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Friday, June 18, 2021

# Trinity Catholic Academy congratulates Class of 2021

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

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

Valedictory Award: Manaali Vaidya, Salutatorian Award: Luisa Henao

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

The President's Education Award for Outstanding Academic Achievement: this award recognizes



outstanding growth, improvement, commitment, or intellectual development in academics: Luisa Henao, Elena Jerez, Ava Simon and Havish Swadia. NJHS Outstanding Achievement Award: Each

school year, there are many students nationwide who apply to the National Junior Honor Society

Turn To **TRINITY GRADS**, page **A12**

## Ruth Wells Center to hold Midsummer Festival

SOUTHBIDGE — The Ruth Wells Center for the Arts, located at 111 Main St. in Southbridge, is celebrating with a Midsummer Festival on Saturday, June 19, from 11 a.m. to 5 p.m. on the grounds. Featuring live music, food trucks, art and craft vendors, children's activities and beer garden, it will be a time for all to celebrate summer and the arts. The Ruth Wells Center for the Arts has been closed because of Covid- no exhibits, children's art camps, no programs. This is our way of bringing art to the community in a safe, fun environment. There is room for all to wander the front lawn visiting the assortment of vendors, while listening to live music and relaxing in the beer garden. Your favorite food trucks will be on the property. Plan to stop by 111 Main St and have some fun.

## Bay Path Practical Nursing students donate old textbooks

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

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



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

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

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

"Retired textbooks are a different story, but we've found a great partner in [www.betterworldbooks.com](http://www.betterworldbooks.com)," said Bolandrina.

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

## Distinguished guest speaker commands Masons' attention

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

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

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



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

Program. Bro. Reed had his audience at the lodge in awe with his explanation of the criminal system, DNA profiling and much, much more. Some of the stories he was telling as his time as a state trooper had everyone laughing. This man is like the energizer


bunny. He really knew how to speak and keep the audience's attention, from talking with his hands, moving from one end of the room to the other, and telling us a story about when he was involved with Ex-President Bill Clintons security team when he

came to Massachusetts.


After his speech he had a standing ovation. Brethren approached him and thanked him for his service and spending time to give the members information about the Criminal Justice Program and his time as a State Trooper.

Courtesy





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



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**Congratulations to the Class of 2021!**

**You are moving on to a new and exciting chapter in your lives. I wish you all the best for the future that lies ahead. Believe in yourselves and great things will follow.**

**– Senator Anne Gobi**



*Here's to*  
**NEW BEGINNINGS**  
FOR THE CLASS OF 2021

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

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# Morris Street once again ready to greet yardsalers

SOUTHBRIDGE — Summertime weather has arrived, and that means more people are holding yard sales, including some of us at the top of Morris Street. Because of the Covid-19 Pandemic that struck the country during 2020, we did not hold our annual Multi-Family Yard Sale, so it has been two years since we have seen most of you. You've been missed.

Several of the regulars have decided to hold a yard sale this year. The fun usually begins at 330 Morris St., where Loretta Gendron, her brother, Roger Labonte and his son, Eric, will probably be set up. Then you can stop by and check out what is at 366 Morris St.

The fun continues all the way up the hill onto Brentwood Drive.

Keep your eyes open as you wander around and you may find some on the area's neighbors who live on Maria Avenue and the nearby cul-de-sacs on Bristol Lane, Apollo Drive and Arland Drive may also be set up.

Some of us will have our yards full with family members and friends, waiting patiently to greet you. Some of us will have lots of stuff, some not so much. Either way, there will be plenty of stuff for you to look at and choose from. As the old saying goes, "There will be something for everyone." That usually holds true in our neighborhood. You never know what you will find unless to stop and look. Also, the prices are usually very "reasonable" (pronounced "cheap").

Looking for furniture, books,

clothing, household goods, toys, games, you are likely to find something.

Our neighborhood tour continues at 375 Morris St., where we find the Hwalek clan.

Buddy Hwalek says, "I've been doing this almost every year except for maybe two when I had to work."

Scan over his tables and you will find mechanics tools, machinists tools and much more.

Back again at 385 Morris St., are cousins Calle Merchant and Ryan Lockhart. Calle will be offering cold water along with the usual yard sale stuff. Ryan has opted to sell toys and other child related items. Dave Tremblay has reconditioned lawnmowers at low prices. Check them out. Also on hand will be Tracy

Merchant and Tammy Lockhart who can't wait for their old friends to show up.

Hopefully, Becky Hulyk; her mom, Ann Borgerson and friends will be set up next door, at 395 Morris St. They always have cool stuff for sale.

Further up the street, Linda Plouffe says she will have a yard full of family and friends.

While most of us are fully vaccinated at this point in time, please take any safety precautions that you deem necessary, such as, wearing a mask if you choose and practicing social distancing.

Your mission, should you choose to accept, is to enjoy this day of fun by visiting with friends you haven't seen since the last yard sale two years ago. Make sure to arrive early, wear comfortable clothes and walking shoes because you will be covering quite a big distance.

We are all praying for a nice day. I'm pretty sure all of the other people who have planned a yard sale for today are expressing the same prayer.

Just a friendly reminder, because of heavy foot traffic, only one-side parking will be allowed again this year.

The families at the top of Morris Street anxiously await your arrival. See you on Saturday, June 26.

## QCC invests in community by eliminating student debt

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

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

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

The College is taking this unprecedented approach to eliminate the number one barrier in students' achieving their goals for a higher education. This program will help put skilled workers into the workforce, assisting companies that are struggling to find qualified employees. The funding will assist 1,687 students, with an average amount of \$1,525 of institutional debt forgiveness per student. Furthermore, this program is helping those affected the most by the COVID-19 pandemic. Students eligible for debt forgiveness through this initiative represent 52 percent students of color, 58 percent are female, and 48 percent are Worcester residents.

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

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

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



### ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4106 or email news@stonebridgepress. 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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**DUDLEY:** Dominic Beauchesne, Nathaniel Beauchesne, Nicholas Courtemanche, Timothy Crowell, Kellie Devlin, Tyler DeWitt, Annebelle Fitts, Alec Fournier, Jessica Giovannucci, Damien Grassey, Jayce Hutchinson, Skylar Josey, Savannah LaBranche, Eliana Lasell, Hannah Miller, Ty Millette, Robert Nichols III, Madison Poole, Ashley Richard, Lisa Richard, James Rivera, Aiden Sabatinelli, Jonathan Shook, Kiana Tonkin, George Youssef

