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Friday, November 27, 2020

Newsstand: 75 cents

Auburn Cultural Council extends deadline for funding proposals

AUBURN The Auburn Cultural Council announced that the deadline for funding proposals was extended until Dec. 14. The ACC that (ACC) invites organizations, schools, and individuals to apply for grants that support cultural activities in the community. Interested parties are asked to submit proposals for community-oriented arts, humanities, and science program funding for 2021. Applications for funding went live on Thursday, Oct. 1.

Projects can support a variety of artistic projects and activities in Auburn and its surrounding towns -- including exhibits, festivals, short-term

artist residencies or performances, workshops, and lectures. Recipients are expected to adhere to the COVID guidelines present at the time of their program's completion.

According to ACC Secretary Diane Spanos, 2020 was a record year for the ACC, which awarded more than 25 grants totaling more than \$7,000. Unfortunately, with COVID, some programming was stalled, however, many recipients were able to move to virtual platforms and enriched the community during even these trying times.

The application as well as a list of guidelines and restrictions can be

found at mass-culture. org/Auburn. Questions about these reimbursement-based grants can be sent to auburnculturalcouncil@gmail.com.

The ACC is part of a net-work of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Mass. Cultural Council, a state agency, which then allocates funds to each community.



Courtesy

New physician joins care team at Life Care Center of Auburn



nate patient care among attending physicians. He has been serving in the same role at Life Care Center of Leominster and The Highlands in Fitchburg since 2013.

"I have been admitting my patients to Life Care centers since 2007,' Elkerm shared. "I have been happy working as a physician on site with them."

tant professor of medicine at the University of Massachusetts Medical School and has won several awards for teaching.

Elkerm and his wife, Eyman Barrada, have two daughters.

Life Care Center of Auburn, located at 14 Masonic Circle.

LOCAL PRESCHOOLERS HOLD THANKSGIVING COLLECTION DRIVE

The Goddard School in Auburn recently collected more than 350 items to help those less fortunate in the community celebrate Thanksgiving. The children were happy to donate these items to their fellow Auburn youth and family services.



Javden and Kevin, made

a special trip to Walmart

at 100 Charlton Road.

Sturbridge to extend

the PN Class of 2021's

gratitude for Walmart

Njoroge met with Team

Lead Deyvi. Njoroge is a

member of the UNICEF

Club and regularly shops

at Walmart. "My son

Kevin and I were sched-

uled to visit Walmart, my

other son Jayden wanted

to be in the pictures" said

generosity.

Giving's

Ashraf Elkerm, M.D.

AUBURN — Ashraf Elkerm, M.D., was recently named the new medical director and on-site physician at Life Care Center of Auburn.

In this role, Elkerm will base his operations within the skilled nursing facility. He will see patients there and coordi-

Elkerm earned his doctor of medicine degree from Alexandria University in Egypt, in 1982. He completed his residency in general surgery from Alexandria University Hospitals in 1987, and he is board certified in internal medicine. He has experience in emergency room medicine and has published research on myocardial ischemia. He is an assis-

one of 15 facilities in Massachusetts managed by Life Care Centers of Path Practical Nursing America.

Founded in 1976, Life Giving grant from the Care Centers of America is a nationwide health help support the PN Class care company. With head- of 2021 with NCLEX- PN quarters in Cleveland, preparation. Tennessee, Life Care manages more than 200 nursing, post-acute and of the PN Class of 2021 Alzheimer's centers in 28 states. For more information about Life Care, visit lcca.com.

CHARLTON — Bay recently Academy received a Walmart Walmart Foundation to

Evalyn Njoroge of Southbridge, a member is the Bay Path Practical Nursing Academy Liaison and communicated with the Walmart Branch in Sturbridge.

Njoroge and her sons

Njoroge.

Gretheline Bolandrina MSN, Ed, RN, CRRN Bay Path Practical Nursing Academy Director said "as members of the Worcester Southern County community we appreciate organizations such as Walmart and we are excited for the continued collaboration. Being supported by Walmart with much needed funds is an important and fun-

Turn To GRANT page A13

New York couple arrested on drug charges



Photos Courtesv

Trooper Kurt D'Angelo and K-9 partner Kody hunt down 80 grams of cocaine dumped by suspects following a high-speed chase into Charlton.

BY JASON BLEAU VILLAGER CORRESPONDENT

CHARLTON – A New York couple is in custody



after a high-speed chase took them through several southern Worcester County towns, culminating in their arrest in Charlton.

According to a report from the Massachusetts State Police, troopers placed 25-year-old Blair Thornton and 23-yearold Shantia Crocker-Carter under arrest after a series of events led police to discover

the pair were allegedly attempting to deliver cocaine.

The suspects were first spotted by Trooper Nicholas Latino out of the State Police-Sturbridge Barracks at 1:18 p.m. on Thursday, Nov. 19. Trooper Latino attempted to stop a 2015 dark blue Honda Accord registered in North Carolina foe speeding on Route 84 in Sturbridge.

Instead of stopping, the vehicle accelerated fleeing from the scene leading Trooper Latino to engage in a pursuit. The Honda reportedly reached speeds of up to 130 mph, weaving through traffic, including reaching 80 mph in a construction zone. Trooper Latino lost the vehicle when it took Exit 3A onto Route 20 eastbound leading him to inform surrounding law enforcement to be on the lookout for the car.

Charlton police soon located the vehicle at 1:30 p.m.at which time another attempt to stop the car failed as the vehicle fled on Route 20. Eventually the Honda crashed at H. Putnam Road. Both Thornton and Crocker-Carter fled on foot before being apprehended by Trooper Latino as well as Troopers Amy Waterman, Robert Faguendes and Michael Baroni and Charlton Police Officers. The officers also received assistance from Trooper Kurt D'Angelo of the State Police K-9 Unit and his partner Kody who dis-



Suspect Shantia Crocker-Carter is taken into custody by Charlton Police and Massachusetts State Police.

covered evidence along the escape route of narcotics. Trooper D'Angelo was led to a cylindrical package wrapped in tape inside a condom nearby where Crocker-Carter has been apprehended. The substance inside was believed to be approximately 80 grams of cocaine. Police later confirmed that Crocker-Carter had intended to deliver the drugs from New York City to a local buyer.

fered minor injuries, was charged with several offenses including failure to stop, speeding, marked lane violations, unlicensed operation of a motor vehicle, leaving the scene of a crash that caused property damage, reckless operation of a motor vehicle. breakdown lane violations and disturbing the peace. Crocker-Carter was charged with disturbing the peace and trafficking

Thornton, who suf-



Tips to simplify shopping and wrapping

The holiday season is a busy time of year. People devote many hours to generating gift lists and planning their shopping excursions. Shopping can be all-encompassing during the holiday season, but it is only half of the gift-giving equation. After all of those toys, articles of clothing and other goodies are purchased, those items will need to be wrapped and hidden away. Gift-givers may be looking for ways to make these tasks just a little easier.

