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Friday, June 19, 2020

## Holy Trinity students receive a socially distanced sendoff



SOUTHBRIDGE Friday, June 5, Trinity Catholic Academy was able to have a "live" social distance Graduation at Notre Dame Church, along with a special Mass celebrated by Fr. Ken Cardinale. Each graduate and their immediate family members were able to attend the memorable event. Ushers, hand sanitizer and all presentations were strategically planned.

Each Students was recognized by Principal Josie Citta and eighth grade homeroom teacher, Colleen

All awards, diplo-Casey. mas and certificates were pre-sorted into individual bins with each graduates name on them. Each stood in place when their name

Please Read TRINITY, page A12

## Baker rolls out second phase of reopening plan

BY KEVIN FLANDERS STAFF WRITER

REGION - A new set of local businesses began welcoming back customers last week, as Gov. Charlie Baker launched the second phase of his reopening plan.

Most notable in the second phase is the return of in-person dining at restaurants (outdoor table service only). Also returning are the following business-

Retail, with occupancy limits camps, with detailed guidance

Hotels and other lodgings (no

Personal services without close physical contact, such as home cleaning, photography, window washing, career coach-

Post-secondary, higher education, vocational-tech, and occupation schools for the purpose of completing graduation requirements

Youth and adult amateur sports, with detailed guidance

less than ten)

With Coronavirus cases continuing to decline statewide, the second phase of reopening went into effect on June 8. State officials continue to carefully monitor the number of new COVID-19 cases and deaths, and the second phase is expected to last at least three weeks.

Childcare facilities and day

events, functions, or meetings) Warehouses and distribution

ing, and education tutoring

Outdoor recreation facilities Non-athletic youth instrucFuneral homes, with occu-

Outdoor historical spaces (no

ed tours) pancy limits

State officials have been

tional classes in arts, education, or life skills (in groups of

Driving and flight schools

functions, gatherings, or guid-

encouraged by the data over the last month-plus, but they urge residents not to become complacent.

"Since mid-April, the seven-day average for the positive COVID-19 test rate is down 82 percent, the three-day average of hospitalized patients is down 55 percent, and the number of hospitals in surge is down 76 percent," read a statement released by Governor Baker's

A total of 630,000 viral COVID-19 tests have been completed statewide, and testing continues to increase throughout the state. Officials continue to promote social distancing and the use of face masks, which has helped swing the battle against COVID-19 in recent months.

Also part of the second phase of reopening, healthcare providers may begin incrementally resuming in-person elective, non-urgent procedures and services. These include routine office visits, dental visits, and vision care exams. Telehealth services must continue to be utilized and prioritized to the

Please Read PHASE 2, page A6

## Oklahoma man arrested for illegal possession of firearms

STURBRIDGE – A routine police observation of a highway rest area led to a major drug and weapons bust earlier this month.

On June 8, State Police Trooper William Pothier conducted a standard check of the rest area on I-84 westbound. Just after 7:40 a.m., the officer noticed a GMC Denali parked in the rest area with an expired temporary Missouri registra-

After a brief investigation, the vehicle's owner, Justin Barron, 39, of Heavaner, Okla., was found to be in illegal possession of a .40 caliber Springfield XD pistol and a Smith & Wesson M&P rifle. Police also recovered ammunition and a smoking pipe containing methamphetamine, as well as other miscellaneous drug paraphernalia.

 $Barron\,is\,not licensed\,to\,carry$ firearms in Massachusetts,

police said. Barron was placed under arrest and charged with unlawful possession of a firearm; unlawful possession of an assault weapon; improper storage of a firearm; unlawful possession of a large capacity weapon or feeding device; possession of ammunition without an FID card; possession of a Class B drug; and operation of

an unregistered motor vehicle.

A female passenger in the suspect's vehicle was released with no charges.

Barron was held on \$15,040 bail, pending arraignment in **Dudley District Court.** 

## United Way COVID-19 Fund donates to local food pantries





Food Share volunteers thank UWSCM Executive Director Mary O'Coin at the Southbridge

SOUTHBRIDGE — Food insecurity and hunger is a growing problem in America. COVID-19 has made it even more difficult for many people to access food and get the nutrition they need. United Way is helping those that are struggling to put food on their tables or have access to daily meals. As part of the United Way COVID-19 Fund, and with donations from local residents, United Way of South Central Massachusetts (UWSCM) is providing much needed funds to local food pantries and Tri-Valley, Inc.'s Meals on Wheels program.

Checks were presented to St. John Paul II Food Pantry and the Southbridge Food Share. The previous week, donations were made to Our Bright Future's food pantry that supports Southbridge's Brookside Apartments and Webster's North Village.

The United Way will continue its

COVID-19 Fund and will make future grants depending on the donations it receives over the next month. If you are interested in contributing to the fund, more information can be found on the United Way of South Central MA website at www.uwscm.org.

United Way of South Central MA functions as part of United Way Worldwide. United Way works with companies, governments, non-profits and other establishments to address complex challenges to help build stronger communities. The organization is focused on creating community-based and community-led solutions that strengthen the cornerstones for a good quality of life: education, financial sta-

bility and health. For more information, call (508) 765-5491 or visit www.uwscm.org. Follow on Facebook at United Way of South Central MA.

Roberta Watson, James Croteau, Scott Dungey and Mary O'Coin at the St. John Paul II Food Pantry.

## Jayme Pruitt of Sturbridge earns degree from Assumption

WORCESTER — Jayme Pruitt, of Sturbridge, was one of 522 individuals to earn a degree from Assumption at the culmination of the 2019-20 academic year. Pruitt received a bachelor's degree in Biology.

On Sunday, May 10, the day on which the Class of 2020 was

originally scheduled to receive their degrees at the College's 103rd Commencement, Assumption virtually celebrated the candidates for graduation and their years of commitment to academic programs. Assumption President Francesco C. Cesareo, Ph.D.,

was joined by Provost and Academic Vice President Greg Wiener, Ph.D., and Vice President for Mission Father Richard Lamoureux, A.A. '64 for a Conferral of Degrees ceremony that was livestreamed from the Chapel of the Holy Spirit. The ceremony was followed by a Mass which included candidates for graduation who pre-recorded hymns and readings.

Assumption has rescheduled its annual commencement ceremony during which it will formally honor the graduates of the Class of 2020 for Aug. 23.

When addressing the graduates virtually, President Cesareo acknowledged the unprecedented challenges the Class of 2020 faced in their final semester, namely making a swift shift to remote learning due to the global pandemic.

"You have come to the end of your studies at Assumption under extraordinary circumstances. This has certainly been a difficult and challenging semester for your class. You have had to confront adversity and the unexpected," he said. "You should be proud of the way in which you adapted to this situation, how you showed your resilience, strength, and

ability to overcome challenging times."

He added that while the COVID-19 pandemic has created many challenges for the Class of 2020, their Assumption education has and will help them thrive rather than simply endure.

"Because of your education, you are able to view challenges as obstacles to overcome rather than a crisis to be endured," he explained.

"Assumption has provided you with an education that prepared you to confront and to make sense of these personal and societal challenges. This pandemic has made the unique value of a Catholic liberal education like the one Assumption provides even more evident. The most important challenges our society faces in both overcoming and understanding this crisis involve more than technical problems, although those are an important part of an Assumption education, too. The essential issues are the deepest questions of the human heart, which transcend time and place," he said, adding that ancient and modern thinkers have explored the questions regarding the meaning of life and human suffering.
Saint Augustine reminds

Saint Augustine reminds us that these questions are 'ever ancient, ever new.' The Assumption education you received has prepared you for a changing world. Many institutions have forgotten these enduring questions. Assumption never has, and you have benefitted from this. A Catholic liberal education

engages these questions has prepared you to live out your vocations and to be lifelong learners. It has provided you with the wisdom and courage to confront the challenges we face at this time and that you will face throughout your life."

Before closing, President Cesareo said he hoped that the disruptive nature of the last several months had taught the graduates some important lessons: take the time to say 'I love you,' to stop harboring resentment, thinking that forgiveness can always wait for another day, to cease pretending that little annoying things matter so much, to pick up your heads to look at the beauty of the world, to examine your beliefs about what truly matters in life, to mend relationships, and to take time to pray," he said.

"I am not going to say goodbye, but rather arrivederci, since it is my hope to see you in August," he said.

The ceremony was complemented by the playing of a newly composed hymn based, "Shelter Me," a prayer song in the time of COVID-19, by Jan Michael Joncas based on Psalm 23. After the conferral of undergraduate, continuing education, and graduate degrees, Adam Duval '20, William Goliger '20, Arianna Pereschino '20, and led by Brad Dumont, sang the Alma Mater, "Long Live the Blue and White," via video conference.



