

STURBRIDGE VILLAGER

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Friday, June 4, 2021

Library hopes to promote inclusivity with upcoming programs

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE – Committed to increasing opportunities for community inclusion, awareness, and education, the Joshua Hyde Public Library is hosting several engaging programs this month.

“At the Joshua Hyde Public Library, we recognize that our patrons come from varying backgrounds and experiences, but that diversity alone does not lead to inclusion,” read a statement released by library director Becky Plimpton. “We are committed to taking active steps to create an environment in which the identities and cultural backgrounds of our patrons and employees are valued and respected.”



The library has pledged to continue making decisions regarding its collection, programs, and policies that promote a sense of belonging.

Additionally, several education events and activities have been scheduled. These include a Juneteenth paint-
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Turn To **LIBRARY PROGRAMS**, page **A4**

Bay Path nursing students bring Mental Health Awareness Month to a close

CHARLTON — The Bay Path Practical Nursing Academy Class of 2021 wore green scrubs and green ribbons to close Mental Health Awareness Month on Friday, May 28.

Along with the practical nursing class of 2021, the Bay Path Practical Nursing Academy faculty and staff participated in activities promoting mental health awareness.

Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN said every May, Bay Path holds mental health awareness activities.

“Our practical nursing students are mental health first aid certified. We believe in breaking the stigma and it is more than just using the hashtag. We need to increase awareness on reducing the stigma of mental health issues,” she explained.

Bolandrina said this year, the #breakthestigma drive was embraced by the practical nursing class of 2021. All practical nursing students are fully aware of the importance of mental health awareness. Additionally, raising awareness about the available mental health services is also important. Many individuals experience mental illness more so with the impact of the COVID-19 pandemic. The situation is compounded with being isolated.

Turn To **MENTAL HEALTH**, page **A2**

Brimfield teacher helps spotlight student artwork



BY KEVIN FLANDERS
STAFF WRITER

BRIMFIELD – Students have missed out on countless activities since the pandemic began, but the dedication of a local art teacher has helped ensure that students could still showcase their work.

Every spring, art teachers in the Tantasqua/Union 61 School District showcase student artwork during All Arts Day at Tantasqua Regional High School. Student work from the district’s five elementary schools, junior high school, and high school are displayed each year during the event for public viewing.

But after COVID-19 wiped out last year’s event and then threatened the 2021 program, Brimfield Elementary School art teacher Roberta Monette stepped in to help students showcase their hard work.

“Students work throughout the school year to complete beautiful works of art to exhibit, but last year COVID put a damper on the art show, just three weeks before it was to happen,” Monette said. “As this school year progressed, it became apparent that the All Arts Day would not happen in the way that it normally would, once again due to COVID. So I thought about it and tried to think of a way to have an art show at the school where I teach, Brimfield Elementary.”

Because guests were not allowed into the school building due to COVID-19 regulations, Monette organized an outdoor art show at Brimfield Elementary School. It took plenty of hard work and ingenuity to pull the event off, but Monette and her team were ready for the challenge.

“We happened to have many signs from when my
.....

Turn To **STUDENT ART**, page **A4**

TCA community honors retiring principal

SOUTHBIDGE — After 25 years of service at Trinity Catholic Academy, Principal Josie Citta has announced that she will retire at the end of this school year. TCA has been blessed to have had her as principal for eight of those 25 years. She has been the rock to so many in the school community and will be dearly missed. She began her career at TCA teaching Social Studies to grades 5-8 and later became the fifth-grade teacher. She was promoted to part-time Assistant Principal in 2012 before becoming principal in 2013. Mrs. Citta reflects on these years that seem to have flown by and is grateful to have had the opportunity to make a difference in the lives of the students and parents both as a teacher and administrator.

With all that she has accomplished at TCA a full day of fun, tributes, treats, songs, and poems were orchestrated by PTO and staff for a grand surprise last Monday morning. Each class scheduled a separate presentation of appreciation for Mrs. Citta to participate in. Faculty and staff wore specially created shirts, and the school was decorated with balloons, signs in gratitude for all that



she has done while at Trinity Catholic Academy. The day ended with Suzie’s Ice-cream Truck for all to enjoy and celebrate along with her outdoors!
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Turn To **CITTA**, page **A14**

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Weather cooperates for Memorial Day

Gus Steeves

(Right) A flurry of flags catches the breeze at the Rotary.

SOUTHBRIDGE – Although it didn't follow the traditional route due to Main Street construction, this year's shortened Memorial Day events Monday still attracted a decent crowd. Several hundred participants gathered at the Rotary for wreath-laying, short speeches from Rep. Peter Durant and Sen. Ryan Fattman, "TAPS," and a 21-gun salute.

What there was of a parade consisted of Police, Fire, Scout and High School band contingents marching over to the Honor Roll in Dresser Park for the concluding speeches by Staff Sgt Joseph Stevens and Eagle Scout/SHS Valedictorian Jeremy Peters.



Bill Rivemider and Jim Sottile take a few minutes together before the Honor Roll ceremony begins.



Gus Steeves

One of the younger participants plays with her flags on Main Street.



Gus Steeves

The Fire Department lines up for the march to Dresser Park.

Gus Steeves

(Left) Staff Sgt Joseph Stevens, an Iraq War medic 2003-4, recalls some of his experiences there.

Gus Steeves

(Left) Eagle Scout Jeremy Peters notes "Today isn't about a war or our country, but about the people... a day to honor what they have done and what they have given."

Gus Steeves

(Below) Derek Kolesnikovas plays "TAPS."

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Gus Steeves

Jeremy Peters and Joseph Stevens lay the flag-wreath at the Honor Roll.



Gus Steeves

Two police officers in silhouette were among those giving veterans a 21-gun salute in Dresser Park.

the traditional declaration of veterans who passed during the year, the Armed Forces Medley, and another round of "TAPS" and salute.



Gus Steeves

Southbridge High band members play the Armed Forces Medley.

Gus Steeves

(Left) A veteran takes a few minutes alone with the WWII-Korea-Vietnam monument in Dresser Park after ceremonies concluded.



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Courtesy

The Bay Path Practical Nursing Academy Class of 2021 wore green scrubs and green ribbons to close Mental Health Awareness Month on Friday, May 28.

MENTAL HEALTH

continued from page A1

illness, financial challenges, or the loss of a loved one. The practical nursing class of 2021 showed support and raised awareness of those living with a behavioral or mental health issues and help reduce the stigma of mental illness.

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Nursing student shines spotlight on vital role of school nurses



Courtesy

Angela Letourneau

CHARLTON — Angela Letourneau of Auburn applauds the work of the school nurses at Bay Path Regional Vocational Technical High School.

In a letter she sent to the Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Letourneau expressed gratitude at the opportunity to observe school nurses Deborah Grenier, RN and Lynn Coleman, RN. Both school nurses have risen to the occasion since the pandemic began last year. In addition to the school nurses' traditional responsibilities, they manage and monitor COVID-19.

Although hesitant at first, Letourneau thought school nursing was probably a field she would not

be interested in. After spending two full days of school nurse observation, her opinion has changed.

Letourneau stated, "I have a completely new outlook, and what a wonderful experience it was to observe the school nurses."

Grenier and Coleman were both "welcoming and amazing!" enthusiastically shared Letourneau. The school nurses "share a unique bond with the students and it melts my heart," said Letourneau.

For Bay Path Regional Vocational High School students, the school nurses' office is "a safe place to come get medical attention or just to have an ear that's open to listening to them," said Letourneau.

Further, Letourneau added that with school nursing, "there is a lot more than giving a student a Band-Aid, or anything else they came in for. It is getting to know each student and their specific needs and problems."

Grenier and Coleman completely impressed Letourneau with the great relationship they had not just with each other but with everyone at the Bay Path community. The school nurses care for physical and mental health including care coordination. Letourneau's school nurse observation experience highlighted the complex and important job of the school nurses and showed their ability to adapt to challenging circumstances to care for students and the Bay Path community.