SHOP EARLY

The sooner you begin shopping, the more time you will have to purchase everything you need and then get it prepared for giving. While Black Friday and Cyber Monday sales feature

items for the raffle.

great deals, there are discounts to be had all year long if you keep your eyes open. Grab an item here and there when there is something that catches your eye and fits the needs of a gift recipient.

Shopping early also affords shoppers a greater buffer if they plan to do some of their shopping online. Shipping times have changed due to COVID-19, which has disrupted some supply chains and put added pressure on shipping companies. The U.S. Postal Service says products and packages may require more time to be delivered due to limited transportation availability, so shopping early can help ensure everything arrives on time.



TACKLE THE KIDS' GIFTS FIRST

Watching children's bright grins and all their excitement opening presents can make all the hard work worth it. Be sure that you shop for all of the gifts for children in your household first, especially if you play San-

ta's helper. Use opportunities when the kids are in school or at daycare to bring gifts into the house and then wrap them. Wrapping as you go can help to ensure there are no "spoiler alerts" prior to the holidays.

CREATE A WRAP-PING STATION

icated area for wrapping can streamline the process. Gift wrapping supplies can be tough to keep organized because they're usually awkward sizes and can eat up a lot of space. That's where a wrapping station can come into play. It can be custom-made or you can use items already around the house. A laundry room or a large

closet can be the ideal location for a wrapping station. Because wrapping paper rolls are the most cumbersome wrapping supplies, find a way to corral them. A tall laundry hamper works, or consider hanging wrapping paper rolls horizontally on thin curtain rods attached to a wall or the back of a door. Simply pull off the amount of paper you need and cut.

Organize other supplies in a nearby drawer or organizational caddy. Store gift bags and tissue paper in a fabric tote bag. Having everything within arm's reach cuts down on time spent searching for supplies.

It's that time of year for shopping and wrapping. Ensure it is a lowstress experience with some time-saving tips.







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Bay Path students awarded Horatio Alger National Career ぐ Technical Scholarship



Pe ar He Co WW SH

Tianna Welcome

Ashley Winters

CHARLTON — Tianna Welcome of Oxford and Ashley Winters of Spencer have been awarded the 2020-2021 scholarship from the Horatio Alger National Career & Technical Scholarship Program (CTE Scholarship).

Welcome and Winters, both full-time practical nursing students at Bay Path RVTHS Practical Nursing Academy will each receive an award of \$2,500 for their practical nursing studies. CTE Scholarships are awarded on a competitive basis of verification of good academic standing, high school completion or earned high school equivalency credential, enrolled in a career or technical certificate program leading to employment, attending a notfor-profit post-secondary institution, Pell Grant eligibility, US citizenship, and be under the age of 30.

Welcome works as a certified nursing assistant (CNA) at CareOne in Millbury. Prior to joining Bay Path Practical Nursing Academy, Welcome completed Medical Assistant Certificate at Salter College (Dean's

Real Estate

AUBURN

\$491,000, 5 Sunnyside Rd, Garand, Julie, to Joyce, Andrew P, and Joyce, Hilary A.

\$385,000,23 Sunrise Ave, Bonneville, Raymond G, and Bonneville, Molly K, to Smith, Kyle, and Smith, Hayley. \$385,000, 7 Westview St, Schaeffer,

Darci W, to Simpson, Erin E. \$384,000, 7 Chestnut Ave, Sprague,

Jeffrey D, and Sprague, Donna M, to Eastty, Adam C.

\$379,000, 316 Leicester St, Oconnell, Kevin P, and Oconnell, Danielle, to Aliu, Shqipdona, and Sejdiji, Leonard.

\$365,000, 15 Meadowbrook Rd, Leo, Raymond C, to Ortega, Martin.

\$357,000, 11 Phoenix Rd, Barbale, David, to Rafferty, Zachary, and Rafferty, Ashley.

\$350.000, 18 Jade Hill Rd, Kosky

List), Nursing Assistant/Home Health Aide Training program at Peak Medical Academy in Worcester, and courses towards General Studies Healthcare option at Quinsigamond Community College.

Winters is a CNA working closely with hospice nurses at Uxbridge, MA. She completed her CNA and HHA certification at the American Red Cross in Worcester. She took courses toward majoring in social work at Anna Maria College in Paxton. She is an elected officer for the PN Class of 2021's UNICEF Club.

Both Welcome and Winters are 14 weeks into the rigorous ten-month of academics and clinicals to complete the practical nursing program and make positive contributions while continuing their service to the nursing profession.

The Horatio Alger Association hon-

Erin Breen inducted into Honor Society of Phi Kappa Phi

BATON ROUGE, La. — Erin Breen of Auburn was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Breen was initiated at MCPHS University.

Breen is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 325 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others." ors the achievements of outstanding individuals in our society who have succeeded despite adversity and who are committed to supporting young people in pursuit of increased opportunities through higher education.

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 Street 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.



ACCURACY WATCH

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

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

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





IRT, and Eaton-Brown, April J, to Fernandes, Jacquenilson.

\$340,000, 8 Westwood Dr, Smith, Hayley E, and Smith, Kyle P, to Annunziata, Pamela.

\$332,000,41 Woodland Rd, Kozlowski Virginia V Est, and Threadgould, Doreen, to Hall, Anastasia N.

\$320,000, 19 Colonial Rd, Rossik, Patrick C, to Perkins, Amy.

\$281,500, 167 Auburn St, Eastty, Marlena, and Eastty, Adam, to Picon, Mireya.

\$280,000, 21 Lesley Ave, Huynh, Mai H, to Dao, Hong H, and Dang, Giao T.

\$262,000, 43 Chestnut Ave, Gomez, Maria, to Costin, Joseph J, and Zerella, Danyel.

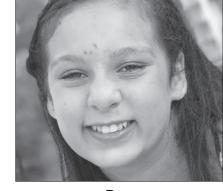
\$225,000, 2 Marjorie Ave, Libby, Jeffrey S, and Frederics, Reba A, to Keenan, John.

\$200,000, 262 Central St, Mencer, Cathy M, to Costa, Dell.

\$145,000, 163 Old Meetinghouse Rd #163, Abdow, Peter R, and Abdow, Kimberly B, to Govoni, Michael A More About Phi Kappa Phi

Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards \$1 million to outstanding students and members through graduate and dissertation fellowships. undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit www.phikappaphi.org.





* * Friday's Child

Raven Age 14 Raven is a creative, fashionable teen girl of Caucasian descent. Raven describes herself as polite and well dressed, but others would add she is outgoing, happy, and just fun to be around! Raven's creativeness tends to shine through her art and her clothing choices. Some of Raven's favorite activities include reading, cheerleading, gymnastics, spending time outside, and going shopping. Raven is a highly motivated child with goals for her future. When she grows up, she would like to become either a nurse or a fashion designer.