#### Town Of Holland Job Posting

Position: All Boards Clerk

**Location:** Town of Holland, 27 Sturbridge Rd, Holland MA 01521

Attn: Town Administrator, Janine Drake

Email Cover Letters and Resume to: <a href="mailto:townadmin@hollandma.org">townadmin@hollandma.org</a>
<a href="mailto:Deadline:July6th">Deadline: July6th</a>, 2020 at 4:30 PM

**Detailed job description:** <a href="https://town.holland.ma.us/home/news/job-opening-all-boards-clerk">https://town.holland.ma.us/home/news/job-opening-all-boards-clerk</a>

**Description includes but is not limited to:** Responsible for Boards/Committees/Departments (B/C/D's) complying with Open Meeting Law for managing/posting agendas, general clerical/eMail/telephone work, assisting with Accounts Payable/ Accounts Receivable. Managing and monitoring town website. Assisting Town Administrator and various B/C/D's with application processes.

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DESCENT.

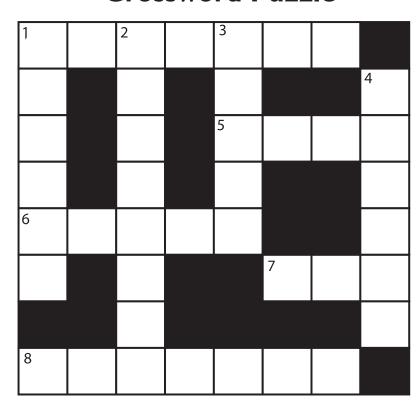




THIS ANCIENT PEOPLE MAY HAVE BEEN RESPONSIBLE FOR CREATING THE FIRST CANDIES, WHICH WERE MADE FROM HONEY AND NUTS.

ANSWER: EGYPTIANS

#### **Crossword Puzzle**



#### **ACROSS**

- 1. Sweetly coated
- 5. At a distance
- 7. Having high degree of heat
- 8. Confections

#### **DOWN**

- 1. Another name for candies
- 6. Tall, branched plants 2. Plant product found in soaps and skincare
  - 3. Enjoys a book
  - 4. Special desserts

**PULL** 

to stretch certain types of candies

1. Sweets 2. Glycerin 3. Reads 4. Treats UMOM 1. Sugared 5. Afar 6. Trees 7. Hot 8. Candies ACross :SIÐMSUY



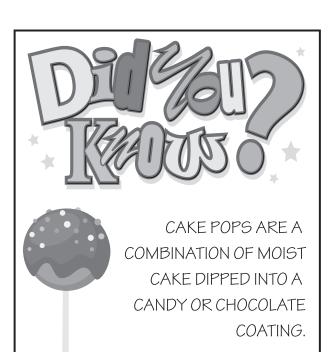
**ENGLISH:** Sugar

SPANISH: Azúcar

**ITALIAN:** Zucchero

FRENCH: Sucre

**GERMAN:** Zucker





**YNOMEK: SMEET AND SOUR CANDY** 

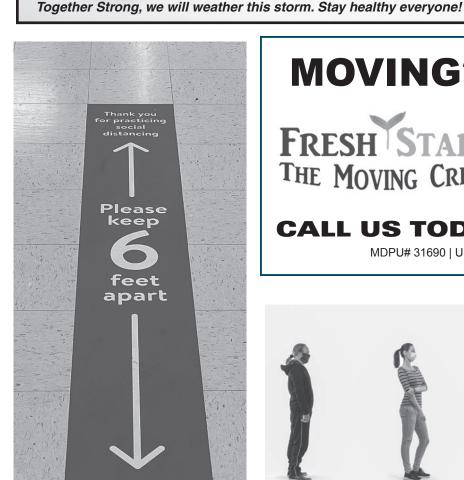


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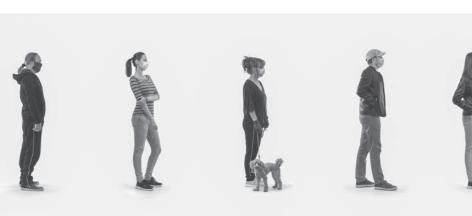
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#### **BAY PATH REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL CLASS OF 2020**

AUBURN: Michael Albanese, Adam Bickford, Ayva Borelli, Jack Gallant, Bradley Gilchrest, Kyle Greenwood, Jadon Kirkorian, Mathew Langlois, Evan Lussier, Jonathan Lussier, Madison Marois, Benjamin Mousseau, Mackenzie O'Neill, Jared Washburn, Tyler Young

CHARLTON: Julia Antocci, Jacob Bachand, Laura Banach, Lauren Bigelow, Ryan Casey, Jack Cicero, Michael Dangredo, Lauryn Dawson, Brendan Dennett, Thomas Dowd III, Carly Dumas, Dylan Greamo, Damien Hansson, Kaley Hibbert, Emily Johnson, Edward Knopf, Joseph Lafrenais, Patrick Lange, Benjamin LaPointe, Brian Lavoie, Samantha LePage, Jake Lizotte, Thomas Lombardi, Ethan MacDonald, Francesco Manzi, Patrick McManus, Peyton Perry, Nathaniel Philion, Karen Rocha, Nathan Shoemaker, Luke Snay, Christian Sokowaski, Ana Sousa, Cady Stevens, Kylie Tremblay, Alexandar Vesovski, Riley White, Sarah Wisniewski, Isabella Yaede, Michael Zanca

**<u>DUDLEY</u>**: Kody Babkauskas, Trinity Battista, Alexander Berube, Mia Bohanan, Nicole Borowy, Brooke Bowes, Sydney Cardinal, Matthew Coffin, Anthony Colacchio, Colton Cowher, Luke Curtis, Jack Davis, Tayjon DeBoise, Amber Derosier, David Freeman, Curtis Koebke, Jared LaBranche, Edward LaPointe, Jared Lavigne, Andre Lepage, Jaden Morales, Krista Naoum, Spencer Peck, Sadie Rivera, Cameron Therrien, Megan Warren, Rachel Watson, Evan Zoschak

**NEW BRAINTREE:** William Carlson

**NORTH BROOKFIELD:** Alicia Ayala, Osaias Ayala, David Boudreau, Troy Brown Herraiz, Nicholas Butler, Daniel Cleary, Jared Daley, Kaley Eaton, Gavyn Floury, Nathan Fontaine, Shane Iott, Eric Lindgren, Christopher Litchfield, Nicholas Marshall, Abigail Rambelje, Lauryn Sey, Matthew Shedd, Trinity Woodworth

**OXFORD:** Riane Anderson, Colby Bellows, Mackenzie Blomquist, Matteo Capuano, Louis Daniels Jr., Braden Doney, Kelsey Durant, Ariana Gelardi, Allison Hamel, Michael Keeler, Erica MacGrory, Kristian MacLeod, Andrew Makowiecki, Danielle Mandella, Julianna Marcoux, Amber Melanson, Makenzie O'Connor, Justin Orrell, Dominic Padeni, Katelyn Paquette, Austin Phillips, Daniel Rafuse, Chantal Ravenelle, Austin Rebello, Todd Sauter Jr., Eric Smith, Sadie Smith, Cameron Stisitis, Kaylyn Violette, Kathleen Vosburgh, Bert Wassenar, Zachary Whittemore

**PAXTON:** Jackson Barnes, Eleana DaSilva, Michael Houghton

RUTLAND: Tidus Antuna, Heath Bigelow, Evan Clockedile, Colin Richardson, Natalya Sawa, Benjamin Schultz

**SOUTHBRIDGE:** Tiffany Arnold, Aisha Aviles, Lillian Berry, Katie Blanchard, Blake Boucher, Devon DeCarolis, Andrew DeCelle, Thadius Dubsky, Xavier Edmonds, Josiah Figueroa, Daysia Forbis, Tyler Gonzalez, Maura Griffis, Kenzie Heck, William Hine, Darren Houatchanthara, Nalin Koo, Alana Lane, Jenna Luke, Serina Marquette, Kiyiana Minton, Elizabeth Molina, Benjamin Morin, Teagan Morrisey, Kimberly Ngo, Zachary Olson, Hernan Pacheco, Addison Paradis, Maeve Perreault, Nathan Pollone, Joseph Postale, John Rolfe MacLaughlin, Janeli Rivera, Tatianna Robles, Briana Rodriguez, Carla Rodriguez, Maxwell Rose, Kalyn Saez, Angeley Santa, Julio Santana, Elijah Santos-LaBarge, Joshua Sawyer, Steven Sutton, Ciera Sweeney, Kamila Tomei Maldonado, Armando Torres, Jaclyn Tretheway, Noah

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WEBSTER: Katianna Alvarez, McKayla Baldwin, Tyler Bohenko, Rachel Bourgault, Ethan Brown, Elizabeth Cormier, Alec Dalton, Torianna Denham-Rivers, Sean Dumont, Max Ginsburg, Brandon Gomes, Meagan Harding, Veronica Houck, Anna Israelian, Victoria Jackman, Nicholas Livingston, Adam Mancini, Shiloh Murphy \*, Melissa Owusu, Myles Papierski, Gabriel Penaflor, Cody Prince, Cameron Quinn, Anastasia Ranese, Melanie Rondeau, Cole Skeean, Georgi Weagle, Lexianna Wheeler, Allison Zopatti

