

Charlton Villager

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Thursday, January 19-Friday, January 20, 2023

What does hope mean to you?



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SOUTHBRIDGE — Hope, a common word that people use all the time. Defined as a feeling of expectation and desire for a certain thing to happen or a feeling of trust, it is a word that most take for granted. Hope is fundamental to the human condition and if you ask most people what they hope for, you will hear responses like “good fortune,” “good health,” “peace and happiness” or “to win the lottery.” Now if you asked a person with intellectual or developmental dis-

abilities or their family members what they hope for, you will hear responses like, “to be included,” “to be treated like everyone else,” “to make new friends,” “to get a job,” or “to live on my own.” For more than 65 years, the Center of Hope Foundation in Southbridge has built and strengthened the agency to foster this hope by broadening the scope of care and expanding the safety net of resources, advocacy, and services to individuals and families facing disabilities or



disabling circumstances. We continue to hope for the well-being of our families, caring relationships, financial wholeness, health, and productivity. We hope for the prosperity of our friends, neighbors, and community. We even hope for peace and stability for the larger world around us. It is this hope that drives the agency, to continue with our mission to support people with disabilities

and their families from diverse backgrounds, providing them with the resources, services, and opportunities needed to be contributing members of their communities and to achieve the most fulfilling and meaningful lives possible. Providing this hope takes an army and to achieve success, everyone must do their part. It starts with the Direct Support Professionals

(DSPs) who care for the individuals we serve, gaining their trust, and becoming their friends while providing the highest level of care. The DSPs, Case Managers, and other staff within the programs help our program members work toward achieving their goals, providing a sense of hope and accomplishment. It is members of the community and local businesses that help us

change the lives of so many, by providing that hope, raising awareness, and creating an inclusive environment. Our army is comprised of many partners including The Hoyt Foundation, Angel Guard Products, US Tool & Fastener, Southbridge Credit Union, Cornerstone Bank, Marsh & McLennan Agency, The Herman F

Turn To HOPE page A18

“Antiques Roadshow” rolls into Sturbridge this summer

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE — A popular PBS show is coming to town this summer, and residents are invited to enter for their chance to get tickets.

As part of the 2023 “Antiques Roadshow” tour, the program will arrive in Sturbridge on Tuesday, June 13. If you are interested in the chance to win free tickets to attend the event and have your items appraised on set, you won’t want to miss this exciting opportunity.

“Antiques Roadshow will be back on the road with an all-new 2023 production tour,” read a promotional statement released by program organizers.

Now through March 13, you can submit your entry online for a chance to win two free tickets to the Sturbridge tour stop. You can start the process by visiting www.pbs.org, then accessing the Antiques Roadshow page.

From there, simply click the “Enter Now” button at the bottom of the page. Once your entry is completed, you’ll receive a unique entry verification number via email. Your verification email will also include a link you can use to review your entry.

Please read all rules and regulations prior to submitting your entry.

“With a focus on health and safety, all production events for Antiques Roadshow’s 28th season will follow COVID-19 health and safety protocols,” the promotional statement read.

The ticket sweepstakes entry deadline is 11:59 p.m. on Monday, March 13.

The ticket entry drawing will be conducted in early April. After the drawing, ticket entry winners will be sent a notification email in mid-April to the address they submitted with their application.

All winners will receive e-tickets three weeks prior to the event. You must have a ticket to attend an Antiques Roadshow event. Tickets will not be available at the door.

Upon arrival at the event, you may present either a print-out of your electronic ticket, or have it available on your mobile device.

Antiques Roadshow reserves the right to change production locations prior to the award of e-tickets.

For Sturbridge officials, the Antiques Roadshow visit is a great way to help gain exposure for the town and its cache of historical intrigue.

“Despite being perched at the intersection of two of the most significant interstates in America, our gem of a town is not well known outside of the

Turn To ROADSHOW page A18

Charlton Library adding memory kits

BY JASON BLEAU
CORRESPONDENT

CHARLTON — The Charlton Public Library has a new offering on the way geared towards helping those with dementia manage their condition through sensory- and memory-based activities.

Library Director Karen Wall detailed the new Memory Kits coming to the library during a meeting of the Board of Selectmen on Jan. 10, where representatives of the local movement Dementia Friendly Charlton were discussing their mission and programs. Similar to other libraries in the state, the Memory Kits would provide ways to help stimulate memory and help those managing dementia and their families understand and work through the disease.

“These are something that libraries have started to do in support of their dementia friendly communities. There’s a lot of these communities throughout the state right now. Basically, they consist of books for all ages, even children who don’t really understand what’s happening with the grandparent or something,” Wall told selectmen.

The kits include a variety of items ranging from books to movies, music, games, puzzles, and other hand-held items to help the patient. Wall said the library is experimenting with what else they can or should include in the kits and considers the current format a starting point. The kits have been paid for utilizing state aid monies.

Another item the library had added is interactive animals which Wall again stated could be a benefit to either dementia patients or those in their families seeking some comfort.

“We have these animals that are comforting for people. They meow, they purr, they move and so we’ve got a dog and a cat, and we’ll see how that goes. They will be allowed to be checked out like a book,” said Wall.

If the interactive pets and the Memory Kits are a success Wall said they could invest in building more of them to fill the needs of the community. If they decide to purchase more materials for future kits, Wall said she would seek out grant funding to cover the cost.

Dudley-Charlton School District receives Elks grant

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON — The Dudley Charlton Regional School Committee has announced they received a \$5,000 grant from the Auburn Elks Lodge No 2118 which will help pay for three projects enhancing both curriculum and emergency preparedness in the district.

Superintendent Steven Lamarche announced the receipt of the grant during the School Committee’s first gathering of 2023 on Jan. 11 explaining that the money will support several different initiatives in the district, starting with a Circles Curriculum led by Robert Bergeron, the district’s Director of Pupil Personnel Services. Superintendent Lamarche explained that the program will



help enhance offerings for students in need of increased social skill development.

“The circles curriculum is designed to teach students social and relationship boundaries, interpersonal skills and relationship specific social skills in an easy-to-understand for-

mat,” Lamarche said.

The program will be launched with the help of \$1,399 from the Elks grant.

The second part of the funding will help develop the first responders of tomorrow through a new offering at Shephard Hill Regional High School. The district worked with

Principal Darren Elwell to start an “Essentials of Firefighting” course in the next semester with \$2,295 of the grant supporting the resources for the class including books and workbooks.

“Principal Elwell has worked collabora-

Turn To GRANT page A16

TCA looks forward to Catholic Schools Week

SOUTHBRIDGE — Trinity Catholic Academy, Southbridge, looks forward to celebrating Catholic Schools Week at the end of January. This is a week dedicated to giving thanks, community outreach projects, and appreciating the

many wonderful benefits of Catholic Education.

Sunday, Jan. 29 will start the exciting week off with Mass and an Open House to invite curious families to see what Trinity is all about.

Monday is Student Appreciation Day and a Schoolwide STREAM (Science, Technology, Religion, Engineering, Art, & Math) activity. On Tuesday, students will experience Winter Games while wearing their class color. As the week progresses, Grandparents will be invited for a special breakfast at the school on Wednesday. Thursday, students will attend an all-school Mass for the "Feast of the Presentation of the Lord," which will be held at St. Mary's Church. That evening parents will enjoy the annual Student Talent Show as a thank you from the school for their dedication to Catholic Education. Students will entertain their families with their many talents. The week will end on Friday with a



community outreach activity and Drop Everything and Read Day! Learn more at www.trinitycatholicacademy.org

Coinciding with these festivities, Southbridge Catholic Alumni, former students of all Southbridge catholic schools in town are holding an online fundraiser in support of the future of Southbridge Catholic Schools (sbdge-cathalum@tca11.com).



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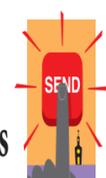
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Baker leaves office with launch of behavioral health centers

BY KEVIN FLANDERS
STAFF WRITER

REGION — In one of its final accomplishments in office, the Baker-Polito Administration recently launched several behavioral health centers across the Commonwealth. A total of 25 facilities opened earlier this

month as part of the former Governor's implementation of a behavioral health reform plan that took several years to create. The centers will offer comprehensive mental healthcare, as well as substance use treatment and community-based crisis intervention. The facilities are avail-

able to all Massachusetts residents, regardless of ability to pay. "Over the past eight years, our administration has collaborated with healthcare providers, medical professionals, and our legislative colleagues to make sure Massachusetts treats behavioral health with

the same importance as physical health," said former Gov. Charlie Baker, whose term ended this month after he did not seek re-election. "The implementation of behavioral health reform is the latest step in those efforts." Prior to the opening of the facilities, the state invested in clinical programming and the addition of more than 3,000 treatment beds. The state was already struggling to deal with mental and behavioral health challenges prior to the pandemic, but COVID-19 exacerbated the problem significantly, officials said.

"Across the spectrum of behavioral health, the administration has worked with providers to increase program capacity by more than 3,000 beds since taking office in 2015, ranging from inpatient treatment to supportive community residential services, including more than 500 additional inpatient psychiatric beds," read a statement released by the former Governor's office. The launch of the new system was also made possible by feedback received from nearly 700 residents, families, treatment providers, and other stakeholders who identified the need for improved health equity. The overall goal was to create a new, centralized service for residents or

their loved ones to call, text, or walk in to get connected to mental health and addiction treatment services, officials said.

The 25 community behavioral health centers, conveniently located across the state, will serve as an entry point for residents requiring treatment for mental health conditions, substance use disorders, urgent visits, and 24/7 community-based crisis intervention. These options will also help relieve the strain on emergency departments at the state's hospitals, which are crowded each year with patients who would be better served in a more specialized treatment environment, officials said.

The 24/7 behavioral health help line will offer real-time clinical triage and service navigation in more than 200 languages.

To learn more about behavioral health facilities near you, visit www.mass.gov.

DA offers funds to support safe end-of-year school events



WORCESTER — For the fifth year, District Attorney Joseph D. Early Jr. is offering funding to support safe post-prom and post-graduation programs designed to keep students from driving impaired.

"Prom and graduation are major milestones that deserve to be celebrated, but too often we see these celebrations turn into tragedies," Mr. Early said. "We've been proud to help fund nearly 20 different post-prom and post-graduation events for the last five years. We will continue to offer these funds to help provide students with the fun and safe events they deserve."

These events, organized and overseen by adults, offer safe drug- and alcohol-free alternatives to high-risk activities that often follow end of the year celebrations for high school students.

District Attorney Early felt it was vital to continue supporting these programs and is utilizing his Drug Forfeiture Reinvestment Program this year. Funding to support these grants was previously provided by the Massachusetts Office of Victim Assistance Drunk Driving Trust Fund.

Schools and parent groups can apply for these grants to either support existing events or to assist in establishing new events. Applications for funding requests are due by Feb. 16.

To request a grant application, contact Ellen Miller at ellen.miller@mass.gov.

Lions Club's annual Cartoon Character Breakfast coming soon

SOUTHBRIDGE — We invite you to join the Southbridge Lions Club for its 30th Annual Cartoon Character Breakfast on Sunday, Feb. 12. Bring the kids to meet their favorite cartoon characters at the Southbridge Community Center, 153 Chestnut Street, from 7 a.m.-noon.

The all-you-can-eat breakfast includes, pancakes, French toast and ham. The proceeds from the breakfast will be put into the Lions' Charity account to be distributed within the community to families, individuals and groups in need of help. Tickets are available in advance from any Southbridge Lions member, or at the door. Costs are \$7 for adults, and \$4 for children under the age of ten. Credit and debit cards will be accepted at the door in addition to cash. See you there!

Town of Sturbridge
Immediate Opening
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Department of Public Works

The Town of Sturbridge has one immediate full-time (40 hr per week) opening for Laborer/Driver in the Department of Public Works, Highway Division. This position is a union position. The successful candidate will be responsible for general labor, operating light equipment, driving trucks equipped with dump bodies to transport materials, dump loose materials and winter operations including plowing snow and treating roads among other responsibilities. A CDL (Class B) and hoisting license (Class 2B) are required. The starting pay for the position is \$20.53-\$23.81 per hour depending on experience with an increase on July 1, 2023 to \$23.51-\$25.96 per hour. For a copy of the complete job description and an application please go to Town of Sturbridge website and select the Job Opportunities page (<https://www.sturbridge.gov/your-government/pages/job-opportunities>).

The Town of Sturbridge is a Drug-Free and EOE. For a Town of Sturbridge Employment. For an application please visit the Town of Sturbridge website at: https://www.sturbridge.gov/sites/g/files/vyhlif3881/f/pages/employment_application_fillable.pdf Please send letter and application to Town Administrator's Office, 308 Main St, Sturbridge, MA 01566 or email to hblakeley@sturbridge.gov. Applications accepted until position is filled.

Activities Assistant for Council on Aging
(15 hours per week) – Town of Charlton

The Council on Aging Department is seeking an Activities Assistant to help with bringing new innovative programs and organizing activities for our very active senior community. Some administrative work will be required. Please see job description for complete list of qualifications and responsibilities. Hourly rate: \$16.06 – \$17.72 dependent on experience and education. Please apply online at <https://www.townofcharlton.net/158/Human-Resources> no later than January 26, 2023.

