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Friday, October 7, 2022

Nursing student earns perfect score on dementia training test

CHARLTON — Ramatu Abukari of Worcester, a practical nursing student at Bay Path Practical Nursing Academy has earned a perfect score on her Dementia Training test. Abukari is a direct support professional at Advocates Inc. (since 2016) and at Horace Mann Educational Associate (since 2016), responsible for medication administration, client monitoring, assisting with activities of daily living, taking clients to hospital appointments, community outings, and completing errands.

Prior to being a direct support professional, Abukari was a CNA/HHA (Certified Nursing Assistant/Home Health Aid) at Crescent Manor Rest Home and Divine Home Health Care. She completed secondary education at Kumasi Girl's Senior High School in Ghana. Prior to joining Bay Path Practical Nursing Academy's 2023 cohort she took courses at Quinsigamond Community College towards an associate degree in nursing where she was inducted to the Phi Theta Kappa Honor Society (2018).

According to Abukari, "I have always believed that success is intentional, and being successful is doing what one loves to do and doing it best. One thing I have always dreamt to do as to consider myself a successful person is to become a nurse."

Abukari is well on her way! In the past years, Bay Path Practical Nursing Academy had three nursing students earn a perfect score in Dementia Training.



Photo Courtesy

Ramatu Abukari with Dr. Ana Olivar of Rutland, immediately after her recognition medal was given.

Charlton reveals winter aggregate rates

BY JASON BLEAU
CORRESPONDENT

CHARLTON — As winter approaches, so do increased electric bills as New Englanders crank up the heat and spend more time indoors. Charlton town officials are reminding citizens that they have a chance to save on their electric rates by taking advantage of Community Electricity

Aggregation. The electric supply program allows Charlton residents and businesses access to town-vetted options for electricity supply that provides a "Charlton Standard" for participants unless they choose an alternative renewable energy option called "Charlton Premium 100% Local Green." The program is designed to provide competing rates with National Grid, who

still maintains the billing and delivery of electricity even if they aren't the supplier. "National Grid just announced their electricity supply rates for the winter months and it's about three-times what it typically is, going up from an 11-cent rate right now to 33.9 cents per kilowatt hour starting in November. Right now through December, the town's community aggregate

rate is 10.316 cents, increasing to 15.5 cents Jan. 1. So significant savings from what the proposed National Grid rate is," said Town Administrator Andrew Golas, who provided a brief update on the service to selectmen in September. The town provides a Web site where citizens can compare the Charlton aggregate rate to National Grid's rate.

As of the end of September the site confirmed that 10.316 cent Charlton Standard while comparing it to National Grid's basic service rates. The site also confirms a 12.36 cent rate for the Charlton 100 percent Green plan. Citizens and businesses interested in learning more about these rates or how to enroll can visit www.charlton-cea.com.



Photo Elvis Dyer

Sturbridge Coffee Roasters opens third location in Charlton

CHARLTON — Sturbridge Coffee Roasters expansion continues with the opening of a third location at 7 Brookfield Rd. in Charlton in September.

The third location is part of the company's business plan to bring great coffee where there is none according to current owner Elvis Dyer. Sturbridge Coffee Roasters opened in 2004 in Sturbridge and later relocated to Southbridge. Dyer purchased the business in 2014.

With a background in customer service, Dyer says, "people and fresh coffee are my passion."

When the former coffee shop located at 7 Brookfield Rd. in Charlton, Milk & Sugar, announced they were closing, Dyer reached out to the owner about purchasing the assets and taking over the space.

"Charlton has been a target area for us in the past and everyone – from the town hall, emergency responders, customers and residents – have welcomed us and made us feel

part of the town," said Dyer.

Dyer also notes that Milk & Sugar did a great job renovating the space and creating a welcoming and inviting atmosphere for people to enjoy. Dyer and his wife Karen have strong ties to the Charlton community as his wife grew up in the town and his in-laws have been residents for more than 40 years.

Sturbridge Coffee Roasters specializes in roasted Arabica beans from around the world, single origin coffees, Swiss Water Process Decaf, Signature Blends as well as organic/fair trade beans. Flavored coffee is also available.

"The older the beans, the more bitter the coffee. Some coffee you buy is brewed with beans three to six months or older. Our beans will be roasted and always fresh – as we roast at least weekly in our dedicated FDA certified facility on Eastford Road in Southbridge," Dyer said. "I want to roast just

Please Read **COFFEE**, page **A3**

Energy price hikes hitting Dudley Charlton School District

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON — The Dudley-Charlton Regional School District is facing a sharp increase in energy costs as their current contract expires in November.

Richard Mathieu, Director of Finance and Operations for the district, informed the Regional School Committee in September that once the district's utilities contract expires, they were expecting cost increases of as much as 100 percent for electricity and over 30 percent for natural gas. Mathieu estimated that the increase in cost of supply could reach around \$325,000. The news wasn't surprising considering the increases in costs across the country but was nonetheless disappointing to a district already struggling with budget constraints.

Mathieu said the district has traditionally worked with Competitive Energy Services as its energy broker to establish annual locked in rate deals for the district. He sought permission from the School Committee to continue that relationship and seek the best rate possible for the schools.

"The recommendation is to look towards a 24-month lock-in rate. There does appear to be glimmers of hope in these future months, but it's not enough to justify locking in for a longer period of time because the rate reductions are not there yet," said Mathieu. "Pricing is variable based on world circumstances. The war in Europe has played a large part in these price increases.

Electricity prices are dependent in large part on natural gas prices, and we are shipping far more liquefied natural gas (LNG) to Europe than ever before. The infrastructure in New England is not capable of supporting all of our energy needs and LNG has historically been a cheap alternative to protect production but is now at historic highs. These contracts are fixed price and include a fuel security charge which is related to LNG."

Mathieu couldn't provide specific estimates of energy costs but ensured the School Committee it would cost more to go without a locked-in rate. The School Committee was, naturally, concerned about how they would manage the extra cost. Mathieu said this will unfortunately require the district to make more tough decisions and likely impact the use of Excess and Deficiency funds over the next several years.

"These are very challenging fiscal times and this situation, while we need to laugh otherwise we'd go crazy, are not pleasant and are completely unexpected, but you can see in your own home rates what you're paying for electricity," Mathieu told the School Committee. "The costs have just skyrocketed. We're able to lock in at a much better price than National Grid would offer us as an ongoing customer going from quarter to quarter so it's the best approach and it's the right approach, but this is an area where there was no expectation that we were looking at this type of

Please Read **PRICES**, page **A3**

Reblooming poinsettias and Christmas Cactus



Photo Melinda Myers

The colorful parts of the poinsettia are the bracts and the knobby yellow growths that appear in the center are the flowers.

Gardeners like a challenge and the sense of accomplishment when trying something new. Forcing poinsettias and

Christmas cactus to rebloom provides such an opportunity.

These plants need 14 hours of uninterrupted darkness each night to set flowers for the winter holidays. Starting between late September and Oct. 1, cover or move your plants into a dark location each night. Shield them from any outdoor, street or reading lights that can delay or prevent flowering.

Uncover or move your plants back to a brightly lit location each morning. Growing the plants in a cooler location, especially at night, and keeping the soil slightly drier will help stimulate bloom. Some experts believe this is all that is needed to rebloom Christmas cactus. A combination of the two treatments seems to give the best results.

The colorful parts of the poinsettia are the bracts, often called the flowers. These are leaves that turn color after the dark treatment. The true poinsettia flower is the knobby yellow growth that appears in the center of the colorful bracts at the tip of stem.

Continue the dark treatment until the poinsettia bracts are fully colored



GARDEN MOMENTS
.....
MELINDA MYERS

or your Christmas cactus is covered with well-developed buds. Move the flowering plants to a cool, bright location free of hot and cold drafts. Continue to water thoroughly and often enough to keep the soil slightly moist while the plants are flowering. This is especially important to prevent bud and flower drop on Christmas cactus.

Consistently providing the required dark period is key to having flowers for the holidays. Each missed or interrupted 14-hour night delays blooming by one day. There is no need to give up after a couple of interrupted nights. Just enjoy the event when your poinsettia does bloom. Their colorful bracts are sure to brighten any winter day.

If your poinsettia fails to flower, you can still enjoy your plant this winter. Just add some faux poinsettia blooms, berry sprays or other floral décor. No one needs to know this wasn't the plan all along.

Don't be surprised if flowers appear on your Christmas cactus at Thanksgiving. Although sold as a Christmas cactus, it may truly be a

Thanksgiving cactus or a hybrid of the two. The true Christmas cactus has small segments with smooth edges and blooms later than the Thanksgiving cactus with toothed or jagged segments.

Fortunately, the Christmas and Thanksgiving cactus' growing requirements and care are basically the same. The plants will do fine; they just bloom during different holidays. Both are native to the tropical rain forests, not the desert, as their common name implies. They both prefer bright light, high humidity, and a thorough watering when the top few inches of soil begin to dry when they are actively growing.

Enjoy the experience as well as the results. As with any gardening endeavor, the fun is in trying something new.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video and 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 her Web site is www.MelindaMyers.com.

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October is Breast Cancer Awareness Month

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7 ways to reduce breast cancer risk

Many women are concerned about the potential for developing breast cancer in their lifetimes. Breast cancer is

the second-most common cancer among women in the United States and Canada. Despite that prevalence, there are ways for women to reduce their risk for breast cancer.

While it is impossible to change family history or genetic markers like gene mutations that increase breast cancer risk, the following are seven ways women can lower their risk.

1. Exercise regularly and maintain a healthy weight. Physical activity and monitoring calories can keep weight in check. The Mayo Clinic recommends at least 150 minutes per week of moderate aerobic activity or 75 minutes per week of vigorous aerobic activity. Strength training at least twice a week also is recommended. Being overweight or obese increases a woman's risk for breast cancer.
2. Consume a healthy diet. The link between diet and breast cancer risk is still being studied. However, research suggests that a diet high in vegetables and fruit, and calcium-rich dairy products, but low in red and processed meats may lower breast cancer risk.
3. Avoid or limit alcohol consumption. Alcohol increases risk of breast cancer, even in small amounts. For those who drink, no more than one alcoholic drink a day should be the limit. The more a woman drinks, the greater her

risk of developing breast cancer, states the Mayo Clinic.

4. Undergo genetic counseling and testing. Women concerned about a genetic connection or family history of breast cancer can speak to their doctor about testing and counseling that could help them reduce their risk. Preventive medicines and surgeries might help those at elevated risk for breast cancer.

5. Limit hormone therapy. Combination hormone replacement therapy for post-menopausal women may increase risk of breast cancer, indicates the Centers for Disease Control and Prevention. Similarly, taking oral contraceptives during reproductive years may increase risk. Women can speak with their physicians to weigh the pros and cons of taking such hormones.

6. Breastfeed children, if possible. Breastfeeding has been linked to reducing a woman's risk of developing breast cancer.

7. Learn to detect breast cancer. Women should get to know their bodies so they can determine if something is awry as early as possible. Early detection of breast cancer increases the chances that treatment will prove successful.

Women can embrace various strategies to reduce their risk of developing breast cancer.

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How many times in my life have I started something only not to finish it? I tried many different things in my life that I quit—guitar, drums, tennis, golf, and other things too. I suspect that many people have a similar story.

When you were a child, I am sure you were asked, “What do you want to be when you grow up?” Usually, what we say as children tends to be very different from what we end up doing; I said I would be an astronaut.

Sometimes, you have to experiment. Usually, we don’t know if something is right for us until we try it.

I was a competitive swimmer for 18 years, and was very passionate about it; halfway through my junior year of college, I suddenly quit. My family was upset; I was such a passionate swimmer, and they

were very disappointed that I didn’t swim all four years.

