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Friday, November 11, 2022



Photo Jason Bleau

Charlton Girl Scout Troop 31011 held a recycling drive on Nov. 5 to help raise money for several projects and assist the girls in receiving their Silver Awards.

Girl Scouts host recycling event

BY JASON BLEAU
CORRESPONDENT

CHARLTON — The Charlton Town Common was a busy place on Saturday, Nov. 5 with Girl Scout Troop 31011 hosting a special can and bottle drive throughout the early afternoon to raise money for several projects and raise awareness of the benefits of recycling.

Troop Leader Bree Beauregard along with numerous members of the Troop spent the afternoon waving signs and collecting recyclables which were brought to a

local store and returned for cash to help support several projects in the works including a prayer garden, a recycling program at the local middle school, trash ins at the local fields, and a pet donation box. The event also helped the girls work towards their Silver Awards, one of the highest honors the Girls Scouts provides to those who help make a difference in their communities. However, Beauregard said the event was more than just about fundraising. It was also about public awareness and education.

"As a troop they're gathering fund so they can do these sustaining projects in our community," said Beauregard. "This is also part of a project to spread awareness about the importance of recycling and to help people pull stuff out of their homes they might not otherwise be donating, or they might be dumping into landfills. We have lots of recycling facts we've put up on the fliers to help people be aware of the benefits of recycling and how easy it can be."

By the end of the first hour

Please Read GIRL SCOUTS, page A3

"Atomic Veterans" receive overdue recognition

BY KEVIN FLANDERS
STAFF WRITER

REGION — Barred from discussing the nature of their service for more than four decades, Atomic Veterans like Ronald Benoit are finally receiving their long overdue recognition.

Benoit, of Holland, and his fellow "Atomic Veterans" were among the enlisted personnel who participated in atmospheric nuclear weapons tests between 1945 and 1962.

Exposed to radiation and other dangerous conditions during their service, Atomic Veterans totaled about 225,000 servicemembers. To date, approximately 80-percent of these veterans have already passed away.

Working diligently over a ten-year period, with significant assistance provided by Congressman Jim McGovern, Benoit helped ensure that Atomic Veterans are properly honored. McGovern, along with Minnesota Congressman Tom Emmer, sent a letter to the Senate and House Armed Services Committees, urging them to include a provision which would create a service medal to honor Atomic Veterans.

On July 5, the Department of Defense announced the

establishment of the Atomic Veterans Commemorative Service Medal.

Veterans eligible to receive the medal include those who performed duties related to the nation's atomic and nuclear weapons programs between July 1, 1945, and Oct. 1, 1992.

"Atomic veterans were exposed to dangerous levels of radiation in performance of their duties, yet they have never been given the full respect and recognition they deserve," said Congressman McGovern. "Sworn to silence for decades, these courageous and committed patriots paid a high price for their loyalty to our country."

For Benoit, who serves as a State Commander for the National Association of Atomic Veterans, it's an honor to advocate for fellow veterans and help bring their stories to light after four decades in the dark. During their period of sworn silence, Atomic Veterans were not even allowed to discuss the details of their service with each other or family members.

"Not many people know about Atomic Veterans. They don't realize what happened because we were sworn to secrecy for all those years," said Benoit, who was a member of the team that

Please Read ATOMIC, page A4

Local veterans invited to join in Wreaths Across America Day

BY KEVIN FLANDERS
STAFF WRITER

BRIMFIELD — Local veterans and active military personnel are invited to take part in an upcoming public ceremony of honor and remembrance.

On Saturday, Dec. 17, the community will celebrate National Wreaths Across America Day with a ceremony at 11:30 a.m. at

Brimfield Cemetery on Wales Road.

A brief program will take place at 11:30 a.m., followed by a wreath-laying ceremony at noon. Community members are welcome to attend and show their support for

veterans, active military personnel, and those who made the ultimate sacrifice for their country.

"The inspiration [for the ceremony] is to remember the fallen, honor those who have served, and teach our children the value of freedom," said Manda Day, who is organizing the event along with Zach Lemieux. "We will be honoring all Brimfield veterans at the Brimfield Cemetery by the laying of a remembrance wreath on their grave."

Brimfield residents are honored to have an opportunity to be part of the national Wreaths Across America

Exploring the history of vinyl records

BY GUS STEEVES
CORRESPONDENT

SOUTHBRIDGE — Although it seems the majority of music today is on the internet, one old



Larry Day displays one of his collection's picture discs.

school format anyone over 40 remembers well is returning vinyl records.

Last week, Larry and Michael Day, both local DJs and collectors, presented the

history of vinyl to a small crowd at Elm St Church.

That story began in a pretty unusual form the Days only mentioned in passing. I'll add some details from the "Back in Time" page at www.discmanufacturingservices.com/.

Back in 1857, Frenchman Edouard-Leon Scott invented a device called a "Phonautograph" that wrote music to small paper discs. A couple decades later, Thomas Edison expanded on it and "turned it into a machine that was capable of replaying the sounds that it recorded. The device utilized a stylus that was designed to cut grooves of sound onto cylinders and discs made of tinfoil."

The first record player as we might recognize it came a decade later with Emile Berliner's

Please Read VINYL, page A11

Please Read WREATHS, page A3

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Local officials learn how conservation restrictions work

BY GUS STEEVES
CORRESPONDENT

SOUTHBRIDGE—The Conservation Commission got a quick primer on how land can be protected using conservation restrictions from Laney Wilder and Glenn Colburn of Opacum Land Trust last week.

The concept is of more relevance to private landowners, and the two representatives noted OLT and other agencies are working with several people in town to do that.

Wilder cited some ongoing negotiations involving federal grants to help fund the purchases, and several properties they currently own—the Thompson sanctuary off Eastford Road, the Birtz sanctuary on Morse Pond, the Morneau Farm on Blackmer Road—with the most recent acquisition being a swath of land on Lebanon Hill adjacent to Birtz previously owned by the Morse family. In most cases, OLT-owned land is open for public non-motorized use (except at Morneau, which is still an active farm), and many of the still-in-process properties will probably allow such use over time.

The basic principle of a conservation restriction (commonly abbreviated

"CR" and termed conservation easement in some documents and states) is that the owner deeds the development rights on their land to OLT, the state, the town, or some other conservation entity "in perpetuity." In some cases, that's by outright donation (which is eligible for state and federal tax breaks), but many people can't afford to do that and sell those rights, often with the help of state and federal grants.

Wilder noted several of those in process are going through the Forest Legacy Program, which pays owners up to 75 percent of the value to put it in a CR.

According to Colburn, the goal is to ensure the land is "permanently protected long after we're gone." He said he's not aware of any circumstances where a CR was later removed, noting it would take an act of the Legislature to do and would set "a very dangerous precedent." They can sometimes be modified, but that's a cumbersome process and both he and Wilder said the negotiations generally try to consider all possible uses before finalizing a deal.

Wilder said the process spells out what's being protected, allowed and prohibited. It's written in such a way that it

"will first take away those rights, then put them back," and doing it requires "a lot of signatures," including from the state. As long as the overall ecological values get protected, such plans can allow such things as timber harvesting or agriculture, but not development. The owners can decline to do things a CR allows, but can't do things it prohibits. In circumstances where owners want to carve out parcels for later use (often, for children to build houses) or where "the boundaries aren't well defined in the documents," they'll require a formal survey, she added.

Such plans also require documentation of the current conditions on the property and a plan to clean up notable issues. Generally, Opacum then conducts regular "stewardship inspections"—at least annually, often more frequently—to watch for encroachment by neighbors, various violations, dumping and the like. When that happens, Colburn noted, they're usually corrected simply by communicating with the neighbors.

He said OLT and other CR holders often approach owners of property abutting existing protected land, seeking to expand that. In some cases, that

land already is under some variant of Chapter 61 protection, which would give the town "first-refusal" rights should the owner seek to sell, but towns often can't afford to buy them at fair market value and/or within the 120-day time limit the law allows.

Colburn noted, however, there are some parcels that shouldn't be accepted. "You don't want to take responsibility for that last lot in the subdivision that's a swamp, just to take it off the tax rolls," he said.

Wilder agreed, noting OLT has a list of criteria by which they value land for protection, and some is better left for development. Colburn noted the state will reimburse costs to protect land and offers grants to reduce the costs to towns that accept the Community Preservation Act.

Under that act, towns vote to add up to 3 percent to their taxes for open space, recreation, historical protection and housing.

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

Water & Sewer Commission approves promotion for department assistant

BY JASON BLEAU
CORRESPONDENT

CHARLTON—The Charlton Water & Sewer Commission approved changing the status of one of the Water and Sewer Departments paid positions effectively promoting Administrative Assistant Sue Guerin to Executive Assistant.

The change was the main item of discussion during a short meeting of the commissioners on Nov. 1 and was proposed by Water and Sewer

Superintendent Peter Boria to reflect Guerin's increased workload and involvement in day-to-day operations.

"After reviewing the current job description, we found that Sue does much more complex work than described in her current job description and has taken a more involved role in department operations. I think by making some changes to the job description it will help Sue get the salary she deserves for the job she's doing while also setting up a position to find

qualified candidates if Sue were to leave in the future," Boria told commissioners.

The Superintendent explained that the reason why he brought the change forward in 2022 is because the position used to fall within the clerical union which devolved with positions becoming non-union. This allowed the Water and Sewer Commission to address the changes without having to bargain. The change was approved by Human Resources and the Town Administrator

prior to being brought to the Commission where it was subsequently approved at the Nov. 1 meeting. Boria said the changes will see Guerin's hours increase from 37 to 40 and add another hour to the department operations on Fridays.

Boria confirmed that the move will change Guerin's job classification for her salary as well. Charlton grades jobs based on grades and levels with Guerin's previous position of Administrative Assistant clas-

sified as a "grade 6 level 5" job. The new position will be a "grade 7, level 5" position which comes with a salary increase. "That will come a bump in the pay per hour and we should have funds in our budget to pay for that additional expense and we can move it from a line item in the future at the end of the fiscal year," said Boria.

Guerin officially took her new job title on Nov. 7.

Southbridge Rotary donates to Bridge Fridge

SOUTHBRIDGE—At the most recent Southbridge Rotary Club meeting, guest speaker Yesenia Arroyo, co-founder of The WellStorm, Inc. spoke of the recent opening of a 24/7 food pantry in Southbridge called the Bridge Fridge. This volunteer based food pantry is open to the public 24 hours a day. Donors provide shelf stable, refrigerated, frozen items and pet food. Using donated grocery gift cards, approximately \$250 is spent per week to stock the pantry with fresh and frozen items. The Rotary Club was impressed by the work it took to take the concept of a food pantry that is accessible for all with no barriers to fruition and wanted to support their mission of a community fridge in our town to address food insecurity. They believe that we all deserve access to healthy foods, caring for one another and not having to fend for ourselves.

Southbridge Rotary Club President Mary O'Cain along with board mem-

bers Betsy Peppel, Awilda Torres, and Geraldo Maldonado, presented a \$250 check to The WellStorm Inc. co-founder, Carla Delacruz Davila at the Bridge Fridge located in the Renaissance Medical Group parking lot, 11 Sandersdale Rd., Southbridge. Mrs. O'Cain stated "Supporting this pantry allows accessibility to community members who work but might struggle to make ends meet with an option that is more convenient for them. It also allows dignity to those who may want help but are more private about their needs." The pantry accepts donations of food items at all times of the day. Visit www.thewellstorminc.org for more information.

