



Auburn loan originator ranks top in Central Mass.



Bill Murphy

AUBURN — Bill Murphy, branch manager of Fairway Independent Mortgage Corporation's Auburn branch, has been recognized by Banker & Tradesman as one of the top loan originators for Central/Western MA for the eighth year in a row. The annual "Top Loan Originators" list is published each June and recognizes top mortgage originators throughout the state by both number of units and total dollar amount.

Bill Murphy has a history of high performance, having received numerous top sales awards from Fairway Independent Mortgage Corporation along with the 2017 Darryl E. Jacobson "Courage in Business Award". Murphy has been recognized annually by Mortgage Executive Magazine as the top 1% of Originators nationwide. Murphy, a Worcester State University graduate was awarded the 2008 Worcester State Distinguished Alumni award, in addition to funding six scholarships at the University. In 2007 and again in 2017 Murphy was given the Affiliate of the Year award by the Realtor Association

of Central Massachusetts. Murphy also has been a long-time supporter of the Make-a-Wish Massachusetts and Rhode Island, having donated over \$333,000 and granted 40 wishes over the past nine years.

"What this reflects is the confidence my clients and business partners have in my and Fairway's ability to provide top notch customer service and meet financing needs," said Murphy. "I am grateful to have earned such a positive reputation as reflected by these numbers."

About Fairway Independent Mortgage Corporation
Fairway Independent Mortgage Corporation (NMLS #2289) is a full-service mortgage lender with a wide array of innovative products that can help make homeownership more affordable with the speed and service its clients deserve. Fairway is dedicated to finding great mortgage options and providing some of the fastest turn times for its borrowers. We strive to exceed expectations, guarantee satisfaction and earn trust. To reach Bill Murphy in Auburn call 508-407-8300 or email wmurphy@fairwaymc.com. For more information about Fairway, visit Fairway-NewEngland.com

About Banker & Tradesman
The Warren Group collects and compiles data on real estate sales and ownership throughout New England. We offer a range of real estate products, information services and printed and online publications, including the weekly newspaper Banker & Tradesman and monthly magazine The Commercial Record. The company also produces and organizes trade shows and events for a variety of industries, including bankers, mortgage brokers, credit unions and attorneys. Based in Boston, the company was established in 1872 and is now in its fourth generation of family ownership and management. <http://www.bankerandtradesman.com/index.php>

Summer children's programs at the Auburn Historical Museum

AUBURN — The Auburn Historical Society and Museum will be offering programs for children on Tuesdays and Saturdays during July and August from 10 – 11 a.m. starting July 13 and going to Aug. 17.
The Tuesday programs will include integrating an exhibit within the museum with a craft. Those exhibits will include the Mills of Auburn, toys, and Native Americans. The Saturday programs will be scavenger hunts dealing with the historic houses of Auburn. All programs will be done at the museum on 41 South St. Reservations for the summer program are suggested and can be made by calling the museum at 508-832-6856 to leave your name and number, or emailing at auburnmuseum@verizon.net. You can sign up for just certain days or for all.

Police thank community members for enhancement projects

BY JASON BLEAU
CORRESPONDENT

CHARLTON — The Charlton Police Department is sharing its gratitude for several individuals who have helped the department overcome financial struggles to resolve some issues at its headquarters on Masonic Home Road.
Chief Daniel Dowd sent a letter to be read at a meeting of the Board of Selectmen on June 8 where he credited several members of the Charlton

community and town staff for numerous projects at the department. In his notice Chief Dowd thanked the Department of Public Works and Gerry Foskett for patching the department's parking lot, Town Administrator Andrew Golas and Building Commissioner Curt Meskus for helping replace a hot water heater and a rotting metal door that was considered a security concern, Jeff Sorel and Ken Hahn for helping transition the department's security

cameras to digital, and Peter Starkus for helping replace deteriorating cell toilets.
"I don't think I could have financially accomplished all of these projects if not for the assistance of the aforementioned individuals," Dowd said through the letter to selectmen.
Even with some of these smaller projects completed the department it's clear to Charlton officials more of an investment

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Distinguished guest speaker commands Masons' attention

SOUTHBRIDGE — On Monday, June 7, Quinebaug Masonic Lodge in Southbridge had an exciting and distinguished guest speaker, fellow Master Mason Bro. Reed V. Hillman of Sturbridge.

Bro. Reed is a graduate from Suffolk Law School, and became a Massachusetts State Trooper. He moved up the ranks to become one of the highest-ranking State Police officers. He was appointed Colonel Commander of the Massachusetts State Police appointed by Governor William Weld from 1996 - 1999. He retired from the Mass. State Police with 25 years under his belt in law enforcement. He decided to go into politics and ran for State Representative for the Hampden District and won.

After being a politician, he decided to go into teaching and became Chair at Mount Wachusett Community

College, Criminal Justice Program. Bro. Reed had his audience at the lodge in awe with his explanation of the criminal system, DNA profiling and much, much more. Some

of the stories he was telling as his time as a state trooper had everyone laughing. This man is like the energizer bunny. He really knew how to speak and keep the audience's

attention, from talking with his hands, moving from one end of the room to the other, and telling us a story about when he was involved with Ex-President Bill Clintons

security team when he came to Massachusetts.
After his speech he had a standing ovation. Brethren approached him and thanked him for

his service and spending time to give the members information about the Criminal Justice Program and his time as a State Trooper.



Courtesy

Standing in Center of room Retired Massachusetts State Trooper Colonel, Bro. Reed V. Hillman with full attention of his fellow brethren of Quinebaug Masonic Lodge.



QCC receives \$25 million bond investment for creation of I3Q Center

WORCESTER — The Baker-Polito Administration today announced that Quinsigamond Community College has received \$150,000 and a total state bond investment of \$25 million for a renovation to create an innovation center for advanced manufacturing and robotics.

The investment will allow the College to upgrade and expand its current Athletic Center to Showcase and highlight advanced manufacturing, robotics, artificial intelligence, and hospitality programming. These programs will help address a significant workforce and regional economic development need.

Luis G. Pedraja, Ph.D., QCC

President said, “This investment from the Commonwealth is another validation of the amazing work that our faculty and staff perform to ensure that our students are being trained not only for the jobs of today, but for the jobs of tomorrow. I thank the Governor, Lt. Governor, and their entire administration for the faith they have in us to continue meeting the needs of our students and our community.”

When completed, QCC’s new I3Q Center will provide state of the art training for the following high growth, high demand disciplines:

- Robotics/Advanced Manufacturing
- Advanced manufacturing
- Artificial intelligence

- Drone training
- Robotics
- Mobile app development
- e-Gaming testing lab
- Website design & usability
- Hospitality and
- Foodservice

The I3Q Center will also provide flexible space for students, faculty, staff and the community to gather to share ideas, networking and mentoring opportunities, receive counseling and wellness services and attend training conferences and workshops.

As a renovation/expansion of the College’s existing Athletic Center, the I3Q Center will also house Wyvern

Athletics intercollegiate sports teams as well as a full health and wellness center for the college and the community.

