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Friday, January 28, 2022

STURBRIDGE POLICE PROMOTE INTERNET SAFETY



Photo Courtesy

Officer Zachary Marderosian, of the Sturbridge Police Department, gave a presentation on Internet safety last week to each grade at Old Sturbridge Academy. The Jan. 20 presentation covered such topics as safe use of the internet and social media; smart devices; apps; and cyberbullying, among others. Each presentation was age-appropriate. “We hope to give a presentation to parents in the near future regarding best practices for keeping children safe on the Internet,” read a statement released by the SPD.

Amazon utility plan goes to state

BY JASON BLEAU
CORRESPONDENT

CHARLTON – As Amazon continues to progress towards building its new facility at 53 Sturbridge Rd. in Charlton, the town’s Water & Sewer Commission recently addressed a small part of the project by allowing the project’s contractors to proceed with seeking permission to connect to the town’s water and sewer system. Water & Sewer Superintendent Peter Boria discussed the matter with Water & Sewer Commissioners at the beginning of January explaining that John Perry and Langen Engineering has sent over a final utility plan draft for the proposed Amazon warehouse on Sturbridge Road. Boria wanted commissioners to

approve a letter of support to help Langen Engineering move forward with the process on the state level. “They’re getting ready to submit their application to MassDOT to connect to the water and sewer lines on Route 20. (Langen Engineering) was looking for a letter of support from the commission. I know we’ve discussed this I think it was back in May and there wasn’t much resistance to the connections being made,” Boria said. The commission did discuss the likelihood of a connection proposal for the project in mid-2021 but did not move on the proposal or a letter of support at that time. Now that a plan has been submitted for consideration Boria felt it was time

for the commission to address the matter once again. “I believe if we just vote to have a letter of support drafted for this interconnection, we should be good to go for now, and then as I review the final utility plans and ask John Perry some questions, we’ll probably have those ready to review and approve hopefully in the February meeting. This way here they can go ahead and get that MassDOT application submitted,” said Boria. The Water & Sewer Commission approved having Boria draft a letter of support with little deliberation. If the project is brought forth for further discussion in February the Water & Sewer Commission would discuss the utility plan during its meeting on Feb. 8.

Charlton employs program to increase budget transparency

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Town officials in Charlton are employing a new program with the hopes of making town budget presentations easier to access and understand for voters and residents. Town Administrator Andrew Golas told selectmen during a meeting on Jan. 11 that in an effort to better communicate the numbers to citizens without the extensive and complicated paper documents, his office is working with a new program that will make budget presentations more simplified but still just as detailed for the average citizen to digest. This announcement came just as the board started budget discus-

sion and prioritization during that same meeting. “One thing that we’re working on for this year’s budget is kind of a new format in order to present it and make it easier for the public to understand the budget itself and how it impacts them,” said Golas. “We’re currently working with a program called ClearGov and we’re trying to get that up and running before the initial pass of the budget at the beginning of March.” The program is available to any municipality and allows users access to budget information as far back as 2019 using state data. The town has decided to work with the first tier of the program allowing access to real data.

“I think that it will be very helpful for residents to understand each portion of the budget. When it’s fully up and running somebody should be able to go and put in their actual tax bill and know how much of their tax bill goes towards any specific line item in the budget so it’s a pretty intuitive program,” said Golas. The end game for the program is to help increase transparency and accessibility for the budget and allow citizens to better determine the personal impact a budget increase will have on their and their tax bills. The town hall will provide more information on how citizens can access the program once it is officially rolled out for the town of Charlton.



Photos Courtesy

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

Crews make quick work of chimney fire

BY JASON BLEAU
CONTRIBUTOR

CHARLTON – Local fire departments made quick work of a house fire in the morning hours of Saturday, Jan. 15 that quickly evolved into a three-alarm emergency due to a combination of factors including a shirt handed Charlton fire crew and harsh winter weather. The Charlton Fire Department was

dispatched to a two-story home at 51 Richardsons Corner Rd. at 9:46 a.m. with reports of a structure fire on the property. Police later confirmed smoke and flames were coming from the home two minutes later and crews were on scene by 9:50 a.m. to begin their attack. However, the Charlton Fire Department found themselves in a short-handed situation which caused an

Please Read **FIRE**, page **A18**

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 rushing to deliver expanded testing availability to residents 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 shipments of tests to arrive on a rolling basis in the Commonwealth, but the timing and shipment amounts will vary depending on international shipping and production variables,” read a statement 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 bet-

ter inform residents of when to seek tests for COVID-19. The advisory urges all residents to seek a COVID-19 test when exhibiting COVID symptoms, or five days following a known close contact with someone diagnosed with COVID. The new advisory reflects updated guidance offered by the CDC and health experts. “The new isolation protocols do not require a COVID-19 test to exit isolation after having COVID,” read the statement released by Baker’s office. “This general rule also applies to childcare and K-12.” Newly updated quarantine protocols recommend, but do not require, all exposed individuals to get a test five days after exposure. Additionally, exposed individuals do not need to quarantine in the following circumstances: If they are fully vaccinated and not yet eligible to receive a booster. If they are fully vaccinated and have received their booster. If they had COVID-19 and it is less than 90 days since they were diagnosed. Meanwhile, the Massachusetts Department of Public Health advises that a positive COVID-19

Please Read **TESTING**, page **A9**

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Carleen Berthiaume with Benie Biando.

Photo Courtesy

Local LPN continues to give back and inspire others

CHARLTON — Carleen Berthiaume, LPN of Brimfield broke records on being awarded the Community Service Award in 2019 with her graduating class at Bay Path Practical Nursing Academy.

Traditionally given to alumni, Berthiaume was the first student to receive the Community Service Award for her numerous volunteer hours with Medical Reserve Corps, Paxton Health Fair, College Fair (Bay Path), Charlton Lion's Club, FAFSA Day, College Fair (Mass EdCo), Safety Fair, Reality Fair, and the Charlton Senior Center Blood Pressure Clinic. It is no wonder that to this day, Berthiaume continues to give back and inspire others as a mentor to Genie Biando of East Brookfield, of the PN Class of 2022.

Berthiaume stated, "Genie and I have known each other a little over three years. She was

a huge support to me as a new nurse in general, let alone handling the COVID-19 pandemic. She's always there when I needed her; a great person to have by my side through the beginning of my nursing career."

Biando is a Certified Nursing Assistant (CNA) with the objective of gaining different experiences in the medical field on her way to becoming a registered nurse. She has worked as a Home Health Aid (HHA) in the past and attended EMT classes at Holyoke Community College.

"I was so excited to hear that Genie was accepted to Bay Path," said Berthiaume.

"I answered every question she had and guided her through whatever she needed. She has a big heart and personality, she's become family. She comes to my kids' birthday parties, holiday functions, dinners at my home. She's become

such an important part of my life and such a great friend. She is going to be a phenomenal nurse!" concluded Berthiaume.

Berthiaume was an exceptional student while at Bay Path Practical Nursing Academy where she was inducted to the National Technical Honor Society and received a scholarship from Horatio Alger Foundation. Berthiaume was an officer with the UNICEF Club and received Silver Medals for SkillsUSA First Aid/CPR district and State competitions. She attended SafeTALK and is certified in Dementia Care, Mental Health First Aid, and Infusion Therapy/Central Line Care.

Berthiaume motivates future nurses and CNAs to never give up and be the best they can be, she also emphasizes the important role they play in giving back to the Bay Path community.

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



CHARLTON — Bay Path Practical Nursing Academy PN Class of 2022 and alumna, Khamphan Houatchanthara of Southbridge have joined forces to fundraise for relief operations to provide immediate aid and assistance to families and communities in Bohol, Surigao, Dinagat Islands, and other provinces affected by Typhoon Odette, internationally known as Rai.

A public Facebook group can be accessed at <https://www.facebook.com/groups/1633295990349634>.

The PN Class of 2022 have teamed up with the Jacky Robert Foundation, Inc., (Belmont, www.jackyrobert.com) and the Simon Says Pizza Chef (Southbridge, www.pizzachefsouthbridge.com) for fundraising while it also partnered with various charitable organizations such as the Holy Infant Jesus Parish (Paranaque City) and through the office of Fenina (Nenen) Rodriguez, former CFO in PNOC EDC to support ongoing relief operations.

Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy

Director stated, "I appreciate that help is brought faster with donations sent through Holy Infant Jesus Parish and the Rodriguez's because they have boots on the ground to mobilize. Although Filipinos are known to be resilient, I am sure the community support, local and international will be a powerful force to rise over this natural disaster."

Donation jars are located at Simon Says Pizza Chef at 85 Hamilton St., Southbridge.

"Working together is encouraging," said Bolandrina. "We wanted to help immediately. Help can feed starving families. No amount is too small. Everyone is welcome to help.

For \$8, we can feed a family for three days. To date, over \$10,000 have been remitted."

Super Typhoon Rai blasted into the Philippines on Dec. 16, with wind speeds of 160 miles per hour; it intensified rapidly in the morning of Dec. 17 and was classified as a super typhoon with sustained winds of 120 miles per hour near the center and gusts of up to 168 miles per hour. The designation is like a Category 5 hurricane in the United States. Super Typhoon Rai is the 15th major weather disturbance to hit the Philippines in 2021.

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Yessenia
Age 15

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Yessenia is a teen girl of Puer-to Rican descent. Yessenia is shy but opens up once she gets to know you. She lights up when dancing with friends and is considered very caring among those who know her best. She loves fashion and enjoys trying on different outfits and jewelry. Yessenia enjoys school and is described as a hard worker. She is very compassionate and kind to others!

