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Friday, September 10, 2021



Heavy rain washes out portion of Muggett Hill Road



Photos Courtesy

Before and after photos of a washout on Muggett Hill Road during the Sept. 2 rainstorm and repairs made within 24-hours to make the road passable again.

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Over the last month, the entirety of New England has seen a tremendous amount of rain-fall causing problems ranging from flooded streets to property damage. While Charlton has seen relatively few issues resulting from the rain the remnants of Hurricane Ida of Sept. 2 did cause one significant issue on Muggett Hill Road where a part of the roadway was washed out.

The incident caused the road to be changed to a one-way for a time and within 24-hours repairs were made to make the road fully passable once more. Charlton Town Administrator Andrew Golas said the washout wasn't necessarily expected, but it wasn't entirely surprising either. "I think it's a similar area where years ago we had a culver pipe wash out. Basically, the same thing happened. The last quarter of the road washed out. They worked to button

that up after the storm and it'll probably just be a temporary fix for now until next construction season when we can do a permanent replacement to the culvert. With the significant amount of rain, I'm surprised we didn't have more issue," said Golas. "You get so much water all at once, I don't think any 'normal' storm would have caused that kind of damage to that roadway. Thankfully, we haven't seen that really anywhere else in town." By 5 p.m. on Sept. 3, the roadway

had received its temporary repairs and traffic returned to normal. Golas said the fact that this was the only major issue that resulted from not only this storm, but the past few major rain events as well is a testament to the infrastructure in the town as the hard work done by town employees to prepare for and respond to these kinds of events. "Thankfully, we don't have an issue

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Selectmen set goals for Golas

BY JASON BLEAU
CORRESPONDENT

CHARLTON – While praising the work done by Town Administrator Andrew Golas in his first year-and-a-half with Charlton, the town's Board of Selectmen expressed their expectations that that work with continue into the future setting some preliminary goals for Golas before officially solidifying their expectations later this month. Selectmen met on Aug. 10, where one of the last items discussed in an over-two-hour meeting involved developing a Town Administrator Goals list. Board of Selectmen Chair Bill Borowski noted that the town usually sets goals for the board itself and that the Town Administrator is usually considered as part of that team. However, the selectmen are establishing a set of specific expectations for Golas himself hoping he will build on

Turn To **GOALS**, page **A6**

Changes underway at the Grange

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Over the last couple of years, the Charlton has seen a lot of changes, both inside and out. Founded in 1867, the Grange has seen a revival with membership increasing and improvements to its facility on Main Street helping usher in a new era for the longstanding staple of the community. Over the last year, renovations to both the interior and exterior of the building have taken place revitalizing the main hall and restoring the outside through the use of grant funding. Eric Borgeson, Master Elect of the Grange, said the organization has certainly gone through some unsure times in recent year but renewed interest has helped preserve the Grange's place in the community. "The Grange is a very old organization in town and there was a point about two years ago where the membership was aging out like many organizations. The Grange was looking to shut their doors. They didn't have any interest. They didn't have any folks that were really participating," Borgeson said. "A local guy, Joseph Gaucher, kind of stepped in and got a few of the folks that are involved in the Grange like the Boy Scouts and the Legion and the Grange



Photos Courtesy

A photo of exterior revitalization work.

members themselves and brought in a tenant. We were all sitting around the table, and we said the building is a great piece of history for the town. It's also a great resource and we thought it would be ashamed to shut it all town." So began the revitalization that has seen new members and a new look come to the organization and its facility. While the pandemic certainly slowed things down in 2020, the Grange

has continued to persevere debuting its newly renovated facility in mid-2021 returning to hosting live demonstrations and bringing families and agricultural enthusiasts together once more. "It's a group of good folks. All are welcome who are interested in different aspects of agriculture and community service. We've been holding events

Turn To **GRANGE**, page **A4**

Waste management events open to Charlton residents

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The town of Charlton is making residents aware of several hazardous waste disposal opportunities with programs to dispose of household chemicals, e-waste and electronic recyclables taking place throughout the month. Saturday, Sept. 18 includes two opportunities to remove electronic waste from homes. An e-waste and tire take back event will be held from 8 a.m. until noon at the Department of Public Works Complex in nearby Southbridge at 185 Guelphwood Rd. This event is

open to all towns and offers a chance to dispose of electronics and tires at a small price. TVs and computer monitors less than 30 pounds will cost \$10 to dispose of, while items between 30 and 60 pounds will cost \$15 and anything weighing more than 60 pounds will cost \$20. All other electronics will cost \$5 to dispose and passenger tires can be disposed for \$3. The event is subsidized by the DEP Recycling Dividends Program Grant. That same day a local recyclable electronics collection is being held at Charlton Federated Church. On Sept. 18 from 9 a.m. until 2 p.m., electronics, bikes and appliances will be collected

with a small fee attached to different kinds of items. Computers, DVD players, printers, laptops, and small electronics can be disposed for \$5 each, microwaves and small household appliances can be recycled for \$10 each, computer monitors, ACs, dehumidifiers, larger printers and range-top microwaves will cost \$15 to dispose, TVs up to 24 inches, washing machines, dryers, stoves, grills, exercise equipment, and large yard or appliances equipment will cost \$20 each, TVs between 25 and 31 inches, as well as large refrigerators will cost \$25 and remaining televisions can cost between \$30 and \$40 to dispose depending on the size. Cell phones, bicy-

cles, wires, batteries, keyboards and tablets are all also being collected with no charge. The event is rain or shine. Finally, Casella Waster Services is offering a Household Hazardous Waster Collection on Sept. 25 from 9 a.m. until 1 p.m. where electronics will also be accepted. Materials like oil-based paint, pesticides, cleaning products, mercury, acids, and automotive chemicals and gas will all be accepted as well as small applicates. The appliances come with a \$20 fee while the remaining fees for the hazardous waste are \$30 for a half-car and \$50 for a full car.

Turn To **WASTE MANAGEMENT**, page **A3**

Bravehearts partner with Open Sky for Pen Pal Club

WORCESTER — Throughout the 2021 season, members of the Worcester Bravehearts baseball team had the unique opportunity of getting to know members of Open Sky Community Services through the Braveheart Pen Pal Club sponsored by Cornerstone Bank and Beltone. The summer-long program culminated with a cookout at Fitton Field on August 11 where the pen pals were able to meet in person.

The Community Membership team at Open Sky coordinated with Dave Peterson, Bravehearts General Manager, and Nate Gonelli, Director of Sales, to connect individuals served by Open Sky with Worcester Bravehearts players. The pen pals corresponded back and forth through a journal over the course of the summer to help the

Bravehearts players feel welcome in Central Mass.

The individuals served by Open Sky who participate in the program had intellectual/developmental disabilities, mental health challenges or brain injury. This was an opportunity for them to be a part of the community and form a connection with the players. At the season-ending cookout, individuals from Open Sky gave baseball caps with the agency's logo to their Bravehearts pen pals and in return received signed books, baseball cards and Bravehearts baseball caps. Peterson welcomed the individuals from Open Sky, and Matt Small, COO of Open Sky was in attendance as well.

"It is important for the student athletes of the Worcester Bravehearts to engage in a program like this, so they can develop connections with people who may not have had the same opportunities or experience they have had in their lives," said Peterson. "A partnership like this goes a long way for our players to learn how to become role models in the community especially if they have aspirations to continue their playing careers at a professional level."

Everyone had a chance to talk, get autographs and take photos. Several of the pen pals exchanged information and plan to stay in touch even once the season has ended. The individuals from Open Sky attended the game that evening and Lori Holden, an individual served by the agency, got to take home

a pop-fly ball after it landed near her and a kind baseball fan helped her grab the ball.

Since 2015 the Bravehearts have hosted a Pen Pal Club, but 2021 was the first year the Bravehearts partnered with Open Sky to get in contact with those individuals served by the organization. The Bravehearts Pen Pal Club is sponsored by Cornerstone Bank and Beltone.

Open Sky is proud to partner with several local sports teams to ensure that the individuals served by the agency have every opportunity to be a part of the Central Mass community.