“This is an exciting day for the future of QCC and for our entire community,” said Dr. Pedraja. “I thank our entire QCC Family for their hard work and vision in developing a proposal that will ultimately come to fruition to enhance the workforce development and advanced training of our region.”

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



...from all of us at the Auburn News and Stonebridge Press & Villager Newspapers, and from these local businesses. We are so proud of how resilient you’ve been to succeed despite the many challenges you’ve had to face this past year. May these times inspire you to find the strength to reach your goals in spite of adversity, and to find your purpose in life with love, happiness, and respect for all.



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Here's to NEW BEGINNINGS FOR THE CLASS OF 2021

You are the future. As you begin to write this new chapter, we'd like to congratulate you for everything it took to get here. In the midst of a pandemic, your strength and resolve to move forward will define this next generation. We're inspired by what you have achieved and are excited to see what's next.

No matter what the future holds, we'll always be here to support you.

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Bay Path Practical Nursing students donate old textbooks



CHARLTON — The PN Class of 2021 at Bay Path Practical Nursing Academy strengthened a noble initiative started in 2016, wherein outgoing students donate their used textbooks. Such initiative comes in handy for several needy students in this time of the pandemic.

Conceptualized in 2016, Bay Path Practical Nursing Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN had asked the graduating class to donate their used textbooks. While doing this the incoming students will save money, given the fact that prices of the books go up almost every year. Donating used textbooks also made for environment conservation as printing fewer books would mean cutting fewer trees, the Academy Director explained.

“The initiative received a great response not only for the outgoing class but also for the incoming practical nursing cohort,” said Bolandrina.

“It has been helpful for a lot of students, especially those who are not from well-off families. “However, most graduates hold on to their Medical-Surgical Nursing textbook because they need them for NCLEX-PN,” she added.

The Practical Nursing Faculty and Staff are also engaged in sensitizing the practical nursing students to take good care of their textbooks so that these may be used by others as well.

“Retired textbooks are a different story, but we’ve found a great partner in www.betterworldbooks.com,” said Bolandrina.

Better World Books is an American online bookseller of used and new books, founded in 2002 by students at the University of Notre Dame, Ind. Textbooks with copyright 1998 or newer are accepted. The socially responsible bookseller offers free shipping that donates a book for every book sold. This year, Isabella Boateng of Manchester, Conn. graciously took multiple boxes of textbooks for donation. Although this is a voluntary decision at the Academy and the students as more become aware of the importance of donating, this concept has started yielding positive results every year, to everyone and the environment, added Bolandrina.

Congratulations to the Class of 2021 of Bay Path Regional Vocational Technical High School, proudly sponsored by

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Aaron Zheng - Valectictorian, NHS, Tri-M
David Richard Zona - H

HH - High honors • H - Honors • NHS - National Honor Society • TRI-M - Music Honor Society

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QCC invests in community by eliminating student debt

WORCESTER — Today, Quinsigamond Community College announced it will use more than \$2.5 million of the institutional portion of the Federal Higher Education Emergency Relief Funds it received in May to erase college-held debt for students. The debt relief program is exclusively for those students who were enrolled in credit degree or certificate programming during the start of the pandemic (March 13, 2020) through the end of the current Spring 2021 semester.

“Our goal with this initiative is to remove the financial barrier of institutional debt that keeps many students from completing their education and achieving their goals in life. The underprivileged and under-served in our community were hit hard by the pandemic. These students are often unable to continue their education due to the debt they are carrying. By choosing to invest in our students by removing this barrier, we are investing in our community and strengthening

our workforce,” said QCC President Dr. Luis G. Pedraja, Ph.D. “We are leveling the playing field for our students so that they can succeed. This enables our students to realize a better future for themselves and their families, and in doing so, increases our community’s economic prosperity.”

The College is taking this unprecedented approach to eliminate the number one barrier in students’ achieving their goals for a higher education. This program

will help put skilled workers into the workforce, assisting companies that are struggling to find qualified employees. The funding will assist 1,687 students, with an average amount of \$1,525 of institutional debt forgiveness per student. Furthermore, this program is helping those affected the most by the COVID-19 pandemic. Students eligible for debt forgiveness through this initiative represent 52 percent students of color, 58 percent are female, and 48 percent are Worcester residents.

“We know education is the greatest equalizer, lifting people out of poverty and making lasting and positive change to our communities and our nation. By eliminating this debt, we are taking an equitable approach to higher education. We find that students with debt are less likely to enroll or stay in college. This eliminates that barrier,” President Pedraja said, adding, “As we recover from the pandemic, we want to give our students in need a fresh start to a better life and a way to

enter the workforce with the skills and knowledge they need, and our businesses need, in today’s new world. “

QCC will be notifying students on their debt relief eligibility and is asking that students not reach out to the College directly.

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

Lasell University students named to Spring 2021 Dean’s List

NEWTON — Lasell University students named to the Spring 2021 Dean’s List were recognized for their academic performance last semester. Students included were:

Sara Le of Auburn
Rachel McGrillen of Auburn
Renee Ordway of Auburn
Zhanna Gonchar of Auburn
Kaitlyn Johnson of Auburn
Sophia Mazzone of Auburn
Eftihia Fotos of Auburn
For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.

Nichols College students named to Spring 2021 Honors List

DUDLEY — Many hard-working students at Nichols College in Dudley have achieved Dean’s List or President’s List honors during the spring 2021 semester. The Dean’s List and President’s List give recognition to those students who achieve high grades during a single semester. In order to be included on the Dean’s List, a student must have a minimum grade point average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester. Students whose semester grade

point average is 3.85 or higher for at least 12 undergraduate credit-hours and no grades below B- will receive President’s List honors. Alexis Strozina of Auburn receives Dean’s List honors Lauren Duquette of Auburn receives Dean’s List honors Kelly Ngo of Auburn receives Dean’s List honors
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 also 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.

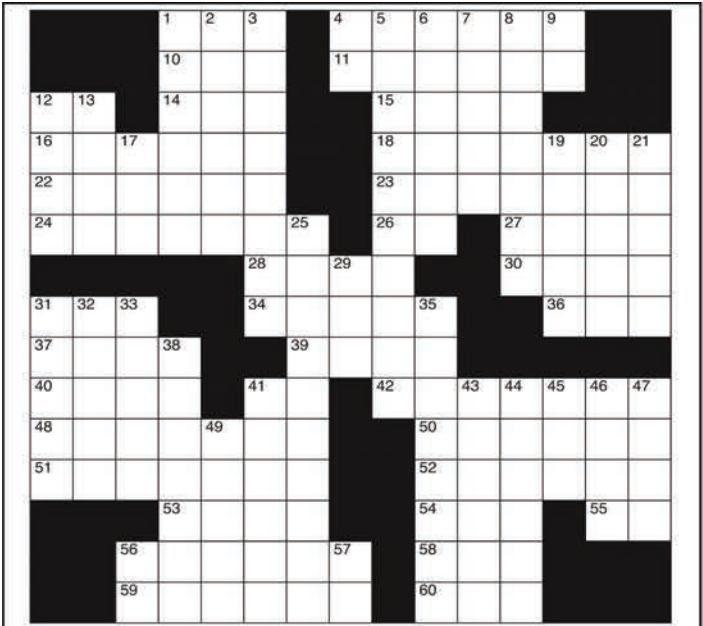
Fitchburg State University announces Dean’s List

FITCHBURG — Fitchburg State University congratulates the following students on being named to the Dean’s List for the spring semester of the 2020-2021 school year.

