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Friday, June 25, 2021

# Selectmen look to formalize Employee Appreciation Day

BY JASON BLEAU  
CORRESPONDENT

CHARLTON – The Charlton Board of Selectmen is working on a way to make an employee appreciation event a permanent part of the town’s yearly schedule.

Board Chair Bill Borowski and Town Administrator Andrew Golas brought forward a draft policy during the board’s June 8 meeting

that would designate a day near Labor Day as an official Employee Appreciation Day. The town has previously held annual celebrations of town employees however the COVID-19 pandemic halted the event for 2020. The selectmen want the event to return for 2021 but with a new, more official status.

“The catalyst for this was we all know that people have been going through an awful lot the

past couple of years between just typical town government as well as COVID. What I really wanted to do is show all of our employees that we know it’s hard and we know we’re not always the easiest people to deal with but at the same time they do a great job day in and day out,” Borowski said. “I thought this was a nice way to rekindle what had been done in the past showing appreciation.”

The idea was welcomed with open arms by his two fellow selectmen present for the meeting, Stephen Koronis and Barbara Zurawski. Koronis, who was elected in 2020 and did not know an employee appreciation event took place, said he “loved the idea” while Zurawski volunteered to coordinate the event saying, “I don’t think there’s enough that we can do to thank every single person that is helping out

every single day.”

The selectmen also clarified that the event would not be funded with taxpayer dollars but instead through private donations or the like.

While all three selectmen were in favor making an Employee Appreciation Day official they held off on acting on any policy until their fellow selectmen, David Singer and Patsy Rydlak, could join in the conversation in July.

## LAST DAY



Photo Courtesy

Students at Charlton Middle School sign each other’s yearbooks while celebrating the last day of the school year on June 18. Photo courtesy of the school’s Twitter feed.

## Local graduates awarded Ronald J. Denault Memorial Scholarships

CHARLTON — Congratulations are extended to the recipients of the Ronald J. Denault Memorial Law Enforcement Scholarship for the Class of 2021.

Devin Hanlon of Charlton, a

graduate of Bay Path Regional Vocational Technical High School, received a \$1,500 award.

Michael Alicia of Charlton, a graduate of Shepherd Hill Regional High School, received a \$500 award.

Both young men will be attending college in the fall to pursue careers in law enforcement.

## Baker administration begins closing down mass vaccination sites

BY KEVIN FLANDERS  
STAFF WRITER

REGION – Recognizing that most residents interested in receiving a COVID-19 vaccination have already scheduled both shots, the Baker-Polito Administration recently announced plans to ramp down operations at mass vaccine sites.

Over the next month, mass vaccine sites across the Commonwealth will begin to close. With nearly 3.7 million residents fully vaccinated and over 4.3 million people receiving at least a first dose, Gov. Charlie Baker is focused on increasing targeted community-based vaccine efforts to reach remaining populations.

“All mass vaccination vendors will continue to work closely with the Commonwealth as they ramp down operations at mass vaccination sites over the next several weeks,” Baker said.

Gillette Stadium, the Hynes Convention Center, the Reggie Lewis Center, Natick Mall, and the Doubletree in Danvers will finish operations by the end of June.

The Eastfield Mall

in Springfield and the former Circuit City in Dartmouth will remain open into July. Vaccine vendors CIC Health and Curative will continue to support community mobile sites, including on-site employer clinics and school-based clinics.

Despite a shaky start that saw long lines and problems with online registrations, the Commonwealth’s mass vaccination organizers rebounded to lead a successful program. The effort has led to major decreases in new COVID-19 cases and hospitalizations, even after the state fully reopened and mask mandates were lifted.

“Today, Massachusetts is a nationwide leader in vaccination, with 79 percent of all adult residents and two-thirds of all residents having received at least one dose,” Baker added.

If you haven’t gotten your vaccine yet, there is still time to register at a mass vaccination site or a regional venue. In total, there are more than 900 vaccine locations available.

Please Read **CLOSING**, page A3

## LPN alumna to speak at Bay Path graduation and pinning ceremonies

WEBSTER – This year’s graduation and pinning ceremonies for the Practical Nursing Class of 2021 will take place at the Lakeside Pavilion by the shores of Lake Chaugogagoggmanchaugagoggchaubunagungamaugg in Webster. The live event to honor and recognize the Practical Nursing Class of 2021 scheduled on Friday, June 25, 2021, will be streamed live via video and audio feeds with no need to sign up in advance.

Alumna Donna Pope, LPN, of Southbridge from PN Class of 2017 will deliver this year’s commencement address. Her message will be one of hope in the journey of becoming an LPN and 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. Pope is the STDH Program Nurse at Center of Hope Foundation in Southbridge. She briefly worked as a Flu Clinic Nurse at Maxim Healthcare in Worcester. While a student at Bay Path, Pope was inducted to the National Technical

Honor Society. She represented Bay Path Practical Nursing Academy at SkillsUSA District competition earning a Gold Medal and at State competition earning a Bronze Medal both for Health Knowledge Bowl. Pope is Mental Health First Aid Certified and volunteered for multiple events at Bay Path Practical Nursing Academy such as the Admissions Panel Interview, Blood Pressure Clinics, and mentorship. She also volunteers for the Baptist Haiti Mission.

Donna Pope, LPN follows in the footsteps of nursing colleagues in delivering Bay Path Practical Nursing Academy’s commencement speech. They include Professor Virginia Dockstader, BSN, RN and Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN. Pope is the first LPN Commencement Speaker for the Practical Nursing Academy.

On the Graduation and Pinning Ceremony honoring diversity will include the graduates wearing their heritage stole made possible by a grant from #WalmartGiving. The celebrations will be capped-off with the pinning ceremony of the grad-

uates. The pinning ceremony is a nursing tradition symbolizing the nursing students’ hard work and dedication towards their coursework and clinicals.

The PN Class of 2021 graduates are as follows:

Auburn- Angela Letourneau, Meghan Reidy  
Brookfield- Brianna Pincince-McLeish  
Charlton- Brianna Cloutier  
Cherry Valley- Carolyn Jenkins  
Manchester, Conn.- Isabella Boateng  
Oxford- Tianna Welcome  
Southbridge- Khamphan Houtchanthara, Angeley Santa, Sonya Ugrinow  
Spencer- Julia Martinez, Ashley Winters  
Webster- Brianna Laforest, Elizabeth Larson, Stefanie Lauretano, Risper Wanjiru, Amanda Wonderlie  
Worcester- Monique Bull, Loise Kamero, Beatrice Kamunyu, Luz Mercado, Grace Mwangi, Digmery Sanchez



Donna Pope



# Harrington HealthCare reports 50,000th vaccination, 60,000th COVID test

SOUTHBIDGE — Harrington HealthCare System reached two significant milestones in the fight against the COVID-19 pandemic today: the health-care system administered its 50,000th dose of COVID-19 vaccine this morning and also administered its 60,000th COVID-19 test.

Eighteen year ol, Haven Hubacz received the 50,000th dose of the COVID-19 vaccination from Harrington HealthCare. As a recent graduate of Tantasqua High School in Fiskdale, she says she got vaccinated in order to keep herself and her fellow students safe when she begins her first semester of college this fall.

“This really is a significant milestone in the 16-month ordeal of this pandemic for our region,” said Harrington HealthCare President and CEO Ed Moore. “We are thrilled to have provided 50,000 doses of the COVID-19 vaccine to our community so that we can all begin to move past the pandemic and safely return to working, gathering, and living life the way we all want to once again.”

“However it seems fitting that at the same time, we’ve also reached a milestone marker for COVID tests administered as well – 60,000 tests as of today,” Moore continued. “That serves as an important reminder that although we’ve made incredible progress in beating back the pandemic, we are not out of the woods yet, particularly as variants of the virus continue to emerge. I would urge anyone who is eligible to receive the COVID-19 vaccine but has not done so yet to get vaccinated as soon as possible so we can keep this positive momentum moving forward.

Harrington HealthCare offers COVID-19 vaccination by appointment as well as during designated walk-in hours. The healthcare system also offers COVID-19 testing by appointment only. For the most up-to-date information on vaccination and testing appointments, hours and locations, visit [harringtonhospital.org/coronavirus](http://harringtonhospital.org/coronavirus).

Harrington HealthCare System is a comprehensive regional healthcare system serving more than 25 communities across south central Massachusetts and northeastern Connecticut. The system includes Harrington Hospital in Southbridge, Harrington HealthCare at Webster and three additional major medical office buildings: Harrington HealthCare at Charlton, Harrington HealthCare at 169, also in Charlton, and Harrington HealthCare at Spencer; Harrington Physician Services, our primary care and multi-specialty physician group; UrgentCare Express at Harrington in Charlton and Oxford; The Cancer Center at Harrington in Southbridge, and the region’s largest Behavioral Health programs for mental health and substance use.

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

W O R C E S T E R — Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, has donated \$25,000 to the YMCA of Central Massachusetts to support youth development programs and services as well as the LIVESTRONG®at the YMCA initiative, a fitness program for cancer survivors.

