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Friday, April 2, 2021

Historical Commission presents Preservation Awards

STURBRIDGE — The Sturbridge Historical Commission presented Preservation Awards to the owners of 29 buildings for maintaining their properties with minimal or no changes to the façade of their buildings, including one for historic reconstruction. Each owner received a Preservation Award Certificate, a commemorative plaque, and a copy of the survey of their property.

The Historical Commission received funding from the Community Preservation Commission (CPC) for a survey conducted in 2017 by the Pioneer Valley Planning Commission (PVPC). This survey covered over 100 buildings with a concentration on those 50 years old and older outside of the Common and the



Farmers to Families distribution event planned in Charlton

BY KEVIN FLANDERS
STAFF WRITER

REGION — Local volunteers are teaming up with the USDA to offer a Farmers to Families Food Box Program this month.

Food box distribution events will be held on April 15 and April 29 at the 508 International site in Charlton (219 Brookfield Rd.). Each program will take place from 10 a.m. to 2 p.m., with fresh food products provided free to those in need.

The events were organized in coordination with the USDA. Although both programs will take place in Charlton, residents in need from throughout the region are invited to attend. Because there will only be 400 food boxes distributed each day, pre-registration is required for both sessions. Residents are encouraged to sign up as early as possible.

“This is a great way for us to help get food out to those in need,” said Michael McGrath, who volunteers at the local Chip In Food Pantry and also serves on its board of directors.

Several other food pantry volunteers are also involved in the local Farmers to Families Food Box Program. Not only does it assist area residents in need, but also farmers offering fresh local produce.

“This program started last year to help the farmers out. Because of the pandemic, restaurants stopped getting products from farmers [during the height of COVID-19 restrictions],” McGrath said. “We wanted to get the word out about this to people in the area.”

Residents may sign up ahead for both of the Farmers to Families distribution days this month.

Turn To **FOOD BOX**, page **A9**

Fiskdale sections of Town. Lake communities and agriculture related buildings were highlighted. In 2018 the Historical Commission received a grant from the Massachusetts Historical Commission matched by the CPC to survey another 100 plus buildings which was conducted by Professional Archaeological Laboratory (PAL). The second survey highlighted the Fiskdale Mills community and updated some surveys from the 1970s of the Common. The results of the Sturbridge surveys are on the Historical Commission’s webpage and the Massachusetts Historical Commission’s MAGRIS data base.

Twenty-eight buildings from the surveys have the potential to be eligible for the National Register of Historic Places. Those buildings were chosen by the Historical Commission to receive the Preservation Awards. There are many more buildings in Sturbridge that may meet the National Register criteria. Future surveys will help to make those determinations. Owners may also initiate the research and process independently.

To be eligible for the National Register of Historic

Turn To **PRESERVATION AWARDS**, page **A9**

Baker lays out vaccination timeline

BY KEVIN FLANDERS
STAFF WRITER

REGION — Last week, the Baker-Polito Administration announced the vaccination timeline for all remaining residents.

On March 22, all residents age 60-plus became eligible to receive the COVID-19 vaccine. On April 5, all residents 55-plus will become eligible, as well as residents with one medical condition.

On April 19, the general public will be able to schedule a vaccine appointment (ages 16 and older). The full vaccine timeline is available at www.mass.gov/COVIDVaccinePhases.

“The Administration has received assurances from

the federal government that an increased vaccine supply will be available to states soon,” Gov. Charlie Baker said. “Depending on supply, it could take weeks for people to be notified that an appointment is available at a mass vaccination site.”

Officials expect that more vaccination sites will come online in April.

Last week, the state received approximately 170,000 first doses of the vaccine, including 8,000 doses of the J&J vaccine. In total, the Commonwealth received 316,000 first and second doses as part of the latest state allocation.

The state is also adding more mobile vaccination

Turn To **VACCINATIONS**, page **A9**

Masons present long overdue awards



Courtesy

From left to right: RW. Chris St. Cyr receiving his Jewel from Bro. Rick Lavergne with Wor. Larry Burbridge and 24th Masonic District Deputy Grand Master RW. Anselme B. Maxime overseeing the presentation.



Courtesy

From left to right: RW. Raymond Benoit receiving his 50-year Masonic Veteran Medal from 24th Masonic District Deputy Grand Master RW. Anselme B. Maxime.

SOUTHBRIDGE — On Monday, March 1, a group of Master Masons, family and friends and dignitaries gathered at the Quinebaug Masonic Lodge in Southbridge to witness the long-awaited presentation of the Junior Grand Warden (JGW) Jewel to Right Worshipful Chris St. Cyr. and a 50-year Masonic Veterans Medal to RW. Raymond Benoit.

St. Cyr has been a JGW appointed officer from the Grand Masonic Lodge in Boston since December of 2019. Normally when a Master Mason is elected to this prestigious position

there is a big reception and plans are made for his reception to receive his Jewel symbolizing this honorable position. When the Covid-19 pandemic started in March of 2020, Gov. Baker put in place restrictions and guidelines for large gatherings which canceled his planned reception. Fifteen months later, with some restriction being lifted with social gathering for meetings RW. St. Cyr was finally presented his JGW Jewel by Quinebaug Masonic Lodge Past Masters and Bro. Rick Lavergne. Our Lodge members are immensely proud and honored to present this

long awaiting Jewel to Junior Grand Warden RW. Chris St. Cyr. of the Grand Masonic Lodge of Boston.

Also presented was a 50-year Masonic Veterans Medal to RW. Raymond Benoit, who was also our Past 24th Masonic District Deputy Grand Master. It is always a special moment when we present a 50-year Masonic Veterans Medal to Master Mason who served their country with honor and distinction. If you would like more information about Freemasonry, go to www.massfreemasonry.org and to find a lodge nearest to you.

Quinsigamond Community College offers assistance to Becker students

WORCESTER — Quinsigamond Community College is opening its doors to Becker College students after learning of the College's closing at the end of the Spring 2021 semester.

"It is with a heavy heart that we learned of the impending closing of Becker College, one of the oldest institutions of higher education in our region. Becker has made a profound and lasting impression on our community and many QCC transfer students," said President Luis G. Pedraja, Ph.D.

QCC has developed a transfer agreement and memorandum of understanding (MOU) with Becker College to assist current Becker students in seamlessly continuing their education. This agreement is for all current Becker students in programs transferrable into QCC's comparable programs that include:

- Associate Degree in Business Administration Transfer
- Associate Degree in Criminal Justice
- Associate Degree in Early Childhood Education
- Associate Degree in Early Childhood Education Birth – Eight Years Old
- Associate Degree Nurse Education

- Associate Degree Nurse Education – Evening

"We are here to offer Becker College students a way to achieve their higher education dreams," President Pedraja said. "We want to ensure that no one is left behind because of circumstances beyond their control. We worked diligently on this transfer/MOU agreement and while this agreement does not include all programs at Becker, we will endeavor to enroll and support all transfer students and those who were considering Becker in the fall."

In addition to the programs listed in the MOU, many of Becker's programs can easily transfer to QCC, such as its well-known video-game design program. QCC already has a robust gaming program, as well as an esports team, formed during the start of the pandemic.

QCC offers strong financial support to its students and many attend for free by qualifying for financial aid. Since the onset of the COVID-19 pandemic, the College has increased its financial support to students, by way of \$2.4 million in federal emergency funds from the Higher Education Emergency Relief Fund

II, authorized by the Coronavirus Response and Relief Supplemental Appropriations Act (CRRSAA), and \$1 million in institutional funds. QCC also has a Student Emergency Fund available to current students in significant hardship due to the pandemic, regardless of citizenship, residency or enrollment status. All current and prospective Becker students will be offered the same financial supports and services, and will have the ability to transfer to other four-year institutions once they complete their education at QCC.

"Becker students and their families are not without options and we will be here to support them every step of the way," President Pedraja said.

For more information, visit <https://www.QCC.edu/becke>.

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508.854.7513 or jmartin@qcc.mass.edu

Quinsigamond Community College freezes tuition rates for 2021

WORCESTER — Quinsigamond Community College has announced it will freeze its tuition and fees in 2021.

"We are committed to making college affordable for anyone who wants to better their lives through higher education," said President Luis G. Pedraja, Ph.D. "We want to remain the most cost-effective higher education option in our area, which is why we are proactively keeping our tuition rates the same for our students."

Recognizing the Coronavirus/COVID-19 pandemic has affected many students and their families who lost jobs or had their hours reduced, QCC has also made emergency funds available. These funds can assist students in paying bills, obtaining laptops, Wi-Fi and other basic life and educational necessities, to help offset some of the financial burdens brought on by the pandemic. Since the pandemic began last March, QCC has worked on innovative ways to help its students with the new financial challenges they faced that

included increasing financial aid through state, federal and institutional funds, as well as a Student Emergency Fund available to all current students in immediate hardship due to the effects of the pandemic.

"Attaining a higher education has positive, lifelong implications to students and their families. Higher education can rise people from poverty, improve our economy and make our nation stronger," Dr. Pedraja said, adding, "Higher education is a right of all."

QCC's online associate degree programs were ranked in the top five for best return on investment by OnlineU.com, an unbiased rankings organization that compares all online colleges and universities in the country.

Registration for Summer/Fall begins on March 29 for returning students and April 12 for new students.

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

Chamber to host Candidates Night in Sturbridge

STURBRIDGE — The Chamber of Central Mass. South will host a forum between the four Sturbridge selectmen candidates on April 7 from 7 to 8:30 p.m. at the Sturbridge Town Hall. Each candidate will make brief opening statements and field questions developed by the Chamber's Board and Executive Director. Sturbridge residents will also have the opportunity to pose questions live during the forum via text message. Due to the Town Hall being closed to the public, residents will not be allowed to attend the debate in person.