Hi! My name is Raven

and I am a fashionista!

in the second

Engaging and confident, Raven has made tremendous progress in school. She likes to advocate for herself and have her voice be heard. Raven also thrives in family settings and does best when given a structured environment with clear rules and expectations.

Raven is legally freed for adoption and hopes her future family will have two parents, an older sister and a dog. Her social worker is also willing to consider single female families with children in the home. Raven would do best as the only or youngest child in the home. Raven has close relationships with her sisters and their adoptive families, who live on the South Shore of Massachusetts, and it is important for her to keep these relationships.

Who Can Adopt?

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

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

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



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Bay Path LPN lands "dream job" with Day Kimball Hospital

CHARLTON As former Student the Representative for Practical Nursing Class of 2018, Reagan Gosselin, LPN of Charlton is accustomed to moving fast. Even so, she was surprised by how quickly her nursing journey is turn-ing up roses! Gosselin landed her dream job at Day Kimball Hospital at the Putnam Pediatric Center.

Gosselin entered the ten-month, full-time practical nursing program at Bay Path Practical Nursing Academy in the Fall of 2017. She managed her studies alongside her role as a Student Representative, member of the UNICEF Club, her job as a Dietary Aide at Harrington Hospital, and part-time Night Secretary for the Bay Path Adult Evening School. She was hoping to pivot into her nursing career that

would align more closely with her passion for working with children. Within a short time, she achieved just that.

"I accepted a full-time position at Day Kimball Hospital at their Putnam Pediatric Center," says Gosselin. "It's my dream job."

As an LPN Gosselin previously worked at The Overlook in Charlton. Brookhaven Rest Home in West Brookfield (as Medical Coordinator), Lincoln Hill Manor in Spencer (as Patient Care Assistant).

Gosselin said, "when I decided to start my nursing journey, I knew I wanted to work with children. I have four siblings that I adore and dedicated my nursing career to. I'm excited to start working in pediatrics and further my career." Gosselin is currently taking courses at Quinsigamond

Community College towards her BSN and hopes to one day work at the Boston Children's Hospital. Gosselin attributes her success to her strong family support and adds, "thank you to the amazing faculty at Bay Path Practical Nursing Academy for setting me up for such success!'

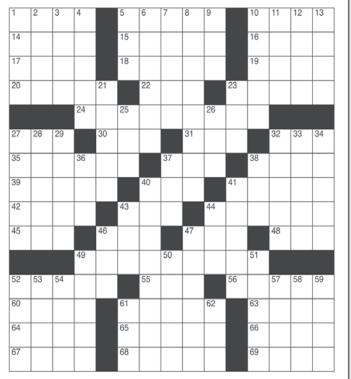
About Bay Path RVTHS Practical Nursing Academy Bay Path Practical

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



Reagan Gosselin and her family.

Courtes



CLUES ACROSS

5. Flat-bottomed sailboat

42. "Westworld" actress

45. Hip hop legend Kool Moe

47. Corpuscle count (abbr.)

48. Comedienne Gasteyer

- Rachel Wood 43. Northeastern US university
- 10. Jamaican tangelo 44. Poplar trees (Spanish)
- 14. Debauched man
- 15. Less covered

1. Cold War player

- 16. Require to live
- 17. Patrick and Aykroyd are two
- 18. Mixes
- 19. Insurance claim expenses 20. Tries to persuade
- 22. Equal (prefix)
- 23. Czech name for Prague

49. Fonts

46. Not or

CCUMC to host virtual **Christmas Fair**



CHARLTON COVID-19 can't cancel our Christmas spirit, nor it can it stop the CCUMC annual Christmas Fair!

United Charlton City Methodist Church hopes you join us for our annual silent auction, This year, we're going virtual! Bidding starts Nov. 29 and runs through 2 p.m. Dec. 5.

We thank our donors for a wide assortment of items for participants to bid on. You can get a sneak peek, at https://bit. ly/CharltonCity but please keep in mind that new items are being added frequently.

As always, our auction will be a place to find great bargains on items donated by members and many local businesses, like gift baskets and gift certificates. This year's chairperson, Judy Fortin, is working with a wonderful committee to present an auction that has something for evervone.

The virtual fair will help us to raise funds to continue our ministries! God bless!

- 52. Female cattle mammary gland 55. Down time
- 56. Spiritual leader
- 24. London soccer team 27. Greek letter 30. Small Eurasian deer 31. Swiss river 32. Miller beer 35. Less appealing 37. 8th month (abbr.) 38. Alto, California city 39. Grandmothers 40. American time 41. NW Chinese people

CLUES DOWN

1. Language 2. Fly high in the air 3. Made musical sounds 4. Organized again 5. TV channel 6. Unable to fly 7. Get up 8. Air traveler 9. Married woman 10. Take weapons from 11. Sicilian city 12. Actress Remini 13. Thought 21. Infections 23. Golf score 25. Hill or rocky peak 26. Witch 27. Adjusted 28. Succulent plant 29. Forearm bones 32. Hot fluid in the earth's crust 33. Subatomic particle

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60. Small brown and gray American rail 61. Trimmed by cutting 63. NY Giants owner 64. A long narrative poem 65. Old World lizard 66. Product for sale 67. Shut Your Pie Hole (abbr.) 68. Pacific Island country 69. Whale ship captain

34. Part of an organism 36. 007's creator 37. Burned material residue 38. Brain layer: mater 40. Unable to partake 41. Lesion 43. Historic railroad company (abbr.) 44. Basics 46. Scottish port 47. Flower cluster 49. Instruct 50. Untamed 51. Moth genus 52. Utilizes 53. Foolish 54. Fall in small drops 57. A place to get clean 58. La Tar Pits 59. Metrical foot 61. Semiliquid food 62. Small crow

Nichols moving to remote learning after holiday

BY JASON BLEAU VILLAGER CORRESPONDENT

DUDLEY - Nichols College will be transitioning to remote learning for the remainder of the year after completing its on-campus learning schedule as planned.

The college announced in a press release prior to the Thanksgiving break that despite the increased concerns of the COVID-19 pandemic the school would maintain its commitment to in-person learning until students left for Thanksgiving on Nov. 25. The release further stated that following the holiday students would remain home adapted to a remote-learning approach until Dec. 9, when the semester ends. This transition was planned before the start of the school year and was not implemented as a result of the recent spike in COVID-19 cases.

"With the health and safety of the campus community at the forefront, we began the semester with an ambitious plan to provide our students with the on-campus experience they desire," said Nichols College President Susan West Engelkemeyer, Ph.D. "Students seem truly grateful to be here, and they were committed to keeping themselves and each other safe.

