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Friday, June 17, 2022



Liam Coleman

Charlton native wins New England Songwriting Competition

NASHVILLE, Charlton native Liam Coleman, now living in Nashville, Tenn., recently took home the top prize in the 2022 New England Songwriting Competition. With fellow co-writers Carson Wallace, Dariann Leigh and Nathan Wilson they won in the category of "Best Country Song" and took first place in the overall competition with their unreleased song titled, "Leaving Season." He also won a Judges Choice Award for a song called "Broke Down", again written with Wilson

and Chris Chapman. Coleman has been living in Nashville since January after graduating from Shepherd Hill Regional High School in 2021. He is

working as a musician on Broadway with his band and is on a full-time song writing schedule. He writes every day, sometimes two to three sessions per day.

"I have met so many amazing people and songwriters since moving here full time in January. Every day I am surrounded by some of the best musicians in the world, in the songwriting capital of the world. I'm truly blessed," Coleman said.

When he is not playing on Broadway, he can usually be found at some of the most famous spots in Nashville playing his original songs in what are called, "Writers Rounds." A group of three or four songwriters hit the

stage and take turns per-Turn To COLEMAN page A4

June events at Old Sturbridge Village highlight Women's History, Juneteenth

Sturbridge Village has a full calendar of new and returning programming for June, including events around Women's History Weekend, Juneteenth, and the ever-popular Evening at the Village music series. The Village has taken a robust approach to programming this year, bringing back several popular events and creating new programming that interprets life in the 19th century for

the visitors of today. Also in June, the Village will see the reopening of its Center Meetinghouse located on the Village Commons. Perhaps one of the most iconic and familiar buildings to visitors of OSV, the Center Meetinghouse received repairs to its majestic roof and steeple, and an interior renovation to give the building a more historically accurate appearance. The work was completed thanks to a generous donation from Keith and Elaine Knowlton, as well as a grant through the Massachusetts Office of Travel and Tourism (MOTT).

June include:

Juneteenth: Jun. 20

Juneteenth is a day commemorating the emancipation of enslaved African Americans in 1865 – marking the day when troops arrived in Galveston, Texas to ensure the freedom of those enslaved, more than two years after the signing of the Emancipation Proclamation. At this OSV event, visitors will be encouraged to consider the historical and present-day significance of Juneteenth, engage in discussions with interpreters and special guests, and participate in activities that help broaden our understanding of history and culture, alike. Special to this event, OSV will be highlighting the cases of Kwaku "Quok" Walker in the Law Office at the Village. Walker was an enslaved man in Barre, MA that sued for and won his freedom in June 1781, citing language from the Massachusetts Constitution that declared all men to be free and equal. This paved the way for others, and Massachusetts

Events taking place in became the first state of the union to effectively and fully abolish slavery. This event is held during OSV operating hours and is included with standard daytime admission to the Village.

Home School Day: Jun. 22 OSV is hosting a Home School Day on Jun. 22 for kids and families to explore the Village and participate in hands-on activities. Offering games, woodworking and gardening demonstrations and other interactive activities, kids are able to gain exposure to many aspects of the 1830s New England life. Workshops on this day will explore the natural world of the early 1800s and the ways in which rural New Englanders interacted with and utilized natural resources. Home school families are invited to register for one of the in-person programs led by Village staff or explore on their own. This event is held during OSV operating hours. On Home School Days, homeschoolers (ages 4-17) get into Turn To OSV page A11

Elwell hired as new **Shepherd Hill Principal**

BY JASON BLEAU CORRESPONDENT

DUDLEY/CHARLTON The Dudley-Charlton Regional School Committee officially named Darren Elwell as the new principal of Shepherd Hill Regional High School on June 8, capping off a months-long search for a successor to outgoing Principal William Chaplin who has taken a job in another

Elwell was chosen as the only recommended candidate by the Principal Search Committee in its second round of considerations last month. Two previous candidates had been named in April but were not recommended for consideration. The committee unanimously recommended Elwell after reassessing applicants in May.

Elwell was presented to the

No one could tell me otherwise

Photo Courtesy

 $ag{Turn To ELWELL page}$ A11 Darren Elwell was named the new Principal of Shepherd Hill Regional High

School during the School Committee's meeting in early June.

Girl Scout creates StoryWalk for families to enjoy

BY KEVIN FLANDERS STAFF WRITER

STURBRIDGE - A local Girl Scout recently created her own story of service with a Silver Award project at the Heins Farm Pond Loop Trail.

Avery Adams, an eighth grader with Girl Scout Troop 64510, based in Sturbridge, recently completed her Silver Award project.

The effort saw Adams create a StoryWalk along the Heins Farm Pond Loop Trail for youngsters and families to

"A StoryWalk is when pages of a book are posted outside, so people can read as they walk along," Adams explained. "I read in the Sturbridge Villager that the Trails Committee was



Photo Courtesy

Girl Scout Troop 64510 member Avery Adams recently led an inspiring

looking for a way to get more people to use the trails, and I remembered that the Joshua Hyde Library used to put up StoryWalks years ago. So, I decided to do one because I love reading and the trails."

The book Adams chose for her project was "Maybe" by Kobi Yamada. Adams was thrilled to lead an effort that allowed others to also be inspired by the book.

"It is about sharing your unique self with the world and being able to try again if things don't go as planned. It also has beautiful illustrations by Gabriella Barouch," Adams

Adams also created a scavenger hunt for kids to complete as they walked along the trail. Participants were able to

click on a QR code that was posted at the beginning of the trail, and the questions corresponded to the order of the pages.

Adams received assistance with her project from across the community, with members of several committees and organizations eager to get involved.

"The StoryWalk Project was created by Anne Ferguson and the Kellogg-Hubbard Library in Vermont, but I had a lot of help with mine," Adams said. "A huge thank-you to the Sturbridge Trails Committee, the Conservation Council, the Joshua Hyde Library, the Burgess Elementary School Library, the Auburn High School Graphics Department,

Turn To STORYWALK page A4



...from all of us at Stonebridge Press & Villager Newspapers, and from these local businesses. You've proven that you can succeed despite the many challenges you've had to face during your four years of High School. May these times inspire you to find the strength to reach your goals in spite of adversity, and to find your purpose in life with love, happiness, and respect for all.



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Great gifts for today's grads

By the time students reach graduation day, many have taken hundreds of tests, written scores of essays, worked through thousands of pencils, and made dozens of friends along the way. Such realities only underscore the notion that graduation is worthy of celebra-

Though not everyone may be able to gather this year for a blow-out graduation party, thoughtful gifts can show graduates their accomplishments have not gone unnoticed. The following are nine graduation gift ideas.

· Keepsake blanket: A blanket featuring school colors that's woven with photos or data about the graduate and graduating class makes a great keep-

· Engraved compass: Finding one's new direction will take time, and a symbolic compass with inspirational words can help guide graduates on their future

· Jewelry: Gift-givers may want to offer to pay for a school ring or can opt for different jewelry. For example, a necklace with the infinity symbol can represent infinite possibilities ahead. Those who collect charms for bracelets or necklaces can be gifted a graduation-themed charm.

· Dorm room essentials: Graduates going on to college will need a starter pack of essentials. A personalized tote bag filled with toiletries, linens and more will help graduates outfit their dorm rooms in style.

· Inspirational art: Graduates may want to revamp their bedrooms or decorate new dorm rooms. Framed inspirational verses, sayings or images can make ideal gifts.

· Blue-blocking eyeglasses: Blueblocking lenses protect eyes from the harsh effects of blue light emitted from screens, a big benefit in an era when students and professionals spend ample

time with their devices.

· Meal subscription service: In addition to gifting a cooking appliance like a slow cooker or air fryer, giving grads a subscription to a meal delivery service may help them transition to life without mom's cooking or the dining hall.

Streaming service: Graduates can benefit from any number of streaming television and movie services to stay entertained while commuting or relaxing around the dorm with friends.

Luggage: Whether students intend to take a gap year before college or enjoy a summer break before looking for their first job out of school, young adults will always get use out of a set of luggage or a carry-on bag.

Gifts for grads evolve throughout the years, but many gifts have withstood the test of time.



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DUDLEY: Kameron Barton, Dominic Benvenuti, Brian Bonnette, Catalina Burden, Harmony Caranci, Ellah Chartier, Stephanie Chege, Jarred Coltran, Chloe Dexter, Madison DiGiantommaso, Marlee Donohoe, Victor Freeman, Brady Garabedian, Shaun Gelinas, Isabella Gervais, Lucas Grant, Julia Graveson, Nathan Gulkin, Christopher Hanley, Morgan Ivory, Kira Kalwarczyk, Jason Kozlowski, Bethany Lasell, John Marchetti, Brandon Martocci, Jonathan O'Connor, Samuel Parker, Michael Pashoian, Krystal

Quadarella, Alex Saad, Jack Sansoucy, John Schramm, Aaron Trahan, Owen Vaillancourt

NORTH BROOKFIELD: Diego Canovas, Cody Douglas, Andrew Leach, Casey Levasseur, Alannah Matthews, Rachael Plaud, Jocelyn Rodriguez, Brant Smith

OXFORD: Adrian-Nicky Antwi, Adam Barter, Brianna Bond, Hayden Bourgeois, Rebecca Boutilette, Isabella Capuano, Kaden Cote McGrath, Chad Cutroni, Brayden Decker, May Emsiranunt, Alyssa Evers, Austin Fish, Angelina Friend, Ashley Hamel, Kayleigh Kanz, Lucas Kaufman, Elizabeth King, Zoe Perron LaMountain, Jaylynn Maher, Madison Martin, Allison Maynard, Maxwell Morgan, Haden Carpenter Rodriguez, Samantha Shays, Isabella Strzelecki, Olivia St. Germain, Mateusz Zych

PAXTON: Kevin Kilcourse, Michael Riberdy, Kristina Scott

Stanley, Kyra Stevens, Joshua Sullivan, Isabella Tanacea, Jeffrey Tighe,

RUTLAND: Thomas Becker, Andrew Cannon, Nathan Dubeau, Laura Featherstone, Gavin Gillet, Harrison Herbert, Ian Malone, Brady McCann, Evan O'Malley, Abagail Risi, Jayna Schmohl, Caroline Soucy, Ryan Surprenant, Camden Towns, Gavin White

SOUTHBRIDGE: Kendall Barton, Thomas Benoit, Matthew Bohm, Alexia Brawn, Samantha Brown, Rafe Carlson, Tinaya Chauvin, Aiden Chernisky, Nathaniel Clark, Jonathan Colon, Yadriel Colon Vega, Anaya Compres Chynna Cote, Dylan Cotton, Aleysha Cruz Merced, Zachary Dubsky, Danielle Gautier, Adelina Giaquinto, Genesis Gonzalez, Brandie-Lea Heck, Tiffany King, Anthony Lang, Krystal Lavallee, John Martinek, Olivia Morin, William Ofori, Aidan Oosterman, Aaliyah Perez, Ilias Perez, Caleb Renaud, Adalius Rivera, Jordan Rivera, Evanie Rodriguez, Carlos Rosado, Luzyvette Sagastibelza-Lopez, Ethan Shanbaum, Brandon Shippee, Chloe Sicari-Swinimer, Jacob Stevens, Scarlet Taveras Guzman, Francheska Toribio-Polanco, Jalissa Torres, Jomar Torres, Aaliyah Tremblay Collins, Rohan Vaidya, Yamaira Vega Torres, Aaron Williamson

SPENCER: Sotirios Anifantis, Lucas Aubuchon, Anna Bonin, Kylie Bouchard, Dylan Butkus, Clayton Constantine, Hailey Cournoyer, Nolan Courtney, Erin Donahue, Johnathon Ferreira, Colin Gagne, Alex Gilfoy, Nicholas Gosselin, Cameron Hafner, Zachary Hinman, Alexandra Jezerski, Logan Johnson, Cody LaMonda, Gianna Legere Olivencia, Lexie MacDonald, Thomas Martin, Anthony Martins, Boru Masiello, Joshua Mazzone, Cadie Miller, Ethan Page, Elizabeth Pilling, Lukas Rafferty, Anthony Seymour, Sarah Simpson, Nicholas Smith, Alden Standish, Cole Thibault, Adriana Vazquez Gonzalez, Lourdes Zuniga

WEBSTER: Princess Agyeman, Nathaniel Anderson, Gabriella Carlin, Dominic Chivallatti, Abby Christian, Nathan Cuff, Jack Dalton, Anthony Defilippo, Hayden Dery, Robert Gordon, Amie Grenier, Joseph Guinard, Anthony Hudon, Chase Lamprey, Krystina Leary, William LeCuyer, Emma Marcotte, Angelina Ortiz, Kaleb Penaflor, Zachary Sargent, Kristina Sylwanovicz, Jared Tucker, Mackenzie Tupaj, Kyle Van-Cott, Tyler Verrier, Alexia Westmoreland,







Connor Donohue and to all graduates!