Moderated by the Chamber's Executive Director Alexandra McNitt, the forum will be broadcast live on Sturbridge CCTV and periodically rerun until the election on April 12. The four candidates for Sturbridge Selectman are Chase Kaibenski (incumbent), Michael Suprenant (incumbent), Priscilla Gimmas and Jamie Goodwin.

"It has been several years since we hosted a candidates forum like this," said McNitt. "With a larger than usual field and restrictions on gatherings, we thought this would be a good opportunity to provide Sturbridge residents with a chance to learn more about the candidates."

The leading advocate for local business since 1945, The Chamber of Central Mass South serves the towns of Sturbridge, Southbridge, Charlton, Brimfield, The Brookfields, Holland, Spencer, Wales, Warren and Northern Connecticut and is an affiliate of the Worcester Regional Chamber of Commerce. Visit the Chamber of Central Mass South online at cmschamber.org or reach the office at 508-347-2761.

Webster Public School Department



School Lunch

<p>Cafeteria Worker, Park Ave - 2 Positions Schedule: M-F 10:00-1:00 (15 hrs.) Rate: \$14.25/hr. *these 2 positions will primarily deliver meals to classrooms Start Date: ASAP</p> <p>Breakfast in the Classroom Worker, Park Ave - 1 Position Schedule: M-F 7:30-10:30 (15 hrs.) Rate: \$14.25/hr. Start Date: ASAP</p>	<p>Cafeteria Worker, Webster Middle School - 1 Position Schedule: M-F 8:00-11:00 (15 hrs.) Rate: \$14.25/hr. Start Date: ASAP *this position is primarily a kitchen prep position</p> <p>Cafeteria Worker, Bartlett High School - 1 Position Schedule: M-F 9:30-12:30 (15 hrs.) Rate: \$14.25/hr. Start Date: ASAP</p>
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Please apply to: Attn: Lori Marrazzo
Webster Public Schools, 77 Poland Street, Webster, MA 01570
For questions about positions please call or email Ellen Nylen at 508-943-0104 ext. 40016 or enlyen@webster-schools.org
*At this time all positions run through the end of the school year.

Pet of the Week

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Size: Medium
Age: 10 years

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Award-winning author to speak on opioid epidemic

WORCESTER – Worcester County District Attorney Joseph D. Early, Jr. will be hosting a virtual event on April 15 with award-winning author Sam Quinones to discuss the opioid epidemic.

Mr. Quinones will discuss the current state of the opioid epidemic, including the illicit drug market, the lawsuits against the pharmaceutical companies, and the stigma that still persists around the disease of addiction.

“Sam is a national expert on opioids and addiction and this discussion will provide invaluable insight on the current state of affairs and

what we can all be doing to help those struggling with substance use disorder,” Mr. Early said.

The author previously visited Worcester County in 2017 at the invitation of Mr. Early to discuss his book, “Dreamland: The True Tale of America’s Opiate Epidemic,” which detailed the rise of the opioid epidemic in America. This talk will focus on his research beyond “Dreamland,” which was published in 2015.

The event on April 15, which will feature a discussion between Mr. Early and Mr. Quinones, will be held virtually on Zoom and is open

to the public. The talk begins at 1 p.m. and will include a public question period. For registration information, contact Elisabeth.Haddad@mass.gov.

The COVID-19 pandemic has highlighted the continued need to work on the opioid epidemic. The Centers for Disease Control reported 81,000 overdose deaths in a 12-month period ending May 2020, the largest in a year-long period ever recorded. Locally, the most-recent numbers from Massachusetts show 2,020 overdose deaths statewide in 2019, including 267 in Worcester County.

Mr. Early has been passionately

committed to addressing the opioid epidemic. In 2015, he formed the Central Mass. Opioid Task Force, which is now more than 600 members strong. Since then, he’s obtained multiple federal and state grants to work with partners across the county and support local interventions for those suffering from substance use disorder. He’s funded Narcan for first responders, prescription drop boxes in local police departments, school prevention programs to teach students the dangers of drugs, and expanded drug diversion programs in county courts. Last year, Mr. Early’s office purchased and launched the use of Critical Incident Management Systems (CIMS) software to help police track overdose incidents and get victims into treatment.

Edward Street hosting children’s art exhibit

WORCESTER — To celebrate the annual Week of the Young Child™, April 10-16, Edward Street is presenting a young children’s art exhibit entitled “Spring is Bursting Out All Over!” which will be held in the Printer’s Building Hallway Gallery at 50 Portland St. in Worcester.

The exhibit is not only an opportunity for the young artists to display their creations but also for the public to discover the developmental stages of young children’s creative expression and how this impacts their artwork.

The artwork will highlight each of the following age groups.

- 0-15 mo.

- 15 mo.- 2.9 yrs.
- 2.9-4 yrs.
- 4-6 yrs.
- 6-8 yrs.

Six area childcare centers submitted over 160 pieces for the exhibit. Participating childcare centers are Webster Square Day Care Center, Rainbow Child Development Center, YWCA of Central MA Inc., Worcester Comprehensive Education and Care Inc., Guild of Saint Agnes, and Children’s Friend Early Learning Center.

Ten pieces, from each age group, will be displayed in the gallery, and all of the artwork can be viewed online at edwardstreet.org.

The gallery will be open from 9 a.m. – 4 p.m., Monday through Friday starting April 5 and continue through the month of April. The gallery may be accessed from the 50 Portland Street entryway – press 011 to gain entry. You may also visit the gallery by appointment on Wednesday evenings from 4 to 7 p.m. Indoor gathering limits are four to five people at a time. Please contact Toni Ostrow at tostrow@edwardstreet.org to make an appointment.

This exhibit has been funded, in part, by a grant from the Worcester Arts Council, a local agency, which is supported by the Mass Cultural Council, a state agency.



ACCURACY WATCH

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

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

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

Brimfield Senior Center to offer grief support workshop

BRIMFIELD — Have you lost someone close to you recently? A spouse, a partner, a child, a parent, or a sibling? Come be a part of a new eight-week grief support workshop facili-

tated by Rev. Dawn M. Adams at the Brimfield Senior Center.

During our time together, we will share stories and work together to help one another regain some bal-

ance.

We will meet May 3, 10, and 24; June 7, 14, and 28; July 19; and Aug. 2 from 10:30-11:30 a.m. at the Senior Center, located at 20 Main St.

Pre-registration is necessary. To register or for further information, contact the Brimfield Senior Center at (413) 245-7253.

Sturbridge-Part-Time Reception-Processor

Small insurance agency in Sturbridge, MA looking for a Part-time morning receptionist 9am-1pm M-F.

Needs to be processor reliable, organized, personable, detail oriented individual, who can maintain a flexible schedule.

Must have good working knowledge of word, excel and outlook.

Email resume to: siacobucci@mccurdyinsurance.com

Gustav Masch Jimenez named to Dean’s List at Lehigh University

BETHLEHEM, Pa. — Dean’s List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to Gustav Masch Jimenez of Guatemala, in the Fall 2020 semester.

For more than 150 years, Lehigh University (lehigh.edu) has combined outstanding academic and learning opportunities with leadership in fostering innovative research. The institution is among

the nation’s most selective, highly ranked private research universities. Lehigh’s five colleges - College of Arts and Sciences, College of Business, College of Education, College of Health, and the P.C. Rossin College of Engineering and Applied Science - provides opportunities to more than 7,000 students to discover and grow in an academically rigorous environment along with a supportive, engaged campus community.



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The Spencer Fairgrounds

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We will be selling tractors, farm/landscape equipment, and all types of Agriculture-related items, as well as any tools and construction-related items that are consigned at public auction. If you are seriously in the market for items of this type, or you have something you want to sell and are motivated to do so, this will be an excellent opportunity!

Consignment Contacts:

Malcolm Speicher: flat.tail@verizon.net – 508-868-8896
Donald Raucher: donraucher@comcast.net – 413-537-3177
Please contact us as early as possible with larger items to get maximum exposure.

Commission rate as follows:

- Any items that sell for \$100 or less: 20%
- Any items that sell for \$101 to \$999: 15%
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- 10% commission on the final bid of any item that doesn’t meet the consignor’s reserve.

We will be following all COVID protocols

Terms of sale: Cash/check with proper ID. Most major credit cards. 15% Buyer’s Premium. 10% for cash/check. Buyer’s Premium for items that sell for \$10,000 or more reduced to 5%. 6.25% MA sales tax. Tax exempt buyers must present a copy of their resale/tax exempt certificate.

Management reserves the right to refuse items deemed inappropriate or in unacceptable condition for sale. No consignments will be accepted the day of the auction.

