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Friday, August 27, 2021

Tantasqua awarded Skills Capital Grant

BY KEVIN FLANDERS

STURBRIDGE – Tantasqua Regional Vocational High School is among several schools across the state to benefit from the Skills Capital Grant Program.

Last week, the Baker-Polito Administration announced \$9.7 million in Skills Capital Grant Program funding that will be awarded to 47 educational organizations statewide. The grants will help schools update equipment and expand student enrollment in programs that provide career education.

Selectmen set Sept. 13 date for borse park bearing

BY GUS STEEVES CORRESPONDENT



At TRHS, \$110,511 in grant funding will assist the school's culinary arts and hospitality program. The funding will be used to retool the TRHS kitchen for its culinary program and student-run restaurant. This will enable the school's facilities to match current industry standards and prepare students for cooperative education placements, as well as full-time employment in the region.

The funding will also benefit the general community.

Director of TRHS.

This year's grant awards mark \$102 million in total funding provided to high schools, colleges, and other educational organizations since the program's inception in 2015.

"The Skills Capital Grants have helped give thousands of young people opportunities in high-demand jobs, and the grants have had a tremendous impact on students, schools, and local businesses," said Gov.

STURBRIDGE — Economic development in various forms dominated the last selectmen's meeting, with the bulk of it focused on a 200-acre equine center proposed to be tucked between I-84 and Breakneck Road.

Although in the works for about two years, the project has barely begun in an official sense. Selectmen sent the proponents' zoning overlay district to the Planning Board for review and public hearing, while setting Sept. 13 for their own hearing on whether they should accept the concept at that location. If approved, both hearings will lead into a Town Meeting vote in October.

Key proponent Richard Fields said he sees the project as being a "family-oriented horse park" with "three silos." One is a mile-long thoroughbred race track that will feature about 10 races a year, 10 more "festival activities that are horse related," and 100 jobs. He estimated it will draw 3-5,000 people per race, with nearly 90 percent of the site's income coming from online betting by people in their own homes.

The project, Fields noted, "cannot go forward without sports betting," referring specifically to a bill now in the Legislature to legalize it in general.

Turn To HORSE PARK, page A13

"The Tantasqua Technical Division is thrilled to have been awarded a Skills Capital Grant. This grant will help to update the equipment in the Cornerstone Cafe – both in the kitchen and the restaurant – in addition to allowing for some evening cooking classes for the public," said Mark Wood, the Technical Division PrincipalCharlie Baker. "These significant investments made over the past six years in this program with our partners in the Legislature will help train students to adapt to the changing needs of our economy."

The Skills Capital Grant Program was originally

Turn To GRANT, page A13

Baker defends stance on school mask policies

BY KEVIN FLANDERS STAFF WRITER

REGION – Facing increased pressure as the school year looms and the Delta variant spreads, Gov. Charlie Baker recently defended current policies.

During a press conference on Aug. 16, Baker said there are no imminent plans to alter masking recommendations statewide. Even with the nation's steady rise in COVID-19 cases and hospitalizations over the last month, Baker believes Massachusetts is in a far better position than other states in the battle against the virus.

"I'm not considering changing the mask guidance at this time. We pay a lot of attention to the data associated with case counts, hospitalizations, and the tragic loss of life," Baker said. "The fact that so many people in Massachusetts have been vaccinated has put us in a dramatically different place than many other states across this country."

Baker also supported the joint decision from the state's Department of Public Health and the Department of Elementary and Secondary Education to leave masking policies up to individual school districts for the fall of 2021.

Statewide, each school committee has voted on policies that will determine how to address the highly contagious Delta variant in the classroom this fall. Information on policies has been mailed out to families.

Turn To MASK POLICY, page A13

Local resident to lead QCC at Southbridge

SOUTHBRIDGE — Quinsigamond Community College at Southbridge has named local resident Geraldo Maldonado as its new Site Leader.

Mr. Maldonado is a longtime QCC adjunct faculty member, alumnus, and is one of 50 QCC Guardians. Guardians are alumni of the college who have made significant strides in their personal life and in their community.

"I'm excited to welcome students to our Southbridge location this fall. It's truly incredible to have QCC in Southbridge. It's a needed element for the community," Mr. Maldonado said. "While people sometimes still think of QCC as the campus in Worcester, we have full services right in Southbridge at QCC's new location in the Southbridge High School."

For the past 15 years, QCC has had a presence in the Southbridge community. In the summer of 2020, QCC's Southbridge location moved from 5 Optical Dr. as a way to offer greater access to higher education not only to Southbridge, but also to all communities in the South County area. Additionally, Southbridge High School students now have easy access to QCC's Early College Program and their family members can also take advantage of the college's academic and workforce development offerings.

Mr. Maldonado and his family have a long and storied history with QCC and Southbridge. Born in Ponce, Puerto Rico, he and his family moved to Lowell when he was six before moving to Worcester three years later. In the '70's, his mother began attending QxCC,



Courtesy

Geraldo Maldonado

where she took English classes and earned her GED. This began a family legacy with the college, and when Mr. Maldonado was in his late 20's and a parent, he too began taking classes at QCC.

"It was a little scary coming back to school as an adult with children. I was working a full-time job, a part-time job, and taking two to three classes per semester," he said. "I needed the flexibility QCC offered."

In 1995, he graduated with an Associate Degree in Business Administration Transfer, going on to earn a Bachelor's degree from Worcester State University and a Master of Business Administration from Anna Maria College.

His daughters also are QCC alumnae. His older daughter Kristina decided to do the paramedic program at QCC, while his younger daughter Aimee took a longer journey to QCC. She began at UMass Lowell as an Engineering major; however, it was not a good fit and she struggled.

"She took a couple of Business classes at Lowell and seemed to do OK," Mr. Maldonado said. "She came home, still not sure what she was going to do and I suggested she take classes at QCC in Southbridge due to its very convenient location."

His daughter Aimee took classes for a year at QCC's Southbridge location where she excelled. She graduated with her Associate Degree in Business and went on to Nichols College where she received scholarships based on her high grades. She earned her Bachelor's degree in Accounting and her Masters in Accounting, before attending Penn State Dickenson Law. In 2020, she graduated with her law degree, passed the Bar Exam on her first attempt by scoring in the 99th percentile, and today works in the District Attorney's Office in Hampden County.

Hernandez receives **Community Service award**

CHARLTON — Kalie Hernandez, LPN of Southbridge, a member of the Bay Path Practical Nursing Academy Class of 2017, received the 2021 Community Service Award at Bay Path Practical Nursing Academy. The award was granted in recognition of Hernandez's volunteer work creating critical partner-

ships between the Academy, the Bay Path community and the Worcester County.

The Community Service Award was developed to honor a person who is making significant contributions to the Bay Path Practical Nursing community through their time, actions, talents and dedication

QCC announces Super Saturday registration event

WORCESTER Community College is hosting two "Super Saturday" registration events before the fall semester begins on Sept. 8.

An in-person "Super Saturday" event will be held on Saturday, Aug. 28, at QCC's Welcome Center, 670 West Boylston St., Worcester, from 9 a.m. - 1 p.m. Students can save time waiting in line by scheduling an appointment through the College's new virtual waiting line service, Easy Queue (EZQ), www.QCC.edu/EZQ.

"These events are designed for students who are unable to register

— Quinsigamond during the week, or who prefer to get their registration needs taken care of remotely," said QCC President Luis G. Pedraja, Ph.D. "At QCC, we are doing everything possible to remove barriers that prevent students from attaining a higher education."

To learn more about QCC's Super Saturday events, visit www.QCC. edu/saturday

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

Town of Brimfield, MA Employment Opportunity ASSISTANT TO THE BOARD OF SELECTMEN

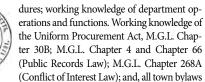
Statement of Duties: The employee is responsible for providing a wide range of administrative and clerical support services to the Select Board as well as supporting other Town functions.

Hours: 35 hours per week. Monday -Thursday with 2 evening meetings per month. Salary \$49,301

Education and Experience:

High school education or further with a minimum of 3-5 years administrative work experience preferably in municipal government and dealing with the public and the required knowledge, ability and skill to perform the essential functions of the position in an effective manner.

Thorough knowledge of office practices and proce-



and State statutes relevant to matters of the office and position.

A full job description can be found at www.brimfieldma.org under Board of Selectmen. Interested individuals are asked to apply by sending a letter of interest and resume to the Board of Selectmen, 23 Main Street, Brimfield, MA 01010, or to selectmen@brimfieldma. org. Position will remain open until qualified candidate is chosen. Posted 8/17/2021. The town of Brimfield is an equal Opportunity provider and employer.





Kalie Hernandez and her daughter receiving award from Professor Lindsay Guertin, BSN, RN.

through any volunteer work done. The honoree selected serves as a role model for compassion, service, giving back, and striving to make the world a better place.

Hernandez's passion is in helping others. She has made important contributions to the Bay Path Practical Nursing Academy. She representative. She was inducted into the National Technical Honor Society and was a member of the UNICEF Club. Hernandez participated in the admissions panel interviews and competed in SkillsUSA earning a Silver Medal in both District and State level for the Practical Nursing category.

