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Friday, October 16, 2020

Holland Cemetery announced as official location for Wreaths Across America Day

HOLLAND — National nonprofit Wreaths Across America (WAA) announced today that Holland Cemetery in Holland has once again joined in the mission to Remember, Honor, Teach. as an official location for 2020. This is the ninth year that the cemetery will participate in this national event.

Wreaths Across America started as a simple gesture of thanks that has grown into a national movement of dedicated volunteers and communities coming together to not only remember the nation's fallen and honor their service, but to teach the next generation about the sacrifices made for Americans to live freely. This year, there will be nearly 2,000 participating locations placing wreaths on National Wreaths Across America Day – Saturday, Dec. 19 – with more than two million volunteers coming together.

The goal for Holland Cemetery is to place 190 veterans' wreaths on the headstones of all the local heroes laid to rest there, to ensure that the

Is there greatness in you?

SOUTHBRIDGE — On Saturday, Oct. 17 from 9 a.m. to 3 p.m., the Quinebaug Masonic Lodge located at 339 Ashland Ave., Southbridge will be hosting an open house. All lodges located throughout Massachusetts will also be hosting

Quinebaug Masonic Lodge was chartered in 1859, and has been around for an astounding 162 years. The Lodge is thriving due to the strong bond of Freemasonry and family-oriented men in this community.

If you like history and tradition, come down and visit the lodge. During this open house period you will be able to see the mysterious lodge meeting room along with ancient symbols. Additionally, our walls of photos represent previous lodge Past Masters, dating back over 100 years. We will give you a tour and explain what Freemasonry is to men and their families in our community. In its 162 years Quinebaug Masonic Lodge of Freemasons has continued to make good men better. One of our famous founding fathers, Benjamin Franklin, once said "Is there greatness in you?" Ask this question to yourself and if so, become a Master Mason. Go to AskaFreemason.org to see and listen to Benjamin Franklin speak and, to find a local Masonic Lodge near you.



individuals who served to protect the freedoms of our country never be forgotten and to bring the community together in patriotic commemoration.

we are torever grateful for the thousands of supporters who dedicate their time and effort to fulfilling the mission on a local level," said Karen Worcester, executive director, Wreaths Across America. "These individuals and their communities know the value of remembering the fallen, honoring those who currently serve and teaching

the next generation about the sacrifices made for our freedom every day, and without their continued support, Wreaths Across America would not exist.

Those interested in volunteering for Wreaths Across America, or sponsoring a wreath for Holland Cemetery are invited to visit www. wreathsacrossamerica.org/MAHHDC to learn

Turn To WREATHS, page A12

CDBG-CV grants available to microenterprise businesses

Program, awarding up to \$10,000 to eligible businesses in Southbridge, Sturbridge and Charlton that have experienced financial loss due to Covid-

REGION — The Town of Southbridge is leading a regional Microenterprise Assistance Grant 19 and the associated shutdowns. Eligible businesses must have five employees or fewer (including the owner), must have been in business since Jan. 1, 2019 and must be able to demonstrate revenue loss caused by the pandemic. The business owner's family income must fall within certain

limits. Other eligibility requirements apply. The Town of Southbridge was awarded \$250,000 in Community Development Block Grant funds (funded by the U.S. Department of Housing and Urban Development through the Federal CARES Act and administered by the Massachusetts Department of Housing and Community Development) for this regional program. The Quaboag Valley Community Development Corporation (QVCDC), located in Ware, is administering the program

"We are grateful that the federal government and the Commonwealth of Massachusetts have given us this opportunity to assist our region's small businesses during this very difficult time." says Rosemary Scrivens, Director of Economic Development and Planning for the Town of Southbridge. "We encourage all eligible small businesses in Southbridge, Sturbridge and Charlton to apply for a Microenterprise Assistance Grant."

Applications for the program will be available on Oct. 9. Grant awards will be made on a first-come, first-served basis until the funds are exhausted. To learn more about the Microenterprise Assistance Grant Program, contact Dakota Desrochers at dakota@qvcdc.org or 413-967-3001. Applications are available on the QVCDC Web site at www. QVCDC.org. Paper copies of the application are also available at the Southbridge, Sturbridge and Charlton Town Halls and at the QVCDC office.

The Quaboag Valley CDC/BAC is an equal opportunity employer, lender and provider and does not discriminate on the basis of age, color, disability, family/parental status, national origin, race, religions, sex, gender identity (including expression), sexual orientation, marital status, income derived from public assistance programs, political beliefs, or reprisal or retaliation for prior civil rights activity.

Halloween gets reluctant thumbs-up in Southbridge

BY GUS STEEVES CORRESPONDENT

SOUTHBRIDGE - Despite Covid-19, trick or treating will happen in Southbridge.

But the Board of Health strongly recommends people stick to their own neighborhoods and avoid large

"If they can go to school, they can go trick or treating," BOH member Nicole Duffy observed.

Chair Beth Stephens agreed, noting it "seems foolish" to cancel "because people are still going to do it," whether they stay here or go to other towns. To her, the key thing is to clearly define times and stick to them, noting she doesn't want the police to be sending people home at 10 p.m.

Her compatriots followed suit, also citing concerns that banning the tradition might encourage more risky private parties. Evidence to date shows that Covid spreads largely by aerosol, which tends to be more concentrated indoors. Outdoors, the mist is more easily diluted. Under either condition, the easiest way to reduce risk is to wear a mask covering nose and mouth, and some towns (including Charlton) are requiring trick-or-treaters to put a Covid mask under

Turn To HALLOWEEN, page A12

(Right) A dinosaur family reunion on Main Street during last year's Horribles Parade (which won't happen this year due to Covid-19).



SUPPORTING BREAST CANCER **AWARENESS MONTH**

THINK PINK IN OCTOBER!

October is Breast Cancer Awareness Month.

Please see some important info below. Thank you to the businesses supporting this special page.

October is

Breast Cancer Awareness Month

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, according to Breastcancer.org, breast cancer is made up of many

different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are some treatment options doctors may discuss with breast cancer patients.

- Surgery: Breastcancer. org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.
- Chemotherapy: Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to
- Radiation therapy: Radia-

tion therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as "radiotherapy," radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.

- Hormonal therapy: Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as "anti-estrogen" therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.
- Targeted therapies: These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.

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Life after breast cancer

The moment a person receives a breast cancer diagnosis, his or her life changes immeasurably. The roller coaster of emotions begins, and suddenly this person is thrust into a schedule of doctor's appointments, treatments and visits from friends and family.

