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Farmers to Families distribution serves hundreds

Volunteers for the Chip-In Food Pantry in Charlton prepare to load a USDA Farmers to Families Box into a waiting vehicle.

BY JASON BLEAU
CORRESPONDENT

CHARLTON — The United States Department of Agriculture's Farmers to Families Food Boxes have proven to be an important resource for families nationwide providing food during the COVID-19 pandemic including fruits, vegetables, dairy products and meat items to those in need.

Through five rounds of box distributions tens of millions of boxes have been given out each month with the most active months being July and August of 2020 at 50.8 million nationwide. From January through April of 2021 nearly 30 million boxes have been handed out and for the first time the USDA program was offered on the local level with a distribution in Charlton through a partnership with the Chip-In Food Pantry.

Chip-In Pantry Director Darlene Emco-Rollins confirmed that on April 15, the first of two distributions in the month of April

in Charlton, Chip-In and their volunteers and partners passed out between 300 and 400 USDA Farmers to Families Food Boxes to residents of nine different communities and all three states in the tri-state area.

"We offered it up to anybody," Emco-Rollins said. "We had a big out-

Turn To **BOXES** page **A14**

Papa Gino's joins HMEA in celebrating 20th Anniversary of incredABLE Day

AUBURN — Papa Gino's is excited to announce that, in partnership with Horace Mann Educational Associates (HMEA), the brand will hold a series of fundraisers through the months of April and May in an effort to raise money for HMEA's mission to teach, support, and empower people with developmental disabilities, and their families, to live meaningful lives of their choice.

One of these fundraisers is happening on April 28 at the Papa Gino's restaurant in Auburn, located at 459 Southbridge St. Supporters are asked to order No Contact Carry Out or Delivery from the Auburn Papa Gino's between 4 and 9 p.m., and 20 percent of sales will go directly to HMEA. To participate in the fundraiser, guests should mention the fundraiser at checkout, or if ordering online, should enter coupon 19 in the payment screen.

"We are so grateful for our ongoing relationship with Papa Gino's," said Doug MacPherson, VP of Development at HMEA. "These fundraisers give us the opportunity to generate critical funds that help us offer a lifetime of comprehensive services in our communities. Plus, partnering with Papa Gino's allows our supporters to take a night off from cooking while supporting local restaurants. Everyone wins!"

The program, "Take-Out to Give-Back," and its 20 fundraisers are commemorating the 20th anniversary of HMEA's incredABLE Day, which celebrates the ABLE in all of us. More information on the program can be found here.

These fundraisers also coincide with both Papa Gino's and HMEA's respective 60th birthday year in New England! Papa Gino's was founded in 1961 with one restaurant in East Boston. 60 years later, it has grown into a neighborhood staple across New England, with nearly 100 locations. Throughout the year, Papa Gino's will be celebrating this milestone with special giveaways, community engagement programs and more. HMEA was also founded in 1961, with their official anniversary on May 16. The organization will be holding a Stroll Down Memory Lane Event on that day, celebrating virtually with their expansive network of supported individuals, staff, families, friends, and supporters.

"Papa Gino's is proud to be a hometown staple in so many communities across New England and is grateful to give back through a variety of programs," said Deena McKinley, CMO of Papa Gino's. "We couldn't be more excited to share in our birthday festivities with HMEA, an organization that shares our New England roots and enthusiasm for community engagement, and one that is improving the lives of over 5,000 children and adults with disabilities, and their families."

ABOUT PAPA GINO'S

Founded in 1961 and celebrating its 60th birthday this year, Papa Gino's Pizzeria is a proud New England staple with a heritage of serving high quality, handmade pizzas with fresh ingredients and an over 80-year-old Italian family recipe. From a single restaurant in East Boston, Papa Gino's has expanded to nearly 100 restaurants in Massachusetts, Rhode Island, New Hampshire, and Connecticut. Follow Papa Gino's on Facebook, Twitter and Instagram.

ABOUT HMEA

Originally incorporated in 1961, HMEA was first known as the Wrentham Research Foundation, where our primary mission was to conduct research in the field of developmental and intellectual disabilities, including treatment, best practices, and staff training. HMEA relocated to Franklin in 1982 and has steadily expanded services to include Day Habilitation, Employment, Residential, Children's, Family Supports, ABA, Early Intervention, Shared Living, and more. Today, the organization serves over 5,000 children, adults, and families affected by a disability in 110 communities across Massachusetts and Rhode Island. Follow HMEA on Facebook, Twitter, and Instagram.

Baker administration opens vaccinations to general public

BY KEVIN FLANDERS
STAFF WRITER

REGION — People age 16 and older who live, work, or study in Massachusetts can now sign up to get vaccinated against COVID-19.

After months of prioritizing various groups within the state, officials opened vaccinations to the general public last week. Residents can preregister online to receive their vaccines at one of the state's mass vaccination sites, or they can sign up to schedule appointments at a regional collaborative location.

Also last week, the Baker-Polito Administration announced the expansion of preregistration services to include more regional collaborative sites. The state's preregistration portal also features new tools meant to streamline the booking process.

"The Amherst-Northampton and Marshfield regional collaboratives will be the first to come online, and more regional collaboratives are working with the Command Center and tech teams to ensure they meet the operational and technological requirements to be added to the preregistration system," read a statement released by Gov. Charlie Baker.

Next week, residents seeking to book appointments will have the opportunity to select their vaccination location before proceeding to select from available appointments. This will help cut down on travel times and enable residents to be vaccinated where they feel most comfortable, officials said.

To date, around 1.5 million people have preregistered for vaccinations using the state's system, with more than 800,000 having been contacted with the opportunity to book appointments.

State leaders are proud of the many improvements that have been made to the system since the chaotic launch of vaccinations this past winter. Back in January and February, long lines and frequent website issues deterred residents from signing up, but with each week the state continues to improve its efficiency and organization in the registration process.

Looking ahead, Baker's team has pledged to keep finding ways to improve the system now that far more residents are able to register for their vaccinations.

"We will continue to make improvements to the system in the weeks ahead, which will make the process even easier as more people become eligible," Baker said.

State leaders remind residents that limited weekly vaccine allocations from federal officials may cause extended delays between registration and a person's actual scheduled vaccination. Several residents have had to wait multiple weeks after scheduling their vaccines online.

For the Pfizer and Moderna vaccines, residents typically need to wait approximately two to three weeks between receiving the first and second doses of the vaccine. If you are vaccinated at a mass vaccine clinic, you will be scheduled for your second vaccine immediately after receiving the first dose.

To learn more about the registration and vaccination processes, visit www.mass.gov.

Bay Path UNICEF Club organizes can/bottle drive fundraiser

CHARLTON — The Bay Path Practical Nursing Academy UNICEF Club held a can/bottle drive, a "green," environmentally conscious and friendly way to fundraise for UNICEF USA. The can/bottle drive was simple and helped the earth while cleaning up the local landscape and taught the UNICEF Club a bit more about responsibility.

According to UNICEF Officer Isabela Boateng of Manchester, Conn., "UNICEF keeps increasing its efforts to reach the most remote villages and communities all over the world, to ensure that all children have adequate education in the pandemic."

The UNICEF Club members are thrilled and enthusiastic to be a part of projects such as the distribution of solar-powered radios in conflict-affected areas to vulnerable households and listening groups. Boateng adds that the solar-powered radios "deliver an educational support for those who might otherwise be cut off from traditional classroom due to conflict and the COVID

The Bay Path Practical Nursing Academy UNICEF Club held a can/bottle drive, a "green," environmentally conscious and friendly way to fundraise for UNICEF USA.

Courtesy

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Turn To **BAY PATH** page **A14**



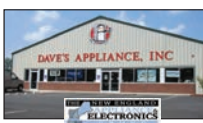
See the corresponding Crossword Puzzle in this issue.

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School District launches revamped COVID dashboard

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON – In an effort to increase transparency and communication with parents and citizens, the Dudley Charlton Regional School District has launched a new dashboard for COVID-19 information and statistics that has been made available on the districts’ homepage.

During an April 14 meeting, the regional school committee hosted a presentation by Anne Marie DeMorris, the districts’ COVID Coordinator, who showcased the features on the new dashboard. By clicking a link, anyone is able to access a wide range of resources including numbers specific to the district and resources for COVID awareness and vaccine accessibility.

“It’s more important now than ever to remain diligent in our efforts to keep COVID out of the schools. It’s our hope that providing this hub with the website where our families can access all of our district protocols and updates

information that it will help with the collective effort,” DeMorris said of the dashboard.

The dashboard includes up to date district COVID data, general facts about both COVID and the vaccines, and details about the pooled testing initiative ongoing in the district. A COVID data tracker, response reporting information and district COVID communications are also available. There’s also a document disclosing how the district makes decisions when it comes to a recorded COVID positive case or potential outbreak.


