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Friday, September 23, 2022

Get ready, get set, go - to Tour Opacum!



BRIMFIELD — The Sixth Annual Bike Ride for Land Conservation: The Southbridge Credit Union Tour Opacum Ride is happening again on Sunday, Sept. 25!

Bikes, Beers and a good cause! Tour Opacum is Opacum Land Trust's largest fundraiser of the year, and a fun day of biking, comradery, and enjoying a drink with good friends. Proceeds from the ride will help Opacum Land Trust protect critical land, water, and wildlife, and provide outdoor spaces for everyone to enjoy.

Bike routes are planned for all ages and abilities that will take you on beautiful country roads (all paved & marked) and past properties that Opacum Land Trust has conserved. Serious riders can choose a challenging 50 or 100-mile ride through the hills of Brimfield and Monson, or you can enjoy a beautiful 26-mile loop, a leisurely 10-mile loop, or a family-friendly 2-mile ride. Snacks, rest stops and rider support are provided throughout the ride. All rides start and end at the Brimfield Winery.

Rapscallion Brewery after party at the Brimfield Winery

After your ride, return to the winery for the Rapscallion Brewery after party with live music, food, craft beer, wine, games and more at the Brimfield Winery. All riders get a free drink, food voucher, and a swag bag full of goodies from our amazing sponsors.

Prizes for the biggest team

Get your friends, family, co-workers, and riding crew to join you to win a prize for the biggest team! Just pick a team name and make sure everyone includes it when they register. If your team is the biggest when pre-registration closes on September 22nd your whole team wins.

Southbridge Credit Union is the lead sponsor for Tour Opacum, demonstrating their continued commitment to the community. Thank you for the continued support of this event by our other sponsors: Rapscallion

Please Read OPACUM, page A4

Charlton prioritizing capital spending plan in 2023

BY JASON BLEAU

CHARLTON – With a slew of capital projects on the table and the Dudley Charlton Regional School District recently approving investment in new school roofs, selectmen have made it clear that laying out a town-specific Capital Spending Plan is one of their priorities for Town Administrator Andrew Golas going into 2023.

Selectman Bill Borowski stressed the request during a brief discussion about the Board of Selectmen and Town Administrator goals and objectives on Sept. 13, noting the larger number of capital projects that have been brought forward in recent years as well as the potential for more investments in the school district as their multi-phase capital plan

takes shape. "The only goal that's kind of a priority to me is that with the amount of funding we will be asked for over the next fiscal year or twelve months, one of the things I'd really like to emphasize to Andrew is to develop a true Capital Spending Plan with his proposals for us to consider, obviously trying to minimize tax increases as best we can, but also knowing there's only a finite amount of dollars," said Borowski. "To me, that's something we really need to focus on this year between Shepherd Hill and the Senior Center, the Fire Station, there's so many things coming

up I really think we need not just a manifest, but also some proposals of how we could fund them."

Town Administrator Golas agreed saying the growing number of capital projects has been on his mind as well. He said he will fully embrace the board's request.

"That's something that went through my head, what's the target timeline that we need to look at as we're considering the fire station, Shepherd Hill and the school roofs and really just what pots do we need to pull from because really it all comes down to tax dollars," said Golas.

Over the last five years the potential need for a refurbishment or replacement for Shepherd Hill Regional High School, the need for a new fire department, updates or replacement of the police department, a new senior center and other smaller investments have all been proposed or discussed heavily on the town level. While the school district recently received voter approval for roof replacements and other projects, the towns of Charlton and Dudley need to determine how they will fund those investments and taxpayers have already voted down a public safety complex and purchasing the Charlton Furniture property for a new senior center. It appears the goal of both the

Please Read **SPENDING**, page **A3**

Charlton planning fall event for Old Home Day vendors

BY JASON BLEAU CORRESPONDENT

CHARLTON — While many braved the torrential rainfall to attend Charlton's annual Old Home Day on Labor Day Monday, the impact of the weather on the many vendors and non-profits that turned out for the event has selectmen considering another community event this year to help make up for the loses.

Selectwomen Patsy Rydlak and Barbara Zurawski discussed the idea with their fellow selectmen on Sept. 13 where Rydlak pointed out that because of the weather the organizations represented at the event weren't able to benefit from raffles and food sales as they would have in the past. So, she and others brainstormed ways to help make up for the loses on Labor Day.

"Because Old Home Day was such a rain out a lot of our venders who make the majority of their fundraising during Old Home Day weren't able to,' said Rydlak. "We kind of threw around the idea of having a town yard sale on the town common to invite the venders and I guess there's other organizations that do that.'

However, Rydlak Zurawski, with input from some members of the Town Hall staff, landed on a different idea: a fall festival or music event that could be help indoors. The current concept would bring a new fall event to the town's community center, better known as the Charlton Arts & Activities Center, where the non-profit and town vendors would be able to showcase their programs and hold their raffles and food sales once again using the permits already approved for Old Home

These are our scouts and

our local organizations that do a lot for this town," said Rydlak stressing that these organizations deserve a day where the community can come out and support them without having to push through Mother Nature. Exact details and dates for the event will be worked out between Rydlak, Zurowski and others who have offered to volunteer their time to plan the day. More details are expected to be released soon.

Meanwhile, the Board of Selectmen also took the time to host award presentations that were postponed due to the rain during Old Home Day. Each

year standout citizens, businesses, and organizations are honored at the event with special awards recognizing their commitment to Charlton. The Honorary Parade Marshall of 2022 was longtime Boy Scout leader Brian Wolcott. Business of the Year was awarded to The Overlook for its 110 years in Charlton. Community Service Awards were presented to Marguerite (Silvestri) Jalbert, Eric and Kerry Breilinger, Debra Ciesluk, and Mike Zereski. Youth Community Service Awards were presented

Please Read EVENT, page A3

Sturbridge to celebrate National Public Lands Day with Riverlands Trails open house



STURBRIDGE The National Environmental Education Foundation (NEEF), in collaboration with federal, state, community and nonprofit partners, will present the 29th annual National Public Lands Day celebration—the largest single-day volunteer event for America's public lands. The theme for this year's NPLD celebration is "Giving Back Together," in honor of the role America's public lands play in bringing people together for recreation, socialization, and stewardship will be celebrated in Sturbridge with a "Trails Open House" celebrating the completion of the Riverlands Parking lot & trails, two sections of the regional Grand Trunk Trail totaling just over a mile, and the opening of the Long Pond Open Space parcel and trail.

All events will be held at the Riverlands parking lot, 52 Stallion Hill Rd., from 10 a.m.

A formal ribbon cutting ceremony will take place at 10 a.m., followed by several

bike rides and walks including at 10:20 a.m. guided, a two-mile flow trail bike ride, 10:30 a.m., a two-mile trail run, and also a guided 1 mile trail walk and at 10:45 a.m., a guided 1.5 mile family bike ride. A staffed Bike maintenance station courtesy of Putnam Cyclery will be available along with bike safety information. The trail committee will be staffing a table of local trail information and our trail guides This open house event is hosted by The Friends of Sturbridge Trails (FrOST).

This Riverlands parking lot and trail work was several years in completion, using \$ 94,000 in Mass Trails Grants, \$65,000 in Community Preservation funds, and supported by the Sturbridge DPW, Northern Tree Service, Morse Engineering & Construction, Green Hill Engineering, and countless volunteer hours by the Trail Committee and our "3rd Saturday" volun-

Please Read RIVERLANDS, page A4

The recently completed Riverlands Parking lot/trail head at 52 Stallion Hill Rd.

Federated Church of Sturbridge & Fiskdale pumpkin patch returns



STURBRIDGE — The Federated Church of Sturbridge & Fiskdale's popular Pumpkin Patch returns on Saturday, Sept. 24, filling the entire front lawn of the church at 8 Maple St., Sturbridge, with a wide array of pumpkins and gourds for sale, along with mums, hay bales, and corn stalks for your holiday decorating.

The Pumpkin Patch will be open Monday through Saturday from 9 a.m. to 5 p.m., and Sundays from 10:30 a.m. to 5 p.m., weather permitting. As a special nod to the Federated Church's 100th anniversary that is celebrated throughout the year, any customer whose order totals \$100 or more will be able to choose one additional pumpkin for free.

The patch continues through October 30, with a variety of special events and activities scheduled, including a pumpkin carving demonstration by Roger Williams Park Jack-o-Lantern Spectacular carver Heidi Curboy

on October 9 and a performance by Auburn a capella chorus, Rock Voices on October 16, followed by piano selections from Federated Church music director Andrew Kosiba.

According to committee chair Tom Mapplebeck, "The annual Federated Church of Sturbridge & Fiskdale Pumpkin Patch made its first appearance in 2018 as a fundraiser that benefits church operations and numerous regional ministries. A significant benefit goes to the Navajo Nation in Farmington, New Mexico where Pumpkins USA employs more than 700 Native Americans during the harvest months of September and October, and a full-time off-season staff that is comprised of entirely Native Americans. This has a lasting impact on a region with 42 percent unemployment."

The Federated Church of Sturbridge and Fiskdale is celebrating its 100th anniversary throughout 2022.

The Church was formed in 1922 when three Sturbridge congregations — the Congregational Church (1736), the Baptist Church (1747), and the Unitarian Society (1864) — joined together to become one entity. Later, a fourth, non-denominational society, known as the Federated Society, was formed. Two thousand twenty-two marks the 100th anniversary of that union.

For additional information about the Pumpkin Patch or other upcoming events, please visit the Church website at sturfed.org or contact the Church office at (774) 304-1021 or churchoffice@sturfed.org. Regular updates will also be available on the Church's Facebook page@FederatedChurchSturbridgeFiskdale.

The Federated Church of Sturbridge & Fiskdale joyfully celebrates Christ's presence and God's grace in our lives. Members of the community are welcome and invited to join in worship on Sunday mornings at 9:30 a.m.

Baker announces major investment in school safety

BY KEVIN FLANDERS STAFF WRITER

REGION – Gov. Charlie Baker recently announced plans to file legislation proposing major investments in school safety initiatives.

Joined at the announcement by Lt. Gov. Karyn Polito and Commissioner of Elementary and Secondary Education Jeff Riley, the Governor unveiled his proposal to support safety programming, training, and resources for school districts across the Commonwealth.

'As children return full-time to the classroom this fall, we want parents and educators to know that our administration is always working to improve and build on all the resources available to districts to make their schools as secure as possible," said Baker. "Our administration will continue to provide resources for students, staff, families, and first responders while making investments in training for first responders and school staff so they can protect Massachusetts schools."

For local law enforcement leaders, it's critical to secure ongoing funds for training exercises and safety programs. The goal each year is to partner with local schools to maximize preparedness and safety measures.

"School buildings house one of the most vulnerable segments of the population. The Governor's proposal helps provide some of the funding necessary to protect these valuable assets," said Spencer Police Chief David Darrin.

Added Sturbridge Police Chief Earl Dessert, "It is imperative that school safety is a priority. The Sturbridge Police Department and school administration work closely together and will be monitoring the funding for school safety and take every opportunity to enhance school security and increase training."

Recognizing the increased number of parents across the Commonwealth—and the nation—who have opted to homeschool their children

UMass Memorial Health

in recent years due to school safety and health concerns, state officials hope the latest proposal will help families feel safer about sending kids back to class.

"Children, teachers, and staff deserve to feel safe in the classroom, and our administration's funding proposal will invest in the resources and programming required to equip school communities and emergency personnel with the tools they need to keep schools safe," said Polito. "We look forward to working with our colleagues in the Legislature to provide critical funding for districts across the Commonwealth."

In the coming weeks, the Baker-Polito Administration will file a supplemental budget request totaling nearly \$40 million to support school safety initiatives. These include matching grants for security upgrades in K-12 schools and public higher education institutes; grant funding to support school districts piloting an anonymous "tip line" to report

potential threats; funding for a statewide public awareness campaign and corresponding training; support for ongoing emergency response training for school officials; and the creation of a comprehensive school safety website.