“The core values of the YMCA align with those of our own organization,” said Cornerstone Bank CEO Todd Tallman. “Their commitment to the community, especially children and teenagers, is inspiring. We hope this donation will allow them to continue their youth programs as well as the LIVESTRONG® program, providing wellness support for so many who are recovering from serious illnesses.”

LIVESTRONG®at the YMCA is a free 12-week small-group fitness program designed for adult cancer survivors seeking to regain health following treatment. The YMCA of Central Massachusetts serves youth through childcare programs, education and leadership opportunities, physical activities and summer camp. Their six full-service branches serve 35,000 members across 70 cities and towns, providing more than \$1 million in scholarship assistance and program subsidy to participants over the past seven years alone.

“Even with the COVID-19 pandemic making outreach more difficult, the Y has continued to serve Central Massachusetts in a big way,” added Tallman. “Our goal with this donation is to be a part of their success as they make lives better in our own backyard.”

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



YMCA of Central Massachusetts President and CEO David Connell (left) and Cornerstone Bank CEO Todd M. Tallman (right).

# Area residents named to Bridgewater dean’s list

# Area students named to Dean’s List at Western New England University

BRIDGEWATER – The following area residents were named to the dean’s list for the spring semester at Bridgewater State University:

**Brimfield**  
Jim W. Damon and Joshua Watts

**Charlton**  
Shaelyn K. Donovan, Jake J. Fortin, Abby T. Holden and Carlos A. Sousa.

**Fiskdale**  
Nate H. Eliason and Allie J. Morin

**Sturbridge**  
Emily E. Macey, Cooper Novelline and Alice C. Van Wickler.

**Southbridge**  
Nathan Pruitt and Amelia L. Tieri

SPRINGFIELD — A model for the “New Traditional University,” Western New England University (WNE) is among just 13% of private (5,000 students or less) institutions ranked among US News and World Report «National Universities» and a «Top 100 Engineering Program.» WNE enrolls 3,690 students, including 2,552 full-time undergraduate, in bachelor’s, master’s, and doctoral degrees at its Colleges of Arts & Sciences, Business, Engineering, Pharmacy & Health Sciences, and School of Law.

Western New England University is pleased to announce that the following area students are among more than 750 named to the WNE Spring Semester 2021 Dean’s List for achieving a semester grade point average of 3.30 or higher.

Adelina Antoinette Hough--BS in Chemistry from Charlton  
Megan E. Hueras--BA in Law & Society from Charlton  
Jack S. Krukonis--BSBA in Entrepreneurship from Charlton  
Oleksandr Tkachenko--BSE in Computer Engineering from Charlton  
Emily R. Cofsky--Doctor of Pharmacy from Charlton  
Colin Patrick Donovan--BA in Elementary Education/Psychology from Charlton  
Zachary Samuel Johnson--BSE in Mechanical Engineering from Charlton

A model for the “New Traditional University,” Western New England University (WNE) is among just 13% of private (5,000 students or less) institutions ranked among US News and World Report “National Universities” and a “Top 100 Engineering Program.” Known for its supportive environment and picturesque campus in Springfield, MA, WNE enrolls 3,690 students, including 2,552 full-time undergraduate, in bachelor’s, master’s, and doctoral degrees at its Colleges of Arts & Sciences, Business, Engineering, Pharmacy & Health Sciences, and School of Law. A WNE education provides career-span agility through a curriculum grounded in professional/experiential studies, enhanced by the liberal arts, and enriched by mentored research that equips graduates to adapt and succeed in the workplace of tomorrow.



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We will be closing for vacation July 6-July 10 and will re-open July 13.



# University of Rhode Island names local students to Dean’s List

KINGSTON, R.I. — The University of Rhode Island is pleased to announce the Spring 2021 Dean’s List. More than 7,000 students were named to the Spring 2021 Dean’s List, representing nearly all of Rhode Island’s cities and towns, all six New England states, New York and New Jersey, and many other states and countries.

The following local students were named to the list:

Erin Brown of Uxbridge	Julia Cierpich of Charlton	Elena Franzosa of Uxbridge	Jenny Frick of Uxbridge	Emma Kraich of Uxbridge	Alex Matkowski of Uxbridge	Rachel McGee of Uxbridge
Lindsey Moss of Uxbridge	Jacob Rancourt of Uxbridge	Mina Roufail of Charlton	Julia Vanelli of Uxbridge	Eric Vario of Uxbridge		

To be included on the Dean’s List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average.

To view the entire Dean’s List, visit: [uri.edu/academics/deans-list/](http://uri.edu/academics/deans-list/)

About the University of Rhode Island

Founded in 1892, the University of Rhode Island is the principal public flagship research and graduate institution in Rhode Island. Competitive and highly regarded, its 14,300 undergraduate students and more than 2,700 graduate students represent 48 states and 76 countries across the globe. With 203 academic programs, URI offers its undergraduate, graduate, and professional students distinctive educational opportunities designed to meet the global challenges of today’s world and the rapidly evolving needs of tomorrow. At URI, you will find some of today’s leading innovators, discoverers, and creative problem solvers. To learn more, visit: [uri.edu](http://uri.edu).

# Northeastern University announces Dean’s List

BOSTON — Northeastern University is pleased to recognize those students who distinguish themselves academically during the course of the school year. The following residents were recently named to the University’s dean’s list for the Spring semester, which ended in May 2021.

To achieve the dean’s list distinction, students must carry a full program of at least four courses, have a quality point average of 3.5 or greater out of a possible 4.0 and carry no single grade lower than a C- during the course of their college career. Each student receives a letter of commendation and congratulation from their college dean.

\* Charlton resident Drew Montigny, a Northeastern University student majoring in behavioral neuroscience

\* Charlton resident Kathryn Fontaine, a Northeastern University student majoring in business administration/design

\* Charlton resident Madison Hill, a Northeastern University student majoring in mathematics

\* Charlton resident Grace Marderosian, a Northeastern University student majoring in media and screen studies

About Northeastern

Founded in 1898, Northeastern is a global research university and the recognized leader in experience-powered lifelong learning. Our world-renowned experiential approach empowers our students, faculty, alumni, and partners to create impact far beyond the confines of discipline, degree, and campus.

Our locations in Boston; the Massachusetts communities of Burlington and Nahant; Charlotte, North Carolina; London; the San Francisco Bay Area; Seattle; Toronto; and Vancouver are nodes in our growing global university system. Through this network, we expand opportunities for flexible, student-centered learning and collaborative, solutions-focused research.

Northeastern’s comprehensive array of undergraduate and graduate programs in on-campus, online, and hybrid formats lead to degrees through the doctorate in nine colleges and schools. Among these, we offer more than 140 multidisciplinary majors and degrees designed to prepare students for purposeful lives and careers.



# TCA holds Pre-K graduation ceremony

SOUTHBRIDGE — Earlier this month, Trinity Catholic Academy’s Pre-K graduation was held at St. Mary’s Church in Southbridge.

After last year’s traveling graduation, St. Mary’s Church offered a spacious opportunity for families to gather to celebrate the 10 deserving Pre-K Graduates of Trinity Catholic Academy. Pre-K teacher, Melissa Hilli and asst. Sandra Lomme presented these inspired and animated children with their graduation cap & certificate of completion for the 2020-2021 in-person school year. Family members and grandparents alike were entertained with music, movement and song performed by the little graduates that were led by Music & Movement teacher, Nicole Ladd. They were so excited to perform for all. As challenging as it may have been through the pandemic, these scholars followed protocol for a successful healthy school year. The 2020-21 school year allowed for enrollment of 10 Pre-K students. Hopefully, future months reveal the ability to include more four-year-olds who are requesting to attend the fun innovative group for fall 2021. TCA offers full-day preschool, three-day or five-day for children aged 4 by Aug. 31. Trinity Catholic Academy, a Pre-K to Grade 8 school, promotes academic excellence, athletics, and the arts with respect, compassion, and service among our diverse family.

[www.trinitycatholicacademy.org](http://www.trinitycatholicacademy.org)

## CLOSING

continued from page A1

able across Massachusetts. The COVID-19 vaccine is free, and individuals do not need insurance or an ID to get the vaccine.

Currently planned closing dates for mass vaccination sites are as follows: Gillette Stadium (June 14); Hynes Convention Center (June 22); Natick Mall (June 23); Reggie Lewis Center (June 27); Doubletree in Danvers (June 30); Eastfield Mall in Springfield (July 6); the former Circuit City in Dartmouth (July 13).

For more information about scheduling and hours of operation at various vaccine sites, visit [www.vaxfinder.mass.gov](http://www.vaxfinder.mass.gov).

Additionally, state officials will continue sending targeted text and phone messages to residents in disproportionately impacted communities.

“These messages remind people of the importance of getting a vaccine, and they share locations in their community where they can get vaccinated,” Baker said.

