

STURBRIDGE VILLAGER

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Friday, August 6, 2021

Local Edward Jones branch team celebrates anniversary, national award

STURBRIDGE — The Edward Jones team in the Sturbridge branch office has much to celebrate. This year marks Financial Advisor Jeff Burdick's 15th anniversary in the community and the firm's recognition by J.D. Power for client satisfaction.

Burdick joined Edward Jones in 2006, and for the past 15 years has served the Sturbridge area from his branch office. As the local financial advisor, he believes in partnering for positive impact to improve the wellbeing of his clients and colleagues, and to better his community

Old Sturbridge Village Communications Department expands

STURBRIDGE — Earlier this summer, Old Sturbridge Village (OSV) added two new hires to their newly restructured Marketing department in an effort to centralize communications and content production at the museum. Lex Piccione was hired as Lead Designer and Christine Freitas for a newly created position, Director of Communications and Content.

While a lot of organizations have been forced to downsize over the past year, Old Sturbridge Village has continued to grow and expand on their programs and educational resources. This has given the Village the opportunity to bring in new talent and promote already existing talent within the organization. The divisions of program and interpretation, museum education, collections, and research have also added staff to support the mission of the Village.

"We set out to expand the capacity of the existing Marketing department at OSV earlier this year in an effort to streamline and manage messaging and communications across all departments at the Village," said Christine Tieri, Chief Marketing Officer.

Lex Piccione was an obvious and strong choice for the museum. She comes to the Village after spending six years as a Graphic Designer for the Boston Children's Museum. Originally from Killingly, Conn., she earned a Bachelor of Fine Arts from the School of the Museum of Fine Arts (SNFA) and Tufts University. She spent a semester abroad at the Studio Art Center International in Florence Italy and also has a Master of Fine Arts

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Courtesy

The Edward Jones team in the Sturbridge branch office has much to celebrate. This year marks Financial Advisor Jeff Burdick's 15th anniversary in the community and the firm's recognition by J.D. Power for client satisfaction.

and society. He is a 19-year local resident.

Client Satisfaction Award – In April, Edward Jones ranked highest in investor satisfaction, according to the J.D. Power 2021 U.S. Full-service Investor Satisfaction Study. The study measures overall investor satisfaction with 24 full-service investment firms based on seven factors including product offerings; problem resolution; convenience; digital experience; financial advisors; value; and trust. Edward Jones has ranked highest in investor satisfaction by J.D. Power for several years – in 2019, 2015 (tied), 2012, 2010, 2009, 2007–2005, and in a tie in 2002, when the study began. For more information, visit jdpower.com/awards.

Burdick said, "It's been a great honor to serve the Sturbridge community these 15 years, building relationships with clients and setting the financial path that helps them live their best lives. And the J.D. Power recognition we've received as a firm is especially meaningful because it demonstrates that the appreciation for

Turn To **EDWARD JONES**, page **A14**

QCC at Southbridge making a positive impact

SOUTHBRIDGE — Quinsigamond Community College is making it easier for those in Southbridge and the surrounding communities to have access to high quality, affordable higher education opportunities, with its move to Southbridge High School. Beginning this fall, QCC at Southbridge will begin offering both in-person and online classes for the fall 2021 semester.

"The establishment of a QCC satellite campus in Southbridge High School has been incredibly

successful and I look forward to our second year of collaboration. The partnership has provided our students with the opportunity to enroll in college courses while in high school. I look forward to once again working closely with QCC to provide the students of Southbridge High School with the opportunity to take college courses, while they are enrolled in high school," said Southbridge

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Courtesy

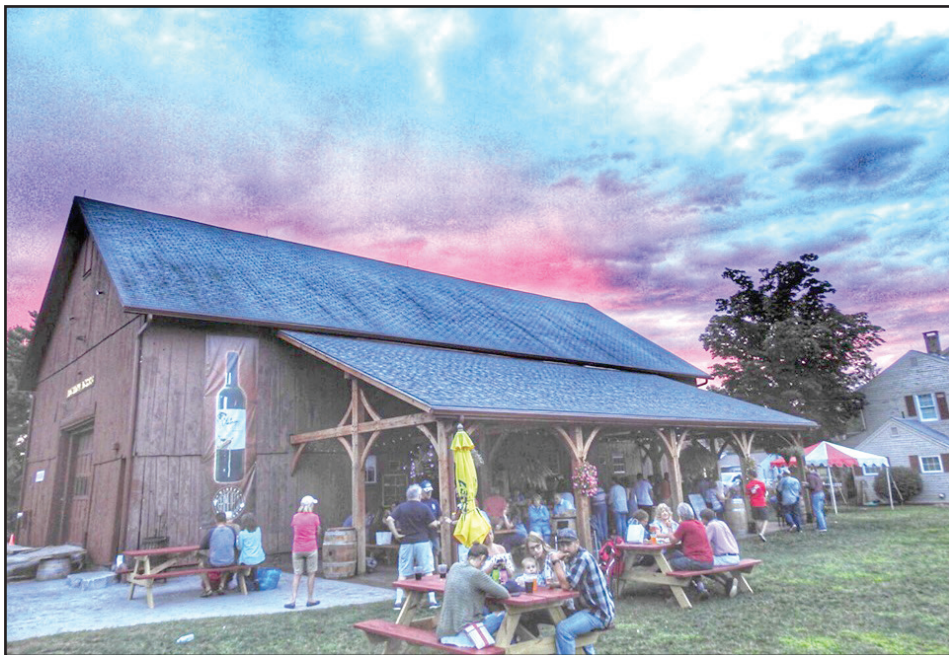
BIG CATCH

After coming up with nothing but sunfish his last couple of fishing trips, six-year-old Kyle Pucci was bursting with pride when he reeled in "the big one" off his family's dock at Hamilton Reservoir in Holland last week.

Hitchcock Academy presents Seventh Annual Sip and Stars fundraiser

BRIMFIELD — For the seventh year in a row, Hitchcock Academy, with generous support from Country Bank and B.T.'s Smokehouse, presents summer's best opportunity to make a wish on a shooting star. For either of two nights, Wednesday, Aug. 11 or Thursday, Aug. 12 from 6 to 10 p.m., viewers can enjoy libations from Brimfield Winery and Rapsallion Brewery while watching the summer's best star show under the wide open sky at the Brimfield Winery Field on Route 20 in Brimfield.

Each admission ticket includes a full pour of wine or beer and a laser guided tour of the night



sky by Geoff and Kim McClean, who are the Lead Night Sky Rangers with The Last Green Valley. The McClean's will bring telescopes for up close viewing of the meteors as well as providing a Wi-Fi transceiver option allowing guests to use their cell phones to see the display in real time just as it appears through telescope lens. All Sip and Stars guests have to do is follow this exact link: <http://192.168.0.116:7094> to connect. No password required. Aug. 11 and 12 are peak gazing opportunities for the annual Perseid Meteor shower, which

have been known to show 50 to 100 meteors per hour. In the early hours before sunset crowds can enjoy music by James Paul on Wednesday or by Kitchen Jam on Thursday. Stargazers are invited to pack a picnic supper, or they have the option to splurge from B.T.'s Smokehouse food truck, which will be serving both nights. No outside alcoholic beverages will be allowed.

This is the second year the Hitchcock Academy summer benefit, which combines the local area's favorite beverages with a guided tour of the sea-

Turn To **SIP AND STARS**, page **A14**

3RD ANNUAL

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Bay Path alumna, LPN to RN grad has a wide perspective

CHARLTON — Over ten years, Danielle Southall-Scotto, formerly of Southbridge, now of Brooklyn, Conn., rose through the ranks, from a resident care assistant to wellness nurse, from Licensed Practical Nurse (LPN) floor nurse in a sub-acute rehabilitation unit in a skilled nursing facility to now, a Registered Nurse (RN)!

When she reflects on that time, she admits it was difficult, but she is also extremely grateful. It is a time of immense pride in her own tenacity toward earning her Associate in Science in Nursing (ASN) degree from Excelsior College with a 3.0 GPA. For Danielle to make the transition from LPN to RN, she completed the ASN and took the NCLEX-RN, the National Council Licensure Examination for RN licensure.

Her knowledge and compassion helped her lead through the challenges of navigating the year of COVID-19, working full-time at the Milford Regional Physician Group in Northbridge, MA and completing all her course work including taking a two-part test that is a clinical examination also known as CPNE.



Danielle Southall-Scotto

"Goal-directed, hardworking, compassionate, dedicated...all these words describe Danielle," said

Courtesy

Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director at Bay Path Practical Nursing Academy. "Danielle graduated at Bay Path Practical Nursing Academy in 2017, was the recipient of the Academic Excellence Award and was inducted to the National Technical Honor Society."

Southall-Scotto completed her secondary education in 2007 at Bay Path Regional Vocational Technical High School with honors, National Honor Society.

"The Excelsior College's program is essentially a self-taught program," said Southall-Scotto.

"I am grateful to Bay Path for helping to lay a foundation for me to complete this, without a good foundation I would have never made it through," she concludes.

As a practical nursing student at Bay Path Practical Nursing Academy, Danielle was a member of the Mock Code Team. She competed in the SkillsUSA Medical Math category and won a gold medal in District, a gold medal in state, and a bronze medal at the national competition in Louisville, Kentucky. According to Southall-Scotto, she plans on continuing with her academic progression and earns her Bachelor of Science in Nursing (BSN) degree "after working as an RN for a little while."



ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4106 or email news@stonebridgepress.com. 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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QCC's Respiratory Care program receives credentialing success award

WORCESTER — Quinsigamond Community College's Respiratory Care Program has received the distinguished Registered Respiratory Therapist (RRT) Credentialing Success Award from the Commission on Accreditation for Respiratory Care (CoARC). The College has joined a select group of programs that received this national recognition based on a high-level performance of key accreditation metrics.

