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## Charlton Public Library to host “Music Through The Decades” with David Polansky

CHARLTON – The Charlton Public Library is pleased to host musician David Polansky on Thursday, July 28, at 6:30 p.m. in Charlton Library’s Dexter Hall Auditorium. The Norman Rockwell Museum commissioned David Polansky to develop “Music Through The Decades,” a fun filled hour in which the audience learns how the last hundred-plus years of American and world history have inspired so many of the songs we love. Using keyboard, trumpet, and vocals, David presents the music of George M. Cohan, Fats Waller, Irving Berlin, Hoagy Carmichael, and a host of others - music inspired by the advent of the automobile, the two world wars, the Roaring ‘20’s, the great depression, the wild west, and much more. David engages the audience, taking questions, per-

forming requests, and telling very funny anecdotes about famous musicians as well as some about his own life as a musician. David even has a Louis Armstrong impersonation that is so authentic that he’s often asked “Was that a recording?” A career musician, David has played with Sandler and Young, Phyllis Diller, Henny Youngman, Ray Bolger, Arthur Fiedler, The Platters, The Coasters....The list goes on and on. This program is a real winner that very often ends with a standing ovation. You won’t want to miss it! Registration is not required. Charlton Public Library is located at 40 Main St. in Charlton. This program is supported in part by a grant from the Charlton Cultural Council, a local agency which is supported by the Mass. Cultural Council, a state agency.

## Charlton pins new firefighters



Photo Courtesy

Michael Meersman, Zachary Zarcone, and Autumn Courville were pinned as the newest members of the Charlton Fire Department on July 12.

BY JASON BLEAU  
CORRESPONDENT

CHARLTON — The Charlton Fire Department officially pinned three members during the Board of Selectmen’s July 12 meeting. As is tradition, the ceremony saw family members and loved ones pin badges to new recruits who have become official members of the department’s crew. The first to receive her pin was Autumn Courville. A firefighter and paramed-

ic, Courville was appointed in April of 2021 and completed her Massachusetts Career Firefighter Academy training that same year. The second honoree was Michael Meersman, a firefighter and EMT appointed in 2019. Meersman completed the Call Volunteer Firefighter Recruit Program in 2020 and became a provisional firefighter EMT in 2021. He was made a permanent employee in 2021 and completed the Massachusetts Career Firefighter Academy in May of

2022. Finally, Zachary Zarcone, a firefighter and paramedic, was the third to be pinned. He was appointed in 2021 and completed the Massachusetts Career Firefighter Academy in May of 2022. The firefighters received a round of applause after their pinnings with even special guests to later portions of the Board of Selectmen meeting recognizing the significance of respecting those who choose to serve their communities as a career.

## Four Score Dispensary nears opening

BY JASON BLEAU  
CORRESPONDENT

CHARLTON – The long-awaited recreational marijuana facility spearheaded by Four Score Holdings could open before the end of the year according to Attorney Dan Glissman, who continues to represent the company in meetings with the town. The facility, which will be located at 144 Sturbridge Rd., has been in the works for years and was the second company to seek a recreational marijuana license in Charlton. The 20,000-square-foot facility will eventually house both retail space and a cultivation facility. According to Glissman, who provided an update do selectmen on July 12, construction is complete on the dispensary component and the company

is now going through the final stages of approval at the state level. “It’s looking really nice. They have a beautiful sign in front of the door. The lot has been completely restriped and repaved. They made some significant progress on the state licensing as well. They have their certificate of occupancy for the retail piece. That allowed them to commence what’s called a post provisional license inspection process where they engaged with the Cannabis Control Commission on May 25, and they passed with flying colors. That has now jettisoned them into the next phase which is they receipt of their actual final license from the Cannabis Control Commission,” Glissman told selectmen. The group was to meet with the CCC on Thursday, July 14

with a few more inspections required before they can open their doors. If all goes well, the company hopes to have those processes completed by the end of August. Glissman also spoke about some early concerns around parking and the expected immediate popularity of the dispensary. It’s been nearly six years since Massachusetts voters officially chose to legalize recreational marijuana and Glissman noted that in that time the immediate allure of new facilities has certainly faded. Still, with concerns about the increased traffic on Route 20, Glissman wanted the recommendation of selectmen concerning early demands from the Planning Board to prepare for a potential influx

Turn To **FOUR SCORE** page **A2**

## Hitchcock’s free summer concert series takes over Town Common

BRIMFIELD — The Brimfield Town Common is hopping on Wednesday evenings this summer with rock ‘n’ roll, tropical rock, classic rock and folk, R&B, and country, courtesy of Hitchcock Academy’s Summer Concert Series running Wednesday evenings through Aug. 24. The James Paul Band, a four-piece, high energy, good time rock & roll band kicked off the series on July 20, making way for The Island Castaways Band, a tropical rock band playing Jimmy Buffett and other summertime fun music on July 27. The Time Stretchers, with “the best music from the ‘50s to now” will play on Aug. 3, followed by Raider Eddie and the Skeletones, an eight-piece R&B band with a horn section on



Aug. 17. The series will close with Cobblestone Road playing country on Aug. 24. At some point the series will include a dedicated of the newly installed town gazebo led by the Brimfield Historical Commission who spearheaded a beautification project which


includes a new brick walkway, benches, and tables for gathering. Food will be available for purchase at each of the concerts. Hitchcock will share updates on participating food trucks on Facebook as each concert approaches.

“We’re excited by how the series has grown, thanks to the support of our growing group of sponsors, and we’re happy to be able to showcase a variety of genres as well,” says Cindy Skowrya, Hitchcock’s Executive Director. “We aim to attract an all ages crowd. I love watching the kids dancing and running, and seeing families, friends, and neighbors gathering on their chairs and blankets, as the community shares in the fun together.” The concerts will take place on consecutive Wednesdays from 6 to 8pm with the exception of Aug. 10, which is reserved for Hitchcock’s annual Sip & Stars fundraiser at the Brimfield Winery, where attendees can enjoy live music, a beer and wine tasting offered

by Rapsallion Brewery and the winery, and a guided viewing of the night sky during the Perseids Meteor Shower. Tickets are currently on sale on the organization’s website. Hitchcock’s Summer Concert Series is supported in part by a grant from the Brimfield Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Additional support comes from Maestro Sponsors Country Bank and First American Insurance, as well as Solo Sponsors The Monson Lions Club, the Shirley Frye Memorial Fund, and Soto Home Care. Hitchcock Academy is a community center located at 2

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**FOUR SCORE**  
*continued from page A1*

of customers during the business's first few days and weeks.

"There was a request to put some 'no parking' signage on Sampson Road so folks weren't parking across the street and trying to jog across Route 20. That's not a good idea of course. I believe we have to come to the board to get approval for any temporary street signage," said Glissman.

"Obviously, when this was approved several years ago, we were in a bit of a different world in terms of cannabis and when you were opening a store often there was a line down the street. Obviously, it's now normalized significantly so there's less traffic specifically on opening day. It takes several months to build up to what you're hopeful a steady run rate is going to be, but we're obviously more than happy to still post the signage as necessary."

Selectmen recommended that Glissman go to the Planning Board about that issue as they were the ones who requested the signs but presented no opposition to dropping the sign requirement. While the dispensary could feasibly open by the end of the calendar year, the cannabis cultivation facility has yet to be completed as Phase 2 of the business's growth has already commenced.

**CONCERTS**  
*continued from page A1*

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**ENTERTAINMENT AND EVENTS**



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# Joshua Hyde Library announces

## August event schedule

STURBRIDGE — There are plenty of fun, free events planned at the Joshua Hyde Public Library for the month of August. As always, our events and links can be found on the library website at [www.sturbridgelibrary.org](http://www.sturbridgelibrary.org). For more information, updates, links, and events, you can also call the Library directly at 508-347-2512, and/or follow the Library on Facebook and Instagram at @sturbridgelibrary.

JHPL August Events:  
Aug. 1-31: KINDERGARTEN SCAVENGER HUNT. Library open hours. Children entering kindergarten are invited to participate in a brief Children's Room scavenger hunt. Upon completion, each student will receive a special prize from the Friends of the Joshua Hyde Public Library. Free.  
Continuing through Aug. 10:  
Summer Reading Program: Read Beyond the Beaten Path — Register to participate in the 2022 Summer Reading Program (SRP) at the Joshua Hyde Public Library. Summer Reading is for ALL AGES! You'll have the chance to win prizes and attend great events! Let's read about the great outdoors with this year's theme: Read Beyond the Beaten Path. The Summer Reading Program runs from June 29th to August 10th. For more information, visit the 2022 Summer Reading Program page on the Library website. Registration is Required.

Monday, Aug. 1: BROWN BAG BOOK CLUB at 11:15 a.m. – noon. For students entering Grades 4, 5, & 6. We'll be reading "The One Thing You'd Save" by Linda Sue Park. Read independently, discuss, create, and explore. Bring your own beverage. Pizza provided at this meeting. This is a series of four meetings; students should plan on attending the series. Registration is required. Sponsored by the Friends of JHPL.  
Monday, Aug. 1: TEENY TINY ART SHOW. LIBRARY OPEN HOURS. All submitted Tiny Artwork will be displayed at the Library from July 27 to Aug. 8. All are welcome to vote online or on paper at the library.

Monday, Aug. 1: Walking Event with FRoST (Friends of Sturbridge Trails) 6 – 7 p.m. for a hike of Stafford Turnpike Loop at Heins Farm Conservation Area, approx. 1.2 miles. Difficulty level: easy. The trail crosses fields to the high point on the old Stafford Turnpike.

**History:** This is one of the longest remaining sections of the 19th century turnpikes in Massachusetts. The privately financed Worcester-Stafford turnpike was completed in 1810. The toll road carried commercial traffic. These roads encouraged manufacturing and market farming.  
Tuesday, Aug. 2: BOOKS ON TOUR STORY TIME at 10:45 a.m. Join us for stories, songs, Take & Make craft & more! For children of all ages with caregiver. Drop-in. Today's location: Hyland Orchards (rain or shine) Sponsored by the Friends of JHPL.  
Wednesday, Aug. 3: NAFCA and BUILD YOUR OWN TRAIL MIX. A member of the local chapter of the North American Family Camping Association will discuss various aspects of camping. Come to learn about NAFCA and have your camping questions answered! Following the program, children 5 years and over will create their own trail mix. Nuts will be available in factory-sealed packets. Pre-registration required. Sponsored by the Friends of JHPL. Free.  
Saturday, Aug. 6. BEAD AND STAMP! 10 a.m. – 4 p.m. Drop in the Children's Room to create something unique and fun! For children 3 – 13 years. Some beads may pose a choking hazard. Parental supervision required.  
Monday, Aug. 8, CRAFTAFTERNOON FOR KIDS FROM 2-4 p.m. Drop-in for a variety of fun crafts to create! Suitable for children ages 4+. Supplies are limited. Sponsored by the Friends of JHPL.  
Tuesday, Aug. 9: BOOKS ON TOUR STORY TIME at 10:45 a.m. Join us for stories, songs, Take & Make craft & more! For children of all ages with caregiver. Drop-in. Today's location: Town Common Gazebo. (rain location: library meeting room) Sponsored by the Friends of JHPL.  
Wednesday, Aug. 10 - SUMMER READING PROGRAM FINALE! WILDLIFE ON WHEELS! at 2 p.m.: The Zoo at Forest Park and Education Center

will visit with several animal ambassadors. Learn about these fascinating creatures! Sponsored by the Friends of JHPL. Registration required. Free.  
Wednesday, Aug. 10 – TEENY TINY ART SHOW & FRIENDS OF JHPL BOOKMARK CONTEST AWARDS FROM 3 – 3:30 p.m. Winners of the Teeny Tiny Art Show and the Friends Bookmark contest will be announced. Sturbridge Town Common.  
Saturday, Aug. 13 – FRIENDS OF JHPL BOOK SALE FROM 10 a.m. TO 2 p.m. Join The Friends of Joshua Hyde Public Library as they host their biggest Book Sale of the year. Open to the public.

