

Auburn News

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Friday, October 16, 2020

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Bay Path reports third COVID case

BY JASON BLEAU
CORRESPONDENT

CHARLTON — Bay Path Regional Vocational High School has con-

firmed its third positive case of COVID-19. Since Oct. 1, three indi-

viduals 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 distancing. 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.



Auburn Scout troop starting geocaches

AUBURN — Auburn’s Scout Troop 101, affiliated with the First Congregational Church on Central Street, is setting up a series of outdoor adventure treasure hunts for younger scouts. The troop is attempting to continue fun scout operations while minimizing indoor activities and reducing Coronavirus exposure risk.

The troop is planning weekly outdoor excursions to explore publicly accessible open spaces throughout the town to beautify by collecting trash and to hide “geocaches” for younger Cub Scouts in different parts of town. The troop will then distribute maps to Cub Scouts for an activity that will be ongoing throughout the fall.

Selectmen terminate contracts with VGG

BY JASON BLEAU
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-million-square-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

New student representatives named at Bay Path Practical Nursing Academy



Courtesy

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.

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 are responsible for attending the PNFO meetings, where they serve as non-voting mem-

bers. 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 Kumasi 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 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 said.

About Bay Path RVTHS Practical Nursing Academy

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

It is the Mission of Bay Path Regional Vocational Technical High School to facilitate current, integrated, and rigorous academic and technical vocational programs that prepare students for the ever-changing world of employment and post-secondary education; to provide a school culture that meets the diverse needs of our student body for safety and mental wellness; and to foster student confidence, professionalism, and life-long learning skills that will enable them to become contributing members of our communities.



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Turn To VGG page A1

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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 shrink the cancer.
- **Radiation therapy:** Radiation 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.

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 the United States.

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.

- **Plan ahead when you're 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 are low.

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

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



Heather Dumais

WORCESTER — Cornerstone Bank 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 Bank.

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 businesses.

Heather graduated from Boston University with a BA in Economics. 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 traveling.

“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 bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester, along with a Loan Center in Westborough. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender, and SBA Preferred Lender. For more information, visit online at cornerstonebank.com, on Facebook, or call 800-939-9103.



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Storms leave thousands in the dark

BY KEVIN FLANDERS
STAFF WRITER

REGION – When a line of severe thunderstorms swept across the area last week, speeding along at more than 50 miles per hour, there wasn't much time for residents to prepare.

With wind gusts exceeding 45 mph, the Oct. 7 storm left nearly 140,000 customers in the dark statewide. Leicester was especially hard hit, with multiple downed trees causing damage to power lines and property. A massive tree on Clark Street collapsed over the road and brought down power lines, requiring the road to be closed for the rest of the night.

At the height of the storm, the Leicester Police Department was inundated with emergency calls. The next day, Oct. 8, Police Chief Ken Antanavica reported that nine streets in town were still closed as cleanup and power restoration work continued.

“The Highway Department cannot touch any of the trees that are on wires until the electric company arrives to check the power status,” Chief Antanavica said.

Thousands of customers in Spencer, Brookfield, and East Brookfield were also in the dark last Wednesday night.

No serious storm-related injuries were reported in central Massachusetts, but a golf pro was killed by a fallen branch at a country club in the western



Courtesy

During last week's thunderstorms, a tree collapsed over Clark Street in Leicester.

part of the state. The incident occurred in Great Barrington, claiming the life of 71-year-old Thomas Sullivan, who grew up in Leicester.

“Wyantenuck Country Club was very saddened by the tragic and untimely death of its head golf professional and icon in the golfing community, Tom Sullivan,” read a statement released by the country club. “As has been reported,

Tom was killed when a falling tree branch, during a brief, high wind event, landed on his golf cart. It occurred while Tom was scouring the golf course for stray golfers, as he always did when an impending weather event threatened the grounds.”

Sullivan was the head golf professional at Wyantenuck Country Club since 1999.



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 workshops.

“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

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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School district makes changes to fall calendar

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON – The Dudley-Charlton Regional School District has set a tentative schedule for the first half of the current school year as the superintendent and school committee continue to adapt and evolve their approach to managing the impacts of the COVID-19 pandemic.

