Smoke billows from a home on Richardsons Corner Road due to a chimney fire on Jan. 15.

Photo Courtesy

Baker moves to increase availability of COVID tests for schools

BY KEVIN FLANDERS
STAFF WRITER

REGION — Amid a winter surge of COVID-19 cases, state officials are scaling up delivery of expanded testing availability to employers and schools.

The Baker-Polito Administration announced last week that an order was placed with iHealth to supply the state with 26 million rapid antigen tests over the next three months. The tests will be prioritized to support K-12 schools and child care settings, officials said.

The agreement allows for the use of an existing network of general practitioners, hospitals, and pharmacies on a rolling basis in the Commonwealth, but the timing and shipping amounts will vary depending on international shipment and production volumes, the governor’s statement said. The tests were released by Gov. Charlie Baker’s office.

The Governor has been repeatedly criticized by parents and school leaders across the Commonwealth, including the Massachusetts Teachers Association, for not moving quickly enough to secure additional testing availability.

Last week, the Baker-Polito Administration also released a public health advisory to better inform residents of when to seek tests for COVID-19. The advisory urges all residents and not yet eligible to receive a booster.

If they have COVID-19 and not yet eligible to receive a booster.

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Nursing students extend helping hand to families affected by Typhoon Odette/Rai

CARLETON — Bay Path Practical Nursing Academy PN Class of 2022 member and 01550 resident, Yessenia Bolandrina, has been working since Dec. 17 as a Home Health Aid (HHA) forBone Health Aid (HHA) for VF Nursing Care. Her diligence and love for her work have paid off, as she is now looking for a new position where she can use her skills to the fullest. Yessenia has been working for 2 years and has gained valuable experience in the field. She is currently working as a Home Health Aide at a local hospital and is very satisfied with her work. She enjoys helping others and is always ready to lend a hand. Her parents are very proud of her and encourage her to pursue her passion. Yessenia is a loving and kind person who always puts others first. She is a great example of how hard work and dedication can lead to success. She is currently working on her Bachelor of Science in Nursing degree and hopes to become a registered nurse in the future. Yessenia is a true inspiration to her family and friends. She is always ready to help others and is always looking for new opportunities to grow and learn. She is an asset to her community and is always ready to give back. Yessenia is a true inspiration to us all. She is a true example of how hard work and dedication can lead to success. She is a true inspiration to all of us.

Nursing students extend helping hand to families affected by Typhoon Odette/Rai

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“When many of the 85 inmates who have been released over the past year have been serving time for violent crimes, we have shown time and again that incarceration is not a solution,” said Evangeline. “It only perpetuates the harm that has been caused.”

The Worcester County Jail and House of Correction remains dedicated to improving the lives of those impacted by the criminal justice system. The Jail and House of Correction administer a comprehensive array of programs and services aimed at reducing recidivism and improving public safety. These programs include educational and vocational training, substance abuse treatment, and community reintegration services. The Jail and House of Correction are committed to providing a safe and secure environment for all inmates and staff, and to promoting public safety and community well-being.

The Jail and House of Correction are also committed to transparency and accountability. They provide regular updates on inmate population, staffing levels, and program participation. The Jail and House of Correction work with a variety of community partners to provide support and resources to inmates and their families. They also collaborate with local non-profits and municipalities to address the needs of those impacted by the criminal justice system.

The Jail and House of Correction are committed to working with the community to address the root causes of crime and to promoting public safety and well-being. They recognize the importance of collaboration and partnership to achieve these goals. They continue to work with a variety of community partners to provide support and resources to inmates and their families. They also collaborate with local non-profits and municipalities to address the needs of those impacted by the criminal justice system.

The Jail and House of Correction are committed to providing high-quality, evidence-based programs and services to reduce recidivism and improve public safety. They are dedicated to working with the community to create a safer, healthier, and more prosperous future for all.

Worcester, MA – The Worcester County Jail and House of Correction is pleased to announce that the Jail and House of Correction have implemented a new program designed to support inmates in their post-release transition. The program, called “Aftercare,” provides inmates with guidance and support in finding housing, employment, and other resources needed to successfully transition back to the community.