Tuesday, Aug. 16: ORIGAMI STORIGAMI with Motoko at 11 a.m. Parents' Choice Award winner Motoko regales families (ages five and up) with delightful folktales from her native Japan, combined with hands-on origami activities. Motoko's step-by-step instructions make the ancient Japanese art fun and accessible. Children will learn focus, imagination, and precision while creating pieces of art. **This program is funded by a grant from the Sturbridge Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Registration required. Free.**  
Thursday, Aug. 18: LEGO CLUB at 6:30 p.m. Join us for building fun. Suitable for ages 5+ with caregiver. Registration required.  
Tuesday, Aug. 23: SING & SWING with Deb Hudgins at 11 a.m. With a Back to School theme, Deb's popular music and movement program will have the children ready for the year ahead! Infant through six years with caregiver. Sponsored by the Friends of JHPL. Registration required. Free.  
Thursday, Aug. 25 at 3 p.m.: BACK TO SCHOOL BINGO! Students Pre-K through Grade 3 are welcome to join us for picture BINGO! Fun prizes including school supplies! Pre-register, please. Sponsored by the Friends of JHPL. Children must be accompanied by an adult. Free.  
Thursday, Aug. 25 – GENEALOGY: DECODING YOUR DNA RESULTS FROM 6:30 – 8 p.m. Receiving your first DNA test results is exciting. And confusing!

This presentation addresses some things you should understand and a few decisions you should make before delving too far into those Ethnicity Estimates and DNA Matches, we all crave upon receipt of test results. This workshop was made possible in part by the Institute of Museum and Llibrary Services.  
Friday, Aug. 26 at 10:45 a.m.: BACK TO SCHOOL STORY TIME! Stories, songs, craft. Children of all ages welcome; must be accompanied by an adult. Register in advance. Sponsored by the Friends of JHPL. Free.

### Help Wanted

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## Hitchcock Academy offers newly designed summer programming for kids

BRIMFIELD — Hitchcock Academy is pleased to be offering a new weekly summer program, Summer Days at Hitchcock, beginning the week of July 18 and running through August 12. With age-specific programming for 4 – 7, 8 – 10, and 11 – 13 year olds, Summer Days offers a variety of activities to keep kids engaged and having fun. Morning programs are comprised of a combination of arts and crafts, incorporating basic tools and techniques to get creativity flowing while participants explore a variety of mediums. The morning also includes recreational play to get the kids moving while building basic skills. Afternoon programs are focused on STEAM: Science, Technology, Engineering, Arts and Math with fun, hands-on projects to encourage curiosity, imagination, and critical thinking. "We have not offered summer programs here since 2019. Each year families have reached out to us laooking for something local, so we are pleased to be able to offer this new program," says

executive director Cindy Skowyra. "We are also all very conscious of the price point and have kept the cost comparatively low starting at just \$90 for a full week program. Re-introducing summer programming has been a goal for us, so we are excited to be able to offer these programs with plans to grow and evolve to meet the needs of our community." Like all programming at Hitchcock, Summer Days is open to families throughout the area, not just Brimfield residents. Families can sign their child up for morning, afternoon, or both, and can choose anywhere from one to all four weeks. Extended days are also offered. Full details about the program are available at [www.hitchcockacademy.org](http://www.hitchcockacademy.org) or by calling 413-245-9977. Hitchcock Academy is a nonprofit community center offering educational, recreational, and cultural programming. It is located at 2 Brookfield Rd. in Brimfield.

## Blueberry Festival returns July 31

CHARLTON — The annual Blueberry Festival at the Charlton Arts & Activities Center at 4 Dresser Hill is returning on Sunday, July 31 from 10 a.m. to 4 p.m. The festival will feature blueberry pies & fresh picked blueberries from Fay Mountain Farm as well as blueberry shortcake, and blueberry flavored ice cream, smoothies, popcorn, lemonade and cotton candy. There will be 40 booths featuring craft vendors and additional commercial and non-profit informational booths. Music will be provided by The Hip Swayers and Blake and Emma. An expanded exotic animal show will be presented by Animal Adventures and Maggie the Clown will host a magic show. Kid friendly activities include a Bounce House, a Sand Art booth, face painting and other activities. Come spend the day for some summertime fun.

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## Friday's Child



Marc

### "I love to cuddle!"

Happy and affectionate are the words used most often to describe Marc. He loves getting as many cuddles and as much attention as he can, and will seek people out for cuddles and tickles. Marc enjoys going outside and especially loves to play ball whenever possible. He also has fun going on the swings. Another interest of Marc's is food! He is happy to eat just about anything and is especially fond of salads with lettuce and tomatoes. Marc likes to play with others and gets along well with everyone he meets. He is always smiling and his sweet, playful nature makes everyone around him smile too!

Marc is autistic. He communicates using gestures, pictures and signs and is working on increasing his independence with activities of daily living. He benefits from clear and consistent structure and routines, as well as lots of attention and affection.

Marc is legally freed for adoption, and seeks a family of any constellation who can provide him with lots of love, patience and attention. He responds very well to structure and predictable routines, so would thrive in a family who could provide a balance of this along with the affection that he craves. It will be important for him to maintain his relationships with biological family members in Massachusetts through quarterly visits.

<https://www.mareinc.org/waiting-child-profiles#gallery/child/7017>

### Can I Adopt?

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. As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts. The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with. To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at (617) 964-6273 or visit [www.mareinc.org](http://www.mareinc.org). Start the process today and give a waiting child a permanent place to call home.





# “Life gives you stories” in music



Photo Gus Steeves

John Porcino demonstrates how to play a Chinese erhu, just one of dozens of international instruments he brought to Charlton Library last week.

BY GUS STEEVES  
CORRESPONDENT

CHARLTON — A small crowd got a musical world tour at the library last Friday, as John Porcino introduced them to his eclectic collection of instruments and stories.

A few almost everyone recognized, like the guitar and violin. Some everyone also recognized, but may not have previously seen as instruments, like their own body parts. Some, most had heard of in use, but probably couldn't name, like the shehnai. And some were almost certainly new to almost everyone, like the Vermont singing drum.

Combined, they created quite an unusual orchestra at the end of

Porcino's talk, when he let people sample most of them.

Porcino, from Amherst, said he was raised by a violin and cello teacher and started learning the cello. But he really came into his love of music more as a “jack of all trades and a master of none” when family and friends started giving him odd instruments at age 16. He brought a couple dozen Friday, but noted he left many more at home.

Take, for example, the day's first demonstration – a charango from Bolivia. It looks like a tiny guitar, and Wikipedia says one story of its origin claims it “was a successful attempt to make a lute that could be easily hidden under a garment” because “the Spaniards prohibited natives from practicing their ancestral instruments.” In Quechua and Aymara tradition, it's made using an armadillo shell or a calabash gourd for children, but most examples are made from wood (as Porcino's is).

Jumping to the other side of the Pacific, he took some time to swing around an Australian Aboriginal bull-roarer, one of several items that tend to mimic storms and related nature noises. Among the others were a rainstick and a thundertube, which he followed by having several children play wooden frogs to mimic the sounds of real frogs coming out after the rain.

“I love how life gives you stories if you're willing to tell them,” Porcino said.

In his experience, those stories don't always have words, such as how he obtained his erhu from China when his mother visited Beijing. “In the middle of all that noise, my mother heard this music,” and followed the sound to a park, where she saw a man on a wall playing a strange instrument. Behind him, about 50 people were practicing the slow motions of tai chi. When he finished, she managed to communicate with him entirely in slightly exaggerated body language, asking him where she could buy such an instrument for her son. He led her “around the corner to a little shop where a man

made [them,]” Porcino recalled.

After playing the erhu, he asked, “Can you hear China in that?”

According to Wikipedia, the erhu developed from a Tang Dynasty instrument, probably originating among northeastern China's Xi people, although it was mostly played in folk music from southern China. Traditionally, an erhu was covered in a python skin and played with a horse-hair bow. Today, it's “used in both traditional and contemporary music arrangements,” including styles borrowed from the West.

Later, Porcino noted he's curious what the instrument's Chinese name's pictograms mean. Wikipedia says “er-” is “two,” probably from its two strings, while “-hu” indicates it's in “the Huqin [instrument] family, with Hu commonly meaning ‘barbarians.’”

Another of his instruments combined a much more lofty origin with a very base one – the shehnai, from Pakistan. Porcino noted it's famous for being the instrument snake charmers used to make their cobras dance, and “girls and women are not allowed to play [it].” (The snakes cannot hear, but they feel the vibrations.)

According to Encyclopedia Britannica, though, it descended originally from Arabia's surnay and Iran's surna, and was “played on auspicious occasions such as weddings and temple festivities.” In India, the shehnai was one of several members of the naubat, a royal musical ensemble at the Mughal court in Delhi.

A key part of Porcino's show had as much to do with food as music.

“I was in Boston, in the mood to taste food I'd never tasted before,” he said.

That led him to an Ethiopian restaurant, where he picked a dish based simply on it sounding tasty. When it arrived, the waitress didn't bring silverware, and he didn't know what to do; soon, however, she also brought a plate full of injeri, a kind of flatbread used to scoop up the food.

That inspired six months of work on a song called “The Boatman,” which incorporates instruments from “six musical traditions from around the world in two minutes.” Over those two minutes, Porcino demonstrated the violin played in a style from the former Yugoslavia, Spanish guitar, Irish/Spanish clogging, a mouth-harp, the “hambone” or Juba style of southern

US (playing thighs) and cheeks. Juba came from the former slaves, who fell back to playing their own bodies when the slavers “didn't want them to have musical instruments ... but their spirits were so strong,” he said.

Among the other things visitors could play with were a Russian balalaika, a Hawaiian ukulele, giant seed pods from Barbados, a concertina, Irish spoons, various drums including the Turkish dumbek, and this metal device crafted to make movie sound effects.

For some time, most of them “just sat in my house and I thought they need to be heard and played by people,” Porcino said.

Gus Steeves can be reached at [gus.steeves2@gmail.com](mailto:gus.steeves2@gmail.com).