The World Cancer Research Fund International says breast cancer is the second most common cancer in women and men and is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide. Despite that prevalence, the five-year relative survival rate for women diagnosed with localized breast cancer (cancer that has not spread to the lymph nodes or outside the breast) is 98.5 percent, says the American Cancer Society. Survival odds increase as more is learned about breast cancer and more people take preventative measures, including routine screenings. Today, there are nearly three million breast cancer survivors living in

Breast cancer treatments may last anywhere from six months to a year. Adjusting after treatment may not come so easily at first. But adjustments are easier with time, and many cancer survivors continue to live life to the fullest in much the same way they did prior to their diagnosis.

When treatment ends, patients often still have fears about the cancer, wondering if all of the cancerous cells have been destroyed and worrying about recurrence. But focusing on the present and all of the things you now can do with health on your side is a great way to put your fears behind you.

Many cancer survivors must still visit their doctors after treatments end. Doctors still want to monitor patients closely, so be sure to go to all follow-up appointments and discuss any symptoms or feelings you may be having. Side effects may continue long after radiation or chemotherapy has ended. Your doctor may have suggestions for coping with certain side effects or will be able to prescribe medications to offset these effects. Follow-up appointments should gradually decrease the longer you have been cancer-free.

It's not uncommon to feel differently after cancer treatment, as your body has been through quite a lot. Many women still experience fatigue, and sleep or normal rest doesn't seem to make it abate. Realize this is normal, and how long it will last differs from person to person. It can take months or years for you to experience your "new normal." Things do not happen overnight. While your hair may grow back quickly, it may take some time for you to feel like yourself again. Exercise routines or other lifestyle changes may help you overcome fatigue or make it more manageable.

Speaking with others who have survived breast cancer can help. Join a support group or reach out to others through social media. Getting a first-hand account of what can be expected the first year after treatment can assuage anxiety.

Food prep tips for breast cancer patients

Breast cancer treatment can be exhausting, resulting in fatigue that can make it hard for patients to tackle all of

the tasks that come with a typical day. That includes preparing meals, which is often the last thing a person fighting

breast cancer wants to do after a day of treatment. But nutrition plays a vital role in

beating cancer. A nutritious diet can promote strength and increase energy levels, something breast cancer patients know is not always easy to come by. The following are a few tips to help men and women undergoing breast cancer treatment maintain a nutritious diet throughout their treatments.

feeling strong. Breast cancer patients often have good days and not-so-good days during the course of their treatments. When the latter comes around, everyday tasks like cooking meals can seem as exhausting as climbing Mount Everest. So breast cancer patients can plan ahead for such days by going the extra mile on those days when their energy levels aren't compromised. Prepare meals in advance and freeze them so they require minimal effort on those days when energy levels

Avoid empty calories. Empty calories like those found in a bag of potato chips won't help fight fatigue on those days when your energy levels are low. When eating, opt for foods that are rich in vitamins and nutrients but not heavy in calories. A meal

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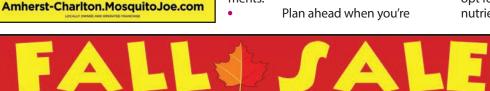
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that is dense in nutrients but not calories will benefit your energy levels, while a calorie-dense meal will only foster feelings of

- Opt for snacks that are high in protein. When snacking during the day, it's possible to counter any exhausting effects of breast cancer treatment by choosing high-protein snacks. Foods that are high in protein, including low-fat cottage cheese, Greek yogurt and almonds, can improve your energy levels because the body does not break protein down as easily as it does carbohydrates. So protein can be a longer-lasting energy source than snacking alternatives that are low in protein. If you aren't much of a snacker, consider a protein
- Buy in bulk. When visiting the grocery store, buy items in bulk so you won't have to make as many trips there. This can help on those days when energy levels are waning. Further save energy by asking a store employee to carry your groceries to your car. On those days when the cupboard is bare and you don't feel up to a trip to the store, call your local grocer, explain your situation and ask if it's possible to have groceries delivered. Many grocers would be glad to help.
- Modify recipes. In addition to boosting your energy levels, protein helps heal and rebuild tissues, and you can modify recipes to include more protein and improve your energy levels. For example, add cheese to sandwiches, pasta dishes and casseroles, as dairy is a strong source of protein. When cooking, use milk instead of water when possible. Beans are another great source of protein, so add them to chili, pasta sauces or soups when cooking. There are many ways to modify recipes to include more protein that won't compromise taste. If you're unsure of how to do so, discuss this with a physician or dietician. Fatigue is a common side effect of cancer treatment, but there are many ways men and women undergoing breast cancer treatment can alter their diets to make their meals more nutritious, improving their energy levels as a result.



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Bay Path reports third COVID case

BY JASON BLEAU

CHARLTON - Bay Path Regional Vocational High School has confirmed its third positive case of COVID-19.

Since Oct. 1, three individuals from within the school committee have been confirmed to have tested positive for the virus although school officials have indicated that appropriate measures have taken place to isolate the infected parties and that there is no concern for students and staff safety.

As with the announcement of the first two cases, a letter was sent to parents and guardians on Oct. 6 announcing the third positive case. The letter was nearly word for word the same document sent out for the initial two cases a few days earlier. Authored and signed by Superintendent-Director Kyle Brenner, the letter once again did not provide the identity of the individual nor did it indicate whether or not it was a staff member or student who tested positive. Those with close ties to the individual were informed privately and recommended to be tested and self-quarantine for ten days regardless of test results.

'Our student body and staff have been closely adhering to the safety protocols including mask wearing, hand washing, and physical distanc-



ing. We are grateful to our families for their continued efforts to keep students' home at the first sign of symptoms. These measures, taken in combination, greatly reduce the risk of additional transmission, Brenner wrote in the letter.

The letter also reiterated the previous release's details about cleaning procedures and other safety measures being taken at the school to prevent the spread or risk of infection from the COVID-19 virus including sanitization and cleaning practices. As always, any parents or community members with concerns are invited to contact Brenner directly at KBrenner@baypath.net.

ACCURACY WATCH

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

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

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

Open Sky Community Services elects two new members to Board of Directors

WORCESTER Open Sky Community Services has announced the election of Charisse Murphy and Paul Schasel to its Board of Directors. The Worcester-based nonprofit provides services throughout Central Massachusetts to adults, adolescents and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other complex challenges.