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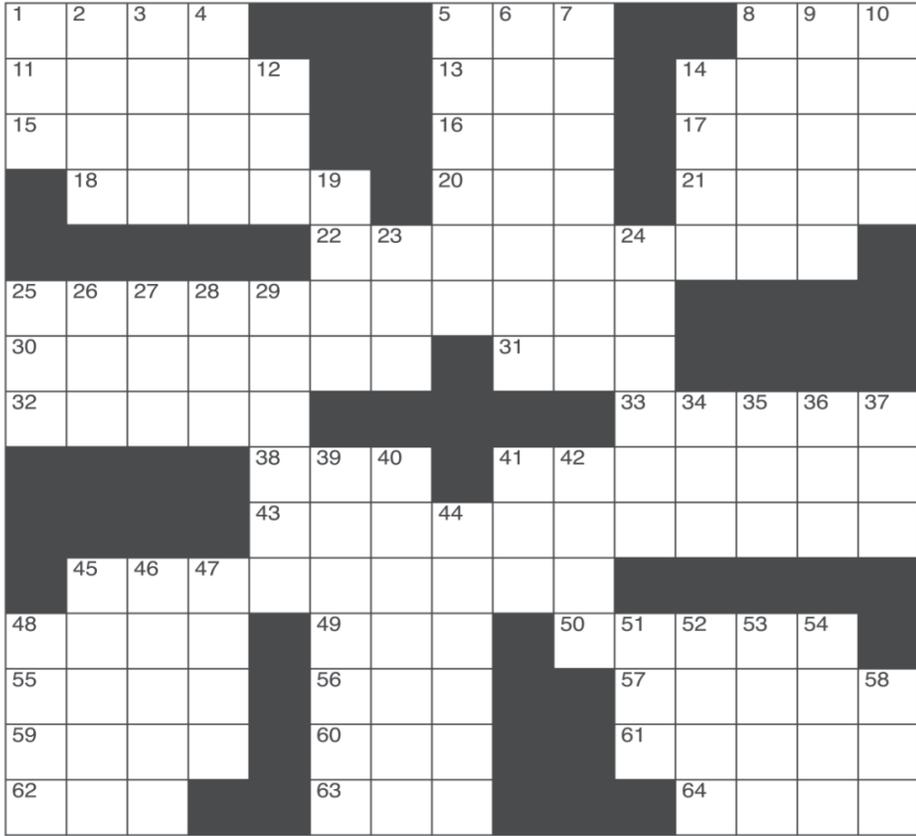
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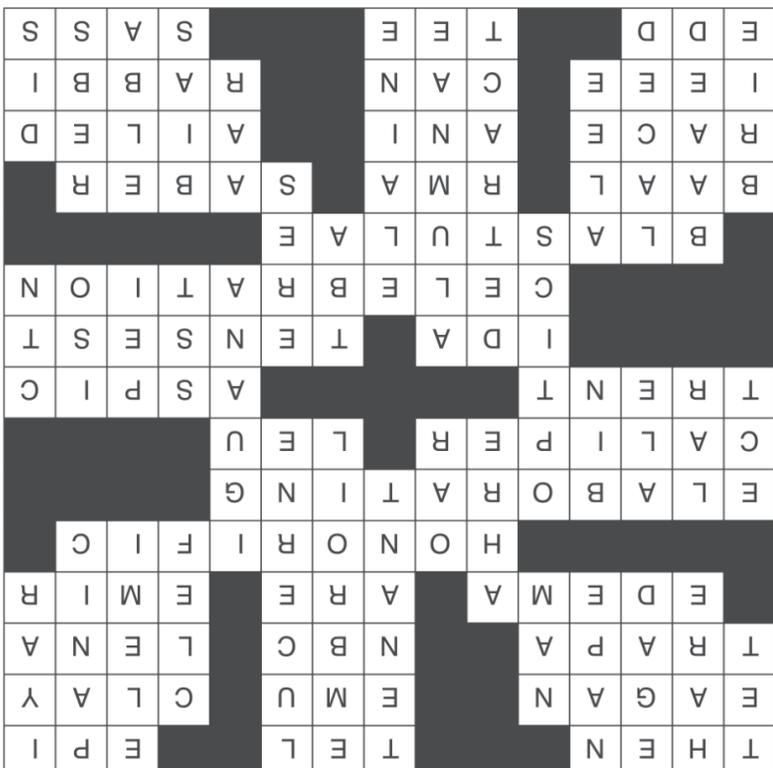
CLUES ACROSS

- 1. Now and __
- 5. Israeli city __ Aviv
- 8. Indicates near
- 11. Minneapolis suburb
- 13. Large Australian flightless bird
- 14. Fine-grained earth
- 15. Plant genus that includes water caltrop
- 16. Peacock network
- 17. TV writer Dunham
- 18. Excessive fluid accumulation in tissues
- 20. They __
- 21. Muslim ruler title
- 22. Position given in respect of
- 25. Explaining further
- 30. Measuring instrument
- 31. Romanian monetary unit
- 32. Council of __, 1545-1563
- 33. Savory jelly made with meat stock
- 38. Journalist Tarbell
- 41. Most suspenseful
- 43. Festivity
- 45. Animal embryos
- 48. Fertility god
- 49. Medical patients' choice (abbr.)
- 50. Type of sword
- 55. Competition
- 56. Bird of the cuckoo family
- 57. Afflicted in mind or body
- 59. Engineering organization
- 60. Beverage receptacle
- 61. Spiritual leader
- 62. Doctor of Education
- 63. Where golfers begin
- 64. Impudence

CLUES DOWN

- 1. Vietnamese offensive
- 2. Fast mammal
- 3. Oh goodness!
- 4. The back of one's neck
- 5. One who lives in another's property
- 6. Involve deeply
- 7. Alfalfa
- 8. Tropical tree resin
- 9. Sudden fear
- 10. Jewish religious month
- 12. Veterans battleground
- 14. Musical symbol
- 19. German river
- 23. Paddle
- 24. Lizard
- 25. Shock treatment
- 26. The common gibbon
- 27. Brew
- 28. Usually has a lid
- 29. Lenses in optical instruments
- 34. Time zone in Samoa (abbr.)
- 35. Wrinkled dog: Shar __
- 36. Denotes equal
- 37. TV network for children
- 39. Take the value away from
- 40. Female graduates
- 41. Don't know when yet
- 42. " __ tú": Spanish song
- 44. "Seinfeld" character
- 45. Bleated
- 46. Entwined
- 47. Away from wind
- 48. Soft creamy white cheese
- 51. Swiss river
- 52. Prejudice
- 53. Actor Idris
- 54. They resist authority (slang)
- 58. Speak ill of

PUZZLE SOLUTION



Brimfield Library hosting scavenger hunt fundraiser

BRIMFIELD — The Brimfield Public Library invites the community to take part in a town-wide scavenger hunt starting Saturday, April 10 and lasting through Sunday, April 25.

Individuals and families can register to participate in our first ever town-wide scavenger hunt for a chance to win the \$100 grand prize! Registrants will receive a link to a Google Form with 15 clues. They will then have plenty of time to travel around town, take pictures of their answers and upload

them to the Google form. All Registrants that have all 15 correct answers will be entered into a pool in which one winner will receive \$100.

How to register:

\$10 to register (per individual or family) Please send an email to brimfieldlibraryrequests@gmail.com to confirm your entry. Checks can be dropped off at the library or you can pay online at: <https://unipaygold.unibank.com/transactioninfo.aspx>

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STURBRIDGE 508-347-6463
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BRIMFIELD: 413-245-3451
Weekdays: 9:00 – 4:30 and Sat. 9:00 -12:00

WALES: 413-245-9808
Weekdays 8:30 – 12:30 and 2:00 – 4:30 and Sat. 9:00 – 12:00

REAL ESTATE

BRIMFIELD

\$259,875, 131 E Brimfield Holland, US Bank NA Tr, to Woodstock Golf LLC./ \$150,000, 12 3rd St, Ryan, Regina L, and Ryan, David M, to Rocha REI& Hm Improvement./ Brookfield \$572,500, 8 W Main St, Puliafico, Paul K, and Puliafico, Melissa L, to Montessori Academies

HOLLAND

\$116,000, 8 Forest Ct, US Bank NA, to Santore, Mark.

STURBRIDGE

\$680,000, 245 Walker Rd, Beaumont, Andrew E, and Beaumont, Caroline, to Pace, Linda
\$505,000, 14 Hunter Ln, Retallic, Mark T, and Retallic, Paige L, to Roelker, Michael, and Roelker, Sarah
\$423,000, 67 Fiske Hill Rd, Bay Flow LLC, to Whittemore, William C, and Wallace, Christopher W
\$180,000, 50 Hillside Dr #D, Charles B Mcdevitt RET, and Mcdevitt, Charles B, to Blackburn, Davis.
\$145,000, 51 Hillside Dr, Charles B Mcdevitt RET, and Mcdevitt, Charles B, to Rowley, John, and Rowley, Linda.
\$145,000, 53 Hillside Dr, Charles B Mcdevitt RET, and Mcdevitt, Charles B, to Rowley, John, and Rowley, Linda.

AUG 2011



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STURBRIDGE VILLAGER
PUBLISHED BY
STONEBRIDGE PRESS

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The *Sturbridge Villager* (USPS#024-955) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Sturbridge Villager, P. O. Box 90, Southbridge, MA 01550

Understanding asthma as allergy season returns



The arrival of spring and summer is typically welcomed with open arms. Warm air, green grass, colorful flowers, and, of course, vacations are just a few of the many reasons to celebrate spring and summer.

Spring and summer also marks the return of allergy season. According to the American College of Allergy, Asthma, and Immunology, allergies are the sixth leading cause of chronic illness in the United States. A 2017 survey found that 27 percent of Canadians age 12 and older reported having allergies. For many people, allergies are a minor seasonal nuisance that are overcome by taking over-the-counter medications or staying indoors on days when allergen levels are especially high. But the World Allergy Organization notes that a history of allergies is a known risk factor for developing asthma. In fact, Statistics Canada reports that, among people diagnosed with allergies, 63 percent also reported having asthma.

What is asthma?

The National Heart, Lung and Blood Institute defines asthma as a chronic condition that affects airways in the lungs. The airways carry air in and out of the lungs, and when people have asthma, these airways can become inflamed and narrow, compromising a person's ability to breathe.

Who gets asthma?

Many asthma patients are diagnosed during childhood. The ACAAI reports that most children with asthma exhibit symptoms prior to their fifth birthdays. Asthma symptoms also may appear in adults older than 20, and such instances may be attributed to adult-onset asthma.

Certain adults may be more likely to get adult-onset asthma than others. For example, WebMD reports that women who are experiencing hormonal changes, such as those who are pregnant or in menopause, may be more likely to get adult-onset asthma.

What are the symptoms of asthma?