Superintendent Steven Lamarche presented a draft working calendar to the school committee earlier this month which, while subject to the change, lays out what can be expected at least through the rest of the 2020 calendar year and into the holiday break.

“Like anything, there’s nothing that comes easy this

school year. Trying to wrangle with the school calendar is one of those items as well. We are proposing a draft – This is something that we can publish on our website so that people know where we are with our school calendar,” Lamarche told the committee. “The updates truly are representative of changes up until Dec. 23 of this school year thus far. The only change obviously is at the end of the school year with a starting and ending point to the calendar. We will take this up again before Dec. 23 to plan out the remainder of the school year. What this calendar does represent is the first nine days of professional development and training and the first day of school being Sept. 16, and it also removes all of the early release days that were originally populated in the calendar with the exceptions of the day before Thanksgiving and the day before the holiday break. Those are still represented within this particular calendar.”

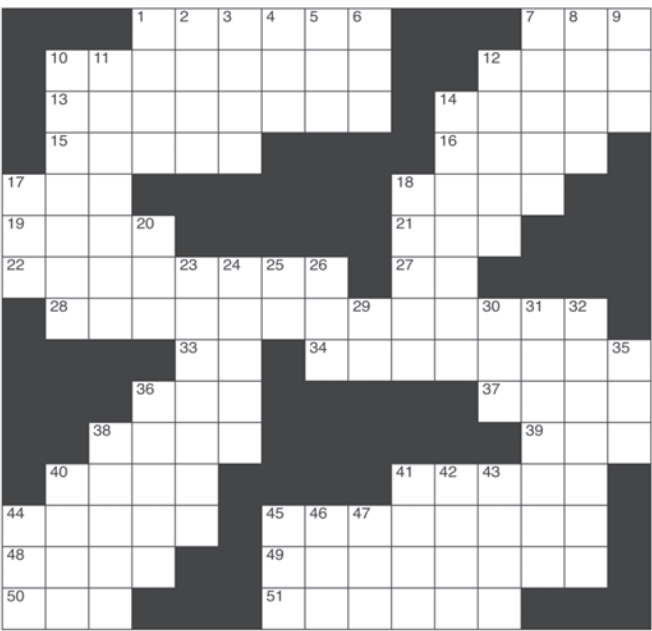
Another change was shifting a Nov. 3 professional development day to a full remote learning day.

School Committee members did ask whether or not all students in both Charlton and Dudley would attend classes, either online or in person, for the same number of days.

Superintendent Lamarche said it did work out that student schedules do add up to equal class time. Also, there were question about what the second half of the year would look like to which the superintendent said that January through June of 2021 is still a work in progress to be discussed before the end of the calendar year. For now, they wanted to make sure something was made available so families could at least plan for the rest of 2020. There was also a question about snow days and whether or not those could be transitioned into online learning. Superintendent Lamarche said he couldn’t answer that question for sure.

“We’re still working on it. There was no affirmation of what’s allowed, but we’ll still work on that. If we’re a well-oiled remote machine obviously we will do that. Today there were several districts that were out for power issues and they did not count attendance for school today in our state. So, I’m not sure how they’re dealing with it. I’m paying attention – It’s something we’re still following,” said Lamarche.

The most recent calendars for the 2020-2021 school year can be found on the Dudley-Charlton Regional School District Web site.