Legally freed for adoption, Yessenia will need a family that will allow her continued contact and visits with her two younger brothers. She would do best in a two parent or single female family with or without other children. She would like to have a family that is supportive of her relationship with

her siblings and her mother.

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

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Evangelidis outlines 2022 goals

WEST BOYLSTON — As we settle into the New Year, Sheriff Lew Evangelidis looks ahead to 2022 and shares his goals for the months ahead.

The Worcester County Jail and House of Correction was built on a solid foundation of public safety and professionalism by eliminating patronage and politics at the jail.

Throughout his 11 year tenure, the Worcester County Sheriff’s Office (WCSO) maintains the highest hiring standards in corrections today. All Worcester County correctional officers must have an associate’s degree or at least two years of military service. Additionally, Evangelidis is the only sheriff in the Commonwealth to decline donations from employees and their spouses.

In the midst of the COVID-19 pandemic, Evangelidis remains vigilant in his pursuit to ensure the highest level of safety, both within the walls of the facility and throughout the community. “In many ways, 2021 was our finest hour,” said Evangelidis. “When so many

had to step back, our office stepped up.”

Despite the challenges presented by the pandemic, the Sheriff’s Office continues to safely run the facility with minimal impact to inmate visitation and internal programming. The ultimate goal of the department is having those who leave less likely to reoffend than when they arrive.

A strong focus is being placed on both the physical and mental health of the inmate population. With the June 2021 opening of the new \$24 million onsite medical facility, inmates are now able to receive comprehensive treatment for detoxification, dental work, mental health, substance-use, co-occurring disorders and other medical concerns.

This year, Evangelidis will prioritize the expansion of inmate education programs such as the culinary program in partnership with Quinsigamond Community College. Throughout this 12-week course, inmates receive 180 hours of hands-on training and certificates in allergy awareness, food equipment, and ServSafe.

Through completing these programs, inmates learn valuable life skills to help re-enter the workforce and reduce recidivism rates. Other educational programs offered are the financial literacy program, in partnership with Worcester State University’s Enactus group, and OpporTUNEity songwriting program, with Anna Maria College.

In 2022, the sheriff plans to reintroduce the Inmate Community Service program and begin working on new service projects. Since 2011, the program has tripled in size and provided more than \$8million in taxpayer savings by providing cost-free labor by minimum-security inmates who have been convicted of a non-violent, non-firearms offenses, and have an exemplary record while incarcerated.

Dormant due to the pandemic, the program has helped hundreds of non-profits and municipalities with thousands of service projects throughout the county.

Outside the jail, the WCSO Community Outreach Team remains

active distributing more than 3,600 new winter coats to underserved communities, thousands of pounds of organic produce, and their fourth round of personal protective equipment (PPE) care packages to all 60 senior centers in the county. Care packages include: hand sanitizer, mask, file of life cards, and free house number sign ups.

“It’s been an honor to be sheriff in a place where my family’s lived for generations,” stated Evangelidis. He continued, “I’m proud of the hard work done at the jail, and throughout the community, on a daily basis and look forward to continuing to serve the people of Worcester County.”

Summit Campus celebrates program’s successful launch

WORCESTER — Summit Campus is pleased to celebrate the successful launch of their program amidst Covid disruptions. Summit Campus, a living, learning residential community for young adults with autism spectrum disorder, along with related diagnoses, is designed to empower students with the transition skills necessary to live productive, rewarding, and successful lives.

The Director of Residence Life for Summit Campus, Nikki Koppel, had this to say, “As challenging as it has been to get this program up and running, the joy and satisfaction in seeing how much growth our residents have achieved in such a short time affirms the importance of a program like ours in the Worcester community. We will continue to support more young people

on their journey toward independent living. I have the best job in the world!”

The Summit Campus program is part of the recent Summit Agency expansion serving children and young adults with autism and related diagnoses. The Summit Health and Wellness Center, an integral part of the expansion, is next door to the Campus, and provides priority access to counseling and psychiatric services to those residents who choose to avail themselves of those services.

The H&W Center is open to the greater community as a resource to children and young adults experiencing a variety of mental health issues during this critical time.

The majority of our current residents living at Summit Campus attend Quinsigamond Community College, but the program also supports individuals on a vocational pathway through internships and training programs. Rising seniors from across the country, waiting to be accepted into many of the consortium schools, are in need of the support provided at the Campus and have submitted applications for Fall 2022.

A parent of one of Summit’s residents recently expressed how he feels about his daughter’s experience.

He said, “I had no idea how ready she was to be her own person.”

These expansions, under the umbrella of Summit Agency, are a result of the needs of a growing population of neuro-diverse students who want a chance at reaching their fullest potential despite the challenges of their condition. The agency’s expertise is rooted in the experience of the Summit Academy, located on Jamesbury Street in Worcester. The Academy, under Daniel Dimezza’s leadership, has a fifteen-year history as a therapeutic alternative school for children on the Autism Spectrum.

For more information on Summit Agency’s program and services, please visit us at <https://www.summitagencycma.com/>.

James Stark of Uxbridge named to UA Presidents List

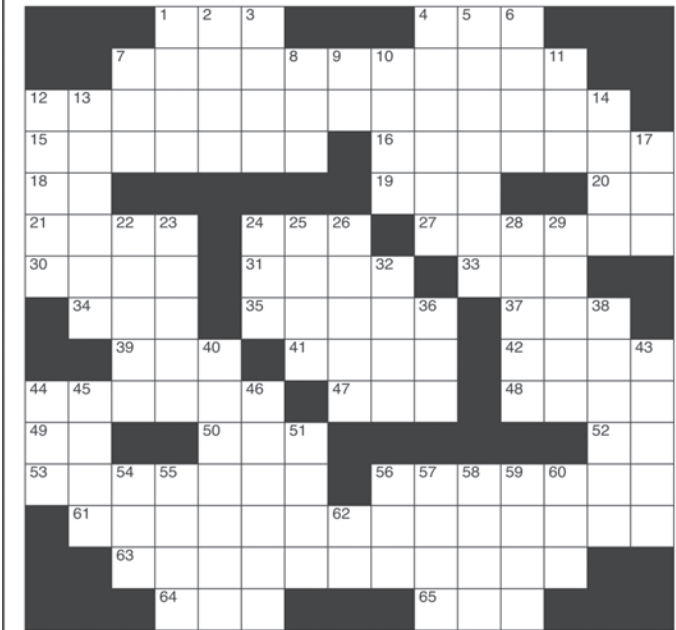
TUSCALOOSA, Ala. — James Stark was named to The University of Alabama Presidents List for Fall Semester 2021.

A total of 11,979 students enrolled during the fall 2021 term at The University of Alabama made the dean’s list with academic records of 3.5 or above (on a 4.0 scale), or the president’s list with academic records of 4.0 (all A’s).

The UA dean’s and president’s lists recognize full-time undergraduate students. The lists do not apply to graduate students or to undergraduate students who take less than a full course load.

For more information visit news.ua.edu.

The University of Alabama, part of The University of Alabama System, is the state’s flagship university. UA shapes a better world through its teaching, research and service. With a global reputation for excellence, UA provides an inclusive, forward-thinking environment and nearly 200 degree programs on a beautiful, student-centered campus. A leader in cutting-edge research, UA advances discovery, creative inquiry and knowledge through more than 30 research centers. As the state’s largest higher education institution, UA drives economic growth in Alabama and beyond.