About Open Sky Community Services
Open Sky was formed through the 2018 affiliation of Alternatives Unlimited and The Bridge of Central Massachusetts. With over 100 programs throughout Central Massachusetts, the organization provides services and supports to more than 4,900 adults, young adults and youth with mental health challenges, developmental disabilities, brain injury, substance use disorders, homelessness or other complex challenges. Open Sky also provides services and supports for LGBTQIA+ youth through its Safe Homes program, as well as expert training for human service professionals and school personnel on evidence-based practices and best practice treatment models through the Bridge Training Institute.

For more information about Open Sky, visit openskycs.org.

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State reports year’s first case of West Nile Virus

BY KEVIN FLANDERS
STAFF WRITER

REGION – It’s fun to be outdoors for fall-time events, but officials are reminding residents that this time of year brings elevated risks of contracting mosquito-borne diseases.

Last week, the Massachusetts Department of Public Health announced the first human case of West Nile virus (WNV) in the Commonwealth this year. The person is a woman in her 80s who was likely exposed to the virus in Middlesex County, officials said.

Middlesex County is currently listed in the state’s moderate risk category for WNV. The risk of infection is also moderate in the Greater Boston area, as well as several towns in Bristol County and Worcester County.

Thus far, there have been no Massachusetts deaths in 2021 associated with WNV, but officials are warning residents to take precautions.

“This is the first time that West Nile virus infection has been identified in a person in Massachusetts this year,” said Acting Public Health Commissioner Margret Cooke. “Risk from West Nile virus has been slow to increase this year. This is an important reminder that we all need to continue to take steps to protect ourselves and our families from mosquito bites.”

The substantial amount of rain across

the region in July, combined with the recent hot weather, have resulted in an increase in the population of the Culex species of mosquitoes, known to spread West Nile virus and breed in places where standing water accumulates.

In 2020, there were five human cases of WNV infection identified in Massachusetts. WNV is usually transmitted to humans through the bite of an infected mosquito. While WNV can infect people of all ages, people over the age of 50 are at higher risk for severe disease.

“Most people infected with WNV will have no symptoms,” read a statement released by the Mass. DPH. “When present, WNV symptoms tend to include fever and flu-like illness. In rare cases, more severe illness can occur. People have an important role to play in protecting themselves and their loved ones from illnesses caused by mosquitoes.”

Officials recommend taking several steps to protect yourself from mosquitoes, including the application of insect repellent when outdoors. Use a repellent with DEET, permethrin, picaridin, or oil of lemon eucalyptus. DEET products should not be used on infants under two months of age, and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.

Additionally, avoid outdoor activities during peak mosquito hours from dusk to dawn. Wear long-sleeved shirts, long pants, and socks when outdoors to help keep mosquitoes away from your skin.

At home, be sure to drain all sources of standing water, where mosquitoes typically lay their eggs. Check rain gutters and drains, and empty any unused flowerpots, wading pools, or wheelbarrows. Moreover, change the water in birdbaths frequently.

“Water troughs provide excellent mosquito breeding habitats and should be flushed out at least once a week to reduce mosquitoes near paddock areas,” the DPH statement read. “Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals.”

If an animal is diagnosed with WNV or EEE, owners are required to report it to the Department of Public Health by calling 617-983-6800.

Residents should also ensure they have tightly fitting screens on all windows and doors, officials said.

For more information, including all updates on WNV and EEE positive results, visit www.mass.gov/dph/mosquito. You can also call the DPH Epidemiology Program at 617-983-6800.



ACCURACY WATCH

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

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

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

WASTE MANAGEMENT

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Commercial waste, construction or demolition waste, bulky items including furniture, metal, tires, latex paint, household trash, cardboard and other recycling, propane tanks, vehicle batteries and asbestos will not be accepted during the event. The collection will take place at the Casella Waste Services Facility at 165 Barefoot Rd.

Information on all three waste collection events can be found on the Town of Charlton Web site.

Federated Church to host electronics recycling event

CHARLTON — Charlton Federated Church, 64 Main St., is hosting an electronics recycling event from 9 a.m. to 2 p.m. on Saturday, Sept. 18.

The event will be held in the church parking lot. All electronics, appliances, items with a plug and/or batteries, as well as bicycles in any condition will be accepted and recycled for a small cost as follows:

- \$5 each for computers, DVD players, small printers, laptops and miscellaneous electronics. Hard drives will be destroyed.
- \$10 each for microwaves, small household appliances and small yard equipment
- \$15 each for computer monitors, air conditioners, dehumidifiers, large printers and range top microwaves.
- \$20 each for televisions up to 24 inches, washing machines, dryers, stoves,

- large appliances, dishwashers, exercise equipment, grills and large yard equipment.
- \$25 each for televisions between 25 inches and 31 inches and large refrigerators.
- \$30 each for televisions between 32 inches and 35 inches.
- \$35 each television over 36 inches.
- \$40 each for projection televisions.
- No charge for cell phones, bikes in any condition, vehicle batteries, yard equipment batteries, household batteries, laptop batteries, keyboards, wires, cables and tablets.

The event will be rain or shine and residents from all towns are welcome to recycle. Cash payment is preferred, but checks will be an acceptable form of payments over \$30.

For more information, email GreenDayRecyclingMA@Gmail.com.

St. Joseph Church to host outdoor mass

CHARLTON — St. Joseph Church, 10 H. Putnam Extension, Charlton, will host an Outdoor Mass and Table of Love Sunday, Sept. 19 from 10 a.m. to 1 p.m. on the Parish grounds.

All are welcome to an Outdoor Parish

Celebration beginning with Mass at 10 a.m., the Annual Table of Love (boxed lunch), and music from our Music Ministry, concluding at 1 p.m. (Mask wearing is encouraged).



Tuesday/Wednesday 8am-2pm
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Saturday and Sunday 7am-2pm
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BOY SCOUT TROOP 273
FALL YARD SALE
Saturday, September 18, 2021
Universal Tag Parking Lot, 36 Hall Rd, Dudley
Early Birds (8am to 9am) \$10.00 p.p. fee
9am until 3pm FREE
"New this Year, we are able to accept CREDIT CARDS!"
24,000 sqft of yard sale items - **ONE DAY ONLY** -
Pick your items and Make an offer!

Grouped Items:
Electronics - stereos, speakers, etc. (no TVs) **Tools** - hand tools, lights, flooring etc... **Furniture** - Tables, chairs, bed frames, cabinets, hutches, etc... **Housewares** - glassware, dishes, pictures, mirrors, bowls, cups, small appliances **Sporting goods** - Bikes, skis, baseball equipment, golf, exercise equipment **Clothes** - shirts, pants, jackets, shoes, bags
Kids toys and baby items - high chairs, bouncy, games, seats **Antiques**



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Saturday, September 18th, 2021 • 2pm – 10pm
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Jamie’s was a wife, mother and a friend who lost her life tragically to domestic violence on June 22nd, 2021.
Jamie’s three children are now left without a Mother or a Father.

This benefit is to help her Children and to make their lives a little brighter.

Ida underscores Baker's emphasis on emergency preparedness



Photo Courtesy

The remnants of Hurricane Ida caused flooding throughout the region last week, with multiple roads closed due to rising water.