Hernandez takes pride in the work she does at the Holyoke Public Schools and credits her training and education at Bay Path Practical Nursing Academy especially her School Nurse Observation experience in her success. Hernandez has formed a tight bond with the Bay Path Community that has allowed her to work cohesively with faculty, staff, students, and fellow alumni.

Courtesy



Visit us on Facebook & Instagram

*CDC Covid-19 will be followed

Bay Path LPN named CNA Instructor

NORTH GRAFTON — Kellsey Tillotson, LPN of Spencer was named Certified Nursing Assistant (CNA) Instructor at Grafton Job Corps in North Grafton. She plays a key role in the planning, selection, preparation, and implementation of learning activities to meet the course objectives of CNA students. She delivers instruction using active learning techniques to different learning styles and abilities. She assists in building healthcare knowledge and developing clinical skills of the CNA students aimed at obtaining their certification.

Tillotson is an alumna of Bay Path Practical Nursing Academy, PN Class of 2018. While a student at Bay Path she was a SkillsUSA District Champion earning a gold medal for competition in Medical Math. Tillotson was an officer of the UNICEF Club, spearheading many successful fundraising activities benefitting children. She volunteered for FAFSA Day, Blood Pressure Clinics at the Charlton Senior Center, and the Site Mobile at Paxton. Tillotson is certified in Mental Health Care, Dementia Care, OSHA10, OSHA 30, BLS Provider CPR and AED. In 2017 she completed the Medical Assistant Certification Program at Grafton Job Corps.

The appointment of Tillotson as CNA Instructor comes at a very challenging time of the COVID-19 pandemic.



Individuals served by Open Sky participate in Worcester Bravehearts Pen Pal program

WORCESTER — Thirteen individuals nection with the players. served by Open Sky Community Services had the unique opportunity of getting to know Worcester Bravehearts baseball players this season through the team's Pen Pal Program. The summer-long program culminated with a cookout at Fitton Field on Aug. 11 where the pen pals were able to meet in person.

The Community Membership team at Open Sky coordinated with Dave Peterson, Bravehearts General Manager, and Nate Gonelli, Director of Sales, to connect individuals served by Open Sky with Worcester Bravehearts players. The pen pals corresponded back and forth through a journal over the course of the summer to help the Bravehearts players feel welcome in Central Mass.

The individuals served by Open Sky who participate in the program had intellectual/developmental disabilities, mental health challenges or brain injury. This was an opportunity for them to be a part of the community and form a con-

At the season-ending cookout, individuals from Open Sky gave baseball caps with the agency's logo to their Bravehearts pen pals and in return received signed books, baseball cards and Bravehearts baseball caps. Peterson welcomed the individuals from Open Sky, and Matt Small, COO of Open Sky was in attendance as well. Everyone had a chance to talk, get autographs and take photos. Several of the pen pals exchanged information and plan to stay in touch even once the season has ended. The individuals from Open Sky attended the game that evening and Lori Holden, an individual served by the agency, got to take home a pop-fly ball after it landed near her and a kind baseball fan helped her grab the ball.

Open Sky is proud to partner with several local sports teams to ensure that the individuals served by the agency have every opportunity to be a part of the Central Mass community.



Tuesday/Wednesday 8am-2pm Thursday/Friday 8am-8pm Saturday and Sunday 7am-2pm (BREAKFAST ALL DAY) Dine-In OR Take-Out

Kellsey Tillotson

Before joining Grafton Job Corps, Tillotson has held clinical positions with Washburn House and CareWell Urgent Care both of Worcester. As a novice nurse educator Tillotson is excited about her work and loves it.



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. news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.







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Charissa Age 17

Hi! My name is Charissa and I love to sing!

CNI I FGI

Charissa is an engaging girl of African American and Caucasian descent who enjoys performing and being in the spotlight. Charissa is bilingual and speaks English and Spanish. She is also funny and sociable! She describes herself as playful and lovable. Charissa enjoys telling jokes, singing, dancing, watching TV, painting, and drawing. Charissa loves learning how to play instruments and can play the violin and piano beautifully.

Charissa shares that her favorite class is gym and her least favorite is history. When Charissa grows up, she has expressed interest in becoming a social worker to help others. Charissa has shared that she is proud of herself for reaching her goals. Charissa relates her experiences in life to climbing a mountain and not stopping until she reaches the stars.

Charissa is legally freed for adoption. When thinking about what she wants in an adoptive family, Charissa has expressed that she would like to have her own bedroom, to be able to go for walks in the community, to spend time with friends, go shopping, and work out at the gym. Charissa would like a potential family to know that when meeting someone new, it will take time for her to open up. Charissa has great relationships with her visiting resources and would like to stay connected to them.

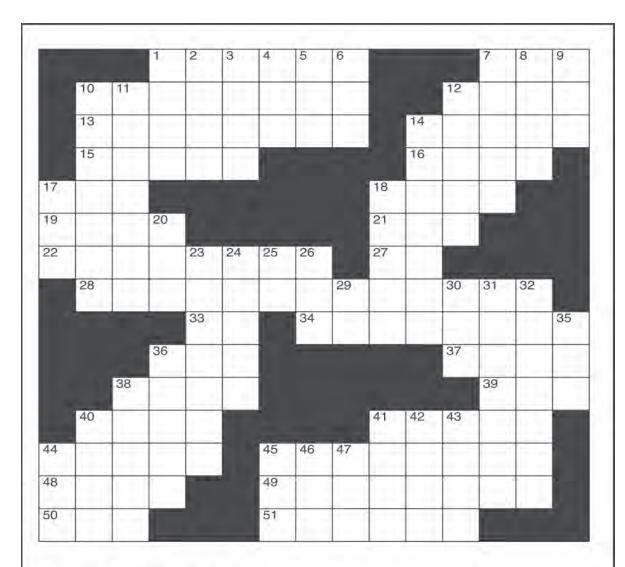
Who Can Adopt?

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

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

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





CLUES ACROSS

- 1. Nature expedition
- 7. Take the energy from
- 10. Bungled
- 12. Young salmon
- 13. Botanical gardens
- 14. Source of chocolate
- 15. Country singer LeAnn
- 16. Yokel
- 17. Unit of energy
- 18. Plant of the lily family
- 19. Tusked wild pig
- 21. Form of "to be"
- 22. Formerly
- 27. Letter of the Greek alphabet
- 28. Former First Lady

CLUES DOWN

- 1. Nuclear undersea weapon
- 2. Helps the skin
- 3. Evergreen coniferous trees
- 4. Relieve of employment

- 33. News organization
- 34. Shining brightly and intermittently
- 36. Brew
- 37. Teams' best pitchers
- 38. Edible fruit
- 39. Pitching stat
- 40. or bust
- 41. Baby product manufacturer
- 44. Monetary unit of Finland
- 45. Small spherical structures in cells
- 48. Pouches
- 49. Reached
- 50. Investment account
- 51. Oft-repeated slogan

Cornerstone Bank donates \$5,000 to Quinsigamond **Community College Student Emergency Aid Fund**

WORCESTER

Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, has donated \$5,000 to Quinsigamond Community College's (QCC) Student Emergency Aid Fund, which was established in March of 2020 to help offset tuition costs for students at risk of having to drop out of school due to financial hardships.

"One of our major charitable goals revolves around access to education," said Cornerstone Bank CEO Todd Tallman. "This past year and a half has proven difficult for so many people, and QCC has found a way to help their students stay enrolled and finish their degrees despite sudden financial hardships. We hope our contribution can help students continue to work towards their graduation goals."

The Student Emergency Aid Fund has helped almost 600 students stay in college, with 90 percent of those who received aid not having to drop a class. QCC serves about 10,000 students every year with the vast majority coming from low- to moderate-income families. More than 80 percent of QCC students receive some form of financial aid.

"During the pandemic, 72 percent of students at QCC had a reduction in their working hours and almost half lost their jobs," contin-ued Tallman. "Even in our newfound normal, many of these students are struggling to pay their tuition. We are committed to helping ensure that students who wish to continue their education have the opportunity to do so.'

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

VILLAGER Almanac

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Weekdays 8:30 - 5:00 and Sat. 9:00 -12:00 BRIMFIELD: 413-245-3451

WALES: 413-245-9808 Weekdays 8:30 - 12:30 and 2:00 - 4:30 and Sat. 9:00 - 12:00

REAL ESTATE

BRIMFIELD \$475,000, 226 E Hill Rd, Shalvoy, Donna S, to Dalton, John D, and Dalton, Heather L. \$475,000, 68 Saint Clair Rd, Demos, George S, to Desjardins, Kirsten M, and

Jones, Paul J.

\$465,000, 20 Agard Rd, Vecchione, Linda

A, to Sheridan, Brian, and Sheridan,

What's On Your Mind? We'd Like to Know.