"The students of QCC have labored diligently to strive for excellence in this respected profession by earning the highly-desirable, Registered Respiratory Therapist credential. I am thrilled with their success and demonstration of skillfulness in their chosen profession," said Professor Emerita Karen Kaletski Dufault.

This award is presented as part of CoARC's continued efforts to value the RRT credential as a standard of professional achievement. The CoARC views the RRT credential as a measure of a program's success in inspiring its graduates to achieve their highest educational and professional aspirations.

To earn this prestigious award, programs were required to have three or more years of outcome data, hold accreditation without a progress report, document RRT credentialing success of 90 percent or above, and meet or exceed core thresholds

for the Therapist Multiple Choice (TMC) examination high cut score and retention. QCC had a three-year (2017 – 2019) average of 100% of students who achieved the high cut score. The CoARC threshold for retention is 70% and QCC had a 96% retention rate for the same 3-year average (2017-2019).

"This is the first time that the program has achieved this recognition and it could not have been done without the leadership of Karen Dufault, who was the previous program coordinator/director until she retired in 2020," said Assistant Professor of Respiratory Care, Keith Hirst.

He added that Amy Hogan, current director of clinical education, along with all the current and past clinical instructors, clinical sites, and Advisory Board members, QCC administration, and graduates of the program also played a large role in this award.

"Over this same time frame we had 100% job placement rate within six months of graduation, as well as 100% employer and graduate satisfaction rates," Mr. Hirst said.

To learn more visit QCC's Respiratory Care Program.

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



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Posted on: 7/27/2021

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Friday's Child



Photo by Shaanon Cabral

Hi! My name is Trey'von and I am very affectionate!

Trey'von is a playful boy of Hispanic descent. He can be shy when meeting new people, but once he is comfortable, he is affectionate and easily engaged. Trey'von enjoys playing age-appropriate games, watching movies, playing outside, and coloring. Trey'von does extremely well in a structured environment with clear and consistent boundaries, both at home and in school.

Trey'von is legally freed for adoption and can be placed in any type of family with or without other children. Trey'von has bi-monthly visits with his birth mother until an adoption is finalized, then the visits will decrease to two visits per year.

Trey'von will also need to maintain three visits per year with his sibling.

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QCC’s Early Childhood Education Lab School to reopen this fall

WORCESTER — The Children’s School: Quinsigamond Community College’s Early Childhood Education Lab School will reopen its doors in Fall 2021. The school is currently enrolling children for the 2021- 2022 academic year, under the leadership of new Director Kristen Fuller.

“After careful review by our Administration and the QCC Board of Trustees, we made the decision to renew our commitment to the Children’s School:

STCC celebrates the Class of 2021

SPRINGFIELD — STCC celebrates the graduates from fall 2020, spring 2021 and summer 2021. Members of the Class of 2021 were recognized during a virtual ceremony streamed on June 18 and available on STCC's YouTube channel.

Springfield Technical Community College recognizes the following students who completed graduation requirements.

Quinn Bushe, of Sturbridge graduated from the college.

Mark Maslon, of Brimfield graduated from the college.

Lucas Roso, of Brimfield graduated with honors from the college.

STCC, the Commonwealth's only technical community college, continues the pioneering legacy of the Springfield Armory with comprehensive and technical education in manufacturing, STEM, healthcare, business, social services, and the liberal arts. STCC's highly regarded workforce, certificate, degree, and transfer programs are the most affordable in Springfield and provide unequalled opportunity for the vitality of Western Massachusetts. Founded in 1967, the college - a designated Hispanic Serving Institution - seeks to close achievement gaps among students who traditionally face societal barriers. STCC supports students as they transform their lives through intellectual, cultural, and economic engagement while becoming thoughtful, committed and socially responsible graduates.

Early Childhood Education Lab School and the opportunities it affords our students and the young children in our community,” said QCC President Luis G. Pedraja, Ph.D.

The Children’s School: Early Childhood Education Lab School serves as a lab/training site for students majoring in Early Childhood Education and is an integral part of the program. It provides supervised student participation and field placement experience for Early Childhood Education Associate Degree students.

“I am very excited to have joined a team of dedicated professionals and to have children return to the QCC campus,” Ms. Fuller said.

“The School was established as a resource for QCC students, but has become a true model of collaboration and commitment to top-notch, high-quality education and care of

children between the ages of two years, nine months to five years,” Ms. Fuller said, adding that the School will have a daily capacity of 28 children.

The Children’s School: Early Childhood Education Lab School was the first center granted the highest level on the Massachusetts Quality Rating and Improvement System (QRIS). The QRIS is a method used to assess, improve, and communicate the level of quality in early child care, early child care education, and after-school settings.

For more information visit www.QCC.edu/childrenewschool.

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

Students named to University of Hartford Honors Lists

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce the students who have been named to the President's Honors List and/or the Dean's List for Spring 2021.

Grace Ahlstrand of Sturbridge: President's Honors List and the Dean's List

Andrew Briere of Holland: President's Honors List and the Dean's List

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CLUES ACROSS

1. Ponds

6. “Unbelievable” musicians

9. Invests in little enterprises

13. Longtime Utah Jazz coach

14. Small sailboat

15. “Luther” actor

16. Round Dutch cheese

17. Detects underwater objects

18. Harsh, grating noise

19. Steward

21. Fencing sword

22. Painful places on the body

23. “Sleepless in Seattle” actress Ryan

24. Sodium

25. Engineering degree (abbr.)

28. Small lump

29. African antelope

31. Electronic point of sale

33. Carefully chooses

36. Ringworm

38. Unrefined

39. Drenches

41. Type of pants

44. Son of Noah

45. Spiritual being

46. Upton Sinclair novel

48. Journalist Tarbell

49. Atomic #21 (abbr.)

51. Born of

52. Rich tapestry

54. S. China seaport

56. Being without clothes

60. Surrounded by

61. Remains

62. Away from wind

63. Dried-up

64. One who can see the future

65. A very large body of water

66. Digs up earth

67. Type of screen

68. Old Norse poet

CLUES DOWN

1. Millisecond

2. Spanish city

3. Sudden, very loud sound

4. Type of chair

5. Tin

6. Sea eagles

7. Broad volcanic crater

8. Some animals have it

9. Ottoman palaces

10. Divulge a secret

11. “A Doll’s House” playwright

12. “It’s a Wonderful Life” director

14. Poisonous perennial

17. Gulf in the Aegean

20. Clothes

21. Chairs

23. Family of regulator genes

25. NY ballplayer

26. Impressive in size or scope

27. Jacques __, Fr. biologist

29. Manhattanite

30. Genus of lemurs

32. Sings to

34. River in southern Italy

35. Supplemented with difficulty

37. Farewell

40. Senior officer

42. Utah resident

43. Begets

47. Boy

49. Violently break

50. Brief appearance

52. Expressed pleasure

53. A light informal meal

55. Fabric with smooth finish

56. One billionth of a second (abbr.)

57. Ancient Greek City

58. Close tightly

59. Commit

61. A way to communicate (abbr.)

65. Heavy metal

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5 great reasons to participate in scholastic sports

Many kids are introduced to sports at an early age. Though young children may enjoy the recreational aspect of playing sports, a serious passion for a particular sport may develop as children reach high school. Such passions can be encouraged, as participating in sports can be highly beneficial for young people.

1. Learn resilience: Compared to generations past, when children may have had jobs during the school year, today’s children do not have many demands placed on them beyond schoolwork and maybe some light chores around the house. The average student may use sports as a way to learn about and overcome challenges. Participating in sports can teach kids how to recover from setbacks (being the losing team) or dealing with adverse situations (sports-related injuries).

2. Improve fitness: School sports require ongoing physical activity, which is advantageous to children in an age when lifestyles are increasingly sedentary. A report from the National Federation of State High School Associations found that when female students are

given more opportunity to engage in athletics in high school, their weight and body mass improve. School sports can help students overcome the negatives of sedentary lifestyles.

3. Relieve stress: Exercise in any shape or form can help relieve stress. The camaraderie that develops within a team setting also can boost self-esteem and help some students overcome any feelings of isolation they may confront during adolescence.

4. Boost brainpower: School sports may work the body but they also benefit the brain. A report from the Institute of Medicine indicates children who are physically active show greater attention, have faster cognitive processing speed and perform better on academic tests than those who are sedentary.

5. Develop confidence and leadership skills: A study from Cornell University says teens who played sports developed stronger leadership skills and developed better confidence. That can work in a team or solitary setting, and translate into skills that serve a person well throughout life.

Abigail Stansky receives degree from Nichols College

DUDLEY — Nichols College graduated 245 undergraduate students this spring. An in person commencement celebration was held for the class of 2021 on May 15.

Abigail Stansky of Sturbridge graduated with a Bachelor of Arts, majoring in English.