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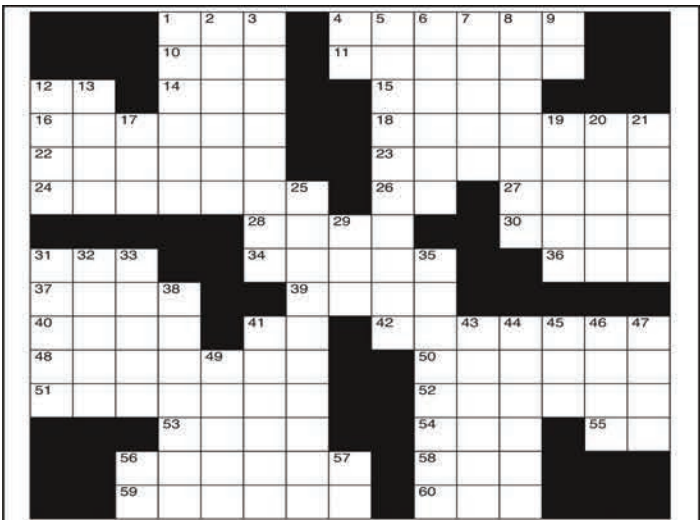
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Rizzo<br>Cameron Scott Robidoux<br>James Edward Robinson<br>Brandon Goncalves Rodrigues<br>Amina Rodriguez<br>Mason Taylor Rousseau<br>Olivia Marie Roy<br>Abigail Sophia Ruggieri<br>John Thomas Schneider<br>Rebecca Grace Schultz<br>Brianna Denine Sharpe<br>Daniel Ambrose Sickenberger X X<br>Nicholas David Simpson<br>Morgan Lynn Smith<br>Michael Timothy Snay<br>Jason Jeffrey Snyder<br>Alexander Michael Soldi<br>Emily Yadiria Soriaty<br>Gianni Spagnuolo<br>Logan Kortis St Clair<br>Taylor Anthony St Francis<br>Emma Catherine Sternfeld<br>Carly Marie Stone<br>Hunter Jason Swallow<br>Niva Isabel Talcott<br>Ava Paige Tankersley<br>Savanna Elizabeth Tatro<br>Benjamin James Tessier<br>Evan Michael Thomas<br>Ethan Bryan Trilone<br>Rebecca Jillian Turley<br>Alexa Nicole Umanzor<br>Cameron Allan Varney<br>Madison Holland Varney<br>Alejandra Mary Valdez<br>Harrison Ian Walker<br>Allen Wang<br>Hannah Grace Waugh<br>Ainsley Evelyn Wang<br>Elena Marie Weissman<br>Brooke Morgan Williams X X<br>Melissa Lynne Williams<br>Grace Elizabeth Yutzler |
|---|---|--|--|



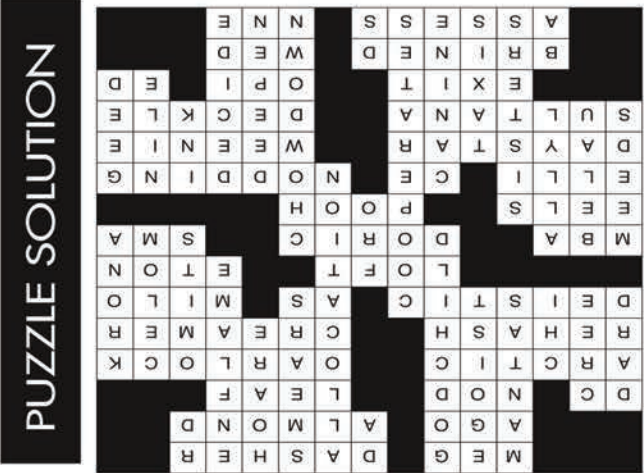


CLUES ACROSS

1. "Sleepless In Seattle" actress  
Ryan  
4. One of Santa's reindeer  
10. Before the present  
11. Type of butter  
12. Location of White House  
14. Motion  
15. Tree part  
16. Regions around the North Pole  
18. Fits on a boat's gunwale  
22. Discuss after it's happened  
23. Milk substitute for coffee  
24. Describes one who believes in supreme being  
26. Equally  
27. Famed director Forman  
28. Popular apartment style  
30. British School  
31. Advanced degree
34. Order of architecture  
36. Investment account (abbr.)  
37. Snakelike fishes  
39. Children's tale bear  
40. Norse personification of old age  
41. Atomic #58  
42. Moving your head  
48. 1878 Kentucky Derby winner  
50. Frankfurter  
51. Small, seedless raisin  
52. Device in papermaking machine  
53. Go  
54. Open payment initiative (abbr.)  
55. "Westworld" actor Harris  
56. Saturated with salt  
58. Marry  
59. Report on  
60. Midway between north and northeast

CLUES DOWN

1. Rays  
2. Self-centered person  
3. One you look after  
4. Prosecutor  
5. Portion  
6. Speaks ill of  
7. Formal system for computer programs  
8. To make angry  
9. Rural delivery  
12. Group of languages  
13. Large First Nations group  
17. Circulating life force in Chinese philosophy  
19. Excludes  
20. Body cavity of a metazoan  
21. Swedish monetary unit
25. Works with  
29. Partner to "to"  
31. Rewards (archaic)  
32. One of Caroline Islands  
33. Type of alcohol  
35. Eat a lot  
38. Nuns  
41. Dog  
43. Become more serious  
44. Choose  
45. Newspapers use it  
46. World's longest river  
47. Commanded to go faster  
49. Cabs  
56. Mr. T's "A-Team" character  
57. Document signed (abbr.)



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- Interacting with the public and other Town officials and employees through phone conversations, intake of wetlands filings, input of wetland filings into the database, and filing completed forms.

**Minimum Qualifications:** Proficiency with office computer functions including Microsoft Office Suite, email, and other office technology. Excellent organizational skills. Good interpersonal communication skills are essential. Detail oriented. Ability to respond to time sensitive issues, and a willingness to attend relevant trainings.

**Helpful Qualifications:** Knowledge of the Massachusetts Wetlands Protection Act and local environmental conservation issues.

Please apply by sending a letter of interest and resume to the Conservation Commission, Town of Brimfield, 23 Main Street, Brimfield, MA 01010, or [conservation@brimfieldma.org](mailto:conservation@brimfieldma.org) no later than June 30, 2021.

# Nickolas B. Shea named to Husson University's Honors List

B A N G O R , Maine—Brimfield resident, Nickolas B. Shea, has been named to Husson University's Honors List for the Spring 2021 semester.

During the spring semester, Shea was enrolled in

Husson's Bachelor of Science in Accounting/Master of Business Administration (MBA) program.

Students who make the Honors List must be enrolled as an undergraduate student, carry a full-time load of 12

credit hours, complete all attempted courses in the time allotted for the semester, and achieve a 3.40 to 3.59 semester grade-point average. Credits from pass/fail classes do not qualify toward meeting the minimum credit hour requirement.

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grams in business; health and education; pharmacy studies; science and humanities; as well as communication. According to a recent analysis of tuition and fees by U.S. News & World Report, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit [Husson.edu](http://Husson.edu).