- CLUES ACROSS
1. Brew

4. NY ballplayer

7. Rigid external covering in some animals

12. Promotional materials

15. More high-pitched

16. Widely cultivated cereal

18. Dormitory employee

19. Bad act

20. One’s mother

21. Scored perfectly

24. Space station

27. Exchange for money

30. Edible seaweed

31. Iranian city

33. Lakers’ crosstown rivals

34. Nothing

35. Spiritual leader of a Jewish congregation

37. __ student, learns healing

39. Military official (abbr.)

41. Matchstick games

42. Gasteyer and De Armas are two

44. Distant planet

47. A type of residue

48. Punk art icon Jimmy De __

49. Millihenny

50. Canadian media firm

52. Type of withdrawal

53. Spicy

56. Dish of minced meat or fish

61. Noted previously

63. Happily

64. “Partridge” actress Susan

65. Not present

- CLUES DOWN
1. In a way, brought to an end

2. Scandalized actress Loughlin

3. This (Spanish)

4. Essay

5. Continuing indefinitely

6. Tool for lifting food

7. Partner to Adam

8. Dry white wine drink

9. Spanish be

10. Smaller quantity

11. Last or greatest in an indefinitely large series

12. (Scottish) island

13. Church officer

14. Large wrestler

17. Polite address for women

22. Famed Susan Lucci character “__ Kane”

23. Mason __ Line

24. Disfigure

25. Asian nation

26. Rage (Span.)

28. Khoikhoi peoples

29. Opera solo

32. Database management system

36. Similar

38. Move up and down playfully

40. Alfalfa

43. Satisfied

44. Baseball official

45. Large, flightless bird of S. America

46. Money given in support

51. Flower cluster

54. Beginning military rank

55. Russian weight measurement

56. Explosive

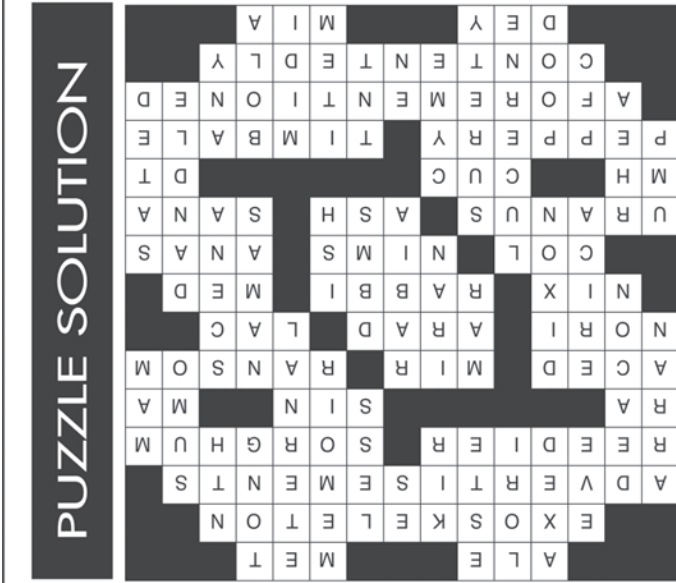
57. An individual unit

58. Midskirt

59. Weapon featuring balls

60. Used of a number or amount not specified

62. Unit of measurement



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PRESIDENT AND PUBLISHER

FRANK G. CHILINSKI

860-928-1818 EXT. 103

frank@stonebridgepress.news

BUSINESS MANAGER

RYAN CORNEAU

860-928-1818 EXT. 102

ryan@salmonpress.news

OPERATIONS DIRECTOR

JIM DiNICOLA

508-764-6102

jim@stonebridgepress.news

EDITOR

BRENDAN BERUBE

508-909-4106

news@stonebridgepress.news

PRODUCTION MANAGER

JULIE CLARKE

860-928-1818, EXT. 305

julie@villagernewspapers.com

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• **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 10 a.m.
• **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children’s church 10am
• **St. Joseph’s Church**, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.
• **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144
• **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.
• **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am. www.livingwordhcharlton.com info@livingwordcharlton.com
• **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.
• **Federated Church of Sturbridge and Fiskdale**- 8 Maple St. Sturbridge, 774-304-1021 www.sturfed.org Sunday Worship 9:30 a.m.

REAL ESTATE

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\$580,000, 13 Colicum Dr, Tremblay, Christopher, and Tremblay, Julieann, to Rivas, Maria A.
\$500,000, 28 Jennings Rd, Bousquet, Caryn M, to Estabrook, Richard, and Digaetano, Brian.
\$320,000, 118 Dresser Hill Rd, Paquette, Edward D, and Paquette, Denise M, to Hebert, Erin.

HOLLAND
\$269,900, 86 Vinton Rd, Cook, Bryan J, to Hawes, Ariel.

STURBRIDGE
\$900,000, 48 Main St, Jenkins, Kimberly, to Sturbridge Market Rlty.
\$565,000, 28 Preserve Way, Harris, Anthony R, and Harris, Tania F, to Ertel, William, and Ertel, Michelle.
\$320,000, 39 Shepard Rd, Roberts, Lee A, to Grochmal, Alexander M, and Grochmal, Sarah L.
\$275,000, 124 Arnold Rd, Beaudry, Jean F, and Beaudry, Michael L, to Sosik, Matthew S, and Sosik, Janice K.

Quinsigamond Community College offers full-time police academy

WORCESTER — Quinsigamond Community College's Police Academy is addressing a workforce demand with its new police academy. This is the only Massachusetts community college running its own full-time police academy held on nights and weekends.

“Operating a full-time, pre-employment Recruit Officer Course in an extended format meets the needs of those who may not be able to attend a traditional full-time police academy during the day. The QCC Police Academy is authorized by the Municipal Police Training Committee (MPTC) to conduct entry-level police training for full-time police officers. Graduates of QCC’s Police Academy will have the ability to apply directly to police agencies, pending the hiring standards and requirements of that police department,” said QCC’s Police Academy Deputy Director, Captain Joseph P. Cecchi. “QCC’s student officers participate in the same rigorous activities and training as any other MPTC-Authorized Police Academy.”

In 2018, QCC launched a Reserve Intermittent Recruit Officer Course Police Academy; however, these types of academies are now being discontinued in Massachusetts. Yet the need for police officers with full-time training has increased, and currently there is a hardship on recruitment and retention, according to a September 2019 membership survey, performed by the International Association of Chiefs of Police (IACP). Statistics from the IACP membership survey found that 78 percent of law enforcement agencies reported having difficulty in recruiting qualified candidates, and 65 percent of agencies reported having too few candidates applying to be law enforcement officers.

“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 student officers will graduate on May 27, 2022.

“If a police department hires an applicant, the department must send them to a Recruit Officer Course at a MPTC Police Academy, unless they are already full-time graduates of an 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.

At QCC’s Police Academy, Police Chief Kevin Ritacco is sponsoring each police recruit after they successfully complete the application process, which includes a vetting procedure, passing a Criminal Offender Record Information (CORI) and Sex Offender Registry Information.

“Chief Ritacco wanted to give as many students as possible an opportunity to fulfill their dream of being a police officer,” said Captain Cecchi.

QCC’s inaugural full-time student officers come from diverse backgrounds, yet they all have one commonality, wanting to become police officers and serve their community.

“I wanted to be a police officer because I have a passion for helping others. When choosing a career path, I wanted to find one that aligned with my morals. I have always felt compelled to help anyone I can and I feel becoming a police officer is a great way to help my community,” said QCC Student Officer Coryn Dias. “I chose to apply to the QCC Police Academy because it was an overall amazing opportunity for me. I had been trying to get my foot in the door to

begin my career, but finding a sponsor was hard.”

QCC Student Officer Riley Brown was a recent college graduate, who was ready to take the next step toward becoming a police officer... a career he had been interested in since he was a child.

“I was also experiencing difficulty finding sponsorship. Every department I applied to has wanted candidates that are already academy trained. Therefore, I was very pleased to discover that this program already had a sponsor, and it was an opportunity to receive the training I would need,” Mr. Brown said. “I intend to be an officer who is a good role model for others, and I would like to take part in changing how the public views the police.”

According to the U.S. Bureau of Labor Statistics, employment of police and detectives is projected to grow 7 percent from 2020 to 2030.

“QCC’s Police Academy is filling a crucial need in our communities, as departments are looking for applicants who are already trained and can become active police officers immediately,” said Chief Ritacco. “We want to thank the MPTC for voting to approve a Full-Time Police Academy at QCC.”

QCC will be hosting upcoming information sessions at QCC’s main campus, 670 West Boylston Street, Surprenant Hall (Room 120S) Worcester, with additional sessions added continuously.


- Monday, Feb. 28 at 5 p.m.
- Wednesday, March 23 at 5 p.m.

For more information, visit www.QCC.edu/police-academy, or email the QCC Police Academy at policeacademy@qcc.mass.edu. For more information about QCC, contact Karen Hutner, Interim Director of Institutional Communications at 508-854-2842 or khutner@qcc.mass.edu.




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How they SAY that in...

ENGLISH: Winter

SPANISH: Invierno

ITALIAN: Inverno

FRENCH: Hiver

GERMAN: Winter

Did You Know?

WHILE NO ONE KNOWS WHO CREATED THE FIRST SNOWMAN, THE TRADITION OF MAKING SNOWMEN IS BELIEVED TO HAVE ORIGINATED IN MEDIEVAL TIMES.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: WINTER HAT

CRYPTO FUN

Determine the code to reveal the answer!

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

Answers: A. snowflake B. chilly C. sweater D. storm

SUDOKU

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

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

ANSWER:



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BRENDAN BERUBE
EDITOR

Vitamin D is more important than ever now

Recent studies have suggested that Vitamin D is one way to build our immune systems against inflammation and viruses, including COVID-19. During summer months, it's easy to get our daily dose by eating fresh fruit and vegetables and by spending more time outdoors. However, winter brings a challenge, with shorter days reducing the ability to absorb the much needed vitamin.

During a hike last weekend, we encountered a doctor who went on to explain how during winter months the vitamin D, the sun gives off does not radiate to the levels high enough for our bodies to absorb it. He suggested taking Vitamin D supplements until about April, advice he takes himself. We can also find vitamin D in oily fish, mushrooms and certain dairy products.

Individuals who live in the northeast during winter at higher latitudes are at higher risk of having a deficiency in the vitamin. Experts say adults should get at least 600 IU per day of vitamin D.

It was during the 1980's when it was discovered that our immune cells had receptors for Vitamin D and that it played a crucial role in the gastrointestinal tract. Experts suggest that the more vitamin D in your system, the less likely you will suffer from inflammatory bowel disease or Crohn's disease. Lung and gut health was also improved. Vitamin D offers aid to the gut by keeping the micro-biome healthy.

Of course, with all things, do not go overboard. It is recommended that individuals do not take more than 4,000IU per day to avoid any toxic side effects. Vitamin D aids in calcium absorption, so if those levels spike, calcium levels may spike, affecting the kidney. As with all things, always check with your doctor before taking any supplements.

On another note, this winter seems to be flying by for some of us. The holidays have come and gone in a flash. We are just one week away from what many call the longest month of the winter, the dreaded February. Usually, temperatures drop well below zero, and stay there for far too long. However, we find that if you embrace these winter months, enjoy your snowy walks and hot cocoa you might actually find yourself missing these chilly, refreshing days when the extreme heat hits this summer, or maybe not.