My reasoning at the time seemed sound. Looking back on it, I think I made the right choice. I realized that I would never make it to the Olympics and decided to become an actor; two-a-day swim practices weren’t compatible with theater rehearsals and plays.

Passions can change, goals can change, and situations may cause you to go down a different path. I suppose that is part of self-discovery.

I wonder if my parents should have made me finish. There is certainly a case to make that I should have stuck with swimming until the end of my senior year. Maybe if they made sure I finished everything I started, I would have developed better habits; finishing what we started is generally recognized as a good thing.

As children and young

adults, we are trying to figure things out, and we discover some things aren’t right for us, but as we mature and become adults, finishing what we start should be something we should always try to do.

Once you firmly commit to an idea, a goal, or a career, there can be no doubt that following through and becoming a master can be one of the most rewarding things.

Becoming a master of some professions may not pay off financially; this is especially true in the arts. I know many very talented filmmakers who cannot make money at it, and they’ve spent decades doing it consistently.

Should we only master one thing in this life?

Times have changed; when I first started acting, all I had to do was study acting. Now, if you’re an actor, often the agent will tell you that if you want to succeed, you need to become a

filmmaker too. Following that advice, you’ll need to write, produce, direct, edit, and promote! You may need to be an expert in many different areas.

Remember the saying, “If you’re a jack of all trades, you’ll be a master of none?”

If you have to learn something completely new to get closer to your objective, does this mean you’ve quit your original dream, or will you never master your chosen profession?

I was listening to an online lecture by a Canadian named John Halpin. He spent twenty years as an aerospace engineer and manager, is a choir director, a composer of over twenty musicals, and the director of a university. He made the strong case that you can become an expert in ten to twelve different disciplines in your life by the time you’re eighty-two years old!

Some say you should only

learn one thing and learn it well, but John Halpin thinks we can learn many things well. We can become a master of many things, and what we do can be a stepping stone to a larger objective.

Does this mean you will be a master of none? Not according to Halpin.

Sometimes, to achieve a goal and accomplish your dreams, you may need to become a person who becomes an expert in many different areas.

When you have to pick up a new skill to take you to that larger objective, it may feel like you’re quitting. Still, if you continually keep the original vision in mind and stay focused, you’ll find that learning new expertise is not only challenging but also rewarding.

Communion is not just for church

Communion is not just for church. Communion, also known as the Lord’s Supper or the Eucharist, is a reminder to all of us the importance of community and of gathering. Granted for religious people, this gathering includes communing with God and remembering the life of Jesus, but the model of sharing a meal together is instructive to us all.

Jesus himself never took communion in church as there was no such entity during his lifetime. In fact, the rite of communion that we celebrate today is based on his actions during a larger meal with his disciples on the night of his arrest, the evening before his crucifixion. However, eating with people for Jesus was a supremely important act. According to the gospel stories, Jesus ate frequently with others; often with those that others thought not worthy to dine with. Jesus used the common meal not just as a way to fill his nutritional needs, but also as a sign of justice and equality.

This symbolic coming together did not end with Jesus’ death, but instead became a part of the Christian tradition. Interestingly, early communion did not look like what communion looks like today. It was not simply the sharing of

a wafer or small piece of bread and a sip of juice or wine. Instead, it was celebrated in the sharing of a meal; a meal that was called an Agape meal, a love feast. It was more similar to a potluck dinner. Everyone brought food, everyone shared food, and everyone enjoyed each other’s company.

Today it seems this precious act of eating together is dwindling. Our lives limit the times we get together to eat and reduces the number of people that we gather with. Families are pulled in multiple directions and cannot eke out the time; and individuals, especially seniors, find themselves eating alone. This lack of interaction and socialization during mealtime has negative effects on people of all ages. According to the Family Dinner Project (FamilyDinnerProject.org), studies show that children who eat with their families have larger vocabularies, lower rates of depression and anxiety, and overall better health. Adults are less lonely, improve their overall mood, and generally report lower stress levels. In

BEYOND
THE PEWS
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REV. DAWN M. ADAMS
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organizational groups, like firefighters, they even report that sharing meals together increases team performance. The sharing of a meal offers much more than just the calories we consume, it is life enhancing and relationship building.

In a society where we are more hyper-connected than ever thanks to texts, emails, social media, etc., we are losing the blessing of long slow conversations. We are losing the importance of breaking bread together as a way of creating and strengthening bonds. This loss of communal meals means that we relate to smaller and smaller groups of people and are threatened with the loss of our ability to hear different perspectives, and therefore, are more and more disconnected from how issues impact others.

Communion for Jesus wasn’t just a religious ritual. It was about sitting down with friends and strangers and getting to know one another. It was about sharing stories and letting others know that they were valued and appre-

ciated.

So this fall, no matter what your faith, and even if you claim no faith, consider reinvigorating the idea of communion. Pick an open night on your calendar and invite a few of your friends or family for dinner. The meal doesn’t have to be complicated – pasta and a salad or a bowl of soup – you could even order a meal in. The important part is to take time to talk and listen, to relate without rushing. Let the evening unfold as it will – slowly.

Might I even suggest a cell phone basket at the front door to reduce the temptation to try to be in two places at once.

Communion, the religious sacrament, is an important part of the Christian tradition, but its founding principles are meant for all – at its base it’s about hospitality, friendship, and a place where you, and all, are welcome.

Hope to see you at dinner soon.

Rev. Dawn M. Adams is the minister of the First Congregational Church of Brimfield, UCC. If you would like to know more about Pastor Dawn of the church, visit BrimfieldUCC.org or follow us on @BrimUCC.

Connecticut woman facing drunk driving charges

STURBRIDGE – A Connecticut woman is facing charges after she was arrested for driving under the influence of alcohol.

On Sept. 24 at approximately 2 p.m., the Sturbridge Police Department received an emergency call reporting an erratic driver. The caller told police the driver of a gray SUV was nodding off behind the wheel.

COFFEE

continued from page A1

enough coffee every week so that it is constantly fresh.”

Coffee to go is available in single servings or one-pound bags. In addition, Sturbridge Coffee Roasters offers a variety of beverages including espresso-based drinks, teas, hot chocolate, fruit smoothies, frappes and Italian soda, among others. “Our signature cold brew concentrate is a crowd favorite, served over ice and also available in growlers,” Dyer added.

Light breakfast and lunch sandwiches in addition to assorted pastries is also available.

While he is in business to make a profit, Dyer recognizes the importance of being in the community.

“The biggest thing I think a lot of businesses miss is that they are in the community and need to do things to help it,” he said.

An active member of the Southbridge Business Partnership since it was formed, he currently serves as Vice

SPD Officer Nicole Patterson later observed a vehicle matching the suspect vehicle’s description and stopped it on Route 20, just west of Hall Road.

After a brief roadside investigation, the driver of the vehicle, a 31-year-old woman from Connecticut, was arrested for OUI-liquor and negligent operation of a motor vehicle.

The driver provided a breath sample

President. The business has supported area non-profits by donating a percentage of gross revenue, participates in local community events, and runs an annual campaign in October, donating \$1 for every pound of coffee sold to the Cancer Center at UMass Memorial-Harrington Hospital.

“For me, one of the best parts of the business is creating the freshest coffee so that customers taste the essence of the beans. Coffee is the second commodity in the world—there is nothing better than fresh roasted coffee and my goal is to educate the masses about it,” Dyer said. “I want to give customers a great experience in everything so when they leave they say, ‘Wow, I’ll be back.’”

All three Sturbridge Coffee Roasters locations are open Monday through Friday from 7 a.m. to 3 p.m. and Saturday and Sunday from 8 a.m. to 3 p.m.

About Sturbridge Coffee Roasters Sturbridge Coffee Roasters is your local, fresh roasted coffee shop. The business opened in 2004 in Sturbridge, Mass., in a small space where beans were roasted, and delicious coffee drinks were served to locals and tourists. We quick-

ly discovered that our customers also wanted a place to relax with their coffee, which led to the relocation 5 miles down the road to our present location in Southbridge, Mass. In August 2014, the business was sold to the current owner and coffee lover, Elvis Dyer. In July 2015, we opened our second location in Dudley, followed by a dedicated roasting facility in Southbridge in 2019. Our third store opened in September 2022. Our bean offerings continue to expand to provide opportunities for coffee lovers to experience new flavor profiles and beans from around the world.

The driver was arraigned on Sept. 26 at Dudley District Court.

“We’d like to extend our sincere thanks to the caller for reporting the emergency,” read a statement released by the police department.

PRICES

continued from page A1

increase at this point in time.”

The School Committee authorized Mathieu to work with Competitive Energy Services once more, giving him the freedom to negotiate the best possible price for the district. The Committee would still need to vote to approve any rate plans proposed for the district.


Boy Scout Troop 273

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October programming at Hitchcock Academy

BRIMFIELD — Hitchcock Academy is a community center located at 2 Brookfield Rd. in Brimfield serving the community with educational, recreational, and cultural programming. More information can be found at www.hitchcockacademy.org.

Events
PUMPKIN PATH: Come and carve, decorate, or paint a pumpkin to display for our Pumpkin Path which will be open for viewing during the town of Brimfield's Trick or Treating event this year! Bring your own carving tools or use the supplies provided to make your creation. Leave your pumpkin for inclusion in the Pumpkin Path or take it home (All pumpkins being entered must be dropped off by 5pm on Trick or Treat night!) \$10/pumpkin to decorate and display \$5/pumpkin to display only. All ages welcome. Stop by Hitchcock to purchase and decorate your pumpkin at one of the following times: Oct. 26 - 28 | 2 to 6 p.m.; Oct. 29 | 10 a.m. to 1 p.m.

WORLD SMILE DAY: Celebrate World Smile Day with Hitchcock! As your local World Smile Day HQ, Hitchcock will make it easy for you to do an act of kindness and help one person smile! Drop in to decorate kindness rocks & cookies. Friday, Oct. 7, 11 a.m. - 5 p.m. Free!

BUDDIES DOG TRAINING: This dog training basics class is for canines of all ages (puppies welcome) and provides positive training methods, good management practices, and problem-solving strategies. The first week is mandatory, and dogs do not attend. Vaccinations must be up-to-date. Bring the household! Children under 14 must be with an adult. Wednesdays, 6:30 - 8:30 p.m., Oct. 5 to Nov. 9. \$137 per dog.

DIGITAL PHOTOGRAPHY BASICS: This class is a great way to get familiar with a new camera. Capture the highlights of the winter season with brilliant results by learning about light and exposure to capture fine details. Learn which of your camera's features are most important to come away with quality memorable images, and learn a few creative techniques. Thursdays, Oct. 13 & 20, 6:30 - 8:30 p.m. \$70.

LEATHER FRIENDSHIP BRACELET WORKSHOP: Celebrate your friends by making them a leather friendship bracelet! The bracelet kit features leather, twisted jump rings and a handmade ceramic button. Class includes tools, instruction, and a kit in a variety of colors. Oct. 17, 6 - 8 p.m. \$55.

HIGH FITNESS: The combination of aerobic and anaerobic training, complemented by active recovery tracks, makes this class an extremely effective and

efficient form of training. Alternating bouts of high-intensity movement with moderate/active recovery means you avoid plateaus, and constantly challenge your body in a safe and effective way that works for YOU. HIGH Fitness is a ZERO equipment, full body workout that has been shown to improve overall endurance, stamina, strength, and cardiovascular health. More importantly, it yields extremely important mental health benefits. Beyond the workout, HIGH Fitness brings fun, fabulous music, and a community like no other - connection, support, and inclusion reap their own benefits on both the mind and body! Tuesdays 7 - 8 p.m., Oct. 18 to Nov. 22. \$75.