To date, targeted messages have been

sent to over 1.1 million residents in specific communities. This past week, messages were sent to residents of Brockton, Malden, Methuen, Revere, and Worcester.

To learn more about the state’s vaccination program, visit [www.mass.gov](http://www.mass.gov).

REAL ESTATE  
TRANSACTIONS

CHARLTON

\$610,000, 54 Gould Rd, Pecore, Kenneth J, and Pecore, Nancy L, to Pearson, Julia.

\$608,900, 90 Osgood Rd, Spiewak, Joseph S, and Spiewak, Karen A, to Albano, Clint, and Albano, Jonea.

\$565,000, 249 Oxford Rd, C Anastasi LLC, to Creelman, Jesse, and Pizarro, Rachel V.

\$90,000, Jennings Rd #43, Gair LLC, to Cornerstone General Cont.

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Friday’s Child

Hi! My name is Thomas and I love Italian food and hamburgers!

Thomas is a quiet young man of Caucasian descent who loves Harry Potter and Pokémon. He likes to be active and spend time outside. However, when he is indoors, his favorite thing to do is play Nintendo. Thomas would like to go hiking and fishing but so far, he has not had the opportunity to do so. His favorite foods include anything Italian and hamburgers. However, he is not a fan of hot dogs.

Thomas’ favorite subject is science, and he receives extra supports in school to help him complete his assignments on time.

Thomas is legally freed for adoption and is seeking a patient and caring family that is open to him making a slow transition to their home. He will do well in a family of any constellation, where he can be the only or significantly youngest child in the home.

Who Can Adopt?

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

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

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

Local Development & Projects

FOUND HERE!

Charlton Villager

ACCURACY WATCH

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

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

If you find a mistake, email [news@stonebridgepress.com](mailto:news@stonebridgepress.com) or call (508) 909-4106 during normal business hours. During non-business hours, leave a message in the editor’s voice mailbox. The editor will return your phone call.



# Curry College welcomes Uxbridge resident into Alexander Graham Bell Honor Society

MILTON — Curry College is proud to announce that Devin Gatto of Uxbridge, has been inducted into the Alexander Graham Bell Honor Society. The Alexander Graham Bell Honor Society is one of Curry's most distinguished organizations. Membership in the Society is limited to those students who have achieved Dean's List every semester while enrolled at Curry College. The objective of the Alexander

Graham Bell (AGB) Honor Society is to promote and recognize academic excellence at Curry College. The Society is named for the famous inventor, Alexander Graham Bell, who was an early chancellor at Curry College. It was founded in 1971 to recognize and promote academic excellence through a variety of activities at Curry. About Curry College Curry College, founded in Boston in

1879, is a private, co-educational, liberal arts-based 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 15 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Visit us on the Web at [www.curry.edu](http://www.curry.edu).

## Jessica Schelin named to Dean's List at University of Findlay

FINDLAY, Ohio — Jessica Schelin, of Uxbridge was named to the spring 2021 dean's list at the University of Findlay. To earn this achievement, a student must attain a grade point average of at least 3.5 on a 4.0 scale. Located in Findlay, Ohio, the University of Findlay is known not only for science, health professions, animal science and equestrian studies programs, but also for cultivating the next generation of business leaders, educators and global citizens through a dedication to

experiential learning, both in and outside of the classroom. Established in 1882 through a joint partnership between the Churches of God, General Counsel and the City of Findlay, the University of Findlay has more than 80 majors leading to baccalaureate degrees and offers 11 master's degrees, and five doctoral degrees. More than 3,500 students are enrolled at Findlay, and the University is nationally recognized by U.S. News and World Report and the Princeton Review.

## Roger Williams University announces 2021 graduates

BRISTOL, R.I. — The following local residents were among the students who received their degrees in May as part of the Class of 2021: Sandra Ghobrial of Uxbridge, graduates with a M.S. in Cybersecurity Haley Reese of Uxbridge, graduates Summa Cum Laude with a B.S. in Biology Jennifer Roy of Uxbridge graduates with a M.S. in Criminal Justice Victoria Stoddard of Charlton graduates with a B.S. in Marine

Biology Nathan Tetreault of Charlton graduates with a B.S. in Marketing Tessa Wise of Charlton graduates Magna Cum Laude with a B.S. in Biology About RWU With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct

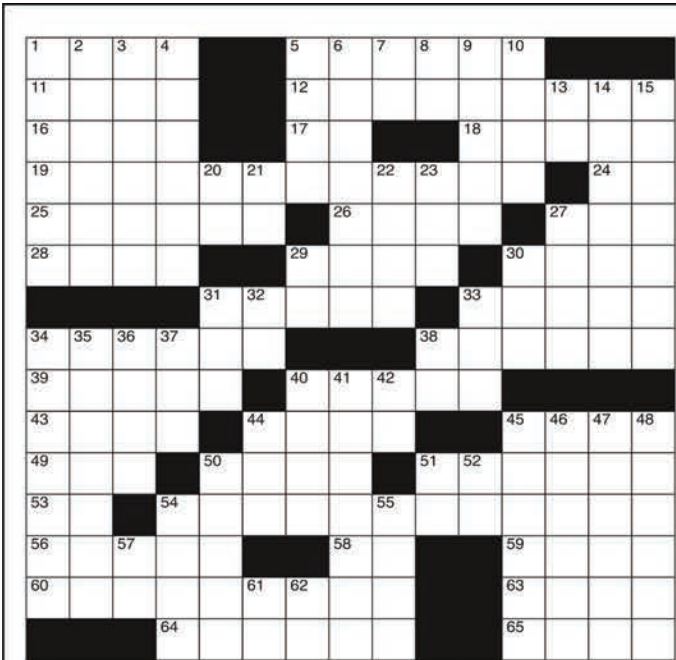
access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today's employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

## Roger Williams University announces Spring 2021 Dean's List

BRISTOL, R.I. — Select students have been named to the Spring 2021 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester. Jaylin Bodell of Uxbridge Jessica Lee of Uxbridge James Richardson of Uxbridge

About RWU With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000

undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today's employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.



- CLUES ACROSS**  
1. College group  
5. Small morsels of food  
11. Actress Dunham  
12. Puts a limit on  
16. Used for baking or drying  
17. Commercial  
18. Zookeeper Bindi  
19. Walk in one's sleep  
24. The Great Lakes State  
25. Winter sport  
26. A thin layer on something  
27. Peacock network  
28. Give birth to a lamb or kid  
29. "Too Scared to Cry" author  
30. Nose  
31. Friend  
33. Country music legend Haggard  
34. Curved
38. More deformed  
39. Bleated  
40. Set on its end  
43. An aspect of Ra  
44. Releasing hormone (abbr.)  
45. Harsh, grating noise  
49. \_\_ Francisco  
50. Common Japanese surname  
51. Punish with an arbitrary penalty  
53. Football position (abbr.)  
54. Not in the know  
56. African antelope  
58. Popular tech (abbr.)  
59. Baseball teams get three of them  
60. Make up one's mind  
63. \_\_ Spumante (Italian wine)  
64. Martens  
65. Susan and Tom are two

- CLUES DOWN**  
1. Excessively showy  
2. Put an end to  
3. Blood disorder  
4. Ingredient in wine  
5. Shellfish  
6. Made smaller  
7. We  
8. The Treasure State  
9. \_\_ Ekland, actress  
10. Male parent  
13. One hundredth of a watt (abbr.)  
14. Dish of minced meat  
15. Smothered laugh  
20. Article  
21. Atomic #12  
22. Small parrot  
23. Fictional "Star Wars" planet  
27. French wine grape  
29. Football stat (abbr.)  
30. Sound unit  
31. Where you sleep  
32. University of Dayton
33. Miller beer offering  
34. Feel embarrassed  
35. Able to be estimated  
36. Commune in NW France  
37. Adult female chicken  
38. Intergovernmental organization  
40. Archaic term for until  
41. That which is not sacred  
42. Sound made in speech  
44. Handgun (slang)  
45. Fill up again  
46. Evoke or awaken  
47. Beam Me Up, \_\_!  
48. Spider wasp genus  
50. Headress  
51. Exclamation of surprise  
52. Of I  
54. Figures  
55. Men's fashion accessories  
57. Indicates position  
61. Megabyte  
62. The Prairie State



## Trinity Catholic Academy honor roll

SOUTHBRIDGE — Trinity Catholic Academy has released its honor roll for the third trimester of the 2020-2021 school year.