“It’s a very extensive document that goes through different scenarios, very detailed, and decision trees on every different scenario that can happen related to COVID in the school. There’s a quick reference COVID sheet that also gives you scenarios but it’s a very condensed and easier to read version,” DeMorris explained. “We also have information to try to determine whether your symptoms might be allergy related or COVID related but really what we’re asking is if anybody is symptomatic, they should

contact the school nurse so they should stay home.”

During the presentation, it was noticed that unlike in past iterations of the dashboard the district data had been consolidated, showing district-wide numbers instead of splitting the data up between the different schools. DeMorris noted this was not an attempt to hide and data from users but rather more in line with privacy policies in place on the local and state level to protect the identities of those who may have contracted the virus.

“What it boils down to is as a district we have a moral and legal obligation to protect the privacy of all the individuals in our schools. By grouping the schools together by grade levels, it just adds an additional layer of protection especially in a case where there’s only potentially one positive person so that’s why we chose to do it that way,” DeMorris said.

The Dudley Charlton Regional School District’s COVID resources can be accessed by visiting www.dcrsd.org and clicking on the “COVID Dashboard” square on the left side of the screen.



ACCURACY WATCH

The Auburn News 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.news during normal business hours. During non-business hours, leave a message in the editor’s voice mailbox. The editor will return your phone call.

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Voters to head to the polls Saturday

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Charlton voters will take to the ballot boxes this Saturday to decide new leadership for the town for the next several years. Fifteen new electees will be decided over the course of the day with only three contested battles including seats on the Board of Selectmen and on the Board of Health.

Two selectmen will be named when the votes are tallied, one being a familiar name while the other will be a newcomer to the board. Incumbent David Singer is the lone candidate for Seat 2 on the board of Selectmen, but Seat 1 sees two new names vying for a seat on the towns top board with the departure of Karen Spiewak. Scot Alan Neri and Barbara M. Zurawski are each hoping to earn the most votes as only one can earn the seat.

The other contested election will be for the Board of Health which sees a newcomer taking on a longtime member of the board. Kathleen Walker, who currently chairs the board, is looking to maintain her position while Peter J. Lancette II is her challenger seeking to join a group that has been essential to the wellbeing of Charlton specifically in past year during the COVID-19 pandemic.

There is a third contested election on the ballot for a seat on the Housing Authority. Incumbent Cedric S. Flower hope to continue to serve on the board however challenger Susan F. Mix will be contending for the lone seat up for grabs.

All other positions are uncontested in this year’s town election. Brett Moore is running for the town assessor seat while Willis S. Bond, Jr. seeks to maintain a position on the Cemetery Commission. Russell George

Jennings is running unopposed for the Water & Sewer Commission which has a second seat available without a candidate on the ballot. William T. Fontaine will seek the open spot on the Planning Board while Diane D. Doherty is running once again for Recreation Commissioner. Frances M. Mower and Stefan D. Sage are both seeking a return to their respective seats on the Library Board of Trustees and finally Jeanne Renaud Constello and Jordan Willow Evans are running unopposed for seats on the Dudley-Charlton Regional School Committee while Donald J. Montville is running unchallenged for a seat on the Southern Worcester County Regional Vocational School District Board.

Voting will take place this Saturday, May 1 from 8 a.m. until 8 p.m. at Heritage School.

Change in ownership proposed for cannabis retail site

BY JASON BLEAU
CORRESPONDENT

CHARLTON – As Four Score Holding LLC continues toward opening an adult use cannabis retail establishment at 144 Sturbridge Rd., a new entity has come into the picture to take over operations of the shop pending town approval.

Attorney Daniel Glissman appeared before Charlton selectmen on April 13, where he introduced representatives of Aspen Blue LLC who has partnered with Four Score to operate the facility. Discussions between the two parties began in the fall where they agreed to bring Aspen Blue on board to bring the operation to fruition. The change in ownership would need to be approved by the Cannabis Control Commission at the state level as well as the town of Charlton.

Selectmen heard from Patrick Casey, President and CEO of Aspen Blue, as well as the company’s Chief Business Operator, Matthew Wilkes. Glissman also revealed that selectmen had received a proposed consent agreement which would allow for the ownership transfer and confirm the host agreement and development agreement with the town. However, Selectman Bill Borowski recommended that the board hold off on acting on the documents to allow the town’s legal team to fully examine them and make any recommendations.

“I think it’s just a matter of a pro forma; let’s just take a look,” Borowski said.

Selectmen agreed to extend the town’s currently agreements with Four Score until Oct. 31 of this year, with the intent of discussing the change of ownership at a meeting in the near future.

Selectman David Singer concluded the discussion by asking is Aspen Blue would be changing its legal representation with the town. He noted that Charlton has a good working relationship with

Glissman, who has been representing Four Score on the matter for the past few years. Patrick Casey assured selectmen that their current intention is to appoint Glissman as the point person “in the foreseeable future.”

Sturbridge Legion Baseball hosting try-outs May 16 & 17

STURBRIDGE — Any baseball players interested in playing Sturbridge Legion Baseball that were born on Jan. 1, 2002 or later are eligible to play. Signup date will be held on Saturday, May 8, 10 a.m. to noon at Champeau-Vilandre Sturbridge Legion Post, 507 Main St., Fiskdale. Players should bring a photocopy of their birth certificate when they register at signups to insure their eligibility.

All players that live in Sturbridge and or attend Tantasqua Regional High School are all eligible to play for the Sturbridge team; also, players from surrounding towns may also be eligible to play. The team will conduct tryouts Sunday, May 16 from 10 a.m. to noon and Monday, May 17 at 5:30 p.m. Both tryout dates will be held at Tantasqua Regional High School varsity baseball field.

For more information, you can contact team manager Jim Rosseel 774-230-1784, email: jimrosseel@hotmail.com or coach Rich Wetherbee 508-981-0897, email: qcards@aol.com.

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Friday’s Child



Shane
Age 15

Hi! My name is Shane and I love sports and animals!

Shane is a cheerful, sweet and playful young man of Caucasian descent. He is very observant, and likes to feel included and a part of everything. Shane is active and enjoys being outdoors, exploring and going on new adventures. He is very gentle and loves being with and caring for animals. He especially likes dogs who will run and play with him. Shane likes to play football and is always eager to participate in any group sports activity. He also enjoys building with Legos.

Shane looks forward to going to school each day and does well in class. Legally freed for adoption, Shane will do best in a two-parent family with either no children in the home or with children older than he is. An ideal family will be patient, and be able to provide him with reassurance, consistency and support.

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

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Arbor Day Foundation recognizes Notre Dame Health Care as a Tree Campus Healthcare Facility

WORCESTER — The Arbor Day Foundation has named Notre Dame Health Care a Tree Campus Healthcare facility. This one-of-a-kind program aims to transform community health and wellness and ultimately save lives through the health benefits provided by trees, as well as recognize healthcare institutions that make an impact on wellness through tree planting, education and community engagement.

Notre Dame Health Care has earned recognition in the Foundation's second year of the program. To receive Tree Campus Healthcare recognition, Notre Dame Health Care met five program standards: have an advisory committee, facility tree care plan, community forestry project, a celebration event and a financial investment toward a tree care plan or projects. Notre Dame Health Care is the first Tree Campus Healthcare recipient in the Commonwealth of Massachusetts.

"Tree Campus Healthcare celebrates the efforts of healthcare facilities creating a healthier and greener property," said Dan Lambe, president, Arbor Day Foundation. "Trees can play an important role in patient recovery and overall community wellness. This designation is a sign of healthcare facilities' com-

mitment to the connections between nature and health."

Tree Campus Healthcare strives to improve human health outcomes by connecting inpatient healthcare facilities of all sizes with local community forestry programs, while improving the extent and condition of the community forest. Facilities in the U.S. delivering inpatient healthcare services are eligible for Tree Campus Healthcare recognition, including hospitals, senior care and other residential rehabilitation properties.

Karen M. Laganelli, Notre Dame Health Care, Chief Executive Officer said, "We are so honored to be among those recognized by the Arbor Day Foundation and their Tree Campus Healthcare Program. This past year has taught us all to appreciate the majestic beauty of nature all around us and the healing power of our green environment for those we serve. We are blessed to have a beautiful campus surrounded by trees, young and old, to help nurture the body, mind and soul."

For more information or to apply, please visit www.treecampushealthcare.org.



Courtesy

Some members of Notre Dame Health Care's (NDHC) Committee for "Care of Creation" with their new Tree Campus Healthcare banner. Left to right: Sue Strandberg, Workforce Development Manager for NDHC's Educational Bridge Center; Angela Lajoie, Payroll & Benefits Administrator; Mike Randone, Director of Mission Integration; Sister Rosemary Fay, SNDdeN; Jose Alvarez Rodriguez, Housekeeping for du Lac Assisted Living Residence; Shelley DePalo, Office Manager for At Home (Hospice and Palliative Care).