The Jail and House of Correction are committed to providing high-quality, evidence-based programs and services to reduce recidivism and improve public safety. They are dedicated to working with the community to create a safer, healthier, and more prosperous future for all.
Quinsigamond Community College offers full-time police academy

The College’s first full-time police academy class, currently consisting of 14 student officers, the program began in mid-September 2021, and additional officers will graduate on May 27, 2022.

“If a police department has an applicant, the department must send them to a Recruit Officer Course at a MPTC-authorized police academy, such as the QCC Police Academy,” Captain Cecchi said.

While police academies such as the one at QCC must be authorized through the MPTC, in the Commonwealth of Massachusetts, prospective police officer applicants must be sponsored by a municipal or campus police chief, sheriff, or campus/hospital security director.

All QCC’s Police Academy, Police Academy Recruit Officer Course, offers the same rigorous activities and training as existing officers participate in the same training. QCC’s Police Academy is addressing this need, said Captain Cecchi. The College’s first full-time police academy class, currently consisting of 14 student officers, the program began in mid-September 2021, and additional officers will graduate on May 27, 2022.

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Maze Craze

Find your way through the center of the maze.

Start

Finish

SCIENCE FACT:
Precipitation tends to fall as this when the air temperature is below 35°F or 2°C.

NEW WORD

BLIZZARD

severe snowstorm with high winds

HOW THEY SAY THAT IN...

ENGLISH: Winter

SPANISH: Invierno

ITALIAN: Inverno

FRENCH: Hiver

GERMAN: Winter

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to winter. Each number corresponds to a letter.

Hints: 21 = E

A. 25 16 24 4 10 7 20 5 21

Clue: Individual piece of snow

B. 17 9 23 7 7 26

Clue: Slightly cold

C. 25 4 21 20 22 21 13

Clue: Warm, knitted shirt

D. 25 22 24 13 11

Clue: Bad weather

SUDOKU

Fun By The Numbers

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

Level: Intermediate

Here’s How It Works:

Suduko puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a suduko, the numbers 1 through 9 must fill each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answer: A: 25 16 24 4 10 7 20 5 21

B: 17 9 23 7 7 26

C: 25 4 21 20 22 21 13

D: 25 22 24 13 11

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Friday, January 28, 2022
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**House Calls To Choose From**
Please call for an appointment
Recent studies have suggested that Vitamin D is one way to build our immune system and guard against certain conditions and viruses, including COVID-19. Dietary intake is critical, but we also get our daily dose by eating fresh fruit and vegetables and by soaking up some sun during our outdoor activities. However, winter brings a challenge, with shorter days and less sun. This ability to absorb the much needed vitamin is crucial for Vitamin D is involved in our body and cells. It is needed in the development of bones and teeth, and it is also important for the proper functioning of the immune system.

Vitamin D comes from the sun, but it can also be found in fatty fish like salmon and mackerel, egg yolks, and fortified milk. However, it's essential to get enough vitamin D, especially during the colder months when we spend more time indoors.

Vitamin D can be synthesized in the body when the skin is exposed to sunlight, which is why it's often referred to as the “sunshine vitamin.” However, many people do not get enough sunlight, especially during the winter months, which can lead to a deficiency in Vitamin D. This is why it's important to eat foods that are rich in Vitamin D or take supplements.

According to experts, adults should get at least 10 micrograms (or 400 International Units) of Vitamin D per day. However, if you are pregnant or breastfeeding, the recommended daily intake is 15 micrograms (or 600 International Units).

Vitamin D is involved in the absorption of calcium, which is important for maintaining strong bones and teeth. It also helps to regulate the absorption of calcium and phosphorus in the body, which are necessary for the formation of bones and teeth.

Vitamin D also plays a role in the immune system. It helps the body to fight off infections and other diseases. It is especially important during the winter months when we are more susceptible to colds and flu.

Vitamin D is also important for maintaining healthy muscles and bones. It helps to prevent osteoporosis, which is a condition that causes bones to become weak and brittle.

In addition to these benefits, Vitamin D may also help to reduce the risk of certain types of cancer, including breast, colon, and prostate cancer.

Vitamin D is also associated with improved mental health. Studies have shown that Vitamin D deficiency can be linked to depression and other mood disorders.

Vitamin D is available over the counter in many forms, including supplements, gels, and creams. It is important to talk to your doctor before starting any new supplement regimen.