Letourneau is a 1998 graduate of North High School in Worcester. She obtained her Nursing Assistant Certificate from the American Red Cross in 1999, a Phlebotomy Certificate from Quinsigamond Community College in 2002, EMT-B Certificate from METCA in 2008 and most recently, Care Manager Training Certificate in 2018 from All Care Plus Pharmacy in Northborough. She works as an Anesthesia Technician at Shields Surgery Center in Shrewsbury. She is the Chair of the 2021 Cohort's UNICEF Club.

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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.

Pet of the Week

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Name: Ivy
Breed: Labrador Retriever/Mix
Sex: Female
Size: Medium
Age: 3 years, 6 mos.



Hi there! My name is Ivy and I'm a big ball of sweetness and energy! I love to run, play, and explore. Sometimes I get carried away with the "exploring" part. In my new home I will either need supervision in a tall fenced yard, or long daily walks with a martingale collar. Because of my energy level I would do best with kids over 10 or adults only. Experienced dog owners are a must! I also have a high prey drive, so I would need to be an only pet. I am a work in progress, but for the right person, I have tons of potential! All I need is a little time, patience, and training. I'd love to be your new friend, so please come in and say hello!

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Friday's Child



Jayvon
Age 10

**Hi! My name is Jayvon
 and I want to be a
 police officer or firefighter.**

Jayvon is a boy of Caucasian and Hispanic descent who loves to jump and run. He is an energetic child who enjoys going to the playground and particularly likes to play on jungle gyms. Jayvon is very proud that he recently learned how to ride a bike. Jayvon also likes board games, playing games on his tablet, and Pokémon cards. When he grows up Jayvon would like to be a police officer or a fireman. Jayvon is smart in many ways and enjoys school. He is currently receiving academic supports.

Legally freed for adoption, Jayvon will do well in a family of any constellation where he is

the youngest or only child. He will thrive in a family that can provide him with affection, guidance, structure, and calm limit setting. A family for Jayvon must be open to helping him maintain contact with his sisters who reside in Massachusetts.

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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 617-964-6273 or visit www.mare-inc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



Town of Sturbridge Laborer/Driver

The Town of Sturbridge is looking for a Laborer/Driver in the Department of Public Works. General duties include using Light Equipment and driving dump truck,

operating snow plows, signaling operator, pushing/pulling load as it is lowered, securing load to trucks, among other responsibilities. A CDL, Class B, Hydraulic License is required. Due to the Coronavirus, PPE may be required at times.

Applications are available online at

<https://www.sturbridge.gov/your-government/pages/job-opportunities> and will be accepted until position is filled.

Applications can be sent to: dpw@sturbridge.gov or mailed to
 1 New Boston Road Extension, P.O. Box 182, Sturbridge, MA 01566.

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LIBRARY PROGRAMS
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ing program set for Tuesday, June 8, at 6:30 p.m. The Zoom-based virtual program will feature the North Shore Juneteenth Association, whose members will provide information about the Juneteenth holiday. Participants will then be able to paint the Juneteenth flag and learn about Black American artists.

If you are interested in this program, please register by visiting www.SturbridgeLibrary.org. The event is intended for individuals ages 8 and up.

Once you are registered for the event, paint kits can be picked up at the library (306 Main St.). The event is sponsored by the Friends of the Joshua Hyde Public Library.

The library will also host a Sandwich Swap Story Time on Wednesday, June 23, at 11 a.m. The event will take place on the Sturbridge Town Common. A special story-time will feature “The Sandwich Swap” and other favorite stories that focus on kindness and inclusion.

The event will feature a snack time, craft activity, and other fun ways for kids and families to spend a morning. The event is intended for kids ages 3-plus; caregivers must be in attendance. Please register for the event by visiting the library’s website.

For library officials, it’s exciting to be hosting events that celebrate inclusion for all community members.

“At Joshua Hyde Public Library, we understand that diversity, equity, and inclusion are essential to offering our community an intentionally robust and enriching experience,” read the statement released by Director Plimpton. “Joshua Hyde Public Library is committed to creating a community in which all patrons can participate in – and contribute to – the life of the library, regardless of race, gender, gender identity, class, religion, sexual orientation, or any other aspect of their identity. We are actively working to gain a deeper understanding of our differences, how we honor them in our library, and promote them in our community.”

To learn more about upcoming library events, visit www.SturbridgeLibrary.org.

STUDENT ART
continued from page A1

husband ran for selectman, which I told him to save because I might use them for something one day,” said Monette, who lives in Spencer. “Well, that day arrived when I realized I could cover them with a plastic type of paper (thanks to Flexcon school supplies) and then paint on them.”

Organizing the event with students offered another challenging layer due to hybrid learning. At the time, students alternated between attending school for one week and then learning remotely the next week.

“After some thoughtful brainstorming, I figured out a plan and began prepping 22 signs for my grade 6 students to paint,” Monette said. “I wanted this to be an art history lesson as well, so I researched many artists looking for simple subjects and paintings that could be recreated and painted with ease by sixth graders.”

After Monette created templates for the project, students traced them onto the covered boards and began to paint with acrylics and oil-based paints. By the end of the project, students were able to complete more than 20 sign boards that were painted in the styles of famous artists, such as Wayne Thiebaud; Gustav Klimt; M.C. Escher; James Rizzi; Faith Ringgold; Piet Mondrian; Edvard Munch; Hokusai; Yayoi Kusama; Romero Britto; and Vincent Van Gogh.

Additionally, students in grades K-2 studied the coral reef in art classes, then made fish to cover a mural scene showing ocean life. Students in grades 3-5 created spiral sculptures in the style of artist Dale Chihuly.

All art projects were on display outside the school through the end of May.

“The outdoor art show was extremely well-received by parents, teachers, and administration. More outdoor exhibits will be planned for next year,” Monette said.

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PRESIDENT AND PUBLISHER
FRANK G. CHILINSKI
860-928-1818 EXT. 103
frank@stonebridgepress.news

BUSINESS MANAGER
RYAN CORNEAU
860-928-1818 EXT. 102
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
508-764-6102
jim@stonebridgepress.news

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

PRODUCTION MANAGER
JULIE CLARKE
860-928-1818, EXT. 305
julie@villagernewspapers.com

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CLUES ACROSS

1. Partner to “flows”

5. French industrial city

9. Diagrams

11. Diplomat

13. Hires

15. Hawaiian island

16. Set aflame

17. Very happy

19. Blue dye

21. Small terrier with short legs

22. One thousand cubic feet (abbr.)

23. Northern pike genus

25. Expression of annoyance

26. Female deer

27. Casella and Kellerman are two

29. Actor’s lines to audience

31. Days (Spanish)
33. Close a person’s eyes

34 Cloaked

36. Comedic actor Rogen

38. It’s all around us

39. Neutralizes alkalis

41. Native people of New Mexico

43. No seats available

44. Famed “Air Music” composer

46. Fit of irritation

48. Psychic phenomena

52. Knicks’ first-rounder Toppin

53. Seed used in cooking

54. “WandaVision” actress Hahn

56. Samples food

57. In a lucid way

58. Stair part

59. Adieus

CLUES DOWN

1. Type of moth

2. A Christian sacrament

3. It lends books to Bostonians (abbr.)

4. Turn away

5. Impersonal

6. Shortly

7. Indigenous Alaskans

8. Subtle difference of meaning

9. Sicilian city

10. Put in harmony

11. Administrative divisions

12. As happily

14. Horse mackerel

15. Muddy or boggy ground

18. Monetary unit of Italy

20. Construction site machine

24. 22
26. Tracts at the mouths of rivers

28. Earnings

30. Insect repellent

32. Runner-up

34. Musician

35. Serious or urgent

37. Esteemed one

38. Where rockers play

40. Work furniture

42. Greek prophetesses

43. Quantitative fact

45. Missing soldiers

47. Minute

49. This (Spanish)

50. Maintain possession of

51. Assault with a knife

55. Holiday text message greeting

PUZZLE SOLUTION

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Y	L	E	N	A	S			S	E	L	S	V	T	
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Folk duo Oakes & Smith to offer free online concert

SOUTHBIDGE — As part of its robust series of arts and cultural offerings, the Jacob Edwards Library is pleased to host folk duo Oakes & Smith for an evening of original and traditional songs Thursday, June 10 from 6:30-7:30 p.m. All are invited to attend this free online event, which will be broadcast over Zoom, but registration is required. To register, go to: <https://tinyurl.com/vhbpw95h>. This event is supported in part by a grant from the Southbridge Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency, with additional support from The Friends

of the Jacob Edwards Library. For more information, call 508-764-5426, visit jacobedwardslibrary.org or send email to roberteoakes@gmail.com.

