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Friday, July 10, 2020

# Sturbridge resident awarded P.E.O. STAR Scholarship

STURBRIDGE — The prestigious P.E.O. STAR scholarship, for the 2020-2021 academic year, was presented to Megan Frisella, a senior at the Massachusetts Academy of Math and Science in Worcester.

The scholarship was presented at Frisella's home on Walker Pond in Sturbridge by Sheila Ansley and Christine White (members of P.E.O.). Frisella was recommended for this scholarship by Chapter R of Worcester. She has been accepted to, and will attend, Brown University, where she plans to study Computer Science and Applied Math.

This Scholarship is \$2,500 and is based on excellence in leadership, extracurricular activities, community service, academics and potential for future success. The program is open to young women who are citizens or legal permanent residents of the United States or

Please Read **FRISELLA**, page **A7**



## BISSELL Pet Foundation sponsoring adoption fees during 'Empty the Shelters' campaign

BRIMFIELD — BISSELL Pet Foundation's (BPF) Empty the Shelters (ETS) event will take place July 10-12. More than 160 of BPF's shelter and rescue partners are participating in this reduced fee adoption event which will aim to find forever homes for thousands of cats and dogs. Thanks to BISSELL Pet Foundation, now's the time to adopt a new best friend for \$25 or less at Here Today Adopted Tomorrow Animal Sanctuary.

With fostering pets becoming so prevalent during COVID-19, BPF will also honor foster-to-adopt cases that start as fosters during the weekend of July 10-12 and are finalized up to one week after the event.

"More pets run away on the 4th of July than any other day of the year," said Cathy Bissell, Founder of BISSELL Pet Foundation. "The increase in shelter intake puts pressure on our partners, who are already working with limited staff and funding due to COVID-19. The best way for us to support them is to help their pets

Please Read **SHELTERS**, page **A7**

# BayCoast Mortgage Company announces Daniel Kirschner as Mortgage Loan Officer

STURBRIDGE — BayCoast Mortgage Company, LLC (www.BayCoastMortgage.com) is pleased to announce Daniel Kirschner of Sturbridge as a Mortgage Loan Officer.

Kirschner joins the company from Worcester County, a new market area for BayCoast Mortgage.



Daniel Kirschner

Courtesy

With more than 18 years in the mortgage lending business, Kirschner has built a reputation for his deep understanding of the industry. A market leader in loan volume for several years, the majority of his business is a result of repeat clients and referral business, which speaks to an ability to educate buyers, empathize with individual client situations and offer sound real estate lending advice.

Kirschner is a graduate of Liberty University with a Bachelor's degree in Business. He makes his home in Sturbridge with his wife and their four children. He is actively involved with his church and enjoys playing basketball and time spent with family and friends.

Daniel J. Briand, President and CEO of BayCoast Mortgage Company, said, "We welcome Dan to the team. His standing in the mortgage lending industry is highly recognized and we are excited that Dan will take the lead in our new market area of Worcester County."



## Hitchcock Academy plans for Phase 3

BRIMFIELD — Hitchcock Academy is ready to welcome back programs as deemed appropriate by the Governor's Phase 3 guidelines, which currently are slated to take effect on July 6.

Executive Director, Cindy Skowrya said that, "not all programming will return initially as each class needs to meet the mandated protocols."

Skowrya said she is proud of the work staff has done to assure a safe and gradual reopening.

"Our programs are a partnership with the instructors, who work as independent contractors. We have been working diligently with those instructors who have indicated a desire to initiate in person classes," Skowrya said.

She also noted, "We are offering programming outside as an option if it meets a program's needs. Skowrya cited Sensei Israel Lopez's Martial Arts class as an example of successful outdoor programming. Lopez sets up mats on a shaded spot behind HFA for his class. This venue gives Lopez ample space to demonstrate and observe technique, while maintaining adequate space between the pupils. Laurie Merritt, Hitchcock's resident dog trainer, offers classes in basic training and manners and all levels of K9 Nosework®. Weather permitting, these classes are perfectly adapted for the outdoors.

Programming indoors required some changes in order to adhere to guidelines. The staircases are now one way to prevent cross traffic interaction. Hand san-

itizing stations are available in each room and rooms will be sanitized at the end of every class. Per the governor's guidelines masks are required inside the building.

Skowrya said Hitchcock will continue to explore online options for some classes. She noted that violin lessons with Linda Day Newland continued uninterrupted via online connection throughout the quarantine. Sue Gaulin of Let's Cake Decorate put together a Tropical Summer Cupcake Kit featuring online instructions for students interested in developing their skills. Kits, which included all supplies for the completion of half a dozen large cupcakes, were picked up at Hitchcock Academy.

Individual piano lessons at Hitchcock Academy commence on July 7. This activity easily accommodates social distancing practices while allowing students the one on one guidance essential to building their skills.

During the quarantine Skowrya worked in concert with the Brimfield Board of Health to insure a successful opening of the Farmer's Market.

"We were one of the first in the state to open in April and be able to offer locally sourced food," Skowrya said. She reminds people the Farmer's Market is open every Saturday from 9 to 2 rain or shine. Skowrya said Hitchcock is making plans to reschedule the Town Wide Tag Sale.

"I know many people used the quarantine time to sort

Please Read **PHASE 3**, page **A7**

# Bay Path announces Class of 2020

CHARLTON — Bay Path RVTHS Practical Nursing Academy has announced the graduates of the Practical Nursing

(PN) Class of 2020 and plans to honor them.

"The Bay Path Practical Nursing Academy Faculty and staff are

extremely proud of the PN Class of 2020 graduating class. They have worked hard and contributed so much to

their communities, and the Bay Path Community during this unprecedented time," Academy Director G r e t h e l i n e Bolandrina, MSN Ed, RN, CRRN said. "The PN Class of 2020 are a tremendously resilient and talented group of

individuals and together, have formed an unforgettable class that is bound for greatness.

"Please join me in recognizing the PN Class of 2020 and their loving, supportive families and significant others who helped them achieve at



Courtesy

Kristin Bates of Charlton with Fjolla Shehu and Sampson Boateng, both of Worcester.

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## It's Benjie's 1st Birthday!



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such high levels," Bolandrina said. While the Academy honored its graduates June 19, 2020 with video tributes on Facebook, the official graduation and pinning ceremony will be held in a future date. Further details to follow. Among this year's graduates were Hannah Abubakar of Fiskdale and Rachel Lee of Holland.

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## Johnson & Wales University names Sturbridge student to Dean's List

PROVIDENCE, R.I. — Johnson & Wales University (JWU) student, Rachel Rynearson of Sturbridge, a Dietetics and Applied Nutrition in the College of Health & Wellness, has been named to the dean's list for the Spring 2020 term. To receive dean's list commendation, students must achieve a term grade point average (GPA) of 3.40 or above while also earning a minimum of 12 or more credit hours. Rynearson, a sophomore, is the daughter of David and Kelly Rynearson and a 2018 graduate of Tantasqua Regional High School. Nearly 1,200 students were named to the Johnson & Wales University

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### About JWU

Founded in 1914, Johnson & Wales University is a private, non-profit, accredited institution with approximately 12,000 graduate, undergraduate and online students at its four campuses in Providence, R.I.; North Miami, Fla.; Denver, Colo.; and Charlotte, N.C. An innovative educational leader, the university offers degree programs

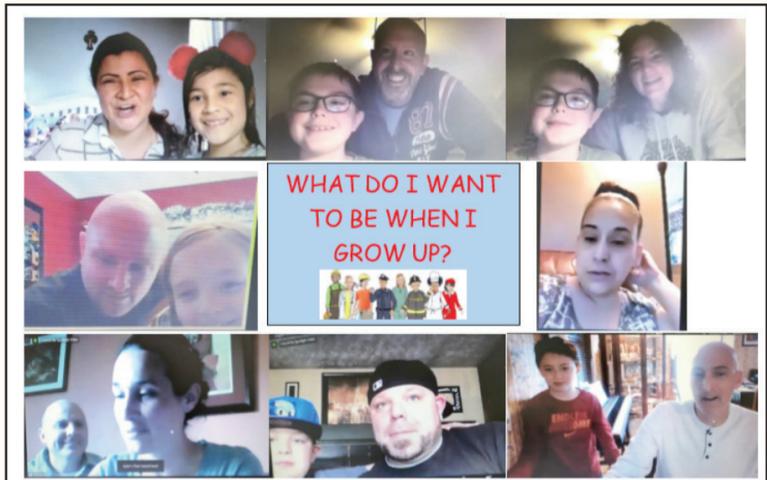


### ACCURACY WATCH

The Sturbridge Villager is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur.

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner.

If you find a mistake, call (508) 909-4106 or email [news@stonebridgepress.com](mailto:news@stonebridgepress.com). During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.



Courtesy

## TRINITY CATHOLIC ACADEMY THIRD GRADE HAS VIRTUAL CAREER DAY!

As the unique school year came to an end the enthusiasm for activities for Trinity Catholic Academy students did not lose momentum! The Annual Career Day was held via Zoom! Students eagerly learnt about careers such as daycare owner/pre-school teacher, insurance investigator, auto mechanic, anesthesiologist, school liaison, a few computer engineers. A great source of perspective at any age to help organize thoughts for their future! The parents were awesome, sharing their various careers and the education/training that went along with their profession. It was a great community builder, not to mention what the students learned about different career options, said Assistant Principal, Angie Symock.

## Local Eastern students make Spring 2020 Dean's List

WILLIMANTIC, Conn. — Eastern Connecticut State University recently released its Dean's List for the spring 2020 semester.

Madison Flandreau is a full-time student from Fiskdale who majors in Communication.