Position will remain open until filled. The Town of Charlton is an equal opportunity employer and encourages diversity.

"It's critical we provide residents and families with access to behavioral health services so they can lead healthier lives, and we are proud of our administration's work to do just that over the past eight years," said former Lt. Gov. Karyn Polito. "These investments and initiatives will continue to make a big difference for residents who need access to these services for years to come."

Additionally, the state will soon launch its 24/7 behavioral health help line to keep residents informed of their options. The service will provide information on the nearest facilities and treatment opportunities available to callers.

Since 2015, the Baker-Polito Administration invested more than \$26.5 billion

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\$470,000, 18 Ponnakin Hill Rd, Sheehan, Cathy N, and Sheehan, Donald J, to Webb, Johanna, and Webb, Roy.
\$220,000, 4 Cranberry Meadow Shore Rd, Cabana, Jason, and Miller, Mary, to Ciciliane, Heidy.
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\$210,000, 144 Nugget Dr, Breault, Thomas L, and Breault, Mary L, to J& R Real Estate Group LLC.

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\$499,853, 517 Old Turnpike Rd, Cormier& Sons Const& Hm, to Beecher, Ryan G, and Beecher, Kelly A.
\$325,000, 134 Mashapaug Rd, Labonte, Shaina, to Sparling, Thomas J, and Sparling, Vitalina R.
\$250,000, 24 E Brimfield Rd, 2019 Donald Demetrius IRT, and Demetrius, Donna L, to Whittredge, Steven F.
\$85,000, 8 Davis Rd, Murray Elizabeth Ann Est, and George, Robert A, to Carling, George J.

SOUTHBRIDGE

\$375,000, 19 Partridge Valley Rd, Cullers, James R, to Collins, Eric, and Collins, Melissa.
\$345,000, 470 South St, Stinnette, Torian, to Ongaya, Mercy.
\$155,000, 184 Morris St, Perrin Wayne M Est, and Perrin, Eric C, to Perrin, Derek M.

STURBRIDGE

\$465,000, 34 Cedar St, Modern Tech Modular Hm, to Kalil, Alexandra B.
\$385,000, 145 Walker Pond Rd, Pierce Grace E Est, and Pierce, Richard W, to Longvall, Patricia J, and Cairns, Allison.
\$365,000, 12 Ridgeview Rd, Pupka, Amy M, and Pupka, Timothy R, to Cavallaro, Mariah.
\$100,000, 227 Arnold Rd, Bastien Sandra L Est, and Bastien, Brian L, to Bastien, Brian.

Charlton Public Library presents "Garden Design: A Deeper Dive" with Joanne Pearson



Joanne Pearson/FairHavenPhotographs

CHARLTON — Join us on Thursday, Jan. 26, from 6-7 p.m. in Dexter Hall for a presentation on Garden Design with professional landscape architect and photographer, Joanne Pearson.

Showcasing gardens in Europe and across the US, Joanne will analyze their design and the hardscape and softscape elements that make a landscape shine. She will discuss how you can come up with a concept plan for your own yard and ways to modify and incorporate some of those grand themes seen in the showcase gardens into a scale suitable for your own backyard, your pocketbook and your schedule.

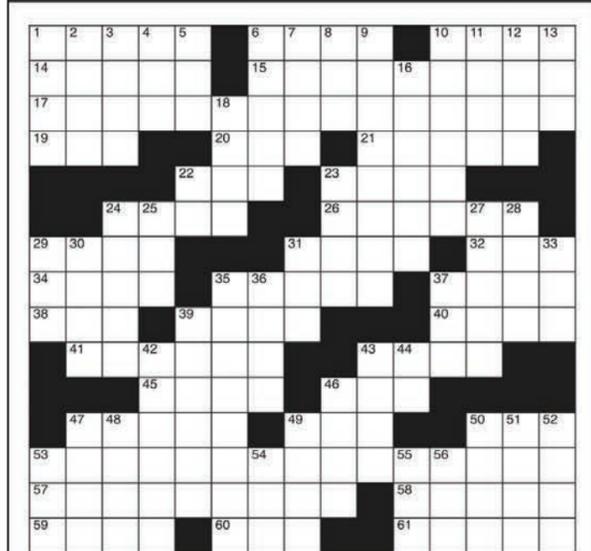
Joanne Pearson has been a professional photographer for more than 25 years. Prior to her career as a photographer, she was a registered landscape architect in the state of Massachusetts where she practiced for 12 years, including four years at the renowned multi-disciplinary firm, Sasaki, headquartered in Boston, Ma. Her photographs of gardens, landscapes and people have been featured in numerous magazines, books and calendars. Joanne regularly lectures on gardens and photography seeking to inspire and educate her audiences with her beautifully illustrated presentations.

This program is free and open to the public. Please register on our Events Calendar page at charltonlibrary.org or by calling the Library at 508-248-0452. Charlton Public Library is located at 40 Main St. in Charlton.

Joni Collaku from Tirana named to Dean's List at Cedarville University

CEDARVILLE, Ohio — Joni Collaku, a Tirana student majoring in Mech Engineering, was named to the fall 2022 Dean's List at Cedarville University. Students receive this recognition for obtaining a 3.5 GPA or higher for the semester and carrying a minimum of 12 credit hours.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 5,082 undergraduate, graduate, and dual-enrolled high school students in more than 175 areas of study. Founded in 1887, Cedarville is one of the largest private universities in Ohio, recognized nationally for its authentic Christian community, rigorous academic programs, high graduation and retention rates, accredited professional and health science offerings, and the #4 national ranking by the Wall Street Journal for student engagement. For more information about the University, visit cedarville.edu.

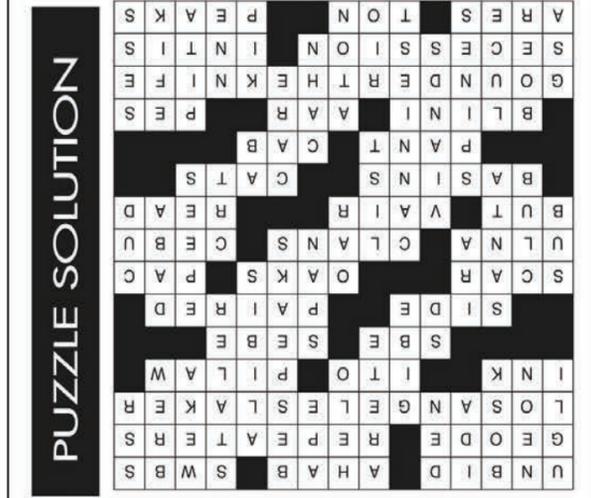


CLUES ACROSS

- 1. Not invited
6. Whale ship captain
10. One point south of southwest
14. Small cavity in a rock
15. Recidivists
17. City of Angels hoopster
19. A way to mark with one's signature
20. OJ trial judge
21. Rice cooked in broth
22. One point east of due south
23. One point east of southeast
24. Complements an entree
26. Grouped by twos
29. Disfigure
31. Woods
32. Political action committee
34. Longer of 2 bones in the forearm
35. Kin groups
37. Philippine Island
38. Contrary to
39. Bluish-gray fur
40. Comprehend the written word
41. Natural depressions
43. Felines
45. Breathe noisily
46. Taxi
47. Pancake made from buckwheat flour
49. Swiss river
50. Foot (Latin)
53. Have surgery
57. Formal withdrawal
58. Monetary units of Peru
59. Greek war god
60. 2,000 lbs.

CLUES DOWN

- 1. Green and yellow citrus fruit
2. A bright color
3. Thicket
4. Journalist Tarbell
5. A place to work or relax
6. Sharp mountain ridge
7. Helicopter
8. Mimic
9. Suggests
10. More musty
11. Large, flightless rail
12. Make beer
13. Soviet Socialist Republic
16. People who account for you
18. Taunt
22. South Dakota
23. Cover the entirety of
24. Kids' favorite visitor
25. A way to save for retirement
27. Fencing swords
28. C. China mountain range
29. Type of sandwich
30. Team
31. Paddle
33. Partly digested food
35. Most cagey
36. Shoppers make one
37. Cathode-ray tube
39. Food supplies
42. Backbones
43. Concern
44. Blood group
46. Broadway songwriter Sammy
47. Dutch colonist
48. Full-grown pike fish
49. Deity of a monotheistic cult
50. Type of bread
51. S. Nigerian people
52. Scottish tax
53. Young women's association
54. Brazilian city
55. Hide of a young animal
56. Midway between north and northeast



PUZZLE SOLUTION

Advertisement for Peake Brook Veterinary Center, featuring a logo with a dog and cat, and contact information for Gwenn Gaumont, DVD MS.

Advertisement for Professional Medical Services, Inc., featuring a photo of a caregiver and an elderly woman, and text about homecare services.

Advertisement for Stonebridge Press, including contact information for advertising, legal notices, and subscription services.

Advertisement for Villager Almanac, listing library hours for Southbridge Town Hall, Jacob Edwards Public Library, and various post offices and schools.

Advertisement for Church Listings, listing services for Charlton Federated Church, Charlton Baptist Church, and other local congregations.

The Charlton Villager (USPS#024-954) . The Sturbridge Villager (USPS#024-955) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. The Southbridge News (USPS 504-380) is published Thursdays, by Stonebridge Press Inc., PO Box 90, Southbridge, MA 01550. Periodicals postage paid at Southbridge, Mass. Postmaster: Send address changes to The News at address listed above. Friday delivery (in county) only for \$18.00 per year. Friday delivery (out of county) only for \$56.00 per year. Web only subscription \$15.00 per year. All mail subscriptions are payable in advance to The News. POSTMASTER: Send address changes to Stonebridge Press P.O. Box 90, Southbridge, MA 01550.

Old Sturbridge Academy Charter Public School opens application lottery for 2023-2024 School Year

STURBRIDGE — Old Sturbridge Academy Charter Public School (OSACPS) is now accepting applications for the 2023-2024 school year. Applications for eligible students in kindergarten through eighth grade are available via an online form or mail-in application, and must be submitted no later than Feb. 10. Students will be selected at random based on available seats, in a lottery held on Feb. 16.

To apply for admission to Old Sturbridge Academy, students must be residents of Massachusetts. Preference will be given to those who live in the communities that make up the proposed district — Brimfield, Brookfield, East Brookfield, North Brookfield, Holland, Monson, Palmer, Southbridge, Spencer, Sturbridge, Wales, and Webster — with eligible attendees selected for admission during a randomized lottery drawing. Students must be in kindergarten through eighth grade and age 5 by Aug. 31, 2024 (for kindergarten) or age six by Aug. 31, 2024 (for first grade). Tuition is free to all attendees.

Old Sturbridge Academy welcomes applications from students with disabilities and/or those who speak a language other than English. There are open seats in grades 6-8 for those interested in a new Middle School experience. All students who wish to

attend the school have an equal chance of getting in regardless of, and without consideration of, a need for special education services. English Language Learner support and services are made available to all students who need them.

Located on the site of Old Sturbridge Village, Old Sturbridge Academy Charter Public School opened in September 2017 for grades K-3. In 2022 the school expanded to serving 360 students in kindergarten through 8th grade. The school is distinguished by four key elements of EL Education: a commitment to community, a commitment to high-quality work, a commitment to real-world applications, and a commitment to imagination, exploration, and immersion.

To learn more about the mission of Old Sturbridge Academy or to apply for entry, visit: <https://www.osacps.org/application-for-lottery.html>.

About Old Sturbridge Academy Old Sturbridge Academy Charter Public School provides k-8 students with rigorous, real world learning experiences in a supportive and nurturing school community, helping all students to become reflective inquirers, articulate communicators, critical thinkers, and skilled problem solvers. Old Sturbridge Academy

Charter Public School, an EL Education school working in partnership with Old Sturbridge Village, fosters a learning environment that represents all aspects of the diversity spectrum. The school is distinguished by four key elements of EL Education: a commitment to community, a commitment to high-quality work, a commitment to real-world applications, and a commitment to imagination, exploration, and immersion. Learn more at: <https://www.osacps.org/>.

About Old Sturbridge Village

Old Sturbridge Village, first opened to the public in 1946, is one of the country's oldest and largest living history museums, celebrating life in early New England from 1790-1840. It is the largest living history museum in the Northeast, celebrating its 75th anniversary in 2021. Each year, more than 250,000 visitors interact with costumed historians, experience up-close demonstrations of early American trades, and meet heritage breed farm animals. Situated

on 200 scenic acres, the Village is a collection of more than 40 historic buildings - including homes, meetinghouses, trade shops, working farms, restaurants, shops and three water-powered mills.

Located just off the Massachusetts Turnpike and Routes I-84 and 20 in Sturbridge, Mass., Old Sturbridge Village is open year-round, but days and hours vary seasonally. Daily admission is: \$28 for adults, \$26 for seniors, \$14 for College Students, \$14 for children

ages 4-17, with children 3 and under admitted free. Admission includes free parking. Village Members and Season Pass holders receive free standard daytime admission. For details, visit <https://www.osv.org/plan-your-visit/>.