BY KEVIN FLANDERS
STAFF WRITER

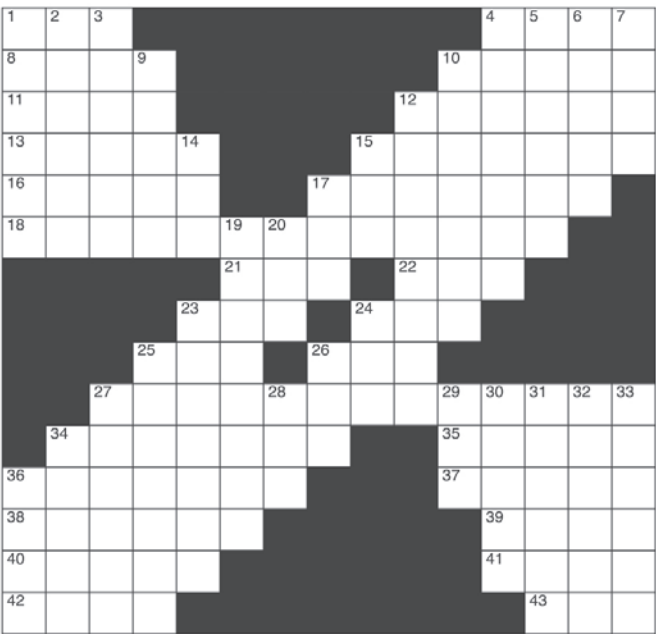
REGION – Just hours after Gov. Charlie Baker proclaimed September as Emergency Preparedness Month, Mother Nature resoundingly underscored his message with the remnants of Hurricane Ida. Days after slamming into Louisiana as one of the strongest landfalling hurricanes in the state's history, the once

Category 4 storm marched northeast in a deadly path of flooding and destruction. On the night of Sept. 1, the storm caused historic flooding impacts across the New York metro area before moving into New England. In total, the storm was responsible for 56 deaths across the country. Locally, several roads were made briefly impassable from flooding. Many towns experi-

enced power outages, but the damage was far less than that experienced in the mid-Atlantic states. In New York City, the National Weather Service declared the first ever flash flood emergency for the city. In New Jersey, floods ravaged the northern part of the state while tornadoes struck the southern region. For Massachusetts leaders, the storm represented the latest example of the importance of emergency readiness. As part of the state's Emergency Preparedness Month, the Massachusetts Emergency Management Agency (MEMA) is promoting its "30 Days of Preparedness" program. The initiative breaks down emergency preparedness into simple steps residents can take in 30 days to be more prepared by the end of the month. "To protect our families and communities, it is critical

that our residents take steps to prepare for emergencies of all kinds, and Emergency Preparedness Month is an opportunity to do just that," said Baker. "Preparedness can improve public health and safety and can help minimize property damage and the economic impacts of disasters." Visitors to www.Mass.gov/Ready can view a full list of preparedness steps that can be taken in 30 days. The website also features ways to prepare for specific threats and hazards. From the possibility of tornadoes and hurricanes in warmer months, to ice storms and blizzards in the winter, New England residents have to be ready for all kinds of wild weather. "Emergency Preparedness Month is a time each year to make ourselves and our families better prepared," said Lt. Gov. Karyn Polito. "While MEMA and other agencies continue to strengthen our state's preparedness for the next disaster, we encourage the Commonwealth's residents and businesses to take simple steps to prepare before the next emergency." Added Acting Public Safety and Security Secretary Director Terrence Reidy, "Massachusetts faces a variety of hazards and threats that can cause damage. Residents can improve their personal preparedness and build community resilience by knowing their risks, taking steps to prepare themselves, and knowing what to do in an emergency." MEMA officials will play a pivotal role in the monthlong preparedness campaign. MEMA is the agency charged with ensuring the state is prepared to withstand all types of emergencies and disasters, including natural hazards, accidents, deliberate attacks, and technological and infrastructure failures. "Even though getting pre-

pared may seem overwhelming, it can be simplified by breaking it down into smaller, more manageable steps," said MEMA Deputy Director Pat Carnevale. "We encourage you to complete one task each day throughout the month and you'll be better prepared by the end of the month." A few preparedness steps include ensuring you have flashlights and extra batteries; stocking up on bottled water and other supplies; readying your vehicle with blankets, water, and medical supplies in case you become stranded on the road in a storm; and making sure your home is winter-ready. During September, MEMA and the Massachusetts Department of Public Health will share information on their respective social media accounts about emergency preparedness topics. These include emergency planning, building an emergency kit, preparing for disasters, youth preparedness, and community preparedness. Meanwhile, the Massachusetts Department of Transportation will feature signage along highways to raise awareness of Emergency Preparedness Month. Additionally, MEMA is continuing to expand partnerships with federal, state, and local government agencies, as well as the private sector, families, nonprofits, and businesses. "MEMA ensures the Commonwealth's ability to rapidly recover from large and small disasters by assessing and mitigating threats and hazards, enhancing preparedness, ensuring effective responses, and strengthening our capacity to rebuild and recover," read a statement released by the agency. For additional information about MEMA and emergency preparedness, visit www.mass.gov/mema.



CLUES ACROSS

- 1. It governs Federer and Nadal's sport
- 4. Golden apple tree
- 8. Central Mexican river
- 10. Horn
- 11. Egg-shaped
- 12. With tooth
- 13. French modernist painter
- 15. Disprove
- 16. Painful intestinal obstruction
- 17. Baby shoes
- 18. Make the grade
- 21. Type of screen
- 22. Christian fraternal organization (abbr.)
- 23. Computer giant
- 24. When you hope to get there
- 25. Corporate executive title (abbr.)
- 26. Shout of welcome or farewell
- 27. Imaginary awards for good deeds
- 34. A citizen of Iran
- 35. It can be sounded
- 36. Making dirty
- 37. Romanian city
- 38. Baking ingredient
- 39. Share a common boundary with
- 40. Succulent plants
- 41. Penny
- 42. Jr. U.S. Senator Paul
- 43. "Laurie Partridge" actress Susan

CLUES DOWN

- 1. A type of bomb
- 2. Pacific island country
- 3. Earth is one
- 4. A place to gather around
- 5. Expressed opposite views
- 6. Group that lives near Siberia
- 7. Ore deposit
- 9. Language related to Eskimo
- 10. Narrative piece of music
- 12. The distance covered by normal stride
- 14. Glycoprotein hormone (abbr.)
- 15. Mathematical term (abbr.)
- 17. Popular beer
- 19. Jabbing
- 20. Historic Swedish castle
- 23. Humorous expressions
- 24. Christmas and New Year's Day each have one
- 25. Filled up
- 26. Nerve that serves the forearm (abbr.)
- 27. One of British descent
- 28. A way to get at
- 29. Food-related allergic reaction
- 30. Group of arteries near the pelvis
- 31. Picked up
- 32. Being three in one
- 33. Obscene
- 34. Dravidian language
- 36. Growl



GRANGE

continued from page A1

like a seed swap in the spring, and we hold education sessions a couple times a year," Borgeson explained. "We're of course revamping the outside through a grant. The interior was just redone with volunteer work. We now have tenants and usage. There's change at the Grange and it's pretty neat." As for the future, Borgeson said things are looking bright and the next big step it to make sure a new generation of Grange

members are ready to take the lead. For now Borgeson and his team are just happy to see the Grange continue to serve Charlton as a piece of its past and present history. "I think you have a lot of people, as the membership increases, who can really feel like they're satisfying some social accountability. We've created a great meeting space in town. We've revitalized that. It's a good place that's not only for individuals

but it's about families getting together. All are welcome and that's what it's all about. There are opportunities at all levels for all ages. It's really neat," Borgeson concluded.

CHARLTON ALMANAC

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Friday..... Closed

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Charlton Elementary School
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Heritage School (508) 248-4884
Charlton Middle School..... (508) 248-1423
Shepherd Hill Regional High School
..... (508) 943-6700
Bay Path Regional Vocational Technical High School (508) 248-5971 or (508) 987-0326

CHURCH LISTINGS

- Charlton Federated Church, 64 Main St., 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org
- Charlton Baptist Church, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 10 a.m.
- Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children's church 10am
- St. Joseph's Church, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday Life/TEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.
- Hope Christian Fellowship, 6 Haggerty Road, 248-5144
- Assemblies of God Southern New England District Headquarters, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.
- Living Word Church of Charlton, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am. www.livingwordcharlton.com info@livingwordcharlton.com
- New Life Fellowship A/G, SNED Chapel, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

REAL ESTATE TRANSACTIONS

CHARLTON

- \$1,050,000, 89 Northside Rd, Sambri LLC, to Mehta Properties LLC.
- \$440,000, 239 N Sturbridge Rd, Mason, Gary N, and Mason, Kerrie L, to Romano, Benjamin J, and Romano, Rianna.
- \$279,000, 33 Stafford St, Jaffarian, Angela, to Noe, Nicole P.
- \$265,200, 29 Pine Rd, Andrade, Robert, to Tetreault, Mark R, and Tetreault, Karen.
- \$225,000, 28 Southbridge Rd #306, Cuthbertson Keith M Est, and Ballon, Theresa A, to Provencal, Raymond A, and Provencal, Donna L.
- \$79,000, H Foote Rd #2, Atlas Mortgage Corp, to Paire, Renee.