Berkshire-based husband-and-wife folk duo Oakes & Smith creates an ethereal sound not often heard in today's popular music. The couple evokes a soulful sense of wonder, expressing themes of love, creativity, mystery, and an appreciation of natural beauty.

Said Kylee Colvin of The Levity Ball, "Oakes & Smith...bring a sense of calm an ease to the air...with songs so full of wisdom and true

emotions."

Their latest release, "Between the Earth and the Sky," was mixed by Grammy-winning engineer Oz Fritz and features a performance by celebrated Yes vocalist Jon Anderson. The EP was on high rotation on Soul Traveler Radio, and critics have given it warm praise.

Said Cody Conard of The Big Takeover magazine, "The duo's chemistry is well and clearly still in place, arguably more than ever

before, because (this) is one of their best releases yet."

And Anthony Avina of On Request magazine called it "emotional, heartfelt music that touches the soul."

Annie Rew Shaw of Echoes and Dust said, "Katherine's vocals are so pure and clear, they almost crystallize in your head. Her voice... holds deep emotion and wisdom."

For more information about Oakes & Smith, visit www.oakesandsmith.net.

QCC offers free Administrative Medical Professional Training program

WORCESTER — Quinsigamond Community College's Workforce Development and Continuing Education Center (WDCC) is offering a free, grant-funded Administrative Medical Professional Training program that will prepare students for a career as a medical administrative assistant. An in-person summer class is being offered June 28 – Aug. 3, Monday – Friday, 9 a.m. – 2 p.m., with a maximum of 10 students accepted. Students must apply by the application deadline of June 14. Accepted students are also required to attend an orientation session.

This training program prepares students to work as medical administrative assistants in healthcare facilities such as hospitals and health systems, physicians' offices, clinics, long-term care facilities, surgery centers, ambulatory surgery centers, rehabilitation centers, and other types of healthcare areas.

Students will learn roles and responsibilities of a healthcare team, interpersonal communication, medical records management, compliance with HIPAA, and diagnostic and procedural coding.

Students accepted into the program will not only receive free tuitions, books and supplies; but also will attend a computer class, and earn contract tracing and infectious control certifications. After successfully completing the program students are eligible to sit for the National Health Career Association's Certified Medical Administrative Assistant Certification Exam (fee is paid for by the program). Students who complete the program will receive career placement assistance and those who work in the field for at least two months will receive a \$500 stipend.

"Everyone is eligible to take part in this program, but space is limited. We encourage those who are interested to reach out and register as soon as possible as classes fill up quickly," said Grant/SNAP Coordinator Jo Sundin, of QCC's Center for Workforce Development and Continuing Education.

Prospective students should email Ms. Sundin, at jsundin@qcc.mass.edu to learn more.

For more information on QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

Joshua Hyde Public Library launches You Belong Here campaign

STURBRIDGE — The Joshua Hyde Public Library announced that it will launch a new year-long initiative, "You Belong Here," on May 27.

Recognizing that patrons of the library and the broader community of Sturbridge come from varying backgrounds and experiences, the library is taking active steps to create an environment in which the identities and cultural backgrounds of all are valued and respected. The You Belong Here initiative includes expanding the diversity of the library's collection, its programs and its policies to promote a sense of belonging while continuing to embrace the uniqueness of individuals. In addition, the Library Board of Trustees at the JHPL approved a new Diversity, Equity, and Inclusion statement at their April 2021 meeting. The statement can be found at sturbridgelibrary.org.

Becky Plimpton, Director of the Joshua Hyde Public Library, describes the initiative as an important step for the Sturbridge community.

"The library staff and trustees are

excited to kick-off this campaign," said Plimpton. "The message that everyone is not just welcome at the library, but that you will see yourself and your neighbors reflected in the programming and the collection, is an important one."

The YBH committee has chosen 3 books for a community-wide summer read: American Street by Ibi Zoboi for adults/young adults, The Year I Flew Away by Marie Arnold for middle school readers, and the picture book My Day with the Panya by Tami Charles. Books will be available at the Sturbridge Coffee House, Ohoodles of Doodles, Sturbridge Senior Center, and the library. The community read will conclude in August with book discussions and a story hour.

The first program planned as part of the You Belong Here initiative is the Juneteenth Paint Event scheduled to take place on June 8 at 6:30 p.m. via Zoom. To register for this program and for information on other programs planned as part of the initiative, please see sturbridgelibrary.org or Facebook @sturbridgelibrary.

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How to keep kids safe until they can be vaccinated

By mid-spring 2021, tens of millions of people in the United States and Canada had heeded recommendations from public health officials and gotten vaccinated against the COVID-19 virus. Officials with the Centers for Disease Control and Prevention, the Food and Drug Administration and the Public Health Agency of Canada noted that the likelihood for severe illness from COVID-19 was very low for fully vaccinated individuals, prompting many people over the age of 16 to get vaccinated and paving the way for them to return to something resembling normal life. But what about

Julianna Berube of Sturbridge graduates from University of New Hampshire

DURHAM, New Hampshire — Julianna Berube of Sturbridge graduated from the University of New Hampshire over the weekend of May 22 and May 23, 2021. He/she earned a BS degree in BiomedSci:Med&VetSci.

Students who received the honor Summa Cum Laude graduated with a GPA of 3.85-4.0: Students who received the honor of Magna Cum Laude graduated with a GPA of 3.65-3.84; and students who received the honor of Cum Laude graduated with a GPA of 3.50-3.64.

Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state's flagship public institution, enrolling 13,000 undergraduate and 2,500 graduate students.



children under 16?

In early May, the FDA was expected to approve the Pfizer vaccine for kids as young as 12. Though that's welcome news for parents of children between the ages of 12 and 15, those with younger children may be wondering what they can do to keep their youngsters safe this summer. Like their parents, children are itching to get back to normal life, but no one knows when young children will be eligible for the COVID-19 vaccine. The American Academy of Pediatrics notes that children are not little adults, so medical professionals cannot just assume vaccines

will have the same effect on kids as they do on older people, including adolescents. Clinical trials on thousands of children are now underway to determine if the COVID-19 vaccines are safe for kids, but the AAP notes that those trials will need to be completed and researchers will need to determine if the shots are safe before kids can receive the vaccinations en masse.

With no vaccine available to young children, parents will need to tiptoe through another summer balancing act as they try to keep kids engaged and happy but also safe.

- Dine outside. The CDC notes

that on-site outdoor dining where tables are spaced six feet apart is significantly less risky than dining indoors. When dining out this summer, visit restaurants with outdoor seating that meets the minimum distancing recommendations.

- Resist the temptation to throw caution to the wind. As more adults and adolescents become fully vaccinated, community transmission should go down. That should calm parents' fears, but they must keep their guard up anyway. Kids should keep wearing their masks when they go to stores or even outdoor areas like playgrounds or ballgames.

- Travel wisely. It's important that parents keep their guard up on summer vacations as well. Traditional tourist attractions may not be wise when traveling with children who are not yet eligible to be vaccinated. When choosing a vacation destination, choose a locale you can drive to so contact with people from other households is minimized. As you shop for a place to stay, consider a private vacation rental instead of a hotel. Private rentals with their own fully equipped kitchens and barbecue areas can reduce reliance on dining out, which should also make it less likely that kids are exposed to the virus while traveling.