Old Sturbridge Village is also the managing partner of Coggeshall Farm Museum in Bristol, R.I. Members at OSV receive reciprocal membership at Coggeshall Farm Museum.

Local author's murder mystery series continues with "Wicked Nemesis of the Hunted"

STURBRIDGE — The suspenseful continuation of Tracey Ryan's Wicked Game of the Hunter mystery series launched last month with "Wicked Nemesis of the Hunted." The book's cover and interior design were once again created by Luminare Press. The full series is available worldwide through Amazon.

In "Wicked Nemesis of the Hunted," Ryan once again combines riveting storytelling with a rich depth to the characters, allowing readers to feel like they are part of the gripping plot. Taking place in Boston and Hardwick, the author continues the attention-grabbing story of Ryan Donovan, Emma Sharpeton and Hunter Logan. Picking up where the series left off, the hunter has now become the hunted. The clock is ticking as Ryan Donovan tries to solve the remaining pieces of this deadly puzzle. The more he uncovers, the more questions arise, until he comes face-to-face with his own past demons.

When asked what she thought were the most important elements of good writing, Ryan responded, "You need to make the characters and places feel real. If you don't believe in your content, neither will your readers. Add pieces of yourself into the writing to help create depth — whether its people you know or familiar places. Like having part of the series take place in Hardwick, the town I grew up in, was very important to me. All of these have a great impact on how readers view the story."

The buzz surrounding the series has ignited local interest from readers and many five-star reviews. "Authors writing has 'the gotta' — I gotta see what happens next! It's real and authentic!" "I couldn't put this book down! I was hooked from the first book in the series, Wicked Game of the Hunter." "Amazing writing...a must buy!"

Tracey (Hahns) Ryan resides in central Massachusetts with her husband. She holds an undergraduate degree from Westfield State University and an MBA from Anna Maria College. Tracey has been a financial services marketing professional for over twenty years and devoted reader of mysteries almost her entire adult life.



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LEGALS

LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Jose J. Peralta to Mortgage Electronic Registration Systems, Inc., as mortgagee, as a nominee for Land Home Financial Services, Inc., dated April 10, 2020 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 62189, Page 219 (the "Mortgage") of which mortgage Land Home Financial Services, Inc. is the present holder by Assignment from Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Land Home Financial Services, Inc., its successors and assigns to Land Home Financial Services, Inc. dated August 26, 2022 and recorded at said Registry of Deeds in Book 68166, Page 130, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 277 South Street, Southbridge, MA 01550 will be sold at a Public Auction at 12:00 PM on February 3, 2023, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

The land, with the buildings thereon, situated in Southbridge, Worcester County, Massachusetts, located at the southeasterly corner of South Street and Newell Avenue, shown as Lot A on a Plan entitled "Plan of Land in Southbridge, Massachusetts, owned by Paul Triba, April 20, 1987, Para Land Surveying, Incorporated, Southbridge, Massachusetts, Scale 1" = 20' "; said Plan being recorded with Worcester District Registry of Deeds, at Plan Book 575, Plan 70; and said Lot being more particularly bounded and described as follows: BEGINNING at the Northwest corner of land herein described, at the intersection of South Street and Newell Avenue and running THENCE S. 73 deg 52 min. 00 sec. E along the Southerly side of South Street a distance of 114.95 feet; THENCE S. 01 deg. 57 min. 57 sec. W. along land now or formerly of Francis E. and Gertrude E. Holden, a distance of 89.55 feet; THENCE S. 86 deg. 15 min. 33 sec. W. along Lot B on said Plan, a distance of 88.32 feet; THENCE N. 69 deg. 40 min. 06 sec. W. along said Lot B, a distance of 32.85 feet to a point on the Easterly side of said Newell Avenue; THENCE N. 05 deg. 42 min. 44 sec. E. along said Newell Avenue, a distance of 116.36 feet to the point of beginning. CONTAINING an area of 12,500 square feet. BEING THE SAME PREMISES CONVEYED TO THE MORTGAGOR BY DEED OF MARIA ISABEL BERNARD RECORDED WITH THE WORCESTER DISTRICT REGISTRY OF DEEDS HERewith.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 62189, Page 216.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.

Terms of the Sale: Cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable by certified check in thirty (30) days from the date of the sale at the offices of mortgagee's attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the sale.

Land Home Financial Services, Inc.
Korde & Associates, P.C.
900 Chelmsford Street
Suite 3102
Lowell, MA 01851
(978) 256-1500
Peralta, Jose J., 22-040632
January 12, 2023
January 19, 2023
January 26, 2023

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain Mortgage given by Dennis Drake, Jr. to Mortgage

Electronic Registration Systems, Inc., as nominee for First Franklin a division of National City Bank, its successors and assigns, dated November 6, 2006 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 40226, Page 364, subsequently assigned to LASALLE BANK NATIONAL ASSOCIATION AS TRUSTEE FOR FIRST FRANKLIN MORTGAGE LOAN TRUST 2007-FF1, MORTGAGE LOAN ASSET-BACKED CERTIFICATES, SERIES 2007-FF1 by MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 42532, Page 353, subsequently assigned to U.S. Bank National Association, as trustee, in trust for registered holders of First Franklin Mortgage Loan Trust, Mortgage Loan Asset-Backed Certificates, Series 2007-FF1 by LASALLE BANK NATIONAL ASSOCIATION AS TRUSTEE FOR FIRST FRANKLIN MORTGAGE LOAN TRUST 2007-FF1, MORTGAGE LOAN ASSET-BACKED CERTIFICATES, SERIES 2007-FF1 by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 62354, Page 66 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on January 26, 2023 at 5 Apollo Drive, Southbridge, MA, all and singular the premises described in said Mortgage, to wit:

The land in Southbridge, Worcester County, Massachusetts and the buildings thereon known as lot 7A, Apollo Drive, Southbridge, Worcester County, Massachusetts, containing 14,064 square feet, more or less, and shown as Lot 7A on a plan of land entitled "Plan of Land, 'Autumn Ridge, Southbridge, Mass.' Prepared by Metrowest Engineering, Inc. dated June 10, 1991" recorded in Worcester District Registry of Deeds in Book 650, Plan 28. BEING the same premises conveyed to Grantor by deed dated September 15, 1986 and recorded in book 10066, Page 230 at said registry. For title, see deed recorded herewith in book 40226, page 363

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms, if any, to be announced at the sale.

U.S. Bank National Association, as trustee, in trust for registered holders of First Franklin Mortgage Loan Trust, Mortgage Loan Asset-Backed Certificates, Series 2007-FF1 Present Holder of said Mortgage, By Its Attorneys,
ORLANDS PC
PO Box 540540
19-008599/231/NOTOP_DR
Waltham, MA 02454
Phone: (781) 790-7800
19-008599
January 5, 2023
January 12, 2023
January 19, 2023

In accordance with the provisions of Chapter 40A, Section 11, M.G.L. the Brimfield Planning Board will hold a public hearing, on February 01, 2023, at Hitchcock Academy (2 Brookfield Road) at 7:00 p.m.
Public Hearing for Elmore Realty Services, LLC, for a Site Plan Review to construct Self Storage Buildings and an Office at 289 Palmer Road (Parcel ID: Map 10, Block C, Lot 1).
Anyone interested in more information

or wishing to be heard on the application can contact the Brimfield Planning Board or appear at the time and place designated above.

A copy of the application may be inspected at Planning Board Office, Salisbury Annex Building, 2nd Floor, 23 Main Street, Brimfield, MA 01010 or contact the office at 413-245-4100 ext. 1101.

January 19, 2023

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate
and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200**

**Docket No. WO22C0623CA
CITATION ON PETITION TO
CHANGE NAME**

**In the matter of:
Matthew Adam Scott
Lacasse Bigelow**

A Petition to Change Name of Adult has been filed by **Matthew Adam Scott Lacasse Bigelow of Southbridge MA** requesting that the court enter a Decree changing their name to:

**Matthew Adam Lacasse Adams
IMPORTANT NOTICE**

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 02/07/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

**WITNESS, Hon. Leilah A. Keamy,
First Justice of this Court.**

Date: December 30, 2022

Stephanie K. Fattman
Register of Probate
January 19, 2023

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate
and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200**

**Docket No. WO23C0008CA
CITATION ON PETITION TO
CHANGE NAME**

**In the matter of:
Laura Alderson Rotondo**

A Petition to Change Name of Adult has been filed by **Laura Alderson Rotondo of Charlton MA**

requesting that the court enter a Decree changing their name to:

Laure Lee Alderson

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 02/07/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

**WITNESS, Hon. Leilah A. Keamy,
First Justice of this Court.**

Date: December 28, 2022

Stephanie K. Fattman
Register of Probate
January 19, 2023

ORDER OF NOTICE BY PUBLICATION

DOCKET NUMBER 2385cv0005A
**Trial Court of Massachusetts
The Superior Court**

Dennis P. McManus Clerk of Courts
Worcester County
Worcester Superior Court
225 Main Street
Worcester, MA 01608

Southbridge Credit Union
vs.

The Heirs, Devisees and Personal/Legal Representatives of Irene M. Kangas, Gail Frank, Beverly Comtois, David Kangas and Victor Kangas TO: The Heirs, Devisees and Personal/Legal Representatives of Irene M. Kangas, Gail Frank, Beverly Comtois, David Kangas and Victor Kangas, all in said Commonwealth;

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. §501 et seq.:

Southbridge Credit Union claiming to have an interest in a Mortgage covering real property in Ma, known and numbered as 209 Marcy Street, Southbridge, Ma given by Irene M. Kangas to Southbridge Credit Union dated 08/08/2013 and recorded in Worcester County District Registry of Deeds, in Book 51355, Page 1 has/have filed with this court a Complaint for determination of Defendant's/Defendants' Servicemember status.

If you now are, or recently have been, in active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney

must file a written appearance and answer in this court at Worcester Superior Court on or before 02/15/2023 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Judith Fabricant, Esquire, Chief Justice of the Superior Court, at Worcester, Massachusetts, this 4th day of January, 2023.

Dennis P. McManus
Clerk of Courts
January 19, 2023

January 19, 2023

CHARLTON CONSERVATION COMMISSION PUBLIC HEARING NOTICE

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, the Charlton Conservation Commission will hold a public hearing on January 25, 2023, on the application of Northeast Energy Center (LNG)

The applicant has submitted a Request for Determination of Applicability for the Dewatering of 1 million gallon holding tank into Cady Brook The project site is located at 304 Southbridge Road Pursuant to Chapter 20 of the Acts of 2021, this meeting of the Charlton Conservation Commission will be conducted via remote means. Members of the public who wish to participate can access the meeting remotely, via Zoom Conferencing by calling 1-646 558 8656 and using meeting ID # 892 9898 0343 Passcode 458971 or using the link below <https://us02web.zoom.us/j/89298980343?pwd=VjlmZGlnU-GRnYzRkR1c2eTJTL3lWZz09>

Copies of the RDA may be examined electronically by visiting this Website: <https://www.townofcharlton.net/262/Conservation-Commission>

Thomas O'Malley
Chair, Charlton Conservation Commission
January 19, 2023

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family
Court**

**225 Main Street
Worcester, MA 01608
(508) 831-2200**

**Docket No. WO23P0089EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION**

Estate of:

**Maria P Dirlam
Date of Death: 10/19/2022**

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **John B Dirlam of Southbridge MA**

requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that:

John B Dirlam of Southbridge MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/06/2023.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

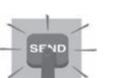
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: January 11, 2023

Stephanie K. Fattman,
Register of Probate
January 19, 2023

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New fire station faces budget scrutiny

SOUTHBRIDGE — The new year began with a new look at the town's fire station project recently, as the project planners unveiled a redesign to take into account fiscal realities of 2023.

According to Fire Station Building Committee Chair Jack Jovan, the project faces "potentially a \$300,000 deficit after we've expended all of our contingency" as things now stand. But he's not too concerned, yet.

"There are overruns in other projects all the time," he said. "... That's how projects go. But we're working to make sure this project comes in on time and in the budget we proposed."

Specifically, Jovan's referring to the fact the Town Council voted last year to bond a maximum of \$25.7 million, which included property purchase, construction, contingency and other things. Originally, the projected construction cost alone was \$19.7 million in 2020, before the town's ballot vote and before significant inflation in many economic areas. One aspect of the latter was higher than expected acquisition costs for the Knight Chevrolet and neighboring parcels off Worcester Street. It was also before the town received a \$913,000 grant that will cover furnishings, computers and other things in the building.

Even with that grant, Jovan admitted, the total cost currently sits at a bit more than \$26.6 million, but he said there are indications that construction and material costs have started falling again.

Despite that, Mike Marketti was the most vocal about cost concerns, noting,



The most recent version of the architect's design for the new Southbridge Fire Station being planned for the old Knight Chevrolet property on Worcester Street.

