







See the corresponding Crossword Puzzle in this issue.

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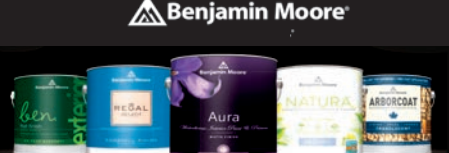
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# Local author hopes to help others heal through poetry

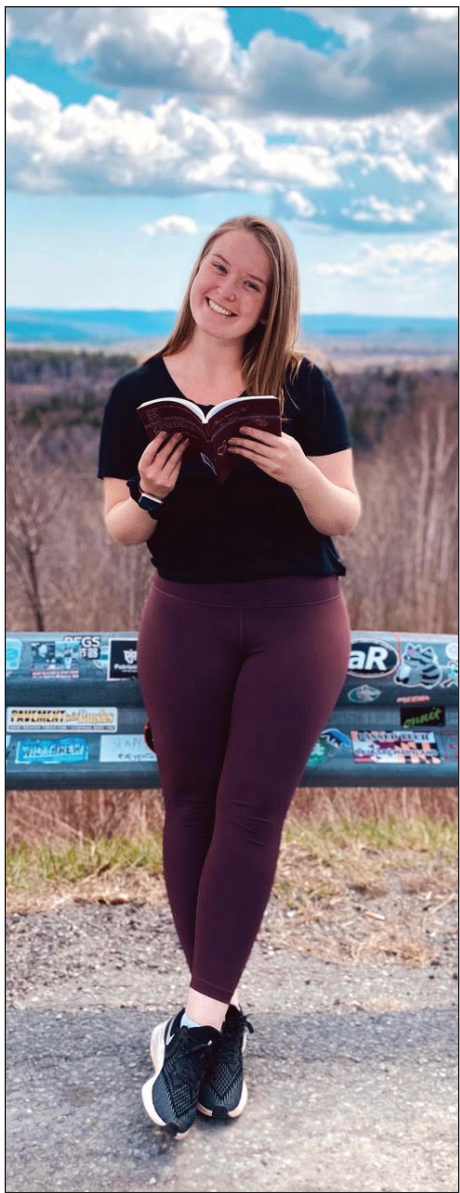


Photo Courtesy  
Sturbridge's Liza Stone is helping to inform and inspire readers with her recently published book.

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 non-

fiction 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 opportu-

nity 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.



## ACCURACY WATCH

The Charlton Villager is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner. If you find a mistake, email news@stone-bridgepress.news or call (508) 909-4106 during normal business hours. During non-business hours, leave a message in the editor’s voice mailbox. The editor will return your phone call.

## REAL ESTATE TRANSACTIONS

**CHARLTON**  
\$505,000, 2 Brackett Hill Rd, Jenkins, Michael R, and Peppel, Allison P, to Gebo, Noah M, and Muzyczka, Payton L.  
\$403,600, 46 Main St, Leblanc, Mark S, to Tabarak Housing LLC.  
\$250,000, 109 Ramshorn Rd, Seraphin, Joseph R, and Seraphin, Jean M, to Spencer, Matthew E, and Daoust, Kevin M.

# 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 Depositor’s 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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**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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**Town of Sturbridge**  
**Building Inspector/Zoning Enforcement Officer**  
**Building Department**

The Town of Sturbridge is recruiting for a full-time Building Inspector/Zoning Enforcement Officer in the Building Department. This is a Exempt position and the successful candidate will be responsible for reviewing plans for building construction, alterations, or any designated structures, issuing building permits, calculating/collecting fees, supervising the maintenance of associated records, and inspecting buildings, among other responsibilities. A unrestricted Massachusetts Construction Supervisor's License, certification as a Local Inspector and must be able to obtain certification as a Building Commissioner or Inspector of Buildings within 18 months of hire is required. This also requires a valid Massachusetts Class D Driver's License. The pay range for the position is between \$67,774 to \$94,884 per year. For a copy of the complete job description and an application please go to <https://www.sturbridge.gov/your-government/pages/job-opportunities>. Interested parties should send a letter of interest and completed application to Alex McConnon, 308 Main Street, Sturbridge, MA 01566 or [amcconnon@sturbridge.gov](mailto:amcconnon@sturbridge.gov). Position open until filled. *The Town of Sturbridge is an EOE.*



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



Photo 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).