Until all children can be vaccinated against COVID-19, parents must continue to be patient and vigilant. That means safety must once again be a big priority this summer.

Backyard barbecue essentials

Many summer barbecues were called off in 2020 as the world continued to confront the COVID-19 pandemic. But as the number of fully vaccinated adults rises across the United States and Canada, outdoor gatherings like backyard barbecues are much safer than they were a year ago. That bodes well for backyard barbecue enthusiasts who can't wait to cook their favorite foods over an open flame.

Since so many backyard gatherings were canceled last year, now may be a great time to revisit the essential components that make barbecues such a beloved summertime tradition.

- Furniture: In early spring, fully vaccinated individuals were given the go-ahead to gather mask-free with fully vaccinated people from other households. That was a relief for people who are itching to spend time with family and friends after more than a year apart. If you're planning to host a backyard barbecue this summer, inspect your outdoor furniture for wear and tear, especially if you did not bother to take it out of the garage last summer. A thorough cleaning might be in order. Many outdoor furniture retailers have replenished their inventory since last summer, when supply chains were interrupted by the pandemic. So if your existing furniture has seen better days, now is the time to replace it.

- Food: Ask guests if they have any food allergies prior to the barbecue. Let it be known that anyone with a food allergy can bring their own foods without fear of offending hosts. If someone does have an allergy, set aside some freshly cleaned dishes for them in the days before the party. Make sure those dishes



are not kept alongside other serving dishes so guests have uncontaminated plates and cutlery to use when they arrive. When planning the menu for people without food allergies, don't forget traditional fare like hamburgers and hot dogs. Such foods might not be fancy, but they will lend a little normalcy to the festivities. And be sure to stock up on supplies for s'mores so everyone can finish the night off with a delicious dessert around the firepit.

- Games: A new cornhole set, some frisbees and even a few extra baseball mitts and baseballs can ensure everyone has something to do in between hamburgers. If you have the room in your backyard, set up a wiffle ball field and encourage willing guests to make teams and play a game of wiffle ball.

- Audio/visual entertainment: An outdoor movie screen or television

and some surround sound speakers can allow those interested to watch a game during the barbecue. If yours is more of a musical crowd, some Bluetooth speakers around the backyard set to a relaxing summer playlist can help to establish the perfect backyard barbecue ambiance.

- Miscellaneous items: Many adults are fully vaccinated, but the vaccine had yet to be approved for kids under 16 as recently as mid-spring. If families with kids under 16 will be coming over, purchase extra masks to keep kids safe. It's also a good idea to stock up on hand sanitizer and make it available in the backyard as well as inside near doorways and in bathrooms.

As summer hits full swing, now is a great time for homeowners to revisit the essentials for throwing a backyard barbecue to remember.

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Wales Zoning Board of Appeals Public Hearing

In accordance with the provisions of M.G.L. Ch 40A §10 & §11, the **Wales Zoning Board of Appeals will hold a Public Hearing on June 15th, 2021 at the Wales Town Offices at 6:00 PM**, on the application of Gary Robinson, of 111 Union Rd, for a special permit in terms of the Town of Wales Zoning By-law Sec. 4. 2.. The Town of Wales Zoning By-Law Sec. 4.2.2 states "A pre-existing non-conforming use or structure may not be extended, altered or changed except by a special permit from the Zoning Board of Appeals." Specifically, the applicant wishes to construct an 8' X 12' addition with a handicap accessible ramp onto an existing structure. Any person interested and wishing to be heard on this application should refer to the town website (www.townofwales.net) under zoning board agenda for the above date to participate virtually. If you have any questions or concerns, please email planning@townofwales.net

May 28, 2021
June 4, 2021

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Charlton, MA 01507
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Unit No 204 John Zmayefski
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28 Podunk Rd
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Household & Misc, Items
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Troy, NY 12180
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Unit No 712 Melissa Reilly
15B Old Country Rd.
Holland, MA 01521
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May 28, 2021
June 4, 2021

NOTICE OF SALE OF MOTOR VEHICLE UNDER G.L.C 255 SECTION 39A

Notice is hereby given by: Cruise Control Transportation pursuant to the provisions of G.L.C., Section 39A, that on June 18, 2021, at 9:00am at 210 Charlton Rd Sturbridge MA by private sale the following Motor Vehicle will be sold to satisfy the garage keeper's lien for storage, towing charges, care and expenses of notices and sale of said vehicle. Vehicle description: 2019 Toyota Prius Prime Registration#/State: Unregistered VIN: JTDKARFP1L3152712 Name and address of vehicle owner: Richard Witz of 27 Woodside drive Spencer MA 01562

This notice has been given under the provisions of G.L.C. 255, Section 39A.
May 28, 2021
June 4, 2021
June 11, 2021

PUBLIC NOTICE OF ENVIRONMENTAL REVIEW PROJECT: Noble Energy Filling Station/Convenience Store & EV Discovery Center
LOCATION: 195-201A Charlton Road (Route 20), Sturbridge, MA
PROponent: Noble Energy Real Estate Holdings, LLC
The undersigned is submitting an Environmental Notification Form ("ENF") to the Secretary of Energy & Environmental Affairs on or before June 1, 2021.

This will initiate review of the above project pursuant to the Massachusetts Environmental Policy Act ("MEPA", M.G.L. c. 30, s.s. 61-62I). Copies of the ENF may be obtained from:
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DFaist@CMGEnv.com
774-241-0901

During the interim Covid-19 response period, electronic copies of the ENF are also being sent to the Conservation Commission and Planning Board of Sturbridge.

The Secretary of Energy & Environmental Affairs will publish notice of the ENF in the Environmental Monitor, will receive public comments on the project for 20 days, and will then decide, within ten days, if an Environmental Impact Report is needed. A site visit and consultation session on the project may also be scheduled. All persons wishing to comment on the project, or to be notified of a site visit or consultation session, should email MEPA@mass.gov. Mail correspondence will continue to be accepted, though responses may be delayed. Mail correspondence should be direct to the Secretary of Energy & Environmental Affairs, 100 Cambridge St., Suite 900, Boston, Massachusetts 02114, Attention: MEPA Office, referencing the above project.

By Noble Energy Real Estate Holdings, LLC (Proponent)
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FRANK G. CHILINSKI
PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

A history of Memorial Day

When Memorial Day was first celebrated in the aftermath of the Civil War, it was known as Decoration Day. Youngsters would place flowers in cemeteries while they sang songs and honored those lost due to war. The Civil War, that ended in 1865 took the lives of more people than any other war in the history of the United States, the estimate is roughly 620,000 — the Union losing 365,000 and the Confederacy 260,000. History says that more than half of these losses came as the result of disease. As a result, the first national cemeteries were created.

In 1868, General John A. Logan, the leader of an organization for Northern Civil War veterans, called for a nationwide day to honor fallen soldiers. General James Garfield gave a speech at Arlington National Cemetery on the first Decoration Day and the more than 5,000 people in attendance decorated more than 2,000 graves, both Union and Confederate.

The holiday as we all know is celebrated on the last Monday in May, and became an official holiday in the year 1971. Parades across the country take place, and people visit cemeteries where family members who have served in the military have been laid to rest.

At 3 p.m. every year, a moment of silence takes place across the country. In December of 2000, President Bill Clinton signed the “National Moment of Remembrance Act,” which designated the time be at 3 p.m. In 1966, the government marked Waterloo, N.Y. as the official birthplace of Memorial Day. In Waterloo, every business in town would shut their doors and owners would venture out to decorate graves with flags as well as flowers.

Originally, Decoration Day was intended to honor those lost in just the Civil War. After WWI America felt the need, and rightfully so, to honor all those lost serving their country. During the Great War (also known as the First World War), 116,516 Americans died, and 405,399 were lost during WWII. The Korean War took 36,574 lives, and the Vietnam War cost 58,220 lives. A total of 4,411 were lost in Operation Iraqi Freedom, 73 in Operation New Dawn, 2,346 as the result of Operation Enduring Freedom, 48 in Operation Freedom's Sentinel and 61 in Operation Inherent Resolve.