The Southbridge Rotary Club is committed to supporting the needs in the local community. If you would like to learn more and attend a Rotary Club of Southbridge meeting, lunch meetings are the first and third Wednesday of the



Photo Courtesy
Betsy Peppel, Awilda Torres, Carla Delacruz Davila, Mary O'Cain and Geraldo Maldonado.

month at noon at the Southbridge Hotel and Conference Center. For more information about the club or membership, e-mail the club at SouthbridgeRotary@gmail.com

or visit the Facebook page @SouthbridgeRotaryClub.

GIRL SCOUTS

continued from page A1

the girls had already collected enough donations to make at least one trip to the donations center and had more around twenty bags ready for a second trip. Beauregard said the community support was inspiring and will go a

long way to helping the girls achieve their goals and projects.

"People from the community have come out and they've been thanking us for helping them to clear out garages. It's been great and we've gotten monetary donations as well so it's all part of a good cause and we appreciate the support everyone has shown," Beauregard said.

"If you are interested in being a part of our ceremony, we are asking active military or veterans to volunteer to participate by placing a ceremonial wreath for their branch which they served in," Day added.

Event organizers need 400 wreaths to be sponsored for the Brimfield cemetery. If you would like to get involved in the program and sponsor a wreath, contact organizers right away. The last day to sponsor a wreath is Sunday, Nov. 20.

To learn more about the event, or to sponsor a wreath for the program, contact Day at 413-245-7227. You can also send an email to bmday359@msn.com or highway@brimfield.org.

If you would like additional information about Wreaths Across America and its efforts to honor those who served and continue to serve, visit www.wreathsacrossamerica.org.

WREATHS

continued from page A1

program. In addition to a wreath-laying ceremony held each year at Arlington National Cemetery as part of the program, more than 3,000 other cemeteries also hold remembrance events throughout the nation.

"From the Revolutionary War to present-day conflicts, our veterans are devoted sons and daughters, fathers and mothers, sisters and brothers," read a statement issued by Wreaths Across America. "They come from all backgrounds in life. There are millions of individual stories to tell."

For the Brimfield program, wreaths can be sponsored for \$15 each to honor Brimfield veterans. Wreaths will be placed by volunteers during the Dec. 17 program.

BEST WISHES, DR. MAK!

Drop by as we celebrate Dr. Martin Maketansky's retirement and honor him for his 43 years of dedicated service to the pets and people of Sturbridge Veterinary Hospital. Food and beverages will be served.

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Hope To See You There!

St. Christopher's Craft Fair back in full swing

BRIMFIELD — On Saturday November 19 and Sunday, November 20, St. Christopher Church will hold its annual craft fair. Located at 20 Sturbridge Road (route 20) it has easy access and plenty of parking. The hours of the fair are Saturday 9–3 and Sunday 9–1.

Giving gifts to those we love is one of lies greatest pleasures and the craft fair is a wonderful place to find something special for them, or for your home. There is so much to choose from such as primitives, jewelry, Christmas ornaments, pet gifts, soaps, beautiful hand quilted items, knitted & crochet items, stone and shell art, rosaries, wood crafts and toys, fairy gardens, organic lotions and soaps, tie dye, even gifts for your pets and so much more. The kitchen is open throughout the day and will offer a breakfast menu and a variety of sandwiches, soups, chili, and chowder as well as homemade meat pies and turkey pot pie and desserts. Whole meat pies can be pre-ordered to take home.

For those who like to try their luck, there are three raffles. The main raffle includes donations from local businesses with items such as ski passes, restau-

rants & other gift cards, hockey tickets, and gift baskets. There is also a raffle comprised of unique gifts from crafters and a lottery tree raffle. A cookie walk held on Saturday only starting at 9 am. Come early as it sells out quickly. A strolling caroler will help bring the Christmas spirit.

"Everyone is trying to stretch a dollar these days so why not do your shopping with these local crafters. Each year we dedicate a project for the proceeds. This year, like so many others, we are concerned about the cost of heating the buildings therefore, the proceeds from the fair will go to help with the fuel bill" said club president Cindy Skowyra.

Known as the Catholic Women's Club since the establishment of the parish in 1961, the group recently changed the name slightly to reflect the work that the organization does, to the Women of Saint Christopher's, faith, charity & service. The organization's new president Cindy Skowyra said "We hope this change will help others to understand who we are and the work we do. We are known for our fundraising efforts in the parish having supported many of the maintenance projects undertaken

in the recent years as well as providing meals for families in need or after a funeral mass and remembering our shut ins with cards and goodies bags, which we will continue to do. But collectively we are much more. As women of faith our goal is to be a support for one another and those who need us to help us flourish in and practice our Christian faith through our work and provide programs to deepen and enrich our faith."

"The group is an important part of our parish, and their work has a positive impact," said Father Jack Brennan. "Being pastor of two parishes can be challenging but I know that I can count on them for their support. I invite everyone to come, not just for the fair but anytime. Masses are on Saturdays at 6 pm and Sunday at 10:30 a.m. Our weekday masses are Monday and Wednesday at 9 a.m. Come join us!"

Admission is free. For more information contact the parish at 413-245-7274 or email stchrisbrimfield@gmail.com or check it out on the church's Facebook page.

Ruth Wells Center hosting holiday art sale

SOUTHBRIDGE — The Ruth Wells Center will host a holiday art sale Saturday, Nov. 26 from 10 a.m.-4 p.m.

Join us on Small Business Saturday after Thanksgiving, to kick off the holiday sea-

son with some local art and handmade gifts for your loved ones! Come and shop small with us!

The Ruth Wells Center for the Arts, located at 111 Main St in Southbridge, is very pleased to host the annual Holiday Sale, featuring hand crafted art, crafts, soap, jewelry and holiday ornaments. There will be basket raffles, music and snacks. The Ruth Wells Center has been serv-

ing the community since 1978 offering events, workshops and sales.

Holland Congregational Church hosting community Thanksgiving dinner

HOLLAND — Holland Congregational Church invites the community to a free Thanksgiving dinner Sunday, Nov. 20, with seatings at 1:30 and 3 p.m.

The church is located at 28 Sturbridge Rd. Reservations can be made by calling the church office at (413) 245-9926.

Helping Hand Society announces Christmas Fair

CHARLTON — The Charlton Helping Hand Society Inc. is happy to announce their upcoming Christmas Fair. It will be held at the Dodge Chapel, 81 Hammond Hill Rd., Charlton, on Saturday, Dec. 3 from 9 a.m. to 2 p.m.

Our "elves" are already hard at work organizing a great assortment of items. We have new wrapping paper, ribbons, boxes, lights, trees – make this a one stop (very reasonable) shop. Also, our famous big raffle, cookie table, breads, etc. All money raised will go to the good works of Helping Hand. Thank you in advance!

tion, call 413-245-7819. You can also send an email to atomicvet024@aol.com.

To learn more about the National Association of Atomic Veterans, visit www.naav.com.

Meanwhile, officials are urging residents to take a few moments this Veterans Day to acknowledge Atomic Veterans and the sacrifices they made.

"These veterans deserve our support. They committed to serving their nation and incurred serious health challenges due to their service. They should receive the honor and recognition they deserve," said Congressman Emmer. "I have long advocated for our Atomic Veterans. They suffered in silence for their unique service to the United States, and it is time they are honored publicly."

Benoit thanks legislators, particularly Congressman McGovern, for their steadfast support over the years.

"Jim McGovern fought tirelessly for 11 years and successfully secured the approval of service medals to honor my fellow Atomic Vets," Benoit said. "The Department of Defense informed us of the creation and distribution of the service medals by year end."

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tion, call 413-245-7819. You can also send an email to atomicvet024@aol.com.

To learn more about the National Association of Atomic Veterans, visit www.naav.com.

Meanwhile, officials are urging residents to take a few moments this Veterans Day to acknowledge Atomic Veterans and the sacrifices they made.

"These veterans deserve our support. They committed to serving their nation and incurred serious health challenges due to their service. They should receive the honor and recognition they deserve," said Congressman Emmer. "I have long advocated for our Atomic Veterans. They suffered in silence for their unique service to the United States, and it is time they are honored publicly."

Benoit thanks legislators, particularly Congressman McGovern, for their steadfast support over the years.

"Jim McGovern fought tirelessly for 11 years and successfully secured the approval of service medals to honor my fellow Atomic Vets," Benoit said. "The Department of Defense informed us of the creation and distribution of the service medals by year end."

REAL ESTATE

CHARLTON

\$605,000, 75 A Young Rd, Daigle, Monique C, to Paul, Fredo, and Paul, Deanna M.

SOUTHBRIDGE

\$456,000, 191 Worcester St, Regal Remodeling Inc, to Amparo-Ubiera, Albert G, and Martinez, Johanna M.

\$338,000, 631 Charlton St, Atchue, Matthew, to Gonzalez, Joshua.

\$210,000, 825 Alpine Dr, Gevry, Lawrence L, to Julian, Michael J, and Julian, Sheri L.

\$170,000, 53 West St, Mitchell, Bruce, to Royal House Invs LLC.

STURBRIDGE

\$449,000, 51 Bennetts Rd, S P & C B Fitzpatrick RET, and Fitzpatrick, C B, to Ferguson, Liam.

\$426,000, 24 Cricket Dr, Simpson, Kevin N, and Simpson, Dawn M, to Bruneli, Stephen D.

\$368,000, 7 Simpson St, Abysall, Carrie, and Wollaston, Timothy, to Fraser, Olivia, and Flynn, Shawn.

CLUES ACROSS

CLUES DOWN

1. Clip a small piece

5. Enter officially

11. Southwestern Native American tribe

12. Helps you smell better

16. Sun or solar disk

17. Low frequency

18. Former Houston football player

19. Federal crime

24. Home to Boston (abbr.)

25. Approval

26. Those who fight an establishment (abbr.)

27. student, learns healing

28. Indian groomer of horses

29. Line where two pieces meet

30. One might be brief

31. Type of sword

33. Knife for fruits or vegetables

34. Stinkhorns

38. Stroke

39. Industrial process for producing ammonia

40. Sir Newton

43. Wild goat

44. Muslim ruler

45. Scottish ancestor

49. Hat

50. Horse mackerel

51. Alcoholic accompaniment

53. Tech department

54. Manifesting approval

56. Upper bract of grass

58. Off

59. Large wading bird

60. Military prisons

63. Famed American cartoonist

64. Rise

65. Greek God of war and courage

33. Political action committee

34. Makes lightbulbs

35. Natural home of an animal

36. In bed

37. Superman villain

38. The Golden State

40. One who leads prayers in a mosque

41. They accompany a leader

42. Atomic #18



STURBRIDGE — As we shift into the winter months, the Joshua Hyde Public Library has many fun and free activities to keep you warm and cozy. As always, all event calendars and registration links can be found on the Library Web site: www.sturbridgelibrary.org.

For more information, updates, links, and upcoming events, please follow the Library on our Facebook and Instagram pages: @sturbridgelibray. For any other questions, please call the Library directly at 508-347-2512.

Continuing through Nov. 18

Drop-In Fall Story Time! — Children are welcome to come by each Tuesday from 10:45-11:30 a.m. for stories, songs, and crafts. Children must be accompanied by their caregiver. Sponsored by the Friends of the JHPL.

