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Friday, October 9, 2020

Teddy G's Pub & Grille joins Coats for Kids effort

STURBRIDGE — Teddy G's Pub & Grille, at 179 Main St., Sturbridge, will be conducting a month-long winter coat drive beginning Monday, October 26 and ending Wednesday, November 25, according to owners Ted and Jenna Gidopoulos. The local effort is being conducted in partnership with the Anton's Cleaners Coats for Kids program that each year aims to collect 50,000 warm winter coats for individuals and families in need.

"This has been such a challenging year that we wanted to do something special to help out the local community and to thank everyone for their support," says Ted. "That's why we've decided not just to collect coats, but to also offer a discount to customers who participate in the drive." Customers will

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Courtesy

(Right) Donate a warm winter coat between Oct. 26 and November 25 and Teddy G's Pub & Grille owners, Ted & Jenna Gidopoulos will say "thank you" with a 15 percent discount.



Federated Church to host electronics recycling event

STURBRIDGE — The Federated Church of Sturbridge & Fiskdale will hold an electronics and appliance recycling event on Saturday, Oct. 24 from 9 a.m. to 2 p.m. The event will be held rain or shine at the rear of the church at 8 Maple St., Sturbridge. Social distancing will be observed and participants are required to please wear masks.

Residents of any town are welcome to participate to bring electronic or appliance items for recycling at a graduated cost per item:

- \$5 each for Computers, DVD Players, Printers, Laptops, Misc. Electronics
- \$10 each for Microwaves, Small Household Appliances
- \$15 each for Computer Monitors, AC's, Dehumidifiers, Large Printers
- \$20 each for TVs up to 24 inches, Washing Machines, Dryers, Stoves, Large Appliances, Grills, Exercise Equipment, Large Yard Equipment
- \$25 each for TVs between 25 and 31 inches, Large Refrigerators
- \$30 each for TVs between 32 and 35 inches
- \$35 each TVs over 36 inches

Turn To **RECYCLNG**, page **A6**

Phantoms & Fire brings spooky fun to Old Sturbridge Village

STURBRIDGE — Phantoms & Fire brings a new twist to the Halloween season at Old Sturbridge Village (OSV), with a series of haunting outdoor performances and seasonal activities for all ages. Replacing the theatrical "Sleepy Hollow Experience," which has played at the Village since 2016, Phantoms & Fire offers guests a safe take on the Halloween season, following the restrictions set forth by COVID-19.

A cornerstone of the new event is "Nevermore," a series of six outdoor performances written and directed by P.J. Griffith, specifically for Old Sturbridge Village and partner Coggeshall Farm Museum. "Nevermore" welcomes a professional cast to



United Way holds baby supply drive

SOUTHBRIIDGE — The United Way of South Central Massachusetts today partnered with Fundación MAPFRE for a combined Day of Caring and Global Day of Volunteering, by holding a "Stuffa Truck Food and Baby Supply Drive." The event collected 125 boxes of food and diapers and over \$1,000 in cash donations, with the help of 52 event volunteers comprised of MAPFRE employees, United Way Board members, Tantasqua Regional High School National Honors Society students and community members.

"Families in need



Volunteers at Big Bunny in Southbridge.

may look different – a single parent without a permanent home; a mother and father who are on a low income; or

a grandparent caring for young grandchildren, but they all need help getting the basic necessities to take

care of their families," said Mary O'Coin, Executive Director, United Way of South Central Massachusetts.

"We deeply appreciate the public's generosity and support for the

the Village to bring to life the short stories and poems of author Edgar Allen Poe, told from the perspective of characters who have just witnessed these terrors occur. The stories will play out simultaneously in six different locations around the Village and tell familiar tales of horror, revenge, obsession and deception. Performances will be repeated throughout the night in pulsating rhythm - just like Poe's tell-tale, beating heart - ensuring that visitors can see and experience them all.

Younger guests will delight in a new 2020 version of Trick-or-Treat at the Village, called "Clues & Candy." Making their way

Turn To **PHANTOMS & FIRE**, page **A6**

Mary O'Coin

Turn To **BABY DRIVE**, page **A6**

YOUR TEETH MATTER

OCTOBER IS NATIONAL DENTAL HYGIENE MONTH!

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No need to fear root canals

Procrastinating in regard to maintaining teeth and gums can prove harmful. Regular dental checkups and cleanings can reduce discomfort and expose conditions before they become especially problematic.

Root canal is one treatment men and women fear when going to the dentist. But root canals are often less painful than the symptoms that require they be performed.

A root canal is an endodontic therapy that can treat and save teeth. The American Association of Endodontists says root canal treats inflammation or infection in the roots of a tooth. This procedure enables dentists to save a tooth rather than extract it.

WebMD explains that, during a

root canal, the nerve and pulp of the tooth are removed from the inside. If the tooth's nerve or pulp chamber is damaged, it can eventually break down and bacteria can begin to form within. The most common causes of pulp inflammation or infection are a cracked or chipped tooth, a deep cavity or filling, or another serious injury to the tooth. All of these can allow bacteria to enter the pulp. Debris and bacteria can lead to infection or an abscessed tooth. Abscesses can form at the ends of the tooth roots. Swelling, pain, bone loss, and drainage into the gums may occur if a root canal is not performed.

The AAE says that people may avoid root canal treatment because they fear it is too painful. However,

with modern technology and anesthetic medications, the pain that results from root canal is on par with having a cavity filled. Damaged tissues in the tooth and the severe toothache that ensues if root canal is not performed is generally much more severe than anything that occurs during the procedure.

Patients who are worried about discomfort can speak with their dentists about pain management. In addition to anesthetic injections, some dentists specialize in medical sedation that can further calm patients' nerves during procedures.

The American Dental Association says this is what people can expect during a root canal.

- The tooth is numbed for comfort.
- A thin sheet of latex rubber is placed over the tooth to keep it dry, and an opening is made through the crown of the tooth.
- The nerve or pulp is removed. The excavated canal is then cleaned and shaped.



- Medicine may be placed in the pulp chamber to deter bacterial growth.
- The root canal is then filled with a rubber-like material to seal it. A metal or plastic rod or post may be placed in the canal to help retain the filling material so it can properly support the tooth.
- A temporary filling is placed in the tooth. During a subsequent treatment, the temporary filling will be replaced with a permanent crown or filling.

Root canals are nothing to fear. Such procedures are routine and generally produce little to no pain.

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Did you know?

According to the U.S. Centers for Disease Control and Prevention, dental caries, or tooth decay, is five times more common than asthma and seven times more common than hay fever in children. The American Academy of Pediatrics notes that children with dental caries in their baby teeth are at much greater risk for cavities in their adult teeth. Fluoride is a naturally occurring mineral that can strengthen tooth enamel and make it more resistant to the acids that can contribute to tooth decay. Parents, even those whose children do not yet have any teeth, can discuss fluoride drops or chewable fluoride tablets with their youngsters' pediatricians. The CDC notes that more than 40 percent of children have tooth decay before reaching kindergarten, but dental caries is often preventable. Parents who are diligent about their children's oral care and mindful of potential problems, such as stains on the teeth, can reduce their sons' and daughters' risk of tooth decay.

Old Sturbridge Village receives new addition to historical collection

STURBRIDGE — Old Sturbridge Village (OSV) has acquired a cherry and white pine chest of drawers attributed to cabinetmaker Nathan Lumbard. This piece of history was donated by James Ciaschini, a furniture restorer and woodworker based in Agawam, Massachusetts who purchased the chest at auction in 2014.

Nathan Lumbard (1777-1847) was a cabinetmaker who worked in Sutton, Massachusetts, but was trained in Sturbridge. He is arguably most well-known as a master of inlay, which he used to embellish much of his furniture. The four-drawer chest represents the plainest version of Lumbard's chest forms. The chest has four graduated and thumb molded drawers and rests on a molded base with bracket feet. The two-board top has chevron-inlaid edges, and a strip of quarter-round beading at the back. This strip is a feature found on all of the chests known to have been made by Lumbard.