Auburn
Nicole A. Fancy, Emma M. Ganley, Brandyn J. Geldart, Cameron J. McGrath, Riley J. Millay, Lucinda J. Orne
Cherry Valley
Colleen M. Lamprey, Ingrid Y. Maravilla
Douglas
Ashley E. Deluca, Aubrey M. Harris, Kosmo J. Symock
Dudley
Hannah M. Volpe
Grafton
Sean M. MacDonald
Groton
Jesse A. Dutile, Matthew S. Gingras, Brecken R. Gingras Jodice, Heather K. Holmes, Jared R. Lelievre, Mishayla S. Silver
Holland

Angela G. Gonzalez, Kymberly Sneade
Leicester
Miranda A. Gustin, Madison C. Hippert, Robert G. Kemp, Jack W. Larson
Milford
Leah R. Gorham, Kaitlyn M. Mobilia, Hannah R. Ramuta, Nicholas J. Taylor
Millbury
Samantha A. Bernard, Corrin C. Marchetta, Mikaela R. Mitchell
Millville
Madalyn A. Rafus
Northbridge
Chrissa A. Gannon, Martha Garley, Elijah V. Perron, Susan M. Timmons
Oxford
Suzannah R. Lambert, Alexis F. Stitis, Kaylyn N. Violette
Southbridge
Joseph R. Postale, Ryan P. Pratt
Spencer
Lauryn M. Hines
Sturbridge

Michelle D. Gunton-Lamothe, Victoria R. Messina
Sutton
Abigayle K. Menzendorf
Upton
Cameron M. Bern, Noah A. Charron, Toros J. Matellian, Ashley E. Porter
Uxbridge
Lorenzo G. Demalia, Kailyn M. Lachapelle, Neve E. Palmieri, Katyana M. Russin
W Brookfield
Chase W. Carlson, Hannah J. Niemiec
Webster
Sophia M. Gardner, Maikeal Y. Gwargious, Allison M. Zopatti



CLUES ACROSS

1. “Sleepless In Seattle” actress Ryan

4. One of Santa’s reindeer

10. Before the present

11. Type of butter

12. Location of White House

14. Motion

15. Tree part

16. Regions around the North Pole

18. Fits on a boat’s gunwale

22. Discuss after it’s happened

23. Milk substitute for coffee

24. Describes one who believes in supreme being

26. Equally

27. Famed director Forman

28. Popular apartment style

30. British School

31. Advanced degree
34. Order of architecture

36. Investment account (abbr.)

37. Snakelike fishes

39. Children’s tale bear

40. Norse personification of old age

41. Atomic #58

42. Moving your head

48. 1878 Kentucky Derby winner

50. Frankfurter

51. Small, seedless raisin

52. Device in papermaking machine

53. Go

54. Open payment initiative (abbr.)

55. “Westworld” actor Harris

56. Saturated with salt

58. Marry

59. Report on

60. Midway between north and northeast

CLUES DOWN

1. Rays

2. Self-centered person

3. One you look after

4. Prosecutor

5. Portion

6. Speaks ill of

7. Formal system for computer programs

8. To make angry

9. Rural delivery

12. Group of languages

13. Large First Nations group

17. Circulating life force in Chinese philosophy

19. Excludes

20. Body cavity of a metazoan

21. Swedish monetary unit
25. Works with

29. Partner to “to”

31. Rewards (archaic)

32. One of Caroline Islands

33. Type of alcohol

35. Eat a lot

38. Nuns

41. Dog

43. Become more serious

44. Choose

45. Newspapers use it

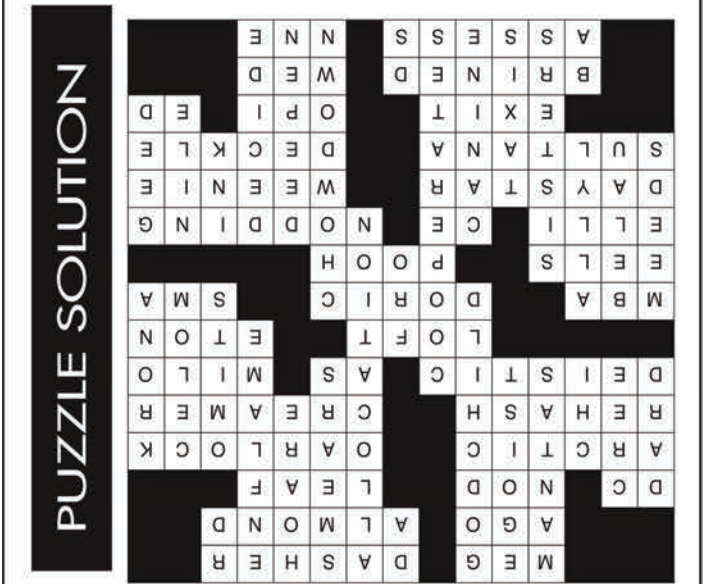
46. World’s longest river

47. Commanded to go faster

49. Cabs

56. Mr. T’s “A-Team” character

57. Document signed (abbr.)



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\$386,000, 15 Ashcroft St, Bonneau, Judith M, and Carpentier, David, to Calderon, Johanna.

\$323,000, 99 Pakachoag St, Capuano, Anthony L, and Capuano, Elizabeth A, to Creem, Michael D.

\$321,000, 3 Prentice Ave, Beaudet, Matthew J, to Agalliu, Andiola.

\$300,000, 15 Jerome Ave, S Ralph Gustafson LT, and Gustafson, Stanley R, to Pierce, Garrett F.

\$285,000, 5 Newton St, Powell, Lynn P, and Powell, Andrew D, to Samaniego, Edwin L, and Benavides, Diana E.

\$238,500, 15 Glenview Ave, Anna Kiritys 1999 RET, and Souliotis, George, to Lopez, Cristian.

\$139,200, 112 Old Meetinghouse Rd #112, Johnson, Rubia V, to Patel, Megha S, and Patel, Suchit.

\$115,000, 11 Sword St #1R, Collette, Amanda K, and Collette, Michael J, to Thiyagarajan, Arun P, and Dhanabalu, Brindha.

Trinity Catholic Academy congratulates Class of 2021



SOUTHBIDGE — On Friday, June 4, Trinity Catholic Academy graduation was held at Notre Dame Church, along with a special Mass celebrated by Fr. Ken Cardinale blessing our new alumni, their families along with faculty and staff.

Each Student was recognized by Principal Josie Citta and eighth grade homeroom teacher, Colleen Casey. Well-earned diplomas, awards and recognitions earned by this year's graduation class were presented for participation and outstanding achievement.

Valedictory Award: Manaali Vaidya, Salutatorian Award: Luisa Henao

President's Education Awards for Outstanding Academic Excellence: this is awarded to students who have maintained a minimum average of 90 percent for the last three years and who have achieved a minimum percentile score of 85 on standardized tests in either reading or math for grades 6, 7 and 8. Casey Renaud and Manaali Vaidya The President's Education Award for Outstanding

Academic Achievement: this award recognizes outstanding growth, improvement, commitment, or intellectual development in academics: Luisa Henao, Elena Jerez, Ava Simon and Havish Swadia.