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\$275,000, 18 Fiske Hill Rd, Greaney, John, to Demarco, John, and Demarco, Craig R.  
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\$331,500, 108 Paradise Ln, Mowbray, James H, to GAB Realty LLC.  
\$315,000, 200 New Boston Rd, Sommer, Richard A, to Greaney, John.  
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PRESIDENT AND PUBLISHER  
FRANK G. CHILINSKI  
860-928-1818 EXT. 103  
[frank@stonebridgepress.news](mailto:frank@stonebridgepress.news)

BUSINESS MANAGER  
RYAN CORNEAU  
860-928-1818 EXT. 102  
[ryan@salmonpress.news](mailto:ryan@salmonpress.news)

OPERATIONS DIRECTOR  
JIM DiNICOLA  
508-764-6102  
[jim@stonebridgepress.news](mailto:jim@stonebridgepress.news)

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

PRODUCTION MANAGER  
JULIE CLARKE  
860-928-1818, EXT. 305  
[julie@villagernewspapers.com](mailto:julie@villagernewspapers.com)

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

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

The investment will allow the College to upgrade and expand its current Athletic Center to Showcase and highlight advanced manufacturing, robotics, artificial intelligence, and hospitality programming. These programs will help address a signif-

icant workforce and regional economic development need.

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

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

- Robotics/Advanced Manufacturing
- Advanced manufacturing
- Artificial intelligence
- Drone training
- Robotics
- Mobile app development
- e-Gaming testing lab
- Website design & usability
- Hospitality and
- Foodservice

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

workshops.

As a renovation/expansion of the College's existing Athletic Center, the I3Q Center will also house Wyvern Athletics intercollegiate sports teams as well as a full health and wellness center for the college and the community.

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

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

## Fitchburg State University announces Dean's List

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

Auburn  
Nicole A. Fancy, Emma M. Ganley, Brandyn J. Geldart, Cameron J. McGrath, Riley J. Millay, Lucinda J. Orne  
Cherry Valley  
Colleen M. Lamprey, Ingrid Y. Maravilla  
Douglas  
Ashley E. Deluca, Aubrey M. Harris, Kosmo J. Symock  
Dudley  
Hannah M. Volpe  
Grafton  
Sean M. MacDonald  
Groton  
Jesse A. Dutile, Matthew S. Gingras, Brecken R. Gingras  
Jodice, Heather K. Holmes, Jared R. Lelievre, Mishayla S. Silver  
Holland  
Angela G. Gonzalez, Kymberly Sneade  
Leicester  
Miranda A. Gustin, Madison C. Hippert, Robert G. Kemp, Jack W. Larson  
Milford  
Leah R. Gorham, Kaitlyn M. Mobilia, Hannah R. Ramuta,

Nicholas J. Taylor  
Millbury  
Samantha A. Bernard, Corrin C. Marchetta, Mikaela R. Mitchell  
Millville  
Madalyn A. Rafus  
Northbridge  
Chrissa A. Gannon, Martha Garley, Elijah V. Perron, Susan M. Timmons  
Oxford  
Suzannah R. Lambert, Alexis F. Stisitis, Kaylyn N. Violette  
Southbridge  
Joseph R. Postale, Ryan P. Pratt  
Spencer  
Lauryn M. Hines  
Sturbridge  
Michelle D. Gunton-Lamothe, Victoria R. Messina  
Sutton  
Abigayle K. Menzendorf  
Upton  
Cameron M. Bern, Noah A. Charron, Toros J. Matellian, Ashley E. Porter  
Uxbridge  
Lorenzo G. Demalia, Kailyn M. Lachapelle, Neve E. Palmieri, Katyana M. Russin  
W Brookfield  
Chase W. Carlson, Hannah J. Niemiec  
Webster  
Sophia M. Gardner, Maikael Y. Gwargious, Allison M. Zopatti

## Margaret Krause earns degree from University of Vermont

BURLINGTON, Vt. — Margaret Krause of Fiskdale, graduated with a Bachelor of Arts degree in Physics during commencement ceremonies in May 2021.

Determined to maintain the spirit of joy and optimism that is the hallmark of UVM's commencement ceremony, but doing so in a safe manner, University of Vermont President Suresh Garimella conferred degrees on graduates at multiple, smaller school and college ceremonies. "Our emphasis will be on celebrating our students. We are very proud of each and every one of them and salute their accomplishment," Garimella said prior to the ceremonies, which marked the end of a highly successful year of in-person education on the UVM campus. An estimated 3,347 graduates, including 2,685 bachelors, 435 masters, 117 doctoral and 110

medical, earned degrees during the university's 220th commencement.

### About UVM

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



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# Food's important role in overall health

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

A close relationship exists between

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

The World Health Organization indicates better nutrition means stronger immune systems, fewer illnesses and better overall health.

## Plants that can keep bugs away from outdoor living spaces

Outdoor living spaces have become increasingly popular among homeowners in recent years, and that popularity grew even more over the last year. As social distancing guidelines issued in response to the COVID-19 pandemic encouraged people to stay home as much as possible, a desire for accessible, enjoyable outdoor spaces grew. A 2020 study of Google trends data from the home decor retailer Living Spaces found that searches for items such as patio daybeds and small-space outdoor furniture grew by more than 200 percent between the early part of 2020 and the middle of the year.

If outdoor living spaces are in demand, so, too, are ways to make those spaces as comfortable as possible. There's much homeowners can do to make the most of their outdoor spaces, but they might feel helpless against some unwanted, often relentless guests: insects. Insects can turn relaxing days on the patio into wars of attrition with hungry bugs like mosquitoes. Thankfully, there are ways to fight back against insects while simultaneously adding a little aesthetic appeal to the backyard. The Farmer's Almanac notes that planting these insect-repelling plants around the patio or backyard can help homeowners successfully repel unwanted insects, including mosquitoes.

• **Lavender:** Lavender is a fragrant plant that adds a pop of purple and

has been known to repel mosquitoes, fleas, flies, and moths.

• **Basil:** Basil can provide the best of both worlds, as it's been found to repel flies and moths and also makes for a tasty addition to pasta sauces and other dishes.

• **Thyme:** Also a valuable ingredient to keep in the kitchen, thyme can help keep hungry mosquitoes at bay.

• **Mint:** The Farmer's Almanac warns that it's easy to overplant mint, so homeowners should only plant with care and make a concerted effort to prevent overgrowth. Also great in the kitchen, mint has long been considered an effective mosquito repellent.

• **Alliums:** Like lavender, alliums can add a burst of purple to your patio. And though they aren't believed to repel mosquitoes, alliums have been found to be helpful against cabbage worms, aphids, carrot flies, and slugs.

• **Chrysanthemums:** If ants are drawing homeowners' ire, chrysanthemums may do the trick. These eye-catching flowers also are believed to repel fleas and roaches, among other insects.