Brock Jobe, co-author of "Crafting Excellence: The Furniture of Nathan Lumbard and His Circle" (2018) feels that the chest can be attributed with considerable certainty to Lumbard. While not depicted in Crafting Excellence, the chest is referenced as one of only three known straight-front chests made by Lumbard.

Jobe, who chairs the Collections Committee and serves on the Board of Trustees for Old Sturbridge Village, said this of the newest addition: "I'm thrilled to see this chest



of drawers enter the Old Sturbridge Village collection. Its maker, Nathan Lumbard, probably learned his trade from Oliver Wight of Sturbridge and may well have built the chest in the cabinet shop that once stood behind the Village's Oliver Wight House."

"Plain pieces of furniture, like this one, were made in large numbers but are rarely documented. To link this

one to Lumbard elevates it above many of its counterparts," said Caitlin Avenia, Curatorial Director. "The Old Sturbridge Village Museum Collection already contains three pieces produced by Lumbard: a drop-leaf table, a tilt-top stand

and a bow front chest of drawers. This acquisition further strengthens the Village's collection of documented Worcester County furniture, and its collection of pieces made by rural cabinetmakers," said Caitlin, Director of Curation.

"We are extremely grateful to Mr. Ciaschini, for his generous donation and we welcome this fine piece of history to our ever growing collection of over 40,000 artifacts," said Jim Donahue, President and CEO.



ACCURACY WATCH

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

Two test positive for COVID at Bay Path

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – Bay Path Regional Vocational High School has confirmed two positive cases of COVID-19 within the school system.

A press release on Oct. 1 from Superintendent-Director Kyle Brenner confirmed that two unnamed individuals associated with the school received positive tests for the infection. The identities of the individuals were not revealed however the press release did indicate that those with close ties or who were in close contact with the individuals were notified privately of the situation and were recommended to be tested and self-quarantine for ten days regardless of their test results.

"Though we cannot provide specific information about our school community members who tested positive, your child was not a close contact (defined as being within six feet of the person for at least 15 minutes) of the affected school members," Brenner wrote to parents in the release. "Please continue to monitor your child for symptoms and keep your child home if he/she/they shows any symptoms or is not feeling well."

The Superintendent-Director further added that Bay Path had build-in planning for this very scenario

when they discussed reopening the school. These responses include sanitation, informing families of students who were at risk of exposure or close contact, and offering support for affected families. The school is also adhering to protocols established by the Department of Health and the local Boards of Health.

"We are asking those parents whose students are tested for COVID-19 to please report the results to the school nurse. We are working hard to understand the impact of the virus on our school community and this information is critical piece of that puzzle," said Brenner. "The further prevent transmission of the virus to other staff and students, we have sanitized the school with a focus on those areas frequented by the community member that tested positive."

While the press release did not confirm whether it was a student or staff member who tested positive for COVID-19, if students are forced to quarantine due to positive tests they are provided with remote learning opportunities to help "provide instruction, structure, and an emotional connection to the classroom" during that time.

Any parents or community members with concerns are invited to contact Brenner directly at KBrenner@baypath.net.



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Friday's Child



Aleenah
Age 13

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Aleenah is a fun, outgoing girl with an enormous amount of charisma and great sense of humor. Some of Aleenah's favorite activities include bowling, roller skating, going to the movies, drawing, and singing along to the songs on the radio. Aleenah does especially well with younger children; she is always willing to help out in other classrooms, read to younger kids, and/or mentor them. Aleenah feels important and takes great pride in building these relationships.

Legally free for adoption, Aleenah is in need of a family that can provide a structured, loving home. She would do best with a single mother or a two-parent family with or without other children. Interested families should be comfortable maintaining contact with Aleenah's siblings and her birth mother, who she visits with twice per year.

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

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



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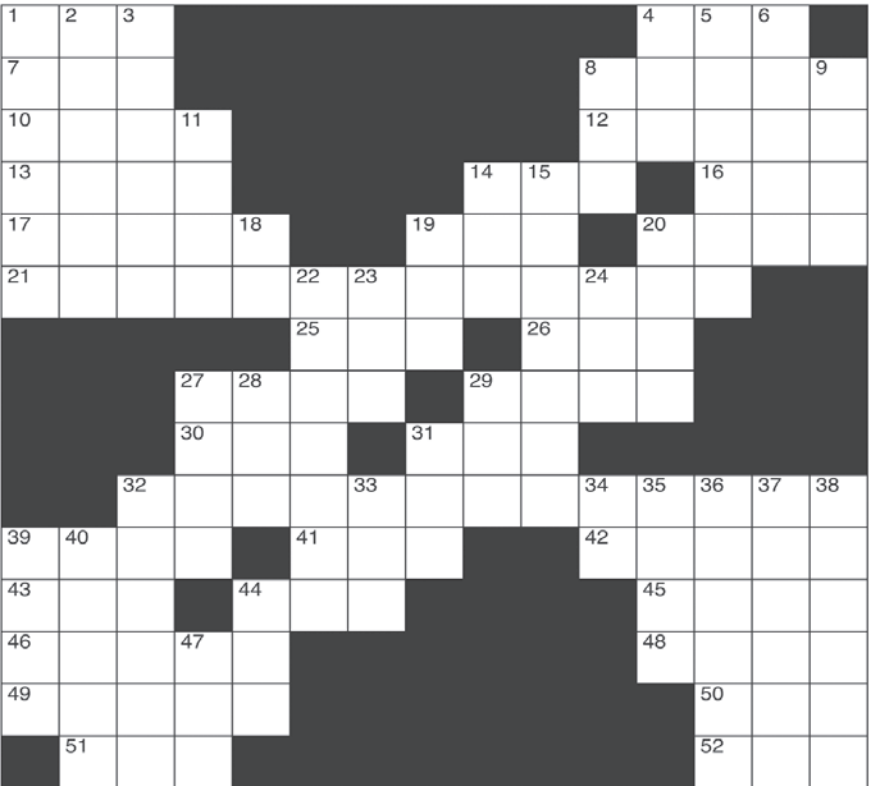
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NEWS

