

Rising case numbers prompt new guidance from state

BY KEVIN FLANDERS
STAFF WRITER

REGION – With students set to return to school in a few weeks, state leaders have released updated mask guidance for fall learning.

When students left school in June for summer vacation, COVID-19 conditions were rapidly improving and restrictions were being lifted across the state. The expectation for many school officials and parents was that masks would be a thing of the past for most students come autumn.

But with the rise of the highly contagious Delta variant over the last month, state officials have updated mask recommendations heading into the 2021-22 school year.

In a memorandum released jointly by Massachusetts Department of Elementary and Secondary Education Commissioner Jeffrey Riley and Acting Department of Public Health Commissioner Margret Cooke, new guidance was released for masking and other protective measures at school.

State officials remind parents that the following items are recommendations. Individual school districts have the power to adopt masking policies at their schools.

“This guidance was developed jointly by DESE and DPH, and it outlines recommendations on masking, COVID-19 testing, and quarantine protocols,” the joint statement read. “It also includes information on back-to-school vaccine clinics, local vaccine sites, and public awareness materials for families.”

This fall, the DESE and DPH strongly recommend that all students in kindergarten through grade six wear masks when indoors, except students who cannot do so due to medical conditions or behavioral needs. Masks are not necessary outdoors and may be removed while eating indoors.

Additionally, state officials recommend that the following groups also wear masks when indoors this fall: unvaccinated staff members; unvaccinated students; unvaccinated visitors to schools; and those in certain risk groups.

“Any individual at higher risk for severe disease

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Courtesy

FORMER LEICESTER POLICE OFFICER RETIRES

The Leicester Police Department congratulates former Leicester Police Officer and current Auburn police Det. Eric Dyson, Sr., on his retirement. Dyson is retiring after 33 years of law enforcement service to local communities. “To say you will be missed would be an understatement, but we wish you all the best in your retirement,” read a statement released by the Auburn PD.

Nichols announces new partnerships for Sports concentration

BY JASON BLEAU
CORRESPONDENT

DUDLEY – Nichols College is celebrating new opportunities for students enrolled in their sport sales and strategy concentration as the business school has partnered with two major organizations to offer hands on experience to students including with representative of the

the 2021 NBA champion Milwaukee Bucks.

Nichols College has entered a new contract with The Milwaukee Way Sales Academy which offers a training course taught by sales managers of the Bucks. The program will allow students to learn from sales associates who helped contribute to the growth and success of the Bucks organizations

including individualized coaching and professional certification from the franchise. Nichols College is also introducing SponsorUnited which gives students access to an aggregate platform focusing on sports sponsorship data used by sports teams across the globe. The platform will allow students hands on

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Chip-In holding first back to school supply drive

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The Charlton Chip-In Food Pantry is launching a new community program later this month geared towards ensuring that students in the town are prepared, equipped and ready to officially return to classrooms after a year of COVID uncertainty.

Chip In has launched its first Back to School Backpack & Supply Drive in partnership

with the Charlton Police Department collecting school supplies to prepare Charlton students to their return to in-person learning for the new school year. Pantry Director Darlene Emco-Rollins said the program will be held in conjunction with their normal distributions and is just another extension to the services they try to provide for the town.

“This was really thanks to my president of the Board of Directors Mike McGrath. We do a lot for the kids, but we wanted to do more. We finally got a lunch program here for the district for the first time in twenty years and we want to do more for the community. Now that the kids are going back to school moving away from remote learning, we thought this was a good idea,” Emco-Rollins said.

The drive will be held all month with clients being able to pick from the donations during the

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Bay Path accepting nursing program applications for August 2022

CHARLTON — The Bay Path Practical Nursing Academy is currently accepting applications — based on a selective admissions process — for practical nursing (PN) students that will begin the program in August 2022. The PN program prepares graduates to sit for the NCLEX-PN examination, enabling the graduate to become a Licensed Practical Nurse (LPN).

The deadline for applications is May 2, 2022, and approximately 40 students will be chosen for the next class, graduating in June 2023.

“This is the first time in years that we are announcing an application deadline very well in advance, for the incoming cohort starting in August 2022,” said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director. “This decision is based on regional needs and our capacity to place the students in clinical settings.” Dr. Bolandrina added, “We revised some of the selection criteria based on feedback from faculty, alumni, and communities of interest such as members of the advisory committee who better understands the rankings and criteria. We hope this will encourage both men and women, young adults, and second-career individuals to apply for the 2022 cohort and become LPNs by 2023.”

For Licensed Practical Nurses (LPNs) interested in becoming a Registered Nurse (RN) and pursuing an associate degree in nursing (ADN) or a bachelor’s degree in nursing (BSN), Bay Path Practical Nursing Academy maintains an affiliation agreement with Fitchburg State University (FSU) and Worcester State University (WSU) for the LPN to BSN bridge program. Quinsigamond Community College offers an LPN to RN bridge program.

The Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing www.mass.gov/dph/boards/rn. The Bay Path Practical Nursing Academy is accredited by the Commission on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 www.council.org. The Bay Path Regional Vocational Technical High School is fully accredited by the New England Association of Schools and Colleges 209 Burlington Rd., Suite 201, Bedford, MA, 01730-1433.

To apply for August 2022 start, contact PN Secretary Ruth “DeeDee” Betz, ASN, LPN by calling 508-248-5971, ext. 1674 or emailing RBetz@bay-path.net.

A photograph showing a classroom or lecture hall. Students are seated at desks, facing a large screen at the front of the room. The screen displays a presentation with text and graphics. The room has a high ceiling with exposed ductwork and a projector mounted on the ceiling.



All Saints Academy hosts successful Summer Basketball League



Nick Ethier

Thanks to Pete DelloStritto's effort to ensure that a boys' summer basketball league would take place this year for much of southern Worcester County, Bartlett High's team won the title over Grafton High at All Saints Academy in its hometown of Webster on Wednesday, July 28.

BY NICK ETHIER
SPORTS EDITOR

WEBSTER — There is no doubt that COVID-19 wreaked havoc on just about anything and everything imaginable, including high school basketball seasons. There were no summer leagues in 2020, and then many schools didn't offer the sport during the winter of 2020-21. So, referee Pete DelloStritto made it his duty this summer for all local teams to have a chance to pick up a basketball and play.

"Because of COVID last year, everything was squashed. This year, I was approached by a handful of coaches asking if there was going to be any basketball...a lot schools hadn't even had [winter] seasons," said DelloStritto. "Things started to ease up, but the

Auburn High School [site of the normal summer league] was still off limits. I understood that, but I reached out to the coaches that reached out to me and asked if they would be interested. I sent an email out to about 16 or 18 coaches and the vast majority of coaches said that they wanted their teams to play."

Auburn High wasn't the only school that wouldn't allow a summer league to take place. In fact, DelloStritto couldn't find a public school to host. That's where All Saints Academy of Webster stepped in.

"Because All Saints is a private catholic school, they said we could use their gymnasium," explained DelloStritto.

All Saints Athletic Director Jeff Paulhus, a fellow official along with DelloStritto and a basketball coaching staff member at Bay Path Regional, gave his

location the OK for the summer league.

"I owe a tremendous amount of gratitude to them because without them it wouldn't have been possible," said DelloStritto. "It's also a really nice facility."

Bartlett High, Bay Path, David Prouty Regional, Grafton High, Leicester High, Millbury High, Oxford High, Quaboag Regional, Shepherd Hill Regional, Southbridge High, Tahanto Regional and Tantasqua Regional comprised the 12-team summer league, and aside from playing on one court instead of Auburn High's two and the southern location compared to Auburn's centrality, the session went off without a hitch.

"It totally was [a success] because we had 12 solid teams that were committed. Kids and coaches showed up every week. We started games at 4:30 [p.m.] and it didn't deter anybody. Kids just wanted to play," said DelloStritto.