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CHARLTON VILLAGER

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Bay Path LPN advocates for safe staffing ratios



Photo Courtesy
Bay Path Practical Nursing Academy alumna Ashlee Stevens-Ringuette, LPN from class of 2016 is advocating for change, writing academic papers on implementing safe staffing ratios to improve the nursing environment and quality of care.

CHARLTON — Even before the pandemic, safe staffing levels have always been a key concern in the nursing profession. COVID-19 highlighted the nurses’ struggles. Bay Path Practical Nursing Academy alumna Ashlee Stevens-Ringuette, LPN from class of 2016 is advocating for change, writing academic papers on implementing safe staffing ratios to improve the nursing

environment and quality of care. A federal staffing standard do not exist. Currently, California is the only state with mandated staffing ratios after legislation was passed there in 2004. California’s law outlines exactly how many patients a nurse can take care of in specified units like intensive care units and operating rooms. New York and several other states have

laws requiring nurse-led staffing committees.

Stevens-Ringuette wrote that “maintaining safe nurse-to-patient ratios in healthcare facilities is a moral and ethical issue, as well as a patient safety issue.” She emphasized that “more research on the frequently forgotten long-term care facilities is needed when it comes to staffing ratio models.”

Further, she adds “it is clear that nursing homes, as well as all healthcare facilities, could benefit from safer nursing staff ratios.”

Stevens-Ringuette’s professional experience includes staff nurse position at the Apple Rehabilitation (Colchester, Conn.) and Wingate at Hampden (Hampden). While a student at Bay Path Practical Nursing Academy, she was inducted to the National Technical Honor Society, was an elected officer for the UNICEF Club and received a gold medal and silver medal for SkillsUSA district and state competition respectively for the Health Knowledge Bowl. She received the PN Class of 2016 academic excellence award for earning the highest GPA. Stevens-Ringuette was a finalist for the Massachusetts Vocational Association’s Post-Secondary Student of the Year Award. She was a recipient of the 2016 Massachusetts Senior Care Foundation Scholarship. She is currently working on obtaining her bachelor’s degree in nursing at Goodwin University (East Hartford, Conn.) with an anticipated spring 2023 completion.

A year of unprecedented challenges culminates in celebration of achievement for Hannah Mason

SMITHFIELD, R.I. — At Bryant University’s Graduate School Commencement ceremony on Thursday, May 20, 260 graduates of the Class of 2021 and their families and guests gathered on campus to celebrate earning a Bryant degree. Hannah Mason of Charlton graduated with a Master of Business Administration degree in International Business.

“There has probably never been a graduating class more deserving of a Commencement and celebration than the Class of 2021,” said Bryant President Ross Gittell, Ph.D. “You have earned your degree under extraordinary circumstances. You successfully responded to unprecedented challenges.”

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GOALS
continued from page A1

the work he has accomplished in 2020 and 2021.

Selectmen went around the table listing off their goals of choice to be compiled in a document that will be officially presented in mid-September. Selectman Borowski was the first to speak calling infrastructure planning and traffic safety the primary focus of his goals.

“What I would recommend is one of the goals for Andrew is to come up with a list of certain difficult intersections and roads and develop a proposal for both capital funding as well as planning to actually make that work,” said Borowski.

Selectwoman Barbara Zurawski was next to present her goals and wanted Golas to focus on exploring the feasibility of adding a new hire to the town who could lead the charge to market Charlton to businesses and continue

the growth of the community as both a residential and commercial destination.

“Now we’re getting investors looking at our town. It’s getting out there for people to see, the logistics are right, and everything aligns in the right way. This person would be literally hired and work for the town as a solicitor that would put the businesses that the town wants to solicit on the map taking our logistics and everything the town has to offer and actually going off to do specific businesses opposite to us waiting for businesses to come to us,” Zurawski said. “The goal would be to see the pros and cons of actually hiring the person.”

Another of Zurawski’s goals was to revamp the Charlton town website, which also happened to be the focus of Selectwoman Patsy Rydlak’s primary goal for Golas.

“I think our Web site is not user friendly. I feel like we have an old platform or something. I know we just invested money, but it’s just not user friendly. When you’re searching for

things, you don’t always find what you’re looking for as simple as a click and some information doesn’t line up. People don’t want to physically walk in (to the town hall) if they don’t have to so whatever we can do to make things easier – I don’t know what the investment would be,” said Rydlak.

Selectman David Singer took the “user friendly” concept to a different level with his goals asking Golas to work closely with the Town Hall team to create systems that would prevent citizens from having to bounce between offices to get permits. This also connects to his primary goal which is for Golas to examine what fees the Board of Selectmen handles and to try and simplify the processes for citizens.

“Andrew has already begun pulling together our fees that are under this board’s control. I have long been a believer that just because other towns do doesn’t mean we should especially since most of the towns are poorly run anyway. I would like us to look at lowering the fees where this board has

oversight. I know there are things we can do, especially going through what we’ve gone through, it would help a lot of the residents with reduced or eliminated income streams to make it easier financially to do business with the town even if temporary,” said Singer.

Selectman Stephen Koronis was the final selectmen to speak and joked that all of the good requests had already been made. However, he did ask Golas to continue his work keeping the board and the town informed.

“Andrew has done a really good job keeping us up to speed on all of the things that are going on. Everything I’ve learned about Andrew, he listens – Just keep that up. Keep us informed. Keep us in the loop,” said Koronis. “It’s going to be a busy year, there’s no question about it.”

Selectmen are set to formalize a list of Town Administrator Goals and discuss Golas’ annual review in a September meeting.

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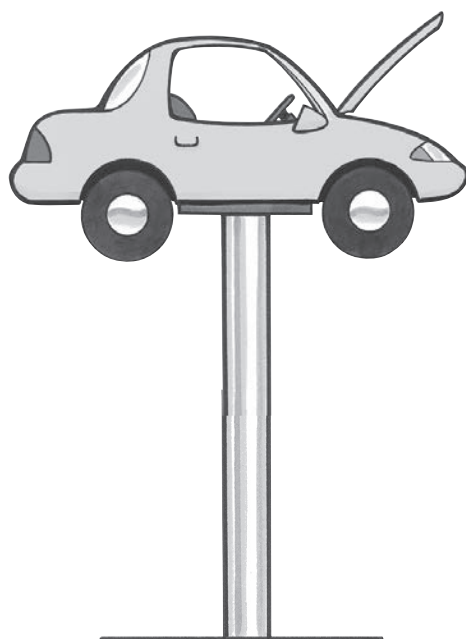
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‘Tis the season... for fairs

The first day of fall is just around the corner, and while we love the summer months, there is no season better than fall. One of the reasons for that is, of course, the slew of county fairs taking place all around us.

While entertainment and rides have evolved over the years, there is something so refreshingly simple about a fair that brings everyone down a few notches. When we remember why county fairs came to be, we are reminded of the simplicity that once was the way of life for our ancestors.

Each year, the fair served as a vehicle for farmers to show off their produce and livestock in various categories. As the years progressed, more activities of course took place, however at the core is farm life.

When walking around through the different exhibits, complete with crafts and baked goods, the feeling of down home, old fashioned living welcomes us like a warm morning sunrise. To make things even better, it is the one place where just about the entire community will venture off too, making for a grand reunion of sorts.

We cannot write about a fair, without talking about fair food. Each year, we tell ourselves the same thing — ‘no fair food this year.’ Or perhaps you tell yourself something completely different, such as ‘I cannot wait for fried dough and maple syrup’. But the fact remains, you should not exit the fair gates without eating a caramel apple or a steak bomb. An honorable mention goes out to kettle corn, fresh lemonade, soft pretzels and nachos.

The music scene at the county fair tends to lean towards country. This is just fine with us, as it helps to set the perfect backdrop to our ears for watching a draft horse pull or a demolition derby.