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CLUES ACROSS

1. They look out for kids

4. Play

7. Water (French)

8. Prayer leader

10. Small constellation

12. ___ Carta: influential royal charter

13. Pressure unit

14. Extrasensory perception

16. A symbol of “Aloha”

17. Portion of the small intestine

19. Psychedelic amphetamine

20. Very long period of time

21. British overseas territory

25. Cereal grain

26. Car mechanics group

27. Wish harm upon
29. At a specific prior time

30. Peyton’s younger brother

31. UK firefighters’ union

32. Carroll O’Connor’s screen partner

39. Popular show honoring musicians

41. Basics

42. Honk

43. Trent Reznor’s band

44. Patti Hearst’s captors

45. Long-legged wading bird

46. Specialized biological grouping

48. A coin goes in it

49. Of the wind

50. One-time measure of length

51. A very large body of water

52. River in NE Scotland

CLUES DOWN

1. Boston hoopster

2. A type of bribe

3. SE England county

4. Returned material authorization (abbr.)

5. “Hotel California” rockers

6. Italian province

8. Mischievous child

9. Popular street name

11. Boxing promoter Bob

14. Snakelike fish

15. Break into pieces

18. The Bay State

19. Time zone

20. Port city in Yemen

22. In name only

23. 007’s creator

24. No (Scottish)
27. Baseball’s Gordon and rock’s Snider are two

28. Pie ___ mode

29. Don’t know when yet

31. Supervises interstate commerce

32. Make a ringing metallic sound

33. Helps little firms

34. Pound

35. Lilly and Manning are two

36. Put on the back burner

37. Baltimore ballplayer

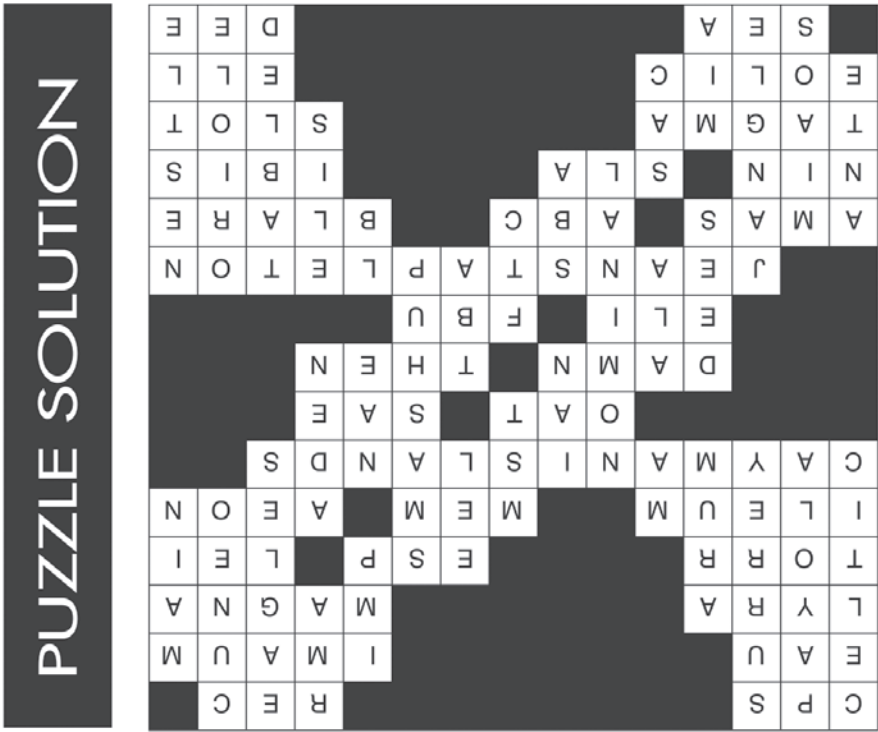
38. Cuddle

39. Poker stake

40. Drinks to celebrate a birth (Spanish)

44. Pouch

47. Not around



QCC sophomore fights COVID one note at a time

WORCESTER — One Quinsigamond Community College student has put her own spin on how to deal with today’s national health crisis – through song. Sophomore music major Mason Wheaton sang her way into the hearts of many, with her self-written and self-recorded video song, “We Can Fight the Virus,” sung to the tune of Bill Joel’s 1989 hit, “We Didn’t Start the Fire.” Her rallying cry celebrated the start of school at QCC, and offered a brief insight into what students, faculty and staff are doing to push forward during these unprecedented times.

“Mason is an example of the incredible talent that we see in so many of our students. This was a fun and effective way to demonstrate what we can and should be doing to fight the virus. Mason’s song will resonate with many in the days and weeks to come,” QCC President Dr. Luis G. Pedraja said.

Ms. Wheaton is a first generation college student, and her journey to higher education is similar to many community college students.

“I started college later in life at age 22. I didn’t know what I wanted to do, so I hesitated because I didn’t want a lot of debt, but I was worried about my future and didn’t want to keep working in low level jobs,” she said.

After a bit of self-reckoning she enrolled at QCC to, as she put it, “save money and have a better life.” She registered for classes in 2019, taking a full course load and becoming an active member of the college community. She became a member of the Phi Theta Kappa Honor Society; a student peer mentor; a tutor in the college’s Writing Center and a member of the college’s Music Club.

When Music Professor José Castillo was asked to find a student to perform a parody song to motivate the college during the pandemic, he immediately thought of Ms. Wheaton.

“My responsibility was to choose the perfect performer for the song. Someone who would not only have

a beautiful voice and musical talent, but also someone who would make the lyrics come to life and add a special charisma to the overall project,” said Music Professor José Castillo. “I have worked with Mason for the past year, as she is part of the music option degree program. Mason has always been eager to take on new challenges in and out of the classroom, which is an excellent quality to have.”

Ms. Wheaton said the lyrics she wrote were inspired by information she found on the college’s website. Due to COVID-19 and in-person restrictions, she recorded the song at home on her phone in her closet, after Mr. Castillo suggested the clothing in the closet would help absorb the echoing sound often heard when recording in a room. Mr. Castillo assisted with the background music and put the production together. Not only has the song become a hit with the college, it has also earned additional attention through the college’s social media platforms.

“I am hearing from everyone how they loved the song,” she said.

Ms. Wheaton plans to graduate in spring 2021 with her associate degree in music, and hopes to transfer to UMass Amherst to major in vocal performance/ vocal pedagogy and become a vocal teacher. She said she is grateful to have begun her higher education at QCC.

“There is no shame in going to a community college. It’s the smarter way to go to school especially if you don’t have a lot of money, and then you can easily transfer to a four-year school,” she said. “I want to help students become interested in being a part of the college community and follow their dreams.”

To listen to part of Ms. Wheaton’s song, visit www.QCC.edu/fight-the-virus. For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

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VILLAGER STAFF DIRECTORY

EDITOR
BRENDAN BERUBE
(508) 909-4106
news@stonebridgepress.news

SPORTS EDITOR
NICK ETHIER
(508) 909-4133
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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(508) 909-4101
frank@stonebridgepress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

EDITOR
BRENDAN BERUBE
(508) 909-4106
news@stonebridgepress.news

PRODUCTION MANAGER
JULIE CLARKE
(508) 909-4105
production@stonebridgepress.news

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



Maddy Ricci, Ed Galonek, Sr., Tom Vangel, and Tony Fesolo.



Jay Brenner, Jim Waddick, and Phil Pettinelli.

Dr. Van’s Golf Tournament held with restrictions

THOMPSON, Conn. — On Sept. 16, amid the global pandemic, close to 60 avid golfers turned out for the 38th annual Dr. Van’s Golf Tournament at the Thompson Raceway Golf Club in Thompson, Conn. The beneficiaries of this year’s tournament are Harrington Hospital’s Cardiac Rehab Program and Southbridge

Rotary Club’s high school scholarship program. The weather was perfect and the golfers, donning face masks when gathering, had a great round of best ball golf. First place winners were Edward Galonek, Sr., Maddy Ricci, Tom Vangel, and Tony Fesolo. A special thank you to the following

sponsors: Platinum Level – Savers Bank, Incom Inc., All-Star Incentive Marketing and Cornerstone Bank, Gold Level – Universal Tag, Silver Level – Daniel T. Morrill Funeral Home and Associate Level - Whitco Sales, Coca-Cola, Calise Bakery, Hyde Group, and A&M Tool & Die. Rotary Club of Southbridge is a

community service, non-profit organization that focuses on club, vocational, community, international and new generations service. For more information visit the Rotary Club of Southbridge Facebook page (@SouthbridgeRotaryClub).