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Follow form and function when outfitting your dorm room

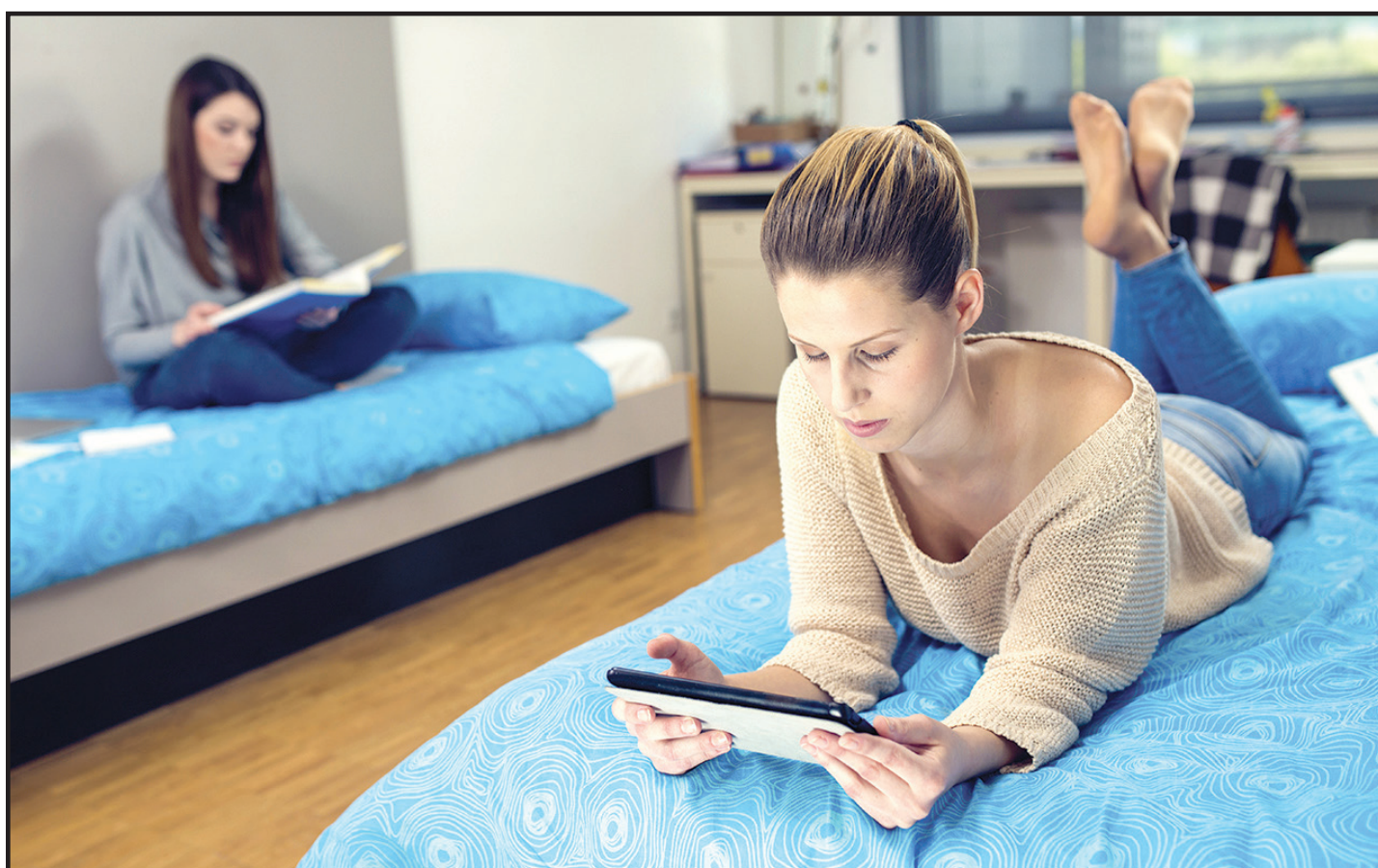
College campuses are a home away from home for much of the year for students who go away to school. According to Azusa Pacific University, many universities, APU included, require students to live on campus during their freshman and sophomore years. Doing so provides many students opportunities to fully immerse themselves in their school communities and enjoy a little independence at the same time.

Dorm rooms afford students a chance to impart their own unique touches on their living spaces. A dorm room need not be drab. In fact, with a little creativity and some design tips, a dorm room become a space to be proud of.

- **Coordinate your vision.** Once you meet your roommate, discuss how you see the dorm room evolving. Choosing a color palette is a great place to start. If you can't agree on bedding patterns, work with a color scheme so your side of the room and your roommate's will coordinate.

- **Invest in high-quality linens and bedding.** Focus your attention on making the one area of the room where you'll spend most of your time as comfortable and attractive as it can be. Look for high thread counts on sheets and pillowcases. HGTV recommends a duvet cover that can be swapped out to change the look of your bed when the mood strikes. Throw pillows and a throw blanket are ideal for lounging in style, and they can be arranged to make a tradition XL twin bed look like a daybed or chaise.

- **Opt for multi-use furniture.** If your dorm room only has the basics and you can add a few pieces, maximize space and function with items that serve multi-



ple purposes. Storage ottomans can keep belongings organized and also serve as extra seating for guests. A mirror behind your desk can serve as a vanity for getting ready when the shared bathroom is occupied.

- **Set aside a kitchen area.** While you may not be cooking a four-course meal inside your dorm room — and most

schools limit which types of cooking can take place in dorm rooms — set up a kitchen station with some essentials. According to the storage and organizational company Spacewise, a rolling utility cart equipped with a coffee maker, small microwave, mini fridge, and some cube storage containers is the perfect place to have snacks and beverages at

the ready.

- **Maximize storage.** Shelves over a bed, underbed storage, bedskirt organizers, closet caddies, and additional organizational gadgets can keep rooms tidy and functional.

Dorm rooms can be customized with some simple additions to make these spaces feel more like home.



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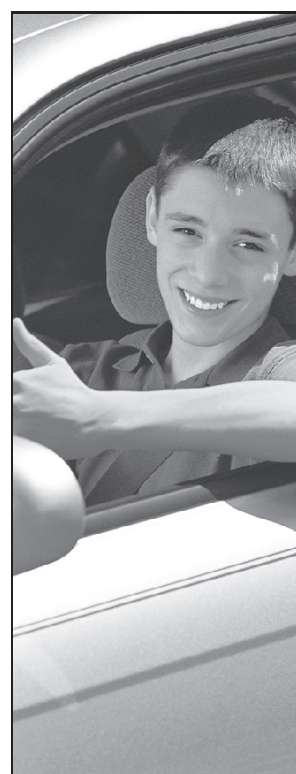
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Tips for dorm room and campus safety

Life on a college campus can be exciting, especially for freshmen enjoying their first taste of life away from home. As exciting as campus life can be, it also can be a bit nervewracking for students who have never before had to fend for themselves.

Administrators and security personnel work to make school environments as safe as possible, but incidents can happen on any campus. A recent report from Campus Safety and Security, there were 38,100 reported criminal offenses, including burglary and identity theft, on college campuses in the United States in 2017.

Students need not live in fear on campus, but embracing various safety measures can make life at school that much safer.

- **Hide or lock up valuables.** You never know what may catch the eye of a thief. Devices and cash are near the top of lists of most commonly stolen possessions, but a desperate student may steal notes or even expensive textbooks if he or she is struggling. Always close doors and lock dorm rooms when leaving. Keep valuables out of sight at school. Consider buying a dorm room safe and lock your locker at all times.

- **Prepare for emergencies.** Research the school's policies on emergency preparedness. Some have text alert systems for emergency situations like adverse weather conditions, while others have clear guidelines on what students should do if they feel threatened in any way. Participate in fire drills and learn the nearest exits and protocols for emergency evacuations.

- **Utilize the buddy system.** Most campuses are safe to move around, but it can't hurt to schedule certain classes, particularly if they take place after dark, with a friend so you can walk to and from classes together. Security experts say that elevators and stairwells are common places for assailants to target victims. If you ever feel uncomfortable, trust your instincts and err on the side of caution.

- **Install window alarms.** Many retailers sell battery-operated window alarms that can be adhered to windows. The alarms will activate if the window is opened or the glass breaks. These alarms can provide extra security even if your dorm room isn't on the ground floor.

- **Be alert when ridesharing.** The safety resource Safety.com says rideshare



How school shopping has changed in the pandemic era

Back-to-school shopping sales have long been indicators that the summer vacation season is coming to a close. Students and their parents may visit area stores or browse online looking for items to make the coming school year a success. Those lists have looked similar for decades, but shopping for school supplies in the pandemic era may prove to be a unique experience.

Though hundreds of millions of adults and adolescents have now been vaccinated against COVID-19, there figures to be some lingering effects of the pandemic during the upcoming school year. That could affect which school supplies families buy in the weeks to come. Here's a look at some of the latest trends.

- **A shift from physical stores:** According to data from IBM's U.S. Retail Index, the pandemic has accelerated a shift away from physical stores to digital shopping by about five years. It's likely that school shoppers will turn to the internet for their supplies, which means local brick and mortar shops should increase their web presence and digital shopping capabilities to reach online shoppers. This includes omnichannel fulfillment, such as buy online and pick-up in store (BOPIS) options.

- **Reassessment of what's essential:** The pandemic may have changed which items consumers consider essential. For example, clothing became less significant as a greater number of students were enrolled in virtual learning. Back-



to-school shoppers may purchase less clothing and focus more on tech items, among others.

- **Traditional supplies become less necessary:** In 2020, Deloitte forecasted that a shift in preferences and intentions would result in parents buying fewer traditional supplies, such as notebooks and office supplies, as they chose to invest in digital resources to supplement children's education. That shift likely will continue into this school year.

- **Support for local retailers:** Community spirit grew in the early days of the pandemic and continues now. Many people prefer to shop in locally

owned stores. Eighty percent of customers surveyed feel more or as connected to their communities, according to the business industry consultant company Accenture.

- **Customers are trying new brands and products:** Shoppers are trying new products out of curiosity as well as necessity. Back-to-school shopping may include novel brands and other items that may not have been readily purchased in years past.

Back-to-school shopping may continue to look a bit different than in previous years, spawning trends that may ultimately become the new normal.