After a nine-game regular season, all 12 teams competed in a single elimination playoff format. Wednesday, July 28 was the final day with two semifinal contests and a championship game. Eighth seeded Bartlett beat No. 2 David Prouty in one semifinal (46-45), while No. 5 Grafton edged third ranked Shepherd Hill in the other semi (51-49). Then, in the final, the hometown Bartlett squad edged Grafton by a score of 63-53 to win the championship.

DelloStritto, who had assigned the officials for the past four years prior to 2020 in the boys' league, also ran a girls' league this summer. That league, which finished up a week prior, was also played at All Saints.

"I felt like I needed to reach out to the girls' side," he said. "I immediately gained interest on that side. We got a solid number of eight teams."

When asked about the future of the summer basketball league, DelloStritto was optimistic.

"I just want to gather my thoughts and wrap up this year before next year. Yes, I plan on doing something next year, but I don't know where," he said. "To be honest, I'd like to bring it back to Auburn. I think a lot of schools would like it back here because it's close proximity."

"There will definitely be basketball, barring a major catastrophe, because there's a desire to play," DelloStritto added. "I just don't know where, but we do have options."

At the end of the day, DelloStritto was most pleased with the fact that a total of 20 high school teams were finally able to enjoy a summer of playing basketball.

"It worked out great. All these players got to play. We had minimal issues — we were having great feedback — it worked out as well as could be expected," he said. "We really had some competitive games on both sides."



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Beaupre named associate dean at Nichols College



Jean Beaupre

DUDLEY — Mauri Peltó, PhD, vice president for academic affairs at

Nichols College, has announced the appointment of Jean Beaupre, EdD, to associate dean for academic affairs.

Beaupre, associate professor of communication and marketing, has been at Nichols for 10 years and has held several administrative and leadership positions. She is program chair for the BA in communications and has been and will continue to be involved in initiatives for women on campus as well as with the business community.

“Nichols already provides such a strong, comprehensive academic experience for our students. I’m looking forward to being a part of the leadership team and contributing to our next exciting chapter,” said Beaupre.

Prior to joining the Nichols faculty, Beaupre was a strategist/client services manager in the advertising agency industry for 20 years. She co-founded Smith & Jones Advertising/Marketing Agency, which served several industries, including consumer packaged goods, high tech, B2B, and higher edu-

cation. She has served on the boards of the Chamber of Commerce of Central Mass. South, the AdClub of Greater Worcester, and the United Way.

Beaupre earned a Doctor of Education in Organizational Leadership from Northeastern University and is a resident of Thompson, Conn.

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow’s leaders. Nichols offers master’s degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today’s professionals.

QCC highlights high demand careers at virtual community event

WORCESTER — More than 20 community leaders learned what the most in demand careers were and how Quinsigamond Community College was there to support their organizations and their constituents. At a recent virtual community event, QCC staff highlighted some of the top healthcare, manufacturing and information technology (IT) careers and the programs that QCC offers in these areas.

“It is imperative we offer the tools and information to best advise our community organizations on what types of high demand careers are available, and how to get them trained as quickly and efficiently as possible,” said Director of Community Engagement, Deborah L. González, Ph.D. “QCC’s focus is on providing the practical skills that can help students improve their skill sets, find employment, and embark on a career path.”

During a virtual presentation by the College, representatives from QCC’s Workforce Development and Continuing Education (CWDCE), as well QCC’s Admissions office discussed the pathways students can take to a better career and future.

CWDCE Program Manager Kathleen O’Connor addressed the variety of free programs that the College offers through the Snap to Work Program for those who meet the eligibility requirements, as well as the free programs offered through grant funding. She noted that these programs offer wrap-around services and some offer free textbooks, assistance with transportation, childcare, some pay hourly stipends and some grant programs offer job placements.

El Buen Samaritano Food Program, Inc. Director of Operations Maricelis (Mari) Gonzalez said she feels the Snap to Work program opportunities would be very beneficial for her constituents, many of whom are receiving Snap benefits, while they look for employment.

“I do come across volunteers that in order to get Snap benefits, they have to commit to 20 hours (of volunteer work). I’m thinking instead of doing this, let’s get them into a certificate program,” Ms. Gonzalez said.

“Look what we have in our own backyard. We have these free programs that can help people get to the next level ...I know QCC will get them to that next level.”

Today, healthcare and social assistance are the largest employment sector (20.3 percent), with a wide spectrum of entry-level jobs and wage earning potential and multiple occupational pathways. In demand careers include CNAs, LPNs, RNs, Pharmacy Technicians and Direct Care Workers.

The Advanced Manufacturing sector also has a large need for workers such as CNC Machinists, Quality Control Technician and Production Workers. At QCC, students can use a variety of short-term educational

pathways to begin a career in advanced manufacturing.

Many of the CWDCE programs are quick turnaround programs that are low-cost and enable students to enter the workforce immediately, or continue in a credit-based certificate or degree program. The CWDCE also offers subscription-based, all-you-can-learn online modules that enable students to access over 500 unique online courses in Advanced Manufacturing or Microsoft 365. These training modules can be accessed from 30, 60, 90, 180, 365 days of unlimited use for a set rate.

“Students are in charge of their own learning pathway,” Ms. O’Connor said.

Professional and Technical Services careers also top the list with a current need for occupations such as Software/Web Developer, Cyber Security and Biomanufacturing Technicians.

A variety of CWDCE programs include IT career pathways. Students to take 18-week courses to become front-end software developers or back-end software developers, as well a five-week Google IT Help Technician Certificate program. Additionally, for those students who wish to continue their education after a non-credit program, they can meet with QCC’s Career Services and Credit for Prior Learning to learn how to get credit for their work.

QCC recognized the need to offer programs in Spanish and the CWDCE designed a Personal Care Homemaker Training program for students in both English and Spanish models. Students are eligible to work with an agency and they can choose to be paired with someone who is English or Spanish speaking.

QCC’s Associate Director of Admissions, Denise Haile, Ed.D. addressed the credit options available, highlighting the 120 degree and certificate programs, many of which are in the high demand, high pay areas of healthcare, manufacturing and IT. Examples of programs include Emergency Medical Assistant Certificate, Computer Systems Engineering Technology-Help Desk Technician Certificate to Associate degrees such

as Manufacturing Technology-Applied Manufacturing Option.

Preparing students from employment is a key element in both credit and non-credit programs. From resume and cover letter workshops, to mock interview sessions, workplace and “dress for success” sessions, QCC ensures students are thoroughly prepared to enter the workforce.

Enrollment is currently underway for the Fall semester. Courses for credit and non-credit programs are available, days, nights, weekends and online. Visit www.QCC.edu/admissions to learn more.

Informational community events will continue to be held throughout the year with the next event set for September 29. The event will focus on student success resources.

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

Auburn News

ACCURACY WATCH

The Auburn News 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.

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Friday's Child



Jayven
Age 14

Hi! My name is Jayven and I like to play board games and football!

Jayven is an inquisitive boy of African-American and Hispanic descent. He loves board games and is always happy to play one, either with his friends or with an adult. Jayven also likes to be outside, and his favorite outdoor activity is playing football, which he is currently doing with Pop Warner Football. Jayven likes playing football so much that when he grows up, he would like to play for the NFL. Just in case he isn’t drafted, though, he is also considering careers as a detective or as a piano teacher. Jayven is currently doing well in school.

Legally freed for adoption,

Jayven is looking for a loving and patient family of any constellation, with or without other children in the home. Jayven is very close with his younger brother and has expressed a desire to be a role model for him. An ideal family for Jayven will be open to helping him maintain this relationship.

Who Can Adopt?