Charlton officials push for "realistic" increase in school budget

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Budget season is in full swing in Charlton, with the Finance Committee making it clear they have a specific mark in mind for the regional school district when it comes to the education spending plan.

During an April 14 meeting of the Finance

Committee, Town Administrator Andrew Golas said he had been in talks with officials from the Dudley Charlton Regional School District, asking them to meet a very specific number in terms of potential increase to their spending plan. With so many unknowns on the state level and taxpayers likely unwilling to accept large increases due to the economic impact of COVID-19, among other things, Golas made it clear they want to bring a realistic number to the voters for consideration in May and the education number is a big part of that.

"We've been in ongoing talks with them over the assessment. Their first run at the budget was close to a 9 percent increase for our assessments. They've done some tweaking and countering and right now they're budget is at a proposed 5.2 percent increase. We really need to try to get them down to right around a 3 percent to make the budget right where we need it to go," Golas said.

That same night the School Committee also held their own meeting where Director of Finance and Operations Richard Mathieu acknowledged that there were still plenty

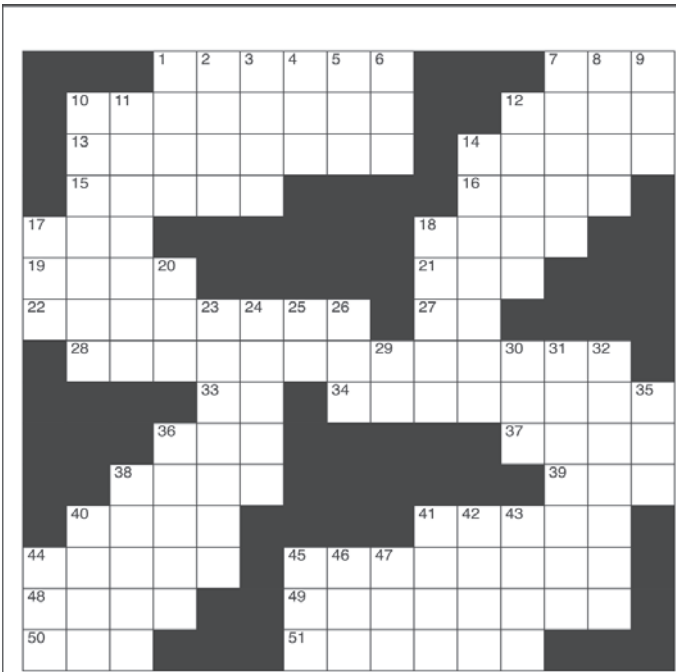
of changes to be made and variables to work out. After conversations with both Dudley and Charlton Mathieu acknowledged that all three parties are working through a difficult budget year.

"It's clear all three entities (the school district and towns) our needs outweigh available resources to fund at the level that we would like. We have to find an equilibrium which provides sufficient needs to all parties. We don't want to harm their operations, and nor do we want to harm ours and I think they're in the same boat as well," Mathieu said.

As of the April 14 meetings, the school district was proposing a \$16.8 million budget. Golas said realistically, the number needs to be around \$16.5 million; otherwise he doesn't foresee taxpayers supporting the proposal.

"If you can't get to the number, there's other considerations, but I don't think you're going to get either town to pass a budget that's supports that position," said Golas.

The school committee and town finance officials were to meet before the end of April in order to have a spending plan for Charlton prepared for the Annual Town Meeting set for May 17.



CLUES ACROSS

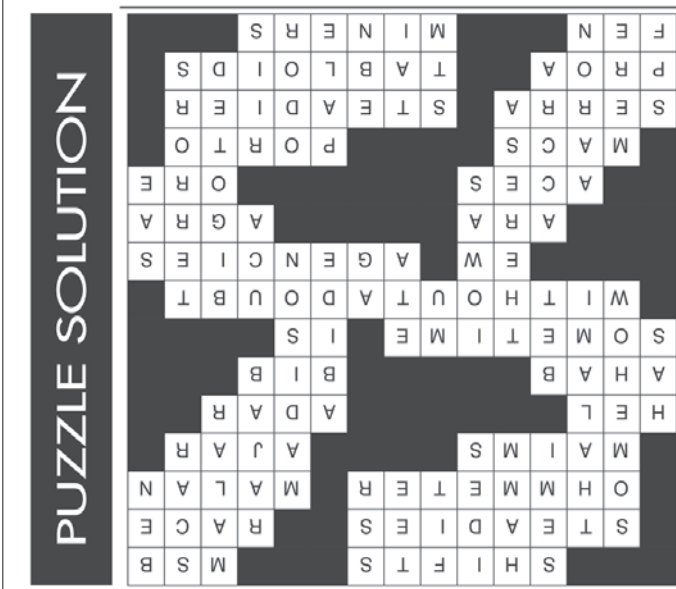
- 1. Switches
- 7. Legal financial term (abbr.)
- 10. Sweeties
- 12. Competition
- 13. Measures electrical resistance
- 14. Psychotherapy researcher
- 15. Causes injury to
- 16. Open
- 17. Polish peninsula
- 18. Hebrew calendar month
- 19. Whale ship captain
- 21. Children's accessory
- 22. Unknown point
- 27. Exists
- 28. Extremely confident

- 33. Expression of disgust
- 34. The government has many
- 36. Small constellation
- 37. Northern Indian city
- 38. The best pitchers
- 39. Naturally occurring solid
- 40. Apple computers
- 41. Portuguese city
- 44. Ancient Greek war dance
- 45. More reliable
- 48. Sailboat
- 49. Newspapers
- 50. Frequently flooded area
- 51. They dig for coal

CLUES DOWN

- 1. Partial
- 2. "Mad Men" leading man
- 3. The __ of March
- 4. Healthy
- 5. Where golfers begin
- 6. Soviet Socialist Republic (abbr.)
- 7. Of the cheek
- 8. Injury reminder
- 9. Statesman Franklin
- 10. For an unknown reason
- 11. Brain parts
- 12. Islamic calendar month
- 14. Avenue where ad men work
- 17. Possesses
- 18. Accept
- 20. Stake
- 23. Former British PM May

- 24. US battleships circa 1939
- 25. Greek alphabet letter
- 26. When you hope to get there
- 29. Top lawyer
- 30. Fiddler crabs
- 31. Intolerant
- 32. Persons that cause extreme fear
- 35. Car mechanics group
- 36. Capital of Ghana
- 38. Famed ballplayer Hank
- 40. Emphasizes insignificance
- 41. Light-colored
- 42. Distinctive smell
- 43. Muckraking journalist Jacob
- 44. Sunscreen rating
- 45. Short-term memory
- 46. Japanese delicacy
- 47. One point north of due east



Cornerstone Bank to hold Young Professionals Day May 1

PROFESSIONAL DEVELOPMENT AND NETWORKING EVENT AT OLD STURBRIDGE VILLAGE

STURBRIDGE — Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, will host Young Professionals Day on Saturday, May 1 from 10 a.m. to 3 p.m. at the Bullard Tavern at Old Sturbridge Village. The event is geared towards people starting or changing their career, looking to network, opening a small business or looking for a better work-life balance.

"This event is a great opportunity for people just starting out or looking to make a career change," said Cornerstone Bank CEO Todd Tallman. "Networking and other professional development opportunities took a big hit during the pandemic and young professionals suffered the most. Following safe social distancing protocols, we are proud to bring this event to the Central Massachusetts community."

Young Professionals Day will feature a TEDx talk about money and relationships, interactive budgeting activities, a panel of small business owners, a discussion about health insurance and benefits options and an overview of the best-selling

talent assessment tool, CliftonStrengths.

Attendees will also have the opportunity to speak with Cornerstone Bank employees about career opportunities and personal banking options. Every participant will receive a Yeti tumbler and padfolio, and there will also be raffles throughout the event for other prizes.

Entry into Old Sturbridge Village is \$28 for adults and \$14 for college students. Tickets must be purchased on their website in advance. There is no additional fee for entry to Young Professionals Day. The first 25 people to register will receive free entry to Old Sturbridge Village. Email ndigregorio@cornerstonebank.com to secure your spot.

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 or call 800-939-9103.

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"The Organic Approach"

DONOVAN TALKS GARDENING WITHOUT TOXINS

BY GUS STEEVES
CORRESPONDENT

REGION — "Organic gardening is just what my grandparents knew as gardening," observed Kathleen Donovan as she began the fifth and final session in a five-library-sponsored series on backyard growing.

As that line suggests, her talk was specifically about "The Organic Approach" – gardening without toxic chemicals, fertilizers and other additives, which she described as "a philosophy of gardening that supports the health of the whole ecosystem."