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- **Charlton Federated Church**, 64 Main St., 248-5550, Sunday worship 10:30 a.m. [www.fedchurchcharlton.org](http://www.fedchurchcharlton.org)
- **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, [www.charltonbaptist.org](http://www.charltonbaptist.org), Sunday worship 10 a.m.
- **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: [CharltonCityUMC.org](http://CharltonCityUMC.org), Sunday worship and Children's church 10am
- **St. Joseph's Church**, 10 H. Putnam Ext, 248-7862, [www.stjosephscharlton.com](http://www.stjosephscharlton.com), Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.
- **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144
- **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, [snedag.org](http://snedag.org), Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.
- **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am. [www.livingwordcharlton.com](http://www.livingwordcharlton.com) [info@livingwordcharlton.com](mailto:info@livingwordcharlton.com)
- **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.
- **Federated Church of Sturbridge and Fiskdale** - 8 Maple St. Sturbridge, 774-304-1021 [www.sturfed.org](http://www.sturfed.org) Sunday Worship 9:30 a.m.

### REAL ESTATE

#### BRIMFIELD

\$510,000, 140 Paige Hill Rd, Chen, Huijuan, to Edvalson, Samuel, and Edvalson, Amy.

#### CHARLTON

\$549,900, 34 Hycrest Rd, Modern Structures Inc, to Rampally, Vineelsaikumar, and Aella, Sujana. \$310,000, 161 Old Worcester Rd, Lacava, Michael F, and Allard, Alexa R, to Gevry, Timothy P.

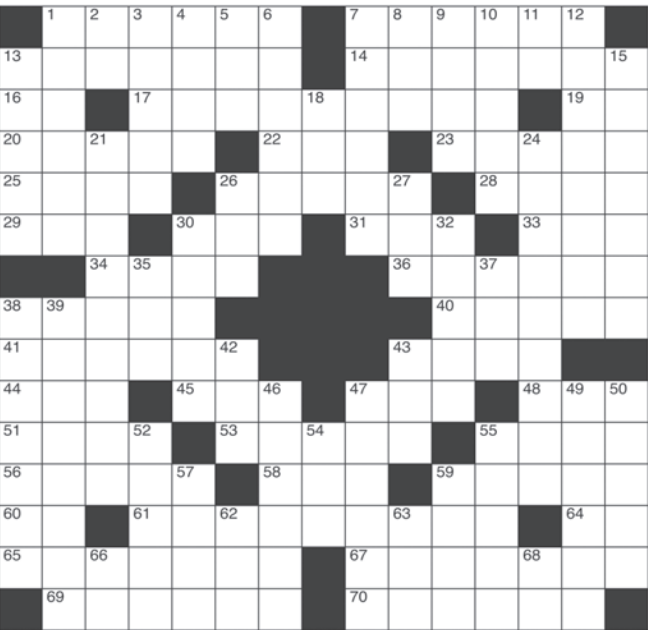
\$155,000, Berry Corner Rd, McIntire Robert W Est, and Leal, Diane S, to A& N RT, and Dipietro, Gina M.

\$155,000, Southbridge Rd, McIntire Robert W Est, and Leal, Diane S, to A& N RT, and Dipietro, Gina M.

\$70,000, 57 T Hall Rd, Burlingame, Stewart J, and Burlingame, Alana R, to Prop Soln RE& Contracting.

#### STURBRIDGE

\$327,500, 43 Betsy Ross Cir #43, Hatch, Joyce E, to Carr, William, and Carr, Laurie.



#### CLUES ACROSS

- Eurasian shrubs
- Strikes and rebounds
- Group of advisers
- Modern necessity
- Top lawyer in the land
- Philadelphia university
- Of I
- Functions as a laser
- Basketball phenomenon Jeremy
- Famed island
- Parent-teacher groups
- Distributes
- Self-immolation by fire ritual
- Ad \_\_\_\_
- Circulation problem (abbr.)
- Brother or sister
- A famous “Squad”
- Stage actor Anthony
- Violent seizure of property
- Saclike cavities
- Sound units
- Counts on
- Dad
- Woman (French)
- A digital tape recording of sound
- Polish Baltic peninsula
- Recipe measurement
- Requests out of dire need
- Precious stone weight unit
- The immaterial part of a person
- Anoint
- Golf score
- Supernatural
- Northwest Territories
- Can be made suitable
- A professor's helper
- Having a toothlike edge
- Got atop a horse
- Judged
- Static balance between opposing forces

#### CLUES DOWN

- Flowing
- Computer department
- Lasts
- DiFranco and Samsonyan are two
- \_\_\_\_ de sac
- Merchant
- Hosts film festival
- State of agitation of fuss
- A way to praise
- Opaque gems
- McKinley is one
- Smallest interval in classical Western music
- Famed designer Lauren
- Occupies
- Small island (British)
- Misuse of the sacred
- Covers with a thin sheet
- Most valuable player
- Title of respect
- Investigated discreetly
- Belonging to the bottom layer
- Black tropical American cuckoo
- Music genre
- Indicates one is in mourning
- Secured forever
- Bodily cavity
- A dog is one
- Chose to do something
- Annoy persistently
- Large hotel rooms
- Beg
- Docket
- Subway dwelling rodent
- Sources
- Mild Dutch cheese
- Spanish city
- Consumed
- Ballplayer's tool
- Midway between north and east
- Atomic #3



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# Cornerstone Bank donates \$25,000 to YMCA of Central Massachusetts

WORCESTER — Cornerstone Bank has donated \$25,000 to the YMCA of Central Massachusetts as part of the organization’s annual campaign. This donation will be used to underwrite youth development programs and services as well as the LIVESTRONG® at the Y initiative.

“We are proud to continue our support of the wonderful services offered by the YMCA,” said Cornerstone Bank CEO Todd Tallman. “We are passionate about programs dedicated to helping local children, teens, and adults, an area in which the YMCA excels, and their LIVESTRONG® program provides assistance to many people when they need it most.”

LIVESTRONG® at the YMCA is a free 12-week small-group fitness program designed for adult cancer survivors seeking to regain health following treatment. Instructors and personal trainers have undergone specialized training in the areas of cancer, post-rehabilitation exercise, nutrition and supportive cancer care. The program includes:

- A free 12-week YMCA Family Membership
- Two 75-minute classes per week
- Full access to the YMCA seven days per week
- Free drop-off child watch



Todd Tallman, Cornerstone Bank CEO, and David Connell, President and CEO at the YMCA of Central Massachusetts.

YMCA youth programs include college-preparedness, workforce, and leadership development, after school care, summer camp and a host of healthy meals initiatives.

“From the earliest days of the pandemic, we maximized our resources and partnered with like-minded orga-

nizations – such as Cornerstone Bank – who remained committed to supporting the community. As families deal with the lingering effects of COVID-19, our work remains the highest priority,” said David Connell, President and CEO at the YMCA of Central Massachusetts. “With Cornerstone’s generosity, we

continue to assist cancer survivors as they reclaim their health as well as address food insecurity, the educational gap, and quality and affordable child-care needed for parents to work.”

About Cornerstone Bank

Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. Serving Worcester County, Massachusetts, Cornerstone Bank’s local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts. Cornerstone works to connect customers with opportunities, through a broad range of deposit and loan products, and services. Built on Trust is not just a tagline, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank’s personal and business banking offerings, please visit [cornerstonebank.com](http://cornerstonebank.com) or call 800-939-9103.



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# Bay Path PN Class of 2023 welcomes certified mental health peer specialist

CHARLTON — The incoming Practical Nursing Class of 2023 at Bay Path Practical Nursing Academy met and heard from Karen Kapinos of Westborough, Certified Peer Support Specialist (Mental Health America) at the recent summer workshop. Certified Peer Support Specialists share the tools, skills, and information they have learned to transform their own life with individuals going through similar struggles.

Research states that the overall suicide rate in the US has increased by 35 percent since 1999 and suicide is the 10th leading cause of death overall in the US. September is National Suicide Prevention Month and the incoming PN Class of 2023 are learning about mental health to help prevent home or workplace-based tragedy. The PN Class of 2023 is scheduled to complete the Mental Health First Aid (MHFA) training in September. The 6-hour curriculum, completed in one full professional development day

gives the participant a 3-year certification upon completion.

Kapinos gave a wonderful introduction to mental health training and shared both personal and professional lessons. Not only does she contribute to the lives of others, but also improves her own well-being and recovery in the process. She completed her Bachelor of Science degree in Occupational Therapy at the University of New Hampshire. She is a registered Occupational Therapist since 1989 and worked at MetroWest Medical Center (Natick) facilitating therapeutic groups and evaluating individuals for visual perception and motor skills, and making recommendations to the school system. Her experiences include work at Mount Ida College (Newton) as Academic Fieldwork Coordinator and part-time instructor teaching psychosocial dysfunction and group dynamics, and Community Health Link (Worcester) as OT, and instructor on MHFA training.

She helped develop an outreach program on Mental Health called “Mobile Respite.” She is currently a member of the Advisory Board at UMass Medical School (Worcester) tasked with how grant funding may be used for research.

Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director at Bay Path Practical Nursing Academy thanked Kapinos on behalf of the PN Class of 2023.

“We are blessed that Karen spoke to the incoming PN 2023 cohort,” said Bolandrina.

“It is important for our future nurses to have the skills and knowledge to identify and respond to signs of mental disorders and how to provide initial help and support,” Bolandrina added.

The feedback on Karen’s presentation was positive. Engaging in conversation, education, and breaking the stigma of mental health disorders. MHFA-trained individuals may assist someone experiencing a mental health or substance use-related crisis.

“The tie-in is providing education to the future nurses and support so they’re in the best state of mind for their nursing journey,” Bolandrina said.



# GWCF grants more than \$450,000 to 34 awardees

WORCESTER — The Greater Worcester Community Foundation announced the 34 awardees of its 2022 Community Grants - a total of \$456,250. Community Grants are made possible by people who have set up discretionary funds with the Foundation. This type of fund provides GWCF with the maximum amount of flexibility to grant resources where community needs are greatest.

“Our community organizations are demonstrating their strong commitment to helping others in what is continuing to be a trying time for so many people in and around Worcester,” said Jonathan Cohen, Vice President for Programs & Strategy. “Each of these grants reflects the originality, ingenuity, and strong sense of community that distinguish Central Massachusetts from other places - and this Foundation is proud to be a large part of that philanthropic community.”

Rooted in the belief that together, everyone can collectively work towards a more equitable, vibrant and just community by offering flexible grant options, the Community Grant Program implements strategic focus areas, and emphasizes the underlying approaches nonprofit organizations apply to their work. For 2022, the Community Grants

remained focused on three strategic areas: Health & Wellbeing, Thriving Families, and Creative Worcester. Additionally, GWCF sought to partner with grantee organizations with a commitment to Racial Equity, Community Voice, and Policy & Systems.