**Grade 4**  
High Honors: Layla Beu, David Gil  
Honors: Chloe Cahill, Sarah Clark, Lucas Cournoyer, Sofia Henao, Fernandez Kinuthia, Lily Nellis, Kylar Norris, Anthony Postale, Kerstin Smaltz

**Grade 5**  
High Honors: Alivia Gauvin, Oliver MacDonald  
Honors: Jameson Durocher, Matthew Ehrhard, Aedyn Esser, Issayris Gonzalez-Rivera, Heather Kennedy, Isabella Lamica, Olivia Neuenschwander,

Nolan Smeltzer  
**Grade 6**  
High Honors: Apollo Logan  
Honors: Elliot Gaspar, Michael Gasperini, Melany Ngo, Iban Pelaez, Isabel Raczkowski, Yashvi Swadia, Nico Yacavace  
**Grade 7**  
High Honors: Anika Ferrantino  
Honors: Charles Congdon, Colin Ladd, Amari Pereira, Nicholas Sargent

**Grade 8**  
High Honors: Luisa Henao, Elena Jerez, Casey Renaud, Ava Simon, Havish Swadia, Manaali Vaidya  
Honors: Summer Hudson, Jennalee Rousseau

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



# Springfield College recognizes Dean’s List students

SPRINGFIELD — Springfield College Recognizes Dean’s List Students for the 2021 Spring Semester.

Danielle Donnelly from Charlton. Donnelly has a primary major of Athletic Training.

Allison Prew from Uxbridge. Prew has a primary major of Health Science/ Occupational Therapy.

Lauren Silbor from Uxbridge. Silbor has a primary major of Physical Education.

Cassidy Clinton from Uxbridge. Clinton has a primary major of Rehabilitation and Disability Studies.

The criteria for selection to the Dean’s List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework

for the term, exclusive of “P” grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.

# Ryan W. Paxton named to President’s List at Western New England University

SPRINGFIELD — Western New England University (WNE) is pleased to announce that Ryan Paxton (BSE in Civil Engineering/Environmental Engineering Concentration program) of Uxbridge, has been named to the President’s List for the Spring Semester 2021. Students are named to the President’s List for achieving a semester grade point average of 3.80 or higher.

A model for the “New

Traditional University,” Western New England University is among just 13% of private (5,000 students or less) institutions ranked among US News and World Report «National Universities» and a «Top 100 Engineering Program.» WNE enrolls 3,690 students, including 2,552 full-time undergraduate, in bachelor’s, master’s, and doctoral degrees at its Colleges of Arts & Sciences, Business, Engineering, Pharmacy & Health Sciences,

and School of Law.

Paxton is one of over 460 students to achieve this mark of academic excellence.

A WNE education provides career-span agility through a curriculum grounded in professional/experiential studies, enhanced by the liberal arts, and enriched by mentored research that equips graduates to adapt and succeed in the workplace of the future.

# Charlton resident named to President’s List at Dean College

FRANKLIN — Jordan Marrier of Charlton has earned a place on the President’s List for the Spring 2021 semester. Students named to the President’s List have demonstrated a series commitment to their studies while at Dean College.

Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts,

45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

BEVERLY — Endicott College, the first college in the U.S. to require internships of its students, held its 81st annual Commencement exercises on May 22. Endicott’s undergraduate, graduate, and doctoral students participated in the ceremony at Hempstead Stadium on the Endicott campus in Beverly, Mass. The commencement speaker was Dana Bash, CNN’s Chief Political Correspondent

and Co-Author of State of the Union with Jake Tapper and Dana Bash, who provided a virtual address. Bash received an honorary Doctor of Journalism, which was accepted on her behalf by Melissa Hempstead ’69, Chair of the Endicott College Board of Trustees.

Among this year’s graduates were Hailey Demers, daughter of Jill and Steve Demers of Charlton, who was awarded

a Bachelor of Science in Biology/Biotechnology; Brynne Mandeville, daughter of Tina and Paul Mandeville of Charlton, who graduated Magna Cum Laude with a Bachelor of Science in Hospitality Management; and Garrett Mandeville, also of Charlton, who was awarded a Bachelor of Arts in Liberal Studies.

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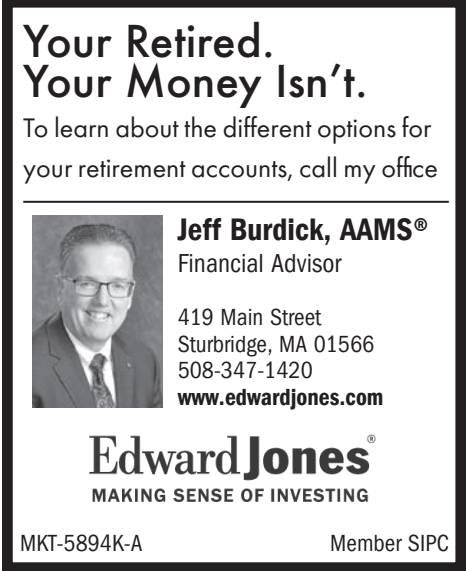
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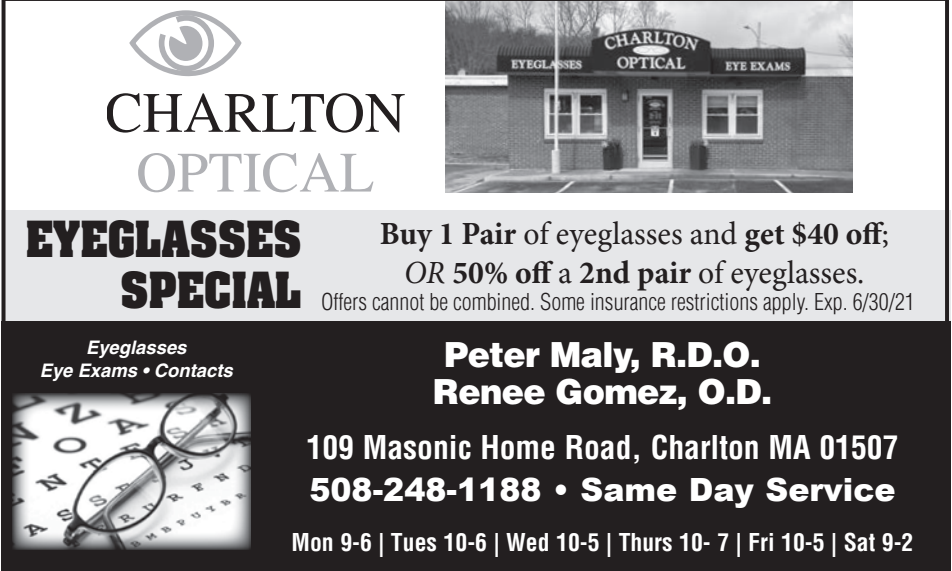


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EDITOR

# A celebration of freedom

Last week, President Biden signed legislation making Juneteenth a federal holiday. The house approved the legislation with a bi-partisan vote of 415-14. This day commemorates the actual end of slavery in our country, a day that should be celebrated by all. An entire race of people was now free, two years after Lincoln signed the Emancipation Proclamation, what's not to celebrate? If that bothers anyone, we have to wonder why. Adding a federal holiday does not negate, nor take away from any other holiday. It just doesn't.

In 1776, just under 100 years earlier, Thomas Jefferson wrote in the Declaration of Independence, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness."

However, not all Americans were 'free' until June 19, 1865, when Maj. Gen. Gordon Granger in Galveston, Texas, issued General Order No. 3, which stated that in accordance with the Emancipation Proclamation, "all slaves are free." Several months later, the 13th Amendment was ratified, abolishing slavery in the final four border states that had not been subjected to President Abraham Lincoln's order.

During that time, Union presence was weak in Texas; therefore, enforcement wasn't strong, allowing white plantation owners to continue to use slave labor. Anytime evil is undone, as it was on that day in 1865, it should be celebrated.

In current times, the goal is for all law abiding Americans to enjoy the same opportunities and rights as one another. Such a simple concept yet so many continue to feel threatened by our differences. How great would it be if everyone was just kind to each other, despite our differences, why is that so hard? The fact is, it's not hard to try to understand each other. Maybe we may never understand each other but that's ok. We can guarantee that anyone you meet, has something in common with you, even if it's something as simple as preferring Pepsi over Coke. Start there.

Make it a point this week to seek someone out who lives and feels completely different than you and just be kind to them. It is possible to have different views on different topics yet still possible to treat each other with respect and dignity. We all deserve that, no matter who you vote for, what you look like, what you do for work or who you love.

Addressing the country after signing the Juneteenth bill, the President said, "The promise of equality is not going to be fulfilled until we become real; it becomes real in our schools and on our Main Streets and in our neighborhoods."



# OPINION

VIEWS AND COMMENTARY FROM CHARLTON, CHARLTON CITY, CHARLTON DEPOT AND BEYOND

## Tips for Terrific Tomatoes

The taste of a garden tomato, warmed from the sun and plucked fresh from the vine, is a simple pleasure worth waiting all year for. While tasty tomatoes are undoubtedly the highlight of most backyard gardens, their sweet success can often be ensured with a few "tricks of the trade."



TAKE  
THE  
HINT

KAREN  
TRAINOR

**Prep Plants:** Harden off tomato plants for a week to ten days before transplanting outside. Veteran farmers advise to transplant tomatoes in late afternoon for best results.