Nichols College has provid-ed free weekly COVID-19 tests to students, faculty and staff throughout the school year. Over a 14-week period, the school ran more than 23,000 tests resulting in only 25 positive cases. The school also recorded a seven week with no positive cases included a string of five consecutive weeks with no positive results. The transition from in-person learning to remote learning was planned with the intent of allowing students time

to visit family for the holiday and avoid the stress of returning for a brief period of time where COVID testing would be required to be on campus.

"The pandemic has changed many things, but it did not change our ability to conduct classes, whether remote or in person," said Mauri Pelto, Ph.D., Vice President for Academic Affairs in a memo to students.

Pelto added that none of the positive cases recorded at Nichols were the result of learning in the classroom, noting "This remarkable achievement indicates our classroom setup, combined with testing and contact tracing, has worked to keep us all healthy."

As for the spring, classes will commence on Feb. 1, while winter courses will be available from Dec. 28 through the end of January.



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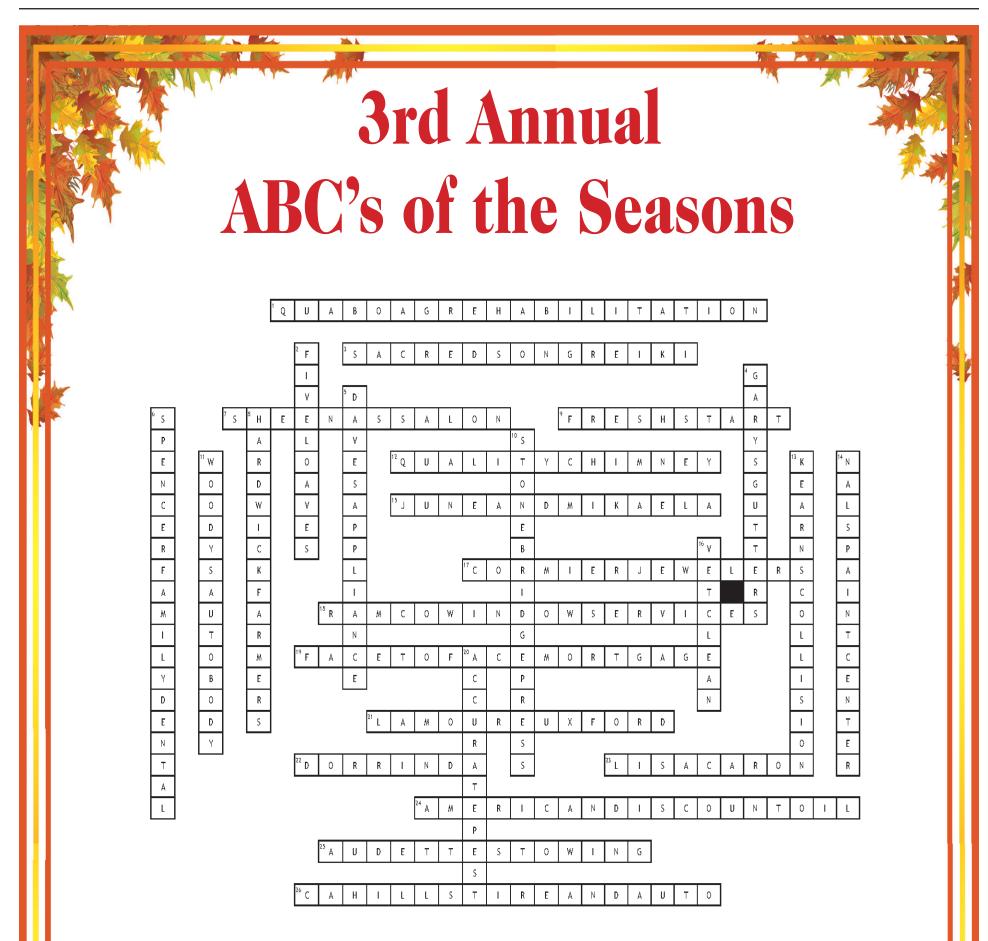
Award Winning **High Performance** Windows & Doors







This section reaches 47,000 households in 7 Massachusetts newspapers.



Across

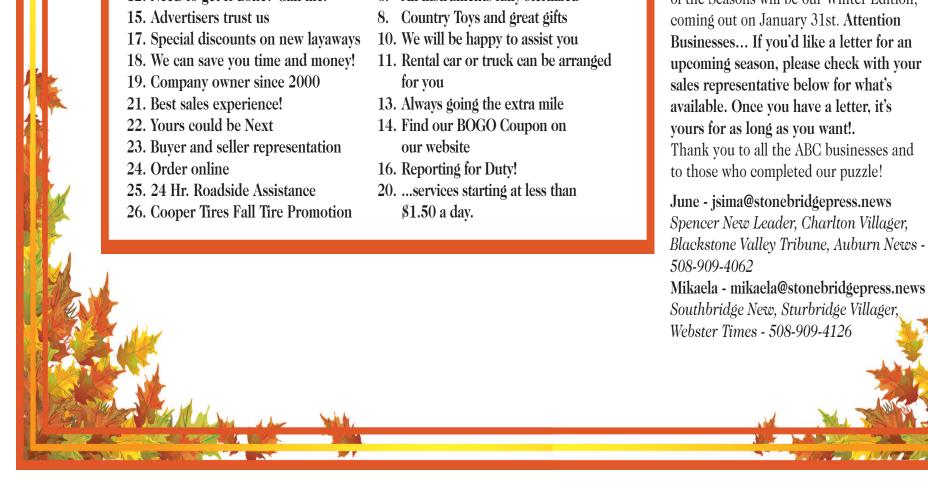
- 1. A rewarding Career Awaits
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Down

- 2. Now taking Thanksgiving pie & bread orders
- 4. I'll beat my competitors' prices
- 5. 6 & 12 months financing available
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We hope you enjoyed our 3rd Annual ABC's of the Season crossword puzzle. The randomly chosen winner of all the correct entries for a \$25 gift card is Rose-Marie Kupiec of Charlton, MA.