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

24. 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

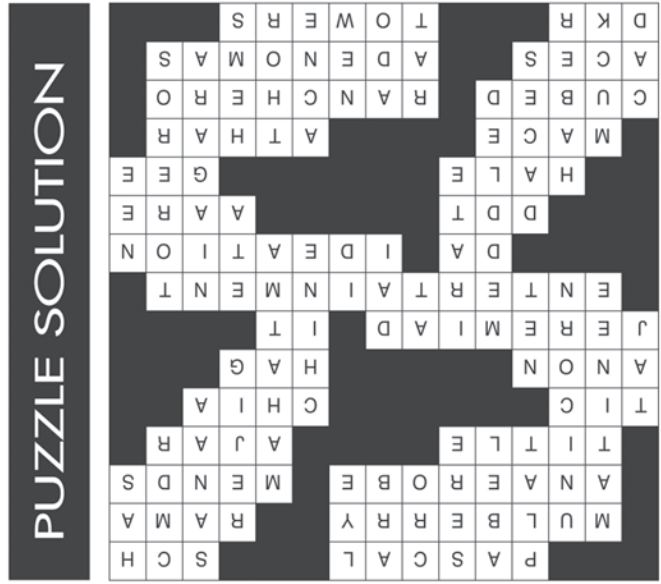
43. — and haws

44. Villain

45. Tell on

46. Difficulty

47. Not old



Trick or treating canceled in Leicester

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER — With Halloween landing on a Saturday this year and featuring a full moon, conditions will be perfect for youngsters to enjoy a thrilling night. But like almost all other facets of society, the celebration has been hijacked by COVID-19.

Leicester became the latest central Massachusetts community to cancel trick-or-treating this Halloween, joining Worcester and others. After weighing the risks and discussing COVID-19 conditions in the region, selectmen voted 4-1 to cancel.

“After listening to the facts from Police Chief Antanavica, Fire Chief Wilson, and the Board of Health, I had no choice but to agree with them for the safety of the people,” said Selectman Harry Brooks. “The town is looking into alternatives for fun things for the kids. We should hear soon what some groups will propose.”

The Select Board’s decision to cancel trick-or-treating was made several days before state officials announced that Leicester entered the high-risk

category for COVID-19. Public safety officials were already worried about what the impacts of Worcester’s cancellation could mean for Leicester, and they didn’t want to take any chances of overcrowding.

“With Worcester prohibiting door to door trick-or-treating, which the CDC regards as higher risk activities, we anticipated that the town roadways would be inundated with vehicles and trick-or-treaters,” said Leicester Police Chief Ken Antanavica. “Trick-or-treaters wearing a breathing mask and a Halloween mask presents another set of safety issues.”

In Spencer, the annual Halloween party at Town Hall was canceled earlier this month. As of press time, trick-or-treating was still on, but officials urge residents to frequently check the town Web site for updates.

Spencer recently surpassed 100 for total coronavirus cases. Selectmen anticipated a vote on trick-or-treating at their Oct. 19 meeting.

Statewide, Gov. Charlie Baker is leaving decisions on Halloween activities to the leaders of each city and town. The Governor asks local leaders to

make decisions based on the most recent data and conditions in their respective communities.

If your town enters the state’s highest COVID-19 risk category this month, state health officials recommend avoiding the following Halloween activities:

Participating in traditional trick-or-treating activities where candies are handed to children who go door to door.

Having trunk-or-treat activities where treats are handed out from trunks of cars lined up in large parking lots.

Attending crowded costume parties held indoors.

Going to an indoor haunted house where people are crowded together and screaming.

Going on hayrides or tractor rides with people who are not in your household.

State health officials also remind residents that Halloween masks should not be presumed effective against stopping the spread of COVID-19. If you are taking part in Halloween festivities, adhere to social distancing guidelines and avoid large crowds, officials said.

A list of low-risk family activities for Halloween can be found at www.cdc.gov.

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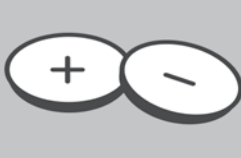
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BRENDAN BERUBE
EDITOR

Body language never lies

Mark Twain once wrote, “If you tell the truth, you don’t have to remember anything.”

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.



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It’s time for tautog

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 hunters 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



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



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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!

Tips to Scent Your Home this Season

Scents are powerful - just a small whiff of certain smells can 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 come.

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 recon-



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stitute 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 very stiff. Pinch off small pieces 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.

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 candy:


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.

Avoid touching retirement savings early



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You contribute to an IRA and 401(k) to help build the financial resources you’ll need to enjoy a comfortable retirement. But despite these funds being set aside for retirement, many investors use them before they retire. More than half of Americans tap into their retirement savings early, according to a survey from Magnify Money, a website focusing on financial topics. How can you avoid this problem?