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

- Senator Anne Gobi



HERE'S TO NEW BEGINNINGS

For The Class of 2022

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

No matter what the future holds, we'll always be here to support you.



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CONGRATULATIONS TO THE CLASS OF 2022!

Tantasqua celebrates High School celebrated the Class of 2022 with the annual graduation ceremony on Saturday, June 11. Around 285 graduates were recognized throughout the afternoon with a selection of student and administrative speakers on hand to



Photos Jason Bleau

Graduates march into the ceremony for their big day.



Jodie Terry, the Technical Honor Student of the Class of 2022, gives her speech during the graduation ceremony.



Sophia Mia Cadavid and Madison Cantwell cross the stage as Tantasqua graduates.



Robert Birchenough receives his diploma. He plans to join the Marines as one of several graduates entering the armed forces.



Graduate Shea Coleman hugs Principal Leigh Joseph as she crosses the stage to become a Tantasqua graduate.



Graduates await their chance to cross the stage during Tantasqua's 2022 graduation.



Parents and loved ones cheer on graduates as they enter Tantasqua's sports stadium for graduation.

wish the 2022 class farewell. The ceremony was simple yet significant in many ways, acknowledging that many students



Roman Porter was one of the first graduates to receive his diploma



Class of 2022 President Sydney Warren wel- Academic Honor Student Camryn Lapierre comes both graduates and families to the ceremony.

weren't present due to joining the armed forces, recalling the challenged the students faced through two years of learning during the pandemic, and being the first ever graduation overseen by a superintendent who also graduated from the school, Deborah Boyd. Accompanied by beautiful weather and plenty of pomp and circumstance, the Tantasqua Class of 2022 certainly went out in style.



Graduate Giana Uwazany performs the Star Spangled Banner to kick off the ceremony.



offers some final words to her fellow graduates before they cross the stage.



is proud to sponsor the Tantasqua Regional High School 2022 Graduating Class list! May you bring your very best into the next chapter of your lives. Congratulations!

Name	NHS	TECH	Name N	NHS	TECH	Name I	NHS
Sofia Agyare	Χ		Varissa L. Esposito	.,	Ţ	Olivia Marie Livingston	Χ
Nicole Annmarie Alarie		Ţ	Emma Elizabeth Fancy	Χ	T	Tyson J. Loftus, Jr.	
Cameron Jerard Allen Benjamin Ames		T T	Julia L. Fearing LeeAnn Rose Ferraro			Alyson Lomme	
lan William Martin Ander	son	ı	Aidan Douglas Filler		T	Dayna Dayna Lorenz Kelsie E. Lucas	
Jenny Antanavica	5011		Ashlyn M. Filler		Ť	Jameson Honor MacConr	nell
Charla Ruth Antonio			Caitlyn Marie Freitas	Χ		Kayla Jade Magoon	1011
Tyler J. Archambault		T	Amber Lee Friend			Christopher Malinowski	
Jameson D. Ardis			Hannah Frances Furey	Χ	_	Alexandria N. Manley	
Haley Emma Arguin		Ţ	Alexzander Garcia		Ţ	Kathleen Mai Mantalvano:	
Loralei Renee Arndt			Tatiana Garcia Jack A. Gaudette	Χ	T	Ryan Christopher Marrara	ı T
Maeve Monroe Ashworth Lily Audette			Aidanne Gaumond	٨	T	Edgar Martinez	
Bridget Amelia Azarowski	i		Stephen Mark Gauthier, Jr.		Ť	Jessica Anne Mawdsley Noah Anthony Mayotte	
Alexandra Jin Yin Backhu			Taylor Gay			Elise Leanne Mazeika Lea	nne l
Joshua Christopher Baldi		T	Kendra Gendreau			Adam C. Mażeika	11110
Calvin R. Ballou		T	Noah M. Genest			Faith Lynn McCormack	Χ
Kiana Kristen Barnes		T	Christina Samantha Ghant	ous		Kylie Rose McDermott	Χ
Zahkhi Bastien		Ţ	Jason Anthony Ghizzi		Ţ	Rafael Antonio Mejia, Jr.	
Savanna Leigh Beauregar	ď	T	Joshua R. Gianfriddo		T	Zoe Melanson	
Tiffany Marie Bedard	v		William A. Gibb Walker A. Gill			Emily A. Mills	
Bridget A. Bellezza William Bellows	Χ	Т	Janessa Gabrielle Gingras		T	Kristen Alexandra Miranda	a
Carter F. Belog	Χ	- 1	Zettemae Gipson			Laci E. Miranda Hannah Modig	
Steven Bertrand	^	T	Ava Ashleigh Gleason		Т	Daniel S. Mojica	
Robert Birchenough		Ť	Hunter C. Goguen			Tyler Montgomery	
Autumn Mae Bissonnette		T	Maxwell M. Gold M. Gold		T	Daniel J. Moran	
Nathan K. Blaine			Devin C. Gorman			Lillian Aurore Morrell	
Macy Phillip Blamire		T	Savannah Christine Grave	l	T	Naomi Grace Moura	
Jamie Bousquet			Khiya S. Green		_	Trent Shakespeare Moriss	
Shawn Bradway			Michael Greenwich, Jr.		T	Rosealee Elizabeth Muller	
Morgan Amber Breed Chase W. Breuer			Robyn Annette Griffin Joseph J. Groccia			Dominic D. Murphy	Х
Anne E. Brower		T	Avery Erin Hanrahan			Bianca Marie Mustakanga Samantha Mutlick	IS
Tyler Anthony Anthony B	runetti		Mya Marylou Harnois	Χ		Faith M. Mwangi	Χ
Sophia Mia Cadavid	unotti		Evan A. Hemingway	Χ		Briana Myran	X
Madison Cantwell			Abigail Susan Hill			Alexander K. Nduyu	
Anthony Joseph Caponi		T	Hannah O'Day Hill		T	John Wayne Nelson, Jr.	
Kailey Capurso			Hunter T. Hill		T	Michael G. Ng	Χ
Nicholas Capurso		-	Jade Alexiss Holmes			Lilianna Ruth Nichols	
Colin Walter Carey		Ţ	Megan Elizabeth Hooker Drew R. Howard			Hope Catherine Noonan	Χ
Samuel Craig Carson Melvin Danery Castañeda	Eron	T	Mercedes Marie Howe		T	Lily A. O'Brien	
Carter R. Castonguay	1 FI dil	T	Jayden B. Humphries		Ť	Eve M. Oney Starr Oney	
Paul A. Casucci		Ť	Danielle Lynn Iacobucci			Elayna Rose Osimo	
Cameron C. Chisholm		Ť	Luke Vincent N. Ilustre			Alexander Joseph Ostreng	ıa
Chase Scott Clark		T	Lucas Ison		T	Maylee Mercedes Palmer	, χ
Abdullah Talib Clay		T	Laurel Elinor Ives	Χ		Emma J. Pano	
Nicholas James Colangio	ne T		Erik R. Jensen	Χ	_	Erin Talia Parker	Χ
Shea Coleman			Rylie Johnson		T	Olivia Parker	
Owen Galel Galel Harris (ioiiin:		Joseph A. Joyner Devin T. Juda		Т	Donald Parkes	
Estrada Stephen J. Comtois III		T T	Damien E. Juda		Ť	Marissa Pascale Alexander E. Perri	
James P. Cooper, Jr.		'	Gabriella Anthoula Kaloud	lis		Madeline Ana Maria Peter	eon
Taima-Jay E. Coulombe		Т	Connor Kelley		T	Troy S. Phay	3011
Jonah William Cowden		•	Sydney R. Kelly			Joseph Pieczynski	
Aaiden A. Crawford			Brenna Crystal Kenneway		T	Katelyn M. Poitras	
Joseph R. Cummins		T	Anthony John Kimball		T	Roman W. Porter	
Alexxis Rose Cutler		T	Kristian Evan Klages	Χ		Shailyn Sky Prevost	
Kayleigh Elizabeth Dalryn	nple	-	Avery S. Knott		-	Christopher Adam Pytel	
Nathaniel Damon		T	Megan Knox Ethan G. Kowal	χ	T	Samuel Quink	
Charbel J. Daou Kailer G. Davis		T	Nathaniel B. Lacey	٨	T	Julia Marie Quintal Jack H. Raczkowski	Χ
Angelina Maria DeMartin	οХ	'	Madison Rose Laflamme	Χ		Jack n. naczkowski Jessica Amber Radcliff	٨
Mason Hunter DeSimone		T	Emma Lynn Lalashius			Eva Marie Rapagnola	
Daniel C Distefano	Х		Dakota Marie Lamson			Rachel Rapose	Χ
Caleb R. Dodson	Χ		Brian P. Langevin	Χ		Jaden Nikole Renaud	
Celeste K. Downey		T	Camryn Rose Lapierre	Χ		Daniel Richard	
Noelle A. Downey		T	Jarrod T. LaPlante	Χ		Anna Rachelle Roberts	Χ
Rowan Liam Downey		T	Noah Elias Eduardo Latch			Alex Angel Rodriguez	
Audrey Louise Doyle		-	Paige Victoria Latter			Cameron J. Rossetti	
Camren M. Drolet Connor Egan Dufault		T	Sophie Jean Law Joseph Lazarick		T	Alexander J. Rossi	
Connor Egan Dufault Shannon M. Dunn	Х		Cody J. Leeman		- 1	Courtney Makenzie Roy	
Faith Susan Eldridge	٨		Jack Robert Leland			Katrina Anne Russell Zane L. Salameh	
Rradley F Fllithorne			Isahella Ann Letourneau			Zarie L. Salarrien Matthew Schirm	

IS TECH Name NHS TECH David J. Seave Jenna Seery Brett A. Selvey Libby Sheldor Alexander F. Shettle Damien J. Smith Claire Mae Sosik David Michael St.Denis Caraline Anne Stewart Timothy A. Sturtevant Chloe Natalie Sullivan-Smith Makenzie A. Sweeney Isabella Priscilla Sykes Caleb S. Thompson Dylan P. Thompson Joseph Foster Tivnan Sharon E. Tringali Tristen Joseph Vallee Katherine Rose Wade Shandeep Singh Wahra Sydney Riley Warrer Patrick Kirby Weathersby Alexis Lvnn Whalen Alexander M. Williams Alvssa Williams Haley Rose Willitts Joseph Winiarski Emma M. Winkler Finn Matthew Wisema Derek Paul Worthington, J. Nathan W. Wright Michelle Wu



Isabella Ann Letourneau

Bradlev E. Fllithor



LPN alumna to speak at Bay Path Practical Nursing Academy 2022 graduation, pinning ceremonies



Kiana McDonald

CHARLTON — This year's graduation and pinning ceremonies for the Practical Nursing Class of 2022 return to the Performance Arts Center of the Overlook at 88 Masonic Home Rd. The in-person event to honor and recognize the Practical Nursing Class of 2022 is scheduled for Friday, June 24.