NJHS Outstanding Achievement Award: Each school year, there are many students nationwide who apply to the National Junior Honor Society to qualify for NJHS award. We are delighted that one of our graduates qualified for this award. Manaali Vaidya.

Academic Awards:

- Art: Gus McGarry
- Computer: Summer Hudson
- English & Writing: Luisa Henao and Ava Simon
- Literature: Casey Renaud and Manaali Vaidya
- Math: Luisa Henao
- Physical Education: Ava Simon and Havish Swadia
- Religion: Jason Checka and Manaali Vaidya
- Science: Casey Renaud and Ava Simon
- Social Studies: Elena Jerez
- Music: Ava Simon—recognition of success as a pianist.
- Most Improved: Summer Hudson

Trinity Catholic Academy Spirit

Award: the most meaningful award bestowed on a graduate at TCA, awarded to a student whose actions, attitude, and words truly exemplifies what it means to be a student at TCA. Luisa Henao

Suzanne Casey Spirit of Volunteerism Award: Student: Summer Hudson

Francis Casey Memorial Scholarship: continuing to Catholic high school: Luisa Henao.

Patricia A. Power Memorial Scholarship: continuing to Catholic high school: Luisa Henao, Ava Simon, & Havish Swadia.

Trinity Catholic Academy 8th grade graduates will continue their education at Catholic High schools, Bay Path RVHS, or their public high schools in their respective communities. "Trinity Catholic Academy, a Pre-K to Grade 8 school, promotes academic excellence, athletics, and the arts with respect, compassion, and service among our diverse family, inspired by the communion of the Father, Son, and the Holy Spirit." www.trinitycatholicacademy.org

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Curry College announces Spring 2021 Dean's List students

MILTON — Curry College congratulates roughly 1,000 students who were named to the Spring 2021 Dean's List.

Kelsey Malboeuf of Auburn
Michaela Sampson of Auburn
Julia Zona of Auburn

About Curry College

Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton, Massachusetts. The College extends its educational programs to a continuing education branch campus in Plymouth. The College offers 22 undergraduate majors in specialized and liberal arts programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,500 students. The student body consists of 1,700 traditional students and nearly 800 continuing education and graduate students. The College offers a wide array of co-curricular activities ranging from 15 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Visit us on the web at www.curry.edu.

Christopher Keyes of Auburn named to UA Deans List

TUSCALOOSA, Ala. — Christopher Keyes was named to The University of Alabama Deans List for Spring Semester 2021.

A total of 11,813 students enrolled during the spring 2021 term at The University of Alabama made the Dean's List with academic records of 3.5 or above (on a 4.0 scale), or the President's List with academic records of 4.0 (all A's).

The UA Dean's and President's lists recognize full-time undergraduate students. The lists do not apply to graduate students or to undergraduate students who take less than a full course load.

For more information visit news.ua.edu.

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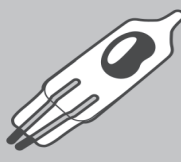
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BRENDAN BERUBE
EDITOR

Some words of advice for new graduates

Students around the region are flipping tassels this week, participating in a traditional rite of passage, generally symbolizing their transition to adulthood. With more and more people becoming vaccinated, ceremonies are looking a bit more traditional than they did last year.

Many seniors and their underclassman counterparts have faced big changes as they navigate the world amidst a global pandemic. This time in a teen’s life is still quite pivotal.

Students will be bombarded with advice and speeches as these final weeks unfold. Our favorite bit of advice, however, is the following: 1. Don’t smoke; 2. Drink plenty of water every day; and 3. Wear sunscreen (your 40-year-old selves will thank you). 4. Spend as much time as humanly possible outside; and 5. Watch the “Back to the Future” trilogy.

The most important thing you can do, however, is to find out who you are. From there the entire world opens up. Do not limit your lives to the same scene and same people you have always surrounded yourself with. This doesn’t mean you need to forget people or places, it simply means that now is a great time to branch out. The more people you meet in different places, with different experiences will shed light on who you really are.

Always remember your roots. These are what has shaped you and prepared you for your next chapter. Remember how important your community has been to you, and remember to always give back.

Always practice kindness, even when it’s hard. The world can aggravate and frustrate the most mellow of us. Anger is a normal human emotion, however it’s what you do with it that really matters. If you have disagreements or you think the way you feel about a certain issue is correct, remember to not let your anger take you over. It never feels good, plus harboring too much anger and discontent ages us, plus it’s really no fun. The more fun and kindness you have in your life, the happier you are. Try to find balance between your work and your leisure time. Spend time doing the things you love, and never forget what those things are, despite how busy your life may become.

As you go through life, you will make mistakes. None of us are perfect and mistakes can actually define who we become if we learn from them. The best formula for mistake making, is to own up to them, have some self-awareness, be gentle on yourself, learn, then move on. Simple.

Remember to follow your own gut, always, no matter what. This is your life, and that means you need to make it what it is and what it will be.

Congratulations to the class of 2021!

OPINION/COMMENTARY

June is National Fresh Fruits and Vegetables Month

Father’s Day gifts

Fresh fruits and vegetables from the backyard garden are a summertime treat like none other. So what’s the next best thing to a homegrown crop? Try “pick your own” at area farms and look for weekly Farmers Market events to ensure the freshest picks. How to choose fabulous fruits and vegetables at an outside market or grocery store? The following tips can help you pick perfect produce!

Beans, snap: Look for small seeds inside straight, fleshy pods. If you can see large seeds through the skin than the beans are probably too old. Avoid beans with dry-looking, rusty, wilted or damaged pods.

Broccoli, Brussels Sprouts, Cauliflower: Look for tightly compacted flower clusters on broccoli and cauliflower, and compact, uniform sprouts. Avoid wilted, yellow, or dirty heads, and avoid loose, open sprouts or those that are yellow or pale green.

Cabbage and head lettuce: Look for firm compact heads that are heavy for their size. On leaf lettuce, choose unwilted, compact, crisp-looking compact plants.

Carrots: Look for deep orange colored and smooth skinned roots. Avoid carrots with purple or green shoulders or pale in color, or ones with forked or crooked roots. Oversized roots usually mean they are woody. If tops are still attached on carrots, they should be fresh.

Celery: Choose large, firm stalks with uniform stalk and a white bottom. Avoid spindly, wilted stalks.

Chard: Look for fresh, dark green leaves with bright, tender stalks. Avoid wilted, poorly colored leaves.

Collards and kale: Check for tender, green, full-sized leaves with tender tips; avoid wilted, tough or overly large leaves.



TAKE THE HINT
KAREN TRAINOR

Corn on the cob: Choose for well-filled cobs with plump, straight rows of kernels. Avoid large, wrinkled kernels.

Cucumbers: Pick long, slender cukes that are medium to dark green.

Peppers: Look for firm, darkly colored fruit with uniform size, color, and number of lobes. Avoid wrinkled or shriveled ones or fruits that are sunburned (contrasting color spots).