"The most important thing you can do is take care of your soil ... before you have issues with it," she said. "... Wonderful soil doesn't need strong fertilizers," and when it's healthy "so much more goes on underground than above it."

That's because real soil is much more than just "dirt." It's a complex community of microbes, worms, insects, fungi and more that naturally cycles nutrients and water through whatever plants are growing there and the animals that depend on them. That requires variety in terms of species and root lengths; from an ecological point of view, the traditional suburban lawn is little more than green-

ish pavement.

By contrast, good soil is airy (allowing roots to penetrate it) with a significant amount of humus (compost and other organic material). It has last year's leaves decaying into it, returning the nutrients the trees took up then, but Donovan noted to keep it healthy, you should remove infested and diseased plants in the fall.

Composting is a key to maintaining nutrient balance, and she said good compost is "one part green to two parts brown." the former come from materials that are high in nitrogen – things like manure, coffee grounds, grass, hay, vegetable scraps and eggshells (which are also high in calcium). The latter are generally moist and high in carbon – wood ash, leaves, newsprint, cardboard, peanut shells, corn stalks or straw.

Some of those things also affect soil pH levels, which can affect what plants can grow there. Higher pH (alkaline) soils favor plants like artichokes, broccoli and rhubarb, and can be created by adding limestone or hardwood ash. Lower pH (acidic) soils favor plants like blueberry, parsley and potato, and can be created by adding compost and peat moss.

"The better the quality of your soil, the more tolerant your plants will be

to [changes in] pH level," because they have the nutrients to be healthy, Donovan noted.

When it comes to nutrients, the basic three are nitrogen, phosphorus and potassium, but many plants also need tiny quantities of less common elements. Nitrogen "makes your plants grow green and grow big," she said. Phosphorus "increases your rooting," while potassium "is good for flowering and fruiting."

High-nitrogen sources include manure, blood meal (she noted "your animals feed your plants, and your plants feed your animals"), fish emulsion (her favorite), and meal from crab, feathers, alfalfa or soy. Phosphorus is common in soft-rock phosphate, bat guano (which is why the US once held an empire of many tiny Pacific islands nobody's ever lived on), and bone or fishbone meal. Potassium often comes from greensand, banana peels or hardwood ash.

Donovan noted one key to fertilizing right is to put it around the plant, not in the hole you plant it in; the latter might burn the plant (that's particularly a risk with un-composted chicken manure).

If it becomes necessary to kill troublesome insects, weeds or fungi, there are various organic

ways to do it, often using things we might even eat. For example, she gave an insecticide recipe calling for one clove garlic and one onion, both soaked in a quart of water. Wait an hour, then add a teaspoon cayenne pepper and a tablespoon liquid organic soap and spray it on the affected plants; it'll last a week in the fridge. Another calls for two handfuls of dried hot peppers ground to powder plus a cup of diatomaceous earth added to two liters water. Let it sit overnight, then shake well before spraying.

Many recipes include liquid soap for two reasons – the saponins in it kill the insects, and the soap itself makes plants slippery and harder for insects to attack. Donovan, however, noted everyone has two built-in "organic insect killers" – our hands.

It helps to clearly identify what the insect is, and which plants they're actually harming. Donovan recalled she once had an infestation of Colorado potato beetles. The tiny black and yellow striped beetles "lived on them and hosted there, but didn't kill the potatoes," she said. "They went to [the potatoes'] cousins, the tomatillos and ground cherries, and feasted there."

That experience itself points to an alternative – planting what's called

a "trap crop" somewhere else on your property to draw troublesome insects (and sometimes hungry animals) away from the crops you want to protect. One attendee later noted she'd done that by accident. She found her resident groundhog liked the clover in her lawn so much, he ignored the fenced garden crops. Sometimes, pungent plants interspersed with your crops will drive insects away; marigolds often work well, for example.

It's a little easier to make organic fungicides. Again, liquid soap without bleach or degreasers is often a key ingredient, and she cited a simple recipe using 1 heaping tablespoon (or 4 teaspoons) of baking soda per gallon of water mixed with the soap.

More complicated are organic herbicides, because they're non-specific.

"They'll kill the plant you're trying to grow, so you have to be careful," Donovan said.

She gave a recipe that will "kill pretty much anything" – two cups table salt and eight drops liquid soap in a gallon of 5 percent acidity vinegar – but noted there are several organic herbicides on the market.

Often, though, the best weed removal practice is simply removing them physically. Uproot them

by hand or with a couple useful tools – trowel, hori hori knife and a scuffle hoe – but the key is to dig down far enough to get the whole root, since some go quite deep. Preventing them can be equally simple, using good mulch of straw or ground leaves (not grass, and not the colored decorative mulches) or companion planting with low-growing vines that have large leaves (pumpkins, for example).

Donovan also addressed "critter prevention." The most basic way is fencing, but that doesn't work well against some animals. Some will be scared off with predator urine, including fox, dog, coyote and humans; others by motion-activated sprinklers or wind-moved whirrigigs or even aluminum pie plates. For some tunnelling species, solar-powered vibrating stakes work well.

There's always a catch, of course: "If an animal is starving, he's probably going to breach whatever you put up," she noted.

In all of these cases, she added, "Know what you're treating before you try to treat it. ... Do a little research before you try to solve your problem."

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





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OBITUARIES

Dr. Wayne Marchand, 73



AUBURN - Dr. Wayne Marchand, 73, died peacefully on Thursday, April 15, 2021, while in the loving arms of his family, following a brief illness. Born in Fitchburg, he was the son of the late Arthur Marchand and Frances Laber. He grew up in Fitchburg and graduated from Notre Dame High School. Dr. Marchand entered the United States Air Force during the Vietnam Era and was stationed in Greenland as a Medic. After serving 4 years, Wayne received a BSRN from Fitchburg State College and then entered Illinois College of Podiatric Medicine where he earned his Doctorate of Podiatric Medicine. With the endless support of his wife, Debra, Wayne successfully established Auburn Podiatry in 1983 and expanded his practice by opening 2 more offices in Webster and Leominster. "The Chief," as Dr. Marchand was lovingly nicknamed, was adored by his patients. He retired in 2017 to spend quality time with his best friend and wife of almost 50 years, Debra Francavilla Marchand. Wayne found joy in a quiet life and often hosted small dinner par-

ties for his family and friends. He loved traveling, especially to York, Beach Maine, where he and Deb enjoyed their vacation home for over 20 years. He is survived by his wife, Debra and his three daughters, Nakia Burke and her husband Rob of Milford, MA, Darnielle Foley and her husband, Bob, of West Yarmouth, MA and Ashley Poniros and her husband, George, of Auburn. Wayne leaves behind 5 precious grandchildren whom he adored, Panos, Nicholas, Markos, Luca, and Emily. Relatives and friends are kindly invited to gather on Wednesday, April 21, at Britton Wallace Funeral Home in Auburn, from 4-7pm. A funeral mass will be held on Thursday, April 22, at 11am at St. Joseph's Parish in Charlton. In lieu of flowers, expressions of sympathy may be made in Wayne's memory to the Rheumatoid Arthritis Foundation, helpfightra.org. A celebration of life will be held in Wayne's honor later this summer. To leave a note of condolence for his family, please visit www.britton-funeralhomes.com



State to conduct review of Dudley-Charlton School District

DUDLEY/CHARLTON — During the week of April 26, the Department of Elementary and Secondary Education's Office of Public School Monitoring (PSM) will conduct a Tiered Focused Monitoring Review of The Dudley-Charlton Regional School District. The Office of Public School Monitoring visits each district and charter school every three years to monitor compliance with federal and state special education and civil rights regulations. Areas of review related to special education include student assessments, determination of eligibility, the Individualized Education Program (IEP) Team process, and IEP development and implementation. Areas of review related to civil rights include bullying, student discipline, physical restraint, and equal

access to school programs for all students. In addition to the onsite visit, parent outreach is an important part of the review process. The review chairperson from the Office of Public School Monitoring will send all parents of students with disabilities an online survey that focuses on key areas of their child's special education program. Survey results will contribute to the development of a report. During the onsite review, the Office of Public School Monitoring will interview the chairperson(s) of the district's Special Education Parent Advisory Council (SEPAC). Other onsite activities may include interviews of district staff and administrators, reviews of student records, and onsite observations. Parents and other indi-

viduals may call Doryce Smith, Public School Monitoring Chairperson, at (781) 338-3718 to request a telephone interview. If an individual requires an accommodation, such as translation, to participate in an interview, the Department will make the necessary arrangements. Within approximately 60 business days after the onsite visit, the review chairperson will provide the (district or charter school) with a report with information about areas in which the (district or charter school) meets or exceeds regulatory requirements and areas in which the (district or charter school) requires assistance to correct or improve practices. The public will be able to access the report at <http://www.doe.mass.edu/psm/tfm/reports/>.