"These proposed supports would be a welcome addition to school districts' safety planning and infrastructure," said Department of Elementary and Secondary Education Commissioner Jeffrey Riley. "The matching funds for equipment upgrades, plus funding for additional school staff to meet and collaborate with first responders, are critical pieces that will help ensure our schools are places where students are safe, healthy, and ready to learn."

To date, as part of the Safe and Supportive Schools Initiative, the Baker-Polito Administration has awarded \$15 million in grant funding, including \$7.5 million awarded to more than 150 districts statewide to invest in secu-

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are changing medicine and saving lives. To learn more about

ROADAT, visit ummhealth.org/relentless.

rity-related infrastructure upgrades. Another \$7.5 million in grant funding was allocated to increase mental health supports and behavioral health specialists available at schools.

Additionally, the state's Executive Office of Public Safety and Security teamed up with education leaders to train school departments on best practices for emergencies and active shooter responses in school settings.

During their recent announcement, state leaders also promoted the Active Shooter/Hostile Event Response (ASHER) Program, an internationally recognized standard adopted by the Commonwealth as part of its ongoing commitment to emergency preparedness. The ASHER framework has already been implemented in state-run police and fire training academies.

To learn more about school safety initiatives in Massachusetts, visit www. mass.gov.



Here Today Adopted Tomorrow saving lives during Best Friends Animal Society's Strut Your Mutt Celebration Walk

BRIMFIELD — Here Today Adopted Tomorrow, HTAT, along with hundreds of animal rescue groups across the country, is participating in Best Friends Animal Society's annual fundraising dog walk and festival, Strut Your Mutt Celebration Walk, on Saturday, Sept. 24. The event brings together communities to raise money to save the lives of homeless pets.

Best Friends Strut Your Mutt Celebrations feature local animal organizations raising crucial funds needed to save the lives of more pets in their communities. The event is not limited to dog lovers; many cat organizations have also benefitted from being a part of Strut Your Mutt. To sign-up go to bit. ly/HTATwalk22 and press "Join My Team."

Here Today Adopted Tomorrow's 10th Annual Strut Your Mutt® Celebration Walk will be held on Saturday, Sept. 24, at Brimfield Auction Acres, as part of the Brimfield Community Partnership's (BCP) Brimfield Craft and Harvest Festival. The Festival is an all-day, family-friendly event that runs from 10 a.m. to 4 p.m., with HTAT's walk starting at 1 p.m. Those who would like to participate in HTAT's walk can either pre-register online at bit.ly/HTATwalk22 by pressing "Join My Team," or register on-site on Sept. 24 from noon to 1 p.m. Walkers are welcome to come with or without a dog.

"We at Here Today Adopted Tomorrow are proud to be part of the Best Friends Strut Your Mutt celebration happening across the country, and we're so excited to combine our annual walk with the BCP's Brimfield Harvest Festival," said Rachael Max, HTAT's Executive Director and Board President.

"HTAT is working with Best Friends toward the goal of taking this nation no-kill by 2025. Working together we can accomplish great things all around the country and right here at home for our dogs and cats. We love our community and we know you do too, so help us take action for pets and the people who love them. Join us in saving lives by participating in Here Today Adopted Tomorrow's 10th Annual Strut Your Mutt® Celebration, and stick around for some fun fall activities at the Harvest Festival!"

Best Friends has been helping local animal rescue groups and shelters for more than 26 years to raise funds for their lifesaving work through Strut Your Mutt walks around the country. Nationally the fundraising goal for Strut Your Mutt 2022 is \$1.3

Thank you to Best Friends' sponsors ACANA, the official Best Friends Credit Card (in partnership with Credit One Bank), Free People, Lagunitas, Limavady, SpeedQueen, Wahl, and Aetna and to HTAT's Lion Sponsors Savers Bank and Petco Love who help make Strut Your Mutt a huge lifesaving

About Here Today Adopted Tomorrow Animal Sanctuary

Here Today Adopted Tomorrow (HTAT) was founded by mother-daughter team Barbara Horn and Rachael Max. HTAT is a volunteer driven group focused on creating and supporting the bond between animals and people in our community. In 2012 we opened our no kill, cageless cat adoption center for adult cats and kittens in Brimfield, MA. It is deeply important to us that every resident's stay at HTAT is comfortable and healthy, making for well-adjusted, happy animals. Shortly after opening, we realized there were more homeless cats than we could handle by adoption alone. Our ultimate goal is to keep pets and people together. We have programs to help special needs cats flourish and

get adopted, as well as community assistance programs to help pet owners keep their pets, such as our Pet Food Pantry, low-cost spay-neuter program, and Safety Net Foster Program for owned cats. HTAT helps over 1,000 animals and their families every year. For more information, visit heretodaysanctuary.

About Best Friends Animal Society About Best Friends Animal Society Best Friends Animal Society is a leading animal welfare organization working to end the killing of dogs and cats in America's shelters by 2025. Founded in 1984, Best Friends is a pioneer in the no-kill movement and has helped reduce the number of animals killed in shelters from an estimated 17 million per year to around 355,000. Best Friends runs lifesaving programs all across the country, as well as the nation's largest no-kill animal sanctuary. Working collaboratively with a network of more than 3,800 animal welfare and shelter partners, and community members nationwide, Best Friends is working to Save Them All®. For more information, visit bestfriends.org.

Jack Lafond completes intensive research project

WORCESTER — Jack Lafond, from Sturbridge, a member of the class of 2025 majoring in Data Science (BS) at Worcester Polytechnic Institute (WPI), was a member of a student team that recently completed an intense research project titled Stock Market Simulation

At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to addresses an important societal need or issue. About two-thirds of students complete a project at one of the university's 50-plus off-campus project centers, which are located around the world. A signature element of the innovative undergraduate experience at WPI, the project-based curriculum offers students the opportunity to apply their scientific and technical knowledge to develop thoughtful solutions to real problems that affect the quality of people's lives-and make a difference before they graduate.

"The WPI project-based curriculum's

focus on global studies brings students out of the classroom and their comfort zones and into the global community to apply their knowledge and to solve problems," said Professor Kent Rissmiller, professor of Integrative& Global Studies and associate dean of The Global School. "Students are immersed in all aspects of a different culture, from the way people live and work to the values they hold to the foods they eat - all valuable perspectives for surviving and thriving in today's global marketplace. They also learn the meaning and magic of teamwork; make a real and meaningful difference in their host community; and gain a competitive edge for any resume, or graduate or professional school application."

Worcester Polytechnic About

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

SPENDING

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selectmen and Golas involve determining how these projects could be funded with minimal impact to the taxpayers. It's a happy medium that has been a challenge for most towns, especially in the wake of the pandemic.

EVENT

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to Nina Zurawski and Maggie Mullaly and the Posthumous Award was presented to the family of Cathy Kuehl, a longtime volunteer in Charlton who was heavily involved with the Helping Hand Society, Housing Authority, Earth Day, and the Lion's Club. Finally, Citizen of the Year was presented to Joe Gaucher who has donated many years of service to the Charlton Grange and is a Commander for the local American



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New behavioral health pod opens at Harrington



SOUTHBRIDGE — UMass Memorial Health – Harrington has opened a new behavioral health emergency service pod in the Emergency Department of Harrington Hospital in Southbridge. A ribbon-cutting ceremony was held at the new facility to officially mark the opening.

The new four-bed pod includes a dedicated nursing station, full bathroom and shower. The expansion will provide a more comfortable and calming environment for patients seeking behavioral health care who may experience longer emergency room stays awaiting inpatient psychiatric placement or further evaluation.

The addition of a dedicated behavioral health emergency pod will also allow for better use of existing emergency department rooms, which are primarily configured for medical use, as well as more efficient patient management

"The need for behavioral health care was already growing before the pandemic, and beginning to stretch our resources. But since the pandemic began, that need has exploded," said Ed Moore, President of UMass Memorial Health - Harrington. "Patients presenting with depression and anxiety have tripled since the beginning of the pandemic. According to the Department of Mental Health, emergency room boardings have increased by 200 to 400 percent in the state of Massachusetts since June of 2020. And those statistics reflect

a greater need for behavioral health care among all ages, including children, teens and young adults. As just one example, national data from the CDC shows emergency room visits by teenage girls following suicide attempts

"It became clear that greater resources were required to meet the full needs of caring for our community. This

expansion will help us to do that, and to continue our commitment providing innovative, high quality and compassionate behavioral healthcare to Southbridge and surrounding communities," Moore

rose by 50% in the past two years.



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Bay Path Practical Nursing students complete dementia care training course

CHARLTON —The entire Practical Nursing Class of 2023 at Bay Path Practical Nursing Academy completed the eight-hour Dementia Care Training Course recently and all became Dementia Care Certified.

In the photo above is Professor Cheryl Cahill, MSN Ed, RN (far left) of Oxford, who facilitated the course along with members of the 2023 cohort. Professor Cahill welcomed the PN 2023 cohort and lead the crucial education and training for Dementia Care. The Dementia Care training modules meet the requirement for the one-time course on the diagnosis, treatment, and care of patients with cognitive impairments, including, but not limited to, Alzheimer's and dementia. Professor Cahill's experience and successful stint as a staff nurse, pediatric emergency room (2006-2015) and staff nurse, adult emergency room at UMass Memorial Medical Center is recognized.

"We are pleased to recognize



Professor Cahill's expertise and effectiveness in teaching," said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director. "Professor Cahill is among the most respected faculty and is a trusted advisor and mentor to students and alumni alike. Leading the Dementia Care training for the PN Class of 2023 solidifies Professor Cahill's commitment to practical nursing education, we are grateful and value her time, practice, and experience.'

Professor Cahill expressed how everyone at Bay Path is "lucky to have the opportunity to influence future nurses as we strive to provide the highest level of practical nursing education."

Joshua Hyde Library Board of Trustees seeks to fill vacancy

STURBRIDGE — There is one vacancy on the Joshua Hyde Public Library Board of Trustees. The JHPL Board of Trustees is a nine member elected

The JHPL Board of Trustees oversees the general operation of the library, establishes policies and long-term goals, oversees the budget and finances, advocates for the library in the community, and attends monthly board meetings.

Interested individuals can contact Becky Plimpton, Library Director at 508-347-2512 or bplimpton@cwmars. org for more information. A letter of interest and a brief resume should be submitted to the Library Board of Trustees Chairperson, c/o Joshua Hyde Public Library, 306 Main Street, Sturbridge. All expressions of interest must be received by September 22, 2022.