QCC’s early college program gets a boost

WORCESTER — Quinsigamond Community College has been awarded a Commonwealth Dual Enrollment Partnership (CDEP) Grant of \$32,400. The grant provides funding for high school students to take college-level courses that fulfill high school requirements, as well as earn college credit towards their degree. The CDEP helps to ease the transition from high school to college, enabling high school students to get a head start on their college careers. The program offers academic experiences to qualified students who otherwise may not have access to an early college experience. The

CDEP’s goal is to increase the population of high school graduates who are college ready. QCC has a strong Early College Program and is a pathway to higher education for those historically underserved. Since 2018, the College has worked with Worcester Public Schools, creating college equity access to more students. Currently, the College has partnered with seven Worcester Public High Schools and 22 Central Massachusetts High Schools. Classes range from general education to business and health-care. “The CDEP Grant funding will be

used to offer college credit courses to underserved students in the Worcester County Early College Programs,” said Christina Hebert, director of Educational Partnerships K-12 & Early College Initiatives at QCC. “We are excited that this CDEP Grant will enable us to offer credit courses to students in schools that to date have not had access to this type of program.” Governor Charlie Baker and Lt. Governor Karyn Polito praised QCC’s program in a letter to President Dr. Luis Pedraja. “We want to thank you for your commitment to increasing college

participation through dual enrollment activities, particularly for low-income, underrepresented, and first-generation college students. Through this funding and your continued support, we hope to expand access to great educational opportunities for every student in the Commonwealth.” Visit www.qcc.edu/early-college to learn more. For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

RECYCLING

continued from page A1

- \$40 each for Projection TVs
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- Cash is preferred. Checks will

be accepted for items requiring payment of \$30 or more. The event is being held in collaboration with Green Day Recycling. If you have questions, please email GreenDayRecyclingMA@gmail.com.

PHANTOMS & FIRE

continued from page A1

throughout the commons, families can collect clues and stamps that can be turned in for a big bag of goodies at the end of their visit! Participation in "Clues & Candy" is open to all ages. Costumes are encouraged at the event, but COVID-safe facemasks must still be worn in following state and local guidelines. Guests can enjoy live music during Phantoms & Fire with the "Mysterious Melodies of Lawrence Trailer," a haunting take on the acoustical stylings of local Singer/Songwriter Lawrence Trailer. Food and beverages will be available for purchase during the event at the ghoulishly transformed "Prospero's Tavern." Also a feature of the evening, The Headless Horseman will ride again, making appearances

throughout the Village. Tickets for Phantoms & Fire are on sale now for \$16 per adult and \$12 for youth ages 4-17. Children under 4 are free to the Village during this event. Phantoms & Fire will take place Wednesdays through Saturdays, Oct. 21-31, with three times for arrival at 5, 6, and 6:30 p.m. Once in the Village, guests are welcome to stay until the event concludes each night at 8:00p.m. Pre-registration is required, with tickets available at: <https://www.osv.org/event/phantoms-and-fire/>. Phantoms & Fire is presented by Country Bank. Phantoms & Fire is also coming to Coggeshall Farm Museum located in Bristol, R.I. on Sunday, Oct. 25 and Sunday, Nov. 1. More details on the Coggeshall event can be found at: <https://www.coggeshallfarm.org/event/phantoms-and-fire/>.

TEDDY G’S

continued from page A1

receive a 15 percent discount off the food portion of their tab on the day they bring in one or more coats for the drive, according to Gidopoulos. “To obtain the discount,” he added, “customers should place the coat they wish to donate in a bag, and present it to the host on arrival, who will exchange it for a coupon to be presented with your payment at the end of your meal. Your server will then deduct 15 percent from the food portion of your bill (the discount does not apply to alcoholic beverages, tax or tip).” Coats for Kids accepts warm winter coats - - kids, adults, and babies - that are gently used, good quality, and all sizes (especially XL and infant/pre-K sizes). The drive does not accept coats with rips, tears, broken zippers, or permanent stains, nor does it accept sweatshirts, vests and spring coats. “Please donate coats you would give a friend to wear,” advises Jenna, “and please be sure to empty out all pockets.”

All donated coats are cleaned free of charge by Anton’s Cleaners then made available to a network of over 90 distribution partners made up of local nonprofits, social service agencies, schools, and religious groups to ensure the coats are given to those who really need them, also free of charge. Teddy G’s is a casual American Pub & Grille that is open for dining and take-out Sunday to Tuesday from 11 a.m. to 9 p.m. and Wednesday through Saturday from 11 a.m. to 10 p.m. Currently operating in compliance with state and national safe distancing guidelines, dinner is presently being served both indoors and outdoors under a heated tent. Reservations are accepted until 3 p.m. daily at (508) 347-1900 or (508) 347-9300. Walk-ins are welcome on a first-come, first-served basis from 3 p.m. until the restaurant reaches capacity. Partners for this year’s Coats for Kids drive include Anton’s Cleaners, Jordan’s Furniture, Enterprise Bank, Boston 25 Cares, Kiss 108FM, Jam’n 94.5, 101.7 The Bull, WBZ 1030, 97.7 The Beat, WRKO, and 100.7 WZLX.

BABY DRIVE

continued from page A1

families in our community.” With the help of local dealerships, McGee Buick GMC, McGee Toyota and Place Motor Ford, new pickup trucks and vans were in the parking lots of Big Bunny Market in Southbridge, Park N Shop in Dudley and MAPFRE Insurance on Gore Road in Webster, to collect nonperishable food and baby supplies, such as diapers, jarred food and cereals. The proceeds were distributed to local food banks, Webster-Dudley Food Share, Webster St. Vincent de Paul Food Bank, Charlton Chip-In and Southbridge Food Share, as well as service organizations, such as Our Bright Future food closets in Webster and Southbridge.

zation that supports local agencies that provide health, education and financial stability services that profoundly affect the lives of those who live and work in the communities we serve. For more information, call (508) 765-5491 or visit www.uwscm.org. Follow on Facebook @United Way of South Central MA

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PRESIDENT AND PUBLISHER

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EDITOR

EDITORIAL

The need to unplug

Ofentimes, our ideas for editorials arise when something close to us personally surfaces that hits home, or when we hear a significant amount of chatter about a specific topic. This week, the chatter has been about national news overload.

We love the news — after all, it's what we do. Sharing information with our readers on the local level is both an honor and a necessity. This week, however, we have heard many people say they just can't listen to the national news anymore. They feel bombarded, often times leaving them feeling depressed and overwhelmed. News junkies watch the news every morning and night, check their Twitter feeds, listen to talk radio on their commutes and are constantly in the know. It's important and responsible to be aware of what's happening around you, however finding a balance is key, even for those of us in the businesses.

It seems as though the national news cycle has been nothing but chaos over the past several years, especially with regard to the current presidential election. Relentless statistics about the COVID-19 pandemic and negative commentary trying to pass itself off as analysis of the candidates and their platforms seems to ping our phones almost on the minute. This can be exhausting.

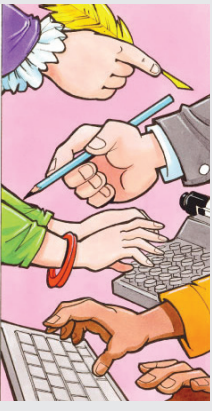
As a way to catch your breath, pick one day of the week as a 'no news' day, sort of like a news siesta. Get outside, unplug, read a book, listen to some vinyl or watch Cobra Kai (we do recommend for a splash of nostalgia). Attempt to shut off the little magic box we all stare at way too much on the daily. Could landlines actually still serve a purpose?

If you feel like you can't make a difference, realize that you can. First, it goes without saying, get out and vote. Second, do something every day to make the world a better place, even if that means your own little world. Such actions result in the domino effect.

Take some time to count the blessings in your life. Positivity still surrounds us in bulk if you look for it. Family, friends, dogs, crisp fall leaves, apple crisp, bacon, a friendly wave from a neighbor, morning coffee, a cold drink, a beautiful hike or walk, a good novel and a nice music blasting session are just a few things we can lean on to always lift us back up.

LETTERS

Extra! Extra! Read All About It!



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

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

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

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

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

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

So, what are you waiting for? Start writing!

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Tips to Carve a Full Fall Display

No traditional New England harvest display would be complete without a parade of fat pumpkins and a sprinkling of assorted gourds. The simple pumpkin, rich in both nutrition and heritage, has long served as an object of intrigue and even today, generations of Native Americans hail the pumpkin's healing seeds as a medicinal sedative. Add in the mystique of the annual Halloween Jack-O-Lantern, and its no wonder both pumpkins and gourds remain an autumn wonder, touted for both their culinary and decorative virtues. Here are some tips to "carve out" a fun fall display!