Deirdre Legasey makes Goodwin Dean's List

EAST HARTFORD, Conn. — Deirdre Legasey has earned a spot on the Goodwin University Dean's List for Fall 2020. Legasey, a student from Auburn, is one of 1,128 students to make the Dean's List, reserved for those who demonstrate great academic performance. Dean's List inclusion requires a student to earn a minimum 3.5 GPA, the equivalent of an A- average, during a given academic session. The student must also be enrolled in a minimum of six academic credits to qualify. Goodwin University congratulates Deirdre on making the Dean's List and demonstrating such a high standard of excellence in the classroom and beyond! Goodwin University in East Hartford, Connecticut, is an innovative learning community that empowers hard-working students to become sought-after employees. We tailor our programs to address the needs of employers, and we shape them to fit the lives of students. Classes are conveniently offered year-round - days, evenings, weekends, and online. Degrees may be flexibly layered across certificate, associate, bachelor's, and master's programs in a variety of in-demand fields. Better still, we surround our students with the personal support and the professional guidance they need - not just to earn degrees, but to change lives for themselves, their families, and their communities. For more information, please visit www.goodwin.edu.

Local author hopes to help others heal through poetry



Courtesy
Sturbridge's Liza Stone is helping to inform and inspire readers with her recently published book.

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE – A local author is using her recently published book to help inspire and empower readers on their healing journeys. Sturbridge's Liza Stone, a freshman at the University of Massachusetts-Amherst, recently published her nonfiction poetry book, "That's (not) All She Wrote." Split into two parts, the book features a powerful collection of poems fueled by Stone's childhood trauma and her eventual triumph over adversity. For readers who have experienced trauma in their own lives – or for those seeking to better understand the challenges a friend or family member is facing – the book delivers healing insights that confront painful subjects. "As a child, I was a victim of sexual abuse, and when I began my healing journey, I began writing poems as an outlet," Stone said. "I didn't always feel ready to share what I was experiencing out loud, so I wrote it down instead. I began writing the poems in this book at about fourteen, and continued until I was eighteen." Stone chose to compile her poems into a book after she was unable to find many poetry books dealing with sexual abuse. Her creations will now help provide a needed light for readers seeking comfort or inspiration. "I couldn't find what I needed to help my healing, so I decided to write one myself; that was about three years ago. However, I wasn't ready at the time," Stone said. "I officially began compiling the book on March 1, 2021, and published it on April 8. When I finally felt ready to share my story, I just wanted to get it out as soon as possible. I hope that sharing my story serves as a way for others to know that they are not alone. If my story can help one other person on their healing journey, the years of writing will all be worth it." Readers who have experienced abuse in any form are able to use the poetry in Stone's book as a tool for personal healing and hope, or to help a loved one cope. For many readers, the book provides an important lens into subjects that are often shunned or ignored. Countless victims of abuse feel like they do not have

a voice to convey their pain, but Stone's book and others like it are helping to break the silence. "It is full of the real pain, shame, and guilt that comes from such a traumatic experience," Stone said. "The second part is my way of showing people that the pain is possible to get through, and that no one is alone. It's how I keep moving forward, and what I hope will inspire others to do so, as well." During the book's editing process, Stone asked a few people to read her work, some of which went through similar traumatic experiences. She appreciated their supportive reception to the book. "Hearing their feedback and gratitude for writing something that they can relate to really solidified the fact that sharing my story was exactly what I wanted to do. I really look forward to hearing from other people who read it," Stone said.

After much consideration over whether to self-publish her book or pursue traditional formats, Stone opted for self-publication to ensure that she would retain full artistic control of the project. She often spent over six hours a day working on the book, in addition to focusing on her college coursework. "I think the most meaningful part of putting the book together was being able to see all the years of suffering and healing amount to something that I can physically hold," Stone said. "It was being able to take hold of my past and say that I made it into something beautiful. Also, being able to share the proofs with my parents and sister was really important to me. They have always been so supportive of me and my healing, so finally sharing my writing with them made all the difference." Looking back at her completed project, Stone is able to see how much she has transformed along her path toward healing. She hopes readers will also be able to come away from the book with new insights, inspirations, or the reassuring knowledge that they aren't alone. "It was so meaningful for me to go back and read painful poems that are now five years old and realize that I am not there anymore. I have come so far in my healing journey that I can read them and smile, knowing that I am safe and happy," Stone added.

The book also serves as an inspiration for young creators who are apprehensive about sharing their own stories through fiction, nonfiction, poetry, music, or art. For Stone, seeing her work in book form was the ultimate triumph. Her road to healing now has the opportunity to inspire readers throughout the world. "Receiving the first proof was honestly a feeling I will always remember. Holding a physical copy and seeing my name on an actual book was both exhilarating and relaxing," Stone said. "I felt like I could finally let out a breath I had been holding in since I was a little girl." The book is available on Amazon, both in paperback form and the Kindle e-book edition. Looking ahead, Stone hopes to sell her book at local bookstores.

LEGALS

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Peter J. Boisvert and Cathy A. Boisvert to Washington Mutual Bank, FA, dated August 9, 2004 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 34398, Page 37, subsequently assigned to Wells Fargo Bank, NA by Washington Mutual Bank F/K/A Washington Mutual Bank, FA by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 40920, Page 236, subsequently assigned to U.S. Bank National Association, not in its individual capacity but solely as Trustee for RMAC Trust, Series 2016-CTT by Wells Fargo Bank, N.A. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 57879, Page 253 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 11:00 AM on May 7, 2021 at 110 Rockland Road, Auburn, MA, all and singular the premises described in said Mortgage, to wit: All those certain parcels of land situate in Auburn, the County of Worcester and State of Massachusetts, being

known and designated as follows: On the Easterly line of Rockland Road, and being Lot No. 134 on a plan of lots of the Whitaker-Irish-Perry Realty Co., dated May, 1920 in Plan Book 42, Plan 110. Northerly by Lot 3135 on said plan, 214 feet; Easterly by land now or formerly of one Boyce, 93.7 feet; Southerly by Lot No. 133 on said plan, 286 feet; Westerly by the Easterly line of Rockland Road, 60 feet; The aforesaid premises contain about 15,000 square feet of land. Together with a right of way for all purposes of a highway over, along and upon said street, but subject to the reservation of the fee in said street in the Whitaker-Irish-Perry Realty Co. Also another parcel of land 15 feet in width adjoining the Northerly boundary line of the above parcel being bounded and described as follows: Westerly by Rockland Road, 15 feet; Northerly by land now or formerly of Rembeiszewski, 196 feet; Easterly by land now or formerly of Boyce, 22.7 feet; Southerly by the above parcel, 214 feet. Being the same property as conveyed

from Peter J. Boisvert to Peter J. Boisvert and Cathy A. Boisvert, husband and wife as tenants by the entirety, as described in Book 26434 Page 312, Recorded 04/24/2002, in WORCESTER County Records. Tax ID: Map 11 Parcel 103 The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs. TERMS OF SALE: A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale,

to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE. Other terms, if any, to be announced at the sale. U.S. Bank National Association, not in its individual capacity but solely as trustee for the RMAC Trust, Series 2016-CTT Present Holder of said Mortgage, By Its Attorneys, ORLANS PC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 16-015720 April 16, 2021 April 23, 2021 April 30, 2021



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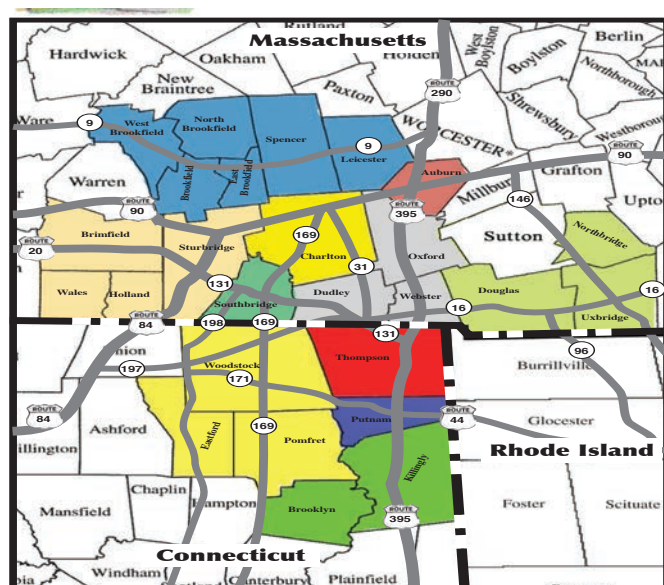


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OPINION/COMMENTARY



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BRENDAN BERUBE
EDITOR

Fighting pandemic fatigue

While more and more people are getting vaccinated, and hospitalizations and deaths are down, the numbers of COVID cases, especially in some rural areas, are climbing. This pandemic is not over, as much as we all want it to be. Life seems to be slowly getting back to normal, however many restrictions, including travel bans and masking are still in place leaving some of us a bit deflated a year later. The number of individuals choosing to vaccinate is hope that there is a light at the end of the tunnel, yet COVID fatigue is still affecting many.