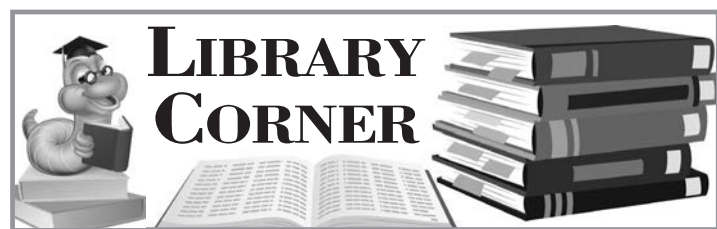
UPBEAT BARRE: UpBeat Barre combines moves from ballet, Pilates, yoga and muscular endurance based strength training to provide a low-impact, mind, body and high-energy program. UpBeat classes will tone, tighten and lengthen muscles, provide strength in everyday movement and bring confidence, coordination and an UpBeat attitude after every class. This barre class is all about music. The moves are choreographed to fun UpBeat music which is how this class differs from other Barre classes. Mondays, 6 - 7 p.m., Oct. 24 to Dec. 5. \$75.

DECORATING: Come and have fun and leave with a decorated cake while learning and/or practicing detailed decorating skills! Create a witch's brew concoction cake with black cocoa buttercream on a vanilla cake, fondant flames, gummy worms and various candy pieces. All supplies are included, with use only of decorating tools and an apron during class. You bring home the decorated cake. No experience necessary. Step-by-Step Instructions by Instructor Sue from Let's Cake Decorate. Please inform Sue of any food allergies: Letscakedecorate@gmail.com. Space is limited. Adults, or children ages eight and up can attend with an adult and work together on one cake. Oct. 20, 6 - 8 p.m. \$75.

JUDO: Judo, the gentle way, is an Olympic sport, intended to train the body and mind. It involves using holds and leverage to unbalance the opponent. DEVELOP - discipline - confidence - teamwork - fitness and have fun practicing martial arts with the Sen-I-Judo Club. All Ages Wednesdays & Fridays in October 4:30 to 6 p.m. Adults Only Mondays & Fridays in October 6 - 7:30 p.m. \$75 per month plus \$75 annual enrollment fee.

WITCH'S BREW CAKE

Classes



STURBRIDGE — The Joshua Hyde Library is excited to host the following programs during the month of October. Friday, Oct. 7: Drop-in Story Time. Stories, songs, craft. All

ages welcome with caregiver. Free. Sponsored by the Friends of JHL. 10:45 a.m.

Tuesday, Oct. 11: Afternoon Book Group. We'll be discussing "Painting the Light" by Sally Cabot Gunning. Pick up your copy at the library. 1 p.m.

Wednesday, Oct. 12: Guided Meditation with Sylvia Murphy of pinkhippy.org, offering integrative therapies for cancer patients, survivors, and their families with a focus on breast cancer. Open to all. Free for patients, survivors, and caregivers attending with a patient. To register call or text 508-304-3463. 6:15-7:30 p.m.

Saturday, Oct. 15: Friends of the Library Book Sale. Thousands of books to browse! 10 a.m. - 2 p.m.

Tuesday, Oct. 18: Drop-in Story Time. Stories, songs, craft. All ages welcome with caregiver. Free. Sponsored by

the Friends of JHL. 10:45 a.m.

Wednesday, Oct 19: Armchair Travelers Take to the Open Road. We'll be discussing "The Map of Lost Memories" by Kim Fay. No registration required. Pick up copy of book at the library. 7 p.m.

Thursday, Oct. 20: Friends of the Joshua Hyde Public Library Annual Meeting and Author Talk. The meeting will start with an author talk by Cesar Becerra, author of "Orange Blossom 2.0." We will be voting on the Library's Wish List and the Slate of Officers. If you are interested in running for a position, please let us know. Open to the public. Located in the library meeting room. 7 p.m.

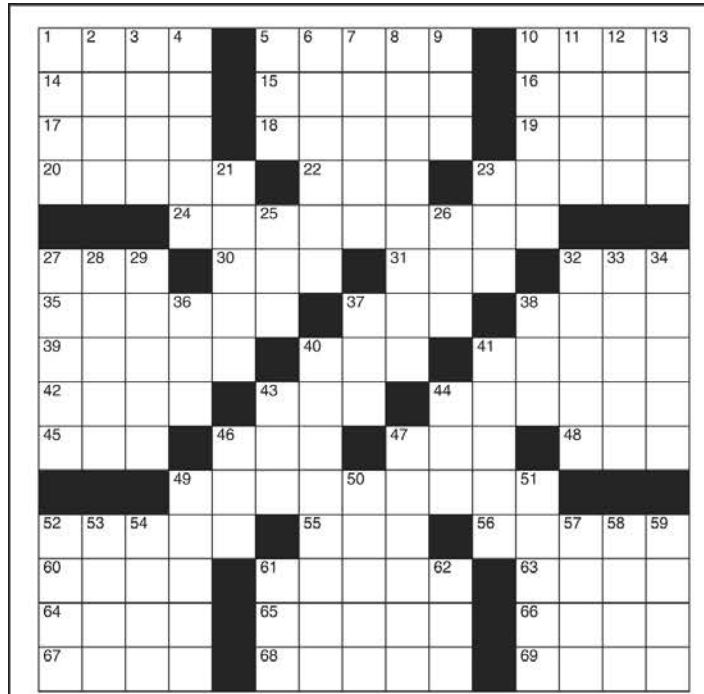
Thursday, Oct. 20: Lego Club will meet in the Children's Room. Suitable for kids ages five to 12 years with adult caregiver. 6:30 p.m.

Tuesday, Oct. 25: Drop-in Story Time. Stories, songs, craft. All ages welcome with caregiver. Free. Sponsored by the Friends of JHL. 10:45 a.m.

Friday, Oct. 28: Drop-in Story Time. Stories, songs, craft. All ages welcome with caregiver. Free. Sponsored by the Friends of JHL. 10:45 a.m.

Saturday, Oct. 29: Haunted Halloween Magic Show with Tommy James! Enjoy silly & spooky family magic show that incorporates age-appropriate safety tips. Perfect for children K-5 with adult. Free. Sponsored by the Friends of JHPL. 11 a.m.

Monday, Oct. 31: Not-so-Haunted Hallway! Children ages nine years and under are welcome to collect sweets and treats as they navigate the Hallway! Must be accompanied by an adult. Costumes encouraged! No registration required!



CLUES ACROSS

- 1. Bay Area humorist
- 5. Hurt
- 10. Icelandic poems
- 14. A taro corn
- 15. Metaphorical use of a word
- 16. It fears the hammer
- 17. Excessively quaint (British)
- 18. Laid-back California county
- 19. Cook in a microwave oven
- 20. Not late
- 22. Go from one place to another
- 23. Peoples living in the Congo
- 24. Popular pasta
- 27. Available engine power (abbr.)
- 30. Popular musician Charles
- 31. Angry
- 32. Spelling is one type
- 35. One who makes a living
- 37. Indicates location
- 38. Imperial Chinese dynasty
- 39. Small water buffaloes
- 40. Hungarian city
- 41. Fabric
- 42. Ancient kingdom near Dead Sea
- 43. Precursor to the EU
- 44. Philly footballers
- 45. Female sibling
- 46. "When Harry Met Sally" actress
- 47. Magnetic tape of high quality
- 48. Insecticide
- 49. Apparatus to record and transmit
- 52. Some is considered "dog"
- 55. Israeli city __ Aviv
- 56. Fencing sword
- 60. Ottoman military title
- 61. Wise people
- 63. Cold wind
- 64. Popular type of shoe
- 65. Administrative district
- 66. A way to reveal
- 67. Cooked meat cut into small pieces
- 68. Actress Zellweger
- 69. Romanian city

CLUES DOWN

- 1. Small town in Portugal
- 2. Site of famed Ethiopian battle
- 3. German river
- 4. Christmas carols
- 5. Cash machine
- 6. Rough and uneven
- 7. Rumanian round dance
- 8. Widespread occurrence of disease
- 9. A place to relax
- 10. Feeling of listlessness
- 11. Coat or smear a substance
- 12. Wild mango
- 13. Brews
- 21. Belgian city
- 23. Confined condition (abbr.)
- 25. Swiss river
- 26. Small amount
- 27. Part of buildings
- 28. Vietnamese capital
- 29. Sailboats
- 32. Shelter
- 33. Terminated
- 34. Discharge
- 36. Snag
- 37. Partner to cheese
- 38. A container for coffee
- 40. Spend time dully
- 41. Satisfies
- 43. Snakelike fish
- 44. Consume
- 46. Type of student
- 47. Erase
- 49. Instruct
- 50. Girl's given name
- 51. Jewish spiritual leader
- 52. "To __ his own"
- 53. North-central Indian city
- 54. Greek alphabet characters
- 57. Weapon
- 58. Amounts of time
- 59. American Nobel physicist vital to MRIs
- 61. Soviet Socialist Republic
- 62. Witness

Town of Brimfield, MA - Police Chief Posting

Chief of Police: The Town of Brimfield seeks candidates for the part-time position of Chief of Police. This position reports to the Select Board and is responsible for supervisory, administrative, statutory, and other duties of the Police Department. Work is performed in accordance with federal, state and local law as applicable as well as departmental policies, goals, and objectives.

Successful candidates will have a bachelor's degree in criminal justice or related field and a minimum of ten years of law enforcement experience, including five years as Deputy Chief, Captain or Lieutenant, or an equivalent combination of education and experience; plus, a Mass Driver's License, Mass Firearms License, MPTC Academy certified or equivalent; Peace Officer Standards and Training Commission - POST Certification. Salary will be determined based on experience.

Visit the job opportunities tab on the Select Board page at www.brimfieldma.org for complete job description.

Submit application and resume by October 7, 2022, to the Office of the Select Board, Town of Brimfield, 23 Main St., Brimfield, MA 01010 or email to selectboard@brimfieldma.org AA/EOE.

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Cornerstone Quilt Guild meets Oct. 16

CHARLTON — The next meeting of the Cornerstone Quilt Guild will be held Sunday, Oct. 16 in the gym of the Charlton Baptist Church at 50 Hammond Hill Rd. The program starts at 1:30 p.m., and doors open at 1 p.m. Everyone is welcome; there is no charge for first time visitors.

This month's program will include a "trunk show" (many quilts displayed

and discussed) by the outreach committee. There will be a "show and tell" of holiday themed quilts made by guild members, any holiday. There will be an opportunity to sign up for workshops, challenges, and the YMCA gift program. Come at 1 p.m. to socialize and purchase fabric before the program, then at 1:30 p.m., sit back and get inspired by the beautiful quilts!

Nichols College opens fall artist showcase with gas and glass sculptures by Mundy Hepburn

DUDLEY — Nichols College opens its fall artist showcase with large glass and gas sculptures by Mundy Hepburn, an American artist and nephew of the late actress Katherine Hepburn, on Thursday, Sept. 29 at 6 p.m. in the college's library.

Hepburn shapes large blown glass sculptures and fills them with gases such as xenon and neon creating static electricity. A pioneer in this art form for more than 30 years,

he combines technology with art to create a new breed of moving, living art.

A resident of Old Saybrook, Conn., Hepburn has exhibited his work in solo and group shows throughout New England, as well as in permanent installations in New York, Connecticut, California, and Japan. A grand and colorful sculpture has also been permanently installed on the ceiling of the Nichols College

library, in the newly renovated location of the Academic Center for Excellence and Support.