An estimated 38 million people in America traveled over the holiday weekend, and two and a half million travelers will board flights. Memorial Day is the fourth busiest travel day of the year.

In New York, Washington, D.C., and Chicago you can find the largest parades in the country. Because of the three-day weekend, many Americans were expected to throw parties and barbecues or head out of town for a mini getaway.

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Fun Food Facts

Did you ever wonder what the origins of your favorite foods were? Sure, we've all heard the story of how Toll House cookies were born when some chocolate bits fell off a shelf into a raw batch of cookie dough, but there are lots of interesting tales behind just about every common food we enjoy today. This week's column will take a peek into the entertaining past of some of our favorite meal staples and snack foods.



TAKE
THE
HINT

KAREN
TRAINOR

1959, just in time for babyboomers to enjoy a sweet treat in front of the television set.

Smoking Sub: Who would've thought novelty Pez candies started out as a smoking deterrent? In 1927 an anti smoking advocate created the peppermint candies as a substitute for cigarettes. It's name "Pez" comes from the German word "pfefferminze," which means peppermint. When Pez was imported to the United States in 1952, sales failed to impress. But when the inventor revamped the product and targeted it to children, complete with character dispensers, sales went through the roof. As we all know, old Pez dispensers are hot collectibles today, with rare examples fetching hundreds of dollars each.

B&J Secret Recipe: While I was researching food origins and facts, I came across Ben and Jerry's secret recipe for Cherry Garcia Ice Cream. Here it is as printed in "Ben and Jerry's Homemade Ice Cream and Dessert Book." (I know it has nothing to do with the theme of the column, but since it's ice cream season, why not!)

Ingredients: 1/4 cup shaved plain chocolate (Ben and Jerry prefer Hershey's Special Dark Chocolate candy bars); 1/4 cup fresh Bing cherries, halved and pitted (you may use canned cherries, but be sure to drain the syrup); two large eggs; 3/4 cup sugar; two cups heavy or whipping cream; one cup milk.
Directions: Place the shaved chocolate flakes and the cherries in separate bowls. Cover and refrigerate. Whisk the eggs in a mixing bowl until light and fluffy, one to two minutes. Whisk in the sugar, a little at a time, then continue whisking until completely blended, about one minute more. Pour in the cream and milk and whisk to blend.
Transfer the mixture to an ice cream maker and freeze following manufacturer's directions. After the ice cream stiffens (about two minutes before it's done), add the chocolate and the cherries, then continue freezing until the ice cream is ready. Makes grateful one quart.

Win Dinner for Two at the Publick House
Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!
Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

The importance of family traditions

Family traditions are meaningful to me. The older I get, the more important it is to preserve these annual happenings in hope that they will be passed down through generations. One of these traditions for our family is barbecued pork spareribs on Memorial Day. This year, I'm teaching my nephew, son-in-law, two sons and oldest grandson the recipe and methods. I'm sure they may add their special tweaks to the recipe but I'm confident the basics will remain.

I was 13 years old when my dad called me over to the grill and began teaching me. It may have been the first time my father spoke to me and treated me as an adult. Cooking ribs in the Moore household was serious business and I felt a sense of pride that my father was entrusting me with this almost sacred responsibility. I didn't understand it then, but from that day forward, ribs on Memorial Day were my responsibility, and has been since that moment.

I realized a few months ago that I've waited too long to pass the "tongs" off, so this holiday weekend was important. It



POSITIVELY
SPEAKING

GARY W.
MOORE

represented a "changing of the guard" for our holiday tradition.
Cooking for me is an art form. There are specific techniques that create the repeated desired results. Over the years, there have been slight changes in methods and ingredients. I'm sure this next generation will do the same. I've added a few ingredients to my cooking pallet and have slowed the cooking process down to create a more tender result, but over the last decade, the recipe and process had reached the point, that in my mind, created the perfect slab of Moore Family barbecue spareribs.
And of course, the barbecue jokes or "dad jokes" begin. "Why should you never BBQ on your roof? The steaks are too high."
For those of you who enjoy cooking, I barbecue ribs in three basic steps. First, I remove the membrane from the bone side of the ribs and apply a rub of salt, pepper, smoke paprika and brown sugar. I then slowly smoke them with apple wood for three hours. Next, I wrap the

Financial tips for the self-employed



FINANCIAL
FOCUS

JEFF
BURDICK

Being self-employed has some benefits: You get to choose your own hours, you don't have to count "vacation days" and you'll never worry about getting downsized. On the other hand, you're truly on your own — there's no employer-sponsored retirement plan and no benefits package. So, if you've recently started a business or become a "gig worker," possibly due to the COVID-19 pandemic, what can you do to get on the road to financial security?
There are several steps you can take, including the following:

- Establish a budget. When you're self-employed — and especially when you're first starting out — you need to keep tight control over where your money is going. So, establish a budget and stick to it.
- Open a retirement plan. As a self-employed individual, you can choose a retirement plan, such as a SEP-IRA, a SIMPLE-IRA or an "owner-only" 401(k). When your earnings are limited, you can contribute modest amounts to any of these plans, but when your income rises, you can boost your contributions. While these retirement plans have some things in common, including tax-deferred growth of earnings, they differ in other areas, such as contribution limits, and one plan may be more suitable for you than another, depending on whether you have employees. You may want to consult with a financial advisor to determine which plan is best for your needs.
- Build an emergency fund. When you work for a business or other organization, your income is predictable — but that's usually not the case when you're self-employed. And when your earnings are uneven, you can be vulnerable to financial stress when you face an unexpected expense. To help protect yourself from these threats, try to gradually build an emergency fund containing a few months' worth of living expenses, with the money kept in a liquid, low-risk account.
- Pay down your debts. Some debts, such as loans to help your business, may be unavoidable — and even productive. But other debts, especially those that can't be deducted from your taxes and carry a high interest rate, are far less useful, so you may want to set up a repayment plan. With your other expenses, you might not be able to whittle these debts down as fast you'd like, but, over time, your efforts can pay off.
- Put money aside for taxes. Because no employer is withholding taxes from your paychecks, you will likely have to make quarterly estimated payments. Plus, you're responsible for all your Social Security taxes, which, if you worked for someone else, would be split between you and your employer. To make sure you've got enough money available to pay your taxes, you might want to set up a special account — one that's not used for any other purpose.
- Get proper insurance. Depending on the nature of your work, you may or may not need some type of business insurance, but if you have a family, you should certainly consider the need for life insurance, and you may also want to consider disability insurance.
- Self-employment can be quite fulfilling — and you'll find it even more rewarding when you make the right financial moves.

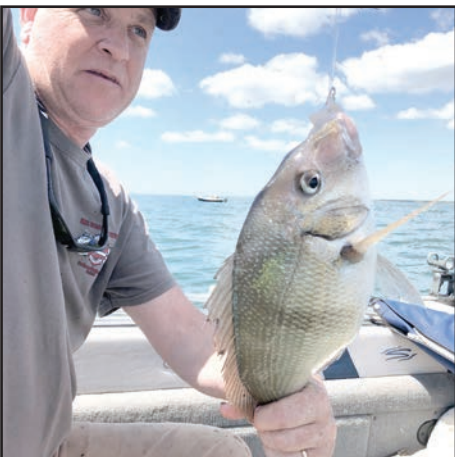
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Fluke fishing is great at Block Island



THE GREAT
OUTDOORS
.....
RALPH
TRUE

Fluke fishing has been providing some great fishing for anglers fishing around Block Island. Numerous door-mats are being caught regularly at the Island. Seabass are also being caught, but are not legal to retain until June 24 in Massachusetts. Strippers are also on the increase in both Massachusetts & Rhode Island, but because of the slot limit, many anglers are fishing for fluke and other species of ground fish. Scaup are still legal game in both Massachusetts & Rhode Island, but the three fish limit of Tautog closed at the end of May. Check season dates for the reopening of tautog! Mass. Fish & Wildlife is changing their



Courtesy

This week's photo shows Matt Fontain with one of the numerous sea scaup he caught last week in Buzzards Bay after limiting out on some very large seabass.

plans on the massive increases on hunting & fishing licenses proposed this past winter. There will be more public hear-



Courtesy

Janet Harper with her 26-pound wild turkey taken at the end of the Mass. Turkey season, with her crossbow.

ings on June 22, 23, and 24 to discuss a five-year phased in increases. Mass. Fish & Wildlife will be presenting the public hearings and changes on their web site

soon, with the link for persons that would like to participate in discussions on those dates.