Exercising safely after recovering from COVID-19

The number of people who have been infected by the novel coronavirus COVID-19 is difficult to determine, as millions of people may have had the virus but been asymptomatic. But as of April 2021, the Center for Systems Science and Engineering at Johns Hopkins University reported that more than 31 million people in the United States have had confirmed coronavirus infections, and Canada reported 1,087,158 confirmed cases with 80,204 considered active at that time. Thousands of new cases are reported daily nationwide, and many others have occurred around the world.

Even though COVID-19 is widespread and highly contagious, the silver lining is that a very high percentage of people recover from the disease. WebMD says that recovery rates fluctuate between 97 and 99.75 percent. However, COVID-19 can affect various parts of the body and produce long-lasting side effects.

A study from the Korea Disease Control and Prevention Agency found that 91 percent of people who recovered from COVID-19 reported at least one long-lasting symptom, and fatigue and trouble concentrating were the most common. With this in mind, individuals who have recovered from the illness and want to get back to their daily activities — including exercising — may need to be especially careful.

Health experts recommend a slow, phased approach to resuming exercise after recovering from COVID-19. It's also worth noting that it may take some time to regain pre-illness fitness levels, so individuals are urged to go easy on themselves if they cannot meet certain milestones.

David Salman, Ph.D., a clinical fellow in primary care at the Imperial College London, was lead author of a report published in the British Medical Journal that aimed to answer questions about returning to exercise. One of his recommendations is to wait for seven days after major symptoms have stopped before beginning to slowly build up physical activity. One should start with light-intensity exercises, such as walking or yoga. Gradually, more challenging activities, including brisk walking, swimming or light resistance training, can be introduced. Each phase should be maintained for at least seven days.

People should be mindful of getting out of breath or feeling

too fatigued by exercise. If this occurs, they should move back a phase until exercise feels comfortable. Pay attention to body cues while doing normal daily activities, as these can help determine if you need to rest.

The University of Colorado Boulder Health and Wellness Services says exercise should not continue if people experience chest pain, difficulty breathing, shortness of breath, abnormal heartbeats, or lightheadedness. Individuals are urged to consult with their doctors if these symptoms appear.

Within a few weeks of infection, many people with mild cases of COVID-19 can typically be back to their normal fitness routines, says Anthony S. Lubinsky, MD, clinical associate professor at New York University Grossman School of Medicine. But slow and steady is the key to getting there.

COVID-19 has affected millions of people. With time and guidance, most people who contracted COVID-19 can return to their pre-illness levels of physical activity.

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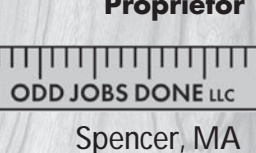
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EDITORIAL

Olympic trivia

It's nice to have a distraction from the rollercoaster that was 2020, with the summer Olympics plastered all over television and social media. Watching athletes from all over the globe show off what they've been training for shows us all what can be possible when we set a goal.

With that said, we thought it would be interesting to share some Olympic trivia.

In 1998, Surya Bonaly, a figure skater from France fell during the winter games in Nagano. Since she knew she lost a chance to medal, she decided to do a move that had been banned since 1976. She did a backflip and landed on the blade of one skate. No one has attempted the trick since then, making her Olympic performance, one to remember.

From 1912 through 1954, individuals could earn medals for art, as long as it was inspired by a sport of some kind. The art could include painting, literature, sculpture or music. Eventually, this was tossed out, as most professional artists sell their work to earn a living.

In 2002, during the Winter Olympics, speed skater Steven Bradbury of Australia was racing in the 1,000 meter short track finals and was lagging behind. During the race, the leaders crashed into each other, leaving Bradbury far enough behind to avoid the collision. He was able to skate by and win gold.

The first modern Olympic Marathon (26.2-mile road race) took place in 1904. Most of the runners had never run that far before. One competitor showed up to the start line in dress pants. Fourteen out of the 32 racers were able to finish. One racer, Fred Lorz who won, actually jumped in a car for 11 miles of it due to a cramp. Another runner, Felix Carvajal ate a rotten apple halfway through and stopped to take a nap. He finished fourth. The gold officially was given to Thomas Hicks who was carried over the finish line having hallucinations that he had 20 more miles to go.

During the summer of 1992, the Lithuanian basketball team did not have enough money to compete in the Summer Olympics due to the collapse of the Soviet Union. Coming to the rescue and offering aid to the team was, unexpectedly and, frankly, bizarrely, the Grateful Dead, the rock band with a legendary reputation for imbibing, shall we say, 'illicit substances.' Beyond donating money to make the trip possible, the band allowed the team to sell Grateful Dead merchandise. The team competed in tie-dyed uniforms, and took bronze.

In 1984, McDonald's offered free food every time an American won a medal. During those summer games, the Soviet Union boycotted the games, leaving many open spaces for medals available. This ended up costing the fast food chain a significant amount of money.

True sportsmanship was shown during the Winter Olympics in 2006, held in Torino, Italy, when skier Sara Renner broke her ski pole halfway through an event. Bjornar Haakensmoen, the Norwegian ski coach handed her a spare. The Canadians went on to win silver, while the Norwegians took fourth. To show gratitude the Canadians gifted Haakensmoen with five tons of maple syrup. Both governments waived import duties.

The medals for the Tokyo Olympics are made from recycled electronics to include cameras, smartphones and laptops.

The McDonald's in the Olympic Village is free for all athletes and coaches; however, in 2016 in Rio, McDonald's capped the amount of items that could be ordered at one time to 20.

From 1900-1920, Tug of War was an Olympic sport, with Great Britain winning the most medals and the USA coming in a close second.

In 1936, two Japanese pole vaulters, who were friends had to compete against each other to decide who took silver and who took bronze. The requested that they share the honors, but were told no. Shuhei Nishida and Sueo Oe had their medals cut in half and fused together, into the medals of friendship.

In 2012, women were finally allowed to compete in boxing. Since 1991, anytime a new event is introduced to the games, women must be included.

Dr. Spock, a well known pediatrician and author, won Olympic Gold as part of the 1924 U.S. rowing team.

OPINION

Views and commentary from Sturbridge, Brimfield, Holland and Wales

Guide to Harvesting Your Backyard Crop

It's harvest time and backyard gardeners everywhere are anticipating the well earned fruits of their labor. From plucking peppers to cutting cauliflower, proper harvesting ensures optimum flavor and nutrients from your home garden. Read on for the ways to up the odds of culling "the cream of the crop" from common vegetable and fruit plants.

Experts say the most important rule at harvest time is to pick vegetables daily. Plucking them as soon as they ripen not only offers superior taste, but this practice encourages plant production. Simply stated, harvesting on the day that the produce ripens can help you yield more from your seasonal crop. Furthermore, gardeners should be aware that some vegetables are best harvested when they appear premature. Examples include summer squash, zucchini and green beans, all vegetables can become tough and lose flavor when they are allowed to sit on the vine too long. Seed company Burpee offers expert advice on harvesting common fruits and vegetables:

Herbs. Pinch or cut back herbs frequently to keep them producing more stems and leaves (the parts we eat) and to keep them from blooming, which changes the flavor. If that means you have surplus thyme or oregano, dry it in a brown paper bag. Basil, especially, needs frequent pinching back to keep it bushy and productive. At some point in July or August everybody has too much basil, which is why the Italians invented pesto (find many recipes on the internet).

Tomatoes. There is a huge range of tomato varieties. Many kinds are red when ripe, but some are orange, yellow, striped or even green. Learn what to expect from your variety and monitor the plant closely as its due date nears. Generally, a tomato is fully ripe when it releases easily from the stem. If you misjudge a bit it's no tragedy, because tomatoes will ripen somewhat after picking. But they develop the fullest sweet flavor if they ripen in the sun on the vine. Once you have picked the first few tomatoes of a particular variety, you will get a feel for what a ripe one will look and taste like. Some tomatoes are "determinate" types, which will stop bearing after a few weeks. Most are "indeterminate" kinds, which will keep flowering and setting fruit until killed by frost, although colder weather will slow production. It's a good idea to pick your green tomatoes a week or so before your area's average first frost date. The more mature ones will ripen indoors if they are stored at room temperature, wrapped in newspaper so they don't touch. Or make fried green tomatoes.

Peppers. Peppers are mature and ready to eat when full-sized but still green. If left on the vine longer, they will change color to red, orange, yellow or brown, depending on the variety, and will deepen in flavor and become less crisp in texture. Hot peppers left to change color will get hotter. So whether you pick at the green stage or later will depend on the variety and what you plan to use the pepper for. As with tomatoes, the first few you pick will teach you to gauge ripeness.

Lettuce. It's important to pick lettuce before hot weather encourages the plant to "bolt," or develop a flower stalk, which makes the leaves taste bitter. With leaf lettuce and many other greens, you can "cut and come again" while the leaves are young and tender, no more than five inches long. Use scissors to cut the largest leaves individually from the plants. When the smaller leaves get big enough, harvest those. You may be able to come back to a plant two, three or four times, a few days apart, before it gives up in the summer heat. To prolong the lettuce harvest, look for bolt-resistant varieties and sow seeds several times at two-week intervals. A tent of shade cloth or translucent row cover -- or a site in part shade -- also may delay bolting in hot climates. In late summer, sow green seeds again for a fall crop.

Green beans. Green beans are an easy vegetable to harvest. Pick the pods when they are a little shy of their maximum size, to be sure that they are tender, with immature seeds. If you delay, the seeds will mature and harden and the pod will become tough. Don't pick green beans in the morning when the dew is still on the vines; wait until they are fully dry to avoid spreading disease. Be sure to keep

up with regular picking to encourage the vine to keep flowering and producing pods.