"I haven't seen too many projects in this town come in under budget."

To him, the project needs to be done for "\$25.7 million and not one penny more than that."

Mike Montigny was similarly concerned, but said he was "very impressed" by the project manager's knowledge, which "made me feel a lot more comfortable about this." He said he still hopes a large chunk can be funded by the state or federal government.

"We're being realistic about what we're seeing on the ground at this time," Jovan said, noting the committee

and Owners' Project Manager are "constantly working that budget to make sure its on target."

There are still several months before the project goes out to bid (slated for this autumn), and he said the committee intends to seek two third-party cost estimates before then, with the first next month. It's now in schematic design phase, and they're planning a public design presentation in May.

"Things are starting to happen more quickly," Deputy Chief Joe Hulyk said, noting the proposed layout has "changed several times over the last couple years." One of the main changes

has been a size reduction – from 36,000 sq ft to 28,000 – but "we think it can accomplish what we need it to," he said.

A proposed accessory building has been moved to the Martin Street side of the property and is now an "alternate," to be built only if costs come in low enough. Also, the plans will include space for later build-out that can include restrooms and other functions for public use by people using the nearby Henry Street fields.

Jovan noted the committee recently met with representatives from Sen. Warren's office, who toured the site and the present station. They discussed the "obstacles" to getting project funding, and learned there's presently no federal infrastructure money available for fire station construction. But there might be funds for smaller parts of the project.

That concept later prompted Scott Lazo to note he's been "disappointed" in the lack of response to the town's aid requests, particularly from Representative Neal's office. He thanked Jovan for his presentation, saying the "most important thing at this point is the information highway to the Council and taxpayers of Southbridge. Everybody knows people like to talk about what's going on, and it's not always really going on that way."

More information on the project, including current plans, is available at <https://www.southbridgenewfirestationproject.org>.



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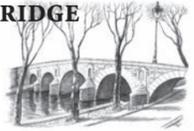
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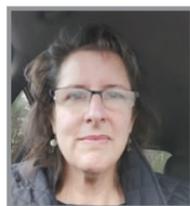
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OPINION

Sabbath: The radically important act of rest



BEYOND THE PEWS

REV. DAWN M. ADAMS
FIRST CONGREGATIONAL CHURCH OF BRIMFIELD

Sabbath, a day set aside to abstain from work and honor one's faith, although religious in origin, is a concept which is good for both religious and non-religious people alike. Our bodies, our souls, and our minds need downtime in order to function properly.

Unfortunately, in today's day and age, we tend to view downtime as time wasted and money lost. We value time based on what we can get done in that time, rather than recognizing it as the limited gift it is. Sadly, the response, "Busy" to the question, "How are you?" is almost considered a badge of honor. However, it seems that this idea of constant productivity is not in actually to anyone's advantage. To work optimally, we need rest; not just the seven plus hours per night recommended by the CDC, but a time set to simply relax and rejuvenate.

It is in these downtimes that not only are we physically and mentally renewed, but we also have an opportunity to synthesis what we have learned, to reflect on our experiences, and to allow ourselves the creativity to imagine the future.

Physician and researcher Sandra Dalton-Smith, MD in her TED Talk, "The Reason we are Tired and What to do About It" expands the idea of rest to include seven specific types of rest that we all need. She names these categories of rest as: physical, mental, sensory, creative, emotional, social, and spiritual. She suggests that not only do we need sleep, but we also need space for rejuvenation in each of these areas. In fact, she posits that when we have slept but wake up still feeling tired that our exhaustion represents a deeper depletion in one of these key areas. Dalton-Smith believes that rest is more holistic than simply getting some shut-eye. From her perspective, rest means restoring our full well-being. With this expanded definition in mind, it seems we could benefit from reviving the ritual of Sabbath (also known as Shabbat).

Author and theologian, Rabbi Abraham Joshua Heschel referred to Sabbath as a cathedral in time: a place and a moment that we take to remember that we do not, and cannot, control all things. He says in his book, *The Sabbath*, "There is a realm of time where the goal is not to have but to be, not to own but to give, not to control but to share, not to subdue but to be in accord."

Sabbath, although most often recognized as a time to honor God, is also a time to honor life itself. By taking time away from constantly producing, we can begin to remember who we are and what our passions are. This downtime reminds us that we are worthy just because we are.

In the Jewish and Christian tradi-

tions, Sabbath finds its roots in the creation story found in the Biblical book of Genesis. As the story goes, God worked six days creating everything there is and on the seventh day God rested; therefore, we too should rest and honor all of God's work.

In Judaism, Sabbath is observed from sunset Friday to sunset Saturday. During that time, no work can be done. The definition of work was very specifically defined based off 39 tasks that were done to create and maintain the tabernacle during the Hebrews escape from Egypt, otherwise known as the Exodus.

While this definition may no longer directly apply to our lives today and while we perhaps do not need to be quite so strict in our observance, this orthodox concept of work can be quite useful as we forge our own rules of Sabbath. To begin, we can ask ourselves, "What is 'work'?" and "What does it mean to abstain from it?"

Likewise, while we do not need to have our Sabbath governed by the appearance of stars in the sky or contain it to a Saturday (or the Christianized Sunday), we can benefit from making sure that our time of rest is regularly scheduled. It need not be a full 24 hours, but it should be a substantial period of time and should occur in a predictable pattern. The consistency helps us to remember that we are part of the natural world and that rest is not a luxury, it is a necessity.

Sabbath may be one of the most important things that we can add to our schedules. Without rest, we diminish ourselves, our connection with each other, and our connection with the sacred. Without rest, our productivity declines, our imagination wanes, and our relationships begin to suffer. Without rest, we forget why we work in the first place.

By unplugging and disconnecting, we may, in fact, become more connected than ever before. By planning to integrate downtime in our rhythm of life, we may not only find ourselves renewed, but also find that our renewal trickles into our relationships and thereby into the community around us. Sabbath is a radically countercultural act of love which we can all, individually and communally, benefit from.

Rev. Dawn M. Adams is the minister of the First Congregational Church of Brimfield, UCC. To find out more about her or the church, visit BrimfieldUCC.org. One of the things that she loves to do on her Sabbath is hike.

Watch out for tax season scams



FINANCIAL FOCUS

TREVOR NIELSEN

It's that time of year when we do our taxes — but it's also the same time that tax scammers go to work. What scams should you watch for — and how can you avoid being victimized?

Sadly, the list of scams is pretty long, including demands for payment or requests for "additional information" pertaining to your tax refund, in which the sender asks for your Social Security number and other personal information. These scam emails can look quite official, often incorporating the IRS logo. You might also receive scam text messages containing bogus links claiming to be the IRS website or an online "tool" that can help process your refund faster.

But keep these points in mind:

The IRS generally won't contact you by phone and won't contact you by email, text messages or social media channels to ask for personal or financial information. The IRS begins most correspondence to taxpayers through regular mail delivered by the U.S. Postal Service.

The IRS won't call to demand you make an immediate payment through a prepaid debit card or wire transfer. If you owe taxes, the IRS generally will mail you a bill. And the IRS won't threaten to bring in the police or another law enforcement group to arrest you for not paying your taxes.

In general, be extremely skeptical about any type of communication purporting to be from the IRS that sounds bullying or over-inquisitive — and certainly don't give out any personal or financial information. But these fake messages aren't the only tax-season scams out there. You might even receive a direct deposit from what appears to be the U.S. Treasury Department — but if you weren't expecting it, something's likely not right. This payment could be a sign that a fraudulent tax return was filed in your name, and it might be followed by a communication from a supposed IRS agent requesting this overpayment be sent to them. If this happens to you, you'll want to contact the IRS right away, and you could also ask your bank to return the deposit to the government.

Other scams don't claim to originate directly from the IRS, as scammers pretend to be from real or imaginary tax organizations. For example, you could get a message from the Taxpayer Advocate Service, an independent organization within the IRS, but this agency won't contact you without a legitimate reason. Or you could receive a message from the nonexistent "Bureau of Tax Enforcement." Your best bet is to delete these messages immediately or send them to your spam folder.

Not all tax season scams originate from fraudulent IRS representatives or fake agencies. You also need to be careful about whom you hire to prepare your taxes. If possible, get a recommendation from a trusted friend or family member. And keep in mind that a legitimate tax preparer must have a valid Preparer Tax Identification Number and must sign your tax return. If someone doesn't have this number or is reluctant to sign your return, it may well be a sign that this individual is a "ghost preparer" who only wants to pocket your fee.

Tax scammers are, unfortunately, here to stay — but remaining vigilant can help you keep them from causing problems for you in this tax season and all the ones in the future.

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

Some tips for surviving flu season

Flu season has peaked in New Hampshire, and COVID cases are back on the rise. Hospitals in Boston have reported putting several patients on ventilators due to COVID complications. A highly contagious variant, XBB has surfaced, and experts have reminded people to remain vigilant and take precautions such as wearing a mask on a plane or in any other space that puts one in close quarters with others.

The Flu has run rampant this year, and with many still unsure about getting vaccinated against influenza, we have some reminders and tips that will boost your immune system. Noted is the fact that even a flu shot cannot completely keep you safe from falling ill. Depending on what you want to find, you can read arguments on both sides of the flu vaccine debate. One thing we can all agree on, with or without the shot, is that there are things we can do to boost our immune system. Below is a friendly reminder of those simple steps. The first and most obvious step is to wash your hands as this is the most effective way to prevent the flu. The next step is to be mindful of maintaining gut health. Experts say 70 to 80 percent of our immune system lives there. Eating whole foods that are nutrient-dense is key. Abstaining from a diet with processed foods can boost your immunity — after all, food is medicine. Sticking with foods that you can't open, besides, of course, the famous banana is a good rule of thumb. Foods loaded with sugar weaken the immune system; this includes refined flours found in breads, pastries, crackers, pasta, and cereal. Loading up on vitamins A and D will help support your immune system. The highest levels of vitamin A are found in the liver of many animals such as duck, goose, beef, and lamb. If you refuse to eat liver, such as this Editor, an alternative would be sweet potatoes, cantaloupe, squash, carrots, spinach, and apricots.

Drinking bone broth can restore much needed minerals back into our bodies. Modern farming practices as well as the influx of processed foods has made the absorption of minerals more of a challenge. Bone broth contains magnesium, zinc, calcium, phosphorus, and Sulphur. Taking probiotics promote healthy gut flora which can help the body fight against viruses. Taking vitamin C is something we've heard our care givers repeat constantly throughout our youth. Some doctors suggest taking 1,000 milligrams a day on an empty stomach. If you already have a cold or a flu taking 1,000 milligrams two to four times a day could help according to doctors.

Lastly, find a way to get a good night's sleep, keep your stress at bay and exercise. Lack of sleep can increase inflammation levels in your body giving you a high white blood cell count. Sleep produces the hormones prolactin and melatonin, if you don't have enough of these, you will be more susceptible to infections. Avoid stress because it can cause a biochemical change in your gut as well which can compromise your immune system. A good workout will also boost your immune system. The flu is primarily spread through droplets made when those infected sneeze, talk or cough. The virus can be transmitted from up to six feet away.

Letter submission policy

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

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

Heroes come in all shapes and sizes

We've seen so many superhero movies that we've been conditioned to think that a hero must have superhuman abilities. Like Superman, "faster than a speeding bullet, more powerful than a locomotive!" They must be able to fly, shoot lasers through their eyes, and perform feats of incredible strength and agility.

The truth is that heroes come in all shapes and sizes. Sometimes even a little girl can stand up to great tyranny and win.

It reminds me of the old phrase, "It's not the size of the person, but the size of their heart that counts."

Have you ever heard of Malala Yousafzai? Malala Yousafzai was born in Pakistan on July 12, 1997. She was raised in a conservative family and received her early education at home. Her father was a teacher and an education activist. He instilled in her a love

for learning and a desire to improve the education system in Pakistan.

In 2009, when Malala was only 12 years old. The Taliban began taking control of the Swat Valley, where Malala lived. The Taliban's brutal reign of terror was a nightmare for the local population.

As the Islamist extremist group tightened its grip on the region, they imposed a harsh version of the Islamic law that stripped away the people's fundamental rights and freedoms.

Girls were banned from school, and those who dared to defy the ban were tortured and killed. The Taliban destroyed dozens of girls' schools, leaving thousands of young girls without access to education. Women were forced to wear burqas in public and were beaten and killed if they dared to defy this oppressive rule.

The Taliban thugs carried out random bomb-

ings and targeted assassinations, causing absolute fear and panic.

Public executions and amputations were punishments for crimes. Anyone accused of spying or collaborating with the Pakistani government was publicly beheaded.

In this situation, I'm sure many of the local population sought help from the government or lobbied the United Nations for Peacekeepers. No doubt, many prayed for a miracle, never realizing their miracle was a twelve-year-old girl.

Malala's father, who ran a school for girls, refused to comply with the ban, and Malala began speaking out against the Taliban's actions.

