

Charlton Villager

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Friday, November 4, 2022

ROTARY CLUB OF STURBRIDGE ANNOUNCES SECOND ANNUAL TREK STURBRIDGE HALLOWEEN 5K, 1K & FUN WALK WINNERS

STURBRIDGE — The Rotary Club of Sturbridge has announced the winners of its second annual TREK Sturbridge Halloween 5K, 1K and Fun Walk that was held on Sunday, Oct. 30, according to club president and race director Klaus Hachfeld.

The family-friendly event included two timed races, including a 5K Trail Run, a 1K Road Run, and a 5K Trail Fun Walk using the Old Sturbridge Village Education Center on Old Sturbridge Village Road and the Arbutus Park Trail in the Leadmine Mountain Conservation Lands. The event also included free games for younger children, a costume parade, and relay races organized by a volunteer team from Burgess Elementary School.

"We were blessed with beautiful weather, wonderful volunteers, supportive sponsors, and lots of costumed runners of all ages," says Hachfeld. "Thanks to everyone who helped make this event so successful for a second year in a row."

The results below were tabulated by Doug Kingman for RaceWire:

Top male finishers in the TREK Sturbridge Halloween 5K Trail Race included first place, Trent Sturtevant

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Photos Courtesy
Kegan Cline (Center) brought sons Kegan, Jr. and Julian out for the race in full regalia.

Hartwig honored for service to Charlton



Photo Courtesy

Charlton selectmen honored one of the town's most committed public servants, Dr. Robert Hartwig, who completed his many years of volunteerism on numerous town boards and committees in 2022.

BY JASON BLEAU
CORRESPONDENT

CHARLTON — Dr. Robert Hartwig has long been a staple of the Charlton community, serving on a variety of boards, commissions and committees and establishing one of the longest lasting legacies for a public servant in the town's recent history.

With his service to Charlton coming to an end, the Board of Selectmen took it upon themselves to honor the long-time volunteer in a brief ceremony that highlighted their Oct. 25 meeting.

The selectmen presented Hartwig with a citation from the town acknowledging his undying support and commitment to the community over the years. Town officials, both new and old, had nothing but positive things to say of the doctor. Selectman Stephen Koronis complimented Hartwig as a "cool cat" that he got to know well working with the Economic Development Commission. He described him as an individual who captured the entire room with his perspective and knowledge.

"Everybody knew you had the wisdom," Koronis told Hartwig. "It's a shame to lose that. It really is."

Selectman David Singer, the most tenured member of the current board, was visibly

emotional during his farewell complimenting Hartwig's undying dedication to the community.

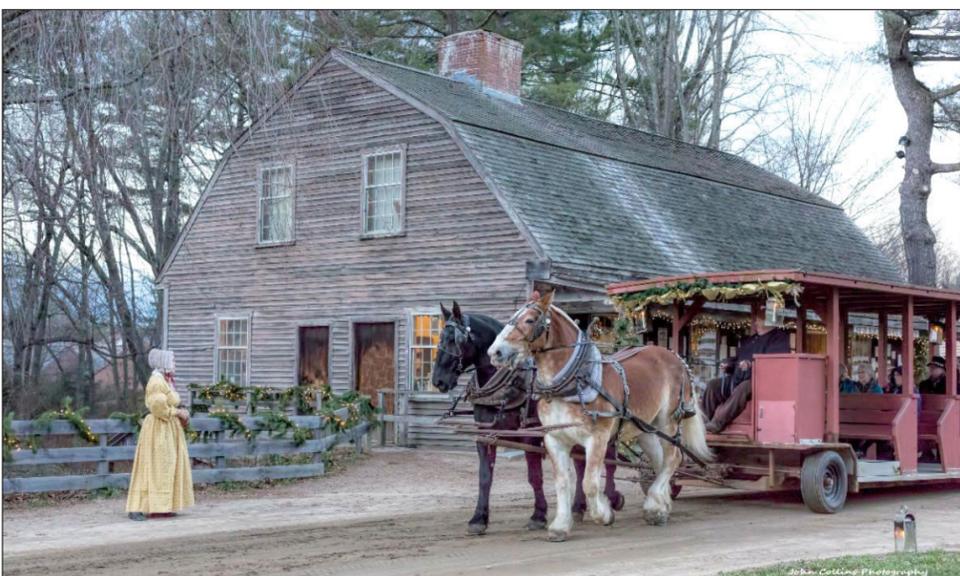
"You truly are one of the best and the brightest in this town," said Singer. "Bob has served on a lot of committees in this town, and I will tell you specifically from Finance Committee experience Bob was one of the critical pieces in helping Charlton navigate through very rough waters to get where we are today. Bob's involvement in so many capacities is going to be missed."

Dr. Hartwig himself called serving Charlton a pleasure, acknowledging that he had lived in numerous other communities prior, but none longer than Charlton. He used his parting words to urge others to get involved and help keep the town moving in a positive direction.

"I'll always be a Charltonian. If you really want to plant yourself in a town and know who the good people are and who does the work, then get involved on any board. You don't have to be a certified public accountant to be on the Finance Committee. You don't have to be a wetlands scientist to be on the Conservation Committee. It's very easy to get involved and you'll have

Turn To **HARTWIG**, page **A12**

General tickets on sale now for OSV's Christmas by Candlelight



STURBRIDGE — Tickets are on sale now to the public for Old Sturbridge Village's 2022 Christmas by Candlelight event, with early bird pricing offered through Friday, Nov. 18. Experience old and cherished traditions and create new ones at this year's event, which celebrates the holiday season across the 19th-century Village.

Christmas by Candlelight offers guests the opportunity to experience the sights and sounds of Christmas across the 200-acre campus, including exploring a Christmas Tree Trail and leaving a special request on the Christmas Wish Bridge. During the event, demonstrations focus on 19th-century craftsmanship, baking and preparing for the holiday, while the Village comes alive with storytelling, live music, festive food, horse-drawn carry-all rides, holiday shopping and more. Santa Claus also makes an appearance at

the Village each evening, collecting Christmas wishes from the youngest visitors.

New to the event in 2022, guests can experience for the first time:

- Decorations in the Asa Knight Store: The Asa Knight Store will feature six trees during the event representing the different decades of the 1800s sponsored by local Oakwood Farms. Free ornament crafts will be offered to guests as a hands-on, DIY and take-home activity.

- New Holiday Treats: The Bixby House will be mulling cider; and Salem Towne House will be baking gingerbread, and other holiday treats will be offered across the Village.

- International Christmas: The Richardson House will be showcasing an international Christmas for the first time, celebrating the holidays of other cultures with themes drawn from Puerto Rican traditions.

- Live Music: Every night of Christmas by Candlelight, listen to live festive music by both costumed interpreters and outside guests. This year, the Village will feature local school bands and choirs from the community performing on select dates.

- Vendor Showcase: On December 9th from 5:00 – 8:00 p.m., Hot Dates Kitchen of Somerville, MA will be at Ox & Yoke Mercantile to showcase their products. Hot Date Kitchen strives to make ridiculously delicious treats that are good for you, good for the world, and good for the planet. They work directly with farmers and local food producers to find the highest quality, ethically, and sustainably sourced ingredients to make good food that is at once simple in its components and bold in flavor.

Turn To **OSV**, page **A12**

Charlton Town Meeting approves capital project

BY JASON BLEAU
CORRESPONDENT

CHARLTON — Charlton held its annual fall town meeting on Monday, Oct. 24, where less than 100 residents decided on six articles on the warrant.

The first three articles of the night were simple house-keeping measures to fund unpaid bills, make interdepartmental transfers and any amendments to the town's fiscal year budget. The first two articles passed soundly while the third article concerning budget amendments was postponed indefinitely.

The biggest articles on the warrant were 4 and 5, which concerned capital items to be paid through mostly free cash. Article 4 was also literally the biggest article on the war-

rant split into five different motions and votes. The first motion sought a new \$60,000 excavator and a \$20,000 garage study for the town's cemetery department, \$200,000 in repair to the Glen Echo Dam and \$20,000 in fencing for the South Charlton Dam for the conservation department, \$100,000 for technology replacements and improvements, and a total of \$224,000 for the library for roof, fire alarm, and front masonry work. These expenses were easily approved in an 84 to 4 decision and will be funded from free cash.

The second motion from Article 4 concerned the fire department and local EMS. A \$70,000 proposal for a new

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Infrastructure issues on "Vision 2050" agenda

BY GUS STEEVES
CORRESPONDENT

REGION — As part of the ongoing "Vision 2050" process, Central Mass. Regional Planning Commission called on area DPW, Water and Sewer folks to opine on key issues facing their towns in an online forum last week.

According to CMRPC Executive Director Janet Pierce, the goal is to create "a comprehensive picture of infrastructure needs for our entire region," and the timing is good "with the federal funding coming down the pike."

That funding was a major factor in a large number of the participants' comments, with towns citing competing needs — roads, water, sewer, stormwater, broadband, building projects, staff needs, and other expenses — all vying for a too-small pool of local funds. In many towns, those needs are further constrained by strong local opposition to increased property taxes and need outside grants to happen.

One of the areas sparking the most concern is stormwater — water from rain or snow that ends up either in the town's sewer system, causing erosion and other issues on the land, or polluting the rivers. Several years ago, the federal government started requiring communities to plan and create bylaws for it, without providing funds. That's left most towns having no real way to

afford the millions it'll cost to fix the problems.

"Stormwater is a whole different animal. It's unseen and nobody sees the benefit" of fixing it, Charlton's Peter Boria observed.

Brookfield Planning Board Chair Sharon Mahoney agreed, saying improving infrastructure in general will increase the tax rate, but people "don't seem to understand that improved infrastructure will attract business" that can help offset that rate. She already sees a lot of complaints, making the key issue "educating the public about how these dilemmas work together."

Sturbridge (and former Southbridge) DPW Director Heather Blakeley noted there are "drainage problems all over the place," some of them natural. In some places, "if you stand on the road bed, you're looking up at the beaver dam," with the risk of breach endangering the road. But "if you follow the letter of the law, you really can't do much," she said.