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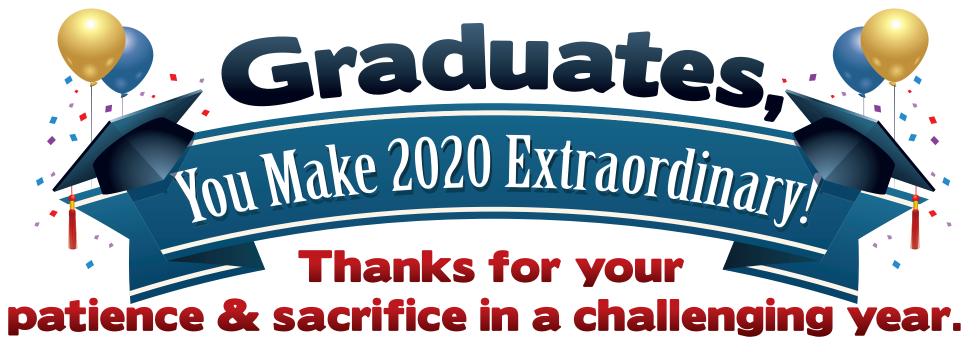
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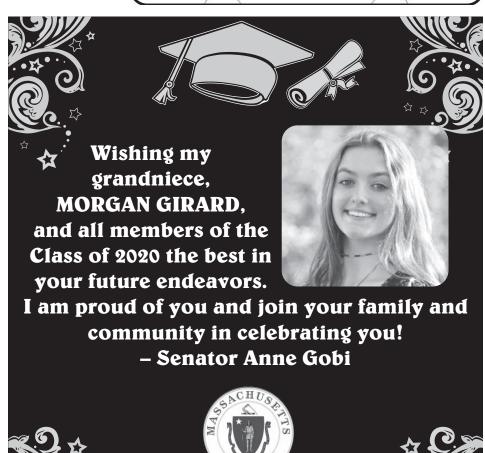
A special congrats to Nicole and Sammy. Wishing you both and all the grads a very bright future!

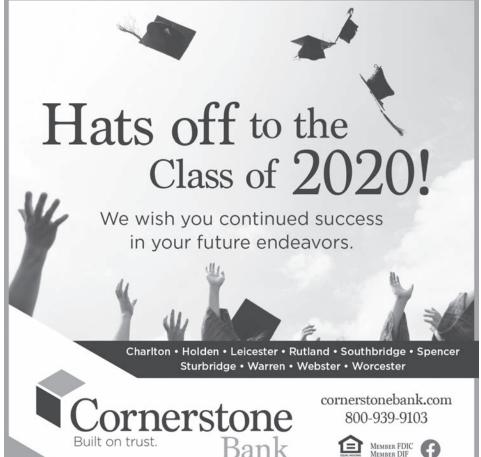
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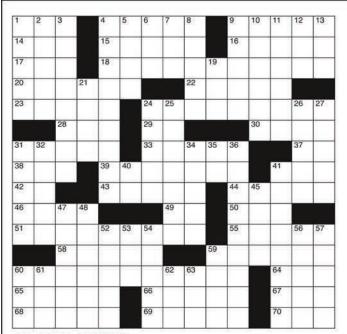
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41. Witch

49. Of I

44. Approaches

50. Blood relation

51. Works out

60. Creative

67. Neither

42. Promotional material

46. One who did it (slang)

55. Female given name

65. S. American trees

66. Makes simpler

68. We all need it

58. Isaac's mother (Bib.)

59. Makes someone happy

64. Small, faint constellation

43. Having certain appendages

#### **CLUES ACROSS**

- 1. Japanese classical theater
- 4. Chess pieces 9. Pieces of writing
- 14. Doctors' group
- 15. Capital of Guam
- 16. Type of turtle
- 17. Swiss river 18. MLB Hall of Famer
- 20. Places to sit
- 22. Fancy rides
- 23. One of Washington's Tri-Cities 24. Without class
- 28. Male child
- 29. Keeps you cool
- 30. Biblical place
- 31. Italian city
- 33. District in central Turkey
- 37. Job for a grad student 38. Central nervous system
- 39. Arrange in steps

#### **CLUES DOWN**

- 1. Civil Rights group
- 2. Metropolis Badgers
- 4. Regular business given to
- a store
- Gets older 6. A bundle of banknotes
- 7. Midway between north and northwest
- 8. Takes to the sea
- 9. Prestigious film prize: \_\_ d'or
- Baltimore ballplayer
- 11. Removed
- 12. Term of respect
- 13. Genus containing pigs 19. Illumined
- 21. One who symbolizes something
- 24. Member of a Turkic people
- 25. The academic world
- 26. "Key to the Highway" bluesman 62. Religion
- 27. Hang-ups

V

69. Unique plastic utensil

831. Long, leafless flower stalk

70. Thyroid-stimulating hormone

- 32. Categorize
- 34. Loads
- 35. Indicates position
- 36. Unreasonable
- 40. Dorm worker 41. Dweller
- 45. Welsh female name meaning
- "snow"
- 47. Offering again
- 48. National capital 52. Firm, dry and brittle
- 53. 007's creator
- 54. Allied H.Q.
- 56. Mackerels 57. Month of the Hindu year
- 59. Not odd
- 60. Belonging to a thing 61. "Boardwalk Empire" actress
- Gretchen
- 63. Equal, prefix

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## Local residents named to Becker College Dean's List

LEICESTER — Becker College is proud to announce that the following local residents were named to the Dean's List for the Spring 2020 semester.

Emma Devlin, of Brimfield, is pursuing a Bachelor of Science degree in Veterinary Science, Clinical and Laboratory Animal

Micaela Rice, of Sturbridge, is pursuing a Bachelor of Science degree in Nursing.

Kyle Stanton, of Fiskdale, is pursuing a Bachelor of Arts degree in Interactive Media

Design, Game Development and Programming Concentration.

The Dean's List recognizes all full-time students (24 or more credit hours earned for the academic year; 12 minimum each semester (September through May) whose term grade point average is 3.50 or higher with no grade below a B- and no incomplete (I) or withdrawal/failing (WF) grades.

Founded in 1784, Becker College is an undergraduate and graduate, career-focused private college, providing a supportive and inclusive learning community that prepares graduates for their first to last careers. Nearly 1,700 students from the United States and around the world attend Becker College, which has campuses both in Worcester and Leicester, Massachusetts. With nationally recognized programs in nursing, game design and animal studies, Becker has been consistently ranked as a "Best College" for undergraduate education by The Princeton

## Madeline Laflamme graduates from **Ohio University**

ATHENS, Ohio — Madeline Laflamme of Sturbridge, graduated with Bachelor of Arts from Ohio University.

More than 5,000 students graduated with bachelor's, master's or doctorate degrees from Ohio University for spring semester

The graduates represented many areas of the United States and an abundance of countries, including: Canada, Ecuador, China, Ghana, India and Japan. About Ohio University

Ohio University strives to be the best student-centered, transformative learning community in America, where students realize their promise, faculty advance knowledge, staff achieve excellence, and alumni become global leaders. OHIO is committed to fostering, embracing, and celebrating diversity in all its forms. Our Athens Campus offers students a residential learning experience in one of the nation's most picturesque academic settings. Additional campuses and centers serve students across the state, and online programs further advance the University's commitment to providing educational access and opportunity. Visit www.ohio.edu for more information.

## Elise Hanks-Witaszek named to Dean's List at Lebanon Valley College

ANNVILLE, Pa — Hanks-Witaszek of Brimfield is one of more than 850 Lebanon Valley College students named to the Dean's List for the spring 2020 semester. Dean's list students must maintain a GPA of at least 3.4 out of 4.0.

Hanks-Witaszek received a Bachelor of Science in actuarial science at The Valley. Hanks-Witaszek is a graduate of Tantasqua Regional High School.

Learn more about how LVC provides more opportunities for students that lead to successful careers and lives. Visit www.lvc.

About Lebanon Valley College Lebanon Valley College offers bachelor's degrees in the arts and humanities, business and communications, education, health professions, social sciences and psychology, and science, technology, engineering, and math. Advanced health professions degrees include master of athletic training, master of clinical mental health counseling, master of science in exercise science (three tracks), master of speech-language pathology, and a doctor of physical therapy.

Online and graduate programs include an MBA with six concentrations and a general option offered on-campus or partially or fully online, a Master of STEM Education, an Integrative STEM Education Certificate, a Master in Music Education, and a Modern Band Certificate. In 2018 and 2019, the College was listed as #1 in Pennsylvania (and #1 and #4 overall, respectively) for graduate job placement by the career guidance site Zippia. com, using federal data.