The artist showcase series was launched in fall 2021 by Marla Sulmasy, wife of the college's president Glenn M. Sulmasy, JD, LL.M. New exhibitions are introduced each semester to engage students and the Nichols community in an appreciation for all that art brings to culture, leadership, experience, and higher education.

SPECIAL EVENTS AT THE BRIMFIELD SENIOR CENTER

October 2022
413-245-7253

Friday, Oct. 28 – 11 a.m.: "Celebrate Fall Party" Day and night are the same length during the autumnal equinox. As a result, ancient cultures have always associated this day with the concept of balance. The sun also enters Libra, which is symbolized by a pair of balanced scales. Autumn grants us a chance to harmonize with the Earth and tap into the balance within us. Join us as we welcome Roger Tincknell, singer, songwriter & multi-instrumentalist. Roger will present his "Earth Rhythms" program in celebration of the season and environment. (This program is supported in part by a grant from the Brimfield Cultural Council, a local agency which is funded by the Mass. Cultural Council, a state agency.)

Your menu is: Polenta Squares topped with tomato basil and cheese; Green Salad; Italian bread; Spaghetti, and Eva's awesome, homemade Meatballs; Cake and ice cream for dessert. There is a suggested donation of \$5 to help offset the cost of the meal. Please reserve early – no later than Oct. 22. (Please pay ahead, if possible, to keep the check in line moving)

Oct. 6 – Thursday at 11:15 a.m. Cheryl Coakley-Rivera, Esq Invites homeowners to an informational Talk. Discussion

will cover: Who we are and what we do; Homestead Act; Consumer Notification System and Title Fraud. All attendees are eligible to receive a free certified copy of their deed! Lunch is available for a suggested donation of \$2, but you must call to reserve prior to 11 a.m. on Wednesday, Oct. 5.

Oct. 12 – 10 to 11:30 a.m. UKULELE WORKSHOP: Learn to play Ukulele with Dave Maloof of MusicPlus Comedy. Ukulele's available to borrow or bring your own. Learn to strum and form chords; play & sing along to rock'n'roll, Beatles, country & more. Learn about ukulele history, types, sounds. (This program is sponsored in part by a grant from the Brimfield Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.) A Light lunch will be served after the program.

Matinee Movie on the Big Screen Oct. 21 at 10:30 a.m.: "Elvis" Starring Austin Butler and Tom Hanks. "Elvis" is a 2022 biographical musical drama film directed by Baz Luhrmann, who co-wrote the screenplay with Sam Bromell, Craig Pearce, and Jeremy Doner. The film follows the life of rock and roll icon, singer, and actor Elvis Presley, told from the perspective of his manager, Colonel Tom Parker. \$2.00 for the movie – popcorn, beverages & snacks free!



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MAPFRE

Social justice, community service go hand-in-hand for QCC students

WORCESTER — Four Quinsigamond Community College students — Britney Acquah, Whitney Acquah, Gabrielle Gedeon, and Eva Kadriu — just wrapped up a summer working with youths in area community-based organizations.

Known as Woo Labs Hanover Fellows, the students were chosen by the Woo-Labs program, an organization that began in 2021 through the Worcester Education Collaborative in partnership with area organizations. The program offers community-focused, equitable, project-based learning to K-12 students. Fellows work with the staff of area organizations to create and implement learning projects for groups of young students.

Woo-Labs program was designed to help college students experience the joys and challenges of working with

youth as teachers and mentors, in the hopes that they would “catch the bug” and want to pursue these career pathways, according to QCC STEM Initiatives Administrator Adrienne Linnell.

“These students became aware of the Woo-Labs opportunity by first participating in a learning experience funded by a grant program called MassTeach, where they shadowed STEM teachers at Burncoat High School,” Linnell said.

The Fellows were given training and professional development prior to and during the program and were placed at various community-based organizations, such as African Community Education and the YWCA. Woo-Labs also fosters soft skills for the participating Fellows.

“Hands-on learning is so engaging for students. Organizations are free to cre-

ate projects that best support their program objectives and student interests. We help them align the projects with a research-backed framework, which involves linking project plans to explicit academic standards and social-emotional skills,” WEC Assistant Director Emily Dodge said.

Kadriu, an Engineering student, was a Fellow at the YWCA Camp Wind-in-the-Pines.

“I’ve always liked volunteering and I like pushing others to do the same. It is rewarding. Teaching others, especially younger students, helped me explain how good community service is and how rewarding it is to fight for social justice. For example, we’re doing a Kindness Quilt. We talked about community service and started off simple with helping around the campsite or at home and then coming up with ideas for things to do to help the community,” Kadriu said.

Britney Acquah, who is in QCC’s general studies pro-

gram, completed her fellowship at the Guild of St. Agnes, where she enjoyed seeing how a program runs from behind the scenes.

“I loved every part of it,” she said. “Talking to students can be nerve-racking but classes at QCC helped prepare me to communicate effectively and be a good listener. I can also use the things I learned through Woo-Labs in my studies at QCC, like patience and empathy. Working with people’s differences and processing new ideas will help me in the future.”

Gedeon, a QCC nursing major, said she noticed that her QCC classes gave her a good foundation for working in a program such as Woo-Labs as well as gaining new skills from the program.

“Working with children of different cultures, faiths and educational background is something I’ll need in the career I want to go into. Critical thinking and psychology helped me

with that. I used what I learned in class and visualized it while working with the kids,” she said.

Participating organizations also noticed the benefits of Woo-Labs.

“The Woo-Labs program has been terrific for our organization. The Fellows seem to be learning a lot about childcare in general and seeing what it takes to make such a large program flow,” said Director of School Age Programs, Nicole Martin from Guild of St. Agnes. “When children learn to work as a team, ask important questions and find answers together, it promotes some sense of social justice. No matter the topic being discussed, when we hear about various opinions and concerns it forces us to see things from a different point of view. Helping our children to think out of the box and be more open-minded is always a goal of ours.”

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Southbridge Lions cornhole tournament a huge success

SOUTHBRIDGE — The Southbridge Lions Club held its first annual “Let’s Rip It” Cornhole Tournament on Saturday, Sept. 24 featuring 41 teams vying for cash prizes at the Southbridge Community Center.

Under the guidance of Bob Parker and his Let’s Rip It team, the tournament went off without a hitch and featured some thrilling play. The boards were custom

made by Brian Mathews, and featured the names and logos of the tournament’s sponsors: Pizza Chef, Lamoureux Ford, Big Bunny, Sturbridge Auto Body, Dave’s Pest Control, Southbridge Credit Union, All Star Incentive Marketing, Myriad Fiber Imaging, Ruben’s Transportation, and Cady Brook Cannabis. Spectators and participants enjoyed the tasty eats and the variety of beverages available while listening to the DJ sounds of Shawn Clark. Congratulations to the top three teams starting with Tohn Dom and Tevin Chan who took first place honors and the \$1,000 cash

prize. Coming in second place was the team of Sam Correia and Colby Santos who won \$500. In third place, and winning \$250, were Jose Rivera and Adrian Alvarado.

The Southbridge Lions would like to thank the Southbridge Community Center for allowing us to use their venue, and to the loyal cornhole players who came from all over New England to spend the day with us. Special thanks go out to our own Mike Comeau for proposing and coordinating this hugely successful fund raiser on behalf of the Southbridge Lions club.



Friday’s Child

Hi! My name is Lovely and I love to eat!

Lovely is an independent and kind girl of African American descent. As her name suggests, Lovely is a sweet and friendly girl with a great sense of humor. It can take some time to get her to open up, but once she is comfortable, she enjoys her connections with others. Lovely is described as a quiet girl with a go-with-the-flow attitude. Lovely has a passion for food and often jokes about her big appetite. She enjoys painting and loves to display her art.

Lovely puts a great deal of effort into her schoolwork with the support of her foster family. She gets along well with her peers and with the adults in her life.

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The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at (617) 964-6273 or visit www.mareinc.org. Start the process today and give a waiting child a permanent place to call home.

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The Town of Brimfield is seeking sealed bids for the purchase and delivery, of a used 64,000 #GVWR Dump Truck for its Highway Department.

Sealed bids appropriately marked “Used 64,000 #GVWR Dump Truck Bid”, will be received at the Town Hall Annex, 23 Main Street, Brimfield, MA no later than 1:00 p.m. on Wednesday October 19th, 2022, at which time all bids will be publicly opened and read. The bid will be awarded by the Board of Selectmen on Monday, October 24th, 2022 at their duly posted meeting. Bid specifications will be available for pickup beginning September 29th,

2022 at the Brimfield Select Board’s Office, 23 Main Street, Brimfield, MA from 9:00 a.m. to 4:00 p.m. Monday thru Thursday or by emailing selectmen@brimfieldma.org. Questions with regard to other matters relative to this bid should be directed to the Brimfield Highway Surveyor, Zach Lemieux at 413-245-4103.

The Town of Brimfield retains the right to accept or refuse any or all bids.

Respectfully,
Martin Kelly
Select Board Chair
October 7, 2022

Town of Charlton Request for Proposals Implementation of

VHF P25 Conventional Radio System

The Town of Charlton, Massachusetts, acting by and through its Board of Selectmen, is seeking proposals from qualified vendors to design and upgrade to a VHF P25 Conventional Radio System system which will allow for seamless interoperability with local fire and police agencies and to provide better street coverage with portables in a Stage Approach as specified in RFP bid specifications. All vendors must submit in conformance with the Request for Proposals documents which will be available in the Town Administrator’s Office, 37 Main Street, Charlton or email request from kara.hmielowski@townofcharlton.net.

Town Offices are open Mon, Wed, Thu 7:30AM - 5:00PM; Tue 7:30AM-7PM; and closed Friday. This RFP shall be subject to the provisions of G.L. c.30, § 16, and the terms of the statute shall control in the event of any conflict between such terms and the terms of this RFP. **Proposals must be received by 2:00 p.m., Wednesday, November 16, 2022** at the Office of the Town Administrator, Town Offices, 37 Main Street, Charlton, MA 01507. **Pre-Proposal Conference and Site Visit Wednesday, October 26 @ 10:00 a.m.** Issue Date: October 5, 2022 October 7, 2022



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EDITOR

Your body tells the truth even when you don't

"If you tell the truth, you don't have to remember anything." Mark Twain

There has been a great deal of chatter in town about transparency in national politics. While we like to focus on the facts, it's been clear that as of late, facts are hard to decipher in the current climate. Misinformation runs rampant and several individuals stated that they just don't know what to believe anymore. This led us to discussions regarding the FBI and how law enforcement personnel can spot tells, if someone is being untruthful.

According to body language experts, there are tells to let you know if a person is being dishonest. There are exceptions to the rule of course, but this tidbit of knowledge may come in handy or may serve as a bit of fun the next time you're in a group setting.

Facial expressions, verbal cues and body language are said to give away a person who is fibbing. Experts say that these cues are due to chemical and physical reactions or nervousness.

If you are trying to decipher whether or not a person is fibbing, it helps to know how they act under normal circumstances. This way, you can determine if any responses are simply idiosyncrasies or tells.

The eyes say everything. Look for incessant blinking. Normally, a person will blink up to six times every 60 seconds. If an individual is lying, they might blink five or six times very quickly. Further, pay close attention to how long a person closes their eyes mid conversation. If someone has closed their eyes for up to two seconds, they could be lying to you.

At some point, we've heard the notion that a person is lying if they look up and to the right, however this depends on whether or not the person is right or left handed. If a right handed person looks up and to the left, they are searching their memories and likely are being truthful. If they look up and to the right, they are searching their imagination, and preparing to create an answer. Keep in mind that some people could look straight ahead when trying to recall a memory.