We can't let this week's Editorial slide without mentioning Superbowl LVI. This year's game will take place at the SoFi Stadium in Inglewood, California. This year's logo seems to have received a lot of attention, as some say the red palm trees look like something out of a commercial for CSI. Championship Sunday will take place on Jan. 30. The big game is slated for Feb. 13. Teams that are in the running to win, according to football fans, include the Green Bay Packers, Kansas City Chiefs, Buffalo Bills, Tampa Bay, LA Rams and the Tennessee Titans. Halftime guests are a throwback to the '90's with legends such as Mary J. Blige, Dr. Dre, Snoop Dogg and Eminem performing.

Whatever team you end up rooting for, it's sure to be one for the ages.

LETTERS

Extra! Extra! Read All About It!

We think you're important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

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

Or e-mail your letters to the editor at news@stonebridgepress.news

You'll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!

OPINION



Photo Courtesy — Summit Responsible Solutions

Adult fungus gnats live for just seven to ten days, but the female can lay up to 200 eggs in the cracks and crevices of moist soil, so populations grow quickly.

Managing gnats on houseplants

They flit across your face, hover near your houseplants, or gather by the window. Fortunately, these fungus gnat insects are more annoying to us than harmful to our plants.

This pest finds its way into our homes on plants added to our indoor houseplant collection or those moved inside after a summer outdoors. Some may enter on organically rich, non-pasteurized soil.

The small, one-eighth-inch adult resembles a fruit fly or mosquito but does not feed on overripe fruit and vegetables and it does not bite. Adults live for only seven to ten days, but the female can lay up to 200 eggs in the cracks and crevices of moist soil in that short time.

Eggs hatch releasing worm-like larvae with black heads and elongated white or clear legless bodies. The larvae begin feeding in the top two to three inches of soil, dining on fungi, algae and organic matter and occasionally plant roots and leaves on the soil surface.

Plant damage is usually insignificant. If conditions are right, fungus gnat populations can reach damaging levels, resulting in root damage that leads to wilting and stunted growth. Over and under watering, over fertilization and other environmental factors are more likely the causes of these symptoms. Provide proper care to reduce the risk of this type of damage.

Fungus gnat populations on houseplants seldom reach levels that require control for the plant's health and longevity. The adults can be annoying, especially to the non-gardeners in the family, and are often the motivation for managing this pest.

Start control by adjusting your watering practices. Since fungus gnats thrive in moist soil, avoid overwatering. Allow the top few inches of soil to dry between thorough waterings. Pour off excess water that collects in the saucer to avoid root rot. Or place pebbles in the saucer to elevate the pot above any excess water that collects in the tray.

Adjust your watering schedule with the change of the season. As day length



GARDEN MOMENTS

MELINDA MYERS

and light intensity change throughout the year and heat and air conditioning is employed, a plant's water needs change as well.

Use containers with drainage holes or self-watering pots with overflow outlets, also known as weep holes, to avoid waterlogged soils. Refresh potting mix as needed. Older planting mixes degrade over time, retaining moisture longer and creating an inviting environment for fungus gnats.

Manage unwanted fungus gnats with an organic **Bacillus thuringiensis israelensis (BTI)** product such as Summit Mosquito Bits® (www.summitresponsiblesolutions.com) labeled for controlling fungus gnat larvae. Just sprinkle it on the soil surface and this naturally occurring soil bacterium kills the fungus gnat larvae in the soil. It's safe for people, pets, and plants. Read and follow label directions repeating as needed.

Use yellow sticky traps to monitor adult populations. Place homemade or purchased traps on sticks in houseplant containers.

Use 1/4-inch slices or wedges of potatoes to attract and monitor fungus gnat larvae. Stick a portion of the potato into the soil. Check for fungus gnats after a few days and replace the potato wedge to help manage this pest.

Understanding the fungus gnat and its preferred environment will help you safely and effectively manage this pest.

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 and was commissioned by Summit for her expertise to write this article. Her Web site is www.MelindaMyers.com.

January is National Tea Month

The daily English ritual of Tea Time may be more than a social break - in fact evidence suggests it may be just what the doctor ordered! The simple habit of sipping a cup of hot, steaming tea is being reexamined and is hailed as a cure all for many common ailments in addition to its role as a warm, comforting refreshment.

In recognition of National Tea month in January, the following information highlights some of the many ways tasty tea truly is terrific!

**

Homegrown Herbal Tea: Making tea from freshly harvested herbs not only retains the integrity of the brew, but offers the satisfaction of "home grown" goodness. Whether you're picking plants from a backyard plot or plucking leaves from a windowsill pot, fresh herbs are an easy and affordable way to create your own signature teas. Some favorite herb tea choices include Peppermint, Lemon



TAKE THE HINT

KAREN TRAINOR

Balm, Chamomile, and Lavender.

If you're using fresh herbs, be sure to rub leaves to "bruise" them before brewing to release the flavors. For each cup of tea use about two heaping teaspoons of fresh leaves or flowers. Add six ounces of boiling water for each serving. Allow to steep for at least five minutes, strain and serve.

Or, if you are purchasing dried herbs, simply use one tablespoon of dried herbs per cup of tea. Strain and enjoy.

**

Sip Up!: Tea is Good for What Ails You: It's no secret sipping tea offers an array of terrific health benefits. From easing arthritis pain, tea has been shown to possess impressive healing properties.

*A study funded by the Arthritis Foundation suggests drinking green tea

Turn To **TRAINOR** page **A15**

Should inflation affect your investment moves?



FINANCIAL FOCUS

TREVOR NIELSON

As you know, inflation heated up in 2021, following years of pretty stable – and low – numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics – strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery logjams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times. Companies that can pass along higher costs to consumers due to strong demand for their goods – such as firms that produce building materials or supply steel or other commodities to other businesses – can do well. Conversely, companies that sell nonessential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising.

Of course, it's still a good idea to own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also consider investing in companies that have a long track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop – a concern if you decide to sell the bond before it matures. The impact of inflation is especially sharp on the price of longer-term bonds because of the cumulative loss of purchasing power.

However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to your financial advisor to determine if TIPS may be appropriate for you.

Ultimately, inflation may indeed be something to consider when managing your investments. But other factors – especially your risk tolerance, time horizon and long-term goals – should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Trevor Nielsen, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or trevor.nielsen@edwardjones.com.



Staying on my feet



THE GREAT
OUTDOORS
.....
RALPH
TRUE

This past week, this writer visited a group of anglers shown in this week's picture while they were fishing on the Mumford River side of Meadow Pond in Whitinsville. There were more than 20 cars parked alongside the road, and I figured I would bump into a few old-time friends. It turned out to be a good idea as long as I did not fall on my backside. The ice was extremely slippery, and I forgot my ice cleats at home, so I slowly shuffled my way out to the group. Mark Asselin introduced himself immediately, and I quickly recognized him from many years ago. He was fishing with his son Luke and others that are mentioned in this week's picture.

"Hey, Ralph! Do you want something to eat?"

I could smell the food cooking, and fortunately, I still had room for a quick bite after eating breakfast at Pegs Diner in Whitinsville. Dining on bear meat, venison, stuffed Quahaugs, etc. as I watched numerous flags popping with no real big fish being caught, I decided to leave the company of the group, and head out for home. After thanking the group of anglers, I slowly worked my way to the shore line and had shuffled my way back to the shoreline. I cannot believe that I made it without falling on my behind! Whew! I made it! Next, I had to navigate the river bank that is quite steep for my elderly body. Slowly dropping to my knees, I crawled up the huge mountain of dirt and grass to get to the road. It was only six or seven feet high, but I carefully maneuvered my 83-year-old body to the guard rail next to the road.

As I stood upright, I swung one leg over the guard rail and attempted to do the same with my other leg, which did not work out as well as the first. I allowed my body to drop to the side of the road. It was a gentle drop, and was a bit more embarrassing than anything else. Numerous vehicles sped by without any assistance, so I grabbed onto the guardrail and slowly became

vertical again. I was now on pavement, and I ran across the road (walked), hoping not to get run over by a speeding vehicle. I started the car and headed for home. Just another great day in the outdoors!

The New England Fishing & Outdoor Show in Boxboro Regency, Mass. will be held this weekend, Jan. 28, 29, & 30. Friday hours are 1 to 8 p.m., Saturday 10 a.m. to 7 p.m., and Sunday 10 a.m. to 5 p.m. Adults are \$12, and children 12 & under are free. Check out the complete agenda on their Web site at fishingexpo.com!

The Springfield Sportsmen's show at the BIG -E will open Feb. 25-27 this year, with hopes the Covid epidemic does not get worse. We have had enough of this virus which has screwed up our lives. Check out their agenda on Facebook, or on their Web page. More in the coming weeks.

With a hard freeze of ponds, it has given sportsmen & MFW the opportunity to check out wood duck boxes that were erected in many swamps and small ponds over the years. They need to be inspected for wear, and repairs need to be made if necessary. Cleaning old bedding out, and new bedding placed in them before the wood duck's return this spring to nest and raise their young is extremely important. Each box that is opened for inspection prior to cleaning will reveal how successful the box was in providing a wood duck a place to raise their young. Broken shells and duck feathers are a good sign that the box was productive, and should be good for another year. Erecting new wood duck boxes at this time, should also be done. To get a copy of the plans to build and erect wood duck boxes, can be obtained from Mass. Fish & Wildlife.