Madalyn Lowell is a full-time student from Sturbridge who majors in Health Sciences.

To qualify for Dean's List, full-time students must complete a minimum of 12 credits in letter-graded courses during the semester. Part-time students are eligible if they've accumulated 15 or more credits of letter-graded course work with an average GPA of 3.5 or higher.

Eastern Connecticut State University is the state of Connecticut's public liberal arts

university, serving 5,000 students annually at its Willimantic campus and satellite locations. In addition to attracting students from 162 of Connecticut's 169 towns, Eastern also draws students from 34 other states and 19 countries. A residential campus offering 41 majors and 65 minors, Eastern offers students a strong liberal art foundation grounded in an array of applied learning opportunities. Ranked among the top 30 public universities in the North Region by U.S. News and World Report in its 2019 Best Colleges ratings, Eastern has also been awarded "Green Campus" status by the Princeton Review 10 years in a row. For more information, visit [www.easternct.edu](http://www.easternct.edu).

## Nicholas Lawrence named to Dean's List at Coastal Carolina University

CONWAY, S.C. — More than 2,300 undergraduate students at Coastal Carolina University were named to the Dean's List for the Spring 2020 semester, including Nicholas Lawrence, a sociology major from Fiskdale.

Coastal Carolina University is a dynamic, public comprehensive liberal arts institution located in Conway, just minutes from the resort area of Myrtle Beach, S.C.

Coastal Carolina University offers baccalaureate degrees in 85 major fields of study. Among CCU's 30 graduate-level programs are 26 master's degrees, two educational specialist degrees, and the doctorates in education and marine science: coastal and marine systems science. The most popular undergraduate majors are marine science, manage-

ment, exercise and sport science, communication and psychology. CCU boasts a growing array of internship, research and international opportunities for students, as well as numerous online programs through Coastal Online.

More than 10,000 students from across the country and around the world interact with a world-class faculty, and enjoy a nationally competitive NCAA I athletic program, an inspiring cultural calendar, and a tradition of community interaction that is fueled by more than 120 student clubs and organizations.

Coastal Carolina University was founded in 1954 as Coastal Carolina Junior College and became an independent state university in 1993.

Visit [coastal.edu](http://coastal.edu) for more information.



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## Friday's Child



Photo by Maureen Ford

Talia Age 15

Hi! My name is Talia and I thrive in school.

Talia is a playful Caucasian girl with a great sense of humor. Those who know her say she is silly, kind-hearted and playful. She enjoys helping others and is always willing to try new things. Talia likes to write, draw, play cards, play with puzzles and listen to music. She also really loves animals and hopes to be a veterinary technician.

Legally freed for adoption, Talia will do well in a family of any constellation that can provide her with routine and structure. She would be best as the youngest or only child in the home. It is very important to Talia that she is able to maintain her relationship with her

biological sister

### 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 617-6273 or visit [www.mareinc.org](http://www.mareinc.org). The sooner you call, the sooner a waiting child will have a permanent place to call home.



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News, really close to home

# Cornerstone Bank congratulates scholarship recipients

WORCESTER — Cornerstone Bank is proud to announce the sixteen recipients of their scholarship awards program for local high school graduates. Each chosen graduate is awarded \$2,000 to assist with college expenses.

- The recipients of the 2020 Scholarship Program are:**  
 Brian Riel- Tantasqua Regional High School  
 Bryce Meizen- Douglas High School  
 Colleen McCarthy- Wachusett Regional High School  
 Danielle Schmeling- Auburn High School  
 Elyse Whittemore- Auburn High School  
 Jack Larson- Leicester High School  
 Joshua Brunelle- Doherty Memorial High School  
 Kaden Wells- David Prouty High School  
 Katherine LeBrun- Tantasqua Regional High School  
 Kurstin Burnham- Tantasqua Regional High School  
 Kylee Inthirath- Tantasqua Regional High School  
 Lauren Alicea- Shepard Hill Regional High School  
 Olivia Graves-Witherell-Westborough High School  
 Stefanie Del Rosario- Shrewsbury High School  
 Timothy Moore- Assabet Valley Regional Technical High School  
 Will Akerson- Wachusett Regional High School

out the community pursue higher education. This scholarship was open to 2020 high school graduates who plan to attend an accredited, degree-granting institution of higher education as a full-time student.

These sixteen students best demonstrated achievement and high standards in academics, extracurricular activities, and community involvement.

“Congratulations to this year’s recipients,” stated Todd M. Tallman, President and Treasurer of Cornerstone Bank. “We are honored to be able to support students throughout our community, and we are excited to see what their futures hold.”

For more information on the Cornerstone Bank scholarship awards program, please visit any of our convenient locations, our website, or call us at 800-939-9103.

### About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester along with a Loan Center in Westborough. 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. For more information, visit online at [cornerstonebank.com](http://cornerstonebank.com), on Facebook, or call 800-939-9103.

Cornerstone Bank is honored to help high school graduates through-

## Local residents named to Dean's List at Saint Anselm

MANCHESTER, New Hampshire — Saint Anselm College has released the Dean's List of high academic achievers for the second semester of the 2019-2020 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.3 or better in the semester with at least 12 credits of study which award a letter grade. A total of 879 students representing 26 states and 6 countries received this honor.

Mark W. Cronin, Dean of the College, announced that Matthew R. Korzec, Connor Smith, and Patrick O. Sorensen of Sturbridge have been named to the Dean's List for

the spring 2020 semester at Saint Anselm College, Manchester, New Hampshire.)

### About Saint Anselm College

Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.

## More than 700 students named to President's List at Western New England University

SPRINGFIELD — Western New England University congratulates more than 700 students named to the Spring Semester 2020 President's List.

The following students are named to the President's List for achieving a semester grade point average of 3.80 or higher.

Joshua Bolte of Brimfield is pursuing a BSE in Electrical Engineering.

Carly Phaneuf of Brimfield is pursuing a BA in English.

Kevin Riel of Brimfield is pursuing a BS in Health Sciences.

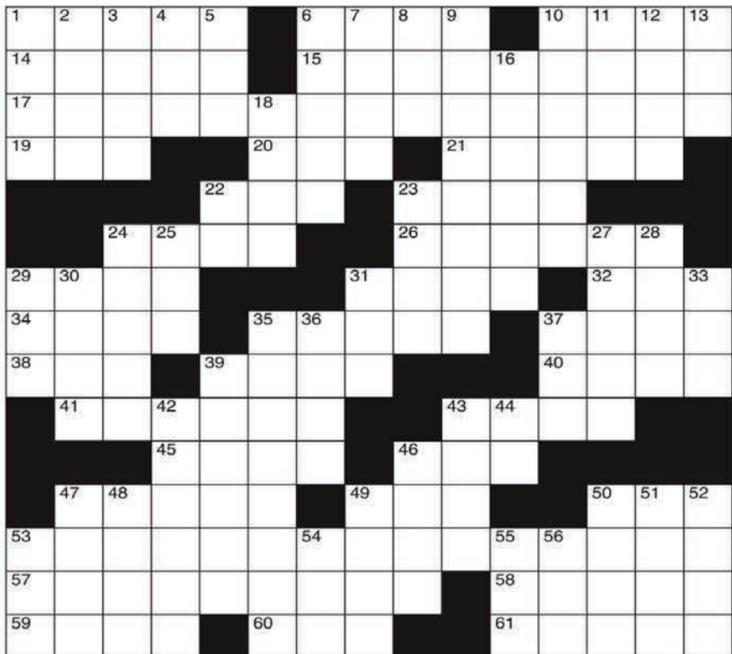
Alison Fortier of Wales is pursuing a BSE in Biomedical Engineering.

Joseph Gonzalez of Holland is pur-

suing a BSE in Electrical Engineering.

Nathan Lachapelle of Holland is graduating with a BS in Computer Science.

Having just celebrated its Centennial, Western New England University is a private, independent, coeducational institution. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, Western New England serves 3,825 students, including 2,580 full-time undergraduate students. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy and Health Sciences, and the School of Law.

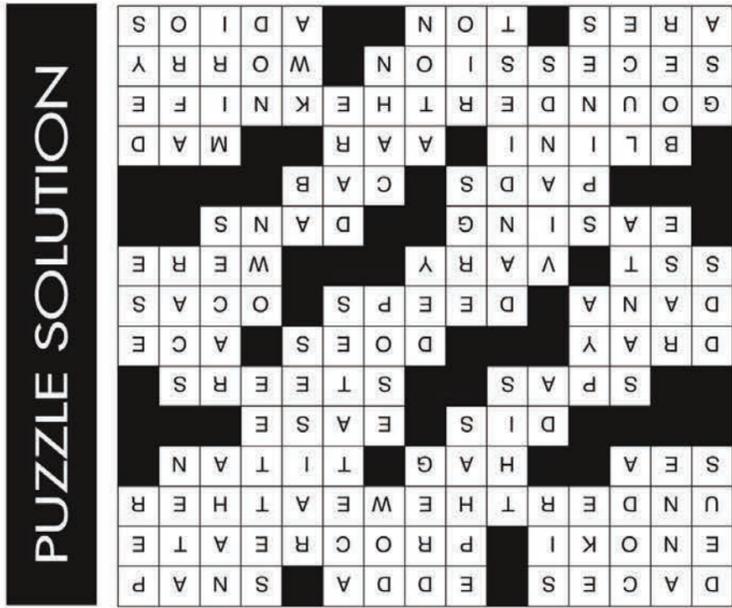


### CLUES ACROSS

- 1. Cyprinids
- 6. Icelandic literary works
- 10. Break in half
- 14. Japanese mushroom
- 15. Have offspring
- 17. Not feeling well
- 19. A very large body of water
- 20. Witch
- 21. Behemoth
- 22. Speak negatively of
- 23. Absence of difficulty
- 24. Pampering places
- 26. Drives
- 29. Truck that delivers beer
- 31. Makes
- 32. A team's best pitcher
- 34. \_\_\_ Carvey, comedian
- 35. Seas
- 37. S. American plants
- 38. Time zone
- 39. Deviate
- 40. No longer are
- 41. Moving in slowly
- 43. Patrick and Glover are two
- 45. Living quarters
- 46. Taxi
- 47. Pancake made of buckwheat flour
- 49. Swiss river
- 50. Not happy
- 53. Have surgery
- 57. Formal withdrawal
- 58. Give way to anxiety
- 59. Greek war god
- 60. 2K lbs.
- 61. Word of farewell