Radishes: Choose medium-sized, firm, crisp roots. Avoid wilted or soft roots or those with growth cracks or insect damage. Oversized roots will be pithy. Sunburned crowns are also not desirable.

Summer squash: Choose ones that are uniform in size,color,andshape.Avoid large fruits (over mature) or ones with scarred skins, missing stems, or that are soft or wilting.

Tomatoes: Look for smooth skinned, firm fruits with uniform color. Avoid fruits with growth splits, sun scald, or overripe (soft) fruits.

Apples: Choose firm, well-colored fruit that feels crisp. Blueberries: Pick plump, firm, deep blue berries with their natural waxy silver coating.

Cantaloupe: Look for a smooth shallow base; thick, coarse, corky netting that stands out from skin. Should yield slightly when pressed on non-stem end and have the slight scent of cantaloupe.

Cherries: Should be dark in color, glossy, plump, with fresh looking stems.

Mangos: Pick fruit that has plump, smooth, dark green skin with patches of red, yellow, or orange color; should be slightly soft.

Nectarines: Fruit should be plump, slightly soft along “seam”; either orange-yellow or greenish between red-blushed areas depending on variety.

Oranges: Choose firm oranges, heavy for its size; smooth-textured, with bright-looking skin.

Peaches: Should be somewhat firm, becoming slightly soft; red with creamy, orangy base color.

Pears: Look for firm fruit, just barely beginning to soften. Bartletts: pale to rich yellow; Boscs: green to brown yellow.

Watermelon: Should be symmetrical with bright green rind with a creamy yellow underside. Choose a watermelon that’s heavy for its size.

Win Dinner for Two
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 cours dinner for two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I’m in the business of dispensing tips, not inventing them (although I can take credit for some), I’m counting on you readers out there to share your best helpful hints!

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press publications? Send questions and/or hints to: Take the Hint!, c/o Stonebridge Press, P.O. Box 90, Southbridge, MA 01550. Or e-mail kdr@ aol.com. Hints are entered into a drawing for dinner for two at the historic



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

If you’re a dad, you may be in line to get some nice gifts on Father’s Day. But your greatest gift may be your ability to help your children. One way of doing that is to get them started in the world of investing – and making a few investments on their behalf. Here are three possibilities:

529 plan – If you invest in a 529 education savings plan, your earnings can grow federally tax-free, provided the money is used for qualified educational expenses. (Withdrawals not used for these expenses will generally incur taxes and penalties on investment earnings.) If you invest in your own state’s 529 plan, you might receive some state tax benefits, too, depending on how your state’s tax laws apply to 529 plans. State-by-state tax treatment may vary, so you’ll need to consult with your tax professional about your situation.

Provided you stay within certain limits, you can also use a 529 plan to pay for qualified K-12 expenses and registered apprenticeship programs. And you can even use it to repay certain qualified student loans, within limits.

A 529 plan can affect financial aid, but its effect is generally lower than that of other assets. And as the account owner, you have control of your 529, so, if one child decides not to go to college or pursue further education, you can switch beneficiaries.

UGMA/UTMA account – When you establish a special type of custodial account known as either UGMA (Uniform Gift to Minors Act) or UTMA (Uniform Transfers to Minors Act), you are providing financial resources that can be used for education or another purpose that benefits your child, such as summer programs.

One potential benefit of an UGMA or UTMA is that some of the earnings will be taxed at the child’s rate, which is likely lower than your own. Plus, UGMA/UTMA accounts typically allow a wide range of investment choices. However, once children reach the age of majority (typically 18 or 21) they gain complete access to the money and can do whatever they want with it.

IRA – A child with any taxable compensation, such as money from an after-school job, is eligible to fund an IRA. You may want to open one on your child’s behalf – and you can “sweeten” the offer by matching some of their contributions. You can’t directly invest in the IRA, but you can give your child money for that purpose. Keep in mind, though, that the total amount contributed can’t exceed your child’s taxable compensation for the year.

An IRA is a great introduction to the world of investing. For one thing, your child can make small contributions throughout the year, so investing in an IRA doesn’t seem burdensome. Also, since an IRA can be invested in different types of securities, your child can learn about various investment vehicles – stocks, bonds, mutual funds and so on. Plus, you can point out that, with a traditional IRA, taxes won’t be due on the earnings until your child starts taking withdrawals decades from now. (And with a Roth IRA, withdrawals are tax-free, provided certain conditions are met.)

On Father’s Day, you can show your appreciation for whatever gifts you receive from your children. But by investing in their future, you can gain some longer-term contentment.

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@edwardjones.com.

LETTERS

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Lessons from Mr. Todd



Courtesy

This week's picture shows Kevin Poulos and his friend Pat Trinor after they shot the archery course at the Boston Archers shoot last Saturday.

Last week's archery shoot sponsored by the Boston Archers drew a large turnout to enjoy the day at the Uxbridge Rod & Gun Club. Two hundred fifty chicken dinners were sold prior to the event, and were cooked by the Uxbridge club members, with bake master Steve Bedard cooking has famous fried potatoes, and barbecued chicken. It was the largest outdoor event held at the club since the pandemic. The raffle had a huge array of hunting related items like the club had never seen, and were all donations from various archery and sporting goods stores, which are too numerous to mention.

Seabass fishing in Buzzards Bay continued to provide some great fishing for this writer, and my fishing buddy Matt Foutain last week. Striper fishing in the bay was a bit slow on the canal, but should pick up any day now. The Providence River is also producing stripers, and striped fishing in other Rhode Island waters has been improving daily, if you do not mind doing catch and release of large fish. Water temperatures were around the 60-degree mark last week. Most recreational anglers that target fluke, are waiting for the opening of seabass in



THE GREAT OUTDOORS
• • • • •
RALPH TRUE



This week's second picture shows Steve Bedard, bake master Richard Baker, and Ralph Goudin checking the rack of barbecued chickens at last Saturdays Boston Archers shoot.

Rhode Island waters. It is slated to open June 24, and anglers are hoping to catch a limit of three seabass, and possibly catching a doormat fluke or two to take home for dinner. Many recreational anglers are not happy with Rhode Island's 19-inch minimum length this year, including this writer.

Fly fishing can become a great way to fish if you are properly taught by an experienced fly-fishing angler. I bumped into one of my students from a fly-fishing class I held at the Uxbridge high school many years ago. Myself, along with Dave, a master fly fishing angler and fly tier from the New England fly Tyers Association, had a class of approximately 15 adult students



This unidentified snake handler at the Boston Archers shoot last Saturday sure gave me the Willies.

enjoy a number of weeks tying flies, and teaching the art of fly fishing. We went to Wallum Lake to try our luck at catching a few trout. We were pleasantly surprised with a good number of trout being caught by the students. The trout were retained and cleaned which were cooked at our next and final class at the high school in Uxbridge.