Please continue to support these and all of your local businesses. Our next ABC's of the Seasons will be our Winter Edition, coming out on January 31st. Attention



LEGALS

NOTICE OF MORTGAGEE'S SALE **OF REAL ESTATE**

Premises: 1 Newland Street, Auburn, Massachusetts

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Kimberly M. Bridge a/k/a Kimberly Bridge to Mortgage Electronic Registration Systems, Inc., as nominee for Salem Five Mortgage Company, LLC, said mortgage dated September 24, 2012, and recorded in the Worcester County (Worcester District) Registry of Deeds, in Book 49701 at Page 128 and now held by M&T Bank by virtue of an assignment from Mortgage Electronic Registration Systems, Inc., as nominee for Salem Five Mortgage Company, LLC to M & T Bank recorded in the Worcester County (Worcester District) Registry of Deeds on July 14, 2014 in book 52546, page 376 for breach of the conditions in said mortgage and for the

purpose of foreclosing the same, will be sold at Public Auction on December 14, 2020 at 11:00 AM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

THE LAND IN AUBURN, WORCESTER COUNTY, MASSACHUSETTS WITH THE BUILDINGS THEREON, AND DESCRIBED AS BOUNDED FOLLOWS

BEGINNING AT AN IRON PIPE WHICH IS LOCATED N. 43 DEGREES 25' 30" E. A DISTANCE OF ONE HUNDRED (100) FEET FROM A STONE BOUND ON THE NORTHERLY SIDE OF AURILLA STREET;

THENCE, N. 43 DEGREES 25' 30" E. FOR A DISTANCE OF 99.5 FEET TO A SPIKE IN THE ROOT OF AN 18 INCH MAPLE TREE;

THENCE, N. 44 DEGREES W. FOR A DISTANCE OF ONE HUNDRED SIXTEEN (116) FEET TO AN IRON PIPE;

THENCE, S. 42 DEGREES 25' 30" W. FOR A DISTANCE OF 49.5 FEET TO AN IRON PIPE;

THENCE, S. 47 DEGREES 53' W. FOR A DISTANCE OF 50 FEET TO AN IRON PIPE;

THENCE, S. 44 DEGREES E. FOR A DISTANCE OF 120 FEET TO THE POINT OF BEGINNING

CONTAINING 11,600 SQUARE FEET OF LAND, MORE OR LESS.

The description of the property that appears in the mortgage to be foreclosed shall control in the event of a typographical error in this publication. For Mortgagors' Title see deed dated July 20, 2009 and recorded in Book 44829 at Page 384 with the Worcester County (Worcester District) Registry of Deeds.

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 by a 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 sixty (60) days after the date of sale.

Other terms to be announced at the sale.

> **BENDETT & MCHUGH, PC** 270 Farmington Avenue Farmington, CT 06032 Attorney for M&T Bank Present Holder of the Mortgage (860) 677-2868

November 20, 2020 November 27, 2020 December 4, 2020



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OPINION/COMMENTARY



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FRANK G. CHILINSKI STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

> BRENDAN BERUBE Editor

To infinity and beyond

On Nov. 15, the world watched as a Space X spacecraft blasted into space with four astronauts on board. As one news outlet put it, it was 'eight minutes of terror' as the fiery bullet took off. This title nailed it. As we watched the rocket take off, we were awestruck at how far mankind has come. The science and intelligence that is behind what was once unthinkable, is mind blowing.

Watching the takeoff on Sunday evening was just as exciting as it was nerve wracking. In 1986, while in school, we all watched as the Challenger met it's fatal fate after just 73 seconds after taking off. In 2003, the Columbia shuttle broke apart while attempting to renter the Earth's atmosphere, killing all seven crew members.

The crew, made up of Victor Glover, Shannon Walker, Soichi Noguchi (of Japan) and Michael Hopkins, traveled the 27 hours it takes to get to the International Space Station. As we write this, the crew is safely in orbit.

The launch was delayed from Saturday to Sunday due to bad weather from Hurricane Eta. The trek is historical in that it's the first fully operational mission for the private company, SpaceX, founded by Elon Musk. A test mission did take place this past spring with two test pilots, Robert Behnken and Douglas Hurley who successfully traveled to the space station.

The crew will remain in space for six months, where they will administer several experiments. One experiment includes how microgravity affects human heart tissue. Microgravity is defined as the condition in which people or things appear to be weightless. An attempt to grow radishes will also take place, which could lead to longer space missions. In 2011, NASA did away with the Space Shuttle program. Since then the United States has used Russian spacecrafts to bring astronauts to the International Space Station. SpaceX created and developed the Crew Dragon capsule. In 1961, Russian Lt. Yuri Gagarin became the first person to orbit the Earth in Vostok 1. The flight lasted for 108 minutes, reaching an altitude of 202 miles. That same year, Alan Shepard became the first American to go to space. A year later in February, John Glenn became the first American to land on the moon. In 1969, Neil Armstrong was the first human to walk on the moon. Some interesting facts about space are that it is completely silent. Because there is no atmosphere in space, sound has no way to travel. Astronauts use radios to communicate. In 1986, NASA discovered what could be fossils of microscopic living organisms on a rock brought back from Mars. Halley's Comet won't orbit by the Earth until 2061. A space suit from Nasa costs \$12,000,000. A research by Yale scientists suggests that there may be a planet made out of diamonds, that is twice the size of Earth and eight times greater. They say it's 40 light years away; however, it can be seen by the naked eye in the constellation of Cancer. The footprints left on the moon will last for 100 million years. One day on Venus is longer than one year due to a slow axis rotation which takes 243 Earth days to complete it's day. If two pieces of metal touch while in space, they will weld together. There is floating water in space. The moon was once a piece of the Earth. Scientists say that when Earth was young, it was struck by a giant object breaking a piece off that began to orbit the Earth due to gravity. Sunday evening's excitement was a much needed break from the national news cycle. Listening to the ground crew at NASA headquarters was like listening to something out of a movie. It was a refreshing reminder that there are bigger, more positive things taking place in our lifetimes and for that, we are thankful.

Pizza ... a circle of life

My mother taught me many things. She gave me the gift of curiosity. She questioned everything and encouraged her children to do the same. She spent her early teen years as a short order cook and waitress.

With her experience she taught me to cook and enjoy the creativity of the process.

In 1943, Mom moved from Sapulpa, Oklahoma to Oakland, California to work in the shipyard to support our war effort. There, she was introduced to her first pizza. It was love at first bite. She later passed her love of the pie to her children and today, we are all pizzaholics. And why not? What's not to love about pizza? She used to make it. We didn't have much money when I was a kid, so I've had pizza made from Bisquick, ketchup, cheddar cheese slices and sliced hot dogs. It wasn't good, but sometimes even bad pizza is better than no pizza at all. I've learned that it's maybe not the taste of the pizza, but the role it plays in American life.

Growing up, a great thrill was being told the pizza delivery man was coming. It was a rare treat but when it happened, it was pure delight. It was like waiting for Santa, but instead of us feeding him cookies, he's bringing a pizza!

Pizza has become a national celebratory food. When something good happens, we order a pizza. It's easy to order, readily available anywhere, and compared to most foods, inexpensive. It's a food for the common people. When our doorbell rings with unexpected guests, I immediately think about ordering a pizza.

Do you know what cheese said the first time it met sausage? It's Slice to Meat you!

In a nation where regional food has now been homogenized and can be found everywhere, pizza seems to remain regional. I'll show my bias by claiming Chicago is the pizza capital of the world and boasts the best pizza on the planet. Chicago has the extremes from its deepdish delights to the thin and crispy treats. All of it good. I do enjoy New York style pizza but have found two regions of pizza that I don't love ... yet.

Before I go on ... How do you fix a broken pizza? With tomato paste!