**Deep Seated:** Growing deep, extensive roots and full leaves will help establish newly transplanted tomatoes. Many experienced tomato growers pull off the first flowers, so the plant does not devote energy to forming fruit before its roots and foliage have filled out.

**Rotation Inoculation:** Expert growers claim insect infestation and plant disease is reduced if you never plant tomatoes in the same spot more than three years in a row.

**Mulching Mix:** Mulching is an important garden task and natural mulches such as straw, leaves, pine needles and dried grass all are beneficial to tomato plants.

**Warm Up To Cool Down:** Since mulch keeps the ground cool, it's important to wait until the ground soil warms to 65 degrees before laying the mulch.

**Companion Crops:** The plants in which tomatoes keep company with can affect their growth. Tomatoes like to grow near onions, parsley, chives, garlic, and carrots. **Early Irrigation:** Water tomato plants early in the day to be sure leaves will be dry by nightfall

**Think Ahead:** Pound in stakes for future support at the same time you plant tomatoes. Waiting until later could the roots.

**Tie it Up:** Stake ties made of strips of old pantyhose or lightweight fabric won't cut into plants

**Faded Flavor:** If your tomatoes are large, but lack flavor, over watering might be the culprit.

**Fun Fact:** According to the Guinness Book of World Records, the world's largest tomato was grown by Gordon Graham of Edmund, Oklahoma and weighed 7 pounds 12 ounces.

**Freezing Tomatoes:** If you're lucky enough to have too many tomatoes to use or give away, you might want to consider freezing them. Here's how:

**Freezing Raw Tomatoes:** It is possible to quickly freeze raw tomatoes without blanching them first. They may be frozen without their skins or frozen whole with their skins. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed. Tomatoes should be washed before cutting. To wash, wet each tomato with water, rub its surface, rinse it with running water, and dry it with a paper towel. After washing, cut away the stem scar and surrounding area and discard it before slicing or chopping the tomato.

Washing tomatoes in a sink filled with water is not recommended since contaminated water can be absorbed through the fruit's stem scar. The use of soap or detergent is neither recommended nor approved for washing fruits and vegetables because they can absorb detergent residues. Tomatoes may be frozen whole, sliced, chopped, or pureed. Additionally, you can freeze them raw or cooked, as juice or sauce, or prepared in the recipe of your choice. Thawed raw tomatoes may be used in any cooked-tomato recipe. Do not try to substitute them for fresh tomatoes, however, since freezing causes their texture to become mushy. Tomatoes should be seasoned just before serving rather than before freezing; freezing may either strengthen or weaken seasonings such as garlic, onion, and herbs. Preparation. Select firm, ripe tomatoes for freezing. Sort the tomatoes, discarding any that are spoiled. Wash them in clean water as recommended above. Dry them by blotting with a clean cloth or paper towels.

**Freezing Whole Tomatoes with Peels:** Prepare tomatoes as described above. Cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers. Seal tightly. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

**Freezing Peeled Tomatoes:** If you prefer to freeze peeled tomatoes, you can wash the tomatoes and then dip them in boiling water for about 1 minute or until the skins split. Peel and then freeze as noted above.

**Lifespan:** To extend the lifetime of frozen foods maintain good quality, package foods in material intended for freezing and keep the temperature of the freezer at 0 degrees F or below. It is generally recommended frozen vegetables be eaten within about 8 months for best quality.

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

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

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

## Declare your financial freedom

Independence Day is almost here. And as we make progress in moving past the COVID-19 pandemic, more of us will be able to enjoy Fourth of July activities. However, you observe the holiday, it's important to recognize all the liberties we enjoy in this country. But you may still need to work at one particular type of freedom – and that's financial freedom. How can you achieve it?



FINANCIAL  
FOCUS

JEFF  
BURDICK

There's no one instant solution. But you can work toward financial independence by addressing these areas:

**Retirement savings** – Approximately 45% of Americans think the ideal retirement involves "enjoying my well-earned freedom," according to the March 2021 Edward Jones/Age Wave Four Pillars of the New Retirement study. But when you're retired, the risk to this freedom is obvious – the paychecks have stopped but the bills haven't. Furthermore, you could spend two or three decades in retirement. That's why it's so important to contribute as much as you can afford to your tax-advantaged retirement accounts, such as your IRA and your 401(k) or another employer-sponsored plan. At a minimum, put in enough to earn your employer's matching contribution, if one is offered. Whenever your salary goes up, try to increase the annual amount you put in your 401(k) or similar plan. And if appropriate, make sure you have a reasonable percentage of growth-oriented investments within your 401(k) and IRA. Most people don't "max out" on their IRA and 401(k) each year, but, if you can consistently afford to do so, and you still have money you could invest, you may want to explore other retirement savings vehicles.

**Illness or injury** – If you were to become seriously ill or sustain a significant injury and you couldn't work for an extended period, the loss of income could jeopardize your ability to achieve financial independence. Your employer may offer disability insurance as an employee benefit, but this coverage is typically quite limited, both in duration and in the amount of income being replaced. Consequently, you may want to consider purchasing private disability insurance. Keep in mind that this coverage, also, will have an end date and it probably won't replace all the income lost while you're out of work, but it will likely be more expansive and generous than the plan provided by your employer.

**Long-term care** – Individuals turning 65 have about a 70% chance of eventually needing some type of long-term care, such as a nursing home stay or the assistance of a home health aide, according to the U.S. Department of Health and Human Services. And these services are quite expensive – the average annual cost for a private room in a nursing home is more than \$100,000, according to Genworth, an insurance company. Medicare typically covers only a small part of these expenses, so, to avoid depleting your savings and investments (and possibly subjecting your grown children to a financial burden), you may want to consider long-term care insurance or life insurance with a long-term care component. A financial advisor can help you choose a plan that's appropriate for your needs.

By addressing these areas, you can go a long way toward attaining your financial independence. It will be a long-term pursuit, but the end goal is worth it.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edwardjones.com*

## I'm still here!

I'm sitting here surrounded by love. Noah is on my left and Caleb on my right, sitting on the sofa. The doorbell just rang and Noah leaps to his feet ... pizza!

If circumstances were different, it would be a typical Friday night, but tonight everyone is feeling a bit subdued. Last week I shared with you my health news. The outpouring of love has been overwhelming. I will not possibly be able to respond to all the email and social media messages. Just know I'm grateful for each and everyone.

I'm not a fatalist. Yes, I'm in hospice, and yes, I'm told that I'm dying, but I struggle to believe that it's the final word. I'm fighting to stay alive. I will forever be a "prisoner of hope," and I'll never stop hoping for life here on earth, and my ultimate hope is in the promise of Heaven.

So many of you ask, "How do you cope with knowing you are going to die?"

A dear old friend, Roger Roussell sent me this quote ...

*"Nothing in life is to be feared. It is only to be understood."*

Marie Curie



POSITIVELY  
SPEAKING

GARY W.  
MOORE

I understand the cold-hard truth that we are all going to die. Some sooner than others, and I suppose I'm on that sooner list. I cope because I know I can rely on God's promises. If not, I'm sure I'd be a mess. I can cope because I've known this day was coming for over a year and I'm ready. I'd rather not go, but Cancer is a killer and we've exhausted all our possibilities that we are aware of today. Tomorrow may be a different story. I have hope that before I die, there will be a breakthrough that gives me more time. If not, that's okay too. I've lived a big happy life. I have a beautiful and independent family that will carry on.

Last night a tornado passed my daughter's home within a few blocks and cut a devastating path leaving 34,000 without power. The damage and death toll are

still not known. The difficult reality with this life is that it's never if hardship or tragedy will come, but when. These moments are never easy, and these moments bring about grief, pain, trauma, and heartache. When these moments come, we all reach a crossroad - how will we respond?

To be hope-filled, positive, and optimistic is not to ignore the hardship, but it's to face it head on. It's a decision to take the bull by the horns (or the cancer!) and give the best fight we've got all the while choosing to cling to hope and embrace the everyday joys of life.

It isn't if... but when hardship comes. How will you respond?

Since it truly is a choice we make. Why would we choose otherwise?

Today I choose hope, joy, and gratitude.

*Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @ GaryW Moore721 and at www.garyw-moore.com.*





# The heat is on — and so is the fog



THE GREAT  
OUTDOORS  
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RALPH  
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The summer heat is on for the next two months, and boaters need to be aware of the thick fog at this time of year. Although I do not like fishing in the fog, I rely on my GPS to keep me safe, and navigate the ocean waters that I enjoy fishing. For years I navigated the ocean using a compass and was not comfortable when the fog rolled in. None of my fishing buddies were much help, and relied on me to keep them safe.

There was one time when we were fishing in the five cottages area of Rhode Island, fishing for fluke. My two fishing buddies each had two lines out while I had one. We had two drift socks out to slow down our drift. The thick fog rolled in right after we got set up to start adrift, and I mean thick fog. We could hear the fog horn at the Galilee break wall, but we could also hear a strange sound coming closer to our boat. I started blowing my horn to alert the captain of the other vessel. I finally realized it was a large boat heading in our direction. I told the guys to be ready for a possible collision. “Thug Thug Thug” from the engine of the other boat, got closer every second, and I quickly started my motor.