A couple of weeks ago, I was fishing with my nephew in Buzzards Bay on the Cape, and realized that I was fishing with fresh squid he had caught a month earlier. It was extremely noticeable when I attempted to place a piece on my hooks. It was a lot firmer than the low grade, soft squid I have been using for many years from tackle shops and high-end fish markets. It even caught fish, but just imagine what I would have caught if I was using freshly caught squid. Using fresh bait for fishing does catch more fish, but you also need to keep it on ice or in a cooler. So many times, I have had to tell my fishing buddies not to leave fresh bait in the sun.

Taking care of you freshly caught fish is also very important. Having a cooler with a good amount of ice will keep your catch fresh until you get home to clean them. It is a good idea to cut the throat of the fish so that they bleed out. It will make your fish a lot tastier at the table. Blue fish especially need to be handled this way and kept ice cold until you get home. Filleting your blue fish immediately after you catch them will ensure fresh fish at the table. Not all boat captains allow this type of cleaning on the boat for obvious reasons. I fished with one boat Captain years ago, that washed the boat down after every fish was landed!

The Uxbridge Rod & Gun Club will be holding another 3D archery shoot on June 6. This is a great opportunity to get the whole family into the sport of archery. The event is open to the public! Breakfast will be available starting at 7 a.m. The archery course is set up on more than 50 acres of land. Life size targets are set up over the 50 acres of woodlands, that are easily marked. A day on the archery course with family and friends is a good way to say goodbye to the pandemic!

Stripers are in at the Providence River, and they are feeding on the large schools of porgies that are also in the river, as well as every other body of water that holds stripers.

As the dog days of summer arrive, man's best friend still needs to be exercised daily, and kept in a cool place. Keeping them indoors with air conditioning in the heat of the day, will insure a good healthy dog when hunting season rolls around. Heartworm medication and flea & tick medication needs to be administered year-round to your pet, to insure they stay healthy.

Take a Kid Fishing & Keep Them Rods Bending!

Garden-fresh vegetables help fight cancer



GARDEN
MOMENTS
.....
MELINDA
MYERS

Cancer prevention starts on your dinner plate; actually, it starts in the garden. Growing your own nutrient-rich cancer fighting vegetables allows you to grow pesticide-free vegetables, harvest them at their peak, and use them right away, ensuring the highest nutrient value and best flavor.

Be sure to include some broccoli, cauliflower, Brussels sprouts, cabbage, kale, and turnip greens. These cruciferous vegetables release cancer fighting substances that help fend off lung, breast, liver, colon, and prostate cancer. Three weekly servings of these vegetables can greatly reduce your cancer risk. Include these vegetables in your stir fries, as a side dish, as an appetizer or eat them fresh as a snack.

If your space is limited, these plants can easily blend into your current garden space. The bold texture and form of red cabbage makes an eye-catching focal point. Turnips can easily be mixed with flowers or planted between longer season vegetables like tomatoes, peppers, and eggplant. Or mix some kale in with your flowers; the color and upright growth habit creates a nice vertical accent in the garden or containers.

Another popular vegetable that is a cancer-fighter, the tomato, can easily be grown on any size balcony or landscape. And nothing beats the flavor of fresh-from-the-garden tomatoes. Whether eaten fresh, juiced, sauced, or added to your favorite dish, this lycopene vegetable (a powerful antioxidant) will help in the fight against cancer.

To grow tomatoes, all you need is a container of potting mix or a sunny spot in your landscape. Save space and reduce pest problems by growing these vines on a stake, in a tomato cage or supported by any decorative structure. Compact varieties like Patio Choice Yellow Cherry,



Melinda Myers

Tomatoes contain lycopene, a powerful antioxidant with many health benefits, including lowering the risk of certain types of cancer.

Early Girl Bush, Window Box Roma, and Red Robin are just a few you may want to try.

Always select a tomato variety suited to your growing conditions. Check the plant tag to make sure you have enough

warm frost-free days for the plant to grow and produce in your area.

Include fiber rich beans in your garden and meals. Regular consumption of this natural source of antioxidants and phytochemicals can help reduce the risk of certain cancers. Go vertical, growing pole beans on a support if space is limited and for making harvesting much easier.

Save a bit of room for red onions. Research at the University of Guelph found red onions had high levels of quercetin and anthocyanins that help fight cancer. Start onions from sets or plants and harvest when the bulbs are full-size, and the tops begin to yellow and topple.

Not only will you improve your health by growing your own nutrient-rich vegetables you will also improve your well-being. Tending a garden can help improve your mood and reduce stress.

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

Latest antiques, collectibles, and auction news



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

The Moscow Times reported that two paintings of Rasputin are headed to the auction block. According to the Moscow Times, "the portraits were done by Theodora Krarup, a Danish artist, in St. Petersburg. Karaup did a total of 16 portraits of Rasputin, most of which have been lost or destroyed. Krarup sold three portraits of Rasputin to the Finnish

Consul General, Otto Auer. One was resold and its whereabouts are now unknown, but descendants of Auer consigned the two remaining portraits to the auction house. Grigory Rasputin was renowned — and reviled — for his supposed ability to stop the Tsarevich's hemophilic bleeding and for his supposed influence on the royal family." Rasputin was assassinated in 1916. The Moscow Times reports that the auction estimates are \$16,500 to \$24,600 and \$82,000 to \$98,000.

In other art news, rockstar Alice Cooper is auctioning an Andy Warhol silk-screen on canvas. According to the Arizona Republic, the artwork titled "Little Electric Chair" was gift-

ed to Cooper by his former girlfriend and model Cindy Lang. She paid \$2,500 for it in 1972. Cooper said "I never was a Warhol collector. I collect other artists but I never really collected Andy Warhol so I'm sure there's somebody out there that is a Warhol fan," according to the Arizona Republic. It is estimated to sell for between \$2.5 million and \$4.5 million.

A collection of rare baseball cards is also going to auction. The collection belonged to Dr. Thomas Newman of Tampa, Fla., who died in January of COVID-19 at the age of 73. ESPN reported that "he began collecting as a child, and through loving the sport of baseball, he had built a small collection



of 1950s cards that was thrown out by his mother when he went to college." He began collecting cards again to replace his discarded collection when he graduated from medical school and the collection eventually grew to over 1,000 cards. The most valuable card is a 1933 Godey Babe Ruth card. "The card could fetch close to \$5 million, and the entire lot could eclipse \$20

million", according to ESPN.

In other auction news, a Tiffany lamp recently set an auction record, according to the Antiques and Arts Weekly. The lamp was designed for the 1900 Exposition Universelle in Paris by Tiffany Studios. Antiques and the Arts reported that "the 29-and-a-half-inch lamp featured a hand-blown favrile glass globe-form shade on top of a hammered and patinated copper base. The spectacular imagery of the lamp depicts the growth cycle of a dandelion, the yellow flower rising from the base's bottom up to its top, where it features a crown of seed puffs. The globe on top features a contour pattern similar to a topographic map, intended to represent the wind

currents blowing through and sweeping the seeds away." The dandelion lamp blew away the record for any Tiffany work when it sold for \$3.7 million.

Our next multi-estate online auction is running and ends on June 16. Our sports and non-sports cards online auction is also open for bidding and ends on June 23. More events are already planned. See our website for 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.