Tim, a close friend, is from suburban Detroit and raves about Detroit style pizza and he couldn't wait to show me. But upon arrival in Levonia, Michigan, I was served something that seemed like a flat and square loaf of heavy bread with a little sauce drizzled over it and covered in cheese. It wasn't bad ... it wasn't round ... it wasn't what I perceive as pizza.



Then there's Southern California. I love the weather, landscape, and beach. As for their pizza ... I searched far and wide and thought it was all awful. I think if you put avocado on it ... it's no longer pizza.

California Pizza Kitchen does offer a great Thai Chicken Pizza, but in general, I find SoCal is a pizza desert ... at least so far?

Hey ... did you hear about the Hawaiian chef who burnt his pizza? He should have baked it on Aloha temperature.

Pizza is as diverse as the people who eat it.

Originally from the Chicago area, I like my deep-dish pizza with cheese and a flat, thin sheet of Italian sausage that spans the entire pie. I like my thin crust with pepperoni and onion. I prefer my sauce to be on the sweet side and my crust not to be soft and soggy

Did you hear about the pizza chef with the terminal illness? He pasta'way. Now he's just a pizza history.

Writing this column, I'm reminded of a scene in Forrest Gump where Bubba is telling Forrest of all the ways to make shrimp. "There's thick crust pizza, thin crust pizza, sausage pizza, BBQ chicken pizza ..." I'm guessing the list could go on forever.

Aside from the silliness of this column, here's what's important.

When we gather around pizza, people smile. It's not just another dining experience to provide nourishment, but an activity that has become a prominent thread in the fabric of our American tapestry. The enjoyment isn't just in the consumption, but the idea that pizza is a gathering point ... a touchstone that brings us together. And we all know in this time of intense national anxiety, we must find something we can agree upon. I believe conservatives and liberals alike can still sit around a pizza and find some common ground ... and maybe laugh together ... and just maybe ... begin to heal our American spirit.

The election is over. Can we all order a pizza and smile? Can we enjoy the companionship of those we may disagree with politically and eat a pizza together? Isn't it time to try?

P.S.-I'd tell more pizza jokes, but they're all too cheesy!

Gary W. Moore is a freelance columnist, speaker, and author of three books Consider these year-end financial moves



We're nearing the end of 2020 – and for many of us, it will be a relief to turn the calendar page on this challenging year. However, we've still got a few weeks left, which means you have time to make some year-end financial moves that may work in your favor.

Here are a few suggestions:

Add to your IRA. For the 2020 tax year, you can put in up to \$6,000 to your traditional or Roth IRA, or \$7,000 if you're 50 or older. If you haven't reached this limit, consider adding some money. You actually have until April 15, 2021, to contribute to your IRA for 2020, but the sooner you put the money in, the quicker it can go to work for you. Plus, if you have to pay taxes in April, you'll be less likely to contribute to your IRA then.

Make an extra 401(k) payment. If it's allowed by your employer, put in a little extra to your 401(k) or similar retirement plan. And if your salary goes up next year, increase your regular contributions.

See your tax advisor. It's possible that you could improve your tax situation by making some investment-related moves. For example, if you sold some investments whose value has increased, you could incur capital gains taxes. To offset these gains, you could sell other investments that have lost value, assuming these investments are no longer essential to your financial strategy. Your tax advisor can evaluate this type of move, along with others, to determine those that may be appropriate for your situation. Review your investment mix. As you consider your portfolio, think about the events of these past 12 months and how you responded to them. When COVID-19 hit early in the year, and the financial markets plunged, did you find yourself worrying constantly about the losses you were taking, even though they were just on "paper" at that point? Did you even sell investments to "cut your losses" without waiting for a market recovery? If so, you might want to consult with a financial professional to determine if your investment mix is still appropriate for your goals and risk tolerance, or if you need to make some changes. Evaluate your need for retirement plan withdrawals. If you are 72 or older, you must start taking withdrawals - technically called required minimum distributions, or RMDs - from your traditional IRA and your 401(k) or similar retirement plan. Typically, you must take these RMDs by December 31 every year. However, the Coronavirus Aid, Relief, and Economic Stimulus (CARES) Act suspended, or waived, all RMDs due in 2020. If you're in this age group, but you don't need the money, you can let your retirement accounts continue growing on a tax-deferred basis. Think about the future. Are you saving enough for your children's college education? Are you still on track toward the retirement lifestyle you've envisioned? Or have your retirement plans changed as a result of the pandemic? All of these issues can affect your investment strategies, so you'll want to think carefully about what decisions you may need to make.



And just for a little background ... what's the difference between a columnist and a large pizza? At least the pizza can feed a

including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMoore721 and at www.garywmoore.com.

Medicinal Seasonings Spice Up Holiday Recipes

With the holidays around the corner, the focus turns to homemade pies, cookies and other comfort food confections that conjure up fond holiday memories. One of the simple pleasures of churning out home baked goods this time of year is the

unmistakable aroma of such spices as cinnamon, nutmeg and ginger. But the familiar aromatics of holiday fare are not simply tasty comfort foods, as it turns out, studies show popular holiday spices can benefit your health as well as your taste buds.

The following yuletide-worthy recipes include generous doses of spices with impressive health benefits. Note: Data on treating ailments with spices is offered as information only; not medical advice. Do not ingest spices as home remedies without proper medical supervision as dangerous allergies and side effects can occur.

Nutmeg

Often sprinkled in a holiday eggnog or added to a meat pie, the nutmeg spice jar does duty beyond the kitchen cupboard, from halting a head-ache to promoting sweet slumber. Nutmeg is packed with antioxidants and anti-inflammatory properties that not only relieve headaches but help ease pain associated with injuries and wounds. The spice is also an antibacterial, which makes it a powerful weapon in healing oral maladies. A natural diuretic, nutmeg is beneficial to kidney health, with its powerful properties evenly hailed as a treatment to dissolve kidney stones. And according to the Encyclopedia of Healing Foods, a little nutmeg added to a glass of warm milk can lull you off to sleep in record time.

Candied Pecans: Traditional holidays include old fashioned recipes, and this simple candied nut recipe, featuring nutmeg and cinnamon, harks back to holiday snacks of yore:

Ingredients: one large egg white; ¹/₂ tablespoon vanilla extract; ¹/₂ table-

spoon water; one cup sugar; $\frac{3}{4}$ teaspoon Kosher salt; $\frac{1}{2}$ teaspoon ground cinnamon; $\frac{1}{4}$ teaspoon ground nutmeg; one pound raw pecan halves

Directions: Preheat the oven to 250°F (121°C). Butter a baking sheet.

In a bowl, beat the egg white, vanilla, and water just until very frothy. In a separate bowl, combine the sugar, salt, cinnamon, and nutmeg. Add the pecans to the egg-white mixture and gently toss to coat. Transfer the nuts to the sugar mixture and toss to coat. Spread the nuts evenly on the baking sheet.