THE TOWN OF STURBRIDGE, MA SEEKS AN EXPERIENCED AND

PROACTIVE LAW ENFORCEMENT PROFESSIONAL TO SERVE AS POLICE CHIEF. Sturbridge is a town of 10,000 residents with a daily occupational and transient population of approximately 25,000. The Town's location at the junction of the Massachusetts Turnpike and Interstate 84 from Connecticut, and its inventory of 900 hotel and

motel rooms, results in a significant flow of transient traffic and many visitors. The Sturbridge Police Department is an award winning accredited police agency that serves an iconic and vibrant community located at the "Crossroads of New England". Sturbridge is perhaps best known as host to Old Sturbridge Village, one of the larges living history museums in the Northeast.

The Police Department has an authorized strength of 20- sworn officers including: 1Police Chief, 1 Lieutenant, 3 Sergeants, 15 Patrol Officers, 1 Part Time Patrol Officer, 6 Full Time and 6 Part Time Public Safety Telecommunicators, 1 Administrative Assistant, 1 part-time Animal Control Officer. Dispatching is done for Police, Fire and EMS through an in-house Public Safety Dispatch Center. In 2019, the department had 27,651 Calls for Service, and in 2018 they had 31,018 Calls for Service. The Department has an annual operating budget of 3.1 million dollars.

Supervised by the Town Administrator, the ideal candidate will be a seasoned law enforcement professional with a Bachelor's Degree in criminal justice or a related field; A master's degree and advanced training in law enforcement management is preferred, ten years of progressively responsible police experience, with five years of experience in a supervisory capacity; or an equivalent combination of education and experience. The candidate will also serve as the Town's Emergency Management Director

Additional requirements include: A graduate of a full-time Massachusetts Police Academy or be able to obtain Massachusetts certification within a reasonable time period, have or be able to obtain a Massachusetts License to Carry a Firearm upon hire, able to acquire and maintain a valid Massachusetts motor vehicle operator's license. The Chief must live within 15 miles of the Town of Sturbridge, or be willing to re locate within 15 miles of the Town once accepting the position. Salary: \$125,000 to 135,000

A full job ad/overview/position statement can be found on the Town of Sturbridge website or by using this link, https://www.town.sturbridge.gov

Send cover letter, resume to: Town of Sturbridge Police Chief Search Committee: 308 Main Street, Sturbridge MA, 01566 or email to amensen@sturbridge.gov

Position is open until filled. The first review of applications is July 21, 2020. The Town

PHASE 2

continued from page A1

greatest extent possible, officials said. Limited resumption of visitation at hospitals and nursing homes will also begin later this month. All visitation approvals will require the use of social distancing and face coverings.

"Given the diversity of facilities and programs, there are specific timetables for visitation. Care programs will be reaching out to families with specific details on scheduling visits," the Governor's statement read.

The following businesses will be eligible to reopen in the state's next phase, which will be announced at a later date: Indoor table service at restaurants

Close-contact personal services

Hair removal and replacement

Nail care

Skin care Massage therapy

Makeup salons and makeup application services

Tanning salons

Tattoo, piercing, and body art ser-

Personal training, with restrictions To access a complete list of safety protocols and guidance, visit www. mass.gov/reopening.



## Family Dining & Gift Guid

Check with your favorite local restaurants frequently to see if their opening status has changed. Some may be open for outside dining and others may be opening soon! Please continue to frequent your local restaurants by ordering take-out or purchasing gift cards.



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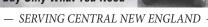
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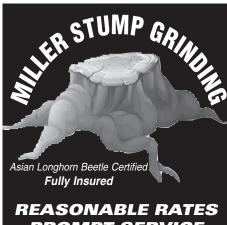
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Brendan Berube Editor

#### **EDITORIAL**

## But tomorrow may rain, so I'll follow the sun

Well, here we are at the start of summer. We've survived a mild winter, but winter nonetheless. The days are longer. The sun is shining brighter. Now that warmer days have arrived, it makes the current closures a bit easier to manage.

While we will miss summer festivals and live music, there is still plenty to do to soak up a fun filled, relaxing summer. While we're out in our kayaks, hiking in the White Mountains, or enjoying an afternoon fishing at the river, don't forget about the many health benefits that come along with this amazing season.

Sunlight acts as an aid to regulate our bodies and gives us more motivation to improve our lives. During the summer months there is a reduced number of heart attacks. One study, including 11,000 individuals, showed that over nine years, the survival rate increased by almost 20 percent if the incident took place in the summertime. One theory is that the increase in vitamin D, plays a role.

During the summer months people are more likely to eat more fruits and vegetables. Diets become more green and healthier. We all know the more colorful the diet, the healthier we are. We could argue that the all time best cereal invented, Fruity Pebbles could be just as healthy, but we would be wrong.

Warmer months means clearer skin for many. Now that we are older (some of us), we know that sitting outside with tin foil to help us become more tan faster, is not a smart move. Sunscreen it is. In addition, people tend to exercise more in warmer weather. This is perfect for allowing more oxygen to reach the brain and stress levels decrease as an added bonus.

The sun can have an effect on those with sleep issues as well. Waking up to the sunlight aids a person's internal clock to reset. Hotter weather also causes us to drink more water. More water means less toxins in our bodies. Cheers to that.

We think it's a good idea to create a summer bucket list. Some of the things on our list include hiking more 4,000 footers, finishing a certain amount of books (some started almost ten years ago), making more trips to the ocean, trying out a paddle board, getting around to purchasing a fishing license, question legislation about daylight savings and having sunflowers in bloom by fall.

The most important thing, and we say it often, is to remember to slow down and appreciate every summer moment, hour by hour.

Note: To give credit where it is due, the title of this week's Editorial was taken from the song "Follow the Sun," written by John Lennon and Paul McCartney and recorded by The Beatles in 1964.

## **OPINION**

Views and commentary from Sturbridge, Brimfield, Holland and Wales

## Always look for the good within the darkest times

Positively

SPEAKING

GARY W.

MOORE

Our nation is immersed in turmoil. Whether it's racial issues, political fighting or a pandemic destroying our health and economy, we've never suffered through the multitude of issues at one time as we are now. The news is depressing and at times frightening. Racial unrest and pandemic dominate

the news as it would seem our nation is in peril ... but not so fast.

Yes, we are suffering through several different crisis points at the same time, but I'm convinced our nation is strong. We'll endure and overcome each

situation, emerging stronger and better for the experience. Let's look at each of the two major issues.

Covid-19

One of the original models used by the World Health Organization was produced by the Imperial College of London. It predicted that 81 percent of the population of the USA would be infected and would result in the loss of 2.2 million American lives. As time progressed, the Center for Disease Control continued to adjust to the incoming data, but the original numbers were devastating.

If you lost a loved one, your world was forever changed and the disease, personally for you, could not have been worse. Thankfully, on a global scale, the virus wasn't nearly as devastating as expected. Lives were lost, but only a fraction of the millions that were predicted. Depending upon your point of view, we were given wrong and wildly over-stated data or the worlds efforts at containment were successful. I believe it is a combination of both, we don't know what the future of Covid-19 holds. We know it's not the end of this story, and until there is an effective vaccine, our risk continues. Regardless, at least from a health point of view, we have so far been fortunate. Physically, we came through relatively healthy. Economically, it's another story that has yet to be played out.

What good has come from this?

We now have a better understanding of what works and does not. We are better prepared for the next round of COVID-19 or the next pandemic, whatever it is and whenever it may come.

I also think as a nation we are more aware of how to stay healthy in general. I know we are washing our hands more, resisting touching our faces and practicing social distancing. If we continue, my guess is not only can we do a better job of containing Covid-19 but also the flu and common cold. I will continue to wear a mask in public during cold and flu season. I think what we have all learned is positive and will serve us well in our future.

What good has come from this economically?

I believe in human resilience. In tough times, creativity flourishes. I think we are learning new ways to provide and obtain services. For basic Dr. visits, I love doing them remotely online. Why should I have to appear in person so they can ask me how I feel or if my medications have changed? There will always be times we need to be physically in the same room with our health care providers, but for basic services, I'd rather dial in. I think this is a positive.

I also love the creativity of restaurants. In many places, indoor restrictions are in place, so restaurants are pitching tents and putting picnic tables in their parking lots. If it's below 90

degrees, I'd always choose to eat outdoors. For me, this is positive.

I also think many churches have become incredibly creative at providing their services online. The constitutional argument rages on as to whether a governmental body can ignore our constitutional rights, but I think it was the right

thing in the heat of this pandemic to restrict assembly everywhere possible. While some churches, like my local church, have provided prerecorded and shortened services that cater to those who when watching online have a shortened attention

span, others, like Pasadena (Calif.) First Church of the Nazarene continues to provide a full, live service. The point is there is a multitude and variety of church services available online. I tune into both each Sunday, and if you oversleep, you can access it online at any time.

What's positive about this? I believe again, learning to deliver needed and wanted services in unique new ways to reduce risk and save lives is a positive.