The ACCAI notes that it can be hard to recognize symptoms of asthma in very young children. That's because the bronchial tubes in infants, toddlers and preschool-aged youngsters are already small and narrow. Head colds, chest colds and other illnesses may further narrow these airways. So symptoms of asthma could be mistakenly associated with colds or other illnesses. A nagging cough that lingers for days or weeks or sudden, scary breathing emergencies are two symptoms of pediatric asthma. Parents also can be on the lookout for these symptoms:

- Coughing, especially at night
- A wheezing or whistling sound when breathing, especially when exhaling
- Trouble breathing or fast breathing that causes the skin around the ribs or neck to pull in tightly
- Frequent colds that settle in the chest

Like pediatric asthma, adult-onset asthma can be easy to miss. That's because of natural changes in muscles and a stiffening of chest walls, both of which are associated with aging and therefore often attributed to age. The symptoms of adult-onset asthma are similar to those of

pediatric asthma, and adults who suspect they might be experiencing asthma symptoms despite no history of the condition can ask doctors to conduct some specific tests designed to detect asthma. A lung function test and a methacholine challenge

test are two ways doctors can detect adult-onset asthma.

Allergy season has arrived, and that could make some people more vulnerable to asthma. More information about asthma is available at www.accai.org.

Friday's Child



Aylin
Age 12

Hi! My name is Aylin and I like to joke around!

Aylin is a girl of Hispanic descent with a great sense of humor who loves to draw. Those who meet Aylin immediately note her big smile, and it is clear that she takes pride in her appearance. Aylin enjoys working on craft projects, playing outside, riding her bike, and watching television. Aylin likes school and forms friendships well with additional support. She currently receives extra supports in class for social and emotional needs.

Legally freed for adoption, Aylin is very much looking forward to becoming part of a loving family. Her social worker feels that she will do best in a family with two mothers, a mother and a father, or a single mother. Aylin will do well as an only child or with siblings that are older than her. She should be the youngest in the home, if possible. A family for Aylin must support her relationship with her younger sister, as well as help her visit with her biological mother twice a year, as specified in an Open Adoption Agreement.

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.ma-reinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

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LEGALS

LEGAL NOTICE INVITATION TO BID TOWN OF CHARLTON DPW MATERIALS & SERVICES

Sealed bids, appropriately marked will be publicly opened and read in the Selectmen's Meeting Room, Municipal Office Building, 37 Main Street, Charlton MA 01507 on Wednesday, April 21, 2021 at 2:00 p.m. for the following DPW materials which will be used on approximately 10,000 linear feet of road surface.

1. Bituminous concrete, Type I, in place (**Must be pre-qualified**)
2. Full Depth Pavement Reclamation (Calcium Chloride) (**Must be pre-qualified**) all grading included.
3. Stone Seal, Double Stone Seal & 10% Asphalt Rubber Surface Treatment (**Must be pre-qualified**).

This is a state funded project that exceeds \$50,000.00, therefore, all

contractors intending to bid on Item 1 - Bituminous concrete, Type I, in place and Item 2 - Scarifying and pulverizing in place asphalt pavement, **all grading included** and Item 3 - Stone Seal, Double Stone Seal & 10% Asphalt Rubber Surface Treatment, **must be pre-qualified** by the Contract Engineer, Room 7373, 10 Park Plaza, Boston, MA 02116. With submission of the properly executed "Approval for Proposal Form" to the office of the Town Administrator, Municipal Office Building, 37 Main Street, Charlton MA 01507, the prospective bidder will be entitled to a non-transferable proposal package. Prospective bidders must obtain and utilize the bid package. The Town Administrator in the Selectmen's Meeting Room, Municipal Office Building, 37 Main Street, Charlton MA 01507, must receive sealed bids,

no later than **Wednesday, April 21, 2021 at 2:00 p.m.** **Each item shall be clearly marked in a separate envelope as to which category the bidder has chosen**, i.e. "Item 1 - Bituminous concrete, Type I, in place". Any deviations from Massachusetts General Laws, Massachusetts Highway Department requirements and proposal stipulations will result in an automatic disqualification from the bidding process.

This bid is advertised under Chapter 30; Section 39M, Chapter 149, Section 26 - 27F of the M.G.L., in reference to the prevailing wage rates. All road material work and materials shall conform to the requirements of the Massachusetts Highway Department **Standard Specifications for Highways, Bridges and Waterways**. All bids must be submitted under Chapter 30, Section 39M, which re-

quires a **bid deposit in the form of a bid bond**. The amount of such bid deposit shall be five per cent of the value of the bid.

Within ten days of the notification of award, the contractor is required to provide a security bond under section twenty-nine of Chapter One Hundred and Forty Nine, for 50% of the contract award

All bids are effective April 21, 2021 and expire April 2022.

Any questions should be directed to Gerry Foskett, DPW Superintendent at 508-248-2212.

The Town Administrator reserves the right to waive any minor informality in the bids and reject any or all bids and to make awards in a manner deemed to be in the best interest of the Town.

April 2, 2021

April 9, 2021



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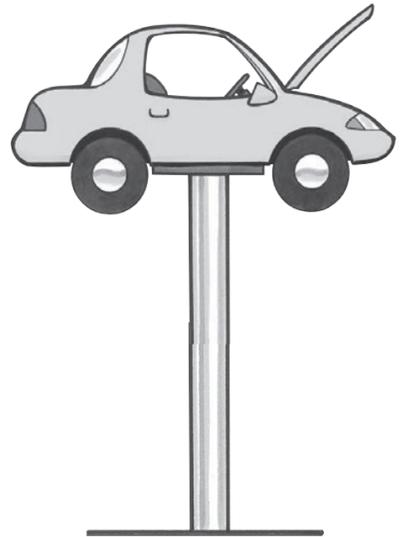
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BRENDAN BERUBE
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EDITORIAL

Springtime legends

The first day of spring just passed us by on March 20. Now that we are over the hump and into the rainy, sunny, snowy, muddy bit we thought we would share some fun myths surrounding this blooming time of year.

The first story begins with Persephone and Demeter. Persephone was the goddess of spring and holds the most well known story of the season to date. Persephone is the daughter of Demeter, the goddess of agriculture and Zeus, the king of the gods. Persephone married Hades who kept her hidden against her will. Demeter set off to find her daughter and for every minute she was lost, not a crop would grow. Zeus then ordered his daughter to remain in the underworld for half of the year because she ate all of the fruit (pomegranate seeds), the other half of the year she spent with her mother. The idea is that every time Persephone goes into the underworld, winter arrives and the crops die, when she is with her mother, crops bloom.

According to Cherokee legend, the reason trees lose their leaves in the fall is because of the communication between animals and humans. Apparently, animals were able to communicate with humans and the world was utopian. Every year the birds would fly south for the winter. During one particular year, a sparrow who was injured was not able to fly south, he sent his flock ahead without him so the would not freeze, meanwhile he sought shelter. The bird flew to an old Oak tree and was told that he could not seek shelter in its branches, the same thing happened with every tree the bird visited until he was finally granted permission to stay in a pine tree. The pine tree, not popular with the others because of its hard, sharp leaves welcomed the little bird. The sparrow was forever grateful.

The sparrow survived the winter and welcomed his family home during the warmer months. Because the other trees, turned on the Sparrow during a most vulnerable time, the creator cursed their leaves to die during the winter except for the pine tree.

The Shinto Sun Goddess and Bringer of Light, Amaterasu, according to legend, is in control of the sun's movement to insure rice and other crops will grow. This goddess is well known for her ability to spin satin. Her fame caused her brother Susanoo, the god of storms, to become extremely jealous. The angry deity destroyed his sister's weaving loom and wrecked her rice fields. The rampage caused one of Amaterasu's closest friends to parish, as a result she locked herself inside a mountain resulting in the disappearance of light. Because of this, crops would not grow. Uzme, the goddess of laughter traveled to the mountain where Amaterasu was hiding. She placed a shiny necklace on a tree, then began to dance causing the other gods to laugh. When Amaterasu heard the laughter she peeked out of her cave and slowly began to walk towards the necklace. At this, Uzme had the cave blocked and light was restored to the world.

Some actual facts concerning the spring season are as follows; in 1582, if Pope Gregory XIII would not have established the Gregorian calendar, then every 128 years, the vernal equinox would have come a full calendar day earlier, which would put Easter in the middle of winter.

The famous myth about being able to balance an egg on its end on the spring equinox is not true. Attempting to balance an egg on its end is no easier on the spring equinox than on any other day.

During the springtime, birds are louder as they sing to attract mates and to warn enemies to steer clear.

The term "spring fever" refers to the psychological and physiological symptoms that go along with the arrival of spring, which include, daydreaming and restlessness. Over the years, scientists surmise the cause in the hormone shift could be due to the increase in sunlight and increased physical activity.

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Care for spring flowering bulbs



Melinda Myers

Providing proper care to tulips and other spring flowering bulbs will extend your enjoyment and keep them coming back for years.



GARDEN MOMENTS
 MELINDA MYERS

Bright yellow daffodils, colorful tulips and fragrant hyacinths brighten our spring gardens. Give them the care they need to extend their spring display and keep them coming back for years.

Hybrid tulips and hyacinths are short-lived stars of the spring garden. They bloom profusely the first spring, but the number of flowers decline each year. You may want to treat these like annuals, carefully removing them from the garden to avoid damaging any remaining plants. Toss these in the compost pile and start planning for their replacements. It is a great opportunity to try something new and freshen the look of your spring garden. If you are looking for a permanent replacement, consider using species tulips that are less floriferous but return each year.

Add a few years to the life of hybrid tulips and daffodils and get the most from all your long-lived spring flowering bulbs with proper care. Water spring gardens thoroughly whenever the top few inches of soil are crumbly and just slightly moist. Spring rains often take care of this task, but when they don't it is easy to forget to provide spring gardens with the water they need. Providing the right amount of water when needed will keep your bulbs looking their best.