One thing to remember is that we're all in this together, and will all make it through together. Many of us have learned quite a bit about ourselves having been faced with this once in a lifetime scenario. We now know just how extroverted or introverted we all are. Perhaps changes have come by way of new or different opportunities.

Silver linings are still a part of the chatter about town. This is a good sign; however, for those who are gripped by pandemic fatigue, we have a few tips to share. We've all felt it at one point or another over the past year, you are not alone.

Last year, everyone was isolated as businesses and schools closed. We all stayed home for months as the virus took hold of the world. During that difficult time, we all found ways to cope, together. The summer months brought some reprieve, with outdoor events being dubbed 'OK' as long as safety protocols were adhered to. During the winter months we saw another surge that made us all feel as though it would never end.

It's important to talk about and acknowledge just how tough things have been for each and every one of us. The unexpected changes the pandemic delivered were a doozy. Over the past year, we have all worried about loved ones and the burden that comes along with potential changes in finances. Isolation is never easy either. Despite these challenges we are all here, in this together and accolades should be given to everyone who did what they could to help stop the spread, encourage friends and family and for keeping yourselves upbeat as much as possible.

Remember to check in with yourself and take note if you feel impatient, angry, depressed or irritable. Those feelings are normal and make sense given the circumstances, but experts say it's important to be aware.

Breathing exercises are always suggested as they are the fastest and easiest way to reduce stress. Relax your shoulders and slow your breathing. The physiological response centers on the nervous system.

Limit your screen time. We say this often. Some call it 'doom-scrolling.' Think of the good old days before social media when it was your choice about what you read. Seeing too much negativity can increase that feeling of dread and uncertainty. If you need some good news, simply Google "good news"; we promise, it's out there. If you're trying to unwind, listen to music or watch shows that remind you of simpler times. Some of our favorites include The Beach Boys, Led Zeppelin and The Doors. For a good reset, nothing beats watching re-runs of Three's Company, one of the best sit-coms to come out of the 1970's.

In the words of Bernard Beckett, "Human spirit is the ability to face the uncertainty of the future with curiosity and optimism. It is the belief that problems can be solved, differences resolved. It is a type of confidence. And it is fragile."

Turkey season is upon us

The opening of Wild Turkey season this past Monday, April 26, had many hunters out hoping to bag a turkey on the first day. The birds were extremely vocal in some areas and less vocal in others. This year, many sportsmen are concerned about the few sightings they encountered in the last couple of weeks, while scouting there hunting area for opening day. I do agree that fewer sightings in fields and local woodlots were reported than in past years, but that does not mean that they are not there. I was reading an article by Andrew McKean on turkey hunting that was interesting! South Carolina New York and other states started noticing a downward turn in their Wild Turkey populations, which has biologist concerned. They still have not figured it out!

The introduction of Wild Turkeys into Massachusetts and other states was a huge success back 30 or 40 years ago. Their populations grew so fast in the last 10 years or so, they have become a nuisance in many areas of the Massachusetts. They sure are a bit wacky at times as they stroll through small towns chasing people down the street, often holding up traffic. Hunting Wild Turkeys looks easy until you try to outsmart one in the wild during hunting season. There keen eye site can spot the slightest movement sending them high-tailing it out of the area. Hunting them is a lot of fun, but you need to have a lot of patience if you want to bag a big tom bird.

Setting up early in the morning before daybreak can increase your chances of harvesting a turkey, but while you are waiting observing other wildlife can provide some exciting moments. Suddenly, a loud gobble a couple hundred feet from your setup of turkey decoys, breaks the crisp morning air. After a few more gobbles, the flapping of wings from a turkey as he leaves the roost has your heart pumping loudly. After making a few hen calls with your turkey call, you often hear a few loud gobbles from the bird. I have a preference to hunt from a ground blind, which allows me to stay comfortable, warm and dry away from ticks and other ground feeding bugs.

Poking the barrel of my Browning shotgun out the window of my blind, I quickly spotted a couple of hens heading my way. Suddenly, a huge Tom turkey appears in full strut. My mouth becomes dry as the bird heads closer to my blind and setup of turkey decoys 20 or 30 yards away. It seems like a half hour has gone by, but it is only 10 to 12 minutes. Because I am using three-and-a-half-inch turkey loads, I am comfortable taking a shot of 30 to 40 yards from my blind. Carefully taking aim, I slowly squeeze the trigger until the discharged shotgun sets me back in my chair. The roar of the discharged shell echoes through the valley, and the smell of burned gunpowder fills the air. The big bird lays almost motionless in the grass filled field. Time to pick up my prize and head for home!

That is the story of a previous hunt



THE GREAT OUTDOORS
• • • • •
RALPH TRUE

a few years earlier. You can harvest two tom birds on the same day, and still have another permit to harvest a turkey in the fall. Some states like Ohio are reporting a substantial drop in their turkey populations, and they do not know why. They have already started to revise their permits for turkey hunters. Hopefully, they do not have a bird flu problem. Keeping our wildlife healthy falls in the hands of our wildlife biologist. At least for now, deer and turkey populations in Massachusetts are thriving, and will hopefully stay that way.

Using the proper shotgun shells for turkey hunting will help insure a fatal blow to the head. Some shells cost close to \$10 each. After harvesting a wild turkey, you should cut the tail off. Saving the tail and drying it out on a piece of cardboard should be done as soon as you return home. Shaking some Twenty Mule Team borax on the meaty part of the tail, will help preserve the tail for your next hunt. Fan the tail out with a few pins to hold it in place. After the tail is dry, you can remove the tail from the cardboard and attach a small piece of wood and a 20-inch piece of quarter-inch metal pipe to stake the tail in your decoys on your next hunt. It works great.

No complaints this year on trout stockings, at least for now. Most everyone agrees that the size and stocking numbers of trout are receiving high marks from the states fishing public. A 12-pound brown trout was caught last week, and there are reports of many trout in the three-to-four-pound class being caught. The West River in Uxbridge has been giving up some impressive trout, and Harrington's Pool is still being stocked with trout, even though the entrance road is still blocked. Access to the pool can be made from the dam area, but efforts to the pool by Quaker Street are still being planned. Veterans and the disabled public will need to wait a bit longer for the new easy access.

The ocean waters are still a bit cool and a week of warm weather are needed to jump start the tautog bite. Tautog fishing in the Westport River had still not materialized as of last Saturday. The surface water temperature was still at 47 degrees. A water temperature of at least 50 degrees should start the bite. Hopefully, this week! Party boats are also making a long run to the haddock grounds to catch fish, but when they get there, the action is hot.

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show every scuff and can tolerate light cleaning. Satin finish paint is more durable than matte or eggshell finishes. It has a light sheen, and resists moisture, which makes it a popular option for kitchens and bathrooms.

Semi-gloss finishes reflect light and offer a bright, glossy finish which can really add to a room's appeal. Surfaces are easily cleaned, however the shiny finish shows surface imperfections, making it impractical for many applications. Newer trims and moldings are ideal candidates for semi-gloss paint.

A glossy finish provides a high gloss shine, is very durable and easy to clean. The brilliant shine is typically used for small accent areas, as the finish is very reflective and too distracting for most area applications.

Not sure how much paint to buy? Most major paint companies and home centers offer easy to use paint calculators on their websites for precise measuring. Or, to estimate the amount of paint you need in order to cover the walls of a room, multiply the perimeter of the room by the ceiling height to get square feet. Subtract 20 square feet

Look at your financial situation holistically



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

What's the biggest financial mistake you can make? Choosing the wrong investments? Waiting too long to save for retirement? Underestimating the costs of retirement? All these are reasonable answers, but the biggest mistake you might make is not looking at your financial picture holistically – that is, not bringing into the picture all the elements of yourself.

Let's consider some of them:

Your views on helping your family – Your decisions about helping your family are clearly going to be a major part of your financial strategy – and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to put away money for their college education, and, if so, how much, and in what investment vehicles. When they're young adults, you may also need to decide how much financial support you're willing to provide for things such as the down payment on a new home. And when you're drawing up your estate plans, you'll need to consider how to distribute assets to your children, grandchildren or other family members.

Your personal beliefs – As someone with civic, ethical and moral concerns, you want to positively affect the world around you. And that's why you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate planning component, you'll need to work with your tax and legal advisors.

Your purpose in life when you retire – When you retire, you may be stepping off a career path, but you're also entering a world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Do you want to give back more to the community by volunteering? Can you spend more time pursuing the hobbies you enjoy? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much you will need to take out each year from your retirement accounts, such as your IRA and 401(k).

Your health – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous – in fact, a private room in a nursing home can easily cost \$100,000 per year, according to the insurance company Genworth.