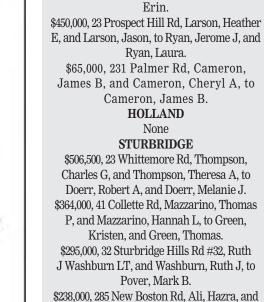
Email us your thoughts to:

- 25. Millilitre
- 26. Beloved Will Ferrell film
- 29. Railway above ground
- 30. Satisfaction

STURBRIDGE 508-347-6463 Weekdays: 9:00 - 4:30 and Sat. 9:00 -12:00

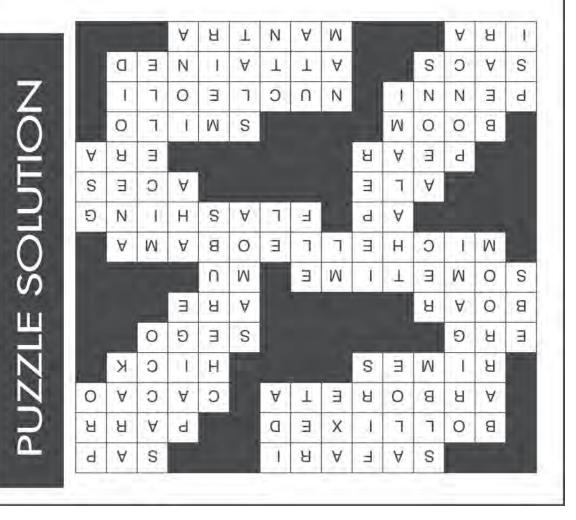
- 5. A way to drench
- 6. Journalist Tarbell
- 7. and Venzetti
- 8. Alcoholic liquor
- 9. An athlete who plays for pay
- 10. Where to get drinks
- 11. Japanese art form
- 12. Baseball great Satchel
- 14. Winged angelic beings
- 17. One point south of due east
- 18. Group of islands in Polynesia
- 20. A place to play: center
- 23. Masses of gray matter in the brain
- 24. Belgian city (alt. sp.)

- 31. Aggregate of molecules
- 32. Type of barometer
- 35. Type of college teacher (abbr.)
- 36. Long periods of time
- 38. Native people of Nebraska and S. Dakota
- 40. Deliver
- 41. Thin, narrow piece of wood
- 42. Modern Israel founder
- 43. Small NY college
- 44. Pounds per square inch
- 45. Veterans battleground
- 46. Hollywood talent agency (abbr.)
- 47. Popular kids' channel



Ali, Nasahe, to Silva, Joshua I. \$77,500, 53 New Boston Rd, Lulu, Suzanne E, to Mazzarino, Thomas, and Mazzarino, Hannah.







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STURBRIDGE VILLAGER PUBLISHED BY STONEBRIDGE PRESS

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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 addres changes to Sturbridge Villager, P. O. Box 90, Southbridge, MA 01550

School district announces eligibility requirements for food program

FISKDALE — TRSD/Union 61 Public Schools Food Services Programs offers healthy nutritious meals for breakfast and lunch. Free and Reduced priced meals are available to qualifying households. For a Free and Reduced Meal Application, they are available at each of our schools, or online at: http://www. tantasqua.org/superintendent/docs/ massachusettsfreereducedpriceschoolmeals.pdf

You may call 508-347-3077 and request an application to be mailed or you may write to:

TRSD/Union 61 Public School Districts

320A Brookfield Rd.

Fiskdale, MA 01518

Free or Reduced Price Meals for

breakfast and lunch are available anytime throughout the school year. Please note your children may qualify for free or reduced meals if your household income falls within the limits on the chart.

Households will be notified of their children's eligibility for free meals if they are members of households receiving assistance from the:

• Supplemental Nutrition Assistance Program (SNAP)

• Distribution Program on Indian Reservations (FDPIR)

• Temporary Assistance for Needy Families (TANF), if the State program meets Federal standards.

Households will be notified of any child's eligibility for free meals if the individual child is Other Source Categorically Eligible, because the child is categorized, as defined by law as:

- Homeless
- Migrant
- Runaway

• A foster child

• Enrolled in Head Start

• Enrolled in an eligible pre-kindergarten class.

If children or households receive benefits under Assistance Programs or Other Source Categorically Eligible Programs and are not listed on the notice of eligibility and are not notified by the school of their free meal benefits, the parent or guardian should contact

FEDERAL ELIGIBILITY INCOME CHART For School Year 2021-2022				
Household size	Yearly	Monthly	Weekly	
1	\$23,828	\$1,986	\$459	
2	\$32,227	\$2,686	\$620	
3	\$40,626	\$3,386	\$782	
4	\$49,025	\$4,086	\$943	
5	\$57,424	\$4,786	\$1,105	
6	\$65,823	\$5,486	\$1,266	
7	\$74,222	\$6,186	\$1,428	
8	\$82,621	\$6,886	\$1,589	
Each additional person:	+8,399	+700	+162	

the school or should submit an income application.

Households notified of their children's eligibility must contact the LEA or school if the household chooses to decline the free meal benefits.

TRSD/Union 61Public Schools prohibit discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, or sexual orientation.

UMass Memorial Health-Harrington welcomes new hematologist/oncologist

SOUTHBRIDGE — Andrei Bandarchuk, MD has joined UMass Memorial Health - Harrington, providing Hematology/Oncology care at The Cancer Center at Harrington, located in Southbridge.

Dr. Bandarchuk brings more than 20 years of broad medical experience to The Cancer Center at Harrington, having specialized in Internal Medicine, General Surgery and Hematology/Oncology.

Dr. Bandarchuk treats patients with cancer as well as anemia and bleeding and clotting disorders. He is also experienced in performing bone marrow biopsies.

Most recently, Dr. Bandarchuk provided Hematology/Oncology care to patients at MetroWest Medical Center – Framingham Union Hospital in Framingham, Massachusetts. Prior to that, he served as Chief Fellow of the Department of Hematology/Oncology and Chief Resident and Attending Physician in the Department of Internal Medicine at Brookdale Hospital Medical Center in Brooklyn, New York.

Dr. Bandarchuk is Board Certified in Hematology/Medical Oncology and Internal Medicine, and is a member of the American Society of Hematology, American Society of Clinical Oncology and the American College of Physicians. He received his medical degree from Belarusian State Medical University in Belarus and completed his residency at Jamaica Hospital Medical Center in Brooklyn, New York.

Dr. Bandarchuk joins Drs. Jeff Gordon, along with Donna Kentley, PA-C, and Courtney Kotfila, NP at The Cancer Center at Harrington, located at 55 Sayles Street in Southbridge. To learn more about The Cancer Center at Harrington and to request an appointment, visit harringtonhospital.org/cancer or call (508) 764-2400.

UMass Memorial Health – Harrington provides outstanding health care to patients in more than 25 communities throughout South Central Massachusetts and Northeastern Connecticut. We are

dedicated to our role as the health and wellness partner of the people in our communities and we are relentless in the pursuit of healing. Our comprehensive array of health care services and locations provides our patients with unparalleled access to care. Harrington Hospital in Southbridge provides medical and surgical inpatient care, 24-hour emergency services, inpatient adult psychiatry, an intensive care unit and comprehensive outpatient services.Harrington Hospital at Webster, Harrington at Charlton, Harrington at 169 and Harrington at Sturbridge offer primary care and specialty physicians, diagnostic imaging and more. Harrington Physician Services is our primary care and multi-specialty physician group, UrgentCare Express at Harrington in Oxford serves as a walk-in medical center for non-life-threatening illnesses and injuries, and the Cancer Center at Harrington in Southbridge allows patients to receive advanced, local oncological and hematology care. Visit www.harringtonhospital.org.





Greater Worcester Community Foundation awards more than \$600,000 in college scholarships

WORCESTER — The Greater Worcester Community Foundation (GWCF) recently awarded over \$680,000 in college scholarships to local students for the 2021-22 academic year. More than 400 students were awarded scholarships ranging from \$300 to \$5,000 to assist them in beginning or continuing their college education this upcoming fall.

"With help from the Foundation, our scholarship program is an important investment in the future of our next generation," said GWCF President and CEO Carolyn Stempler. "By removing some of the financial pressure off of students and families, we can help build a greater sense of belonging and motivation to ensure a more rewarding and impactful college experience."

Since 1978, nearly 9,000 Worcester County students have received more than \$13.3M in scholarship awards from the Foundation. Each scholarship is endowed by local donors with eligibility criteria that reflects various interests. Over 900 applications

Worcester Academy congratulates local graduates

WORCESTER — Worcester Academy held its 187th Commencement Exercises June 4 with 129 seniors graduating. Commencement speaker was WA alumnus and Billboard-charted American jazz performer, Victor Fields, Class of 1971.

Among the graduates were: Dominic Brown of Sturbridge Ryan Bonja of Sturbridge Alexandra Mrotek of Fiskdale Kyle Rizy of Fiskdale

In addition to Fields, speakers included the Academy's Class of 2021 valedictorian Zoe Alpert of Southborough and salutatorian Ava DeAngelis of Shrewsbury. Worcester Academy Board of Trustees President James Pietro officiated,

About Worcester Academy

Worcester Academy, founded in 1834, is an independent day and boarding school for boys and girls in grades 6 to 12 (and postgraduates). Located in the thriving city of Worcester, the Academy provides an exceptional educational experience that fosters personal growth, nurtures a sense of belonging and well-being, and develops intellect and understanding through authentic community engagement and real-world experiences. Students define what it means to "Achieve the Honorable" and are equipped to honorably impact the world wherever they go.

were received and reviewed by more than 85 dedicated volunteers.