TAKE THE HINT
KAREN TRAINOR

pumpkin float for a few hours, or even overnight, allowing the insides fill with water. Put a little bleach in the water if you wish to prevent mold. The pumpkin absorbs the water and become very firm. Anytime your pumpkin shrivels, soak it in a bath of cold water for one to eight hours to rejuvenate it. **

Another way to extend a lighted Jack-O-Lantern's life is to poke a vent hole or two in the top of the pumpkin to vent the heat and slow the rotting process.

Jack-O-Lantern Lore Legend has it the Jack-O-Lantern evolved from an Irish tale involving a drunkard named Jack. According to the longtime yarn, Jack was a trickster who playfully deceived family members. His fate was sealed the day he attempted to trick the devil into climbing an apple tree. Once Jack convinced the devil to climb the tree, he placed crosses around the tree trunk, trapping the devil. With the devil cornered, Jack refused let him down until he promised not to take Jack's soul when he died. The story goes that many years later when Jack died, he couldn't get into heaven, yet he was turned out of hell too, because of the devil's long ago promise. Jack found himself with nowhere to go. He asked the devil how to leave the gates of hell as there was no light to guide him. According to the tale, the devil threw him an ember from the flames of hell to help him light his way. Jack put the burning ember inside a hollowed out pumpkin. From that day on, it is said that Jack wandered the earth without a resting place, lighting his way with his lantern, thus the legend of the "Jack-O-Lantern," was born.

Win Dinner for Two at the Publick House

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

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

Unexpected twists and turns

Life is rarely as we plan it. What we expect often turns out differently and we are reluctantly forced to adjust accordingly. Riding the waves of life is what we make of it. It can be waves of frustration or we can allow those same waves to take us on a fascinating journey.

I didn't plan on spending the last few days in the hospital, yet here I am. So, I'm writing this column on my phone rather than my laptop. I'm doing so, the old-fashioned way, without the use of my usual editing program. I'm horrified how this may be received by your newspaper but hopefully we can take it all in stride.

If you are a regular reader of my column, you know I'm fighting Stage 4 Stomach Cancer. It's not what I expected. This isn't what I planned. Lying in this hospital bed using one finger to type my column on a phone certainly isn't what I anticipated happening ... but it did.

So, what do you do when life unexpectedly changes your plans? You can react to the problem or you can respond. You can react with anger, sadness, frustration, or depression, or you can respond with courage to overcome the adversity. You can use your intuition to guide you. You can harness thoughtful and logical creativity and act to overcome the unexpected obstacle.

I've written about this before.



POSITIVELY SPEAKING
GARY W. MOORE

There is a difference between reacting and responding. Reacting is usually a knee-jerk reaction that usually compounds the problem and makes it worse. Always try not to react.

Responding is different. When we respond, it's usually with calmness and courage to face the situation. Face the issue and always respond.

It also makes a difference in how we label things. We can call them problems or situations. Problems are nasty, headache causing circumstances that usually cause a reaction. A situation insinuates a circumstance that you can resolve. Label all your obstacle and unexpired circumstance as situations and not problems.

So, I'm choosing tonight to respond to the situation of being in the hospital rather than reacting to a problem that's out of my control. I can make this a problem or situation. I choose it to be the latter. either one true. This newspaper may fire me over this problem if I can't resolve it. I instead choose to overcome this situation with courage, careful thought and logic and not disappoint the newspaper that relays on me.

Think about interchanging these words... react vs respond and problem vs situation. We can look at the

Can you influence your financial aid award?



FINANCIAL FOCUS
JEFF BURDICK

Right now, the pandemic is causing chaos and uncertainty for colleges and students. But it won't always be that way. And if you have children who will be heading off to school in the next few years, you're probably thinking about more typical concerns – such as expenses. How will you pay for the high costs of higher education?

Most colleges do offer financial aid packages that can greatly help with these expenses. But it pays to know, well in advance, how financial aid works. And the key platform for determining much of your child's financial aid is the Free Application for Federal Student Aid (FAFSA). In fact, if you have children starting college next year, now is the time to get going on the FAFSA, which became available Oct. 1 for the 2021-22 award year.

Filling out your FAFSA will provide you with what's known as your Expected Family Contribution (EFC). The EFC calculation takes into account four separate areas: parent income, parent assets (excluding retirement funds, such as 401(k) plans and IRAs, home equity and small family businesses), student income and student assets. The EFC does not calculate the exact amount you must pay for college – rather, it's an estimate, and the amount you pay can be below or above this number.

Nonetheless, the EFC is important in determining your financial aid package, and your actions can influence the results. Here are a few suggestions for future years:

Save money in your name – not your child's. FAFSA will just consider up to 5.64 percent of a parent's assets, compared to 20 percent of a student's assets.

Be aware of how retirement plan contributions can affect aid. Many of your current assets, such as your retirement accounts, may be excluded from the EFC calculation. However, any voluntary contributions you make to your 401(k) or traditional IRA during the "base" year (the prior tax year) generally must be reported on the FAFSA and are counted as untaxed income; consequently, these contributions may have a similar effect on aid eligibility as taxable income. Mandatory contributions, such as those made by teachers to a state retirement system, are generally not reported on the FAFSA.

Avoid withdrawals from your 401(k) or traditional IRA. The money you take out from these accounts in the years you fill out the FAFSA, and the prior tax year, may count as taxable income in the financial aid calculations. If you really need the money, you may want to consult with your financial professional for alternatives.

Consider having children put earnings into a Roth IRA. Money from after-school or summer jobs your children put in a Roth IRA may not be included in EFC – plus, your kids will get a head start on a tax-advantaged retirement account. Keep in mind, though, that Roth IRA withdrawals could be considered as taxable income on the FAFSA if the account owner is younger than 59 ½, which will be the case for your children, or the account is less than five years old.

Not all these suggestions will be appropriate for everyone, but they're worth thinking about. You might also want to consult with a college's financial aid officer before you complete the FAFSA, as aid calculations can be complex. An investment of your time and effort early in the process may pay off when the aid packages are finally delivered.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edward-jones.com.

Fishing with a friend



THE GREAT
OUTDOORS
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RALPH
TRUE

This past Friday, Matt Fontain and this writer decided to make a trip to Galilee, R.I. to do some fishing for seabass and tautog. After stopping at Quaker Lane Bait and Tackle shop to pick up some green crabs for bait, we headed for the boat ramp at Galilee. Upon arriving just after daybreak, we found ourselves in line at the ramp. "Fishing must be good, Matt" were the first words out of my mouth. After finally launching the boat, we managed to catch a few mummies for bait, but they were extremely scarce.

Matt went to park the car and trailer, which gave me some time to talk to a few anglers that had recently returned from Block Island. They had been fishing most of the night, and all managed to retain a keeper striper. I mentioned about all of the trailers in the parking lot and wondered if they were mostly fishing for stripers. "Heck, no," one guy replied, "they are out chasing Bonito or False Albacore." Matt was returning from parking the car and trailer, so it was time to go fishing.

We headed out through the East Breaker Wall, and planned to fish in front of the light house at Point Judith. We spotted a group of boats fishing in front of Scarborough Beach



Courtesy

Matt Fontain with a few of the seabass and tautog we caught last week.

area, so I mentioned that they more than likely were catching tautog, as it is always a hot spot in the fall. As we arrived in the area, we soon realized that they were all chasing Bonito. After observing numerous bonito busting the water around us, I decided to give it a try. After a few minutes of fishing Matt suggested that we go back to the area around the Lighthouse. "I just don't feel it," he stated, meaning that he felt we were in the wrong spot.