Our racial divides.

We are now having positive conversations in a frank and truthful way that seemed unlikely, if not impossible, before. I think if we are talking, listening, and engaged in a fruitful dialogue, positive changes emerge. The televised death of George Floyd has awakened the senses of even the most hard-nosed racial divide deniers. I'm hopeful and optimistic that this is a positive turning point for our nation, and it is ... if we make it so.

I also know that the majority ... I believe upward to 99% of police officers ... are good public servants. As in any profession, we are going to see there are bad actors. And a bad actor with a gun is especially dangerous. I believe community officials are awakened to the need to pay attention to officers with an unusual amount of complaints and act quickly. I believe police unions, if they genuinely want to protect their good members, they must stop protecting the bad officers. Protecting the job of a bad cop puts us all at risk. I believe needed change is occurring and we'll all be better and safer for it.

Now that the average citizen is awakened to these problems, we must all stand and force the needed change.

I think there are silver linings in all situations. Unless we look for and seek the good within, it's easy to believe the sky is falling ... and it's not. Always look for the best in every situation and in every person. As I always say we usually find what we seek.

So, where there are problems, seek solutions.

Where there is pain, look for ways to ease suffering.

Where there is hopelessness and despair, seek the silver lining and shine the light on hope.

When the choice faces you to live in despair of the situation or to rejoice in the possibilities, always choose to rejoice.

Always look for the positive within the negativity and you'll never feel hopeless.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @ GaryWMoore721 and at www.garywmoore.com.

# Ensure you're properly insured

There's certainly been plenty of volatility and uncertainty the past few months, but one aspect of your financial picture has probably remained stable: your need for insurance. And since National Insurance Awareness Day is observed on June 28, now is a good time to review your overall insurance coverage to determine if you and your loved ones are well-protected.



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Of course, you might think the reason so many people don't have insurance is because they don't need it. But

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prised at the lack of pro-

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low citizens. Less than

60 percent of Americans

have life insurance,

and just about half of

those with insurance

according to LIMRA, a

underinsured,

just about every age group can benefit from life insurance.

If you have a house and a family ... Your insurance needs are obvious: If something happened to you, could your mortgage payments still be met? How about your car payments? Doctor's bills? College for your children? Even if you have a spouse or partner who earns a decent income, your family could still have big trouble paying its bills if you weren't around.

If you're young and single with no family responsibilities ... If you're in this group, why would you need life insurance? For one thing, perhaps you owe money together with someone else - you might, for example, be a joint debtor on a mortgage. If you passed away, your co-debtor would be responsible for the entire debt. And just because you don't have family responsibilities now, it doesn't mean you never will. If you have a family history of serious health issues, which may eventually affect you, you could have trouble getting life insurance later, or at least getting it without paying a lot. Now, when vou're voung and healthy, the coverage is available and may be more affordable.

Your children are grown and you're retired ... If you retire with debt or have a spouse dependent on you, keeping your life insurance is a good idea, especially if you haven't paid off your mortgage. Plus, life insurance can be used in various ways in your estate plans.

Even if you recognize the need for life insurance, though, you may be uncertain about how much you require. Your employer may offer insurance, but it might not be sufficient for your needs. And, perhaps just as important, if you leave your job, voluntarily or not, you'll likely lose this coverage. If you purchase a private policy, what's the right amount? You might have heard you need a death benefit that's worth seven or eight times your annual salary, but that's just a rough estimate. To determine the appropriate level of coverage, you'll need to consider a variety of factors: your age, income, marital status, number of children, and so on.

Still, even after you've got the right amount in place, it doesn't mean it's set in stone. You should review your coverage regularly, and especially when you change jobs, get married or remarried, have children or experience any other major life event.

Life insurance should be a key part of your overall financial strategy, along with your retirement accounts and other investments. Make sure you're properly covered – for today and tomor-

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.



## Fishing Tips and Tricks

Days "gone fishin" are the simple pleasures lifelong memories are made of. Whether relaxing on the shore of still waters, or wrangling in a temperamental trout, the sport of recreational fishing remains a popular activity for all ages. In fact, fishing

during the current crisis provides an important outlet for relieving stress and can be very social distancing friendly!

Want to up your odds of reeling in "the big one this season?" Read on for fishing tips from the pros!

Successful fishers make it a habit to change their line. Fishing line has memory- it will retain the twist, nicks scrapes, and it gets weaker every time it is used. Don't chance losing the "big one" to brittle line!

And be sure to match your hook size to your bait: small for small, large for

TAKE THE HINT

HINT KAREN TRAINOR large. It makes a difference in holding your bait, and in how many strikes you will get.

Take a valuable fishing tip from old timers who say "if you find the bait you'll find the fish." To do this efficiently, they make it a habit to come

do this efficiently, they make it a habit to scan the water for bird activity. Follow the birds, who follow the bait, and you'll likely find the fish!

When throwing into the wind, drop your rod tip to the water right after making the cast. You'll get more distance and will also get the slack out of your line in case you get bit just when the bait hits the surface. If you leave the rod held high, the wind will make an arc out of your line and you'd lose control of the bait.

Still no bites? It could be your bug repellent. Never handle bait after apply-

ing it as the scent will keep the fish away.

Tips to Track Trout

\* Did you know Rainbow Trout favor 56 degree water? Find that temperature and you're sure to find the fish! If it's cold out, trout can typically be found on the surface of a lake. If it's hot out, they'll be deeper in the water.

\*Remember, trout have tough mouths. Keep your hooks sharp - and use a number 4 hook for best results!

\* Want to up your odds of trout for supper? When lake fishing, dip your crawler in the oil from a can of smoked oysters!

\* Trying to tempt the best trout. Try this secret recipe from anglers: Combine two ounces of cod liver oil with 20 drops oil of anise. Mix well. Dip your bait in the mixture and string up the trout!

Bait and Catch: It's summertime and the fishin' is easy - if you use an old

Turn To **TRAINOR** page **A17** 

THE GREAT **OUTDOORS RALPH TRUE** 

Now that some of the restrictions on daily activity are being lifted due to the Covid Pandemic, fishing is getting back to some form of normality. Some of the six pack Charter boats are now operating in Massachusetts & Rhode Island and fishing has been pretty good overall. Three anglers from Rhode Island fished the Buzzards Bay area Saturday and limited out on their daily bag of five seabass. They were all in the 18 to 21-inch size. They also caught huge scaup filling three coolers. Sounds like they had a great day.

Captain Mark Petitt of Fire Escape Charters reported on some great striper fishing in Buzzards Bay last week, but unfortunately only two stripers were in the 28-inch slot limit, all the rest were schoolies. In two days, his clients brought in close to 400 stripers, and they were hitting everything. The big fish have still not shown up! The Providence River continues to give up some real nice stripers with many over the legal-size limit of 35 inches. If you hit it right, you will catch fish.

The Uxbridge Rod & Gun Club has installed a new Sporting clays range which opened officially last Sunday. Members & non-Members are invited to try out the new course, and to brush up on your shooting skills. The trap is also open every Sunday. Come to the club and enjoy some great shooting.

Fishing on the Cape Cod Canal has been restricted to recreational fishing only as of a couple of weeks ago. Unruly anglers prompted the emergency action to be taken along with other problems at the canal. Only stripers measuring 28 inches to 35 inches are allowed anywhere on the canal. Allowing commercial anglers to fish alongside recreational anglers on the canal was not a good idea to begin with. With problems they have had in the past, it was sure to get ugly again, and policing the area with the large amount of people fishing at the canal this year, was a receipt for disaster. Free saltwater fishing in Massachusetts on June 20 - 21 this year, so take the family fishing. You will hopefully enjoy the sport and purchase an annual license.

Fluke fishing along the beaches of Matunick, R.I. has picked up a lot but most fish are short of the 19-inch limit

## Getting back to normal



This writer and my Great granddaughter Eva, fished the Providence River last week with her Dad Chris Henchey.

for recreational anglers. A lot of the released fish are going to die, which is a terrible shame. Many fish swallow the hook and trying to remove the hook is causing released fish to die and become crab bait. As I have said in the past, someone with some sense of responsibility and knowledge needs to be put in charge of the fishery which seems to be driven by politics , and not by sensible fish management. Commercial fishermen are allowed to keep seabass only 11 inches long? What a waste!

The Seven B Charter boat is taking only 20 people at a time, as of last weekend. You need to call ahead and reserve & prepay. The fare has gone up to \$100 per person for a seven-hour trip. Call 1-401 789-9250 to reserve your spot. Seabass season in Rhode Island opens June 24 with a 3 fish daily limit per person. The Seven B charter boat has a very good reputation for catching big fish!