Several towns see issues with well contamination from state highways, and need help to expand their water/sewer systems to provide service to those residents, Blakeley added. At the same time, some towns still have old asbestos/cement water lines that need replacing, but "don't have the capacity

to raise taxes to go there," she said. Often, they also have trouble "finding people that are qualified" with the necessary licenses (she specifically cited CDLs) to work for the town.

Southbridge Sewer Superintendent James Merchant noted his town has "a big I&I issue," referring to "infiltration and inflow," where water from outside sources ends up getting into the sewer system and getting treated. In many cases, that water is essentially clean; it comes from leaks, illegal connections, sump pumps and other sources. It's particularly an issue after major storms, when the flow to the sewer plant can reach or briefly exceed its permit capacity.

Spencer's Jim Laplante agreed, noting his town has a \$20 million I&I pipe project in the works, on top of a \$47 million treatment upgrade that's risen by \$10 million due to inflation and materials costs. He said he's approached state legislators for help because "that's going to be an unbearable economic impact on the public."

Regarding other infrastructure, the forum focused mostly on energy issues. Several people cited concerns about dealing with National Grid to address gas leaks or their towns lacking gas at all. Blakeley noted her dealings in with them in Southbridge "couldn't get a straight answer" regarding local

business requests to tap into the gas lines, handling problems with trenching in roads, and even "making heads or tails" of billing issues surrounding solar credits, which also go through National Grid.

Douglas's Matt Wojcik said his town is particularly concerned the grid does not have extra electric or gas capacity to grow. Douglas is now seeing two large warehouse projects under construction, but the utility has said they can only have a quarter of the electricity they need.

To address that, Douglas is looking into building locally-owned microgrids. That prompted my comment (wearing my town council hat) that our towns need to be able to take advantage of the area's rivers for small hydropower projects, with today's technology having far less ecological impact than old methods. Several years ago, Dexter-Russell tried to do that on their dam off River Street, but gave up due to the cost and hassle of dealing with the Federal Energy Regulatory Commission.

In the chat, Wojcik agreed, saying he knows of a small hydropower project in Woonsocket that was "very simple and reliable. Trying to permit that now? Impossible."

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

QCC's respiratory care Program celebrates Respiratory Care Week

WORCESTER — Quinsigamond Community College's Respiratory Care program is doing its part to give a new generation of respiratory therapists the essential skills needed to provide respiratory care.

"Respiratory therapists play a vital role as part of the healthcare team. As cardiopulmonary specialists, they provide services for patients from the first breath they take in the delivery room, to the last breath they take, and the many breaths in between," said Amy Hogan, director of Clinical Education, and assistant professor of QCC's Respiratory Care program. "We help people breathe better by administering medications, providing therapies, and using sophisticated breathing equipment to help sustain life."

This year marks the 40th Anniversary of Respiratory Care Week, established in 1982 by then President Ronald Regan, in addition to the profession turning 75 years old. QCC's Respiratory Care program was established in

1967 and is the oldest respiratory program in Massachusetts.

"All of our students are taking classes in person and are getting frontline exposure to patients who are struggling to take a breath... this includes COVID-19 patients. Our students get hands-on experience in both the lab and clinical setting learning how to care for the sickest and most vulnerable of patients," said QCC's Respiratory Care Program Director Keith Hirst.

In 2021, and again in 2022, QCC's Respiratory Care program received the Commission on Accreditation for Respiratory Care (CoARC) Distinguished Registered Respiratory Therapist (RRT) Credentialing Success Award for having more than 90 percent of their graduates pass and obtain the RRT credential over the past 3 years, and for meeting on-going programmatic thresholds as set forth by CoARC. QCC is one of a handful of associate degree programs that have received this award.

"This award speaks to the

quality of the program and the outstanding job that the academic and clinical faculty have done in preparing the students to be successful not only in their board exams but also in their future employment," Hirst said.

QCC's respiratory therapists are involved with telehealth, patient education, disease management, extracorporeal membrane oxygenation (a form of cardiopulmonary bypass), pulmonary rehabilitation, as well as being more involved with the management of the patient.

Hirst noted that as the U.S. population ages, so too will an increased incidence of respiratory conditions, thus leading to an increased demand for respiratory therapy services.

According to the U.S. Bureau of Labor Statistics, employment of respiratory therapists is projected to grow 23% from 2016 to 2026, much faster than the 8% average growth rate of all occupations, with a current national average base salary of \$60,000. Recently, US

World News and Report listed Respiratory Therapy as the #6 Health Care Profession Job and #16 overall in their Top 100 jobs.

"This makes QCC's program vital not only for the Worcester area, but also for Massachusetts

as a whole," Hirst said.

For more information on QCC's Respiratory Care program visit www.QCC.edu/respiratory-care or email the Respiratory Care program at respiratorycare@qcc.mass.edu.



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Friday's Child



Hi! My name is Bacari and I can tell you about space and meteorites!

Bacari is a healthy and happy young man of African American descent. He is active and energetic and enjoys walking, playing basketball, and participating in other outdoor activities. Bacari warms up to people as he gets to know them and enjoys socializing with others. He enjoys art and crafts and expressing himself through narrative writing. Bacari also enjoys discussing space and meteorites. People who know him say that he has a great sense of humor.

Bacari does well in school, and although he is currently unsure of the type of career he would like to pursue, he enjoys animation and creating cartoons and comics.

Legally freed for adoption, Bacari is looking for a forever family that he hopes will be loving, structured, but not too strict. All family constellations will be considered, including those with older or younger children in the home. Bacari does have biological connections that an adoptive family would need to help him maintain. He also feels connected to his community and would love to have that fostered, as well.

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CMS Chamber to welcome CrossFit Charlton with ribbon cutting ceremony

CHARLTON — CrossFit is a worldwide exercise movement that entails constantly varied, functional movements performed at high-intensity, and building a supportive community. While there are over 5,000 CrossFit gyms, or “boxes,” in the United States, with more than 150 of those gyms in Massachusetts alone, each one is committed to effectively coaching its athletes, providing scalable programming for all levels of fitness, and fostering a community of people that supports athletes in achieving their goals.

That’s what Worcester County athletes can expect from CrossFit Charlton, which is holding its grand opening on Saturday, Nov. 12 from 10 a.m. to noon. A ribbon cutting ceremony presented by the Chamber of Central Mass South will be followed by a grand opening celebration. The event will welcome local visitors, including Charlton Selectmen Stephen Koronis and Barbara Zurawski, Charlton Town Administrator Andrew Golas, Officer Derek Gaylord and K9 Officer Dozer of the Charlton Police Department, the Charlton Fire Department’s “Touch a Truck” program, where kids are invited to explore and touch a real fire truck, and food and beverages from local venues, including Toasted Roasters, Work of Art Cookies, and Fay Mountain Farm. There is no charge and all are welcome to attend. CrossFit Charlton’s brand new facility is located at 168 Worcester Rd. (Route 20) in Charlton.

CrossFit Charlton co-owners and coaches, Kristen Lemire and Jason and Danielle Leboeuf, are thrilled to welcome new members to their brand new building.

“The business was born this past



Photo Courtesy

The CrossFit Charlton owners hope that athletes feel encouraged and built up by its biggest muscle of all: its members.

spring out of our garage,” said Jason. “We wanted to build our own community and share the importance of physical fitness and the benefits it brings to mental health.”

CrossFit Charlton will hold numerous fitness classes each day of the week, starting Nov. 14. Each class runs for approximately one hour, with the class

schedule starting at 5 a.m. and ending at 6:20 p.m. Each class will be run by one of nine coaches, and will feature workouts with bodyweight and brand new exercise equipment, including bikes, rowers, dumbbells, barbells, and a “rig,” which is used for weightlifting and pull ups.

In addition to fostering CrossFit’s

foundational values, CrossFit Charlton prides itself on its family-friendliness, offering an exercise program for kids, called “KidFit.” In KidFit classes, children ages five to 11 will learn about teamwork, leadership, and healthy habits, including an early introduction to body awareness, and modified CrossFit movements, like burpees and rope climbs to build coordination and strength.

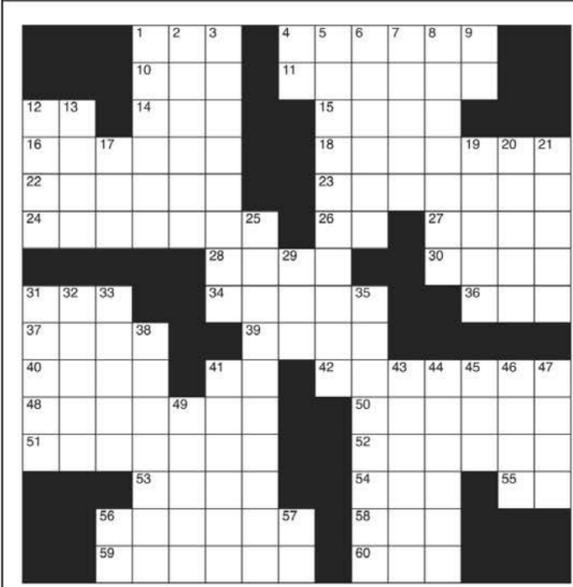
“Most importantly, kids will experience fitness in a fun way,” said Danielle, who is coaching KidFit classes. “We want to help kids build self-esteem and confidence, and hope to spark a lifelong love of fitness.”

Regardless of which classes are taken at the new gym, the CrossFit Charlton owners hope that athletes feel encouraged and built up by its biggest muscle of all: its members.

“CrossFit sometimes gets a bad reputation because the workouts can be intense, and people associate it with elite athletes that can flip tires,” said Kristen. “It’s not about that. It’s really about the people working out alongside you, sweating with you, cheering for you, celebrating with you when you achieve your goals. We have a solid team at CrossFit Charlton.”

More information about CrossFit Charlton and its programming can be found at CrossFitCharlton.com.