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

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

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



PET of the WEEK



Meet Liam a 2 year old male! This handsome boy came to us from Korea, with his best buds Nelly and Ode. He is a sweet, quiet boy who enjoys spending time with his friends. He needs a quiet, adult only home, as he is quite shy, and needs someone with patience to help him adjust to his new life and come out of his shell. Other dogs help him feel safe, so he must go to a home with another dog. He is brand new to a leash, so he is looking for a home with a fenced in yard. Once he feels safe, he loves to play! We are still getting to know Liam, but he has already come so far! If you think Liam could be the one for you, please email adopt@baypathhumane.org today!

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America’s oldest continuous church auction faces the end of an era

STURBRIDGE — Saturday, Aug. 14 will mark the end of an era for the oldest continuous church auction in the country when the 71st and final Sturbridge Federated Church Auction is held rain or shine under tent on the Sturbridge Common. Preview begins at 9 a.m. and the first item goes on the block promptly at 10 a.m. This year’s auction coincides with the Massachusetts Tax-Free holiday weekend when retail items of up to \$2,500 purchased in Massachusetts for personal use will be exempt from sales tax.

It all began in the summer of 1950 ,when a church member named Harriet Haynes suggested an auction in response to a call for fundraising ideas. According to the “History of the Annual Sturbridge Federated Church Auction,” penned by Ray Stevens and Tim Bardsley on the occasion of the event’s 50th anniversary in 2009, that first auction was held on the same Sturbridge Common with Barney Richards, a well-known Southbridge personality, as the first auctioneer and the rest, as they say, is history.

Early church auctions bore very little resemblance to today’s antique auction experience. In those days, the sale was held under the maple tree closest to the library. The first tent went into use in 1977 for the 28th auction. Amazingly, it had never rained for any of the first 27 auctions.

Virtually all of the items for sale were household discards and appliances donated by local residents who were moving or thinning out household possessions. Typical items included stoves, refrigerators, waffle irons, storm windows, garden tools, dogs, cats, and pianos. On auction day, it was not uncommon to find cardboard boxes filled with a variety of donated items with the best item always left on top in the hope of attracting a one-dollar bid. With a minimum bid of a quarter, and increases of 10 cents accepted, it took a long time to turn a respectable profit.

Today, a majority of the items in the auction are antiques donated by down-sizing church and community members or purchased by auction committee members at local yard sales and flea markets. The items are then lovingly refurbished by volunteers at the Monday Night Auction Socials. These are organized weekly classes that meet every Monday evening from 7 to 9 p.m. to teach volunteers the arts of caning, rushing, refinishing, and stenciling. The classes were

tailored to people of all skill levels, but particularly to the inexperienced who wanted to learn a new old skill.

The Monday Night Auction Social began in 1987 with 18 people in attendance. That first year – the 39th auction – the group met 35 times with 42 volunteers turning out at least once to complete the restoration of 78 items. Since the 51st auction in 2000, the dedicated auction social group has been responsible for generating 92 percent of the revenue for each annual auction through the many antique items they refurbish and restore.

The Arts and Crafts Table

In 1981, Glenna Pearson organized a group to produce some hand-made, original crafts for sale at the auction. Thirty years later, that tradition continues with home-made baked goods and craft items created by members of the Koinonia Women’s Group, their friends, and relatives. These include Iris-folding cards, hand-painted canvas totes, stone art work shadow boxes, assorted jewelry items, spool angels, and a Noah’s Ark assemblage, gift baskets and a few oil paintings. There is also a silent auction with close to 100 gift certificates solicited by Suzie Schwartz from many generous local businesses in Sturbridge and neighboring towns.

Another popular development over the years has been the addition of an annual dollhouse carefully restored and furnished by Koinonia members. This year’s dollhouse is an elegant multi-story design with a removable gabled façade and richly furnished by Janet Ray-Sinianian and Kathy Krikorian.

The auctioneers

In its 71-year history, the auction has had only three auctioneers. Barney Richards was the auctioneer for the first two years. Gordon Reid, best known as the originator of the Brimfield Flea Market, sold thousands of “dollar boxes” over the next 23 years. When Gordon passed in 1974, the auction gavel passed to the Robert H. Glass family of auctioneers, now in their 47th year, with Robert Glass, Jr. and Gwen Glass Carbone swinging the gavel.

The Publick House Connection

The Publick House Historic Inn and Restaurant, across the Common from the auction, has been a longtime supporter of the annual event. Each year, the Inn offers a certificate for dinner for two to any bidder whose purchases total \$500 or more, and one night of lodging plus dinner for two to any bidder whose purchases total \$1,000 or more. These certificates will also be available for bidders at the 2021 auction.

The Sturbridge and Publick House Chairs

Artisan Phil Jones’ talent and skill are legendary. His ability to reconstruct, replace, or repair parts of an antique to original condition required craftsmanship of the highest order. Jones was the originator of the first Sturbridge Chair in the mid-1960s, a highly-prized limited series offering decorated with a rosewood finish and a lovely Sturbridge scene in bronze powder stenciling. When Jones completed his last Sturbridge chair in 1995, legend says he burned his stencils so he couldn’t be cajoled into producing another the following year.

Not to be outdone, Brian Rhea took over creation of the Sturbridge chair with a new set of stencils the following year and has been producing them ever since. Due to the pandemic-related cancellation of last year’s auction, two chairs will be up for sale in 2021. This year’s chairs are numbers 27 and 28 in the Rhea series.

Meanwhile, Tim Bardsley introduced the equally collectible Publick House Chair in the early 1980s and has created a new addition to the series annually. This year’s chairs are numbers 50 and 51 in the Bardsley series.

How auction proceeds are put to use

It is estimated that more than \$750,000.00 has been generated by the Sturbridge Federated Church Auction across the years. Funds from the auction have always been used for capital projects, never to pay a salary or an expense items. The projects that the auction has supported are legion. Projects like helping to pay off the addition of the Haynes Chapel, paying off the Maple Street handicapped access addition and elevator, and paying in full for the church’s new boiler system. The top three revenue-producing auctions were the 70th, the 60th, and the 50th.

The committee presenting the 71st and final auction includes co-chairs Tim Bardsley and Ken Benson, and members Bob Cordell, Brian Rhea, Ray Simpson, and Ron Steitzel. “One consistent element throughout the auction’s seventy-one years has been the involvement of literally hundreds of volunteers and the tremendous support and encouragement from numerous community organizations, small businesses and loyal bidders from around the country,” says Bardsley.

“At the risk of missing even one of the many, many important contributors to this auction across the years, we’d like to simply acknowledge and thank everyone who has played a part in making the Sturbridge Federated Church Auction a tremendous and lasting success. It has truly been a monumental effort with hundreds of moving parts that could not have been accomplished without the active engagement of our community.”

“We look forward to seeing everyone on Saturday, Aug. 14 for the final hurrah,” Bardsley said. “We thank the Lord for his many blessings!”

Lasell University students share industry scholarship, research at Spring Symposium

NEWTON — The Lasell University Spring Symposium, “The Invention of Now,” was held at the end of the semester to showcase student scholarship in various fields and present research projects to the greater community. The following students presented work:

Rachel McGrillen of Auburn participated in a video presentation, “What Does Conscious Awareness Mean To Me?” as one of Lasell University’s resident assistants.

Sophia Mazzone of Auburn (01501) presented the latest issue of Polished, a student-run magazine focused on Boston’s fashion and cultural scene. Polished has received numerous awards from the Columbia Scholastic Press Association in their Gold Circle and Silver Circle categories and is recognized as one of the leading collegiate publications in the country. Mazzone was a member of the magazine’s social media team.

The Spring Connected Learning Symposium is one of two annual research symposia held at Lasell University. Student presentations provide scholarly insights into a variety of industry topics, and showcase practical skills and career competencies across those industries.