'In joining the Open Sky Board of Directors, Charisse and Paul not only bring extensive knowledge and expertise, but also a deep commitment and interest in fulfilling the agency's mission and goals," said Ken Bates, President and CEO of Open Sky Community Services. "We are looking forward to working together in shaping the impact of Open Sky's services in Central Massachusetts

Murphy, a Boston native, has her Bachelor's Degree in Psychology and Criminal Justice from the University of New Haven and a Master's Degree in Human Service and Leadership Northeastern University. Murphy has over 18 years experience in the nonprofit sector and is currently the Director of Leadership Giving at Worcester State University. She is also the founder of EmPOWER ME!, a support program for girls in grades 5-12. Murphy's program allows girls to develop skills to enhance their leadership capabilities, and provides a curriculum that empowers future female leaders to access opportunities. Murphy has also held several roles in other local nonprofit organizations including You, Inc., where she was the Director of the DYS (Department of Youth Services) Community Support Program and its Director of Development.

Schasel received his Bachelor's Degree in Finance from

Bonaventure University and a Master's in Business Administration Degree from Bryant University. He is currently the Director of Fiscal the Roman Catholic Affairs for Diocese of Worcester, where he oversees all financial functions. Schasel also held a variety of positions during his 22 year career with Partners HealthCare, a Boston-based non-profit health system founded by Brigham and Women's Hospital and the Massachusetts General Hospital, including Accounting Manager, Private Equity Portfolio Director and Corporate Director of Treasury &

Investment Operations. For more information about Open Sky Community Services, please contact Lorie Martiska, lorie.martiska@ openskycs.org

About Open Sky Community Services

Open Sky Community Services is dba for Alternatives Unlimited, Inc and The Bridge of Central MA. Open Sky offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other challenges throughout Central Massachusetts. Open Sky Community Services has over 1,300 dedicated employees and an annual budget of \$83M with more than 100 programs throughout the region. For more information, please visit www.openskycs.org.

Free **Poetry Reading** By 6 Regional Poets **Roseland Park** Sunday, Oct. 25th • 2-4pm Featuring National Beat Poet Laureate Paul Richmond, Montreal International Poetry Contest finalist Karen Warinsky and four other top regional poets Sponsored by Sharpe Hill Winery Ages 14 & up. To reserve seats call (860)-942-6664 or email Mrs. Warinsky at karen.warinsky@gmail.com

OUTREACH COORDINATOR

The Town of Holland seeks a qualified applicant for the part-time position of Community Outreach Coordinator for the Council on Aging.

Requirements of 3-5 years progressively responsible professional experience in geriatrics and human services or equivalent combination of education and experience. Elderly resources and experience working with elderly preferred. A Massachusetts Driver's License and own vehicle is required. Salary range is \$14,856, hours and days TBD. Resumes will be reviewed by the Outreach Coordinator Search Committee as submitted and the position will remain open until filled.

Please submit a cover letter of interest and resume to Janine Drake, c/o: The Holland Select Board, 27 Sturbridge Road, Holland, MA 01521 or by email: townadmin@hollandma.org

AA/EOE.

Veteran's Service Officer (VSO)

The Town of Holland seeks a qualified applicant for the part-time position of Veteran's Service Officer.

Requirements: Demonstrated understanding of basic financial administration and organization practices. Must be a Veteran pursuant to M. G. L. c 4 § 7. A valid motor vehicle operator's license is required. Annual P/T Salary range is \$4,215, hours and days TBD.

Resumes will be reviewed by the Select Board. The position will remain open until filled.

Please submit a cover letter of interest and resume to Janine Drake, c/o: The Holland Select Board, 27 Sturbridge Road, Holland, MA 01521 or by email: townadmin@hollandma.org

AA/EOE.



GIVE SAFETY A

School is in session, and before you can say, "red light, green light, one...two...three", a child can dart out of nowhere, and get hurt. Please be prepared to stop and exercise extra caution when driving near playgrounds and schools.

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10 13 15 19 22 25 26 28 37 42 43 48 49 51 50

CLUES ACROSS

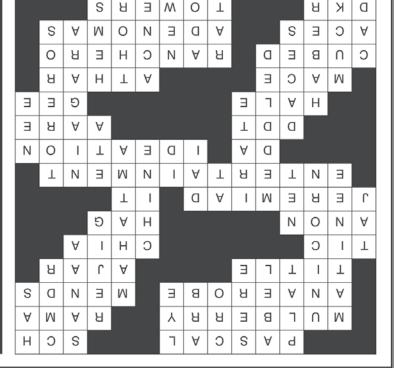
- 1. Lunar crater
- 7. Upstate NY airport (abbr.)
- 10. Fruit
- 12. Seventh avatar of Vishnu
- 13. Organism that grows without air
- 14. Heals
- 15. A book has one
- 16. Open
- 17. Twitch
- 18. Plant of the mint family
- 19. Soon
- 21. Witch
- 22. Long, mournful complaint
- 27. Killer clown film

- 28. Keeps us occupied
- 33. Influential lawyer
- 34. Formation of concepts
- 36. Insecticide
- 37. Swiss river
- 38. Actress Lucy
- 39. Unit of g-force
- 40. Can repel attackers
- 41. Essential oil used as perfume
- 44. Cut into small pieces
- 45. Mexican agricultural worker
- 48. Best pitchers
- 49. Benign tumors
- 50. Danish krone
- 51. Looms above

CLUES DOWN

- 1. Make a map of
- 2. Cain and 3. Dried-up
- 4. Corporate exec (abbr.)
- 5. Trading floor hand gesture
- 6. Strongly alkaline solution
- 7. Yemen capital
- 8. Military leader (abbr.) 9. Maintains possession of
- 10. Afternoon show 11. Imaginary being
- 12. Rearrange 14. Holy person or sage
- 17. Mahal
- 18. Backbone
- 20. Brooklyn hoopster 23. Intervened
- Extremely angry

- 25. Indicates position
- 26. Chinese surname
- 29. Potato state
- 30. When you think you'll get there
- 31. __ Falls
- 32. Bullfighters
- 35. Born of
- 36. Small fishes 38. "Father of chemical warfare"
- 40. Waste matter
- 41. Skin disease
- 42. Scandinavian mythological god
- and haws
- 44. Villain 45. Tell on
- 46. Difficulty
- 47. Not old



Selectmen terminate contracts

BY JASON BLEAU VILLAGER CORRESPONDENT

CHARLTON - The Charlton Board of Selectmen has voted to terminate the contracts with Valley Green Grow, a marijuana growing company that became the center of numerous public debates in 2018 and 2019.