Thursday, Nov. 3

ELF: Early Learning Fun — Join us for a brief book-in-hand program that includes

stories, songs & rhymes! This event will take place from 10:45-11:30 a.m., followed by playtime. Open to children nine to 18 months of age accompanied by a caregiver. Sponsored by the Friends of the JHPL.

Monday, Nov. 5

Mindfulness for Parents and Children — Parents and children can join us from 2-3:30 p.m. in the Library meeting room to learn mindfulness techniques. For children from three to six years of age. The link for registration can be found on the Library website. Sponsored by the Friends of the JHPL.

Nov. 7 — Nov. 28

Teeny Tiny Art Show: Kids Edition! — Viewing & Voting — All Teeny Tiny Art Show submissions will be on display at the Library from Nov. 7 to Nov. 28. The show is for children ages 6-12. The last day to submit artwork is Nov. 1. Online voting will be open for all by using the button on the Event Calendar or on paper at the Library. All artwork will be using an identifying number

rather than the artist's name. Voting will take place in person at the Library, or by visiting the event calendar on the Library's event page on our website. The winner and runner-up will be announced on November 30th. Sponsored by the Friends of the JHPL.

Tuesday, Nov. 8

Afternoon Book Group: The Lions of Fifth Avenue by Fiona Davis — Join us from 1:00-3:00 for a discussion of The Lions of Fifth Avenue by Fiona Davis. Copies can be picked up at the library. Sponsored by the Friends of the JHPL.

Wednesday, Nov. 9

Guided Meditation with Sylvia Murphy — Registration is required. Please call or text 508-304-3463 to reserve your space. These guided meditations from 6:15-7:30 p.m. are for relaxation and healing and are intended to assist you in releasing your stress and anxiety. By relaxing the body and the mind you can improve your overall sense of well-being. **Open to all for \$10 per participant. Free

for cancer patients, survivors, and caregivers attending with a patient. PinkHippy.org is a 501(c)(3) nonprofit charitable organization.

Thursday, Nov. 10

LEGO Club: November Meeting! — Join us in the Library meeting room from 6:30-7:30 pm for our November LEGO meeting. This event is for children ages five to 12. Children must be accompanied by an adult caregiver. Sponsored by the Friends of the JHPL.

Friday, Nov. 11

Blocks of Fun with Imagination Playground! — Register for a two-hour block of time between 10:30 a.m. - 4:30 p.m. to stop by and play with some blue foam blocks from Imagination Playground in the library meeting room! For children ages two to 10 with an adult caregiver. Socks are a must! Registration is required. The registration link can be found on the event page on the Library Web site. Sponsored by the Friends of the JHPL.

Wednesday, Nov. 16

Armchair Travelers Take to the Open Road: Travels with George by Nathaniel Philbrick — Join the Armchair Travelers Book Group from 7-8 p.m. as they Take to the Open Road! No registration is necessary, just drop in! Copies of Travels with George: In Search of Washington and His Legacy by Nathaniel Philbrick are available to pick up at the library. Sponsored by the Friends of the JHPL.

Wednesday, Nov. 23

Drum Away the Blues with Craig Harris — Join Craig Harris from 2-3 p.m. and Drum Away the Blues! Enjoy a family-focused event and drum away any stress, find emotional balance, and discover the joys of making music! For patrons of all ages. Registration is required and the link is on the Library website. Sponsored by the Friends of the JHPL.

United Way kicks off its 85th Campaign with a Fundación MAPFRE Donation and Pub Quiz

SOUTHBRIDGE — United Way of South Central Massachusetts welcomed over 150 supporters at its annual Campaign Kickoff with a dinner and a night of trivia with their "Sharpest Knife in Block" Pub Quiz sponsored by Dexter-Russell, Inc. on Friday, October 21st at the Southbridge Hotel and Conference Center.

Campaign Chairman Denise Gorski addressed the guests with her many years of experience of supporting United Way through workplace giving, being a member of United Way boards and now being the Campaign Chair celebrating this local United Way's 85th Anniversary serving the towns of South Central Massachusetts.

Ms. Gorski stated, "Moving Forward Together" is this year's theme. As we recover from the pandemic and financial insecurity many are facing, we want to be there and help the neighbors in our five towns move forward toward receiving the assistance they need. As we start our 2022 Campaign with a goal of \$584,000, it is important that we support the United Way in its mission of providing

funding for 26 health, education and financial stability programs that address the needs of the youngest to oldest persons in our communities."

"With the generous support of local companies and their willingness to hold workplace campaigns, along with our individual donors," Ms. Gorski continued. "We can achieve this goal and be able to help 1 one in four people in the towns of Charlton, Dudley, Southbridge, Sturbridge, and Webster."

Fundación MAPFRE has been a valued corporate partner for many years and provided a grant of \$67,200 (70,000 EU) that will be used to support programs that address food insecurity, childcare and elder services in South County.

"We are proud to partner with United Way of South Central Massachusetts in its mission to improve lives and uplift those in need," said Jaime Tamayo, chief representative of Fundación MAPFRE in the United States and CEO of MAPFRE Insurance. "The services they provide are critical and show the important role organizations like United Way play in creating a brighter

future for our communities."

UW SCM Executive Director Mary O'Cain stated "Our donors are the lifeline for so many in the community. Our corporate partners, such as Fundación MAPFRE and all the individuals who make gifts to the United Way of South Central MA make a difference to all. Giving a hand up by providing access to affordable childcare, mental health resources, housing and utility assistance will make our community stronger. Workplace campaigns are starting now and residents should be receiving a mailer soon.

Donating is easy by visiting the www.uwscm.org to donate online, using a pledge form or directly through a credit card or check."

The evening continued with the highly anticipated annual PUB QUIZ sponsored by Dexter-Russell, Inc. DJ Bruce Marshall of WARE 97.7 FM was the MC for the evening. Thirty teams competed for the highly coveted "Sharpest Knife in the Block" trophy. This year was a real nail biter, very competitive with a double tiebreaker to determine the winner.



Photo Courtesy

Sharpest Knives in the Block, Team Bay State Maulers: Ben Bandelean, Shana Bandelean, Britta O'Connell, and Patrick O'Connell.

Team Bay State Maulers beat Let's Get Quizzical for the top prize. Team RUTH BADER WINSBURG won best team name. All funds raised through team fees and raffles benefit the United Way campaign and supports all member agency programs.

The United Way of South

Central Massachusetts serves the communities of Charlton, Dudley, Southbridge, and Webster and is located at 176 Main St., Suite 400, Southbridge, MA 01550. To learn more about programs and donate, visit www.uwscm.org, follow on Facebook @ UWSCM or call (508) 765-5491.

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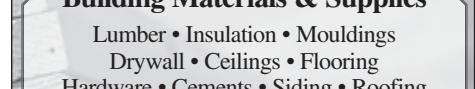
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Free blood pressure testing at Charlton Senior Center

CHARLTON — Bay Path Practical Nursing Academy is offering free blood pressure testing every last Wednesday of the month, 10:30 to 11:30 a.m. at Charlton Senior Center, 37 Main St.

According to the American Heart Association, one in three adults has high blood pressure. Hypertension is one of the most prevalent chronic conditions in the US. American Heart Association statistics show that more than 76 million people in the U.S. age 20 and older have high blood pressure. Of those, about 22 percent are unaware of their condition, 69 percent are receiving treatment and only 45 percent have their blood pressure controlled.

"It is wonderful to have the practical nursing (PN) students giving back to the community and when it comes to Blood Pressure, it's important for people to know their numbers because there may not be symptoms that alert you to a potential problem," said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director.

She adds that, "By offering free blood pressure testing, we hope the interaction with PN students encourage more

people to manage their overall health by making blood pressure monitoring a part of it."

Alice Maina of Worcester is the first PN student volunteer to report to the Charlton Senior Center. Maina is a member of the PN Class of 2023. She is an experienced direct support professional at the Seven Hills Foundation. She is a compassionate and caring PN student with years of experience in healthcare and educational background in Hotel and Institution Management since 2007 at the Rift Institute of Science and Technology in Nakuru, Kenya. In March 2020, Maina was appointed to serve on Dr. Davis Jordan's President's Quality Circle as a representative of Seven Hills ASPIRE!-WDH program. The President's Quality Circle is a prestigious committee that is comprised of people who come together four times a year to meet with Dr. Jordan and share information about their collective work. Maina is Mental Health First Aid Certified, Dementia Care Certified and completed training on Domestic Violence.

Maina was happy to have volunteered

her services with the Blood Pressure Clinic and spent time with the seniors at the Charlton Senior Center. "I enjoyed spending time with the seniors, and I had fun" stated Maina. COVID-19 vaccination status is checked prior to BP Clinic participation and CDC guidelines are observed with wearing face covering.

About Bay Path RVTHS Practical Nursing Academy

Bay Path Practical Nursing Academy offers a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing 239 Causeway St., Boston, MA 02114 617-973-0800 www.mass.gov/dph/boards/rn The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Rd., Building 300, Suite 325



Photo Courtesy

Bay Path Practical Nursing Academy is offering free blood pressure testing every last Wednesday of the month, 10:30 to 11:30 a.m. at Charlton Senior Center, 37 Main St.

Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges 209 Burlington Rd., Suite 201 Bedford, MA, 01730-1433 781-271-0022 www.neasc.org

Southbridge actor chosen by National Museum of Mental Health Project as inaugural storyteller for virtual exhibition

SOUTHBRIDGE — The National Museum of Mental Health Project (NMMHP), Inc. is pleased to announce that a video message from Southbridge actor Nick Austin has been chosen as the first personal story to be shared as part of I Get It - a virtual exhibition about mental health and wellness in the 2020s.

Austin's story of mental health recovery and resilience, detailed in the form of a no-frills recorded message, is the first element of the oral history collection of I Get It to be displayed as part of the exhibition's sneak preview. I Get It includes submissions of artistic works and personal mental health stories from individuals in the United States and the United Kingdom, which will be ultimately be displayed together in the form of a men-

tal health mosaic. I Get It is intended to be a communication platform for the exchange of creative energy that can lead toward better mental health.

In his message, Austin opens up about his struggles with depression and mental wellness in his own creative and professional journey, sharing his story with honesty and compassion in the hopes of inspiring others to do the same. Austin's is the first of many planned contributions from individuals with lived experience, sharing their stories to expand I Get It's ever-evolving mosaic of mental health. The message is currently on display as part of a sneak preview of I Get It that is taking place on NMMHP's social media pages.

Nick Austin is a commercial actor and model, born in Worcester, MA and raised in

Southbridge, MA. He has been involved with the films Patriots Day (2016) and One Percent More Humid (2017), as well as several national commercials with companies like Carnival Cruise Line, Entenmann's, Walmart, and Weber Grills.

NMMHP, Inc. is a Massachusetts-based nonprofit, headquartered in Worcester County. As part of a 2022 National Parks Service event, NMMHP chronicled the history of national leadership in the field of mental health centered in Worcester County and the Upper Blackstone Valley. In 2022, NMMHP was recognized in the American Alliance of Museums' TrendsWatch report for its collaborations at the nexus of mental health and the arts.