In September 2008, Malala wrote a blog for the BBC under a pen name, describing life under the Taliban. The blog was a huge success. Soon after, she began speaking to the media

Fig fishing



Courtesy

This week's picture shows a group of Whitinsville ice fishing anglers fishing at Meadow pond a few years ago. They are hoping for some ice soon so they can test their skills at catching a big fish.

Ice fishing remains on hold, at least for this neck of the woods. I decided to wait a week to discuss the joy and techniques of Jig fishing, which is also called Spudding! Back in the day, many Swedish families were living in the Worcester area, and worked in the Steel Mill on Millbury Street. They were hard workers, but also loved fishing, and were very good at it. Ice fishing was one of their favorite forms of fishing, and they made their fishing gear from

scratch. One particular Swedish gentleman lived on Millbury Street, almost across from the steel mill, and was well known by many ice fishing anglers. I often stopped by to buy some of the tackle he made in his garage. They also had made bags to carry the fish in, which also had a spot to carry a little liquid refreshment!

One of my first visits to his garage had me amazed at what he was making in his little workshop. He was mak-

ing his own jigs that were in the form of a teardrop, with brass on one side and chrome on the other. They were heavy enough to go through a thin layer of slush, often left in the hole after chopping a hole with his hand made ice chisel. They had a single hook attached to the jig which was often baited with a perch eye from one of his first freshly caught perch, using a piece of worm.

Jig fishing requires cutting a lot of holes in the ice, and although the holes were a bit rough, and only a three of inches around, yellow perch could easily be brought through them to the surface of the ice. If a large fish was encountered, the angler would come over to the hole and chisel it larger, as the angler held the fish just under the ice until the hole was made larger. It happened often, as many large bass and sometimes a large perch, was too small to bring the fish through. An angler would often cut more than 100 holes a day, with their ice chisels that were made at their workplace. The ice chisels were of high quality, and were a prize possession of each angler. This writer often fished with the late Stan Melnicki of Douglas, and before he passed, he gave me his homemade ice chisel, that has cut many holes in the ice over he years, until the power ice augers came into my possession. The chisel has saved my life on numerous occasions, as I still use it to test the ice as I travel across new frozen ponds and lakes. I guess Stan is still watching over me!

The latest ice augers are making ice



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fishing a lot easier for today's anglers. Cutting 10 inch holes through eight or ten inches of ice can be done in seconds, allowing for more time fishing. Using jig sticks, an angler can catch a lot of fish in a day, but most jig fishing anglers return many of them to fight again. My

brother Ken and I often targeted yellow perch, and they were often cooked the same day, by simply frying them in a cast iron skillet with a bit of cooking oil and rolling them in a mixture of yellow corn meal and flour. The sweet taste of the yellow perch was an annual meal, and as my wife cooked them I would run down to the Food Works restaurant in North Uxbridge, for an order of shrimp fried rice, and hot mustard, I am hoping for sum ice soon to have at least one meal before the warmer weather arrives. We could often catch eight or ten perch from one hole before chopping another hole just a few feet from the hole we were fishing. Perch swim in schools, and are often moving, so it is necessary to locate them when the hole stops producing. We often set in a couple of ice fishing tilts, just in case a big fish is in the area, but the coat of a dozen large shiners from a bait shop now sells for \$12. You can catch big fish on a jig stick also, and it is a lot more fun. Today jig sticks are widely accessible for little money, so do not leave home without one and be sure to bring the family. Hopefully, you will get a chance to try jig fishing, before spring arrives!

Take a Kid Fishing & Keep Them Rods Bending.

Readers Share Hacks and Hints

The holiday are over, and winter remains in full swing, but thanks to readers' suggestions, the season can be a little more hassle free! From easing pain to cleaning up, everyday tasks



TAKE
THE
HINT

KAREN
TRAINOR

with one hand, and then use my other hand to turn the box until the seal breaks.

Donna
Lewandowski
Charlton,
MA

**

This repurposing tip relieves pain and your budget!

Do you have bad knees? Use an old sock with the toe end cut off to make a sleeve to ease the pain of the knee. It works like the copper fit knee sleeves you buy for the same purpose.

Paul Davignon
Uxbridge, MA

**

Baking is a year round labor of love, and this reader found a simple way to make sure your tinted cookies are always eye appealing:

This time of year many of us are baking cookies. When making cookies that require coloring the dough, I add the food coloring to the mixture before adding the flour. The coloring blends more easily and completely.

Joan Mazeika
Oxford, MA

** We all know if dryer lint traps aren't cleaned often, they can be a fire hazard. Thanks to this reader's hint, makes grabbing even that last bit of lint quicker and easier:

My tip is to use a toothbrush to clean lint from the dryer's lint trap. It works really well!

Terry Maiorana
Ashford, CT

**

Prize Winner Congratulations to Joan Mazeika of Oxford, MA, whose name was drawn as winner for Dinner for Two at the Publick House in Sturbridge. She offered the great kitchen tip above.

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 tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

are a bit easier with the following ideas! Read on for the latest readers' roster of tips and tricks.

And remember, send in your favorite tips and you could win a three-course dinner for two at Publick House in Sturbridge!

**

This clever reader turns the tables on a common hassle:

To unscrew small caps from wide containers such as chicken stock broth boxes I found that it's easier to turn the box rather than the cap. I set the box on the counter; grab the cap

Pinecone wreaths are beautiful, until they're not! Here's a clever way to repurpose worn out wreaths that have served their time:

A somewhat dilapidated pinecone wreath makes a good base placed flat under a plant. Extra greenery or decorations may be placed among the cones.

Or, smear with peanut butter and bird seed and hang in a tree. Delighted birds will be YOUR treat!

Anne Wuelfing
Spencer, MA

**

New winning flower and vegetable varieties

It's never too early to start planning new additions to this year's gardens and containers. Start compiling your list now so you are ready to place your seed order or buy plants early when the selection is the greatest.



GARDEN
MOMENTS

MELINDA
MYERS

the first coleus grown from seed to be selected as an AAS Winner. This uniformly compact coleus has unique narrow, serrated, multicolored leaves. The AAS judges found this variety maintained the

color even when grown in full sun. It performed well all season and had almost no flowers. You will only need three seeds to fill a 14 to 16 inch container.

Bring a bit of the tropics to your garden, patio, or balcony with Royal Hawaiian® Waikiki colocasia. This beautiful elephant ear wowed the judg-

es with its sturdy burgundy stems and large glossy leaves featuring pink veins and creamy white centers. Waikiki reveals these striking colors earlier than other variegated colocasia. This compact variety holds up well in wind and rain.

The stunning orange flowers of Doubleshot snapdragons will have you looking for spaces in the garden and containers to include this winner. This 18 to 20 inch tall snapdragon features open-faced double flowers that start out in shades of orange and orange-red transitioning to a dusty shade as they age. Its strong stems produce lots of flower-filled branches all season long that don't break off in high winds.

Blue By You salvia is bursting with bright blue flowers from late spring into fall when spent flowers are removed. This perennial blooms up to two weeks earlier than similar varieties already on the market. It was tested over three seasons, including winters and proven to be hardy in zones 4b to 9a. It is a favorite of hummingbirds and butterflies, makes a great cut flower, is suitable for containers, and is heat tolerant. All this and it's less favored by deer and rabbits.

Make space in the vegetable garden for the high-yielding Kabocha Sweet Jade winter squash. The fruit weighs between one and two pounds, making it perfect for single servings of squash, as an edible soup bowl, or added to a variety of Asian-style dishes where a sweet, earthy nutritious squash is typically recommended. Roast, bake, or puree Sweet Jade's deep orange flesh that has a dry texture with a sweet flavor.

Grow San Joaquin jalapeno pepper when looking for big harvests in a short timeframe. This means you'll have lots of peppers available for canning, pickling, and serving roasted and stuffed to large groups of guests. Leave them on the plant longer, allowing them to turn a beautiful red while maintaining their



Courtesy — All-America Selections

The strong stems of Doubleshot snapdragons produce a plethora of stunning orange flowers all season.

flavor. These thick-walled peppers have just a hint of heat at 2,500-6,000 Scoville units.

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Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video and DVD series and the nationally syndicated *Melinda's Garden Moment TV & radio* program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her Web site is www.MelindaMyers.com.

POSITIVELY

continued from page A8

about her life and the importance of education for girls.

What kind of threat could a twelve-year-old girl be to the mighty Taliban? Enough of a threat that Taliban leadership unanimously decided to kill her, and they knew where she lived. Death threats were delivered to her house and slid underneath her door. Even newspapers began publishing threats against her.

One day in 2012, she had defiantly attended a school to take an exam; while riding a bus on the way home, a Taliban hitman boarded the bus and asked which of the chil-

dren was Malala; after identifying herself, he put a bullet in her head, and injuring two others.

Indeed, the attacker thought he was successful in his attempt. After being rushed to the hospital for a five-hour surgery to remove the bullet, miraculously, the doctors said she had a 70% chance of survival.

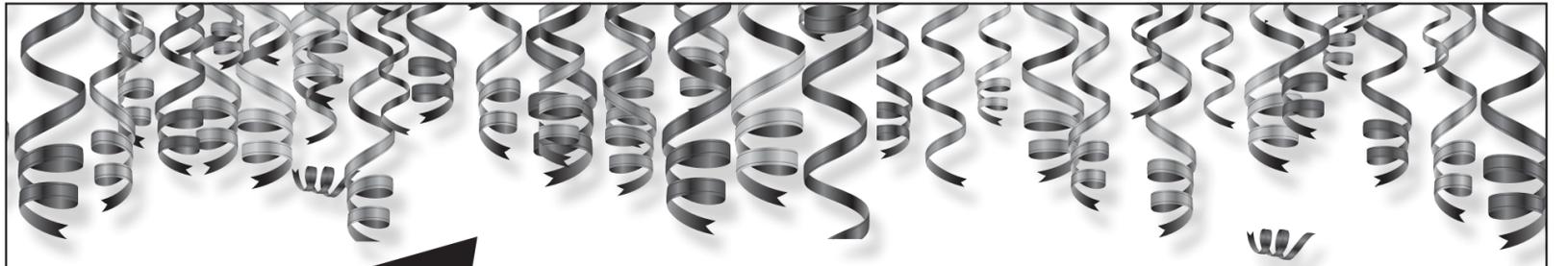
Malala survived and seemed to have a full recovery. In 2013, she spoke at the United Nations. She said, "The terrorists thought they would change my aims and stop my ambitions, but nothing changed in my life except this: weakness, fear, and hopelessness died. Strength, power, and courage were born ..."

Despite the odds, Malala Yousafzai stood up against the Taliban's brutal regime and fought for girls' education in Pakistan.

In 2014, she became the youngest ever to receive the Nobel Peace Prize.

Malala Yousafzai continues to fight and, no doubt, is just beginning her journey to greatness. Although the Taliban is alive and well, Malala has won. Her international fame and attention have captivated the world, and there is no turning back.

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Jones & Jones Realty hosts annual Scholarship Gala

HOLLAND — Jones & Jones Realty hosted their Fourth Annual Scholarship Gala at the Publick House in Sturbridge on Nov. 18.

Jennifer Jones, founder of Jones & Jones Realty, shared that “We couldn’t have done this alone! Our ability to provide \$1,000 scholarships, more than \$23,000 cumulatively, over the last four years, would not be possible without sponsorship support, donations from local businesses for our raffle items, private donations, and ticket sales.”

A huge thank you to our sponsors of this year’s Scholarship Gala: Palmer Chiropractic PC, Legacy Title & Escrow, New England Custom Solutions, Dubrey, Culliton, & Associates, LLC, Oakholm Brewing Company, Total Steam Cleaning, Smith Brothers/

Oxford Insurance, Five Star Automotive Specialists, Amidst Photography, Steve’s Collision Center, and Willow Brook Academy.

With close to 100 attendees, guests enjoyed an evening of dinner and dancing, raffles and cumulatively raised \$5,854, of which will be awarded to local seniors from area high schools come May. The applications are now available through the Guidance Offices at Southbridge High School, Shepherd Hill Regional High School, Bay Path Technical High School, Tantasqua High School, Palmer High School, and Abby Kelley Foster Charter School.

If you would like to learn more about becoming a sponsor or donor please call the Jones & Jones Realty office at 774-696-7002.

Cybercom chosen to upgrade town radios

BY JASON BLEAU
CORRESPONDENT

CHARLTON — The town of Charlton has chosen a potential partner to upgrade the P25 radio system utilized by emergency responders, bringing one of the town’s 2022 priorities nearly to a close.

Replacing the police and fire department radios was discussed at both the annual town meeting and during talks about the allocation of American Rescue Plan Act funding last year. The town went out to bid for the project in October and opened bids in December. According to Town Administrator Andrew Golas during the Board of Selectmen’s Jan. 9 meeting, three bids were received, and the town decided to partner with Cybercom, Inc out of Woburn.

“Cybercom provided an overall technically complete proposal, demonstrat-

ed experience in project management, and implementation of projects of this size and proposed equipment based on a single-source vendor compatible with our existing system,” said Golas.