Following an executive session during a brief meeting on Tuesday, Oct. 6 selectmen voted in a 3-1 decision to terminate the community host and development agreements between the town and Valley Green Grow. Selectman Bill Borowski was the only dissenting vote while Selectman David Signer recused himself from the discussion. Selectman Karen Spiewak and freshmen board members Patricia Rydlak and Stephen Koronis voted in favor of the motion. No board member has publicly stated their reasoning for their votes and the details of the discussion leading up to the vote have been made confidential by the rules of executive session. The only reasoning given publicly for the motion was that it was due to "breach of contract.'

The project was slated to be housed at Charlton Orchards, a 94-acre family farm at 44 Old Worcester Rd. in Charlton. The owners of the farm had entered into a sales agreement

with VGG which would have seen the company erects a one-millionsquare-foot marijuana grown and processing facility on the land. Agreements between VGG and the town were signed in 2018 leading to public outcries against the project, including demonstrations from protestors and supporters at public meetings, and numerous Planning Board public hearings where that board refused to support the company's site plan in January of 2019. At the time current selectman Patricia Rydlak was chairing the board and was an open opponent of the project. The Planning Board's decision was eventually addressed in Land Court in the fall of 2019 where VGG won an appeal overturning the Planning Board's vote leading the board to present an appeal of its own of the judge's decision. The debates made the VGG project one of the most talked about stories in the region for almost two years. After the court decision in the fall the discussion went quiet until selectmen made their motion earlier this month.

As of this report, there remains no public discussion or comment from selectmen concerning the decision or what this means for the future of the project in Charlton.

Tantasqua Regional Golf Results

Sept. 29

Tantasqua 28.5, Shepherd Hill 25.5 - In their first match of the fall 2020 golf season, Tantasqua Regional faced Shepherd Hill Regional at Dudley Hill Golf Club. In a match play format, the Warriors edged out the Rams. Despite The Hill's Dan Brooks shooting a 4-under par 32 to earn medalist honors, Tantasqua co-captain Grace Farland helped her team to victory thanks to a 1-over 37.

Tantasqua 205, Shepherd Hill 219 — Same opponent, same result. Facing off against the Shepherd Hill Regional golf team for the second time in three days, Tantasqua

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Regional again earned a victory. This time the format was a best five out of six scores in medal play. The match was played at Hemlock Ridge. The Rams' Dan Brooks was medalist with a 2-under par 34. The low Warrior was Jake Gagnon, who shot a 2-over 38, followed by Grace Farland's 39 and Aubyn Phillips' 41. Tantasqua is now 2-0.

Oct. 8

Tantasqua 177, David Prouty 252 Jake Gagnon's 5-over par 41 was enough to earn medalist honors for the Warrior in their golf victory over the Panthers. Tantaqua's Grace Farland contributed with a 42, as the Warriors improved to 3-0.

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Mccarthy, Veronica C, to Lepage, Celeste C, and Lepage,

HOLLAND

\$235,000, 28 Stony Hill Rd, Sulewski, Bradley, and Wall-Sulewski, Cindy, to Catir, Kevin S, and Ardolino, Anthony E.

STURBRIDGE

\$475,000, 8 Cedar Pond Dr, Daniele, Paul, to Scioletti, Marco, and Scioletti, Laurie C. \$375,000, 20 Shepard Rd, Central City Prop LLC, to Kobierski, Steven M.

\$369,000, 221 Podunk Rd, Leo, Keith, and Leo, Marybeth, to Shapalis, Christina, and Higgins, Sean P.

\$310,000, 110 New Boston Rd, Kadlik, Mark C, and Kadlik, Cathy M, to Rogalski, Erik J.

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President & Publisher

ryan@salmonpress.news OPERATIONS DIRECTOR JIM DINICOLA (508) 764-4325

EDITOR Brendan Berube (508) 909-4106

news@stonebridgepress.news PRODUCTION MANAGER Julie Clarke

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Cornerstone Bank promotes Heather E. Dumais to VP, Commercial Lender

is pleased to announce the recent promotion of Heather E. Dumais from AVP, Commercial Lender to VP, Commercial Lender. Heather has been in the banking industry for over 30 years. She has spent 12 years as a commercial loan officer, five of which have been at Cornerstone

Heather specializes in working with small business customers and providing guidance through the SBA loan process. She is passionate about finding the right solutions to fit her clients' financial needs and cares about the success of their

Heather graduated from Boston University with a BA in Economics.

WORCESTER — Cornerstone Bank She is an active member of our local community, serving on the Board of Directors for RCAP Solutions in Worcester. In her spare time, Heather enjoys golfing and travel-

> "Heather is a valued member of the Commercial Lending team,' said Cornerstone Bank President & Treasurer Todd M. Tallman. "She provides unparalleled service to her small business clients, and we look forward to her growth and success as VP, Commercial Lender.'

About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings serving the residents, businesses, and communities throughout

> **TOWN OF STURBRIDGE PUBLIC NOTICE**

Snow Plowing Equipment

The Town of Sturbridge, Department of Public Works is accepting bids for

"Snow Plowing Equipment for the

Bids will be received by the Town Ad-

ministrator, Town Hall, 308 Main St., Sturbridge, MA 01566 until 11:00am

on Thursday, October 29. 2020 at

which time bids will be opened. Bid

packages may be obtained at the Stur-

bridge Highway Department, New Bos-

ton Rd., Ext., Mon-Fri, 7:00am-3:00pm.

*Snow plow drivers that are not owner operators with be required to have

The Town reserves the right to reject any or all bids in the best interest of the

workers compensation insurance.

2020-2021" winter season.



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LEGALS

Town.

Butch Jackson

DPW Director

October 16, 2020

October 23, 2020

TOWN OF BRIMFIELD PUBLIC HEARING

The Brimfield Board of Selectmen will hold a public hearing on the following pole and wire locations petition filed by National Grid on Monday, November 9th at 6:45 p.m. for the following:

Massachusetts Electric Company d/b/a National Grid requests permission to locate poles, wires, and fixtures, including the necessary sustaining and protecting fixtures, along and across the following public way:

Prospect Hill Road: #30125463

Reason: Prospect Hill Rd. - National Grid to install (1) SO Pole #15-1 on Prospect Hill Rd. beginning at a point approximately 1775 feet north of the centerline of the intersection of Palmer State Rd.

Persons with an interest in this public hearing are asked to appear at the Brimfield Town Hall, 21 Main Street, Brimfield, MA on the date and time affixed to this notice.

Carol L. Camerota Assistant to the Board of Selectmen Town of Brimfield October 16, 2020







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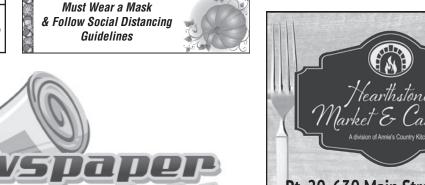
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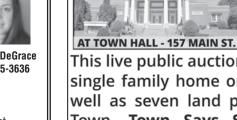


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EDITORIAL Body language never lies

Mark Twain once wrote, "If you tell the truth, you don't have to remember

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

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

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.