In conclusion, Vitamin D is an essential nutrient that plays a vital role in our health and well-being. It is important to get enough Vitamin D, either through diet or supplements, to maintain your health and prevent disease.
The Gateway Process, Part 2

The great octogenarian

Ralph Figley

This past week, I received a phone call from Ralph Figley, a 90-year-old practitioner of the Gateway Process. Ralph is known for his dedication to helping others understand and experience the power of positive thinking and the power of the human mind, and this document discusses concepts and techniques that are drawn from the human mind that even if only practiced a few times a week in a short amount of time, it accelerates the ability of the practitioner to access the source of all reality, our powers of imagination, visualization, and reality. The second reason is that the Gateway Process is a technique developed by Ralph Figley that has been used since the 1980s through the present day, but it is helpful to you to try to learn, read, and practice the technique as much as you can, visualize yourself and others in your mind, and visualize the power of the brain. The last reason is that the Gateway Process teaches practitioners how to meditate on visualizing and visualization to bring the practitioner into a multidimensional state known as Hemi-Sync. Hemi-Sync occurs when the left and right hemispheres of the brain are in a synchronized state. Synchronizing both hemispheres of the brain is not easy, but it is possible to achieve this state through a technique called Hemi-Sync. The Gateway Process teaches practitioners how to achieve a state of synchrony, and visualization can quick- ly achieve Hemi-Sync. The Gateway Process teaches a dedicated practitioner how to achieve this state in a week or two, or in a short period of time.

Some claim that just one person can achieve a state of Hemi-Sync, but the left and right hemispheres of the brain are synchronized in a multidimensional state known as Hemi-Sync. Hemi-Sync occurs when the left and right hemispheres of the brain are in a synchronized state. Synchronizing both hemispheres of the brain is not easy, but it is possible to achieve this state through a technique called Hemi-Sync. The Gateway Process teaches practitioners how to achieve a state of synchrony, and visualization can quickly achieve Hemi-Sync. The Gateway Process teaches a dedicated practitioner how to achieve this state in a week or two, or in a short period of time.

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WORCESTER — Springfield College has named Michael Demko from Uxbridge to the dean’s list for academic excellence for the 2021 fall semester. Demko has a primary major of Exercise Science.

Springfield College has named Morgan Martellio from Uxbridge to the dean’s list for academic excellence for the 2021 fall semester. Martellio has a primary major of Exercise Science.

Springfield College has named Julia Scioletti from Sturbridge to the dean’s list for academic excellence for the 2021 fall semester. Scioletti has a primary major of Health Science and Pre-Occupational Therapy.

Springfield College has named Maya Belog from Charlton to the dean’s list for academic excellence for the 2021 fall semester. Belog has a primary major of Physical Education and Health/Family and Career Studies.

Springfield College has named Cassidy Clinton from Uxbridge to the dean’s list for academic excellence for the 2021 fall semester. Clinton has a primary major of Disability Studies.

Springfield College has named Allison Prew from Uxbridge to the dean’s list for academic excellence for the 2021 fall semester. Prew has a primary major of Biology.

Springfield College has named Morgan Martinez from Uxbridge to the dean’s list for academic excellence for the 2021 fall semester. Martinez has a primary major of Sports Biology.

The criteria for selection to the Dean’s List are as follows. The student must have completed a minimum of 12 credit hours for the term, earned at least 90 percent of the possible points, and not have any incompletes, withdrawals, or audits on the designated term. The student must also have a minimum semester grade point average of 3.50 or above.

For information about the National Merit Scholarship Program, parents and students can e-mail the National Merit Scholarship Office at PBP@scholarmarathon.org or call (978) 458-6140.

To view these selections, the Scholars are awarded the Presidential Scholars Medallion.

For more information about the Foundation’s programs and application process, please visit the Foundation’s website at www.foundationmass.org or call (978) 458-8899.

The Foundation Fund grants to 98 unique organizations serving Central Massachusetts. For more information about these grants or about the Foundation’s grantmaking programs and application process, please visit the Foundation’s website at www.foundationmass.org or call (978) 458-8899.

The Foundation Fund was established in 2004 by Executive Order of the President to recognize some of our nation’s most distinguished graduating seniors for their accomplishments in many areas: academic success, leadership, and service to community and nation.

It was expanded in 1970 to recognize students demonstrating excellence in National Scholastic and talent in the visual, creative, and performing arts.