### CLUES DOWN

- 1. \_\_\_ ex Machina
- 2. WWII diarist Frank
- 3. Concluding passage
- 4. Supplement with difficulty
- 5. Title of respect
- 6. Cubic measures
- 7. Remnant
- 8. \_\_\_ Jones
- 9. Salts of acetic acid
- 10. Long, upholstered seat
- 11. Capital of Okinawa Prefecture
- 12. A one-time aspect of Egyptian sun god Ra
- 13. Prefix denoting "in a"
- 16. Propels upward
- 18. What we are talking about
- 22. Prosecutor
- 23. Employee stock ownership plan
- 24. He brings kids presents
- 25. Burmese monetary unit
- 27. Hurries
- 28. Injury remnant
- 29. Tooth caregiver
- 30. Elvis backup singer Betty Jane
- 31. "The Partridge Family" actress Susan
- 33. Midway between east and southeast
- 35. Most excellent
- 36. Heat units
- 37. Possess legally
- 39. Food items
- 42. Skeletal structures
- 43. Challenge to do something bold
- 44. Blood type
- 46. Sammy \_\_\_, songwriter
- 47. Farmer (Dutch)
- 48. Clare Booth \_\_\_, American writer
- 49. Piers Anthony's protagonist
- 50. Malaysian coastal city
- 51. Hairstyle
- 52. NY-based department store
- 53. Geosciences organization (abbr.)
- 54. Brazilian city
- 55. Niger-Congo languages
- 56. Gesture



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[frank@stonebridgepress.news](mailto:frank@stonebridgepress.news)  
**BUSINESS MANAGER**  
 RYAN CORNEAU  
 (603) 677-9082  
[ryan@salmonpress.news](mailto:ryan@salmonpress.news)

**OPERATIONS DIRECTOR**  
 JIM DINICOLA  
 (508) 764-4325

**EDITOR**  
 BRENDAN BERUBE  
 (508) 909-4106  
[news@stonebridgepress.news](mailto:news@stonebridgepress.news)

**PRODUCTION MANAGER**  
 JULIE CLARKE  
 (508) 909-4105

[production@stonebridgepress.news](mailto:production@stonebridgepress.news)  
 The *Sturbridge Villager* (USPS#024-955) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Sturbridge Villager, P. O. Box 90, Southbridge, MA 01550

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# Bay Path honor roll

CHARLTON — Bay Path Regional Vocational Technical High School has released its honor roll for the third quarter of the 2019-2020 school year.

Grade 12  
High Honors  
Riane Anderson  
Julia Antocci  
Jared Aucoin  
Meghan Barry  
Mia Bohanan  
Anthony Colacchio  
Laurn Dawson  
Braden Doney  
Kelsey Durant  
Gavyn Floury  
Daysia Forbis  
Anna Israelian  
Mathew Langlois  
Samantha LePage  
Erica MacGrory  
Justin Orrell  
Abigail Rambilje  
Austin Rebello  
Colin Richardson  
Carla Rodriguez  
Mary Rutter  
Angeley Santa  
Todd Sauter Jr.  
Sadie Smith  
Cady Stevens  
Alexandar Vesovski  
Kaylyn Violette  
Isabella Yaede

Honors  
Tiffany Arnold  
Kendra Aucoin  
Alicia Ayala  
McKayla Baldwin  
Trinity Battista  
Lillian Berry  
Heath Bigelow  
Lauren Bigelow  
Mackenzie Blomquist  
Ayva Borelli  
William Carlson  
Elizabeth Cormier  
Eleana DaSilva  
Andrew DeCelle  
Thadius Dubsy  
Kaley Eaton  
Nathan Fontaine  
Ariana Gelardi  
Max Ginsburg  
Brandon Gomes  
Dylan Greamo  
Jacob Hinman  
Michael Houghton  
Victoria Jackman  
Emily Johnson  
Edward Knopf  
Curtis Koebke  
Nalin Koo  
Samantha Lackey  
Patrick Lange  
Brian Lavoie  
Jake Lizotte  
Thomas Lombardi  
Kristian MacLeod  
Andrew Makowiecki  
Adam Mancini

Danielle Mandella  
Madison Marois  
Patrick McManus  
Amber Melanson  
Kiyiana Minton  
Elizabeth Molina  
Kimberly Ngo  
Mackenzie O'Neill  
Kevin O'Rourke  
Melissa Owusu  
Maeve Perreault  
Nathaniel Pillion  
Joseph Postale  
Cody Prince  
Chantal Ravenelle  
Janeli Rovberi  
Karen Rocha  
Elijah Santos-LaBarge  
Natalya Sawa  
Benjamin Schultz  
Matthew Shedd  
Nathan Shoemaker  
Luke Snow Girard  
Samantha Tretheway  
Georgi Weagle  
Lexianna Wheeler  
Sarah Wisniewski  
Michael Zanca  
Allison Zopatti

Principal's List  
Katianna Alvarez  
Jacob Bachand  
Laura Banach  
Jordan Belford  
Adam Bickford  
David Boudreau  
Jared Bourassa  
Rachel Bourgault  
Nicholas Butler  
Matteo Capuano  
Sydney Cardinal  
Ryan Casey  
Daniel Cleary  
Matthew Coffin  
Colton Cowher  
Luke Curtis  
Alec Dalton  
Jack Davis  
Carly Dumas  
Josiah Figueroa  
Jack Gallant  
Kyle Greenwood  
Allison Hamel  
Geoffrey Harris Jr.  
Kenzie Heck  
William Hine  
Jaden Jarmulowicz  
Jocelyn Keefe  
Michael Keeler  
Benjamin LaPointe  
Jared Lavigne  
Jenna Luke  
Julianna Marcoux  
Carina Miller  
Teagan Morrisey  
Mackenzie O'Connor  
Kyle Paquette  
Spencer Peck  
Cameron Quinn  
Daniel Rafuse  
Anastasia Ranese  
Shawn Reniere  
Briana Rodriguez  
Kalyn Saez  
Douglas Shea Jr.

Luke Snay  
Conner St. Cyr  
Cameron Stisitit  
Kylie Tremblay  
Riley White

Grade 11  
High Honors  
Ivy Ballou  
Nathaniel Beauchesne  
Dylan Bellerive  
Maya Bond  
Skyler Bond  
Victoria Bonneau  
Kaitlyn Brindle  
Matthew Brown  
Samantha Burdett  
Gabriella Caron  
Brenna Castro  
Emma Christian  
Cheyenne Courtney  
Natalie Courney  
Lexia Demers  
Benjamin Gelineau  
Isabella Gonyea  
Alexis Gosselin  
Isaac Josti  
Juliannah Kolofsky  
Eliana Lasell  
Angel Martinez  
Samuel Messier  
Zachary Messina  
Michael Mullaly  
Owen Ostromecki  
McKenzie Robinson  
Caitlin Young

Honors  
Emma Abbascia  
Bryanna Andino  
Heaven Aucoin  
Kayla Aviles  
Nathan Barton  
Dominic Beauchesne  
Jacob Benoit  
Cameron Blake  
Dani Borci  
Alexander Brayton  
Kayla Canty  
Lauren Chase  
Zackary Choiniere  
Andrew Colson  
Christian Consiglio  
Megan Costa  
Olivia Courville  
Bailey Creeron  
Timothy Crowell  
Jordan DeFosse  
Kelli Devlin  
Leah Dingui  
Brenna Donovan  
Hayden Dube  
Evan Duffey  
Rachel Eovacious  
Jessi Escoto-Cifuentes  
Alyssa Febo  
Calissa Ferschke  
Tyler Gillespie  
Parker Glispin  
Damien Grasse  
Chloie Grenier  
Yeilianys Guzman Torres  
Evan Hall  
Devin Hanlan  
Molly Hoefler  
Jayce Hutchinson

Elin Kaufman  
Susanna Krantz  
Samantha Labelle  
Savannah LaBranche  
Isabella Latour  
Alicia Lempitski  
Matthew Livsey  
Julio Lopez-Torres  
Grant Maffei  
Nicholas Marcotte  
Marilena Matos-Criado  
Chase McKenney  
Elizabeth McLam  
Kevin McManus  
Ty Millette  
Dimitrios Mironidis  
Shawn Nabors  
Joshua Natale  
Robert Nichols III  
Meagan Peck  
Luis Perez  
Madison Poole  
Nicholas Reil  
James Rivera  
William Rodriguez  
Andrea Rogan  
Madison Rynne  
Kyle Sadusky  
Steven Schoenfeldt Jr.  
Jake Schofield  
Samuel Smith  
Ryan Steiner  
Kyleigh Sutherland  
Kiana Tonkin  
Antonia Van Dam  
Isabella Varney  
Nikko Vitkos  
Ashley Wilson  
Louis Zanca