CLUES ACROSS

- 1. Fall down
- 5. Gas usage measurement 8. Golf score
- 11. A superior grade of black tea 13. Wrath
- 14. Eating house
- 15. Delay leaving a place 16. People now inhabiting Myanmar
- 17. Canadian flyers
- 18. Walks back and forth
- 20. Frequently
- 21. Humans have two
- 22. Surrounds with armed forces 25. Made proper
- 30. Medical buildings
- 31. Patty Hearst's captors
- 32. Hits with a drop shot
- 33. Italy's PM 1919-20

CLUES DOWN

- 1. Parts per thousand (abbr.) 2. Jump
- 3. Eaten as a vegetable 4. Residual paresis after
- anesthesia 5. Brunchtime staple
- 6. Makes money off of 7. Refined
- 8. Nocturnal S. American rodents 41. Meadow-grass
- 9. From a distance 10. Officials
- 12. It helps you see
- 14. Central Canadian indigenous person
- 19. Invests in little enterprises 23. They help in tough situations
- 24. Industrial port in Poland
- 25. Type of screen
- 26. Peyton's little brother
- 27. Alcoholic beverage
- 28. Newspapers need it

- 38. Promotions
- 41. En _: incidentally 43. Queens baseball team
- 45. Commoner
- 47. Expenses in insurance world
- (abbr.)
- 49. Payroll firm
- 50. Broadway actress Daisy
- 55. Skipper butterflies
- 56. Hint 57. Daniel , French composer
- 59. English children's author Blyton
- 60. Midway between east and southeast 61. Spiritual leader of a Jewish
- congregation
- 62. Patriotic women's group 63. The woman
- 64. Tall, slender-leaved plant

- 29. Herbal tea
- 34. Distinctive practice 35. Exercise system __-bo
- 36. Explosive
- 37. Belonging to a thing 39. Presidential candidates engage
- in them 40. Of the Swedes
- 42. "Rule, Britannia" composer
- 44. Hooray!
- 45. Greek city
- 46. One way to do it by example 47. Imitated
- 48. "Game of Thrones" actress
- Headey 51. Swiss river
- 52. Drought-resistant plant
- 53. A French abbot
- 54. One point east of northeast
- 58. Get free of

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RIVERLANDS continued from page A1

teer trail day volunteers. NEEF's National Public Lands Day (NPLD) is the nation's largest single-day volunteer event for public lands. Established in 1994 and held annually on the fourth Saturday in September, this celebration brings out thousands of volunteers to help restore and improve public lands around the country. During the height of the COVID-19 pandemic, America's public lands acted as a safe haven for recreation, conversation, and the simple enjoyment of being outside the confines of our homes. In a time of disconnectedness and uncertainty, the outdoors brought people together and deepened our appreciation for the important role these spaces play in our lives.

Join us on Saturday, Sept. 24 as we celebrate the 29th annual National Public Lands Day and renew our commitment to securing a safer and healthier world for ourselves, our children, and generations to come. On this page, https://www.neefusa.org/npld find a map for locating the Sturbridge or other NPLD events near you, and so much more.

For more information on Sturbridge Trails visit: www.sturbridge trails.org and the FrOST Facebook page: https://www.facebook. com/Friends-of-Sturbridge-Trails

OPACUM

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Brewery, Brimfield Winery, Southbridge Bicycles, The Centered Place Yoga Studio, and Maddie's Dogs

Want to attend the event, but not interested in riding?

Volunteer with us! We need volunteers help throughout the day to help with registration, rest stops, setup, clean-up, and more. Volunteers receive a free volunteer t-shirt, and free food and drink ticket for the

event. We ask that volunteers are fully vaccinated, and choose from one of the following

shift times: 6 - 10 a.m. 8 a.m. - noon

10 a.m. - 2 p.m. or noon - 4 p.m.

info@ Please email

opacumlt.org or call 508-347-9144 with the volunteer shift you would like to help out in.

Thank you! **About Opacum Land Trust** Opacum Land Trust is a regional, non-profit land conservation organization protecting land for wildlife, forestry, farming, water, and outdoor recreation. We work in a 13-town region stretching from eastern Hampden Country and southwestern Worcester County in the towns between Monson and Charlton. Founded in 2000, Opacum currently protects over 2,200 acres of land and is actively working to protect more land across the service area. Reach out to us at Opacum Land Trust, PO Box 233, Sturbridge, MA 01566; 508-347-9144, and visit the website for news and events

at www.OpacumLT.org

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Church Listings

· Charlton Federated Church, 64 Main St., 248-5550, Sunday worship 10:30 a.m.

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

• Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children's church 10am • St. Joseph's Church, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m.,

Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m. • Hope Christian Fellowship, 6 Haggerty

Sunday Family Mass 10 a.m., Sunday LifeTEEN

Road, 248-5144 · Assemblies of God Southern New England District Headquarters, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30

a.m. to 4:30 p.m. • Living Word Church of Charlton, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am.

www.livingwordhcarlton.com info@livingwordcharlton.com • New Life Fellowship A/G, SNED Chapel, 307 Sturbridge Road, Rt. 20, Charlton, MA,

Sunday Worship 10:00 a.m. • Federated Church of Sturbridge and

Fiskdale- 8 Maple St. Sturbridge, 774-304-1021 www.sturfed.org

Sunday Worship 9:30 a.m.
• Bethlehem Lutheran Church- 345 Main Street, Sturbridge, MA 01566

Phone 508-347-7297 Web: www.bethlehemsturbridge.org Services - Sunday 9:30 am

Pastor Dan Purtell - REAL ESTATE

BRIMFIELD

\$374,900, 160 Warren Rd, Lazo, Hannah T, to Gray-Storey, Taryn, and

Gray-Storey, John. \$125,000, Dunhamtown Brimfield Rd #3. Hull Forestlands LP, to Sacerdote,

Brian, and Gerwatowski, Samantha. \$75,000, Dunhamtown Brimfield Rd, Hufault Donald G Est, and Hufault, Jay C, to Liatobhail RT, and Recore,

Emerson G. **CHARLTON**

\$655,000, 75 Freeman Rd, Terencio, Victor, and Terencio, Amanda, to Plotegher, Joseph G, and Plotegher, Christina M. \$540,000, 3 Stoneybrook Rd, Trudel,

John J, and Trudel, Pamela, to Henry, Christopher, and Henry, Karen E. \$436,000, 9 Gale Rd, Packard, Jean F, and Packard, William R, to Bagley,

Samara, and Bagley 3rd, Joseph. \$365,000, 24 Potter Village Rd, Piehl, Sarah, to Merced, Benjamin, and Ortiz, \$205,000, 107 Center Depot Rd #H,

Blanchard, Kerry A, to Fowler, Jamie.

\$100,000, 19-A S Sturbridge Rd, Blanchard 3rd, Francis J, and Blanchard, Scott E, to 1106 Real Estate

LLC.

STURBRIDGE \$645,000, 42 Draper Woods Rd, Bixby, Robert M, and Ferreira-Bixby, Nancy, to Barrett, James A, and Vanasse, Stacie.

\$635,000, 12 Mcgilpin Rd, Cuttyhunk NT, and Olson, Charles A, to Mooney, Robert, and Mooney, Megan. \$560,000, 8 Newton Pl, Bradley, Gregg

M, and Bradley, Brianne, to Stevens, Christine. \$550,000, 38 Warren Rd, Zyjeski, Jeffrey, and Calabrese, Ashley, to Gualpa, Gabriela C, and Vanbuiten,

\$310,000, 11 Adams Rd, Esslinger Phyllis C Est, and Litman, Amy E, to Cooley, Ellenjean, and Cooley, Patrick.

Thank you, Big Bunny shoppers!

Photo Courtesy

BY BRO. JIMMY FALZONE PUBLIC RELATIONS OFFICER QUINEBUAG MASONIC LODGE

SOUTHBRIDGE — On Saturday Sept 17, 2022, the Quinebaug Masonic Lodge in Southbridge started its community outreach program and set up a food drive table to help collect food for the Southbridge food share. Southbridge food share is located at 79 Elm St., and has been around for many years. Its services Southbridge, Sturbridge, Holland, Wales, Brimfield, and Charlton. What a beautiful fall day.

Big Bunny Market was buzzing with shoppers that morning and people were very generous and supportive of the food drive. One of the community outreaches programs this year was to collect and raise food for in need. Quinebaug Lodge was able to collect and donate 40 bags of groceries and \$72 in donations. Bill Bouvier a volunteer at the Southbridge food share, food drive was excited to see the truck load of bags of donated food. He mentioned to us that the food share program provides food to about 80 families a month.

Left to right: Brother Clay Tully, Bro. Terrance Mount, Bro. Will Proper, and Bro. Chip Hubert members of Quinebaug Lodge proudly standing behind all the bags of food collected for the food drive in front of Big Bunny Market. All these food donation and cash collected will go to the Southbridge food share located on 79 Elm St.

A special thank you goes out to Big Bunny Market for giving us the opportunity to set up our table for this worthy cause, and the donation of cases of food for the food share. At the beginning of the 2023 Masonic year which starts in September, members decide on what community outreach programs they would like to support. The food drive was the brainchild of Worshipful Bill Bellanger and was unanimously voted on. In October we will hold our annual Trunk or Treat for the kids in the community. Members of the Quinebaug Lodge are very proud of our members that volunteered for these community outreach projects. If you would like



more information about Freemasonry, come on down on Saturday, Oct. 15 to our Open House at 339 Ashland Ave. from 9 a.m.-3 p.m. in Southbridge or

go to massfreemasonary.org and find a lodge nearest you.

QCC receives \$160,000 in funding for culinary re-entry programs

 $W \quad O \quad R \quad C \quad E \quad S \quad T \quad E \quad R$ Quinsigamond Community College (QCC) has received \$160,000 in funding to continue its food service worker training program for previously incarcerated individuals. The Re-Entry Workforce Development Demonstration Program is an initiative of the Executive Office of Labor and Workforce Development Secretary, Rosalin Acosta, and provides industry-supported curriculum in culinary training for post-release students, as well as assistance with career readiness and job placement.

'QCC is committed to providing training opportunities to all individuals seeking to enter into employment in Central Massachusetts. The work we do with returning citizens is especially important as it provides the skills needed for employment and provides our returning citizens a pathway to self-sufficiency and economic independence. Our strong partnership with the Massachusetts Restaurant Association not only provides employment opportunities, but also offers the prospect of career advancement and college credits through our culinary apprenticeship program," said Dean of Center for Workforce Development and Continuing Education, Kathie Manning.

One graduate of the pro-

gram's summer cohort was inspired to participate by the passion of the staff at Worcester County House of Correct and QCC, as well as the support of his family.

"I will need to work and provide for myself, so this gives me more options, more tools. The whole program was good, pushing myself to do it, sticking to it, showing up. We learned different styles of cooking, but also about being in a work environment and working with people," he said.

The culinary certificates awarded to graduates are part of QCC's non-credit offerings, however, they can also be used to receive college credit. One student received her certificate in June of 2022 and will be starting at QCC this fall with nine credits towards her associate degree in hospitality and recreation management.

"There is a stigma as a formerly incarcerated individual, but coming in with this certificate helps a lot," she said, adding that she is already working in food service and eventually wants to open her own restau-

According to Massachusetts Restaurant Association, there is a severe need for people to fill vacancies in the hospitality industry, especially entry-level positions. Participants in this program earn industry recognized credentials including ServSafe Food Handlers, FEAST, and Mass Allergen certifications which are necessary for the culinary industry.

The program is made possible by a strong partnership between many organizations. QCC, Worcester County Sheriff's Office, Worcester House of Corrections, Snapchef, Mass. Restaurant Association, Latin American Health Alliance, LIFT

Worcester, MassHire Central Region Workforce Board and MassHire Career Center all collaborated to make this program

"I've always believed that the best social program is a job," commented Worcester County Sheriff Lew Evangelidis. "We are proud of the partnership between Quinsigamond Community College and the Worcester County Sheriff's Office that allowed for the development of this program. Graduates of the program are able to pursue extraordinary employment opportunities upon release.'

"It's these types of community partnerships that are making positive changes to our region and will have long-lasting, positive implications for our local economy," said QCC President Dr. Luis G. Pedraja.

Dementia Friendly Charlton hosts special, free screening of "Cycle of Memory"

CHARLTON — Dementia Friendly Charlton will host a screening of "Cycle of Memory" at the Charlton Public Library, 40 Main St., on Sept. 29 at 6 p.m. Admission is free, Q & A with the director Alex Leff immediately following the screening.

Mel Schwartz escaped the Great Depression on a bicycle adventure he'd remember for Alzheimer's disease takes Mel's memories away, it's left to his grandkids to recreate the life-changing bike trip and find those memories again. Guided by old photographs of the 1945 trip, they search for places aged by time, and with the help of a grandmother learning to live alone for the first time, Cycle of Memory explores the importance of intergenerational connection, healing painful pasts, and leaving a meaningful time capsule for the future. Free!

This program is supported in part by a grant from the Charlton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency: massculturalcouncil.org.

Dementia Friendly Charlton strives to improve the town's dementia friendly capabilities, thereby optimizing the health, well-being and community engagement of people living with dementia and their the community plays a role and together we can create a dementia friendly culture.