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-

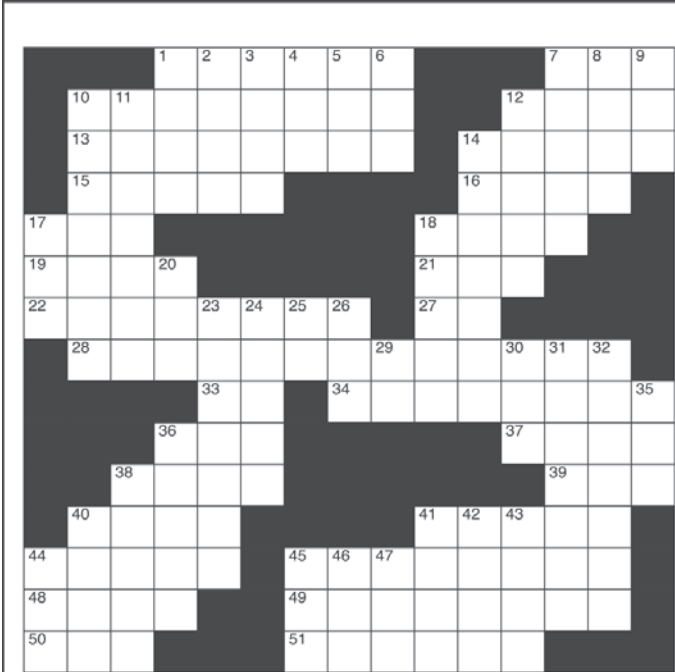
mitment to the connections between nature and health."

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](http://www.treecampushealthcare.org).

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### 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

### 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 check
- 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

- 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

- 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. Screens rating
- 45. Short-term memory
- 46. Japanese delicacy
- 47. One point north of due east

## TRINITY CATHOLIC ACADEMY PRE-K SWINGS INTO SPRING FOR EARTH DAY



Photo Courtesy

This fun group led by Mrs. Hilli & Mrs. Lomme have been learning about ways to take care of the earth that God gave us. These ambitious four-year-olds have been

talking about ways to recycle, plant trees and conserve energy whenever they can. To recycle paper, these young conservationists grabbed paper from projects, newspapers, and other scraps, and ripped them into tiny pieces.

They then let the paper soak and whirled it into paper pulp. Next the children pressed the pulp into a heart shaped mold and added seeds so they could plant them outside during school vacation to grow some pretty spring flowers.

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### CHURCH LISTINGS

• **Charlton Federated Church**, 64 Main St., 248-5550, Sunday worship 10:30 a.m.  
[www.fedchurchcharlton.org](http://www.fedchurchcharlton.org)

• **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, [www.charltonbaptist.org](http://www.charltonbaptist.org), Sunday worship 10 a.m.

• **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: [CharltonCityUMC.org](http://CharltonCityUMC.org)

Sunday worship and Children's church 10am

• **St. Joseph's Church**, 10 H. Putnam Ext, 248-7862, [www.stjosephscharlton.com](http://www.stjosephscharlton.com), Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

• **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144

• **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, [snedag.org](http://snedag.org), Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am.

[www.livingwordcharlton.com](http://www.livingwordcharlton.com)  
[info@livingwordcharlton.com](mailto:info@livingwordcharlton.com)

• **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.





# School District launches revamped COVID dashboard

BY JASON BLEAU  
VILLAGER 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 to 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](http://www.dcrsd.org) and clicking on the “COVID Dashboard” square on the left side of the screen.

# 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 pre-register 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](http://www.mass.gov).