TAKE THE HINT

KAREN
TRAINOR

Peas. For garden peas, pick a test pod and open it when the seeds have begun to swell inside. You're looking for peas that are round but still tender. Pick peas just before you are ready to shell and cook them. For snow peas and sugar snaps, taste a pod when it nears full size. You want a crisp, crunchy, fresh-tasting pod, in which the seeds have started developing but are nowhere near round. Pods left too long on the vine get tough and stringy.

Cantaloupes, muskmelons and honeydews: Harvesting melons can be tricky, even for melon farmers. You can thump the melon and listen for a dull, hollow sound or sniff it to see if it smells sweet. A ripe cantaloupe or muskmelon will begin to have a tan or yellowish color beneath the corky "netting" on its skin. A honeydew will feel smooth, not hairy. Cut the stem rather than breaking the fruit off, which creates a wound that invites the fruit to rot. Let the fruit ripen for another day or two at room temperature before cutting into it.

Watermelons. When the spot beneath the melon, where it sits on the ground, turns yellowish, rather than white or green, the melon is close to ripe. The rind also gets tougher, so test it with your thumbnail to how easily it dents. For old-fashioned full-sized watermelons, the traditional ripeness test is to thump and listen for a dull, hollow sound, but this may not work as well with the smaller "icebox" varieties. Ultimately, you'll have to cut one open and decide if it's ripe, and use that as a standard for the rest of the crop.

Cucumbers. Check the seed packet to see how large your variety of cucumber will get and how long that is expected to take. But bear in mind that you can pick cucumbers at any stage, depending on what you want to use them for. Smaller ones will be more tender, with thinner skins and few or immature seeds. Too-old cucumbers get dry and woody. Like melons, cucumbers should be cut from the vine, not pulled.

Sweet corn. Timing is everything with sweet corn. The kernels begin to lose sweetness and flavor the instant the ear is picked, so the great advantage of growing your own is so you can wait until the last minute. The traditional rule was to get the pot of water boiling to cook the corn and then go out and pick it. Sweet corn is ready to eat when you can feel full, rounded kernels beneath the husk; the silk at the top of the ear is drying out; and a squished kernel produces a milky sap.

Root vegetables. Read the seed packet to see how long it should take before you start checking to see if your variety of carrots, beets, turnips, radishes or parsnips is ready for harvest. When it's about time, loosen the soil gently and pull one up to see how big it is. Root vegetables are more tender and delicate in flavor if eaten younger and smaller; as they get older and larger, they get tougher, woodier and more pungent. If that's okay with you, you can store some root crops right in the cold ground after the tops die. Spread a thick layer of leaves, straw or other mulch to keep the ground from freezing so you can still dig them up, and you may be able to harvest carrots, turnips or parsnips.

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.

Are trust services right for you?



FINANCIAL FOCUS

JEFF
BURDICK

If you're extremely busy with your career and family and you've accumulated a fair amount of assets, you might be concerned about a variety of issues related to financial management and legacy planning. Specifically, you might think you don't have the time or expertise to deal with these matters effectively. If this is the case, you might want to consider using a trust company.

You might think you need to have a large estate or millions of dollars to benefit from working with a trust company, but that's not the case. And if you're not familiar with what a trust company can do, you might be surprised at all the services it can provide, including the following:

- Wealth management – Typically, when working with a trust company, you'll receive investment management designed to help you achieve various goals, such as a comfortable retirement and college for your children. The company can manage retirement accounts, monitor investments and disburse funds, make changes as needed and ensure compliance with government reporting for contributions, withdrawals and rollovers. While different companies operate in different ways, you may have an arrangement in which you work with a personal financial advisor and a separate portfolio manager.

- Financial management during incapacity – If you were to become incapacitated and couldn't make financial decisions, a trust company can step in, giving you peace of mind from knowing that your financial assets will be managed by a team of professionals, helping protect you and your family from potentially dire consequences.

- Trust administration – A trust company can perform several essential tasks related to administering your trust. The company can act as trustee for a trust you've established, such as a revocable living trust, which can allow your estate to avoid probate while providing you with great control over how your assets will be distributed at your passing. Alternatively, the trust company can work alongside an individual you've designated to execute the terms of a trust. If your selected trustee resigns or becomes unable to make decisions, the trust company can serve as successor trustee. When it's time to settle your estate, the trust company can handle the valuation, dispersion and re-titling of assets, pay off any debts and expenses, and complete any tax returns related to your estate.

- Bill payment and recordkeeping – A trust company can keep up with all the trust's bills (household maintenance, medical bills, etc.) and provide statements summarizing receipts, disbursements and the value of assets within the trust.

In addition to providing these practical services, a trust company may benefit you in a more intangible way. It's unfortunate but true that, in many families, dividing up assets can cause conflict and bitter feelings. But when a trust company serves as trustee, it impartially administers distribution of the assets based on the instructions you've provided in the trust – helping minimize family disputes over inheritances. If you ever feel like the complexities of wealth management and trust administration are getting to be more than you can handle – or perhaps more than you want to handle – consider contacting a trust company. You might find that it can make your life a lot easier.

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

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Adventures with Molly



THE GREAT
OUTDOORS
.....
RALPH
TRUE

Planet earth is under attack on all fronts again. Wildfires in the West and floods in other parts of the country, along with mud slides, are extremely devastating to the people and wildlife, in the areas. Not to forget to mention tornadoes that are ripping apart whole towns in their path. Now we need to deal with a new Delta variant of Covid-19. Will life ever get back to normal? Whatever that is!

Finally, my little 13-inch beagle Molly has opened up on rabbits, and had the longest drive of her life in my backyard this past Sunday afternoon. She started to bark in the backyard, so I walked down to the back gate to see what all of the commotion was about. I spotted a cottontail rabbit a hundred feet or less from the back gate. I quickly opened the gate and she shot out of the gate entrance like a bullet. She was quickly vocal as she ran towards the rabbit that quickly disappeared into the brush. Soon she was barking and yodeling as she trailed the elusive rabbit. The rabbits seem to have as much fun as the beagle, as they try to outsmart the dog.

I could hardly believe what my ears were hearing. For years, this writer had owned beagles that I ran on snowshoe hare a couple of times a week at the Douglas state forest with a couple of friends. Back in the day we had a half dozen dogs or more chasing and driving rabbits for hours. Rabbit populations are exploding throughout the valley and show no signs of slowing down. Maybe the Blackstone Valley Beagle Club could once again have their members hunting rabbits and owning beagles like we once did back in the day. Unfortunately, there are very few snowshoe hare to run the



Courtesy

dogs on, but cottontail are still a lot of fun to hunt and train the beagles on. This week's picture shows the happy beagle Molly.

Every dog had a different bark. Some yodeled, some squeaked, some had a distinct bark, so that every dog owner could identify his dog. Hopefully, Molly will continue to improve before the hunting season. Maybe just maybe, she will continue to be vocal and hunt down a few pheasant for me to harvest, as beagles are great for hunting both rabbits and pheasant. Hunting season is not far away! I know I am rushing it!

Captain Mel True, Jr. had a party of anglers enjoyed a day of fishing on his boat "Fish Net Charters" last week. The four anglers landed their limit of stripers, but not before releasing 30- & 40-pound fish because they were too large or too small. Then they limited out on large seabass, and finally finished catching a good number of huge bluefish. Sounds like they had a good day.

Freshwater bass fishing also remained

Fishing on the Helen H in Hyannis. Lots of sea bass and porgies. From left to right: Logan Henchey, five, Mason Letellier, nine, Brendan Packard, nine, Nate Packard, Mike Letellier, Mykayla Kenmuir, 14, Lexi Letellier, 15, and Eva Henchey, eight.

Courtesy

(Right) The third picture shows Frank Padula with an impressive largemouth bass he caught recently.



Courtesy

This week's second picture shows my beagle Molly after a great hunt on a cotton tail rabbit.



strong this past week with this week's photo showing an angler with a 5.5-pound beauty. One local angler reported catching 16 largemouth bass last week at a small pond in Uxbridge, while fishing from his kayak. The largest was three and a half pounds! Numerous small-

mouth bass were also reported last week. The Uxbridge Rod & Gun Club will hold another Chicken Bar-B Q this Sunday along with another archery shoot which is open to the public. Come on down. Take A Kid fishing & Keep Them Rods Bending!

Create your own backyard paradise



Melinda Myers

If you want a tropical escape, include leafy plants like elephant ears and banana plants in pots, wicker furniture, a water feature and colorful flowers like hibiscus and mandevilla.



GARDEN
MOMENTS
.....
MELINDA
MYERS

You don't need a plane ticket, tank full of gas or train ride to enjoy a bit of paradise. Create your own in a small alcove, large patio, or deck in your own backyard.

Start by visualizing what paradise looks and feels like to you. A table and chair surrounded by beautiful plants makes a wonderful space to relax, read a book and enjoy some alone time. For some, it means a patio or deck filled with colorful planters and surrounded by ornamental grasses, vine covered trellises, flowering shrubs, and evergreens. These will help define the space, provide privacy, mask unwanted noise, and provide a great space for entertaining.

Don't let a lack of space, patio, or deck stop you from building a backyard getaway. Look for those underutilized areas. Perhaps it is a back corner of the yard, space next to the garage, side yard or a spot under a big shade tree. A vine covered arbor, piece of indoor-outdoor carpet and a few planters can turn any space into a backyard retreat.

Once you identify the space and desired function, think about the ambience you want to create. For a tropical escape, include leafy plants like elephant ears and bananas in pots, wicker furniture, a water feature and colorful flowers like begonias, hibiscus, and mandevilla. Don't overlook hardy perennials. Plants like big leaf hostas, variegated Solomon's seal, crocosmia, cassia and others help create the look and feel of the tropics. Continue this theme by using bamboo, wicker, and wood for any needed screening.