Those organizations receiving funds for operating support this year are:

LEGALS		
(SEAL)	TRIAL COURT OF MASSACHUSETTS THE SUPERIOR COURT Dennis P. McManus Clerk of Courts Worcester Superior Court 225 Main Street Worcester, Massachusetts 01608 Docket No: 2285CV00184 ORDER OF NOTICE BY PUBLICATION Seterus, Inc. vs The Heirs, Devisees And Legal Representatives Of Robert J. Wright et al	RE: Heirs, Devisees, and Legal Representatives of Robert J. Wright WHEREAS a civil action has been begun against you in our Superior Court by Seterus, Inc. wherein it is seeking to; distribute surplus under Massachusetts Rule 22, following a foreclosure of a mortgage relating to real property located at 223 Arnold Road, New Bedford, MA 02745 9"Property"). The proceeds from the sale of the Property has paid the mortgage debt in full and there is a surplus. We <b>COMMAND YOU</b> if you intend to make any defense, that on 08/23/2022 or within such further time as the law allows you do cause your written pleading to be filed in the office of the Clerk of Court named above, in said Commonwealth, and further that you defend against said suit according to law if you intend any defense, and that you do and receive what the Court shall order and adjudge therein. Hereof fail not, at your peril, or as otherwise said suit may be adjudged and orders entered in your absence. It appearing to this Court that no personal service of the Complaint has been made on the defendant a deputy sheriff having made a return on the summons that after diligent search he can find no one upon whom he can lawfully make service, a copy of which is hereto attached and made part of this notice, it is ORDERED that notice of this suit be given to them by publishing, once a week for three successive weeks, the last publication to be at least 20-days before said return day in the:
Angels Net Foundation Inc Apple Tree Arts ArtsWorcester Ascentria Community Services, Inc. Big Brothers Big Sisters of Central Mass/Metrowest, Inc.	Launch of New Early Education Program Preschool Music Outreach Program 100 Views of Worcester Safety Net Program for Refugees and Immigrants	\$17,000.00 \$10,000.00 \$5,000.00 \$17,500.00
Black Student Union - Worcester Technical High School (fs Worcester Public Schools) Boys & Girls Club of Webster-Dudley Boys & Girls Club of Worcester Building Futures, Inc. (fs Worcester Housing Authority) Colony Retirement Homes Community Health Awareness Network (CHAN) Empower Children for Success (fs Highland Baptist Church) Guardians of Tradition Guild of St. Agnes of Worcester Living In Freedom Together (LIFT), Inc. Massachusetts Symphony Orchestra, Inc.	Worcester Area College Mentoring a Program at Fitchburg State University	\$15,000.00
Mustard Seed New England Botanical Garden at Tower Hill	Multicultural Immersion of Art & Education Social-Emotional Learning at the Club Summer Programs and Outdoor Classroom	\$5,000.00 \$25,000.00 \$20,000.00
North Quabbin Citizen Advocacy, Inc.	BFI Lakeside Summer Program Wellness Nurse Project	\$10,000.00 \$12,500.00
Northeast Organic Farming Association Massachusetts Chapter	Graceful Aging Summer Elder Initiative “Walk with an Elder”	\$10,000.00
Pakachoag Music School of Greater Worcester Pernet Family Health Service, Inc. Push Worcester (fs Worcester Roots Project) Quinsigamond Community College Foundation Southeast Asian Coalition of Central Massachusetts Tenacity, Inc. Training Resources of America, Inc. Whitin Community Center Worcester Chamber Music Society Worcester Children’s Chorus	Family Child Care Entrepreneur Program: (Business/Job Creation) A night to remember: Folk Guardians of Worcester Early Childhood Behavioral Health Intervention Project	\$10,000.00 \$20,000.00 \$15,000.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	BRAVE: Building Real Action for Viable Employment	\$25,000.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	Jazz in the Park: An Evening Celebrating Great Latin/American Musical Influences Mustard Seed Summer Enrichment Program	\$10,000.00 \$7,500.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	Project Bloom: Strengthening Connections Between Nature and Greater Worcester’s Youth Building Relationships so Individuals with Disabilities & Their Families Thrive	\$25,000.00 \$5,000.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	Healthy Soils for Healthy Communities: A Worcester County Project with NOFA/Mass and SproutChange	\$14,000.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	Quinsigamond Village Partners for Inclusive Children’s Theater Youth Program - Family Outings & Activities	\$7,250.00 \$20,000.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	Skate Camp	\$6,000.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	Mental Health Counseling	\$20,000.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	Mental Wellness 2022 Worcester Summer Tennis & Reading Program (STRP) YouthBuild Worcester (YBW) - 33 Merrick St WCC After-School Youth Resilience and Overall Wellness Season 18 Fall Concerts Raise Your Voice! After School Choirs Partnership with Worcester Public Schools	\$25,000.00 \$10,000.00 \$15,000.00 \$20,000.00 \$5,000.00 \$7,500.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	WICSS Cares: Healthcare Services for Afghan Refugees and Others 2022 Summer Reading Program Violence Is Not Normal	\$12,000.00 \$5,000.00 \$15,000.00
Worcester Islamic Center Social Services Worcester Public Library Foundation Worcester Youth Center Youth Opportunities Upheld (YOU), Inc. (an affiliate of Seven Hills Foundation)	Dynamy Youth Academy	\$10,000.00

# Emily Dabrowski Memorial Scholarship Winners announced

DUDLEY — The Shepherd Hill Regional High School class of 2022 has eight more Emily Dabrowski Memorial Scholarship recipients! These fine graduates have displayed a history of volunteering and community service. They are also known for kindness to others and to animals and who plan to pursue a career path in a humanitarian field.

Emily died in 2017 during her senior year at Shepherd Hill. Emily’s “Happiest place on Earth” was a Haitian Orphanage called Espwa. She traveled there with other missionaries from St. Joseph’s Church in Charlton to work for three summers! Stories of Emily’s kindness and support of others less fortunate continue to be told. Great care is taken in choosing the winners of this scholarship.

Congratulations to the graduating seniors who received the Emily Dabrowski Memorial Scholarships in 2022:

Joseph Dumas  
Elzbicta Gronck  
Amalie Jarvis  
Eda Lindstrom

Kyle Norberg  
Jacob Roberts  
Zachary Robinson  
Anna Thomas

Please help us in applauding these students for their efforts to make our world a better place! Thank you to those who support the scholarship fund with your donations and participating in the annual “Dad’s Swatfest” golf fundraising event at Heritage Country Club.





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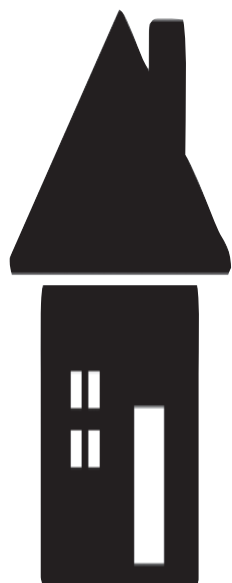
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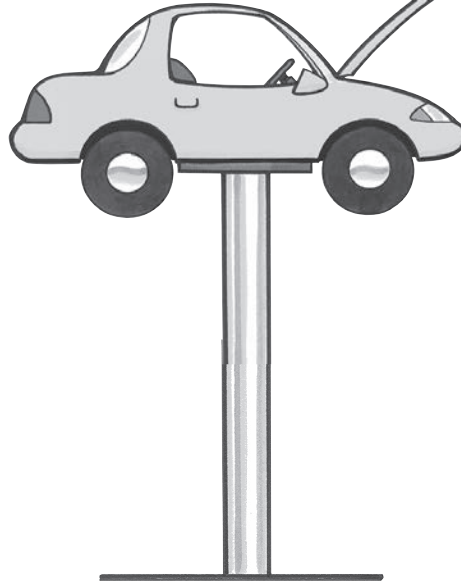
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# Embrace aging

Over the weekend, we were able to spend some time at a music festival. A friend happened to lean over and say, “Did you notice everyone is getting so much older?” They didn’t say it in a negative way, but as a statement of fact. The festival was filled with people of all ages; however, it did bring us back to our youth, when stress was low and our futures were still unwritten.

That comment resonated with us because as the years pass by, we actually don’t feel old, we still feel pretty young! Aging doesn’t have to be this doom and gloom experience. It can be pretty awesome, and the better you take care of yourself, the more fun aging will turn out. Of course, aging is better than not aging, so let’s do it with grace and spunk.

When you take care of yourself, age is just a number. Experts say to focus on what you can change, instead of what you cannot. Embracing healthy habits is key to enjoying your youth for as long as you choose.

Number one on the list is to get sleep. Sleep is essential to health and aging well. Lack of sleep can cause us to look older than we are. Sleep has been shown to reduce wrinkles and dark spots.

Keep your brain sharp. Always seek knowledge. If going back to school isn’t your jam, then read books, watch documentaries, download apps that teach you algebra and fractions and jog your memory. You’d be surprised at how fast those formulas come back to you! Travel and visits to museums are also easy ways to give your brain some exercise.

Stay hydrated. Everything our body needs to function requires water. Staying hydrating can benefit your heart and ease hypertension.

Sugar? Eh; we don’t need it. Once in a while, of course, it can be a nice treat; however, sugar can wreak havoc on our bodies to include premature aging of the skin. Experts also say that processed foods are a no-no. Experts suggest giving up diet soda, as it can cause acne, depression, diabetes and lower bone density.

Learning a new skill is excellent for the brain. Pick up a guitar, learn to fix an engine, learn how to operate a fancy camera, anything that piques your interest. Challenging ourselves can boost our brain power and keep us young.

Research has indicated that there is a connection between happiness and spirituality. When we have found a meaning to life, or a purpose, we feel more satisfied. This can include anything such as gardening, meditation, yoga or even writing poetry.

Keep your skin hydrated by moisturizing. Dermatologists recommend washing your face twice daily with gentle products and use a good facial mois-

Turn To **EDITORIAL** page **A12**

# OPINION



Photo Melinda Myers

Removing the individual blooms of balloon flower as they fade will keep this plant looking its best.

## Increase flowers with a bit of deadheading

Keep your garden looking its best with a bit of deadheading. Removing faded flowers can promote repeat bloom on some plants, encourage fuller, more compact growth, and tidy up the garden.



GARDEN  
MOMENTS  
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MELINDA  
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Some plants like impatiens, cuphea and calibrachos are self-cleaning. Old blossoms fall off the plants as new flowers form, eliminating the need for deadheading.

Deadhead heavy seeders like columbine to reduce the number of seedlings and contain the spread. Or allow some seeds to develop if you have space to fill or want lots of seedlings to transplant to new garden beds.

Allow seedheads to develop on cone-flowers, rudbeckias, and other plants that provide winter interest and food for the birds.

Remove flowers as they appear on coleus to promote more compact growth. Late blooming, flowerless varieties and self-branching coleus hybrids reduce or eliminate time spent on this task.

Consider skipping the deadheading of late blooming perennials. This allows them to prepare for winter and form seedpods for a bit of winter interest.

Improve the appearance of leggy plants with long stems and few leaves with a bit of pruning. Cut back further into the leafy stem when deadheading to encourage fuller growth as well as more flowers.

Make deadheading part of your regular garden maintenance. Investing time throughout the season will help keep your garden looking its best.

*Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener’s Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses “How to Grow Anything” DVD instant video series and the nationally syndicated Melinda’s Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.*

## Strengthen your ‘three-legged stool’ for retirement

For many years, Americans provided for their retirement needs through three sources: employer-sponsored pension plans, Social Security income, and savings and investments accumulated through employer plans or individual accounts – the so-called “three-legged stool.” But today, that stool is shakier than it used to be. What can you do to strengthen it?

To begin with, all three legs of the stool are facing challenges. Let’s consider them:



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Employer pensions – A generation ago, workers employed in many companies could count on a set monthly pension income to help them through their retirement years. Today, pensions – also known as defined benefit plans – are mostly found in public sector employment, as most private-sector employers have replaced their pensions with 401(k) and similar plans. These plans can be quite effective at helping build resources for retirement, but they do place most of the responsibility for saving on the employee.