Principal's List  
Adrian Aguilar  
Albin Anderson  
Graciela Antunez Flores  
Kenneth Aponte  
Olivia Baca  
Sophia Baca  
Salvatore Belsito  
Rebecca Boucher  
Nicholas Calley  
Nathan Campbell  
Ariana Carrier  
Leigha Clifford  
Aliyah Cruz  
Noah Cummings  
Samuel Cummings  
Analese Degon  
Tyler DeWitt  
Rani Erickson  
Tyler Ethier  
Eathan Finneran  
Alec Fournier  
Cristal Hernandez  
Elena Hopkins  
Skyla Josey  
Liam Kalil-Johnson  
Jodie Kendall  
Jamie Kirkkorian  
Rhianna Labay  
Seth Lawendowski  
Ullysses Logan  
Curtis Lussier  
Evan Maldonado  
Anthony Marini  
Nicholas Moulton  
Gilmarie Ortiz-Cabrera

Michael Pulsifer  
Keith Reardon  
Franklyn Rodriguez  
Aiden Sabatinelli  
Parker Santon  
Addison Seaman  
Brendon Seller  
Jonathan Shook  
Maynard Sweet-Giglio  
Konstantinos Tasopoulos  
Elijah Thacker  
Jared Torosian  
Ava Torres  
Johnathan Tucker  
Wilmiguel Velez  
Cullen West  
Damian Wielgorecki  
Genevieve Williams  
Katie Wroblewski

Grade 10  
High Honors  
Alexia Brawn  
Catalina Burden  
Dylan Butkus  
Patric Campbell  
Diego Canovas  
Marisa DeJesus  
Lillian Dolan  
Marlee Donohoe  
Nathan Dreitlein  
Lillian Dunkerson  
Ashley Hamel  
Nicholas Hunter  
Morgan Ivory  
Logan Johnson  
Bethany Lasell  
Andrew Leach  
Anthony Martins  
Madigan McManus  
Aaron Mitchell  
Olivia Morin  
Gabrielle Packard  
Jayna Schmohl  
Ethan Shanbaum  
Olivia St. Germain  
Scarlett Taveras

Honors  
Aidan Adler  
Adrian-Nicky Antwi  
Keith Barber  
Connor Barton  
Juston Barton  
Thomas Becker  
Thomas Benoit  
Dominic Benvenuti  
Sadie Bickford  
Anna Bonin  
Brian Bonnette  
Hayden Bourgeois  
Andrew Cannon  
Isabella Capuano  
Rafe Carlson  
Jackson Chaffee  
Aiden Chernisky  
Clayton Constantine  
Chynna Cote  
Dylan Cotton  
Carter Coughlin  
Izabella Coughlin  
Kevin Cunningham  
Jack Dalton  
Kyleigh Demers  
Harmony Desrosiers  
Chloe Dexter

Erin Donahue  
Cody Douglas  
Johnathon Ferreira  
Danielle Gautier  
Shaun Gelin, Jr.  
Isabella Gervais  
Adlina Giauquinto  
Alex Gilfof  
Gavin Gillet  
Genesis Gonzalez  
Nicholas Gosselin  
Lucas Grant  
Julia Graveson  
Cameron Hafner  
Aidan Hall  
Haevyn Hazzard  
Harrison Herbert  
Zachary Hinman  
Madsen Howard  
Alexia Hubacz  
Declan Johnson  
Chloe Jordan  
Ryan Kempfski  
Mikayla Kihm  
Kevin Kilcourse  
Tiffany King  
Cole Komssi  
Jason Kozlowski  
Cody LaMonda  
Chase Lamprey  
William LeCuyer  
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Tori Masiello  
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Samuel Murillo  
Evan O'Malley  
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Rachael Plaud  
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Caleb Renaud  
Evanie Rodriguez  
Jacqueline Ross  
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Lopez

Zachary Sargent  
Kristina Scott  
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Please Read **HONOR ROLL**, page A7



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# QCC's Gateway to College Staff hits the road to celebrate graduates

WORCESTER — High school graduation is a special time in a student's life but even more so for those students who have overcome adversity and beat the odds. For 27 students in Quinsigamond Community College's Gateway to College Program, the dream of graduating from high school became a reality this month and they became a part of the historic Class of 2020.

The graduates are part of a program developed for students between the ages of 16-21, who have dropped out of high school or are at risk of dropping out. Students accepted into the program work on obtaining their high school diplomas, while also simultaneously earning college credits. Students take a full-time college course load, with classes that match their high school requirements, MCAS needs, and career interests. They attend classes in the fall and spring.

Due to the pandemic, this year's graduating class was unable to hold an in-person graduation ceremony; however, the Gateway staff still wanted to hold some type of special celebration to



commemorate the accomplishments of the students. QCC's Gateway to College Director Marci Skillings came up with the idea of a "Grad 2 Go" graduation cel-

ebration that entailed the Gateway staff stopping by each graduates' homes, taking photos and wishing them well. Prior to the Gateway staff visits, the students were sent caps, gowns, diplomas, and as well as "Class of 2020" masks to make the event feel extra special.

"All together, we visited 15 of our graduates over six days. I drove 267 miles in total. One day we started at a farm and ended on a lake," said Senior Gateway Outreach Counselor Jenna Glazer. "High school graduation is something many of us (myself included) took for granted,

but for many of our students, it seemed impossible for a long time. Despite graduating in the midst of a pandemic and an abrupt shift to remote learning, most of our students graduated with special honors (college GPA over 3.0 or 3.7). It is really a testament to the determination and perseverance of our students."

Gateway graduate Ninoshka "Nino" Rabell-Santana said the Gateway to College Program was a true gateway to a better life and opportunity for her.

"Being a part of the Gateway to College community made me feel it was OK to not be perfect. It taught me it was OK to fail in life over and over again until I was finally able to succeed in life," she said. "Gateway has been such a blessing to me and to everyone in it."

According to Ms. Skillings, most of the graduates will be staying on at QCC to complete their degrees, while others will be attending Worcester State University or UMass Amherst.

"Our graduates have all balanced a new normal and graduated in the midst of a pandemic. That is so amazing and we are so proud. We wish them the best as they head out in a world of unknowns. We know they will succeed because they showed us they could and we believed, just as they did," she said.

For more information on the program visit [www.QCC.edu/Gateway](http://www.QCC.edu/Gateway).

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

## Sydney Davey of Sturbridge named to URI Dean's List

KINGSTON, R.I. — The University of Rhode Island is pleased to announce the Spring 2020 Dean's List. The students represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries.

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average.

Sydney Davey of Sturbridge was named to the Dean's List.

Note: Students who qualified for

the Dean's List, but have restricted access to their information under the Family Education Rights and Privacy Act (FERPA) guidelines, are not included on this public listing. Students may adjust these restrictions on eCampus.

The University of Rhode Island's pioneering research extends the University's influence well beyond its coastal borders, while its unique interdisciplinary courses provide its 16,852 undergraduate and graduate students with global opportunities in an intimate environment. In May 2020, more than 3,500 undergraduate and about 700 graduate degrees were awarded. The University now has more than 120,000 alumni world-wide.

## American International College announces Spring 2020 Dean's List

SPRINGFIELD — American International College (AIC) in Springfield, MA, has named 686 students to the Spring 2020 Dean's List. Dean's List students are full time students who have achieved a 3.3 to 4.0 GPA. AIC commends the exceptional commitment and accomplishment of these scholars during an unprecedented time.

Alexandra Fish of Fiskdale  
Emily Matte of Sturbridge

Tayla Shepard of Sturbridge  
Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massachusetts, comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its students and the community.

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## SHELTERS

continued from page A1

find loving homes.”

Participating shelters will work with interested adopters to schedule meet and greet appointments following local COVID-19 guidelines. To find an adoptable animal at Here Today Adopted Tomorrow Animal Sanctuary, visit [www.bissellpetfoundation.org/ets](http://www.bissellpetfoundation.org/ets). Using the filter function on the map, your local shelter's information will populate. For accurate hours of operation and processing procedures, visit the organization's website linked on the page.

“Bringing awareness to adoptable animals in shelters is a priority for BPF, said Bissell. Over four years, the Empty the Shelters program continues to prove that with a little patience and research, you can find any breed you're looking for at a shelter near you. It's really a win-win for homeless pets and adopters.”

All animals included in the ETS promotion will be microchipped and spayed/neutered to prevent further pet

homelessness.

Since the program began in 2016, Empty the Shelters has found homes for 37,394 pets and counting. During the COVID-19 pandemic alone, 6,231 pets were adopted during two ETS events executed by appointment only.

If you're unable to adopt, please consider supporting BISSELL Pet Foundation's work at [www.bissellpetfoundation.org/donate](http://www.bissellpetfoundation.org/donate).

**About BISSELL Pet Foundation**  
BISSELL Pet Foundation is a charitable 501(c)(3) nonprofit organization with a mission to help reduce the number of animals in shelters through pet adoption, spay/neuter programs, microchipping and emergency support. Founded in 2011 by Cathy Bissell, BPF is an extension of her long-standing love for animals and commitment to their welfare. BPF has since partnered with 5,000 shelters and rescues across the U.S. and Canada to help pets find loving homes. The foundation is supported by generous donors and BISSELL Homecare, Inc where every purchase saves pets. To learn more, visit [www.bissellpetfoundation.org](http://www.bissellpetfoundation.org).

## FRISELLA

continued from page A1

Canada and who are graduating high school seniors at the time of application. A student must be recommended by a P.E.O. chapter.

P.E.O., founded Jan. 21, 1869, at Iowa Wesleyan College, Mount Pleasant, Iowa, is an international philanthropic and educational organization which promotes increased educational opportunities for women. There are nearly

## PHASE 3

continued from page A1

through cupboards, sheds, attics, basements and drawers,” she said. “As the saying goes, one man's trash is another man's treasure. A Tag Sale is the perfect way to finish the clearing out process and make some money!”