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

Local students named to Dean’s List at Northern Vermont University

LYNDONVILLE, Vt. — Luke Morin and Vanessa Symonick of Auburn were named to the Dean’s List for the spring 2021 semester at Northern Vermont University.

Students who achieve between a 3.50 and 3.99 semester average are placed on the Dean’s List.

Northern Vermont University is a two-campus institution of higher education with campuses in Johnson and Lyndonville, Vermont as well as an online division that combines the best of our campuses’ nationally recognized liberal arts and professional programs. At Northern Vermont University, our goal is to guide curious, motivated, and engaged students on their paths to success and their places in the world. Learn more at NorthernVermont.edu.

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\$443,000, 77 Berlin St, Senecal, Kathleen J, and Senecal, Joseph, to Tetreault, Maegan.
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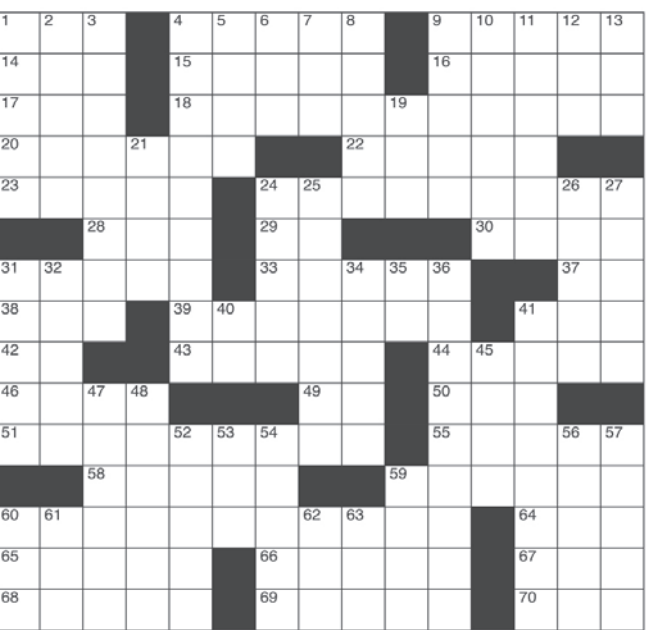
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CLUES ACROSS

1. Calls balls and strikes
4. Turkish officer
9. Repaired shoe
14. Grass genus
15. Small, sealed vial
16. Primp
17. Immoral act
18. A tool to communicate
20. Crumbles away
22. Egg-like
23. Districts (abbr.)
24. Dressed
28. Small island (British)
29. Dialect of Chinese
30. Force unit
31. Borderlines
33. Norse gods
37. Morning
38. Fiddler crabs
39. Tell a story
41. Consumed
42. Atomic #58
43. About old Norse poems
44. Fencing swords
46. One-time Tigers third baseman
49. Southpaw (abbr.)
50. Neither
51. Conversations
55. Distinctive manner or pronunciation
58. Cyprinids
59. Appropriate to a festival
60. Pearl Jam frontman
64. Wrath
65. Italian city
66. A way to get there
67. A nose or snout
68. German seaport
69. A horse for riding
70. Airline representative (abbr.)

CLUES DOWN

1. Unhappy
2. Silk fabric
3. Unbroken view of a region
4. Middle Eastern territory
5. ___ and Andy, TV show
6. Central processing unit
7. Department of Housing and Urban Development
8. Midcentury newspaper columnist
9. Weapon
10. Delivered a speech
11. Probably going to happen
12. Midway between northeast and east
13. Danish krone
19. Synthetic resin (abbr.)
21. Fall slowly in drops
24. Bestow an honor upon
25. Childishly silly
26. Related on the mother’s side
27. Populations of related plants
31. Coherent
32. Tribe of ancient Britons
34. Financial firm Goldman
35. Stephen King thriller
36. Went in again
40. Commercial
41. Poking holes in the ground
45. Prisoners of war
47. Pursued pleasure
48. “Seinfeld” character
52. Body of water
53. Hovering vehicle (abbr.)
54. People who utilize
56. Nostrils
57. Inner mass of some fungi
59. Honor lavishly
60. Midway between east and southeast
61. Turn down
62. Small round mark
63. Expected at a certain time



Cornerstone Bank awards college scholarships to local graduates

WORCESTER — Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, is proud to announce the 16 recipients of their scholarship awards program for local high school graduates. Each chosen graduate is awarded \$2,000 to assist with college expenses.

“Cornerstone Bank is honored to help high school graduates throughout the community pursue higher education in the fields of business and finance,” said Cornerstone Bank CEO Todd Tallman. “It’s important to us that we can support students throughout our community in reaching their goals; we are excited to see what their futures hold.”

This is the list of the 2021 scholarship recipients along with the name of the school they plan to attend in the fall:

Daniel Bowen of Spencer, University of Massachusetts-Amherst
 Sydney DiMarzio of Ware, University of Connecticut
 Colin Drake of Charlton, Bryant University
 Jacqueline Dugay of Ware, Washington and Lee University
 Madison Dungey of Sturbridge, Franklin Pierce University
 Calvin Fullerton of Charlton, Penn State University
 Kyle LeBlanc of Charlton, West Virginia University

Matthew Majersky of Holden, Stonehill College
 Ainsley Maus of Brookfield, The George Washington University

Gabriela Piwowarczyk of Webster, University of Massachusetts-Amherst

Michael Romano of Rutland, Florida International University

Darian Shepherd of West Brookfield, Johnson & Wales University

Miles Sullivan of Westminster, Fitchburg State University

Joseph Szela of Oxford, Bentley University

Rebecca Turley of Fiskdale, The George Washington University

Isabella Vangos of Auburn, Bentley University

“It is with pride that we award the achievements of these 16 students who excelled academically as well as in extracurricular activities and community involvement,” said Tallman. “We wish them continued success in the next chapter of their educations.”

To be considered for a scholarship, each student had to:

Be a 2021 high school graduate
 Anticipate being a full-time student at an accredited, degree-granting institution of higher education
 Anticipate studying in a business or financial field

Demonstrate achievement and high standards in academics, extracurricular activities, and community involvement

Submit an official transcript and GPA from their guidance office

Submit a one-page essay

Learn more about the Cornerstone Bank scholarship recipients here: www.cornerstonebank.com/2021-scholarship-recipients/

About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank serving residents, businesses and communities throughout Central Massachusetts. Our customer promise, Built on Trust, is not just a brand, but also a corporate focus. Whether a business or personal partnership, Cornerstone Bank rests on the foundation that relationships are built on trust. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender and SBA Preferred Lender. To learn about Cornerstone Bank’s personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.