Social Security – Social Security has come under financial pressure because the workers-to-retirees ratio has declined significantly, according to the Social Security Administration’s 2021 Board of Trustees Report. A number of proposals have been brought forward on how to improve the long-term financial security of the Social Security system.

Personal savings and investments – In terms of building savings and investments for retirement, the picture is somewhat mixed. The national savings rate has increased in recent years, but more than half of American workers still say their retirement savings are not where they should be, according to a 2021 survey from Bankrate, a personal finance website. And the same survey found that just over half of investors with a 401(k) or IRA have taken early withdrawals – that is, they withdrew money before they retired. Furthermore, we may be waiting too long even to begin saving/investing for retirement. A survey from Age Wave and Edward Jones found that respondents began saving for retirement at an average age of 38, but the majority said they should have started saving a decade earlier.

You have options for improving some parts of your own three-legged stool. For example, no matter what happens to Social Security, you can still decide when to start taking payments. You can begin collecting benefits as early as 62, but your monthly checks will be larger if you wait until your “full” retirement age, which will likely be between 66 and 67. You can even delay taking benefits until they “max out” at age 70.

As for a pension, you can’t control what’s available to you through your employer, but you can create your own retirement income stream by contributing as much as you can afford to your 401(k) or other employer-sponsored plan and by increasing your contributions whenever your salary goes up. And you can also contribute to an IRA or other investment vehicle to further boost your retirement funds. Try to leave these accounts intact until you need them for retirement. This will be easier if you’ve built an emergency fund, with the money kept in a liquid, low-risk account, to pay for unexpected costs, such as those resulting from a major car or home repair.

The three-legged stool may not be as universal as it once was – but you can still construct a sturdy structure to support your retirement needs in the future.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Trevor Nielsen, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or trevor.nielson@edwardjones.com.*

## The building blocks of dreams: Faith

Last week, I discussed the first thing you must have to achieve your dream: desire. Whatever you want to do in this life, you can do, as long as your desire is strong enough. Desire isn’t the only factor. Probably the second most crucial building block to accomplishing your dream is faith.

Faith is often confused with belief. Belief is something we intellectually accept as true, but faith is a commitment to think, speak, and behave in a manner consistent with your belief. If you cannot live your life in a manner consistent with your belief, can you genuinely say that you have faith?

When it comes to accomplishing your dreams, you must not only believe it can be achieved, but you must also combine your belief with action. You must act as if. When you can align belief with your thoughts, words, and actions, that’s faith.

We often associate faith with positivity. It can be related to negativity as well.

Many believe they are doomed to a life of failure and bad luck. Unfortunately, they’ve combined this belief with their thoughts, words, and actions. They think thoughts of defeat, speak words of failure and behave in ways that indicate they will not succeed. This alignment with the negative produces



POSITIVELY  
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a strong faith that failure and misfortune are their lots in life and nothing will ever change.

This type of faith is destructive in many ways. When you think, speak, and behave as if you will never be successful, you may never try, and even if you do have a desire to try, your passion will eventually be stifled and extinguished by your faith that failure is inevitable.

You may think, “I do behave and live as if things will always be bad and I’ll never get a good break in life; how can I change?”

There is an old belief that your subconscious mind will move you towards the life you want based on what you instruct it to do; that it’s like a programmable computer, and you can program it however you wish. There is now science that indicates this may be true.

If you tell your subconscious mind, through thoughts, words, and actions, that you are destined for failure and that you’ll never have what you want, then your subconscious mind will work day and night to make that a reality.

It’s been said, “If a person repeats a lie repeatedly, they will eventually accept it as truth.” Every person is what they are because of the dominating thoughts they hold in their mind, and when you align your thoughts with

emotion, it’s one of the best ways to get your subconscious mind to move in a desirable direction.

What are you telling yourself? Are you telling yourself you’re a failure and combining that narrative with pity? Are you telling yourself you’ll never have what you want and combining it with the emotion of anger? When you do this, you mix your thoughts with emotion. Some say you’re programming your subconscious in the wrong direction, increasing your faith in the negative.

Can you tell yourself you’re a winner, accept it, and feel the emotions that accompany victory? Can you learn to dream of success and feel joy, love, and gratitude?

Repetition of thought, words, and action, mixed with the proper emotion, done often enough, will increase your ability to think, speak, and act in a manner consistent with your desired outcome, thereby increasing your faith.

When combined with faith in a higher power, your thoughts, words, and actions can powerfully align with your desire to accomplish your dream. If you can bring yourself to align your vision with faith in a higher power, it can be the single most powerful way to increase your confidence.

Living as if you can attain your dream life means you’ll think, speak, and act as if accomplishing your dream is inevitable. Bringing all of these

into alignment will also increase your desire. When you affirm your desire with faith, you’ll begin to want it more and be that much closer to living the life you want.

Join me next week to discuss the third step you must take to accomplish your dreams.



# The fishing gets better every day

This past week saw fishing improving every day, with fluke, seabass, and tuna providing most of the action. Bluefin tuna fishing has been great in both Mass. & Rhode Island, with plenty of 70- to 80-pound fish being caught. Many bottom fishing anglers are catching some impressive fluke and seabass in both Rhode Island & Mass.! Rhode Island has some of the craziest fishing regulations for recreational fishing anywhere. If you own your own boat, or you are fishing with a friend of yours on his boat, you can catch three seabass, but if you are on a charter boat you can catch six per angler starting Sept. 1. The same crazy and unfair regulations also pertain to tautog starting in September. The sooner recreational anglers get involved in Rhode Island's fishing regulations, the sooner they will get a fair share of the fish. But they won't!

Commercial draggers may not be the only ones to blame for a decrease of fish populations in our ocean's waters. Protected species like seals and ocean birds are gobbling up tons of fish daily to survive. The diet of a seal requires a lot of fish daily to fill their appetite. If 10,00 seals each weigh 500 pounds, they would consume 350,00 lbs. of fish per day. Birds like cormorant's also eat millions of pounds daily of baitfish, and spawning fish like winter flounder. One cormorant will consume one pound. of small fish each day.

I had watched cormorants eating recently spawned winter flounder along the shoreline at the boat ramp at Galilee Rhode Island not that long ago. Today, winter flounder populations have crashed in all of Narragansett Bay. Overfishing is also to blame! A



THE GREAT  
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decision needs to be made soon. Do we keep feeding these birds and seals, or do we keep some of the fish for human consumption? Freshwater fishing has been holding its own lately, with a bit of a slowdown last week on some of the local ponds and lakes. It also was very slow last week on the Quabbin Reservoir for numerous anglers including my brother Ken and his son Mark, that visit the Res. annually for some laker fishing. Ken also brings his wife Debbie on a few trips, and often have some great fishing, but not last week. It was slow for all of the anglers he talked to on that day. You should have been here yesterday!

A new type of fishing for brown sharks on the Cape was shown to this writer last week. Anglers are taking a long walk at night on some of the beaches on the cape, with fishing gear in tow! They are catching and releasing six-foot brown sharks, and are tagging them for the state. Many beach goers may want to take a look at some of these photos. More and more great white sharks are also showing up along the Cape beaches, which is causing concern about the safety of going into the water just for a quick dip! Yikes!

This year, mice and chipmunks are out of control in Mass., and the high acorn crop is partially to blame. Just when you think you have them under control, they start showing up again in basements, garages, and in your home. They are eating their way through plastic and cardboard boxes. This past winter, they caused a lot of damage to automobile & lawnmower wiring. They were responsible for damage to outboard motors, and lawnmower wiring



Photo Courtesy

This week's picture shows two yellow Lab pups from which this writer had to choose from 11 years ago. It was a hard decision, as I am sure they both would have turned out just great. I wish I had bought both of them!

as well.

It was not long ago I mentioned a quick way to get rid of some of these rodents using a simple bucket of water and a ramp from the floor to the top of the pail. A simple wire coat hanger was used by cutting the wire so that it could go through one side of the pail to the other at the top. A soda can had two holes drilled in it at each end, so that the wire could be inserted through the can, allowing it to spin. Place some peanut butter on the surface of the can. Partially fill the bucket with water, a third full. It works! I caught at least 15 mice in a few days, and still counting! We still have a lot of summer left,

and our pets need to be kept in a cool dry place, with plenty of fresh water. Exercising should be done early mornings and late evenings. Taking your dog for a walk in the heat of the day can be unhealthy for them, as well as burning their feet on the hot pavement or sidewalk. When we were young, we often fried an egg on the hot pavement, just to prove a point as to how hot it was. Never leave your kids or pets in a hot car! We have all watched our TV showing the horrible results!

Take A Kid Fishing & Keep Them Rods Bending!



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It's summertime and the livin' is easy - if you know some "tricks of the trade" to make your warm weather activities less of a hassle! The following timely tips are geared toward carefree summertime living.

It's fresh fruit and veggie season, but before you spend big bucks on commercial produce cleaners and fresheners, try these homemade solutions that do the job for pennies!

To make a homemade "fruit fresh" clone, dissolve two vitamin C tablets in a large bowl of water. Dunk in the fruits or vegetables to keep them fresher longer.

If you're buying "Fit" produce wash, your hard earned cash may be literally going down the drain! Whip up this homemade version for pennies: In a spray bottle, mix two tablespoons of baking soda with one cup of water. If you want add a tablespoon of lemon juice. Spray veggies, let sit for a few minutes and rinse!

Fresh summer fruit is a gift of the season and picking a fruit at its peak of freshness is a top priority. When shopping for peaches, look for fruit that feels heavy for its size, with smooth unblemished skin. Ripe fruit should be soft enough to yield to the touch, but not overly mushy. To pick a sweet cantaloupe, look for the one with small, tight netting on the skin. If the seeds rattle, it may be overripe. Strawberries,

should be plump and bright red. Top leaves should be attached, green, and fresh looking. Look for firm watermelons with a dull outer skin. When you thump it, it should give a hollow sign. If you're buying sliced watermelon, look for a bright, deeply colored pink to red flesh. Many fibers or white streaks indicate an over ripe, older fruit.

Need to ripen fruit fast? If you want to speed up the ripening of other fruits place them next to your bananas. Bananas give off a gas called ethylene.

July is National Ice Cream Month, so it's practically our patriotic duty to indulge in the sweet, frozen treat this month! In 1984, President Ronald Reagan designated July as National Ice Cream Month. Recognizing ice cream as a fun and nutritious food that is enjoyed by a full 90% of the nation's population, Mr. Reagan called for all people in the US to celebrate the event each July - and who are we to argue? To kick off a month of sweet celebrations, try this refreshing Frosty Freeze. In a mixing bowl, just chop one cup of slightly softened vanilla ice cream with a spoon. Drizzle on one tablespoon frozen lemonade, thawed but not diluted. You'll love it!

When you eat ice cream, the intense cold can sometimes causes blood vessel spasms, otherwise known as "brain freeze." If you start to feel an ice cream headache coming on, you may be able to slow it down by holding your tongue against your palate to warm it up until you finish your chilly dessert.

Want to lick your ice cream headaches altogether? Some doctors say

that simply eating cold foods more slowly can help prevent brain freeze.