If it is time for you to grow your business and join a dedicated business community, visit the Chamber of Central Mass South online at cmschamber.org.



CLUES ACROSS

- 1. The central bank of the US
- 4. Direct one’s ambitions
- 10. Only
- 11. “Nothing ventured, nothing _____”
- 12. Lead
- 14. Returned material authorization (abbr.)
- 15. Indicates the pitch of notes
- 16. Set up to blame
- 18. States of rest
- 22. Complete
- 23. Be around longer than
- 24. Instructs
- 26. Childless (abbr.)
- 27. Coffee machines do it
- 28. Bowfin
- 30. A group separate from established Church
- 31. Soviet Socialist Republic
- 34. Mends with a needle
- 36. When you hope to get there
- 37. Popular 80’s pop duo
- 39. Beloved Mexican dish
- 40. Extremely small amount
- 41. Special therapy
- 42. Cause to move slowly
- 48. A person’s natural height
- 50. Elicited
- 51. Legislator
- 52. Baking ingredient
- 53. Sandwich store
- 54. Peyton’s little brother
- 55. Southeast
- 56. Popular Mexican beer
- 58. Baglike structure in a plant or animal
- 59. Car body manufacturer
- 60. Midway between south and southeast

CLUES DOWN

- 1. Colorless volatile acid
- 2. A way to tangle
- 3. Jam rock band devotee
- 4. The nation’s highest lawyer (abbr.)
- 5. Inviolable
- 6. Collision
- 7. Clumsy
- 8. Bends again
- 9. “Pollock” actor Harris
- 12. Flew off!
- 13. Soft creamy white cheese
- 17. Comedienne Gaster
- 19. Exclamation used for emphasis
- 20. Expel from one’s property
- 21. Philly transit body
- 25. Small amount of something
- 29. Retirement account
- 31. Holey type of cheese
- 32. Young pig
- 33. Climbing palm
- 35. Discomfort
- 38. Bullfighter
- 41. High-level computer language
- 43. Fleshy extensions above the throat
- 44. Request
- 45. Equal to 10 meters (abbr.)
- 46. Bruce and Spike are two
- 47. Precipice
- 49. Wombs
- 56. A radio band
- 57. Emphasizes an amount

REAL ESTATE TRANSACTIONS

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\$605,000, 15 Little Rest Rd, Lowe, Christopher; and Lowe, Judith A, to Jolicoeur, Maureen, and Jolicoeur, Adam J.

\$240,000, 61 Cubes Dr, Campbell, William J, and Campbell, Naomi A, to Wasielek, Michael.

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\$40,000, Brookfield Rd, Morin J Gerard Est, and Morin, Janelle N, to Morin, Benjamin.

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\$445,000, 28 H Putnam Rd, Kavorkian, Michael J,

and Kavorkian, Amanda S, to Gosselin, Mark E, and Robbins, Crystal.

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\$425,000, 68 Paradise Ln, Miller, Steven K, to JDB 1 I T, and Buchanan, Jeffrey D.

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CHURCH LISTINGS

• **Charlton Federated Church**, 64 Main St., 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org

• **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 10 a.m.

• **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children’s church 10am

• **St. Joseph’s Church**, 10 H. Putnam Ext. 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday Life/TEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

• **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144

• **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, MA 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am.

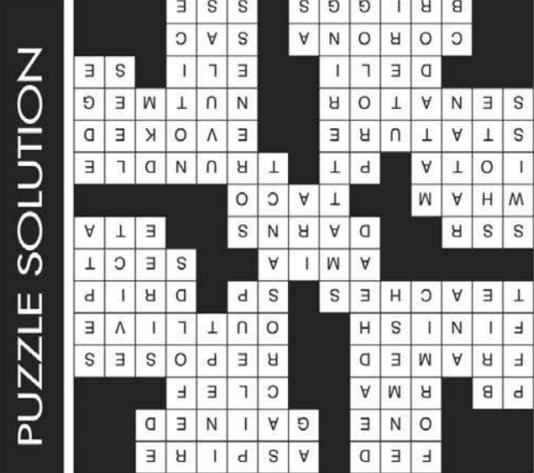
www.livingwordcharlton.com
info@livingwordcharlton.com

• **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

• **Federated Church of Sturbridge and Fiskdale** - 8 Maple St. Sturbridge, 774-304-1021 www.sturfed.org Sunday Worship 9:30 a.m.

• **Bethlehem Lutheran Church**- 345 Main Street, Sturbridge, MA 01566
Phone 508-347-7297
Web: www.bethlehemsturbridge.org

Services - Sunday 9:30 am
Pastor Dan Purtell



PUZZLE SOLUTION

Girls on the Run Worcester County hosting 5K event Nov. 20 at Assumption

WORCESTER — Girls on the Run of Worcester County will host its 5K event on November 20th at Assumption University. Girls on the Run is a physical activity-based, positive youth development program that uses fun running games and dynamic discussions to teach life skills to girls in third to eighth grade. During the ten-week program, girls participate in lessons that foster confidence, build peer connections and encourage community service while they prepare for an end-of-season celebratory 5K

event.

Participation in the 5K event on November 20th is open to the public and all proceeds from the event will benefit Girls on the Run of Worcester County. Last season's 5K consisted of more than 800 participants, including program participants, volunteers, families, and community runners. Registration cost is \$40 prior to the event, and \$50 the day of. The fee includes a medal at the finish line.

Bib pickup for the event is at 8 a.m. The event will begin at 9:30

a.m. on Nov. 20 at Assumption University and early arrival is suggested. Celebration activities for GOTR participants start at 8 a.m. Girls will have the opportunity to utilize temporary tattoos, colorful hair chalk, and more to get them excited and ready for the race. For more information about the event, how to register, and volunteer opportunities, visit www.gotr-worc.org.

About Girls on the Run Based in Charlotte, N.C., Girls on the Run is a nonprofit organization with local Councils in

all 50 states. Founded in 1996 with 13 girls, Girls on the Run has now served more than two million girls. Over the course of the program, girls in third through eighth grade develop social, emotional and physical skills to successfully navigate life experiences. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event. With the largest 5K series by number of events in the world, Girls on

the Run hosts more than 330 5Ks per year. Girls on the Run is included as a top research-based program in a Social-Emotional Learning Guide developed by researchers at Harvard University and has been recognized by the National Afterschool Association (NAA) as one of the most influential after-school programs. Girls on the Run is offered in more than 13,000 across the US. Visit www.gotr-worc.org to learn how to get involved in your community.

2022 TREK STURBRIDGE HALLOWEEN 5K, 1K & FUN WALK

5K RUNNERS

- 1 TRENT STURTEVANT (19:14)
- 2 BRANDON DELPRIORE (21:03)
- 3 HARRISON BRODERIC (21:17)
- 4 MICHAEL FORGIT (21:30)
- 5 HALEY COURTNEY (22:11)
- 6 JEFF WHITE (22:14)
- 7 AIDAN BUTLER (22:53)
- 8 BOB ST. JOHN (22:54)
- 9 MICHAEL SPILLANE (23:25)
- 10 MICHELLE FRIGON (23:45)
- 11 LESTER FORGIT (24:13)
- 12 CONNOR PARSONS (24:20)
- 13 KYLIE MCCARTHY (24:22)
- 14 SHAYLA GOODACRE (24:26)
- 15 RODNEY FURR (24:27)
- 16 DAVID MAHER (24:51)
- 17 MEAGAN HESLIN (24:58)
- 18 HEATHER STAPEL (25:09)
- 19 GABRIEL LAFRANCE (25:10)
- 20 TINA DELULLO (25:17)
- 21 LESLIE DANIELS (25:50)
- 22 JESSICA BILLINGS (25:55)
- 23 PAUL SCILEPPI (26:24)
- 24 CHRISTOPHER MULLEN (26:25)
- 25 ALLISON BROWN (26:33)
- 26 JOHN TARASIAK (26:47)
- 27 DAVID DOHERTY (26:53)

- 28 RICHARD FLANAGAN (26:55)
- 29 SPENCER HALL (26:57)
- 30 TIMOTHY ONDERDONK (27:17)
- 31 BRIAN OXMAN (27:18)
- 32 THOMAS GENDRON (27:18)
- 33 JONATHAN STAPEL (28:01)
- 34 JACOB LAWRENCE (28:17)
- 35 ERIC DUEN (28:33)
- 36 STACY COURTNEY (28:57)
- 37 HEIDI PETERSON (28:59)
- 38 LYNN TRINQUE (29:12)
- 39 SARAH ST. JOHN (29:15)
- 40 SHEYENNE WALES (29:55)
- 41 MELISSA BEANE (30:07)
- 42 AMY HOWARD (30:07)
- 43 GRETA COAN (30:11)
- 44 DANIEL HEMINGWAY (30:12)
- 45 GIANNA HEMINGWAY (30:13)
- 46 LORI HALL (30:25)
- 47 CHRISTINE WITSCHI (30:33)
- 48 KEENA GRAVANDA (30:33)
- 49 THERESA COREY (30:34)
- 50 PAIGE WALKER (30:44)
- 51 GRAHAM CABREY (31:03)
- 52 ROSEANN CUSHING (31:13)
- 53 ALEXANDRA SMITH (31:14)
- 54 RAJA HASHEM (32:18)
- 55 JOHN CALABRESE (34:34)