There is never a dull moment at a fair, especially for youngsters. There are petting zoos, contests and plenty of stores selling anything you can think of. Funny thing about the shops, they seem to be selling the same things they had in stock for the past 25 years. Mirrors, with a horse pictured in the middle with the silver or gold trimmed frame, invisible ink, rabbit foot key chains and a plethora of leather goods.

The midway games are a treat. We never really could figure out the basketball hoop, although we know there’s a trick to it. The dart game, where you send one, hopefully straight into a balloon is a blast, but again, there’s a technique involved.

In the states, the first fair took place in Pittsfield, Mass. in 1807, and was organized by Franklin Watson. Eventually, it became known as the Berkshire Country Fair and is still running today.

OPINION

VIEWS AND COMMENTARY FROM CHARLTON, CHARLTON CITY, CHARLTON DEPOT AND BEYOND



Some of my best estate finds

People often ask me “what’s the most interesting or valuable item you’ve sold?” After selling antiques and collectibles for over 30 years and running auctions for over 20, there are plenty of items that come to mind.

One of the first estates I handled after starting my auction business was full of treasures that were literally buried. The estate belonged to a doctor who served as an officer during World War II. He held on to many things throughout his lifetime, including newspapers and magazines. His newspapers covered many valuable items that were hidden beneath.

However, there were larger items that were clearly visible when I first walked through the home. There were marble-top Victorian tables as well as other Victorian era furniture. Furniture sold much better 20 years ago than it does now, and we sold marble-top tables from the estate for around \$400 then. Two fireplace mantles that were also from the Victorian era sold for just under \$1,000 each. There were five or six stacking bookcases that brought around \$200 per stack at auction then.

I had to dig a bit deeper for other smaller valuable pieces. I found a wooden folding camera in a purple velvet lined box brought a little over \$1,000 at auction. A bookcase held a small bud vase marked “LCT.” The approximately six-inch vase was a “pulled feather pattern” by Louis Comfort Tiffany and sold for close to \$1,000 at auction.

The doctor whose estate I was handling had served in the South Pacific during World War II and had many photographic negatives from his time in the service as well as other times during his life, including photos and negatives from the 1939 New York World’s Fair. These photos and negatives sold for well over \$1,000 when split into several lots.

There were also some paintings in the estate, including one by Impressionist painter Joseph H. Greenwood of Spencer,



ANTIQUES,
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Mass. According to a Worcester Art Museum biography, Greenwood “left school at age 11 to work in the local boot factory and later wire mill. Meanwhile, he scavenged chicken feathers for brushes and wallpaper scraps for pigment to create his first works of art.” A wealthy mill owner recognized his artistic talent and paid for two terms of study for Greenwood at Wilbraham Academy. Greenwood made a living painting local landscapes. The Greenwood painting I found in this estate had been damaged, but still sold for over \$2,000.

A collection of phonographs was the most valuable find. There were Edison cylinder players that were selling in the \$300 to \$500 range at the time. A metal sign advertising Edison records picturing Thomas Edison sold for nearly \$1,000. But the best find was a Berliner gramophone. Emile Berliner manufactured phonographs that played discs in competition with Edison’s cylinder players. The Berliner gramophone hit a high note with bidders when it sold for over \$5,000 at one of our auctions.

Our current online model railroad and die-cast car auction ends on Sept. 22. Our online estate auction with 1950s and 1960s Corvettes, boat motors, tools and other estate items will be open for bidding by September 22nd. I’ll be teaching my “Evaluating your antiques” night class Nov. 10 at Bay Path Evening School in Charlton and on Nov. 13 I’ll also be appraising items virtually for the Townsend, Mass. Historical Society. Please visit our website for more details on upcoming events: <https://centralmassauctions.com>

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www.centralmassauctions.com (508-612- 6111) info@centralmassauctions.com

Enthusiasm

When people decide to pursue a dream, they usually get fired up and motivated. They lose weight; make a business plan, build the team, hire the lawyers, contact the agents, write the book, rent the office, and tell everyone they know; They make sure to dot all the i’s and cross all the t’s!

POSITIVELY
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MOORE

It’s easy at the beginning of a dream to keep a good attitude; we know our success is imminent. It is in this stage of a plan when people’s enthusiasm is usually through the roof.

If the dream doesn’t happen as fast as we think it ought to, sometimes people quickly become depressed, the negative voices in their head begin to say, “it’s been too long; it’s never gonna happen” “Just give up; who do you think you are?” “You weren’t cut out for this! stop wasting your time!” “No reason to stay sober, just have a drink and smoke!”

Suddenly, the enthusiasm is gone. What was once a happy and exciting endeavor has now become something different. Fear, doubt, complacency may have set in, and being fired up and excited about the possibilities is just a fading memory.

For most, this is just too much to handle. After just a couple of days of feeling like that, they’ll give up and wish they’d never have tried in the first place.

What happened? It started so well! Lots of things can happen that lead to a downfall of a dream, but the most dangerous thing that can happen is a loss of enthusiasm.

Without the enthusiasm that was first brought to the dream, the dream may become unobtainable. Sometimes it takes so long that when the opportunity for success finally presents itself, it’s ruined because the loss of enthusiasm can make you uninteresting at best, jaded and bitter at worst.

Without that original fire you brought to the dream, it will be hard for anyone to want to buy what you’re selling or even want to be of any help whatsoever.

Have you ever had a non-enthusiastic teacher hold your attention for very long? How long can you sit through a sermon from a pastor who doesn’t seem to care what they are teaching? Have you ever wanted to buy a product from a non-enthusiastic salesperson? How do you feel when your waiter acts like they hate their life? Do you want to tip them?

I got my oil changed a couple of weeks back, and I was the first customer of the day! I drove into the garage, sure to be greeted with a smile. The young man working the front just glared at me as I pulled in; it was uncomfortable! He was heartbroken at my presence; I wanted to drive away as fast as possible, but unfortunately for him and me, I had to get the oil changed right then and there.

The one ingredient missing from the above scenarios that would make everything better is enthusiasm! Without enthusiasm, you’re blah!

Enthusiasm makes you likable, it makes you interesting, and it makes people want to help you!

On the long road of accomplishing a significant dream, finding a way to keep your enthusiasm will be your most important task and maybe your most difficult.

Napoleon Hill said that “Enthusiasm is the steam that makes the engine work.”

The word “enthusiasm” has its origins in the Greek language and translates to “God Within!”

The ancient Greeks used it to describe people who possessed superhuman abilities! If you accomplished great things, the Greeks would say you have Enthusiasm!

Have you ever seen a non-enthusiastic person described as having a god within them?

It’s almost exclusively the fired-up, motivated, interested, and person who is full of life who has that quality! That’s the type of person the Greeks would say has a god living within them!

Have you lost your enthusiasm? Get it back! Get fired up! Let people see the power inside of you!

Tips to Preserve Garden’s Bounty the Old Fashioned Way

The pleasures of the New England harvest season are truly bountiful. Ripe, red tomatoes heavy on the vine, state-ly rows of corn stalks, and pots of leafy herbs promise home grown goodness for the family table. Whether plucked from your own backyard or purchased fresh from local gardens or farmers markets, preserving the “just picked” flavor of the New England harvest is a seasonal quest.

While freezing has long been a favorite form of “keeping” crops and traditional canning is enjoying a comeback, the old fashioned method of drying garden vegetables often gets overlooked by home gardeners. A modern dehydrator isn’t necessary, as all it takes is an oven, some trays and a bit of time to maintain all the flavor, integrity and wholesomeness of the season’s harvest.

**

Dry to Preserve

Drying is one of the oldest forms of food preservation, and a reliable technique that can be easily employed to stretch the goodness of home grown



TAKE
THE
HINT
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KAREN
TRAINOR

vegetables. Dehydrating removes moisture and therefore halts the growth of bacteria and molds, extending the life of precious garden crops.