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@stone bridgepress.news

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

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

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!

Views and commentary from Sturbridge, Brimfield, Holland and Wales

Tips to Scent Your Home this Season

Scents are powerful - just a small whiff of certain smells fuel emotions. From altering moods and sparking memories to creating calm and promoting focus, fragrance can be profoundly influential in our everyday lives.

Autumn in New England offers an abundance of native sights and scents that can be captured as everlasting fragrance for the home. This week's column will spotlight a few simple recipes to bring the spectacular fragrance of the season indoors for months to

New England Potpourri Mix

This all natural autumn potpourri mix will bring you back to a walk along winding New England roads. A few drops of essential oil may be added to boost the scent as the mixture ages.

Ingredients: Dried slices of two Red or Golden Delicious apples (or other hardy New England variety); dried slices of one orange; eight cinnamon sticks; one tablespoon nutmegs; three tablespoons whole cloves; 2 Whole nutmegs; Filler: acorns, dried leaves, bark pieces, pinecones, etc.

Directions: Break up (or smash) the cinnamon sticks and some of the whole cloves to release fragrance. Mix together all ingredients, gently folding in apple and orange slices last. Place in an open bowl or pack in a clear glass jar for gift giving or later use.

Pie Spice Sachets

The sweet scent of freshly baked apple and pumpkin pies can be resurrected every time you reconstitute these essence filled sachets. Best of all, these can be used to scent the air and to spice up cider!

Ingredients: 2 tablespoons pumpkin pie spice; 4 teaspoons ground cinnamon; 2 teaspoons nutmeg; 2 tablespoons applesauce

Mix the applesauce and spices together in a bowl. Dough will be stiff. Pinch of dough and roll into balls. Press down to form discs, about an inch or so. Bake in a 275 degree oven for about two hours or until fully dry and firm. Allow to cool and harden.

To use for simmering potpourri: Drop one disc into a couple of inches of simmering water.

To use as spice sachet: Drop into container of simmering cider.

TRAINOR

Take THE HINT KAREN

Autumn Wax Tarts (Recycled candles) Making fragrance tarts is easy (and free) if you've collected all your autumn fragranced candle ends throughout the year.

Ingredients: Leftover candle wax: foil cupcake wrappers.

Directions: Carefully melt leftover candle bits in a double boiler or use the warming tray of a drip coffee maker. Remove wicks and black bits from melted wax. Line a cupcake pan with aluminum foil cupcake wrappers. Pour about an inch of wax into each aluminum wrapper. Allow to cool, then remove wrapper from tin and peel off tart.

Prize Winner:

Congratulations to Claire Horvath of Sturbridge, whose name was drawn for the Publick House Dinner for Two!

She sent in the following timely recipe that uses leftover Halloween

With Halloween soon coming, chop up a few peeled and cored apples and place in a baking dish. Chop up a few leftover Snicker candy bars and cover apples. Bake at 350 for 15 minutes. Serve with real whipped cream.

Win Dinner for Two at the Publick House

Your tips can win you a great 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 renown 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 E-mail KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

The death of civility

Positively

SPEAKING

GARY W.

MOORE

dren.

I always marveled when watching film clips of British Parliament as they would shout, boo, and speak over any per-Boy... was I wrong!

son at the podium they disagreed with. I always thought it was rude and was certain we'd never act that way in the USA.

The level of civility we enjoyed in our past has been shattered, and I'm afraid may never return.

How'd we get here?

One side will always blame the other, but don't jump too quick. The left squarely blames President Trump, but it began developing long before him. Think back to President Bill Clinton and the Monica Lewinsky scandal. The GOP House decided to impeach President Clinton, knowing they could not get the Senate to agree. They proceeded anyway (much like the Trump impeachment) to score political points and to embarrass the

When George W Bush was elected, the left didn't forget and took Through surrogates, President Bush was labeled stupid, uneducated, incompetent, and worse. The vitriol was shocking. Fast forward to the election of President Obama. The anger among politicians and the nation turns up a few notches, and the temperature of the debate rises. Contrary to some who claim otherwise, I don't believe it was racially motivated, but instead a widening separation of ideology. The politicians were slowly moving away from the use of surrogates, and the name calling became personal

Next, we elected a businessman who promised to "drain the swamp"

(it is a swamp), and it has now not only become fashionable to call each other names on Capital Hill and the media ... it's become acceptable ... it's encouraged. It's a disgusting mess.

Adults on both sides acting like spoiled chil-

Of course it's wrong, and both sides know it. They can't stop pointing their finger at the other side long enough to acknowledge the problem

and join to fix it. We reap what we sow.

What are we teaching our children through this example of name-calling hyperbole? We are already seeing the fruits of our lack of civility play out in the streets and on the news. Brick-throwing, neighborhood-burning, looting, extreme violence, and murder are a few of the products of the example set on both sides of the aisle. It's becoming acceptable to do anything to anyone you may disagree with.

For partisan reasons, a few will disagree, but I point to President Ronald Reagan as the "gold standard" of civility and eloquence. Forget your political ideology and focus only on the civility of his rhetoric. Where is our next Politician of civility? Will there ever be another?

A few weeks ago, I said optimistic people do not act this way, and it's true. When you believe something better is possible, your mind and body conspire together to make the optimistic vision you see, a reality.

Want to positively impact the future of our nation and world? Raise a generation of optimistic children. Want to bring back civility to

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

Avoid financial mistakes during retirement



FINANCIAL Focus

JEFF BURDICK

When you retire, you've learned a lot about all sorts of things, helping vou avoid some of the mistakes vou made earlier in life. However, you may still be susceptible to financial missteps specifically related to your retirement years. How can you dodge these errors?

Consider these suggestions:

 Manage your withdrawal rate carefully. You will likely need to tap into your retirement accounts

your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your resources. You may want to consult with a financial professional to determine the withdrawal amount that's right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least a certain amount each year - based on your age and account balance - from your traditional IRA and 401(k) or similar plan.)

· Don't underestimate health care costs. Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. In fact, a healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to Health View Services, which produces healthcare cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.

• Don't take Social Security too early. You can start receiving monthly Social Security checks when you reach age 62, but your payments will generally be significantly larger if you wait until your "full" retirement age, which will probably be between 66 and 67. (The size of your payments will "max out" at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)

• Don't invest too conservatively. Once you're retired, you might think that you should take as few chances as possible with your investments after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we've experience recently, inflation can erode your purchasing power over time.