Look for the sneak preview of Nick Austin's mental

health message on Facebook at National Museum of Mental Health Project and Instagram at NMMHPProject. I Get It is currently accepting submissions for art pieces across mediums as well as personal stories from folks of all walks of life to share their own perspective and experience with mental health and wellness. More information about I Get It and NMMHP, including where to submit your own work, can be found at <https://www.nmmhp-project.org/i-get-it>.

About the National Museum of Mental Health Project

The National Museum of Mental Health Project is a Massachusetts-based nonprofit organization and virtual museum whose mission is "strengthening mental health literacy through the arts nationwide by bringing the exhibition to

you." The roots of NMMHP connect to a research fellowship at Assumption University and to several other colleges and universities. Alexandra Orlandi (Hudson, MA) and Paul Piwko (Milford, MA), co-developers of NMMHP who met at Assumption University have been published in the Des Moines Register, Coloradoan, Omaha World Herald, and elsewhere. The National Museum of Mental Health Project has been developed through guidance and collaboration with students (and faculty) from the following institutions: Assumption University; Clark University; College of the Holy Cross; Dakota Wesleyan University; and William James College.



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Get ready, the holidays are coming!

CHARLTON — On Saturday, Dec. 3, the Charlton City United Methodist Church will host a Cookies & Christmas Fair! from 9 a.m. to 2 p.m. in Fellowship Hall at 74 Stafford St. Visitors to this warm and intimate fair will find unique gifts for everyone. Handcrafts, jewelry, plants, Granny's Attic, craft vendors, a silent auction, and as many handmade baked goods as you can carry out.

Get your wish list ready as we also bring back our Silent Auction, taking place both in-person as well as online. Items will not be cross-posted, so items listed online will differ from the church-hosted auction. An extra incentive to check both! You can sneak a peek at items online as we receive them

throughout November at <http://bit.ly/CharltonCity>.

A tithe portion of the proceeds this year will benefit the Hearts of Heat (Spencer chapter), who assists senior citizens at risk of not meeting their winter heating/cooling costs. This amazing organization relies on the generous donations of local businesses, fundraiser events, and individuals to help serve the area's most vulnerable population.

Charlton City UMC hopes you will join us, help raise money for a worthy cause, and cross items off of your holiday shopping list! The church is handicapped accessible and plenty of parking is available



Photo Courtesy
Mr. and Mrs. Claus – Waiting for the Fair to begin. Gary Picard on left and Renelle Picard on right

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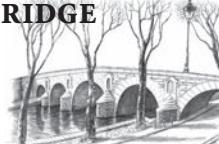
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EDITOR

A time to thank those who serve us

We would like to begin this Editorial by sharing words of gratitude to our veterans. Thank you for your valor, your sacrifices and your courage to defend our rights and to keep us safe. With that said, we thought we would share some history behind how Veterans Day came to be.

The Great War was officially over when the Treaty of Versailles was signed in June of 1919, in France. Actual fighting ended seven months earlier between Germany and Allied nations, on the eleventh hour of the eleventh day of the eleventh month. Since then, Nov. 11, 1918 is known as 'the war to end all wars.'

In 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day. Wilson stated, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

In June of 1926, Congress officially recognized the end of WWI, passing a resolution. Part of that resolution stated, "Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and Whereas the legislatures of twenty-seven of our States have already declared Nov. 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on Nov. 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

In 1938, Nov. 11 became a legal holiday to celebrate all veterans in WWI and WWII. Armistice was replaced with Veterans. In 1954, Veteran's Day would honor all veterans in all wars.

LETTERS

Extra! Extra! Read All About It!

We think you're important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

Mail your letters to the Charlton Villager, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at news@stonebridgepress.news

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

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

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!

Letter submission policy

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

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

OPINION

In a Nutshell: Nuts are Rx for Good Health

If you plan to put a bowl of nuts on your holiday table this year, you should know nuts are much more than a tasty treat, they are full of vitamins, antioxidants and compounds that promote good health. Touted as a "brain boosting" food, fresh nuts are an affordable, healthy alternative to sugary snacks. Whether your favorite nut is a peanut or a pecan, breaking out the nut cracker can benefit much more than your palate. Read on for some reasons to go nuts over nuts!

Note: Nuts and peanuts can cause allergic reactions, which are sometimes severe and can be fatal. The following information and recipes are not for those who are allergic or suspect they may be allergic to nuts. Contact your physician for more information about nut allergies.

Walnuts: Walnuts have long been hailed as an amazing "health food." A handful of walnuts are not only a tasty snack, but numerous medical studies prove good old fashioned walnuts are beneficial to good health.

Medical research reveal walnuts can improve the health of some diabetics. A study published in the European Journal of Clinical Nutrition found that walnuts, known for their high content of polyunsaturated fat (13g), significantly improve metabolic factors in overweight individuals with type 2 diabetes. In addition, data published in the International Journal of Obesity, evaluated weight loss patterns of overweight men and women and found improved weight loss with consumption of foods such as walnuts.

Searching for the fountain of youth? Early studies show it could be as close as your nut bowl! Animal research published in the British Journal of Nutrition found a diet containing as much as 6 percent walnuts (equivalent to one ounce or 1/4 cup in humans) was able to reverse age-related motor and cognitive deficits in aged rats.

Walnuts have even been hailed as a mood booster. Professor James Duke's book "Anti-Aging Prescriptions," claims walnuts may be able to relieve the disorders commonly treated with antidepressant drugs such as insomnia, depression, overeating and other compulsive behavior naturally, without the dangerous side effects.

Walnuts, rich in omega-3 fatty acids which fight inflammation, contain manganese, which research indicates may reduce PMS symptoms. And walnuts can even help you sleep more soundly. The nuts boost melatonin levels, which induces sleep, to three times the norm!

Note: All walnuts are not created equal. For optimum health benefits choose raw, non roasted black walnuts.

Peanuts

At almost 30% protein, peanuts are a snack that packs a great nutritional punch. For those not allergic to peanuts, they are a healthy and tasty "health food."

While peanuts have received a bad rap for their high fat content, 85% of the fats in the nuts are heart friendly unsaturated fats. In addition, half of peanuts' unsaturated fat is monounsaturated fat, which aids in sweeping bad LDL from the blood. According to a FDA report, evidence suggests eating 1.5 ounces of peanuts a day, as part of a daily diet low in saturated fat and cholesterol, may actually reduce the risk of heart disease!

And, medical research shows peanuts may play an important role in controlling your weight if you eat them in moderation. Data shows that same 1.5 ounce serving of peanuts can help prevent weight gain. The vitamins in peanuts are also beneficial to hair and skin, and the potassium also improves muscle tone when your work out.

Not sure which variety of peanuts to reach for? According to the

TAKE
THE
HINT
—
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U.S. Department of Agriculture figures, 1 oz. of oil roasted, salted peanuts contains about 0.5 grams more saturated fat and 89 milligrams more salt than the same amount of dry-roasted, unsalted peanuts. Raw peanuts contain slightly less saturated fat and calories than dry-roasted peanuts, but each nut packs more protein, fiber, iron, calcium and vitamin E.

Almonds: Almonds are one of the most nutritious nuts. So versatile are almonds, that they can be easily incorporated into a daily diet, enjoyed in both sweet and savory dishes.

While almonds are touted for their taste, they are a powerhouse of health promoting properties.

With all the talk today about blood sugar concerns, it's important to know almonds may offer a great health benefit. According to a medical study, those who ate 20 percent of their calories from almonds for four months saw their bad LDL cholesterol drop and their insulin resistance decrease compared to a control group who didn't eat the almonds.

Almonds consistently boast impressive heart healthy results. A study by the Health Research and Studies Center, Inc. showed that almonds improved blood cholesterol levels in study groups. As a bonus, the addition of nuts didn't create any weight gain. Furthermore, A Loma Linda School of Public Health study showed those who consumed nuts five times a week had a 50% reduction in risk of heart attack.

Containing three grams of fiber per ounce, which is higher than most other nuts, almonds are also the richest in vitamin E. According to a study published in the International Journal of Obesity dieters who included almonds in their meal plans lost more weight than those who ate more complex carbohydrates.

Mixed Nuts: Read on for a mixed bag of health benefits of nuts!

*Brazil nuts are not only one of the most challenging to crack open, they are also rich in magnesium and selenium, both powerful antioxidants. Selenium can help "bad" cholesterol and reduce the risk of blood clots and heart disease. In addition, the nuts are touted as especially beneficial for men. Studies show they support prostate health for men, who can get their daily dose of selenium in just one Brazil nut.

*While all varieties of nuts are hailed as "brain food" due to their antioxidant content, hazelnuts are particularly effective at reducing "brain fog" and enhancing good moods.

*Cashews contain nearly 25% of the daily requirement of magnesium, which promotes more oxygen in the blood, translating into improved memory.

*Iron rich cashews can also help prevent anemia, while the zinc in the nut boosts immune health.

** Win Dinner for Two at the Publick House

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

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

Here's your 'recession survival' checklist

It's unfortunate, but recessions are a fairly normal part of the economic landscape. When a recession occurs, how might you be affected? The answer depends on your individual situation, but regardless of your circumstances, you might want to consider the items in this recession survival checklist:

Assess your income stability. If your employment remains steady, you may not have to do anything different during a recession. But if you think your income could be threatened or disrupted, you might want to consider joining the "gig economy" or looking for freelance or consulting opportunities.

Review your spending. Look for ways to trim your spending, such as canceling subscription services you don't use, eating out less often, and so on.

Pay down your debts. Try to reduce your debts, especially those with high interest rates.

Plan your emergency fund. If you haven't already built one, try to create an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid account.

Review your protection plan. If your health or life insurance is tied to your work, a change in your employment status could jeopardize this coverage. Review all your options for replacing these types of protection. Also, look for ways to lower premiums on home or auto insurance, without significantly sacrificing coverage, to free up money that could be used for health/life insurance.

Keep your long-term goals in mind. Even if you adjust your portfolio during times of volatility, don't lose sight of your long-term goals. Trying to "outsmart" the market with short-term strategies can often lead to missteps and missed opportunities.

Don't stop investing. If you can afford it, try to continue investing. Coming out of a recession, stock prices tend to bottom out and then rebound, so if you had headed to the investment "sidelines," you would have missed the opportunity to benefit from a market rally.

Revisit your performance expectations. During a bear market, you will constantly be reminded of the decline of a particular market index, such as the S&P 500 or the Dow Jones Industrial Average. But instead of focusing on these short-term numbers, look instead at the long-term performance of your portfolio to determine if you're still on track toward meeting your goals.

Assess your risk tolerance. If you find yourself worrying excessively about declines in your investment statements, you may want to reevaluate your tolerance for risk. One's risk tolerance can change over time — and it's important you feel comfortable with the amount of risk you take when investing.

Keep diversifying. Diversification is always important for investors — by having a mix of stocks, mutual funds and bonds, you can reduce the impact of market volatility on your portfolio. To cite one example: Higher-quality bonds, such as Treasuries, often move in the opposite direction of stocks, so the presence of these bonds in your portfolio, if appropriate for your goals, can be valuable when market conditions are worsening. (Keep in mind, though, that diversification cannot guarantee profits or protect against all losses in a declining market.)

A recession accompanied by a bear market is not pleasant. But by taking the appropriate steps, you can boost your chances of getting through a difficult period and staying on track toward your important financial goals.