The Whitinsville Fish & Game Club will hold their annual game diner Saturday, Feb. 26. Tickets are available at the club. Tickets are limited, so do not wait. The club will also hold an ice fishing derby for members on Saturday, Feb. 5, starting at 8 a.m. The pond was stocked with trout this past Sunday. A breakfast will be served prior to the derby.

The late goose season is now open in Central Mass., with a five-bird limit. The late season stays open until Feb. 11. The hard freeze has forced many birds into open water on major rivers, and is providing some good shooting. Extreme caution needs to be practiced



Photos Courtesy
This week's picture shows John Kochinskis with his custom-made ice fishing sled on the Meadow Pond while fishing last Saturday with a group of his fishing buddies.



This week's second picture shows John Kochinskis, Mark Asselin & his son Luke, Drew Porter, & Tim McIntyre fishing ,and enjoying some good "Bar B Q" cooked food.

when hunting over water this time of year. Keeping dogs safe is very important, as ice can cause serious danger to them when retrieving birds.

Take A Kid Fishing & Keep Them Rods Bending!

The Gateway Process, Part 2



POSITIVELY
SPEAKING
.....
TOBY
MOORE

Last week, I started to unravel a formerly classified document called "The Analysis and Assessment of the Gateway Process," written in 1983 by Lt. Col. Wayne M. McDonnell, whom we will refer to as Wayne. Wayne was tasked by the US Army to study The Gateway Process and its relation to national defense. "The Gateway Process" is a technique developed by the Monroe Institute from the 1960s through the 1980s. I will do a quick recap, but it will be helpful for you to go back and read last week's edition if you haven't already.

I find this document fascinating for two reasons; first is because I often talk about positive thinking and the power

of the human mind, and this document discusses concepts of our reality and powers of the human mind that even if only 10 percent of it was accurate, it's enough to change the way we think about ourselves dramatically, our capabilities, and the world in which we live. The second reason is that the US Army considered "The Gateway Process" important enough to study for many years and keep classified for over 20 years.

To learn The Gateway Process, the practitioner must understand a few things. First, there is no such thing as matter - everything is energy. Second, the only thing in the universe that is not energy is consciousness. Third, the entire universe is a hologram of unbelievable complexity.

The Gateway Process teaches participants how to meditate with specific sound frequencies and visualization techniques to bring the practitioner into

a meditational state known as Hemi-Sync. Hemi-Sync occurs when both the left and right hemispheres of the brain are synchronized.

Synchronizing both hemispheres of the brain is not something that humans do naturally. Somebody who has practiced Zen meditation for 20 years or more can quickly achieve Hemi-Sync. The Gateway Process can teach a dedicated practitioner how to Hemi-Sync within a week or two.

Some say that just one person who knows how to achieve a state of Hemi-Sync can do more damage to an opposing force than an entire army. Perhaps this is why the military was so interested in analyzing this technique and have probably developed a more advanced method of their own.

Some claims in this document are controversial and hard to comprehend, but I'll briefly go over them before getting to my

main point of interest.

According to this document, The Gateway Process teaches the practitioner to access the infinite information stored within the universal hologram to solve any problem, change reality, heal life-threatening injuries, separate from their physical body to witness things happening in another part of the world, the universe, other dimensions, interact with other forms of consciousness within these dimensions, and even time travel, viewing the past, and the future.

One of the things I often write about is living above your present circumstances. I've learned through life experience, reading many books on positive thinking, in particular, the works of Joe Dispenza, that if you can see a vision of the future you'd like to have, combine the vision with intense positive emotion, and maintain that vision and feeling for long enough, you will accomplish your goal.

The Gateway Process confirms this through a technique called Patterning, "... The patterning technique recognizes that since consciousness is the source of all reality, our thoughts have the power to influence the development of reality... If those thoughts can be projected with adequate intensity...however, the more complicated the objective sought, and the more radically it departs from our current reality, the more time the universal hologram will need to reorient our reality..."

What's the take-away? Believe and have faith! If you're determined to accomplish your dreams, then you must believe that you've already completed them in a future timeline. As often as you can, visualize yourself achieving the desired outcome, allow yourself to feel the feelings of success. If you can do that for long enough - it will be given to you.

TESTING

continued from page A1

rapid antigen does not need to be confirmed with a PCR test.

Further, the DPH recommends that individuals who have COVID symptoms and test negative with a rapid antigen test should isolate and either repeat an antigen test or get a PCR test within 24-48 hours if they continue to exhibit symptoms. Additionally, the DPH does not advise employers, schools, or childcare centers to require a test as a condition of returning to work or school.

"Vaccination and getting a booster remain the best possible protection against COVID," read the statement released by Baker's office. "There are almost 1,000 locations in the Commonwealth for residents to receive a COVID-19 vaccine or booster."

To learn more about how you can book your vaccination appointment, visit www.VaxFinder.mass.gov.

Also last week, Baker activated 500 additional members of the Massachusetts National Guard to support the state's healthcare system. This order augments the initial National Guard activation announced on Dec. 21 to support non-clinical functions in the Commonwealth's hospitals.

Assignments for the newly activated 500 members will include providing additional non-clinical staffing at community hospitals and high-volume emergency departments, public hospitals, skilled nursing facilities, and dialysis centers.

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Springfield College recognizes Dean's List students

SPRINGFIELD — Springfield College Recognizes Dean's List Students for the 2021 Fall Semester.

Springfield College has named Hayden France from Brimfield to the dean's list for academic excellence for the 2021 fall semester. France has a primary major of Criminal Justice.

Springfield College has named Maya Belog from Sturbridge to the dean's list for academic excellence for the 2021 fall semester. Belog has a primary major of Exploratory Studies.

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/Occupational Therapy.

Springfield College has named Caitlyn Mills from Sturbridge to the dean's list for academic excellence for the 2021 fall semester. Mills has a primary major of Health Science and Pre-Physical Therapy.

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 / Applied Exercise Science.

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 Health Science/Occupational Therapy.

Springfield College has named Andrew Sweet from Charlton to the dean's list for academic excellence for the 2021 fall semester. Sweet has a primary major of Physical Education and Health/Family and Consumer Science.

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 Rehabilitation and Disability Studies.

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 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 of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Springfield College is an independent, non-profit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.

Local students named candidates for Presidential Scholars program

DUDLEY — Molly K. Starczewski and Trevor W. Wallace, graduating seniors at Shepherd Hill Regional High School, have been named two of more than 5,000 candidates in the 2022 U.S. Presidential Scholars Program. The candidates were selected from nearly 3.6 million students expected to graduate from U.S. high schools in the year 2022.

Inclusion in the U.S. Presidential Scholars Program is one of the highest honors bestowed upon graduating high school seniors. Scholars are selected on the basis of superior academic and artistic achievements, leadership qualities, strong character and involvement in community and school activities.

The U.S. Presidential Scholars Program was established in 1964 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 school and community. It was expanded in 1979 to recognize students demonstrating exceptional scholarship and talent in the visual, creative, and performing arts. In 2015, the program was expanded

once again to recognize students who demonstrate ability and accomplishment in career and technical fields. Annually, up to 161 U.S. Presidential Scholars are chosen from among that year's senior class, representing excellence in education and the promise of greatness in America's youth.

A distinguished panel of educators will review these submissions and select approximately 600 semifinalists in early April. The Commission on Presidential Scholars, a group of up to 32 eminent citizens appointed by the President, will select the finalists, and the U.S. Department of Education will announce the Scholars in May.

U.S. Presidential Scholars are honored for their accomplishments during the National Recognition Program each June. To commemorate their achievement, the Scholars are awarded the Presidential Scholars Medallion.

For more information about the U.S. Presidential Scholars program, parents and students can e-mail the U.S. Presidential Scholars Office at PSP@scholarshipamerica.org or call (507) 931-8345.

Health Foundation announces 2022 Activation Fund grant opportunity is open

WORCESTER — The Health Foundation of Central Massachusetts is pleased to invite Letters of Intent from organizations interested in applying for its Activation Fund grant opportunity in 2022. Letters of Intent are due April 28. The Activation Fund supports discrete, one-year projects in Central Massachusetts that demonstrate creative and innovative approaches to addressing community health concerns and that move an organization to its next level of capacity and effectiveness, which can be sustained beyond the term of the grant.

Given the extraordinary challenges nonprofits continue to face as a result of the pandemic and the robust investment market in 2021, the Foundation has increased its Activation Fund grantmaking budget by 60 percent over last year to more than \$850,000 in 2022. While grant amounts will vary based on project scope, funding request amounts in the range of \$60,000 to \$120,000 are encouraged. Final decisions about 2022 Activation Fund grants will be made in September, with funding to begin in October.

Those interested in applying for an

Activation Fund grant should visit the Foundation website at www.hfcm.org and attend an online information session (registration required) for details including guidelines, deadlines, and examples of previous grants. In addition, interested parties are asked to contact the Foundation's Senior Program Officer, Ms. Jennie Blake, at jblake@hfcm.org by April 1 to seek guidance on alignment of proposed project ideas before submitting a Letter of Intent.

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 more than \$50 million since it began its grantmaking in 2000. To date, the Foundation has awarded Activation Fund grants to 98 unique organizations serving Central Massachusetts. 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.

New leadership announced at Safe Homes, LGBTQIA+ Youth Center

WORCESTER — Open Sky Community Services has announced the appointment of Renn Duffey (they/them) to the role of Director of Safe Homes. Safe Homes, which is a program of Open Sky, operates two drop-in locations for LGBTQIA+ youth: Safe Homes Worcester, on Mann St in Worcester, and Safe Homes North, on the Fitchburg State University campus.