Did you know? Ice cream should be stored at 0 to -10 degrees F. to maintain its texture. However, the best temperature for scooping ice cream is 8 to 12 degrees F, so leave it out of the refrigerator for several minutes before scooping. And ice cream should never be stored on the door of the freezer. Fluctuating temperatures from all the opening and closing can melt and refreeze it, creating ice crystals.

It's fishing season! If you're dropping your line into the waters this weekend read on for a few tips to help make your time at the fishing hole more productive:

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

And be sure to match your hook size to your bait: small for small, large for large. It makes a difference in holding your bait, and in how many strikes you will get.

Take a valuable fishing tip from old timers who say "if you find the bait you'll find the fish." To do this efficiently, they make it a habit to scan the water for bird activity. Follow the birds, who follow the bait, and you'll likely find the fish!

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

oysters!

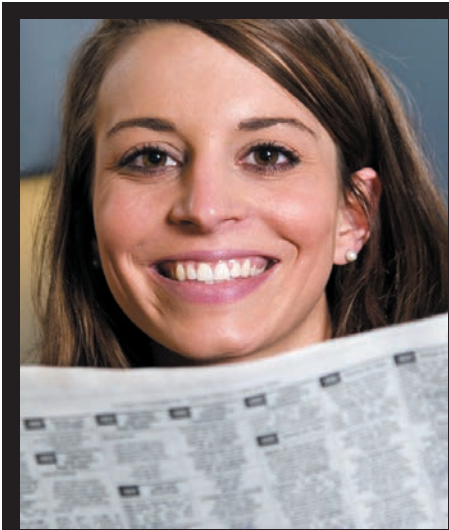
Or try this secret recipe from anglers: Combine two ounces of cod liver oil with 20 drops oil of anise. Mix well. Dip your bait in the mixture and string up the trout!

Still no bites? It could be your bug repellent. Never handle bait after applying it as the scent will keep the fish away.

Win Dinner for Two at the Publick House

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.



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# QCC awarded \$735,000 workforce training grant

WORCESTER — Today, Quinsigamond Community College was awarded a \$735,000 workforce training grant from the Baker-Polito Administration. A total of \$15 million in workforce training grants were awarded to the Commonwealth's 15 community colleges in support of the creation and expansion of training programs in high-demand industries, such as healthcare, education, manufacturing, information technology and cybersecurity.

"Education is at the heart of all economic growth and this type of revenue stream goes a long way in supporting our region's employers, incumbent workers and potential workers," said QCC President Luis G. Pedraja, Ph.D. "Our students, our industries, and our Commonwealth will all prosper from

this funding."

In late June, QCC was also awarded \$500,000 in state funding to train and help place over 70 participants into biotechnology jobs. Lieutenant Governor Karyn Polito, along with Secretary of Labor and Workforce Development, Rosalin Acosta, visited QCC's Healthcare and Workforce Development Center to announce the grant, which is part of the Senator Kenneth J. Donnelly Workforce Success Grants for Expanded Training Capacity & Employment Program Performance.

During the Donnelly Workforce Success Grant announcement, Lt. Governor Polito and Secretary Acosta also toured some of QCC's healthcare labs and interacted with the college's state-of-the-art, hands-on simulation

equipment.

"I'm encouraged by the work that's being done here at QCC and all the grantees that have been awarded today. I'm very optimistic that our academic institutions are going to step up to meet this moment. We need our community colleges more than ever. You have the best platform to get this work done," Secretary Acosta said.

The training programs will assist those populations who have traditionally experienced higher rates of unemployment, as well as barriers to employment identified by the Black Advisory Commission and the Latino Advisory Commission. Priority will be given to those who are unemployed and underemployed.

"One of the goals of these grants is

to help address shifting economic conditions that occurred for many residents brought on by the COVID-19 crisis, and persistent racial inequities and workforce challenges that existed in the Commonwealth before the pandemic," said Education Secretary James Peyser. "We anticipate these new training opportunities will make it easier for more people to move into high-demand, higher paying careers."

Approximately one third of the \$15 million grant funding will be allocated toward training programs for the healthcare industry, which is in high demand across the Commonwealth.

To learn more, visit QCC's Center for Workforce Development and Continuing Education.

## Golden Bear pride shines brightly as Western NE University welcomes newest members to alumni family

SPRINGFIELD — Western New England University held its undergraduate commencement ceremony on May 21 in the Anthony S. Caprio Alumni Healthful Living Center, celebrating the Class of 2022. The keynote speaker Nick Newell ('08), a professional Mixed Martial Artist, talked about the power of dedication. "To be great, you must be willing to do things others will not so you can achieve things that others can't." He told the class of 2022 that they have proven their resiliency and encour-

aged them to continue chasing their goals.

Congratulations and best wishes to the newest Golden Bear Alumni. WNE is proud of you!

Megan E. Hueras of Charlton graduated Cum Laude with a BA in Law & Society. Megan also graduated with a double minor in Criminal Justice and Political Science.

Adelina Antoinette Hough of Charlton graduated with a BS in Chemistry. Adelina also graduated with a double minor in Criminal Justice and Forensic Science.

Jack S. Krukonis of Charlton graduated with a BSBA in Entrepreneurship and BSBA in Marketing.

Jenna Marie Hebert of Uxbridge graduated Summa Cum Laude with a BSE in Computer Engineering.

Joshua David Bolte of Brimfield graduated Summa Cum Laude with a BSE in Electrical Engineering.

Joseph Joshua Gonzalez of Holland graduated Summa Cum Laude with a BSE in Electrical Engineering.

Western New England University (WNE) is a pri-

vate, nationally ranked, comprehensive institution with a focus on preparing work-ready and world-ready graduates. Founded in 1919 in Springfield, Massachusetts as a division of Northeastern College, WNE's 215-acre suburban campus serves more than 3,700 students, including over 2,500 full-time undergraduates. More than 47,000 alumni have earned degrees through its 90-plus undergraduate, graduate, and professional programs at Colleges of Arts and Sciences, Business, Engineering, and Pharmacy and Health Sciences,

and School of Law. Students come from 39 U.S. states and territories and 23 countries. Of 45,104 living alumni, 30% remain within the region, residing in the four Western Massachusetts counties and northern Connecticut.

WNE is classified among nationally ranked universities in US News and World Report, and among the Top 100 Undergraduate Engineering programs, and in the Doctoral/Professional Universities category in the Carnegie Classification of Institutions of Higher Education.

### Alexandra Fish awarded degree from American International College

SPRINGFIELD — Alexandra Fish, of Fiskdale, has been awarded a degree in Nursing from American International College (AIC) in Springfield. Fish joins 216 undergraduate students representing five countries, twelve states, and Puerto Rico in receiving congratulations.

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

### A SPECIAL THANK YOU

*Photo Courtesy*

Devin Robert from Charlton turned 11 on July 12, and was surprised by Charlton Fire Department with a tee shirt and hat. The people at the station were awesome to him. The listened to him and talked to him about becoming a future fire fighter. A big thank you to Captain Ouellette and his crew for making Devin's day so special! On Devin's part, he gave a donation to the fire department as his way to say thank you for all they do.



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# OBITUARIES

## Teresa F. Thibeault, 92

Charlton- Teresa F. (Dubuque) Thibeault 92, passed away July 12, 2022 at St. Vincent Hospital in Worcester.



Her husband was the late Alexander Thibeault. She leaves 2 sons; Dean M. Thibeault and his wife Mary of Oakham and Wayne N. Thibeault of Southbridge and was also predeceased by a son Alexander Glenn Thibeault and a brother Norman.

She also leaves a sister Corrine of Charlton, 4 grandchildren, 2 great grandchildren and many nieces and nephews.

Teresa was born January 9, 1930 in North Hero, Vermont a daughter of the late Clarence L. and Florence L.

(Butler) Dubuque.

She was a member of St. Joseph Church and was known for her cake making for many years for the family and friends for weddings and special occasions

Teresa was also a caregiver for her husband and mother for many years, and a babysitter for a lot of the family.

There are no calling hours. A Memorial Mass will be August 2, 2022 at 10 AM in St. Joseph's Church, 10 H-Putnam Rd. -Ext. , Burial will follow in West Ridge Cemetery.

In lieu of flowers, Memorial Contributions may be made to: St. Joseph's Church Youth Fund and Activities.

The ROBERT J.MILLER-CHARLTON FUNERAL HOME, 175 Old Worcester Rd. is assisting the family with arrangements.

# Roger Williams University announces 2022 graduates

BRISTOL, R.I. — The following students received their degrees in May as part of the Class of 2022.

Jessica Lee of Uxbridge graduated with a B.S. in Management

James Richardson of Uxbridge graduated with a B.A. in Psychology

About RWU At Roger Williams University, students are prepared to be thinkers and doers ready to solve challenging problems with innovative

solutions. RWU offers 50 majors and robust offerings of graduate and professional programs across eight schools of study including Rhode Island's only law school, with campuses on the coast of Bristol and in the heart of Providence, R.I. With small classrooms and a focus on undergraduate and graduate research and community engagement, a Roger Williams education blends the strength of liberal arts and profession-

al studies, providing all students with the depth and breadth of interdisciplinary thinking and well-rounded knowledge necessary to succeed in our interconnected, global world. RWU is committed to strengthening society through engaged scholarship so that students graduate with the ability to think critically and apply the practical skills that today's employers demand.

# Local EXIT Realty affiliated offices welcome new team members

WORCESTER — EXIT Beacon Pointe Realty is pleased to announce that Lisa Goselin and McCall Peltier have joined its growing team of dedicated real estate sales professionals. EXIT Beacon Pointe Realty, located at 435 Shrewsbury St. 3rd Floor, Worcester, Massachusetts is a proud member of EXIT Realty New England's rapidly expanding network of independently owned and operated brokerages across the region. About EXIT Realty

EXIT Realty is a company founded and built on human potential. A full service, forward-thinking, real estate

franchisor with offices across North America, EXIT has to-date paid out more than a half a billion dollars in single-level residual income to its associates. The Expert Marketing Suite™ including geolocation Smart Sign™ technology gives sellers an edge in a competitive marketplace. A portion of every transaction fee received by EXIT Realty Corp. International is applied to its charitable fund, and to-date, \$6.8 million has been allocated to charity. For more information, please visit www.exitrealty.com and www.joinexitrealty.com.

# Terrence Baker of Fiskdale graduates from Roger Williams University

BRISTOL, R.I. — Roger Williams University is proud to announce that Terrence Baker, of Fiskdale graduated with a B.S. in Construction Mgmt. in May as part of the Class of 2022.

About RWU At Roger Williams University, students are prepared to be thinkers and doers ready to solve challenging problems with innovative solutions. RWU offers 50 majors and robust offerings of

graduate and professional programs across eight schools of study including Rhode Island's only law school, with campuses on the coast of Bristol and in the heart of Providence, R.I. With small classrooms and a focus on undergraduate and graduate research and community engagement, a Roger Williams education blends the strength of liberal arts and professional studies, providing all students

with the depth and breadth of interdisciplinary thinking and well-rounded knowledge necessary to succeed in our interconnected, global world. RWU is committed to strengthening society through engaged scholarship so that students graduate with the ability to think critically and apply the practical skills that today's employers demand.