The bid for the project called for the design and upgrade of a VHF P25 Conventional Radio System allowing for “seamless interoperability with local fire and police agencies.” The hope is that the system will provide better street coverage than the current system. Cybercom was the heavily agreed upon winner of the bidding process with town officials and representatives of both the fire and police departments agreeing on the decision according to Golas.

The town will now negotiate with Cybercom on a final price before entering into any contracts for the work. Golas said that the town would explore the other two bidders if an agreement falls through.

Omicron Delta Kappa celebrates new members

LEXINGTON, Va. — Omicron Delta Kappa, the National Leadership Honor Society, welcomed 1,085 new initiates from 45 universities during November 2022.

Students initiated into the Society must be sophomores, juniors, seniors, or graduate/professional students in the top 35% of their class, demonstrate leadership experience in at least one of the five pillars, and embrace the ODK

ideals. Fewer than five percent of students on a campus are invited to join each year.

Michaela Cluett of Charlton - Worcester Polytechnic Institute
Kayleigh Irish of Charlton - Worcester State University

Omicron Delta Kappa Society, the National Leadership Honor Society, was founded in Lexington, Virginia, on December 3, 1914. A group of 15 students and faculty members established the Society to recognize and encourage leadership at the collegiate level. The founders established the ODK Idea-the concept that individuals representing all phases of collegiate life should collaborate with faculty and others to support the campus and community. ODK’s mission is to honor and develop leaders; encourage collaboration among students, faculty, staff, and alumni; and promote ODK’s leadership values of collaboration, inclusivity, integrity, scholarship, and service on college and university campuses throughout North America. The Society’s national headquarters are located in Lexington, Virginia.

Trinity Catholic Academy honor roll

SOUTHBRIDGE — Trinity Catholic Academy has released its honor roll for the first trimester of the 2022-2023 school year.

Grade 4
High Honors: Angel Delgado
Honors: Jaliany Cruz, Sydney Fitzgibbons, Ainsley Heckendorf, Jayden Kotarba, Emily Legacy, Michael Poulin

Grade 5
High Honors: Adele James, Heer Swadia
Honors: Sophia Gauthier, Nicolas Gauvin, Olivia Kentley Freeman, Celia Ladd, Carilynne Norris, Ayden Rodriguez, Ella Sawyer, Alexio Yacavace

Grade 6
High Honors: Layla Beu, David Gil, Kerstin Smaltz
Honors: Chloe Cahill, Lucas Cournoyer, Soifa Henao, Lily Nellis, Kylar Norris, Logan Pettinelli, Anthony Postale

Grade 7
High Honors: Alivia Gauvin, Oliver MacDonald, Matilda Paradis, Greta Thompson
Honors: Jameson Durocher, Aedyn Esser, Heather Kennedy, Aleya Pereira, Nolan Smeltzer, Noah Waterhouse

Grade 8
High Honors: Apollo Logan, Melany Ngo, Yashvi, Swadia, Nico Yacavace
Honors: Caleb Colon, Jeremy Figueroa, Michael Gasperini

Central One Federal Credit Union announces branch changes

REGION — Central One Federal Credit Union is pleased to announce the following changes to our management team.

Owen Russell, Vice President of Retail Services, will remain at the Shrewsbury Main Office and oversee all retail branch operations. Owen joined the Central One team in 2006 as the Auburn Branch Manager. Owen has been managing the Shrewsbury branch retail team since 2017 and became AVP of Retail Services in 2020, where his responsibilities grew to oversee all Central One’s retail branches. In 2022, he was promoted to his current position.

Heather Forchilli, Northborough Branch Manager, has transferred to our Shrewsbury Main Branch. Heather joined Central One in 2015 as a Senior Teller and was promoted to Personal Financial Representative. In 2017, Heather was promoted to Northborough Assistant Branch Manager, and in 2019, promoted to Northborough Branch Manager.

Andri Jashari, Auburn Assistant Branch Manager, has been promoted to Northborough Branch Manager. Andri joined Central One in 2014, starting as a Senior Teller, eventually holding the titles of Personal Financial Representative and Senior PFR, and then promoted to Auburn Assistant Manager in 2020.

About Central One Federal Credit Union

Central One Federal Credit Union is a full-service, not-for-profit, cooperative financial institution serving Massachusetts residents and businesses. Central One has grown into one of central Massachusetts’s largest federal credit unions serving Worcester County and parts of Norfolk and Middlesex counties. Branches are located in Auburn, Northborough, Shrewsbury, Westborough, and Worcester, with a Milford branch will be opening in the Spring of 2023. To learn more, visit www.centralfcu.com.

Cornerstone Bank now accepting applications for \$2,500 scholarships

WORCESTER — Cornerstone Bank, a community bank with 10 locations throughout Central Massachusetts, will award \$2,500 scholarships to 16 local high school seniors who anticipate pursuing studies in business and finance. The scholarships will be granted to students who best demonstrate achievement in academics, extracurricular activities, and community involvement. Applications are being accepted through Thursday, April 6.

“We are delighted to again help local students pursue higher education, while also fostering advancement in the fields of business and finance,” said CEO Todd Tallman. “We appreciate the opportunity to reward some of the many exemplary students in our community and hope these scholarships alleviate some of the financial burden involved with a college education.”

To apply for a scholarship, the student must:

Be a 2023 high school graduate
Anticipate being a full-time student at an accredited, degree-granting institution of higher education

Anticipate studying in a business or financial field

Demonstrate achievement and high standards in academics, extracurricular activities and community involvement

Submit an official transcript and GPA from their guidance office

In addition, the student must submit a one-page, typed essay based on the prompt: our company’s customer promise, Built on Trust, is not just a brand, but also a corporate focus. Whether a business or personal partnership, Cornerstone Bank rests on the foundation that relationships are built on trust. We stand by our core values of teamwork, relationships, user-friendly, solutions-based and transparency.

Describe a time when you embraced one of the Cornerstone core values.

Applications must be submitted electronically to Cornerstone Bank by Thursday, April 6, 2023. Please apply through the online submission form. Scholarship funds will be disbursed to the student after successful completion of the first semester, and upon presentation of an official copy of the first-semester transcript and second-semester bill.

For more information, and to complete the online application form, please visit cornerstonebank.com/scholarships.

About Cornerstone Bank

Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank’s local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities, through a broad range of deposit and loan products, and services. Built on Trust is not just a tagline, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank’s personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.

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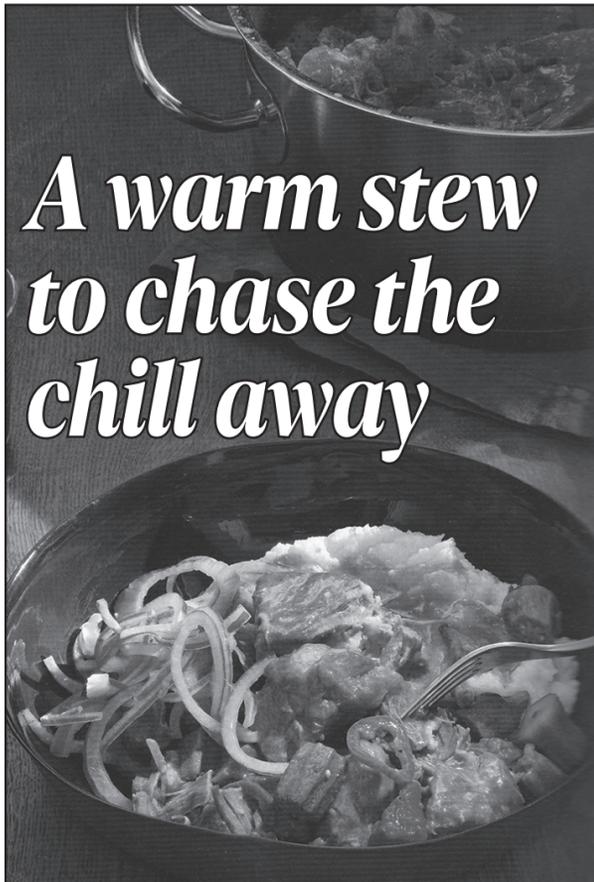
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A warm stew to chase the chill away

As the mercury dips and snow and ice making conditions outside less inviting, a warm and welcoming meal inside can be just what the doctor ordered.

This recipe for “Jalapeño Pork Stew With Pickled Onions” from “Real Simple Dinner Tonight: Done!” (Time Home Entertainment) by the editors of Real Simple is tailor-made for a cold day. This hearty dish will warm anyone up, both from the heat of the stew itself and the spicy kick of the jalapeños.

JALAPEÑO PORK STEW WITH PICKLED ONIONS

Serves 8

- 4 tablespoons olive oil
- 5 pounds boneless pork shoulder or butt, trimmed and cut into 2-inch pieces
- 2 tablespoons ground cumin
- Kosher salt and black pepper
- 3 tablespoons all-purpose flour
- 1 cup fresh orange juice
- 1 14.5-ounce can diced tomatoes, drained
- 12 cloves garlic
- 1 to 2 jalapeño peppers, seeded and sliced
- 1 large red onion, thinly sliced
- 1/4 cup red wine vinegar
- 1 1-pound package frozen cut okra
- 1 1/2 cups grits

Heat oven to 325 F. Heat 2 tablespoons of the oil in a large ovenproof pot or Dutch oven over medium-high heat. Season the pork with the cumin, 1 1/2 teaspoons salt and 1/2 teaspoon black pepper. In batches, cook the pork until browned, turning occasionally, 6 to 8 minutes; transfer to a plate.

Add the flour and the remaining 2 tablespoons of oil to the pot and cook, stirring for 1 minute. Add the orange juice, tomatoes, garlic, jalapeños, and 4 cups water and bring to a boil. Return the pork to the pot, cover, transfer to oven, and cook until the pork is tender, 2 1/2 to 3 hours.

Meanwhile, in a small bowl, toss the onion with the vinegar, 1/2 cup water, and 1/2 teaspoon salt. Let sit, tossing occasionally, for at least 30 minutes (and up to 4 hours).

Skim off and discard any fat from the stew. Add the okra. Cover the pot, return it to the oven, and cook until the okra is tender, about 15 minutes. If the stew is too thin, place the pot on the stove and simmer, uncovered, until thickened, 5 to 10 minutes more.

Meanwhile, cook the grits according to the package directions. Serve with the stew and marinated onions.

Warming soup ideal for special diets

Soups and stews are staples of winter. Such dishes might be hearty, but they often feature noodles, potatoes or other starches, which can be irritating for those with irritable bowel conditions or sensitivities to FODMAP ingredients. But that doesn't mean individuals with such sensitivities must avoid soup entirely. This recipe for “Ginger Miso Chicken Soup” from “The Complete IBS Diet Plan” (Rockridge Press) by Amanda Foote is filling even without the heavy carbohydrates.

GINGER MISO CHICKEN SOUP

Serves 4

- 1 tablespoon garlic oil
- 2 tablespoons minced fresh ginger
- 1 pound boneless, skinless chicken thighs
- 6 cups poultry broth (see below)
- 1/4 cup red miso
- 4 cups chopped bok choy
- 4 large eggs

1. In a large, deep pot, heat the oil over medium-high heat until shimmering. Add the ginger and chicken thighs, browning the chicken for 3 to 5 minutes per side.

2. Add the broth and miso to the pot, then cover and cook over medium-low heat for 30 minutes.

3. Remove the chicken from the pot and transfer it to a cutting board. Shred the chicken with 2 forks.

4. Return the chicken to the pot and stir it into the soup.

5. Add the bok choy and cook for 5 minutes. Crack the eggs into the soup and stir constantly so the egg cooks in ribbons. The eggs will cook quickly.



Poultry or Beef Broth

Makes 6 cups

- 8 cups water
- 2 pounds chicken, turkey or beef bones
- 4 carrots, coarsely chopped
- 1 celery stalk, chopped
- 2 tablespoons onion oil
- 1/2 teaspoon sea salt
- 9 peppercorns

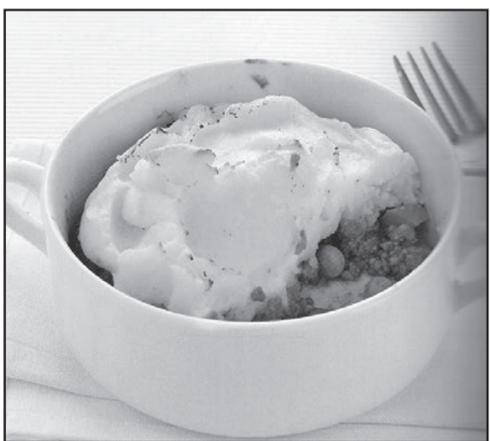
1. In a medium pot over medium-high heat, stir together the water, bones, carrots, leeks, celery, oil, salt, and peppercorns. Bring to a boil and then reduce the heat to low.

2. Simmer the broth for 2 hours, stirring occasionally. Strain the solids and discard.

3. Refrigerate in an airtight container for up to 3 days or freeze for up to 1 year.

(Note: Garlic or onion oil is made by simmering 5 garlic cloves or 1/2 chopped onion in 1/2 cup olive oil for 10 minutes, then straining out the onion or garlic.)