- 56 ERICA JAJLIARDO (35:36)
- 57 GILMARIE VONGPHAKDY (35:38)
- 58 JUDITH MANDEVILLE (37:24)
- 59 DEB STEELE (38:25)
- 60 MADDIE MCCARTHY (38:25)
- 61 APRIL ROSE CARTER (38:38)
- 62 HAZEL CARTER (38:39)
- 63 BIANCA BJORKLUND (43:15)
- 64 PETER VAMVILIS (43:16)
- 65 MELORA NADEAU (44:30)
- 66 FRANK MITERA (47:33)
- 67 JESSICA STURTEVANT (47:51)
- 68 ALEXIS STURTEVANT (47:51)
- 69 JACKIE YEO (49:25)
- 70 KAREN THOMPSON (49:42)
- 71 DINA SEXTON (49:42)
- 72 KEGAN CLINE (53:09)
- 73 BETSY PEPPEL (53:51)
- 74 ALAN PEPPEL (53:55)
- 75 DAVID SHELA (56:14)
- 76 JORDAN LAPIERRE (57:03)
- 77 ABIGAIL BERTHIAUME (57:03)
- 78 JANET MITERA (57:20)
- 79 IRENE CALABRESE (57:22)
- 80 OLIVER ROSENFELD (1:00:38)
- 81 OSCAR STRICKLAND (1:00:55)
- 82 WILLIAM BAKER (1:00:58)
- 83 JAN KANIA (1:01:29)

- 84 TYLER TEGNELIA (1:01:42)
- 85 JULIANNA ANDERSON (1:01:44)
- 86 RORY DEAN (1:04:41)
- 87 SANDRA DIGREGORIO-MERCURIO (1:04:44)
- 88 CAROL GOODROW (1:04:48)
- 89 ELIZABETH DEARBORN (1:06:43)
- 90 KIMBERLY INFANTINO (1:06:45)
- 91 ANDREA CHAMBERLAIN (1:06:46)

1K RUNNERS

- 1 SAMANTHA WHITE (05:06)
- 2 ARCHER GENDRON (05:23)
- 3 RIKER GENDRON (05:33)
- 4 AURORA GASNE (06:41)
- 5 MACKENZIE CLANCEY (07:04)
- 6 KINZLEY DELPRIORE (07:07)
- 7 LEXI WHITE (08:11)
- 8 DIPIETRO GIA (08:29)
- 9 SONNY SAAD (14:22)

LEGALS

SALE OF MOTOR VEHICLES
Under G.L. c.255 Sec.39A
Notice is hereby given by

Cruise Control Transportation Inc. Pursuant to the provisions of G.L. c. 255, Section 39A. that on 05/07/2022 at Cruise Control Transportation Inc. the following motor vehicle/s will be sold at private sale to satisfy our garage keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicle 10/21,10/28,11/4 2017, Toyota Highlander VIN: 5TDZARFH9HS028359 LAST REGISTERED OWNERS: Brittany Ann Macaulay Boucher 32 Green Ave Apt 1R Southbridge, Ma, 01550 LIEN HOLDER : Car max Auto Finance PO box 440609 Kennesaw, Ga, 30160 October 21, 2022 October 28, 2022 November 4, 2022

Toyin Adebajo joins Weichert, Realtors® - Hope & Associates

WORCESTER — Weichert, Realtors® - Hope & Associates is proud to announce Toyin Adebajo has joined their Worcester office. Adebajo joins a dedicated team of knowledgeable agents at Weichert, Realtors® - Hope & Associates, who bring many years of combined real estate expertise to their clients.

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OPINION

Rediscover the Convenience of the Crock Pot

“There are many kinds of strength, and no one kind will suffice”

On Nov. 22, 1963, President John F. Kennedy was en route to give a speech in Dallas, Texas. He was assassinated before reaching his destination, but already written was a speech he was to deliver at the event. Here we are years later reading his words that call for unity and peace. We have taken portions out due to space, however our hope is that this decades old speech will translate into the present. This speech delivers an important message as we head to the polls next week. Remember to vote for the best candidate in any area and try not to fall into the trap of voting along party lines. Local elections should go to the person who is the biggest champion for your area, with the most experience, full stop. Do your due diligence in researching candidates and do not fall prey to smear campaigns. Follow your gut, and most importantly do your civic duty, by voting. The speech reads as follows:

“This Nation’s strength and security are not easily or cheaply obtained, nor are they quickly and simply explained. There are many kinds of strength and no one kind will suffice. Ignorance and misinformation can handicap the progress of a city or a company, but they can, if allowed to prevail in foreign policy, handicap this country’s security. In a world of complex and continuing problems, in a world full of frustrations and irritations, America’s leadership must be guided by the lights of learning and reason — or else those who confuse rhetoric with reality and the plausible with the possible will gain the popular ascendancy with their seemingly swift and simple solutions to every world problem. There will always be dissident voices heard in the land, expressing opposition without alternative, finding fault but never favor; perceiving gloom on every side and seeking influence without responsibility. Those voices are inevitable. But today, other voices are heard in the land — voices preaching doctrines wholly unrelated to reality, wholly unsuited to the sixties, doctrines which apparently assume that words will suffice without weapons, that vituperation is as good as victory and that peace is a sign of weakness. We cannot expect that everyone, to use the phrase of a decade ago, will “talk sense to the American people.” But we can hope that fewer people will listen to nonsense. And the notion that this Nation is headed for defeat through deficit, or that strength is but a matter of slogans, is nothing but just plain nonsense. Above all, words alone are not enough. The United States is a peaceful nation. And where our strength and determination are clear, our words need merely to convey conviction, not belligerence. If we are strong, our strength will speak for itself. If we are weak, words will be of no help. I have spoken of strength largely in terms of the deterrence and resistance of aggression and attack. But in today’s world, freedom can be lost without a shot being fired, by ballots as well as bullets. The success of our leadership is dependent upon respect for our mission

Turn To **EDITORIAL** page **A7**

Few modern appliances match the convenience of a crock pot. There’s no doubt about it, the slow cooker is making a comeback — even if it does have to share counter space with the air fryer!

With the chilly weather upon us, the pleasure of coming home to a hearty, comfort meal cannot be overstated. Thanks to the ease of absentee cooking, even harried households can enjoy a comfort meal every night of the week.

In celebration of the slow cooker, this week’s column will spotlight an array of delicious recipes that are so easy, they can be compiled before you dash out the door in the morning. Just add a salad and you’re good to go!

**

Saucy Maple Country Ribs

Ingredients: One and a half pounds country style boneless pork ribs; one third cup pure maple syrup; one tablespoon soy sauce; two tablespoons fresh chopped onion; one half teaspoon garlic powder; one quarter teaspoon each cinnamon, ginger, and allspice; dash of pepper

Directions: Place pork in the crock-pot. Combine remaining ingredients; pour over pork. Cover and cook on low for 7 to 9 hours.

**

Chicken Breast A L’Orange

Ingredients: Three chicken breasts, halved; one can of cream of celery or cream of chicken soup (Campbell’s has a Healthy Request choice); five mushrooms, sliced; two sweet potatoes, peeled and quartered; two thirds cup flour; one half cup freshly squeezed orange juice; one half teaspoon orange rind, grated; three tablespoons flour; one teaspoon salt; one teaspoon nutmeg; one half teaspoon cinnamon; two teaspoons brown sugar; one dash each of pepper and garlic powder.

Directions: Rinse chicken breasts and pat dry. Combine two thirds cup flour with salt, nutmeg, cinnamon, pepper and garlic powder. Thoroughly coat chicken in flour mixture. Place sweet potato slices in bottom of crock pot. Place chicken breasts on top. Combine soup with remaining ingredients and stir well. Pour soup mixture over chicken breasts. Cover and cook on low heat for 8 to 10 hours or on high setting for 3 to 4 hours, or until chicken and vegetables are tender. Serve over hot buttered rice.

**

Shortcut Chile

Ingredients: one pound lean ground beef or turkey; one small onion; chopped; one teaspoon salt; one bay leaf; one teaspoon chili powder (or more to taste); one teaspoon Worcestershire sauce; two 8 ounce cans tomato sauce; two 16 ounce cans kidney or pink beans, drained.

Directions: In skillet or slow-cooking pot with browning unit, break up beef with fork and cook until lightly browned. Pour off excess fat. In slow cooker, combine meat with onion, salt, chili powder, bay leaf, Worcestershire sauce, tomato sauce, and kidney beans. Cover and cook on low for 6 to 7 hours. Remove bay leaf before serving.

**

Chicken Cassoulet (recipe from Perdue Organic products)

Ingredients: 1 package Perdue Harvestland organic boneless skin-



TAKE THE HINT
KAREN TRAINOR

less chicken breasts, thin sliced; 2 cans (16 oz. each) cannellini or white beans, drained; 1 can (16 oz.) stewed tomatoes; 1 1/2 tsp. chopped fresh rosemary (or 1/2 tsp. dried, crushed); 1/4 tsp. ground black pepper

Directions: Place chicken, beans, tomatoes, rosemary and pepper in a slow cooker. Stir to combine. Cook covered 6 to 8 hours on low, or 4 to 6 hours on high.

**

All Day Apple Butter

Note: This recipe is easy but requires monitoring, so save it for a day you are home

Ingredients: Five and a half pounds of apples, peeled and chopped; optional sugar (up to three cups) as desired; two to three teaspoons cinnamon; one quarter teaspoon each ground cloves, salt.

Directions: Place apples in slow cooker. Combine sugar, cinnamon, cloves and

salt; pour over apples and mix well. Cover and cook on high for one hour. Reduce heat to low; cover and cook for 9-11 hours or until thickened and brown, stirring occasionally (stir more frequently as it thickens to prevent sticking). Uncover and cook on low one hour

longer to thicken the butter. If desired, stir with a wire whisk or immersion blender until smooth. Spoon into freezer containers, leaving one half-inch airspace. Cover and refrigerate or freeze.

**

Crock pot hints:

*Place root vegetables, which take longer to cook, such as carrots and potatoes, in the bottom and around the sides of the slow cooker. Meat should be placed on top of vegetables.

*To speed up the cooking time of most recipes, including soups and stews, follow the rule that one hour on High is equal to two hours on Low. This conversion does not apply when cooking desserts.

*Do not lift the lid while the slow cooker is cooking, unless otherwise indicated in the recipe. The loss of steam adds an additional 15 to 20 minutes to the cooking time.

**

Win Dinner for Two at the Publick House

Your tips can win you a great three course dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I’m in the business of dispensing tips, not inventing them (although I can take credit for some), I’m counting on you readers out there to share your best helpful hints!

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

Have you ever heard of “Quiet Quitting?”