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LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Amy B. Hasting and Marc A. Messina, to Bank of America, N.A., dated October 4, 2007, and recorded with the Worcester County (Worcester District) Registry of Deeds in Book 41910 at Page 335, of which mortgage the undersigned is the present holder by assignment from Bank of America, N.A. to Green Tree Servicing, LLC, dated January 14, 2014, recorded with the Worcester County (Worcester District) Registry of Deeds in Book 51963, Page 104; by assignment from Ditech Financial LLC f/k/a Green Tree Servicing, LLC to U.S. Bank Trust, N.A., as Trustee for LSF10 Master Participation Trust, dated October 30, 2018 recorded with the Worcester County (Worcester District) Registry of Deeds in Book 59619, Page 86; by assignment from U.S. Bank Trust National Association, not in its Individual Capacity but solely as Trustee for LSF10 Master Participation Trust to U.S. Bank Trust National Association, as Trustee of the Igloo Series IV Trust dated October 16, 2020, recorded with the Worcester County (Worcester District) Registry of Deeds in Book 63739, Page 126; and by an

assignment from U.S. Bank Trust National Association, as Trustee of the Igloo Series IV Trust to U.S. Bank Trust National Association, as Trustee of the Bungalow Series IV Trust, dated January 8, 2021, recorded with the Worcester County (Worcester District) Registry of Deeds in Book 64264, Page 356, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 3:00 P.M. on the 27th day of August 2021, at 4 Vincent Street, Auburn, MA 01501, all and singular the premises described in said mortgage, To wit:
 Property Address: 4 Vincent Street, Auburn, MA 01501
 Tax Assessor's Information: Map 12 Parcel 150
 The following land with the buildings thereon in Auburn located on the southerly side of Vincent Street, bounded and described as follows:
 Beginning at a point on the southerly line of Vincent Street, One Hundred Fifty (150') feet easterly from the easterly line of Oxford Street;
 Thence running southerly by Lot Number 15 on a Plan of Prospect Heights House Lots, Worcester District Deeds, Plan Book 24, Plan 57, One Hundred Two and Six Tenths (102.6') feet to land

now or formerly of the Stoneville Company;
 Thence easterly by land of said Company Seventy One and One Hundredth (70.01') feet to a point;
 Thence turning at right angles and running northerly One Hundred Three and forty-nine Hundredths (103.49') feet, more or less, to the said line of Vincent Street;
 Thence running westerly by said line of Vincent Street, Seventy (70') feet to the point of beginning, and being Lot Number 16 and a portion of Lot Number 20 as shown on said plan.
 For title reference see that deed of Daniel M. Hastings, Mary Ann Ulevich, Terrence J. Hastings, John J. Hastings, Michael R. Hastings to Amy B. Hastings and Marc A. Messina, deed dated 5/1/1998 and recorded with the Worcester Registry of Deeds on 6/18/1998 in Book 20076, Page 387.
 Premises to be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are

applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.
 Terms of sale: A deposit of five thousand dollars (\$5,000) by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Demerle Hoeger LLP, 10 City Square, 4th Floor, Boston, MA 02129 within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. In the event of an error in this publication, the description of the premises contained in said mortgage shall control.
 Other terms, if any, to be announced at the sale.
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FRANK G. CHILINSKI

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BRENDAN BERUBE

EDITOR

EDITORIAL

Helicopter parenting a college student

Gone are the days when your child would head off to college to only place a collect call home once a week, or perhaps would send a letter once a month. In those days, our parents had no idea what we were doing on a daily basis, who we were with or where we were at. They had no idea what test scores were coming in or what we had for dinner.

In current times, college students are in instant, constant contact with their parents and we're not so sure that's a good thing. Sure, it's nice to keep in touch but at what cost to your child? Do we really need to know about every fleeting moment of our child's lives? Naturally, we want to protect our children and keep them safe, but this is not the way to do it. Teach them the skills to protect themselves long before they fill out that college application.

To make things worse, most universities now have Facebook pages for parents. While this can be a great resource, it is also a breeding ground for parents to enable other parents, to enable their children, to lack independence and the skills to be resourceful.

Way back when, children had to be home by dark. In today's world, you have parents posting questions on parent's pages on whether or not to use Tide Pods in the washers at school. Why not let your child head off to the laundry mat at school, with a Tide Pod and figure it out for themselves? Other questions are often posed in regard to the furniture in dorm rooms, where parents are asking other parents for pictures so they can better prepare their student prior to moving in. Window sizes, storage space under the bed, outlets, you name it, it's been asked. Again, why not let your college student figure these things out for themselves along with their roommates? They are not in middle school anymore and can very well handle figuring out what they need on their own. If they ask for your help, then of course step in.

Point blank, parents are asking questions on behalf of their children. If a student has a question about parking, or a class or something in regard to move in day, teach them to pick up the phone and call the appropriate person, you know, like an adult would do.

While we think parent to parent support is a great resource, it has gone too far. Parents are posting pictures of their child in their dorm rooms as if it is their first day of Kindergarten. We know that parents are proud, as they should be, but wouldn't those pictures be better suited for a private page for friends and family to see, instead of potentially embarrassing your child?

If a student is having an issue with a roommate, parents are leaning on these pages to sort it out, asking for advice on how to handle it. Why not just tell your student, how to handle it themselves? It is natural for parents to want to swoop in and save the day and fix everything, but in doing so you are creating a way for your young adult to not be self-sufficient. Common sense tells us, that if your student is having a roommate issue, they need to talk to their hall director.

Parents have asked questions such as 'What winter jackets are boys wearing this year?' 'Does my child need an umbrella?' 'Does anyone do grocery delivery?' 'Where can my son sign up for activities?' These appear to us to be a bit over the top.

Trust in your parenting and trust in your child to take care of their own needs. When parents hover, it can have adverse effects. This doesn't mean parents can't be involved or shouldn't be involved in some way.

When helicopter parents overparent, they are sending the message to their student that they cannot do these simple things on their own. A survey of 450 students with helicopter parents, discovered that these individuals lacked the confidence in thinking they could accomplish their own goals in the workplace. As a result, they were more dependent on others and had difficulty coping which led to an increase in anxiety and panic attacks when put under pressure. You will not be around forever, and your child is capable of handling things on their own. The purpose of child rearing is to teach them how to navigate the world on their own, so they can live the best quality of life possible.

The solution is to have a conversation with your child, and ask them how they want you to be involved and how and when you can support them.

OPINION/COMMENTARY

Why are you the way you are?

I've always wondered why people are the way they are. Why is one person happy, and motivated, and why is another depressed, and unmotivated?

POSITIVELY SPEAKING

TOBY MOORE

neurochemical or a blend of neurochemicals called peptides.

What causes the peptides to be produced by the brain? Generally speaking, it's the thoughts you think. Every thought produces a peptide or a blend of peptides which cause you to have feelings.

I do it is by thinking thoughts that make me cry; sad thoughts, depressing thoughts.

Good actors are living proof that changing your thoughts will change your feelings.

A good question to ask yourself is, "Where have my thoughts led me?" Thoughts are like the steering wheel of a car; they are steering your destiny. Have your thoughts led you to feel emotions that keep you from the life you really want?

We've been taught from an early age that drug and alcohol addictions will ruin your life; is it possible to be addicted to negative emotions?

It is possible to change; at any age.

Sometimes it helps to think about what you have rather than what you don't have. The glass half full approach!

Instead of allowing your thoughts to make you feel bad, you can use your thoughts to make you feel good.

Joe Dispenza says "The process of change requires unlearning. It requires breaking the habit of the old self and reinventing a new self."

When you change the way you think, you become a new person. Jesus called this process "Repentance."

If you want to change the way you feel, an excellent place to start is by changing the thoughts that you think.

There are many factors—genetics, upbringing, and environment. A specific event or a chain of events may have happened to cause a person to be a certain way.

Most of us probably know someone living with addiction. A person with an addiction is unable to abstain from their addiction. It's their priority, their obsession, the primary part of their daily activity. They find it incredibly difficult to stop.

Some addictions are less severe and are debatable as to how harmful they are. A Mormon friend I knew refused to walk into a coffee house with me, "that place is a den of iniquity," he said!

Maybe he's right! I'm strung out on coffee all day long!

I remember being surprised to learn that gambling is an addiction. I didn't understand why. I thought substances like alcohol, nicotine, drugs, or caffeine cause addictions. It turns out that chronic gamblers are addicted to the rush they feel when they roll the dice. What causes that rush? The simple answer is their brain.

They've programmed themselves to become addicted to a neurochemical cocktail that causes them to feel the gamblers rush.

What is a feeling? A feeling is produced by a

Most people meditate on the same thought patterns for so long they program their brain to produce a blend of peptides unconsciously without even thinking about it, these peptides cause them to feel a certain way.

Even when a pattern of thinking causes a person pain, it's difficult for them to change; oftentimes it's because they are addicted to their emotions. This is a major reason most people find changing their thought patterns impossibly difficult.