'Our scholarship program ensures that no one should have to limit their education due to financial barriers,' said Jacob Vazquez, Philanthropy Officer for GWCF's Scholarship Program. "With our support, we're helping to ensure a brighter future for the leaders of tomorrow. That increases the value of our program two-fold.'

Recipients were selected through a highly competitive process based on merit, financial need, and special criteria established by Foundation donors. Through GWCF's scholarship program, college-bound high school seniors can qualify for mul-tiple scholarship opportunities through the Foundation's single online application. The next application cycle will open in January 2022.

Students from the following high schools will be receiving scholarships for the 2021-22 academic year:

• Abby Kelley Foster Charter Public School

Acton-Boxborough Regional High School

· Advanced Math and Science Academy

 Algonquin Regional High School Ashland High School

Assabet Valley Regional Vocational High School

Auburn High School

Local residents named to Clark University's Dean's List

WORCESTER — The following local residents were named to Clark University's Spring Dean's List:

Kristy M. Cournoyer, of Sturbridge, was named to first honors.

Jacklyn T. Smith, of Sturbridge, was named to first honors.

Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Founded in 1887, Clark University is a liberal arts-based research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. Through 33 undergraduate majors, more than 30 advanced degree programs, and nationally recognized community partnerships, Clark fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.

Bancroft School

• Bartlett High School

 Bay Path Regional Vocational Technical High School

- Bedford High School
- Bellingham High School

• Blackstone Valley Regional Vocational Technical High School

- Burncoat High School
- Claremont Academy
- David Prouty High School

Doherty Memorial High School

Douglas High School

- Dover-Sherborn High School
- Fitchburg High School

Framingham High SchoolFramingham High School-Resiliency for Life

• Franklin High School

• Grafton Memorial High School Groton-Dunstable Regional High School

Holliston High School

Hopkinton High School

· Joseph P. Keefe Technical High School

- Leicester High School
- Leominster High School
- Lincoln-Sudbury High School
- Littleton High School
- Lunenburg High School

 Marianapolis Preparatory School · Massachusetts Academy of Math

& Science

- Maynard High School Medfield High School
- Medway High School

• Millbury Memorial Jr/Sr High School

Millis High School

 Minuteman Regional High School • Narraganset Regional High

School

Nashoba Regional High SchoolNashoba Valley Technical High School

- Natick High School
- Needham High School

• Nipmuc Regional Middle/High School

- North Brookfield High School
- North High School
- Northbridge High School
- Norwood High School
- Notre Dame Academy Oakmont Regional High School
- Oxford High School

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· Phillips Academy Andover

• Quabbin Regional High School • Quaboag Regional Middle/High School

Shepherd Hill Regional High School

- Shrewsbury High School
- South High Community School

• St. John's High School

St. Paul Diocesan Junior-Senior

High School

• Sutton Memorial Jr/Sr High School

Tahanto Regional High School

 Tantasqua Regional High School Tri-County Regional Vocational High School

• University Park Campus School

- Wachusett Regional High School
- Walpole High School
- Wayland High School
- Wellesley High School
- Westborough High School
- Westford Academy

• Worcester Technical High School

For more information, please contact Philanthropy Officer for Scholarships, Jacob Vazquez at jvazquez@greaterworcester.org.

About the Greater Worcester **Community Foundation**

Greater Worcester Community Foundation (GWCF) is central Massachusetts' leading community foundation dedicated to improving the quality of life in the region by connecting donors to high impact nonprofits and community partners. The Foundation employs its expertise and resources to address the region's most urgent needs. Since 1975, GWCF has worked in part-nership with donors to build a \$163 million endowment and awarded close to \$125 million in grants that have helped transform communities and build a strong and vibrant region. We apply our knowledge, relationships, and resources to our work every day, combining passion and discipline to pursue a vision of Worcester's success that works for everyone. For more information on GWCF programs and how to give, please visit www.greaterworcester. org.

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Veal Parmesan w/Pasta & Garlic Bread \$11.95	Prime Rib - Choice C
Hamburger Platter w/ French Fries	Queen \$18.
Chicken Parmesan	Broiled Fresh Sword
with Pasta and Garlic Bread\$8.95	Surf & TurfPeti
Baked Haddock w/ Potato and Vegetable \$10.95	jumbo shrimp
Broiled Sirloin Steak	Shrimp Scampi
with Potato and vegetable\$10.95	Salmon-Baked, Broil

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Duck au Grand Marnier	\$20.95
Prime Rib - Choice Cut - Fridays &	z Saturdays
Queen \$18.95 ; King \$21.	95
Broiled Fresh Swordfish	\$17.95
Surf & TurfPetite filet and thr	ee stuffed
jumbo shrimp	\$21.95
Shrimp Scampi	\$18.95
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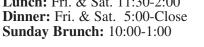
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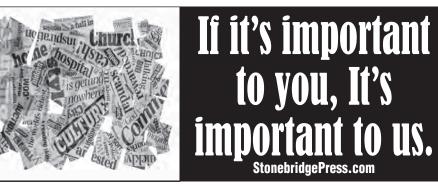


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FRANK G. CHILINSKI President and Publisher

> BRENDAN BERUBE EDITOR

EDITORIAL School days, school days...

It's that time of year again, when back to school photos will infiltrate your social media feeds. We love this time of year when a more structured schedule takes hold; however come June, we are ready for the daily routine to be a bit more relaxed.

We always consider late August into September to be a new year. Yes, the actual new year begins on Jan. 1; however, the start of a new school year always brings a clean slate, and who doesn't love that?

This time of year brings with it memories for all of us, even if we are not headed back into the classroom. We recall in the height of the '80's when Trapper Keepers were all the new rave (a release of the vintage originals can now be purchased online). Back then, anyone who walked into a drug store would be greeted with a wall of the colorful organizers, with notebooks and pencil cases to match.

Having a brand new Trapper Keeper with pencils neatly tucked away the night before school started was step one. Next, the perfect outfit would have to be picked out, after all, the first day outfit set the standard for the rest of the year. During these first few days of school, the excitement was always at an all-time high. It's the famous week three, when things start to settle, and the groove of the school routine has become the norm, once again.

As with most things, we enjoy tracking history. The drastic changes that have occurred over the years are quite interesting, so we thought we would share our findings.

During the 1800's, a typical rural area would have one room schoolhouses, with one teacher for grades first through eighth. The younger students would sit in the front of the classroom, with the 'big kids' seated in the back. Memorizing lessons was the priority back then, where students had to recite what they had learned. Paper bags and lunch boxes were not used for lunch, instead children would pack a lunch and carry it to school in a tin bucket.

During the early 1900's, only half of the children between the ages of five and 19 attended school. This was during the Industrial Revolution where children were needed at home to help work the farms or were put to work in factories. One study reports that in the present, 264 million children are still not educated.

We've heard it all before, but it's true,



Celebrating Apple Season

Here in "apple country" we welcome in the harvest season each year with apple fairs, apple festivals and various apple theme parties. Going to the country on a weekend afternoon to pick fresh

apples from the trees has become a tradition for many New England families. And coming home to steam fresh applesauce, bake sweet pies, and candy coat apples is a delightful autumn ritual anticipated all year long!

In celebration of apple season, this week's column will feature some interesting apple ideas and recipes. And remember readers, send in your best apple recipes and you could win a three course dinner for two at the Publick House!

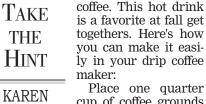
Pleasures of Picking: If you're picking apples off the trees, don't pluck or pull! Twist the apple firmly yet gently and the apple will come off the branch with the stem intact - picture perfect!

Perfect Pick: Can't make it to the orchard to pick your apples? In the store, look for apples are firm with an even color and smooth skin. Apples with a green stem means they've been freshly picked and not stored away. And if the apple has a blossom, it should be green.

Chill Out: Always refrigerate your apples. An apple at room temperature spoils ten times faster then if its refrigerated. The optimum temperature to keep apples at their best flavor is about 35 to 38 degrees. While refrigerators aren't typically that cold, be sure to keep apples in the chilliest area of your refrigerator. To further extend the freshness of apples, store them in a perforated plastic bag in the refrigerator. With this method apples can last up to four weeks, depending on the apple and how ripe it was when picked.

Frozen Assets: Did you know you can freeze apples? Simply peel, core, slice them and seal in heavy-duty zipper freezer bags.

Easy as Pie: To make quick work of apple pie preparation, freeze prepared apples in a metal pie tin. When frozen, pop out and transfer to a ziplock freezer bag. When you want to make a homemade apple pie, simply transfer the frozen apple filling into a pie crust and follow your favorite recipe.



Place one quarter cup of coffee grounds and one quarter teaspoon ground cinnamon into the brew

basket of coffee maker. Then place one quarter cup brown sugar or honey and one cup of apple cider in the bottom of the pot. Add three cups cold water to the coffee maker and brew. When brewing cycle is complete, stir until well mixed. Serve in mugs with cinnamon sticks. A quick note: The glass pot and brewing basket may require a little more cleaning after this recipe, but it's worth it!