Proper preparation of vegetables to dry is very important. Pick produce at peak of ripeness and rinse in cool water to remove dirt and debris. Dry thoroughly and cut into uniform thicknesses to ensure even drying time. Some vegetables, such as tomatoes, corn, carrots and potatoes should be blanched before drying to kill potential bacteria and enzymes that can decrease flavor and color during storage. Common foods that do not require pre blanching include mushrooms, peppers, onions, garlic and herbs. Blanch vegetables by boiling or steaming. Immediately drop into cold water briefly to stop cooking and drain and dry vegetables while still warm. (The warmth will aid the drying process.)

Place vegetables in a food dehydrator, or if drying in oven, arrange in a single layer on a wire cake cooling rack set on top of a sheet tray to allow air circu-

lation. The optimum temperature for successful drying is 140 degrees. This low temperature ensures moisture has completely evaporated, therefore lowering the risk of mold from any trapped moisture. If your oven doesn’t have as low a setting, try the “warm” setting checking the temperature with a thermometer to avoid cooking the vegetables. Check temperature periodically to ensure oven maintains an even 140 degrees.

It can take several hours for garden produce to be properly dried. Sufficiently dehydrated vegetables and herbs will be crisp and brittle. Vegetables cut in thicker slices such as tomatoes should be dry but not hard (a bit pliable). Dried goods must be cooled completely before storing. Air tight containers such as zipper lock bags, glass mason jars and plastic freezer tubs are all good candidates for storage of dehydrated vegetables. Dried produce should be stored in a cool, dark place and can last from a few months up to a year, depending upon the vegetable. Refrigeration can extend the life of some dried vegetables, just be sure they are stored in an air tight container and always use within



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Turn To **TRAINOR** page **A9**

Thousands of trout being stocked this fall



THE GREAT
OUTDOORS
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RALPH
TRUE

Mass. Fish & Wildlife released information on the upcoming fall stocking last week that reported more than 65,000 trout would be available for this year. They are hoping to start stocking in mid-September if the waters cool. You can check out the daily stocking list starting in Mid-September on the MFW Web site.

A public hearing will be held on Zoom at 9:30 a.m. on Sept. 28, on the proposed changes in the pheasant hunting regulations. A proposal to allow bird hunters to harvest an unlimited amount of pheasant annually, and add a pheasant & quail stamp to requirements for all bird hunters will be discussed. For more information, go to the Mass. Fish & Wildlife hearings page. The Fish & Wildlife board will take up the proposal immediately following the hearing.

A freshwater invasive snakehead was recently caught in Mass. waters. The invasive species could cause a lot of problems to the native species if they become out of control. It is illegal to stock any species of fish in Massachusetts waters without a permit, especially nonnative fish.

The early Canada Goose season opened Sept. 1 in Central Massachusetts! The early season runs through Sept. 24, with a 15-bird daily bag limit. The early goose season is geared to alleviate the overpopulation of nuisance birds that are fouling our water, beaches and golf courses. The first segment of the Mass. waterfowl season opens on Oct. 11 in the Central District. For a complete list of



This week's picture shows Don Cook of Uxbridge with his 250-pound Thresher shark he caught last week with a few of his buddies while fish at Stellwagen Bank.

all the waterfowl regulations, go to the Mass. Fish & Wildlife Web site.

This week's picture of Don Cook with his Thresher shark that was brought to the boat in less than 20 minutes. This species of shark is very good eating, and this writer was given a steak from the big fish to convince me that they are very good eating. It was great. Tasted like a piece of swordfish after grilling it.

This week's second picture shows Eva and Logan Henchey with a few seabass that they caught while fishing with their Mom, Grandfather and Papa last week. They were fishing on the Southwest side of block Island.

Reports of numerous sitings of bear and bobcat for the last few weeks in the

valley is good news for some residents, and a bit scary for others. Last week, a large bobcat was spotted in South Uxbridge by numerous residents. They have been blamed for the loss of small pets over the years, but they are not a concern for adults. Residents in rural areas need to keep a watchful eye on their pets and young children. Deer populations are also high, but they will have plenty of food to sustain them through the winter, with the huge Achorn crop this year.

Deer hunters are already setting up their tree stands in anticipation of opening day of archery season on Nov. 27. A youth deer hunt will be held on Oct. 2 this year and a paraplegic hunt



Andrea and Logan Henchey with a few sea-bass they caught last week while fishing on a charter boat out of Galilee, R.I.!

is planned for three days starting on Oct. 28. If you no someone that is confined to a wheelchair, or some other major disability, invite them to join you for the three-day deer hunt. There are many veterans that would appreciate the invite, and time spent in the outdoors. Who deserves it more!

The Whitinsville fish & Game Club is getting ready for their annual field Day which will be held on Sept. 18 this year. They are planning a big day for all to enjoy, with a chicken bar BBQ , and plenty of other food from the kitchen. The Chicken BBQ tickets need to be purchased prior to the event. All ranges will be open to the public and there is plenty of free parking and music!

Take a Kid Fishing & Keep Them Rods Bending!

Keep gardening after the first fall frost

There is nothing worse than frost in the forecast and a garden full of vegetables not quite ready for picking. Use some simple strategies to extend the growing season and keep enjoying garden-fresh vegetables.

Fortunately, some vegetables like cabbage, broccoli, cauliflower, kale, and Brussels sprouts tolerate frost and even



GARDEN
MOMENTS
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MELINDA
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taste better after a slight chill. Most of these can tolerate temperatures as low as 24 to 28 degrees Fahrenheit.

Leeks are another vegetable that thrive in cooler temperatures. Many tolerate temperatures as low as 20 degrees Fahrenheit. Just mound some protective mulch around the plants and continue harvesting. Leave some of your carrots, turnips, and parsnips in the ground for winter. Just cover the soil with straw or evergreen boughs after it lightly freezes. Dig as needed or during a winter thaw. You will enjoy their wonderfully sweet flavor.

Protect frost-sensitive plants with old bed sheets and even mattress pads. Cover the plants in late afternoon and remove them as soon as the temperatures climb above freezing. Keep them

handy and be ready to cover whenever frost is in the forecast.

Make it easier by using all-purpose garden fabric row covers. This spun material allows air, light, and water through while protecting the plants from frost. Loosely cover the plants and anchor the edges with stones, boards, or garden pins. You only need to remove the fabric to harvest ripe vegetables. Otherwise, it can stay in place until the vegetables stop producing or you decide it is time to end the season.

Create a high tunnel over garden beds filled with large plants. Use hoops and row covers to allow easy access for harvesting while protecting the plants. Systems like Maxi Garden



Photo Courtesy — Gardener's Supply Company
High tunnel systems with hoops and row covers work well on garden beds filled with large plants, allowing easy access for harvesting while protecting the plants.

TRAINOR

continued from page A8

one year of packing. To ensure the product remains dehydrated, it is very important to check the contents periodically and discard any food that has become rehydrated, smells “off”, or is moldy or tainted in any way.

**

Garlic Braids and Pepper Wreaths

Garlic braids dangling from kitchen rafters and colorful hot pepper wreaths hung near the chopping block offer not only homegrown décor, but a handy “pick as you use” year round supply of garden produce. Storing garden garlic and dried peppers in a creative way is not only satisfying for the home gardener, but the finished products serve as ideal “garden gifts” throughout the seasons.

**

Garlic Braid: Give Bountiful Bulbs a “Twist”: Garlic is easy to grow, and even a novice gardener can produce enough garlic bulbs to store for use all year round via a well constructed garlic braid.

To do: Gather up about a dozen of fresh garlic bulbs with greens attached. Begin braiding greens of three garlic bulbs, and then begin adding more bulbs as you continue up the braid. Add a new bulb on the right and work it into the braid, then a new one in the middle and do the same, then add a bulb on the left, layering the bulbs in an attractive braid as you move up the length. At this point the braid technique resembles “French braiding” of hair. For larger bulbs bring greens in from the outer edges (forming an x with the other greens) for an attractive French braiding rope. Continue braiding until all bulbs are used.

To finish off your garlic rope, wind a length of twine or raffia around the greens close to the top bulb. Tie off and tie ends together to form a loop to hang the rope. Hang in a well ventilated, warm area to dry for two to three weeks. When dry, simply snip off desired bulbs. For long term storage, hang braid in a cool storage area or root cellar.