If it is a visit to the Mediterranean you prefer, include stonework, planters with silver foliage plants like dusty miller, and sage and a few evergreens. Use upright junipers and grapevines trained on arbors for screening. An urn or topiary make an attractive focal point. Fill the garden space with herbs, blue oat

grass, calendula, salvia, and alliums.

For a casual visit to England, craft yourself a cottage garden. Construct a narrow path leading through an archway at the entrance to your secret garden. Create an informal collection of flowers, herbs, and medicinal plants. Use a birdbath, piece of garden art or water feature as your focal point.

If it's the north woods you prefer, make a firepit the focal point, add some rustic furnishings and complete the scene with native plants. Or let your personality shine with a colorful bistro set, garden art, and flowers of orange, red, and yellow.

As your vision comes into focus, it is time to start putting your ideas on paper. A simple sketch will help you define the space, arrange the plants, and identify the appropriate furnishings and building materials. It is much easier to move items on paper than once they are set into the ground.

Always contact your local underground utility locating service at least three business days in advance. It's free and as easy as calling 811 or filing an online request. They will contact all the appropriate companies who will mark the location of their underground utilities in the designated work area. This reduces the risk of injury and inconvenience of accidentally knocking out power, cable, or other utilities as you enhance your landscape.

Because this important step is often overlooked, August 11th has become National 811 Day. It's a reminder to include this important step when undertaking any landscape project, large or small. And remind others to do the same.

Once complete, you'll simply be able to step out your back door and enjoy your slice of paradise.

Melinda Myers has written more than 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.

Positively Speaking

POSITIVELY
SPEAKING
TOBY
MOORE

Benjamin Franklin said, "... nothing can be said to be certain, except death and taxes."

He wasn't the originator of the phrase, but he certainly helped to cement it as a mainstream idiom here in America.

I've begun to feel that the idiom isn't precisely true. Sure, death comes to us all, and we all must pay taxes. To me, it makes more sense to say, "nothing is certain, except loss and taxes."

All of us deal with loss in our lifetimes. Coping with a loss is never easy. Loss comes in many forms and all shapes and sizes.

Some people can go through life not losing much at all, and others sometimes lose everything.

Zig Ziglar said, "It's not what happens to you; it's how you handle what happens to you that will make the difference..."

Two brothers had an alcoholic father. One brother became a happy, successful person, and when asked why he said, "I had no choice; my father was an alcoholic." The other brother became a miserable alcoholic, and when asked why he said, "I had no choice; my father was an alcoholic."

The brothers had the same experience but created different narratives.

When I was younger, I met a beautiful girl. I don't believe in love at first sight, but this was the closest thing to it. It was a short relationship, only seven months. She left me abruptly after telling me many times that she loved me. I

felt as if my whole world was ending. I became bitter and hostile for a time, and despite my positive upbringing, it was the first time I'd lost something that had such profound meaning. My reaction made things much worse. I created a narrative in my mind that became a destructive thought pattern that brought even more heartache; I allowed it to fester, nourished it, and it became my personality for a time.

My father, Gary W. Moore, the founder of this column, lost a business that he poured into his heart and soul. He built a business from scratch that sold state-of-the-art water filtration systems. He had a factory, sales teams, and offices around the country. His offices in New Orleans had become his most profitable. The future seemed bright; little did he know that loss was knocking at his door.

It all started

when his business partner embezzled several hundred thousand dollars. Then the managers of his most profitable sales offices in Louisiana made counterfeit water filters, selling them, keeping the money, bypassing the inventory process. Sales slumped, lawsuits were filed. Then came Hurricane Katrina; it destroyed all of his offices in New Orleans. The business had collapsed. Through all of this, he was determined to recover. Limping along, barely surviving, the housing collapse of 2008 brought it to an end.

He could have become negative. He could have positioned himself as a victim. He could have given up, and nobody would've blamed him.

He did the opposite and seamlessly moved into a new career as an author. He convinced himself that he would succeed, that it would only be a matter of time before his books would sell. It wasn't long, and his books were selling. An Oscar-winning producer optioned his first book, and

his second book was adapted into a screenplay by a different Oscar-winning producer! What are the odds? Did it have anything to do with the narrative he created in his mind?

Gary passed away on July 14. It was a terrible loss for the whole family. He was our anchor.

For the past several years, I spoke to my father daily. We have written screenplays together and started what we think will be a very successful business.

As I move forward without him, sometimes the thoughts creep in, "I can't do this, I wasn't meant to succeed, my business will be an utter failure without my dad."

Observing my father and studying how other successful people cope with loss, I know enough to kill those thoughts right as they manifest. I am instead telling myself what my father would have said to himself if he were in my position, "I can do this; I was born to win; the business will be wildly successful!"

Toby Moore is a columnist.

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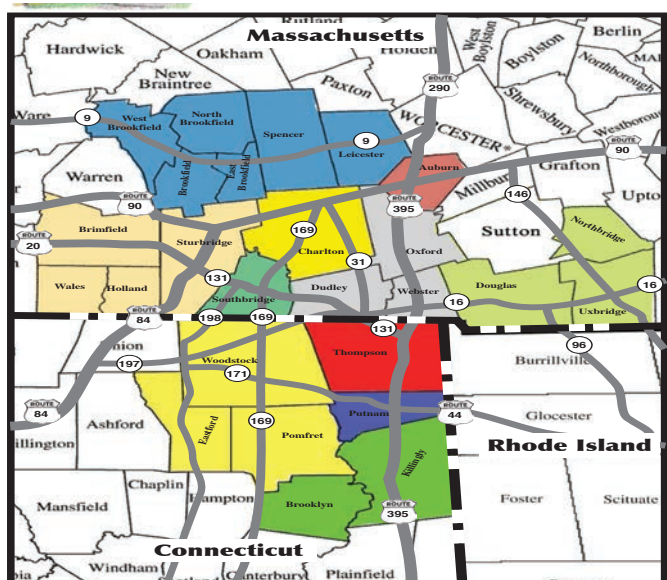
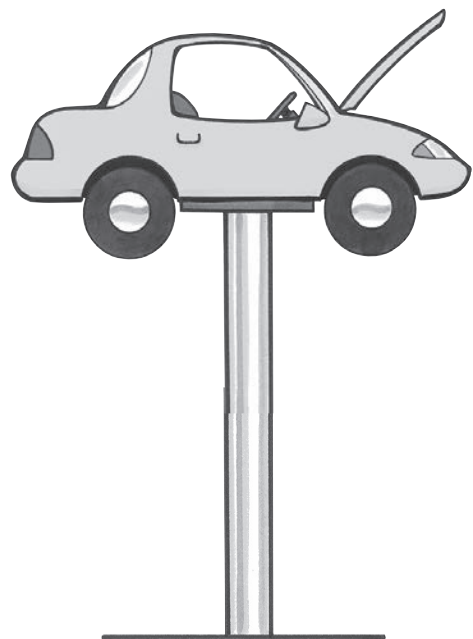
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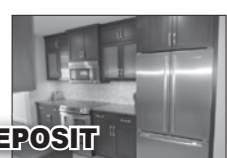
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WEBSTER LAKE - 11 Bay View Rd! One of the Lake's Premier Properties! 9,822' of Real Nice Set on .68 Acres of Park Lake Grounds with 297' Waterfront! Over \$4 Million Spent! Nothing was Spared! 18 Spacious Rooms! 5 Water View Bedrooms, 4 with their 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! **\$1,999,900.00**

STURBRIDGE! Big Alum Lake! 243 Big Alum Rd! 6.58 Acres of Privacy! Sub-Dividable! West Expo - Beautiful Sunsets! 3,313' 10+ Rm Cape w/3 - 4 Bdrms & 4 Baths! Features Applianced Granite Kit w/Breakfast Bar & Tile Flr! Frp'd Din Area! Din Rm w/3 Walls of Glass & French Dr to the Deck! Cathedral Ceiling Fam Rm w/Hearth & Wood Stove & Wall of Picture Windows! Spacious Liv Rm w/Pine Flr! Office! Full Bath w/Laundry Closet! 1st Flr Master w/Slider to the Inground Pool, Walk-in Closet, Marble Bathrm w/Separate Tub & Shower & Dble Vanities! 2nd Flr w/2 Spacious Bdrms, Lots of Closet Space & Pine Flrs! Full Hall Bath! Lower Level w/Game Rm, Wine/Root Cellars! Utility & Storage! 2 Car Attached Garage w/Office/In-Law Suite Above! New Driveway Access needs to be Installed! Cosmetic Repairs Needed! **\$679,900.00**

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**



DUDLEY - 10 Camelot Circle 9 Rm, 4 Bdrm, 2.5 Bath, 2,520' Center Hall Colonial featuring an In-Ground Pool on a 28,131' Lot! Tile Entry Foyer w/Guest Closet! SS Applianced Granite Kit w/Breakfast Bar, Spacious Dining Area, Tile Flr, Pantry Closet, Recessed & Pendant Lighting! Formal Din Rm w/Hrdwd Flr & Chair Rail! Formal Liv Rm w/Crown Molding! 13.6x27' Fam Rm w/Fireplace w/Wood Pellet Insert, Soaring Cathedral Ceiling, Ceiling Fans & Skylight! Half Bath! 3 Season Porch! 1st Flr Laundry! The 2nd Floor w/4 Bdrms! Spacious Master w/Walk-in Closet & Full Bath w/Dble Granite Vanity! Full Hall Bath w/Dble Vanity! C/Air & Vac! 2 Car Garage! Fire Pit! Many Updates! Original Owner - Pride of Ownership! **\$509,900.00**

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' AC'd Colonial! Custom SS Applianced 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 - 305 Beacon Park! Lake View 1,280' 5 Rm Townhouse - 10 Acres Park Lake Grounds w/Panoramic Lake Views! Yr Round Living or as 2nd Home - Summers on the Lake - Winters in Florida! Move-in Condition! Applianced Kit! Din Rm w/Slider to the Composite Deck! Frp'd Liv Rm w/Wall to Wall Carpeting & French Dr to the Deck! Updated Half Bath! Spacious Master w/Wall of Closets & Full Bath w/Recent Sky Light! 2nd Bedroom w/Wall to Wall Carpeting & Full Bath just outside its Door! 2 Bdrms & 2.5 Updated Baths! Garage w/Opener! Lakeside Heated Pool & One of the Best Sandy Beaches on the Lake! Canoe Rack! Rented Boat Dock through 2022, Longer Possible! Great Fireworks Viewing! **\$335,000.00**

WEBSTER LAKE - 504 Treasure Island! 6 Room Townhouse Overlooking the Pool! 1,874 Sq Ft! Stainless Steel Applianced 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! C/Vac! 2 BOAT SLIPS! Sandy Beach! Complex Recent Siding & Roof! **\$400,000.00**



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DUDLEY - 10 MILL ROAD

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OPEN HOUSE
SUNDAY AUGUST 8 • NOON -1:30

WATERFRONT THOMPSON - BECOLA RD



SORRY, SOLD!