Freshwater fishing for numerous species of fish by local anglers last week had one angler weigh in a 6.4 pound largemouth bass at Jerry's Bait & Tackle shop in Milford. Numerous other species of fish included two large



This picture shows Edward Zaczek of Webster with his large calico bass taken in Webster Lake. He could receive a gold pin from Mass. Fish & Wildlife awards program. Nice fish.

pickerel, and a huge calico bass that weighed in at over two pounds, which was caught at Webster Lake. Webster Lake also gave up some nice Brown & Rainbow trout last week. Wallum Lake is slow with very few fishing the interstate body of water. Both Webster Lake and Wallum have most trout staging in deep holes of the lake, were the cool water remains throughout the summer

Bob Czupryna of Uxbridge reported a lot of anglers were fishing the Quabbin Res last week at gate 43. The Quabbin Reservoir is not renting boats at this time but is open to shore fishing anglers and anglers with their own boats. A reminder that you need to have your boat washed before launching it into the Quabbin Reservoir to go fishing. A season pas is only \$25 if you plan on fishing the Res. often this year. Bob reported catching numerous rainbow trout, Lakers and an occasional bass. One angler caught a nice salmon and took it home to eat. The salmon had numerous rubber baits in the stomach. The industry was in the process of making the plastics and rubber worms biodegradable a number of years ago but has failed to live up to their commit-



Chris Henchy of Shrewsbury with his daughter Eva after catching a striper in the Providence river last week.

ment. The plastics and rubber worms are killing fish!

As reported last week about the shortage of live bait & catching your own, can save you money and the bait that you catch in the small traps can be better than what you buy. Baiting the trap with a few pieces of bread and setting it in a lake or pond can have you catching numerous species of small fish. Retain only shiners and small sunfish (pumpkinseeds) which are a natural bait for most warm water fish. It is illegal to use other species of fish for bait. Using shiners for bait will have you catching fish daily. Also, catching pumpkinseeds with a light rod & small hook baited with a piece of worm is excellent live bait. Placing a 1 inch to three-inch live pumpkinseeds on another rod, and letting it swim freely will have you catching big fish.

A report from" Fat Nancy's" Bait & Tackle shop in New York reported on some great Brown Trout fishing in Lake Ontario. Four-to-six-pound brown trout are numerous at this time of year with an occasional 10-to-12-pound brown. Bass fishing on Oneida lake is also hot.

Take A Kid Fishing & Keep Them Rods Bending!

## Golden age comic books

usually become

vellow and brit-

tle. Tarzan, Sam Spade and Zorro

Shadow was one

of the most pop-

ular characters

and appeared

in 326 issues

from 1931 to 1939

Looney Tunes,

according

Britannica.

The

My last two columns were on Modern Age, Bronze Age, and Silver Age comic books. This column focuses on the Golden Age of comic books, which took place from 1938 to 1956. Golden Age comic books are older and typically more valuable than the others I dis- WAYNE TUISKULA tery and other cussed in previ-

ous columns. Prior to comic books pulp magazines were They used popular. brightly colored covers and sensational stories to attract readers. The paper was made of cheap wood pulp that now has



ANTIQUES, COLLECTIBLES & ESTATES

adventure, mys-

genres appeared in Golden Age comic books, but superheroes were very popular and are the most valuable today. D.C. Comics introduced Superman in 1938. According to Britannica, writer Jerry Siegel and artist Joe Shuster were

unable to sell Superman as a daily series to newspaper syndicates.

"DC then took an enorappeared in pulp mous risk in 1938 by publishing the untried character, given the depressed economic climate of the

day," Britannica writes. Action Comics # 1, featuring Superman, sold very well, and DC Comics grew into a highly successful company.

According to PBS' "History Detectives." Captain Marvel by Wizz Comics was a very popular character during the 1940's, often outselling Superman. Comic book sales increased during

World War II. "They were cheap, portable and had inspirational, patriotic stories of good triumphing over evil," PBS wrote.

The first issue of Captain America pictured him in a stars and stripes costume battling Adolph Hitler on the cover. After the war, comic books with superheroes saw sales decrease and comics from other genres were created to help fill the void. Superhero comic books continued to be printed though. You can buy Superman comics today, over 80 years since the first issue was published.

Guinness World Records website has a timeline listing when superhero comic book characters were first introduced. Some characters may have a longer run than you might Turn To ANTIQUES page A10









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## Three ways to help your gardens thrive with minimal care



Photo Melinda Myers

New plantings need special attention the first few weeks. Water thoroughly and often enough to keep the roots and surrounding soil slightly moist.

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## \* \* Triday's Child



**Aiden** Age 9

Hi! My name is Aiden and I love cats and dogs!

Aiden is an energetic and sweet boy of Caucasian descent who loves to laugh. He is very active and likes to be outside, play sports, and run and climb. When he is inside, he enjoys playing with cars and trucks, building with Legos, and collecting Pokémon cards. He also likes to have books read to him before he goes to bed. Aiden is a big sports fan, and when he grows up, he would like to be Tom Brady. If that doesn't work out, Aiden says that he would like to be a fireman. Aiden plays well with others, as well as on his own.

He does well in school and gets along

with his teachers and peers. He receives speech services, as well as emotional and behavioral supports to help him stay focused in class.

Legally freed for adoption, Aiden is searching for a family of any constellation with either no children in the home or with children who are older than he is. An ideal family will be able to provide Aiden with individualized attention, consistency, and structure. A family must be open to Aiden visiting with his birth mother twice a year in Massachusetts. Aiden also has an older sister who he is very attached to, and he will need to keep in contact with her.

#### 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. The sooner you call, the sooner a waiting child will have a permanent place to call home.

So, you filled your shopping cart and gardens with lots of new shrubs, flowers, and vegetables. Now what? Keep your plants looking their best with minimal effort so you can enjoy them and your summer even

Watering is one task where I find even experienced gardeners struggle. Proper watering is key. Too much or not enough water can result in

yellow, wilting and even death of plants. Check container plantings daily. Stick your finger into the soil and water whenever the top few inches of soil is starting to dry. Water thoroughly so the excess runs out of the pot and away from the planter. New plantings need special attention the first few weeks. Water thoroughly and often enough to keep the roots and surrounding soil slightly moist. Gradually reduce frequency and only water thoroughly when the top few inches are crumbly, but slightly moist.

Continue giving perennials, trees, and shrubs regular care the first two years. It takes this long for them to establish a robust root system. Water thoroughly, but only as needed. Water early in the day to reduce water lost to evaporation. Avoid watering at night. Wet foliage at

night is more susceptible to disease. Use soaker hoses, drip irrigation or watering wands to apply water to the soil. Less water is wasted plus you'll help decrease the risk of disease by

avoiding wet foliage.

Mulch gardens to conserve moisture, suppress weeds and improve the soil as it decomposes. Spread a two- to three-inch layer of organic mulch such as shredded leaves, evergreen needles, wood chips or shredded bark on the soil surface surrounding your plants. The courser the mulch used, the thicker the layer. Do not bury the base of your plants or pile mulch against the trunks of trees. This can lead to a decline of your plants. I like to use wood-based mulches for permanent plantings and pathways. Consider using shredded leaves, evergreen needles or even a thin layer of

#### **ANTIQUES**

continued from page A9

The Phantom was created expect. Superman first appeared in Action Comics # 1 in 1938. The first comic book with Batman came out in 1939, as did Captain Marvel. 1940 saw the introduction of The Comet, The Flash, Fantomah/Woman in Red, and Justice Society of America. Captain America, Aquaman, and Wonder Woman all began in 1941.

Golden Age superhero comic books in decent condition can be worth thousands but having one in great condition can be worth a fortune. Superman first appeared in Action Comics in 1938, but Superman appeared in his own comic book in 1939. Superman issue #1 sold for over \$500,000. A 1939 Detective Comics issue # 27 with the first appearance of Batman sold for over \$1 million in 2010. A high grade 1939 issue titled

GARDEN MOMENTS

**MELINDA MYERS** 

chemical-free grass clippings for annual plantings. These mulches break down more quickly than wood and do not cause nutrient deficiencies if worked into the soil.

Fertilization provides the nutrients plants need

to grow and thrive, but too much of a good thing can be detrimental. Over fertilization can result in lots of green leafy growth, but no flowers or fruit. Lush succulent growth from over fertilization is more susceptible to insect and disease problems. Select a fertilizer labeled for the plants you are growing and your gardening goals. Organic and slow release fertilizers provide a slow, steady supply of nutrients over a longer period of time. You'll need to make fewer applications throughout the growing season.

Do not apply more than the recommended rate. Not only are you wasting fertilizer and money, but an overdose of fertilizer candamage and even kill plants. Consider taking a soil test in the future. The results tell you how much and what type of fertilizer to apply. Contact your local Extension office for tips on how to take a soil test and where to send the sample for testing.

Visit your gardens regularly. Pick a few flowers to enjoy in a vase indoors and harvest vegetables when they are mature. Regular harvests of ripe vegetables and herbs keeps them producing.