Bulbs often receive sufficient nutrients at the time of planting or when the other plants in the garden are fertilized. Apply fertilizer to established bulb plantings, if needed, as the leaves begin to emerge from the soil. Use a low nitrogen, slow-release fertilizer to encourage slow steady growth. Follow

the label directions so you apply the recommended amount for the area you are fertilizing.

Remove spent flowers on tulips and hyacinths you plan to keep so the energy is directed back into the bulbs instead of setting seeds. Do the same if you want to improve the appearance of daffodils. Leave allium seed heads in place to extend their beautiful contribution to the garden. Remove these before they drop their seeds if you want to limit the number of seedlings sprouting in next year's garden. The same is true for grape hyacinths and squills. The only reason to remove their faded flowers is to slow down the spread.

Leave the leaves on your bulbs until they naturally yellow and dry. The leaves produce energy needed for beautiful blooms next spring. The longer you leave the leaves intact, the more energy and better bloom for next season.

Hide the declining bulb leaves by planting annuals between the bulbs. Or add perennial flowers that return each year for a more permanent solution. As the bulbs decline, the perennials will grow and mask the declining foliage. Try mixing spring flowering perennials for double the impact or combine with summer and fall bloomers to extend the floral show.

Take some pictures of your spring bulb display and make notes of the areas where you want to add some color. Then order early for the best selection and to make sure you are ready for bulb planting season next fall.

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 also a columnist and contributing editor for Birds & Blooms magazine. Her Web site is www.MelindaMyers.com.

"You ain't nuthin but a hot dog?" Those are fighting words in ChiTown!



POSITIVELY SPEAKING
 GARY W. MOORE

For the love of the dog... My parents were both small town kids. My mom from Sand Springs, Oklahoma and dad from Sesser, Illinois. Their move to the far south suburbs of Chicago in 1953 to find work must have been a culture shock of great magnitude.

So, I was born and raised within the gravitational pull of the Windy City on beautiful Lake Michigan. To my brother, sisters, and I, our many trips into what was at the time, the second largest city in America, seeing the Chicago skyline as it appeared and grew on the horizon was like driving to the magical city of Oz. Breathtaking.

I've written of my love of Chicago pizza and the Chicago Cubs. Somehow, I've skipped over my passion for the best hot dogs in the universe ... Vienna Beef, served Chicago Style.

I can hear the collective gasps of my friends and neighbors on the East coast. "Vienna what?" They'll ask, then claim, "Nathan's is the best dog around." And rest assured, I love Nathan's. But there is just something special... familiar... a

Chicago Style Vienna Beef dog is my comfort food.

What is "Chicago Style" and where did it begin?

The Vienna Beef website offers this historical beginning...

"The Chicago Style hot dog got its start from street cart hot dog vendors during the hard times of the Great Depression. Money was scarce, but business was booming for these entrepreneurs who offered a delicious hot meal on a bun for only a nickel. The famous Chicago Style Hot Dog was born!"

The style itself is extremely specific and no deviation is allowed. Make a small addition, omission, or change of any kind and you have committed sacrilege. It's Chicago way or the highway. I'll try to describe it for you without drooling all over my keyboard.

This delicacy begins with a Vienna all beef hot dog mounted upon a poppy seed bun. Then add bright yellow mustard (yes, the color and shade do matter). Chopped onions, Vienna brand bright green relish (same color as the Chicago River on St. Patrick's Day), two Italian pickled sport peppers (hot Serrano), two wedges (not chopped) of tomato, a long slice or wedge (no fancy wavy or crinkle cut) of kosher/deli dill pickle, topped off by celery salt sprinkled the length of the bun. The most important admonishment is no ketchup! You can have ketchup with your fries, but you are required to keep it at least twelve inches from

Turn To MOORE, page A9

How much risk should you take before retirement?



FINANCIAL FOCUS
 JEFF BURDICK

How much risk should you take before retirement?

If you're planning to retire in just a few years, you may be getting excited about this next phase of your life. However, your ability to enjoy retirement fully will depend, at least partially, on the resources you can draw from your investment portfolio. So, while you still have time to act, ask yourself if you're comfortable with your portfolio's risk level.

Your relationship with risk can change noticeably over time. When you started saving for retirement, you may have been willing to take on more investment risk, which translated into a relatively high percentage of stocks and stock-based mutual funds in your investment portfolio. As you know, stocks offer the potential for greater returns than other assets – such as bonds and certificates of deposit (CDs) – but they are also typically more volatile and carry more risk. But when you were many decades away from retirement, you had sufficient time to recover from market fluctuations. (Of course, there are no guarantees – it's possible that some stocks will lose value and never regain it.)

Now, fast forward to where you are now – closing in on retirement. Even at this stage of your life – and, in fact, even during your retirement – you will need some growth-oriented investments to help stay ahead of inflation. Over time, even a low inflation rate, such as we've had the past several years, can erode your purchasing power.

So, the issue isn't this: "Should I get rid of all my risk?" You shouldn't – and, in fact, you couldn't, because all investments, even the ones considered most "conservative," contain some type of risk, even if it isn't the risk of loss of principal. For instance, some investments run the risk of not keeping up with inflation. Instead, ask yourself these questions: "How much risk should I take within my portfolio?" "How much risk do I actually need to achieve my goals in retirement?"

Of course, there are no one-size-fits-all answers. You'll need to look at your investment portfolio to see if it's positioned to provide you with the income you'll require in your retirement years. You might have initially based your financial strategy on a specific type of retirement lifestyle, but now that you're nearing retirement, perhaps you've changed your mind. Your anticipated new lifestyle might require either more or less income than you had originally projected – and if that's the case, you may need to adjust the risk level in your portfolio or make other adjustments.

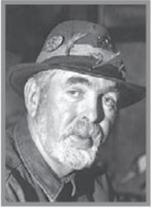
For example, suppose you had initially envisioned a rather quiet retirement, sticking around your home, volunteering and spending time with your grandchildren. But in recent years – and especially since the confinement many of us have felt during the COVID-19 pandemic – you may have thought that you'd now like to travel extensively. To achieve this goal, which will likely cost more than your original one, you may have to work longer, or invest more each year until you retire, or seek a higher return on your investments – which means accepting more risk.

As you can see, managing risk is a balancing act – and you may need to make some tough choices. But as long as you're aware of how much risk you can take, and how much risk you may need to take to reach your goals, you can develop a strategy that aligns with your objectives.

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.



Stocking the waters



THE GREAT
OUTDOORS
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Stocking trucks from Massachusetts Fish & Wildlife are busy stocking trout in many ponds and streams throughout the state. Wallum Lake in Douglas was included in the latest stocking of trout, but Rhode Island will not be stocking trout at the pristine lake until a later date, because of Covid pandemic. The state of Rhode Island's normal opening day of the second Saturday in April has been moved ahead to April 7, throughout the state. The reason being that they are hoping to keep large crowds from gathering at trout stocking sites. It is obvious that Massachusetts and Rhode Island do not work together when it comes to managing the lake! One stocks the lake with trout, and the other does not!

Wallum Lake has had very low angler turnout over the past 10 years or so. Back in the day, I would agree with their thinking, as hundreds of anglers gathered to the site for opening day of trout fishing. In my 80-plus years of fishing, I never have seen Wallum Lake not open on the second Saturday of April and feel, as many anglers do, that Rhode Island is a bit foolish in their change of opening day of trout fishing at Wallum, and all of Rhode Island trout stocked waters, because of Covid. Fishing is the safest sport when it comes to social distancing, and anglers fishing from boats are even safer. At a time when Rhode Island and Massachusetts are relaxing some of their restrictions on bars, restaurants and fitness centers, restrictions on fishermen enjoying a day on the water with friends and family seem a bit harsh. It is totally unnecessary. Remember that the daily creel limit for trout at Wallum is five fish.

The pandemic has taken a toll on a lot of activities for outdoorsmen and women this year, and people are becoming sick and tired of wearing masks. As the Secretary of the 200 sportsmen's club stated in his latest report to the club "I cannot tell if they are sticking their tongue out at me!"

Wild turkey hunting will open in Mass. on April 26 in zones 1-13, and from the looks of things, the birds are not in short supply. This past weekend, I was driving in Bellingham and had to stop for more than 20 turkeys to cross. They marched by in single file taking their sweet time. A couple of irate, impatient drivers started to blow their horn, but I held my ground. I was afraid that one of



Courtesy

This week's picture shows Rene Boucher with a five-pound rainbow trout taken at the Auburn Sportsmen's club recently. Nice fish.

them would try to pass and wipe out a few, but they waited till they all crossed. The Massachusetts youth turkey hunt will be held April 24. If you know a youngster that would like to hunt a wild turkey, make his or her day and take them out. The experience of watching a youngster 12-17 years of age harvest their first turkey, will be a rewarding experience for both of you. They are our future hunters. Be sure to read all regulations prior to hunting. More on turkey hunting next week.

The Uxbridge Rod & Gun club had more than 60 shooters at the 3-D archery shoot last weekend. Although the weatherman predicted rain for the event, the morning remained dry and allowed the archers to enjoy a great day on the archery course. A full breakfast was enjoyed by most in attendance. Numerous youngsters were also in attendance and enjoyed shooting on the course. The club is also holding an Easter egg hunt this Saturday for members and their families. A free breakfast will be served for all youngsters in attendance. Please call the club and register if you are planning to attend. The club members fishing derby is April 10, and the kid's derby is May 8.