This past week, I bumped into one of the students from our fly-fishing class while attending the service at the Fairlawn church. and was happy to hear that he is still enjoying fly fishing as often as he can. This writer had the late William Todd as a foreman on department 426, at Whitin Machine Works, back when I was 17 years old. He did a lot of fly fishing for trout at Riley's Pond, on Castle Hill Road, in back of the former WMW. He often fly fished after work, along with his friend's the late Richard Bosma and Horace Bassett. They often fished

at the back section of the pond, using waders to navigate the somewhat shallow water. One day, Bill asked me if I would like to learn fly fishing. "You bet I would!" I replied.

The next day, he brought along a Heddon Black Beauty seven-and-a-half-foot fly rod equipped with a Martin reel and fly line. He invited me into his office and showed me the fishing rod.

"Meet me at Riley's Pond after work!" he stated. "I will show you the basics, and then it is up to you!"

As soon as the whistle blew to end the work day, I was on my way to Riley's Pond. I cannot tell you how Mr. Todd influenced my life, with the simple gesture of kindness. I am not positive, but I think I paid him \$20 for the outfit. Fly fishing for trout over the years has left me with a lot of great memories, and I try to pass it on.

Bill also gave me the opportunity to become a machinist, basically running engine lathes and cylindrical grinders, which became my way to earn a living the rest of my life! The good old days! I still have the fly rod Bill sold me, but I accidentally slammed it in the door of my car one day, and made the rod a wall hanger!

Saltwater fly fishing has also become a great way to enjoy the ultimate experience in catching these hard fighting fish. Purchasing saltwater fly's is a bit expensive, costing almost or as much as a saltwater fishing lure. Another reason to learn the art of fly tying. Catching a striper on a fly that you created yourself can give the angler the ultimate satisfaction when saltwater fishing. There are not many local stores left that sell fly tying equipment. Only the big retailers like Cabela's and Bass pro have a large array of fly-tying equipment. You can also buy it online! Check the Web site of New England Fly Tiers, and attend their classes this coming fall. They are a group of dedicated anglers that are eager to make you a great fly tier and fly fisherman or woman.

Take a Kid Fishing & Keep Them Rods Bending!

Not my favorite column

I love spontaneity more than the average person – whether it be a spontaneous vacation or party. This last weekend has been a weekend of spontaneous fun, celebration, laughter, eating, and story-sharing. More than a hundred people have poured in and around my home, patio, and family room over the last three days for what has felt like a non-stop celebration. My two sons, Toby and Travis, and my son-in-law, Jeff, all worked hard to take the mantle of master grill and made my special barbecue ribs better than I could have ever done. I've savored every conversation, hug, moment, and memory. By now, you might be wondering why it's been a non-stop party in my own home. Well, I will tell you why, but it is per-

haps the scariest yet most courageous sentence I'll ever write to my readers.

I am dying. I believe transparency is an important component in relationships. Whether it's between husband and wives, parents and children, teachers and parents and students. Anywhere a relationship exists, transparency is important. Transparency must always lead to vulnerability, and that is always a terrifying experience. In the beginning of the Bible, we read about Adam and Eve discovering their vulnerability in their nakedness, and they were ashamed and hid. I don't feel shame and I don't feel afraid to die but being transparent and vulnerable about this reality is hard.

"Vulnerability is not



POSITIVELY SPEAKING
GARY W. MOORE

winning or losing. It's having the courage to show up when you can't control the outcome." — Brene' Brown

Most of you know, I've been fighting Stage 4 Stomach Cancer for years. There is no cure. I've been working with a brilliant young oncologist who is a world leader, Dr. Pashtoon Kasi at the Holden Comprehensive Cancer Center at the University of Iowa Hospitals. My treatment has been cutting edge, and has extended my life by at least nine months.

Unfortunately, every treatment works until it

doesn't, and my chemo that was eating my cancer began eating healthy tissue and organs, and we had to stop. We tried another but it also failed. At the same time, I was being fed through a feeding tube and my body began rejecting the food. I have been removed from all treatment and placed on hospice care.

What does it mean? It means to some that I am off treatment and being kept comfortable until I die. But I am not a "go quietly in the night guy," I refuse to give up or give in; If I am breathing, I am fighting. If a new option or treatment becomes available, I'll be the first in line. Fighting also means doing everything that I love – spontaneous parties into the night, being with the people I love, endless trays of

food, laughing, and being present in every single waking moment.

You are now wondering how much time? I've been given estimates of six days up to a month. But a month is generous. My daughter bought me a bracelet that says in morse code, "Never Give Up!" I'll fight to be present; I will fight to be with the people I love until my last breath.

My daughter, who is a pastor, continues to remind me that this is a sacred and holy journey as I cling to the hope of the future. I do believe in God's promises. I believe in the God of resurrection, and though I will someday die, I also believe that I will be raised to new life. I believe that someday I will join the great cloud of witnesses and experi-

ence an inextricable joy that I've never before known. I am at peace.

In the meantime, I will continue writing this column until I'm gone. You will know I'm gone when my daughter publishes my final column, which has already been written.

My relationship with you is precious to me. I'm grateful for your love and loyalty, and I cherish every note of encouragement. I'm not planning on checking out of here soon, but when I do, I will miss you. Cling to hope, dear friends.

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 @ GaryW Moore721 and at www.garywmoore.com.

Back to summer antique shows



Last summer, the COVID-19 pandemic caused all three Brimfield antique shows to be canceled. Sadly, these cancellations were widespread and there were very few shows for antique collectors and dealers during the summer of 2020. Luckily, there will be many more opportunities available for antique enthusiasts this summer. I am pleased to report that the July 13-18 and Sept. 7-12 Brimfield shows are scheduled to run this summer.

Apart from Brimfield, there are plenty of other shows taking

place throughout New England. Locally, Walker Homestead's Antiques & Primitive Goods Show takes place this weekend on Saturday, June 19th. It will run from 10 a.m. to 3 p.m. at 19 Martin Rd., Brookfield. According to their Web site, 40 dealers will offer wares "on the grounds of our 1698 colonial saltbox." Also on June 19, The Dover Antiques Show & Vintage Market will take place at 282 Durham Rd., Dover, New Hampshire from 9 a.m. to 2 p.m. On June 24, New Hampshire from 9 a.m. to 2 p.m. On June 24, The Flying Pig Antiques Tailgate show at 867 Route

12 in Westmoreland, New Hampshire. If you're looking to travel even further now that the country is opening up again, on Sunday, June 27 from 10 a.m. to 4 p.m., the Wells Antiques Show & Sale "will be held under the tents and barn" at the Wells Reserve at Laudholm Field, 342 Laudholm Farm Road, Wells, Maine.

July looks to be a good month for antique shows as well. On July 10, the 61st Boothbay Region Antiques Show & Sale takes place on the Boothbay, ME Common

from 10 a.m. to 3 p.m. On July 24 from 10 a.m. to 4 p.m. and July 25 from 11 a.m. to 4 p.m., the 40th Camden-Rockport Historical Society Antiques Show is scheduled at the Camden-Rockport High School in Camden, Maine. A little further south, the 52nd New London Garden Club Antiques Show & Sale will be held on July 31 from 10 a.m. to 3 p.m. at the New London Historical Society Grounds, 179 Little Sunapee Rd. in London. And we can't forget about the return of the famed Brimfield Antiques show,

beginning on July 13 at 6 a.m.