Duffey was appointed to the role of Director following the retirement of long-time program director Laura Farnsworth. They will oversee both drop-in centers and the program's transgender resource center. Duffey, who was served by Safe Homes as a teenager, previously held the position of Safe Homes North Program Coordinator. They are a graduate of the University of Massachusetts Amherst where they received a

bachelor's degree in Psychology and a minor in Women, Gender and Sexuality Studies. "Being part of Safe Homes as a teenager gave me a sense of belonging and taught me vital lessons about inclusivity and the importance of standing up for your beliefs," said Duffey. "I look forward to making sure that the youth who come to Safe Homes today find that same environment of empathy, warmth and

encouragement," they added.

Safe Homes provides LGBTQIA+ youth and their allies between the ages of 14 and 23 with a safe space to forge connections, gain leadership experience and access resources to support their well-being and personal development. The program also offers support for homeless youth, a transgender resource center and free mental health counseling.



Renn Duffey

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the knot
BEST OF WEDDINGS
HALL OF FAME

Dylan Johnson of Sturbridge named to dean’s list at The Citadel

Harrington Family Medicine welcomes new practitioner

CHARLESTON, S.C. — Dylan Johnson of Sturbridge is among the more than 1,300 cadets and students recognized for their academic achievements during the fall 2021 semester.

The dean’s list is a recognition given to cadets and students who are registered for 12 or more semester hours and whose grade point average is 3.20 or higher, with no grade of I (Incomplete) and no grade below C for work in a semester.

Cadets who are named to the dean’s list receive a medal, which is worn on their uniform during the semester following their academic achievement. Non-cadet students on the dean’s list are presented a certificate; veteran and active duty students are also awarded challenge coins.

Academics at The Citadel are divided between five schools: the Tommy and Victoria Baker School of Business, the School of Engineering, the School of Humanities and Social Sciences, the Swain Family School of Science and Mathematics and the Zucker Family School of Education.

About The Citadel

The Citadel, with its iconic campus located in Charleston, South Carolina, offers a classic military college education for young men and women focused on leadership excellence and academic distinction. The approximately 2,400 members of the S.C. Corps of Cadets are not required to serve in the military, but about one-third of each class earn commissions to become officers in every branch of U.S. military service. Citadel alumni have served the nation, their states and their communities as principled leaders since 1842. The Citadel Graduate College, founded more than 50 years ago, offers dozens of graduate degree, graduate certificate and evening undergraduate programs in the evening or online. Consecutively named Best Public College in the South by U.S. News & World Report for 11 years and No. 1 Best Public College for Veterans in the South for four years. Learn more about Our Mighty Citadel here.

SOUTHBRIDGE — Andrey Sayko, M.D. has joined Harrington Physician Services’ Family Medicine practice in Southbridge, and is currently accepting new patients. As a Family Medicine physician, Dr. Sayko provides primary care to all ages.

Dr. Sayko is Board Certified by the American Board of Family Practice and has been providing primary care to families throughout Central Massachusetts for more than 15 years. Dr. Sayko has also been a part-time physician for the Occupational Health Department at Harrington since 2004.

As a native from the Ukraine, Dr. Sayko received his medical degree from Lviv State Medical Institute in the Ukraine. He completed his fellowship at Zaporozhyte Institute of Advanced Postgraduate Studies in Ukraine and then went on to complete his residency at Niagra Falls Memorial Medical Center in New York.

Dr. Sayko is a well-versed scholar who is fluent in four different languages including English, Russian, Ukrainian, and Polish. He joins Dr. Marsha Lavoie, Alan Gonzalez – Blosser, PA and Joseph Kahoro, PA at Harrington’s Family Medicine Practice in Suite 208 of the Medical Arts Building located at 100 South Street, Southbridge.

Dr. Sayko as well as other Harrington Physician Services primary care providers are currently accepting new patients. To schedule an appointment, call (508) 765-3145. To find out more, visit harringtonhospital.org.

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 Lemansky of Sturbridge
Cassidy Pilate of Sturbridge
Melissa Williams of Fiskdale
Jaylin Bodell of Uxbridge
Camden Hackett of Charlton
About RWU

With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today’s employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

Curry College announces Dean’s List

MILTON — Emerson Cherry from Sturbridge was named to Curry College’s Fall 2021 Dean’s List.

About Curry College

Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton, Massachusetts. The College extends its educational programs to a continuing education branch campus in Plymouth. The College offers 19 undergraduate majors in specialized and liberal arts 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 16 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Visit us on the web at www.curry.edu

Isaac Curley named to Dean’s List at Lehigh University

BETHLEHEM, Pa. — Dean’s List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to Isaac Curley from Uxbridge in the Fall 2021 semester.

For more than 150 years, Lehigh University (lehigh.edu) has combined outstanding academic and learning opportunities with leadership in fostering innovative research. The institution is among the nation’s most selective, highly ranked private research universities. Lehigh’s five colleges - College of Arts and Sciences, College of Business, College of Education, College of Health, and the P.C. Rossin College of Engineering and Applied Science - provides opportunities to 7,000+ students to discover and grow in an academically rigorous environment along with a supportive, engaged campus community.

PHYSICS LESSON



Photo Courtesy

Recently at Bay Path Regional Technical High School, Physics instructor Marc Christiansen's students were involved in an activity where they used a bedsheet to represent the fabric of space. A medicine ball was used to demonstrate how massive objects like planets and stars warp spacetime, allowing smaller objects like moons and asteroids to fall towards them. They also made a collision to show how gravitational waves can be generated. Pictured (L-R): Caleb Corpuz, Noah Glispin, teacher Marc Christiansen, Rebeka Janusz, Alyssa Adams, Luke Hill.

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SPORTS

High School Notebook



Nick Ethier photos

The Tantasqua Regional boys' and girls' swimming teams competed against Algonquin Regional back on Wednesday, Jan. 19.

Tuesday, Jan. 18
David Prouty 63, Bay Path 44 — The Panthers took down the previously unbeaten Minutemen girls' basketball team, as Gabby Soter led the way with 24 points. Olivia Pepin (11 points), Lindsey Soter (10 points, 7 rebounds) and Emily Soter (8 points) also chipped in during Prouty's great team win.

Wednesday, Jan. 19
Tantasqua 68, Algonquin 41 — The

Warriors improved their record to 5-3 in girls' swimming after defeating Algonquin. Tantasqua winners included the medley relay team (Kira Dambly, Tori Stendrup, Katie Wade, Zoey Zhu), Emily Owens (200 freestyle), Zhu (100 butterfly, 500 freestyle), the 200 freestyle relay team (Wade, Molly Bilodeau, Dambly, Owens), Dambly (100 backstroke), Wade (100 breaststroke) and the 400 freestyle relay team (Zhu, Makena Pentoney, Grace Chisholm, Owens).

Algonquin 78, Tantasqua 63 — In boys' swimming, the Warriors lost a close matchup with Algonquin and dropped to 3-5 in the process. Max Pitcher (diving) and Ethan Korenda (100 freestyle) were Tantasqua's winners.

Friday, Jan. 21
Wachusett 86, Tantasqua 79 — In girls' swimming, the Warriors lost a tight contest with the Mountaineers. Zoey Zhu (200 freestyle), Katie Wade

(200 IM) and Emily Owens (100 freestyle, 100 breaststroke) were race winners for Tantasqua (5-4).
Wachusett 86, Tantasqua 59 — The Warriors dropped to 3-6 in boys' swimming after losing a decision to the Mountaineers. Ethan Korenda (200 IM) and Eben Mazeika (500 freestyle) won their races for Tantasqua.



Our top 2021 auction items

In today's column, I'm taking a look back at our 2021 auction 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.

Estate jewelry, gold and watches continued to sell well last year. An 18-karat gold and jeweled dagger with sheath brought over \$8,000. A Rolex Oyster Perpetual wristwatch sold for over \$3,500 and a turquoise, sapphire and diamond bracelet topped \$2,000.

Similar to gold, silver also commanded strong prices at our 2021 auctions. A sterling three-piece coffee and tea set by Ball, Black and Company of New York brought over \$1,500. A sterling silver Gorham King George pattern 106-piece set reached over \$3,500. A heavy Gorham footed sterling gravy boat sold for over \$2,000.

As you might expect, silver and gold coins were also popular with our bidders. At various peaks throughout the year, the price of silver reached over \$27 per ounce and the numismatic (collector) value drove many coin prices well above



ANTIQUES,
COLLECTIBLES
& ESTATES
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WAYNE TUISKULA

the silver value at auction. A group of nine silver dollars netted nearly \$650. Gold coins brought even higher prices. A scarce 1841-C coin (from the Charlotte, N.C. Mint) brought close to \$1,300. A 1907 Liberty Head 20-dollar gold coin sold for over \$2,100.

Antique and vintage paintings by listed artists (those listed in standard art reference guides) also continued to sell well in our auctions, with many bringing hundreds and some even into the thousands. An acrylic painting on canvas by pop artist Peter Max went for over \$2,500. An 1879 painting by Edward Hill with the Old Man of the Mountain visible in the background reached nearly \$12,000.