MOORE

continued from page A8

ribs in aluminum foil and apply a little apple cider vinegar, butter and honey and place back on the grill for two hours. Then the final step is to unwrap them, put on a thick coating of sauce and put them back on the grill. Check them every fifteen minutes or so, making sure they do not overcook and dry out.

The weekend was everything I hoped for. My students took the process as serious as I hoped they would, and next year, it will be their responsibility. The ribs were a bit rushed because the teaching process set us back a bit and as such, they were not as tender as usual. Next year will be better. I'll just sit back, watch, try to keep my mouth shut and enjoy a responsibility-free holiday for the first time since I was thirteen.

Ribs of course are not what's most important for this holiday. Another tradition is sharing the importance of why we celebrate Memorial Day. So many have given so much and it's important not to forget their ultimate sacrifice.

So, what are your family traditions? A Utah woman felt so strongly about her family fudge recipe that she had it engraved on her tombstone. Is there something you hold so dear that it's important to you to continue after you're gone? It's never too late to begin.

And maybe it isn't passed down to you from generations before.

Maybe it begins with you?

Oh... one last dad barbecue joke... "My dad always said he would go to his grave with his famous BBQ rib recipe. On his death bed, he had me lean in to tell me the secret ingredient.

That's when I knew it was Thyme."

Laughter is brightest when food is best.
• Irish Proverb

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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Math Blocks

Fill in the missing blocks with numbers between 0-6.
The numbers in each row add up to the totals to the right.
The numbers in each column add up to the totals on the bottom.

	3	1	6
	0		6
6			14
12	8	6	

6	5	3
4	0	2
2	3	1



STANDING 6 FEET TALL, THIS
ANIMAL IS THE LARGEST
MAMMAL TO CALL NORTH
AMERICA HOME.

ANSWER: AMERICAN BISON

Get Scrambled

Unscramble the words to determine the phrase.

TRAGE DOSUOROT

Answer: Great Outdoors



ENDEMIC

(of plants or animals) native to a certain area



ENGLISH: Forest

SPANISH: Bosque

ITALIAN: Foresta

FRENCH: Forêt

GERMAN: Wald



THE GREAT TRAIL IS THE LONGEST TRAIL
IN THE WORLD. IT STRETCHES FROM ONE
COAST IN CANADA TO THE OTHER. IT
ALSO HAS THE
LONGEST
PEDESTRIAN
BRIDGE.



Can you guess what the bigger picture is?

ANSWER: PALM TREE



Determine the code to reveal the answer!

Solve the code to discover words related to cats.
Each number corresponds to a letter.
(Hint: 5 = C)

A. 23 10 9 18 24 10

Clue: Relating to cats

B. 5 9 6 20 25

Clue: Curved, pointy nails

C. 21 2 8 8

Clue: Low, vibrating sound

D. 25 5 8 6 26 5 13

Clue: Mark the surface

Answers: A. feline B. claws C. purr D. scratch

SUDOKU

7	3			8		4		6
5	6	4	1	7		2		
2				5			3	7
	7	6						
	5			1		7		
			7	4			8	1
		2			5	9		
6	4	5	9				1	
8		7	4					

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

7	3	1	2	8	9	4	5	6
5	6	4	1	7	3	2	9	8
2	8	9	6	5	4	1	3	7
1	7	6	5	9	8	3	4	2
4	5	8	3	1	2	7	6	9
9	2	3	7	4	6	5	8	1
3	1	2	8	6	5	9	7	4
6	4	5	9	2	7	8	1	3
8	9	7	4	3	1	6	2	5

ANSWER:

How to handle the summer camp questions in the pandemic era

Children make cherished memories at summer camp, where many youngsters first discover passions and hobbies they will enjoy for the rest of their lives.

Summer 2020 was a camp season unlike any other. Some camps closed their doors due to the COVID-19 pandemic, while others downsized their offerings in an effort to keep campers safe while still providing them with a much-needed outlet. As the 2021 summer camp season approaches, parents may be a little less hesitant about sending their kids to camp than they were a year ago. The roll-

out of COVID-19 vaccines has helped millions of people return to some semblance of normalcy, and that rollout has put summer camp back in play for families.

Choosing a summer camp is not always so easy, and it might be especially tricky as the world slowly emerges from the pandemic. The following are some tips for parents as they consider if camp is a good idea this summer.

- Consider your comfort level. It's understandable if parents are hesitant about sending their youngsters to camp this summer. In fact, some camps may



Tips to grill a juicier burger

Summer weekends wouldn't be the same without backyard barbecues. And no backyard barbecue is complete without hamburgers.

The exact origins of the hamburger are unknown, but historians believe this beloved staple of American barbecues can be traced to mid-nineteenth century Germany. According to History.com, political revolutions in Germany in the 1840s spurred many Germans to emigrate to the United States. Germans brought many of their cultural traditions with them, including their cuisine. One such dish was the chopped steak, which can be traced to Hamburg, a city renowned for its high-quality beef. Though few might now see ground beef as a remedy for digestive issues, that was a common belief in the 1860s, when a New York-based doctor named James Salisbury suggested that cooked beef patties could benefit the digestive system as much as chopped, chipped or ground beef. Buns were not yet in the picture at that time, but they were by 1904, when beef patties on buns were available at the St. Louis World's Fair. In 1921, the first White Castle restaurant opened in Kansas, and hamburgers have been a staple of American cuisine ever since.

Though it's been a century since White Castle opened its first restaurant, people are still perfecting the art of making the perfect hamburger. Exactly what defines the perfect hamburger may be open to debate, but there's no denying the desirability of juicy burgers. As grillmasters prepare for another season of backyard barbecues, the following are some ways they can make their burgers more juicy.

- Avoid extra-lean meat. Extra-lean meat might be healthier than the alternatives, but 93 percent lean ground beef is unlikely to produce juicy burgers. When making burgers from scratch, opt for 80 percent lean. WebMD notes that fat helps to hold burgers together while searing and cooking the meat. The result is a more juicy interior than cooks are likely to get when using lean meats.
- Swap beef for lamb. Cookbook author John Holl notes in his book, "The American Craft Beer Cookbook" (Storey), that substituting ground beef with ground lamb makes for a juicier burger. Lamb is moist, so unlike lean beef, it can be grilled as well-done without drying out. Lamb also offers a different taste than beef, adding a little variety to a backyard barbecue.
- Saddle your spatula. Flipping the burgers too much or pressing them against the grill as they cook can dry them out.
- Be conscious of carryover cooking time. Carryover cooking time refers to the length of time temperature in a food continues to rise even after it's been removed from a cooking area. Beef is among the many foods that continue to cook after being removed from a heat source, so beef burgers can be removed from the grill before they reach the desired cooking temperature. This prevents drying out and ensures that once they're served, the burgers will be juicy and safe to eat.

Grilling a juicy burger is easily accomplished with a few simple and time-tested strategies.

still be closed while others may only offer limited day camps this summer. Parents should consider their comfort levels before enrolling kids in camp. Vaccines have proven effective, but COVID-19 hasn't gone away, and some regions have yet to vaccinate teenagers. Vaccines also have yet to be offered to children under 16. Parents can ask themselves how comfortable they are sending kids to camp, and if they're hesitant to do so they can explore their alternatives.

- Ask children if they want to go to camp. Everyone is experiencing some measure of pandemic-related burnout, and that includes kids. Kids may be sick of wearing masks at school all day and, even if they have loved camp in the past, may not be looking forward to wearing masks all day at camp this summer. Others might not be experiencing such burnout and may see camp as a way to quell boredom at a time when boredom has seemingly lingered over every day. Either way, solicit kids' input and let them know their feelings matter regard-

- less of which side of the fence they're on.
 - Inquire about safety protocols. When researching summer camps, ask about the safety protocols each camp will have in place. Will masks be mandatory for both campers and staff? How much direct interaction will campers have with each other? Have staff members been vaccinated? What measures are being taken to keep kids safe? Camps should have detailed protocols and share those protocols with parents upon request.
 - Ask about alternatives. If parents and/or children are hesitant about attending camp in person, ask camp officials if there will be any virtual events or programs this summer. Some camps may be organizing activities like craft projects online, and that can help kids overcome the boredom of being stuck at home all summer.
- Summer camps may not be fully back to normal in 2021. However, families likely won't have to go without access to summer camps for the second consecutive summer.