Guilt Free Baked Apples

TRAINOR

On a diet? You can indulge in this sweet treat - sans the guilt!

Ingredients: Six firm apples; granulated sugar substitute; raisins; butter (optional)

Directions; Preheat oven to 350 degrees. Peel six apples and core, leaving about an inch at the bottom. Mix together cinnamon and about a cup of granulated sugar substitute to taste. Arrange apples in a glass baking dish. Fill each apple with the cinnamon mixture. Add a dot of butter or butter alternative to each apple. Sprinkle raisins on top. Pour about a half cup of hot water into the bottom of the pan. Cover loosely with tinfoil and bake for about 45 minutes or until apples are softened but not overcooked.

Note: New England apples popular for baking include Cortland, Rome, Jonagold, Gala, Golden Delicious, Northern Spy, Ida Red and Braeburn.

Shrunken Apple Heads

Made from apples, these hideous heads are sure to be the hit of your Halloween party!

Materials: whole apples, whole cloves, rice, lemon juice, salt.

Instructions: Peel a large apple and brush with a mixture of lemon juice and a couple of teaspoons of salt to prevent browning. Use a vegetable peeler or sharp knife to carve out eyes, nose, mouth and ears. Don't be too fussy, as details won't show once the apple has dried. Some suggestions: Poke whole cloves in eye sockets; place raw rice in the mouth for teeth. Allow apples to dry in a warm, dry place for two weeks. To expedite the drying process, place apples in the oven at lowest temperature for several hours, then allow to sit at room temperature for a few days. Shape the faces as they shrink and harden.

Start thinking about your retirement income plan



FINANCIAL FOCUS

JEFF BURDICK

If you're getting close to retirement, you're probably thinking about the ways your life will soon be changing. And one key transition involves your income – instead of being able to count on a regular paycheck, as you've done for decades, you'll now need to put together an income stream on your own. How can you get started?

It's helpful that you begin thinking about retirement income well before you actually retire. Many people don't – in fact, 61 percent of retirees wish they had done better at planning for the financial aspects of their retirement, according to an Edward Jones/Age Wave study titled Retirement in the Time of Coronavirus: What a Difference a Year Makes.

Fortunately, there's much you can do to create and manage your retirement income. Here are a few suggestions:

• Consider ways to boost income. As you approach retirement, you'll want to explore ways of potentially boosting your income. Can you afford to delay taking Social Security so your monthly checks will be bigger? Can you increase your contributions to your 401(k) or similar employer-sponsored retirement plan, including taking advantage of catch-up contributions if you're age 50 or older? Should you consider adding products that can provide you with an income stream that can potentially last your lifetime? · Calculate your expenses. How much money will you need each year during your retirement? The answer depends somewhat on your goals. For example, if you plan to travel extensively, you may need more income than someone who stavs close to home. And no matter how you plan to spend your days in retirement, you'll need to budget for health care expenses. Many people underestimate what they'll need, but these costs can easily add up to several thousand dollars a year, even with Medicare. • Review your investment mix. It's always a good idea to review vour investment mix at least once a year to ensure it's still appropriate for your needs. But it's especially important to analyze your investments in the years immediately preceding your retirement. At this point, you may need to adjust the mix to lower the risk level. However, you probably won't want to sell all your growth-oriented investments and replace them with more conservative ones – even during retirement, you'll likely need some growth potential in your portfolio to help you stay ahead of inflation. Create a sustainable withdrawal rate. Once you're retired, you will likely need to start taking money from your IRA and 401(k) or similar plan. But it's important not to take too much out in your early years as a retiree, since you don't want to risk outliving your income. A financial professional can help you create a sustainable withdrawal rate based on your age, level of assets, family situation and other factors. By planning ahead, and making the right moves, you can boost your confidence in your ability to maintain enough income to last throughout your retirement. And with a sense of financial security, you'll be freer to enjoy an active lifestyle during your years as a retiree.

most students would walk or ride their bikes to school in all kinds of weather up to five miles away. Today, most students take the bus or are dropped at school by their parents. In some areas, there have been initiatives taken to promote the 'old school' way of transporting kids via bike or walking.

Way back when, if a student misbehaved, they were placed in a corner and had to wear a dunce cap. Discipline has changed quite a bit, however; we remember a slew of kids standing along the brick wall during recess in the 1980's at a New Jersey elementary school. Some students may have had to stand against the wall for not returning a permission slip, or for talking in class, but we won't mention any names.

Home Economics classes have been replaced with a more modern swing than when they first emerged in the 1950's and lasted through the '70's. Back then, students, mostly female, were taught how to cook and sew. In the late 80's, those classes saw more male students as it became a requirement for all. We remember sewing 'Nerd' (as in the candy) stuffed animals and Oreo cookies in our class. When it was time to cook. we have fond memories of baking a holiday cake and forgetting to add baking powder, or was it flour? Either way. that cake took on a life of its own, we fondly remember taking red icing and writing 'Scrooged' over it.

Industrial Arts classes are few and far between, however are still offered in some places with a more technological twist. Back in the day, students would take large pieces of wood, run it through a planer, sand it, stain it and create all sorts of things from entertainment centers to cut out wooden apples using a jigsaw. We remember leaving notes for our friends in the afternoon class. We would slip them in the lockers and hope we remembered whose locker belonged to who. No texting back then.

Cursive writing was always fun. It was a great feeling when you made that lower case 'j' just right. Who knew that years later, hand writing would happen less and less and our cursive skills would be a thing of the past. Handwriting is, however, making a comeback in some schools.

We think it goes without saying, that the best memories involve a good old fashioned pencil sharpener. Trying to get the pencil as small as possible in one go, meant that you were talented. If that pencil still had a full eraser, you were batting a thousand. It was an even better day if you could get your hands on an electronic sharpener.

Cheers to a new school year, and to new memories.

A is for Apple: Cornell University researchers reported in the journal Nature in 2000 that one apple packs more cancer-fighting antioxidant capability than a 1,500-milligram dose of vitamin C.

Food for Thought: Research from the University of Massachusetts Lowell suggests that apple juice may protect against oxidative damage that contributes to age-related brain disorders such as Alzheimer's disease. And it may also help to maintain brain performance.

Superior Strains: Studies show apples are not all alike when it comes to health benefits. In fact, Red Delicious apples, which account for 27% of U.S. apple production, have two times more antioxidant activity than Empire apples, according to a Canadian study. Northern Spy came in second; followed by Cortland, Ida Red, Golden Delicious, McIntosh, Mutsu and Empire.

Coffee Cider

Apple cider is at its best this time of year, and coffee cider merges the fresh New England cider taste with classic

Give it your all!

Last week, I wrote about following your dreams and not listening to the naysayers.

I believe this with all my heart, and at the same time, I know that often the naysayers can be correct. Why?

Lots of reasons. No matter how hard I tried, I didn't have the physical ability to be an Olympic swimmer. I gave it my all, but it wasn't in the cards; there were those around me who knew it.

If the naysayers are correct, don't let it be because you didn't try.

Some people are afraid of failure; for me, failing isn't the worst outcome. Failing because I didn't try, failing because I didn't care enough; That's the worst outcome! How do I know? I've done it; I've wept the bitter tears.

Knowing that I did everything I could to accomplish a dream is a great comfort.

John C. Maxwell said, "Dreams don't work unless you do."

Mahatma Gandhi said, "All good thoughts and ideas mean nothing

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

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

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

without action."

People often fail in their dreams because they don't try, don't care, make excuses, and procrastinate.

What is belief? If you believe in something, doesn't that mean you live

in a manner consistent with that belief? If you aren't doing the action if you aren't taking the necessary steps, is it possible that you never truly believed in it in the first place?

The ancient disciple James said, "Faith without works is dead."

If you're starting a business, but you're not writing down the goals, putting the business plan on paper, going to school, reading the books, building the team, raising the money, and executing the program, do you believe?

Jim Rohn said, "Ideas without labor never become tangible; they never become real."

Procrastination is a killer of dreams. That bears repeating; procrastination is a killer. Years can be wasted, and a whole lifetime can 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.

POSITIVELY SPEAKING TOBY

MOORE

Changes in the weather



The Great Outdoors RALPH TRUE

Mother Nature has decided to send a hurricane with wind & rain into our week at a terrible time, as many families and friends take vacation days, hoping to enjoy the outdoors. We cannot complain too much though as our neighbors to the West and South are enduring fires, mudslides and flooding for months. Global warming is real, and the change in our weather is only going to get worse. There are still many non-believers on global warming, and I do not know what it will take to convince them that it is real.

Fresh water bass fishing continued to provide some great fishing last week ,with one youngster catching a three-and-a-half-pound smallmouth bass. Heavy rain causes a lot of high water on lakes and streams, but sometimes it improves fishing for some species on lakes and ponds. Back in 1954, Hurricane Carol hit New England and dumped a large amount of rain causing floods and devastation to the area. After a few days, anglers were fishing the Arcade Pond in Whitinsville using shiners for bait, and the action was great. Huge pickerel and largemouth bass were caught during a week or more at the culvert on Main Street that once allowed water to flow into the Blackstone River. The area is now a parking lot!