This hearty meal chases away the chill



February may be known as the shortest month of the year, but it also can be among the coldest. When cooking during this time of year, whether it's a family meal or a romantic dinner for two on Valentine's Day, foods that take the cold weather into consideration are the best bets.

Cottage pie is a meal traditionally served in areas of Great Britain and Ireland. The name is sometimes used interchangeably with shepherd's pie, but that's a mistake. While shepherd's pie uses lamb in the recipe, cottage pie contains beef. Cottage pie features a layer of meat and vegetables topped with potatoes. Some people opt for a mashed potato topping, others arrange thin slices of potatoes to look like “shingles” on the cottage. This recipe for “Cottage Pies” from “Real Simple Dinner

Tonight: Done” (Time Home Entertainment) from the editors of Real Simple prepares the pies into individual servings. They can be prepared up to two days in advance and then baked straight from the refrigerator as needed.

COTTAGE PIES

Serves 4

- 1 1/2 pounds Yukon gold potatoes (about 3), peeled and cut into 2-inch pieces
- Kosher salt and black pepper
- 1/2 cup whole milk
- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 1 pound ground beef
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 1/2 cups frozen peas and carrots

Heat oven to 425 F. Place the potatoes in a large pot and add enough cold water to cover. Bring to a boil and add 2 teaspoons salt. Reduce heat and simmer until just tender, 15 to 18 minutes. Drain the potatoes and return them to the pot. Add the milk, butter, and 1/4 teaspoon each salt and pepper and mash to the desired consistency.

Meanwhile, heat the oil in a large skillet over medium-high heat. Add the beef and cook, breaking it up with a spoon, until no longer pink, 5 to 6 minutes. Stir in the ketchup, Worcestershire sauce, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Fold in the peas and carrots.

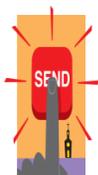
Transfer the beef mixture to 4 individual baking dishes and top with the mashed potatoes. Bake until golden brown, 15 to 20 minutes.

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SPORTS

Mentally strong Shepherd Hill hangs on to defeat Rangers



Nick Ethier photos

Shepherd Hill's Shaylan Cashman makes a power move toward the basket and finishes off the layup for two points.



Emery Mullen of Shepherd Hill reaches out to catch a pass from teammate Shaylan Cashman.



Shepherd Hill's Sarah Miller reaches out to collect the ball before it can bounce out of bounds.



Aryanna Sheehan of Shepherd Hill flies by Westborough defender Rachel Carpenter while attempting an acrobatic layup.

BY NICK ETHIER
SPORTS EDITOR

WESTBOROUGH — As the Shepherd Hill Regional girls' varsity basketball team made the trek to Westborough High to take on the Rangers on Tuesday, Jan. 10, the Rams knew how tough and how important the matchup was going to be. Both teams entered 6-1 and wanted to one-up the other in the competitive

Midland-Wachusett League B Division. "We all knew this was going to be a game here tonight," said Shepherd Hill head coach Maura Hackenson. "We've been preparing for days for this. We knew we wanted to come here and win and it was going to be tough."

Shepherd Hill led at the half, 32-27, and held a slim 38-34 advantage through three quarters. But Westborough scored the first five points of the final frame on a Rachel Carpenter (21 points) 3-pointer and an Annabelle Semeter (14 points, 11 rebounds) layup as the Rangers surged ahead, 39-38.

But Hackenson credited her team's mental

toughness, and the Rams responded by outscoring the Rangers the rest of the way, 13-4, to claim a 51-43 victory.

"The game was physical and the fouls were going against us, so we called a timeout specifically to talk about mental toughness. They responded," Hackenson said. "Tonight was a really big learning experience for everybody."

Hackenson's starting five included two seniors in Emery Mullen and Shaylan Cashman, a junior in Heidi Jarosz, a sophomore in Aryanna Sheehan and a freshman in Lily Connole, so the mixed bag in terms of experience meshed well in the victory.

"We have a next play mentality. If someone makes an error or if the calls aren't going our way, it's OK. Next play, but we had to be reminded tonight," said Hackenson.

Leading that charge was Mullen, Shepherd Hill's point guard and a four-year varsity player.

"She doesn't respond to anything negative, if things aren't going her way the facial expression is the same. We don't want complaining to referees, we don't want anyone being upset with their

teammates — that's not team basketball," said Hackenson. "Her stat line is really tremendous. It's blocks, steals — you name it."

Mullen led the team with 12 points and 12 rebounds for a double-double, plus she added a handful of blocks and steals. She also controlled the shot clock on the offensive end as the Rams clung to their lead. She also made both of her free throw attempts on a one-and-one opportunity with 18 seconds remaining, putting the game out of reach for the Rangers.

But Hackenson reiterated that the Rams employ the entire roster for picking up victories.

"We're not going to rely on one or two people every night and that our team is going to win games for us," she noted. "They're bought in and they're seeing it now."

Cashman and Sheehan both scored 10 points and a total of nine players scored at least a basket.

Now at 7-1, and with more confidence moving forward, the Rams are excited. "We'll have a nice bus ride home," said Hackenson.

**PUBLIC NOTICE
RIGHT OF WAY MAINTENANCE**

As required by Massachusetts General Law Chapter 132B, National Grid (New England Power and/or Massachusetts Electric Company) hereby gives notice that it intends to selectively apply herbicides along specific transmission line rights-of-way in 2023.

The selective use of herbicides to manage vegetation along rights-of-way is done within the context of an Integrated Vegetation Management (IVM) program consisting of mechanical, chemical, natural and cultural components. In right-of-way vegetation management the pest or target is vegetation (primarily tall growing) that will cause outages and safety issues. National Grid's IVM program encourages natural controls by promoting low growing plant communities that resist invasion by target vegetation. The selective use of herbicides and mechanical controls are the direct techniques used to control target vegetation and help establish and maintain natural controls.

Rodeo, and possibly one of the following herbicides, Arsenal or Arsenal Powerline, will be applied directly to the surface of stumps immediately after target vegetation is cut (Cut Stump Treatment). Garlon 4 or Garlon 4 Ultra will be applied selectively to the stems of target vegetation using hand-held equipment (Basal Treatment and Dormant stem treatment), Krenite 5 or Rodeo, mixed with Escort XP, and one of the following herbicides, Arsenal or Arsenal Powerline, or Milestone will be applied selectively to the foliage of target vegetation using hand-held equipment (Foliar Treatment). Applications shall not commence more than ten days before nor conclude more than ten days after the following treatment periods. The herbicide mixes and additional information about rights of way management in Massachusetts can be found here: <https://www.mass.gov/rights-of-way-vegetation-management>

Municipalities that have rights-of-way scheduled for herbicide treatments in 2023:
Southbridge

Municipalities that have rights-of-way that were treated in 2022 but may require some touch-up work in 2023:
Dudley, Southbridge

Treatment Periods

January 23, 2023 – May 30, 2023	May 30, 2023 - Oct 15, 2023	Oct 15, 2023 – Dec 31, 2023
CST	Foliar	CST
Basal	CST	Basal
Dormant Stem	Basal	Dormant Stem
	Cut stubble	

*The exact treatment dates are dependent upon weather conditions and field crew progress.

Further information may be requested by contacting (during business hours, Mon-Fri from 8:00 am-4:00 pm):
Mariclaire Rigby, National Grid, 939 Southbridge Street, Worcester, MA 01610.
Telephone: (508) 860-6282 or email: mariclaire.rigby@nationalgrid.com

Girls on the Run Worcester County invites new participants for 2023 Spring Season

Girls on the Run Worcester County's registration for girl participants is now open. Girls on the Run is a physical activity-based, positive youth development program that inspires girls in grades 3-8 to be joyful, healthy and confident. The 10-week program incorporates running to teach critical life skills, encourage personal development and foster team building and community service. Volunteer coaches utilize a curriculum to engage teams of girls in fun, interactive lessons. Teams meet twice a week for 10 weeks, and the program culminates with all teams participating in a 5K event.

Girls on the Run Worcester County will serve over 30 sites throughout the 2023 Spring Season beginning the week of March 27. The non-profit organization is currently seeking girls in grades 3-8 to participate in their transformative, confidence-building Spring season.

Jennifer Bolt, a coach with Girls on the Run throughout Fall 2022, stated that her school "saw girls develop new friendships - both in the program and around school," as well as "demonstrate great pride and excitement in knowing that they can run a 5K." Similarly, coach Heidi Richard saw a transformation in her team, particularly in the Community Impact Project portion of the program. Each team completes this project to enhance their leadership skills and serve their community. Her team chose to collect supplies to donate to a local animal shelter. "From speaking at all school meetings, to making an announcement over the intercom each morning for a week, our girls went above and beyond to spread the word and get their community involved," Heidi said.

Girls in grades 3-8 can register today to be entered into "lottery status," which gives each girl a fair shot to participate in the program. The lottery will run through Feb. 3, and those who register during this period will be notified of their girl's registration status no later than Feb. 6. Following this period, registration will be on a first come, first serve basis.

For more information about coaching or registering girls in the Girls on the Run program, visit www.gotr-worc.org.

SPORTS

Minutemen fall three points shy in defensive affair with Worcester Tech



Nick Ethier photos

Bay Path's Peter Barbale fights through multiple Worcester Tech defenders while drawing a foul.

BY NICK ETHIER
SPORTS EDITOR

CHARLTON — According to Al Greenough, head coach of the Bay Path Regional boys' varsity basketball team, the Minutemen and Worcester Tech routinely battle closely, with defense being the key.

"We always have a low-scoring, defensive battle with Worcester Tech. We're both very good defensive teams," explained Greenough.

And that was the name of the game again when Bay Path hosted the Eagles on Friday, Jan. 13. Greenough was pleased with holding Worcester Tech to a low point total, but the Minutemen simply came up three points shy of victory.

The Eagles won the slugfest, 42-39, improving to 4-2 in the process. Bay Path is now 4-4.

"They played hard tonight, they

worked hard. Sometimes in a game it comes down to a play here or a play there — a missed shot here, a turnover there — and the bottom line is at the end of the game they did more to get a couple more points than we did," said Greenough.

The Minutemen held a 15-10 advantage after the first quarter of play and then Peter Barbale opened the second period with a 3-pointer, but Tech won the remainder of the quarter by a 12-3 margin to grab a 22-21 lead at the break.

"A couple of the guys really didn't get into the flow of the game and that really affected us overall," Greenough said of Bay Path's early foul trouble, of which they committed 10-plus through the first two quarters.

The Minutemen continued to lock in defensively, though, and held the Eagles to their lowest scoring quarter total — 6 points — in the third. Bay Path managed 7 points in the frame and it was all tied up at 28-28 as play entered the fourth quarter.

"We play with the notion, the idea that if you play defense you're going to be in every game. We pride ourselves on defense and work hard at it every day," said Greenough. "Offensively, (Worcester Tech) couldn't do anything that they've been doing all year long, so I felt good about that, but they ended up hitting a couple more shots than we did in the end."

The Eagles scored those precious points after Bay Path's Trent Szela (10 points) made two free throws with 37 seconds to go, giving the Minutemen a 39-38 lead. First, Worcester Tech's Teriq Goodman finished a layup and then, with 12 seconds to go, Goodman made two free throws during a one-and-one opportunity.

Once Barbale (12 points) heaved a deep pass with four seconds to play and it was intercepted by Tech, the game was over.

"I think we've beaten Worcester Tech once over the last 50 years, and that was last year. For some reason we always end up coming up a little bit short," said Greenough.

Now sporting an even .500 record, Greenough still hopes for Bay Path to earn a spot into the Division 4 State Tournament if they can stay at — or above — the .500 ledger.

"We want to get to the 10 wins and get to the State Tournament. We started off with a very difficult schedule and end with a very difficult schedule. We're going to be getting into the heart of our league now. We have to take care of business in our league," said Greenough.

Monday, Jan. 9

Tantasqua boys 86, Tyngsborough 66 — First place finishers for the boys were Ethan Korenda (100 free), Ethan Zhu (200 free, 100 back), Evan Dambly (100 fly), Jonah Scherer (100 breaststroke) and the three relays consisting of Zach Hilborn, Jonah Scherer, Evan Dambly, Ethan Korenda and Ethan Zhu.

Tantasqua girls 93, Tyngsborough 64 — On the girls' side, Kira Dambly (200 free, 100 back), Zoey Zhu (50 free, 100 breaststroke), Tori Strendup (100 free), Ali Regan (200 IM) and Charlotte Ardis (100 fly) won their individual races. The girls won their three relays as well consisting of Fatima Robbins, Sasha Hildago, Mackenna Pentoney, Molly Biladeau, Kira Dambly, Zoey Zhu, Tori Strendup and Ali Regan.