FBI experts say that if you ask a person about something they have heard, their eyes will move towards the left ear. If eyes shift to the right, a lie could be coming. Eyes will move down and to the left if the memory is about one of the five senses. Again, eyes will move down and to the right if a person is about to lie. You can also tell if a smile is genuine if wrinkles form by the eyes.

Lying could cause a person's face to itch. Watch to see whether or not a person is scratching their face while in conversation. Mouths tend to become dry when a person is lying as well. Lips that are pinched and colorless could also give away a person's mistruths.

A person may begin to sweat as well or blush. Blushing is the result of the release of adrenaline.

If someone is being truthful with you, they will typically shake their head in unison and in agreement with what they are telling you. However, the opposite is also true. If a person is shaking their head in disagreement with what they are saying, likely you are being lied to.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

OPINION

TO THE EDITOR

Knights of Columbus needs your support to keep kids warm this winter

To the Editor:
For the last few years, our Knights of Columbus Council 199, in Southbridge, has been raising money to purchase and donate children's winter coats to both Catholic Charities and Holy Trinity's coat closet to be given away free to local children. In 2021 we also donated 48 coats to Charlton St. School and 48 coats to West St. School. Because of all these needs our supply of coats for smaller children has been completely depleted and the teen sizes are down to just a few dozen.

Again this year, the kids' coats are sold in cases of 12 for \$238, which is about \$20 per coat and we would like to purchase 14 cases, the teen size coats are \$295 per box of 12, our plans are to purchase just 2 cases of these larger coats. The total cost to purchase these 16 cases of coats would be \$3922 but that would require your help, if you're a business or civic group maybe you could donate \$238 and we could buy one case, if that's too much to ask for, two donations of \$119 will buy a case, a person or a family could donate \$20 which we could put

towards purchasing one coat. Maybe we won't hit our goal of buying the 16 cases, but whatever we do raise will put a new coat on someone's child that might otherwise go cold this winter if we don't try.

These kids could be a neighbor or most likely be someone you'll never know or meet, but we could all get a warm feeling if we pitch in and help keep our kids warm this winter.

If you can help, checks would be payable to K of C Council 199 and can be dropped in the collection basket at St John Paul II Parish with a note on the envelope saying "Coats for Kids" or just mail them to us, our address is PO Box 176 here in Southbridge. Please don't think that you won't make a difference because every dollar counts and it just takes 20 of them to buy a coat.

Thank You from Council 199.

RAY FOURNIER
2022 COATS FOR KIDS CHAIR
SOUTHBRIDGE
KNIGHTS OF COLUMBUS



Protecting your antiques and collectibles

As we see tragic images of the devastation caused by Hurricane Ian along the southwestern coast of Florida, it's a good reminder that, while New England hasn't experienced a hurricane of that magnitude, we aren't exempt from natural and manmade disasters. Flooding, theft and fire are potential issues no matter where you live. In today's column, I'll discuss options to protect your valuable collection.

Cellars and basements typically have more moisture than other parts of a home. It is best not to keep collectibles made of paper, cardboard, leather and other items that are susceptible to moisture or water damage in your cellar. If that's your only option for storing these items, you should place items on shelves, use pallets or another method to raise them off the floor.

Attics are typically the driest spots in a house but can also be the hottest. Some antiques and collectibles can be damaged by extreme heat in the summer. I've found plastic and rubber toys that have disintegrated into dust after spending years stashed away in an attic. Items like these should be stored in a closet or other area to protect them from temperature extremes.

Glass, pottery and ceramics are of course subject to breakage. Some breakage can be avoided by moving items further back on a shelf or placing them inside of a cabinet with glass windows where they can be viewed and safely stored.

If your items are already damaged,



ANTIQUES,
COLLECTIBLES
& ESTATES
WAYNE TUISKULA

there are restoration services available for furniture, paintings, porcelain and practically every type of antique imaginable.

Accidents are unavoidable, so items you've collected over the years may still become damaged despite your best efforts. That's where having your items insured ahead of time will help. Depending on the value of your collection, you may need additional insurance or an insurance rider. You may want to discuss your options with an insurance agent or company representative. The insurance company will typically request

that you get an appraisal prior to insuring your items. Getting insurance in advance, can provide you with some comfort if you have to use it.

We will open bidding this coming week for our jewelry, coins and sterling auction. Our next auction after that will feature baseball cards and sports memorabilia and will start in mid-October. Then we'll be running our art, historical memorabilia, antiques and collectibles auction that will end in mid to late November. I'll be appraising items for the public at the Townsend Historical Society on Oct. 15, the Worcester Senior Center on Oct. 18 and the Leicester Senior Center on Nov. 5. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

Please contact us at www.centralmassauctions.com (508-612-6111) info@centralmassauctions.com for antiques and collectibles auction services.

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.com
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!

What should Alzheimer's caregivers know?

If you have a family member who has been diagnosed with Alzheimer's disease, or is starting to show symptoms, you will face some real challenges. Navigating the Alzheimer's experience involves a long journey, and there's no easy answer for how you can cope with your emotions. But you can at least address some of the financial issues involved to help give yourself a greater sense of control.

Here are some moves to consider:

- Plan for care costs and identify insurance coverage. The list of Alzheimer's-related medical expenses is long and includes ongoing medical treatment, medical equipment, home safety modifications, prescription drugs and personal care supplies. As a caregiver, you'll want to know the extent of your loved one's health insurance: Medicare, supplemental policies, veteran's benefits if applicable, and so on. One big question is how much coverage they might have for adult day care services, in-home care services and full-time residential care services, and other long-term care options. Long-term care is one of the largest health care costs not covered by Medicare, so you'll want to determine if your loved one has a long-term care policy or another insurance policy with a long-term care rider.

- Identify assets and debts. You'll need to know your family member's financial position, both what they own — bank accounts, investments, property, etc. — and what they owe, such as credit card debt, a mortgage, lines of credit, and so on. This knowledge will be essential if you're granted power of attorney to take over your loved one's finances.

- Look for tax breaks available to caregivers. If you're a caregiver, you may have to pay for some care costs out of pocket. Consequently, you could receive some tax credits and deductions. These benefits vary by state, so you'll want to consult with your tax advisor to determine your eligibility.

- Ensure necessary legal documents are in place. As a caregiver, you may need to ensure some legal documents are in place, such as a durable power of attorney for finances, which lets you make financial decisions for your loved one with Alzheimer's, and a durable power of attorney for health care, which lets you make health care and medical decisions on their behalf. It's important to have these and other necessary documents drawn up before someone is diagnosed with Alzheimer's or when they're just starting to exhibit the earliest signs of the disease, so they can understand what documents they are signing. If you wait until they no longer have this cognitive ability, things will get much more challenging. You could apply to become a conservator, which grants decision-making abilities similar to a power of attorney, but the conservatorship process takes time and could involve court procedures. To avoid this potential difficulty, work with your tax and legal professionals to ensure all the relevant legal documents are in-force and updated.

Finally, you don't have to go it alone. To help deal with the emotional challenges of caregiving, you can find local Alzheimer's support groups that can offer practical suggestions for coping. As for the financial issues, consider working with a financial professional who can look at your family's overall situation and recommend appropriate actions.

A diagnosis of Alzheimer's will change the lives of everyone in your family. But as a caregiver, you can help ease the burden.

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.



A new fall hunting season comes roaring in



THE GREAT
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The fall weather came roaring in like a lion last week, and started a whole new hunting and fishing season for area sportsmen. The Uxbridge Rod & Gun Club started their annual pheasant season last weekend, despite heavy foliage, and less than ideal hunting conditions. The cool weather that had moved in was the only good thing that provide some relief for a change in outdoor activities, and for man's best friend. This weeks picture shows some of the Uxbridge Rod & Gun Club members and there hunting dogs, ready to go on the first pheasant hunt of the season last Saturday. The state pheasant hunting season opens Oct. 15 this year.

Saltwater fishing continues to provide some great fishing for stripers, tautog, Albies and seabass, until the heavy winds moved in this past Sunday. The wind was still blowing 20 to 25 knots for the last few days, keeping many boats at the dock. Many of the larger charter boats are suffering a lack of business this year due to economy, and with the heavy winds of this week, it continues to keep the boats at port. Hopefully, the winds will have slowed by the time you read this column.

On Oct. 8, the Tautog "Togzilla" fish derby will be held to benefit the "Veterans in Crisis" again this year. Go



Photo Courtesy

This week's picture shows a group of bird hunters at the Uxbridge Rod & Gun Club, during last Saturday's opening day.

to "Fishnet Charters" Web site for all the information on this worthwhile fishing derby. Cash prizes and more will be awarded with special prizes for anglers under 12 years old.

The state of Mass. Fish & Wildlife has been stocking some of the local ponds and lakes with some impressive rainbow trout last week, and will continue to stock more areas in the coming days. It did not take long for the water temperature to drop significantly,

making the waters suitable for trout stockings. A report by Mass. officials that they were not going to stock Pratt pond this fall because of low oxygen and warm water, was a disappointment to many trout anglers. Pratt pond is an extremely shallow pond, making it unsuitable for stocking this fall.

The Cape ponds are also being stocked with some impressive trout, and should provide anglers with some great fishing, with uncrowded conditions like

it is in the spring. Many trout fishing anglers have changed over to saltwater fishing and hunting activities this time of year, making trout fishing even more enjoyable.

The Uxbridge Rod & Gun Club will be stocking trout this week for their members. The early stocking will be open to members only.

The fall turkey season opened this past Monday in Mass., and with all of the sightings of turkey flocks the past few weeks, there should be no shortage of birds to hunt. A tom or hen can be harvested in the fall in Mass. but calling in a bird for a shot, will not work as it does during the spring mating season. Finding a flock of birds and watching their daily feeding patterns can help you set up your plan to intercept them for a good shot.

Archery season in Mass. opens on Oct. 3 in Zones 10 - 14 and Oct. 17 for zones 1-9. Setting up your tree stand or ground blinds early can have you ready for opening day. Reports by archers that have scouted their hunting areas and set their stands in early should be an indication that the deer harvest will again surpass the gunning season. A record harvest of deer overall is expected again this year. The acorn crop is still fairly good again this year, but they are much smaller in size because of the drought conditions.

Be sure to acquire landowner permission when hunting private property, and be sure to share some of your wild game that you harvest with them.

Take A Kid Fishing & Keep Them Rods Bending!

Pumpkins and Gourds: More than Fall Decor

Plump round pumpkins, twisted gourds, and Indian corn cobs are all sure signs autumn is here. While these harvest favorites are familiar sights at entry ways and front stoops, two out of three of them area are also edible. Speckled Indian Corn and seasonal pumpkins, from large Jack-O-Lanterns to squat pumpkins, are favorite fare for the harvest table.

Pumpkins Big & Small
Jack-O-Lanterns are a Halloween tradition. Whether illuminated by old fashioned candles or flameless lights, the carved pumpkins attract trick or treaters near and far to neighborhood doorsteps. Before the heavy squash get their triangular eyes and gap toothed grins, many are literally "guttled," with the most frugal carvers setting aside the seeds for baking. Cleaned, salted and seared to a crisp, pumpkin seeds are a healthy and delicious snack.

Dark orange sugar pumpkins handily go from fall centerpiece to the dinner table. The solid, sweet squash hold up nicely for displays both indoors and out, and in true frugal fashion, after they have served their time they'll be enjoyed as dessert pies, creamy soups and holiday breads. It's no wonder harvest pumpkins have long remained an autumn wonder, revered for both their culinary and decorative virtues!

Keep in mind when initially choosing pumpkins that the variety you select should fit your need. For example, if you desire a pumpkin for pie, a medium sugar pumpkin, which is typically small and sweet with a dark orange color, is the best choice. For carving, look for well rounded pumpkins that have good color with stem intact. Pumpkins earmarked as Jack-O-Lanterns are usually larger and contain too many strings and seeds to be practical for pie making, but the seeds are ideal for toasting.