• Don't be more generous than you can afford. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford – but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well.

Retirement can be a wonderful time of your life - and you may enjoy it more by doing what you can to avoid costly financial mistakes.

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

It's time for tautog



THE GREAT
OUTDOORS
RALPH
TRUF

It is the season for catching tautog. This week's photo of my nephew with a 16 pound tautog caught last week in Massachusetts waters was indeed a whopper! This writer, along with a few local boys, fished Rhode Island waters again last week, and caught some more seabass and a few tautog. The largest tautog was in the six pound bracket, but my buddy and I both lost a monster fish. They broke 50 pound test line! Unfortunately, tautog need to be brought off of the bottom as quickly as possible, or they will run your line through the rocks fraying and ultimately breaking the line. Tautog fishing will only get better in the coming days and weeks, and will last well past Thanksgiving, if you can handle the cold weather.

Pheasant season opened in Massachusetts this past Thursday, with a good amount of birds being stocked in open covers throughout the state. This year, local clubs that raise chicks for the state were able to raise them again even through the pandemic. Mant bird hunt-



Courtesy

This week's picture shows Capt. Mel True of FishNet Charters with a monster 13 pound Tautog.

ers were afraid there would be less birds this year, but the state came through with a good amount of birds to stock. The Worcester County Jail inmates also raised a good amount of birds this year for Mass. Fish & Wildlife. The Larkin Memorial site in Northbridge was

dropped by the state this year due to poor cover. Numerous other sites were dropped from the stocking list because of inadequate cover and encroachment of houses along property lines.

Archery deer season opens on Oct. 5 through Nov. 28 in zones 10 -14. Archery

season opens in Massachusetts in Zones 1-9 on Oct. 19-Nov. 28. The Valley has a high population of deer this year, and the bountiful acorn drop is sure to help in keeping a healthy well-fed deer herd.

Local anglers are catching some impressive largemouth bass in local waters. Live bait like shiners are the number one choice of local fishermen. Trout fishing is also picking up at recently stocked waters. There is sure plenty to do if you enjoy the Great Outdoors.

This year, deer hunters do not need to bring their harvested deer to a check station during all three seasons, because of the Covid outbreak. You still need to register them online!

There is a lot of talk about opening up the Westhill Dam area that is frequented by a few thousand people annually. The access road to Harrington's Pool is limited because of the closing of the main road after a surveyed property line revealed that the town does not own a small section of the road. Recent talks with the Town manager and some available monies could lead to a section of road around the closed property being built soon. Contacting your local and state politicians could help in getting the monies approved. It is an election year, and it would be nice if they worked to get the job done!

Take A Kid Fishing & Keep Them rods Bending!

Homegrown garnishes add flavor, nutrition and eye appeal to meals



GARDEN
MOMENTS
MELINDA
MYERS

Make your meals just a bit more special with homegrown garnishes. You invest time and money growing, purchasing, and preparing quality ingredients. But do not stop there. Add a nutritional and decorative flair as you plate your meal by adding a garnish of homegrown herbs.

Parsley is a traditional garnish that is usually left behind on the plate. But the dark green leaves should not be ignored. This herb is high in Vitamin C and A, has cancer and inflammatory disease fighting qualities, and promotes heart health. A perfect fit for your health-

our nation? Nurture a positive and

optimistic attitude in the classroom.

teaching to help a local school dis-

trict. I encountered a sense of help-

lessness and pessimism in most stu-

dents. I experienced firsthand the

vulgar language and name-calling

that will follow them into adulthood

if something doesn't change within

our educational system and in our

our country, it's being killed.

I don't think civility is dying in

What should we do? We need to

launch "The American Institute

for Positivity and Optimism in

Education." In this center there

would be an effort to educate par-

ents on the long-lasting and positive

impact of optimism in their lives

and lives of their children. This

center would also educate teachers

on how to instill optimism into their

Last year, I spent time substitute

MOORE

continued from page A8

(Right) An indoor windowsill herb garden with parsley, basil, and lemon thyme.

ful eating goals. Although the curly varieties add texture to your plantings and plate, you and your guests may find the milder flavor of the flat leafed variety more palatable. All this and it helps freshen your breath too.

A sprig of mint looks good next to or on top of most desserts. Its cool flavor will help settle your stomach – an asset when we overindulge. Like parsley, it is high in Vitamin C and A and helps in the fight against cancer and inflammatory diseases. In addition, it relieves breathing problems.

And the best part; both are easy to grow right in your kitchen window. Start by purchasing healthy plants from your local garden center or the produce section of your grocery store.

We also must move our higher edu-

cation institutions back the center

where students can hear competing

voices and make choices for them-

selves. As of now, most of our col-

leges and universities have become

centers of indoctrination where only

one side is heard. Differing thought

is not tolerated. There can't be civili-

ty without inclusion and acceptance

of others and their differing pints of

I'm out of space for today's col-

I choose to continue to fight for

Gary W. Moore is a freelance col-

umnist, speaker, and author of three

books including the award-winning,

critically acclaimed, "Playing with

the Enemy." Follow Gary on Twitter

@GaryWMoore721 and at www.gary-

and preach the benefits of living an

umn, but you certainly get the pic-

students' lives.

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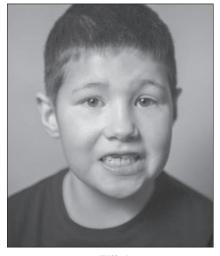
Will you join me?

Turn To **GARDENING**, page **A10**



PLACE MOTORS IS PROUD TO SPONSOR

* * Triday's Child * * *



Elijah Age 9

Hi! My name is Elijah and I am always ready to have some

Elijah is a fun loving and happy boy of Caucasian descent. Elijah is very polite and friendly towards others. He is great at making friends and making others laugh. At times, Elijah is very energetic and enjoys being active. He likes playing outdoors, building with Legos, and doing arts and crafts. Elijah's favorite activities are ones done outside like camping, fishing, hiking, and biking.

Freed for adoption, Elijah would do well in any family constellation

with or without other children in the home. Elijah would like his new family to help him maintain contact with his older brother who is already adopted. Elijah is looking forward to having fun in his new family.

Who Can Adopt?

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

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

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

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GARDENING

continued from page A9

Plant them in separate containers or together with other herbs in a larger pot. Either way, make sure the container has drainage holes and a saucer to protect the windowsill or furniture it sits upon. Gently loosen any tangled or girdling roots before planting your herbs in a welldrained quality potting mix. Plant

growing in their original pots.