Onions and shallots can be braided in the same manner.

**

Pepper Wreath: Pick Perfect Peppers:

Note: Before stringing hot peppers be sure to wear gloves to ensure safety while handing. Texas A & M University advises using waxed dental floss to string and dry hot peppers like jalapenos, as the strength of their oils can dissolve normal thread.

Wreath: To make a pepper wreath with slim peppers, you'll need to wash and dry a generous amount of fresh peppers. With a sharp knife, make two slits at the top of each pepper, under the cap. Using 12 gauge wires form a sturdy round circle (for larger wreaths double the wire or use a heavier gauge. To form circle, stretch wire over a bucket or clay flower pot. Make a loop at one end. Thread peppers onto the wire through the slits, pushing them together at different angles until the wreath is full and looks attractive. Make a hook

at the end of the wire and hook onto the loop. Hang up to dry for about two weeks.

Swag: To string a swag of peppers, wash and dry thoroughly. Thread a heavy duty needle with fishing line or unflavored wax dental floss. Tie a knot at the end of the line and thread through the stem of the pepper, pushing peppers close together and off to each side as you form the swag. For decorative effect, alternate red and green peppers. Continue stringing until swag is desired size. Tie off and loop top and hang to dry.

**

Win Dinner for Two at the Publick House – Contest has resumed!

Your tips can win you a great three course dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to

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

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

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Bay Path Practical Nursing students start donation drive

CHARLTON — Providing prudent nursing care is what Bay Path Practical Nursing Academy students master in ten months however, service learning is also a focus.

Helping members of the community who are in need has been a tradition for the practical nursing students and faculty at Bay Path Practical Nursing Academy since 2013. Random acts of kindness and organized activities allows practical nursing students to help the needy. For the current cohort, through the efforts of Marylee Panient, the PN Class of 2022 had the opportunity to assist a patient's family and a community in Cuba.

According to Panient, “with the recent weather we are having, much of the community has been left in a vulnerable state as well as economic struggles and desperate need.”

The PN class of 2022 and Bay Path Practical Nursing Academy alumni, faculty, and staff were able to donate personal Hygiene supplies (Toothpaste/Toothbrush, soap, adult & baby/newborn diapers, etc.), Adult briefs, clothes (male/female of any size), blankets, canned goods, OTC medicine (such as APAP, Ibuprofen), entertainment/toys, and supplements (such as Pediasure).

“We were able to include everyone in the effort, but much credit goes to the Practical Nursing students for their caring heart and compassionate spirit,” Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director explained.

The previous years, the PN students helped many children through the UNICEF club.

“This year, PN Class of 2022 wanted to do more even with COVID-19, rather, especially with COVID-19. The pandemic makes it clearer how much we need to be helping those in need,” Bolandrina said.

The practical nursing students remain masked in class and continue to keep their distance. Not very different from last year, and the passion to help, the love and compassion remain the same. Service learning during the pandemic is more meaningful than ever.

“As nursing students, we are thinking of doing something like this once every couple of months and send help to a different community each time,” said Panient.

“Most of practical nursing students have the desire to help, the compassion and love for community, so this has been a great opportunity to see everyone come together and contribute to making a difference,” Bolandrina concluded.



Marylee Panient

CMS Chamber to Welcome Fitzgerald Dance & Fitness with Ribbon Cutting



Photo Courtesy

Did you ever think that exercise could be so much fun? Fitzgerald Dance & Fitness offered classes at Brimfield Winery as the finishing touches are applied to their new Sturbridge dance studio.

STURBRIDGE — The Chamber of Central Mass South is pleased to invite the public to the official Ribbon Cutting Ceremony to welcome Fitzgerald Dance & Fitness to the Sturbridge community on Thursday, Sept. 16 at 4 p.m. The Chamber of Commerce, local dignitaries, our neighbors and guests will be on hand to offer congratulations and a warm reception to the new dance studio located on Main Street in Sturbridge.

The mission of Fitzgerald Dance & Fitness is to create a love of dance by fostering creativity and artistry for all ages, from children to adults, while incorporating overall health and fitness. Their school-aged program offers an array of classes which include, the Royal Academy of Dance (RAD) technique for ballet, Latin dance, Contemporary, Jazz, Hip Hop, and a Competition Group. FD&F After Dark is their unique program which gives adults the chance to learn social Ballroom/Latin, Adult Ballet, Total Barre Fitness and Yoga. These classes are designed specifically for adults who are looking to exercise and socialize in a fun way.

“I am so excited to share with the community a comprehensive dance experience that can be enjoyed by peo-

ple of all ages, from children to adults, because the love of dance has no age limit, nor expiration date,” said studio owner Julie Fitzgerald.

Fitzgerald began dancing at the age of five. At the age of 13, she found her love for classical ballet and started her training with Boston Ballet School. You can learn more about Julie and her talented staff by visiting the Fitzgerald Dance & Fitness website: www.fitzgerald-danceandfitness.com. Reach the studio by phone at 774-441-0232.

Come, witness the cutting of the official red ribbon, tour the new studio, meet the staff, enjoy light refreshments and take a chance at cool raffle prizes. There is no charge and no RSVP necessary to attend.

Fitzgerald Dance & Fitness is located at 71 Main St. (Route 131) in Sturbridge.

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

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Friday's Child

Hi! My name is Sacoya and I love to play active sports!

Sacoya is an outspoken, charismatic teenage girl of African-American descent who is always open to exploring new activities and settings. She loves to play active sports like soccer, basketball, cheer-leading, swimming, gymnastics, and dancing. Sacoya was on a local soccer team, as well as a Pop Warner Cheerleading team and really enjoyed it. Sacoya does very well in community activities, is very personable, and makes friends easily. She loves school and is on target academically with extra support in the classroom.

Sacoya
Age 14

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

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

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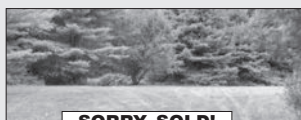


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Beautiful family home! 3 bedrooms, 2 full baths, newer widows & heating system. Mini split system. Hardwoods. Lg eat-in kitchen /Corian counters & Island! Warming fireplace with handsome mantel. Generous dining room, spacious enough for your family gatherings. lower level fireplace family room, Harmon pellet insert! 2 car garage. Reduced **\$340,000.**

WATERFRONT THOMPSON - BECOLA RD



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5+ Acre Waterfront Land On "Little Pond/Schoolhouse Pond. Private Setting. Open Field. 250+ feet Waterfrontage. Dead end road!
\$179,900

WEBSTER - 23 EMERALD AVE.



ON DEPOSIT

Extraordinary Find! Beautiful 2 Family! Owner occupied with pride and it shows. Grand Front Entry! 3,012 SF +/- living area. 12 rooms, 6 bedrooms, 2 updated Baths. 2nd Flr - Granite Countertops! High ceilings & Hardwood Floors, Modern Kitchens. Manicured 13,525 SF Lot with a Hip roof 3 car garage!
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WEBSTER - 135 LAKE STREET



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PUTNAM CT - 89 PERRY ST UNIT# 250



ON DEPOSIT

Heritage Pines Condo Town House - Everything one would expect and then more! 4 bedrooms, 3.5 baths, all Hardwood floors, granite, stainless steel appliances. central air, 2 decks, 2800 sq ft +/- of finished living area., and so much more!
\$319,900.

WOODSTOCK CT - 110 JOY RD



ON DEPOSIT

WELCOME TO MIDNIGHT FARM! 1876 Antique Colonial. Included separate Building - Studio/Store both situated on 2.5 Acres Professionally Landscaped! 5 Bedroom, Lg Living room, Fireplaced Dining room, Library, Master Bdrm, Renovated Kitchen! 3 Stall Garages! Picturesque Location!
\$455,000.