• **Marigolds:** The scent of this awe-inspiring plant is known to repel mosquitoes and other pests. Marigolds also attract insects like ladybugs that are known to consume aphids, which are minute bugs that reproduce rapidly and feed by sucking sap from plants.



However, according to the National Resource Center on Nutrition, Physical Activity, and Aging, one in four older Americans suffers from poor nutrition. And this situation is not exclusive to the elderly. A report examining the global burden of chronic disease published in The Lancet found poor diet contributed to 11 million deaths worldwide — roughly 22 percent of deaths among adults — and poor quality of life. Low intake of fruits and whole grains and high intake of sodium are the leading risk factors for illness in many countries. Common nutrition problems can arise when one favors convenience and routine over balanced meals that truly fuel the body.

### Improving nutrition

Guidelines regarding how many servings of each food group a person should have each day may vary slightly by country, but they share many similarities. The U.S. Department of Agriculture once followed a "food pyramid" guide, but has since switched to the MyPlate resource, which emphasizes how

much of each food group should cover a standard 9-inch dinner plate. Food groups include fruits, vegetables, grains, proteins, and dairy. The USDA dietary guidelines were updated for its 2020-2025 guide.

Recommendations vary based on age and activity levels, but a person eating 2,000 calories a day should eat 2 cups of whole fruits; 2 1/2 cups of colorful vegetables; 6 ounces of grains, with half of them being whole grains; 5 1/2 ounces of protein, with a focus on lean proteins; and 3 cups of low-fat dairy. People should limit their intake of sodium, added sugars and saturated fats. As a person ages he or she generally needs fewer calories because of less activity. Children may need more calories because they are still growing and tend to be very active.

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

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EDITORIAL

Some words  
of advice for  
new graduates

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

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

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

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

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

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

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

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

Congratulations to the class of 2021!



Email us your thoughts to:  
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# OPINION

Views and commentary from Sturbridge, Brimfield, Holland and Wales

## June is National Fresh Fruits and Vegetables Month

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

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

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

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

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

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

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

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

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

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

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

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

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



TAKE THE HINT  
KAREN TRAINOR

soft or wilting.

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

Apples: Choose firm, well-colored fruit that feels crisp.

Blueberries: Pick plump, firm, deep blue berries with their natural waxy silver coating.

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

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

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

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

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

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

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

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

\*\*\*

Win Dinner for Two

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

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

## Not my favorite column

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

I am dying.

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

“Vulnerability is not winning or losing. It’s having the courage to show up when you can’t control the outcome.” — Brene’ Brown

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

Unfortunately, every treatment works until it doesn’t, and my chemo that was eating my cancer began eating healthy tissue and organs, and we had to stop.



POSITIVELY SPEAKING  
GARY W. MOORE

We tried another but it also failed. At the same time, I was being fed through a feeding tube and my body began rejecting the food. I have been removed from all treatment and placed on hospice care.

What does it mean?

It means to some that I am off treatment and being kept comfortable until I die. But I am not a “go quietly in the night guy,” I refuse to give up or give in; If I am breathing, I am fighting. If a new option or treatment becomes available, I’ll be the first in line. Fighting also means doing everything that I love – spontaneous parties into the night, being with the people I love, endless trays of food, laughing, and being present in every single waking moment.

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

My daughter, who is a pastor, continues to remind me that this is a sacred and holy journey as I cling to the hope of the future. I do believe in God’s promises. I believe in the God of resurrection, and though I will someday die, I also believe that I will be raised to new life. I believe that someday I will join the great cloud of witnesses and experience an inextricable joy that I’ve never before known. I am at peace.

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

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

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

## Even “singles” need estate plans



FINANCIAL FOCUS  
JEFF BURDICK

If you don’t have a spouse or children, you might think you don’t need to do much estate planning. But if you have any assets, any familial connections, any interest in supporting charitable groups – not to mention a desire to control your own future – you do need to establish an estate plan.

In evaluating your needs for this type of planning, let’s start with what might happen if you die intestate – that is, without a last will and testament. In this scenario, your assets will likely have to go through the probate process, which means they’ll be distributed by the court according to your state’s intestate succession laws, essentially without regard to your wishes. Even if you don’t have children yourself, you may have nephews or nieces, or even children of cousins or friends, to whom you would like to leave some of your assets, which can include not just money but also cars, collectibles, family memorabilia and so on. But if everything you own goes through probate, there’s no guarantee that these individuals will end up with what you wanted them to have.

If you want to leave something to family members or close friends, you will need to indicate this in your last will and testament or other estate planning documents. But you also may want to provide support to one or more charitable organizations. Of course, you can simply name these charities in your will, but there may be options that could provide you with more benefits.

One such possibility is a charitable remainder trust. Under this arrangement, you’d transfer appreciated assets – such as stocks, mutual funds or other securities – into an irrevocable trust. The trustee, whom you’ve named – in fact, you could serve as trustee yourself – can then sell the assets at full market value, avoiding the capital gains taxes you’d have to pay if you sold them yourself, outside a trust. Plus, if you itemize, you may be able to claim a charitable deduction on your taxes. With the proceeds, the trust can purchase income-producing assets and provide you with an income stream for the rest of your life. Upon your death, the remaining trust assets will go the charities you’ve named.

Aside from family members and charitable groups, there’s a third entity that’s central to your estate plans: yourself. Everyone should make arrangements to protect their interests, but, in the absence of an immediate family, you need to be especially vigilant about your financial and health care decisions. And that’s why, as part of your estate planning, you may want to include these two documents: durable power of attorney and a health care proxy.

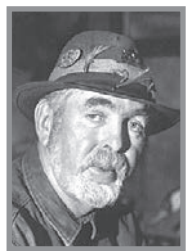
A durable power of attorney lets you name someone to manage your finances should you become incapacitated. This arrangement is especially important for anyone who doesn’t have a spouse to step in. And if you become incapacitated, your health care proxy – also known as a health care surrogate or medical power of attorney – lets you name another person to legally make health care decisions for you if you can’t do so yourself.

Estate planning moves can be complex, so you’ll need help from a legal professional and possibly your tax and financial advisors. You may not have an immediate family, but you still need to take steps to protect your legacy.

*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@edward-jones.com.*



# Lessons from Mr. Todd



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

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

Seabass fishing in Buzzards Bay continued to provide some great fishing for this writer, and my fishing buddy Matt Foutain last week. Striper fishing in the bay was a bit slow on the canal, but should pick up any day now. The Providence River is also producing stripers, and striper fishing in other Rhode Island waters has been improving daily, if you do not mind doing catch and release of large fish. Water temperatures were around the 60-degree mark last week. Most recreational anglers that target fluke, are waiting for the opening of seabass in Rhode Island waters. It is slated to open June 24, and anglers are hoping to catch a limit of three seabass, and possibly catching a doormat fluke or two to take home for dinner. Many recreational anglers are not happy with Rhode Island's 19-inch minimum length this year, including this writer.