Skowrya also said the quarantine offered an opportunity for reevaluation at HFA to do some housekeeping of their own. Skowrya started at the helm just a few weeks before the pandemic shut

6,000 local chapters in the United States and Canada with almost 250,000 initiated members. P.E.O. has provided over \$366 million in financial assistance to more than 113,000 recipients. P.E.O. also owns Cottey College, a fully accredited, private liberal arts and sciences college for women, with two-year and selected four-year programs, located in Nevada, Missouri. For additional information on the P.E.O. STAR Scholarship, please contact Christine White at 508-842-0867 or visit [peointernational.org](http://peointernational.org).

everything down.

“People ask ‘How do you like the new job?’ My answer: well, it's not the job I was hired for, but despite all this I love it and look forward to growing the organization and being an integral part of the community. Like everyone else the shutdown had an impact on our bottom line. We'll be looking to offer new programs and fundraising events to help offset the difference,” she explained.

She invites anyone with an idea for a class or a program to “shoot us a line at [execdirector@hitchcockacademy.org](mailto:execdirector@hitchcockacademy.org). “We welcome your thoughts,” she said.

## PHASE 3

continued from page A5

Tyler Verrier  
Alexis Westmoreland  
Mateusz Zych

Principal's List  
Princess Angela Agyeman  
Lana Antocci  
Lucas Aubuchon  
Adam Barter  
Kendall Barton  
Nicholas Beauchemin  
Jayde Berthiaume  
Kylie Bouchard  
Samantha Brown  
Isaiah Burlingame  
Adriana Carignan  
Gabriella Carlin  
Tinaya Chauvin  
Stephanie Chege  
Abby Christian  
CJ Church  
Connor Clardy  
Hailey Cournoyer  
Kurtis Davis  
Zachary Dubsy  
Austin Fish  
Victor Freeman  
Tricia Gallien  
Amie Grenier  
Nathan Gulkin  
Lillian Guyette  
Alyssa Hallaman  
Lucas Kaufman  
Zachary Kohberger  
Ryan Komssi  
Taylor Labrecque  
Zoe LaMountain Perron  
Andrew Lavoie  
Jacob LeBrun  
Brady Letourneau  
Casey Levasseur  
Alexandra Lundquist  
Madison Martin  
Thomas Martin  
Boru Masiello  
Allannah Matthews  
Brayden Nolette  
Samuel Parker  
Ilias Perez  
Hunter Pociis  
Michael Riberdy

Carlos Rosado  
Jack Sansoucy  
John Schramm  
Jordan Sheehan  
Chloe Sicari-Swinimer  
Nicholas Smith  
Ethan Stanley  
Kyra Stevens  
Ryan Surprenant  
Jomar Torres  
Jared Tucker  
Adriana Vazquez Gonzalez  
Gavin White

Grade 9  
High Honors  
Samuel Boria  
Isabella Coleman  
Makayla Collins  
Grace Comeau  
Libby Condrate  
Samantha DeCell  
Cheryl Dolson  
Elizabeth Dreitlein  
Ty Dupuis  
Jayden Flanders  
Emma-Abigail Gachagua  
Emily Gelineau  
Evan Gelineau  
Adrian Gonzalez  
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Lucas Welton  
Emily Westwell

Honors

Alyssa Adams  
Ayan Ahmad  
Jake Aho  
Samuel Audunsson  
Lukus Bachand  
Sincere Bailey  
Anthony Barbale  
Olivia Beaudette  
Quinn Beck  
Dillon Beckwith  
John Begg  
Alexander Besaw  
Benjamin Besaw  
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Julia Canty  
Joshua Carignan  
Matthew Casati  
Daniel Chaffee  
Michael Chansignavong  
Lauren Comeau  
Caleb Jude Corpuz  
Ryan Couture  
Noah Cowher  
Troy Cyr  
Bryan Da Silva  
Alyssa Davis  
Ryan Davis  
Victoria Davis  
Ronald Desrosiers  
Brenna Donohue  
Elaina Dunbar  
Gabriel Espinosa  
Damien Falconer  
Collin Farrell  
Tori Fontaine  
Jordyn Forbes  
Evan Frost  
Alexander Gammetto  
Aiden Gelardi  
Sara Gerena  
Noah Glispin  
Osiris Gonzalez  
Devon Goulet  
Julius Guillen  
Isabella Heck  
Lauran Hennessy  
Luke Hill  
Samantha Inangelo  
Olivia James  
Tatyanna Johnny

Jenna Jordan  
Mason Jordan  
Eyan Karlowicz  
Tyler Kasprzycki  
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Robert LeBlanc  
Nakia L'Ecuyer  
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Kyle Moody  
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Madison Poirier  
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Ariane Ramos  
Emma Rannikko  
Sabrina Rodrigues  
Slexander Rodriguez  
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Jazlynn Santana  
Gianna Simpson  
Sawyer Smith  
Caiden Spahl  
Evan St. Cyr  
Gavin Suprenant  
Damion Szafarowicz  
Brayden Therrien  
Jacob Thomas  
Walfry Torres-Rodriguez  
Taylor Tremblay  
Jonathan Young

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Haven Banks  
Jeremy Blake  
Andrew Bottcher  
Ryan Brown Herraiz

Hailey Carlson  
Amanda Christianson  
Anthony Comforti  
Gage Conroy-Laboeuf  
Cam'Ron Desrosiers  
Amanda Englund  
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Ronin Simone  
Lucas Soloperto  
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Makenna Zella

# Family Dining & Gift Guide

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EDITORIAL

Wondering about the weather

We've noticed, as of late, that weather forecasts have been more inaccurate than usual. In trying to figure out which weather app is the most accurate, we came up empty. There were several days we should have expected rain and thunderstorms but unfortunately came up short. After a dry spell and high temperatures last week, the thought of sitting on the front porch watching a thunderstorm seemed like a dream. This week, finally welcomed more rain making lawns and gardens across the region perk up.

After some digging, we found that it's the novel Coronavirus that has affected our weather forecasts. We could say that we're surprised, but this virus has affected every aspect of our daily lives, so why not weather forecasts too?

Experts say that the drop in airline travel has reduced the amount of data needed to make an accurate forecast. Typically, forecasts change by the hour. Aircrafts pick up wind, humidity and temperatures during flight. Data from weather balloons and satellites is still being used, however the accuracy comes from the planes. Of course, this affects weather being tracked by the Global Forecast system as well. Data taken from the ocean is also not being gathered at the rate it was prior to the COVID-19 outbreak.

So, with forecasts being in question every day, we figured we'd hop in the time machine, something we love to do on all occasions, and learn about some tips our ancestors used.

We've all heard the phrase, "Red sky at night, sailor's delight; red sky by morning, sailors take warning." This phrase dates back to Biblical times, and happens to be quite accurate. Weather in the north typically travels from west to east, so if you see a colorful sunrise, that means there are clouds to the west, which could bring bad weather. If the clouds grab hold of the sunset as they travel to the east, there is a high chance for calm weather the following day.

By the 1700's, modern thermometers were commonly used, with barometers stepping on to the scene in the next century. Thomas Jefferson used such tools to record the weather on a daily basis. Moving forward the telegraph allowed people to communicate the weather over long distances, which lead to weather maps. This allowed people to track patterns. Rising air pressure, meant calm weather while dipping pressures meant a storm was on the horizon.

Weather balloons were used in the 1900's to track moisture and winds, which lead to more research into just what makes weather tick. Weather radar was found by chance during WW II, when radar was used to try to track down enemy aircraft. While doing so, rain was found. Tools advanced rapidly into the 1950's through the 1980's.

The Old Farmer's Almanac shared some sayings that were used for some old fashioned forecasting. "The higher the clouds, the finer the weather," The Almanac says. "If you spot wispy, thin clouds up where jet airplanes fly, expect a spell of pleasant weather. Keep an eye, however, on the smaller puff clouds (cumulus), especially if it's in the morning or early afternoon. If the rounded tops of these clouds, which have flat bases, grow higher than the one cloud's width, then there's a chance of a thunderstorm forming."

"Clear moon, frost soon" means that a clear night, makes the Earth's surface cool at a faster rate, and with no cloud cover to keep the heat in, causes frost and a cold morning.

"When clouds appear like towers, the Earth is refreshed by frequent showers." If you see large, white clouds that resemble castles, there is likely a lot going on weather wise. If white clouds grow, and turn grey, a storm is coming.

"Rainbow in the morning gives you fair warning." Where there's a rainbow, there's a shower, and hopefully a pot of gold.

"Ring around the moon? Rain real soon." A ring around the moon means that warm weather is in the near future, with some rain. According to the Almanac, "High thin clouds get lower and thicker as they pass over the moon. Ice crystals are reflected by the moon's light, causing a halo to appear."

OPINION

Views and commentary from Sturbridge, Brimfield, Holland and Wales

Choosing how you live ...

I came into this life without choice. I didn't decide to be conceived. Two people I didn't know decided that for me. I was carried for nine months, then pushed out with no consideration by my mother as to whether I wished to go or stay. I was suddenly and rudely squeezed out into a life that I didn't decide to live.



POSITIVELY SPEAKING  
GARY W. MOORE

Then to add to the humiliation of coming into this world naked, a group of masked strangers examined my bare body, counting fingers and toes, as if they'd never seen a tiny human before. Embarrassingly, I cried like a little baby, when for no reason at all, one of the masked strangers grabbed my ankles, raised my naked body upside down, then slapped me on my bottom. These actions told me for the first time, life is unfair.