It’s obviously important to leave your retirement savings untouched, as much as possible, until retirement. You could spend two or three decades as a retiree, so you’ll need a lot of financial resources. Of course, it’s understandable why some people touch their retirement accounts early: According to the Magnify Money survey, about 23 percent did so to pay off debts, 17 percent to make down payments on a home, 11 percent to pay for college, and the rest for other reasons.

While you also might consider these needs for taking an early withdrawal or loan from your retirement account, you’ve got good reasons for not touching your IRA or 401(k) before you retire. First, you may face tax penalties if you withdraw money from your IRA and 401(k) before 59 and a half, though there are exceptions. Also, if your withdrawals from your retirement accounts are large enough, they could push you into a higher tax bracket. Plus, the longer you leave your money intact, the more you’ll probably have when you need it in retirement.

Let’s use the survey results to look at some additional points you might evaluate before using funds from your retirement accounts for other purposes:

Paying off debts – You could consider using a 401(k) loan to pay down some high-interest rate debt, but this move assumes two things – one, you don’t plan on taking on additional high interest rate debt, and two, you plan on repaying the loan from your 401(k) within five years. If you don’t, you could face penalties.

Making a down payment on a home – The IRS allows first-time home buyers to make a penalty-free withdrawal of \$10,000 from an IRA to make a down payment on a home; however, taxes could still be owed. You might be better off by delaying the purchase of a home, giving you time to build up additional savings, held outside your retirement accounts, that could be used for the down payment.

Paying for college – If you haven’t saved enough for a child approaching college, you might consider withdrawing from your retirement accounts to do so. If the funds are used for qualified education expenses, you may be able to withdraw from you IRA without paying a penalty, but again, taxes could be owed on the withdrawn funds. Alternatively, if you have more time, you could consider opening tax-advantaged 529 accounts for younger children to help pay for their education.

As the name suggests, a retirement account is designed for retirement, so do whatever you can to protect it. You may want to consult with a financial professional for guidance on meeting the other needs people cite in tapping into their retirement accounts early. The more you know, the better prepared you’ll be to make the best decisions you can for your situation.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com. Member SPIC.

The death of civility

I always marveled when watching film clips of British Parliament as they would shout, boo, and speak over any person at the podium they disagreed with. I always thought it was rude and was certain we'd never act that way in the USA. Boy ... was I wrong!

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 President.

When George W Bush was elected, the left didn't forget and took revenge. 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 and direct.

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.

gusting mess.

Adults on both sides acting like spoiled children.

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.



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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 our nation? Nurture a positive and optimistic attitude in the classroom.

Last year, I spent time substitute teaching to help a local school district. I encountered a sense of helplessness and pessimism in most students. 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 homes.

I don't think civility is dying in our country, it's being killed.

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 parents 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 students' lives.

We also must move our higher education insti-

tutions back the center where students can hear competing voices and make choices for themselves. As of now, most of our colleges and universities have become centers of indoctrination where only one side is heard. Differing thought is not tolerated. There can't be civility without inclusion and acceptance of others and their differing pints of view.

I'm out of space for today's column, but you certainly get the picture.

I choose to continue to fight for and preach the benefits of living an optimistic life.

Will you join me?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMOORE721 and at www.garywmoore.com

Homegrown garnishes add flavor, nutrition and eye appeal to meals

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 healthful 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



GARDEN MOMENTS

MELINDA
MYERS

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.

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 well-drained quality potting mix. Plant them at the same depth they were 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 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 parsley 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.



Melinda Myers

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



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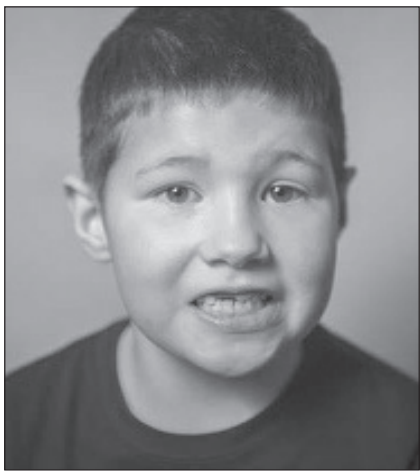


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Friday's Child



Elijah
Age 9

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

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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Leicester added to list of high-risk communities

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER – State officials announced last week that Leicester and several other central Massachusetts communities have been elevated to high-risk for COVID-19.