Pumpkins boast a long history at the harvest table. Native Americans revered the pumpkin as a valuable source of food to carry them through the long, cold winters, teaching early English settlers how to grow and prepare pumpkins, which became an important seasonal mainstay

of the pioneer diet. The pilgrims utilized every part of the pumpkin, roasting the flesh, drying the seeds, making flour from dried pumpkin, and even weaving floor mats out of pumpkin skins, a method learned from the Native Americans. In New England, colonists made the first crustless pumpkin pies by cutting the top of the pumpkin, removing the seeds and filling it with apples, milk, sugar and spices and baking it whole.

Indian Corn
A trio of colorful corn cobs, dried and hung on a back door are a sure sign of Autumn. "Indian Corn," with husks pulled back to expose petite, speckled ears are a New England treat in more ways than one. The delightfully ornate corn cobs have long been used as home décor to usher in the autumn season, but did you know some strains of Indian corn are edible?

Food grade Indian corn on the cob is often available at Farmer's Markets and specialty grocery stores during the harvest season. These "calico" colored pointy eared cobs are not only delicious - they are fun to eat when popped on the cob!

Individual ears of dried food grade Indian corn may be (carefully) popped in the microwave using the standard paper bag method. Keep in mind Indian corn is harder and tougher than traditional corn, but the "fun factor" makes it a treat worth trying!

In addition, fresh Indian Corn may be cut off the cob to be popped on the stove or in a popcorn maker. Keep in mind if you plan to eat Indian Corn it is of utmost importance that the corn is a strain safe to eat and that it has not been treated. Some farm stands and markets are now offering authentic Indian Corn cobs dried and ready for popping.

Believe it or not, certain varieties Indian Corn can also be eaten fresh, steamed or boiled. The key is choosing edible Indian Corn that is freshly



TAKE
THE
HINT

KAREN
TRAINOR

picked and young and tender. If the kernels appear dried, the corn is too old to be enjoyed fresh.

Once you've eaten your fill of freshly picked Indian Corn, you can easily recycle the rest for ornamental use. Pull the husks all the way over the stalk and allow them to dry out for about a week. To make the Indian Corn last the season and beyond, simply spray or paint shellac on the kernels.

Gourds
Inedible gourds have only one main claim to fame: Their interesting colors and shapes make them a fantastic fall decorating tool.

Utilized and decorated for centuries, the mysterious gourd presently remains an autumn mainstay, whether admired in its natural form or embellished and transformed into virtual art objects. Talented and imaginative artisans have formed everything from utilitarian bowls to musical instruments out of gourds, although mainstream offerings are likely to include a creative mix of baskets, candleholders, birdhouses and vases.

Gourds, both large and small are plentiful and whimsical, with a high "personality quota." Tossing interestingly shaped gourds in a bowl creates an instant centerpiece. Or place handfuls of colorful gourds around an outside entryway display to fill the gaps between pumpkins, mums and cornstalks.

Gourds, with their contrast of color and textures, makes them the perfect candidate for an interesting craft project. Whether you choose to make a vase, bowl or birdhouse, drying, cutting and cleaning the gourds are important chores to complete. Much like carving a Jack-O-Lantern, the top of a gourd must be cut off and the inside scraped clean. Scrape out all inside dried membranes and seeds. This can be tedious, but it is necessary to avoid rot. To ensure a smooth inside surface as for gourd

bowls, sand inside with a wire brush drill attachment.

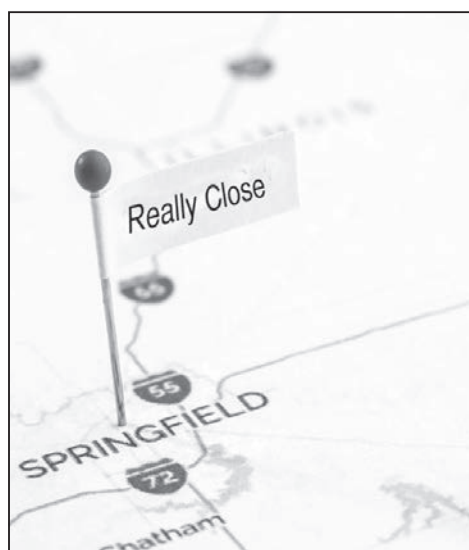
To dry out decorative thin-skinned gourds, clean them in warm, soapy water containing a household disinfectant. Dry gourds with a cloth and spread them on newspaper in a warm, dry place. After a week, wipe them with a cloth moistened only with disinfectant. Again, spread gourds to dry, now in a warm, dark, damp-free spot for about a month. Every other day, turn them. When seeds rattle inside, they are properly seasoned. Small, thin shelled gourds will dry in less than a month, and large ones can take up to six months. If mold appears during the drying process, scrape it off with a knife. Thin-shelled gourds dry best when hung in a mesh bag.

You can finish your bowl or vase by staining, painting, or using leather dye on it. The leather dye provides a vintage look and is easiest to apply for a first time project. After the dye has dried, apply a protectant, such as varnish or wax.

Win Dinner for Two at the Publick House

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.



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Community invited to attend Diversity, Equity, and Inclusion Service

SOUTHBRIDGE — Elm Street Congregational Church, 61 Elm St., Southbridge, invites community members to attend a special Worship service on Sunday, Oct. 16 at 10 a.m. The speaker will be The Rev. James D. Ross II. The Rev. Ross leads the Diversity, Equity, and Inclusion team for the Southern New England Conference, United Church of Christ. For additional information, please call Elm Street Congregational Church at 508-764-8058.

Rev. Kathryn Light, Pastor of the Elm Street Church congregation, invited Rev. Ross to come and speak to the church as well as members of the Southbridge community after attending a virtual event. She describes Rev. Ross as a “dynamic witness to the possibility of the future.” He teaches about diversity with grace and serves as a powerful witness. As a congregation and a community, we need to “learn to understand our part in being in a community with

people not like us.”

Reverend Ross is a native of Alabama. The Rev. Ross previously served as the Minister of Justice Formation at the First Congregational UCC in Washington DC. In that role, he led the launch of the Downtown Drop-In Center for Homeless Youth and partnered with lay members of the church to begin the development and implementation of a comprehensive strategy to advance racial justice and confront white privilege. Part of this work involved planning and hosting events that addressed topics such as racism, police violence, xenophobia and anti-Muslim sentiments.

The Rev. Ross also served as the Director of Outreach and Engagement for the Campaign for the Fair Sentencing of Youth in DC, where he says he saw the holy in the transformation, forgiveness, compassion, and mutual love among people sentenced as children to

die in prison, their families, and the families of victims and survivors.

A former journalist, The Rev. Ross has served as a newspaper reporter and editor and an organizational communications professional. He was director of communications for the Denver-based Gill Foundation, which was then the largest funder of LGBTQI-related issues and causes, and served as a mayoral appointee in two cities, including New Orleans, where he led media programs, marketing initiatives and community engagement strategies following Hurricane Katrina. He holds an undergraduate degree in journalism from the University of Alabama, a Master of Arts in American Culture Studies from Bowling Green State University in Ohio, and a Master of Divinity from Wesley Theological Seminary in Washington, D.C.

The Diversity, Equity, and Inclusion team within the Southern New England

Conference works to advance our call to “live the love and justice of Jesus.” This work plan is grounded in the established commitments of our three historic Conferences and our aspirational priorities as a new Conference.

Our efforts are manifested through partnership with the conference organization and its 26 associations, 615 congregations, 120,000 members, and the wider United Church of Christ. We also understand that we are stronger and more effective when we engage in ecumenical and interfaith collaborations and build alliances among the nonprofit, philanthropic, governmental, and corporate sectors, as well as other individuals with whom we identify shared goals.

Following the service, attendees will be invited to share in a coffee hour and learn more from Rev. Ross. For further information, please call Elm Street Church at 508-764-8058.

Trinity Catholic Academy announces winners of Golf Classic



Photos Courtesy

Alumni of Trinity Catholic Academy took part in the school's 27th Annual Golf Classic last month.

SOUTHBRIDGE — On Saturday, Sept. 17, the Trinity Christian Academy 27th Annual Golf Classic was held at Heritage Country Club! The weather was perfect for a day of golf and fun!

This year's tournament was dedicated to TCA Administrative Assistant, Paula Letourneau, who has been a great support for the school and the tournament for more than 30 years. She was surprised with the recognition at the evening multi-year reunion.

Great thanks go to all our dedicated and new sponsors who help make this all happen. Donations, and raffle gifts galore

made this a winning day for all! Patriot Tickets Winner was golfer, Mike Levy, Cape Cod Escape Golf Weekend auction winner was Edward Adamson.

Golf Tournament Champions 2022

Jason Chase, Ian Goudhue, Craig Doherty, Chris Couture, score: -14

Runners Up: 2nd Place Mike Rosner, Nate Waterhouse, Kevin Butler, Steve Waterhouse, score: -13

Third Place: Mike Durocher, Cory Litchfield, John Osimo, Eddy Renaud, score: -10

Longest Drive Men: Ryan Spasaro

Longest Drive Ladies: Alesia Radzikowski

All were gratefulness for the beautiful day, the excellent group of participants, comradery, the 27 years of the TCA Golf Tournament success! It is the results of a strong tournament committee and volunteers that bring it all together each year. After 150 years of Catholic education, our legacy continues in the town of Southbridge. Community and alumni alike, flock to this event annually including fresh players and new connections.

This annual event is one of the most important fundraisers each school year for the



This year's tournament was dedicated to TCA Administrative Assistant, Paula Letourneau, who has been a great support for the school and the tournament for more than 30 years.

school. The mission to support Southbridge Catholic School/ Trinity Catholic Academy continues to soar to new heights and make a difference in each students' life who attends.

This school is now a STREAM school (science technology, religion, art, & math) along with a new Science lab the future continues to be bright at TCA.

www.StonebridgePress.com

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Country Bank, Worcester Red Sox announce 2022 WooStars

WORCESTER – Country Bank, a full-service financial institution serving Central and Western Massachusetts, and the Worcester Red Sox recently announced the 2022 WooStars, a program that supports non-profit leaders throughout the region.

Country Bank recently recognized nine local WooStars and the non-profits they are affiliated with at Polar Park to include: Katie Roy - Big Brothers, Big Sisters, Nicole Broushet - Glo Mom, Pamela Daly – Girls Inc., Jessica Zequeira - Shine Initiative, Johanna Annunziata - Give Gratitude, Moses Dixon - The Central Massachusetts Agency of Aging, John Rodriguez - Worcester Latino Dollars for Scholars, along with Geoff Naunheim - the United Way of Franklin and Hampshire County and Denise Blodgett - the Jubilee Cupboard in Ware. Each non-profit was presented with a \$5,000 check from Paul Scully, President, and CEO of Country Bank.

“One of the most important goals of our partnership with the Worcester Red



Sox is to continue to find ways for us to collectively give back to our communities in an impactful and meaningful way. Country Bank is deeply rooted in

supporting its communities and a value that we have lived by for 172 years. We are delighted the Worcester Red Sox is equally committed to supporting its

communities. This campaign rewards those truly making a difference out there,” stated Shelley Regin, Senior Vice President of Marketing and Public Relations at Country Bank.

“We are delighted to have Country Bank as our partner in these community endeavors,” said Dr. Charles A. Steinberg, President of the Worcester Red Sox and the WooSox Foundation. “From our WooStars to our Inaugural Police vs. Fire Baseball Classic to our wonderful MVT program to support our teachers, Country Bank and the WooSox share a passion for using our organizations to make Worcester and Central Massachusetts even better places in which to live. We thank our friends at Country Bank, and we salute once again our 2022 WooStars.