That's how it all began for me. Maybe you endured a similar experience?

We are given no choice. On one day we didn't exist and on the next, we are a human life beginning to form and grow. We enter an imperfect and broken world and are told at an early age, "Life isn't fair. Just deal with it."

How we deal with it... Even though we are forced into this world, we quickly establish how we'll live our lives. We are where we are at this very moment because of the choices we made along the way. We are who we are, where we are and what we are because of what we choose to let into our mind. It's those choices that determine the quality of the life we lead and our impact on those around us.

Don't blame your past. Yes, some of us are born into loving families who nurture and teach us right from wrong, while others are brought into lives where they were never wanted and learn to live their lives without nurturing or instruction. Regardless of which, it is the choices that we make that determine how we live our lives. Blaming how we were raised is a waste of time and only keeps us from successfully moving forward. No, we didn't decide how to be born nor will we decide when or how we die, but we absolutely decide how we live our life. How we treat others and ourselves makes a lasting impact, not just in our lives but with everyone and everything

we touch. None of us are perfect. I have many regrets about choices I made earlier in life, but I can't change that. I can only move forward and do my best to make a positive difference.

The time to think about the impact we have on others is not on our deathbed while experiencing crushing regret, but while we are living our lives. As you read this, you can decide the difference you wish to make, the joy and happiness you bring to others or positive education you wish to share.

I have led a rich and joyful life, while also living a painful and stress-filled life. I've experienced both. Both were by choices I made. As I aged and moved out of my business suit and into a life of organizing stories for others, I quickly realized the power of words and the impact I can have. Choose to speak only kind and supportive words into the world.

This column, Positively Speaking, was born in April 2017 and my focus has been to help and encourage others to lead a happier and joy-filled life... a life led by optimism. I do my best to have a positive impact on the readers of this column and I always pray that my words will help others lead a happier and more fruitful life.

It's impossible not to recognize that our nation is in turmoil and divided in unhealthy ways. That does not mean that you are required to participate and contribute to the unhealthiness by being angry, offensive, and aggressive. Instead, you can be an example of integrity by being kind, humble and positive, while sharing words and actions of hope and optimism. We can choose to be part of the problem or proactively part of the solution.

This time of division and negativity will pass. Anger and yelling don't change hearts nor minds. Being an example kindness and dignity does.

Which will you choose?

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.

Protect yourself against financial scammers



FINANCIAL FOCUS  
JEFF BURDICK

It's unfortunate, but true: During this period of economic uncertainty, one of the busiest "industries" has been financial scamming. But it goes on even during normal times, too, so you'll want to know what to look for, and how to defend yourself.

For starters, just how widespread is financial fraud? Consider this: In 2019, more than 3.2 million fraud cases were reported to the Federal Trade Commission, with identity theft being the most common type of fraud, accounting for about one-fifth of the overall cases. And fraudulent new accounts (mortgages, student loans, car loans and credit cards) amounted to about \$3.4 billion in 2018, according to a study by Javelin Strategy & Research.

To help yourself from being victimized, consider the following suggestions. They are certainly not an exhaustive list, but they should prove useful.

- Watch out for unsecure websites. Make sure a website is secure before entering any payment or personal information. Look for sites that start with HTTPS, rather than those with just HTTP, which are not secure and can be hacked. But even a site with HTTPS can still be used by scammers, so, if you don't recognize the name of the company or group that's requesting your information, do some research to make sure it's legitimate.

- Review your credit reports. As mentioned above, the fraudulent opening of new accounts is a big source of financial scams. To be sure nobody has opened new accounts under your name, try to review your credit reports at least once a year. You can get them for free at AnnualCreditReport.com.

- Follow up on fraud. If you've already been victimized by having new accounts opened in your name, contact one of the three major credit reporting agencies (Experian, Equifax or TransUnion) and place a 90-day fraud alert on your credit file. You might also want to file a complaint with the Federal Trade Commission, print it out and file it with your local law enforcement agency. And it's also a good idea to contact the fraud department of the financial companies where the thief has opened a fraudulent account in your name.

- Be alert for suspicious links. "Phishers" have gotten quite good at sending out messages that look like they're from reputable businesses. But if you examine these messages carefully, you can usually determine if there's something off about them. For example, no legitimate business will tell you, via this type of message, that you have to "correct your account" by providing additional information. And if you do hit the link provided, and it takes you to a third-party site, you can be pretty sure it's bogus.

- Resist "act now" offers. If you get an offer, via phone or online, urging you to "act immediately" on an investment opportunity, discontinue the communication. No reputable financial advisor will ever try to force you to take such swift action, and if an investment is legitimate, it will be available tomorrow, next week and next year.

- Use your shredder. You probably have the option to "go paperless" with all your banks and financial services providers, but, if you still do receive paper documents, be sure to shred them when they're no longer needed.

You save and invest for years to help achieve your long-term goals. Don't let any of your efforts be undone by financial fraudsters.

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

July is National Blueberry Month

Blueberries are touted as an antioxidant rich snack, and in addition to its many health benefits, the tiny fruit tops of the list of "anti-aging" foods. But the delicious, sweet berry has been pleasing palates for many centuries. In fact, according to botanists, the oldest plant on earth - estimated to be more than 13,000 years old - is related to the blueberry plant.



TAKE THE HINT  
KAREN TRAINOR

Blueberries are grown in 35 states and our country produces over 90% of all of the blueberries in the world. In celebration of both the extraordinary taste and health benefits of blueberries, July has been proclaimed National Blueberry Month. Since 1999, the virtues of wild blueberries have been touted by the blueberry industry each July, while the delicious berries make their annual appearance at Independence Day tables across the country.

Blueberry History: Early explorers found wild blueberries growing in America, and famed expeditioners Lewis and Clark reported being served meat by Native Americans that had been rubbed with blueberries, then smoked and dried. The Indians also dried blueberries and ground them to a pulp to be mixed with cornmeal and honey to make a sweet pudding.

Here in the Northeast, Native American folklore includes a legend how the great spirit sent "star" fruit, named for the star shaped end of the blueberry, to feed children during a famine.

But for the American Indian, perhaps the most valuable use of the blueberry was its healing properties. Native Americans would steep a tea from the root of the blueberry plant to be used to calm and relieve the stress of women in labor. The juice of the blueberries was also used as a remedy to cure ailments that ranged from a stubborn cough to blood conditions.

Healing Fruit: The virtues of blueberries are many. One of nature's most amazing and powerful antioxidants, blueberries offer a variety of health benefits, from lowering cholesterol to building up urinary tract health, improving vision and much more. In fact, research conducted at the USDA center has found blueberries rank hands down number

one in antioxidant activity! The blueberry's secret weapon? It's deep-blue pigment, which is a potent phytonutrient that acts as an antioxidant and anti-inflammatory. Read on for more reasons to help yourself to a handful of blueberries this season and beyond.

- \*Out of 40 different fruits, juices and vegetables, the blueberry comes in with the highest antioxidant level, according to the North American Blueberry Council. Just three and a half ounces of blueberries are equivalent to over 1700 International Units of vitamin E. Wild blueberries pack up to three times more berries per pound than cultivated, making them the optimum choice for concentrated antioxidant capacity.

- \*According to the New England Journal of Medicine, the Rutgers Blueberry Cranberry Research Center in Chatsworth, N.J. found that blueberries help prevent infections in the urinary tract in much the same way that cranberries do. They may also help to prevent macular degeneration according to Ronald L. Prior, Ph.D., director of the USDA.

- \* The antioxidant and anti-inflammatory effects of blueish purple foods like wild blueberries may have the potential to help prevent Alzheimer's disease, cancer and heart disease, according to Susan Davis, MS, RD, Nutrition Advisor to the Wild Blueberry Association of North America.

- \*Studies show blueberries (and grapes) contain properties which can increase night vision. In fact, a cup full of blueberries has been known to improve dark adaptation within 30 minutes of consumption. According to Ronald L. Prior, Ph.D., director of the USDA, blueberries may also help to prevent macular degeneration, which is the leading cause of vision loss in Americans 60 years of age and older.

- \* Research suggests that blueberries may reduce the build-up of the bad cholesterol that contributes to heart disease. In fact, a compound discovered in blueberries seems to act as effectively as commercial drugs used to reduce levels of "bad" cholesterol in rodents.

- \* Laboratory tests reveal the anthocyanins in blueberries could act to boost



Turn To TRAINOR page A9

# Beware of bug bites



This past week, the Uxbridge Rod & Gun Club held a 3-D archery shoot at their club grounds off of West Street. The event was well attended by young and old. This week's picture shows Scott and Tracey arriving early, and were some of the first archers to shoot the well-groomed course. Life size wild game targets are set up throughout the course. More than 50 shooters attended the event. The kitchen crew had plenty of hot coffee with bacon, egg, and cheese sandwiches for all in attendance. Relaxing and social distancing was practiced throughout the day.

Participants were greeted with numerous horseflies, as they are each year at this time. Horseflies can be aggravating to anyone trying to enjoy the great outdoors. The best protection for horseflies and other insects like mosquitoes, is a product called "Permethrin." It is a product that is sprayed on the clothing and NOT on your skin. Wearing a hat helps tremendously. Be sure to follow the directions on the label. There are numerous other products that contain Deet, that are sprayed on your skin to prevent insect bites, but extreme care must be used, especially when using it on small children.

Numerous petitions circulated throughout the state over the last 10 or 15 years, asking legislators to consider allowing any hunter the right to own and use crossbows for hunting, is long overdue. Legislators also received separate flyers from sportsmen asking for the legislation to pass the long overdue bill. With very little getting done in the legislature because of the pandemic, it is unlikely it will be acted upon this year.