I spent many years taking acting classes. The method of acting I studied taught me that I should never act, instead I should authentically feel what my character is supposed to feel. Rather than pretend to cry, I was taught to find a way to truly cry. It's not easy for me to cry during a performance, but I've done it a few times on stage, and for the camera. The

Antique, collectibles, and auction news

There's been plenty of noteworthy antiques, collectibles, and auction news since I last covered the latest news well over a month ago.

Last month, I discussed how prices for some collectibles have exploded recently. The recent sale of a 1996 Super Mario 64 game further highlights this trend. Smithsonian Magazine reports that "Nintendo released 'Super Mario 64' as one of the first games for its Nintendo 64 console in 1996." The games originally sold for about \$60 and Nintendo sold around 12 million copies. According to Smithsonian Magazine, the "'Super Mario 64' was the first Mario game to feature three-dimensional environments." The recently sold unopened game graded a near perfect 9.8 out of 10. It set a video game auction record of \$1.56 million, surpassing the previous record for a "Legend of Zelda" cartridge that sold for \$870,000 two days prior.

The most prized card in sports collectibles is being auctioned again. T206 Honus Wagner cards were produced between 1909 and 1911 by American Tobacco Company. Forbes reports that the card "is in extremely limited supply and has been setting price records for more than 80 years, most recently in 2016 at \$3.12 million." Only 60 copies of the Honus Wagner card are known to exist. Some believe Wagner didn't want his name associated with tobacco out of concern that children would start smoking cigarettes. Others say he simply couldn't agree on his compensation with the American Tobacco Company. The previous auction record was for a 1952 Mickey Mantle card which sold for \$5.2 million this past January. The bidding for the Wagner card had reached \$4.8 million as of Sunday, August 8th. When the bidding ends on August 15th, there could very well be a new sports card auction record.

Closer to home, a 1919 Picasso, Le Tricorne, painting that was recently discovered in a New England closet just sold at auction in Massachusetts. According to MassLive, "Le Tricorne is a framed mixed media work of art on paper that measures 16 by 16 inches." Picasso designed the maquette (preliminary sketch) while working on his larger work of the same name at the New York



Historical Society. The unidentified painting belonged to their great aunt. They said that their great aunt studied in England and their grandmother studied in France in the 1920s. Their uncle owned mills in Maine. The owner said, "they were some of the first women to fly to Asia on a trip to buy silk with their uncle," according to MassLive. The Picasso and several other paintings had been stored in a closet for over 50 years. The painting sold for \$150,000. Be sure not to brush things over when cleaning out your closets.

Bidding is underway for our online sports memorabilia auction featuring a Babe Ruth and Lou Gehrig signed baseball, Mickey Mantle rookie card, and Tom Brady autographed rookie card. We are currently cataloging a Webster estate auction with Corvettes, vintage boat motors, boats and many other items. We will also soon be finishing the cataloging of another online model railroad and die-cast car auction. Our virtual appraisal day for the Townsend Historical Society will be on November 13th. Registration is underway for my November 10th "Evaluating your Antiques" class at Bay Path Evening School in Charlton. Please visit our website for more details on upcoming events: <https://centralmassauctions.com>

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

Review your IRA, 401(k) beneficiaries



FINANCIAL FOCUS

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If you've had an IRA and a 401(k) for many years, you may occasionally ask yourself some questions: "Am I contributing enough?" "Am I still funding these accounts with the right mix of investments for my goals and risk tolerance?" But here's one inquiry you might be overlooking: "Have I used the correct beneficiary designations?" And the answer you get is important.

It wouldn't be surprising if you haven't thought much about the beneficiary designation – after all, it was just something you once signed, possibly a long time ago. Is it really that big a deal?

It could be. For one thing, what if your family circumstances have changed since you named a beneficiary? If you've remarried, you may not want your former spouse to receive your IRA and 401(k) assets or the proceeds of your life insurance policy, for which you also named a beneficiary.

However, upon remarrying, many people do review their estate plans, including their wills, living trusts, durable powers of attorney and health care directives. If you've revised these documents, do you have to worry about the old beneficiary designations? You might be surprised to learn that these previous designations can supersede what's in your updated will and other documents. The end result could be an "accidental" inheritance in which your retirement accounts and insurance proceeds could end up going to someone who is no longer in your life.

Furthermore, your retirement plans and insurance policy may not just require a single beneficiary – you may also be asked to name a contingent beneficiary, to whom assets will pass if the primary beneficiary has already died. As you can imagine, the situation could become quite muddled if stepchildren are involved in a remarriage.

To avoid these potential problems, make sure to review the beneficiary designations on all of your accounts at some point – and especially after a significant change in your family situation. If you see something that is outdated or incorrect, contact your retirement account administrator – or your insurance representative, in the case of life insurance – to request a change-of-beneficiary form.

And if you really want to be on the safe side, you may want to enlist a legal professional to help you with this review to make sure the beneficiary designations reflect your current family situation and are consistent with what's in your estate plans.

In fact, if you're already working with an experienced estate planning attorney – and you should – you might also pick up some other suggestions for dealing with beneficiaries. Just to name one, it's generally not a good idea to name minor children as beneficiaries. Because children can't control the assets until they become adults, a court would likely have to name a guardian – one that you might not have wanted. Instead, you could either name your own custodian to manage the assets designated to the minor or establish a trust for the benefit of the minor, which can distribute the money in several disbursements over a period of years – which is often a good move, since young adults aren't always the best at managing large lump sums.

If you're like many people, you have a strong desire to leave something behind. But you'll want to do it in the right way. So, pay close attention to your beneficiary designations – when you first create them and throughout your life.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edward-jones.com. Edward Jones Member SIPC

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Tuna fishing is red hot

Tuna fishing was red hot last week, with numerous reports of successful anglers landing some giants. This past weekend Matt Fontaine of Uxbridge landed a 500-pound tuna aboard the Fire Escape Charters with Captain Mark Pettit. This week's picture shows Matt Fontaine with the huge tuna that was landed, with a team effort of the three anglers on board. Nice fish!

False Albacore should be arriving soon on coastal waters. Catching one of these fish on light spinning rods on fly's is exciting and are targeted by many anglers. One of my favorite spots is the outer West Wall in Point Judith, R.I. Mel True of Fish Net Charters has had his clients catching 30 to 40 lb. stripers on almost every trip. They were using eels. Unfortunately, most fish had to be released because of the slot size.

Seabass are still being caught in Rhode Island, but the limit still remains at three fish daily. Anglers are still

picking through a lot of short fluke in Rhode Island, and some anglers do manage to keep a couple 19 inch-plus fluke during a full day on the water. Many released fluke do not survive after being released, but no one seems to be concerned.

Feeding songbirds is not recommended at this time, as most residents have heard about the rare disease that is killing them in the Mid-Atlantic states. Some birds have also been found dead in Mass. but may or may not be linked to the Mid-Atlantic states. This past week, some ducks near or in Boston, are also dying from an unknown source. Numerous fish kills were reported along some of the saltwater beaches, from some mysterious infection.

Bear and bobcat sightings are on



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the rise locally! Reports from various residents of the valley, are increasing weekly on these two newest resident animals. They do not pose a danger to residents, but small dogs and cats should not be allowed to roam freely. Coyotes & Fisher cats also pose a threat to unattended dog and cats, and their species are also growing locally. Deer and turkey sightings are reported daily with a good number of them surviving the wet spring and summer months. Wildlife in the valley continues to grow annually, which is good news for sportsmen.

During the pandemic, many people were forced to work from home. Many families purchased a pet for themselves, or their family members, and many have become attached to their new fam-

ily members, realizing the joy and company that a pet brings to them. A recent letter from my Veterinarian for their old and new pet owners to be patient with their services, due to the sharp rise in veterinarian's business.