Grow these and other herbs in a sunny window. Add a grow light to boost productivity or grow your garden in lower light locations. New LED plant lights are now more affordable and use less energy. Water the soil thoroughly after planting and whenever it is slightly dry. Be sure to pour off any excess water that collects in the saucer to avoid root rot. Another option is to

them at the same depth they were add pebbles to the saucer, elevating the container above any excess water that remains.

Use kitchen shears or pruners to harvest the herbs. Cut mint just above a set of leaves and parslev at the base of the stem. Trim the sprigs as needed to dress up your holiday meals.

Your guests will be thrilled and more likely to take a bite of these healthful garnishes when they discover you grew them yourself.

Gardening expert Melinda Myers has 30 years of horticulture experience and written over 20 gardening books, including Small Space Gardening. Myers is the host of The Great Courses "How to Grow Anything" DVD series and the nationally syndicated Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' website is www.melindamyers.com.



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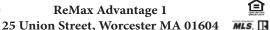
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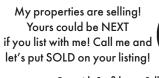
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OBITUARIES

Patricia Jean Bastien



Passing on the luminesce energy of a White Birch Moon

family The Patricia Jean (Pilski) woefully Bastien announce her passing to Heaven. Ma passed peacefully in

her sleep on Thursday, October 1st in her home. Ma passed after spending a splendid weekend with her daughter Nicole & companion Michael.

Ma lovingly leaves behind her two daughters, Tanya Christian & her partner Kevin Buxton of Southbridge, Nicole Bastien & her companion Michael Peterson of Holland, her four cherished grand daughters Megan Patricia Ruzycki Sheridan (of her grandmother's namesake) & her husband Kyle Alfred Patrick Sheridan, Amanda Nicole Cooper, Natasha Day Christian & her partner Jason Yelinek, Brittany Night Christian, & her two treasured Great Grand Daughters Alexus Pamela Rose Cooper & Charlotte Day Yelinek, her dear friend Michael Derry, Buddy Bob, Ma's many beloved extended family & friends & all her fur babies.

Ma was born February 10th 1948 in Worcester, Massachusetts, the daughter of late, but beloved Edward Pilski & Lucielle M. (Korson) Pilski Gregory.

I now ask that you take a moment to fondly reminisce of Ma's time with you. Indulge in a cup of tea. If you have a candle available, please take the time to light it meow. Remember, enjoy, relish, cry, laugh, love, delight, dance & experience all the pleasures of Ma's poetry. May your soul be comforted knowing you will always go through life with Ma. She will always be with you in your Heart & Mind. I now present to you a few cosmic connections, messages from my precious poet Matriach. OUR Collective Grand Ma Ma!!!

Friends

Love things cannot be realized until the specialness of another makes it so.

Missing You

Weakened at times. Almost slipping into thin air. Needing to share, reaching out, Hoping to find you there!

Loving You

Loving you the way I do . . . just because I do.

Knowing you the way I do . . . seems

Loving you the way I do . . . just because you're you.

Your Love is Strong Medicine - A tribute to Ma. Love your Buttercup Fairy Angel, Meg. If you feel so inclined, please Let Her KNOW you Love HER by reading the next excerpt aloud.

You read & understood me like no other. You were fluent in the language of my soul. You anticipated what I needed before my heart knew what was Your tender heart wishes opened me up to love parts of myself that ached for love & I knew not of their existence. Giving me endless gardens to cherish myself in, to dance & sing with you, to rally a universal love for all!!! You warm my groovy soul & spark my tender heart. I will miss you forever & I'll learn from you always. Love, Peace,

Thank you for reading my heart lyrics for Ma aloud. I would like to hope you are meow feeling plenty inspired. I meow leave you with Ma's personal introduction. It is an untitled peace from God's hand to Ma's pen. Ma's way of saying "Hello, I love you, & Peace."

Today I no longer question my sorrow but rejoice in it's purpose to help me grow into a woman of God's design.

My desire is to help reveal our purpose to be one - to help replace fear with Love, Acceptance, & a deep knowing that only in the shapeless essence of reality are we able to touch the limitless thrills of life!

I thank God for the Bittersweet & will weave it's Wisdom into the tapestry of my life which I will lay at Heaven's Gate someday. My words are limited but my Love is not.

Ma's ceremonial transformation into Star Dust was a private gathering with close family & friends. Once travel restrictions due to the pandemic have been lifted invitations will be sent for Ma's Celebration of Life Party. In lieu of flowers please feel free to send a day brightener to one of Ma's many family members or friends.

Harry J. Lazo, 74 SOUTHBRIDGE

Harry J. Lazo, 74, passed Wednesday, Oct. 7th, surrounded by his family at home.

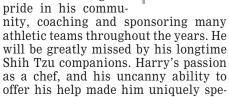
He leaves his children, Jason Lazo of Long Beach, CA, Adam

Lazo and his wife Sarah of Henderson, NV and Victoria Lazo of Dudlev: his granddaughter, Sophie Lazo; his longtime companion of 35 years, Laurie J. Dunleavy; his two stepchildren, Sean Dunleavy of Bennington, VT and Brian Dunleavy of St. Petersburg, FL; his two brothers, Kristi Lazo of Fairfax, VA and James Lazo of Southbridge; his former wife, Janice (Slota) Phillips of Maine; and several nieces and nephews. He was predeceased by his two brothers, Sammi Lazo and Michael Lazo. He was born in Southbridge the son of Dhosi and Elizabeth (Kota) Lazo. Harry graduated from Southbridge High School and attended Kilgore College. He proudly served his country in the US Army during the Vietnam War era.

Harry was a longtime restaurant owner in Southbridge of Papa Lazo's, Tin Lizzy's Disco and Copper Penny restaurants for over 25 years. Harry

operated the Dudley Golfing Range with his daughter for 16 years.

He truly enjoyed spending time with family and friends. He took great



cial and loved. Calling hours for Harry were held on Monday, Oct. 12th, from 4:00 to 7:00pm in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge. His funeral service in the St. Nicholas Albanian Church, Southbridge, will be private due to Covid 19 capacity restrictions. Burial in Oak Ridge Cemetery, Southbridge, will be held at the convenience of the family.

In lieu of flowers donations may be made to St. Nicholas Albanian Church, P.O Box 650, Southbridge, MA 01550 or to Second Chance Animal Shelter, P.O. Box 136, East Brookfield, MA 01515.

www.morrillfuneralhome.com

HALLOWEEN

continued from page A1

their disguise mask.