It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically – because, when putting together a lifetime's financial strategy, every part of your life matters.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

Do-It-Yourself Painting Pointers

This season, with everything fresh and new, inspiration ranks high for revamping the home. Since nothing transforms a space quicker or cheaper than paint, it's a natural choice for a mini makeover. Whether you're painting an entire room or a piece of furniture, the following ideas and techniques can help ensure paint perfection!

Paint is one the easiest, cost effective ways to alter and enhance the spaces you live in. The golden rule to painting walls is that dark colors absorb light, making a room appear smaller, and whites and pastels reflect the light, creating a spacious feel. To expand a small room, paint the walls a color from the cool end of the color wheel. In fact, paint company Sherwin-Williams recommends choosing blue, green or violet hues to make walls appear to recede.

Paint can also be used to visually correct architectural flaws. To widen a long narrow room, use a slightly darker color on the shorter walls and a lighter color on the longer walls. To make a low ceiling appear higher, be sure the ceiling is a lighter color than the walls. A long hallway can be shortened by painting the wall



TAKE THE HINT
KAREN TRAINOR

at the end a dark color to bring it closer. And rectangular rooms can instantly appear more symmetric by painting the two short end walls a darker shade.

The proper paint finish can be used to camouflage imperfect walls. For example, Paints that have no sheen, also known as "flat" or "matte" finishes absorb the light. These porous finishes are ideal for hiding flaws in ceilings and walls and are especially appreciated when working with old, plaster surfaces. The downfall is they cannot withstand cleaning and scrubbing so they are not practical for kitchens, bathrooms, children's rooms or other high traffic areas.

Eggshell finish has a slight sheen, similar to that of an eggshell, so it is still somewhat effective at hiding flaws. Its velvety look makes it a popular choice and eggshell finish is a bit more reflective than flat paint so it doesn't

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WEBSTER - 99 UPPER GORE ROAD



ON DEPOSIT

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



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WEBSTER - 103 UPPER GORE RD



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WEBSTER • 233 - 235 NORTH MAIN STREET



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Webster Lake - 100 Lakeside Ave



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Featured New Listing!



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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!
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TRAINORS

continued from page A8

for each door and 15 square feet for each average-sized window in the room. The figure you end up with is a pretty close estimate of the actual wall area. Keep in mind, you can expect one gallon of paint to cover approximately 350 square feet.

Want to know the most efficient order of painting a room? Experts advise painting ceiling, walls, trim, cabinets, and doors.

Quick Tips

For a quick patch job on walls, simply use items on hand: Mix equal parts of starch and salt, with just enough water to make a thick paste. Apply and smooth over cracks or small holes.

When mixing up commercial plaster, you'll reduce lumps if you add the powdered plaster to the water instead of adding water to the plaster.

Sanding is a tedious chore. To reduce sanding on plastered walls, simply go over freshly applied joint compound with a wet paint brush for a smooth finish.

Ensure a smooth surface: Before painting over an old bureau or other piece of furniture, you can easily clean the finish by wiping it down with a lintfree cloth dampened with straight turpentine. This method picks up any stray dust and helps smooth out the surface to prepare it for painting.

When painting new plaster, or other porous surface, paint on a solution of water mixed with PVA glue first. This seals the surface and stops the paint from soaking into the plaster, giving a better finish and making the paint go further!

When painting with a brush, always keep a wet edge as you paint, and work away from that wet edge. If you paint over a dry edge, you will get overlap marks.

Aerosol paint is a popular choice for revamping furniture and small accessories, but it can be frustrating when the paint does not dispel evenly. Here's a trick to ensure a finer and more even coat of paint: Simply place the can in warm water several minutes prior to spraying. The higher temperature helps the paint to flow out more easily, and smoothly.

Win Dinner for Two at the Publick House

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!

Please note the contest had been suspended due to COVID restrictions. It is expected to start up again in June. All entries have been collected and will be entered into an upcoming drawing.

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.

Dress up the landscape with spring flowering shrubs

Add a burst of color to the start of the garden season with spring flowering shrubs. Small or large, these beauties add color, support pollinators, and help attract birds to the landscape.

Make room in mixed borders and gardens for these spring bloomers. Use varieties with slightly different bloom times to create continuous color throughout the spring. Complement these with spring flowering perennials and bulbs. Once the shrubs finish flowering, they add some nice greenery to the border.

Plant a few compact varieties in containers for added color on patios and decks. Add seasonal color with annuals, pansies or other cool weather tolerant flowers for spring and fall. Replace these with petunias, lantana, or other suitable heat tolerant flowers for summer.

Forsythia and lilacs are traditional spring favorites. Forsythia's bright yellow flowers signal spring for many. The showy flowers have a slight fragrance, and the plants are basically pest free. Select varieties whose flower buds will survive cold winter temperatures, so there will be blossoms from the tip of the stem to ground level.

Lilacs fragrant flowers may generate wonderful childhood memories. Select the preferred white, pink, or purple color and varieties that will fit the growing location when mature. These will brighten any spot later in the spring.

Look for other easy-care, spring-blooming shrubs to include in the landscape. The spring blooms of viburnum are sure to provide plenty of enjoyment not to mention its attrac-



GARDEN MOMENTS

MELINDA MYERS



Courtesy — Pasquesi.com

This Show Off® forsythia signals early spring for many with its showy, bright yellow flowers and slight fragrance.

fall color, and winter interest will shine when positioned in front of greenery.

Take a walk through the landscape now to identify places that would benefit from some spring color. Select the right plants that are suited to the growing conditions and complement the garden design. Then plant and enjoy these colorful additions for years to come.

Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her Web site is www.melindamyers.com.

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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
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Associates Degree in Environmental Science or related field and three (3) years of experience in a similar capacity; or a combination of education and experience. MACC "Fundamentals" certification required to be completed within one year of hire.

This is a non-union position with a starting rate of \$22.71 up to a maximum of \$28.18 per hour.

Job description and application available at: www.spencerma.gov.

Submit resume and application to Town of Spencer, Town Administrator's Office, 157 Main Street, Spencer, MA *EEO Employer.*

Town of Charlton seeks to fill a PT (15 hr) Local Inspector in our Building Department

Must have thorough knowledge of the State Building Code, local zoning bylaws and other applicable state statutes, rules and regulations. High School diploma and advanced technical training; five years of experience in the supervision of building construction or design; or an equivalent combination of education and experience. State certification as a Local Inspector, Massachusetts Construction Supervisor's License and Massachusetts driver's license required. Hourly rate: \$25.00 - \$28.00/hr dependent on qualifications.

Full job description available online at
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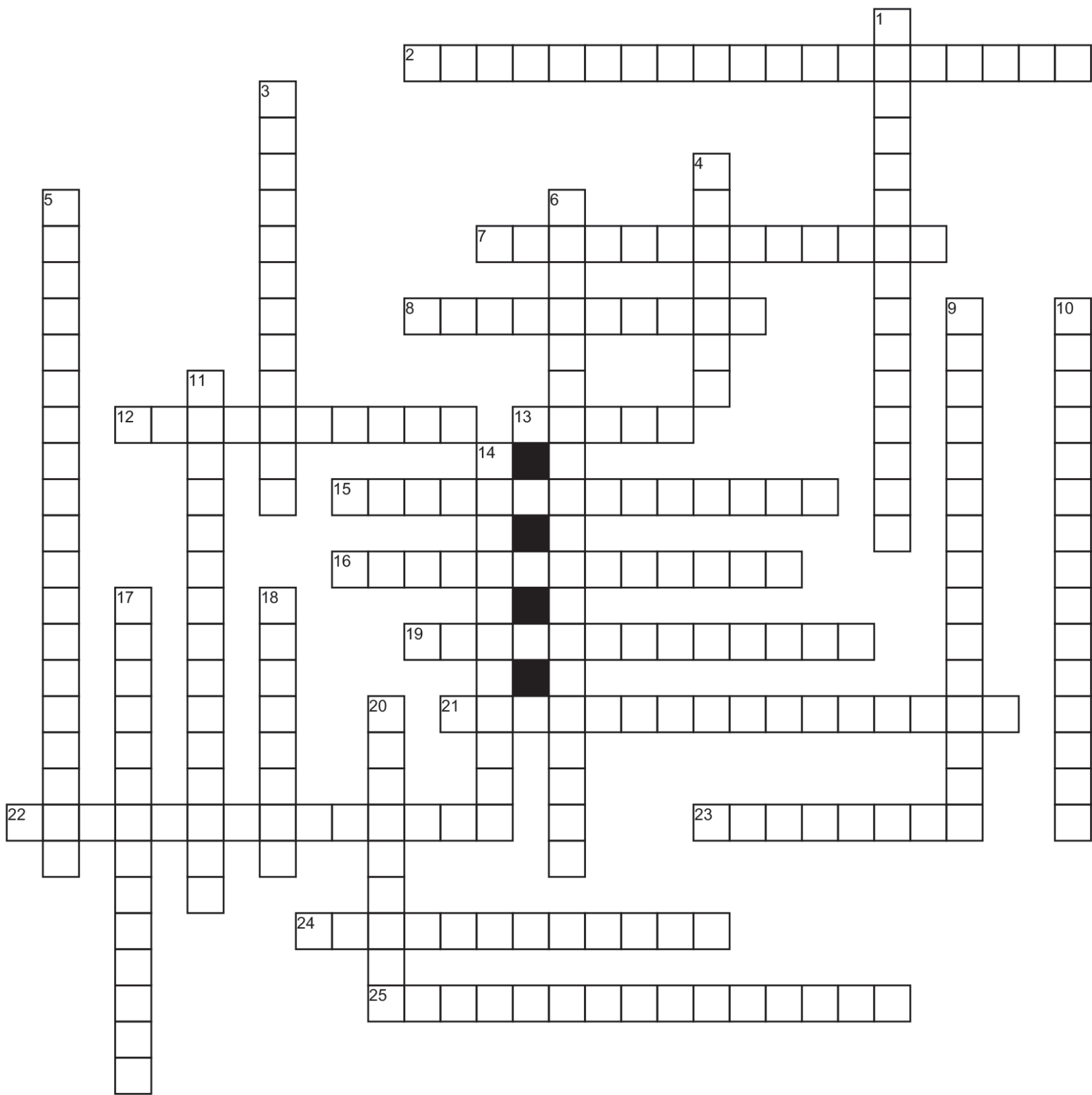
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3rd Annual ABC's of the Seasons