Bake for 1 hour, stirring every 10 to 15 minutes. Watch the pecans carefully during the last 15 to 20 minutes of cooking for doneness. The nuts should be a lovely golden brown, crunchy, and evenly coated with the hardened sugar coating when they come out of the oven. Store the pecans in an airtight container in a cool, dry place for up to 2 weeks.

Cinnamon

Cinnamon, perhaps the most recognized holiday spice, is also one of the most powerful in health benefits. Helpful in reducing blood sugar levels in people with type 2 diabetes, cinnamon has been touted as an additional dietary supplement along with conventional medications to fight the disease.

In addition, studies revealed the spice reduced triglyceride, LDL cholesterol, and total cholesterol levels among test

Turn To HINT page A13

Looking back – and ahead – can help you make the moves to end 2020 on a positive note and start 2021 on the right foot.

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





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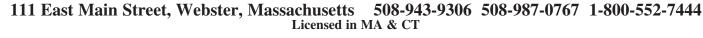
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assisted sale \$1,040,000.

Winter care for trees, shrubs and perennials in containers

As you prepare your landscape for winter don't overlook the trees, shrubs and perennials vou have growing in containers. These need a bit of extra protection to help them survive cold winter temperatures.

The small amount of soil in container gardens does not always provide

sufficient insulation. The roots are more exposed to temperature extremes than those of their counterparts growing in the ground. Extremely cold temperatures can damage or kill the roots and even the plant.

Plants rated at least one zone hardier than your zone can usually survive when left outside for winter. Just make sure your containers will also tolerate the challenging winter weather.

Here are a couple strategies for helping your other containers through the winter. Select the one that best fits your landscape space and gardening style.



Those in apartments or with limited space may need to enlist the help of their gardening friends.

Move containers to a sheltered location. Place them close together for added insulation. Then surround this with annual pots of flowers and

vegetables to further insulate the roots. Wait until spring to empty and compost the annual plants. Or cover the pots with woodchips or surround them with bags of leaves, potting mix or bales of straw. Add another layer of insulation by piling snow that is free of deicing salt over the pots throughout the winter.

Any plants growing in nursery pots or plastic containers can be overwintered in a vacant section of the garden. Sink the pots in the ground and make sure the pot is covered with and surrounded by soil. Water if needed. Then lift the plants in spring and set them in a decorative container to enjoy throughout the growing season.

An unheated garage also provides a suitable location for overwintering container gardens. Heated garages are usually too warm and plants will begin to grow. With a lack of sufficient sunlight, they usually struggle through the winter and often die.

Place the plants away from the overhead garage door. Add a bit of insulation such as packing materials, bagged soil or other potential insulation you probably have in your home or garage. This protects the roots when the temperatures plummet. Water your stored containers whenever the soil is thawed and dry. A scoop of snow that is free of deicing salt works well. Just toss a scoop on each pot. When the temperatures rise the snow melts and waters the pots. Dry soil during a winter thaw is the usual cause of death when pots are stored this way.

If space allows, you may decide to plant those trees, shrubs and perennials growing in containers into the



Melinda Mvers

Moving containers to a sheltered location and placing them close together for added insulation is one strategy to help them survive cold winter temperatures.

garden each fall. You will eliminate this overwintering task and have a great excuse for buying new plants next spring

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.

Helpful hints for harvesting deer

Opening day of the Massachusetts shotgun deer season is scheduled to open on Nov. 30. This year, sportsmen that harvest a deer during the first

numbers of harvested deer during the

archery season were high, and I would

not be surprised that the numbers will

be even higher this year. In fact, last

year, archers harvested more deer than

hunters during the shotgun deer sea-

Many deer hunters are trophy deer hunters, and often pass up a shot at a

doe or small buck. The excitement of

harvesting a trophy deer gives the hunt-

er bragging rights for many years. If

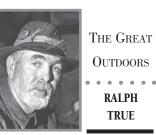
you are looking for some good eating

venison, the younger deer are the best,

not to say that some big buck do not

week of the shotgun deer season, are not required to bring the animal to a check station as in previous years, due to the Covid-19 outbreak. You are required to register the deer online. A lot of deer, some of which were very impressive, were harvested during the archery deer season. Last year's

son in Massachusetts!



have the flavor of a younger deer. Many times, it depends on the food the deer were eating, that make the difference in flavorful meat. Proper field dress-

ing also has a large effect on the taste of the deer, as the meat can be tainted with the deer's urine if it is broken during the field dressing process.

A quick clean kill can also make your harvested deer meat taste a lot better, than if you need to track the deer any length of time. The adrenalin of the deer

has a tendency to stiffen up the body of the deer and effects the meat when it is cooked. Also, making a bad shot and locating the deer the next day, is another thing that you do not want to happen. These are some of the reasons that many people do not like eating venison. If the deer is quickly killed and properly field dressed, they would change their way of thinking.

If you are hunting private property, you need to make sure that you have permission from the landowner. If you harvest a deer, be sure to share some of the venison with him or her. It could go a long way in keeping his property open

in the coming years. Leaving your trash behind is another way to get the property closed. When possible, you should try to remove the body parts that are removed from the animal during field dressing. It does draw coyote and other wild animals to the kill site to eat the body parts, which may be an unwanted visit by the farmer or property owner.

Tautog fishing remained pretty good last week in Rhode Island, but boaters needed to go a bit further out to deeper water. Shore fishing anglers have had to work a bit harder to catch a couple of keepers. Seabass fishing has also slowed in the area around Point Judith light.

Ice fishing anglers are hoping for some ice this year, but if you listen to some of the long range forecast, it does not look too good. Many anglers are still fishing from their boats in local waters, catching some impressive trout and largemouth bass.

Hoping everyone stays safe and has a happy Holiday, even though it will not be like previous years. New Englanders are tough, and we will all survive the pandemic if we social distance and wear masks. We will get back to normal soon. Our deepest sympathy goes out to all that have lost a loved one to the



Courtesy

The 16 year old son of Sean Havnes harvested this 16-point buck in Spencer during the archery season.

Covid-19.

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TOWN OF SPENCER – Position Open

Town Planner- Office of Development & Inspectional Services:

The Town Planner position is responsible for providing professional and technical support in the evaluation of land use, demographic, economic and other data relating to the built and natural environment, as well as application review for the Planning and Zoning Boards.

Successful candidates will have at minimum a Bachelor's degree in planning and/or land use, economic development, or a related field; five years' experience in professional planning, preferably in local government; AICP certification preferred; or an equivalent combination of education and experience. This is a fulltime position with a salary range of \$72,424 - \$79,115 DOQ.