Town officials met with health leaders to discuss Leicester's "red zone" designation on the state map. This highest risk category indicates that a town has recorded more than eight daily COVID-19 cases per 100,000 residents over the last two weeks.

Leicester has seen 15 new cases reported in the last two weeks. The daily average incidence rate per 100,000 residents has risen to 8.9, with 1.78 percent of tests coming back positive in the last 14 days.

Leicester joined Worcester, Southbridge, Dudley, Webster, Marlborough, and Southborough in the high-risk category. Several other area communities were lifted to the medium risk category, and state leaders are warning residents to heed safety regulations.

Even before Leicester officials learned of the town's red zone designation, selectmen had already canceled trick-or-treating on Halloween. Town Administrator David Genereux was set to meet with health officials to discuss what, if any, additional actions might be taken to limit the spread.

"We will start with a notification reminding residents to follow the

proper protocols – masks, social distancing, gatherings, etc. – and go from there," Genereux said. "If we are requested to implement other measures by the Department of Public Health, we will."

With the uptick in coronavirus cases coinciding with the start of flu season, officials are especially concerned. Town leaders urge residents to wear masks in public and avoid large gatherings. Several COVID-19 outbreaks across the Commonwealth have been linked to parties and other large events, many of them involving students.

"The town is working closely with the Central MA Regional Public Health Alliance and various state agencies to contain the spread of this disease in our community," read a statement released by Leicester officials. "This increase in cases can be traced to large private gatherings, as well as failure to take preventative measures, including social distancing and wearing masks."

Desperate to control the COVID-19 flare-ups in central Massachusetts, officials and business owners took several precautionary measures in recent weeks. Dudley District Court was closed for three days last week after an individual attended the courthouse and later tested positive. A handful of other central Mass. courts were briefly closed, and multiple businesses also utilized an abundance of caution, including Eller's

Restaurant. The Cherry Valley restaurant was closed from Oct. 5-8 after a kitchen employee tested positive for the virus.

Meanwhile, Leicester school leaders continue to monitor the situation and receive updates from health officials. As of press time, the school district planned to proceed with caution while maintaining its current hybrid learning model.

If new COVID-19 cases continue to escalate in town, school officials would discuss the potential of returning to fully remote learning. All school districts in the Commonwealth were required to establish contingency plans for fully remote learning if conditions worsen.

"We will have to closely monitor the weekly state reports," said Leicester Public Schools Superintendent Marilyn Tencza. "I am in close contact with the Town Administrator, the School Committee, the school nurses, the Department of Health, and anyone else that needs to be part of the decision to change our model."

In total, 40 Massachusetts towns were assigned to the high-risk category for the latest reporting period. Statewide, new cases topped 500 on multiple days during the last two weeks.

For the latest COVID-19 updates in Leicester, visit the town's Web site, www.leicesterma.org.

VGG

continued from page A1

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.



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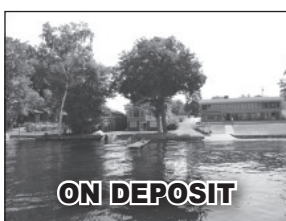
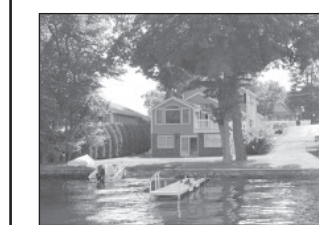


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ON DEPOSIT



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WEBSTER - 195-199 THOMPSON RD



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ON DEPOSIT

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OXFORD - 115 CHARLTON ROAD



ON DEPOSIT

Beautiful home set back off road providing privacy and oversized yard. Kitchen w/granite counters & abundance of cabinets. Cathedral ceilings kitchen, dining and living room. Open floor plan! large deck with large backyard through sliders in dining room. Hardwood floors! Tile baths. Master bedroom/master bath! Finished walkout lower level w/bar! 2 car garage. Extras: above ground pool! **\$369,900.**