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



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Great weather pays off for local bow hunters

It sure was nice to have such fantastic weather this past week. It was great for archers sitting in their tree stand waiting for the perfect shot at a big buck. It has already paid off for some archers who bagged big bucks last week, as the rut heated up. Some impressive

does have also been harvested as of last week, making for some great eating. Of course, there are the stories of archers that made bad shots, totally missing the deer. With Massachusetts still pondering the crossbow bill it is going to take more time to get this bill through.

Pheasant stocking in the Uxbridge area came to screeching halt this past week with no birds planned for future stockings. Speaking with Todd Olanyk, district manager for MFW, the two areas that are stocked with Pheasants are no longer suitable for stocking birds. Unfortunately, West Hill had the fields mowed without supervision and destroyed most of the bird cover. Hopefully, they will grow back in time for next year's hunting season.



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Tick populations are extremely high right now, with numerous hunters sounding the alarm. Deer ticks can cause severe health problems in both humans and pets. I personally removed numerous deer ticks from my dogs last week after a short hunting trip. Parents need to check their family and pets regularly for these disease carrying insects that are no larger than the head of a pin.

Tautog fishing remains good to excellent, and should stay that way until at least Thanksgiving. Seabass are still be caught, but you need to fish in deeper water.

Trout fishing also is providing some great fishing for anglers that enjoy catching and eating them. Numerous anglers are smoking the fish and are enjoying the fish at numerous family gatherings.

Take A Kid Fishing & Keep Them Rods Bending!



Photo Courtesy

This week's picture shows Andrea Henchey at the shooting range in Uxbridge.

Give the gift of preserving the garden's harvest

Give a gift that helps your favorite gardeners enjoy the flavors of their garden well past the end of the growing season. Both new and experienced gardeners often spend their gardening budget on plants and seeds, leaving little or none to invest in food preservation equipment and supplies. Prepare your favorite gardener for the next harvest season with some food preservation supplies and equipment.

Canning jars, freezer containers, spice cubes and airtight bottles for canning, freezing, and storing dehydrated herbs and vegetables are always welcome gifts. These supplies come in handy throughout the harvest season and are often in short supply when food preservation is at its peak.

Most gardeners grow their own fresh herbs and drying is the easiest way to preserve the harvest. Simply gather stems, secure with a rubber band, and suspend in a warm, dry location. As the stems dry and shrink, the rubber band does as well, keeping the stems secure. Use a spring clothespin to secure the herb bundles to wires or other support. Create your own drying set up or invest in one of the commercial herb drying racks.

If space is limited, your gift recipient will appreciate a system like the Stack-it Herb Drying Rack ([gardeners.com](#)) that



GARDEN
MOMENTS
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MELINDA
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allows them to dry lots of herbs in a very small footprint. The drying system you purchase or create should provide the needed space for the harvest and allow sufficient air circulation for fast drying.

Herbs with high moisture content like basil, oregano, lemon balm and mints will mold if not dried quickly. If this has been a problem in the past, try placing a small bunch in a paper bag with holes in the side and stems outside the bag. Hang these from a drying rack or speed up the process by using a microwave or food dehydrator.

Many gardeners grow onions, garlic, and potatoes for long-term storage. All three of these vegetables prefer cool, dark storage locations with good air circulation. Separate potatoes from onions that give off pungent gases that can taint the potatoes' flavor.

Avoid plastic bags that retain moisture and can shorten these vegetables storage life. Breathable potato and onion storage baskets have been used by gardeners for centuries. Boost the style and space savings with the Stackable Bamboo Harvest Storage Basket with Lid. Just stack as needed and place on the rolling base for easy storage and accessibility.

Help your gift recipient turn their harvest into something delicious. Fermentation is a relatively easy pres-

ervation technique that has been used for thousands of years. Preserve some of your cucumbers as pickles, cabbage as sauerkraut, and berries as preserves with fermentation.

For most projects you just need the fruit or vegetables, water, salt, and spices. The desired ingredients are placed in a covered vessel like a Stoneware Pickling Crock. Weights are used to keep the fruit and vegetables submerged in water throughout the fermentation process.

Consider smaller fermentation kits for those with limited space. A three-liter glass jar with an air-lock lid and ceramic weights will allow you to ferment small quantities of vegetables.

Reduce the workload and boost the enjoyment for those making tomato juice, sauces, and soups. Hand crank and electric tomato presses, strainers and sauce makers allow gardeners to separate the skins and seeds from the tomato meat for quicker and easier processing.

Giving a gift that helps preserve flavors from the recipient's garden will be useful and remembered for seasons to come.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program.



Courtesy — Gardner's Supply Company

Tomato press and sauce makers turn garden-ripe tomatoes into a seed-free, skin-free sauce with the turn of a handle.

Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardner's Supply for her expertise to write this article. Her Web site is [www.MelindaMyers.com](#).

What is fear?

if anything, is the remedy?

There are many types of fear. Some fears are rational, others are instinctual, and others are

irrational; they tend not to make logical sense and vary significantly from person to person.

Rational and primal fears serve a useful purpose. What about irrational fear? They might also

be helpful, but irrational fear is the type of fear that could also be holding you back from your

dreams and doing what you want to do with your life. Irrational fear can cause one to live in a

false reality, not be present, and influence one to make unhealthy decisions.

On the face of it, none of these fears sound irrational, but how they can make you behave can

be irrational and detrimental.

Fear of poverty: It can be good if it makes you work hard or not waste money. Often this can

cause someone to behave irrationally, like being dishonest in business and taking advantage of others.

Fear of Criticism: If you're afraid of criticism, you may be more self-conscious, unable to

express your true personality, and generally feel inferior to those around you. This fear is a

significant impediment to following your dreams. What's more rational?

Living your life purpose

or being so afraid of what others think, you never try.

The Fear of Ill Health: When studying the placebo effect, it's been suggested that those who

fear a disease the most can sometimes have symptoms of that disease even though they don't

have it. To be in constant worry about ill health isn't healthy! After taking proper precautions, will

you still let the fear of ill health keep you from living life to its fullest?

The Fear of Death or Old Age: We are all growing old; embrace it. Don't let the

fear of old age

cause you to live a lesser life. I've heard thirty-year-olds say they are too old and sixty-year-olds

say they are too young. Do you have an old or youthful state of mind?

The Fear of Loss of Love: Most of us lose love at least once. Don't let this fear cause you to

be jealous, find fault, overcompensate, and block you from finding new and lasting love.

Fear is a double-edged sword. Sometimes it's healthy; sometimes, it's unhealthy. Just like

anything, fear might be best in moderation.

If you suspect your fears are irrational and causing you to make harmful decisions, you may

need the help of a mental health professional. Don't be afraid to find help if you need it.

Are you letting fear control your life? I encourage you to let go of the fears that are holding you

back and start living the life you always wanted.

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VINYL

continued from page A1

Gramophone, a manual 70 rpm contraption that played a seven-inch "rubber vulcanite disc." Before long, the records switched to 78 rpm, which became industry standard for the next several decades.

Those early 78s were thick and heavy, usually grooved only on one side and carrying one song or other vocal recording. Larry Day noted the first vinyl records came out in 1933, when it was "used for broadcast and the military." That record was "at least five times longer" than the previous 78s, offering about 20 minutes per side, he said.

As is still common, those early days saw conflict between manufacturers, with RCA holding the first patent on a 45 rpm record. That "became a problem for Columbia," Larry said, since 45s "became very popular" and were widely used in early automatic record machines that offered six plays for 25 cents.

"The other big deal about these 45s

is that records were unbreakable," he added, recalling that as a child, "I remember the bad old days when, if you dropped a record, it broke."

Back then, "to get treble, you opened the lid; to get bass, you closed it," he said. That changed with the advent of "hi-fidelity" records, which provided "real treble, real bass. People had good sound now for the first time."

In 1957, the industry developed "Living Stereo LPs," which required an amp each for the left and right channel. If people had those, "when you'd play the 1812 Overture, it blew the roof off the house. ...The neighbors enjoyed it too - sometimes."

Those two channels became four with Columbia's creation of "quadraphonic" sound in the 1960s. Day noted "that should have taken off, but didn't. ... It almost completely disappeared, and that's too bad." Quad records "decoded" sound differently, using grooves that give off a rainbow appearance when seen at the right angle. The drawback, he added, was that they'd only play using a special kind of needle; a regular needle "would destroy it."

He first heard it in 1970, visiting some place that played "a separate sound in each speaker. It was like you were surrounded by the orchestra." (Today, you can recreate that in your living room, to some degree, with "surround sound.")

Over the next couple decades, vinyl all but disappeared as the market turned to the short-lived 8-track, then cassettes, then CDs, and finally internet streaming. But in recent years, vinyl is making a comeback, with a rebirth of both seven- and 12-inch records in both 33 1/3 and 45 rpm formats, with new artists releasing things and older bands re-releasing their catalogs. As an example of new technology, Day passed around a recent release of the Pink Floyd classic "Dark Side of the Moon" from 2020, saying it's "really quiet" compared to older records that are "really noisy."

"Would you have expected to hear this in church when you were growing up?" Barbara Day remarked in the audience. Rev Kathryn Light behind me replied, "No, I wouldn't have expected a minister with blue hair, either."

Larry Day noted he got a lot of his collection from Goodwill, Salvation Army

and similar places that sold records cheap - \$1.99 was common, with some of them still factory-sealed. "They're not cheap anymore," he said, with new records starting at \$15. Those are mostly 12" 33s, with single-song 45s hard to find and usually expensive. There are also some 10-inch 33s (he demonstrated one by James Day), which "can only be played on a manual record player."

Besides the various speeds and sizes, some manufacturers also offer unusual variants including colored vinyl, clear vinyl, and picture discs. Occasionally, cereal companies distributed really thin plastic records that required a coin placed upon them to play (and generally didn't have good sound). In some cases, the record's most notable aspect isn't the music - it's the album art, which is often best displayed in the larger disc sizes.

"These records are valuable to collectors, but you have to have a market to sell them," he observed.

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

LEGALS

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

Premises: 404 New Boston Road, Sturbridge, MA 01566

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Eric Ohop to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for America's Wholesale Lender, and now held by LoanCare, LLC, said mortgage dated January 26, 2007 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 40600, Page 327, as affected by a Loan Modification dated August 15, 2012 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 49799, Page 285; as affected by a Loan Modification dated January 31, 2019 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 60079, Page 280; said mortgage was assigned from Mortgage Electronic Registration Systems, Inc. to BAC Home Loans Servicing, LP by assignment dated January 5, 2011 and recorded with said Registry of Deeds in Book 46943, Page 219; said mortgage was assigned from Bank of America, N.A. to Green Tree Servicing LLC by assignment dated July 23, 2013 and recorded with said Registry of Deeds in Book 51342, Page 211; said mortgage was assigned from Green Tree Servicing, LLC n/k/a Ditech Financial LLC to LoanCare LLC by assignment dated October 17, 2019 and recorded with said Registry of Deeds in Book 61339, Page 57; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on December 12, 2022 at 12:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

Closing date: January 26, 2007
Borrower(s): Eric Ohop
Property Address: 404 New Boston Road, Sturbridge, Massachusetts 01518

The land in Sturbridge, Worcester County, Massachusetts, situated on the easterly side of New Boston Road, bounded and described as follows: BEGINNING at the northwesterly corner thereof, on the easterly side of New Boston Road at or near the East Brookfield town line near a barway, being at land of grantees; Thence South 88 deg 30' east by land of grantees generally along said town line 127 rods to the end of a wall; Thence South 11 deg 45' east 36 rods, 8 links to an oak tree; Thence South 10 deg east by land formerly of Moulton and Warren 39 rods 1 link to a stake and stones at land of William O. Holmgren et ux, formerly of J. Pike; Thence South 86 deg by said Holmgren land 130 rods 15 links to the end of a wall at land of Claire B. LaFountain, formerly belonging to the "Fay" place; Thence north 7 deg east by said LaFountain land 30 rods to land of Armand A. Ledoux, formerly of Jesse Moulton; Thence by said Ledoux land: north 36 deg east 25 rods 18 links; and north 36 deg 30' west 23 rods 12 links to a corner of wall at said LaFountain land; Thence by said LaFountain land: north 6 deg east 11 rods 10 links to a corner of wall; and north 71 deg 45' west 17 rods 14 links to New Boston Road; Thence northerly on New Boston Road 1 rod 15 links to the point of beginning.