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Cornerstone Bank promotes Chelsea Prizio to VP, Credit Manager



Chelsea Prizio

WORCESTER — Cornerstone Bank, a community bank with 10 locations throughout Central Massachusetts, is announcing the promotion of long-time employee, Chelsea Prizio, to Vice President, Credit Manager. Prizio, a resident of Warren, began her career in 2006 as a part-time teller while still attending college, and worked her way up through the deposit operations and commercial credit departments.

"Long-term employees like Chelsea are so valued at our organization," said Cornerstone Bank CEO Todd Tallman. "We are very proud of her growth over the years and her commitment to making Cornerstone Bank a great place for the community to do their banking and our employees to work."

Prizio is a graduate of Western New England University with a bachelor's degree in accounting. She has held a variety of positions within the institution including analyst, senior analyst, credit manager, and assistant vice pres-

"I've learned a lot with each position I've held throughout my career at Cornerstone," said Prizio. "I look forward to using this experience to further develop our robust credit team, seamlessly integrating it into the lending department and leveraging technology to provide the best possible customer service. I also feel strongly about fostering internal growth and helping others advance in their career paths, because that's how I got to where I am today."

About Cornerstone Bank
Cornerstone Bank was forme

Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and

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

Quinsigamond Community College, UniCare partner to improve community health

W O R C E S T E R — Quinsigamond Community College (QCC) and UniCare are partnering to improve community health, beginning with offering free yoga classes to the Worcester community on Friday, Sept. 30 and Saturday, Oct. 1.The classes will be held at 9 a.m. both days at the QCC soccer field at 670 West Boylston Street in Worcester and are open to all. UniCare is a Massachusetts-based health

company providing access to healthcare for nearly 200,000 state and municipal workers across the Commonwealth.

"The partnership between Quinsigamond Community College and UniCare will benefit our campus and the Worcester community, as well as our students," said QCC President Dr. Luis G. Pedraja. "Health and mental well-being go hand-in-hand with student success. Yoga is a way to help

people reduce stress and mental tension, while also getting in good physical shape."

"As part of our mission to improve the whole health of our members and the community, we're thrilled to team up with Quinsigamond Community College to offer these free yoga classes in Worcester," said David Morales, general manager of UniCare. "Yoga is a great way to improve fitness and overall health, and we look for-

ward to partnering with QCC again on opportunities to help strengthen the health of the Worcester community."

"College-corporate partnerships like this one enable the College to expand services among our campus community as well as our surrounding neighborhoods. It helps us to connect directly with the population we serve, while we support UniCare in expanding wellness programs throughout our community, promoting healthy living," Pedraja said. The classes will be taught

The classes will be taught by Kate Dalrymple, the owner and operator of Kula Yoga & Barre in Worcester. The first 20 attendees to register and attend each day will receive a free UniCare-branded yoga mat (one per person) and a QCC water bottle. For more information and to register, visit yogainourcommunity.

www.StonebridgePress.com

LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Horizon Properties, LLC to Sachem Capital Corp. d/b/a MA Sachem Capital (the "Mortgagee") dated September 29, 2020 recorded in the Worcester South District Registry of Deeds in Book 63401, Page 81, as affected by a Mortgage Modification Agreement dated March 11, 2021 recorded in the Worcester South District Registry of Deeds in Book 64771, Page 149, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 11:00 AM on October 13. 2022 (the "Auction Date") on the mortgaged premises in Worcester County, Massachusetts, all and singular the premises described in said mortgage, and having an address of 30 and 32 South Road (a/k/a 34 South Road, Lots H and G), Sturbridge, MA. The auction will be held on the mortgaged premises at 30 South Road (Lot H), Sturbridge, MA (the "Auction Site").

All that certain parcel of land on the southeasterly side of South Road, in the Town of Sturbridge, Worcester County, Massachusetts, consisting of four lots, Lot-E, Lot-F, Lot-G, and Lot-H, as shown of a plan of land entitled "ANR Plan of Land Site Address: South Road, Sturbridge, MA Owner: Ken M. Cournoyer, Trustee of 34 South Realty Trust", dated July 15, 2019, prepared by DC Engineering & Survey Inc., recorded with Worcester District Registry of Deeds in Plan Book 944, Plan 70.

Said Lot-G consisting of 118,627 square feet (2.7233 acres); and Said Lot-H consisting of 120,594

square feet (2.7685 acres), all according to said Plan

ing to said Plan.

The above premises will be sold and conveyed subject to and/or together with the benefit of any and all restrictions, easements, covenants, improvements, outstanding tax titles, municipal or other public taxes, public assessments, liens or claims in the nature of liens, and existing encumbrances of record created prior to the mortgage, if any, whether or not reference to such restrictions, easements, covenants, improvements, liens or encumbrances is made in the deed.

Said premises shall also be sold and conveyed subject to all leases and tenancies having priority over the mortgage, if any, to tenancies or occupations by persons on the premises now

or at the time of the auction which tenancies or occupations are subject to said mortgage, to rights or claims in personal property installed by tenants or former tenants now located on the premises, and also to all laws and ordinances including, but not limited to, all building and zoning laws and ordinances.

No representations express or implied, are made with respect to any matter concerning the premises, which will be sold "as is".

The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale date by public proclamation at the time and date appointed for the adjourned sale date.

The mortgaged premises will be offered for sale at public auction in the following manner, and at the times and place more specifically set forth below: 1. 30 South Road and 32 South Road (a/k/a 34 South Road, Lots H and G), Sturbridge, MA, as described above, will be sold together as one single sale at Public Auction at 11:00 AM at the Auction Site on the Action Date (the "Single Sale").

2. 30 South Road ("Lot H"), Sturbridge, MA as described above will be sold at Public Auction immediately thereafter at the Auction Site on the Auction Date.
3. 32 South Road ("Lot G"; together with Lot H, sometimes hereinafter collectively the "Lots"), Sturbridge, MA as described above will be sold at Public Auction immediately after the Lot H auction at the Auction Site on the Auction Date.

If the highest bid for the entire premises on the aforesaid Single Sale fails to equal or exceed the cumulative total of the highest bids at which the individual Lots are sold at the later sales, then the Single Sale shall be voided and any and all deposit paid therefor shall be returned to the highest bidder. The Lots shall then be sold for the highest bid made for each of the individual Lots as set forth above. If the highest bid for the entire premises on said Single Sale equals or exceeds the cumulative total at which the Lots are sold at the later individual Lots sales, then the individual Lots sales shall be voided and any and all deposits paid therefor shall be returned to the highest bidder for each of the Lots, and shall be knocked down to the high bid for the entire mortgaged premises as a Single Sale.

In the event that any successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Mortgagee' Sale of Real Estate and/or the terms of the Memorandum of Sale and/or the Announcement of Other Terms and Conditions executed at the time of the foreclosure, the Mortgagee reserves the right to sell such property by Foreclosure Deed to the second highest bidder for any of the Lots and the Single Sale, provided that the second highest bidder shall deposit with the Mortgagee's attorneys the amount of the required deposit as set forth herein within three (3) business days after written notice of default of the previous highest bidder and title to such property shall be conveyed to said second highest bidder within twenty (20) days of said notice.

Terms of sale:

1. Bidding on Entire Premises at the Single Sale: A deposit of \$10,000.00 paid by certified check or bank cashier's check will be required at the time and place of sale; however, no bidder who bids on the entire premises who also bids on the individual Lots shall be required to furnish deposits for any and all bidding totaling in excess of \$10,000.00.

2. Bidding on Individual Lots: A deposit of \$5,000.00 for each of the Lots paid by certified check or bank cashier's check will be required at the time and place of each sale; however, in no event shall any bidder be required to furnish deposits totaling in excess of \$10,000.00.

The balance shall be paid by certified check, bank cashier's check or wired funds within thirty (30) days of the Auction Date at the office of the Mortgagee's attorneys, Bulkley, Richardson and Gelinas, LLC, 1500 Main Street, Suite 2700, Springfield 01105. The deed or deeds will be delivered contemporaneously therewith and will be provided to the purchaser for recording upon receipt in full of the purchase price. A five percent (5.00%) buyer's premium will be charged to the successful bidder. The purchaser will be responsible for all closing costs, Commonwealth of Massachusetts documentary tax stamps, and all recording fees. In the event of an error in this publication, the description of the premises contained in the mortgage shall control.

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

Dated: September 1, 2022 Sachem Capital Corp. d/b/a MA –

Sachem Capital
The Present Holder of Said Mortgage

Daniel M. Rothschild, Esq. Bulkley, Richardson and Gelinas, LLP 1500 Main Street, Suite 2700 P.O. Box 15507 Springfield, MA 01115-5507 (413) 781-2820 Attorneys for the Mortgagee

September 16, 2022 September 23, 2022 September 30, 2022

TOWN OF CHARLTON INVITATION FOR BIDS WINTER WASHED SAND

Sealed bids appropriately marked "Winter Sand Bid " will be received, publicly opened and read aloud in the Selectmen's Meeting Room, Charlton Municipal Offices, 37 Main Street, Charlton, MA 01507 on Tuesday, October 4, 2022 at 10:00 a.m.

Bid specifications must be obtained from the office of the Board of Selectmen's Office prior to the submission of the bid.

The Chief Procurement Officer reserves the right to waive any minor informality in the bids and reject any or all bids and to make awards in a manner deemed to be in the best interest of the Town.

September 16, 2022 September 23, 2022

Legal Notice Town of Charlton Charlton DPW Department

Private Snow and Ice Removal Service Contractors

Employment Opportunity

September 30, 2022

Now seeking private snow and ice removal service contractors for the winter storm season of 2022-2023. Specifications can be picked up at the DPW Department, 100 Flint Road, Charlton, MA 01507 starting September 23, 2022 before 3:00 p.m. EOE/AA.

The Response Deadline – October 21, 2022 by 3:0**0 p.m.**September 23, 2022

TOWN OF CHARLTON PUBLIC HEARING NOTICE

The Charlton Board of Selectmen will hold a public hearing on Tuesday, October 4, 2022 at 7:00pm at the Charlton Town Hall, 37 Main Street, Charlton MA in the Selectmen's Meeting Room/Meeting Room 1 to act on a request for a Change of Manager and Change of Stock Interest held by Om Maruti, Inc., d/b/a Oxbow Variety and Package Store, 3 Oxbow Road, Charlton MA 01507.

Anyone wishing to be heard on this matter should appear on the date and time, specified or submit concerns in writing.

September 23, 2022



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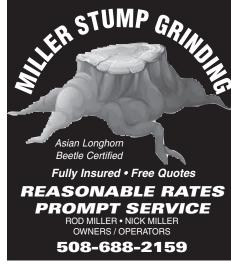


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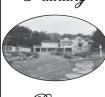
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Winter may be coming, but don't despair

So often, people strive to become happier by doing this, or obtaining that; however, sometimes it's what we give up that makes us more content. With the fast drop in temperatures, down into the 30's we know winter is coming. (For those of you out there who are fans of the "Game of Thrones" books or television franchise, you're welcome for the

For longtime New England residents, winter is a dreaded season. It's not so much the snow, as it is the frigid temperatures and high cost of fuel. We happen to enjoy the fall and winter seasons but for those who are having glum feelings about the colder weather, or even for those who love all weather, we have some tips on some things you can toss, to create more happiness in your world.

One thing you can say 'be gone' to is the idea that you have to always have a positive outlook on any given situation. If you try to avoid negative feelings all of the time, you're not creating a healthy space for when you are truly happy. If you need to vent, do it. If you're upset and need to cry into a bowl of ice cream, have at it. It is your overall life satisfaction that matters

Minimize your time on social media. Remember the days when you didn't know what your friends, family or even celebrities were doing every second of the day? Those were blissful times. The only way we knew what someone was up to was to pick up the phone, wait for the dial tone, and make that call. We're not sure we ever inquired about what our friends were eating. All of that unnecessary knowledge is overwhelming at times, and simply put, unnecessary. One study showed that the more time people spend on social media, the more depressed they are. When we spend too much time online we know that we are wasting time. The idea of wasting time can inflict a feeling of depression on anyone who is typically highly motivated and energetic. Documenting every aspect of your life can be exhausting and takes away from the actual experience. If you order a rack of lamb, just enjoy every bit of it without feeling the need to share it with the world. Your experiences will be more fulfilling overall.