"Let's go," I stated. Arriving at a spot a mile off of the lighthouse I lowered my rig bated with green crab. "Wow, I got a fish on!" The rig had barely hit the bottom and I was hooked up to a good fish.

As the fish was reeled up to the surface, we realized I had a large seabass. It was lock and load action for the rest of the morning, catching seabass and tautog using crabs as

bait. We left a bit early because of a squall with heavy winds coming into the area, but it calmed down as fast as it came in. We were already half way back to the launch area, so we called it a day. We are heading back this week for some more action. Tautog fishing is heating up fast, so give it a try.

Two local youngsters harvested a deer this past Saturday in the valley area. It was an opportunity for them to hunt deer during the special one-day youth hunt that is an annual event. Because of the deadline of this column, I was not able to acquire the names of the two young hunters. Hopefully, there will be more information on the two successful hunters.

This past Saturday, the Uxbridge Rod & Gun Club had their first Pheasant hunt under their Preserve hunting license. It sure was nice to get the dogs out hunting for the

first time. Numerous breeds of bird dogs did there thing of pointing and flushing birds. Labrador Retrievers, Pointers, Springers, Brittney's, and a Griffon were some of the dogs hunting this past weekend. The smell of spent gun powder in the crisp morning air after downing our first pheasant of the year was a sure sign that fall was here. Dog owners that took the time to train their dogs during the off season were rewarded with some great dog work in the field. There is nothing more enjoyable than hunting over a well-trained dog. This week's picture shows a few hunters ready to enjoy a day in the field hunting pheasant, at the Uxbridge Rod & Gun Club.

Duck & Goose hunting opens on the 13th of October this year, in the Central District. Because of the low water in most ponds and rivers hunting ducks may

be a lot different than previous years. Locating areas of water along small streams, needs to be done prior to opening day. A good retrieving dog will save you a lot of otherwise lost birds. The wood duck population is high this year, as the birds had a good nesting season, as did the resident goose population.

Trout stocking by the Massachusetts Fish & Wildlife has started and most ponds and lakes that normally receive a fall stocking should be completed by the end of this week. The recent cool nights helped cool the water, but we still need a few inches of rain. Hopefully, we will get a good soaking soon.

Stay safe and wear a mask when out in the public!

Take A Kid Fishing & Keep Them Rods Bending!



Courtesy

A few of the club members ready to hunt pheasant this past weekend.



ANTIQUES,
COLLECTIBLES
& ESTATES
.....
WAYNE TUISKULA

Adjusting to the times: Get your antique and collectibles appraised without leaving home

The pandemic has affected all of us in some way, and non-profits are no exception. The Worcester Historical Museum recently reopened with social distancing guidelines in place. The Worcester Art Museum is scheduled to reopen this week. Cancelled events due to COVID-19 decreased revenue at these larger non-profits. Smaller non-profits typically have fewer grants and have likely suffered larger setbacks due to COVID-19. With the inability conduct in-person meetings, members of smaller non-profits have not been able to share the camaraderie with those who hold similar interests.

One local non-profit group is learning how to adapt during these unprecedented times. The Townsend Historical Society recently approached me about appraising items virtually. I had appraised items at a live appraisal event for them in Townsend in 2017. I enjoy the interaction with the public at these events and look forward to having that interaction soon, even if it's through a screen.

The event will take place via Zoom during the Townsend Historical



Society's "Virtually Vintage: A Live, Online Antique Appraisal Event" on Oct. 10 from 10 a.m. to 1 p.m. You can buy tickets to get your items appraised on their website: townsendhistoricalsociety.org. Appraisals are \$10 each or 3 items for \$25. After you purchase your ticket(s), you can either send photos of your items and any history that you

have or bring them in person to Townsend on the day of the event. Ticket holders will be able to watch the entire event or just sign in when it is time to have their items appraised.

I have been working closely with Taber Morrell, the Site Administrator for the Townsend Historical Society, to prepare for the event. In an email interview, he said that the Site Administrator is responsible for the "Reed Homestead where [they] do most of [their] tours and programs, and where [their] records and artifact collections are stored." Morrell also said: "the position extends to other historic buildings

Turn To **ANTIQUES**, page **A10**



Town of Sturbridge Administrative Assistant to the Health Department

The Town of Sturbridge Board of Health has an immediate opening for a 25 hour a week Administrative Assistant in the Health Department/Board of Health. This position provides administrative support to the Health Department in a fast-paced and constantly changing environment. The ideal candidate is a flexible self-starter with exceptional organization and customer service skills. The Administrative Assistant is required to attend night meetings, take and prepare minutes, interact with the public and work with other Town departments. Must have the ability to take initiative when necessary and constantly multi-task. Experience performing clerical duties and ability to use Microsoft Word and Excel required.

Prior municipal experience preferred, but not required.

To apply, please submit the Sturbridge employment application, resume and cover letter to Kenneth Lacey, Jr at klacey@sturbridge.gov, or Health Department 301 Main Street, Sturbridge, MA 01566. Salary range is \$19.11 - \$19.88 per hour dependent on qualifications.

Priority consideration given to applications received by October 15, 2020.

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MOORE

continued from page A8

same event and react to a problem or respond to a situation. How we label it determines what we think I, and what we think determines how we view the obstacle. And again, how we view it determines if we react or respond.

I'll admit. The fact I'm being contained in a hospital without my computer caused me to momentarily react and become frustrated, but I took a breath and said out loud, this is a situation to be solved and not a problem. Once I thought about my options, my phone was it, and I resolved my situation and began typing.

As I began this column saying, life is never perfect. There will always be unexpected events that change destroy our carefully laid plans. The only choice you have in those moments is to label it as a situation rather than a problem and respond rather than react.

I always choose to respond.

Will you join me?

P.S.: I'm going to be fine. I had a bowel obstruction which is resolving itself. I hope to be released today.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMoore721 and at www.garywmoore.com.

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Grow garlic this fall for flavorful meals and health benefits



GARDEN
MOMENTS
.....
MELINDA
MYERS

Add a bit of flavor and health benefits to your main course with some home-grown garlic. This vegetable has been used for thousands of years as both food and medicine. Today it is credited with fighting heart disease, lowering blood pressure and cholesterol, and boosting the immune system while fighting cancer. Grow garlic in a well-drained soil and full sun. Plant cloves in fall about six weeks before the ground freezes in cold climates and early winter in warmer

regions. Garlic needs 6 to 8 weeks of cool temperatures below 40 degrees for the shoot and bulb to develop. The leaves will form during cool, short days then slows as bulb growth begins when the days are warmer and longer. Plant individual cloves with the pointed side up and the base of the clove 2 to 3 inches below the soil surface. Space cloves 6 inches apart in rows 12 to 14 inches apart or more depending on the variety. Mulch the soil with weed-free straw after the ground freezes in regions with cold winters. This provides added insulation and helps prevent frost heaving that occurs when temperatures fluctuate, causing soil to alternately freeze, thaw and shift throughout the winter. Water thoroughly and often enough to keep the soil evenly moist during active growth. Inconsistent moisture during the growing season results in



Melinda Myers

Plant garlic cloves in fall about six weeks before the ground freezes in cold climates and early winter in warmer regions.