Visit https://www.spencerma.gov/home/pages/employment-opportunities for additional details. Submit letter and resume to Town Administrator, Town of Spencer, 157 Main St., Spencer, MA 01562, or email tgregory@spencerma. gov. *AA/EOE*

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*I*i

Project: Wells School Apartments Location: 80 Marcy Street Southbridge, MA Architect: The Architectural Team

Accepting Applications: December 01, 2020 10:00am – 12:00pm. Location: 80 Marcy Street Southbridge, MA Construction Office located on site

Contacts: Nick Faillace, Project Manager

Keith Construction, Inc. is pleased to accept employment applications for all construction trades including, laborers, carpenters, painters, floor layers, plumbers and electricians for the exciting upcoming Wells School Apartments project. The anticipated start date is December 2020 and anticipated completion is December 2021.

General Scope of Work:

The project is the new construction of 62 residential units, and will include site-work, landscaping, paving, fencing, concrete, masonry, misc. metals, all carpentry trades, siding, roofing, doors & hardware, gypsum wall board, flooring, painting, signage, appliances, elevators, plumbing, fire protection, mechanical, electrical, lighting and fire alarm.

NOTES:

Due to COVID-19, Applications will be collected and applicants will be contacted individually. No on-site gathering allowed

1. Applicants must be 18yrs. of age and have a reliable means of transportation.

2. All applicants must be able to meet the physical requirements of the job.

3. Please specify construction work experience and list any applicable construction licenses and/or certifications you may have. 4. Filling out an application does not guarantee employment. Keith Construction will provide all applications to our subcontractors performing the work on this project.

5. Keith Construction Inc. and its subcontractors are EEO Employers.

6. Applicants must be willing to submit to a background check.

7. Local residents are encouraged to apply.

8. Final job application review and selection will be by our individual subcontractors and not Keith Construction.

Thank you for your interest!

KEITH CONSTRUCTION, INC. 3000 Davenport Ave., Canton, MA 02021 781-828-8474 FAX 781-828-0010

StonebridgePress.com

GRANT

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damental piece in our work to produce real world ready, Licensed Practical Nurses. Bolandrina added, "this education grant will assist Bay Path Practical Nursing Academy PN Class of 2021 in addressing systematic inequities and barriers that prevent them from taking an NCLEX-PN Live Review Course and eventually taking the NCLEX-PN exam and passing on their first try. The enrollment and attendance to the Hurst Live NCLEX Review will greatly improve the PN Class of 2021 NCLEX success rate, overcome the social and environmental challenges in their practical nursing journey."

About Walmart

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About Bay Path RVTHS Practical

Nursing Academy

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

HINT

continued from page A1

group subjects. Want more? Research from Copenhagen University showed a significant relief in arthritis pain when patients were given half a teaspoon of cinnamon powder combined with one tablespoon of honey every morning for a week. And another study found that the mere act of smelling the spice can boosts cognitive function and memory!

C i n n a m o n FYI: Microbiologists at Kansas State University found that adding small amounts of cinnamon to samples of apple juice contaminated with E. coli bug killed most of the bacteria. Just one teaspoon of cinnamon killed 99.5 percent of the bacteria after three days at room temperature.

Holiday Cinnamon Snickerdoodles: This recipe, from the spice company McCormick, is a nostalgic family favorite to bake up during the holidays.

Ingredients: 2 3/4 cups All Purpose Flour; 2 teaspoons Cream of Tartar; 1 teaspoon baking soda; 3/4 teaspoon salt; 1 3/4 cups sugar, divided; 1 cup Butter Flavor All-Vegetable Shortening; 2 eggs; 2 tablespoons milk; 2 teaspoons pure Vanilla Extract; 1 tablespoon ground cinnamon. Directions: Preheat oven to 400°F. Mix flour, cream of tartar, baking soda and salt in medium bowl. Set aside. Beat 1 1/2 cups of the sugar and shortening in large bowl with electric mixer on medium speed until light and fluffy. Add eggs, milk and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed.

Mix remaining 1/4 cup sugar and cinnamon. Shape dough into 1-inch balls. Roll in cinnamon sugar mixture to coat. Place 2 inches apart on ungreased baking sheets.

Bake 7 to 8 minutes or until lightly browned. Cool on baking sheets 2 minute. Remove to wire racks.

Ginger

Ginger bread and ginger snaps are familiar holiday treats, but did you know ginger has long been hailed for its power to tame a tummy ache? It's also a well-known home remedy to treat motion and sea sickness. In fact, in one study, ginger was shown to be superior to a commonly used over-the-counter and prescription drug for motion sickness, reducing dizziness, nausea, vomiting, and cold sweats. It's also claimed that ginger can aid in relieving arthritis and sciatica pain. Or, some people simply eat several pieces of crystallized ginger to help relieve joint and nerve pain.

Old Fashioned Gingerbread: King Arthur Flour offers this classic holiday favorite that recalls happy childhood memories.

Ingredients: 2 1/4 cups King Arthur White Whole Wheat Flour, or 2 cups King Arthur Unbleached All-Purpose Flour;1/4 cup granulated sugar; 1 teaspoon baking soda; 1/2 teaspoon salt; 1 1/2 teaspoons ground ginger; 1 teaspoon cinnamon; 1/4 teaspoon each cloves and nutmeg; 1/2 cup (8 tablespoons) unsalted butter, melted; 3/4 cup molasses; 1/4 cup water;1 large egg;1 cup buttermilk;1/2 cup diced crystallized ginger (optional)

Instructions: Grease and flour a 9» square pan. Preheat the oven to 350°F.

Allspice

Christmas pudding, mincemeat and pumpkin pies all benefit from the addition of allspice, but did you know your health can too?

Allspice is famous for its ability to relieve muscle aches and pain when applied topically. To make an allspice poultice, mix ground allspice with water to form a thick paste. Apply it to the body, cover with gauze and relax for 15 to 20 minutes. Sipping tea made from the spice can also be helpful in relieving menstrual cramps and headaches. Allspice berries can also be used to temporarily relieve toothache pain. Simply chew one allspice berry for quick ic Sturbridge. Because I'm in the business of dispensing tips,

Allspice Recipe: No allspice on hand? No worries. To whip up one teaspoon of Allspice, combine the following: 1/2 teaspoon of ground cinnamon, ¹/₄ teaspoon of ground cloves and ¹/₄ teaspoon of ground nutmeg. **

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 renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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



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"One of my favorite things about working at Quaboag is that you can tell the staff is here because they care about the patients. I have also found that my supervisor and administrator are very approachable when I have any concern. There are a lot of places where someone in a supervisor position is not that approachable."

— Nicole F. (CNA)

"I am Definitely glad to be a part of the team as well. I feel like I'm home and everyone has been wonderful."

– Nicole V. (LPN)

"In the time that I have been working at Quaboag I have witnessed the well-being and comfort of the residents as the main priority of the facility. The facility is centered around patient care and is designed in the best interest of the residents."

— Lynnea T. (CNA)

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