5+ Acre Waterfront Land On "Little Pond/Schoolhouse Pond. Private Setting. Open Field. 250+ feet Waterfrontage. Dead end road!
\$179,900

WEBSTER - 23 EMERALD AVE.



EXTRAORDINARY FIND! Beautiful 2 Family! Owner occupied with pride and it shows. IDEAL property for YOU! 3,012 SF +/- 12 Rooms, 6 Bedrooms, 2 Updated Full Baths, 2 Modern BEAUTIFUL Kitchens w/PS/SCALE Cabinets, 2nd Flr has GRANITE Countertops! High Ceilings & HARDWOOD Floors! Grand Front Entry! LARGE WELL MANICURED 13,225 SF LOT! 3 CAR DETACHED GARAGE! Municipal Water & Sewer, 2 Oil Heating Systems, Radiators, 1st flr Hot water by Natural Gas
\$439,900.

FEATURED NEW LISTING - WEBSTER - 135 LAKE STREET



ON DEPOSIT

A RARE FIND! A TRULY ABOVE-AVERAGE, TOP NOTCH-HIGH QUALITY-TWO FAMILY! SPACIOUS, CLEAN, UPDATED! Apt# 1 - 1,536 SF +/- & 3 BRs on the 2nd Flr. Apt# 1 - 1,290 SF +/- & 2 BRs on the 1st floor. 1st Flr. HWBB By Oil, 2nd Flr apt. HWBB by natural gas. Spacious Rooms, High Ceilings, hardwood flrs! granite tops. Enjoy the L-Shaped Covered Farmers Porch! Level Lot!
\$399,900.

PUTNAM CT - 89 PERRY ST UNIT# 250



ON DEPOSIT

Heritage Pines Condo Town House - Everything one would expect and then more! 4 bedrooms, 3.5 baths, all Hardwood floors, granite, stainless steel appliances. central air, 2 decks, 2800 sq ft +/- of finished living area., and so much more!
\$319,900.

WOODSTOCK CT - 110 JOY RD



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FEATURED ISLAND LISTING! WEBSTER LAKE - 22 LONG ISLAND



Once in a lifetime opportunity to own a Webster Lake Waterfront Cottage on Long Island! Properly named the "Grand View". Sandy beach, boat house! Antique Cottage w/5 Rms, 3 BRs, a stone fireplaced w/pellet stove, eat-in kitchen w/modern appliances, full bath! washer/dryer. Screened porches. Included, 25% ownership share in a main land waterfront lot at 38 Point Pleasant Rd, in sheltered Mumford Cove! land provides boat slip & winter storage. A FAR AWAY PLACE NEAR BY!
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Detached Condo Brand Spankin New - 2 Bedroom, 2 Bath, all Hardwood Flrs, Granite C-tops Throughout, Crown Moldings Raised panels, Chair rails Picture-Frame Mouldings. Central air/Vac. High end Appliances Packed! assisted sale **\$480,000.**

LAND

WEBSTER/OXFORD/DUDLEY/DOUGLAS
Webster - Douglas Rd (Rte. 16) 26 ACRES on Sugarloaf Hill. 1000 +/- ft of road frontage

SORRY SOLD! \$200,000

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.
\$115,000.

Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **ON DEPOSIT! Each \$24,500.**

WEBSTER • 233 - 235 NORTH MAIN STREET



SORRY, SOLD!

large 3 Family- a rare find! 1st Floor spacious 2 bedroom apartment. 2 - 2nd floor, 3 bedroom apartments Walkout basement to off street parking.
\$289,900.

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



Webster Lake - 300 Killdeer Island

OPPORTUNITY KNOCKS! A WEBSTER LAKE waterfront property on Killdeer Circle, you won't want to miss! Offers a prime waterfront location! 64' of water frontage and a gently sloping landscape to waters edge. Crystal clear, sandy bottomed shoreline. Everyday is a new day at the Lake! Nicely arranged floor plan. 5 rooms 2 bedrooms, 2 baths! Walk out lowerlevel to nice size patio! Garage.
\$650,000.

WEBSTER - 401 TREASURE ISLAND CONDO



ON DEPOSIT

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



Open House Directory

(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

SUNDAY, AUGUST 8

DUDLEY

10 Mill Rd S Noon-1:30 \$354,900 Hope Realty
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DUDLEY: 3 units, Sided, Natural woodwork, 2 bed units, available for owner occupancy
42 Mill St ~ \$359,900



DUDLEY: Foundation & permits for water & sewer, 50' Ranch, Walk out basement, 2 car garage, Built your own Ranch
44 Alton Dr ~ \$149,900

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OAKHAM- This gorgeous reproduction colonial offers 13.42 incredible acres of privacy at the end of a cul-de-sac! Inside you will find a cabinet packed cherry kitchen with granite counter tops and very high-end appliances including a subzero fridge & a vented gas cook top! Great sized dining room with a cathedral beamed ceiling, skylights & lots of natural sunlight from the huge picture window! Formal living room with a pellet stove, large 1st floor bedroom and a 1st floor full bathroom, 3 more good sized bedrooms, a 2nd full bathroom and a nice sized open loft on the 2nd floor! Finished bonus room in the lower level along with a large storage room! Beautiful pine floors throughout, a mud room & a 2 car attached garage! The impressive lot offers rebuilt stone walls, an open field, manicured landscaping, a tiered patio with pretty flower gardens, a large detached garage/barn, separate heated workshop, a Quonset hut, gazebo and a huge paved driveway! **64 Grey Oaks Lane \$539,900**



WEST BROOKFIELD- Gorgeous waterfront on Lake Wickaboag! Nothing but the best finishes throughout all 3 floors! Amazing chefs kitchen with high end appliances, grand dining & living rooms, sun filled sun room with a balcony, 3 large bedrooms including a spoiling master suite with a huge walk in closet and custom master bathroom! Huge finished walk out lower level! Amazing lake views from every single room! Wonderful roof top deck for entertaining, 2 car garage, manicured grounds & an oversized dock! All of the high end furniture and the pontoon boat are included! **\$950,000** Call Michelle Terry 508-735-8744



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EDWARD JONES

continued from page A1

the relationships we build is mutual."

Local investors are also being served by Financial Advisor Trevor Nielson, who joined the Sturbridge branch in 2019. Branch Office Administrators Ellen Santimaw and Lauri Cotela complete the local team.

The branch office is located at 419 Main Street in Sturbridge. You may contact the office at 508-347-1420 or Jeff.burdick@edwardjones.com

SIP AND STARS

continued from page A1

son's best natural nighttime light show, will span two nights. Tickets are \$25 for patrons 21 and over; under 21 tickets are \$10 and are available at www.hitchcock-academy.org under the Events section. Bring a blanket. Set up a chair. Don't forget the bug spray and a flashlight.

Hitchcock Academy Executive Director Cindy Skowrya noted in the case of overcast skies or a rain interruption, an astronomy demonstration will take place under the covered pavilion

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and there will be live music to enjoy. Skowrya urges people to get their tickets in advance as there is, "no guarantee of ticket availability at the door." She also said that summer's best chance to enjoy fresh air, good company, great music, and the beauty of the night sky would not be possible without the generous support of B.T.'s Smokehouse, Country Bank, Brimfield Winery and Rapsallion Brewery. Sip and Stars checks off all the boxes for a summertime ritual while supporting the goals of a great community organization.

QCC

continued from page A1

Receiver/Superintendent of Schools, Jeffrey Villar, Ph.D.

"This partnership has enabled QCC to become more accessible to the communities we serve both in and around the Southbridge area," said QCC President Luis G. Pedraja, Ph.D.

This fall, students in the region will have the opportunity to take standard 15-week courses, or chose accelerated courses offered in two seven-week sections: Fall I (Sept. 6 start date) and Fall II (November 1 start date). These accelerated courses enable students to complete two classes in the same time it would normally take them to take one class during the standard fall semester. Currently the primarily classes being offered include general education courses required for most majors at QCC.

QCC moved from its Optical Drive location in the summer of 2020 so that high school students, family members and members of the Southbridge and area communities could take

advantage of QCC's academic and workforce development offerings. In Spring 2021, QCC also began its Early College Program for Southbridge High School juniors and seniors.

"QCC offers affordable access to higher education and workforce training and development. Their admissions staff is eager to work with anyone wanting to improve their education and/or job opportunities," said Executive Director Chamber of Central Mass South, Alexandra McNitt.