# Springfield Urban League CEO to deliver Nichols College Commencement address

DUDLEY, Mass. – Nichols College has announced that Henry M. Thomas III, JD, president and CEO of the Urban League of Springfield, Inc., will deliver the keynote address at the college’s Commencement exercises for the Class of 2021 on Saturday, May 15 at 1 p.m., and for the Class of 2020 on Sunday, May 16 at 1 p.m. Both ceremonies will be held on Vendetti Field at the Nichols College campus.

Thomas, who will receive an honorary doctoral degree in social welfare from Nichols, has worked in the Urban League movement for 49 years, becoming the youngest person appointed president and CEO of a national Urban League affiliate at the age of 25. He has served at the helm in Springfield, Mass., since 1974, and is also CEO of Camp Atwater, the oldest African American overnight youth camp in the U.S.

In 2007, Thomas was appointed by Governor Deval Patrick to the University of Massachusetts Board of Trustees, which he chaired for three years, and currently serves as vice chair of the UMass Building Authority.

He was on the Massachusetts Board of Higher Education for seven years and was vice chair of the state’s Board of Education.

He is also a board member of the Edward M. Kennedy Institute for the United States Senate, the Blue Cross Blue Shield Foundation, and the Hampden County Regional Employment Board Executive Committee.

Thomas has been deeply involved in education equity and excellence from a grass roots and public policy perspective, and has served on local, state, and national boards advocating for youth development and ensuring that all students receive the benefit of a quality education.

“Through the Urban League, Henry Thomas has devoted his life to improving educational and economic prospects for the Black community,” said Nichols College President Susan West Engelkemeyer, Ph.D. “His message of empowerment in the face of difficult times will enlighten and further prepare our graduates, the newest generation of business and civic leaders.”

Thomas earned a BA degree in psychology and an MA degree in human resource development from American International College; and a JD degree from Western New England University School of Law.

He has been recognized for his efforts with several awards and honors, including the President’s Medallion Award from Western New England University; the Human Relations Award from the National Conference for Community and Justice; the Ubora Award for Excellence from the Springfield Museums; the Service Above Self Award from the Basketball Hall of Fame & Springfield Rotary; the Distinguished Service Award from the Massachusetts Legislative Black Caucus; and the Citizen of the Year Award from the Omega Psi Phi Fraternity. He has also received honorary doctorates from Bay Path and Westfield State universities.

A native of Springfield, Thomas is the former chair of the Springfield Fire Commission and the Springfield Police Commission, as well as the co-founder of New Leadership Charter School. He

is an inductee of both the Springfield High School Sports Hall of Fame (football, track, and gymnastics), and the National Football Collegian Hall of Fame.

He and his wife, Devonian, a recently retired vice principal in Springfield Public Schools, have two children.

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow’s leaders. Nichols also offers master’s degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today’s professionals.



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## Sturbridge Legion Baseball hosting tryouts 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.

# 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 individuals 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/>.

## Interesting facts about greyhounds

Founded in the summer of 1992, The Greyhound Project, Inc. is a volunteer, nonprofit organization that provides information about greyhounds and promotes the adoption of retired racing greyhounds. Many people can recognize greyhounds on sight, but few who have never before owned a greyhound may know just how interesting and lovable these dogs are. People considering adopting a retired racing greyhound may be surprised to learn that these highly social creatures are among the world's most interesting pets.

- Racing greyhounds aren't predators; many just love to chase things. As The Greyhound Project notes, retired racing greyhounds have been trained to chase lures. That love of the chase may lead some to believe greyhounds are natural predators, but that's not the case. Many greyhounds just love to run, and some retired racing greyhounds really love to

run. However, when they're no longer racing and have fully adapted to a new home, many greyhounds become disinterested in chasing.