Bug bites of any kind need immediate attention, as they can carry many forms of diseases. They can also cause infections. You need to treat all bug bites seriously, including wasp & hornet bites, and spider bites ASAP, and they need to be monitored daily. If you suspect the bite is causing an infection, you need to call your doctor for expert advice. There are very few snakes that are venomous in the area, but this writer has an absolute fear of any snake. My son Ralph, Jr. once chased me around the garden with a small six-inch garden snake when he was young. I could actually run from his threat back then.



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

Because of Covid-19, a large amount of people have made gun purchases at local gun shops. Some shops have been sold out of their inventory for weeks now, and orders for new inventory have been slow. Local sporting goods stores have also had a hard time filling their orders because of the huge demand for hunting and fishing equipment this year. Many local citizens are arming themselves hoping the need never comes to protect their life and property. It sure is a dangerous world that we live in today. Camping trailers and watercraft sales are also through the roof.

Striper fishing at the Canal continues to give up some impressive strippers this year. Many oversize fish are being reported, but need to be released if they are over 35 inches for recreational anglers. Commercial Recreational anglers can keep all strippers 35 and over. I hate to keep reporting about this crazy regulation this year, but it is causing a lot of problems, including violations by otherwise honest anglers, and the new law on circle hooks is also nuts. I know that the people responsible for passing the law is meant to save released fish from injury and possible mortality, but it is not working.

Catch and release fishing has a high mortality. I am not against catch and release fishing if strict guidelines are practiced, but they are not by many anglers. It is not the intention of the angler to release an injured, fish but it happens. Playing out the fish until it is exhausted will often die when released, even when it is carefully or somewhat revived. Local freshwater bass anglers quickly catch and release their fish, and are not subject to the long battle when caught on lighter rods. I guess there is no real answer except to educate fishermen in both fresh and saltwater fishing, on the best way to release their catch. Even numerous Fish & Game agencies have reported on high mortality of released fish.

Some nice seabass and fluke are being caught in Massachusetts & Rhode Island waters. One of my favorite dishes is baked stuffed fluke fillets. My wife Judy often made the dish by simply rolling some crab meet stuffing into each fillet. She gently rolled the fillet with the

Turn To **TRUE** page **A11**

# OBITUARIES

## Agnes C. Peloquin, 98

FISKDALE- Agnes C. (Suprenant) Peloquin, 98, passed away on Wednesday, June 24th in UMass Memorial Hospital, Worcester, from injuries sustained in a fall.

Her beloved husband of 57 years, Albert F. Peloquin, who she referred to as "the best anyone could ask for", passed away in 1998. She leaves three daughters, Marilyn Desy and her husband Raoul Desy of Fiskdale, Pauline Sey of Fiskdale, and Deanne McNamara Trevvett and her husband John Trevvett of Glenmont, NY; six grandchildren, Raoul A. Desy of Ballston Lake, NY, Daniel Desy of Fiskdale, Chester Sey Jr. of North Brookfield, Rebecca Sey of Sturbridge, Deanne Cardenas of Fiskdale, Robert McNamara of Greenville, SC, and eleven great-grandchildren. Agnes was predeceased by her brother, George R. Suprenant, her sister Doris Racicot and her son-in law Chester Sey Sr. Agnes was born in Fiskdale, the daughter of George W. and Maryanne (LaFlamme) Suprenant.



Florida for 19 years with her husband and their friends and relatives. She was a member of St. Anne's Parish in Fiskdale and was active in church organizations. She loved scouting and the 4H Club as a child and was an original "Rosie the Riveter" in Washington State during WWII prior to her husband's deployment to Europe. She was a Girl Scout Leader and was a member of the Ladies Auxiliary of the VFW in Fiskdale. As a young wife, she and friends hosted a tea for Eleanor Roosevelt, who she admired. Another highlight in her life was attending the inauguration of John F. Kennedy with her husband and friends.

A private graveside service for Agnes will be held in St. Anne's Cemetery, Sturbridge. A memorial Mass in St. Anne's Church will be held at a later date. There are no calling hours.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.  
www.morrillfuneralhome.com

Agnes enjoyed spending winters in

## Helen J. Emrich, 90

STURBRIDGE- Helen J. Emrich, 90, passed away on Tuesday, May 12th, 2020 from covid 19.

Her husband, William R. Emrich, passed away in 2004. She leaves her son, William A. Emrich and his wife Kelly of Sturbridge; her two daughters, Elizabeth Emrich Banks of Sturbridge and Christine Emrich of Fiskdale; her five grandchildren, Christine Banks Gillette, Kyle Banks, Maria Rasys and her husband Stephen, Benjamin Reilly and Kelsey Emrich; and her 4 great grandchildren, Jackson and Beckett Gillette, Emma and Conner Rasys. She was born in New York, NY the only child of Arthur and Anna (Sabini) Dido.

Helen's funeral Mass was held on Friday, July 3rd, at 10:00am in St. Anne's



Church Pavilion, 16 Church St., Sturbridge. Burial followed in St. Anne's Cemetery, Sturbridge. There are no calling hours.

In lieu of flowers donations may be sent in Helen's memory to the Brookdale Eddy Pond West, Resident Programming, c/o Eddy Pond West Clare Bridge Neighborhood, Brookdale Eddy Pond West, 669 Washington St., Auburn, MA 01501 or to the Alzheimer's Association MA Chapter, 309 Waverly Oaks Rd., Waltham, MA 02452 or to the William R. Emrich Memorial Scholarship Fund c/o Savers Bank, 270 Main St. Southbridge, MA 01550.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.  
www.morrillfuneralhome.com

## Harriot (Hatch) Henrichon, 84

PALMER- Harriot (Hatch) Henrichon, 84, passed away on June 29th, 2020, at her daughter, Susan's home in Wilbraham. She was born on August 22, 1935 in Stafford Springs, CT to Ralph and Doris (Sherman) Hatch. Harriot was raised in Hampden and lived there until she got married, in which she moved to Belchertown and then Palmer where she spent many years. She retired as an treasurer/office manager from Pathfinder Regional High School after working for many years. After retirement in 2000, Harriot and her daughter, Mary purchased together the Village Dance Wear shop in Sturbridge. Harriot was a member of St. Paul's Universalist Church. She was active in the church, holding the position of treasurer, working on various committees and Food Share. She was also a Lifetime

member of Order of the Eastern Star, Mt. Vernon Chapter 97. Even with all of her different titles, her favorite and most honored title was "grandma". She will be deeply missed by her daughters, Susan Henrichon (Stewart DeBoise) of Wilbraham, Mary Henrichon Lee of Sturbridge; 3 grandchildren, Jasmin, Gabrielle and Taia and 1 great-grandchild, Giselle. Besides her parents, she was predeceased by her husband, Edward A. Henrichon Jr.; two daughters, Diane and Linda Henrichon, and her sister, Judith J. Hatch. A graveside service took place at South Cemetery in Belchertown, on Tuesday, July 7th, at 11:00 A.M. In lieu of flowers, the family has asked for donations in Harriot's name to go to the Alzheimer's Association. For more information please visit www.beersandstory.com.

## TRAINOR

continued from page A8

brainpower and halt the signs of aging.. When fed blueberry extract for nine weeks, elderly rats outperformed a control group at such tasks as navigating mazes and balancing on rotating logs. And when aging rats ate a blueberry-enriched diet for four months, they performed as well in memory tests as younger rats, a finding that has important implications for humans.

\* In Canadian studies, blueberries reduced stroke damage in lab animals. Researchers credited blueberries' anti-inflammatory and anti-clotting activity.

### Blueberry Recipes

Looking for a delicious way to bring blueberries to the table? Read on for some creative recipes bursting with blueberries!

#### Brownie Dominoes with Wild Blueberry Cinnamon Sauce

Packed with healthy ingredients, this recipe from the Wild Blueberry Association of North America is company-worthy!

Ingredients: 4 ounces unsweetened baking chocolate; 3/4 cup butter; 1 3/4 cups sugar; 3 eggs; 1 teaspoon vanilla extract; 1 cup all purpose flour; 2 cups frozen Wild Blueberries; 1/2 cup water; 1/4 cup sugar; 1 teaspoon fresh lemon juice; 2 teaspoons cornstarch; 1 teaspoon cocoa powder; 1/4 teaspoon cinnamon

Brownie Directions: Preheat oven to 350°F. Microwave chocolate and butter for 2 minutes or melt in double boiler. Stir until chocolate is melted. Stir in sugar, eggs, vanilla and flour until thoroughly blended. Pour into greased 8-inch x 8-inch baking pan and bake 45 minutes or until cooked through. Let cool approx. 2 hours.

Sauce Directions: In a small sauce pan combine 1 cup Wild Blueberries, 1/4 cup water, sugar and lemon juice. Stir and bring to a boil. Turn heat down and simmer for 7 to 10 minutes. Mix cornstarch into 1/4 cup water until dissolved and add to the Wild Blueberry mixture; stir until it thick-

ens, then add the remaining 1 cup of Wild Blueberries. Cook 3 minutes on low heat, add cinnamon.

Turn out the chocolate brownies from the baking tin. Cut it into 12 cubes and dust with cocoa powder. Serve with Wild Blueberry sauce. Preparation Time: approximately 45 minutes plus cooling time. Serves 12.

\*\* Wild Blueberry Honey Coffee Cake  
Blueberries and honey highlight this hearty homemade sweet.

Topping Ingredients: two cups wild blueberries; one tbsp. all-purpose flour; one half cup honey; two tablespoons fresh lemon juice.