Spring Edition 2021

Please find the answers to this crossword puzzle on the ABC's Page



ACROSS

- 2. Treat your yard before they take over
- 7. Best sales experience
- 8. Balance Transfer
- 12. USDOT# 2407387
- 13. We can save you time and money!
- 15. Help wanted, real estate, legals
- 16. Save you money on your energy bill
- 19. Great gifts for Mothers Day
- 21. Quality content
- 22. Weber Grills
- 23. Beautifying America one vehicle at a time
- 24. I'll beat any of my competitors prices
- 25. Arborcoat

DOWN

- 1. ...flowers that will last a lifetime
- 3. Come work for us!
- 4. Salon & Spa
- 5. New patients welcome
- 6. Use promo code palmer123
- 9. Always going the extra mile for our customers
- 10. Fresh local eggs
- 11. Grove & Main
- 14. Family owned and operated since 1967
- 17. AAA Roadside Assistance
- 18. Patient first, goal oriented
- 20. 15 Years...experience

3rd Annual ABC'S OF THE SEASONS, SPRING EDITION
Hint... answers don't always include the entire business name.

Name: _____
Address: _____

Circle which paper you found this in: *Spencer New Leader, Webster Times, Charlton Villager, Sturbridge Villager, Auburn News, Blackstone Valley Tribune, Southbridge News*
Daytime Phone: _____
Email address (optional) _____
Comments: _____

Please find the answers to this crossword puzzle on the ABC's Page. Enter to win a \$25 gift card to an ABC business by mailing in your completed crossword to ABC Crossword Puzzle, Stonebridge Press, P. O. Box 90, 25 Elm Street, Southbridge, MA 01550 OR scan & email or take a picture and email it to jsima@stonebridgepress.news by Wednesday, May 19th. Random-drawing for winner of all correct entries to be announced in the May 28 issue. One entry per person. Please support these ABC's businesses and tell them you saw their ad in your local paper! Good luck!

It's not where you are that's important ...

I have always looked at the thought of a “bucket list” in a negative light. The idea that I’d want to begin compiling a list of things I wanted to do before I die just seemed ... well ... negative.

This week, I received an email from a reader saying, “I’ve been following your cancer journey through your column and social media with great interest. I’m on a similar health path and I’m wondering what’s on your bucket list to do before it all ends.”

I began responding that my intentions are aligned with my hopes, plan, and actions and

that I’m not expecting nor planning on dying from this cancer. But I fell asleep last night and awoke feeling differently and realized that I’ve already aligned my intentions on a partial bucket list, and it may be fun to compose one.

First, from the moment of my cancer diagnosis, my family, close friends, and I have come together and consciously decided to be more deliberate about being together. Arlene and I have spent more time with our children and grandchildren over the last year than we have on the last five years and plan even more.

POSITIVELY SPEAKING

GARY W. MOORE

I have two incredible sisters and brothers-in-law and once again, I’ve seen them more often this year and plan to do even more. I’ve seen friends I haven’t seen in forty years. It’s really been a beautiful year of seeing loved ones and catching up. My life has been dominated by being with those I love.

But what else? My mind swirled all night with a combination of things I’ve seen and done and want to do again, and things I’ve never seen nor done. My list may be passive ... no jumping out of airplanes or alligator wrestling ... yet things I want to experience.

In the things I want to do again group ... I want to visit San Antonio, Texas. San Antonio is probably my favorite place on the globe ... history, music, food ... I find it all alluring. I’ve been there dozens of times, but want to go again. I want to dine on fajitas, with a margarita and listen to live mariachi music played table-side with friends and family at Market Square. After dinner, we’ll stroll by the Alamo and I’ll ramble on about my life-long fascination with Texas history. I love Texas. I love the Texas attitude. And we’ll end the night listening to George Strait singing “I’ll be Somewhere Down in Texas if you’re looking for me” ... on a jukebox at the original Lone Star Cafe.

I remember the first moment we parked our motor home ... I am guessing 1987 or so ... taking the hands of my little family, walking up the

long walkway and seeing Mount Rushmore for the first time. It was an unexpected breath-taking experience. I think I need to see it again. Not because I’m dying ... I’m not ... but just because I want to see it again.

I have two books burning inside of me that I feel driven to finish and another that is finished that my agent is seeking a publishing deal. I’m also thinking about a simple book that’s a compilation of a few of my columns.

I also find that I want to spend more time talking with and listening to God through my prayers. As time passes, I’m understanding how important this is to my attitude, optimism, and mental well-being.

Those are my must do’s. In the category of things not required but I’d love to do is visit the Holy Land. It’s a long trip. If we can make it happen, great, but no

regrets if not.

My list is short and simple. Really, all I want is time with family and friends. I’ve already travelled the world and realize my new life philosophy can be summed up by the following simple statement of truth.

“It’s not where you are that’s important, but who you are with.”

If I can spend the rest of my life, anywhere, place or time, being with those I love and those who love me in return, I’ll be deliriously happy.

What could be more important?

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.garywmoore.com.

BAY PATH

continued from page A1

Pandemic.”

UNICEF club member Brianna Laforest of Webster said that a tremendous amount of gratitude goes to UNICEF club advisor, Professor Cheryl Cahill, “for her creative fundraising ideas during this pandemic.”

According to Laforest, “Professor Cahill made it easy for us to help UNICEF although the many barriers we faced with social distancing, and not being able to fundraise like we normally would.”

To date, the UNICEF Club has raised more than \$500. The can/bottle drive naturally injects a community service element into fundraising efforts, and they perfectly complement the UNICEF Club’s focus on community and global living, leadership, and building awareness.

BOXES

continued from page A1

pouring of people who came by. With almost 400 boxes we had a few people who didn’t show but we gave some to the fire department and any leftovers were used well. The program has been excellent.”

The USDA food boxes have been available to residents for nearly a year, but distributions have mostly been confined to cities including Boston and Worcester. The April 15 distribution brought the boxes to local residents with 508 International, a 22-acre action sports venue in Charlton, serving as the host location.

“It’s a lot of work. It was a massive crowd,” Elco-Rollins said. “The Community Emergency Response Team showed up and helped right to the end. The police were a big help. Our volunteers here at Chip-In were a big part of this. For the first time we did something so big here in Charlton and it was great. We wanted to do it all summer because there’s no feeding program in town during the summer months.”

Chip-In and the town of Charlton hosted a second distribution on April 29, but sadly the program will not last into the summer months. The USDA and President Joe Biden announced that the program will be concluding in May of this year as COVID

numbers begin to decline.

Chip-In and Emco-Rollins would like to thank all the volunteers that played a part in making the distributions a success including Dave Singer, Ray Desile, Brian Beck, Mike McGrath, Tiffany Bernier, Don Clay, Amy Rivera, Stacey Yovan, Ray Glynn, and Charlton Police Department Auxiliary Officers Wilk, Ryan, Betossi, and Gaylord. They also thank 508 International for hosting, Slim’s & Berthiaume Sewer Service for the lavatory facilities, Charlton Police Chief Dowd, and Food Box supplier Katsiroubas Bros. Food Distributors as well as the USDA and their partners for providing the program.

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