Featured Island Listing! Webster Lake - 22 Long Island



ON DEPOSIT

Once in a lifetime opportunity to own a Webster Lake Waterfront Cottage on Long Island! Properly named the "Grand View". Sandy beach, boat house! Antique Cottage w/5 Rms, 3 BRs, a stone fireplaced w/pellet stove, eat-in kitchen w/modern appliances, full bath! washer/dryer. Screened porches. Included, 25% ownership share in a main land waterfront lot at 38 Point Pleasant Rd, in sheltered Mumford Cove! land provides boat slip & winter storage. A FAR AWAY PLACE NEAR BY!
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LOOKING FOR AN AFFORDABLE, HUMBLE ABODE, THAT WON'T BREAK THE BANK? Convenient Location, corner lot! 1288 SF+ - 4 BRs w/1st Flr Mstr BR, Half Bath! Eat-In Kitchen, Dining/Living Room Combination! 3-Season Porch, 2nd Flr - 3 BRs. Resingled Roof, Replacement Windows, Updated Electric, Budenur Boiler. Part finished walk-out bsmt! Garage!
\$215,000

LAND

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Webster - Douglas Rd (Rte. 16) 26 ACRES on Sugarloaf Hill. 1000+/- ft of road frontage

SORRY SOLD! \$200,000

Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided!
\$89,900

Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE.
\$115,000.

Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **ON DEPOSIT! Each \$24,500.**

WEBSTER • 233 - 235 NORTH MAIN STREET



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large 3 Family- a rare find! 1st Floor spacious 2 bedroom apartment. 2 - 2nd floor, 3 bedroom apartments Walkout basement to off street parking.
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Webster Lake - 300 Killdeer Island

OPPORTUNITY KNOCKS! A WEBSTER LAKE waterfront property on Killdeer Circle, you won't want to miss! Offers a prime waterfront location! 64' of water frontage and a gently sloping landscape to waters edge. Crystal clear, sandy bottomed shoreline. Everyday is a new day at the Lake! Nicely arranged floor plan. 5 rooms 2 bedrooms, 2 baths! Walk out lowerlevel to nice size patio! Garage.
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CHARLTON

	August 2020	August 2021	Trend
Median Price	\$406,000	\$500,00	▲
Market Volume	\$5,344,664	\$5,407,400	▲
# of Homes Sold	14	11	▼
Avg Days on Market	36	40	▲
Month Supply Inv.	1.66	1.35	▼

OXFORD

	August 2020	August 2021	Trend
Median Price	\$295,000	\$327,450	▲
Market Volume	\$3,839,100	\$4,078,400	▲
# of Homes Sold	13	12	▼
Avg Days on Market	25	21	▼
Month Supply Inv.	.99	1.01	▲

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CHARLTON: Waterfront, Log home on Glen Echo Lake, Great 2nd home, 2 bedrooms, Cathedral Ceiling, Walkout basement, Finish additional room.
199 Sunset Dr ~ \$329,000



PAXTON: 1900 sq. ft., 3 bedroom, 1.5 baths, Worcester/Paxton Line, Fireplace, 2 car detached garage
4 Boynton Pkwy ~ \$449,000



HOLLAND: Waterfront Lot, Hamilton reservoir, Build or use as an escape to the lake
Candlewood Dr ~ \$169,000



ATHOL: Island Waterfront, 4 rooms, 2.6 acres, own your own Paradise Island, Pontoon Boat
54 Island #2 Lake Ellis ~ \$424,900

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A year of unprecedented challenges culminates in celebration of achievement for Bryant graduates

SMITHFIELD, R.I. — At Bryant University's 158th Commencement ceremonies on Saturday, May 22, 840 graduates of the Class of 2021 and their families and guests gathered on campus to celebrate earning a Bryant degree. Karni Murray of Uxbridge graduated Magna Cum Laude with a Bachelor of Arts degree in Communication.

"There has probably never been a graduating class more deserving of a Commencement and celebration than the Class of 2021," said Bryant President Ross Gittell, Ph.D. "You have earned your degree under extraordinary circumstances. You successfully responded to unprecedented challenges."

About Bryant University

MYERS
continued from page A9

Hoops stand seven feet tall and five feet wide when installed. Simply cover the set of three hoops with row cover fabric. Cloches have long been used to jump start the season or extend it beyond the first fall frost. You will find a variety of shapes and sizes available. Select one large enough to cover your plants and protect them as needed. Look for those with vents to prevent plants from overheating and ones like the cool weather row cloches (gardeners.com) that allow water through while trapping in the heat.

Don't let unripe tomatoes go to waste if you are unable or unwilling to protect them from frost. Harvest any that are starting to show color before the killing frost and finish ripening them indoors. The bottom of the tomato should be greenish white or starting to color up. Store your green tomatoes in a cool (60 to 65 degrees) location to extend their storage life.

Spread the tomatoes out on heavy

paper or wrap them individually in newspaper so the fruit do not touch. They will ripen over the next few weeks. Speed up the process by moving a few tomatoes to a warm, bright location a few days before they are needed. Enjoy green tomatoes fried, in relish, salsa, pies or one of many more ways.

And when the season finally ends for you, start planning for next year. Many of these same strategies can be used to jump start the season for an earlier harvest.

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

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Natural ways to fight fall allergies

As the days become shorter and the weather cools down, a new crop of allergy symptoms can arise, turning the autumn season into one marked by sneezing, scratchy throats and itchy eyes. Medications can alleviate such symptoms, but allergy sufferers may want to investigate some natural ways to beat allergies.

According to the American College of Allergy, Asthma & Immunology, ragweed is one of the more common triggers of autumnal allergies. Ragweed contributes to “hay fever,” which is a term to describe allergic rhinitis that occurs as a symptom of ragweed pollen in the air. Ragweed releases pollen in mid-August, and it can continue to be problematic until a deep freeze arrives.

Other sources of fall allergies include leaf mold and pollen that is present on fallen leaves. This gets circulated when people begin to rake or blow fallen leaves. Classroom pets and chalk dust in schools (although chalkboards are largely a thing of the past) are other autumn allergens.

The good news is that many natural remedies work just as effectively as over-the-counter medications in regard to combatting ragweed and pollen problems. Here’s how to beat the fall allergy blues.

- Stay away from pollen. Stay away from pollen and prevent it from being

tracked indoors. Remove shoes when walking through the door. Take off clothes worn outside and launder them promptly, showering to wash pollen off of the body. Use an air conditioner or keep windows closed when the pollen count is high.

- Increase omega-3 fatty acids. It is well documented that fatty acids are good for brain health and cardiovascular well-being. But these acids also may help with allergies. A German study linked foods high in omega-3 fatty acids with the ability to fight inflammation, which is a hallmark of allergy suffering. Foods that are high in fatty acids include walnuts, flax, eggs, and cold-water fatty fish.
- Rinse off pollen. Use a mild cleanser to rinse the eyelids and eyelashes of pollen, as this is where it tends to congregate after being outdoors. Use saline spray to clear nasal passages of excess pollen as well.
- Take natural supplements. A study published in the journal Clinical and Experimental Allergy found participants who used tablets of the herb butterbar showed significant allergy relief after only one week. Select herbs from reputable manufacturers who certify them.
- Use eucalyptus oil. This oil is great to have in the house to help clear up sinuses and provide nasal congestion



Leaves are a known cause of fall allergies. Raking them can stir up mold and pollen

relief. Mix a small amount with coconut oil and rub onto the chest. There also is some evidence that adding a few drops of eucalyptus oil to cleansing products can help kill dust mites around the house.

- Wear a mask. When doing housework or yard work, wear a mask to

reduce the inhalation of specific allergens.

Avoid seasonal allergies by exploring natural ways to find prevention or relief of symptoms. TF189314

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WASHOUTS

continued from page A1

where we have major roads that are overflowing or the infrastructure not able to handle it. I think that's a testament to how well our infrastructure holds up overall. Age eventually just catches up sometimes and when you have events like

this, you're happy it's just one part of one road and not several," said Golas. "Our crews have been absolutely great and it's a testament to their preparation. They're staying on top of the issues before they actually become issues and not turning their back on things while trying to stay as proactive as possible. We

do know there are improvements to infrastructure necessary and we'll continue to do that, but just being on call and being able to respond at a moment's notice when things do go wrong, it just shows how great the Department of Public Works personnel really are."

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