Fly fishing can become a great way to fish if you are properly taught by an experienced fly-fishing angler. I bumped into one of my students from a fly-fishing class I held at the Uxbridge high school many years ago. Myself, along with Dave, a master fly fishing angler and fly tier from the New England fly Tyers Association, had a class of approximately 15 adult students enjoy a number of weeks tying flies, and teaching the art of fly fishing. We went to Wallum Lake to try our luck at catching a few trout. We were pleasantly surprised with a good number of trout being caught by the students. The trout were retained and cleaned which were cooked at our



Courtesy

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

next and final class at the high school in Uxbridge.

This past week, I bumped into one

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



Courtesy

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



Courtesy

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

## Maximize the harvest with proper care



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

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

You don't need to invest in every garden tool on the market. A shovel, trowel, weeding tool, gloves and kneeling pad are the basics. If your budget is tight, ask gardening friends and family if they have extras to spare or lend.

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

If tools are handy, you spend less time

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

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

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

Once you make your first harvest, leaving space in the garden, fill it with another planting. Succession, also called relay planting, allows you to grow several dif-



Courtesy — Gardener's Supply Company

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

## Back to summer antique shows



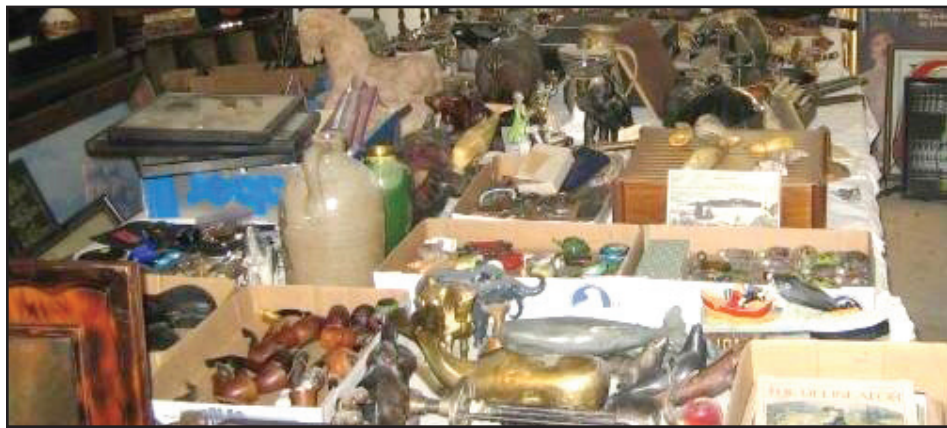
ANTIQUES,  
COLLECTIBLES  
& ESTATES  
.....  
WAYNE  
TUISKULA

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

Apart from Brimfield, there are plenty of other shows taking place throughout New England. Locally, Walker Homestead's Antiques & Primitive Goods Show takes place this weekend on Saturday, June 19th. It will run from 10 a.m. to 3 p.m. at 19 Martin Rd., Brookfield. According to their Web site, 40 dealers will offer wares "on the grounds of our 1698 colonial saltbox." Also on June 19, The Dover Antiques Show & Vintage Market will take place at 282 Durham Rd., Dover, New Hampshire from 9 a.m. to 2 p.m. On June 24, fields open at 9:00 AM for The Flying Pig Antiques Tailgate show at 867 Route 12 in Westmoreland, New Hampshire. If you're looking to travel even further now that the country is opening up again, on Sunday, June 27 from 10 a.m. to 4 p.m., the Wells Antiques Show & Sale "will be held under the tents and barn" at the Wells Reserve at Laudholm Field, 342 Laudholm Farm Road, Wells, Maine.

July looks to be a good month for antique shows as well. On July 10, the 61st Boothbay Region Antiques Show & Sale takes place on the Boothbay, ME Common from 10 a.m. to 3 p.m. On July 24 from 10 a.m. to 4 p.m. and July 25 from 11 a.m. to 4 p.m., the 40th Camden-Rockport Historical Society Antiques Show is scheduled at the Camden-Rockport High School in Camden, Maine. A little further south, the 52nd New London Garden Club Antiques Show & Sale will be held on July 31 from 10 a.m. to 3 p.m. at the New London Historical Society Grounds, 179 Little Sunapee Rd. in London. And we can't forget about the return of the famed Brimfield Antiques show, beginning on July 13 at 6 a.m.

As the summer winds down, there are



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

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

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

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

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**TRUE**  
*continued from page A9*

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

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

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

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

As soon as the whistle blew to end the work day, I was on my way to Riley's Pond. I cannot tell you how Mr. Todd influenced my life, with the simple gesture of kindness. I am not positive, but

I think I paid him \$20 for the outfit. Fly fishing for trout over the years has left me with a lot of great memories, and I try to pass it on.

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

Saltwater fly fishing has also become a great way to enjoy the ultimate experience in catching these hard fighting fish. Purchasing saltwater fly's is a bit expensive, costing

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

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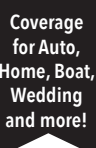
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School at Western New England University, earning awards for her work in trial methods and juvenile justice before graduating in 2010. Upon graduation, she worked as a family law attorney in the Worcester area for several years before opening her own firm in 2016.

Attorney Murray is a fierce courtroom advocate when appropriate, and zealously represents her clients' interests in the Worcester Probate and Family Court. She employs the use of collaborative techniques and dispute resolution methods to work toward case settlement when the situation allows.

Attorney Murray serves as ARC counsel for the Worcester Probate and Family Court, representing children in divorce and custody disputes. Attorney Murray also serves as a conciliator for the Worcester County Bar Association.

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TRINITY GRADS

continued from page A1

to qualify for NJHS award. We are delighted that one of our graduates qualified for this award. Manaali Vaidya.

Academic Awards: • Art: Gus McGarry • Computer: Summer Hudson

• English & Writing: Luisa Henao and Ava Simon • Literature: Casey Renaud and Manaali Vaidya

• Math: Luisa Henao • Physical Education: Ava Simon and Havish Swadia

• Religion: Jason Checka and Manaali Vaidya

• Science: Casey Renaud and Ava Simon • Social Studies: Elena Jerez

• Music: Ava Simon—recognition of success as a pianist.

•Most Improved: Summer Hudson

Trinity Catholic Academy Spirit Award: the most meaningful award bestowed on a graduate at TCA, awarded to a student whose actions,

attitude, and words truly exemplifies what it means to be a student at TCA. Luisa Henao

Suzanne Casey Spirit of Volunteerism Award: Student: Summer Hudson

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

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

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OBITUARY

Mary E. Goggin, 98

Provincetown / Sturbridge: Mary Elizabeth (Donnelly) Goggin, 98, formerly of Sturbridge, passed away on Tuesday, June 8th, at her daughters home in Provincetown.