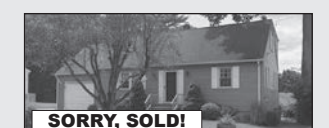
SUTTON - 470 BOSTON ROAD



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WEBSTER - 56 CUSHING ROAD



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WEBSTER - 548 SCHOOL ST



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Aesthetically pleasing 4-5 BR CAPE!! 1,800 SF Cape! 8 rooms, 4 lg rooms & bath on 1st flr, eat-in kitchen, living room, family room, office/possible 1st flr in-law bedroom. 2nd flr - 4 lg bedrooms & bath. 2 car garage. **\$199,900.**

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WEBSTER LAKE - 100 LAKESIDE AVE



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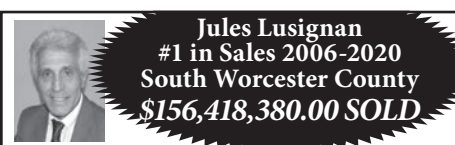


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DEVELOPMENT
OPPORTUNITIES

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zekosgroup.com

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LIC # 104



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SPENCER

19 Grant St. S 12-2 Starting bid Simond & Oaks 508-479-7716
Auction 10/31 10am \$160,000

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Knowledge of Mass General Laws, the Vadar collection, and accounting systems a plus. Must be able to obtain a bond. Hourly rate: 20.11-22.31/hr depending on experience.

Deadline for applications is 10/22/2020. Applications can be found at <https://townofcharlton.net/158/Human-Resources>.

Email applications along with resume to Lynn.Dyer@townofcharlton.net.

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Director - Office of Development & Inspectional Services / Town Planner:

The Town of Spencer seeks candidates for the position of Director / Planner. Reports to the Town Administrator and supervises staff in the coordination of the Board of Health, Planning Board, Conservation Commission, Zoning Board of Appeals and Building Inspection services. Responsible for providing professional and technical support in the evaluation of land use, demographic, economic and other data relating to the built and natural environment, as well as application review for the Planning and Zoning Boards.

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Visit <https://www.spencerma.gov/home/pages/employment-opportunities> for additional details.

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Auburn resident graduates with Class of 2020 at Stonehill College

EASTON — Kyle Novakoski, of Auburn, graduated with the Class of 2020 during a virtual Commencement Ceremony this summer at Stonehill College.

Initially scheduled for Sunday, May 17 with a traditional in-person format but knocked off course by COVID-19, Stonehill's 69th Commencement finally took place on Saturday, Aug. 8 making history as the College's first virtual Commencement and the first ever held in August. Another big change this year was the presentation of candidates for master's degrees.

Live-streamed from Stonehill's McCarthy Auditorium in the Thomas and Donna May School of Arts & Sciences building the ceremony addressed 630 undergraduates, 13 graduates, their families, and a wider audience of Stonehill faculty, staff, alumni, and friends.

In prerecorded remarks, Commencement speaker New England Patriots star Matthew Slater drew on his career as a three-time Super Bowl Champion to hail the Class of 2020 for their ability to endure, persevere and thrive in the face of adversity.

Stonehill is a Catholic college located near Boston on a beautiful 384-acre campus in Easton, Massachusetts. With a student-faculty ratio of 12:1, the College engages over 2,500 students in 80+ rigorous academic programs in the liberal arts, sciences, and pre-professional fields. The Stonehill community helps students to develop the knowledge, skills, and character to meet their professional goals and to live lives of purpose and integrity.

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 from Northeastern University.

Murphy has over 18 years experience in the non-

profit 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 St. Bonaventure University and a Master's in Business Administration Degree from Bryant University. He is currently the Director of Fiscal Affairs for the Roman Catholic 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.



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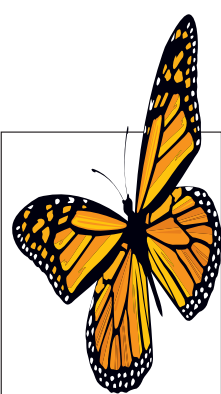
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