Containing 40 acres, more or less, known as the Carpenter lot.

Meaning and intending to convey and hereby conveying the same premises conveyed to me/us by deed dated 07/12/2006 and recorded with Worcester Registry of Deeds in Book 39368, Page 375.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor's Title see deed dated July 12, 2006 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 39368, Page 375.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within thirty (30) days after the date of sale.

Other terms to be announced at the sale.

Brock & Scott, PLLC
1080 Main Street, Suite 200
Pawtucket, RI 02860
Attorney for LoanCare, LLC
Present Holder of the Mortgage
401-217-8701

October 27, 2022

November 3, 2022

November 10, 2022

PUBLIC HEARING

In accordance with M.G.L. Chapter 166, §22F notice is hereby given of a public hearing to be held by the Town Manager on Tuesday, December 6, 2022 at 11:00 a.m. in the George Parent Meeting Room, second floor of the Town Hall, 41 Elm Street, in regards to a petition filed by National Grid for the following Order for JO Pole relocation:

Central Street:

Massachusetts Electric Company d/b/a National Grid and Verizon New England, Inc., requests permission to locate poles, wires and fixtures, including the necessary sustaining and protecting fixtures along and across the following public way: CENTRAL ST. National Grid to install 1 JO Pole on Central St., beginning at a point approximately 282 feet northeast of the centerline of the intersection of Main St and continuing approximately 25 feet in a northwest direction. Install new pole #3-50 approximately 35' away from existing pole #4 to support a 3 phase transformer bank supplying building 1-13 Central St with upgraded service.

Anyone wishing to be heard regarding this petition will be given the opportunity to speak.

TOWN OF SOUTHBRIDGE

Michael F. McCall, Town Manager

November 10, 2022

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. WO22P3767EA

CITATION ON PETITION FOR FORMAL ADJUDICATION

Estate of:

Mary Jane Smith

Date of Death: 09/02/2022

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by

George D Smith of Charlton MA

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

The Petitioner requests that

George D Smith of Charlton 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

and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

November 10, 2022

(SEAL)

THE COMMONWEALTH
OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF
THE TRIAL COURT
Docket No. 22 SM 003247
ORDER OF NOTICE

TO: Scott A. Menard

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 3901 et seq.:

U.S. Bank National Association as Legal Title Trustee for Truman 2016 SC6 Title Trust

claiming to have an interest in a Mortgage covering real property in Sturbridge, numbered 20 Allen Road, given by Scott A. Menard to World Savings Bank, FSB dated September 8, 2006 recorded in Worcester County (Worcester District) Registry of Deeds in Book 39934, Page 207, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendants' Servicemembers status.

If you now are, or recently have been, in the 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 Three Pemberton Square, Boston, MA 02108 on or before 12/12/2022 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Gordon H. Piper, Chief Justice of said Court on 10/31/2022.

Attest:

/s/Deborah J. Patterson

Recorder

November 10, 2022

Commonwealth of Massachusetts The Trial Court

Probate and Family Court

Worcester Division

Docket No. WO22P1495EA

Estate of:

Margaret Jeannette Chouinard

Date Of Death: 09/05/2020

INFORMAL PROBATE

PUBLICATION NOTICE

To all persons interested in the above-captioned estate by Petition of Petitioner Lorelei R Chouinard-Dawson of Chelmsford MA

a Will has been admitted to informal probate.

Lorelei R Chouinard-Dawson of Chelmsford MA

has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

If you now are, or recently have been, in the 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 Three Pemberton Square, Boston, MA 02108 on or before 12/12/2022 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Gordon H. Piper, Chief

Justice of said Court on 10/31/2022.

Attest:

/s/Deborah J. Patterson

Recorder

November 10, 2022

Commonwealth of Massachusetts Worcester, ss. Probate Court

Docket Number WO 22 P 0199 PM

To all persons interested in the es-

tate of George Golebiowski of South-

bridge in Worcester County, a person

under conservatorship. A petition

has been presented to said Court for

authority to sell at private sale cer-

tain real estate of said George Golebiowski for his maintenance. If you

desire to object thereto you or your

attorney should file a written appear-

ance in said Court in Worcester be-

fore ten o'clock in the forenoon on

the twenty-ninth day of November

OBITUARIES

Cheryl A. Lotti, 74

OXFORD — Cheryl A. (Guntor) Lotti, 74, of Old Howarth Road, died unexpectedly Sunday, October 30, 2022, at UMass Memorial Medical Center – University Campus in Worcester.

She is survived by her husband of 51 years, Dennis C. Lotti of Oxford; two sons, Jason V. Lotti and his fiancée Danielle Genest of Oxford, and Jonathan J. Lotti and his wife Jodie of Auburn; two grandsons, Evan and Brandon Lotti, both of Auburn; her sister-in-law, Sandra Lee Kilian and her husband Gary of Oxford; two nieces, Dendra and Nicole; great niece and nephews, Spencer, Dalton, and Preston; and her cat, Zoey. She was born in Worcester, daughter of the late Joseph P. and Claudia A. (Scaldini) Guntor, and was a lifelong resident of Oxford. She graduated from Oxford High School in 1965 and attended Nichols College in Dudley.

Cheryl worked for over 20 years as an administrative assistant in



the Assessor's Office for the Town of Oxford, retiring in 2009. She also worked for several years at Cherry & Webb at the Auburn Mall. Mrs. Lotti was a long-time member of St. Roch's Church in Oxford, and was a past member of the Oxford Woman's Club. She was an accomplished baker and cake designer, enjoyed shopping, and loved family vacations to Disney. In addition to baking and shopping, Cheryl's great love was time spent with family and friends. She cherished playing cards with the "Fab 5" – her lifelong friends Maryann, Kathy, Mary Ruth, and Donna – and enjoyed spending time with her husband and family at their Cape Cod home, a destination she loved since childhood. Above all, she treasured time spent with her two beloved grandsons, who meant the world to her.

A funeral was held on Tuesday, November 8, 2022, from Paradis-Givner Funeral Home, 357 Main St., followed by a Mass at 11 a.m. at St. Roch's Church, 332 Main St., Oxford. Burial followed at St. Roch's Cemetery in Oxford. Calling hours were Monday, November 7, 2022, from 5-8 p.m. at the funeral home.

Celebrate the Holiday Table with Kim Larkin



CHARLTON — The Charlton Public Library will host a program, "Holiday Harvest: Celebrating the Holiday Table" with Kim Larkin Saturday, Nov. 12, from 1-2:30 p.m.

Get inspired to celebrate this holiday season with a lovely eye-catching three-table display. Topics covered include how to construct a fun, color-

ful buffet, tablescaping techniques 101, healthful recipe handouts, easy wine and spirit batch recommendations. Get Board Certified with a Cheeseboard primer and easy entertaining ideas. Samplings of healthful buffet food alternatives, lighter recipe versions for healthful soups, appetizers, light Mocktails, light desserts and a healthful

Dark Chocolate Harvest Bark. Cheese samples, poetry and trivia quiz, too!

This is a free program, but registration is required. Visit charltonlibrary.org to register.

Charlton Public Library is located at 40 Main St.

Charlton: Lowell H. Bond, Sr., 96, of Ramshorn Rd., passed away on Sunday, Nov. 6th, at Overlook Masonic Health Center, Charlton. His beloved wife, Rena T. (Thibeault) Bond predeceased him in 2005. They had been married for 56 years. He leaves their four sons: Lowell H. Bond, Jr. of Charlton; Raymond A. Bond and his wife, Kathleen, of Charlton; Richard J. Bond and his wife, Linnea, of Charlton; and Thomas M. Bond and his wife, Brenda, of Sutton; a sister, Lila Towle, of Charlton; 14 grandchildren, 17 great grandchildren and several nieces and nephews. Lowell was also predeceased by three brothers, Carroll Bond, Stanley Bond and Roger Bond and a sister, Edith Barnes.

Lowell was born in Charlton, the son of Adin L. and Flora V. (Stevens) Bond. He attended primary school at a one room schoolhouse, the Old #6 Schoolhouse in Charlton, and graduated from Charlton High School. He was drafted in 1944 at the age of 18 and after basic training, boarded a ship to Europe. In the European Theater of Operations (ETO) he served in the Army's oldest infantry division, the feared "Bloody Bucket Division." Lowell served in France, Belgium, and Germany, earning 3 battle stars for service in the Ardennes ("Battle of the Bulge"), Central Europe, and

children, 17 great grandchildren and several nieces and nephews. Lowell was also predeceased by three brothers, Carroll Bond, Stanley Bond and Roger Bond and a sister, Edith Barnes.

Lowell's funeral will be held on Saturday, Nov. 12th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 10:00 A.M. at St. Joseph's Church, 10 H. Putnam Rd. Ext., Charlton. Burial will follow at West Ridge Cemetery, Charlton.

Rhineland battles. But he never talked about it. After returning from the war he worked as a truck driver for 40 years and was a proud member of the Teamsters Local 170, earning several safe driving awards. Upon retiring from truck driving, he worked doing landscaping at the West Ridge Cemetery in Charlton until he was

86. Lowell was a family man and never missed a birthday party, graduation, or function: he always showed up. A quiet, humble man, he knew everyone's name and had no enemies. Lowell enjoyed attending and watching the horse pulls at the Big E and Fryeburg fairs annually, watching the Patriots play, and socializing with his numerous friends at the local diner each morning. Lowell was an active member of St. Joseph's Church in Charlton and belonged to the Oxford American Legion Post # 58.

Calling hours in the funeral home will be held on Friday, Nov 11th, from 5:00 pm to 7:00 pm.

In lieu of flowers donations may be made to Boys Town, 14100 Crawford Street Boys Town, NE 68010.

www.morrillfuneralhome.com

Community comes together to celebrate Halloween

STURBRIDGE — It was a dark and spooky night. The goblins, witches, creatures of all types, some really young, several quite old, roamed the North Cemetery area behind a big red fire truck with siren scaring off the werewolves. All ended on Sturbridge Common for the Sturbridge Fire Department and Sturbridge Lions Club celebrating Halloween under a half moon. Cookies and hot chocolate served by smiling young ladies were enjoyed by all.

Costumes were judged by Lions members who found it really hard to find to find the best of the

scariest people of the night parading around a circle of parents and friends.

Winners and ages were: category 0 – 4 years old Devin Patel (2) and Kinsley Schlegel (1).