POSITIVELY SPEAKING
TOBY MOORE

Quiet quitting is when you do what is required of you at your place of work and no more.

Some describe quiet quitting as a coping mechanism to avoid burnout from chronic overworking. According to psychologists and advocates of quiet quitting, it’s a way to put mental health first, emphasizing that your life is not your work and your worth is not based on your productivity.

Mental health is crucial; everyone is different, and the solution to one person’s problem may not be the solution to another person’s problem.

As I pondered quiet quitting, I had the nagging question, If I were to become a quiet quitter, does that mean I could no longer go “Above and Beyond?” Could I still “go the extra mile?”

I remember when I was looking for a job once, and my father’s advice to me was to tell the manager, “I’ll show up early; I’ll leave late, I’ll do more than is expected of me, and I’ll do it all with a smile.” And then actually do it.

If I was a quiet quitter, could I still do that?

One quiet quitter said, “Quiet quitting isn’t about quitting because we literally still show up to work; we just don’t go the extra mile because we aren’t paid for it.”

Being overworked and underappreciated is an awful, degrading experience, and refusing to go the extra mile is a way to take back control or at least make you feel like you have control.

On the other hand, earning a promotion is usually because the person who earns it is known for going the extra mile even when they weren’t paid to do so.

Another quiet quitter hilariously said, “I thought quiet quitting was when someone was employed but stopped working. Then I learned that quiet quitting isn’t quitting; it’s simply doing all your work without doing any extra duties! Quiet quitting is literally just doing your job!”

I was laughing after I read that. It’s a good point! When you put it like that, it can make a lot of sense! I guess it all depends on what you want out of life.

I heard an old saying not long ago, “Make yourself so valuable at work that you can’t be fired.” How do I do that?

Some of your value as an employee depends on the type of job and duty that you are performing. There are some jobs where you can be valuable to the team and practice quiet quitting, and then there are other jobs where quiet quitting won’t be compatible.

If I practice quiet quitting, can I still be as valuable to the team as those who are going the extra mile? Probably not. Do you think a quiet quitter is valued by their employer more or less than employees who go above and beyond?

It’s a fact that productivity partially measures our value in the workplace.

Who is more likely to get the next promotion? A quiet quitter or someone who goes above and beyond?

Gary Ryan Blair said, “What is the one thing you can do to persuade people that you are the one for the job, the one thing you can do to earn someone’s vote, the one thing you can do to persuade people to open the doors of opportunity? The answer is as simple as it is profound. Develop a reputation for going the extra mile.”

Can you be a quiet quitter and go the extra mile? Are the two concepts mutually exclusive? I can’t say for sure, but it certainly seems like it. It appears that quiet quitting is a practice that will lead to fewer opportunities in the workplace and, I suspect, out of the workplace too.

Is quiet quitting bad? It all depends on what you want out of life. For some people, quiet quitting may be a good method to pursue mental health, and for other people, they may experience greater mental health when they are fully engaged, going the extra mile, and doing their best.



Turn To **LUCY** page **A7**

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.



BEYOND THE PEWS
 •••••
REV. JOHN H.D. LUCY

From October to January, it’s an exciting time to have kids. Holiday after holiday in various religions, full of decorating, food, and gifts. Hooray!

The meaning of holiday of course originates from “holy day.” The one major holiday in that span that doesn’t have a religious origin is Thanksgiving. Yet it makes me think of a scripture passage that we typically associate with Easter: the walk to Emmaus, found in Luke 24:13-35.

Two disciples walking to Emmaus after the resurrection of Jesus, talking to Jesus about all the strange events of those days but with no idea it was Jesus

Holy meals

they were talking to. Simply to be kind, they invite Jesus to stay the night with them. The as-yet-unknown Jesus agrees and, when they sit down to eat, Jesus takes bread, gives thanks, and breaks the bread. At that moment, Jesus was revealed to those disciples for what he was and is: the resurrected Christ.

In addition to theological lessons, the story teaches us something magically practical, too, that transcends religious affiliation: breaking bread together can reveal the divine spirit together. The act of inviting and sitting down with others in the spirit of fellowship can reveal the Christ to us, often in surprising and unexpected ways. For that reason, Thanksgiving be as holy and spiritual as any other holy day.

Here’s the thing, though: Jesus was revealed to those disciples on what they thought was a normal day, an ordinary

Watch out for deer collisions

This past weekend was perfect for any outdoor activities. Fishing for trout in local trout stocked waters had anglers catching some 15 inches to 17-inch rainbow trout. Fishing cape ponds also had anglers catching some impressive trout. One angler fished Peters Pond and caught numerous large rainbows. Fishing freshwater ponds at this time of year is extremely enjoyable, and you basically have the ponds all to yourself, as most anglers have put their fishing rods away for the year, and are out deer hunting or bird hunting.



THE GREAT
OUTDOORS
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passengers or drivers if you become involved with a deer collision. Drivers that hit and kill a deer with their automobile can keep the deer if they want it. Drive safe and remember to pay attention to the road, as a deer can seem to come out of nowhere.

Saltwater fishing continues to provide some great fishing for stripers at the canal, and bottom fishing for tautog and seabass on board charter boats, is slowing because of the economy. Cod fishing in Rhode Island has also slowed!

Many anglers have started to winterize their boats and many have already taken the time put them away for the season. Fogging your outboard motor and adding a stabilizer to your gas should help ensure the motor will be ready for spring fishing.

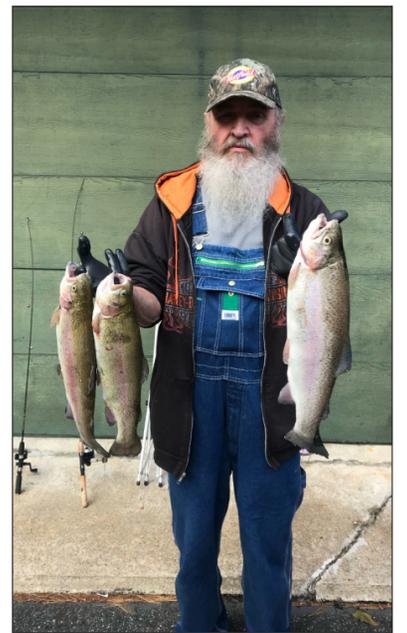
This week's two pictures show Bob & Corey Lepage with a couple of king salmon they caught recently on the Salmon River in Upstate New York. The second picture shows Steve Dizek of Northbridge, with some nice rainbow trout he caught, while fishing at his favorite fishing hole. Nice fish!



Photos Courtesy

Bob & Corey Lepage with a couple of king salmon they caught recently on the Salmon River in Upstate New York.

Take a Kid fishing & keep Them Rods Bending!



This weeks second picture shows Steven Dizek with a few nice rainbow trout he recently caught at the Uxbridge Rod & Gun Club.



GARDEN
MOMENTS
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Go beyond the traditional with unique amaryllis varieties

Boost your spirits and winter décor with new shapes and colors of amaryllis. Today, there are many beautiful options beyond the traditional red.

Double amaryllis have jumbo flowers with multiple layers of petals. Kick off the season with the early-blooming variety Alaska. Its frilly white petals contrast nicely with the lime green throat and the flowers last for weeks. Early blooming amaryllis are grown in the southern hemisphere and, if planted by early November, they bloom in time for holiday decorating and gift-giving.

Extend amaryllis season with doubles that are grown in the northern hemisphere. Start these amaryllis bulbs any time before January for flowers in mid to late winter. Sweet Nymph has layers of creamy white petals that are decorated with coral pink stripes. The blossoms add romantic charm to any setting. The extra-large flowers of Giant Amadeus change colors as they go from bud to mature bloom. The blossoms start out mostly white with a fine red outline. The color of the petals gradually intensifies to blushing pink, rose, and coral.

Doublet is another stunning winter-blooming double. Its flowers feature narrow petals in a variety of widths, all with red and white candy cane

stripes. You can expect two or three flower stalks from each bulb and as many as a dozen flowers. For more subtle beauty, consider double amaryllis Elvas with white petals outlined in red.

New varieties of single amaryllis can be equally dramatic. Opal Star is an early bloomer with slightly longer and narrower petals than most. Its muted, pale red flowers feature a chartreuse and white star in the center that extends to the tips of the petals. Cape Horn has broad, rose-pink petals and a white star. Remember to plant these early-blooming amaryllis in the fall so you can share living bouquets for the holidays.

Keep the flowers coming with varieties that bloom in January and February. Terra Cotta Star is sure to attract attention with its striking colors and exquisite details. The salmon, rose, buttercream and pistachio petals have dark red veining that makes each blossom a standout. Yellow Star is another unique variety with elegant ivory and lime green flowers that are sure to lift your spirits. Rosy Star's exquisite flowers feature snowy white petals and a rose-pink blush.

Don't underestimate red amaryllis as there are many exciting variations to choose from. Charisma is an early-blooming single with petals that display an ombre effect

of red and white. Gervase and Flamenco Queen are later blooming singles with a similar fade on their petals. For extra bold red and white flowers, consider single amaryllis Spartacus or Minerva, and the double variety Splash.

Order your amaryllis bulbs early for the best selection. When the bulbs arrive, store them in a cool, dry dark place until you are ready to plant. After you pot up the bulbs, place them in a warm, bright location to encourage them to break dormancy. Once the first bud emerges, you can expect to have flowers in two to four weeks. Enjoy all the beauty that growing amaryllis (Longfield-Gardens.com) provides with only minimal care.

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"* DVD instant video series and the nationally syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Longfield Gardens for her expertise to write this article. Her Web site is www.MelindaMyers.com.



Photo Courtesy — Longfield-Gardens.com

Flamenco Queen is a new and unique amaryllis variety with later bloom time.