As the summer winds down, there are also shows scheduled for August. The 40th Annual Maine Antiques Festival runs Aug. 6 through the 8th. Friday's opening early bird admission of \$25 gets you on the grounds from noon to 5 p.m., and allows readmission the rest of the weekend. On your way back from Maine, you can stop at The Americana Celebration Antique Show, which will be held at the Douglas Everett Arena, 15 Loudon Rd. in Concord, New Hampshire. It will be held on Aug. 10 with early buyers admitted at 8 a.m. and general admission from 10 a.m. to 4 p.m. The 64th Annual New Hampshire Antiques Show will be held at the Doubletree by Hilton in Manchester, New Hampshire from Aug. 12 through the 14th. It will run from 10 a.m. to 7 p.m. the first two days and 10 a.m. to 4 p.m. on Aug. 14. Be sure to check on the status of



ANTIQUES, COLLECTIBLES & ESTATES
• • • • •
WAYNE TUISKULA

shows you plan to attend before traveling, but it looks to be a nice summer for antiquing, and life in general, as our country continues to move forward.

Here at Central Mass Auctions, we are also returning to live events. I will be appraising items for the public at the John B. Gough House at 215 Main St. in Boylston. The event will be held on Aug. 7 from 10 a.m. to 1 p.m. We are also still running online auctions. Our sports and non-sports cards online auction ends on June 23. Check our Web site for other upcoming events: <https://centralmassauctions.com>.

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Courtesy — Gardener's Supply Company

Keeping garden tools organized and conveniently stored will save time and energy throughout the growing season.

Grow an abundant harvest with some timely garden care. Arm yourself with a few basic tools, a bit of time and regular visits to the garden throughout the growing season to keep plants healthy and more productive.

You don't need to invest in every garden tool on the market. A shovel, trowel, weeding tool, gloves and kneel-

Maximize the harvest with proper care

ing pad are the basics. If your budget is tight, ask gardening friends and family if they have extras to spare or lend.

Now you are ready to get started. Weed control is an ongoing task. Working in a few minutes of weeding time as your schedule allows makes this a much less overwhelming task. Keep a bucket with your favorite weeding tool, gloves, and kneeling pad by the door. Anytime you have a few minutes between other activities pull a few weeds.

If tools are handy, you spend less time looking for them and more time accomplishing the task. Consider keeping all your tools conveniently stored and ready for the garden in a mobile tool storage caddy (gardeners.com). It has room for short and long handled tools, a bucket for gathering weeds plus wheels and a handle for easy maneuvering.

Spread a layer of shredded leaves, evergreen needles or other organic matter over the soil surface surrounding your vegetable plants. This layer of organic matter helps conserve moisture so you will need to water less often. It also helps suppress weeds and



GARDEN
MOMENTS
.....
MELINDA
MYERS

improves the soil as it decomposes.

As your seeds sprout and begin to grow, you will need to do a bit of thinning. Remove extra plants, leaving enough space for those remaining seedlings to reach full size. The seed packet recommends the proper spacing for the vegetables you planted. Good news, some seedlings like radishes, beets and spinach are edible so think of this as harvesting instead.

Once you make your first harvest, leaving space in the garden, fill it with another planting. Succession, also called relay planting, allows you to grow several different vegetables in the same space. Just make sure the second planting has time to reach maturity and produce before the end of the season. Seed packets and plant tags contain information on the number of days from planting to harvest. Compare this to the number of days until the average first fall frost.

Keep plants healthy with proper watering and fertilization. Water new plantings often enough to keep the top few inches of soil slightly moist. Wait

until the top few inches of soil are crumbly and moist to deeply water established plants. Deep watering, moistening the top six inches of soil, encourages plants to develop a more drought resistant root system. Frequent shallow watering keeps roots near the soil surface where they dry out quickly. Insufficient water means fewer and smaller vegetables.

Follow soil test recommendations for fertilizing your plants. If these are not available, consider using a fertilizer recommended for vegetable gardens. Apply it according to the label directions.

Providing plants with space to grow and keeping them healthy means fewer insect and disease problems. That means a bigger harvest for you and your family to enjoy all season long.

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



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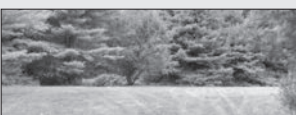
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The Spencer Housing Authority is seeking an experienced administrator for leadership and management of its programs, properties, and contracts.

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Minimum requirements: A minimum of five years' experience in housing management, community development, public administration, or a closely related field. Knowledge of the principles and practices of housing management, finances, and maintenance systems in public and private housing. Excellent written and verbal communication skills required. Knowledge of laws regulating State housing programs. Experience working with people of various socioeconomic backgrounds. Certification as a Public Housing Manager is desired or to be obtained within one year of employment.

The salary range is from \$76,887.60 to \$90,456.00 depending on experience and certifications and in accordance with the DHCD Executive Director Salary Schedule/Calculation worksheet. The work week is 37.5 hrs. per week with full benefits.

To apply please submit cover letter and resume to charlene.kaiser@spencerhousing.org, addressed to the Spencer Housing Board of Directors. A full job description is available upon request. at this email address.

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| | | | | | | | |
|---|--|--|--|---|--|--|---|
| 1 | | | | 2 | | | 3 |
| | | | | | | | |
| | | | | | | | |
| 4 | | | | | | | |
| | | | | 5 | | | |
| | | | | | | | |
| | | | | | | | |
| 6 | | | | | | | |

ACROSS
1. Animal face shown with no neck
4. Former U.S. president
5. Opposite of up
6. People who work

DOWN
1. Very vibrant
2. Buffet station in restaurant
3. Absence of light

THIS DAY IN...

HISTORY

- **1774:** RHODE ISLAND BECOMES THE FIRST OF BRITAIN'S NORTH AMERICAN COLONIES TO BAN THE IMPORTATION OF SLAVES.
- **1967:** THURGOOD MARSHALL IS NOMINATED TO BECOME THE FIRST AFRICAN AMERICAN ON THE U.S. SUPREME COURT.
- **1983:** THE U.S. SPACE PROBE PIONEER 10 IS LAUNCHED.

CAUTION

care taken to avoid danger

How they SAY that in...

ENGLISH: Burn

SPANISH: Quemar

ITALIAN: Bruciare

FRENCH: Brûler

GERMAN: Etwas verbrennen

Did you know?

TO WORK, FIREWORKS REQUIRE AN OXIDIZER, A FUEL AND A CHEMICAL MIXTURE TO PRODUCE THE DESIRED COLOR.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: MATCHES

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to dairy. Each number corresponds to a letter. (Hint: 3 = E)

A. 19 15 22 12
Clue: Does a body good

B. 2 23 3 3 16 3
Clue: Hard or soft dairy item

C. 6 14 4 10 5 21
Clue: Breakfast food

D. 2 5 3 18 19
Clue: Dessert topping

Answers: A. milk B. cheese C. yogurt D. cream

SUDOKU

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

Level: Intermediate

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!

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

ANSWER:

Food’s important role in overall health



Nutrition is a popular topic of conversation, particularly among those embarking on a weight loss or maintenance plan. Individuals carefully study food macros and pore over various diets to get the most out of the foods they eat. When the end goal is simply looking good, it may be easy to forget about the other benefits of nutritious diets, including their link to overall health.