Ages 5-7: Danika Patel (5), Hendrix Couture (7) and Adelyn Lemovitz (5).

Ages 8 -11: Blake Marinelli-Schroth (8) Arva Dateo (9) co-winners Kaylana Downing (11) and

her brother Daniel Downing (9).

Ages 12-14 Cameron Aponte (13) and Roselyn Flores (11).

Ages 15-18 Alexandra Lemowitz (16)

Ages 19 -102 Bobby Eithier, Denise Schepper, Brittny Kavanaugh and Georgie Vigeani.

Final comment, No Lions bit any firemen so it was scary but very happy night.

MONSON — The Monson Arts Council's 43rd Annual Holiday Craft Fair, which features hand crafted items, will open on Saturday, Nov. 26 from 9 a.m. to 4:30 p.m. and continue on Sunday, Nov. 27 from 11:30 a.m. until 4 p.m.

The fair presents 70 artisans, crafters and non-profit organizations who all offer a variety of items. The crafters are located in four buildings in downtown Monson (Mass Pike – Exit 63 – Route 32 South – 200 Main Street). Crafters are set up in Memorial Hall, the House of Art, and the Universalist and Methodist Churches.

All locations offer a wide variety of gifts, decorations and collectibles, including stained glass, bath products, books, candles, clothing, holiday deco-

rations, jewelry, quilts, soft sculpture, hand crafted greeting cards, pottery, and much more.

The annual fair is a major fundraiser for the Monson Arts Council as well as several other non-profit groups.

Luncheon will be served in Memorial Hall, and the Methodist Church.

A Girl Scout Carol Sing will take place in front of Memorial Hall at 4 p.m. on Saturday, Nov. 26. This holiday music precedes Santa's arrival on a fire truck at approximately 4:30 p.m.

Once he arrives, all children may meet Santa Claus in person in the Town's Fire Station where cocoa and cookies will be served.

For information or directions, please call Chase Barnett – 413-218-0693.

Monson Arts Council hosting holiday craft fair

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QCC opens CNA testing site to assist with shortage

WORCESTER

Quinsigamond

Community College's

Healthcare and

Workforce Development

Center opened its labs to

offer Certified Nursing

Assistant testing last

week after administration

learned that hundreds of

people in Massachusetts

were waiting to take the

test to become a CNA.

"Federal regulations

require a demonstration

of skills, which

require the use of

equipment necessary

to demonstrate those

skills," said Kathleen

Conti assistant director

of media relations for

the Massachusetts

Department of Public

Health.

In early August 2022,

QCC was awarded close to

\$500,000 in Skills Capital

Grant funding, which

was used to update three

nursing labs with state-of-

the-art equipment.

"Quinsigamond

Community College

is centrally located in

Massachusetts, making

it an ideal site for CNA

testing," Conti continued.

"DPH is committed

to ensuring that nurse

aides receive high-quality

training and certification

to protect the health and

safety of nursing home

residents."

QCC tested over 100

people and those who successfully pass the state-approved test will be eligible for employment or continue employment in healthcare settings as defined by the Massachusetts Department of Public Health.

"Our nursing faculty and students adapted to help support these exams," said QCC's Dean of the School of Healthcare, Pat Schmohl.

According to the U.S. Bureau of Labor Statistics, the average 10-year growth rate for this occupation is 5 percent, the same as the average growth rate for all occupations.



Olivia

Age 10

Hi! My name is Olivia and I like to play Just Dance!

Olivia is a friendly and spunky young girl of Caucasian descent. Olivia enjoys cooking, playing with her dolls, painting her nails and playing board games. She also is quite energetic and enjoys being active and playing outside at the playground.

Olivia is social, friendly and outgoing and easily engages in conversation. Olivia has built positive relationships with her peers and caregivers. She responds well to support and praise. Olivia can get silly and is often seen joking with others.

Legally freed for adoption, Olivia will benefit from a home with at least one female parent, with or without

older children in the home. A family will need to have the time and patience to appropriately care for Olivia in order to best support her needs. Olivia has a relationship with her three siblings, and a family should be willing to support these relationships post-adoption.

<https://www.mareinc.org/waiting-child-profiles#gallery/child/7789>

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 help match you with a child or sibling group that your family will fit well with.

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



Evangelidis' annual coat drive donates winter coats to Southbridge charities

SOUTHBRIDGE — On Oct. 25, Worcester County Sheriff Lew Evangelidis and his teams visited Tradewinds Clubhouse and House of Destiny Church to deliver a donation of brand-new winter coats for the clients and parishioners. These visits were just two of over thirty stops that the Worcester County Sheriff's Office made throughout the county during their Annual Winter Coat Drive.

"On behalf of Tradewinds Clubhouse, we just want to say thank you to Sheriff Lew, and the Worcester County Sheriff's Office," commented Samantha Aikey, Tradewinds Clubhouse Director. "Because of the generosity of his office and our community, many members have been able to obtain a warm winter jacket each season. Many of these individuals would not otherwise be able to do so. It was wonderful to hear that the annual coat drive would be happening in October this year, rather than in December. It will give people the opportunity to have a warm coat before it gets truly cold! Thank you again to Sheriff Lew and his team!"

Rev. Esteban Carrasco Jr., Senior



Photo Courtesy
Worcester County Sheriff Lew Evangelidis presents donated winter coats to Tradewinds Clubhouse staff and clients.

Pastor at the House of Destiny Church stated, "The partnership with Sheriff Lew was timely because we were able

to meet the needs of families coming into our area for the first time, having limited income, and being able save that

money to be able to meet another major need."

"The Sheriff's Department's Winter coat drive is an exemplary model of members of a community working together to help one another. As recipients tell us, these coats represent so much more than a winter jacket, they represent a community that cares," commented Evangelidis. "We are on track for our largest distribution to date and this initiative has been around for over 10 years. Thank you to our partners whose overwhelming kindness and generosity will help make this year's coat drive a success."

This year, the Sheriff's Office is expected to distribute over 4,000 brand-new winter coats throughout Worcester County. Through the procurement of grant money and the generous support of local businesses and community partners, this initiative was made possible.

In addition to the stop in Southbridge, Evangelidis and his team also made deliveries of warm winter jackets to nonprofits in Webster and Worcester.

Big Brothers Big Sisters of Central Mass and MetroWest teams up with Celtics Royalty, Bob Cousy, for a “once in a lifetime” experience



REGION — Big Brothers Big Sisters of Central Mass and MetroWest is pleased to share the outcome of a

recent auction package donated by Boston Celtics legend, Bob Cousy. Late Spring, BBBS partnered with longtime friend and

supporter, Bob Cousy to auction off a once in a lifetime experience to meet the basketball icon at his home, take a photo

with him, and receive some signed memorabilia.

BBBS raised \$65,000 thanks to loyal supporter Mr. Bob Atchinson who bid on the package, plus donations from others who wanted to support Mr. Cousy's efforts. This past Saturday, Mr. Atchinson and his two grandsons had the opportunity to meet Mr. Cousy.

"He's been a leader, not just as a basketball player," Atchinson said of Cousy. "He's been a leader in a lot of ways for a long time...I really wanted to meet him. So that was a thrill."

Mr. Atchinson and his grandsons had the opportunity to ask Mr. Cousy about his Presidential Medal of Freedom, his love for Big Brothers Big Sisters, and about his time in the NBA. They posed for a photo-op in

front of the Bob Cousy statue at the College of the Holy Cross.

The proceeds from the Bob Cousy auction will support BBBS' mentoring programs that serve opportunity youth in 87 towns and cities throughout Central Massachusetts and MetroWest. Bob Cousy still receives requests for autographs daily, in which he will happily oblige, after taking a donation for Big Brothers Big Sisters of Central Mass & MetroWest.

BBBS CEO, Connie Askin, said "We are in the business of relationships and happiness, and on Saturday, with Mr. Cousy's assist, we saw that come together in a really magical way."

Bob Cousy is a six-time NBA Champion and the 1957 NBA MVP. He is an alum from the College of

the Holy Cross and has lived in Worcester, MA ever since. Mr. Cousy has volunteered as a Big with BBBS three different times over his life and continues to be a true advocate for its mission.

About Big Brothers Big Sisters of Central Mass & MetroWest

The mission of Big Brothers Big Sisters of Central Mass & MetroWest is to create professionally supported mentoring relationships, empowering youth to realize their potential and build brighter futures. Children's lives are enhanced when they have a mentor in their lives to celebrate their successes. To learn more about Big Brothers Big Sisters of Central Mass & MetroWest, please visit www.bbbbscm.org.

Quinsigamond Community College, Hanover Insurance Group partner to offer mentoring

WORCESTER — The Hanover Insurance Group has recently joined as a core partner of Quinsigamond Community College's (QCC) mentoring program. Core partners are organizations that provide at least 10 mentors who will be matched with QCC students. The Hanover will be providing mentors from Mi Familia, one of its business resources groups which supports the Hispanic/Latinx community and its allies.

"We are excited to partner with The Hanover, a well-known and respected organization that, like QCC, is dedicated to diversity, equity and inclusion," said QCC President Luis G. Pedraja, Ph.D. "This is a partnership that will have an incredibly positive impact on our student mentees and our community as a whole."

QCC mentees work with their mentors to develop employer desired skills, gain an understanding of workplace expectations and have the opportunity to network, increasing the likelihood of finding a rewarding career. They also gain a personal and professional connection with their mentor, who provides guidance, training, and overall support. Mentors use the experience to build leadership skills and are able to give back to the community in which they work. In addition to the one-on-one relationships, mentors and mentees attend monthly events that expand their networks and build community.

"The Hanover and QCC are closely aligned in core values – with a focus on inclusion, diversity and equity, so supporting this program as a core partner made perfect sense," said Karen Andrade, vice president and chief operations officer, business insurance, at The Hanover. "This program will provide students with insight into what to consider in a career journey and how to maintain a work/life balance as they further their education. As a grateful and proud Asian American,

Hanover leader, executive co-sponsor of Mi Familia, and QCC graduate, I believe this furthers our journey and commitment to advocating for inclusion, diversity and equity, especially for under-represented communities right here in our neighborhood."

Eduardo Anaya, a QCC alumnus from the Business Administration program, received a bachelor's degree after transferring to Worcester State University through the Mass Transfer program. He wasn't sure where to apply his new skills but when a temp-to-hire position

brought him to The Hanover, he knew the company culture was a good fit. When he discovered the QCC mentoring program through a networking event at The Hanover, he applied immediately.

"I always knew I wanted to be involved as much as possible in my career and community," Anaya said. "As a QCC alum, I feel like I can truly understand the issues that many students face, such as working full-time while going to school. It takes programs like the QCC-Hanover mentoring partnership to help bring out a student's full potential."

This is a great experience for them to learn their strengths and weaknesses, making them better prepared for the workforce or whatever next step they choose."

In addition to The Hanover, QCC's other core partners include AbbVie, UMass Memorial Medical Center, The City of Worcester, Worcester County Bar Association, and Family Behavioral Health. To learn more about QCC's Mentoring program, visit www.qcc.edu/mentoring.

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- Bobcat Rental
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SPORTS

Southbridge serves up State Tournament victory vs. Roxbury Prep

PIONEERS THEN FALL TO WESTON IN ROUND OF 32

BY NICK ETHIER
SPORTS EDITOR

SOUTHBRIDGE — With the Roxbury Prep Charter School's volleyball team having to travel quite a distance to reach Southbridge High for their Division 4 State Tournament Preliminary Round contest on Wednesday, Nov. 2, head coach James Proulx's message to the Pioneers was quite clear.