Don't compare yourself to others. We are fans of the phrase 'No one is you, and that is your power.' People have been comparing themselves to others since the dawn of time. The idea of keeping up with the Joneses is outdated. Don't do that. Love the idea that the person sitting next to you or walking down the street is nothing like you.

Keep likeminded company. If you have friends who are Eeyore like or always seem to be complaining, less is more. We don't have time in our precious lives to listen to chronic complaining. At the end of your life, do you want to think to yourself, 'Wow I spent so much time listening to people complain?' We're guessing you don't.

Have realistic goals. If you start with lower expectations and grow from there your success rate in reaching your higher goals will be greater and less stressful to obtain.

Forgive others. This one is extremely

Turn To **EDITORIAL** page **A10**

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.

()PINI()N

TO THE EDITOR

An investment in United Way is an investment in our community

To the Editor:

I am writing to offer thanks to the United Way, South Central Mass. The United Way serves the Towns of Charlton, Dudley, Southbridge, Sturbridge and Webster. Their support is integral to the well-being of these communities.

New Hope, a non-profit that provides services to survivors of sexual and domestic violence, also works within these five towns. The support we receive from the United Way is critical to those individuals and families struggling with the impact of sexual and domestic violence. Additionally, funds from the United Way provides resources for violence prevention work with

In the fall, many companies will be holding campaigns to support the work of the United Way. If your employer has such a campaign, please consider giving. If your company does not have a campaign, ask them to consider holding one. You can reach the UW office at 508-765-5491. When you give to the United Way, you are investing in our community. I ask you to consider such an investment.

Sincerely,

safety first for this reader:

Here is a safety tip: I have a small

food processor with very sharp

blades. When I am ready to clean it,

I hold the blades in my left hand with

using spaghetti tongs and scrub the

blade with a brush held in my right

hand. I also use the tongs when I re-as-

semble the processor. That way my

small vegetables like carrots or pep-

pers last longer is to put small pieces of

paper towels in between the vegetables

in the plastic bags as soon as you get

them home. The paper towels absorb

water from the veggies and they will

I have a suggestion to easily accom-

plish a chore that has been put off

because I don't know where to start -

such as a stack of papers or a room that

I gather all of these things into one

place, maybe a box or a pile. Having

everything in one spot and taking one

item at a time and sorting papers and

putting items in their proper places and

before you know it the pile is gone. It

seems so much easier and less over-

Congratulations to Howard Whitcomb

Win Dinner for Two at the

Your tips can win you a great three

course dinner for two at the histor-

ic Publick House Historic Inn in

Sturbridge! Simply send in a hint to

be entered into a random drawing.

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ulous 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

Do you have a helpful hint or handy tip

that has worked for you? Do you have a

question regarding household or gar-

den matters? If so, why not share them

with readers of Stonebridge Press news-

papers? 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

to share your best helpful hints!

of Brookfield, who submitted the kitch-

en tip above. His name was drawn for

Dinner for Two at the Publick House.

whelming tackling one item at a time.

Another tip: To make your fresh

hands never touch the blades!

keep longer.

Sharon Conlon,

June Choiniere

Prize Winner

Oxford, MA

Publick House

Whittinsville, MA

Divide and Conquer!

has many items out of place.

Marcia Szymanski PRESIDENT/CEO NEW HOPE



FINANCIAL Focus

NIELSON

ment is a vehicle such as a mutual fund or an exchange-traded fund (ETF) that mimics the performance of a market benchmark, or index — the Dow Jones Industrial Average, the S&P 500, and so on. (An ETF is similar to a mutual fund in that it holds a variety of investments but differs in that it is traded like a com-

To begin with, an

invest-

mon stock.) You can also invest in index funds that track the bond market.

Index investing does offer some benefits. Most notably, it's a buy-and-hold strategy, which is typically more effective than a market-timing approach, in which individuals try to buy investments when their prices are down and sell them when the prices rise. Attempts to time the market this way are usually futile because nobody can really predict when high and low points will be reached. Plus, the very act of constantly buying and selling investments can generate commissions and fees, which can lower your overall rate of return. Thus, index investing generally involves lower fees and is considered more tax efficient than a more active investing style.

Also, when the financial markets are soaring, which happened for several years until this year's downturn, indexbased investments can certainly look pretty good — after all, when the major indexes go up, index funds will do the same.

Conversely, during a correction, when the market drops at least 10% from recent highs, or during a bear market, when prices fall 20% or more, index-based investments will likely follow the same downward path.

And there are also other issues to consider with index-based investments. For one thing, if you're investing with the objective of matching an index, you may be overlooking the key factors that should be driving your investment decisions — your goals and your risk tolerance. An index is a completely impersonal benchmark measuring the performance of a specific set of investments but it can't be a measuring stick of

your own progress. Furthermore, a single index, by definition, can't be as diversified as the type of portfolio you might need to achieve your objectives. For example, the S&P 500 may track a lot of companies, but they're predominantly large ones. And to achieve your objectives, you may need a portfolio consisting of large- and small-company stocks, bonds, government securities and other investments. (Keep in mind, though, that while diversification can give you more opportunities for success and can reduce the effects of volatility on your portfolio, it can't guarantee profits or prevent all

Ultimately, diversifying across different types of investments that align with your risk tolerance and goals - regardless of whether they track an index — is the most important consideration for your investment portfolio. Use this idea as your guiding principle as you journey through the investment world.

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.

Readers' Tips TAKE THE HINT and Tricks



KAREN

TRAINOR

It's time once again to share some helpful hints and strategies from readers. As we gear up for the cooler season the following readers took time from their busy schedule to pass along a tip or trick they've picked up along the

Remember readers, you can win a three course dinner for two at Publick House! Just send in your favorite hint! Good luck!

This creative reader hit the target with this unconventional repurposing

Here's a recycling tip for these Nerf darts that parents tell me they are so tired of picking up all over the house. Put your kids to work and help them cut off the hard rubber-dart tip. Then just slide in your favorite pencils or pens for the 2022 school year! All your friends will want a designer Dart pencil grip.

Viola Bramel Northbridge, MA

Prepping fresh corn for freezing has long been a messy job! But wait - this reader discovered a mess-free way to strip the cobs!

A handy way of putting up kernel corn for the winter is to first blanch the corn in a pot, and I suggest putting a teaspoon of sugar in the pot because it makes it a little bit sweeter. Boil it for about three minutes. To avoid the mess when cutting kernels, I use a bundt pan. I put the pointed end of the cob in the hole in the middle of the pan and cut the kernels off with a knife. They fall right around that circle inside of the pan and no mess!

HowardWhitcomb

Brookfield, MA

Keeping many shoes together as pairs in the closet can be a hassle - but not

with this tip to match up mates: I am back from Florida and trying to do some closet cleaning. I have several pairs of strap shoes and also found a set of shower curtain hooks.

I decided to try the hooks on the pairs with straps. It worked great and is so easy to locate mates in my shoebox.

Claire Horvath Sturbridge, MA

Waste not, want not, is this reader's mantra!

Recently when no more toothpaste could be squeezed out of the tube I cut the bottom and discovered there was still quite a bit of toothpaste left and I could access it from the cut opening. Then, much to my surprise when I cut off the bottom of a tube of sunscreen that appeared to be empty when no amount of squeezing was releasing it, I found there was still one quarter of the tube filled with sunscreen. I hate waste!

Joan Zumpfe Dudley, MA

Repurposing a common utensil puts

What does it mean to be open-minded?

depends.

Are you open-minded? I like to say I am, but am I?

What does it mean to be open-minded? Is it even possible to be genuinely open-minded? Does that mean you aren't open-minded if you have strong convictions?

This column is about positivity; although I'm not perfect, I try to close my mind to negativity. Does that mean I'm close-minded?

Positively SPEAKING **TOBY**

House Inn.

MOORE

Someone told me that having an open mind means listening to different thoughts, opinions, and beliefs, examining how they conflict with your con-

victions and ideas, and then allowing your view to change should the idea be worthy of your acceptance.

I've also learned that being open-mind-

ed can mean being open-minded to the Is being open-minded a virtue or a vice? I guess it possibilities for the future.

I've met many people who are close-minded to the idea that good things can happen. They are stuck in a mindset that success isn't attainable. giants are undefeatable, and the bad guys will always win.

Being closed-minded is when we close our minds to new possibilities, opinions, or ways of thinking. We build a box around what we know or want to be

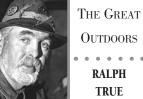
Turn To **MOORE** page **A10**

Good news from the Salmon River

This week's report from the famous Salmon River was what everyone was waiting to hear. The river was loading up with King and Coho salmon last week, and the fishing is considered epic! If you are planning a trip to the river, this would be a good time to go, even

though salmon fishing will pretty much remain excellent for the next six weeks or so, as more and more salmon head upriver on their final destination to spawn. The lake is also providing some great fishing for salmon, brown trout and steelhead. Go online and click on" Fat Nancy's" Tackle shop in Pulaski, for all of the latest information on salmon fishing and proper tackle to use.

Bear hunters are doing pretty well in harvesting some bear meat for the freezer, and keeping the pelts for rugs or other worthwhile parts of their bear. A report of a hunter harvesting a 900-pound bear in the Western part of Mass. was an incredible size ani-



RALPH
TRUE

Ralph True, Jr. with his 220—pound black bear he harvested in Newry, Maine this past week. He was using his 50 caliber Thompson black powder in, to harvest his first ever black bear. A two-and-a-half-pound white perch

gun, to harvest his first ever black bear. A two-and-a-half-pound white perch was weighed in at Jerry's Bait & Tackle shop this past week from Wachusett Reservoir! Numerous largemouth bass were also reported last week from other bodies of water in the state. Stocking of trout by Mass. Fish & Wildlife is expected to start around Columbus Day, Oct. 10. The extremally warm water temperatures this year could delay stocking dates at some of the local lakes & ponds.

This past week, this writer and my fishing partner Matt fished Rhode Island waters for a change up from the Massachusetts waters. We were surprised to see the ocean water tempera-

mal, but not surprising, with all of the food that is available to them at this time of year. This week's picture shows Ralph True, Jr. with his 220—pound black bear he harvested in Newry, Maine this past week.

tures at 74 degrees. We had hoped to catch a few tautog, but only a couple of shorts were caught and released in five hours of fishing! We were kept busy catching seabass all morning, with our limit of fish caught early. It is unlikely a tautog had a chance to hit our crabs, with all of the seabass taking the crabs, as soon as the bait hit bottom.

The parking lot was full of cars and boat trailers by 7 a.m. at the Galilee boat ramp. Anglers were chasing false albacore all day, as schools of fish were constantly moving. One frustrated angler we spoke with at the parking lot failed to catch a single false albacore. They are not great eating, but they are sure fun to catch.

Take A Kid Fishing & Keep Them Rods Bending!



Colorful mums for fall gardens and containers



GARDEN
MOMENTS
MELINDA
MYERS

Add a burst of fresh color to the fall landscape with mums. This traditional fall flower is still a favorite of many. These fall beauties come in a wide range of colors and provide weeks of floral beauty. Mums are great in containers, the garden, and cut flower bouquets. Fall just wouldn't be the same without them.

When shopping for mums you may see them labeled as garden, perennial, gift, or florist mums. All these different names for plants that basically look alike can be confusing. The answer lies in their response to day length, hardiness, and use.

