. should make for a great hunting season and put plenty of venison on the table for many families. With the high price of meat at the grocery stores this year the venison will be a welcomed addition to the freezer for the coming winter months. Wild turkeys also opened to hunting this past Monday, and their populations remain high. Many families prefer wild animals to eat, and are much healthier to eat than farm raised meats. Coyotes are causing more concerns among the local community, as daily sightings of them are reported. Keeping a sharp eye on your pets needs to be practiced, especially small pets.

Ticks are also being observed on pets and hunting dogs. One local bird hunter reported taking numerous ticks from his dog after each daily hunting trip. Keeping your dog on NexGuard or some other medication to keep your pet healthy needs to be practiced. They are not cheap, but owning a dog is not cheap, but they are worth every penny.

Trout fishing has been providing many anglers with some great action on the recently stocked trout in the Central District. Numerus anglers reported catching some 15- and 16-inch rainbow trout at Wallum Lake and Webster Lake last week. Reports of trout being stocked on some of the major rivers this year was good news. Many rivers have much higher water than in previous years, making the water suitable for holding trout. The Cape ponds are also providing some excellent trout fishing in uncrowded conditions. Go to the Mass. fishhunt website for a complete list of stockings to date.



A few local anglers returned home from a fishing trip on the Salmon River in Pulaski, N.Y. Unfortunately, the fishing was very slow because of the warm water and lack of rainfall. The recent cool temperatures should change all that by the time you read this column and fishing should

improve dramatically.

Tautog fishing remains strong in Mass. and Rhode Island with many fish in the 5-to-8-pound class being caught. The limit of tautog was increased to five fish per angler last Friday, but only if you are on a party boat. Anglers that have their own private

boat in Rhode Island, can only take 10 fish daily, if more than two anglers are in the boat. The recreational guy that has his own boat gets hit again. What is it? They do not like the recreational guy? They like our money!

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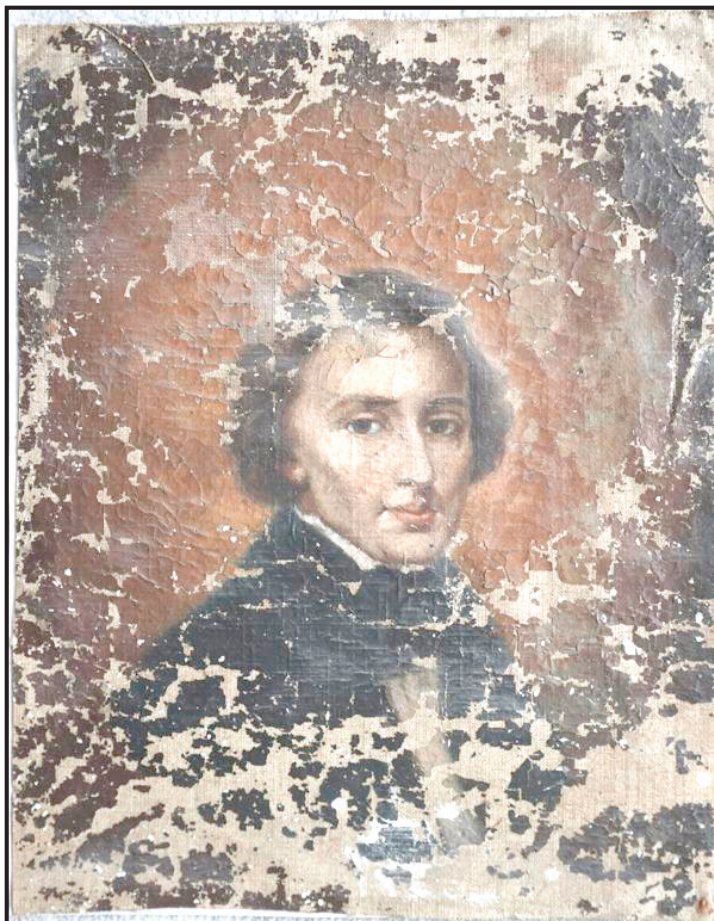


ANTIQUES, COLLECTIBLES & ESTATES WAYNE TUISKULA

There've been some interesting stories from the antique and auction world since my last column. Here are some of the latest.