EDITORIAL

continued from page A6

in the world as well as our missiles — on a clearer recognition of the virtues of freedom as well as the evils of tyranny. "Finally, it should be clear by now that a nation can be no stronger abroad than she is at home. Only an America which practices what it preaches about equal rights and social justice will be respected by those whose choice affects our future. Only an America which has fully educated its citizens is fully capable of tackling the complex problems and perceiving the hidden dangers of the world in which we live. And only an America which is growing and prospering economically can sustain the worldwide defenses of freedom, while demonstrating to all concerned the opportunities of our system and society. "My friends and fellow citizens: I cite these facts and figures to make it clear that America today is stronger than ever before. Our adversaries have not abandoned their ambitions, our dangers have not diminished, our vigilance cannot be relaxed. But now we have the military, the scientific, and the economic strength to do whatever must be done for preservation and promotion of freedom. "The strength will never be used in pursuit of aggressive ambitions — it will always be used in pursuit of peace. It will never be used to promote provocations — it will always be used to promote the peaceful settlement of disputes. "We, in this country, in this genera-

tion, are — by destiny rather than by choice — the watchmen on the walls of world freedom. We ask, therefore, that we may be worthy of our power and responsibility, that we may exercise our strength with wisdom and restraint, and that we may achieve in our time and for all time the ancient vision of "peace on earth, good will toward men." That must always be our goal, and the righteousness of our cause must always underlie our strength. For as was written long ago: "except the Lord keep the city, the watchmen waketh but in vain."

LUCY

continued from page A6

occasion. What that means for us is that any normal, ordinary day and occasion can become holy if we patiently and lovingly sit with others for table fellowship.

For some, because of work schedules or other obligations, it may be impossible to sit for table fellowship except on holidays. But if you can, ask yourself: do you and your family

or friends make time to sit and break together? Without screens to distract you? What about your neighbors? I'll admit that I don't sit with my neighbors often enough, but for anyone who lives alone, you have built in friends you can break bread with.

With whomever and however you eat, I invite you not to rush through meal times, especially during the holidays. Make time to eat, even in silence, with someone, somewhere, and you may be surprised: Christ may be revealed to you.

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Local memorabilia auction



In previous columns, I've noted that finding historical objects is one of the most enjoyable parts of my job. I am especially interested in local history, so the auction I'm currently cataloging, featuring Worcester related items from the early 1700s through the 20th century, has been especially exciting.

Most of the impressive collection is comprised of items from other

Massachusetts and New England towns. Some of the earliest pieces are land deeds and other legal documents from the area. Several books printed by printer and revolutionary war soldier, Isaiah Thomas of Worcester, are also part of the collection.

The collection includes many books about Worcester and towns in Worcester County from the early 1800s. There are also bound editions of the Worcester Massachusetts Spy and other newspapers from the late 1700s and early 1800s. Additionally, it features local history books from many towns throughout Massachusetts.

Beyond the books, the collection has plenty of other items that will appeal to local collectors. There are many pamphlets, price guides and other materials from factories when Worcester was an industrial center, postcards showing points of local interest in the city along with local fire and police badges, and some taxi badges, just to name a few. Norton Company produced stoneware crocks and jugs, and they will also be represented in this auction.



ANTIQUES, COLLECTIBLES & ESTATES

WAYNE TUISKULA

Advertising items are always popular with collectors. A corner of the hall is set up like an old pharmacy. Apothecary jars, a mortar and pestle, and other medical items are displayed like they would have been in a drug store during the turn of the century.

The collection was moved from a closed Torrington, Connecticut drug store to the Worcester location where it is currently housed.

A recreated country store occupies the opposite corner of the room. There are multiple tin cans of cleaners, soap and food products that you would have seen in a country store during the turn of the century.

There are also large signs advertising Anderson and Patterson (Worcester) Ice Cream, a large Cincinnati Water Purifier by Ross Brothers Washburn and Moen Steel Barb Fencing (barbed wire) sign. Ross Brothers distributed seeds via mail from their Worcester location.

Worcester is known for producing Valentine's Day cards, and this collection includes some from the 19th cen-

tury along with a Whitney Valentines card sample book circa 1930s. Hopefully this collection of items from the "Heart of the Commonwealth" offers something that will warm your heart.

The auction will open for bidding in mid-November. There will be a preview in Worcester (I'll provide the location in my next column) on Saturday, Dec. 3 and Sunday, Dec. 4. The auction will end on Monday, Dec. 7 and local pickup will be available on Saturday, Dec. 10 and Sunday, Dec. 11.

Bidding ends on Nov. 15 for our online jewelry, coins and sterling auction. The sports card and memorabilia auction with the rare Virginia Brights baseball tobacco cards ends Nov. 17. The auction with art, historical memorabilia, antiques and collectibles will begin in a couple of weeks. I hope to see some of you this Saturday, Nov. 5 from 1 to 4 p.m. at the Leicester Senior Center to raise money for the Leicester Historical Society. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

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

Joshua Hyde Library presents Early Learning & Fun!

STURBRIDGE — Join us Thursday, Nov. 3 at 10:45 a.m. in the Library meeting room for a brief book-in-hand program for new parents and their children. The program will include stories, songs, and rhymes suitable for nine-to-18-month-old children. Following the conclusion of our program, there will be children's playtime and an opportunity for parents to meet until 11:30 a.m.

Additionally, on Nov. 5, you can

join us and Sheryl White of Baby Kneads in the Library meeting room to learn Mindfulness techniques. From 2-3:30 p.m., Sheryl will emphasize engaging the children's senses through several activities. There will be a bag of sensory props and different objects used to engage the children to practice how to be more present. This program is for ages three to six and registration is required.

For both of these events, all

children must be accompanied by an adult caregiver for the duration of the program. To register for the Mindfulness event or for more information about either of these events please visit the Joshua Hyde Library event page on our Web site at www.sturbridgelibrary.org or call us at (508)-347-2512. Both of these events are sponsored by the Friends of the JHPL.

Learn about "Wildflowers of the Northeast" in Charlton

CHARLTON — The Charlton Arts & Activities Center at 4 Dresser Hill Rd. in Charlton will be hosting a lecture by naturalist John Root on Tuesday, Nov. 8 at 7 p.m.

"Wildflowers of the Northeast" is a presentation that celebrates the intricacy and enchanting beauty of our native and naturalized flora. Audiences learn distinguishing characteristics of the major plant families as a basis for field identification. The survival value of these

plants' unique adaptations in accomplishing such essential functions as photosynthesis, pollination, and seed dispersal is also discussed. Questions and comments are welcome throughout the presentation.

This is a free event, and this program is supported in part by a grant from the Charlton Cultural Council, a local agency which is supported by The Massachusetts Cultural Council, a state agency. For more information e-mail us at charltonarts7@gmail.com.

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DINE OUT & SEE A SHOW!

Avoid becoming 'burden' on grown children



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Here's an interesting statistic: Some 72 percent of retirees say one of their biggest fears is becoming a burden on their families, according to a 2021 survey by Age Wave and Edward Jones. Both before and during retirement, what steps can you take to avoid burdening your loved ones in the future?

Here are a few suggestions: Build your retirement savings. The greater your financial resources, the less likely it becomes that you'd ever have to

count on your grown children for financial support. You may have access to a 401(k) or similar retirement plan at work, so take advantage of it. Even with an employer-sponsored plan, you also may be eligible to contribute to an IRA. In addition to offering a variety of investment options, a 401(k) and IRA provide potential tax advantages. And once you do retire, be careful about how much you withdraw each year from your retirement plans and other investments.

Plan for health care costs. Once you are retired, health care costs will be a significant expense. You may have Medicare, but you'll also want to consider your need for supplemental health insurance to cover traditional medical costs. And you'll want to consider

another potential health-related expense: long-term care. You may never need the services of a home health aide or a stay in a nursing home, but no one can predict the future. Medicare does not cover most costs for long-term care, which can be quite high. In 2021, the annual national median cost for a private room in a nursing home was over \$108,000, while the median cost for a full-time home health aide was nearly \$62,000, according to a survey by Genworth, an insurance company. You may want to consult with a financial professional on strategies for protecting yourself from these costs.

Create necessary legal documents. If something were to happen to you, and you didn't have the appropriate legal documents in place, your

loved ones could be placed in a bind, both financially and emotionally. That's why it's a good idea to create documents such as a durable financial power of attorney, which lets you name someone to manage your finances if you became incapacitated, and a durable power of attorney for health care, which allows someone to make medical decisions on your behalf if you can't make them yourself. You'll want to work with a legal professional to develop the documents appropriate for your needs.

Evaluate your housing needs. As you enter retirement, you may want to evaluate your living situation. Could you downsize to a smaller home, or perhaps a condominium or apartment? Not only might you save money with such a

move, but you could also end up relieving your grown children of the responsibilities and hassles involved in clearing out and selling your home should you become unable to do so yourself during the later years of your retirement.

By taking these measures, along with others, you can go a long way toward maintaining your independence and putting yourself in a place where you won't burden your grown children. And that's a good place to be.

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

Reliant Medical Group nationally recognized for commitment to improve cardiovascular health

WORCESTER — Reliant Medical Group has received three American Heart Association outpatient program achievement awards in recognition for its commitment to reducing the risk of heart disease and stroke by improving high cholesterol, Type 2 diabetes and blood pressure management. The awards recognize a commitment to following the latest evidence- and science-based care guidelines.

Nearly half of all adults in the U.S. have some form of cardiovascular disease, including heart attack, stroke or heart failure. High cholesterol, Type 2

diabetes and uncontrolled high blood pressure are leading risk factors for cardiovascular disease, but with timely diagnosis, research-based treatment and education, these conditions can be managed.

"We are proud to be recognized by the American Heart Association for our focus on reducing our patients' risk for heart disease and stroke," said Tarek Elsayy, President/CEO of Reliant Medical Group. "Participating in AHA's programs assists our clinicians in using the latest science and clinical guidelines to help patients prevent

and manage disease, and live healthier lives."

This year, Reliant Medical Group received three gold-level achievement awards:

The American Heart Association's Check. Change. Control. Cholesterol™

The American Heart Association and American Diabetes Association's Target: Type 2 Diabetes

Target: BP™ recognition jointly presented by the American Heart Association and the American Medical Association.