A few local anglers fished aboard the Yankee Fleet in Gloucester, and had a great day of fishing, catching numerous Haddock, Cod, Cusk and pollock. Unfortunately, all of the cod had to be returned back to the ocean because of the closure of cod on all of the Gulf Coast. Starting



in September anglers can retain one cod daily on the Gulf Coast.

Striper fishing on the Cape Cod Canal provided sporadic action for some anglers last week. Reports of great striper fishing in Rhode Island with many large fish being caught. Just about any striper baits and jigs are producing fish ,including umbrella rigs, live eels and jigs. There are a lot of school stripers in the bays which are also holding some legal-size fish. Fly fishing anglers are enjoying some great fishing. Reports of some great fishing

Reports of some great fishing for fluke around the Five Cottages area was good news last week with numerous keeper fluke. The Snug Harbor fishing report stated that eight- and nine-pound fluke were caught last week at areas around Block Island. Seabass fishing is also very good around the rocky bottom areas.

Take A Kid Fishing & Keep Them Rods Bending!

Antique and vintage cars selling well



Antiques, Collectibles & Estates wayne tuiskula

Before I dive into today's topic of collectible cars, I have some exciting baseball card news to share. The T206 Honus Wagner card that I thought might set an auction record did just that on Aug. 16. It's now the highest priced baseball card ever sold, hitting a home run when it went for \$6.6 million.

America is said to have a love affair with cars. Some believe the love affair ended many years ago as styles have changed. The muscle cars of the 1960s have been replaced with today's SUVs. But many baby boomers and middle-aged buyers want to own cars from the era when they grew up, or even from before they were born. Past columns have discussed automobile memorabilia like advertising signs and gas pumps. I'll focus on the cars themselves in this article.

The New York Times reported that the pandemic did not hurt the collectible car market. In fact, the Times reported that "rather than back away from classic automobiles because of the pandemic, buyers flocked to them, sometimes in stunning numbers." The New York Times noted that collectors were "choosing to quarantine themselves in what some might consider the ultimate safe distancing bubble — the cockpit of a classic car.' There are a few examples of older cars selling well at auction over the past several years. When they were first produced, Model Ts were mass-produced and therefore affordable. They were manufactured from 1908 to 1927. A 1910 Ford Model T Touring car sold for \$35,000 at auction in 2019. The Stanley Motor Carriage Company of nearby Newton, Mass., built steam powered "Stanley Steamers" (nicknamed "flying teapots") beginning in the late 19th century until 1924. A 1919 Stanley Steamer sold for \$60,000 in 2019. Cars that you may have seen on local roads in the 1960s and 1970s are also bringing phenomenal sums at auction.



1963 Lincoln Continental Convertible \$106,700

1970 Plymouth Road Runner - \$176,000 1970 Ford Mustang Boss 429 Fastback \$225,500

1970 Plymouth Superbird - \$151,800

1962 Chevrolet Corvette Convertible - \$242,000

1970 Chevrolet Chevelle Convertible \$154,000

1963 Chevrolet Corvette Split Window

Coupe - \$151,250

1968 Mercury Cougar GT-E 1 of 101 Produced - \$132,000

1969 Chevrolet Camaro RS/SS Pro Touring - \$126,500

1968 Ford Mustang GT500CR Fastback \$225,500

And here are some auction results from this year:

1963 Corvair 95 Pickup - \$49,500

1958 Chevrolet Impala Resto Mod

Convertible - \$253,000

1971 Plymouth Cuda Convertible - \$962,500

1967 Chevrolet Chevy II Hardtop - \$132,000

1968 Dodge Hemi Charger R/T - \$231,000 1957 Ford Thunderbird F-Code -\$203,500

As for more recent models, CNBC reported that a 1995 McLaren F1 race car recently sold at Monterey Car Week for \$20.5 million. It was the "most expensive car to sell at auction since 2018." Hopefully, it's good on gas.

We will be offering a 1962 Corvette as well as other Corvettes in an online auction that will end on October 13th. There are also vintage boat motors, bicycles and other estate items in that sale. Our next online model railroad and die-cast car auction is underway. I'll be appraising items virtually for the Townsend Historical Society on Nov. 13. My "Evaluating your Antiques" class will take place on Nov. 10 at Bay Path Evening School in Charlton. Please visit our website for more details on upcoming events: https://centralmassauctions.com

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

Put kitchen scraps and landscape trimmings to work in the garden

Here are some 2020 auction results: 1958 Chevrolet Apache 32 Napco Pickup - \$68,200

1971 Dodge Charger R/T - \$86,900 1955 Cadillac Series 62 Convertible -

\$88,000

1957 Ford Fairlane 500 Skyliner -\$99,000

.....

MOORE

continued from page $\pmb{A8}$

be wasted procrastinating. Everyone sometimes procrastinates; at times, I've been a great procrastinator. I could write a book teaching you how to be a better procrastinator!

What are some potential causes of procrastination?

Excuses can cause procrastination. "I can't go for my dreams until I lose weight." "I can't work towards my dreams until I get a new job." "I can't try for my dreams until I get out of debt." "I can't go for my dreams until my kids grow up."

The excuse maker says, "First let me focus on this other thing, and then after it's finished, then I can go for my dreams." Next week comes, and a new excuse is made; it can go on forever.

A lack of passion can cause procrastination. I've seen many actors who wanted to make it in Hollywood, but they weren't into the art of acting. They never took the classes, they never sought the auditions, if they did get auditions, they didn't rehearse.

They weren't passionate about what mattered. They pursued the



Convert landscape and garden trimmings into valuable compost. Incorporate this soil amendment into garden soil to improve drainage in clay soil and increase water-holding ability in fast draining sandy soils. It also promotes healthy plant growth more resistant to insect and disease problems and keeps plant-based kitchen scraps and garden waste out of landfills.

Composting is as simple as placing disease- and insect-free plant debris into a pile and letting it rot. Don't add meat, dairy, or fat that attracts rodents or weeds that have gone to seed, invasive plants or perennial weeds that can survive the compost process and end up back in the garden.

You can enclose the pile in a bin to



Melinda Myers

Composting can be as simple as collecting disease- and insect-free plant debris, placing it in a pile and letting it rot.

lifestyle, but they didn't seek what makes the lifestyle sustainable. They majored in the minors, and they minored in the majors.

Drugs and alcohol can cause a lot of problems and are considerable procrastination. Many competent people cease to be competent when using drugs and alcohol. If you want to accomplish a dream, quitting the addiction can sometimes be the difference between success and failure.

Fear of failure can be a cause of procrastination. Sometimes the most successful people have failed the most, but they succeed because they keep trying; they never give up. Not pursuing a dream because you're afraid to fail is a failure in itself.

Some say Thomas Edison failed 10,000 times while trying to invent the lightbulb. That wasn't his perception; he is quoted, "I have not failed; I've just found 10,000 ways that won't work.

I've been told that perception is everything. If you've tried 10,000 ways to accomplish your dream and haven't achieved it yet, but you keep on trying, have you failed?

Don't be afraid; put yourself out there. You are capable of great things! keep the process neat, tidy, and out of sight. Some gardeners prefer tumbler composters for added ease when it comes to loading, unloading, and turning the pile. Dual bin tumblers allow you to stockpile the raw materials in one bin while actively composting in the other.

Always check with your municipality first. Some have restrictions on the type of bins that are acceptable while others may offer them at a discount.

Start your pile in an accessible space hidden by nearby plantings, fences, or decorative bins. Turn the pile frequently, moving the more decomposed materials in the center to the outside and less decomposed to the center.

Speed things up by mixing nitrogen and carbon rich plant debris, topping with soil or compost, and adding a bit of fertilizer. Including equal parts of nitrogen rich (green) materials like herbicide-free grass clippings, fruit wastes, vegetable clippings and manure with carbon rich (brown) cornstalks, evergreen needles, straw and fall leaves will speed the process. But don't let this recipe prevent you from composting. All plant waste will eventually decompose as weather, insects and micro-organisms digest the materials over time.

Start with an eight- to 10-inch layer of garden trimmings. Cover with an inch of soil or compost and sprinkle with fertilizer to help speed things along. Repeat until the pile is at least three feet tall and wide. Moisten the pile to a consistency of a damp sponge.

Turn the pile as time allows or frequently for faster results. Move the more decomposed materials from the center to the outside of the pile. It's a great work out and speeds up the decomposition.

The more effort you put into composting the sooner you will have rich organic matter for your garden. But even casual composters end up with a wonderful amendment for the garden.

Compost is ready when it is brown and crumbly. Mix finished compost into potting mixes for containers, work it into garden beds or spread a one-inch layer over the soil surface of perennial gardens every other year.

Start putting your landscape trimmings in a heap and watch the magic happen.

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

End of an era for local business

REGION — What began as a chance encounter in January 2002 led to a business partnership which at one time had grown to more than 40 retail stores throughout New England. On Aug. 1, this chapter came to an end as Mark Amadio and Kyriakos "KK" Konstantakis have just sold their remaining five locations of AMCOMM Wireless and enabled a respected industry peer to enter the New England market.