Mums set flowers based on day length. Growers can force them into bloom by covering them to create the shorter days that initiate flowering. Those grown as gift and holiday plants are often called florist mums. These usually require the longest periods of unin-

terrupted darkness or shorter days. When these mums are grown under natural daylight they usually don't flower until late fall or early winter. These late bloomers are usually killed by cold temperature before or soon after the flowers appear in colder parts of the country.

Nurseries selling mums in full bloom in the fall often refer to them as garden mums. These may be perennial or "florist" mums forced to flower for fall displays. The intent is to use them as annuals. Set a pot on the steps, pop a plant in a vacant spot in the garden or combine them with other fall favorites.

Even if these garden mums are hardy and suited to your growing conditions, they may not survive the winter. Since all the energy of flowering fall-planted mums is directed to the flowers, little is left to establish a hardy robust root system. If you have success overwintering your garden mum, feel free to brag. If your plants don't survive or you don't try, don't worry. You are using them as a fall annual as they were intended. This provides space for new plants in the spring and an opportunity to try a different color mum next fall.

Those mums sold as perennials are hardy enough to survive the winter and flower in late summer or early fall, providing weeks of color in the garden. They are often sold alongside other perennials, labeled as perennials, or promoted as hardy for the area. Increase your success by planting them in spring. This allows the plant time to develop a robust root system before it begins flowering in the fall. This increases the plant's ability to survive cold winter weather.

Increase overwintering success of fall planted perennial mums with proper care. Make sure the plants receive sufficient moisture throughout the remainder of the growing season and leave the plants intact in the garden for winter. Those in colder climates may want to add winter mulch. Wait for the ground to freeze. Then cover with weed-free straw or evergreen boughs. Remove the mulch in spring as temperatures hover near freezing or the plants begin to grow. Cut back the dead stems and wait for new growth to appear.

Whatever you call them, add a few mums to your fall display. You are sure to enjoy that last blast of color before winter arrives.



Photo Melinda Myers

Mums mixed with ornamental grass in a fall garden.

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

Auction, antiques, and collectibles news



ANTIQUES, COLLECTIBLES & ESTATES

WAYNE TUISKULA

In my last column, I shared that a 1952 Mickey Mantle card set a sports card record when it sold for \$12.6 million at auction last month. I noted that the Mantle card also set a record for any type of sports memorabilia by topping the \$9.3 million paid for a Diego Maradona 1986 World Cup jersey. Well, CBS Sports reports that a new record was set this month for another non-card sports memorabilia item.

A jersey that Michael Jordan wore in Game 1 of the 1998 NBA Finals recently went on the auction block. The Bulls lost that game to the Utah Jazz, but went on to win the series, giving Jordan his sixth championship in his "Last Dance" season. Jordan also received his sixth career Finals MVP award. His jersey price soared

well above the \$3 to \$5 million estimate, selling for \$10.1 million.

In non-sports news, the New York Times reports that the art collection of Paul Allen (who formed Microsoft with Bill Gates in 1975) is expected to be the biggest auction of a private art collection in history. The inventor, sports team owner and philanthropist died in 2018. Over 150 of his pieces spanning 500 years will be sold. Highlights include "Jasper Johns' encaustic, acrylic and paper collage 'Small False Start' from 1960, estimated to bring more than \$50 million, and Paul Cézanne's 'La Montagne Sainte-Victoire' (1888-90), estimated at over \$100 million." Allen bought many of the paintings as an investment. He anonymously purchased an 1891 Monet painting of a haystack for \$81.4 million in 2016. He also loaned pieces from his collections to several museums. He told Bloomberg in 2015, "I feel that you should share some of the works to give the public a chance to see them." The sale, which also includes masterpieces by Renoir and Roy Lichtenstein,

is expected to top \$1 billion. An antique advertising sign also recently fetched eye-popping auction record prices, according to Greenville, South Carolina TV station WYFF. The double sided Musgo Gasoline sign was discovered in a Michigan attic and is the best-known example of the 1920s version of the Musgo Gasoline sign. WYFF writes that "Musgo, originally located in Muskegon, Michigan, was believed to be open for less than six months during the mid-1920s." The previous auction record for a gasoline-related advertising sign was \$400,000 until the Musgo sign shattered it, selling for \$1.5 million in August, especially remarkable considering gasoline sold for slightly over 20 cents a gallon when Musgo was in business.

We are accepting consignments of gold, coins and sterling through Sept. 26 for our fall auction. We are also accepting consignments for our sports card and memorabilia auction as well as our art, historical memorabilia, antiques and collectibles fall



auctions through September 30th. I'll be appraising items for the public at the Townsend Historical Society on Oct. 15, the Worcester Senior Center on Oct. 18 and the Leicester Senior Center on Nov. 5. Please visit our website https://cen-

tralmassauctions.com for links to upcoming events.

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



StonebridgePress.com

OBITUARIES

Gail Ellen Chandler (Perkins)

STURBRIDGE/CHARLTON: Gail Ellen Chandler (Perkins), born September 26th, 1959, fell asleep on



September 10th, 2022. She was surrounded by her family and friends who had gathered to embrace her in her final days.

Gail was an indescribable woman—a force that will survive in the imprint

she left on everyone who knew her. Her laughter and joy will echo with us—because though she suffered trauma in her life she will be fondly remembered for the warmth and generosity she displayed.

Gail was a collector of many things, foremost among were the people that she knew, people that she loved and cared for; and like all the trinkets and antiques she collected, each one of us is worthy of love.

Gail will be profoundly missed by her loving husband of 35 years, Chic Chandler. Together they built a successful business, Diversified Sign, an endeavor that allowed them to pursue their greater passions such as painting pumpkins, collecting art & jewelry, and dirt track racing, where they competed from Canada to Daytona. More recently Gail enjoyed spending time in her home on Podunk, and cruising Narragansett Bay with her husband.

She was a beautiful artist, and she had a very talented hand, a skill that was evident both commercially and personally. She proudly worked on many logos and signs that can be seen across New England and New York, and she left behind many drawings and pieces of art that will be treasured for years to come.

She will also be deeply grieved for by her children: Heather Smith-Svoboda and Matthew Smith, as well as her brother Christopher Perkins and other siblings, step-children, grandchildren, nieces, nephews, her dog Tag and all the dear friends she collected from everywhere she traveled.

A Celebration of Life will be held on Saturday September 24th, 2022, from 1pm-4pm, at Finn's Harborside, 38 Water Street, East Greenwich, RI

All who knew and loved her are welcome to join.

In lieu of flowers, please make a donation in her name to the Rhode Island School of Design.

Rhode Island School of Design · GiveCampus

Belanger-Bullard Funeral Home, 51 Marcy St. Southbridge is directing arrangements.

For condolences and a video please visit BelangerFuneralHome.com

Nichols College names vice president for planning



James Patti

DUDLEY — Following a national search, James Patti, an experienced leader in higher education administration, has

been named Nichols College's vice president for planning. Patti joins the leadership team of Nichols College President Glenn M. Sulmasy, JD, LL.M, and will serve a key role advancing Sulmasy's vision for the college.

Patti brings extensive experience to this role, having served previously at Georgetown University, Brown University, Bryant University and the University of Rhode Island managing a variety of institutional functions. At Nichols, he will oversee strategic planning, marketing and communications and institutional research.

One of Patti's first priorities will be development of President Sulmasy's emerging Embracing Greatness strategic plan. The plan, still in development in consultation with the Nichols community, will identify priorities and outline a growth strategy to move Nichols toward enhanced regional and national promi-

"James Patti will be a dynamic addition to our already exceptional cabinet," said President Sulmasy. "As vice president for planning, he will help develop our institutional priorities and work broadly across the college for their successful implementation.'

Patti is enthusiastic about the opportunity: "I look forward to working closely with President Sulmasy, members of the cabinet and the broader Nichols community to develop and implement the Embracing Greatness agenda and enhance the value of a Nichols education."

Patti received his MBA from Georgetown University and bachelor's degree in finance from Seton Hall University. He is a native of Massachusetts and resides with his four daughters in East Greenwich, Rhode

Sturbridge Cultural Council accepting grant proposals

STURBRIDGE

Sturbridge Cultural Council is seeking proposals to fund cultural programming for a variety of ages and interests throughout the year, including music and dance performances, visual arts exhibits and workshops, and school-based events. Organizations, schools, and individuals may apply for grants that support cultural activities in the community.

Proposals are due by Monday, Oct. 17. To find out more and/or apply, visit: https://massculturalcouncil.org/local-council/ Sturbridge/. For more information on the application process visit: https://massculturalcouncil.org/communities/local-cultural-council-program/application-pro-

If you have any questions about the application process or are interested in learning more about the Sturbridge Cultural Council, please contact sturbridgeculturalcouncil@gmail.com. The Council was pleased to offer many in-person events last year and looks forward to offering innovative programming in

The Sturbridge Cultural Council is a local branch of the Mass Cultural Council (MCC). MCC's Local Cultural Council program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, humanities, and sciences annually.

Nichols College surges into US News Best Colleges rankings

DUDLEY — Nichols College has earned recognition in the 2022-23 US News & World Report Best Colleges rankings. In the competitive Regional Universities North category, the college was ranked #34 as a Top Performer in Social Mobility and #121 overall out of a pool of 181 ranked institutions. The Regional Universities-North category covers a geographic area from Maryland to Maine, a region densely populated by institutions of higher edu-

The US News rankings consider a variety of factors to provide students and parents with an objective basis to compare institutions and help guide college selection. Factors include Academic Reputation, Admissions Selectivity, Graduation and Retention Rates, Pell Grant Graduation Rates, Faculty Composition Metrics and Alumni Giving.

The Social Mobility ranking is an

indicator of an institution's ability to educate, graduate and ultimately employ economically disadvantaged students as measured by Pell Grant eligibility.

Nichols President Glenn M. Sulmasy, JD, LL.M, lauded the news: "This segment of the college student population has been cited as a national priority by political leaders of both parties, and this recognition in US News reflects the hard work of the entire Nichols community who work closely with each and every student to deliver a high quality, broad-based business education that prepares them for lifelong success

fundraising. About Nichols College

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

Nichols is now embarking on

a new phase in its 200+ year histo-

ry with development of the Embracing

Greatnessstrategic plan. The plan, cur-

rently in development in consultation

with members of the Nichols commu-

nity, will outline a growth strategy to

establish new institutional priorities

for academic and student life program-

ming, athletics, campus facilities and

* * Friday's Child



Jehnya Thomas Age: 9

Hi! My name is Jehnya and I love to sing and dance!

Jehnya is a sweet and energetic girl of African American descent. Some of her favorite hobbies include singing, dancing, and playing dress-up. She also likes to watch videos and play games on her iPad. Jehnya is a motivated learner and enjoys going to school. She also attends an after-school program. She is inquisitive and enjoys spending one on one time with others.

Jehnya is legally free for adoption and will need to maintain regular contact with her older brother. Jehnya would thrive in a home with patient caregivers who understand trauma. She also needs

a family who will use positive reinforcement and provide Jehnya will love and nurturance. The ideal family for Jehnya would be a two-parent home with at least one female caretaker. It would also be best for Jehnya to be an only child, but her social worker is open to considering older siblings on an individualized basis. Jehnya has expressed that she would like to be placed with an African American family.

https://www.mareinc.org/waiting-child-profiles#gallery/child/7274

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.

EDTORIAL

continued from page A8

hard. However, forgiving those who have hurt you is key to feeling relaxed and happy.

Eating too much sugar can lead to depression. Balance in your meals has been scientifically proven to make people happier. More vegetables, more fiber and less processed food.

Opt to spend your money on experi-

ences rather than things. Experts say the satisfaction of an experience will last much longer.

Lastly, choose good posture. While sitting up you automatically feel more energetic and positive. Slouching can lead to feel nervous, sleepy, sluggish and fearful.

A quote by Jim Rohn sums it up: "Happiness is not something you postpone for the future; it is something you design for the present."

MOORE

continued from page A8

true, but then we never think outside the box.