Alumna Kiana McDonald, RN of Worcester, formerly of Southbridge, from the PN Class of 2017 will deliver this year's commencement address. Her message will be one of perseverance in the journey of becoming an LPN and still, the many challenges in the rapidly changing COVID-19 world. She encourages the soon-to-be LPNs to be alert to opportunities – something at which she has excelled and to never stop learning. While earning her ADN, McDonald joined the esteemed Phi Theta Kappa. Membership to Phi Theta Kappa allowed McDonald to build her job skills, challenged academic programs, received scholarships, and transferred support. The mission of Phi Theta Kappa is to recognize the academic achievement of college students and to provide opportunities for them to grow as scholars and leaders.

McDonald is working on academic progression towards her Bachelor of Science in Nursing degree at Quinsigamond Community College. McDonald is a 2013 Bay Path Regional Vocational Technical High School graduate. She is an alumna of Bay Path

RVTHS Practical Nursing Academy, class of 2017 where she was inducted into the National Technical Honor Society. She is a State Bronze Medalist and District Gold Medalist for SkillsUSA both for Medical Terminology. She was a recipient of the \$500 Bay Path RVTHS Health Occupations Graduate Award and was an officer of the UNICEF Club. McDonald is Mental Health First Aid Certified.

the footsteps of nursing colleagues in delivering Bay Path Practical Nursing Academy's commencement speech. They include Professor Virginia Dockstader, BSN, RN, Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, and Donna Pope, LPN who was the first Commencement Speaker for the Practical Nursing Academy. At the Graduation and Pinning Ceremony, graduates will be honoring diversity by wearing their heritage stole. The celebrations will be capped-off with the pinning ceremony of the graduates. The pinning ceremony is a nursing tradition symbolizing the nursing students' challenging work and dedication to their coursework and

Julia Dumas of Fiskdale About Curry College Curry College, founded in

Boston in 1879, is a private, co-educational, liberal artsbased institution located on 131 acres in Milton, Massachusetts. The College extends its educational programs to a continuing education branch campus in Plymouth. The College offers 22 undergraduate majors in specialized and liberal arts programs, as well as graduate degrees in accounting,

business, education, criminal justice, and nursing to a combined enrollment of nearly 2,500 students. The student body consists of 1,700 traditional students and nearly 800 continuing education and graduate students. The College offers a wide array of co-curricular activities ranging from 16 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Visit us on the Web at www.curry.edu.

Coleman's current single,

"Vintage," is the song he and his manager Peter Strickland

of Marathon Talent chose to

shoot his first music video

too. The video shot this past

March will be officially

released to Coleman's web-

site, YouTube and several

other distribution outlets on

July 13th. The single was fea-

tured last month on Boston's

Country 102.5 as their "Catch

The next big project

Coleman and Strickland are

working on is a multi-state

college bar tour this fall with

Nathan Wilson. Tour dates

will be announced later this

summer. To keep up with

Coleman and his country

music journey in Nashville

give him a follow-on Instagram and Facebook at

Liam Coleman Music and

for information on upcoming

live shows, visit liamcole-

manmusic.com.

partner

songwriting

of the Week."

nıs

COLEMAN

continued from page **A1**

Popular venues like Cabana Taps, Live Oak, Tin Roof and Whiskey Jam are where Coleman has connected with many of his fellow songwriters with whom he collabo-

had the opportunity to perform at the Tybee Island Songwriters Festival in Georgia.

"I met some of the greatest songwriters in country music who have written many of the songs you hear on the radio today and many writers with number one songs on their resume," Coleman jokes, and says most days he wakes up and can't believe the life he's living and wonders how the heck he gets invited into some of these

Christine

Neslusan, and my parents."

friendships. "I love all the opportunities that Girl Scouts has, like ziplining, archery, and writ-

Strong community feedback on Adams's project poured in from families and

"It is nice to see all the positive comments online. It's great knowing that the project brought a little happiness to someone's day," Adams

Outside of school and Scouting, Adams enjoys playing the guitar, singing, acting, drawing, and reading.

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JULIE CLARKE

JIM DINICOLA

Kiana McDonald, RN, follows in

Curry College announces Spring 2022 Dean's List

MILTON — Curry College congratulates of who was named to the Spring 2022

Sturbridge

Dean's List. Emerson Cherry

CLUES ACROSS

- Moved quickly 4. Ocean temperature
- 7. Scholarly book series
- 12. Irregular 15. Hairstyle
- 16. Indigestion fixer
- 18. Special therapy 19. Mock
- 20. Partner to Pa
- 21. Strays 24. Swedish currency (abbr.)
- 27. Desired
- 30. Soap product
- 31. Traditional fishing boat
- 33. No (Scottish)
- 34. Spy organization
- 35. Spiritual leader of a Jewish congregation

CLUES DOWN

- 1. He played "Milton" 2. Elsa's sister
- 3. Digital wallet
- 4. About backbone
- 5. Type of weapon Turner, rock singer
- Microgram 8. Hair product
- 9. Health care pro
- 10. Holy fire 11. Military ID (abbr.)
- 12. __ the ante 13. Containing nitrogen
- 14. Green citrus fruit
- 17. Male parent 22. Bring up
- 23. Murdered
- 24. Soviet Socialist Republic
- 25. Supreme ruler Genghis
- 26. Social media hand gesture

28. Semitic Sun god

37. Married woman

39. Blood relation

42. Genus of clams

44. Parts of a movie

48. Ethnic group of Laos and

50. Where wrestlers work

64. Sun up in New York

61. Communication between two

63. One who administers medicine

41. German river

Thailand

49. Atomic #77

52. Northeast

56. Abstain

53. Type of lettuce

65. Having eight

47. Residue

- 29. Land
- 32. Database management system
- 36. Similar 38. Nice to look at
- 40. Covered with mud
- 43. Simple dry fruit
- 44. Title of respect
- 45. Type of footwear
- 46. Most lucid 51. Exam
- 54. Extinct flightless bird of New Zealand
- 55. "Rule, Britannia" composer 56. Small Eurasian deer
- 57. "Within"
- 58. Insures bank's depositors
- 59. A pause for relaxation
- 60. Social insect
- 62. Expresses acidity

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forming their original music.

This past May, Coleman

rooms.

STORYWALK

continued from page A1

GSCWM,

A Girl Scout since the second grade, Adams has taken part in several unforgettable experiences while making

ing camps," Adams said.

residents.

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CHURCH LISTINGS

· Charlton Federated Church, 64 Main St., 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org

• Charlton Baptist Church, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 10 a.m.

• Charlton City United Methodist, 74 Stafford St. 248-7379, web site: Charlton City UMC.org Sunday worship and Children's church 10am St. Joseph's Church, 10 H. Putnam Ext, 248-7862, 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, 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.livingwordhcarlton.com 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 Sunday Worship 9:30 a.m.

- REAL ESTATE

CHARLTON \$559,900, 51 Jennings Rd, Gair LLC, to Achamfour, Oti B, and

Achamfour, Gloria N. \$549,900, 32 Hycrest Rd, Modern Structures Inc, to Popuri, Sivarama

P, and Popuri, Suma S. \$525,000, 46 Sturbridge Rd, Andre, Allan H, and Andre, Lisa M, to Bluewater Bay Dev LLC.

\$455,000, 114 Ramshorn Rd, NPJ RT, and Goulas, George P, to Andre,

Alan H, and Andre, Lisa M. \$219,900, 23 N Main St, Raven Homes Inc, to Joseph Const Services

\$219,900, 25 N Main St, Raven Homes Inc, to Joseph Const Services

\$150,000, Sturbridge Rd, Mckissick 2nd, Larry D, to Bluewater Bay Dev LLC.

\$70,036, 19 Potter Village Rd, Beaudry Jr, Raymond, and Beaudry, Kelly, to Beaudry Jr, Raymond. \$42,500, T Hall Rd, Agriculture

Inovs LLC, to Masonic Health

HOLLAND

System.

\$500,000, 38 Stony Hill Rd, Alaoui, Tahra I, to Desmarais, Lonnie, and Desmarais, Laurie.

STURBRIDGE

\$460,000, 481 Leadmine Rd, Daily, Cynthia A, and Coffey, Brian P, to Theoharis, Vanessa.

\$335,000, 38 Betsy Ross Cir #38, Domey FT 2017, and Domey, Karen E, to Giovanello, Angela. \$333,000, 114 Arnold Rd, Wassmer

Marilyn F Est, and Wassmer, Ronald, to Boucher, Matthew. \$90,000, 242 Route 15, SBSC Realty

Group LLC, to Alsaleh, Abdulsalam, and Kobeissi, Hussein. \$27,000, 166 Lane 8, Arduini, Andrea, to Curtis, Gary.

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Volunteers work to raise awareness of Red Cross programs

BY KEVIN FLANDERS

REGION - Even though residents often think exclusively of blood drives when asked about American Red Cross community efforts, volunteers are raising awareness of several additional missions led by the organization.

The American Red Cross Massachusetts Region serves all 351 cities and towns in the Commonwealth. From emergency preparedness initiatives to disaster relief efforts, volunteers are always ready to step up and help. One of the most common daily responses for Red Cross volunteers is fire calls when residents have been

displaced.

'We have volunteers who respond to home fires every day across the state," said Jeff Hall, a spokesperson for the Red Cross's Massachusetts Region. "We try to take care of folks the best we can when they lose everything."

As part of each fire response, Red Cross volunteers help victims secure clothes and supplies, temporary housing, mental health counseling, and an array of other resources.

Volunteers also help residents who have been forced from their homes by weather events and other disasters. Whether it's a fire, an ice storm, a hurricane, or a tornado, New England residents have to be ready for anything. Even seemingly innocuous thunderstorms can cause wind and flooding damage that makes homes temporarily uninhabitable.

"It's important to get people to think about how to prepare for disasters. Education is a huge component," Hall added.

As part of the organization's preventative efforts, volunteers travel to locations across the state to lead educational programs and install smoke alarms.

"The Red Cross would not operate without volunteers. People are always willing to give their time," Hall said.

The Massachusetts Region of the Red Cross is 95-percent

volunteer-led. Specifically, Worcester County towns are covered by volunteer members of the Disaster Action Team (DAT) with the central chapter of the Massachusetts Red Cross.

"As a longtime volunteer with the American Red Cross, I have had the honor to interact with, work with, and learn from many others in the Red Cross and in our communities, who share a commitment to help our neighbors during and after disasters," said Ralph Swick, the Disaster Action Team Coordinator. "The broad range of activities in the Red Cross have provided me opportunities to grow in many ways as a person at the same time as

I am giving back to our communities."

To learn more about how you can get involved and assist residents in need, visit www. redcross.org. The organization is always seeking to recruit more members, especially with a busy wildfire and hurricane season predicted this year.

"While big hurricanes the most news coverage, smaller disasters such as home fires are no less devastating to those affected," read a statement released by the organization. "Join your local disaster action team to help families in need by providing food, lodging, comfort, recovery assistance, and other support.'





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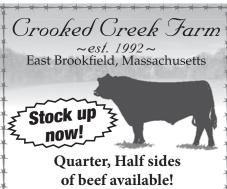
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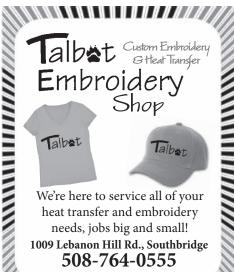
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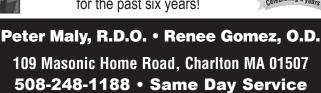






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CMRPC seeks input for "Vision 2050" process

SOUTHBRIDGE — Do you have a dream of where our region can go? If so, or even if you just have ideas and concerns, CMRPC is seeking input for its "Vision 2050" planning process

About a dozen people participated in a wide-ranging discussion of the plan's three key areas – Economy, Environment and Equity – last week at Jacob Edwards Library, but the opportunity to have a say will be open until at least August.

"There's nothing off-limits," said CMRPC Executive Director Janet Pierce. "We want people's voices heard. This is the region's plan, not ours."