Sports cards and memorabilia have seen a sharp increase in prices since the beginning of the pandemic, and that trend continued throughout 2021. A Ty Cobb baseball card made between 1909 and 1911 brought nearly \$4,000. Despite being graded only a PSA 3 (on a scale of 10), a 1951 Bowman Mickey Mantle rookie card fetched over \$11,000. A football card featuring a quarterback many consider to be the GOAT

(Greatest of All Time) also drew a lot of interest. The 2000 Playoff Contenders Tom Brady rookie autographed card went for close to \$20,000. A complete set of graded 1961 Topps baseball cards topped the list of our 2021 sports memorabilia sales, reaching well over \$25,000.

Our Webster, Mass. estate auction with classic cars and car parts in October produced some of our best results last year. Many cars needed a considerable amount of restoration, but that didn't deter bidders. A 1959 Corvette project car went for \$12,600. Another Corvette project car from 1954 sold for over \$23,000 to a Pennsylvania bidder. The best-selling car was a 1962 Corvette that brought over \$30,000. It sold to a buyer in the Lone Star state proving that even bidding is bigger in Texas.

We're still accepting consignments for our spring auction. We currently have a collection of estate jewelry, coins from multiple estates, a large sports card collection and more. Session 5 of the model railroad, diecast cars and vintage toys auction is now running and will end on Feb. 9. Registration is currently underway for my "Evaluating your antiques" class at Bay Path's adult evening school on Wednesday, March 23rd. Please see our website <https://centralmassauctions.com>



sauctions.com to join our email list to keep up to date on auctions and other events.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser

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SPORTS

Beavers take advantage of strong start, beat Bay Path

BY NICK ETHIER
SPORTS EDITOR

CHARLTON — When a team jumps out to an 8-0 lead and holds a 15-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 love to press, we like to push the ball, as soon as we can get a steal we send everyone down. It creates all of our momentum,” 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 had 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 we pretty much played them evenly. They would have had the lead at halftime, but we were there with them.”

The Beavers led after the first quarter, 24-9, and then the Minutemen won the second quarter, 11-10, as BVT held a 34-20 halftime advantage.

Bay Path then opened the third quarter on a 6-0 run, which was capped by two Terry Simon free throws. Simon had a strong game for the Minutemen,

finishing with 14 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 run, though, 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. Skyla Jack (16 points, 8 rebounds) and Emma Ballard (14 points) led BVT in scoring.

“Emma and Skyla tend to run the floor the most — they’re the ones getting the traps so 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,”

Christiansen said of Valley Tech’s transition game, as Kasey Reeves (13 points, 8 rebounds) and Mara Keane (8 points, 8 rebounds) were other top contributors.

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 underclassmen,” 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.



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



Hannah Cavan of Bay Path takes and makes a free throw versus Blackstone Valley Tech.



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



Mara Keane of Blackstone Valley Tech sends a bounce pass down the court to Nicole Perry.

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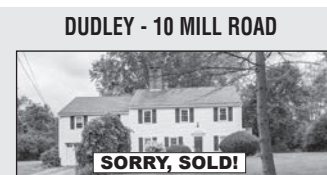
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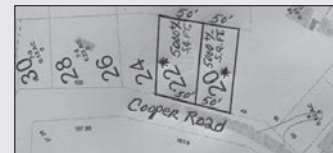
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WEBSTER LAKE - 1301 TREASURE ISL.



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OBITUARIES

Emil E. Maly, 91

Southbridge- Emil E. Maly, 91, passed away on Saturday, Jan. 22nd, in his home after a long illness.



Emil's first wife, Irene (Boulanger) Maly, passed away in 1979. He leaves his wife of 27 years, Patricia M. (Athanas) Maly; his daughter, Carol Athanas and her husband Robert of Montgomery NY; his son, Peter Maly and his wife Susan of Charlton; his two stepdaughters, Carol Turner of Charlton and Abbi Jezierski of Southbridge; his sister, Josephine Zachara of Florida; his 8 grandchildren, Kayla Billings, Tony Albanese, Kimberly Abatangelo, Anthony Athanas, Brady Morton, Hannah Marrier, Justin and Kristin Williams, 12 great grandchildren and several nieces and nephews. He was predeceased by his three brothers, Walter, Francis and Edward Maly and a great grandson. Emil was born in Southbridge the son of th late Peter and Helen (Kupiec) Maly. He was a graduate of the former Cole Trade High School in Southbridge and was a US Air Force Veteran of the Korean War and a

member of American Legion Post 109 in Sturbridge.

Emil was a licensed electrician working at Kennedy Electric for 16 years before opening his own business 1970. As the owner of Maly Electric for more than 20 years he also sponsored and coached a softball team in the Southbridge Softball League.

He later went on to work for Galileo Fiber Optics in Sturbridge for 18 years before retiring.

An avid card player Emil loved the challenge of a good card game with members of his family or friends.

The family would like to thank the caregivers from Overlook Hospice and the doctors at Harrington Hospital for all of the care and compassion they gave to Emil during his illness.

His funeral will be held on Saturday, Jan. 29th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 10:00am in St. Mary's Church of the St. John Paul II Parish, 247 Hamilton St., Southbridge. Burial will follow in St. Mary's Cemetery, Southbridge. Calling hours in 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, MA 01550, where Emil was a longtime volunteer.

www.morrillfuneralhome.com

Joseph A. Silvestri, 72

CHARLTON-Joseph A. Silvestri, 72, passed away on January 6, 2022, after a battle with cancer. He is predeceased by



his parents, Beatrice and Anthony Silvestri and a sister, Barbara Bonin. He is survived by a sister, Marguerite Jalbert of Charlton, a brother, Kenneth Silvestri of New Hampshire, beloved nieces and nephews, a longtime friend, Daniel Dixon, and his cherished dog, Teddy. Joe was a lifetime resident of Charlton who graduated from Charlton High School in 1967 and then Quinsigamond College.

TRAINOR

continued from page A8

may help ease rheumatoid arthritis. The tea's benefits are attributed to a class of compounds called polyphenols, which are abundant in tea made with fresh or green leaves.

* Here's good news for allergy sufferers. A recent study reveals a compound in green tea may help inhibit aspects of the immune system response that produces symptoms of common allergens such as grass, pet dander, grass or mold!

*Did you know a sore throat can be relieved by using a strong, hot tea as a gargle? Simply brew the tea of choice, allow it to cool, and gargle once or twice a day during the cold and flu season. As a bonus, the natural, herbal gargle tastes great.

*Medical studies reveal green and black teas take center stage when it comes to boosting the immune system. Test-tube studies also suggest that the flavonoids in tea may have more antioxidant activity than certain better-known antioxidants like vitamins C and E.

*According to researchers at the University of Geneva in Switzerland, green tea is packed with caffeine and cat- achin polyphenols, substances proven to speed up the body's calorie-burning ability. A study they performed showed drinking three cups of the Ancient Japanese cure per day can rev up your metabolism as much as an average man walking 17 minutes!

*Studies reveal green and black tea contain fluoride and polyphenols that prevent plaque from sticking to your teeth? Studies show tea decreases the activity of the oral enzyme amylase, which is responsible for breaking down starch into sugar in the mouth. In addition, the tea plant naturally contains fluoride in its leaves which makes tooth enamel stronger and more resistant to acids. Tea also inhibits bacteria growth in the mouth. *Sipping both black and green teas has been associated with a lower risk of heart disease. It's been speculated that the anti- oxidant activity of chemicals in tea called flavonoids are at least partly responsible. Black and green teas each contain differ- ent flavonoids that appear to be beneficial

He worked for Heffernan Press in Worcester until he retired. Joe enjoyed family dinners, playing cribbage, collecting coins, listening to oldies, and most of all, spending time with his dog, Teddy. He will be remembered for his sense of humor and love of family and friends. A Celebration of Life is being planned at a later date and burial will be private. The family would like to thank the staff of Southbridge Rehab for his care during these last few months. Donations may be made to St. Joseph's Food Pantry, P. O. Box 423, Charlton City, MA 01508 or Second Chance Animal Center, 111 Young Rd, East Brookfield, MA 01515, in his memory.

to health.

**

Cookie Correction

A few weeks ago, this column featured a cookie recipe that used up leftover Halloween candy. An ingredient was inadvertently left out of the recipe. Please see an alternate recipe below that makes use of leftover candy (keep in mind for V-Day and Easter)!

Candy Bar Cookies

Ingredients: 2 ¼ cups all-purpose flour; 1 teaspoon baking soda; 1 teaspoon salt; 1 cup softened butter; ¾ cup sugar; ¾ cup brown sugar; 1 teaspoon vanilla extract; 2 large eggs; 1 cup semi-sweet chocolate chips, chopped; 2 cups assorted mini chocolate bars- chopped.

Directions: Preheat oven to 375 degrees. Combine flour, salt and baking soda in small bowl. Beat together butter, white and brown sugars, and vanilla extract until creamy. Add eggs, beating well after each one. Slowly beat in flour mixture. Stir in candy and chocolate chips. Drop rounded tablespoons of dough onto lined baking sheets. Bake 8 to 11 minutes, until golden brown. Makes two dozen cookies.

**

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.

Ines Lombardi, 97

Southbridge- Ines (Ciccotelli) Lombardi, 97, of Guelphwood Rd., passed away on Thursday, Jan 20th, in Overlook Masonic Healthcare, Charlton, after an illness.



Her beloved husband, Angelo Lombardi died in 1967.