Local sportsmen are anxiously awaiting the results of their input into the license and permit increases that were proposed recently for 2022 by MFW. Many were hoping for some bargaining room on the increases, and also make crossbows legal to anyone that wants to hunt with one, as well as making Sunday hunting on private property for bow hunters legal. Many neighboring states already have a crossbow regulation that allows any legally licensed hunter to use

one, and Sunday hunting on private property for bow hunters needs to become law. Fishing license sales have soared by 10 percent in most states in 2021.

This past week, I received the book "A Dog Called Perth" in the mail from an anonymous reader or acquaintance. I am not a big book reader, but I had to read it because it was about a beagle that was purchased by a well to do couple, that should never have purchased it. As most of my readers know, I inherited a 13-inch beagle from my wife when she passed a couple of years ago. She is great company for my 10-year-old

FOOD BOX

continued from page A1

However, each family may only pick up one box per day.

To sign up for the distribution days, residents can visit the Chip In Food Pantry's Facebook page and find the easily accessible links.

Each USDA food box contains approximately 30 pounds of food, including produce, dairy, and protein. A typical box might feature the following items: five pounds of potatoes; three pounds of onions; one pound of root vegetables, such as carrots or beets; three pounds of hand fruit, typically apples or oranges; one gallon of milk; four pounds of

VACCINATIONS

continued from page A1

clinics to support long-term care facilities, congregate care, low-income senior housing, and homebound individuals. The goal is to ensure that no seniors are denied an opportunity to receive the vaccine simply because they do not have transportation.

Looking ahead, state officials continue to rely heavily on communications from the federal level.

"Weekly allocations are subject to change based on federal availability, demand from providers, and obligations to meet second doses," Baker said. "Providers have ten days to use their doses and must meet specific performance thresholds."

In addition to the weekly state allocation of vaccines, the federal government also distributes doses to CVS Health sites as part of the Federal Retail Pharmacy Partnership.

Individuals looking to book vaccine appointments should visit www.mass.gov/COVIDvaccine.

Baker also announced a new \$24.7 million investment in the administration's Vaccine Equity Initiative. This program was created to increase trust and vaccine acceptance among residents, as well as enhanced equity across all locations and demographics.

"Recognizing equity as a critical com-

MOORE

continued from page A8

the sacred dog. There's no room for deviation here.

I see dogs as I travel claiming to be Chicago, but the slightest modification disqualifies it's claim. I was in St. Louis and a dog stand advertised Chicago Style but made two critical errors. Chopped tomato and jalapeño slices instead of sport peppers. The dog was destroyed... dead to me. I mean really... is it the Mona Lisa with a different smile? Is it the Magnificent Mile without Big John standing at the end? Some things in life require a purity about them... a tradition... knowing my dad was the first in our family to taste one and I was next. I introduced the exact same dog to my Iowa wife (she's still struggling with the idea of eating a hot dog at all). I introduced them to my kids and now to Caleb and Noah. I find satisfaction in the fact every dog, regardless of generation had the same aroma, look, texture and taste. I find joy and comfort in the consistent continuation of this Chicago tradition. It's food, it's a delicacy, it's tradition and it's artful



Courtesy

A spotted salamander that was picked up by a reader in a road and released into nearby cover.

Lab, as well as myself. Next week, I will have finished the book, and will discuss the book and its author. Stay tuned.

This week's picture shows Rene Boucher with a five-pound rainbow trout taken from the Auburn Sportsmen's Club pond recently. Nice fish. Did you know that trout purchased from private hatcheries by Rod & Gun Clubs is now \$9 a pound.

The Whitinsville Fish & Game club will hold their annual spring derby on April 17 for club members.

Take A Kid Fishing & Keep Them Rods Bending!

soft dairy, such as yogurt, sour cream, cottage cheese, or butter; one pound of cheese, such as cheddar, American, mozzarella, or parmesan; four pounds of cooked protein, such as roasted chicken quarters, ground turkey, or taco meat; and one pound of deli meat or chicken hot dogs.

Organizers are also seeking approximately twelve volunteers to help out with the program. If you are interested in volunteering, send an email to chipin-foodpantry@gmail.com.

A re-evaluation of the program will be held at the end of the month. If all is successful, the program could become more frequent or even permanent in the future.

ponent of the state's vaccine distribution plan, the Department of Public Health is working closely with 20 hardest hit communities in Massachusetts as they identify their specific community needs, further building on existing support," Baker said. "These funds will also provide direct vaccine administration to populations that are not effectively reached through existing vaccine supply channels."

State officials are also working to increase collaboration with community partners, faith-based organizations, health centers, and minority-owned business leaders, among others.

Additionally, Baker is promoting the newly created COVID-19 Vaccine Ambassador Program, which has helped residents across the state access vital information about the vaccine. The program includes a multilingual public awareness campaign, as well as volunteers tasked with helping to identify community-based solutions.

The administration's Vaccine Equity Initiative focuses on 20 cities and towns with the greatest COVID-19 case burden. They include Boston, Brockton, Chelsea, Everett, Fall River, Fitchburg, Framingham, Haverhill, Holyoke, Lawrence, Leominster, Lowell, Lynn, Malden, Methuen, New Bedford, Randolph, Revere, Springfield, and Worcester.

To learn more about the state's vaccine program, visit www.mass.gov.

PRESERVATION AWARDS

continued from page A1

Places a building, district, site, structure, or object must meet one of the following criteria: it must, be associated with a significant event in history; be associated with the lives of people significant in the past; embody distinctive characteristics in construction techniques, or other factors that make it a unique structure with historical value; or yield important information about a certain time period.

The Historical Commission presented the Harrington family, owners of the Publick House, with a preservation plaque for moving, thereby preserving, the Chamberlain Grain and Feed Barn. This historic building is part of The Sturbridge Common Historic District. The generosity of the Harrington family saved the historic barn from demolition.

Bob Briere received an award in recognition of his lifelong devotion to researching, recording, and sharing Sturbridge history. Known as 'Mr. Sturbridge,' Briere founded the Sturbridge Historical Society and has presented many programs at the Society meetings and for other groups in the area. He continues to advocate for adults and children to become involved in Sturbridge history related events. Burgess Elementary School students place flags on the graves of veterans in the Old Burial Ground as part of Memorial Day ceremonies which he coordinates. Many gravestones in the Old Burial Ground and North Cemetery have been restored and preserved due to Bob's efforts each year to solicit CPC funds to maintain these outdoor museums.

Bill Barnsely received an award for his survey of the Old Burial Ground. He spent one and a half years surveying and researching each gravestone that was on sight and ones that are missing. He delved into resources at the Joshua Hyde Library and online to find the names and dates for every person represented by a gravestone. The result is a spiral bound book that includes the names and dates on each gravestone, immediate family groups and connections, cause of death, and a map showing the location of each gravestone. A hardcopy is at the Library and in digital form online through the Library website.

The buildings that received

Preservation Awards are as follows:

- Historic Preservation Awards
- 213 Brookfield Rd. - The Eliab and Fanny Marsh House
- 142 Brookfield Rd. - The Joseph Marsh House
- 12 Champeaux Rd. - The Eli and Mary Marsh House
- 47 Farquhar Rd. - The Samuel, Jr. and Mary Morse House
- 23 Hall Rd. - The Samuel and Lucy Hobbs House
- 5 Haynes St. - The Deacon Zenas Dunton House and Barn
- 572 Main St. - The Otis Block/Blackington Building
- 530 Main St. - The Josiah Fiske House
- 541 Main St. - The Sturbridge Cotton Mills Office
- 559 Main St. - The Fiskdale Lower Mill
- 472 Main St. - The Daniel Wight House and Barn
- 473 Main St. - The John and Lizzie Hooker House and Barn
- 480 Main St. - The Snellville District #2 Schoolhouse
- 468 Main St. - The Martin L. Phillips House and Barn
- 420 Main St. - The Alpheus Wight House
- 420 Main St. - The Winthrop Wight House
- 407 Main St. - The George E. Richards House and Barn
- 307 Main St. - The Deacon Daniel Plimpton House
- 307 Main St. - The Haynes Side-Hill Barn
- 307 Main St. - The Haynes Family House
- 307 Main St. - The Haynes Carriage and Paint Shop
- 315 Main St. - The Haynes Harness and Blacksmith Shop
- 251 Podunk Rd. - The Jonas Bemis/Silverberg Family House and Barn
- 13 Podunk Rd. - The George J. and Delina D. Cloutier House and Barn
- 210 Sheparo Rd. - The Hamilton Woolen Co. House and Barn
- 11 Summit Ave. - The Fiskdale Mill Agent's Residence
- 138 McGilpin Rd. - The John Smith House and Barn
- 533 Main St. - The James Johnson Double House
- Historic Reconstruction Award
- 3 Old Stagecoach Rd. - The Abner Allen House

Growing your own salad

BY GUS STEEVES
CORRESPONDENT

REGION — Like salads? Don't buy them; grow your own.

That was the simple message from last week's installment of the ongoing regional library gardening series, formally sponsored this time by Charlton.

"The reason markets sell [certain kinds of] food is not because they taste the best, but because they travel best across the country," noted Kathleen Donovan of Blackstone Valley Veggie Gardens. Typically, as many people know, vegetables in stores taste bland at best and come in limited varieties. But there are hundreds, sometimes thousands, of varieties of such common foods as tomatoes, cucumbers and lettuce that can appeal to a wide range of tastes, textures, uses and even color palettes.

Donovan began with the often under-appreciated lettuce, which is actually a member of the daisy family. It "comes up like a weed" and has "glorious shapes and textures" far beyond the relatively non-nutritious iceberg type. She noted it has lots of fiber, vitamin C and beta carotenes, and some types have a "whitish, milky fluid" when fresh cut that helps sleep.

Lettuce comes in two major types — loose-leaf and head lettuce. The former grows faster (about 50 days to maturity), is "much easier to grow in the garden," and leaves can be picked and eaten throughout the season without stopping growth. Heads generally take about 80 days and can only be picked once, she said.