As Vice Chair Roland LaRochelle put it at their Thursday meeting, "follow the precautions," particularly masking and avoiding large clusters of people.

"Make sure you do this wisely," he added. "... Spread your wings, spread out a little" if in high-traffic areas.

To Forest Avenue resident Corey Alarie, the last point will be challenging in his area. The upper Marcy Street neighborhoods have been a Halloween hotspot for several years, in part due to the annual book distribution at Amelia Peloquin's house. Hundreds of young people and their parents pour into that area, some from out of town due to social media postings. That routinely requires a police presence, with cruisers closing Marcy to vehicle traffic at Dresser and Hartwell for a couple hours.

Alarie said he didn't think many people would "follow the rules," and noted many teenagers would go without supervision. In past years, he routinely saw clusters of 15 or more people waiting to go to various doors for candy. Board members urged homeowners

not to pass out treats directly, but to have bowls of them outside and rely on the "honor system" instead.

Two other Halloween activities will not be happening, however. The annual Horribles Parade was canceled some time ago, with Health Director Andy

Pelletier telling the last Council meeting that social distancing would require the parade to be extremely long.

Likewise, the BOH opted against doing a "Trunk or Treat" event, which Harrington Hospital has hosted for the last couple years, drawing large and rather dense crowds. "Having done things on the common and being mobbed by 300 people in 30 seconds,' Stephens said she didn't think such an event was a good idea now.

A key part of the concern is that Southbridge's number of new cases has started climbing again after being almost none for some time. As of Friday morning, the town had 13 active cases, three of them students (two Bay Path, one Southbridge), but Pelletier said all of them have been attending remotely and there's no evidence of cases within the schools themselves yet. Since the pandemic began in March, Southbridge has had 229 total cases, of which 199 have recovered, 10 have died and seven were determined not to actually be Southbridge citizens.

Based on the way the state calculates things, such numbers make Southbridge a "red" town, defined as having a case rate above 8.0 per 100,000. Pelletier said if that continues for more than three weeks, the BOH may recommend various controls, including having the schools revert to being entirely remote, rather than hybrid.

Gus Steeves can be reached at gus. steeves2@gmail.com.

WREATHS

continued from page A1

more. National Wreaths Across America Day is a free, non-political, community event open to all people.

About Wreaths Across America Wreaths Across America is a

501(c)(3) nonprofit organization founded to continue and expand the annual wreath- laying ceremony at Arlington National Cemetery begun

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by Maine businessman Morrill Worcester in 1992. The organization's mission – Remember, Honor, Teach – is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at thousands of veterans' cemeteries and other locations in all 50 states and beyond. For more information, to sponsor wreaths or to sign up to volunteer, please visit www.WreathsAcrossAmerica.org.









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Small businesses can benefit from QCC's new fall workshops

WORCESTER — Quinsigamond Community College is working to help small businesses pivot and thrive in today's COVID-19 pandemic, by offering vital business workshops to area companies. Under the Small Business Direct Access Grant program, the workshops are free to most businesses with less than 100 employees through the state's Workforce Training Fund. The Workforce Training Fund provides resources to Massachusetts employers to train current and newly hired employees.

QCC was awarded a \$143,000 Direct Access Grant from the Workforce Training Fund in 2019, enabling the College to become an approved training provider for these types of work-

"We are witnessing many businesses that are trying to redefine their place in this changing landscape, and have tailored our workshops to these new modalities in business. Our global marketplace has shifted drastically since the pandemic and it is imperative our small businesses adapt to remain successful," said Dean of the

Center for Workforce Development and Continuing Education, Kathleen Manning.

QCC's new fall workshops include sessions on how to manage in a virtual marketplace; successfully managing change; employee accountability; time management, in addition to business essentials and communication workshops.

"All our workshops will be delivered remotely using Zoom video conferencing and the first sessions are beginning in mid-October," Ms. Manning said.

To see a complete list of fall workshops, visit www.QCC.edu/corporate-training

To learn more about eligibility requirements, and how to take advantage of these workshops, contact Business Development Specialists Christine McNally, cmcnally@qcc. mass.edu or Eileen Morgan, emorgan@qcc.mass.edu.

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



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New student representatives named at Bay Path Practical Nursing Academy

CHARLTON — New student representatives to the Bay Path RVTHS Practical Nursing Academy PN Class of 2021 were elected recently and began their term this fall.

Practical nursing students Isabella Boateng of Manchester, Conn. and Brianna Laforest of Webster were voted as student representatives for the PN class of 2021. The student representatives are an important part of the Bay Path Practical Nursing Academy Faculty Organization (PNFO). Their main responsibility is to be a link between Practical Nursing faculty, staff, and the students, and to contribute to Bay Path Practical Nursing Academy activities and projects. Boateng and Laforest represent the students of PN Class of 2021 on the advisory board and steering committee.

Student representatives responsible for attending the PNFO meetings, where they serve as non-voting members. The student representatives speak on behalf of the student body and reports on topics they want to bring to the PNFO's attention. The student representatives also attend the fall and spring Advisory Committee meetings.

Boateng is a Certified Nursing Assistant (CNA) at All Ways There Home Care in Vernon, CT and a Hospice Aide for Seasons Hospice & Palliative Care in Bloomfield, CT. She holds a Diploma in Business Management from Polytechnic and a Diploma in Accounting from Konongo Odumase, Konongo, Ghana. Laforest is a PCA 2 at the UMass Memorial Medical Center in Worcester. She holds an Associate degree in Science, major in criminal justice graduating with honors from Quinsigamond Community College. She also holds a Certificate in Law Enforcement. Both Boateng and Laforest have a valid Health Care Provider/ Basic Life Support Provider CPR and are Dementia Care Certified.

Boateng and Laforest will bring student issues up, participate in governance, and focus on not just current students but may include alumni and possibly incoming students in conversations and activities.

One of the goals in this role is to continue to advocate for governance, to increase awareness of student's



Practical nursing students Isabella Boateng of Manchester, Conn. and Brianna Laforest of Webster were voted as student representatives for the PN class of 2021 at Bay Path **Practical Nursing Academy.**

role in governance," said Gretheline Bolandrina MSN, Ed, RN, CRRN Academy Director.

The student representatives will work together towards feedback on topics in the PNFO agenda. "The topics that go into the agenda are ones that resonate with the student body, these are very unifying topics, and are all in congruence with regulatory and accreditation requirements for BORN (Board of Registration in Nursing), COE (Council on Occupational Education), and ACEN (Accreditation Commission for Education in Nursing)" Bolandrina

About Bay Path RVTHS Practical Nursing Academy

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

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