- Greyhounds are very fast. Some retired racing greyhounds can hit speeds as high as 45 miles per hour. While they only achieve such speeds for very short periods of time, that's still pretty fast.
- Retired racing greyhounds are people-friendly. Despite what their love of running may suggest, retired racing greyhounds are very sociable and typically get along great with both adults and children. Many retired racing greyhounds have been handled by trainers, dog walkers, veterinarians, and others since they were very young. That exposure to humans has made them very sociable.
- Some retired racing greyhounds may exhibit behaviors typical of puppies. The Greyhound Project notes that, thanks to their early training, retired racing greyhounds have never been without the company of other greyhounds. As a result, when spending time alone for the first time in their lives, retired greyhounds may make up for lost time as a puppy by exhibiting puppy-like behaviors such as chewing. This need not cause alarm in new greyhound parents, as the dogs typically outgrow the behavior very quickly.
- Retired racing greyhounds may need to be trained, but they're willing to learn. Sitting, climbing stairs and even playing games can be foreign concepts to retired racing greyhounds. That's because their training focused on racing and little else. But with time, greyhounds, who typically express a willingness to learn and please their owners, can learn these tasks.



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## LEGALS

**Town of Holland Zoning Board of Appeals Notice of Public Hearing**

The Zoning Board of Appeals will hold a public hearing on Wednesday May 12, 2021 at 7:15 pm at the Holland Town Hall, 27 Sturbridge Rd, Holland MA 01521 or remotely for more information please refer to the town website at <https://town.holland.ma.us> under Zoning Board of Appeals under agendas for the date specified above. The purpose of the hearing is to consider a request from David and Susan Tremblay for a special permit according to Bylaw section 7. Relief requested: Owners would like to renovate and remodel existing structure. The property is located at: 306 Mashapaug Road, Parcel ID # R07/D/5

Don Beal, Chairperson, Zoning Board of Appeals

April 23, 2021  
April 30, 2021

**Wales Planning Board Public Hearing**

In accordance with the provisions of M.G.L. Ch 40A §11, the **Wales Planning Board will hold a Virtual Public Hearing on May 17, 2021 at the Wales Town Offices at 6:30 PM**, re-holding the hearing to correct a defect in the posting of the meeting and in regards to the acceptance of a new section to the Town of Wales Zoning Bylaw, known to be Section 7.9: Medical/Adult Use Marijuana. A copy is available on

the Town of Wales website and is on file with the Town Clerk's office where it is available for inspection during regular business hours. Any person interested and wishing to be heard on the acceptance of this bylaw should refer to the town website ([www.townofwales.net](http://www.townofwales.net)) under Planning Board agenda for the above date to participate virtually. If you have any questions or concerns please email [planning@townofwales.net](mailto:planning@townofwales.net)

April 30, 2021  
May 7, 2021

**THE COMMONWEALTH OF MASSACHUSETTS MASSACHUSETTS DEPARTMENT OF TRANSPORTATION HIGHWAY DIVISION NOTICE OF A PUBLIC HEARING MEETING Project File No. 602659**

A Live Virtual Design Public Hearing meeting link will be published on the MassDOT website below to present the design for the proposed Route 20 Roadway Reconstruction project in **Charlton-Oxford, MA.**

WHEN: **Thursday, May 13, 2021 @ 6:00 PM**

PURPOSE: The purpose of this hearing is to provide the public with the opportunity to become fully acquainted with the proposed Charlton-Oxford Route 20 Roadway Reconstruction project. All views and comments submitted in response to the hearing will

be reviewed and considered to the maximum extent possible.

PROPOSAL: The proposed project consists of improvements to Route 20 roadway safety conditions in Charlton and Oxford through proposed modifications to roadway geometry, roadway widening, installation of a median barrier and enhanced traffic operations at intersections. Design will include considerations for bicycle and pedestrian accommodations, signage, pavement markings, guardrail, retaining walls and storm drainage. Bridges carrying Route 20 over the Little River in Charlton and the French River in Oxford will be replaced.

A secure right-of-way is necessary for this project. Acquisitions in fee and permanent or temporary easements may be required. The **Commonwealth of Massachusetts** is responsible for acquiring all needed rights in private or public lands. MassDOT's policy concerning land acquisitions will be presented in the hearing.