Our initial stores were in West Boylston and Sturbridge," said Amadio, "and shortly thereafter we grew to stores in Worcester, Webster, and Fitchburg before expanding throughout New England. We began paring down three years ago, selling twenty-five locations to Go Wireless. KK and I moved the corporate office to Charlton, and we retained five retail stores in New Hampshire, all of which will now be sold to BeMobile. While not an easy decision, he and I knew it was the right one for us at this time in our lives."

"We genuinely embraced each other's strengths, maintained a win/ win philosophy and a passion for our work. This provided the synergy to help us drive through adversity and celebrate our successes. This, along with the opportunity to leverage the power of the Verizon brand as an Authorized Retailer, enabled the AMCOMM team to provide the best in technology-based mobile and IT solutions. "We partnered with the right company at the right time as cellular service burgeoned," remarked Konstantakis.

"We are proud of the success we've had," added Amadio. "Our mission

Bring your family's memorial

back to its original beauty.

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was to deliver an exceptional customer experience and to be a vital part of the communities we serviced. We are proud to have accomplished that goal.'

Over the years, Amadio and Konstantakis have employed hundreds of people and created relationships with industry partners, vendors, and consultants.

"Having had the opportunity align our passion and our careers has been truly rewarding. We are proud of the lives we've changed through AMCOMM and grateful for those that changed our lives by helping AMCOMM succeed. These individuals know who they are and have left a permanent mark ... period," added Konstantakis.

While the sales team and technical teams drove growth and revenue, the back-office team was the glue that held it all together. KK and I were blessed to have had the best of both. Of course, the support of our families, friends and key mentors and advisors played a strategic role in the success of our business," Amadio paused to smile then added, "and our sanity."

So what's next for this dynamic duo? "More time with our families, certainly," said Amadio. "It's time to figure out what I want to be when I grow up," he joked. "Seriously though, I will say this: Our partnership is not over."

"The next venture will be a bridge between our past and future," added Konstantakis.

When pressed as to what that next venture might be, Amadio remained coy, stating "As they say in your business, 'Watch this space!'

Physician Services welcomes sports medicine specialist

SOUTHBRIDGE Edward Appelbaum, D.O. has joined Harrington Physician Services Orthopedics practice. Dr. Appelbaum provides orthopedic care for all ages and specializes in sports medicine, which provides care for the prevention and treatment of injuries related to sports and exercise.

Dr. Appelbaum is board certified by the American Osteopathic Board of Orthopedic Surgery and is a member of several orthopedic and sports medicine professional associations and societies, including the American Orthopedic Society for Sports Medicine. the American

Academy of Orthopedic Surgeons and the American Osteopathic Academy of Orthopedics.

He also has experience providing sports medicine care for ath-letic teams, including Worcester State University Football, the University of Maryland Football and Competitive Cheer teams, the Atlantic Coast Conference Track and Field Championships, and several high school football teams. In 2012, he founded 1,000 Miles for Kids, a 1,604-mile bicycle ride from the Children's Hospital of Philadelphia (CHOP) to Disney World to benefit the Children's Miracle Network.

Dr. Appelbaum earned his Doctor of Osteopathic Medicine degree from Philadelphia College of Osteopathic Medicine. He completed an Orthopedic residency at Rowan University/Inspira Health Network in Vineland, New Jersey, where he served as chief resident and received the Inspira Orthopedic Surgery Residency Program Directors Award. He completed an Orthopedic Sports Medicine Fellowship at the University of Massachusetts in Worcester.

Dr. Appelbaum joins orthopedic specialists Samantha Chase, MD, Russell Donnelly, MD and Young-Ho Oh, MD at the Orthopedic specialty practice located at 94 South Street in Southbridge. To learn more about orthopedic and sports medicine care at Harrington, and to request an

appointment, visit harringtonhospital.org or call (508) 764-2772.

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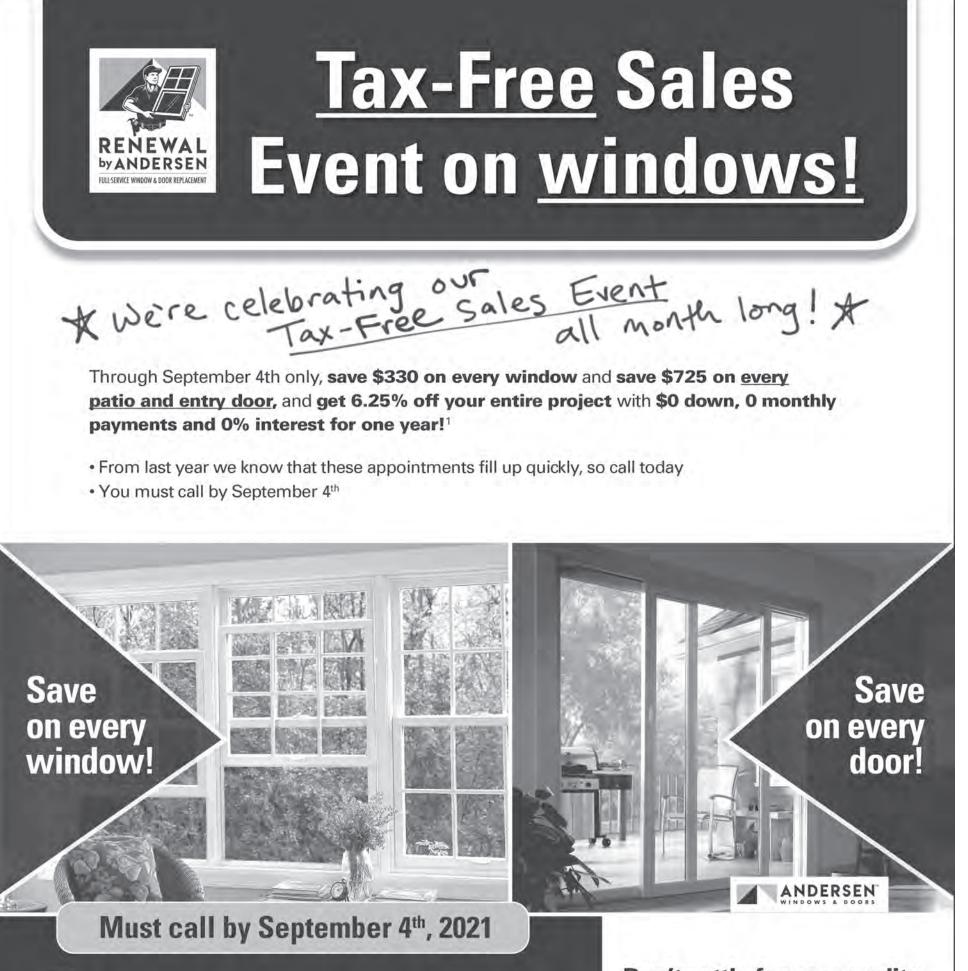






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Deck & Slider to the Patio! Natural gas heat! 2 Boat Slips! Heated Pool! Natural Sandy Beach! \$439,000.



GRANT

continued from page A1

launched in 2015 with the goal of replacing outdated equipment and technology, mainly at vocational technical high schools and community colleges. Since then, the program has evolved into a crucial component of local workforce training efforts by expanding the number of young people and adults trained and experienced with the newest technologies used by local employers. Approximately 40,000 students across the Commonwealth have directly benefited from these grants.

'Massachusetts, like the rest of the country, will face workforce challenges in the next few years, but we are poised to handle them better because of programs like the Skills Capital Grants, said Lt. Gov. Karyn Polito. "The grants enable schools, colleges, and other educational institutions to revamp how students learn and gain crucial experience that serves them and employers well."

The grants are awarded to educational institutions that demonstrate partnerships with local businesses and align their curriculums with industry demand to maximize hiring opportunities. This has made a big difference at local schools like TRHS, particularly its technical division

"Gov. Baker and his administration created these grants years ago, and they are extremely helpful for smaller schools like the Tech Division," Principal Wood added. "Over the years, the Skills

Capital Grants have helped us bring state-of-the-art technology to our CAD Program, Health Assisting Program, Manufacturing Program, and now our Culinary Arts/Hospitality Programs. Our students have benefited from these grants, as they are able to train and learn on the most up-to-date technology available in their chosen field.'

.....

State officials also believe the program will greatly benefit the Commonwealth's worker shortage caused by COVID-19. Many industries continue to struggle to reach adequate staffing levels, and state leaders are focused on ushering in the next wave of workforce candidates.

"Training a skilled workforce is critical to the Commonwealth's economic recovery, and the Skills Capital Grants have been a vital component of our efforts to strengthen the talent pipelines for key industries," said Massachusetts Housing and Economic Development Secretary Mike Kennealy. "As we continue emerging from the economic damage inflicted by the pandemic, funding this program at this milestone level will significantly increase access to employment opportunities in every region of Massachusetts and accelerate progress toward recovery."

The Skills Capital Grants are awarded by Governor Baker's Workforce Skills Cabinet, which was created in 2015 to bring together leaders in education, workforce development, and economic development.

To learn more about the program, visit www.mass.gov.