"Addressing Type 2 diabetes, cholesterol, blood pressure management is key for better cardiovascular health – and critical today, when heart disease and stroke continue to be leading causes of death for Americans," said Howard Haft, M.D., MMM, CPE, FACPE, volunteer science expert for the American Heart Association and executive director of the Maryland Primary Care Program, in Baltimore. "The American Heart Association is pleased to recognize Reliant Medical Group for its commitment to managing patient risk factors related to these diseases."

ABC's of Fall Scramble 2022

Thank you to all our ABC'S of Fall Advertisers!
We hope our readers will enjoy this challenging puzzle!
Please find the answers (business names)
on page 2.

We will unscramble for you and announce a winner
of a \$25 Gift Card to an ABC business
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Please mail to ABC Scramble,
P. O. Box 90, Southbridge, MA 01550 or take a picture and
email to jsima@stonebridgepress.news by November 16.
Good luck!



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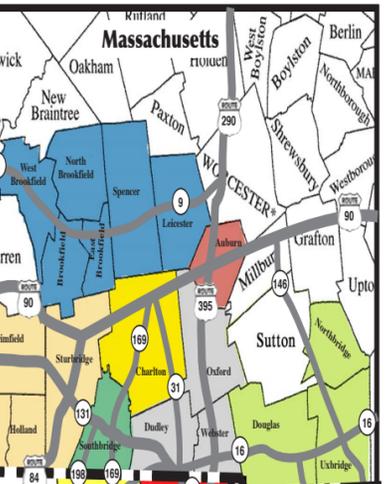
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OSV
continued from page A1

Tickets must be purchased online, in advance for Christmas by Candlelight at Old Sturbridge Village. Pricing is \$28.20 for adults and \$14.40 for youth with early bird discount, and \$25.60 for member adults and \$12.80 for member youth.

Old Sturbridge Village is also seeking entries for its annual Gingerbread House Contest, inviting participants to create and register their own gingerbread work-of-art in one of four categories. A panel of judges will rank each entry and name a winner in the adult non-professional, adult professional, youth and family/group categories, with visitors to the Village voting for the coveted title of "Best in Show." This year's participants will be entered to win one of three family memberships to the Village (a \$105 value). Deadline for entry is Nov. 18.

More information on the event as well as sign ups forms for the Gingerbread House Contest can be found at: <https://www.osv.org/event/christmas-by-candlelight-2022/>.

TREK
continued from page A1



Fourteen year-old Trent Sturtevant outpaced all of the other runners with a run time of 19 minutes, 14 seconds.

(19:14); second place, Brandon Delpriore (21:03); third place, Harrison Broderick (21:17). Top female finishers included first place, Haley Courtney (22:11); second place, Michele Frigon (22:10), and third place, Kylie McCarthy (24:22).

Top male finishers in the TREK Sturbridge Halloween 1K Pre-Teen Road Race included first place, Archer Gendron, Age 8, (05:23); second place, Riker Gendron, Age 7 (05:33); and third place, Sonny Saad, Age 2, (14:22). Top female finishers in the 1K Pre-Teen Road Race included first place Samantha White, Age 11, (05:06); second place, Aurora Gagne, Age 10 (06:41), and



Left to right: first place winner, Trent Sturtevant, third place winner, Harrison Broderick, and second place winner, Brandon Delpriore.

third place, Mackenzie Clancey, Age 10 (07:04).

The Trek Sturbridge Halloween 5K and Fun Walk is a Sturbridge Rotary Club fundraiser, with all profits going to local student scholarships and other community needs projects. Gold Sponsors for the event included Hearthstone Market, Marino Law, P.C., Old Sturbridge Village, The Publick House, RE/MAX Professional Associates, and Southbridge Credit Union. Silver Sponsors included Baba Sushi, Clearcom IT Solutions, Cormier Jewelers, Dave's Pest Control, Rick Simoneau/Fairway Mortgage, Studio 20/20, and Tasse/Crowley Fuel Corporation. Bronze Sponsors included Cook's Farm Orchard, George Davis, Attorneys at Law, I Am T-Shirts,

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Rotary International is a worldwide service organization of business and professional men and women united to provide Humanitarian Service, encourage High Ethical Standards in all vocations, and help build Goodwill and Peace throughout the world. The Sturbridge Rotary Club meets for dinner at 6 p.m. on the first and third Tuesday of the month at the Publick House Historic Inn on Sturbridge Common, Route 131, Sturbridge. New members are welcome. For additional information, visit the Sturbridge Rotary Club website at <https://sturbridgerotary.com/>.

HARTWIG
continued from page A1

a whole different view of the town. I'm hoping people will do that. It's been a privilege," Hartwig said.

The selectmen concluded the brief ceremony with a photo opportunity which led to numerous shares on social media complimenting Hartwig for his years of service to the town.



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<p>WEBSTER - 17 BRODEUR AVENUE</p> <p>Land only 21757 +/- sf. w/foundation, Town Water & Sewer, City Gas in street \$140,000. Option 1 - Custom Build your HOME! Option 2 - Build a 3 Family! Option 3 - Build a 2 Family!</p>	<p>WEBSTER LAKE - 0 PATTISON RD</p> <p>LAND - Terrific opportunity 14,798 Sq. Ft. of LAND. CONSERVATION APPROVAL for proposed Building. MASS DEP# 313-1167. 248 +/- Road Frontage. 279 +/- Water Frontage. Town Water & Sewer accessible. \$250,000.</p>	<p>DUDLEY - 48 HAYDEN POND ROAD</p> <p>WATERFRONT - ON HAYDEN POND Nicely updated ranch. Cathedral ceilings, skylights, partially covered deck! quartz counter top, stainless steel appliances! Master with half bath. set back a distance from the road, having a long paved drive. assisted sale \$525,000.</p> <p>SORRY, SOLD!</p>	<p>WOODSTOCK • 540 NORWICH WORCESTER TURNPIKE RTE 169</p> <p>SORRY, SOLD!</p> <p>ELEGANT, AUTHENTIC COLONIAL on HISTORIC WOODSTOCK HILL! \$689,500.</p>

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SPORTS

With win over Tantasqua, Rams earn berth into State Tournament

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Shepherd Hill's Owen Kondek uses the inner portion of his right foot to drag the ball to his left and away from a hard-charging Owen O'Brien of Tantasqua.

BY NICK ETHIER
SPORTS EDITOR

DUDLEY — Heading into the Central Mass. Athletic Directors Association Tournament, neither the Shepherd Hill Regional nor the Tantasqua Regional boys' varsity soccer teams had a top-eight seed in Class A, so both squads played in a pair of non-playoff games. In the first matchups the Rams defeated South High, 4-2, while the Warriors lost 2-1 to Wachusett Regional.

That meant that everything was on the line for Shepherd Hill when they played host to Tantasqua at Carmignani Field on Thursday evening, Oct. 27 in the second non-playoff matchup. The Rams needed a win or a tie to reach or exceed the .500 mark and automatically qualify for the Division 2 State Tournament. And The Hill had previously lost to the Division 3 State Tournament

bound Warriors earlier in the season, 2-1, so any outcome was in play.

"We show up and play terribly and we show up and play wonderfully," Shepherd Hill head coach Tim Cormier said of his team's up-and-down season.

But the Rams came out and played a good soccer game, and they were rewarded for it. Shepherd Hill won the match, 2-1, and improved to 8-7-3 to finish a point above the .500 ledger.

"We knew what it was going to be," Cormier said of the battle with their rivals in Tantasqua. "We knew it was going to be physical, we knew that both teams were going to want it, we don't really like each other."

"Overall, we played pretty well for having a bunch of guys out," added Warriors' head coach Matt Guertin. "We had opportunities and didn't



Tantasqua's Paddy McGrath slides in and steals the ball away from Shepherd Hill's Dan Groniek.



Trevor Harris of Tantasqua hustles toward the ball as Shepherd Hill's Adrian Roach gives chase.

put them in. Congratulations to [Shepherd Hill] for making it in."

The Rams scored first in the 30th minute when Adrian Roach blasted a free kick into the upper left-hand portion of the net.

Tantasqua tied the score in the 50th minute, though, when Cole Casinghino threaded a pass into space and Aaron Lidonde ran up to the ball. One touch later and Lidonde's shot found the back of the net. Shepherd Hill gained a cor-



Jack Barrows of Shepherd Hill collects a pass with a Tantasqua defender on his back.

ner kick three minutes later, and they took advantage of the opportunity. The ball was serviced in, and it found the head of Owen Kondek for the goal.

That was it for the scoring, but not for the action. Unfortunately, the game took a turn with five seconds to play, a Shepherd Hill striker and Tantasqua keeper Braylon Casinghino getting tangled. Casinghino was ultimately given a yellow card — which will not result in any sort of State Tournament suspension — but the Rams didn't get out of the scrum as lucky. Mike Sobocinski was given a red card for his retaliation toward Casinghino, and he will miss Shepherd Hill's first two playoff games.

"That card is going to be a hindrance, but anything can happen," said Cormier. "It is what it is. He sees his player getting pushed to the ground and it's either fight or not."

The Warriors finished 11-4-3 and Guertin's main concern heading into States is finding a way to ramp up the offensive production.

"Defensively, we look pretty good and we're sound. We just need to score a little bit more," he said.

The State Tournament brackets will be released after this publication's deadline.

A PRAYER TO THE BLESSED VIRGIN
Oh most beautiful flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, blessed Mother of the Son of God, Immaculate Virgin, assist me in this, my necessity. Oh Star of the Sea, help me and show me herein you are my mother, oh Holy Mary, Mother of God, Queen of Heaven and Earth. I humbly beseech you from the bottom of my heart, succor me and this necessity. There are none that can withstand your call. Oh show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, place this cause in your hands (3 times). Sweet Mother I pray for this cause in your hands (3 times). Holy Spirit, resolve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all even against me in that in all instances of my life you are with me. I want this short prayer to thank you for all things as you confirm once and again that I never want to be separated from you even in spite of material things. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. The person must say this prayer on 3 consecutive days. After 3 days the request will be granted. This prayer must be published after the Prayer is granted.