Project inquiries, written statements and other exhibits regarding the proposed undertaking may be submitted to Patricia A. Leavenworth, P.E., Chief Engineer, via e-mail to [dot.feedback.highway@state.ma.us](mailto:dot.feedback.highway@state.ma.us) or via US Mail to Suite 6340, 10 Park Plaza, Boston, MA 02116, Attention: Major Projects, Design-Build Project File No. 602659. Statements and exhibits intended for inclusion in the public hearing transcript must be emailed or postmarked

no later than ten (10) business days after the hearing is posted to the MassDOT website listed below.

This hearing is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (e.g interpreters in American Sign Language and languages other than English, live captioning, videos, assistive listening devices and alternate material formats), as available. For accommodation or language assistance, please contact MassDOT's Chief Diversity and Civil Rights Officer by phone (857-368-8580), TTD/TTY at (857) 266-0603, fax (857) 368-0602 or by email ([MassDOT.CivilRights@dot.state.ma.us](mailto:MassDOT.CivilRights@dot.state.ma.us)). Requests should be made as soon as possible prior to the meeting, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be made at least ten business days before the hearing.

This Live Virtual Design Public Hearing or a cancellation announcement will be posted on the internet at [www.mass.gov/massdot-highway-design-public-hearings](http://www.mass.gov/massdot-highway-design-public-hearings).

JONATHAN GULLIVER  
HIGHWAY ADMINISTRATOR  
PATRICIA A. LEAVENWORTH, P.E.  
CHIEF ENGINEER  
April 30, 2021  
May 7, 2021





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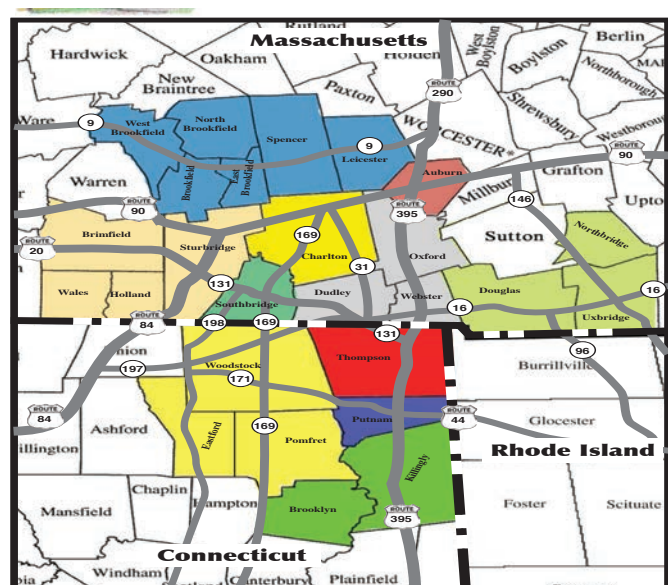


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FRANK G. CHILINSKI  
PRESIDENT/PUBLISHER

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 the best sitcoms 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."

## BUDGET

continued from page A1

"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.

# OPINION

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

## TO THE EDITOR

### Barbara Zurawski has my vote

To the Editor:

In the short time I have known Barbara (Basia) Zurawski, I have been impressed by her life story that clearly demonstrates intelligence, perseverance and dedication. Born in Poland, she has acquired a mastery of English that would shame many a native-born college freshman. While making a living at factory work, she completed a bachelor's degree and ultimately graduated from law school.

As a candidate for the Select Board, she brings a refreshing humility. She would not come to the office with pre-

conceived notions of how municipal government works or any narrowly focused agenda. Rather she would bring an open mind, a willingness to listen, an eagerness to learn, and a deep concern for the well-being of Charlton residents.

None of this is to imply anything negative about her opponent who also seems to be a fine person and a qualified candidate, but Ms. Zurawski incorporates the very definition of new blood and fresh perspectives. She will have my vote on May 1.