She leaves her son, John J. Lombardi and his wife Karen of Niskayuna, NY; her daughter, Domenica "Jane" Blais and her husband Robert of Southbridge; a son-in-law, Edward Hayes; seven children, Scott Ravenelle, Angela Gavan, April Blais, Anthony Lombardi, Andrea Julian, Michael Lombardi and Adam Blais; 19 great-grandchildren, 3 great great grandchild and several nieces and nephews. Ines was predeceased by a daughter, Diana M. Hayes in 2017; her two brothers, Omer Ciccotelli and Febo Ciccotelli; two sisters, Alba Maly and Filomena Ciccotelli; and her granddaughter, Tammi Conley in 2017.

She was born in Tocco, Pescara, Italy the daughter of Camillo and Maria (Mastrodicasa) Ciccotelli.

Ines worked as a lens worker for the American Optical Company in

Southbridge for 20 years retiring many years ago. She was a devote catholic and member of St. Mary's Church of St. John Paul II Parish. Ines was a proud member of 76 years of the St. Rita's Society of St. Mary's Church. She loved cooking for her family and friends and enjoyed sharing her Italian cookies she baked. Ines took care and enjoyed spending time in her garden growing fresh vegetables.

The family would like to acknowledge and thank the dedicated nurses and staff at the Overlook Masonic Home in Charlton for the amazing care and compassion which they showed Ines while residing there the past 2 ½ years.

Her funeral was held on Wednesday, Jan. 26th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 12:00 pm in St. Mary's Church of the St. John Paul II Parish, 247 Hamilton St., Southbridge. Burial was in St. Mary's Cemetery, Southbridge. A calling hour in the funeral home was held on Wednesday, Jan. 26th, from 10:30 to 11:30 am, prior to the Mass.

In lieu of flowers donations may be made to St. John Paul II Parish, 279 Hamilton St., Southbridge, MA 01550.

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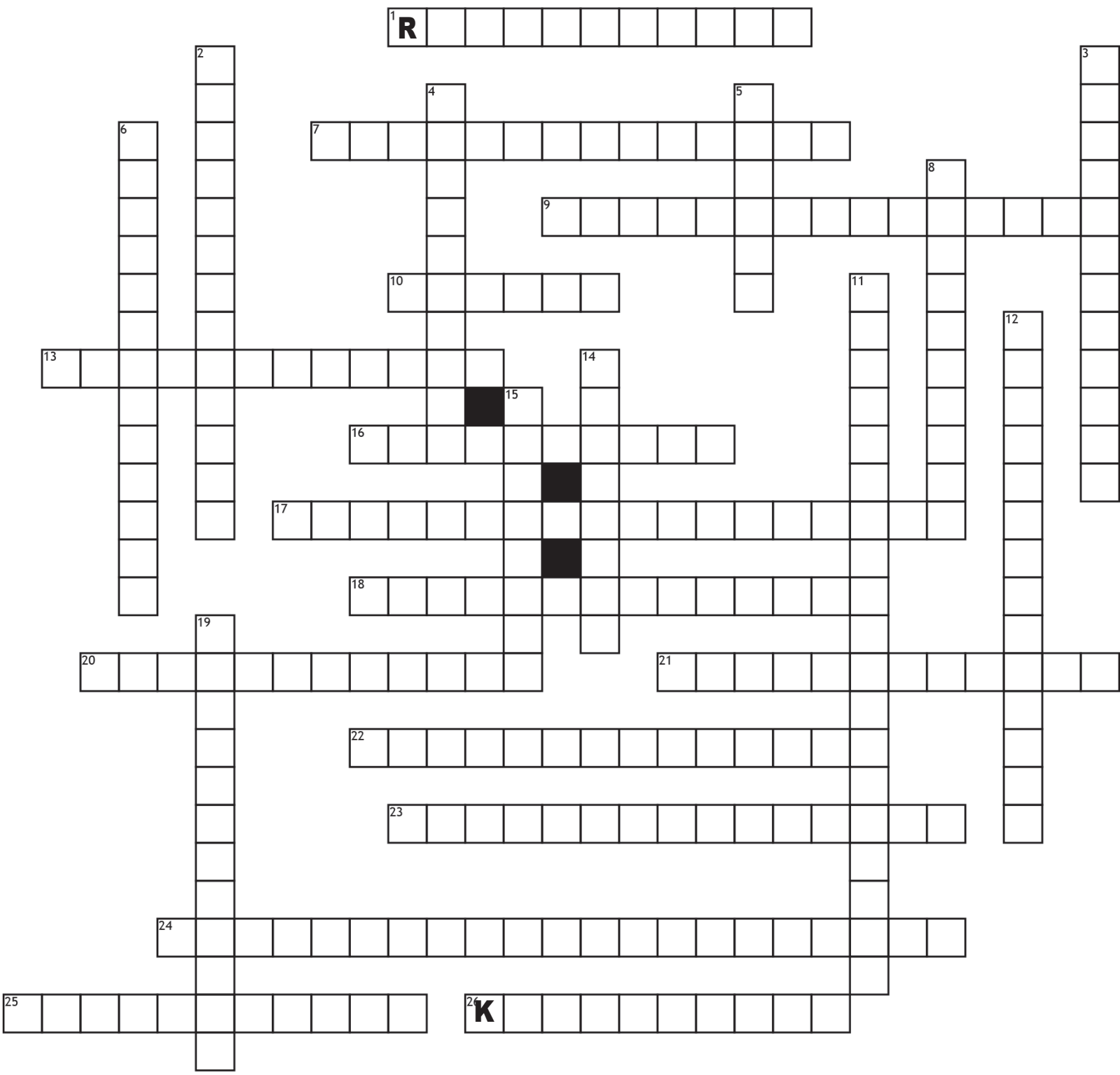
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Hint... answers don't always include entire business name.

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Spencer New Leader, Webster Times, Charlton Villager, Sturbridge Villager, Auburn News, Blackstone Valley Tribune, Southbridge News

Daytime Phone: _____

Email address (optional) _____

Comments: _____

Please find the answers to this crossword puzzle on page 2 of this section. Enter to win a \$25 gift card to one of these local businesses by mailing in your completed crossword to **ABC Crossword Puzzle, Stonebridge Press, P. O. Box 90, 25 Elm Street, Southbridge, MA 01550**
OR scan & email or take a picture and email it to jsima@stonebridgepress.news by Wednesday, February 16.
Random-drawing for winner of all correct entries to be announced in the February 25th issue. One entry per person.
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NEWS BRIEFS

Local students named to Dean's List at American International College

SPRINGFIELD — Jackson Haker, of Uxbridge, Kaitlyn Boone of Sturbridge, Alexandra Fish of Fiskdale, and Jessica Shiers of Wales have been named to the Fall 2021 Dean's List at American International College (AIC). Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massachusetts, comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its students and the community.

Uxbridge resident named to Dean's List at Dean College

FRANKLIN — Dean College is pleased to announce that Evenfall Bair of Uxbridge has earned a place on the Dean's List for the Fall 2021 semester. Students named to the Dean's List have demonstrated a serious commitment to their studies while at Dean College. Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

2021 Semester Dean's List

FRANKLIN — Dean College is pleased to announce the students that have earned a place on the Dean's List for the Fall 2021 semester. These students have demonstrated a serious commitment to their studies while at Dean College. Rachael Hooker of Sturbridge, Alicia Nascembeni of Wales. Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

Alexander Martellio Graduates from Castleton University

CASTLETON, Vt. — Alexander Martellio of Uxbridge graduated with a Bachelor of Science in Business Administration from Castleton University following the successful completion of the fall semester in December 2021. Graduates will be recognized during the 235th Commencement. About Castleton University. Castleton University is small enough to be a community where every student matters, yet large enough to offer more than 75 programs of study for undergraduate and graduate students, 28 varsity sports, and over 50 clubs and organizations. The university stresses experiential learning through internships, community service, and research opportunities provided by more than 400 community partnerships. For more information, visit castleton.edu.

Dean College announces Fall

FIRE

continued from page A1

immediate call for assistance according to Charlton Fire Chief Ed Knopf. "Part of our crew was in Worcester on an ambulance call so we were initially short handed out the door. All that does is it quickens the pace for us to call in second and third alarms just to get more help on the road. We had two individuals at the station when the call came in and we also had a Sturbridge Ambulance crew in house. The Sturbridge ambulance followed our crew in, and they were actually quite helpful and allowed our crew to go inside to attack the fire," the chief said. "We struck the second alarm right away on route once we got verification from police on scene that there was smoke from the roof. That brought in three additional trucks from outside of the department. Due to the weather, we struck a third alarm as soon as we were on scene."

Firefighters battled subzero temperatures while managing the scene but were quickly able to local the source of the fire and bring the situation under control by 10:35 a.m., with crews remaining on scene until 12:44 p.m. to ensure the fire didn't spark again. "The fire was contained in the walls adjacent to the chimney," Knopf said. "The crews did an excellent job identifying where it was. We were able to get behind the walls and knock the fire down. The fire did originate in the chimney." Crews from Auburn, Dudley, East Brookfield, Oxford, Southbridge, Spence, and Sturbridge reported to the scene to assist with battling the blaze.



Firefighters work to manage a three-alarm structure fire on Richardsons Corner Road in Charlton.

The Charlton Department of Public Works also assisted with the icy road conditions and helped pull one of the fire apparatuses off a snowpack near the home. Members of the District 7 Fire Investigation Unit assisted in the investigation into the fire which remains active as of this report. According to fire officials the home suffered minimal structural damage with smoke and water damage reported on the second floor where the fire originated. No injuries were reported from the scene to either fire personnel or residents of the home.





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