MASK POLICY

continued from page $\ensuremath{\textbf{A1}}$

"Giving the locals the opportunity to own the decisions they make is a big and important issue," Baker said. "If you look at what has played out in other states where the government has taken away the authority for locals to make their own decisions, that's not the right way to play this game."

Several local students, parents, and educators agree with the Governor's current handling of the Delta variant. Others fear that his hands-off approach is a dangerous gamble. As of last week, every county in the Commonwealth had reached a threshold of COVID-19 transmission that automatically triggers a CDC recommendation for public indoor masking, regardless of vaccination status

During his Aug. 16 press conference, Baker reiterated his recommendation that students in grades K-6 continue to wear masks indoors.

"We've made a very strong recommendation to our colleagues in K-6 education. Because there is not a vaccine currently available for that population, we recommend that those kids should be masked

MALDONADO

continued from page A1

"Definitely a very good Quinsigamond success story," he said.

Having the Southbridge location at Southbridge High School opens many

..... up until they have an opportunity to be vaccinated," Baker said.

State officials also recommend that unvaccinated students in grades seven and above, as well as unvaccinated staff members and visitors to schools, wear masks indoors. Additionally, any individual at higher risk for severe illness from COVID-19, or with a household member who is at high risk, is encouraged to mask indoors regardless of vaccination status.

Looking ahead, Baker hopes the Commonwealth continues to serve as an example to states that are lagging behind with vaccinations.

"I hope that many other states move as aggressively as the people in Massachusetts have moved to get vaccinated," Baker said. "Vaccinations are the pathway out of this pandemic - period. I can't tell you how grateful I am that so many people see that and have gotten vaccinated.'

As the start of school rapidly approaches, state officials continue to promote vaccine clinics for eligible students. Governor Baker said Massachusetts is a national leader among young people ages 12-19 getting vaccinated.

To learn more about the state's efforts to combat the virus, visit www.mass.gov.

Instead of taking college equivalent classes students can actually take college classes for college credit." he said. "I hope that people will see QCC at Southbridge as the college of choice for the Southwest corner of Worcester County."

HORSE PARK continued from page A1

It passed the House, but a somewhat different version (one lacking the approval of college betting the House had) is now in the Senate. Either way, the Gaming Commission has set an Oct. 1 deadline for new applicants.

The second "silo" is agriculture. Fields aims to start an Agriculture in the Classroom program, community garden, beekeeping site, horse therapy, horse riding lessons and a biodigester turning farm and restaurant waste into energy.

"Part of the issue we have in our society now is that we have lost our connection with the dirt," he said.

The third part will be collaboration with the town to promote other recreation. He said he's willing to contribute \$1.5 million to athletic field redevelopment, but will also have recreational space on his property. To him, the goal is to make a place that is "quintessential Sturbridge, and something all of us will be proud of for generations to come."

Later, when Selectman Mary Dowling raised concerns over the racing industry's generally poor treatment of horses, Fields leaned on his record as manager at Suffolk Downs. He said he had "zero tolerance" for drugging animals or selling them to slaughterhouses, and has bought "many" to rehabilitate them and "find new homes for them."

Fields' attorney Robert George said the zoning overlay they're proposing specifically excludes putting slot machines or a casino there. His partner Karen Davis noted it's "a very complicated project. We've hit a lot of bumps in the road," but are willing to work with the town to ensure the broader community benefits.

Town Counsel Jonathan Silverstein of KP Law said he provided the board with recommended changes to the proposed host community agreement, but it's still in draft form. The next step would be to bring in a peer-review consultant to look at the business model, economic impact reports and related issues, with Silverstein recommending one he's worked with and noting the proponents have expressed willingness to fund it. The board approved that recommendation, setting a price cap of \$35,000 on it.

The board expressed a little uncertainty about doing these things before getting the green light from Town Meeting, with Chair Mary Blanchard dubbing "a little bit chicken and egg." She said she's seen letters opposing rezoning already.

Davis agreed the timing seems a little odd, but it's largely determined by the Gaming Commission.

She said, "We tried to make it so you don't have to take a leap of faith" with the proposed zoning change, and are simply asking the board whether using that site is acceptable. All of the other issues will still be addressed later.'

other business, Economic In Development Director Terry Masterson summarized how covid impacted Sturbridge's economy but it's currently recovering. Between 2017 and 2019, the town annually saw about \$63 million in meals spending and \$17 million in hotel stays, but those dropped to about \$46 million and \$9 million last year, respectively, he said. This spring, however, saw both return to the older levels.

Additionally, he cited several projects in the works around town. Those include that Teddy G's recently bought the old Friendly's, the owner of the JC Penney site has found new tenants for most of that space, and two cold-storage sites are under construction, as is the new Route 20 travel center, featuring an electric vehicle showroom and restaurant. But he noted the Cinemagic space is still vacant.

The board also continued discussing its concerns regarding two major Charlton projects (one of them an Amazon warehouse) with Attorney Art Kreiger. Kreiger said he thinks Sturbridge's best bet is to focus on widening Route 20, getting better lights and traffic signals, and otherwise ensuring it can handle more traffic. He didn't think the town would have standing to appeal whatever Charlton or the state Department of Transportation decides.

That prompted Dowling to ask if it might be possible to get MDOT to create a Mass Pike exit for the project, thus taking some traffic off Sturbridge roads. Kreiger said that'd be "a five-year proposition" he didn't see as being "in the cards" now, although it might be long-term.

Gus Steeves can be reached at gus. steeves2@gmail.com.





doors for students and the community, according to Mr. Maldonado.

"This benefits high school students who can see firsthand how accessible college can be and they can take advantage of the Early College Program.

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BARNES ENTERPRISES

Friday, August 27, 2021

Ladies Auxiliary of Quinebaug Lodge to host Craft Market



Courtesy

Just one example of the craft tents set up by Norah's Fabric Creations that will be at Quinebaug Masonic Lodge in Southbridge on Sunday, Aug. 29.

SOUTHBRIDGE — On Sunday, Aug. 29, the Ladies Auxiliary of Quinebaug Masonic Lodge, located on Route 131 at 339 Ashland Ave. in Southbridge, will be hosting a Craft Market from 9 a.m. to 2 p.m. This Craft Market offers a great opportunity to find all kinds of unique gifts and crafts for your home or anyone on your shopping list. Everything from hand sewn items, crochet items, candles, signs, soaps, jewelry, active wear, kids and women's clothing and much, much more. All Covid-19 Guidelines would be greatly appreciated.

Some Vendors including, but not limited to are, Little Hearts Custom Creations, Norah's Fabric Creations,

SOR Creations, Matilda Jane, Jackson's Creative Cakes and Crafts, Nicole Singer Arts. If you are interested



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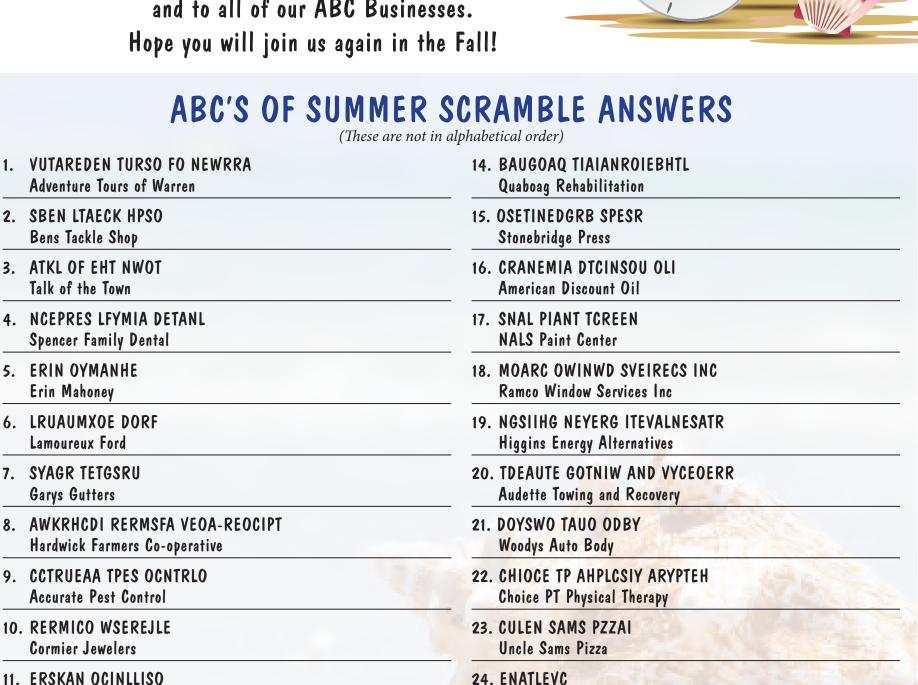
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Come with the family and enjoy Apple Picking,



12-4



Correction

DUDLEY — The Ivascyn family of Charlton has brought to our attention that in selecting a photo to run with a press release published last week concerning the establishment of a scholarship in the name of Daniel Ivascyn, we inadvertently chose a photo of his son, who shares his first name.

Pictured here is the Daniel Ivascyn for whom the scholarship was, in fact, named.

Stonebridge Press deeply regrets any confusion that may have resulted from this unintentional error.





uesday i hrough i hu



Any family size entree, large garden salad, & garlic knots

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