ROBERT J. HARTWIG  
CHARLTON

## On religious freedom



BEYOND  
THE PEWS

REV. JOHN H.D.  
LUCY

There aren't many topics that rouse passion in faithful and non-faithful persons alike as does religious freedom. It seems so cut and dry but is often complicated. While we have endured a number of tense and divisive struggles during the pandemic, the question of religious freedom has also been front and center regarding various restrictions.

The history of separation of Church and state in our country, of course, dates back to the revolution as we rebelled from the King of England, who was and is the head of state and Church. Our forefathers decided that the combination of Church and state harmed both institutions. History has tended to confirm that assessment. When religious leaders have sat atop government hierarchies, compromises are often made in the name of practical efficiencies and gain. At the same time, when government leaders are held accountable to the Church, state efficiency often suffers. When Church and state are merged, officially or unofficially, the result is mutually harmful: the Church is no longer holy and the state is no longer effective.

On the other hand, if Church and state are separate, it is mutually beneficial. Each can focus on their distinctive purposes. We can think of the different relationships King David and King Ahab had with prophets. King Ahab expected and demanded prophets to affirm his decisions and character, and thus persecuted anyone who dared speak the truth. In contrast, King David respected the prophets' role and thus listened when a prophet condemned him. Essentially, if we follow David's model, keeping Church and state separate, the two institutions can mutually inform and benefit one another while not compromising their purposes.

What religious freedom can't or shouldn't mean is power or control. In other words, freedom for my religion to control how things go. If that's what we mean, we contradict ourselves and open the door to compromise the meaning and purpose of our faith. Likewise, we hopefully don't mean that we have religious freedom to do wrong or harm to others. Often it seems that's what some people mean but that contradicts what our religions teach us.

How, then, should we understand and respond to the pandemic restrictions? Do they pose a challenge to religious freedom?

Absolutely, the state-imposed restrictions do pose a challenge to religious freedom, depending on our perspective. First of all, though, we should acknowledge that the past year has proven why we shouldn't attempt to mix church and state: the state's responsibility is to protect its citizens and if, instead, it were concerned only with keeping churches, synagogues, and mosques open, it would therefore relegate its responsibility. Beyond that, if we don't think of the restrictions as a mandate, and instead as a science-informed recommendation, they are not a challenge to religious freedom whatsoever. Churches do not have the resources to do scientific research. If we want to care for and love our neighbor, which is a core tenet of every religion, then we could instead be thankful for the state's independence from the Church so that it can inform us of practical and effective ways to keep one another healthy. We then can inform the state by keeping it apprised of the emotional and spiritual health of our flock so that the state knows the limits of its recommendations. We can think of what's happening as mutually beneficial to both Church and state. If we do, then we'll be healthier in mind, body, and spirit, and not nearly as anxious.

Religious freedom, separation of Church and state, is good and right. However, we need to be careful what we mean and how we live it. Let's choose to live it in the mutually beneficial way that can protect the goals of our churches and state as well as the health and well-being of our neighbors so as to fulfill the meaning of the Good Samaritan story.

## Look at your financial situation holistically

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 Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edwardjones.com.*

the original Lone Star Cafe.

I remembered 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

## 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.



POSITIVELY  
SPEAKING

GARY W.  
MOORE

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.

I have two incredible sisters and

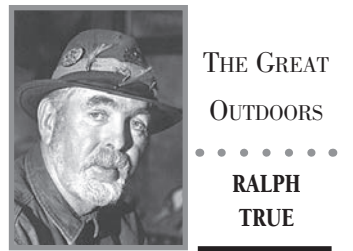
brothers-in-law and once again, I've seen them more often this year and plan to do even more. I've seen friends I haven't seen in forty years. It's really been a beautiful year of seeing loved ones and catching up. My life has been dominated by being with those I love.

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



# Turkey season is upon us



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

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 hightailing 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 a few years earli-



er. 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.

Take A Kid Fishing & Keep Them Rods Bending!



TAKE  
THE  
HINT  
.....  
KAREN  
TRAINOR

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 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 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 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.