The public is invited to nominate a Most Valuable Teacher by visiting <https://www.countrybank.com/personal/youth-accounts/most-valuable-teacher/> to complete a simple nomination form.

Notaries public at Bay Path Practical Nursing Academy

CHARLTON — Need something notarized? You can do it at the Practical Nursing office of the Bay Path Practical Nursing Academy at Bay Path regional Vocational Technical High School, 57 Old Muggett Hill Rd. campus. For Bay Path Practical Nursing Academy alumni, faculty, staff, and communities of interest, notary services are available by appointment on most days from 10 AM onwards and depending on availability. Both Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN and Heidi Bedard, BSHS, AACJ, LPN are notaries public.

Bolandrina (Academy Director) of Douglas, will do her best to make herself available, but highly recommends making an appointment via email gbolandrina@baypath.net. Bolandrina was appointed as Notary Public in 1997 by the Commonwealth of Massachusetts Office of the Secretary of Commonwealth (One Ashburton Place, Boston, MA 02108), since then she has been performing notarial duties gratis. In 2005, she became a Certified Notary Public with the Consulate General of the Philippines (556 Fifth Ave., New York, NY 10036). She continues to perform Notarial duties, gratis.

Bedard (Staff) of Brookfield, likewise, will do her best to make herself available and

highly recommends making an appointment via email hbedard@baypath.net. Bedard is a graduate of Bay Path Practical Nursing Academy, class of 2014, was appointed as Notary Public most recently by the Commonwealth of Massachusetts Office of the Secretary of Commonwealth (One Ashburton Place, Boston, MA 02108). She joined Bay Path Practical Nursing Academy as sub secretary in 2021, and then as staff (2022) to assist with medical onboarding and light clerical duties for the 2023 cohort. Bedard was the 2021 Massachusetts Adult Immunization Conference (MAIC) Champion Awardee, and her achievement was recognized during the 26th Annual Massachusetts Adult Immunization Conference held, April 13, 2021. Bedard was the Clinical Coordinator of Vaccine Management at the Family Health Center of Worcester (FHCW). She is described by her colleagues as a “tireless champion of immunizations for the patients who receive care at the FHCW.” Bedard is responsible for many initiatives encouraging adult immunizations. Bedard’s meticulous planning resulted in FHCW’s provision of over 3,425 flu vaccines to low-income, culturally diverse patients in need. Her efforts almost tri-

pled 2020’s adult flu vaccination count of 1,250. Bedard and her team accomplished this through the establishment of a walk-in, six-day a week community-based flu clinic and engaging in community outreach efforts. Further, Bedard initiated efforts to decrease

duplicate patient records for FHCW in the Massachusetts Immunization Information System (MIIS). Since March 2020, Bedard has decreased the duplicate patient records in the MIIS for FHCW from over 15,000 records to zero records. She continues to innovate and

has implemented a booster vaccination catch-up program for adults (18-35). Bedard is a Certified Coordinator for Vaccine Management and is ACLS and BLS Certified (American Heart Association). She now adds Notary Public to her many accomplishments.

Gateway Players Theatre of Southbridge presents “Out of Order” by Ray Cooney.

S O U T H B R I D G E — Performance dates are Oct. 7, 8, 14 & 15 at 7:30pm and Oct. 16 at 2pm. All performances will be held at the Fellowship Hall of Elm Street Congregational Church, 61 Elm Street in Southbridge. Parking is available on Elm Street, or in the parking deck behind the Southbridge Town Hall. This production will be directed by Carole Hayes, and produced by Barbara Day. Tickets are \$15 for adults and \$13 for seniors and youth under 18. Tickets may be reserved by calling Gateway at 508-764-4531. Online credit card ticket sales are avail-

able at: <https://www.brownpapeartickets.com/event/5567684>. Presented by permission through special arrangement with Concord Theatricals.

The play features a junior UK Member of Parliament, Richard Willey, a married man, who has to lie his way out of an embarrassing situation, namely a planned adultery with the personal secretary (Jane Worthington) of an opposition MP. With the assistance of an innocent side-kick (in this case the minister’s personal private secretary), who gets more and more embroiled in the increasingly tangled tale improvised

by Richard Willey as events unfold. The action takes place in a suite in a posh London hotel and revolves around accidents caused by a defective sash window and a body in a wardrobe.

Gateway Players Theatre was founded in 1975 and has been a vital part of the community ever since, offering youth and adult productions, and workshops. New members are always welcome. This all-volunteer organization is proud to be going strong after more than 45 years.

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Country Bank earmarks \$10 million to support affordable housing



Feeling a little Crowded?
Look for that new home in our real estate section.

REGION — Country Bank, a full-service financial institution serving Central and Western Massachusetts, is excited to introduce a new Affordable Housing Program featuring no down payment for first time home buyers. A first of its kind program will assist low to moderate-income families in purchasing a home. Country Bank has pledged \$10 million to the program to help make a difference for these first-time homebuyers.

This innovative no down payment program is designed to help those who need it most by offering 100 percent financing for single-family homes or condominiums and 95 percent financing for two family properties. In addition, the bank will cover 100 percent of the Private Mortgage Insurance (PMI) that traditionally adds to the monthly payment and will save the borrower hundreds of dollars each month. This feature also gives the borrower more purchasing power by not having to

pay the cost of mortgage insurance. Certain restrictions and locations apply for this program.

Buying your first home can be very stressful; and not having the ability to save for a down payment prohibits many from purchasing a home, even when they can afford the monthly payment.

“We are very pleased to offer a program that will make a difference for so many homebuyers in our communities,” stated Denise Walker, Senior Vice President of Retail Lending for Country Bank. “Owning your first home no longer has to be a dream; we have designed a program to help the dream of owning your own home a reality.”

Country Bank’s mortgage experts can assist those interested in learning more about the program or who may be ready to purchase a home. They will walk you through the process and will be with you every step of the way. It’s

just one way that Country Bank makes a difference with its homebuyers.

The No Down Payment First Time Home Buyer Program is available until the \$10 million commitment has been allocated. Please visit www.countrybank.com/mortgages, a Banking Center, or call the Customer Care Center at 800-322-8233 to learn more.

About Country Bank

Country Bank is one of the most highly capitalized mutual savings banks in the Commonwealth offering full-service consumer and commercial banking services. Country Bank serves Central and Western Massachusetts with 14 locations in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton, Springfield and Worcester. Country Bank is a member of FDIC, DIF and the SUM network. Country Bank can be reached at 800-322-8233 or online at countrybank.com.



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WEBSTER - 18 THIRD STREET

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Property being sold "As-Is".

WEBSTER - 6 GREYSTONE AVE

SORRY, SOLD!

New Listing: Complete Remodeling taking place. Beautiful Ranch! A Must See! 5 rooms, 2+ bedrooms, 1-1/2 Baths, Garage, Level Lot. **\$329,900.**

Webster Lake - 27 South Point Road

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OOH! WHAT A VIEW!!! Middle & South Ponds! Unique opportunity to Own Water-front Property with an 80' +/- ft sandy beach! Fireworks from the comfort of your deck or lawn! .22 Acre & 100' rd frontage - allows for expansion possibilities! 2 Bedrm, 2 1/2 Bath, Garage, open floor plan. 3 Season Porch for added enjoyment! Walk-out L/Level is heated with Full Bath! **New Price \$799,000.**

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LAND - Terrific opportunity 14,798 Sq. Ft. of LAND. CONSERVATION APPROVAL for proposed Building, MASS DEP# 313-1167. 248+/- Road Frontage, 279+/- Water Frontage. Town Water & Sewer accessible. **\$250,000.**

DUDLEY - 48 HAYDEN POND ROAD

WATERFRONT - ON HAYDEN POND Nicely updated ranch. Cathedral ceilings, skylights, partially covered deck! quartz counter top, stainless steel appliances! Master with half bath, set back a distance from the road, having a long paved drive. assisted sale **\$525,000.**

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OXFORD - LAND - RTE 20 General Business Zoned! Marijuana OVERLAY DISTRICT! Vacant LAND, Level & cleared. 39.549 SF **\$419,000.**

PUTNAM - LAND Zoned General Business 29 acre 103' frontage. Water, Sewer, & city gas available. 2 street entrances. **\$125,000**

OXFORD - 2 Meriam Rd 80+/- Wooded Acres in Oxford & Charlton. **ON DEPOSIT \$329,000**

On the shores of Lake Chargoggagogmanchauggagoggchaubunagungamaugg

ON DEPOSIT

Webster Lake
13 Loveland Road

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Webster Lake
13 Bates Point Road

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Delicious soup perfect for the season

A classic cocktail toasts the season with a twist



Cooler weather arrives just as prime entertaining season heats up. Those who will be hosting gatherings soon can expand their recipe repertoire to feed guests and keep them satisfied. Borrowing some flavors from the season can make entertaining festive and even more flavorful.

Pumpkins and winter squashes are popular in fall, and their versatility undoubtedly contributes to that popularity. However, when chilly days require something to warm you up from the inside out, nothing can beat a soothing soup. And soup recipes can be altered to easily feed a crowd.

Cooks can step out of their chicken soup comfort zones and try this recipe for "Roasted Pumpkin Soup With Pumpkin

Crisps" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippeli.

Roasted Pumpkin Soup With Pumpkin Crisps

Serves 6 to 8

- 3 to 3 1/2 pounds pumpkin
- 6 tablespoons olive oil
- 2 onions, chopped
- 3 garlic cloves, chopped
- 1 3-inch piece of fresh ginger root, grated
- 1 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- Pinch of cayenne pepper
- 4 cups vegetable stock

- Salt and ground black pepper
- 1 tablespoon sesame seeds
- Fresh cilantro leaves, to garnish

For the pumpkin crisps
Wedge of fresh pumpkin, seeded
1/2 cup olive oil

1. Preheat the oven to 400 F. Prick the pumpkin around the top several times with a fork. Brush the pumpkin with plenty of the oil and bake for 45 minutes or until tender. Leave until cool enough to handle.

2. Take care when cutting the pumpkin, as there may still be a lot of hot steam inside. When cool enough to handle, scoop out and discard the seeds. Scoop out and chop the flesh.

3. Heat about 4 tablespoons of the remaining oil (you may not have to use all of it) in a large pan and add the onions, garlic and ginger, then cook gently for 4 to 5 minutes. Add the coriander, turmeric, and cayenne, and cook for 2 minutes. Stir in the pumpkin flesh and stock. Bring to a boil, reduce the heat, and simmer for about 20 minutes until tender.

4. Cool the soup slightly, then puree it in a food processor or blender until smooth. Return the soup to the rinsed out pan and season well.

5. Meanwhile, prepare the pumpkin crisps. Using a swivel-blade potato peeler, pare long thin strips off the wedge of pumpkin. Heat the oil in a small pan and fry the strips in batches for 2 to 3 minutes, until crisp. Drain on paper towels.

6. Reheat the soup and ladle it into bowls. Top with the pumpkin crisps and garnish each portion with sesame seeds and cilantro leaves.

People indulge just a little bit more when the holidays arrive. That may translate into enjoying an extra meal at a favorite neighborhood restaurant, buying one or two additional gifts to stash under the tree or hosting a gathering with close friends that stretches into the wee hours of the morning.

Some choose to indulge by sipping a cocktail while watching the snowflakes fall. A whiskey sour is a classic that can be given a makeover with some ingredients that are tailor-made for the holiday season. In this recipe for "Rosemary Cranberry Whiskey Sour," courtesy of the editors of American Lifestyle, fragrant and flavorful fruit and herbs blend well with the tartness of the drink.