"Lettuce likes the cold" and is thus the first of the three to be planted (in early April; frost won't harm its seeds). If you plant right, with tomatoes and cucumbers, peas, or other crops (especially trellised ones) shading the lettuce, when summer heat comes, the lettuce will last longer before it becomes bitter and goes to seed. Likewise, it can be protected by growing it in a container because it "only needs about five inches of soil," she said.

"Succession planting is the key to

growing lettuce," Donovan said. Planting different kinds "every two or three weeks will give you a steady supply" well into fall.

Cucumbers are also pretty easy, but can be a little quirky. They're in the squash family, and most squashes can cross-pollinate. That makes seeds hard to save — they'll often be viable, in that you will get something the following year, but you won't necessarily know what it will be. Some crosses aren't edible, and some aren't viable. That's not an issue the first year; what you plant is what you'll get.

With cucumbers, there are "hundreds and hundreds of varieties." Donovan said they grow particularly well on trellises, where "you've got gravity working for you." The vines climb up the trellis and the cukes hang down through the lattice. But you want to trim the growing tips off at six to eight feet long; "Plants don't multitask well. Either they grow long, or they produce fruit for you," she said.

Like all squashes, cuke plants have both male and female flowers. Some are self-pollinating; some use insects. Gardeners can help the process along by dipping a Qtip into the male flower and transferring its powdery pollen to the female (which is identifiable by the fact it has "a little immature cucumber" under it), she said.

Tomatoes are similarly numerous, with the plants' thousands of varieties coming in three major types — cherry, beefsteak and sauce/paste based mostly on size and water content. The classic sandwich tomatoes are beefsteaks, which come in a wide range of colors including yellow, red, orange and even a purple so dark it's nearly black. Several of them also exist in the other two types, particularly cherry, which she described this way: "Anytime you want go out and pick a snack, there's bound to be some."

Donovan claimed tomatoes "cannot be grown from seed outdoors. They require a really warm soil to germinate." (Personally, I've done it; the key is making sure it gets lots of sun. As she noted

"while it's growing to the sky, it's not producing fruit. That's often because it's not getting the sun it needs.")

Because of its warmth needs, tomatoes should only be planted outside (or transferred from inside, after gradually "hardening" them by giving them a couple hours a day at first) after May 7. She noted that used to be much later — as a child, she waited until Memorial Day.

Like cucumbers, tomatoes are vines that like trellising, which can be as simple as having a few posts linked with wires, with the plants tied to the wires with twine. She noted they're "one of the biggest [garden] plants" and can grow up to eight feet.

Once audience member asked how to deal with tomato hornworms, a big, green caterpillar that eats several plants in the tomato's nightshade family. Donovan said planting marigolds interspersed with the tomatoes often helps, since most insects don't like marigolds, but you can also spray with with Neem oil, sprinkle diatomaceous earth around them, or use a Bt-based pesticide (an organic bacteria).

Regardless of what your growing, Donovan had some standard tips on preparing the raised bed. Most crucial is the soils — a few inches of rich, composted soil (with either plant or manure com-

post; she noted many local farms "will gladly deliver you a truckload of cow manure." But make sure it's been aged; fresh stuff "will stink to high heaven." Chicken manure is also "awesome fertilizer," but can't be put on plants directly due to its high nitrogen content; it needs to be composted for about six months or made into "compost tea."

Good soil "should be slightly acidic," with a pH of 6.2-6.8 (neutral is 7.0). She suggested adding ashes if you need to increase pH and using peat moss to reduce it. A barrier under the soil prevents weeds from growing up into it, but won't prevent them from blowing into it. Many plants benefit from using a mulch to keep the soil moister and warmer; dry straw or leaves work well, but don't use the common colored types or green grass.

The gardening series continues with online talks on raised beds April 6 and "The Organic Approach" on April 20. It has been sponsored by several area libraries, and participants can contact any of them to join the next sessions: Southbridge, Oxford, Sturbridge, Sutton or Charlton.

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

Fun activities to enjoy this spring

With its increased sunshine and warmer temperatures, spring is a beloved time of year. For those who live in areas where the weather changes dramatically throughout the year, spring can be a respite from the snow and also a chance to enjoy the outdoors prior to the arrival of the muggy, hot days of summer.

Families can create a bucket list of entertaining and perhaps educational spring activities. Those who want to try something new can explore these ideas.

- Check out a cherry blossom showcase. Cherry trees are popular and beautiful trees that flower in the spring. Their masses of pink and white blossoms are one of the first signals that winter has ended. Cherry tree varieties bloom over the course of several weeks, and climate will dictate how early or late these trees will showcase their spectacular flowers. Visit public gardens and other areas known for their dramatic cherry blossom displays.

- Watch a sunrise or sunset. Take advantage of longer days by enjoying nature's light show. Wake up extra early and start the day with the sunrise. If you're not a morning person, then wait until the last of the amber and red streaks light the sky and watch the sun drop below the horizon.

- Fly a kite. There is a reason why the adage "March goes in like a lion

and comes out like a lamb" is so fitting. Early spring weather can be gusty and unpredictable. Take advantage of windy conditions by flying a kite by the coast or in an open field.

- Head to a farm. Spring is not only about the rebirth of trees and flowers, but also a prime time for various animals to give birth to their young. A visit to an area farm or petting zoo can be a great way to catch a glimpse of some of these adorable little as they enter and adapt to their new environments.

- Check out a small town. Take a road trip to an out-of-the-way hamlet. Spend the entire day there shopping, dining and supporting a small town community.

- Enjoy al fresco dining. While outdoor dining during the pandemic may have been done as a necessity, do not forget how it also can be a relaxing way to enjoy a meal. Find a restaurant with a particularly scenic backdrop and dine outdoors.

- Visit a thrift shop or flea market. Spring cleaning can serve as the catalyst for people to put items on sale. One person's trash is another person's treasure. Spring can be a great time to shop for antiques as well.

- Go horseback riding. Enjoy the scenery on the back of a majestic mare or spectacular stallion.

Spring is a perfect season to enjoy various activities.

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Stay safe when working in the yard this spring and summer

A day spent working in the yard is an ideal way to pass the time on spring and summer afternoons. A pristine landscape can add value to a property and instill pride in homeowners who put a lot of thought and effort into their lawns and gardens.

A sun-soaked day can make it easy to overlook potential threats when working in a lawn or garden. But safety precautions are of the utmost necessity when working in the yard, where the risk for serious injury is considerable. For example, the American Academy of Orthopaedic Surgeons reports that, in 2016, more than 90,000 patients, including nearly 5,000 children, were treated in hospital emergency rooms for lawn mower-related injuries.

Lawn- and garden-related injuries can be prevented without going to great lengths.

- Know your terrain before mowing. Knowing the terrain in your own yard can reduce the risk for accident or injury. This can be especially important when mowing the lawn with a riding mower. Adhere to manufacturers' recommendations regarding inclines to reduce tip-over accidents that can pin riders beneath the mower. Study hilly areas of the yard prior to mowing so you know which areas are safe to mow with a riding mower and which areas are best mowed with a walk-behind mower. For greater control when using a walk-behind mower on an incline, mow parallel to the slope.

- Apply and reapply sunscreen. Sunburns may not require trips to the emergency room, but they can still be serious. In fact, the Skin Cancer Foundation notes that sunburn is a leading cause in the majority of cases of basal cell carcinoma, squamous cell carcinoma and melanoma, which is the deadliest form of skin cancer. The SCF recommends applying sunscreen 30 minutes before going outside to allow the sun-

screen to bond to your skin. Reapply sunscreen at least every two hours, and more often if you're sweating excessively. The SCF recommends broad spectrum sunscreens, which protect the skin from both UVA and UVB rays. Though a product with a sun protection factor (SPF) of at least 15 is acceptable when walking the dog or driving to work, the SCF advises using a product with an SPF of 30 or higher when engaging in extended outdoor activities like gardening or mowing.

- Employ the buddy system. Use the buddy system when pruning tall trees or performing any tasks that require a ladder. The Orthopedic Institute of Pennsylvania reports that more than 164,000 people are injured each year falling off a ladder. Ask a significant other or neighbor to hold the ladder in place while you climb up to reduce your risk of falling. If cutting large branches, cut them piecemeal to reduce the risk of being injured by heavy falling branches.

- Inspect the property for insect hives. The OIP notes that the most common insect stings in spring come from bees, wasps and hornets. Homeowners who are not careful can inadvertently come across hives when doing spring cleanup, making them vulnerable to bites and stings. That can be very dangerous for anyone, and especially so for people with a history of allergic reactions to insect bites or stings. Inspect areas where you'll be working to make sure insects haven't put down roots in your property. If you discover any hives and are hesitant to remove them on your own, contact a local landscaping firm.

Lawn and garden accidents and injuries can be serious. Thankfully, accidents and injuries are easily prevented when homeowners take a few simple safety precautions while tending to their lawns and gardens.



How to navigate Easter celebrations in the era of social distancing

Holidays have been celebrated differently since the outbreak of COVID-19 in late 2019. Easter was among the first major holidays to be celebrated differently in 2020, and celebrations likely won't return to normal in 2021.

Celebrations and social distancing make strange bedfellows. However, it's possible for people to safely celebrate Easter with their loved ones.

- Watch virtual Mass together. Though it might not be the same as attending Mass in person together as a family, watching virtual Mass together can allow families to engage with their faith alongside one another. If the weather permits, use a projector and set it up outside so families can safely watch in the backyard. Make sure everyone wears masks and keeps their distance. If the weather is not cooperating, families can still watch Mass together, even if they're not gathered in the same space. Set up a family Zoom call via a smartphone or laptop and then ask all on the call to watch a live stream of Mass on another device.