ANTIQUES

continued from page A9

we care for as well, a 19th century grist mill, cooperage, church, and some monuments throughout town.” Mr. Morrell provided me with some additional information on the organization and event. The group has close to 300 members who are “really active with the Historical Society and its programs.” He informed me that the “appraisal held in 2017 along with our Arts and Crafts Fair are absolutely the most talked about events.” Unfortunately, the fair had to be canceled this year, but the organization has been working hard to make many other events accessible virtually. Mr. Morrell said that the Townsend Historical Society has run a “virtual open house, an online presentation about the history of tourism in New England, and [they are] even working on a web-based cemetery tour for October.” He informed me that “members have been craving another edition of the antique appraisal

[held with me] in 2017” and they hoped to “create a virtual version we could make a lot of people really happy.” I look forward to utilizing modern technology to help online attendees learn more about their historical artifacts. I hope to see some regular readers of this column through my screen. In addition to the virtual appraisal with the Townsend Historical Society, we also have other exciting events coming up this month. We will be holding an estate sale in Stoneham, Mass. on Oct. 17, following COVID-19 safety guidelines. Bidding will end on October 28th for our online coin auction. We are still accepting quality consignments for our multi-estate online antiques and collectibles auction ending on Nov. 11. 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.

misshapen bulbs. Mulch the soil with shredded leaves, evergreen needles, or other organic matter to conserve moisture, suppress weeds, and improve the soil as it decomposes. Double your garlic harvest by using the curly Q stems, called scapes, in cooking and flower arrangements. Watch for these curled stems about a month after the spring leaves appear. Remove the scape soon after the swollen part appears at the tip of the stem. Cut or break the scape off just below the swollen area. All parts are edible and can be used fresh or cooked just like garlic. You will not only enjoy the mild flavor but removing the scapes helps increase the size of the garlic bulbs. Harvest garlic when about one third, but less than one half of the leaves turn brown. Start by digging one plant and checking the garlic for maturity. Cloves should be plump and fill the skin.

Immature garlic does not store well while over-mature bulbs are subject to disease. Cure garlic for 3 to 4 weeks in a warm, well-ventilated location. Once dried, remove the tops and store in a cool, moderately humid location with good air circulation and out of direct sunlight. Properly harvested and cured garlic will last for up to 8 months. So, plant some garlic this fall and add flavor and health benefits to your meals. Gardening expert Melinda Myers has 30 years of horticulture experience and written over 20 gardening books, including Small Space Gardening. Myers is the host of The Great Courses “How to Grow Anything” DVD series and the nationally syndicated Melinda’s Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers’ website is www.melindamyers.com.

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Trinity Catholic Academy hosts 25th Annual Golf Classic

CHARLTON — On Saturday, Sept. 26, the Trinity Catholic Academy 25th Annual Golf Classic was held at Heritage Country Club! The weather could not have been better and golfing capacity was “full!” This annual event is the most important fundraiser for the school each year. Thank you to Heritage Country Club for helping make this event a reality under proper restrictions and a maximum turnout!

A grand thanks to Bermer Tool & Die and Dao Automotive, our two major sponsors along with our many valued regular and new sponsors who came forward to support the event reflecting the several towns that TCA students reside.

Sponsors, donations and raffle gifts galore made this a winning day for all!

Tournament 1st Place: A. Forget, Leo Forget, D. Lee & C. Dombrowski (photo)
2nd Place: M. Soper, D. Soper, J. Langlois & B. Gregoire
3rd Place: M. Durocher, C. Litchfield, J. Osimo & E. Reno

In honor of the 25th year - 25th place foursome was also recognized and awarded a fun prize.

More than 60 raffle items, money tree and golf club raffles were also held.

The Tournament, along with Fr. Ken Carnival, recognized seven individuals for their dedication to Trinity Catholic Academy and the Southbridge Community for over 25 years to the following: Deb Curran – 2nd Grade Teacher, Colleen Casey – 8th Grade Teacher, Paula Letourneau, School Secretary, Janet Garon, Joe LaFleche – Advisory Board Member, Josie Cita – Principal, and Bob Clemence longtime supporter, board member and so much more.

The original Golf Committee began this event in support of TCA and its mission to provide academic excellence, athletics, and the arts 25 years ago. It is our intention that as we continue this mission Trinity Catholic Academy will continue to soar to new heights and



make a difference in each student's life for years to come. Catholic education has existed in Southbridge for 150 years, it takes all of us to continue the tradition and legacy in the town of Southbridge.

Tournament Director, Paula Toti and committee have been together for over 10 years. Bob Clemence, who is on the current committee and one of the original Tournament Directors says, “...with all that is happening in the world, this group created a miracle event! Being part of this for so long keeps me grounded in the fact that we are all doing this to keep the joy of a valuable school moving into the next generation!”

The year 2020 not only marks the 25th anniversary of the tournament, it is also the 30th Anniversary for Trinity Catholic Academy and the 150th year of Catholic Education in Southbridge. A memorabilia table was set up which

intrigued many who took time to reminisce. Community and alumni alike, flock to this event annually including new players and new connections. We

were able to capture a photo with all Southbridge Catholic Alumni in attendance from all Southbridge Catholic Schools past and present.

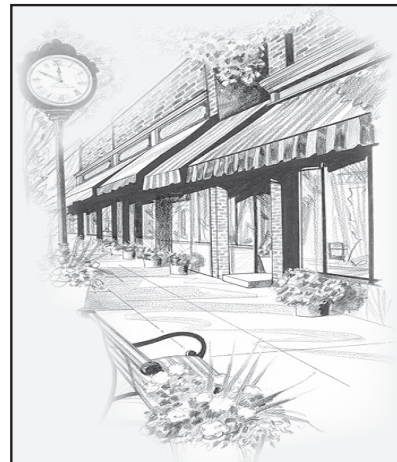
Emily Lifson of Holland begins Lasell Works program

NEWTON — More than 60 first-year students at Lasell University, including Emily Lifson of Holland, are enrolled in the Lasell Works Program.

Lasell Works is a career development and cost-savings initiative that offers professional mentorship and allows students to take all of their sophomore year coursework online in order to engage in yearlong work experiences. These

work experiences provide students with unparalleled opportunities to connect what they learn in the classroom with hands-on experience, and a decreased tuition rate ensures that students graduate in healthy financial situations.

For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.



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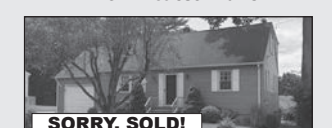
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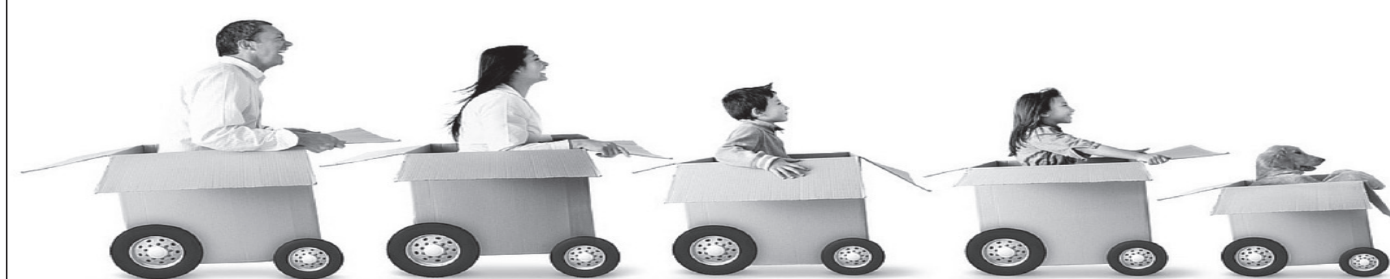
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Tracking teaches new way to look at nature

BY GUS STEEVES
CORRESPONDENT

REGION – For many, winter is a time of skiing. But it's also a great time to learn a far older skill – tracking.

To “cybertracker” George Leoniak, who recently presented what he termed some “cool mysteries of tracking” online for Mass Society of Conservation Professionals, anyone can do it with some dedication. Going around the “room,” he started by asking how much experience participants had, and most had very little.

“Kindergarten or fourth-grade expertise? That's great,” he said. “I love going into the field with kindergartners and fourth-graders. ... They get into the stories and want to give back.”