You can now go online to find out the status of your doe permit from the Mass. Fish & Wildlife Web site. Log on to the Massfishhunt site, and you will be able to check your permit status. If you did win an antlerless deer permit you will need to pay a \$5 fee using your credit card or debit card. The extra permits in Zones 9-10-11-13-and 14 that are not purchased in numerous zones, will go on sale on in late September. Next year, if passed, all permits and stamps will slowly increase annually to \$6 in 2022 to \$30 IN 2026.

Take A Kid Fishing & Keep Them Rods Bending!

August is National Peach Month

Here in New England, late summer is celebrated with the long awaited peach crop. Native peaches are offered up by area orchards, local farmers markets and roadside stands. In recognition of the refreshing, ever so sweet, summertime peach, August has been deemed National Peach Month. Read on for some



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tivation. Eventually, Georgia was named the Peach State, for its abundant peach crops, which flourished in the warm, southern climate.

** Picking Perfect Peaches

*Peaches should be picked at their prime of ripeness as the fruit does not always ripen well after its been plucked off the tree. Choose your peaches carefully, as a fruit picked prematurely could spoil before it ripens. A peach that is ripe to be picked has a yellowish color, which extends to the stem area. Avoid peaches that show a greenish tinge, as they may have been picked too early to contain the desired sweetness. And ignore the peach's red blush, as it does not promise superior taste, simply an abundance of sun exposure.

*Not sure which peach to pick? If all are ready to harvest, choose the larger fruits as they have been on the tree longer; upping the odds of a sweeter pick. To properly pick a peach, carefully twist the stem off the tree. Experts advise handling freshly picked peaches as if they were eggs to avoid bruising. A soft tree-picked peach should be eaten within two days of picking.

*To ripen peaches at home, spread them on a flat surface and do not allow them to touch. Bruising can be fatal to a peach, so keep handling to a minimum. Or place peaches in a brown paper bag to escalate ripening. Do not pile peaches in the bag, rather spread them out so they do not touch. Ripened peaches will keep their flavor for up to five days in the vegetable crisper drawer of the

refrigerator.

Health Benefits of Peaches: Peaches are low in calories and are high in beta-carotene, vitamin C, calcium, boron, magnesium, phosphorus, potassium and flavonoids. In fact, one average peach is typically under 50 calories and provides almost three quarters of the daily vitamin C requirement!

** Peaches are also an antioxidant, diuretic, expectorant, and a laxative. Studies show the potassium in peaches, coupled with the fiber of the fruit, can help lower blood pressure.

** Peachy Salsa
This Salsa balances sweet and hot, for a versatile topping that's sure to be a crowd pleaser.

Ingredients: one pound peaches, (about three medium); one tablespoon lemon juice; two ripe tomatoes; six large green onions; one tablespoon canned jalapeno peppers, chopped; 12 tablespoons good quality olive oil; six tablespoons sherry vinegar; two tablespoon honey

Instructions: Dip peaches into boiling water and then peel the skins. Cut peaches into thin strips, throw away pits.. Toss with lemon juice. Dip tomatoes into boiling water; then peel and seed them. Cut into medium julienne strips. Combine peaches and tomatoes. Add onions and peppers. Whisk together oil, vinegar and honey. Pour over other ingredients. Refrigerate.

** Peach Cobbler
Just like grandma used to make!

Ingredients: eight cups fresh peaches, sliced and peeled; two cups sugar; one quarter cup flour; half teaspoon ground cinnamon; quarter teaspoon ground nutmeg; one third cup butter, melted. Pastry for double-crust pie.

Instructions: Preheat oven to 475°F. Combine the peaches, sugar, flour, cinnamon and nutmeg in a Dutch oven. Allow to set until sugar is dissolved

and a syrup forms. Over medium heat, bring the peach mixture to a boil, then reduce heat to low and cook until tender, about 10 minutes. Remove from heat and stir in melted butter. Set aside and keep warm. Roll out half the pastry as for a pie, but cut it into an 8-inch square. Spoon half the peach mixture into a lightly buttered 8-inch square Pyrex dish. Cover with the pastry square. Bake for 12 to 14 minutes, or until lightly browned. Remove from oven and spoon remaining peach mixture over the baked pastry. Roll out the remaining pastry, and cut into strips about an inch wide. Arrange strips in a loose lattice weave over the peach mixture. Sprinkle lightly with granulated sugar, if desired. Bake an additional 15 to 20 minutes or until browned.

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

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

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

Area resident named to Dean's List at University of New England

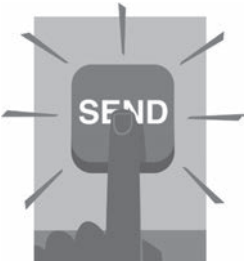
BIDDEFORD, Maine — Victoria Robichaud has been named to the Dean's List for the 2021 spring semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

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WEBSTER LAKE - 305 Beacon Park! Lake View 1,280' 5 Rm Townhouse - 10 Acres Park Lake Grounds w/Panoramic Lake Views! Yr Round Living or as 2nd Home - Summers on the Lake - Winters in Florida! Move-in Condition! Applianced Kit! Din Rm w/Slider to the Composite Deck! Frp'd Liv Rm w/Wall to Wall Carpeting & French Dr to the Deck! Updated Half Bath! Spacious Master w/Wall of Closets & Full Bath w/Recent Sky Light! 2nd Bedroom w/Wall to Wall Carpeting & Full Bath just outside its Door! 2 Bdrms & 2.5 Updated Baths! Garage w/Opener! Lakeside Heated Pool & One of the Best Sandy Beaches on the Lake! Canoe Rack! Rented Boat Dock through 2022, Longer Possible! Great Fireworks Viewing! **\$335,000.00**

WEBSTER LAKE - 504 Treasure Island! 6 Room Townhouse Overlooking the Pool! 1,874 Sq Ft! Stainless Steel Applianced Granite Kitchen! Open Floor Plan! Dining Room - Full Mirrored Wall - Sliders to the Trex Deck! 2 Bedrooms! Master Bath! 2.5 Baths! Fireplaced Family Room! Garage! Central Air! Gas Heat! C/Vac! 2 BOAT SLIPS! Sandy Beach! Complex Recent Siding & Roof! **\$400,000.00**



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FEATURED NEW LISTING - WEBSTER - 135 LAKE STREET



A RARE FIND! A TRULY ABOVE-AVERAGE, TOP NOTCH-HIGH QUALITY-TWO FAMILY! SPACIOUS, CLEAN, UPDATED! Apt# 2 - 1,536 SF +/- & 3 BRs on the 2nd Flr. Apt# 1 - 1,290 SF +/- & 2 BRs on the 1st floor. 1st Flr. HWBB By Oil, 2nd Flr. apt. HWBB by natural gas. Spacious Rooms, High Ceilings, hardwood flrs! granite tops. Enjoy the L-Shaped Covered Farmers Porch! Level Lot!
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PUTNAM CT - 89 PERRY ST UNIT# 250



Heritage Pines Condo Town House - Everything one would expect and then more! 4 bedrooms, 3.5 baths, all Hardwood floors, granite, stainless steel appliances. central air, 2 decks, 2800 sq ft +/- of finished living area., and so much more!
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Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE.
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Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **ON DEPOSIT! Each \$24,500.**

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Harvest and enjoy mint from the garden



Melinda Myers

Fresh-from-the-garden mint is easy to grow and adds a cool, fresh flavor to meals, beverages and desserts.

Add a bit of cool flavor to your beverages, meals and desserts this summer with home-grown mint. Try using peppermint leaves in fruit cocktails and ice cream. Add spearmint to your tea or use the leaves to season lamb and jelly. Or try chocolate mint for a unique, sweet and refreshing flavor in desserts and drinks.