Her husband of 47 years, Joseph F. Goggin, Sr., passed away in 1998. Her son, Joseph F. Goggin, Jr., passed away in 2008. She leaves her daughters, Mary Ellen Spingler of Provincetown and Janet Welch of Eastham; her son, Edward Goggin and his wife Laurie Foster of Concord and Eastham; her daughter-in-law, Jeanne Goggin of Rocklin, CA; and her six grandchildren, Allison Welch, Megan Welch and her longtime companion Benny, Kaitlin Welch and her husband Ron, Brian Spingler, Sam Goggin and Rebecca Goggin. She also leaves many nieces and nephews, among them, Dorothy Sullivan, Jane Sterling, Patsy Kelly and Wendy Phillippe; and a close friend, Ruth McDonough. She was predeceased by her three brothers, Walter "Buddy" Donnelly, Edward "Sonny" Donnelly and John Donnelly and her four sisters, Florence Higgins, Helen Melanson, Theresa Cormier and Esther Donnelly. She was also predeceased by her son-in-law, John Spingler and a niece, Mary Ann Lambert Litwak.

Mary was born in Boston on December 5, 1922, the daughter of the late Walter and Helen (Fitzgerald) Donnelly and grew up in the Allston Brighton neighborhoods of Boston.



She graduated from Brighton High School and then worked at Gillette in Boston until her marriage to retired US Army Captain Joseph F. Goggin in 1951. They lived first in Dorchester then moved to Woburn in 1954 where she took care of her mother-in-law, her husband and her four children, born in close succession. In 1963 they moved to Sturbridge where they worked and raised their children.

In later life Mary ran the Meals on Wheels Program for Tri-Valley Elder Services out of the Sturbridge Senior Center for 26 years, retiring at 93 years old. She moved to Provincetown in 2019 to live with her daughter, Mary Ellen.

As sad and hard as it is to say goodbye to our dear mother, we all feel blessed to have been her children. She will be missed but remembered sweetly.

Her funeral was held on Tuesday, June 15th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 10:00am in St. Anne Church, 16 Church St., Sturbridge. Burial followed in St. Mary's Cemetery in Marlboro. Calling hours in the funeral home were held on Monday, June 14th, from 6:00 to 8:00pm.

In lieu of flowers donations may be made to Sturbridge Senior Center, P.O. Box 746 Sturbridge, MA 01566 or to the Tri-Valley Inc. Meals on Wheels Program, 10 Mill Street, Dudley, MA 01571.

www.morrillfuneralhome.com

Friday's Child



Caleb Age 12

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

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

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

Who Can Adopt?

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

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

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

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NEW LISTING



**WEBSTER LAKE** - 11 Bay View Rd! One of the Lake's Premier Properties! 9,822' of Real Nice Set on .58 Acres of Park Lake Grounds with 297' Waterfront! Over \$4 Million Spent! Nothing was Spared! 18 Spacious Rooms! 5 Water View Bedrooms, 4 with their Own Bathrooms! 5.5 Bathrooms Total! Brazilian Cherry Hardwood Floors, Grand & Spiral Stairways! Elevator from the Ground Floor up 3 to the Master Suite! In-door Resistance Swimming Pool, Hot Tub & Bathroom with Steam Shower just off the Mirrored Exercise Room! Billiard Room! Media Room with Custom Cabinetry & Wet Bar! Fantastic Center Island Granite Kitchen with Viking Gas Range, Sub-Zero Refrigerator, 16' Butler's Pantry & Breakfast Bar! Open Floor Plan! Dining Area, Family Room with Cherry Entertainment Center & Wet Bar! Open Formal Dining Room, Fireplace Living Room & Atrium! Library with Private Deck! Waterfront Master Suite with Private Office, Bedroom with Triple Glass Door to its Private Deck with Panoramic Lake Views, 3 Walk-in Closets, Lake View Bathroom with Huge Multi-Head Shower, Whirlpool Tub, Double Vanity Sinks & Separate Commode/Bidet/Pedestal Sink Area! 16 Zones of Updated Geothermal Heat & Air Conditioning - 30 Tons! Recessed Lighting & Sprinkler System Through Out! 3 Car Heated Garage! Full House Generator! Slate Roof! All Decks & Railings Brazilian Ipe Hardwood! Copper Gutters & Downspouts! It's Time to Reward Yourself! **\$2,149,900.00**

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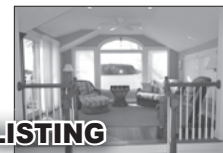
**SUTTON** - 30 Jones Rd! 9 Room 2,156' Colonial! 5.31 Acres of Privacy! Long Circular Drive! New Granite Kitchen! Dining, Living & Fireplaced Family Rooms w/Hardwood Floors! Year Round Sunroom w/2 Skylights! 3 Bedrooms! 24' Master w/ Master Bath! 2.5 Bathrooms Total! 12x24 3 Season Porch w/3 Skylights! Expandable Attic! Wraparound Deck! 2 Car Garage! Central Air! Super Easy Access to Rte 146! **\$549,900.00**



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ON DEPOSIT



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**WEBSTER LAKE** - 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rooms, 6 Bedrooms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Appliance Granite Kitchen! Formal Dining Rm w/ Cherry Hardwoods! Lake Facing Living Rm w/Cathedrals, Cherry Hardwoods! Slider to Waterfront Deck! Spacious 1st Flr Master Bedroom w/Full Bath, Cherry Hardwoods & Walk-in Closet! Fireplaced Lower Level Family Rm! 1st & 2nd Floor Laundries! 2 Car Garage! **\$979,900.00**

**WEBSTER LAKE** - 504 Treasure Island! 6 Room Townhouse Overlooking the Pool! 1,874 Sq Ft! Stainless Steel Appliance Granite Kitchen! Open Floor Plan! Dining Room - Full Mirrored Wall - Sliders to the Trex Deck! 2 Bedrooms! Master Bath! 2.5 Baths! Fireplaced Family Room! Garage! Central Air! Gas Heat! CVac! 2 BOAT SLIPS! Sandy Beach! Complex Recent Siding & Roof! **\$389,900.00**

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**ON DEPOSIT**

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**Oxford** - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided!  
**\$89,900**  
**Webster** - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE.  
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**Webster** - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **ON DEPOSIT! Each \$24,500.**

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**WEBSTER - 155 THOMPSON ROAD**

**SORRY, SOLD!**

Terrific opportunity for one Large business or Several businesses. 4784 sq bldg. Zoned B5. Off 1395 exit 1. High Traffic & Visibility. Excellent Location!  
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**SHREWSBURY • 15 ABBEY LN UNIT 15**

**SORRY, SOLD!**

Detached Condo Brand Spank New - 2 Bedroom, 2 Bath, all Hardwood Flrs, Granite C-tops Throughout, Crown Mouldings Raised panels, Chair rails PictureFrame Mouldings. Central air/Vac. High end Appliances Packed!  
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**WORCESTER - 28-L BOSTON AVE**