"Jump on them early, they're the ones that had the bus ride," Proulx told his team before the contest. "We were here and warming up. Always jump on them in the first set, and we did."

Southbridge, seeded 28th in the tournament, took care of No. 37 Roxbury Prep in the first set, 25-11, and then won the next two sets as well — 25-12 and 25-10 — to emerge with a 3-0 victory.

In the win the Pioneers' top strength

was their serving.

"We emphasize serving. You can't score points if you don't get the ball over," said Proulx.

Sophomore Jey Oquendo and junior Gabby Hernandez led the charge for Southbridge, as Oquendo served up 23 service points that also included nine aces, and Hernandez added 19 service points with six aces. Oquendo (four assists, five kills) and Hernandez serve as the Pioneers' co-captains.

"That's exactly what they should be doing as captains," Proulx said of the duo leading by example.

"Serving, I think we did really good," added Oquendo. "I try to keep them up and hyped."

Hernandez began the match serving, and she got Southbridge out to a lead that they wouldn't relinquish thanks to three service points.

"We were pretty excited, scared at first because we didn't know how they played," Hernandez said of the early going against Roxbury Prep, before turning her attention to winning service points. "It's really important. It's how we get our main points, so we focus

a lot on serving."

With a 5-2 lead, it was now Oquendo's turn to serve. Her sequence included a kill and four other service points as the Pioneers grabbed a 10-2 lead. Oquendo later finished the set with an ace.

Oquendo then opened the second set as the team's server, and by the time Roxbury Prep could break her serve — which is a jump serve compared to most player's stationary serve — Southbridge already had a 5-0 lead.

"After years of playing, I eventually learned how to jump serve and I keep practicing it," Oquendo said of the seldom used serving technique.

Roxbury Prep did battle back in the second set to trim their deficit down to 13-10, but once Southbridge broke the serve and made it 14-10, Hernandez took over. She rattled off 10 straight service points, making it a 24-10 game.

"I was low-key scared because if I miss one, it's nerve-racking," Hernandez said of the 10 straight points, of which she was not aware of during the match. "I'm proud."

After a pair of Roxbury Prep points, Southbridge's Adrian Rodriguez (six

kills, six assists) ended the set with a kill.

In set No. 3, Oquendo's service points gave the Pioneers another 5-0 advantage. Southbridge then made sure that there wouldn't be a Roxbury Prep comeback, as Blanca Agudo gained most of her team's points at the service line. Hernandez then closed the match — which took under an hour to complete — with a serve that couldn't be returned cleanly.

This version of the Pioneers is the best in team history, which dates back to the 2015 season. Southbridge had a 14-8 season a few years back, but they have now won 15 games this fall.

"And we're still young, so that's exciting," said Proulx, whose program also includes junior varsity and middle school squads.

Southbridge next played at No. 5 Weston High in the Division 4 Round of 32 on Friday, Nov. 4. Unfortunately for the Pioneers, their season ended there. The Wildcats won, 3-0, as Southbridge finished 15-7.

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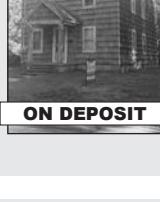
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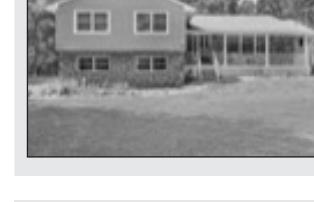
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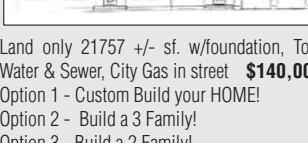
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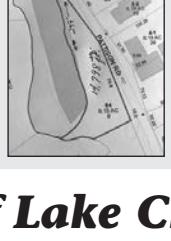
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SPORTS

Saugus pulls off upset of Tantasqua in State Tournament Round of 32



Nick Ethier photos

Tantasqua's Olivia Magierowski hustles after a loose ball.



Tantasqua's Kaydie O'Neil watches as the ball comes her way and toward the ground.



Nicole Vejcek of Tantasqua watches the ball after she sent it away via a header.

By NICK ETHIER
SPORTS EDITOR

STURBRIDGE — After an extremely successful season, posting a record of 13-2-3 and reaching the semifinal round of the Central Mass. Athletic Directors Association's Class A Tournament, the Tantasqua Regional girls' varsity soccer team was hoping to make a deep run in the Division 3 State Tournament.

Unfortunately for the 11th ranked Warriors, they weren't able to do so as they fell in upset fashion to No. 22 Saugus High in the Round of 32, 2-1, in a game played at the Reservation on Monday evening, Nov. 7.

"Not what anyone wanted, that's for sure. They played harder than us. They came in hard and strong," said Tantasqua head coach Matthew

Rickson of the Sachems (14-5-1).

Saugus started the match on fire, scoring twice in the first six minutes as Allison Justice and Layla Manderson potted the goals.

Then, in the 25th minute, the Warriors got one back when Lilina Shiers scored. Rickson noted that the team "had plenty of time to get it back," and they sure did try, but it was to no avail.

The second half featured scoring chance after scoring chance for Tantasqua, as they generated six corner kicks. Olivia Magierowski also hit the crossbar midway through the frame, Ava Chevalier got behind her defender and took a shot that sailed just high with two minutes to go, and Shiers' last-

ditch effort went wide right as the final whistle sounded.

"We changed up our formation," said Rickson. "After that, we were able to win that middle a little bit more and push it forward."

When asked if he could pinpoint a reason behind the slow start and eventual loss, Rickson said it had to do with not playing a game in nine days. In fact, in a 25-day span from Oct. 14-Nov. 7, Tantasqua played just five times.

"Too much downtime," said Rickson. "You can't keep that going at practice. It's very difficult, we don't have that experience at those big levels to main-

tain how you're playing."

Nonetheless, Rickson was still pleased with the 13-win season.

"It was a very good season. This is the season of upsets, though," he said, referencing the Division 1 Tournament where top-seeded Acton-Boxborough lost to No. 32 Newton North in the Round of 32. "That's the way it goes. These players, they didn't give up. They played until the end and it is what it is."

State Tournament Scoreboard

All results are through Monday evening, Nov. 7

Friday, Nov. 4
Division 2 Boys' Soccer Preliminary Round

(34) Fitchburg 3, (31) Shepherd Hill 2 (PK)—In a game that couldn't be decided after regulation or two overtimes, the Rams ultimately fell just short in penalty kicks. Shepherd Hill closed the season with a record of 8-8-3.

Division 3 Boys' Soccer Round of 32

(11) Hanover 2, (22) Tantasqua 1—The Warriors limited opposition scoring, like they normally do, but Tantasqua

also struggled finding the back of the net as they fell one goal short. The Warriors finished the 2022 campaign 11-5-3.

Division 4 Volleyball Round of 32

(3) Joseph Case 3, (30) Bay Path 0—After the Minutemen hosted and defeated No. 35 Tech Boston Academy, 3-0, in the Preliminary Round two days prior, Bay Path ran into one of the tournament's top seeds and fell short. The 1-1 postseason record had the Minutemen finish 10-11 overall.

Saturday, Nov. 5
Division 4 Girls' Soccer Round of 32

(6) Millbury 4, (27) Bay Path 0—The Minutemen had the tall task of facing off against the perennially powerful Woolies, and Bay Path's season came to a close with a record of 9-10.

Sunday, Nov. 6

Division 4 Boys' Soccer Round of 32
(2) Pope Francis 2, (31) Bay Path 0—The Minutemen played one of the top seeds tight, but their season ended with a Round of 32 exit. First, Bay Path defeated No. 34 Greater Lawrence Tech, 7-1, in the Preliminary Round two days prior. The Minutemen finished 10-8-2.

HIGH SCHOOL NOTEBOOK

Tantasqua 48, North Middlesex 34—The Warriors' football team defeated the Patriots in a high-scoring non-playoff game. Quarterback Adam Howe had himself a game,

completing 9 of 13 passes for 180 yards and 4 touchdowns, while also rushing for 121 yards and another pair of scores. Liam Hubacz hauled in three of the receiving TD's, with Isaac Colon catching the other. Tantasqua, which improved to 4-5, also had Brandon Denham score a rushing touchdown.

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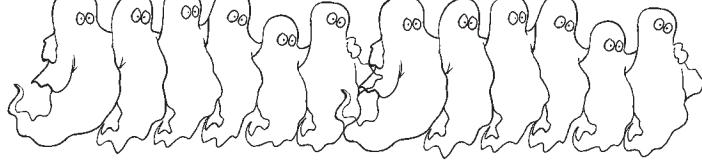
A holiday for horribles

SOUTHBIDGE – Although it hasn't looked much like Halloween weather-wise, the town's creeps and crawlies descended on Main Street en masse last week anyway. This year's Horribles Parade featured a soundtrack from the high school band and quite a few people watching from decks and driveways.

Photos Gus Steeves



One of the Main Street homes' stairs are suitably decorated.



Who knew Southbridge High let such creatures into the band?



A Disney princess helps an officer and gypsy get ready for marching at Town Hall.



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Nursing students hold first craft fair

CHARLTON — The season of crafts and vendor shows is upon us. For Bay Path Practical Nursing Academy this year marks the first organized SkillsUSA Fundraiser.

The special event was a fundraiser for the Bay Path Practical Nursing Academy SkillsUSA Team. The nursing students raised funds and sought donations all in the name of competing for SkillsUSA all the way to Nationals.

According to Heidi Bedard, LPN, sub-secretary who helped organize the fair, "We wish to thank the knitters, potters, bakers, jewelers, bedazzlers, and candlestick makers, as well as the food and baked goods vendors who joined us

on Saturday, Nov. 5."

We all worked diligently to raise as much money as possible to support nursing student SkillsUSA champions. The nursing students will use the money raised for state and national competition in the five categories namely Medical Math, Medical Terminology, Health Knowledge Bowl, First Aid/CPR, and Practical Nursing.

The Craft Fair was held from 9 a.m. to 3 p.m. at the Bay Path Regional Vocational Technical High School gymnasium. Attendees had ample time to peruse through booths, and tables, and make selections of their favorite items. Even the Academy Director, Gretheleine Bolandrina, DHA, MSN Ed, RN, CRRN participated with a table full of home-grown plants, propagated from seeds or cutting in various curated pots and containers. Payment may be made in many ways to Bay Path, cash, check, or money order. Those wishing to use electronic payment may do so through <https://unipaygold.unibank.com/customerinfo.aspx>.

"All money raised will go towards the nursing students' SkillsUSA competition," Bedard reminded. For more information contact Heidi Bedard, LPN 508-248-5971, ext. 1674 or via

email HBedard@bay-path.net.

About Bay Path RVTHS Practical Nursing Academy

Bay Path Practical Nursing Academy offers a 40-week (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing, 239 Causeway St., Boston, MA 02114 617-973-0800 www.mass.gov/dph/boards/rn

The Bay Path Practical Nursing Academy is accredited by the Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org. Bay Path Regional Vocational Technical High School is fully accredited by the New England Association of Schools and Colleges 209 Burlington Rd., Suite 201 Bedford, MA, 01730-1433 781-271-0022 www.neasc.org



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