Assistant Planner Sarah O'Brien agreed, noting Southbridge is "in the middle with 17,000 people." She laid out the process this way: Visioning through the summer, data analysis in the fall, future growth projections in the winter, looking at various alternative scenarios next spring, and strategies identified by the feedback next summer. Central Mass Regional Planning Commission intends to release its final plan after

Over about two and a half hours, people threw out ideas on subjects ranging from agriculture to climate to energy to transit. If there was one over-arching theme among them, it was the need for the region to become more self-sufficient in all of those areas. Some comments jumped to the "what if" question, noting the community also needs alternatives in case climate change, long-distance transport, or other issues make a growth-based plan unviable.

"I think 25 years is too long to let things play out," said Planning Board member Pam Paquin. "The feedback loop should be shorter.'

Pierce said they intend to revisit parts of it occasionally. The current plan, started in 2000, was "prioritized" again in 2012 to account for such changed needs, and various major issues also have ongoing work, she said.

She said one such issue CMRPC has heard repeatedly is the need to change how "affordable housing" is defined and built to account for local income. Current basis on county-wide medians - about \$75,000 vs Southbridge's roughly \$44,000 – tends to make "affordable" rents more expensive than local market rates are. Add that to the fact available properties are increasingly being bought for investment, not by people aiming to live there, and many locals are finding themselves priced out of their own towns.

Johnny McCarthy said federal data shows rent rates have jumped 10-15 percent in two years. Housing vouchers from places like Lowell and Billerica pay more, but those who have them can't find places there, so they're coming here.

"Market rate payers can't afford 'fair market value" so they're being pushed

O'Brien said that has led to "losing a lot of smart minds" as college-educated people who would like to stay end up going home or living in the cities. A participant who didn't give her name said she felt part of that issue is the lack of generational wealth in many families making home ownership difficult, something that can be helped by "much more equitable economic development."

The area is also losing land to development - 37,000 acres between 2012-17, and more since then – but it also added 18,741 more acres in conservation. In Southbridge, Paquin noted that's expressed as housing development along the "spokes" of roads going out of town, often on land that is "farmland of statewide significance" and should be protected for future agricultural need.

Mark Carron agreed, saying the plan needs a forest management component. He'd also include historical preservation and promotion of the arts. The former is a big part "of who we are now," whle the latter "could check off a lot of boxes in those three pillars" (i.e. economy, environment and equity).

Gabriel Regarding business, McCarthy described the present permitting process as "archaic," poiting specifically at such things as requiring individual businesses within a group structure (farmers' market, incubator, etc.) to get their own permits. He pointed to Europe as having markets that "work far more efficiently" than here. Paquin said her board is working on

To Paquin, one of the big needs is transit: "We need a train from here to Worcester." In the face of rising gas costs, Germany recently cut train fares, but "we can't adjust because we don't have that option," she said.

At present, Southbridge doesn't have

a viable rail line, but they do exist in Charlton and Webster (both now mostly freight). As one participant noted, though, Southbridge did have a popular rail line a century ago; trips to Worcester took 45 minutes, and it ran to Boston and Springfield at peak, too.

Most of that old line has been ripped up or paved over. Coincidentally, Economic Development Coordinator Peg Dean noted Southbridge recently received a \$2.5 million federal grant to convert what's left into a rail trail.

Such grants and outside money sources were a key issue for many participants, with big-ticket costs (like stormwater control) coming up soon. Paquin said school funding "should become statewide," not based on local taxes, otherwise "we're going to be in receivership until the end of time." Dean pointed to a USDA water/sewer grant as helpful, but noted she doesn't have time to pursue it.

Water is likely to be a big issue with climate change. O'Brien predicted the region will see some migration from th coast due to sea level rise, and noted changes will likely be seen in precipitation patterns.

To Paquin, one key risk is Westville Dam. Although that was repaired about 10 years ago, it's still listed as a "catastrophic risk" dam because its failure would essentially wipe out downtown Southbridge and cause about 5,000 casualties. She said she's concerned about the federal government's longterm ability to maintain such sites, and wants to see the plan include protecting upland wetlands, beaver ponds and the like as ways to slow water flow into the major rivers.

The forum largely concluded with a discussion of utilities, with most participants voicing strong opposition to the current corporate control of such infrastructure and monopolies. Johnny McCarthy noted "all utilities are terrible," and described their infrastructure ownership as "an antiquated system." He said towns could benefit from having local utilities coordinators; others noted it might be time for municipal ownership.

CMRPC's "Imagine 2050" survey is available at https://www.cmrpcregionalservices.org/imagine2050.

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

Local students earn degrees from Clark University

WORCESTER — Kristy M. Cournoyer, of Sturbridge, received a degree from Clark University during University>s 118th Commencement exercises on Sunday, May 22. Cournoyer graduated summa cum laude with a Bachelor of Arts in psychology.

The University awarded 577 bachelor's, 489 master's, and 25 doctoral degrees and conferred four honorary degrees during two ceremonies; graduates were urged to always ask questions, move forward with confidence, and have the moral

clarity to make courageous and meaningful decisions.

President David B. Fithian, who received his degree from Clark in 1987 and is the first alumnus to lead the university, addressed attendees. Fithian implored the graduates to always be curious.

"You came to Clark looking for answers - about subjects that interest you, about yourself, and about the world - and I hope you found some," he said. "But as you leave here, I hope Clark has helped you to ask more, different, and better questions. Every question is a chance to hear something you may never have heard before. This iterative process of questions and answers is crucial to your lifelong journey of learning and will enrich your life at every stage along that path."

Mary Frances Berry, a renowned scholar, civil rights activist, and the Geraldine R.

Segal Professor Emerita of American Social Thought at the University of Pennsylvania, delivered the commencement address. Berry told the graduates that they have a moral obligation to contribute to soci-

"There comes a time when

one must take a position that is neither safe, nor politick, nor popular, but you must take it because it is right," she insist-

In addition to Berry, honorary degrees were granted to David P. Angel, who led Clark as its ninth president (2010 to 2020) and whose academic and administrative career at the University spanned 33 years; Annette Gordon-Reed, the Carl M. Loeb University Professor at Harvard University whose Pulitzer Prize-winning book "The Hemingses of Monticello" forced a reconsideration of accepted historical narratives;

and Doug Wright, the playwright, librettist, and screenwriter whose works include "I Am My Own Wife," which won the Tony Award and Pulitzer Prize.

For more information, visit www.clarku.edu/commencement/.

About Clark

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

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LEGALS

TOWN OF BRIMFIELD HIGHWAY DEPARTMENT Request for Bids FY23 Heating Oil, Diesel, Gasoline and Boiler Maintenance

Sealed bids, appropriately marked, will be received, publicly opened and read on Monday, June 27, 2022 at 1:00 p.m. in the Brimfield Town Hall, 21 Main Street, Brimfield, MA. The following items for Fiscal Year 2023 will be awarded by the Board of Selectmen on Monday, June 27, 2022 at their duly posted meeting.

I. Fuels: *Must hold an Ultimate Vendor's License 1. Heating Fuel

1,000-gallon capacity 2. Diesel - Ultra Low Sulphur

2,000-gallon capacity 3. Gasoline – Unleaded

2,000-gallon capacity 4. Boiler Maintenance See Below* *Boiler Maintenance: The Town of Brimfield has a total of four (4) furnaces/boiler systems in its municipal buildings (Town Hall, Town Hall Annex Building and Library) that require annual cleaning and periodic repairs. Bids are to include the per hourly labor rate for this work. Materials will be paid for as necessary.

The Town of Brimfield will consider bids based only upon "mark up over daily rack price"

Bid specifications will be available for pickup beginning June 8, 2022 at the Brimfield Highway Department, 34B Wales Road, Brimfield, MA from 9:00 a.m. to 3:00 p.m. Monday thru Thursday or by emailing the Selectmen's Office at selectmen@brimfieldma.org. Questions with regard to other matters relative to this bid should be directed to the Brimfield Highway Surveyor, Zach Lemieux at 413-245-4103 or by email at highway@brimfieldma.org.

Envelopes must be clearly marked

FY2023 Heating Oil, Diesel, Gasoline, and Boiler Maintenance with bid opening date. All bids must be submitted on the Town of Brimfield Bid form (included in bid packet). No bids will be accepted after the time and date specified.

Duration of bid is for Fiscal Year 2023; otherwise, please state on bid sheet any exceptions. Payment Terms: Net term. 30 days. Executed Certificates of Non-Collusion and Tax Compliance (attached) and Corporate Authority MUST be included in all bid submissions. Bids received without executed certificates will not be considered.

Prevailing Wage Rates have been established by the Department of Labor and Industries under the provisions of provisions of Chapter 149, M.G.L., section 26-27D. Bids submitted for heating oil, diesel and gasoline are subject to the provisions of the Prevailing Wage law where applicable.

The Board of Selectmen reserve the right to reject any and/or all bids, or, accept that bid deemed to be in the best interest of the Town of Brimfield. Zachary Lemieux

Highway Surveyor Brimfield, MA 01010 (413) 245-4103 June 10, 2022 June 17, 2022

TOWN OF BRIMFIELD HIGHWAY DEPARTMENT Request for Bids Various Road Materials, Equipment Rentals, Crack Sealing-Polymer & **Crumb Rubber Modified (PCRM)** Asphalt Compound with Reinforcing Fibers and **Bituminous Concrete-Type I** for Fiscal Year 2023

Sealed bids, appropriately marked, will be received, publicly opened and read on Monday, June 27, 2022 at

1:30 p.m. in the Brimfield Town Hall, 23 Main Street. Brimfield, MA. The following items for Fiscal Year 2023 will be awarded by the Board of Selectman on Monday, June 27, 2022 at their duly posted meeting:

I. Various Road Materials II. Equipment Rental with Operator III. Crack Sealing-Polymer & Crumb Rubber Modified (PCRM) Asphalt Compound with Reinforcing Fibers IV. Bituminous Concrete - Type I Bid specifications will be available for pickup beginning June 9, 2022 at the Brimfield Highway Department, 34B Wales Road, Brimfield, MA from 9:00 a.m. to 3:00 p.m. Monday through Thursday or by emailing the Selectmen's Office at selectmen@brimfieldma.org. Questions with regard to various locations and other matters relative to this bid are to be directed to the Brimfield Highway Surveyor, Zachary Lemieux at the Brimfield Highway Department at 413-245-4103.

Envelopes must be clearly marked as stated on the Bid Sheet with Item and Number and include the date and time of the bid opening. Where required, bids must indicate a single cubic yard multiplier (dollar amount per cubic yard) and/or price per ton on the appropriate bid form attached.

Bituminous Concrete-Type I bids must indicate all prices, both pick up at plant (not more than 15 miles of the Brimfield Highway Garage, 34B Wales Rd) and to be delivered to the Town of Brimfield, Town Yard, or, the job location in the Town of Brimfield. Bids shall include the current base price for liquid asphalt. The price adjustment of hot mix asphalt mixtures containing liquid asphalt shall apply as per scheduled posted on Massachusetts Highway Department website: www.mass.gov/mhd and "Special Provisions" as attached. Contractors intending to bid on Bituminous Concrete - Type I, Full Depth Reclamation with Calcium Chloride and Crack Seal must be pre-qualified by the Massachusetts Highway Department and the pre-qualifying form from the State must be presented at the time the bid package is picked up from the Town of Brimfield. A bid deposit of 5% of the total price bid must be submitted.

All work/items must meet Massachusetts Department of Transportation, highway standards specifications.

Prevailing Wage Rates have been established by the Department of Labor and Industries under the provision of Chapter 149, M.G.L., Section 26-27D. Bids submitted for Full Depth Pavement Reclamation with Calcium Chloride are subject to the provisions of General Laws, Chap 534, 30B, Section 30M inclusive as amended, (Public Works Construction).