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Very nicely maintained 5 room, 2 bedroom home. Open concept kitchen/living room. Many recent updates, including wall to wall carpeting! Easy commuter location!  
assisted sale **\$230,000.**

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large 3 Family- a rare find! 1st Floor spacious 2 bedroom apartment. 2 - 2nd floor, 3 bedroom apartments Walkout basement to off street parking.  
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## On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

*Webster Lake - 100 Lakeside Ave*

**SORRY, SOLD!**

**WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS!** Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind. Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a 25 acre level peninsula, 180' +/- prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplaced living room, gourmet kitchen, lake facing dining, formal dining room, media room & spacious 1st floor guest BR Suite w/private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRS & full bath! Something Special! Remember, Timing Is Everything!  
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*Webster - 401 Treasure Island Condo*

**WEBSTER LAKE!** Treasure Island Townhouse! UNIT# 401 end unit. Year round enjoyment! Quiet summers on big & beautiful Webster Lake! 6 Rooms Appliance Kitchen. Open Floor Plan! Dining Area. Hardwood Floor & Carpet. Master Bedroom, W/2 Closets, Master Bath! 2-1/2 Baths Total! Slider to Deck & Slider to the Patio! Central Air! Central Vac! Very efficient natural gas heat & hot Water! 2 Boat Slips D10 & D11 in the Private Marina. Heated Pool! Natural Sandy Beach!  
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|              |                 |                   |                     |
|--------------|-----------------|-------------------|---------------------|
| (C) Condo    | (X) Condo       | (M) Multi-Family  | (T) Townhouse       |
| (B) Business | (U) Duplex      | (S) Single Family | (D) Adult Community |
| (P) Land     | (L) Mobile Home | (A) Apartment     | (W) Waterfront      |

ADDRESS STYLE TIME PRICE REALTOR/SELLER/PHONE

SATURDAY, JUNE 19

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Mary Hicks 508-867-2222  
508-612-4794 (direct)

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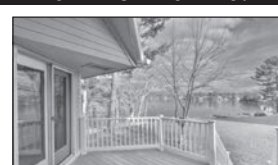
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End unit, 2 Bedrooms, Fireplace,  
Garage under, Appliance,  
Plush carpeting, Potential to finish  
lower level  
**1 Melissa Ln. ~ \$249,900**

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ON DEPOSIT

2 Bedrooms, 2.5 Bath,  
Fantastic View  
**815 Beacon Park- Assisted Sale**Dudley: 4 Bedrooms,  
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2 Baths, Fenced Yard  
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Sale**



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**8 AM - 2 PM**  
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**NO PETS**  
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**2 Full-Time Custodian positions**  
**High School (2:00 PM - 10:00PM)**  
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gender identity, sexual orientation, marital/civil  
union status, ancestry, place of birth, age, citizenship  
status, veteran status, political affiliation, genetic  
information or disability, as defined and required  
by state and federal laws. Additionally, we prohibit  
retaliation against individuals who oppose such  
discrimination and harassment or who participate in  
an equal opportunity investigation.

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Over 45 homes participating and several  
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**Pick up maps on the Town Common**  
**\$1.00 donation beginning at 7:45am.**  
**Rain or Shine**

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**7 Lyon Street**  
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**PRAYER TO**  
**THE BLESSED VIRGIN**  
(Never known to fail) O most  
beautiful flower of Mt. Car-  
mel, fruitful vine, splendor of  
Heaven, Blessed Mother of  
the Son of God, Immaculate  
Virgin, assist me in this my  
necessity. O Star of the Sea,  
help me and show me where  
you are my mother. O Holy  
Mary, Mother of God, Queen  
of Heaven and Earth, I hum-  
bly beseech thee from the  
bottom of my heart to suc-  
cor me in my necessity, (make  
request). There are none that  
can withstand your power,  
O Mary, conceived without  
sin, pray for us who have re-  
course to thee (three times).  
Holy Mary, I place this cause  
in your hands (three times).  
Say this prayer for three con-  
secutive days and you must  
publish it and your request  
will be granted to you. N.F.L.

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The Spencer Housing Authority is seeking an experienced administrator for leadership and management of its programs, properties, and contracts.  
The Authority manages 177 state aided elderly/handicapped units, 8 family units, and an 8-unit Department of Developmental Services home. The agency also administers 51 AHVP (Alternative Housing Voucher Program) vouchers and 5 MRVP (Massachusetts Housing Voucher Program) vouchers.  
Minimum requirements: A minimum of five years' experience in housing management, community development, public administration, or a closely related field. Knowledge of the principles and practices of housing management, finances, and maintenance systems in public and private housing. Excellent written and verbal communication skills required. Knowledge of laws regulating State housing programs. Experience working with people of various socio-economic backgrounds. Certification as a Public Housing Manager is desired or to be obtained within one year of employment.  
The salary range is from \$76,887.60 to \$90,456.00 depending on experience and certifications and in accordance with the DHCD Executive Director Salary Schedule/Calculation worksheet. The work week is 37.5 hrs. per week with full benefits.  
To apply please submit cover letter and resume to [charlene.kaiser@spencerhousing.org](mailto:charlene.kaiser@spencerhousing.org), addressed to the Spencer Housing Board of Directors. A full job description is available upon request. at this email address.  
The deadline for resumes is July 9th by close of business day. Late applications will not be accepted.  
  
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# The dos and don'ts of fire pits

Many homeowners relish any opportunity to retreat to their back yards, where they can put up their feet and relax in the great outdoors. That retreat-like escape is made even more relaxing when sitting around a fire pit.

Fire pits can be found in millions of suburban backyards across the globe. Fire pits have become so popular that a 2016 survey of landscape architects conducted by the American Society of Landscape Architects revealed they were the most sought after outdoor design element. Fire pits remain wildly popular a half decade after that survey.

Homeowners who are only now joining the fire pit revolution can keep these dos and don'ts in mind as they plan their summer s'mores sessions.

DO keep the fire pit a safe distance away from the home. Fire pits should be located a safe distance from the home at all times, but especially when they're in use. Home design experts recommend keeping fire pits a minimum of 10 to 20 feet away from a house or other structure, such as a shed or a detached garage. The further away the fire is from houses and other structures, the less likely those structures are to catch on



fire. DON'T place the fire pit beneath trees or next to shrubs. Though fire pits should be kept a safe distance away from a

house and other structures, it's important that they're not placed beneath trees or next to shrubs. Shrubs and low hanging branches can easily catch embers and be lit ablaze, so make sure fire pits are not placed in locations that increase that risk.

DO clean out seasonal debris. It can be tempting to let seasonal debris resting inside the fire pit burn away during the season's first s'mores session. But burning debris poses a serious safety risk, as embers can easily be blown out of the fire pit and catch nearby trees or shrubs or even a home on fire. The National Fire Protection Association advises homeowners that embers blowing from a backyard fire pose the same threat to homes as if they are from a wildfire.