Like a ghost ship, we suddenly spotted the hull of a large sailboat headed right at us. We all started yelling as loud as we could. I quickly threw my 175 hp motor into forward gear, but we did not move to fast because we still had two drift socks out. The hull of the massive sail boat barely cleared the stern of our boat as we all kept yelling at the top of our voices. Suddenly a voice from



This week’s picture shows Byron Crampton with a nice size striper last week while fishing aboard Fishnet Charters, with Captain Mel True, Jr.!

the other vessel wanted to know what all the yelling was about. “Are you Nuts?” I replied. “You darn near ran us over.” Obviously, he was navigating on auto pilot, with no one at the helm. He sure ruined our day! We decided to call it a day!

A couple of times, we near got run over by the Block Island speed ferry ,and had to make fast adjustments to our course. Both times, it was extremely foggy. Just because I had a good GPS to navigate with, it did not keep us safe from other boats that take little care in their navigation. One buddy of mine that often fished with me would not go out if it was foggy. If the fog rolled in while we were out fishing, he would demand that we head in. I did not comply one day and he never went fishing with me again. Big Baby!

Captain Mel True of “Fish Net Charters” sent along this week’s picture of a large striper which was released after a fast photo shoot. All the stripers his clients caught were released because of the slot limit. I do not know who dreams up all of these crazy regulations, but it is not done by responsible biologists. Politics!

Another local angler and his brother had to cancel their planned striper fishing trip to the Cape last week. They both enjoy surf fishing for stripers on the cape, but the beaches were shut down because of the shore bird called the “Piping Plover.” It is nesting season, and these endangered birds’ nest along the sandy beaches. It seems like a bit of overkill, when they shut down a lot of the coastline to fishing.

My brother Ken and his wife Debby

made another trip to the Quabbin Reservoir last week and caught numerous lake trout on their fishing trip, that has become an annual event.

They rent a boat at gate 8 for around \$25, which is equipped with a four-stroke motor and six gallons of gas. It is the price for the rental on week-days, and it also has the reduced price for seniors. Sometimes, it pays to be old. The lake trout were averaging 21 inches plus. Bass fishing is also great this time of year at the Quabbin Reservoir!

Unfortunately, you need to have your boat washed prior to launching because of fear that you may have an invasive weed stuck to the bottom of your boat. The outrageous price of \$80 to wash your boat prior to fishing needs to be done every time you plan to fish the Quabbin, if you use your boat in another body of water prior to your trip.

Drivers need to be aware of the high population of deer in local covers. Deer are just about done having their young at this time of year, and their fawns are out exploring their surroundings. This past week, I was in the area of the Nelmore Co. in North Uxbridge when I spotted a young fawn in the road. The young deer had extremely wobbly legs, and near fell down twice before it wandered off into a small patch of woods. It sure was not very old. I am sure the mother was not far away. Numerous reports of small deer in backyards have also been reported in the last few weeks. It is best to leave them alone, and they will have a better chance of survival.

Local freshwater bass fishing has been nothing but fantastic in the valley area, and freshwater anglers are still catching some nice trout. Deep trolling lakes and ponds, are producing the most trout.

Take A Kid Fishing & Keep Them Rods Bending!

## Managing insects on vegetables and herbs

Homegrown fresh vegetables not only taste better; they are more nutritious. Plus, you can control what products are applied to the plants to control insect pests and disease.

The first steps to growing a productive vegetable garden and protecting your harvest begin with proper planning and care.

Select the most disease-resistant varieties available when planning your garden. Then plant them in properly prepared soil with the amount of sunlight they require. Provide the necessary ongoing care and your plants will be healthier and better able to tolerate pest problems.

Even when you do everything right; problems can still arise. It’s just a part of gardening.

Further reduce the risk with regular visits to the garden. Check along the stems and under the leaves for any clues that insect pests have moved into your garden. It is much easier to manage small populations of harmful pests than after they have had time to rapidly reproduce.

At the same time, look for lady beetles, green lace wings and other good guys that eat a variety of garden pests. Leaving a few pests to attract these good guys is often an easy, yet effective way to manage the harmful ones.

Enlist the help of songbirds by attracting them with birdbaths and feeders. Many birds supplement their diets with



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

insect protein. Just protect young seedlings as many birds also like fresh greens.

If you need to lend nature a hand, remove small populations of insects by hand or use a strong blast of water to knock aphids and mites off plants. This is often enough to manage the damage and minimize their impact on your garden harvest.

Barriers of floating row covers can keep cabbage worms, onion maggots, Japanese beetles, and some other insects from laying eggs on their favorite plants. Cover the plants with the fabric at planting, anchor the edges and leave enough slack for plants to grow. Uncover flowering plants as soon as blossoms appear if bees are needed for pollination.

Set out yellow bowls filled with soapy water. The yellow attracts aphids and some other harmful pests. The insects gravitate toward the yellow, then crash into the soapy water and die.

If the problem insects are winning the battle, you may be tempted to reach for chemical controls. Instead, look for the Organic Materials Review Institute (OMRI) certification on product labels. This independent non-profit organization reviews products for use in organic gardens, production, and processing.

Summit Year-Round Spray Oil (SummitResponsibleSolutions.com) is an OMRI-certified product labeled for use on fruits and vegetables as well as ornamentals. It controls mites, aphids, thrips, and other insects and can be



Lady beetles are one of the good guys, helping to control populations of aphids and other harmful insect pests in the garden.

applied right up to the day of harvest.

As always, read and follow label directions for any organic, natural, or synthetic chemical used. Heeding label directions ensures safe application and effective control.

By working with nature and investing some time and creativity you can safely minimize insect problems and maximize your garden’s harvest.

Melinda Myers has written more than 20 gardening books, including *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 Summit for her expertise to write this article. Myers’ Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

## Local students graduate from Plymouth State University

PLYMOUTH, New Hampshire — More than 670 students received degrees from Plymouth State University on Saturday, May 8, 2021. The following local students earned degrees:

Bryana Reardon of Uxbridge graduated with a Bachelor of Fine Arts in Fine Arts.

Jessica Rousakos of Charlton graduated with a Bachelor of Science in Nursing.

Sally Cederberg of Charlton graduated with a Bachelor of Science in Social Work.

Staci Segalla of Uxbridge graduated with a Bachelor of Science in Adventure Education.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

## Local student receives degree from Quinnipiac University

HAMDEN, Conn. — Jennifer Wade of Webster received a Bachelor of Science in Nursing from Quinnipiac University during commencement ceremonies held in May:

About Quinnipiac University Quinnipiac is a private, coeducation-al, nonsectarian institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 9,715 students in 110 degree programs through its Schools of Business, Communications, Education, Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts and Sciences.

Quinnipiac is recognized by U.S. News & World Report and Princeton Review’s “The Best 386 Colleges.” For more information, please visit [qu.edu](http://qu.edu). Connect with Quinnipiac on Facebook and follow Quinnipiac on Twitter @QuinnipiacU.

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ON DEPOSIT

**DUDLEY** - 12 Susan Drive! Ideal 7 Rm Split! Beautifully Landscaped 18,615' Lot including a Heated In-Ground Pool w/Pool House! Fully Appliance Kitchen w/Corian Counters, Island, Hrdwd Floor & Door to the Deck! Dining Rm w/Hrdwds & Slider to Deck overlooking the Pool! Living Rm w/Bay Window, Brick Fireplace w/Wood Pellet Insert & Fujitsu Wall Mount A/C Split Unit! 3 Comfortable Bdrms all w/ Double Closets, Spacious 12x16' Master! Hallway Full Bathrm w/Skylight & Door to the Master! Lower Level 13x24' Family Rm w/Recessed Lighting! Convenient Half Bath! 2 Car Heated Garage! Many 2018 Updates - Roof, Siding, Windows, Buderus Furnace, Hot Water Super Store, Oil Tank & Pool Liner! Out Back a Garden Area & Storage Shed! Town Services! Won't Last! **\$377,000.00**

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

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

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LISTING

OPEN HOUSE • 6/27 1-2:30

Putnam Ct - 89 Perry Street Unit 250 Heritage Pines Condo Town House - Everything one would expect and then more! 4 bedrooms, 3.5 baths, all Hardwood floors, granite, stainless steel appliances, central air, 2 decks, 2800 sq ft +/- of finished living area., and so much more!  
**\$329,900.**

June Cazeault • Laurie Sullivan • Matthew Ross • Lori Johnson-Chausse • William Gilmore II • Brian Bohenko

## WATERFRONT THOMPSON - BECOLA RD



ON DEPOSIT

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

## FEATURED NEW LISTING - WEBSTER - 22 ELAINE STREET



Bonnett Acres - Beautiful Residential Neighborhood! 3 bedroom Ranch, Hardwoods, cabinet packed kitchen! Tile bath, partially finished lower level! 20' X 12' deck! Garage! all on a nice level lot. Private well plus town water & sewer! a must see  
**\$255,000.**

## FEATURED NEW LISTING - WEBSTER - 135 LAKE STREET



by natural gas. Spacious Rooms, High Ceilings, Impeccable hardwood flrs & solid doors, granite tops, laundry hookups in ea. unit. Incredible Common Areas to Enjoy like the L-Shaped Covered Farmers Porch! Level Lot!