Artwork by Muhammed Ali recently hit the auction block here in the U.S. In early October, 28 pieces painted by the former Heavyweight champ owned by his friend Rodney Hilton Brown were sold, according to CBS news. "I had taken over a failing art gallery in Soho, and I was looking for a world class famous figure that could paint some paintings that we could make limited edition prints of and sell," Brown said. Ali agreed to help his friend and created paintings that were sold in Brown's gallery. Some of the subjects of Ali's paintings were religion, war, social justice and, of course, boxing. The collection sold for nearly \$1 million and "Sting like a Bee," which depicts Ali in the ring with his arms raised over an opponent sold for \$425,312.

This antique and antique story comes from across the pond. Collector plates typically have little value, but an antique plate that was tucked away in a Scottish woman's closet fetched a small fortune at auction



recently. The British "Mirror" newspaper reported that the "the 16th century plate bear[s] a biblical scene by Italian artist Nicola da Urbino." The majolica plate of Samson and Delilah was said to have been tucked away in the back of a drawer and forgotten about. It had a preauction estimate of £80,000 (approximately \$110,000 U.S.) to £120,000 (approximately \$165,000 U.S.). It sold for ten times expectations at £1.2 million (\$1.7 million U.S.).

A badly deteriorated portrait of French and Polish composer and pianist Frédéric Chopin recently made news when the owner had it appraised after owning it for 30 years. NPR referred to Chopin as a "matchless genius in the realm of keyboard music." A man purchased the painting of Chopin at a Polish flea market approximately

30 years ago, according to the New York Post. The painting was reported to have been painted during Chopin's life in the 18th Century. After hanging on the buyer's wall since the 1990s, financial concerns caused the owner to get the painting appraised. Dariusz Markowski, an art restoration expert and Nicolaus Copernicus University professor didn't reveal the appraised value but told the AP "it has significant historic and emotional value."

The Polish Press Agency's "First News" additionally reported that an unsigned portrait of Mozart sold for £4.4 million at a Paris auction in 2018. They also stated that "when the current owner discovered the true value of the small oil on canvas he was so astonished he crashed his car into a ditch." I hope you stay safe when you are on the hunt for

treasures.

Our next multi-estate online auction will begin soon, and I will have more information about it in my next column. I'll be presenting on antiques and collectibles at FinnFunn Weekend in Troy, NH on Saturday, October 30th. My antiques night class takes place November 10th at Bay Path Evening School in Charlton, MA. I'll be appraising items virtually for the Townsend, MA Historical Society on November 13th. Please visit our website for more details on upcoming events: <https://centralmassauctions.com>

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On September 30th, Ozzy, our 12-year-old English Setter broke off his run and hasn't returned yet. He is white with black and brown spots, neutered male, wearing a teal-colored collar with a gray reflective stripe. He also has about a foot of cable attached to his collar. We live in Spencer about a mile from the Spencer Fairgrounds, close to the East Brookfield line.

We are offering a \$100 Reward for his safe return.

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HARVEST FESTIVAL

continued from page A1

(Right) Boogie Chillin plays an extended version of Elton John's "Honky Cat" before launching into a few Grateful Dead tunes.



Gus Steeves



Gus Steeves

Jamie Kordak and Sheryl Becker hand out fliers urging Sturbridgians to vote against the horse track at the upcoming Town Meeting.



Gus Steeves

Matthew Lempitski Sr. swings his son, Matthew Jr., around to the sounds of Boogie Chillin.



Erik Saren holds his son William while the boy tosses darts at the balloon board (he popped all three).

Gus Steeves

(Right) Visitors browse one of several book tables.



Gus Steeves

Michael and Maddie Ryan visit Jack Skellington and Sally, one of this year's handful of Halloween displays gracing the Publick House's front lawn.

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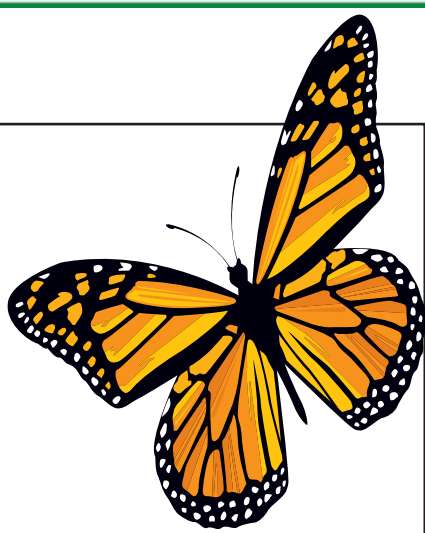
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