DON'T let fire pits burn near flammable materials. Store firewood piles a safe distance away from the fire pit while it's in operation. It may be convenient to keep firewood right next to the fire pit while the fire is burning, but that increases the risk that embers will land on firewood and start a fire outside of the pit.

DO check the weather report prior to starting the fire. Windy weather increases the risk of embers blowing around and potentially landing on the house, other structures around the property or trees. If the weather report is calling for gusting winds, burn a fire on another night.

DON'T leave a fire pit fire burning. Unattended recreational

fires are illegal and incredibly dangerous. Homeowners should never leave fire pit fires burning unattended or allow fires to slowly die out overnight. Always extinguish the fire before going inside and stop adding wood to the fire roughly one hour before you plan to go inside. Water or sand can be poured on ashes to extinguish the fire. Once homeowners are confident a fire has been extinguished, ashes can be spread around to ensure there are no hot spots still burning. If there are, start the extinguishing process over again.

A night around the fire pit is a summertime tradition in many households. Safety must be as much a part of such traditions as s'mores.

## Keep sand behind on your next beach day

Summer wouldn't be the same without days at the beach. Beaches can provide the perfect respite on hot summer days and are go-to destinations for billions of vacationers every year.

Surf and sand contribute to relaxing summer vibes. Though it's possible to towel off and leave the surf behind at the end of a long beach day, it's not so easy to rid yourself of sand. Toes in the sand may be one of the best things about summer, but sand in our vehicles and homes is less than ideal. It might not be possible to leave the beach completely sand-free, but the following are some ways to reduce the amount of sand you take home with you.

- Use mesh beach bags. Beach bags contain everything from towels to T-shirts to toys. Unfortunately, by the end of a typical beach day they also contain sand. Lots of sand. Mesh beach bags won't accumulate nearly as much sand as closed cloth bags or bags made from other solid materials, and they can even be eas-



ily shaken once you get to your car, providing one last chance to leave sand behind before going home.

- Rinse off. Many beaches provide community showers outside or adjacent to restrooms so beach-goers can rinse their bodies and their toys, chairs and other sandy items before getting in their vehicles and going home. Make use of these showers whenever possible. Regular beach-goers who live near the beach may want to look into having outdoor showers installed on their properties. Outdoor showers greatly reduce the amount of sand that's tracked into your home, and they can be especially helpful to parents of young children who can be hard to corral upon arriving home.
- Change clothes at the beach and bag up beach attire. Another way to leave sand behind is to take advantage of restroom facilities at the beach. Change clothes before getting back in the car, and place swim-

suits, beach towels and any other clothing and linens into a laundry bag. Once you arrive home, take that laundry bag right to your washroom and wash clothes immediately.

- Install appropriate floor mats in your vehicle. Many new vehicles now come equipped with two sets of floor mats. One set is made of a thick material like rubber or plastic, and such floor mats are ideal at preventing snow, salt and dirt from making a mess of a vehicle's floor in winter.

Fabric mats are better choices in summer, as they're typically thin and great at catching small particles like sand. Once you arrive home, a few minutes with a hand vacuum is all it takes to clear the car of sand.

Sand need not come with you at the end of a relaxing day at the beach. A few simple strategies can make sure cars and homes stay sand-free after a day soaking up the sun.



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| <b>DELUXE ELECTRIC DRYER</b><br><small>Reg. \$499</small><br><b>\$479<sup>99</sup></b>              | <h1>PROPANE FIRE PITS</h1>   |  | <b>5 CU FT CHEST FREEZER</b><br><small>Reg. \$199</small><br><b>\$199<sup>99</sup></b>         | <b>DELUXE DISHWASHER</b><br><small>Reg. \$399</small><br><b>\$379<sup>99</sup></b>             |
| <b>FAMOUS MAKER GAS OR ELECTRIC RANGE</b><br><small>Reg. \$499</small><br><b>\$449<sup>99</sup></b> | <b>DELUXE TOP LOAD WASHER</b><br><small>Reg. \$499</small><br><b>\$479<sup>99</sup></b>                      | <b>MAYTAG TOP WASHER</b><br><small>Reg. \$799</small><br><b>\$699<sup>99</sup></b>     | <b>GE TOP LOAD WASHER</b><br><small>Reg. \$499</small><br><b>\$699<sup>99</sup></b>            | <b>100'S OF FREEZERS IN STOCK</b>  |

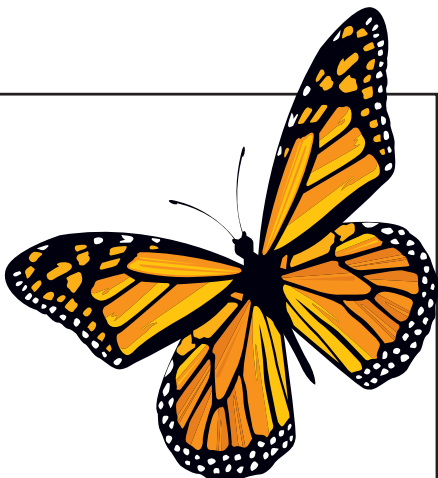
75" LG Reg. \$999.99 **\$849.99**  
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65" LG Reg. \$699.99 **\$549.99**  
43" LG Reg. \$399.99 **\$339.99**  
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**Minuteman Kettle Corn** will be here with their delicious popcorn and famous lemonades!  
**Hardwick Winery** will be here.  
**Our grill** will be serving up **Hot Dogs** all day!

**SATURDAY JUNE 19**  
**9AM - 3PM**

To participate set-up begins between 7 & 8:30 a.m. to secure your spot and unload your items! This is a Flea Market for used items only. Brookfield Orchards will be renting out spaces in their parking lot for this event for \$20 to be paid upon arrival. You MUST bring all your own tables and pick up any trash before you leave the property.  
 Reach out to us with any questions you may have at 508-867-6858 and ask to speak with Diana

VISIT US ON FACEBOOK  
 508.867.6858 • 877.622.7555  
[browsethebrookfields.com](http://browsethebrookfields.com) & [brookfieldorchardsonline.com](http://brookfieldorchardsonline.com)

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**\$17,988**

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**\$19,988**

**2019 Ford F-150 Lariat Truck**  
 SuperCab Styleside, V-6 cyl, auto, 27K mi., Magnetic exterior, #TU3191 **\$42,988**

**2016 Ford F-150 Platinum Truck**  
 SuperCrew Cab, V6 cyl, auto, 56K mi., Shadow Black exterior, #TU3220.  
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**2020 Ford F-150 Lariat Truck**  
 SuperCrew Cab, V6 cyl, auto, 5,292 miles, Red Exterior, #TU3201  
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*Congrats from all of us to the Class of 2021!*

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