2 THUMBS UP! A RARE FIND! A TRULY ABOVE AVERAGE-TOP NOTCH-HIGH QUALITY-TWO FAMILY! SPACIOUS, CLEAN, UPDATED & EXTREMELY WELL MAINTAINED! Apt# 2 - 1,536 SF+ & 3 BRs on the 2nd Flr. Apt# 1 - 1,290 SF+ & 2 BRs on the 1st floor. Perfect setup for the INLAWS or MORTGAGE HELPERS. 1st Flr. HWBB By Oil, 2nd Flr apt. HWBB

**\$399,900.**

## WEBSTER - 99 UPPER GORE ROAD



SORRY, SOLD!

Location! Scenic, Upper Gore! "BIRDS EYE VIEW" of Webster Lake! Spacious Tr-Level. 2,279 sq. ft., 4 BRS, 1 full Bath, 2 half baths. Inground pool. 2 Car Garage  
**\$275,000.**

## WEBSTER - 155 THOMPSON ROAD



SORRY, SOLD!

Terrific opportunity for one Large business or Several businesses. 4784 sq bldg. Zoned B5. Off 1395 exit 1. High Traffic & Visibility. Excellent Location!  
assisted sale **\$695,000.**

## SHREWSBURY • 15 ABBEY LN UNIT 15



SORRY, SOLD!

Detached Condo Brand Spankin New - 2 Bedroom, 2 Bath, all Hardwood Flrs, Granite C-tops Throughout, Crown Mouldings Raised panels, Chair rails Picture-Frame Mouldings. Central air/Vac. High end Appliances Packed!  
assisted sale **\$480,000.**

## WORCESTER - 28-L BOSTON AVE



SORRY, SOLD!

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

## WEBSTER • 233 - 235 NORTH MAIN STREET



SORRY, SOLD!

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

## On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

## Webster Lake - 100 Lakeside Ave



SORRY, SOLD!

**WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS!** Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind. Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a .25 acre level peninsula, 180' +/- prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplaced living room, gourmet kitchen, lake facing dining, formal dining room, media room & spacious 1st floor guest BR Suite w/private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! Remember, Timing Is Everything!  
**\$1,075,000.**



## Webster - 401 Treasure Island Condo

WEBSTER LAKE! Treasure Island Townhouse! UNIT# 401 end unit. Year round enjoyment! Quiet summers on big & beautiful Webster Lake! 6 Rooms Appliance Kitchen. Open Floor Plan! Dining Area. Hardwood Floor & Carpet. Master Bedroom, W/2 Closets, Master Bath! 2-1/2 Baths Total! Slider to Deck & Slider to the Patio! Central Air! Central Vac! Very efficient natural gas heat & hot Water! 2 Boat Slips D10 & D11 in the Private Marina. Heated Pool! Natural Sandy Beach!  
**\$439,000.**



## Open House Directory

(C) Condo	(X) Condo	(M) Multi-Family	(T) Townhouse
(B) Business	(U) Duplex	(S) Single Family	(D) Adult Community
(P) Land	(L) Mobile Home	(A) Apartment	(W) Waterfront

ADDRESS STYLE TIME PRICE REALTOR/SELLER/PHONE

SUNDAY, JUNE 27

## PUTNAM, CT

89 Perry St # 250 C 1-2:30 \$329,000 Hope Real Estate Group  
Heritage Pines Lauri Sullivan 508-525-0611



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Maria Reed 508-873-9254

ReMax Advantage 1

25 Union St., Worcester MA 01604



Licensed in MA &amp; CT



## DUDLEY

~ 3 Family ~

Available for owner occupant,  
Sided, Off-street parking,  
2 bedroom each unit, Fantastic yard  
**42 Mill St. ~ \$379,900**



**Dudley:** Foundation for single family, Plans available, Water/Sewer, Now is a great time to see this property  
**Alton Dr - \$149,900**



SOLD

**Holland:** 3 Bedrooms, 2.5 Baths, Fireplace, Deed beach rights  
**23 Bernice Rd - \$300's**



2 Bedrooms, New windows and sliders, Recent carpentering, Garage  
**815 Beacon Park- Unit 203**

To have your open house listed in this directory.  
Please contact June Simakauskas 508-909-4062



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## 1-800-536-5836



## GIANT Yard Sale

**St. Roch Church**  
**June 26th**  
**8 AM - 2 PM**  
**334 Main St., Route 12**  
**Oxford, MA 01540**

## THE ANNUAL MULTI-FAMILY YARD SALE

at the top of Morris Street and neighboring streets in Southbridge is back and will be held **beginning at 9 a.m.** **Saturday, June 26.**

There is no rain date. Lots of treasures to be found at really cheap prices.

*Stop by and see for yourself.*

## ESTATE SALE

**July 3rd**  
**8am - 1pm**  
**Cash and carry only**

**87 Thurston Ave,**  
**Whitinsville MA**

## NOW HIRING

**MULTIPLE POSITIONS**

**\*\*\*SHOP FABRICATION\*\*\***  
**\*\*\*\*\*INSTALLATIONS\*\*\*\*\***

HIGH SCHOOL GRADUATE, LICENSE WITH RELIABLE TRANSPORTATION, AND MUST BE ABLE TO READ A TAPE

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## FREE ESTATE SALE

**JUNE 26 AND 27**  
**STARTING AT 9AM**  
**21 MAPLE STREET**  
**WEST BROOKFIELD, MA**

FURNITURE, WOOD, NICNACKS, TOOLS, HOUSEHOLD ITEMS, DISHES, WINDOWS, DOORS, SHUTTERS, AND MORE

## ITEMS FOR SALE

Nordic Track GX5 Pro **\$250.00**  
Dining Table and Chairs **\$150.00**  
Large Wood Cradle **\$60.00**  
Single Wood Chairs **\$25/each**  
1998-1992  
Auto Repair Manual **\$50.00**  
1965 Jules Feiffer  
Hard Cover Comic Book **\$50.00**  
Elvis Presley  
Cardboard Silhouette **\$40.00**  
Elvis Presley Card Collection **\$75.00**  
1923 Printers Specimen Book Catalog **\$100.00**  
Printers Antique Drawers **\$25.00/each**  
1953-1961 National Archives  
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Many Commercial Light Fixtures  
Wood Tea Cart **\$75.00**  
Coffee Table **\$75.00**  
Small Wood Trunk **\$75.00**  
Rocking Chair **\$60.00**  
**Call 508-764-4458**

## Trailer For Sale

with enclosed porch located at Indian Ranch, Webster, site G13. Completely furnished. All appliances included and extras. Refrigerator, combo wash/dry, A/C, Heat. View at [www.indianranch.com](http://www.indianranch.com).

**Contact Arthur or Sage 508-892-4576.**

## TOWN OF SPENCER

**Minutes Clerk:** The Town of Spencer seeks a Minutes Clerk (12 hours/month) to transcribe minutes for the Conservation Commission, Planning Board, and Zoning Board of Appeals. Position requires three years of clerical experience, excellent writing and typing skills and proficiency in Microsoft Office applications. Submit resume and standard town employment application form, available at [www.spencerma.gov](http://www.spencerma.gov) to the Office of Town Administrator, Town of Spencer, 157 Main St., Spencer, MA 01562. Starting salary is \$16.50 per hour. EEO Employer. Position will remain open until filled.

## APARTMENT FOR RENT

**7 Lyon Street**  
**SOUTHBRIDGE**  
first floor, 3 bedroom, no pets, non smoker  
\$800/month  
**Call 508-764-6425**

## BROOKFIELD APARTMENT FOR RENT

1 Bedroom Studio Apartment  
1st Floor Gas Heat  
Appliances included,  
**NO DOGS,**  
Available now,  
References required  
**\$550/month**  
**Call JD 413-262-5082**

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Green or Seasoned  
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## Assistant Treasurer/Collector Town of Charlton

The Full-time Assistant Treasurer/Collector assists the Treasurer/Collector in providing high-level financial, administrative and technical work involving the receipt of money and the collection of all taxes due to the town. Bachelor's degree in accounting, finance, or related field; a minimum of five years' experience in a municipal position; or any equivalent combination of education and experience. Massachusetts certification as Treasurer and Tax Collector preferred, but not required. Please see job description for complete list of qualifications and responsibilities.