When we become close-minded in the wrong way, if we're not careful, it's possible that we also lose the ability to imagine what it's like to walk in someone else's shoes or to see the world from a different perspective.

Once we get into a thinking pattern, we develop a routine and stay in that pattern. I'm not against routines, but sometimes getting stuck in a routine can lead you to a particular way of thinking. Sometimes changing the routine can help open your mind to new thinking patterns.

If we're stuck in a particular pattern of thinking, and a problem arises that is caused by the way we think, is it possible to truly solve the problem by continuing to think in the same way?

In some ways, we can become prisoners of our beliefs and assumptions.

I am guilty of learning to do things in a certain way and then believing everyone should do it that same way, only to learn that most people don't want to do it the same way, and if I tried to get them to do it that way, they don't listen!

Confirmation bias is when we accept evidence that supports our beliefs and mindsets and reject evidence that

ferently, it can quickly become a fight,

If you challenge someone to think dif-

some people don't want their beliefs and ideas to be challenged, and maybe we should respect that and learn to live with them in peace.

In today's world, it seems that when we encounter someone of a radically different belief system, even amongst people born and raised in our own country, rather than trying to understand why they think the way they think, we hate them and call them names. It's easy not to listen to their ideas and write them off because we believe they are immoral people.

Am I saying we shouldn't defend and debate what we believe to be true? No.

Having a closed mind may cause us to oversimplify the other person's point of view because we don't want to think too deeply about the issue.

A closed mind results in our rational thinking and imagination becoming stunted. We lose the ability to relate.

Some of the best leaders, innovators, and businesspeople were open to the possibilities of a new way of doing things. They helped people to see their vision, dramatically changing our way of life.

What would happen if we had a more open mind in our approach to family? Could it change the whole dynamic and lead to better relationships?

Is it possible that having an open mind to how we deal with people we disagree with could radically change the country's direction? I hope so.

I'm open to the possibilities.



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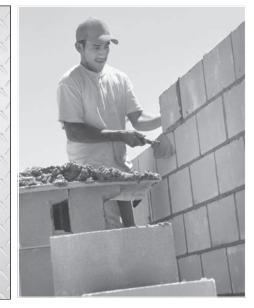


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CHARLTON - 42 Harrington Rd! Beautiful 6 Rm Colonial w/3 Bedrms, 3.5 Baths Colonial set on .95 Acre Lot! 1st Floor w9' Ceilings! Living Rm w/Bump-out, W/W Carpeting & Crown Moldings! Tile Foyer! Dining Rm w/Frplace (never used), W/W Carpet, Crown Molding & Wainscoting! Open Kitchen & Dining Area out to Wood Deck! Kit w/SS Appliances, Granite Island! 1/2 Bath off Kit WLaundry! 2nd Floor w/3 Comfortable Bedrins! Master w/Vaulted Ceilings, Ceiling Fan, Walk in Closet, Master Bath w/Jetted Tub & Separate Shower, Skylight, & Double Vanity! 2nd Floor Hall Bath w/Skylight! Full Basement has Walk-out to Second Deck, Third Full Bath, Utility Rm! 2 Car Garage Horseshoe Driveway w/Plenty of Parking! Deep Wooded Lot! \$419,000.00



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 $\textbf{SUTTON} \ -11 \ \text{Apple Ridge Rd! Super 9 Rm 3,046' Contemporary! Nicely Landscaped}$ 30,596' Lot w/Circular Drive! White Marble Entry Foyer w/Soaring Skylight Ceiling! French Doors to the Custom Center Isl, Black Granite, Fully Applianced Kit w/Recessed Lighting! Open Flr Plant Gorgeous Formal Din Rm w/Tons of Natural Light! Huge Lik Rm Sliders Front & Rear, Skylight & Ceiling Fan! Frplcd Sitting Area w/Cathedral Ceiling, Skylight & Ceiling Fan! French Door Office leads to the Future 1st Flr Master presently the Gym w/Cathedral, Skylights, Ceiling Fan, Sliders & Bathrm Access! 2nd Flr Features 2 Bdrms & 2 Baths! Master Suite w/Cathedral, Skylight, Ceiling Fan, 2 Dble Closets, Dble Vanity, Separate Shower, Whirlpool Tub & Marble Flr! C/Air! Deck Overlooking



DUDLEY – 5 Elizabeth St! 6+ Rm Ranch! Featuring Frplce Liv Rm w/Recessed Lighting & Guest Closet! Eat-in Kit w/Tile Flr! 3 Bdrms wHrdwd Firs, 2 wCeiling Fans & Dble Closets!
Hall Bath wTile Ploor! Finished Lower Level!
20x25 Frpfcd Fam Rm wRecessed Lighting
& 2nd Bthrm wShower! Possible Kitchenette
or Office! Laundry & Utility Rms! Wired for a
Generator! Economical Gas Heat & Hot Water!
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WOODSTOCK - 12 Grey Fox Landing! Spacious 7 Rm, 3 Bdrm, 3.5 Bath Ranch! 2,100 sqft on

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WEBSTER - 3 Birchwood Dr! Great Commuter Location! Convenient to All Major Routes! 7 Rm, 3 Bdrm, Ranch Ready for Your Taste & Upgrades! 2 Front Entries, Enter through the Huge Attached Fam Rm w/Cathedral Ceiling, Ceiling Fan, Wall ArC & Dibe Closet or through the Fireplaced Liv Rm wHrdwd Floor! Galley Kit w/ Raised Panel Wood Cabinets! Dining Area w/Hrdwd Floor & Slider out to the Deck! 3 Bdrms w/Hrdwd Floors & Ample Closet Space! Full Bathrm w/Linen Closet! The Lower Level once Finished, Ready to Finish Again! Many Possibilities! 1 Car Garage w/Opener! The Home is Accessed by 2 Driveways, 1 to the Left of the House & 1 to the Right, Plenty of Parking! Built w/Electric Heat but has been converted to Oil Hot Water Baseboard! Town Water! Passed Title V! Don't Delay...\$299,900.00



SUTTON – 90 Armsbury Rd! 8 Rm Meticulously Maintained 4 Bdrm/2.5 Bath Colonial, Pleasant Valley Country Club Near, is Ready for You! Formal Living Rm w/French Doors, Spacious Family Rm w/Gas Fireplace, Recessed Lighting & Slider Out to Private Deck! Formal Dining Rm! Fantastic Kitchen Featuring Stylish Ivory Cabinets, Stainless Appliances, Tile Backsplash, Wine Bar & Adjoining Dining Areal All w/Gleaming Hrdwd Floors! Spindle Staircase to the 2nd Fir Featuring a Huge Master w/Cathedral Ceiling w/Dble Walk:n Closet, Master Bath w/Dble Vanlity, Tiled Shower & Soaking Tub! 3 Additional Comfortable Bdrms w/Ample Closets & Additional Full Bath! Expandable Walk-Out Lower Level w/Roughed-in Bathrm Ready to Complete! 2 Car Attached Garage & Recent Generator! Listed by Another, SOLD by Lake Realty! \$829,900.00



WEBSTER LAKE - 139 South Shore Rd - Middle Pond -Killdeer Island! Panoramic Views Across a Wide Expanse of The Lake! Level 11,534' Lot with a 91' Waterfront! Southern Exposure – Tons of Sun! 9 Room Ranch w/4 Bedrooms – 2 Lake Facing! 2 Complete Living Levels! Upper and Lower Kitchens! 3 Bathrooms! Hardwoods! 2 Car Garage! Additional 3,840' Lot Across the Street! Listed by Another - "SOLD" by Lake Realty! \$1,110,000.00



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POMFRET - 14 GARY SCHOOL ROAD

Comfy & Cozy 2 bedroom Ranch, 1 Bath, 1+/acres! Updates, roof shingles, windows, Mini

SORRY, SOLD!

WEBSTER - 18 THIRD STREET 2 Family - Needs work!



NEW LISTING

WEBSTER - 6 GREYSTONE AVE



New Listing: Complete Remodeling taking place. Beautiful Ranch! A Must See! 5 rooms, 2+ bedrooms, 1-1/2 Baths, Garage, Level Lot.

WEBSTER LAKE - 27 SOUTH POINT ROAD



OOH! WHAT A VIEW!!! Middle & South Ponds! Unique opportunity to Own Waterfront Property with an 80' +/- ft sandy beach! Fireworks from the comfort of your deck or lawn! .22 Acre & 100' rd frontage - allows for expansion possibilities! 2 Bedrm, 2 1/2 Bath, Garage, open floor plan. 3 Season Porch for added enjoyment! Walk-out L/Level is heated New Price \$799,000.

WEBSTER - 17 BRODEUR AVENUE



Land only 21757 +/- sf. w/foundation, Town Water & Sewer, City Gas in street \$140,000. Option 1 - Custom Build your HOME! Option 2 - Build a 3 Family! Option 3 - Build a 2 Family!

1st Flr has 4 Rooms - 2 Bedrooms, 2nd & 3rd Flr

WEBSTER LAKE - 0 PATTISON RD



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OXFORD - LAND - RTE 20 General Business Zoned! Marijuana

OVERLAY DISTRICT! Vacant LAND, Level & cleared. 39,549 SF \$419,000. PUTNAM - LAND Zoned General business (street entrances. frontage. Water, Sewer, & city gas available. 2 street entrances. \$125,000 PUTNAM - LAND Zoned General Business .29 acre 103"

OXFORD - 2 Merriam Rd 80+/- Wooded Acres in Oxford & Charlton

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(P) Land (L) Mobile Home (A) Apartment (W) Waterfront **ADDRESS** STYLE TIME PRICE

WEBSTER

(C) Condo

(B) Business

13 Loveland Rd

1-3

(X) Condex

(U) Duplex

REALTOR/SELLER/PHONE SATURDAY, SEPTEMBER 24

(T) Townhouse

(D) Adult Community

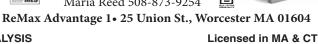
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OXFORD: CONDO Totally remodelled kitchen, bath flooring, Appliances, Electric fireplace built (Dimplex), Open and spacious 15-8 Thayer Pond ~ \$195,000

Shepherd Hill battles on First Responder Night, but Marlborough prevails



oshua Harrison of Shepherd Hill sheds a wouldbe Marlborough tackler while returning a kickoff.

DUDLEY — The Shepherd Hill varsity football team held its home opener on Friday, Sept. 16, but it wasn't just any ordinary Opening Night. Instead, the Rams held First Responder Night where Shepherd Hill Athletic Director Jim Scanlon explained to Stonebridge Press that "the Dudley and Charlton Police, Fire, and EMS chiefs and available staff will receive free admission, and will be recognized on field during pre-game for their contributions to the communities they serve.

"Our football student-athletes will take the field and shake the hands of the first responders, and we will invite

them to stay on the field for the playing of the national anthem," Scanlon continued.

All in attendance also walked under a massive American flag that was being held up by ladder trucks from the **Dudley and Charlton Fire Departments** upon entering Carmignani Field.

On the football field, the Rams unfortunately dropped to 0-2 after losing to Marlborough High, 27-14. The Panthers jumped out to a 13-0 lead, only for Shepherd Hill to score with 46 seconds remaining until halftime when Lucas Welton found paydirt from 8 yards out. On the play, Welton tried running to his left, but when there was no daylight he shifted toward the center of the field before barreling into the end zone. Luke Miller tacked on the extra point, and it was a 13-7 game at the half.

But Marlborough outscored Shepherd Hill in the second half, 14-7, improving to 2-0 in the process.

Ladder trucks from the Dudley and Charlton Fire Departments hold up the American flag for all in attendance to see during the Shepherd Hill football team's First Responder



LEFT: Lucas Welton of Shepherd Hill runs out of bounds after catching a pass.







Shepherd Hill defender Ethan Barre gets low to tackle Marlborough's Brandon Alfaro.

With two linemen blocking a Marlborough defender, Shepherd Hill quarterback Luke Hill airs out a deep pass down the field.