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WONG NAMED MIAA BOYS' LACROSSE OFFICIAL OF THE YEAR

Long-time local high school boys' lacrosse referee Randy Wong has been named as the 2021-2022 MIAA Boys Lacrosse Official of the Year. "Having been selected for this award among multiple candidates, you stood out based on your dedication to the sport and officiating credentials," MIAA Associate Athletic Director Richard L. Pearson said in a letter commending Wong. "It is with pride we will honor you as a representative of this important aspect of athletic competition." Wong was recently recognized at the MIAA's game officials banquet on Oct. 25 at the association's headquarters. Wong joined the Eastern

Massachusetts Lacrosse Officials Association in 2002 and will complete his 22nd year of service on the field this spring. He has held various lacrosse leadership roles as a certified trainer and observer, Central Mass co-chair, and Board Secretary. In addition to his high school officiating, he is also a men's college lacrosse official as well as a youth lacrosse referee and assigner of youth officials in the Central Mass. area. Those interested in becoming a lacrosse official should contact newlaxref@gmail.com or visit the EMLOA website <http://emloa.org/become-a-ref/>.

MEETING
continued from page A1
fire inspection vehicle and a \$50,000 investment for improvements to Station 1 were both approved to be paid from free cash. A new \$350,000 ambulance will also be purchased utilizing ambulance receipts after an 81 to 8 decision. The third motion sought to invest \$440,000 in vehicle and equipment purchases and another \$32,000 to replace the failed vehicle wash bay water recovery system. These will be funded from free cash after receiving approval in a 78 to 10 vote. Voters approved the fourth motion as well, allocating money from free cash to assist the police department with \$220,000 used to replace three cruisers and \$15,000 invested in new cruiser laptops. Another \$30,000 will fund station repairs and

\$48,000 was approved for new portable radios. The fifth and final motion in Article 4 was also approved with \$135,000 from the sewer retained earnings to be invested in a forklift and repaving the upper parking lot of the sewer plant. Article 5 was a simple transfer of monies to the capital, sewer, and water stabilization funds. Voters easily approved moving \$500,000 from free cash to the Capital Stabilization Fund, \$571,113 from sewer retained earnings to the Sewer Stabilization Fund, and \$250,000 from water retained earnings to the Water Stabilization Fund. The final article of the night concerning transferring money to help fund the police department roof project was postponed indefinitely, closing out a quiet fall meeting for Charlton after less than an hour.

SPORTS

HIGH SCHOOL NOTEBOOK



Nick Ethier photos

Brooke Cadarette of Tantasqua rushes down the field and grabs possession of the ball.

Tuesday, Oct. 25
Warriors' Pieczynski performs well at Golf State Championship — Tantasqua Regional freshman Sam Pieczynski shot a solid round of 4-over par 76 to finish tied for 16th in the Division 2 State Golf Championship at Maplegate Country Club in Bellingham. Pieczynski's round highlights included five birdies and a pair of chip-ins.

Thursday, Oct. 27
North Middlesex 3, Tantasqua 1 — The Warriors needed to tie or defeat the Patriots in the final game of the season to earn a spot in the Division 3 Field Hockey State Tournament.

Unfortunately for Tantasqua, though, North Middlesex came out on the winning side.

The Patriots scored early on and led 1-0 after a quarter of play. After North Middlesex doubled its lead in the second quarter, the Warriors showed signs of life by making it a 2-1 game — the halftime score — with just 1:09 to play until the break. Brooke Cadarette possessed the ball at the top of the scoring circle and sent it toward goal. Olivia Viapiano then tipped the ball in for the score.

With the Patriots looking to again take a two-goal lead in the third quarter,



Tantasqua's Alivia Facticeu goes low for a sweeping hit down the field.

Tantasqua battled with North Middlesex until the bitter end, but the Warriors came up on the short side of a 3-1 decision and missed out on the Division 3 State Tournament by one point.

Tantasqua goalie Ella Grant made three big saves in a matter of minutes, including a diving stop following a North Middlesex corner. But the Patriots did score with about six minutes to play in the frame to surge ahead, 3-1.

The Warriors then generated three corners in the final quarter, but it wasn't to be as they finished 8-9-1 — one point shy of reaching States. The latest Power Rankings also had Tantasqua 38th, or six spots out of automatic inclusion into the tournament.

Friday, Oct. 28
Tantasqua 35, Nashoba 21 — In a high-flying affair, the Warriors' football team held off the Wolves, improving to 3-5 in the process. Quarterback Adam Howe was part of four touchdowns, throwing and rushing for two each. His



passing touchdowns were caught by Liam Hubacz and Isaac Colon. Abner Colon-Martinez had the other score on a 2-yard rush. Luke Marvin kicked five successful extra points. Nashoba is now 5-3.

Quaboag girls' soccer ends regular season with boost by defeating Minutemen

BY KEN POWERS
 SPORTS CORRESPONDENT

CHARLTON — Olivia Bagg and Jenna Duff scored eight minutes apart in the final 16 minutes of regulation to help lead the Quaboag Regional girls' varsity soccer team past Bay Path Regional, 2-0, on Tuesday, Oct. 25.

With the win the Cougars closed out their regular season with a 7-9-2 record. Quaboag, despite its sub-.500 record, will participate in the Division 5 State Tournament, based on its power ranking in the division. As of Oct. 28, The Cougars were ranked No. 13 in the Division 5 power rankings, with the top 32 teams earning automatic bids.

"The fact that we are solidly in the state tournament despite being under .500 record-wise is a testament to the strength of the schedule we play," Quaboag head coach Norm St. Denis said. "Our schedule is brutal. We're in a tough league [the Southern Worcester County League], which has several strong teams — Northbridge, Uxbridge, Auburn, Grafton and Tantasqua — but we also play Monson, which is 15-0-2 and ranked No. 1 in Division 5, as well as Doherty and Notre Dame of Worcester."

Bagg put Quaboag ahead, 1-0, in the 64th minute of the match. The senior captain lofted a right-to-left shot from 20 yards out that rubbed off the underside of the crossbar where it meets the goalpost. The ball bounced straight down and, thanks to it spinning in the right direction — from the Cougars' perspective, anyway — right into the goal.

"One of my teammates took the original shot," Bagg said. "It got deflected and the rebound came right to me and I just one-timed it. The shot felt good when it left my foot, but I was worried about it being too high. I heard it hit the crossbar and then I saw it in the back of the net. That made me very happy."

Duff, a junior, potted an insurance goal for the Cougars in the 72nd minute, scoring from nearly the same spot as Bagg. Duff's goal, which entered the goal on a lower trajectory than Bagg's, also went into the left side, just out of the reach of Bay Path goalie Arianna Flores.

"My teammate, Lily Gianfriddo, realized I was set up for a shot, so she popped the ball over to me," Duff

explained. "She placed it right on my foot, which gave me time to settle the ball and get it onto a grassy spot. When the ball left my foot I felt it was a really good shot. It felt so nice. It was a really smooth shot."

St. Denis said he had a feeling of relief as he watched Duff's goal sail into the net.

"Getting that second goal was big," St. Denis said. "We didn't have a lot of scary things going on in our own end, defensively, but you never know. A one-goal lead late in a game is never

enough. A two-goal lead is much more comforting."

Junior Paige Leach posted the shut-out in net for Quaboag, making five saves, the last coming with five minutes to play on a direct shot from right out in front from about 12 yards away.

"Paige is our backup goalie, but due to injury she is now our full-time goalie," St. Denis said. "Victoria Morgan has been an All-Star goalie for us for three years, but she tore her ACL. Paige has been excellent since stepping in. We have a lot of confidence in Paige. She

was probably the best backup in the league and now she's doing great in the starting role."

Bay Path slipped to 8-8 with the loss. The Minutemen then hosted Northbridge High in their final regular-season game of the season on Oct. 31, which resulted in a 5-0 loss. As of Oct. 28, Bay Path was ranked No. 28 in the Division 4 power rankings, so they could very well reach the State Tournament with a sub-.500 record as well.

Minutemen head coach Tammy

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When is the right time for kids to start volunteering?



Aristotle once said the essence of life is “to serve others and do good.”

It's well documented that volunteerism offers many benefits to those who are recipients of the charitable work as well as the volunteers.

According to The Corporation for National & Community Service, one in four Americans volunteers. Volunteers come from all walks of life and various age groups. Nearly one-quarter of all volunteers are people under the age of 24.

Parents and guardians who want to introduce their children to volunteerism may not know when is the right age to do so. Many experts agree that there

isn't a definitive age for children to get involved in volunteering. In fact, no child is too young to volunteer. Joseph F. Hagan Jr., M.D., a clinical professor of pediatrics at Larner College of Medicine at the University of Vermont, says helping out during the toddler and preschool years helps shape a child's sense of morality.

Rather than wondering if a child is too young to volunteer, adults should focus on finding the right activity to match the child's age. For example, a three- or four-year-old child can fill bags or boxes with donated food or help gather blankets and towels to donate to an animal rescue. However, a toddler or preschooler may not have the stamina to complete a 5K walk.

Volunteerism doesn't even have to be in the traditional sense of working with an established charity. A youngster can pick flowers from a field and deliver them to an elderly neighbor. Or a preschooler can invite a child playing alone to come play together. A toddler who loves sorting items can help sort recycling items at home and watch a parent deliver them to the recycling center.

Another way to engage kids in volunteer work is to match their interests with the tasks. Many kids can't get enough of animals, so they may want to help out an animal organization or be involved with a conservation group. A child can collect change to “adopt” an endangered species.

Kids also can visit a children's hospital and deliver gifts to youngsters battling illnesses. In such situations, kids may be more engaged if they can help kids their own ages.

Children are never too young to volunteer. Finding the right fit can inspire a lifetime of giving back that benefits youngsters throughout their lives.

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