Executed Certificates of Non-Collusion and Tax Compliance (attached) and Corporate Authority (MUST) be included in all bid submissions. Bids received without the executed certificates will not be considered.

Duration of the bid contract is July 1, 2022 through June 30, 2023; otherwise, please state on bid sheet any exceptions.

Payment terms: Net term, 30 days. The Board of Selectmen reserve the right to reject any and/or all bids, or, accept that bid deemed to be in the best interest of the Town of Brimfield.

Zachary Lemieux Highway Surveyor Town of Brimfield Brimfield, MA 01010 (413) 245-4103 (413) 245-4103 June 10, 2022 June 17, 2022



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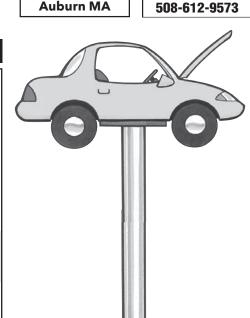
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FRANK G. CHILINSKI

PRESIDENT/PUBLISHER

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Make the most of the life ahead of you

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

Many seniors and their underclassmen counterparts have faced big changes as they navigate the world after a global pandemic. This time in an 18-year-old's life is still quite pivotal.

Students will be bombarded with advice and speeches as these final weeks unfold. Our favorite bit of advice, however, is the following:

- 1. Don't smoke
- 2. Drink plenty of water every day 3. Wear sunscreen (your 40-year-old
- selves will thank you) 4. Spend as much time as humanly
- possible outside; and

5. Watch the Back to the Future tril-

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

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

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

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

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

Congratulations to the class of 2022!

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Collecting local memorabilia

ANTIQUES,

COLLECTIBLES

& ESTATES

WAYNE TUISKULA

Many people are interested in their local history, so it's no wonder collectors often focus their collections on items from their own town or city. They may hone in on one type of collectible, such as postcards, or they may seek out a wide variety of items that have a connection to their area. I'll focus on Worcester

related items in this column given its large size and significant history, and the fact that much of my collection features items that were produced and sold in the city.

If you are just starting out collecting, you may want to

start with postcards and other smaller items, which you can purchase for 25 cents and up. Vintage matchbook covers advertising Blue Moon Stockings being sold at Vera Green Inc. in Worcester and TO Flynn's Restaurant each recently sold in the \$2 range. A Victorian trade card for Palace Organs manufactured by Loring and Blake Organ Company of Worcester went for \$4. A small German made souvenir porcelain pitcher of Worcester City Hall sold for \$10 in 2019.

If you're looking to go bigger, many pieces of local memorabilia could bring you a windfall. It should be noted, however, that many top selling items are cross collectibles. This is when items have characteristics that appeal to multiple collectors. For example, Oilzum motor oil was manufactured in Worcester, so there are local people who collect Oilzum advertising. There are also petroliana (gas station and petroleum industry) collectors interested in Oilzum, making their products even more desirable.

As for earlier local history, Isaiah Thomas was an anti-British journalist and publisher from Worcester who published the Worcester Spy. The Spy and Thomas' close connections with other patriots helped fuel the American Revolution. Many of his books can sell in the hundreds, but one book brought a huge figure at auction. A Narrative of the Excursion and Ravages of the King's Troops under the Command of General

Gage, on the Nineteenth of April 1775 sold for \$19,550 in 2010.

Almost 200 years after Thomas' book was printed, A 1964 "Caravan of Record Stars" poster advertised a concert featuring 15 performers at the Worcester Memorial Auditorium. The Supremes and the Drifters were two of the headliners. Despite pinholes and over 20 staple holes, it sold for \$9,540.

1930s cone top cans from Worcester's Brockert Ale are popular with breweriana collectors and collectors of local memorabilia. The brewery opened in 1935, according to the

Worcester Sun. They sold their first beer on St. Patrick's Day 1936. Oscar Brockert left a year after founding the business, but the company kept selling beer as Brockert until after World War II. It then became the Worcester Brewing Company. Brockert cone top cans can sell in the hundreds to the thousands. A can in pristine condition sold for \$3,000 last year. I'm sure the consignor raised a glass to that. I'm always looking for Worcester related items for my collection. I am particularly interested in Worcester County sports memorabilia and railroad memorabilia from local railroads.

We continue to pick up items for our major fall multi-estate auction. The sixth session of model trains, die-cast cars, models and other toys is running now and will end on July 13th. We will also be starting the Beacon Street, Boston online estate auction when the sale of the home is finalized. I'll be appraising items at the Leicester Senior Center as a fundraiser for the Leicester Historical Society on Nov. 5. Please visit our Web site, https://centralmassauctions.com, for links to upcoming events.

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

What's your investment risk tolerance?

Risk is a normal part of investing. If you didn't take on any risk, you wouldn't have the potential to achieve higher returns. But how much risk should you accept?

You don't want to incur unnecessary risk. So, you'll need to assess the amount of risk you're comfortable taking and then determine if this risk level supports your ability to achieve your long-term goals.

Here are some of the key factors in determining your own capacity for investment risk:



FINANCIAL Focus

TREVOR NIELSON Personality – We all have different personalities. And your individual personality can certainly affect your comfort level with risk. If you enjoy taking chances or pushing yourself outside your comfort zone in other aspects of your life, you could be more likely to accept greater investment risk, too, because you know that greater risk means greater potential reward.

Conversely, higher-risk investments also carry greater potential for volatility, including steep short-term declines.

Time - Risk tolerance can change over time. When you are first starting out in your career, with decades to go until you retire, you may feel comfortable with a certain degree of investment risk, knowing you have time to potentially overcome the inevitable downturns in the financial markets. But as you near retirement, you might consider lowering your risk level and investing more conservatively, because once you do retire, you'll likely have to start withdrawing money from your retirement accounts, which means you may need to liquidate some investments and, ideally, you won't want to have large fluctuations in value at that time. However, even during retirement, you may want your portfolio to include some growth-oriented investments to help keep you ahead of inflation.

Type of goal – You might have different risk tolerances for different goals. For example, if you know you need a specific amount for a particular goal in two years – such as buying a new car or taking an overseas vacation – you may want to put away money in a low-risk, liquid vehicle. This type of investment might not have much growth potential, but for this goal, you are less interested in achieving a high rate of return than you are in being reasonably sure the money will be there when you need it. So, in this instance, you may have quite a low tolerance for risk. But for a longterm goal, such as a comfortable retirement, you may be prepared to take more risk in the hopes of greater returns, given the longer time horizon.

By understanding your risk tolerance and knowing how it can change over time and under different circumstances, you can be better prepared to face investment volatility. And there are certainly things you can do to mitigate risk. By owning a variety of investments - domestic and international stocks, bonds, mutual funds, government securities and so on - you can reduce the impact of market volatility on your portfolio. (Keep in mind, though, that diversification can't prevent all losses or guarantee profits.)

In any case, the biggest risk of all is simply not investing. If you are going to achieve your financial goals, you need to invest for them. By understanding your own risk tolerance, and by making wise choices along the way, you can stick with an investment strategy that can work for you in the long run.

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.nielsen@edwardjones.com.

friends, but you can create a friendship at any age. I have become friends with a man almost twice my age; we meet every Saturday and have coffee to talk about the spiritual side of life.

Sometimes you have to be a friend if you want a friend. Choose wisely, and make friends with people who want the best for you and for whom you want the best. Celebrate their good times and be there for them in their hard times, don't judge them for their mistakes. Listen. help out, answer their phone calls, and be empathetic. If you want to be a good friend, be like Bret.

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With a little help from my friends

Where would I be without my friends? The answer is nowhere good.

My dad had a lot of friends, and as we approach the anniversary of his death, I'm reminded of all the people who supported him in his final months.

Every day, he had 10 to 15 people come to the house to be with him. They came so often that getting alone time with him in his final days was hard. They loved him, and it helped me understand the value of friendship.

It took me a long time to learn the

value of friendship.

I am blessed to have a couple of friends who were there for me in my darkest times. They were there for me even when I had nothing to offer but depression and despair. During those moments, I realized I needed to be a

friend to them just as they were to me. Sometimes you meet a person, and you know instantaneously there is something about them that you like. Is it possible to have friends at first sight? I've never experienced love at first sight, but I have met a couple of people



TOBY MOORE

with who it seemed we had an instant bond. It's hard to explain, it doesn't make sense, but it's like you've known them all your life. That feeling wasn't wrong; those people turned out to be lifelong friends.

I used to work as a model doing print and runway jobs. It's fun work but also very lonely traveling from city to city working with strangers. One time I was doing a runway job for a big client in the Midwest. There were about thirty other models there too. I didn't know any of them. On my first day, I met another model named Bret. Instantly we were friends. Everything he said was hilarious. He wasn't even trying to be funny, but he

had me laughing at every word. We kept in touch and traveled throughout Europe, doing modeling jobs and having the time of our lives.

Through the years, we stayed friends; even when he married and started a family, we stayed close. There have been long periods when we didn't see or talk to each other, and when we finally got a chance to hang out again, we picked up right where we left off.

When good things happened, he was always there to celebrate. He was there for the bad times too. During the most challenging times in my life, when it seemed like all was lost, Bret was there. He'd buy a plane ticket to fly across the country to listen to me express my heartache. I'd tell him how bad of a situation I was in, and he'd listen without being judgmental.

It reminds me of the Beatles lyrics, "I get by with a little help from my

He's always been quick to forgive me when I was at fault; he's the perfect example of a friend.

While developing the concept for my business, I knew I would need to raise capital to get it started. Who was first in line? Bret. I didn't even want money from him, I was explaining the concept, and he wanted to be a part of it.

How could I ever repay him for his friendship? By being a friend in return. If you have a Bret in your life, go out of your way to nurture that relationship, that kind of friendship doesn't come

along every day. I know some people don't have a lot of

Boost the beauty of spring flowering shrubs

Bring your overgrown lilacs, forsythia, mock orange, pieris and other spring flowering shrubs down to size while maintaining their natural beauty and spring floral display.

Prune spring blooming shrubs right after flowering for maximum flowering. These shrubs set their flower buds in summer so pruning at other times of the year reduces or eliminates the spring floral display. Major pruning on these shrubs can also be done in late winter. It's easier to see what needs cutting and the plants respond well to pruning at this time of the year. You'll just eliminate some of the spring flowers. Summer blooming shrubs like potentilla, beautyberry, and Annabelle-type hydrangeas flower on new growth. Prune these, when needed, in late winter or early spring before growth begins or anytime during the dormant season. Make sure you have the proper tools and safety equipment before making the first cut. Protect your eyes and hands with safety glasses and gloves. Then make sure your pruning tools are clean and sharp. Using the right pruning tool for the job helps ease muscle strain and fatigue while making proper cuts that close quickly. This will reduce the risk of insects and diseases moving into the plant.

Use bypass pruners to cut small stems that are 1/2-inch diameter or less. These have two sharp blades, like scissors, and make clean cuts that close quickly. Employ a bypass lopper like Corona® Tools' ClassicCUT® SL15167 with soft grips that fit well and will cut limbs up to one and three quarter inches in diameter. Loppers have long handles that give you greater leverage and extend your reach

You will need a pruning saw when doing renewal pruning. A short-blad-



Photo Corona Tools — Courtesy

Use bypass hand pruners on smaller stems of spring flowering shrubs.

ed saw makes it easier to access and cut larger stems to ground level. Look for a saw, like the RazorTOOTH Saw® RS16150, with a pull stroke cutting action and ergonomic handle. It makes fast and easy cuts and minimizes hand fatigue.

Once you have your tools, you are ready to start pruning. Reduce the height and leggy growth on overgrown suckering shrubs over the next three years. This type of renewal pruning is better for the

GARDEN
MOMENTS
MELINDA
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plant and most gardeners find it less stressful for them as well.

