



Week 5 picks for Gardner-area games

SPORTS, 1B



THE GARDNER NEWS

YOUR LOCAL COMMUNITY NEWSPAPER FOR GARDNER, ASHBURNHAM, HUBBARDSTON, PHILLIPSTON, TEMPLETON, WESTMINSTER, WINCHENDON

THURSDAY, OCTOBER 8, 2026 | THEGARDNERNEWS.COM

PART OF THE USA TODAY NETWORK



When using power tools, lawn equipment or other machinery, wear properly fitted earplugs or earmuffs from the start, rather than waiting until the noise becomes uncomfortable. PHOTOS BY GETTY IMAGES

Loud sounds have hidden health risks

Noise pollution a serious but often forgotten hazard

Laura Coco
San Diego State University | THE CONVERSATION

The human body is remarkably good at getting used to the environment around it. You’ve probably experienced this if you’ve ever gone to a matinee and emerged from the dark theater into sunshine. Your eyes sting, so you squint and shield your face until they adjust to the bright sunlight. • In the same way, the body can grow accustomed to constant noise. With repeated exposure to traffic, leaf blowers, construction, loud music, crowded restaurants, fitness classes and sporting events, you can become accustomed to loud environments. Over time, what once seemed unusually loud may barely register.

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Hearing damage is only part of the story. Noise acts as a stressor, activating the autonomic nervous and endocrine systems and affecting heart rate, blood pressure and other physiological processes.

Next steps in Pike case uncertain

Inmate may face second execution attempt

Amanda Lee Myers
USA TODAY

With the astonishing news that Christa Pike is conscious, talking and making a “medically unprecedented” recovery following her botched execution, Tennessee is now facing a critical question: Will the state try to kill her again?

“Against all odds, Christa Pike is conscious, speaking, and continues to receive critical medical care,” her attorneys said in a statement on Oct. 6.

“Her prognosis remains unclear but, at a minimum, we expect a long recovery.”

They said that despite “severe damage” to Pike’s arms, “she is still

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MWCC student earns national recognition

Dave DeMille
The Gardner News
USA TODAY NETWORK

Mount Wachusett Community College student and Board of Trustees Student Representative Samuel Nieves has been selected as a 2026–2027 Newman Civic Fellow, a national recognition for students committed to civic leadership and community engagement.

The fellowship honor was announced Oct. 5, according to a community announcement.

Campus Compact, a coalition of colleges and universities focused on civic and community engagement in higher education, selects fellows nominated by presidents and chancellors from member institutions.

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Volume 223 | No. 199
To subscribe 978-630-1200
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