Cake Ingredients: one and one half cups all-purpose flour; two tsp. baking powder; one half tsp. baking soda; one half tsp. salt; one half cup honey; two eggs; one quarter cup milk; two tbsp. fresh lemon juice; one tsp. freshly grated lemon peel; one tsp. vanilla extract;

six tbsp. butter, melted.

Directions: Place blueberries in bottom of greased round cake pan; distribute evenly. Sprinkle with flour; drizzle with honey and lemon juice. Set aside. In a small bowl, combine flour, baking powder, baking soda and salt; set aside. In a medium bowl, combine honey, eggs, milk, lemon juice, lemon peel and vanilla; beat with fork until well mixed. Add flour mixture; mix well. Stir in melted butter; mix well. Pour batter over blueberries in pan; spread to cover evenly. Bake at 350 F for 30 to 35 minutes, or until toothpick inserted in center of cake comes out clean. Cool in pan on wire rack 10 minutes. Invert cake onto large plate; cool.

\*\* Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House

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

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

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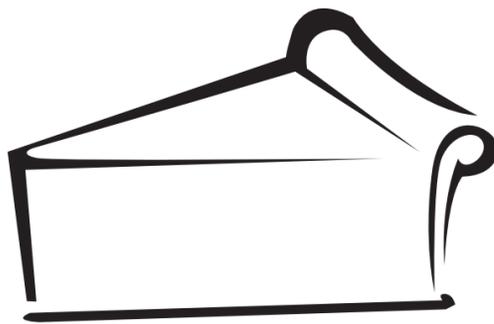
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### Creative Coloring

Celebrate blueberry season. Color in this picture to create your own masterpiece.



### THIS DAY IN...



### HISTORY

- **1946:** ITALIAN-BORN MOTHER FRANCESCA CABRINI IS CANONIZED, BECOMING THE FIRST AMERICAN SAINT.
- **1954:** AN ELVIS PRESLEY RECORDING IS PLAYED ON THE RADIO FOR THE FIRST TIME.
- **1981:** PRESIDENT RONALD REAGAN APPOINTS SANDRA DAY O'CONNOR TO THE SUPREME COURT.

THIS IS THE ONLY FOOD THAT IS NATURALLY BLUE. IT IS BLUE THANKS TO A PIGMENT CALLED ANTHOCYANIN.

ANSWER: BLUEBERRY

### New Word

### VITAMIN

a compound that is vital for normal growth and nutrition

### How they SAY that in...

**ENGLISH:** Blue  
**SPANISH:** Azul  
**ITALIAN:** Blu  
**FRENCH:** Bleu  
**GERMAN:** Blau

### Did you know?

A SINGLE SERVING OF BLUEBERRIES SUPPLIES 25 PERCENT OF YOUR DAILY RECOMMENDED AMOUNT OF VITAMIN C.

### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: BLUEBERRIES

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to mobile phones. Each number corresponds to a letter. (Hint: 20 = e)

**A. 8 2 19 12 20**  
Clue: Communication device

**B. 24 20 15 24**  
Clue: Worded message

**C. 7 20 17 17 14 4 20**  
Clue: Form of communication

**D. 4 14 7 20 17**  
Clue: Enjoyable activities

Answers: A. phone B. text C. message D. games

### SUDOKU

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

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!

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

ANSWER:



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WEBSTER - 36 PARK AVENUE



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Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Possible to be subdivided. **\$99,900**

## On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

### Webster - New Lake Listing!

WEBSTER LAKE - 100 LAKESIDE AVE



ON DEPOSIT

media room & spacious 1st floor guest BR Suite w/private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! It Truly is a Great Opportunity to Own Something Special! Remember, Timing Is Everything!

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# Bold, beautiful, and healthful cabbage



GARDEN MOMENTS  
.....  
MELINDA MYERS



Melinda Myers

Cleanse the toxins out of your body with the help of fresh vegetables. Cabbage, broccoli, and brussels sprouts are a few of nature's detoxifiers.

You can add variety to your garden and diet by including green, red or Savoy cabbage. It's fun and easy to grow in the garden or a container and can be used in a variety of healthful dishes.

There is still time to add cabbage to your garden. Cabbage grows best in cooler temperatures. Those in the northern half of the country can plant seeds directly in the garden in early July for a fall harvest. Those in hotter regions should wait another month. Simply check the number of days from seed to harvest and count backwards from the average first fall frost. That will be the time to plant. Those in the far south should plant seeds or transplants in fall or early winter for a winter harvest.

Be sure to allow enough room for the plants to grow to mature size. Space plants at least 12 inches apart in the garden and grow in a sunny to lightly shaded location.

Protect cabbage plantings from pests

**When harvesting cabbage, use a sharp knife, remove just the cabbage head, and leave the lower leaves and roots intact. Soon new cabbage heads will form.**

with floating row covers. Made of polypropylene spun material, the covers allow air, light, and water through while preventing cabbage worms from laying their eggs on the plants. This means no green worms eating holes in the leaves or ending up on your dinner plate.

Loosely cover the planting with the fabric and anchor the edges with boards,

pipes, stones, or wickets. Leave enough slack for the plants to grow. The plants support the fabric, so no frames or construction is needed.

Increase your garden's productivity by interplanting the cabbage with quick maturing radishes, beets and heat tolerant greens. You'll harvest these short season crops at about the time the cabbage needs the space.

Harvest cabbage when the heads are firm and full size. Use a sharp knife to remove just the cabbage head, leaving the lower leaves and roots intact. Four to six new heads will arise from buds around the stem. These smaller heads can reach four or five inches in diameter.

Remove any wilted or damaged leaves before storing cabbage in a plastic bag in the refrigerator. If using only half a head of cabbage, wrap the cut end in plastic wrap.

A medium head of cabbage weighs about one and a half pounds and yields about five to six and a half cups of shredded cabbage. A few heads of cabbage can turn into lots of slaw, stuffed cabbage

rolls and other tasty cabbage dishes.

Preserve some of your harvest for winter meals. Freeze cabbage by cutting it into coarse shreds, thin wedges or by separating the leaves. It can also be dehydrated and used as a base for casseroles or added to soups and stews.

Consider turning it into sauerkraut with simple fermentation. Make large batches in crocks then can or freeze when fermentation is complete. Smaller batches can be processed in mason jars and stored in the refrigerator.

No matter how you prepare it, cabbage makes a great addition to the garden and your meals.

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 nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

## TRUE

continued from page A9

stuffing and held the rolled fillet together with a toothpick. She basted the rolled fish with butter and sprinkled some seasoned bread crumbs

over the filets. Preheat the oven to 350 degrees and place the fish into the oven for 15 to 20 minutes. Do not overcook! Fantastic! The fish filets need to be fresh to enjoy this dish!

Trout & Salmon are extremely vulnerable to catch

and release. They should never be removed from the water, and a net should always be used, if they are to be released. If they are caught using fly's they have a better chance of survival when released. Powerbait & live

bait will often kill the fish if the hook is in the throat, and the angler tries to remove the hook. It's best to cut the line and retie another hook.

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# Avoid painful 'brain freeze' when enjoying frosty desserts

"I scream, you scream, we all scream for ice cream!" When Howard Johnson, Billy Moll and Robert A. King penned this novelty song in the late 1920s, the screaming they referenced was a cheer among students at a fictional college in a "land of ice and snow, up among the Eskimo." For anyone who has gobbled up an ice cream treat a little too quickly, those screams very well may speak to the sharp headache that often comes from consuming frozen foods too quickly.

Identifying "brain freeze/ice cream headache"

Wake Forest Baptist Medical Center neuroscientist Dwayne Goodwin, Ph.D., explained in a 2013 news release that the sudden, short headache that occurs when eating or drinking something very cold, which most people refer to as "brain freeze," is actually called sphenopalatine ganglioneuralgia. There are several

theories why brain freeze occurs. One theory suggests that when a person eats or drinks a large quantity of very cold food or liquid, the temperature of his or her palate decreases considerably. The blood vessels in this area automatically constrict to maintain the body's core temperature before reopening quickly. This causes a rebound dilation that sends a pain signal to the brain through the trigeminal nerve, which is located in the middle of the face and forehead. Although the constriction and dilation of blood vessels occurs in the palate, the pain is felt elsewhere, a phenomenon known as "referred pain."

Alleviating the shock  
Now that people understand the starting point for brain freeze, and what causes it, they might want to make a few changes to how they consume cold foods and beverages. Eric Fredette, a long-time

"Flavor Guru" for Ben and Jerry's Ice Cream, says one way to stop brain freeze is to stir up the ice cream to warm it slightly.

Dr. Stephani Vertrees, a headache specialist and clinical assistant professor at Texas A&M College of Medicine, advises eating cold food much more slowly so that your mouth can warm it up as well. Another tip is to keep the food or beverage in the front of your mouth. Cold foods in the back of the mouth will stimulate brain freeze.

When consuming ice cream by spoon, Fredette further suggests flipping the spoon upside down so that the ice cream hits the tongue rather than the upper palate when spooned into the mouth.

Frosty treats do not have to cause painful headaches that have people screaming for the wrong reasons. A few tips can prevent brain freeze from happening.



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**WE ARE CURRENTLY HIRING!**

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**Limited Time Increased Bonuses**  
**FT Nurse sign on bonus – 5k**  
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**We offer Great Benefits!**  
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**We are looking for CNAs and Nurses to come join our team!**

- ★ New Higher Sign-on Bonus
- ★ New Higher Referral Bonus

**Looking for a new Career?**  
 For a limited time we have CNA scholarships available to the right applicants.  
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Please contact Julie Stapleton at: (508) 867-0626  
 or email your resume to  
 JStapleton@QOTCMA.com



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