Remove one third of the largest and oldest stems to ground level each year for three years with renewal pruning. If your shrub has twelve stems, you will prune four of these

back to the ground this year, four more the following year, and remove the last four older stems the third year. By the end of the three years, you have a smaller shrub with leafy stems from ground to tip and flowers at a level you can enjoy. Start by removing any crossed or dead branches. Disinfect tools with a 70 percent alcohol or disinfectant spray between cuts, if you suspect the plant is suffering from disease. This will help reduce the risk of spreading the disease throughout the plant. You can stop pruning at this point and continue renewal pruning next year in late winter. If you decide to continue, remove a few more of the older stems to ground level. Taking these stems back to the ground encourages new growth at the base of the plant.

Minimize additional pruning at this point. You can reduce the height on any wayward branches as needed. Make your cut on a slight angle above an outward facing bud or stem. This encourages growth away from the center of the plant, reducing the risk of crossing branches in the future. Maintain the size and prevent leggy growth with regular pruning in the future. Just remove a few older stems to ground level every year or two. Investing a bit of pruning throughout the life of your plants helps boost their heath, beauty, and your enjoyment.

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 series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Corona Tools for her expertise to write this article. Myers' Web site is www.MelindaMyers.com.

Country Bank appoints new corporators

REGION — Country Bank, a full-servicefinancial institution serving Central and Western Massachusetts announced the appointment of 16 new Corporators from local businesses within the communities it serves at its annual meeting held at the Publick House in Sturbridge on Monday, June 6.

Sturbridge on Monday, June 6. Newly appointed Corporators include:

Grace Barone resides in Ludlow and is the Director of the East of the River Five Town Chamber of Commerce.

Kelly Tufaro Bartholomew resides in Holden and is a

Certified Public Accountant at Marcum LLP.

Heather A. Bean resides in Hampden and is an eCommerce IT PM/Tech Expert at Nextle

Ashley M. Clark resides in Ware and is the Vice President of Marketing & Sales at Quirk Wire Company, Inc.

Wire Company, Inc.

Debra E. Cusson resides in

Hampden and is the Owner of

Spartan Auto Care Center.

Keshawn Dodds resides in Springfield and is the Executive Director at the Boys & Girls Club Family Center.

Anthony C. Frasco resides in Southwick and is the Vice

President of Corporate Sales & Marketing at Quality Beverage.

Ivon Gois resides in Worcester and is the President at Gois Broadcasting.

Russell H. Haims resides in Worcester and is the Owner and Real Estate Investor at Hampton Properties LLC

Hampton Properties, LLC. Cherisa C. Hernandez resides in Oxford and is a Middle/Secondary Clinical

Professor at Worcester State.

Amie G. Miarecki resides in East Longmeadow and is the Executive Director at Christopher Heights of Belchertown.

Richard P. Morris, Jr.

resides in Sudbury and is the Chief Information Officer at Linedata

Charles F. Norton resides in Dover and is the President at Franklin Realty Advisors, Inc.

Jasmine Jina Ortiz resides in Worcester and is the Founder & Principal CEO at HestiaLIVING.

Joseph R. Searles resides in Southwick and is the President at International Container Company LLC.

Erin E. Wynne resides in Hardwick and is the Assistant Head of School for Institutional Advancement at Eagle Hill School in Hardwick.

"While each of our markets offer a unique value proposition, we are adding strategic business professionals throughout the region to help us focus our efforts on the areas that will provide the bank with the greatest growth opportunities," stated Paul Scully, President and CEO of Country Bank. "We are excited to have these new dedicated and experienced business professionals join us. Together, we look forward to the future with great optimism, continued success and making a difference in the lives of our customers, communities and team members.'

Bay Path nursing students honor Maite Rodriguez

CHARLTON — The Bay Path Practical Nursing Academy Class of 2022 wore green ribbons for Mental Health Awareness Month and raised funds. Photo shows seated, from left Martha Aboagye, Marites Skalrz, Felisters Mburu; standing from left, Evalyne Njoroge, Jane Miru, and Sarah Garcia all holding "We Must Act to End Gun Violence Now" signs in honor of 10-yearold Maite Rodriguez of Uvalde, Texas. Rodriguez is a lover of animals and the environment, she dreamed of becoming a marine biologist. She often wore a pair of green (her favorite color) high-

top Converse shoes with a heart drawn in marker over her right toes. She dreamt of becoming a marine biologist.

marine biologist. Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN said, "I appreciate all the effort that every Practical Nursing student contributed toward mental health awareness and acknowledge the leadership of Evalyne Njoroge of Southbridge. We believe in honoring the memory of Maite Rodriguez. We believe in breaking the stigma of mental illness. Our practical nursing students are mental health first aid

"We need to increase awareness on reducing the stigma of mental health issues," she explained.

Bolandrina said this "The #breakyear, thestigma drive was even more crucial with the tragedy at Uvalde's Robb Elementary School. The practical nursing students are fully aware of the importance of mental health awareness and gun control. Additionally, raising awareness about the available mental health services is also important."

Many individuals experience mental illness with the impact of the COVID-19 pandemic and current events worldwide such as the war in Ukraine. The mental health situation of the vulnerable populations is compounded by being isolated, illness, financial challenges, or the loss of a loved one. The practical nursing class of 2022 showed support and raised awareness of those living with behavioral or mental health issues and help reduce the stigma of mental illness. Along with the practical nursing class of 2022, the Bay Path Practical Nursing Academy faculty and staff participated in activities promoting mental health awareness.



Megan Borowski named to Dean's List at Hofstra University

HEMPSTEAD, N.Y. — Megan Borowski of Sturbridge excelled during the Spring 2022 semester at Hofstra, achieving a GPA of at least 3.5 to earn a spot on the Dean's List.

Hofstra University is a nationally ranked and recognized private university in Hempstead, N.Y. that is the only school to ever host three consecutive presidential debates (2008, 2012 and 2016). Our campus is a leafy oasis just a quick train ride away from New York City and all its cultural, recreational and professional opportunities. We offer small classes and personal attention, with the resources, technology and facilities of a large university. Students can choose from more than 165 undergraduate program options and 175 graduate program options in the liberal arts

and sciences, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Graduate Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/ Northwell. Hofstra University is a dynamic community of 11,000 students from around the world who are dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers.

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Send the answers to June at jsima@stonebridgepress.news by June 20 for a chance to win a prize! *Good luck!*











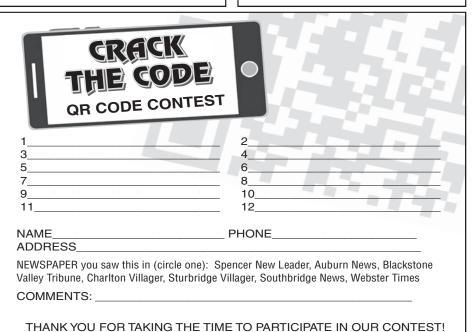












Record turnout at Sheriff's Senior Picnic



Photo Courtos

Raffle basket winners Bill and Barbara DiBenedetto from Charlton pictured with Worcester County Sheriff Lew Evangelidis were among the attendees at the Sheriff's Annual Senior Picnic held recently on June 4 at SAC Park in Shrewsbury.

SHREWSBURY — An overflow, maxed out crowd of over 1,200 seniors attended the free Sheriff's Annual Senior Picnic held on Saturday, June 4 at SAC Park in Shrewsbury.

Worcester County Sheriff Lew Evangelidis was honored to host senior citizens from every corner of Worcester County to the largest senior picnic in New England. The drive through model of the picnic was started to keep seniors safe, and was continued again this year due to its success. The annual Sheriff's Picnic is a highly anticipated event and drew another record crowd from the county's senior community. There were so many submissions this year that admission was capped.

"Our annual senior picnic is always

one of my favorite events as Sheriff. The idea is to celebrate together as a community. People have such a wonderful time and I am so appreciative of the efforts from all our volunteers, vendors, and all the seniors who came out this year to make it an exceptional day," said Evangelidis.

The Worcester County Reserve Deputy Sheriff's Association sponsored the picnic which included donations by many local businesses and featured a car wash, BBQ box lunch, raffle prizes, complimentary gift bags, music and entertainment. There were more than 100 volunteers on hand which helped make the event smooth and successful with the high turnout.

Greater Worcester Community Foundation accepts resignation of Ayres

WORCESTER — The Greater Worcester Community Foundation has accepted the resignation of Jim Ayres as CEO and President effective Friday, June 10.

The Board of Directors Chair, J. Christopher Collins and Vice Chair, Mike Angelini, are leading both the staff and the Board through a transition plan.

In the meantime, the Foundation's three experienced senior managers, Kelly Stimson, Vice President of Donor Services and Relations; Diane Allain, Vice President of Finance & Administration; and Jonathan Cohen, Vice President of Programs & Strategy, will continue to lead their respective areas and report directly to the Executive Committee of the Foundation.

"We continue to have a solid team of leaders in place and they, along with the entire Foundation staff, have done exemplary work over the past few years maintaining the Foundation as a responsive partner in the philanthropic needs of the community," said Collins. "The Board will be patient and deliberate in planning for the transition to a new leader. We will provide additional updates to the community as soon as

* * Triday's Child * * *



Kalyn Age 13

I like new experiences!

Kalyn is a very bright, sweet and caring girl of Caucasian descent. Proficient in school, Kalyn loves books and writing. She would love to write and publish a novel some day. As of school year 2021-2022 she attends the 8th grade. She can create an array of elaborate art projects with much detail. Kalyn participates in an "after school" program four nights a week which includes volunteering at a Humane Society and participating in a theater group. Outdoor activities like hiking also of interest Kalyn. Her favorite indoor activity in her group home setting is cooking. She has dry and witty sense of humor. She would like attend college in the future.

Legally freed for adoption, Kalyn has expressed that she is ready to

be matched with her forever family and that she would like to be part of her adoption process. She feels that she would fit in best with a single or 2 mom family. She would do well in a home with older children or no other children. She should also be allowed to make mistakes, learn from them and be forgiven for them. She will need to maintain contact, including monthly "in person" visits, with her siblings living in western and eastern MA.

https://www.mareinc.org/waiting-child-profiles#gallery/child/7019

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. Start the process today and give a waiting child a permanent place to call home.



TRJHS event spotlights the arts

STURBRIDGE — Tantasqua Regional Junior High School students and their families enjoyed an Evening with the Arts program last week.

On June 7, TRJHS art and music students showed off their hard work to the school community during the event held at the high school. Visual art projects were exhibited during the first half of the session, followed by chorus and band performances to conclude

Students' projects from throughout the 2021-22 school year were displayed at the event. New projects included famous artist canvas bags created by grade seven students, as well as a project called "What's in Your Universe?" based on artist Peter Max. This project was completed by eighth grade art students.

The Evening with the Arts program also featured an interdisciplinary project combining art and ELA. Titled, "Altered Books", the project was displayed for guests to see.

"ELA teacher Lindsay Malootian has done this project in the past, and we were so happy to display the altered books at the art exhibit, said TRJHS art teacher Carol Willard. "ELA and art students were on hand to discuss the Altered Book project."

The school community was thrilled by the support students received from families and residents. They look forward to future events celebrat-

ing the arts.
"We were extremely excited about the turnout in support of the arts at Tantasqua," Willard



Photos Kevin Flanders

Students' art projects were on display throughout the evening.

Tantasqua Regional Junior High School music students perform.

ELWELL

continued from page A1

public and the board on June 8 where Superintendent Steven Lamarche spoke highly of Elwell's capabilities and desire to build on the success of Shepherd Hill.

Mr. Elwell was the unanimous choice of the Principal Search Group and after meeting with Mr. Elwell myself I am confident in his leadership

and excited that he has accepted the opportunity to lead Shepherd Hill starting July 1," Lamarche said. "Mr. Elwell has exhibited dedication and loyalty to public education for more than 15 years. He established his professional zeal as a tutor, library assistant, teacher, assistant principal, principal, and director of curriculum. In addition, Mr. Elwell's references identified him as a person of sound character, integrity, intelligence, and that he is well-spoken. He is a collaborator who established visibility and voice throughout his leadership in his schools."