Salary range: \$25.33 - 27.96 hourly depending on qualifications. Please apply online at <https://www.townofcharlton.net/158/Human-Resources> no later than June 29, 2021

*The Town of Charlton is an equal opportunity employer and encourages diversity.*

## FOSTER PARENTS WANTED:

Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need. 24/7 Support Generous Reimbursement, \$1000 Sign-On Bonus. Call For Details.

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## JOB FAIR – JUNE 29th

**Join the Green Gold Team!**  
**Green Gold Group will be having a Job Fair on Tuesday, June 29th from 4:30-7:30pm at the Sturbridge Host Hotel and Conference Center,**  
**366 Main St. in Sturbridge.**

Green Gold Group is seeking hardworking, dedicated team members for exciting new roles in the regulated cannabis industry. Available roles include cultivation, harvest, packaging and trim team members, lab technician/extraction artist, assistant store manager, budtender/retail team, security/transport team and kitchen team. All positions subject to background check/CORI.

Masks must be worn if the individual is not fully vaccinated and hand sanitizer will be provided.

**Don't miss out on this exciting opportunity to join the Green Gold team!**

## Brimfield Family looking for Companionship/Caretaker

Must be kind, caring responsible compassionate, with no history of drugs, smoking or drinking. For live-in help position. Job is full-time. Must drive. Job responsibilities: Companionship, Housekeeping, Shopping/Errands. Pays \$150 Monthly

**For more information call 413-544-0806**

## SOUTHBRIDGE, MA Second floor Two bedroom apartment FOR RENT

\$780 with a month-to-month lease signing, first last and security deposit required, Credit check also required

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## Silver Fox Bus Lines

We are looking for Full Time & Part Time Bus Drivers. Current CDL Class B with airbrakes and Passenger Endorsement required. Our facility is located in Millbury, MA. Please leave a message for Keith, Mon-Fri 9am-4pm at 508-865-6000 x214.

**Equal Opportunity Employer**  
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## DOUGLAS PUBLIC SCHOOLS CUSTODIAN POSITIONS

**2 Full-Time Custodian positions**  
**High School (2:00 PM - 10:00PM)**  
**Primary/Middle Schools (10:00AM - 6:00PM)**  
**Hours & school building are subject to change.**  
**Positions are open til filled. Interested candidates should send a letter of interest, resume, and three recent letters of recommendation to:**  
Jeffrey Kollett, Facilities Manager, 21 Davis Street, Douglas, MA 01516

**We are also looking for substitute custodians on an as needed basis**

All appointments are conditional based on a satisfactory CORI and SAFIS Background check per 603 CMR 51.00. The Douglas Public Schools is committed to maintaining a work and learning environment free from discrimination on the basis of race, color, religion, national origin, pregnancy, gender identity, sexual orientation, marital/civil union status, ancestry, place of birth, age, citizenship status, veteran status, political affiliation, genetic information or disability, as defined and required by state and federal laws. Additionally, we prohibit retaliation against individuals who oppose such discrimination and harassment or who participate in an equal opportunity investigation.

## The Spencer Housing Authority is seeking candidates for the position of Executive Director.

The Spencer Housing Authority is seeking an experienced administrator for leadership and management of its programs, properties, and contracts.

The Authority manages 177 state aided elderly/handicapped units, 8 family units, and an 8-unit Department of Developmental Services home. The agency also administers 51 AHVP (Alternative Housing Voucher Program) vouchers and 5 MRVP (Massachusetts Housing Voucher Program) vouchers.

Minimum requirements: A minimum of five years' experience in housing management, community development, public administration, or a closely related field. Knowledge of the principles and practices of housing management, finances, and maintenance systems in public and private housing. Excellent written and verbal communication skills required. Knowledge of laws regulating State housing programs. Experience working with people of various socio-economic backgrounds. Certification as a Public Housing Manager is desired or to be obtained within one year of employment.

The salary range is from \$76,887.60 to \$90,456.00 depending on experience and certifications and in accordance with the DHCD Executive Director Salary Schedule/Calculation worksheet. The work week is 37.5 hrs. per week with full benefits.

To apply please submit cover letter and resume to [charlene.kaiser@spencerhousing.org](mailto:charlene.kaiser@spencerhousing.org), addressed to the Spencer Housing Board of Directors. A full job description is available upon request. at this email address.

The deadline for resumes is July 9th by close of business day. Late applications will not be accepted.

The Spencer Housing Authority is an *Equal Opportunity Employer*.

# StonebridgePress.com





### ANIMAL FACT:

WHICH MARINE ANIMALS ARE THE LARGEST IN THE OCEANS?

ANSWER: GIANT SQUID AND BLUE WHALE

### What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

**A**

**B**

Answers: 1. Birds in sky 2. Polka dots on girl's swimsuit 3. Missing items in background 4. Woman has straps on swimsuit

### THIS DAY IN... HISTORY

- **1870:** THE UNITED STATES DEPARTMENT OF JUSTICE IS CREATED.
- **1911:** GEORGE V AND MARY OF TECK ARE CROWNED KING AND QUEEN OF THE UNITED KINGDOM.
- **1969:** THE CUYAHOGA RIVER CATCHES FIRE IN CLEVELAND, OHIO.

### New Word

**MARINE**  
found in or produced by the sea

### How they SAY that in...

**ENGLISH:** Ocean  
**SPANISH:** Océano  
**ITALIAN:** Oceano  
**FRENCH:** Océan  
**GERMAN:** Meer

### Did You Know?

SMALL TUBE FEET ON THE UNDERSIDE OF SEA STARS HELP THEM TO MOVE ACROSS THE OCEAN FLOOR.

### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: SEA TURTLE

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to safety.  
Each number corresponds to a letter.  
(Hint: 12 = T)

**A.** 8 1 13 12 10 23 25

Clue: Care taken

**B.** 14 24 23 12 21 8 12

Clue: Prevent harm

**C.** 10 25 2 13 24 9

Clue: Damage or hurt

**D.** 6 1 26 21

Clue: Protected

Answers: A. caution B. protect C. injury D. safe

## HIRING EVENT!

**ON-SITE INTERVIEWS - HIRING ON THE SPOT!**

**RNs CNAs LPNs COOKS**  
**TUESDAY, JUNE 29TH • 1PM-4:30PM**  
in the Health Center Lobby

*Each applicant will receive a \$5.00 Dunkin' Gift Card!*

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# Where does lost weight go?

Obesity is a significant threat to public health. The World Health Organization says global obesity rates have nearly tripled since 1975. There are now more than one billion overweight adults across the globe, and at least 300 million people are classified as clinically obese.

Many people want to lose weight and unhealthy fat for personal reasons or at the suggestions of their doctors. Weight loss often involves a combination of increasing exercise and decreasing calorie consumption. As excess weight starts being shed, it becomes evident that a biological process is taking place.

Many people refer to it as burning calories. But fat loss is a complicated process that's spawned various misconceptions.

### Breathing to lose weight?

Many people may not know that a lot of the fat lost during weight loss efforts occurs through simple breathing. According to Live Science and a 2014 study from researchers at the University of New South Wales, the body stores excess protein or carbohydrates in a person's diet in the form of fat, specifically triglycerides, which consist elementally of hydrogen, carbon and oxygen. When people lose weight, triglycerides are breaking up into these building block elements through oxidation.

The researchers found that, during oxidation, triglycerides are used up in a process that consumes many molecules of oxygen while producing carbon dioxide and water as waste products. The study found that, during weight loss, 84 percent of the triglyceride fat that is lost turns into carbon dioxide and leaves the body through the

lungs. The remaining water may be excreted as sweat, breath or tears, or come out in urine — water excretion is the lesser-known component of the biological process.

Researchers who authored the University of New South Wales study determined that, when 22 pounds of fat are oxidized, 18.5 pounds of it leaves the body as exhaled carbon. The amount of carbon that is lost can be increased through exercise, according to Medical News Today. By substituting one hour of moderate exercise (like jogging) for one hour of rest, a person can increase his or her metabolic rate of triglyceride usage sevenfold.

Carbon excretion also occurs during sleep, while sitting and doing daily

Many people may not know that a lot of the fat lost during weight loss efforts occurs through simple breathing.

activities. However, the amount excreted during these activities is minimal and can be offset by eating too much food. Simply breathing more and faster during regular activities is not recommended, either, as doing so increases the risk for hyperventilation.

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Weight is commonly lost by expelling carbon dioxide through breathing. Moderate exercise facilitates such weight loss.

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SUDOKU

			5	6				9
		1	3	2				7
8	7				9			
5	2							8
3								
	8		1		2			
					5		7	
				3				2
		4				6		

Level: Intermediate

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Here's How It Works:

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3	8	9	1	6	2	9	1	6	8	3
2			9	4	9	3	7	8	8	1
1			4	7	1			3	2	6
5	6	3	2	7	2	1	7	2	3	9
4	2	4		7	2	4		6	5	8
8	9	1	6	3	1	6	8	3	1	9
6	3	6		2	3	6		9	1	3
7	4	7		5	4	1	9	2	3	6
9	1	9		8	5	4	7	6	9	1

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