# Hailey Magierowski named to Elms College Dean's List

CHICOPEE — Hailey Magierowski, of Brimfield, was named to the College of Our Lady of the Elms spring 2022 Dean's List.

Magierowski was among more than 540 students named to the spring 2022 Dean's List.

To qualify, a full-time student must earn a GPA of 3.5 or higher, without incompletes.

Elms College is a co-educational Catholic college offering a liberal arts curriculum

that prepares students holistically for a purposeful life in a diverse and interconnected world. Founded in 1928 by the Sisters of St. Joseph, Elms College has a tradition of educating reflective, principled and creative learners, who are rooted in faith, educated in mind, compassionate in heart, responsive to civic and social obligations, and capable of adjusting to change without compromising principle.

# Smola announces FY23 Perkins Program Improvement & Equipment Grant

BOSTON—Rep. Todd M. Smola (R-Warren, Ranking Member, Committee on Ways & Means) is pleased to announce that Tantasqua Regional High School will be awarded \$5,000 through the FY23 Perkins Program Improvement & Equipment Grant. The priority of this grant program is to improve school districts through expenditures. Expenditures, such as equipment, must align with Perkins

allowable cost requirements. Funding must be expended by Aug. 31.

"I value support for school programs highly and am thankful for the people dedicated to serving our schools," said Smola.

The Massachusetts Department of Elementary and Secondary Education (DESE) has named over 60 schools as recipients of the FY23 Perkins Program Improvement &

Equipment Grant. Districts participating in the new Quality Support System are eligible for an additional \$10,000 for work related to planning and implementing the improvements. Please visit: FY 2023 Fund Code 422: Perkins Program Improvement & Equipment Grant (mass.edu) for grant and project details.

# Dominique Howe named to Goodwin University's President's List

EAST HARTFORD, Conn. — Dominique Howe of Sturbridge earned a place on Goodwin University's President's List for the Spring 2022 Session. The Spring 2022 President's List includes 367 students, all of whom scored a perfect 4.0 GPA.

Goodwin University in East Hartford, Connecticut, is an innovative learning communi-

ty that empowers hard-working students to become sought-after employees. We tailor our programs to address the needs of employers, and we shape them to fit the lives of students. Classes are conveniently offered year-round - days, evenings, weekends, and online. Degrees may be flexibly layered across certificate, associate, bachelor's, and master's programs in a variety

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### EDITORIAL

continued from page A8

turizer and don't forget your sunscreen. This goes for both men and women.

Power down your gadgets. Your cell phone is more harmful than you think. One study showed that Americans check their phones up to 150 times a day! They point out that each interaction releases adrenaline, which leads to stress and anxiety. We all know stress ages us fast.

Always take time for yourself. When you do so, you're able to stay refreshed and relate to others in a more meaningful way. On the flip side, maintaining good friendships and keeping up

some sort of social life keeps us young, and may reduce the risk of Alzheimer's, heart disease, some cancers and cardiovascular disease. Steer clear of toxic people that can bring you down. Positive people can help us live longer.

Stay cautious of too much down time and don't slouch! Sedentary individuals are biologically eight years older than their active peers. Slouching can lead to misalignment which can affect our joints, muscles and spine. Having good posture is a mood booster as well. Build muscle. Men lose three to five percent of muscle mass per decade. Stay active; we often see 80 year olds hiking mountains, and we think they know some-

thing we don't.

Reduce your sodium intake. One study showed that teenagers who consumed high amounts of sodium accelerated the cellular aging process especially if they were overweight. Maintaining a healthy weight is also important. It's one thing to indulge every so often, however as we age our metabolism comes to a screeching halt.

Get out in nature. One study showed that those who spend time outdoors are less depressed and have an overall better sense of well being.

In the words of playwright George Bernard Shaw, "We don't stop playing because we grow old; we grow old because we stop playing."

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When the mercury rises, savvy cooks know lighter fare is the name of the game. Light recipes can be made even better by incorporating fresh produce that's full of vitamins and minerals. It's even possible to grow many of these foods right in your own backyard garden.

# Fresh vegetables are the star of summertime meals

Stuffing (Bajoques Farcides)" is a delicate stuffed peppers recipe that originated in Alcoy, Spain. Rich flavors from pork and chicken pair with sweet peppers, tomatoes and corn for a filling, yet not overly dense dish that's perfect for warm a weather lunch or a light dinner. This recipe comes courtesy of M. Teresa Segura's "Spain: Authentic Regional Recipes" (Fall River Press).

## Baked Peppers With Rice Stuffing Serves 6

- 3 tablespoons olive oil
- 1 large chicken breast, diced
- 5 ounces lean pork, diced
- 4 ounces ham or smoked

- bacon, diced
- 7 ounces short-grain rice
- 2 garlic cloves, finely chopped
- 2 pounds ripe tomatoes, skinned, seeded and chopped
- 1 green bell pepper, finely chopped
- 3 tablespoons corn kernels
- 2 teaspoons paprika
- Pinch powdered saffron
- Salt and freshly ground black pepper
- 6 tablespoons chopped fresh parsley
- 6 large red bell peppers

Heat the oil in a large saucepan and fry the chicken, pork and ham or bacon until colored on all sides. Take the pan off the heat and reserve.

Meanwhile, cook the rice in plenty of boiling salted water until done — usually about 15 minutes, but follow the instructions on the package. Drain and reserve the rice. Add the garlic, chopped tomatoes, green bell pepper, corn kernels, paprika, saffron, salt and pepper, and parsley to the pan containing the meat. Let the sauce simmer and reduce the volume of liquid by about half. Stir the rice into the sauce. Oil a deep ovenproof dish big enough to take all the peppers. Cut off "lids" at the stalk ends of the peppers and remove the seeds. Stuff them with the meat and rice mixture and replace the lids. Tuck the peppers into the dish, cover with foil, and bake at 325 F for 1 1/4 hours.

# Make the most of your staycation with these activities

Staycations have grown in popularity in recent years. A 2018 poll from YouGov Omnibus found that 53 percent of the more than 100,000 participants had taken a staycation at some point, proving that forgoing traditional vacations for relaxing respites in the comfort of home is a wildly popular trend. While they might not be as exotic as venturing off to parts unknown, staycations need not be limited to days spent lounging by the backyard pool or laying out on the living room couch. The following are a handful of activities that can help people make the most of their staycations.

- Spa experience: Who doesn't like the chance to engage in a little pampering when staying in a fancy hotel? That same luxury can be enjoyed during a staycation by booking an appointment at a local spa that offers all the amenities, including a sauna, steam room, beauty treatments, and, of course, massage services.
- A day on the links: The opportunity to test one's mettle on a new course in an idyllic setting is one golf lovers simply cannot pass up while vacationing. A similar challenge can be found when staying at home. Do a little homework to find the most challenging course within



A night spent camping in the backyard and making s'mores can add a little variety and fun to a staycation with the family.

driving distance of your home and then book a tee time, treating yourself even further by indulging in a good meal in the clubhouse once your 18 holes are up.

- The wonders of nature: Professional

and personal lives can make it hard to enjoy the great outdoors, even when it's steps from your front door. During a staycation, commit to exploring local parks, hitting the trails to hike or moun-

tain bike or renting a boat or kayak and taking to the water.

- City life: Just because you aren't traveling far away doesn't mean you cannot still get out of town for a day. Plan a day trip to a big city within driving distance of your home. See the sights, visit a museum and cap it off with a visit to a restaurant serving your favorite ethnic cuisine.
- "Go" camping: Parents of young children can make a staycation more special by spending a night camping in the backyard. Leave your devices indoors as you sit around the firepit telling stories and making some delicious s'mores. Then set up the tents and sleep under the stars for a memorable night in the "wild."
- Rainy day: If the weather is not cooperating during your staycation, create a backup plan to add a little life to rainy days. Plan a daylong film festival in which each member of the family gets to choose a movie everyone can watch together. Make sure you have plenty of popcorn on hand and order in a few pizzas so everyone can focus on the films.

Families planning staycations can make these relaxing respites at home more enjoyable by incorporating a few unusual activities throughout the week.

# What is the 50-30-20 approach?

Effective financial strategies vary depending on which stage of life a person is in. For example, a recent college graduate working his or her first professional job will not have the same financial strategy as someone on the cusp of retirement. But one financial strategy that people of all ages can look to for guidance is the 50-30-20 approach. Popularized by United States Senator Elizabeth Warren, the 50-30-20 approach to financial planning can be a valuable resource for anyone trying to develop a budget. The approach is simple yet

effective. Under the 50-30-20 approach, income is allocated based on this breakdown:

- 50 percent of money is spent on needs, including housing costs, health insurance, car payments, and groceries
- 30 percent of money is spent on wants, including hobbies, dining out and travel
- 20 percent of money is allocated to savings

Proponents of the 50-30-20 approach note that calculations should be based on after-tax income, or what's

often referred to as "take-home pay." Professionals with steady paychecks can easily determine their 50-30-20 breakdowns by saving a month's worth of pay stubs and establishing their monthly budget based on what's coming in. The task can be trickier for self-employed or freelance workers, who may benefit from working with financial planners as they seek to create monthly budgets based on the 50-30-20 approach. MM20C490



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**SUTTON** – 90 Armsbury Rd! 8 Rm Meticulously Maintained 4 Bdrm/2.5 Bath Colonial, Pleasant Valley Country Club Near, is Ready for You! Formal Living Rm w/French Doors, Spacious Family Rm w/Gas Fireplace, Recessed Lighting & Slider Out to Private Deck! Formal Dining Rm! Fantastic Kitchen Featuring Stylish Ivory Cabinets, Stainless Appliances, Tile Backsplash, Wine Bar & Adjoining Dining Area! All w/Gleaming Hrdwd Floors! Spindle Staircase to the 2nd Flr Featuring a Huge Master w/Cathedral Ceiling w/Dble Walk-in Closet, Master Bath w/Dble Vanity, Tiled Shower & Soaking Tub! 3 Additional Comfortable Bdrms w/Ample Closets & Additional Full Bath! Expandable Walk-Out Lower Level w/Roughed-in Bathrm Ready to Complete! 2 Car Attached Garage & Recent Generator! Listed by Another, SOLD by Lake Realty! **\$829,900.00**



**NEW LISTING**

**CHARLTON** – 42 Harrington Rd! Beautiful 6 Rm Colonial w/3 Bdrms, 3.5 Baths Colonial set on .35 Acre Lot! 1st Floor w/9' Ceilings! Living Rm w/Bump-out, WW Carpeting & Crown Moldings! Tile Foyer! Dining Rm w/Fireplace (never used), WW Carpet, Crown Molding & Wainscoting! Open Kitchen & Dining Area out to Wood Deck! Kit w/SS Appliances, Granite Island! 1/2 Bath off Kit w/Laundry! 2nd Floor w/3 Comfortable Bdrms! Master w/Vaulted Ceilings, Ceiling Fan, Walk in Closet, Master Bath w/Jetted Tub & Separate Shower, Skylight, & Double Vanity! 2nd Floor Hall Bath w/Skylight! Full Basement has Walk-out to Second Deck, Third Full Bath, Utility Rm! 2 Car Garage! Horseshoe Driveway w/Plenty of Parking! Deep Wooded Lot! **\$419,000.00**