Elwell also addressed the Committee and the public for the first time expressing his excitement for joining the dis-

"It's an honor to be chosen for this position. In any district it's not about the programs or the buildings, but rather about the people. One of the things that was abundantly clear to me after my first hour in the district was that I felt a connection to the people, and I felt as if, philosophically, we were on the same page. I definitely felt this was a team I wish to be part of and hopefully can contribute to as well," said Elwell.

Principal Elwell holds a degree from Bates College, a Masters of Science and Education from University of New England, and is continuing his post graduate work at Harvard in School Management and Leadership. He most recently served as Director of Curriculum, Instruction & Assessment for Westport Community Schools.

OSV

continued from page A1

OSV at the discounted rate of \$10 along with one adult at the discounted rate of \$15. Members get into the Village for

Evening at the Village: Jun. 25 Evening at the Village returns to OSV with another great musical act! Enjoy the outdoors and spend a summer evening at the Village after the campus closes for the day. Visitors can stroll through the scenic Commons and Farm, take a horse-drawn wagon ride, and listen to live music by Heth, Bradley and Houston (HBH) Band. HBH Band performs jazz music but draw inspiration from R&B, rock, country, gospel, musiblues, and classical There will be an evening bonfire and games for kids to play. Guests are invited to bring a picnic to enjoy. Snacks and drinks will also be available for sale at the Miner Grant Store. This event is held outside of normal OSV operating hours. Tickets are \$15 for non-member adults, \$10 for non-member youth, \$10 for member adults and \$7 for member

Historical Craft Classes: Various Dates

Spend some time at the Village learning a historical craft. OSV's adult workshops vary from blacksmithing to textiles, coopering, foodways, and more. Visitors can try their hands at a craft and take home a finished masterpiece!

June classes include Tong Making on Jun. 18-19, Classic Bookbinding: Beginner's Hard Cover Intensive on Jun 11 & 18, and Flintknapping on Jun. 18. Historical Craft Classes are for adults, ages 18 and up, unless otherwise noted. Times, dates and pricing are noted online, per class.

Members Only Members of Old Sturbridge Village enjoy special access to programming in the month of June with several private events, including:

Garden Thyme: An Insider's Look at Curious Plants: Jun. 18

Take a closer look at some of the "curious" plants grown in the Village, such as Milkweed, Gas Plant, and Job's Tears at this in-person event. Visitors will learn about each plant's uses in the 19th century and get a chance to view some of the museum's collection pieces that relate to these unique plants. Led by Village horticultural and agricultural staff, these Garden Thyme programs are held at various sites in OSV throughout the year and deal with a variety of plant-related themes and topics. This program is FREE for members of Old Sturbridge Village. Registration is required.

Dog Days: Jun. 25-26

Old Sturbridge Village extends to members the privilege of bringing their dog to the Village on select weekends throughout the year. Jun. 25-26 marks the next members-only Dog Days event. Dogs must be leashed and vaccinated, with proof of rabies and license

required. Dogs must be accompanied at all times. This event is held during OSV operating hours. This program is FREE for members of Old Sturbridge Village. Registration is required.

Standard daytime admission rates for the event are \$28 for adults, \$26 for seniors (55+), \$14 for youth (4-17) and college students. The Village is free to children ages 3 and under. More information on June events and special programming can be found at: https:// www.osv.org/events-experiences/calendar/.

About Old Sturbridge Village

Old Sturbridge Village, first opened to the public in 1946, is one of the country's oldest and largest living history museums, celebrating life in early New England from 1790-1840. It is the largest living history museum in the Northeast, celebrating its 75th anniversary in 2021. Each year, more than 250,000 visitors interact with costumed historians. experience up-close demonstrations of early American trades, and meet heritage breed farm animals. Situated on 200 scenic acres, the Village is a collection of more than 40 historic buildings including homes, meetinghouses, trade shops, working farms, restaurants, shops and three water-powered mills.

Located just off the Massachusetts Turnpike and Routes I-84 and 20 in Sturbridge, Mass., Old Sturbridge Village is open year-round, but days and hours vary seasonally. Daily admission is: \$28 for adults, \$26 for

seniors, \$14 for College Students, \$14 for children ages 4-17, with children 3 and under admitted free. Admission includes free parking. Village Members receive free standard daytime admission. For details, visit https://www.osv. org/plan-your-visit/.

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

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What is forest bathing?



The mood-boosting feeling of rejuvenation many people experience while spending time in nature is not in their heads. In fact, researchers in parts of Asia have long since studied and documented the benefits of spending time in nature.

Developed in Japan in the 1980s, the practice of Shinrin-yoku, often referred to as "forest bathing," has become a part of Japanese medicine. According to Shinrin-yoku.org, the premise behind forest bathing is that spending time in nature via a relaxing walk can prove calming, rejuvenating and restorative.

The benefits of spending time in nature have long been suspected, but only recently has scientific research begun to indicate just how beneficial such time can be. In 2018, researchers from the University of East Anglia released a report indicating some eye-opening benefits of living close to nature and spending time outside. In the report, researchers linked exposure to greenspace with a lower risk of type 2 diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure. In addition to those benefits, Shinrin-yoku.org notes that research indicates forest bathing can improve mood; increase one's ability to focus, even among children diagnosed with ADHD; accelerate recovery from injury or illness; and improve sleep.

The approach to forest bathing promoted by Shinrin-yoku.org combines leisurely walks on paths under a forest canopy with guided activities. Such activities are designed to open the senses, help people hone their intuition and experience the forest as they never had before. Mindfulness meditation practices also may be included in a forest bathing session.

Men and women interested in learning more about the benefits of forest bathing can contact their physicians to discuss the role nature can play in improving their overall health. More information is available at www.shinrin-yoku.org. EL196003

OBITUARIES

Michael Paul Cournoyer, 69

Sturbridge - Michael Paul Cournoyer passed away in his home on June 6, 2022, at the age of 69, with his family by his side.



Mike was born on April 26, 1953 to Aldege and Odelide Cournoyer, long time owners of the Elm Café in Southbridge, After MA. Mike graduated from Southbridge High School in 1971, he

went on to college at Worcester Junior College and continued his college education at Westfield State College, where he graduated in 1977 with a BS degree in Physical Education.

He leaves his wife, Rose, son, Dean, siblings Ron (Judy), Diane, Janine, sister-in-law Lou-Ann and her husband, Richard Ciukaj, niece, Katie House (Patrick), nephew, Chris Ciukaj, and great niece and great nephews.

Mike owned and operated Spec-Elec Plating for many years.

Mike was also a sports enthusiast. Throughout the years he played basketball, football, softball, baseball, and golf. He also enjoyed coaching his son's Little League baseball team, and coaching basketball teams at Trinity Catholic Academy.

Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA is entrusted with Mike's funeral arrangements. A Funeral Mass will be held for Mike at Notre Dame Church, 446 Main Street, Southbridge, MA on Friday, June 17, 2022 at 11:00AM. There are no calling hours. In lieu of flowers, the family has asked you to kindly consider making a donation in Mike's name to St. John Paul II, 279 Hamilton Street, Southbridge, MA 01550. www.sansoucyfuneral.com

Masonic Lodge awards scholarships



Pictured, left to right: recipient Hannah Langevin holding her scholarship card, Master of Quinebaug Lodge Wor. Bill Belanger and recipient Abigail Makara holding her scholarship card. Both young ladies were very happy to get selected and have a little extra spending money for college.

SOUTHBRIDGE — On June 6, the Quinebaug Masonic Lodge in Southbridge awarded two local girls a \$500 dollar scholarships check. The recipients of the scholarship award attend Shepherd Hill Regional High School located in Dudley, Ma. Scholarships were awarded to Hannah Langevin of Dudley and Abigail Makara of Dudley.

Hannah will be attending New England Institute of Technology in Rhode Island. She will be studying to become a Veterinary Technician.

Abigail will be attending Dean College in Franklin. Abigail has not decided on her major of study and will attend as undecided. She would like to explore what the school has to offer before declaring her major. Every year the scholarship committee selects individuals from our local community. This year's essay subject was "What community service means to me."

If you would like more information about Freemasonry, go to www.massfreemasonary.org to find a lodge nearest vou.

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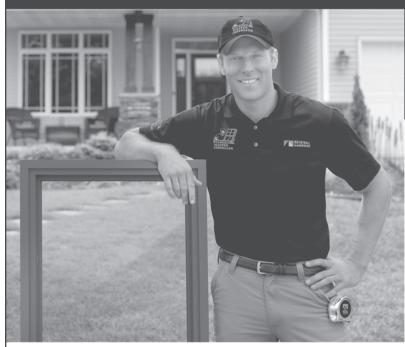
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Minutemen advance to State Final Four after holding off Joseph Case rally

BY KEN POWERS

SWANSEA — Uncharted territory is where the Bay Path Regional varsity baseball team, the No. 14 seed in the MIAA Division 4 State Tournament, is headed after knocking off No. 3 AMSA (Advanced Math and Science Academy) on Wednesday, June 8, 4-1, in the Round of 16 and then 11th-seeded Joseph Case High, 4-3, on Saturday, June 11, in a Round of 8 matchup.

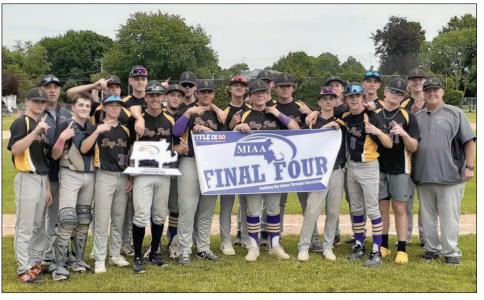
With the win over Case the 19-5 Minutemen advanced to the Final Four semifinal round, where they faced No. 7 Seekonk High, scheduled to be played on June 14, which came after this publication's press deadline.

The semifinal round is the furthest a Bay Path baseball team has advanced in school history. In 2019 the Minutemen played in the Central Mass. Division 3 Tournament championship game, losing 3-2 to Hudson High.

'I don't know, it hasn't sunk in yet," Bay Path head coach Mark Sansoucy said when asked how it felt to be one of the final four teams still playing in the Division 4 Tournament. "The only thing I'm thinking about is when and where are we playing next."

The Minutemen were able to play that June 14 game against Seekonk after the win over the Cardinals because of an efficient and opportunistic offense which led 3-0 after two innings and 4-0 after four — and a tremendous pitching performance from Zack Fritze.

The 5-foot-9, 170-pound junior pitched all seven innings, allowing three runs



Ken Powers photo

The Bay Path Regional varsity baseball team is Final Four bound in the Division 4 State Tournament after defeating Joseph Case High, 4-3, on Saturday, June 11.

on eight hits while striking out six and walking one. He threw a total of 105 pitches.

"Zack pitched well. We gave them some outs, too, but Zack's a gamer; he's a good one," said Sansoucy, now in his 25th year at the helm at Bay Path. "In the fourth and fifth innings it seemed like he slowed down in his delivery to the plate. He usually works pretty quickly. He seemed to pick his pace back up in the sixth and seventh innings.

From start to finish Fritze said his

objective was a singular one.

"I just wanted to come out and throw strikes," he said.

The Bay Path offense got rolling in the second inning when with one out Brandon Martocci drew a walk and then advanced to second base when Joe Fritze reached on an infield single to third base. Martocci then scored to give the Minutemen a 1-0 lead when Jake Delvalle singled to left field. Joe Fritze moved to second on the play. Joe Fritze then moved to third and Delvalle to second on a wild pitch.

Zack Moody followed with a comebacker to Cardinals' pitcher Tyler Cabral for the second out of the inning, but Joe Fritze hustled home on the play to push the Minutemen lead to 2-0. Delvalle went to third and then scored on a wild pitch to extend the Bay Path

The Minutemen increased their lead to 4-0 in the top of the fourth inning, Zack Fritze reaching on a fielder's choice to second base. He advanced to second base on an RBI single to center field by Johnny Schramm and scored on an RBI double off the bat of Matt Rousakos.