OBITUARY FOR: Elaine M. (Caron) McClain



The family of Elaine M. (Caron) McClain will be holding a celebration of her life at The Publick House, 277 Main St in Sturbridge, on June 12 from noon until 4 PM.

Her family extends an invitation to all her friends in the community to join them in sharing remembrances of her life through the many family photos, paintings and needlework she left for all of us to remember her by.

Guests are encouraged to share their "special remembrance" by writing their favorite remembrance of her in the family's remembrance book.



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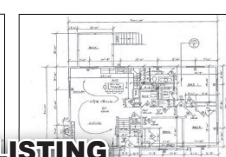
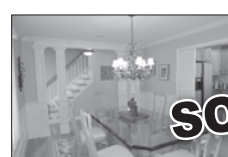
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How to keep gardens safe in summer heat waves

Summer is a season to relax and enjoy the warm weather. Basking in the summer sun is a great way to relax, but only when the temperatures are safe. Summer heat waves can compromise the health of human beings as well as their pets. Gardening enthusiasts also may need to go the extra mile to keep their plants and gardens from wilting under harsh summer sun.

Extreme heat stress can be very harmful to plants. The online gardening resource Gardening Know How notes that some plants can withstand summer heat waves better than others. For example, succulents conserve water in their leaves, helping them to withstand heat waves when the dog days of summer arrive. But succulents are unique, and many plants will require a little extra help to withstand a heat wave.

- Take a proactive approach with mulch. Gardeners need not wait until the heat arrives to protect their plants from searing summer heat. The sustainable living experts at Eartheasy recommend utilizing light-colored mulch during heat waves. Such mulch will reflect the sun-

Outdoor televisions up the ante in outdoor living areas

Outdoor living areas provide a great way for homeowners to spend more time outdoors doing the things they love. That includes watching their favorite shows. Many homeowners take televisions designed for indoors outside when hosting game watches or movie nights under the stars. While such televisions can function outdoors, unless they're specifically designed for outdoor use, chances are they are not protected against the elements. Special enclosures built to protect indoor televisions can do just that, but homeowners also can consider televisions designed for outdoor use. Outdoor televisions have become more popular as more and more homeowners look to extend their living spaces outdoors, and these uniquely designed televisions can often withstand elements like rain without losing their functionality. Many outdoor televisions also are designed to handle reflection from the sun, ensuring that homeowners won't have to limit their outdoor viewing experiences to evenings or late nights when the sun has set. When shopping for outdoor televisions, consumers should do their homework and pay attention to features they may not consider when shopping for indoor televisions. For example, outdoor televisions should offer wide viewing angles, as backyards tend to be bigger than living rooms. That means more people can make it over for backyard game watches and movie nights, which underscores the importance of wide viewing angles that make it easy for people seated all over the yard to make out what's on the screen.



light and help to maintain cooler surface soil conditions. Eartheasy even notes that grass clippings, once they've turned from green to light brown, can make for the perfect mulch to protect plants from the heat. Clippings also are free, making them a cost-effective solution.

- Water wisely. The horticultural experts at Yates Gardening note that water only helps plants withstand heat waves if it's applied effectively. If water is only applied in short bursts and not long enough so it can penetrate all the way to the root zone, roots will then stay near the surface. In such instances, roots will dry out during a heat wave and plants won't make it through the season. Timing also is essential when watering. Eartheasy recommends watering in the morning to avoid heat scald and also ensure as little water is lost to evaporation as possible. When watering during a heat wave, do so by hand rather than through a sprinkler. Hand watering allows gardeners to direct all of the water onto the plants that need it most during a heat wave.

- Let your plants pitch in. When planting new plants, it's important that gardeners recognize it takes time for these plants to establish their roots so they're strong enough to withstand heat waves. In the meantime, strategic planting can help them make it through their first heat waves unscathed. Eartheasy notes that planting by taller, more established plants can provide new plants with shade that can help them survive heat waves. Just make sure new plants can still get the sun they need to thrive.

Heat waves are inevitable and potentially harmful to gardens. Gardeners can help their plants beat the heat in various ways.

Bite into these facts about hot dogs

Hot dogs are the yin to the hamburger's yang. Franks and burgers are a common pair at barbecues and ballparks, and rightfully so. Handheld, portable meals, they pack a convenient and flavorful punchy.

Few foods may seem as American as hot dogs. However, hot dogs are derivative of European sausages. This fact and more can shed light on the humble hot dog, which is sure to find its way to a grill near you this summer.

- Mental Floss says it's pretentious to consume a hot dog with utensils. Hot dog etiquette experts also insist adults should not top their hot dogs with ketchup, which they suggest is a topping strictly reserved for children.

- Hot dogs are often associated with New York City. However, hot dogs gained popularity across the country in the 20th century.

- Hot dogs are often called frankfurters. This refers to Frankfurt,

Germany, where pork sausages similar to hot dogs are believed to have originated.

- Hot dogs were given their name by cartoonist Tad Dorgan. He observed a vendor selling "hot dachshund sausage dogs" during a baseball game at New York City's Polo Grounds. As legend has it, Dorgan couldn't spell the name of the dog, instead writing only "hot dogs." The name eventually caught on.

- Despite several jokes as well as speculation regarding what hot dogs contain, hot dogs are cured and cooked sausages that contain mainly pork, beef, chicken, and turkey. The meats come from the muscle of the animals. If a product contains organ meats, it must be declared on the packaging.

- In 1867, Charles Feltman made a cart with a stove on it, which he used to boil sausages. The cart also had compartments to keep buns fresh. Carts that sell hot dogs on the

street are now seen in cities across the country.

- Hot dogs are a NASA-approved food for astronauts.

- While hot dogs are sold at many venues, data indicates that the popular convenience store chain 7-Eleven sells the most grilled hot dogs in North America, with 100 million sold annually.

- Relish, sauerkraut and even ketchup are popular hot dog toppings. But mustard is by far the most popular.

- Why are there typically 10 hot dogs per pack and only eight buns per bag? When hot dogs were first introduced, they were sold at varying quantities at the butcher shop. Hot dogs were eventually standardized to packages of 10, but buns are baked in clusters of four in popular pans designed to hold eight rolls.

Hot dogs are a summertime staple that have an interesting and extensive history.

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CITTA
continued from page A1

Mrs. Citta says that it is the every-day encounters such as Preschoolers singing a song, a young child’s good morning, or the thank you from a

parent who has needed reassurance or advice that has created wonderful memories she will treasure forever. For this reason, she also looks forward to volunteering at TCA when possible and continuing to serve on

the accreditation board for NEASC. Mrs. Citta lives with her husband Sal and is the mother of two grown sons and grandmother to two amazing boys. In retirement, she looks forward to spending more time with

them, gardening, and enjoying each day to the fullest. We wish her great days ahead and thank her for all she has done for Trinity Catholic Academy. Mrs. Citta, we will miss you!

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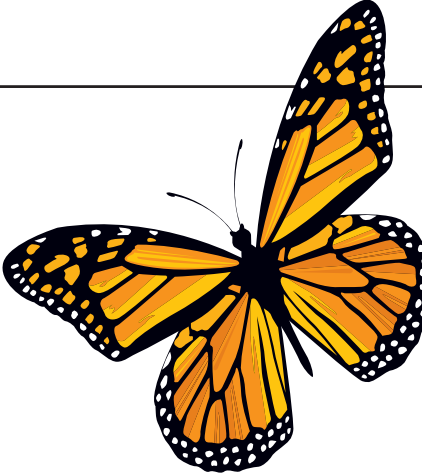
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