Rosemary Cranberry Whiskey Sour

Makes 4

- Rosemary Simple Syrup:
- 1/4 cup sugar
 - 1/4 cup water
 - 2 tablespoons fresh rosemary

- Cocktail:
- 6 ounces whiskey
 - 3 ounces sour mix
 - 16 ounces cranberry juice

- Garnish:
- Cranberries, for garnish
 - Rosemary sprigs, for garnish



garnish

1. In a small pot over medium heat, whisk together the sugar, water and rosemary. Simmer for 2 to 3 minutes, creating a syrup. Remove from the heat, strain to remove the rosemary, and refrigerate.

2. Fill a shaker with ice, and pour in the whiskey, sour mix, simple syrup, and cranberry juice. Shake, and pour into ice-filled glasses. Garnish with cranberries and rosemary before serving.

Tip: This recipe is great without the whiskey, as a classy, adult "zero proof" drink. You can make a big batch as a lovely punch — leave some cranberries and rosemary on the side for garnish.

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SPORTS

Bay Path finds offensive form, blanks Abby Kelley 8-0

BY NICK ETHIER
SPORTS EDITOR

CHARLTON — Following a 1-5 start to its season, where the Bay Path Regional boys' varsity soccer team held a -17 goal differential (22-5), head coach David Martinson said that his club had been playing better than the record indicated, but that the Minutemen's finishing in the offensive third just wasn't there.

But Bay Path defeated Monty Tech by an 8-1 count on Monday, Sept. 26 before hosting Abby Kelley Foster at George L. Fowler Memorial Field on Thursday, Sept. 29.

"Going into this game, based on how the season's been going, we've been looking to get quicker passing with more runs and then finishing on the back end. That's been our problem, we haven't been able to put it in the back of the net," said Martinson. "The first couple games we were sorting some stuff out, position wise and a couple key injuries."

The mission was accomplished, and Bay Path remained red hot in the scoring department, as they defeated the Bears 8-0.

"Things are starting to come together and they're starting to play a more balanced game with a balanced attack. We've shored up some positions, so they're getting used to being cohesive," explained Martinson. "The first 30 minutes, I loved that play. You [then] start moving kids around a little bit so you're not scoring as much."

The Minutemen scored in the game's fourth minute when Trent Szela let go



Bay Path's Cody Dombroski catches up to a pass kicked his way.

of a hard shot that was saved. Zack Moody secured the rebound and the ball was moved to Evan Gelineau, who headed it into the net.

Then, in the 15th minute, Bay Path doubled its lead when Szela sent a long throw-in that went to Connor McCarthy. From there, McCarthy headed in another goal for the Minutemen.

Bryce Hutchinson sent a right-to-left cross in the box in the 19th minute, and Jack Young was in the proper position to hammer the ball home, making it a 3-0 game.

The Minutemen took a 4-0 lead into intermission when Cody Dombroski scored in the 37th minute following a



Nick Ethier photos

Bay Path's Jack Young kicks the ball around an Abby Kelley defender.

nice pass into space, which was provided by Szela.

"I feel more comfortable," Martinson said of the offense. "Our attack — we're not trying to crush the ball anymore — we're placing balls. We're playing a smarter game."

Bay Path then opened the second half with a scoring flurry, netting goals in the 42nd, 46th, 48th and 53rd minutes, respectively, to account for the eight-goal differential. Goal scorers were Young (McCarthy assist), Ryan Bray (Szela assist), and then two more from McCarthy, with Matthew Marshall and Gelineau assisting on those tallies.

In total, the Minutemen fired 28 shots on frame, with Abby Kelley (1-5-2) mustering only three on target, allowing for

Bay Path keeper Dominic Moniz to go home with a clean sheet and relatively easy shutout.

The win boosted the Minutemen's record to 3-5, and they closed out a perfect week by beating Monty Tech again, this time 2-0, on Friday, Sept. 30, to improve to 4-5 at the season's midpoint.

Young and Dombroski scored for Bay Path, with Moniz stopping six shots for the shutout. The Minutemen finished the week with a +17 goal differential (18-1).

"Now the season starts. We're not giving up and the play is getting better each game," concluded Martinson.

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Applications are available at the Office of the Town Administrator, 3 Washburn Square - 3rd Floor, Leicester, MA 01524 during normal business hours, online at <https://leicesterma.seamlessdocs.com/f/EmploymentApp> or resumes can be submitted to hr@leicesterma.org. Applications/resumes will be accepted until 5pm on Monday, October 14, 2022. The Town of Leicester is an equal opportunity employer.

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The LPD operates 24/7 and hours may vary.

A complete description can be found on Leicester website: www.leicesterma.org/town-administrator/pages/employment-opportunities

SPORTS

Cougars play strong game, take down Shepherd Hill

BY NICK ETHIER
SPORTS EDITOR

DUDLEY — When the Quaboag Regional varsity field hockey team finished off a 4-0 victory over Shepherd Hill Regional on Monday, Sept. 26 at Carmignani Field, head coach John O'Neill was nothing but pleased with his team's performance.

"We moved the ball really well. I was very impressed with our spacing and our positioning," he explained. "We're young, and every game we're growing and getting better and better."

"From an offensive standpoint, we controlled the game," O'Neill added. "Very few flurries got down there, but our I think our defense played really well."

The Cougars scored once in the first quarter, once in the second and twice in the third to account for the 4-0 decision. Quaboag won the penalty corner exchange, 8-2, and outshot the Rams, 14-4. They improved to 3-3-1 in the process.

"We definitely had our little bump in the road, but we still play a tough schedule," O'Neill said of early losses to Uxbridge High (defending Division 4 State Champions), Quabbin Regional (Division 3 State Tournament participant in 2021) and Doherty High (Division 1 State Tournament participant in 2021).

The Cougars got the scoring started with 8:18 remaining



Jillian Terlizzi of Shepherd Hill whacks the ball past an incoming Quaboag defender.



Nick Ethier photos

Shepherd Hill's Haleigh Garrepy collects a loose ball for possession.

in the opening period. There, Asya Osei-Opoku sent the ball into the circle via a long hit, which teammate Josephine Hescocock was able to track down. Hescocock's shot then snuck past the pads of Hill goalie Julie Traverso (three saves) and into the back of the cage.

Quaboag took a 2-0 lead into intermission when they scored with 12:43 to play in the second quarter. Isabelle Burgess sprinted down the field with possession of the ball before shooting on net. After Traverso made the save, Hescocock followed up the rebound and deposited her shot in.

The game moved to 3-0 and then 4-0 in the third quarter. Just 22 seconds into the period, Kiara Gauthier dis-

played a phenomenal showing of stick-handling to weave through Ram defenders. Once in the circle a shot was taken, which was saved by newly intersted Shepherd Hill goalie Emma Rizzo (seven saves), but Burgess got the rebound goal. The final goal came with 1:30 remaining in the third, which Gauthier scored.

"Today wasn't our best showing. We've played better, we've played hard, we've been in it more," said Rams' head coach Vanessa Kent of her team's output while adding the offensive chances that were had needed to be taken advantage of.

Shepherd Hill's prime scoring chance came early in the fourth period. Ella Pinto serviced the ball into play and

onto the stick of Haleigh Garrepy on a penalty corner, and Garrepy struck a low, hard shot. But Quaboag goalie Ariana Masterjohn (four saves) was there to kick the shot aside.

"I think we're still just working on trying to take advantage of every opportunity that we have. I think we had some today, but we weren't able to capitalize," said Kent. "That will come with time. We're still working on filling positions and keeping everybody healthy."

The Rams are now 0-6-1, but Kent gave props to the three senior tri-captains — Garrepy, Madeleine Johnson and Traverso — as well as the play of juniors Bianca LaTulippe and Heidi Jarosz.

"Our senior captains are trying their best and we definitely have players on the field that are putting a lot of effort in game after game," said Kent. "We just have to get everyone else up to speed. It will come."

HIGH SCHOOL NOTEBOOK



Nick Ethier photos

Tantasqua's Logan Oko shifts direction while making a play on the ball.

Tuesday, Sept. 27
Tantasqua 169, Sutton 173 — Facing off against the Sammies under blustery conditions at Hemlock Ridge, the Warriors' golf team won a nail-biter. Medalist honors went to Tantasqua sophomore Austin Dono, who saved the day with a career best score of 4-over par 40. The Warriors are now 8-2.

Wednesday, Sept. 28
Tantasqua 167, David Prouty 255 — Playing at Kettle Brook, the Warriors' golf team extended their record to 9-2 following a win over the Panthers. Sam Pieczynski was the medalist, shooting a 2-over par 38. Patrick Dunn also contributed to Tantasqua's low total with a 39.

Tantasqua 10, David Prouty 1 — Playing a

boys' soccer matchup at The Cage, the Warriors scored early and often to take care of business against the Panthers. Scoring was spread out for Tantasqua, who took an 8-0 lead into intermission and improved to 6-1 in the process. Prouty is now 0-7-1.

Game scoring is as follows:

Tantasqua: Trevor Harris Goal, Samuel Bachand Assist, 8th Minute

Tantasqua: Logan Oko Goal, Devin Krochmalnyckyj Assist, 12th Minute

Tantasqua: Cole Pattee Goal, 38th Minute
David Prouty: Cam Hoekstra Goal, Will Anderson Assist, 51st Minute

Tantasqua: Luke Goodwin Goal, 53rd Minute
Tantasqua: Simrin Goal, 77th Minute

Tantasqua: Casinghino Goal, Harris Assist, 22nd Minute

Tantasqua: Aaron Lidonde Goal, 24th Minute

Tantasqua: Harris Goal, 28th Minute

Tantasqua: Jace Phillips Goal, Majed Simrin Assist, 32nd Minute

Tantasqua: Cole Pattee Goal, 38th Minute

David Prouty: Cam Hoekstra Goal, Will Anderson Assist, 51st Minute

Tantasqua: Luke Goodwin Goal, 53rd Minute

Tantasqua: Simrin Goal, 77th Minute

Leicester boys', girls' cross-country teams accomplish many personal bests — The Wolverines faced off against both Northbridge High and Auburn High. The boys' team took the loss, but each of Leicester's top five ran their best times of the season with Gio Aguiar taking fourth place overall in the meet with Tyler Herron, Coddan Nguyen, Eric Ortiz and Jacob McGrail also impressing.

For the girls, Abby Bernabei won her 12th straight meet against Southern Worcester County League schools, dating back to last season. Ayva Connor ran her best race of the season. Other strong finishes came from middle schoolers Ava Petrucci, Juliana Dahlgren and Savannah Kulig, who all ran their

best races of the year.

For the six seniors on Leicester's roster, it was their last home meet of the season.

Friday, Sept. 30
East Longmeadow 156, Tantasqua 164 — Traveling to Elmcree Country Club, the Warriors' golf team fought valiantly but fell just short against the Spartans. Tantasqua's Sam Pieczynski, along with East Longmeadow's Aidan Asher were

co-medalists after shooting matching scores of 2-over par 37. The Warriors are now 9-3.

Tantasqua 14, Doherty 12 — Although both teams scored two touchdowns, the Warriors were able to convert their point after attempts to defeat the Highlanders in a varsity football contest. Tantasqua quarterback Adam Howe (11 of 16, 109 yards) threw touchdown passes, both to Liam Hubacz. Luke Marvin

booted home both extra point kicks for the now 2-2 Warriors.

Monday, Oct. 3

Tantasqua 160, Millbury 190 — Picking up its 10th victory in 13 tries, the Warriors' golf team has qualified for the upcoming playoffs after defeating the Woolies. Tantasqua's Sam Pieczynski was the medalist in the match, shooting a 1-over par 37 at Hemlock Ridge.

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