Case cut the Bay Path lead to 4-1 in the bottom of the fourth. With one out Braden Ventura doubled to the fence in left field, went to third base on a groundout by Jacob Poitras, and then scored on an RBI single to left field by Cooper Khoury.

The Cardinals pulled to within a run in the bottom of the fifth inning. After Zack Fritze got two quick outs on groundouts, Gracie singled to left field and went to third on a ringing double by Aidan Bates. Jake Pontes scored Gracie to make it a 4-2 game when he singled just past Zack Fritze and just in front of shortstop Dale Nussey. Bates went to third on the play.

Bates then scored to make it 4-3 on a bloop single to left-center field by Ventura. Zack Fritze escaped further damage when he fanned Khoury with

Turn To MINUTEMEN page A16



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MINUTEMEN

continued from page A15

Zack Fritze and Dylan McDonald, his catcher, became frustrated in the fourth and fifth innings by Case's deliberate and effective — attempt to slow the game down and get Zack Fritze out of his pitching rhythm. Both players threw their hands up in the air several times when Cardinals' hitters frequently called for time between pitches.

"Our emotions were starting to get to us at that point," Zack Fritze said. "Everybody starting getting down on themselves after we made a mistake or an error."

Sansoucy said he saw that Case's antics were getting to his players, especially Zack Fritze.

Their batters were stepping out on him a lot and breaking his rhythm and he was getting pretty agitated because of that," Sansoucy said. "But he fought through it. That's what good players

Postseason **S**COREBOARD

All results include games played through Monday, June 13

Tuesday, June 7

Division 2 Girls' Lacrosse Preliminary Round

(30) Marblehead 18, (35) Tantasqua — With a halftime score of 7-6, the Warriors were very much in the game. But Tantasqua was outscored in the second half, 11-0, to finish its season with a record of 10-8. Maeve Ashworth scored three times for the Warriors, while Sophia Parker (two) and Kaydie O'Neil also scored.

Wednesday, June 8 Division 2 Boys' Lacrosse Round

of 32

(2) Duxbury 22, (31) Tantasqua 1 The season came to a close for the Warriors, as the super strong team from Duxbury won going away. Duxbury won its next playoff game against No. 15 Westfield High, 19-13. Tantasqua finished with a record of 14-6.

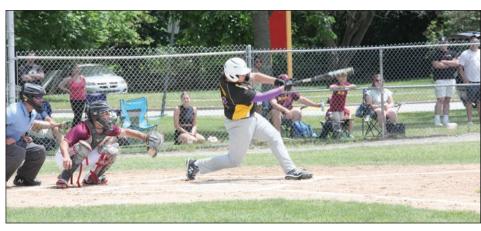
Schramm, the lone Bay Path player who was a member of the 2019 District finalist team, said he knew early on that this team was capable of a long tournament run.

"We have a great group of young guys; they're going to be good for a few years," said Schramm, who is a tri-captain of the team along with Zack Fritze and Martocci. "From the first day of practice I knew this was a group of special kids. This is just a great team. Everybody works hard, everybody's into it. I couldn't be more proud of these kids.'



Nick Ethier photo

Bav Path center fielder Brandon Martocci



Nick Ethier photo

Matt Rousakos of Bay Path follows through on his swing versus Joseph Case.



With the umpire signaling strike three after the ball hit the dirt, Bay Path catcher Dylan gets underneath a fly ball and records the out. McDonald shows the ball to his first baseman before throwing over to record the out.



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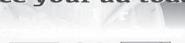
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SPORTS

Poor first inning enough to end Tantasqua's season in State Tournament Round of 16



Nick Ethier phot

With head coach Nate Orzech watching on, Tantasqua teammates celebrate with Katelyn Schneider, second from right, who just touched home plate and completed an inside-the-park

BY NICK ETHIER SPORTS EDITOR

DIGHTON — When asked about the three key components of a softball game — hitting, pitching and defense — and what the potential weakness of his team was, Tantasqua Regional varsity head coach Nate Orzech acknowledged that it was defense.

"We're pretty good but we make some errors," said Orzech.

Three first-inning errors proved costly for the Warriors when they played Dighton-Rehoboth Regional in a Division 3 State Tournament Round of 16 game on Tuesday, June 7. Although No. 19 Tantasqua scored two runs in the top of

the first inning, the third ranked Falcons countered with four runs on only two

The end result saw Dighton-Rehoboth defeat the Warriors, 6-3, and advance to the Round of 8. There, DR defeated No. 6 Austin Prep, 4-2, to improve to 17-5 and face No. 2 Greater New Bedford in the Final Four. Tantasqua finished 16-6.

"I was really proud of the way they competed for six innings, [but] you can't give a team that's good the extra outs," said Orzech.

The Warriors struck first, though, when Elyse Geneway singled. Two batters later, Katelyn Schneider launched a hard-hit line drive between first and



Tantasqua pitcher Katelyn Schneider gets a strong windup in motion before delivering the ball to the plate.

second base. The ball also got past the right fielder, and when all was said and done Geneway and Schneider had scored on her inside-the-park home run.

Dighton-Rehoboth then took advantage of Tantasqua's miscues to grab a 4-2 lead and never look back. Haleigh Kelley hit a Schneider pitch up the middle for an RBI single, but all other runs were scored on errors.

Eliana Raposo, Schneider's counterpart in the circle, then hit an inside-the-park homer of her own in the bottom of the third inning to stake the Falcons to a 5-2 lead

Dighton-Rehoboth added one more insurance run in the sixth inning on a Caleigh Cloonan RBI single to up the home team's advantage to 6-2.

Meanwhile, Raposo was dealing for the Falcons. She finished with 16 strikeouts, including 1-2-3 frames with a trio of punch-outs in the second and fourth



Left fielder Olivia Parker of Tantasqua creeps into foul territory to successfully catch a fly ball.

innings.

"This girl was obviously very good," Orzech said of Raposo. "I thought we did a great job approaching her, [but] we tend to overswing when pitchers are faster instead of trusting our mechanics."

Nonetheless, Tantasqua battled until the bitter end. In the top of the seventh, Alex Manley drew a one-out walk. Then, with two outs, Geneway (2-for-4) singled into left field. A coinciding error then allowed Manley to score. Next up was Taylor Bronner and her flare seemed destined to drop into shallow center field. But Kelley, DR's shortstop, ranged to the outfield and cradled the ball into her bare hand and then to her glove for the final out

Had that ball dropped Schneider, who was 2-for-3, was due up and would have brought the tying run to the plate.

"That's a heck of a play by their shortstop, isn't it?" said Orzech. "If that drops, we're in business and Schneider's up."

Schneider's pitching performance included six runs — two earned — on five hits with eight strikeouts and three walks. She pitched in every Tantasqua game this season and was in the circle for all but six innings.

"She's the definition of a pitcher. She pitches, she doesn't try to overpower you. She hits her spots and the ball moves. She was excellent today," said Orzech.

Now that the Warriors' season has drawn to a close, Orzech's message to the team was clear.

"We sen't put the bets and the claves

"We can't put the bats and the gloves down today and not pick them up again until March," he explained. "We have to continue to work at this and continue to get better if we want to be at this level next year and not have that first inning."

Orzech also left the field with some positive reinforcement for his players.

"I was absolutely satisfied with their compete the whole game and all year long. They obviously weren't going to give up," he said.



STATIM CHALLENGE

BROOKFIELD — Registration is now open for the inaugural Wild Bill Swim Challenge being held at Lake Quacumquasit (aka South Pond) in Brookfield/Sturbridge on Sunday, August 7, according to event organizer Jennifer Yorzyk-Triger.

The Wild Bill Swim Challenge includes events open water swimming races for all ages and ability levels, including a three-mile open water swim with an 8 a.m. start and a maximum swim time of two hours and 30 minutes, a one-mile open water swim with an 8 a.m. start, a one-mile paddleboard/swim relay for two entrants with a 10:30 a.m. start, and a one-way 400-yard swim with an 11:30 a.m. start. Entry fees and registration information can be found on the event website at wildbillswim.

There will also be fun activities for the family, entertainment, food trucks, and a Vintage Bathing Beauties & Blokes Pageant. The event will conclude with a celebration of winners on the South Pond beach at 12:30 p.m.

Yorzyk-Triger created the event as a tribute to her father, Olympic Gold Medalist Dr. William "Bill" Yorzyk, who died in 2020. Dr. Yorzyk, a long-time resident of South Pond, took the gold in the 200-meter butterfly at the 1956 Summer Olympics in Melbourne, Australia, just seven years after learning to swim as a freshman at Springfield College. He was a five-time NCAA All American who set a total of 11 World Records. Yorzyk swam competitively into his 70s and passed on his love of the sport to his sons and daughter.

Proceeds from this first Wild Bill Swim & Paddle Challenge will help fund a matching grant to benefit the Quacumquasit Pond Phosphorus Inactivation Project that was recently approved and funded by the Federal Clean Water Act Section 319 Grant Program. The Town of Sturbridge, which is managing the project, is work-



ing with the Quaboag Quacumquasit Lake Association (QQLA), the ESS Environmental Group, and Solitude Lake Management to conduct an alum treatment targeting deep phosphorus-rich sediment in South Pond that could be completed as early as spring 2023.

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A young Bill Yorzyk took the gold in the 200-meter butterfly at the 1956 Summer Olympics in Melbourne, Australia, just seven years after learning to swim as a freshman at Springfield College. (Left: Silver medalist Takashi Ishimoto, Japan. Right: Bronze medalist György Tumpek, Hungary)

Courtesy photo

"With the Wild Bill Swim & Paddle Challenge we've created an event where people will enjoy the beautiful water of South Pond while this year supporting a project that will ensure its sustained cleanliness," explains Yorzyk-Triger. Starting with the 2023 event, she plans to use the proceeds from future challenges to create and fund a permanent scholarship for competitive swimmers in Dr. Zorzyk's memory.

Yorzyk-Triger says volunteers and sponsorships are also needed. For more information, email Jenn Yorzyk-Triger at jenn@wildbillswim.org. Additional updates will be available on Facebook (The Wild Bill Swim & Paddle Challenge), Instagram (@wildbillswim), and the QQLA website at qqla. org. Donations are also being accepted at gofundme.com/the-wild-bill-swim-and-paddle-challenge.

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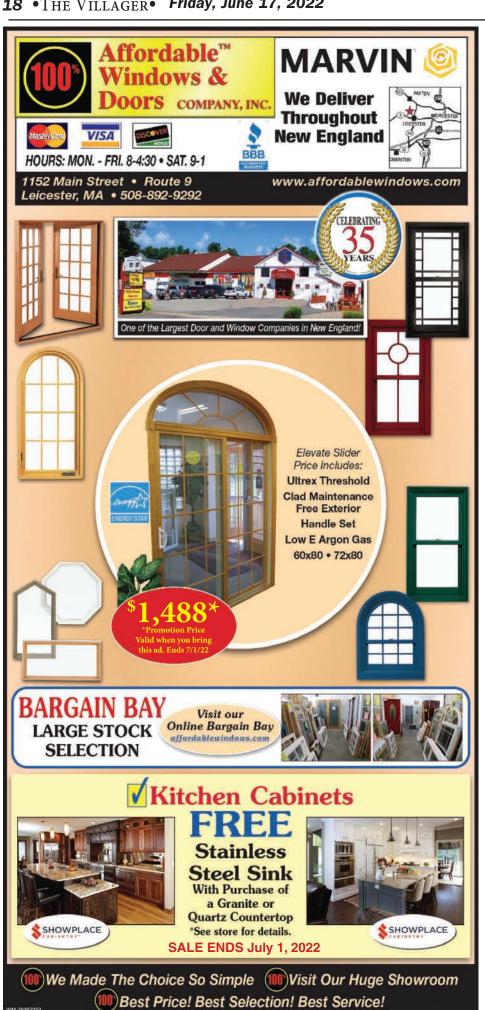


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