There are three key aspects to tracking – learning the terms, understanding how to measure, and watching the dynamics of motion that make the tracks we see. It's more than just footprints, though; good trackers learn a lot from scat, nests, feeding signs, scratches on trees, and a whole host of other marks of life.

Interpreting them well often depends on “starting at the right spot and the right time.” Frequently, the same species' track can seem to be that of a different species depending on a host of factors, including the fact “different animals [have] different personalities out there,” Leoniak said. For example, raccoon tracks can mimic otter or fisher, small rodent tracks can seem to be those of birds or even frogs, and it can be challenging to identify which canine or feline

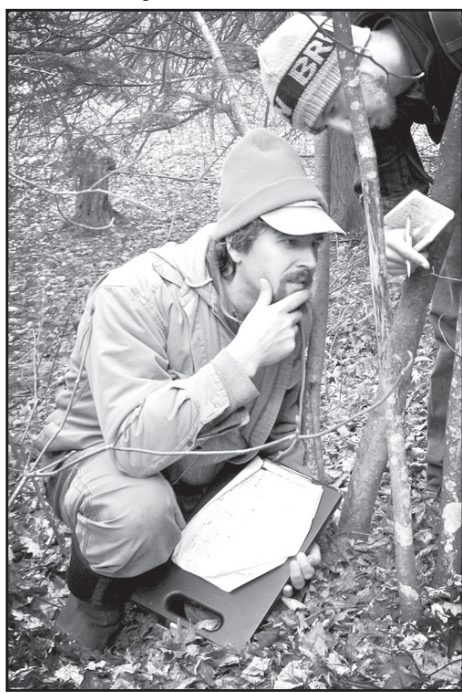
track you're seeing.

That takes experience – “building up a slow process of seeing tracks over and over again,” sketching their details, taking pictures, measuring them and comparing them to field guides. “You can put all that together and you're playing with this visual language,” he noted. “... Come up with your best analysis of what you see there even before you get to what you think it is.”

In essence, what's critical is figuring out what the animal is doing. As always, he notes, be careful of your assumptions, because they can make it hard to see what's actually happening. One important, but often overlooked aspect of any track series is what he defined as “negative space” – which occurs both within the track itself and between the tracks of a sequence. In the former, it can help identify what species it is – particularly distinguishing between canines, who tend to have a X-like space between their pads, and felines, who don't. In the latter, it helps determine “the behavior the gait says to us.”

As an example, he showed a hunting carnivore stalking a mouse – it took a couple of hops, pounced and broke through the snow crust, and trotted away with its lunch. “That's what I love about gaits – the stories they tell,” he said.

Most species have three main types of gait – trot, walk and gallop – and those express themselves differently depending on what kind of limbs the animals have – plantigrade (includes humans), digitigrade (includes canines



Courtesy

George Leoniak, in upper right corner, discusses the differences among skunk, opossum and raccoon tracks.

and felines), or unguligrade (includes deer and horses). The latter is “pretty obvious,” but several other species' tracks can look like either of the first two depending on conditions and what they're doing.

There are also a “lot of variations” on the three types that “gives you an indication if the animal's going faster

or slower,” but they all have the same pattern. Trots show the opposite front and hind feet on the ground at once, alternating; walks show three feet on the ground at once in a pattern of shifting weight back and forth between left and right sides. Gallops are a bit more complex, showing both fronts, both hinds, none, then all together.

Leoniak pointed people to animation videos at www.vanat.cvm.umn.edu as “a neat site to really burn this movement into your mind.” He noted he hopes to get people to “visualize the animal making this movement as you look at the track,” and also has people in the field try to duplicate it.

“If you get that into your body ... it really teaches you a lot about walk dynamics,” he added.

Once Leoniak got to the individual species' tracks, he ran through a couple dozen of the more common New England mammals. The key is to see the difference in foot shape, not always size, since “sometimes scale gets wonky out there.” That's particularly true in wet conditions or snow, where melting can distort the tracks.

Her spent a lot of time analyzing canine vs feline tracks and distinguishing within those two groups. For example, he noted grey and red fox both have semi-retractable claws that you might not see, but “hairy” centers that sort of fuzz out the track, while coyote tracks are “arrowhead” like with claws. Among

Turn To **TRACKING**, page **A14**

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Expo Management postpones all shows until 2022

WORCESTER — Expo Management Group, producers of the Worcester RV & Camping Show, Worcester Home Show and the Worcester Boat Show announced the postponement of all events until 2022 due to uncertainties about COVID-19 protocols.

Currently, the state of MA is in “Phase 3” which does not allow large public events to be held. Phase 4 (which would allow public events and bars to open) is on indefinite hold until there is a viable and widely distributed vaccine in effect. The CDC predicts that this won’t happen

until at least the end of the 3rd quarter of 2021.

According to Jeffrey Davis, Managing Partner of Expo Management Group, “In the almost 75 years that we’ve been producing shows, we’ve always strived to produce the best events to justify the money our exhibitors spend with us. Consumer shows rely on face-to-face marketing where people can see, touch, and experience the product or service an exhibitor is promoting. Given the cur-

rent situation, it is impossible to do this. We had to lay off our entire staff since March and have not been able to put together a plan that makes sense. It takes nearly a year to put together our shows, but with social distancing and additional safety protocols, we simply cannot in good conscience ask our valued exhibitors to pay for space without knowing whether or not the show will actually happen. We just hope that everyone stays safe as we try to adapt to a new normal.”

Hofstra University congratulates Spring 2020 graduates

HEMPSTEAD, N.Y. — About 2,000 Hofstra University students earned their undergraduate, graduate, or law degrees this spring and summer. Due to the COVID-19 pandemic, virtual commencement ceremonies were held on August 23, 2020. Watch videos for the various ceremonies at hofstra.edu/commencement.

The following local residents were among the graduates:

Jialin Guo of Sturbridge earned a Master of Business Administration in Marketing.

Michelle Ochieng of Sturbridge earned a Bachelor of Science in Community Health.

Hofstra University is a nationally ranked and recognized private university in Hempstead, N.Y. that is the only school to ever host three consecutive presidential debates (2008, 2012 and 2016). Our campus is a leafy oasis just a quick train ride away from New York City and all its cultural, recreational and professional opportunities. We offer

small classes and personal attention, with the resources, technology and facilities of a large university. Students can choose from more than 165 undergraduate program options and 175 graduate program options in the liberal arts and sciences, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Hofstra University is a dynamic community of 11,000 students from around the world who are dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers.

Wales Cultural Council seeks funding proposals

WALES — Proposals for Wales community-oriented arts, humanities, and science programs are welcome, and grant applications open Oct. 1, and are due by Nov. 16 at 11:59 p.m. EST.

The Wales Cultural Council invites organizations, schools, and individuals

to apply for grants that support cultural activities in the community.

According to Wales Cultural Council chair, Susan Gregory, these grants can support a variety of artist projects and activities in Wales. To apply, visit www.massculturalcouncil.org.

TRACKING

continued from page A13

felines, the key feature is their asymmetrical toe shape and the fact their weight is more toward the heel. (To make things a bit more challenging, Leoniak noted grey fox tracks are easily confused with small feline tracks, while black bear can be confused with cougar.)

Some tracks look almost like small human hands. Raccoon feet have “fingery toes like our fingers,” while opossums have an obvious opposing thumb and unique tracks that “look like a lot of toes going in every direction” because two feet land together. Among smaller

rodents, a common pattern is five toes in front, and four behind.

“Tracking is a lot of things,” he said. If you’re out with a skilled person, “you’ll get the chance to look at things in a new way.” He noted that’s even true when you’ve got experience; another tracker pointed out the subtle signs of a hare browsing on greenery that he’d never previously noticed.

A Marlboro, VT, resident, Leoniak has run The Mindful Tracker (www.mindfultracker.com) for more than 20 years, training trackers all over the world.

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