Mint is easy to grow and suited to container gardens. In fact, growing it in a pot will help keep this vigorous herb contained. Or sink a container of mint in the garden or plant where surrounding walks and walls will keep it in check. Keep a watchful eye and remove any unwanted plants as they appear.

Grow mint in a full sun to partial

GARDEN MOMENTS

MELINDA MYERS



shade location with moist, well-drained soil. Mulch the soil to conserve moisture. Though hardy in zones 3 to 11, you will need to provide a bit of winter protection when growing mint in containers in colder regions. Either sink the container in a vacant spot in the garden or move the planter into an unheated garage. Water thoroughly whenever the soil is thawed and dry.

Gardeners lacking outdoor growing space or in areas with cold winters can also grow this herb indoors. Grow mint in a quality well-drained potting mix. Place in a sunny window or under artificial lights and keep the soil evenly moist.

Harvest the mint leaves as needed. Cut leafy stems off the plant just above a healthy leaf or bud so the wound closes faster and the remaining plant will look better.

Rinse off the clippings and remove tough stems and bad leaves before adding mint to your favorite beverage or dish.

You'll enjoy the most intense flavor when harvesting mint just before the plants begin to flower. This is the best time to make larger harvests for drying and freezing. Fortunately, you can remove up to 75% of foliage from an established plant. Watch for fresh, new growth and continue to harvest as needed.

Store any extra mint cuttings in a vase of water, loosely cover with a plastic bag and place in the refrigerator.

Consider including mint in your patio, balcony or deck plantings. Keeping it close to the kitchen and outdoor living space will make it easy for you to harvest and use. Plus, your guests will enjoy plucking a few fresh mint leaves to add to their iced tea, mojito, other favorite summer beverage or salad.

Not only does this easy-to-grow herb add flavor, but it also aids digestion. Add a garnish of mint to dress up the dessert plate and calm a queasy stomach. And use it to increase the manganese, vitamin C and vitamin A levels in your diet.

Make this the year you plant, harvest and enjoy some minty fresh flavor straight from the garden.

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.

NICHOLS

continued from page A1

experience researching, buying and selling sponsorships including applying those skills to Nichols' own sporting events. These two opportunities will help participants in one of the college's newest concentrations gain connections and resources to succeed in a growing field in New England.

"Experiential learning is a hallmark of the Nichols education, and our nationally ranked sport management program has progressively raised the bar on offering impactful and distinctive opportunities for our students," said Glenn M. Sulmasy, President of Nichols College said in the press release.

Brittany Jacobs, PhD, chair of college's sport management, added that she is excited to learn from the sales team behind the champion Milwaukee Bucks.

"Working with 2021 NBA champs adds a whole new dimension to the partnership, which already offered a steep value proposition for our students. It takes their training to a decidedly new level," Jacobs said.

With 260 students enrolled, sport management is the largest major at Nichols College. According to data collected by Hanover Research and released by Nichols College, sales positions are one of the highest growing professions in the sports industry with sports-related jobs estimated to grow nearly 9 percent in New England alone in the next five years.

CHIP-IN

continued from page A1

Aug. 21 pantry distribution. The program is seeking backpacks, notebook paper, pencils, crayons, glues, markers, essentially anything that the students could need for school. Any leftover items will be distributed to the local schools for teachers to use in their classes. If all goes well, Emco-Rollins said she hopes to see this become an annual event.

"I hope we can do this again. People obviously need the stuff. There are still a lot of kids out there that can't afford it," said Emco-Rollins. "We want to focus on our own community first, but we would never turn anybody away. In fact, we opened our pantry to the people of Dudley because theirs closed down temporarily so they are welcome to come in anyway for food. If kids need something we definitely won't turn people away."

While donations will be accepted at the Chip-In site in the Town Hall, the primary donation box has been set up at the Charlton Police Station which is open all day seven days a week. Those seeking assistance through the Chip-In Food Pantry can call (508) 248-3292 or email chipinfoodpantry@gmail.com. More information on Chip In and their programs can be found on the Charlton Chip-In Food Pantry Facebook page.



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TOWN OF CHARLTON
LIBRARY DIRECTOR

The Town of Charlton seeks to fill a FT (40hr) benefited position for the Library. The Library Director performs managerial duties related to personnel, budget, collection development, building maintenance, library operations and planning and delivery of services in conformity with policies established by the Board of Trustees. Master's Degree in Library Science from an ALA accredited school required along with 3 years of experience as a library director or within a supervisory role in a library. Salary range \$70,137.60 - \$77,417.60.20 yearly depending on qualifications. To apply for the position or to see a full job description go to <https://www.townofcharlton.net/158/human-resources>. Applications must be received by **August 19, 2021**. The position will remain open until filled.

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Administrator, 157 Main Street, Spencer, MA 01562. EEO Employer.

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COVID

continued from page A1

from COVID, or with a household member who is at high risk, is encouraged to mask regardless of vaccination status,” the joint statement read.

The DESE and DPH currently recommend that schools allow vaccinated students to remain unmasked, but guidance is subject to change if conditions worsen.

All districts and schools statewide will be required to operate in-person, full-time, five days a week this year. Students will be returning to classes, sporting events, and other extracurricular programs, but many parents are concerned that the state’s recommendations on masking won’t be enough to ensure safety. Other parents and students want to keep the masks off for good and believe the risks involving the Delta variant have been overblown.

For state officials, it has been a challenge to navigate changing conditions amid pressure from multiple sources. Officials continue to stress that any student at any level wishing to wear a mask this year should be allowed to do so. There are also several venues where masks are still required for all students and staff, which has added to the confusion and frustration for parents as the first day of school approaches.

“By federal public health order, all students and staff are required to wear masks on school buses at this time. Also, all staff and students must wear masks while in school health offices,” the joint statement read.

In other COVID-19 recommendations, the DESE and DPH continue to encourage schools to maintain ventilation upgrades; continue hand hygiene practices; and extend policies for students and staff members to stay home when sick.

The DESE’s COVID-19 help center remains open and available for consultation with districts and schools.

“The DESE and DPH will continue to consult with medical advisors and may update the masking requirements as we learn more about COVID-19’s effects on hospitalizations in Massachusetts and on children,” the joint statement read.

Districts and schools are also encouraged to maintain a plan for COVID-19 testing in schools, including both diagnostic testing and pooled testing for students and staff. The DESE and the Executive Office of Health and Human Services will continue to offer these services at no cost to districts.

“Diagnostic testing, such as the BinaxNOW rapid antigen test, is an important tool for use in testing asymptomatic close contacts,” the joint statement read. “Diagnostic testing is especially important this year, as we head into cold and flu season. Districts are strongly encouraged to sign up for the statewide COVID-19 testing program as soon as it becomes available.”

Last week, the nation averaged over 100,000 new daily COVID-19 cases. Hospitalizations and deaths are also up significantly since June.

Officials remind residents that more than 900 vaccination sites are available across the state. Most of these sites accept walk-in appointments, including CVS and Walgreens pharmacies, pediatric primary care offices, and community health centers. The COVID-19 vaccine is free for all, and no ID or insurance is needed to obtain the vaccine.

“We continue to urge all school personnel to get vaccinated to protect themselves, their families, and their school community. We appreciate your assistance to keep all of our students, faculty, staff, and volunteers safe and healthy,” the joint statement read.

For more information about the vaccine and locations, visit www.mass.gov/covidvaccine.

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July 29
Super Chief Trio

August 5
Far from Eden

August 12
Clafin Hill Summer Winds

August 19
Le'Mixx Band

August 26
Michelle Canning Band

September 2
Changes in Latitudes

In inclement weather, the concert moves indoors to the Singh Performance Center.



If it's important to you, It's important to us.

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