In 2013, the program was expanded once again to recognize students who demonstrate ability and accomplishment in career and technical fields.

The Foundation Fund is managed by a group of up to 32 citizens appointed by the President, with final selection of the Scholars, by the U.S. Presidential Scholars Committee.

In addition, interested parties are asked through the online application process to provide a letter of intent. These letters are due on April 8.
Harrington Family Medicine welcomes new practitioner

SOUTHBORDE - Andrey Sayko, M.D. has joined Harrington Physicians' Family Medicine practice in Southborough, and is currently accepting new patients. Dr. Sayko provides primary care to all ages.

Dr. Sayko received his medical degree from Zaporozhye Institute of Advanced Studies and his postgraduate training in Ukraine. From there, he went on to complete his residency training at St. John's Medical College and Hospital in Bangalore, India before completing his residency training in Family Medicine at Zaporozhye. Dr. Sayko is fluent in English, Russian, Ukrainian, Polish, and French.

Dr. Sayko joins Dr. Alexandra Harrington, who has been practicing Family Medicine at Harrington Hospital since 2004.

To schedule an appointment, call (508) 909-4062.

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Roger Williams University announces Dean’s List

BRISTOL, R.I. — Select students have been named to the Fall 2021 Dean’s List at Roger Williams University in Bristol, R.I.

Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean’s List that semester. 

Drew Lannon of Sturbridge

Cassidy Pilot of Sturbridge

Nicole Watson of Uxbridge

Jaylin Bodell of Uxbridge

About RWU

Roger Williams University is a private university located on a 131-acre campus in Providence, R.I. The College extends its educational programs to a combined enrollment of nearly 2,500 students. The student body consists of 1,700 traditional students and nearly 800 continuing education and adult learners. At RWU, small classes, direct access to faculty and groundbreaking opportunities for real-world projects ensure that its nearly 4,000 undergraduate students are prepared for careers in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,500 students.

MILTON — Emerson Curry from Sturgis High School in Milton has been named to Curry College’s Fall 2021 Dean’s List.

Curry College, founded in Boston in 1897, is a private, co-educational, liberal arts-based institution located on 16 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Curry College offers graduate programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,500 students.

The student body consists of 1,700 traditional students and nearly 800 continuing education and graduate students.

The College offers a wide array of co-curricular activities ranging from 30 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Curry College offers graduate programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,500 students.

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Our top 2021 auction items

In today's column, I'm taking a look back at our 2021 auctions. Here are the results and the items that drew top prices throughout the year. Our top selling pieces were consistent with the trends I've seen in the industry recently and have written about in previous columns.

We're still accepting consignments for our spring auctions. We currently have a collection of estate jewelry, coins from multiple estates, a large sports card collection and more. For more information, contact us at Wayne@CentralMassAuctions.com or visit our website at https://centralmassauctions.com.

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Beavers take advantage of strong start, beat Bay Path

**SPORTS**

Bay Path’s Alison Welton drives the ball down the court while on the fast break.

**BY NIK ETHIER**

CHARLETON — When a team jumps out to an 11-0 lead and holds a 13-point advantage through the opening quarter of play, they are in a good position to emerge victorious. And that’s exactly what happened to the Blackstone Valley Tech girls’ varsity basketball team when taking on Bay Path Regional on Friday, Jan. 21, as the Beavers played a strong game and defeated the Minutemen, 64-34.

“We love our transition game. Our defense turns to offense. We like to push the ball, as soon as we can get a steal we send everyone down,” Valley Tech head coach Nathalie Christiansen said of how the Beavers got off to such a strong start.

And Bay Path head coach John Selen admitted that the press put his team flustered to open the contest.

“We basically spotted them eight points in the beginning of the game when we couldn’t solve the press,” said Selen. “And then I thought for the first half no pretty much played them evenly. They probably would have had the lead at halftime, but we were there with them.”

The Beavers led after the first quarter, 11-10, as BVT held a 24-9, and then the Minutemen won the second quarter, 11-10, as BVT held a 34-20 halftime advantage. The Beavers improved to 6-3 in what Christiansen called a “building year.”

“We lost nine seniors last year, so we have a lot of understanding,” she continued. “We only have four upperclassmen, so for the freshmen and sophomores who have never played in varsity games to take the lead, it’s incredible to see. As long as we compete every day then I’m happy with whatever the outcome is.”