So, enjoy your summer and gardening adventures. Each vear brings new successes, plants to try, and lessons to learn from our gardens. As you experience the joy and benefits of this season's garden, you will be looking for more opportunities to expand your plantings next year.

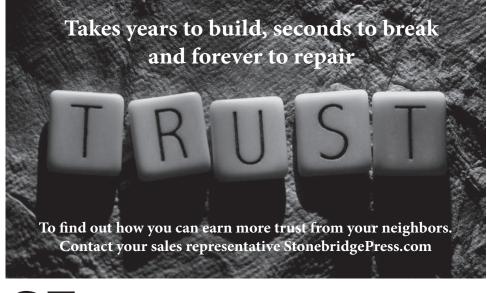
Melinda Myers has written numerous books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.

"Marvel Comics" by Timely Comics sold for over \$1.25 million last year. Ironically, Timely Comics evolved into Marvel Comics during the 1960s. A copy of Action Comics # 1 with the first appearance of Superman went up, up and away for \$3,207,852 in an online auction in 2014.

The preview for our Rutland farm auction will be held on June 20. The address will be published on our Web site on June 19. Face masks and social distancing are required during the preview and pickup. Bidding ends on June 24. Our online only auction with estate jewelry, sterling silver, and collectibles, including some comic books, ends June 25. There is more information on both auctions on our website.

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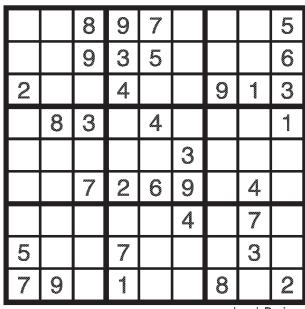


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## SUDOKU



Level: Beginner

#### **Fun By The** Numbers

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#### 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!

2	9	8	g	3	wants	Þ	6	L
Þ	3	unde	8	6	L	9	S	G
6	L	ç	Þ	2	9	anab	S	8
8	ţ,	3	6	9	2	L	G	good
L	9	9	ε	samuelli	8	2	Þ	6
modu	6	2	_	7	G	3	8	9
3	down	6	9	8	Þ	S	L	2
9	8	2	S	G	ε	6	needh	t
Ğ	2	ħ	mak	L	6	8	9	3

: **HANSNA** 

#### A B C D E F G H i J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to fireworks. Each number corresponds to a letter.

(Hint: 12 = L)

10 4 9 21 25 18 9 20 Α.

Clue: Pyrotechnics

12 4 11

Clue: Ignited

26 4 2 16 12 22 13

Clue: Showcase

2 16 22 9 20 12 21 D.

Clue: Shine bright with flashes of light

#### TRINITY

continued from page **A1** 

This event took the place of their usual Sports Day, Class Day, & Graduation all in one! Sports awards will be released separately.

The Graduating Class along with the well-earned awards and recognitions due them from TCA this year are for participation and outstanding achievement in each subject.

The Valedictorian of the Class is Kirsten Congdon, Salutatorian is Sean Gasperini.

David Adorno - President's Education Awards for Outstanding Academic Achievement

Brody Carlson - Patricia Powers Award

Congdon Kirsten Student Council, NJHS, Faith in Action Team, Math Team, Spanish Club, Science, Social Studies, Spanish, Food

Volunteer, President's Pantry Education Award for Outstanding

Academic Achievement Zachary Cournoyer - Student Council, NJHS. Faith in Action Team, Math Team, Food Pantry Volunteer, President's Education Awards for Outstanding Achievement. Academic

Boomerang Award, Patricia Powers Award

Teresita Del Valle - Student Council, NJHS, Faith in Action Team, Phys-ed., Religion, Spanish, Food Pantry Volunteer, President's Education Award for Outstanding Academic Achievement,

Patricia Powers Award

Sean Gasperini - NJHS, Math Team, Literature, Math, Science, Social Studies,

ed., President's Education Award for Outstanding Academic Achievement

Payton MacDonald - Student Council, NJHS, Faith in Action Team, English & Writing, Spanish, Food Pantry Volunteer, President's Education Award for Outstanding Academic Achievement

Computer Award, Religion, Food

Pantry Volunteer

Laci Pollone - Student Council, NJHS, Faith in Action Team, Food Pantry Volunteer, President's Education Award for Outstanding Academic Achievement

The Francis Casey Memorial Scholarship – awarded to Teresita Del

TCA Spirit Award a very meaningful award is given to the student who in actions, attitude and words truly exemplifies what it means to be a student at TCA – The Spirit Award goes to Laci Pollone.

The Suzanne Casey Spirit of Volunteerism Award is award to adults and students each year, this year, the Adult awards went to Erika Lachance & Nola Ruel, the Student Award went to Zachary Cournoyer.

The President's Education Awards for Outstanding Academic Excellence goes to students who have maintained a minimum of a 90% for the last 3 years and achieved a minimum of 85% in standardized tests in math and reading for the last 3 years as well. This award goes to Sean Gasperini.

The President's Education Awards for Outstanding Academic Achievement is listed above for outstanding academic

achievement, recognizes outstanding growth, improvement, commitment, and intellectual development.

 $\mathcal{B}$ .

The Patricia Powers Award presented by Maura Power and her Dad in memory of her mother, Patricia Powers.

A special thank you and well wishes to seven families of this graduating class who have completed their children's education at TCA these families represent over 60.5 years of education. Adorno Family, Carlson, Family, Cournoyer Family, Del Valle Family, Hebert Family, O'Brien Family and the Pollone Family. Principal Citta thanked these families for sharing their children with them and for all their friendship.

This year's graduates are from Southbridge, Sturbridge, Charlton, Dudley & Union, CT. They will continue their education at various area schools as well as Saint Paul Diocesan Junior-Senior High School and Bay Path RVTHS.

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## **LEGALS**

#### **Zoning Board of Appeals** Public Hearing

In accordance with the provisions of M.G.L. Ch 40A §10 & §11, the Wales Zoning Board of Appeals will hold a Public Hearing on June 29, 2020 at 6:00 p.m. at the Wales Senior Center located at 85 Old Stafford Rd. Wales MA 01081, on the application of Ray LaBonte of 201 Main St. for a special permit in terms of the Town of Wales Zoning By-Laws pursuant to the Town of Wales Zoning By-law Sec. 4.0.2. The Town of Wales Zoning By-Law Sec. 4.0.2 states "Not more than one principle building shall be erected on a lot unless otherwise specified in this by law". Specifically, Mr. LaBonte wishes to erect 2 buildings during Phase 1 of his self-storage project.

Any person interested and wishing to be heard on this application should refer to the town website (www.townofwales.net) under zoning board agenda for the above date to participate virtually.

If you have any questions or concerns please email planning@townofwales.

June 19, 2020 June 26, 2020

Zachary Hebert - NJHS, Phys-

Eva Jerez - Spanish Club

Abigale McGarry – Art Award Avelyn O'Brien - Art Award,

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## Harrington Auxiliary awards annual scholarships

SOUTHBRIDGE — The Harrington Auxiliary recently held its seventh annual scholarship awards, deviating from the usual group setting, due to restrictions related to COVID-19. In early June, the Scholarship Committee visited each recipient, keeping the required six-foot distancing protocol, and presented the award and a gift bag filled with gift cards and other surprises to each student.

This year, the Committee received 35 applications from graduates of high schools within the Harrington HealthCare System geographic coverage area. After reviewing the applications, the Committee chose five recipients for the Auxiliary scholarship; each student received a \$3,000 award.

Recipients included Lauren Alicea, a graduate of Shepherd Hill Regional High School, who plans to study Exercise Psychology at Quinnipiac University; Meghan Barry, Bay Path Regional Vocational Technical High School graduate, who will study dentistry at Worcester State University; Allison Donais, graduate of Shepherd Hill Regional High School, who plans to study neonatology at Assumption University; Hannah Picchioni, Bartlett High School graduate, who will pursue a career in Speech Pathology at Worcester State University; and Skylar Pietz, Shepherd Hill Regional High School graduate, who will be attending Southern New Hampshire University to study Physical Therapy.

The Committee also selected two recipients who each received a \$1,000 Van Vooren Scholarship. Sabina Patem works as a personal care attendant (PCA) at Harrington Hospital and is enrolled at Quinsigamond



**Hannah Picchioni** 

Community College in its registered nursing program. Carly Reynolds is currently a Surgical Scheduler at Harrington Hospital and is study-ing nursing at Mount Wachusett Community College.

Harrington Auxiliary, established in 1932, is a non-profit organization of dedicated and impassioned volunteers whose mission is to support and enhance the excellent services provided by the Harrington HealthCare



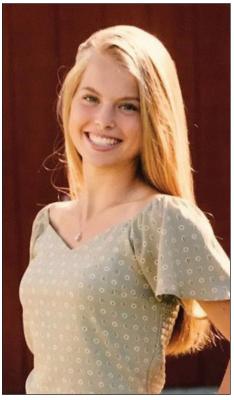
Lauren Alecia



**Meghan Barry** 



**Allison Donais** 



## **OBITUARIES**

### David George Rhodes, 58

George Rhodes, 58, passed away unexpectedly on June 9, 2020. David was born in Worcester and raised in Oxford.