"I look forward to expanding these opportunities and to the continued collaboration with the amazing QCC faculty as we plan for future programs that will provide our students and the community of Southbridge with new and exciting career opportunities," Dr. Villar added.

Enrollment for QCC's Fall semester is currently underway. To register for classes visit www.QCC.edu/admissions.

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


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www.town.sturbridge.ma.us.

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Application and further details
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Start Date: August 27, 2021

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Please apply for this position online through Schoolspring:
<https://www.schoolspring.com/job.cfm?jid=3624699>

Deadline for applications:
Friday August 13, 2021
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all the wrong that
is done to me, and
you who are in all
instances of my
life with me. I, in
this short dialogue,
want to thank you
for everything, and
affirm once more
that I never want to
be separated from
you no matter how
great the material
desires may be. I
want to be with you
and my loved ones
in your perpetual
glory. Amen
L.R.

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On-Call Substitute Cafeteria Helper
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The Town of Charlton seeks to fill a FT (40hr) benefited position for the Library. The Library Director performs managerial duties related to personnel, budget, collection development, building maintenance, library operations and planning and delivery of services in conformity with policies established by the Board of Trustees. Master's Degree in Library Science from an ALA accredited school required along with 3 years of experience as a library director or within a supervisory role in a library. Salary range \$70,137.60 - \$77,417.60.20 yearly depending on qualifications. To apply for the position or to see a full job description go to <https://www.townofcharlton.net/158/human-resources>. Applications must be received by **August 19, 2021**. The position will remain open until filled.

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OSV

continued from page A1

from the Academy of Art University in San Francisco.

She has a wealth of experience designing for similar audiences.

“Design has a big part to play in broadening the demographics of visitorship because it will be up to us how content is perceived and viewed by potential visitors,” says Piccione. “I learned about accessibility and inclusive design at Boston Children’s Museum, and I plan to use this knowledge to help Old Sturbridge Village in their ongoing efforts. Even now, I am applying these skills to many different design initiatives.”

When asked what excites her about her new position, Piccione says, “The unique challenge that the Village faces with design is trying to keep the ambience and integrity of the 1830s while using modern technology (computers/digital printers) and catering to modern and diverse audiences.”

Already in her time here she has capitalized on the extensive collection of historical resources available at the museum, including using actual fabric swatches to design labels for jams and jellies in our retail shop.

Tieri’s vision also includes rallying all visitor, donor, member, and educational communications through one channel for consistency and to maintain a strong brand identity. To help her manage that initiative, she brought on Christine Freitas in a newly created position, Director of Communication and Content.

Freitas has a background in educational publishing and content marketing at publishers, including Thomson Learning (now Cengage), Pearson, Pioneer Valley Books, and most recently, the non-profit Center for Responsive Schools. With a B.A. in Journalism/Mass Communications from St. Bonaventure University, she has a strong record of managing high-performing content, design, and production teams for over 20 years.

She says, “Working for the museum embodies all of the favorite parts of my past experiences and I’m excited at the prospect of the museum actually doing some of their own publications.”

When asked about the challenges she



Courtesy

Lex Piccione and Christine Freitas

sees in her new position, she is excited about organizing and streamlining processes for efficiency, accuracy, and consistency, especially with a newly formed team. “I’m particularly excited about creating new ways for visitors to experience the museum, whether it’s an expansion of Virtual Village or the in-person experience. I’d also like to one day see researchers and fellows create and publish content using our collections, resource library, and historians as a resource. It’s a way to expand our reach and brand to new audiences and to refresh the stories of the past.”

About Old Sturbridge Village

Old Sturbridge Village, first opened to the public in 1946, is one of the country’s oldest living history museums, celebrating life in early New England from 1790-1840 and the largest in New England. Each year, more than 250,000 visitors interact with costumed historians, experience up-close demonstra-

tions of early American trades, and meet heritage breed farm animals. Situated on 200 scenic acres, the Village is a collection of more than 40 historic buildings -- including homes, meetinghouses, trade shops, working farms, restaurants, shops, and three water-powered mills.

Located just off the Massachusetts Turnpike and Routes I-84 and 20 in

Sturbridge, Mass., Old Sturbridge Village is open year-round, but days and hours vary seasonally. For details, visit <https://www.osv.org/plan-your-visit/>.

Old Sturbridge Village is also the managing partner of Coggeshall Farm Museum in Bristol, R.I. Members at OSV receive reciprocal membership at Coggeshall Farm Museum.



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Welcome to our 3rd Annual Summer Scramble!

We’ve decided to change it up for Summer and instead of a crossword puzzle, we’ve created a scramble. We hope you’ll enjoy this challenging puzzle!

Please find the answers (business names) on the ABC’s of SUMMER on page 2.

We will unscramble for you and announce a winner of a \$25 Gift Card to an ABC Business in the August 27th issue.

Please mail to ABC’s of Summer Scramble, P. O. Box 90, Southbridge, MA 01550 or take a pic and email to jsima@stonebridgepress.news by August 18.

Good luck!



Name _____

Address _____

Phone _____

Email (optional) _____

Newspaper you saw this in, circle one: Spencer New Leader, Auburn News, Southbridge News, Charlton Villager, Sturbridge Villager, Webster Times, Blackstone Valley Tribune

We love your feedback comments: _____

ABC’S OF SUMMER SCRAMBLE

(These are not in alphabetical order)

1. VUTAREDEN TURSO FO NEWRRA _____

2. SBEN LTAECK HPSO _____

3. ATKL OF EHT NWOT _____

4. NCEPRES LFYMIA DETANL _____

5. ERIN OYMANHE _____

6. LRUAUMXOE DORF _____

7. SYAGR TETGSRU _____

8. AWKRHC DI RERMSFA VEOA-REOCIPT _____

9. CCTRUEAA TPES OCNTRLO _____

10. RERMICO WSEREJLE _____

11. ERSKAN OCINLLISO _____

12. RCATNLE ONE LEFDEAR ECDRIT _____

13. SEHFR ASTRT ETH NOGMVI WREC _____
14. BAUGO AQ TIAIANROIEBHTL _____

15. OSETINEDGRB SPESR _____

16. CRANEMIA DTCINSOU OLI _____

17. SNAL PIANT TCREEN _____

18. MOARC OWINWD SVEIRECS INC _____

19. NGSIIHG NEYERG ITEVALNESATR _____

20. TDEAUTE GOTNIW AND VYCEOERR _____

21. DOYSWO TAUO ODBY _____

22. CHIOCE TP AHPLCSIY ARYPTEH _____

23. CULEN SAMS PZZAI _____

24. ENATLEVCG _____

25. NAHSSEE OLSAN DAN PAS _____

26. HLICAL RTIE DNA UATO VEREIGCS _____





Courtesy

TRINITY CATHOLIC ACADEMY ENJOYS GOLF EXPERIENCE!

After a year of very little sports activity at schools everywhere, TCA was fortunate to be able to offer this five-week golf program at Heritage Country Club this past spring. The 5 weeks of instruction for TCA students to learn the fundamentals of golf was led by Chris the golf-pro at HCC along with help from Nate Waterhouse, current TCA parent and alum. We are thankful for additional support from Donna Talbot of Talbot Embroidery who helped us supply shirts, golf bags and hats for the participants! The students really enjoyed the outdoor experience. Maybe they will be TCA golf tournament winner of the future! Participants were Gus McGarry, Luisa Henao, Charles Congdon, Nicholas Sargent, Michael Gasperini, Noah Waterhouse, Charles Morrison & Sofia Henao. Unavailable for the photo: Sofia & Luisa Henao.



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How students can transition to life on a college campus



Much has been made of the challenges that have faced students and their families during the COVID-19 pandemic. The shift to remote learning and shortened school days was difficult for many families, forcing students to adapt to virtual school on the fly as their parents adjusted to working from home full-time while doing their best to keep kids engaged in their studies and occupied when school let out each day. Given those challenges, it's no wonder so many families are looking forward to what figures to be a more normal school year in 2021-22. But that return will pose its own unique challenges as well.

Some students may be a little anxious as they prepare to return to campus this fall. That transition could be especially difficult for incoming college freshmen, who must overcome any pandemic-related concerns about returning to campus while also making the transition to life on a college campus. The following are some ways to make that transition go smoothly.

- Engage in the community. The Health, Counseling and Disability Access Services at the University of Missouri-St. Louis urges students to take advantage of opportunities to engage in their new communities as early as possible. The HCDAS notes that first-year experiences are designed to help students connect with their new life on campus and make new friends. All incoming freshmen

are facing the same set of unique circumstances as the 2021-22 school year begins. That includes the adjustment from remote learning with limited social contact with peers to a return to more traditional academic and social settings. Navigating that transition alongside other incoming freshmen can make it a little easier to handle.

- Plan ahead. Parents and their college-bound children can prepare for the coming school year by learning about on-campus policies over the summer. Will masks be mandated? Will classrooms remain socially distanced? Are vaccinations required to attend class in person? The sooner families learn these policies, the sooner they can begin planning for life on campus. Parents also can look into on-campus resources designed to help students readjust to being back among their peers. Knowing where to go for help should students need it can ensure any issues that arise are addressed promptly.

- Encourage students to share their concerns. Opening up about any concerns they may have can help students as they emerge from the pandemic. Many parents were concerned about returning to the office in person, and they can share those concerns and the ultimate outcomes of their returns with students concerned about moving onto a college campus. Parents are urged to periodically check in with college students about any anxieties they may have about being on campus.

Returning to full-time, in-person learning after the pandemic may be especially challenging for incoming college freshmen. Such students can work with their parents over the summer to conquer their fears and prepare for the coming school year.

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