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**SOLD**

**WEBSTER LAKE** – 65 Bates Point Rd – Eastern Exposure – Beautiful Sunrises! Year Round – Principle Residence – Second Home – Remodel – Tear it Down and Start Anew! The Choice is Yours! Set on a 12,449' Lot, 50X249', 50.7' Waterfront! Plenty of Area for Expansion! Surrounded by Million Dollar Homes the Pallet is Yours to Create! 5+ Room Ranch with Full Walk-out Expandable Lower Level! Open Floor Plan! Applianced Kitchen, Dining Area and Living Room with Panoramic Water Views! 3 Bedrooms! Full Tile Bath! Oil Heat! Screened Porch! Detached Garage! Dock! Quick Closing! Summer is Just Around the Corner – Don't Delay! **\$710,950.00**



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### WEBSTER LAKE - 0 PATTISON RD



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### WEBSTER LAKE - 0 BLACK POINT RD



**WATERFRONT LAND** 6500 sq. ft. +/- Lot. Buy now, Build Later! Sandy Beach. Town Sewer & Water connections on the lot. Corner Lot. **\$339,900.**

### WEBSTER - 6 GREYSTONE



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### WEBSTER LAKE - 27 SOUTH POINT ROAD



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### WEBSTER LAKE - 13 BATES POINT ROAD



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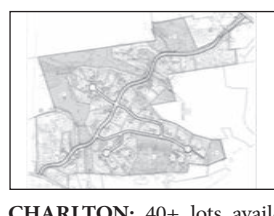


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SPORTS

# Young Sturbridge team gains plenty of experience during trying season

STURBRIDGE — Scoring only 48 runs and surrendering a total of 221 on their way to a winless 0-22 season, it was certainly a trying summer for the Sturbridge Post 109 American Legion baseball team. But instead of being down in the dumps about it, manager Jim Rosseel remained upbeat about the experience his young roster gained while looking ahead to the future.

“All the kids hung their heads high all year, until the very last inning of every game,” said Rosseel before Sturbridge hosted Milford Post 59 on Wednesday, July 13 at Tantasqua Regional. “The kids know they’re in over their heads and know that we’ll be good in the future. They’ve said it.

“They got plenty of playing time, all the young players,” continued Rosseel.

Sturbridge ultimately lost to Milford, 11-0, in five mercy rule shortened innings and then forfeited their final game scheduled for July 14 at Hudson Post 100, but Post 109 showed some glimpses of solid ball against Milford. Post 59 scored just one run in the top of the first inning and didn’t score in the second against the pitching of Joe Amaru.

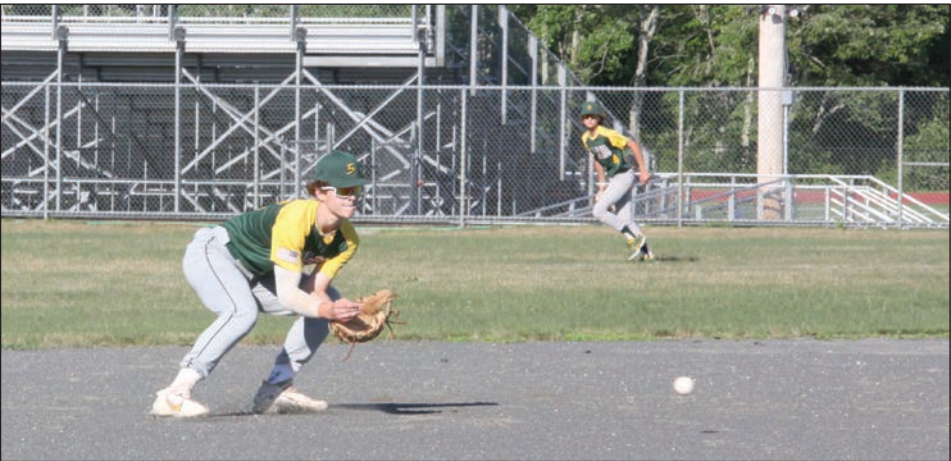
But Milford began to pour things on in the third inning with a three-run output courtesy of a home run off the bat of Andrew Gaughan. Post 59 then scored five more times in the fourth inning and tacked on two more in the fifth.

Devin Krochmalnyckj and Tim Paine had the base hits for Sturbridge.

– Nick Ethier



Sturbridge first baseman Anthony Pellegrine catches the ball with his foot on the bag to record an out.



Sturbridge first baseman Anthony Pellegrine catches the ball with his foot on the bag to record an out.



Sturbridge pitcher Joe Amaru has the ball sail off his fingertips and toward the plate.



Left fielder Ryan Kelly of Sturbridge covers a good amount of ground before catching the fly ball.

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SPORTS

Injury riddled season  
plagues Cherry Valley this summer

WORCESTER — Before the Cherry Valley Post 443 American Legion baseball team finished its season against Milford Post 59 on Thursday, July 14 at Tivnan Field at Lake Park, manager Jim Stephens looked back on what was a tough summer for his squad.

“What really happened this year was the injuries. You can’t keep harping on it, but the injuries, no depth and kids playing out of position [hurt us the most]. When we got behind, we couldn’t battle out,” explained Stephens.

Cherry Valley lost to Milford, 16-2, in five mercy rule shortened innings to finish 5-16. Post 443 was scheduled to also finish its postponed game with Northborough Post 234 on July 14, but the Legion commissioner informed Stephens that it wouldn’t be played because it didn’t have any playoff implications. Northborough led 4-0 after an inning on July 12 before the game was called due to poor weather.

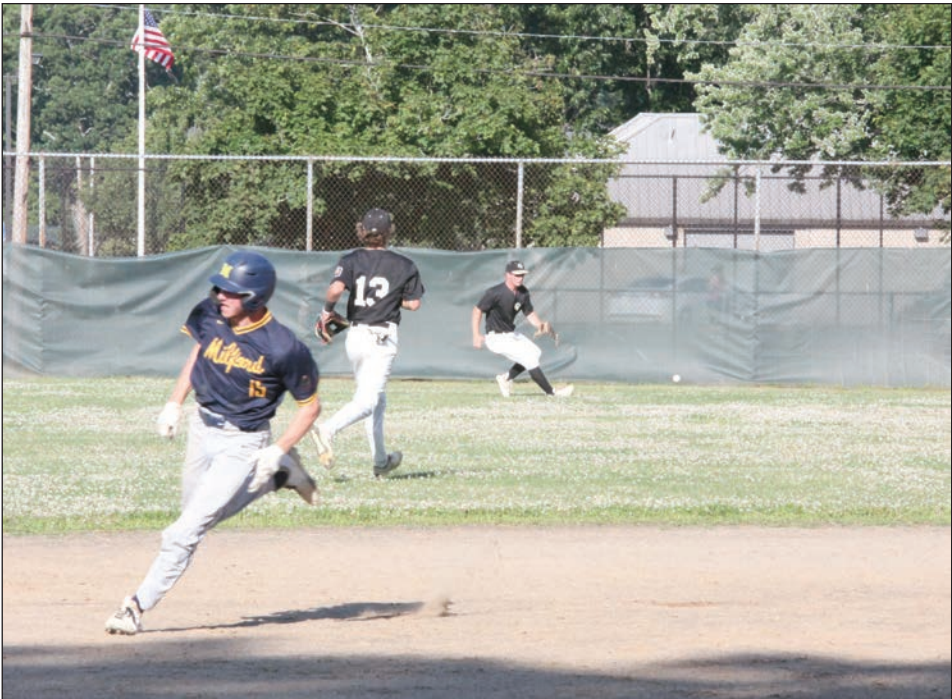
Milford grabbed a 4-0 lead on Cherry Valley after the first inning, and all the runs scored on pitcher Evan Remington were unearned due to an early error.

Post 59 also scored four runs in the second inning and added two in the fourth and six more in the fifth.

Matt Kustigian (two), Remington and Jacob Delvalle had the hits for Cherry



Nick Ethier photos  
Cherry Valley starting pitcher Evan Remington delivers the ball in the first inning against Milford.



Center fielder Chris Kustigian of Cherry Valley makes a play on the ball, which keeps Milford's base runner from scoring.

Valley.

When looking ahead to next summer, Stephens mentioned losing three important pieces due to aging out — they are Chris Kustigian, Dave Acevedo and Anthony Marsi — while also having a solid group should they return to

the program.

“I think next year, if we get these kids back, we could have a good team,” Stephens said while specifically mentioning Evan Brindisi, Matt Kustigian and Remington.

– Nick Ethier

Auburn Recreation and Culture  
Summer Basketball League Results

After a week off from summer hoops due to the Fourth of July, the action in the Auburn Recreation and Culture Boys’ and Girls’ Summer Basketball Leagues picked back up. Below are last week’s results.

Boys’ Summer Basketball League

Monday, July 11

Tahanto 46, Bartlett 37

Tantasqua 50, Bay Path 34

David Prouty 44, Uxbridge 41

Auburn 54, Sutton 30

Quaboag 55, Leicester 30

Millbury 67, Shepherd Hill 55

Southbridge 38, Oxford 37

Quabbin 41, Grafton 38

Tuesday, July 12

Quaboag 62, Oxford 53

Wednesday, July 13

Quabbin 46, Uxbridge 43

Quaboag 38, Sutton 35

Shepherd Hill 52, Leicester 39

Southbridge 41, Millbury 21

Auburn 65, Oxford 54

Bartlett 52, Grafton 42

Bay Path 42, Tahanto 29

Tantasqua 51, David Prouty 45

Standings

Auburn (5-0)

Quabbin (5-0)

David Prouty (4-1)

Southbridge (4-1)

Quaboag (4-1)

Uxbridge (3-2)

Shepherd Hill (3-2)

Grafton (2-3)

Bartlett (2-3)

Bay Path (2-3)

Tantasqua (2-3)

Sutton (1-4)

Tahanto (1-4)

Millbury (1-4)

Oxford (1-4)

Leicester (0-5)

Girls’ Summer Basketball League

Tuesday, July 12

Notre Dame Academy defeats Worcester Tech (forfeit)

Blackstone Valley Tech 32, Quaboag 25

Tantasqua 16, Grafton 4

Worcester South 41, Northbridge 11

Quabbin 50, Auburn 18

Sutton 52, David Prouty 11

Uxbridge 47, Leicester 19

Thursday, July 14

Northbridge 45, David Prouty 14

Quabbin 48, Leicester 25

Sutton 32, Notre Dame Academy 29

Uxbridge 36, Quaboag 23

Tantasqua defeats Worcester Tech (forfeit)

Worcester South 50, Blackstone Valley Tech 9

Auburn 32, Grafton 30

Standings

Worcester South (6-0)

Notre Dame Academy (5-1)

Northbridge (5-1)

Uxbridge (5-1)

Sutton (5-1)

Tantasqua (3-3)

Quabbin (3-3)

Blackstone Valley Tech (3-3)

Quaboag (2-4)

Leicester (2-4)

Grafton (1-5)

Worcester Tech (1-5)

Auburn (1-5)

David Prouty (0-6)

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Our Father, Who art in heaven, Hallowed be Thy Name. Thy Kingdom come. Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. (insert intention)

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– H.C.

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9:00 a.m. – 1:00 p.m.

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