He leaves his children Danika L. Rhodes and Tyler H. Rhodes of Auburn; a grandson Colton Rhodes; his mother Barbara Rathel Mangelinkx step-father and Mangelinkx Robert

Worcester; step-mother Helen Regis of Quinebaug, Ct; his sister Diane Rhodes Gregoire of Holland: his step-sisters Linda Neff and Sue Regis of Charlton; his former wife Jann Rhodes of Auburn; his nephew Leo Gregoire of Holland; many aunts; uncles; nieces; nephews; cousins and friends. David was predeceased by his father George Dana Rhodes; and his brother-in-law Leo P. Gregoire. He will be fondly missed by all.

David graduated from Oxford High School in 1980. He attended New England Tractor Trailer Training School and began his career driving shortly thereafter.

In 1987, David became a member of the Teamsters Local 170 while employed as a driver for R.A. Dansereau Trucking. He later worked many years

STURBRIDGE/ AUBURN- David for Millbrook Distributors, which later became UNFI Inc., before becoming a feeder driver for UPS. Being part of the Teamsters brought much pride to David. He served three years as a Trustee and was an active member who volunteered and participated in many events. He especially enjoyed Holidays With Heart with his son.

David enjoyed family gatherings, camping in Vermont, summers in Maine and ocean sunsets. Recently David discovered his love for crafting and decorating with a rustic flair.

David had a deep love for his family and friends, and never hesitated to lend a helping hand. In lieu of flowers, donations can be made in his memory to Veterans Inc., 69 Grove Street, Worcester, Ma. 01605.

A graveside service for David will be held on Friday, June 19, 2020 at 1:00 pm at the Holland Cemetery. For everyone's health and safety, masks must be worn and social distancing must be observed. Due to the unprecedented state of affairs, a celebration of life will be held at a later date, when a social gathering of friends and family can be enjoyed.

Beers & Story Palmer Funeral Home has been entrusted with the arrange-

## Endicott College announces local Dean's List students

BEVERLY — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2019 Dean's List stuter's, bachelor's, and associate degree dents. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a

minimum of 12 credits for the semester. Among the students who met these requirements was Melissa Izzio, daughter of Tricia and Brian Izzio of Sturbridge, pursuing a degree in

Interior Arcitecture.

About Endicott Endicott College offers doctorate, masprograms at its campus on the scenic coast of Beverly, Mass., with additional sites in Boston, online, and at U.S. and international locations. Endicott remains true to its founding principle of integrating professional and liberal arts education with internship opportunities across disciplines. For more, visit endicott.edu.



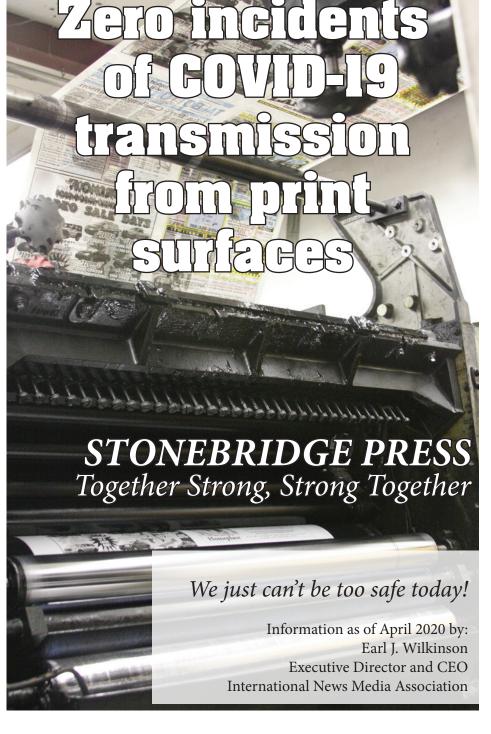
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Webster - 85 Upper Gore! View of the Lake. 1+ acre, artesian well, Septic Design, Etc. \$130,000 Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Highly possible to be subdivided. \$99,900

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\$375,000

## Kid-friendly staycation ideas

Adults may see staycations as great opportunities to catch up on summer reading and finish projects around the house. Children, however, may not always approach time off at home with that same enthusi-

Parents confronted with the challenge of keeping kids happy and engaged during staycations can try these kid-friendly ideas to ensure everyone enjoys their time off, even if the bulk of it is spent at home.

· Hit the carnival circuit. Traveling carnivals are a staple of summer in many small communities. These special events feature rides, games and, of course, food. Families can make a night of it at a nearby carnival (one is no doubt within driving distance on just about any night in July and August). Budget-conscious staycationers can attend carnivals on bracelet nights, when both adults and kids can typically enjoy endless rides for one set price as opposed to having to purchase tickets for each individual ride.

· Find a place to swim. Whether it's a nearby lake or a day at the ocean, a weekday afternoon spent swimming is a great way to remind the family



that a staycation is still a vacation. If swimming in a lake or in the ocean is not possible and you don't have the luxury of a backyard pool, purchase an inflatable pool (or two) that the whole family can enjoy.

• Embrace your inner artists. Parents can visit a local arts and crafts store and spend a day painting or making projects with their children. Choose a theme, like making jewelry or painting a family portrait, and then exchange your masterpieces or create a family art exhibit when the session is over.

· Go fishing. Fishing can be a fun activity for the whole family and a great way to get out of the house without breaking the bank. Create a competition to see who can catch the most and/ or the biggest fish. If you catch fish that you're allowed to take home, involve the whole family in making a delicious fish dinner that night.

Staycations can be fun for the whole family, especially when parents take time to organize a host of kid-friendly activities.



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Dudley: House plus acerage, opportunity to subdivide, lots w/ water &

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## Why the water matters to novice kayakers

Kayaking is a fun way to spend an afternoon, particularly in summertime. If smiles on the faces of kayakers aren't enough to convince you just how fun this sport can be, perhaps statistics can convince you how enjoyable it is to paddle away in a kayak.

According to the Physical Activity Council, which each year conducts the largest single-source research study of sports, recreation and leisure activity participation in the United States, recreational kayaking is the most popular paddlesport in the United States, attracting more than 11 million participants each year.

People who have never before been in a kayak may be intrigued by those statistics and tempted to follow the example set by millions of kayakers who take to the water every day when the weather permits. Safety should be a top priority for all kayakers, and especially for novices. A kayaking course can be a great way for novices to familiarize themselves with the basics of kayaking, including the best practices in regard to staying safe on the water. Local watersports retailers and recreational organizations that take watersports enthusiasts out on the water may offer safety courses, and these courses can be great resources while also helping people get their feet wet before paddling away.

When kayaking for the firs time, it's important that novices choose the right type of water for their experience level. Rough, choppy waters can prove challenging to even the most skilled kayakers, and these same waters can be deadly for novices. The following are some characteristics novice kayakers should look for in a body of water before pushing themselves and their kayakers

into the current.

· Size: Novices should avoid vast bodies of water, such as oceans, rivers or large lakes, until they gain more experience. Large ponds and small lakes can be great places to gain some experience and familiarize oneself with the nuances of paddling.

· Demeanor: Demeanor might not be a trait one normally associates with water, but looking at a body of water in this way can be a great way to determine if it's the right place for a novice. If a body of water is raging, with choppy waters and rapid waves, then steer clear. If the water is calm, then it's likely a safe spot for novices.

• Traffic: Novices may be intimidated by crowds, but other kayakers can serve as something of a safety net for novices. Kayaking is a fun group activity, and novice paddlers should never go it alone.



Variety: Novices should steer clear of waters that allow power boats. Such vessels can alter paddling conditions quickly, and that can put novices in potentially precarious positions. Stick to waters that allow only canoes or other boats that won't affect water conditions.

 Access: Until they get more comfortable in their kayaks, novice kayakers should stay close to shorelines so they have quick and simple access to land should they struggle to get acclimate to the water and being in a kayak.

Kayaking is a popular activity that even novices can enjoy, especially when they take certain measures to ensure their

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#### **TRAINOR**

continued from page A8

fashioned bait recipes. They're tried and true secret weapons from successful fishermen - but best of all, you can whop them up with ingredients from your kitchen cupboards

\*Anglers swear refrigerator biscuit dough is a great bait for trout. Just pull a raw biscuit apart and start reeling in the 'big one!'

\*Even fish love spicy food, as this super lure recipe will attest. Mix together 8 ounce ground aniseed or fennel seed and two ounces ground allspice. Sprinkle 1/16th oz. oil of cloves over the above and mix. Store in tightly sealed jars for a few days while the odors blend. Put a drop on fish bait.

\*If you're fishing with salmon eggs or worms, don't forget to add a miniature marshmallow to the hook to keep your bait buoyant!

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

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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

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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