A close relationship exists between nutritional status and health. Experts at Tufts Health Plan recognize that good nutrition can help reduce the risk of developing many diseases, including heart disease, stroke, diabetes, and some cancers. The notion of “you are what you eat” still rings true.

The World Health Organization indicates better nutrition means stronger immune systems, fewer illnesses and better overall health. However, according to the National Resource Center on Nutrition, Physical Activity, and Aging, one in four older Americans suffers from poor nutrition. And this

situation is not exclusive to the elderly. A report examining the global burden of chronic disease published in The Lancet found poor diet contributed to 11 million deaths worldwide — roughly 22 percent of deaths among adults — and poor quality of life. Low intake of fruits and whole grains and high intake of sodium are the leading risk factors for illness in many countries. Common nutrition problems can arise when one favors convenience and routine over balanced meals that truly fuel the body.

Improving nutrition Guidelines regarding how many servings of each food group a person should have each day may vary slightly by country, but they share many similarities. The U.S. Department of Agriculture once followed a “food pyramid” guide, but has since switched to the MyPlate resource, which emphasizes how much of each food group should cover a standard 9-inch dinner plate. Food groups include fruits, vegeta-

bles, grains, proteins, and dairy. The USDA dietary guidelines were updated for its for 2020-2025 guide. Recommendations vary based on age and activity levels, but a person eating 2,000 calories a day should eat 2 cups of whole fruits; 2½ cups of colorful vegetables; 6 ounces of grains, with half of them being whole grains; 5½ ounces of protein, with a focus on lean proteins; and 3 cups of low-fat dairy. People should limit their intake of sodium, added sugars and saturated fats. As a person ages he or she generally needs fewer calories because of less activity. Children may need more calories because they are still growing and tend to be very active.

Those who are interested in preventing illness and significantly reducing premature mortality from leading diseases should carefully evaluate the foods they eat, choosing well-balanced, low-fat, nutritionally dense options that keep saturated fat and sodium intake to a minimum.

Students named to the University of Vermont Dean’s List

BURLINGTON, Vt. — To be named to the dean’s list, students must have a grade-point average of 3.0 or better and rank in the top 20 percent of their class in their respective college or school.

Meaghan Contois of Auburn
Amanda Vilensky of Auburn
About UVM

Since 1791, the University of Vermont has worked to move humankind forward. Committed to both research and teaching, UVM professors – world-class researchers, scholars, and artists -- bring their discoveries into the classroom and their students into the field. Located in Burlington, Vermont, one of the nation’s most vibrant small cities and top college towns, UVM is a Public Ivy and top 100 national research university educating 10,700 undergraduate students, 1,627 graduate students, 776 certificate and non-degree students, and 478 M.D. students in the Larner College of Medicine.

POLICE

continued from page A1

needs to be made in maintaining and upgrading the current police headquarters especially with the recent lack of support of a public safety facility. Golas told selectmen that officials are examining connecting the department to a town water source as one potential upgrade.

“Curt (Meskus) and I and the Water and Sewer Commission are working together to look at the feasibility with McClure Engineering to tie the police department into the water line, so that’s something we’re currently working on, and hopefully it’s another issue we can check off the box,” said Golas.

Selectman Bill Borowski praised those in the community who came together to help enhance the police department but

acknowledged there is a long way to go and the town is going to have to start making some decisions about how they will maintain the department in years to come.

“It goes to show that even though our community pulls together when necessary to make these types of improvements, clearly we have to continue to do capital investments within them,” said Borowski. “One of the things I’m thinking around is what is going to need to be done in October when we think around free cash. That might be something that this board may want to start to think around both for the police department as well as the fire department knowing the current status of the fire department being a no go. We do have to find ways to apportion money to make all this happen.”



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Common carcinogens everyone should know about



A carcinogen is any substance that can be cancer-causing. Carcinogens can be found in the air, the products a person uses or even in popular foods and beverages.

Scientists continually study exposures that can contribute to the formation of cancer. The National Cancer Institute reminds the public that, while carcinogens have the potential to be harmful, not all exposure will automatically result in cancer. Many factors are involved in whether carcinogenic exposure will lead to cancer, including genetic predispositions and the duration of exposure.

The National Institute for Occupational Safety and Health maintains a list of occupational carcinogens. Recommended exposure limits and what constitutes a carcinogen is updated as needed. In addition, some health organizations, such as cancer groups, identify other carcinogens that exist beyond occupational hazards. These may include UV rays, tobacco

and alcohol. The following are some common carcinogens.

- **Arsenic:** Inorganic arsenic may be naturally present at high levels in groundwater and the Earth’s crust in various areas. Arsenic also may be found in the air and in tobacco smoke, advises the World Health Organization.
- **Asbestos:** When products containing asbestos are disturbed, fibers can be released and trapped in the lungs, says the Environmental Protection Agency. Asbestos used to be a common material found in roof shingles, ceiling tiles and car parts, although many industries have long since ceased using asbestos.
- **Crispy cooked foods:** Charring food on the barbecue or elsewhere may taste delicious, but when certain foods are heated to high temperatures a chemical called acrylamide can be produced. WebMD says that rats that consumed acrylamide in drinking water developed cancer,

so researchers suspect humans may be vulnerable as well.

- **Formaldehyde:** The EPA says this product is found in certain wood products, fabrics and other household items. That’s because it is a preservative, germicide and fungicide. Formaldehyde also occurs naturally in the environment, and is produced in cigarette smoke.
- **Pollution:** Outdoor air contains a mix of engine exhaust, metals and solvents that can lead to cancer. While this type of carcinogen is not easily avoided, people can stay indoors on days when air quality is poor or avoid industrial areas where pollution levels may be higher.
- **Preserved meats:** Salami, bacon, sausage, pepperoni, and preserved foods can increase risk for colon cancer, according to the MD Anderson Cancer Center. Limiting how much salted, fermented, cured, and smoked foods a person eats can lower cancer risk.
- **Radon:** The NCI indicates that radon occurs naturally from the decay of uranium, thorium and radium in rocks and soil. It can be released into the air and drinking water, eventually infiltrating homes and businesses.

Carcinogens are all around. Identifying common ones can help people take precautions that limit their exposure and potentially reduce their cancer risk.

Friday’s Child



**Caleb
Age 12**

Hi! My name is Caleb and I like to build creative devices!

Caleb is a very mature boy of Hispanic descent. Thoughtful and intelligent, Caleb enjoys playing basketball, video games, and also has the ability to build very creative structures. He attends a S.T.E.M. school focused on science and math. He does well in school with some additional help to stay focused. Caleb has an engineering brain and loves to take things apart and put them back together. He also is very interested in electronics. A structured school environment works best for Caleb. In his current foster home, Caleb gets along well with his older foster brother.

Legally freed for adoption, Caleb would do well in most any

family constellation. He has nine siblings who live in western MA with whom he should have continued contact. His new family should have patience, preferably some parenting experience, much love to give, and the ability to keep him active. A family with an older boy in the home who would set a good example for Caleb would be beneficial for him.

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.mare-inc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.





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