- Take Easter brunch outside. An outdoor brunch provides another way for families to gather this Easter without compromising their health. Brunch

makes more sense than dinner since it can be eaten in early afternoon when the weather is likely to be warmer than it will be at dinnertime. Heat lamps can add some warmth to outdoor Easter brunches.

- Host an egg hunt in the backyard. The Easter egg hunt is one tradition that need not be sacrificed during the pandemic. Easter egg hunts traditionally take place outdoors, and children can wear masks like many are already doing when going to school or participating in sports and other extracurricular activities.

- Host an Easter movie night. Families isolating and spending the day with only those in their own households can watch a movie that commemorates their Christian faith. Various films are set around Easter, including the classic "The Greatest Story Ever Told" (1965) starring Max von Sydow and Claude Rains and the more recent "Risen" (2016), which focuses on efforts by a Roman military tribune named Clavius (Joseph Fiennes) who is tasked with investigating what happened to Jesus Christ's body after the Crucifixion.

Families can embrace some old and new traditions as they celebrate Easter in the era of social distancing.

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Techniques to revitalize a lawn after a long winter

Pristine, snow-covered landscapes can be wonders to behold. While that blanket of white is idyllic, a lawn's delicate blades may be paying a hefty price beneath the cold, heavy piles of snow.

Snow plows push salt and sand up on the grass while subterranean animals like mice and moles dig burrows beneath piles of snow as they try to find food and stay warm. Such conditions are not favorable for thriving landscapes. When the spring thaw arrives, lawns may be in dire need of some TLC. The following techniques can mitigate winter-related lawn damage.

- Clear out debris. Remove any scattered leaves, branches and other debris that has been strewn across the property due to storms or snow-laden trees. This will give you a clean canvas to work on.
- Dry out snow mold. The Family Handyman says snow mold is a cold-season fungus that causes



reach the lawn's roots more effectively. Thinning out old organic matter also helps encourage new growth.

- Aerate the soil. Coupled with dethatching, aeration involves loosening the soil or poking holes to allow nutrients to move freely to the roots.
- Kill weeds before they spread. Weeds may be the first to start growing when the weather begins to warm. Address them promptly by manually pulling them or applying an herbicide.
- Overseed the lawn. Chances are there are some bare spots that have formed over the winter. Overseeding can help to fill in the lawn. Make sure that frosts are largely a thing of the past and soil temperature is around 50 F to 60 F before seeding. Water daily until grass fills in.
- Apply nutrients. Fertilizer and compost can restore nutrients to the lawn that may have been used up over winter. A soil test at a nearby horticultural center can tell you which nutrients are needed, according to the Chemistry Cachet, a guide to using chemistry secrets for healthy living, beauty, cleaning, and gardening.

Lawns can be restored to their pre-winter glory after some sweat equity and about five to six weeks of consistent sunshine and warm weather.

gray-colored circles or patches on the lawn where there has been snow. To alleviate snow mold, rake the lawn to loosen matted grass and facilitate the drying-out process.

- De-thatch the lawn. Heavy snow can compress the grass and cause some of it to die off. De-thatching helps to remove dead grass blades and separate any matting. This enables water, nutrients and air to

Cracking the tradition of hiding Easter eggs

Come Easter Sunday, eager children wake up to see if the Easter Bunny has visited their homes. For many families, Easter would not be the same without an annual egg hunt. From chocolate confections to money-filled plastic shells to colorful, hand-decorated hard-boiled eggs, the Easter Bunny (and his parental helpers) hide eggs all around.

As with many traditions, people may engage in the festivities without really understanding the origins behind the fun. It can be interesting to unearth just how such egg hunts were hatched.

As with many religious traditions, Easter egg coloring and hunts trace their origins to pre-Christian societies. These societies developed rituals surrounding nature, the seasons and more. Some traditions were adapted to link them to the Christian faith. Eggs held associations with new life and spring. However, early Christians turned the egg into a symbol of the Resurrection and the empty shell became a representation of Christ's tomb. Eggs also were important components of the Easter holiday, as they were prohibited (like meat) during Lent. But on Easter, fasting ended and eggs were a part of Easter celebrations, particularly for the poor who couldn't afford meat.

There are two widely known accounts of the origins of Easter egg hunts. The religious version has Protestant reformer Martin Luther organizing hunts for his congregation. The men would hide the eggs for women and children to find, which mirrors Resurrection accounts in the Bible in which women discovered Christ's empty tomb. Another account traces the tradition to the Dutch tale of the "Oschter Haws" ("Osterhase" in German), which was a hare that laid eggs in the grass. Children would build and decorate nests for the eggs and wait to see if they would be populated, according to Discovery.com. This tradition became popular in America with the arrival of Dutch and German settlers in Pennsylvania in the 1700s.

By the 20th century, decorated Easter nests were replaced with baskets, and Osterhase was more affectionately known as the Easter Bunny, who chose to leave eggs as well as treats and candy. Easter celebrations continued to marry both the religious and secular to form many of the customs that are known widely today.

Easter egg hunts are enjoyed by the young and old on Easter. They're a key part of celebrations. Just remember to find all those hard-boiled eggs in a timely fashion.



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Make your own chocolate Easter bunnies

The Easter bunny is a tradition that has been passed down for centuries. Symbolizing fertility and wealth, the Easter bunny became a holiday standard in Germany during the 16th century.

The custom of chocolate eggs came along centuries after the Easter bunny, originating in the 19th century in France and Germany. As Easter celebrations evolved, chocolate eggs were not the only delicacy; chocolate Easter bunnies also were shared and enjoyed.

While there are scores of mass-produced chocolate bunnies available for purchase, and many local chocolatiers also make Easter bunnies and other

sweet treats, families may want to try making their own chocolate Easter bunnies this year. This can be a family-friendly activity that favors togetherness with the promise of a sweet reward.

1. The first step to creating chocolate Easter bunnies is to select the type of chocolate you prefer. Bunnies can be made from white chocolate, milk chocolate, dark chocolate, or even a combination for a marbled effect. Chocolate melts, chips or chocolate couverture are widely available at specialty chocolate and food shops or craft supply stores, according to DoItYourself.com. This simplifies the bunny-making process. Some

retailers also may sell bunny-making kits that pair the chocolate melts with the mold in one box for ultimate convenience.

2. Craft stores also have aisles devoted to culinary crafts. Browse to find an Easter bunny mold. Some may sell solid chocolate bunnies or hollow varieties. Choose molds in the desired size, as bunny molds may be large or small.

3. Follow directions to melt chocolate successfully. Some chocolates can be slowly melted in the microwave. A double-boiler method, in which the chocolate is melted in a bowl placed above a pan with boiling water, can help the choco-



late melt consistently and prevent it from burning.

4. Pour the chocolate into the mold and gently tap the mold so that it displaces air bubbles and helps the chocolate settle evenly into the design. Allow the chocolate to set up in the refrigerator. If your mold is hollow, you can seal the two halves of the bunny with a little melted chocolate on the seam.

Creativity can be unleashed when making homemade chocolate bunnies. Experiment with adding a few drops of peppermint oil or orange liqueur to customize the flavor. Before sealing hollow bunnies, place peanut butter or raspberry jam inside for a tasty surprise. Use colored candy melts to add colorful eyes or cheeks or to tint the inside of the bunny ears.

For an even more festive effect, seal a lollipop stick in a chocolate bunny and use it to secure the Easter bunny to the top of a cake.

8 tips for dyeing Easter eggs

Coloring eggs is a beloved Easter tradition. Eggs long have been symbols of fertility and rebirth, making them fitting icons for spring.

One story links eggs to Easter as well. According to some religious scholars, Mary Magdalene, the woman who was the first person to see Jesus Christ after His resurrection, was holding a plain egg in her hand while waiting for the emperor to share the good news. The emperor then told her that Jesus' resurrection was as improbable as that egg suddenly blushing. The egg then turned red.

Dyeing eggs is an entertaining activity, but one that also may have some religious significance. Many families will color eggs this Easter, and these guidelines can make the process go smoothly.

- Wait until just before coloring to hard-boil eggs. Good Housekeeping recommends boiling eggs for 11 minutes for a hard boil. Do not chill the eggs afterward; warm eggs absorb color more effectively for more vivid results.

- Egg dye can stain furniture, clothing or tablecloths. Therefore, dress in clothing that you're not worried about staining. Also, cover work surfaces with an old tablecloth and newspapers to soak up any spills.

- Make a drying rack to ensure that eggs will dry evenly. This can be a rimmed cookie sheet lined with layers of paper towels to absorb any excess dye that runs off the eggs. Or push pins into thick foam board and place the eggs on top to allow air to circulate.

- Consider using glass bowls or ceramic mugs to house the colored dye solutions. These vessels are more sturdy than plastic cups, and less likely to be overturned by eager young hands.

- Scissor-style tongs are ideal tools for retrieving eggs from the dye. Eggs tend to slide off of the spoons or wire rings provided in kits, leading to splashing and kids dunking their fingers in to grab eggs.



- Stir dyeing cups often to guarantee consistent color.

- Use electrical tape to make patterns on Easter eggs. Dip the eggs and let dry. Afterwards, remove the tape to reveal the designs.

- If food coloring-based dyes seem too messy, use watercolor paint sets and allow everyone to get creative.

While some people may want to use Easter eggs for recipes later on, it may be

safer to boil up a fresh batch of eggs for that purpose, even if it seems wasteful. According to Emily Rubin, RD, LDN of the Thomas Jefferson University Division of Gastroenterology and Hepatology, "hard-boiled eggs should be refrigerated within two hours of cooking and discarded if left out for more than two hours at room temperature." Chances are it may take two hours or more for children to find hard-boiled eggs hidden by the Easter bunny.



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