Bay Path, which dropped to 9-2 after the loss, had Alison Welton score 7 points and Kendall Bond contribute 5 points and 8 rebounds.

“Terry’s a great center. She boxes out, she rebounds, she blocks shots, she makes baskets and she gets to the free throw line. She’s our anchor on offense and defense,” Selen said of Simon.

The Beavers shook off Bay Path’s flustered start, and ended the third quarter on a 10-2 run of their own to re-establish a big lead at 44-28. Valley Tech then won the fourth quarter, 20-6, to put the game away and win by 30 points.

“Emma and Skyla tend to run the floor the most — they’re the ones getting the traps as they’re the closest to the basket — but essentially whoever is closest to the basket gets the ball and we try to get our buckets from the paint.”

Bay Path’s Kendall Bond backs down a Blackstone Valley Tech defender.

Bay Path’s Alisson Welton drives the ball down the court while on the fast break.

Bay Path’s Kandia Bond knocks down a Blackstone Valley Tech defender.
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Southbridge - Emil M. Maly, 91, passed away on Friday, Jan. 28th, in his home after a long illness. He was born in Southbridge, the son of Peter P. Maly and Martha (Quigley) Maly, his daughter Carol Atkinson and his husband Robert of Montgomery NY, his sons Peter Lyle, Peter W., his twin stepdaughters, Carol Turcotte and Carol Turcotte, and Abbi Joerick of New York and his sister Josephine Zachary of Florida; Emil leaves behind four great grandchildren and several nieces and nephews. He was predeceased by his three brothers, Williams, 12 great grandchildren and 21 nieces and nephews. The Maly's were members of St. John Paul II Parish, 247 Hamilton St., Southbridge. Burial will follow in St. Mary's Cemetery. Calling hours at the funeral home will be held on Friday, Jan. 28th, from 4:00 to 6:00pm. In lieu of flowers donations may be made to the St. John Paul II Food Pantry, 279 Hamilton St., Southbridge. Condolences may also be shared online at www.merrillfuneralhome.com.

Ines Lombardi, 97, of Guelphwood Rd., Southbridge, the daughter of Camillo and Maria (Raffo) Tammi Conley in 2017. A native of Italy, she had lived in the Southbridge area for many years before opening her own business. Ines worked as a lens worker for the American Optical Company in Southbridge in 1939. She was a very active woman who volunteered her time to many organizations. She was a member of the American Legion Auxiliary and was a frequent volunteer at the Southbridge Food Pantry. Ines was also a member of the Southbridge Singlehood League. She later went on to work for Gallatin Fiber Optics in Sturbridge for 18 years before retiring. An avid card player Emil loved the challenge of a new card game with members of his family or friends. The family would like to thank the caregivers at Very Special Care and Daybreak at Harrington Hospital for all of the care and compassion they showed Ines while she was there. Her funeral will be held on Saturday, Jan. 29th, at the Daniel T. Morrill Funeral Home, 140 Hamilton St., Southbridge, with a Mass at 10am. Burial will be made in St. Mary's Cemetery. Calling hours at the funeral home will be held on Friday, Jan. 28th, from 4:00 to 6:00pm. In lieu of flowers donations may be made to St. John Paul II Funeral Home, 279 Hamilton St., Southbridge. Your tips can win you a great three course dinner for two at the Publick House. For more information or to enter, please send in a hint to be entered into a random drawing. One winner per month will win a delicious three course dinner for two at the renowned restaurant, located on Route 131 across the town common in Spencer, MA. Jerome Silverstil, 72, of 329 East Main Street, Southbridge, the son of Joseph and Anthony Silvestri, passed away on January 16, 2022, at a local hospital. He was predeceased by his grand mother, Josephine Zachary of Florida; Emil leaves behind four great grandchildren and 21 nieces and nephews. The Maly's were members of St. John Paul II Parish, 247 Hamilton St., Southbridge. Burial will follow in St. Mary's Cemetery. Calling hours at the funeral home will be held on Friday, Jan. 28th, from 4:00 to 6:00pm. In lieu of flowers donations may be made to the St. John Paul II Food Pantry, 279 Hamilton St., Southbridge. Condolences may also be shared online at www.merrillfuneralhome.com.

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