Wednesday, Jan. 11

Shrewsbury 81, Tantasqua boys 72 — In hosting the Colonials at the Tantasqua pool, the Warriors nearly defeated Shrewsbury. Tantasqua's winners were Evan Dambly (200 free), Ethan Zhu (200 IM), Ethan Korenda (50 free) and Jonah Scherer (500 free), plus two of the three relay teams that consisted of Ethan Zhu, Zachary Hilborn, Evan Dambly and Ethan Korenda. The boys are now 3-3.

Shrewsbury 107, Tantasqua 66 girls — Zoey Zhu (100 back) and the 400 free relay team of Kira Dambly, Molly Bilodeau, Alison Regan and Zoey Zhu defeated the Colonials, but it wasn't enough for the team victory. The girls are now 2-4 on the season.



Trent Szela of Bay Path works his way around a Worcester Tech defender while dribbling down the court.



Bay Path's Corey Scovil fights as hard as he can to hoist up a shot with three Worcester Tech defenders attempting to block.



Walfray Torres of Bay Path leaps into the air and completes an acrobatic layup.

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American International College announces Fall 2022 Dean's List

SPRINGFIELD — AIC has named 453 students to the Dean's List for the Fall 2022 semester. Dean's List students are full-time students who have achieved a 3.3 to 4.0 GPA. AIC commends the efforts and accomplishments of these dedicated and hard-working students.

The following local students have earned Dean's List honors:

Jessica Shiers of Wales, who majors in Nursing
Kaitlyn Boone of Sturbridge, who majors in Health Science

Natalia Santos of Southbridge, who majors in Psychology

Benjamin Lazo of Southbridge, who majors in Athletic Administration and Leadership

Migrielys Rodriguez of Southbridge, who majors in Educational Studies

Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massachusetts, comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its students and the community.

Joseph Masch Jimenez, Guatemala, named to Dean's List at Lehigh University

BETHLEHEM, Pa. — Dean's List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to Joseph Masch Jimenez in the Fall 2022 semester.

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

Nichols College students earn academic honors for fall 2022

DUDLEY — More than 400 students at Nichols College in Dudley, Mass., have achieved President's List or Dean's List honors during the fall 2022 semester.

The President's List and Dean's List recognize those students who achieve high grades during a single semester. To be included on the President's List, a student must have a grade point average of 3.85 or higher for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester. Students with a minimum grade point average of 3.5 for at least 12 undergraduate credit-hours and no grades below B- will receive Dean's List honors.

- Matthew Healy of Charlton
- John Jakubowski of Charlton
- Ben LaPointe of Charlton
- Conor Leonard of Charlton
- Alaina Flourde of Charlton
- Jaelin Rheume of Charlton
- Chris Rogalski of Charlton
- Emma Tyler of Charlton
- Michael Zanca of Charlton
- Julia Fearing of Brimfield
- Avalynne Leneau of Brimfield
- Michael Pelozo of Brimfield
- Abigail Zahr of Fiskdale
- Henry Baez of Southbridge
- Karl Benkert of Southbridge
- Sydney Ewell of Southbridge
- Simon Gonyea of Southbridge
- Julenny Ovalle Beato of Southbridge

About Nichols College

The mission of Nichols College is to educate and enlighten students to capitalize on their ambitions and to become impactful, forward looking global leaders.

SNHU announces Fall 2022 President's List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2022 President's List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

- Abigail Theberge of Southbridge
- Alicia Lempitski of Southbridge
- Casey Jolin of Southbridge
- Allison Menard of Charlton
- Samantha Applin of Charlton
- Lucas Lanier of Charlton

- Makenzie Woods of Charlton
- Tyler Schmidt of Holland
- Raymond Morehouse of Holland

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

Springfield College recognizes Dean's List students

SPRINGFIELD — Springfield College Recognizes Dean's List Students for the 2022 Fall Semester.

Springfield College has named Maya Belog from Sturbridge to the dean's list for academic excellence for the 2022 fall semester. Belog has a primary major of Psychology.

Springfield College has named Hayden France from Brimfield to the dean's list for academic excellence for the 2022 fall semester. France has a primary major of Criminal Justice.

Springfield College has named Lilianna Nichols from Fiskdale to the dean's list for academic excellence for the 2022 fall semester. Nichols has a primary major of Dance.

Melanie Emery from Southbridge. Emery has a primary major of Exer Sci / Pre-AT.

Brian Lavoie from Charlton. Lavoie has a primary major of Health Science.

The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

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

SNHU announces Fall 2022 Dean's List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2022 Dean's List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status

is achieved by earning 12 credits over each 16-week term or paired eight-week terms grouped in fall, winter/spring, and summer.

- Brian English of Charlton
 - Alex Lord of Holland
 - Michael Martin of Southbridge
- Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners

worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.



Friday's Child





Hi! My name is Barry and I love to play!

Barry is an energetic and affectionate boy of African American and Caucasian descent who loves to explore outside and play with cars and trains. He is described by those who know him best as kind, loving and "an absolute joy" with unparalleled empathy and an amazing laugh. Barry will comfort others if they are upset or hurt, and his laughter and carefree demeanor lift the spirits of everyone he meets. In addition to outdoor play, Barry loves painting and any kind of sensory play like slime, water and sensory bins. He recently learned to jump with both feet off the ground!

Barry has made significant progress with his speech and language, and now uses more than 50 spoken words. He communicates in two- to three-word phrases, and occasionally supplements this with gestures, signs or his communication device. Diagnosed with autism and some additional medical needs, Barry is followed by a team of specialists. He is thriving in a small classroom with individualized attention, and loves being around peers- he even enjoys sharing with them! The adults in his life note that he has strong problem-solving skills and is able to make connections, such as going to get a paper towel if he notices that something has spilled.

Legally freed for adoption, Barry seeks a fun and active family who can provide a balance of the structure that he requires and the love and affection he craves. A family should be prepared to advocate for Barry and to support his independence as he continues to grow and develop. He will do best in a two-parent home, with or without other children. Visits twice a year with his biological mother will need to be supported.

<https://www.mareinc.org/waiting-child-profiles#gallery/child/7946>

Can I Adopt?

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.

As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts.

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

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



GRANT

continued from page A1

tively with the Dudley Fire Department. Chief (Dean) Kochanowski and Assistant Chief (Paul) Konieczny have been working closely with Principal Elwell and they are prepared to start the course," said Lamarche who called it an "innovative idea" for the district.

The remaining \$1,306 will be put towards an initiative that was a major focus of much of 2022 for the district. In the wake of the tragic school shooting in Uvalde, Texas, the district embraced ALICE training to help staff stay prepared for any emergency. The money from the Elks grant will help purchase new tools for classrooms to use in the case of such an event.

"In working with our ALICE trainers, we talked about the initial cost of Go-Buckets in the classrooms. We are very excited that the Elks is going to support our initial investment in Go-Buckets," said Lamarche. "These are the buckets you can fill with certain supplies or entities to help in the event that there is an active shooter or a lockdown situation."

Members of the Auburn Elks were on hand to pose for a photo opportunity and present both a symbolic and the actual check for \$5,000 to the School Committee.

Mark Wassef named to Dean's List at Stonehill College

EASTON — Mark Wassef of Charlton, a member of the Class of 2026, has been named to the Fall 2022 Dean's List at Stonehill College.

To qualify for the Dean's List, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.

About Stonehill College

Stonehill College, a Catholic institution of higher learning, was founded by the Congregation of Holy Cross in 1948. Located on the beautiful 384-acre campus and former estate of Frederick Lothrop Ames in North Easton, Massachusetts, it is a community of scholarship and faith, anchored by a belief in the inherent dignity of each person.

Through more than 100 academic programs in the liberal arts, sciences, business and pre-professional field, Stonehill College provides an education of the highest caliber that fosters critical thinking, free inquiry and the interchange of ideas for over 2,500 students.

Stonehill College educates the whole person so that each Stonehill graduate thinks, acts and leads with courage toward the creation of a more just and compassionate world.

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HOPE
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Becker Family Charitable Foundation, the Scott Mackay Memorial Golf Tournament, and the Fundación MAPFRE, generously supported and attended all our fund-

raising events. Other local businesses such as Joe Cleans, Abacus Distributors, Southbridge Tire, Exsel Advertising, OFS Optics, Helgerson's Excavating and Septic, 5 Star Automotive, IBEW Local 2224, IBEW Local 2222, Country Bank, Bank

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Staffing & Recruiting, Bay Path Archers, Big Bunny Market, Fletcher Tilton PC, Southbridge Tire, Powers Industrial and Safety, Co., Charlton Optical, CMEA, Knights of Columbus, Whitco Sales, Inc., Harrington Healthcare, Steadfast Co., Dexter Russell, Darwin Design, Country Bank, Chamber of Commerce, and Green Meadows sponsored and supported our events and programs throughout the year. We can't forget all the businesses and families that have generously donated, attended events, and advocated for us.

Every day, we see the happiness on our program members' faces in knowing that they are living meaningful and productive lives, accomplish-

ing their goals, spending time with friends, and being given the opportunities that everyone else has. That is why we do what we do, but we know that hope doesn't end at the end of the day when our programs are closed so our job is not done. To provide much-needed support to the community we run a food pantry, emergency relief programs, and a Holiday Giving Program.

"It's around the holidays that we see the families we serve begin to worry about how to make the holiday season special for their loved ones. How will they put food on the table for Thanksgiving and gifts under the tree for Christmas? This is what these programs are all about, especially the

Holiday Giving Program, taking the worry and stress away and putting smiles on as many faces as we can." said Cindy Howard, CEO of the Center of Hope.

We are beyond grateful to have the generous support from the community to make all these wonderful services possible and continue enhancing the lives of the individuals we serve. With the support from our community, we continue changing lives, providing hope, raising awareness, and strengthening our community. We look forward to the new year and what it has in store for us and our community. Thank you for supporting the Center of Hope.

ROADSHOW
continued from page A1

northeast," said Town Administrator Robin Grimm. "The filming of something with the presence of the Antiques Roadshow will introduce Sturbridge, Old Sturbridge Village, and the beauty of south central New England to a national audience."

Additional destinations slated for this year's "Antiques Roadshow" tour include Baton Rouge, La.; Raleigh, N.C.; Akron, Ohio; and Anchorage, Alaska.

To learn more about the show which

has been discovering hidden treasures in cities and towns across America since 1997, visit www.pbs.org.

Meanwhile, town officials are hoping the program will help create a boon for local tourism. Area establishments endured several challenging years during the pandemic, and business owners are eager to see even more travelers return to the area this spring and summer.

"Our town thrives on tourism—and we take great pride in sharing the history, natural beauty, wonderful restaurants, and local shops. We are eager to have new people visit," Grimm added.

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BAIL COMMISSIONERS NEEDED
EAST BROOKFIELD DISTRICT COURT JURISDICTION

The Massachusetts Trial Court hereby gives notice of the availability of one or more Bail Commissioner appointments for the East Brookfield District Court located in Worcester County.

A Bail Commissioner is appointed by the Massachusetts Trial Court to make bail decisions and release persons arrested when courts are closed (overnights, weekends and holidays.)

PLEASE NOTE: This is an appointment only. No salary or benefits are included but fees may be collected from the person in custody at the time of release. The base fee is \$40.00. Bail Commissioners are required to have reliable transportation in order to travel to the East Brookfield District Court and the police departments located in Barre, Brookfield, East Brookfield, Hardwick, Leicester, New Braintree, Oakham, Paxton, Rutland, Spencer, Warren and West Brookfield. Proximity to the communities listed and familiarity with criminal law and procedures helpful. If you are interested in being considered for appointment please contact:

CATHERINE M. COUGHLIN, ESQUIRE
STATE BAIL ADMINISTRATOR
EXECUTIVE OFFICE OF THE TRIAL COURT
catherine.coughlin@jud.state.ma.us

The appointing authorities do not discriminate against any applicant because of race, color, sex, age, national origin, religion, sexual orientation, gender identity and/or expression, status as a veteran, basis of disability or any other federal, state or local protected class.

PUBLIC NOTICE
BAIL COMMISSIONERS NEEDED
DUDLEY DISTRICT COURT JURISDICTION

The Massachusetts Trial Court hereby gives notice of the availability of one or more Bail Commissioner appointments for the Dudley District Court located in Worcester County.

A Bail Commissioner is appointed by the Massachusetts Trial Court to make bail determinations and to release persons arrested when courts are closed (overnights, weekends and holidays.)

This is an appointment only. No salary or benefits are included but fees are collected from the person in custody at the time of release. The base fee is \$40.00.

Travel to the Dudley District Court and the cities and towns in the its jurisdiction is required: Charlton, Dudley, Oxford, Southbridge, Sturbridge and Webster. Proximity to all communities and familiarity with the criminal law and procedures is helpful. If you are interested in being considered for appointment please contact:

CATHERINE M. COUGHLIN, ESQUIRE
STATE BAIL ADMINISTRATOR
EXECUTIVE OFFICE OF THE TRIAL COURT
catherine.coughlin@jud.state.ma.us

The appointing authorities do not discriminate against any applicant because of race, color, sex, age, national origin, religion, sexual orientation, gender identity and/or expression, status as a veteran, basis of disability or any other federal, state or local protected class.

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