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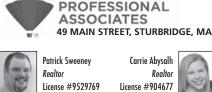
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Improved Rams fall just short against Leominster

BY NICK ETHIER SPORTS EDITOR

DUDLEY — Last season the Shepherd Hill girls' varsity soccer team endured plenty of growing paints while trudging through a winless season (0-15-1). But head coach Amanda Brotherton still noticed the Rams improving week-byweek, game-by-game.

"Even with the record we had and the losses we progressed throughout the season and [the players] see the potential," said Brotherton.

Early in the 2021 season Shepherd Hill had tough outcomes against Groton-Dunstable Regional (6-0), Marlborough High (7-2) and Leominster High (4-0) for a minus-15 goal differential. Later in the fall the Rams produced more respectable outcomes against those teams, with the differential trimmed down to -14 in four games, as they played Marlborough twice.

Fast forward to this season and The Hill is still improving. They lost to Groton-Dunstable 2-0 and tied Marlborough 2-2 before hosting Leominster at Carmignani Field on Thursday, Sept. 15.

'From the start of the season. even preseason, I could tell that we have more potential this year. I only lost one senior last year and gained four freshmen this year," Brotherton said before her squad battled the Blue Devils. "Playing against Groton-Dunstable, it could have gone either way and against Marlborough tying 2-2, it could have gone either way, so we're matching up with the league, which is good.

We are growing still, but the potential is definitely there. They definitely have that [sick of losing] mentality, they're not down," continued Brotherton.

And the Rams battled tough

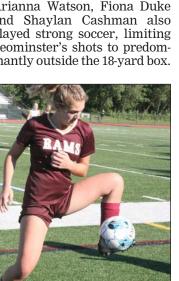


Shepherd Hill's Shaylan Cashman goes lefty to kick the ball out of her



against Leominster. The game remained scoreless at halftime before the Blue Devils pocketed a pair of second-half goals to take home a 2-0 decision. Keeper Meri Wilde kept Shepherd Hill in the game in

the first half, making 13 saves. Defenders Colleen Cumming, Arianna Watson, Fiona Duke and Shaylan Cashman also played strong soccer, limiting Leominster's shots to predominantly outside the 18-yard box.



Nicolina Holland of Shepherd Hill raises her left leg in order to receive and settle the ball.



Shepherd Hill keeper Meri Wilde secures the ball for one of her 13 first half saves versus Leominster.

LEFT: Abigail Connole of Shepherd Hill shields a Leominster defender while receiving the ball.



Arianna Watson of Shepherd Hill makes a move to her right to get the ball past her Leominster opponent.

VISA

HIGH SCHOOL **NOTEBOOK**

Warriors go low in victory

Monday, Sept. 12

Tantasqua 167, Oxford 283 — The Warriors' golf team picked up a victory at Hemlock Ridge, improving to 4-2 in the process. Tantasqua's Sam Pieczynski shot a 38 on the par-36 layout to earn medalist honors, while teammate Patrick Dunn carded a 41.

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Lots of good stuff cheap Records, Clothing, Antiques, Tools, and much more

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FIREWOOD

Cut, Split & Delivered Green or Seasoned

Call Paul 508-769-2351



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CASH WAITING!

Helmets, Swords,

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Over 40 years'

experience.

Call David

(508) 688-0847. **COME TO YOU**

FOSTER PARENTS WANTED: Seeking Quality Homes

Throughout Central Provide Foster Care To Children In Need. 24/7 Support Generous Reimbursement, \$1000 Sign-On

Bonus. Call For Details. **Devereux Therapeutic** Foster Care. (508)829-6769

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FISHING BOAT FOR SALE

1987 Four Winds Complete with trailer, down riggers, snap-on cover, and life jackets

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Very Good Condition

10TH ANNUAL YARD/CRAFT SALE

Christ Episcopal Church Saturday, October 1 • 8am-3pm (Rain Date Oct. 2) 1089 Stafford St. Rochdale, Ma

~Vendors Welcome~

Call 774.696.0252 **Reserve Your Space**

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leather recliner love seat perfect condition

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One Bedroom-Modern Residential Area Near Rt. 395

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\$1,400/Mo.

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References (508) 868-9004



SEPTEMBER

is National Replacement Window Month at Renewal by Andersen*

Why did we declare September National Replacement Window Month? The weather is still nice in September, which makes it much easier to open your home during the installation. Get this job done before winter and get this September-only offer.

Call before September 30th!

SAVE 20% on windows¹ SAVE 20% on doors

Take an **EXTRA** off your entire order

Monthly Payments

Interest tor I year

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months.

 Renewal by Andersen is the full-service replacement window division of Andersen, a 119-year-old family-owned company with a reputation for excellence in window and door craftsmanship.

- Our exclusive composite Fibrex® windows are not only beautiful, they're remarkably strong, offer superior energy efficiency and require minimal maintenance.2
- Our factory-trained Certified Master Installers have years of experience installing only windows and doors, and they'll treat you and your home with the utmost respect.



Customer Review ***

After this experience I feel that Renewal by Andersen's reputation is really well deserved and I would give them the highest recommendation. The installers were so respectful and careful of my house, its contents and even my outside flower garden. I am amazed at how efficiently the windows were replaced and every bit of trash and dust was removed. And now I have high quality windows and screens, and I feel truly separated from the outside noise and elements.

- Karen B., Renewal by Andersen customer, Uxbridge, MA









Call to schedule your FREE **Window and Door Diagnosis**

1-800-209-2746

DETAILS OF OFFER: Offer expires 9/30/2022. Not valid with other offers or prior purchases. Get 20% off your entire purchase and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 9/4/2022 and 9/30/2022. Additional \$250 off your project, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 9/30/2022. Additional \$250 off your project, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 9/30/2022. Additional \$250 off your project, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 9/30/2022. Additional \$250 off your project, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 9/30/2022. Additional \$250 off your project, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 9/30/2022. Additional \$250 off your project, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 9/30/2022. Additional \$250 off your project, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 9/30/2022. Additional \$250 off your project, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 9/30/2022. Additional \$250 off your project, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 9/30/2022. Additional \$250 off your project, minimum purchase by 9/30/2022. Additional \$250 off your project, minimum purchase by 9/30/2022. Additional \$250 off your project, minimum purchase by 9/30/2022. Additional \$250 off your project, minimum purchase by 9/30/2022. Additional \$250 off your project, minimum purchase by 9/30/2022. Additional \$250 off your project, minimum purchase by 9/30/2022. Additional \$250 off your project, minimum purchase by 9/30/2022. Additional \$250 off your project, minimum purchase by 9/30/2022. Additional \$250 off your project, minimum purchase by 9/30/2022. Additional \$250 off your project your purchase by 9/30/2022. Additional \$250 off your project your purchase by 9/30/2022. Additional \$250 off your project you to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2022 Andersen Corporation. All rights reserved. ©2022 Lead Surge LLC. All rights reserved designation. ‡Review aggregator survey of 5-star reviews among leading full service window replacement companies. December 2020 Reputation.com.

Phantoms by Firelight tickets on sale now

Phantoms by Firelight at Old Sturbridge Village are on sale now to the general public, with early bird rates available through Sept. 30. The event, formerly known as Phantoms & Fire, returns to Old Sturbridge Village (OSV) for 13 nights of spooky fun, Oct. 7–31. Tickets are currently available for all dates and times, but selling quickly.

Phantoms by Firelight invites guests to explore the myths and folklore of Halloween while navigating the museum by night. The event will offer crafts

and games, storytelling by firelight, a spooky selfie contest, bonfires, water fires, torches, candlelight, and more. Kids will delight in the return of Clues & Candy, a scavenger hunt-style experience around the Village that offers safe and fun trick-or-treating for families. Visitors of all ages are encouraged to show up in costume and show off their Halloween best.

In 2022, a mysterious troupe of performers will add to the fun as they take over the Village, bringing in gravity-defying acrobats, creepy conjurers, fate-tempting fire jugglers and more. A special book signing with Author Thomas D'Agostino will take place on select event nights.

Spooky snacks and treats will be available for purchase during the event, including cider donuts, pumpkin pie trifle, chocolate chip cookie trifle, soups, sandwiches, and more. Beverages including hot apple cider (with or without rum or Fireball) and hot chocolate with Peppermint Schnapps or Bailey's will also be sold during the event.

Early bird tickets are available now through Sept. 30 to the general public. Tickets are \$25.20 for adults and \$12.60 for youth, \$22.40 for member adults and \$11.20 for member youth. Tickets will be \$28 for adults and \$14 for youth beginning Oct. 1.

Phantoms by Firelight will take place on 13 nights in October, from 4:30-9 p.m., after the Village closes to daytime guests. Tickets and additional details can be found at: https://www.osv.org/ event/phantoms-by-firelight-2022/.

Sturbridge Planning Board looks to fill vacancy

STURBRIDGE — The town is seeking a resident interested in serving on the Planning Board.

Responsibilities of the Planning Board include acting as the town's special permit granting authority; reviewing and approving subdivision plans; and developing various long-term planning tools for the community.

The board focuses on such items as zoning bylaws; rules and regulations; subdivision regulations; master plans; community plans; and several other documents that are used by the town to help guide and manage growth.

The Sturbridge Planning Board consists of seven members who are appointed by the Town Administrator to five-

If you would like to serve on this board, please send your letter of interest to Michelle Garman. Executive Assistant to the Town Administrator and Board of Selectmen.

You may send your letter by email to mgarman@sturbridge.gov.

Smola announces municipal road safety funding

BOSTON — State Rep. has awarded \$19,782.42 Todd Smola (R-Warren, Ranking Member, Ways & Means Committee) is pleased to announce the police departments of Sturbridge, Ware, and Warren as recipients of the FFY 2023 Municipal Road Safety (MRS) Grant Program.

The Office of Grants and Research (OGR) of the National Highway and Traffic Administration (NHTSA) has made up to \$5,000,000 available to municipal police departments throughout the Commonwealth with their FFY 2023 MRS Grant Program. The program to the Sturbridge Police Department, \$14,510.50 to the Ware Police Department, and \$17,280 to the Warren Police Department.

The salient efforts of the NHTSA to enhance safety on our roadways is greatly appreciated", stated Smola.

He added, "improving road safety is perpetually good for all drivers. As a community, we can find comfort knowing that active efforts are being taken to make our roads safer.'

The goal of the MRS Grant Program is to sup-

All We Know Is Local

port traditional enforcement activities and develop new strategies to reduce roadway crashes, injuries, fatalities, and associated economic losses in Massachusetts. With the grant funding, police departments are given flexibility in addressing local traffic safety issues, along with equipment options beyond enforcement and the ability to develop traffic safety programs. The contract period for FFY 2023 MRS Grant Program starts in October and ends on Sept. 15 of next year.







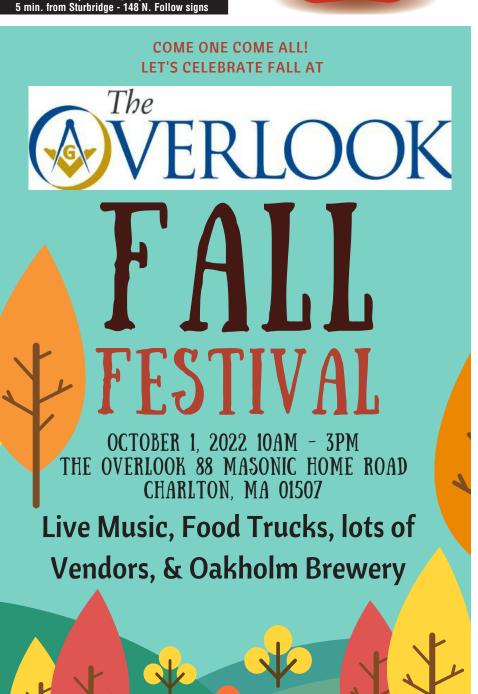


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