## MOORE

continued from page A8

ry 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.garyw-moore.com.

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# Finance Director, Animal Control Officer to retire

**BY JASON BLEAU**  
VILLAGER CORRESPONDENT

CHARLTON – Two employees of the town of Charlton are preparing for retirement this September leaving the Board of Selectmen preparing for the challenging mission of finding candidates to fill their shoes.

The first to retire on Sept. 15 will be Ann Sellw. A longtime servant of the town of Charlton, Sellw is the town's Animal Control Officer and Animal Inspector. During a meeting of the Board of Selectmen on April 13 Town Administrator Andrew Golas gave praise to Sellw thanking her for her many years of service to the community.

"Ms. Sellw has been the

Animal Control Officer for the past fifteen years and the Animal Inspector for the past 21 years. I'll be working with the human resource office in filling this position and I have enjoyed working with Ms. Sellw and look forward to working with her through this transition process," said Golas.

Earlier in the meeting, Sellw was renewed as the town's Animal Inspector with a term to run from May 1 of this year until the end of April 2022. Sellw will fill the role until her retirement at which time selectmen will appoint a new inspector.

The second retirement will be Donna Folgio who has informed selectmen of her intent to retire on Sept. 23. Folgio joined

Charlton in 2017, when the town consolidated its treasurer and collector positions into one post. Folgio transitioned to Charlton after a 34-year career in Oxford and will now leave Charlton behind in retirement.

"We have already posted this (position) to try to get somebody into the works," Town Administrator Golas said. "I have enjoyed working with Ms. Folgio and look forward to working with her through the transition process until her retirement."

Selectmen accepted both retirements with regret and voted to craft thank you notices for both women thanking them for their combined 25 years of service to Charlton.

# Carissa Turenne inducted into Honor Society of Phi Kappa Phi

BATON ROUGE, La. — Carissa Turenne of Uxbridge was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Turenne was initiated at Framingham State University.

Turenne is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence

in all academic disciplines. Today, the Society has chapters on more than 325 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kappa Phi  
Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards more than \$1 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit [www.phikappaphi.org](http://www.phikappaphi.org).



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# OBITUARIES

## Alvin E. Stone, 86

CHARLTON - Alvin E. Stone, 86, passed away April 17, 2021 with his family by his side.



He leaves his wife, Karen L. (Robertson) Stone, two sons, Alvin ‘Buster’ Stone and David I. Stone both of Charlton, a sister, Beverly Daoust of Charlton and 3 grandchildren; Eric Moir, Ashley Haggerty and Brianna Stone. He was predeceased by a daughter, Joanne Stone.

Alvin was born in Dudley July 22, 1934 son of the late Ellsworth and Eunice (Fitts) Stone and lived in Charlton most of his life. He attended high school and then the Mass. State Police Academy becoming a Charlton Police Officer for over 20 years , retir-

ing in 1987. He once owned and operated a bicycle and moped shop next to his home, was also a former cemetery commissioner, a member of the Oxford Lodge of Masons and a member of the Doric Lodge. Al also enjoyed hunting and fishing. There are no calling hours.

A Graveside Service was held on Wednesday , April 28, 2021 at 11 AM in West Ridge Cemetery in Charlton. Social distancing is required.

In lieu of flowers, Memorial Contributions may be made to: Overlook Masonic Home Hospice Care, 88 Masonic Home Rd., Charlton, MA. 01507.

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

To place an on-line condolence, please visit: [RJMILLERfunerals.net](#)

## Ruby C. Vitkus, 92

DUDLEY – Ruby C. (Clarke) Vitkus, 92, of Dresser Hill Road, died Monday, April 19, 2021, in her home after a period of declining health.



She was predeceased by her husband of 73 years, John Vitkus of Dudley who died in 2019. She is survived by two children, Allan Vitkus and his wife Sandra of Charlton, and Susan

L. Gulkin of Dudley; three grandchildren, Eric Gulkin and his wife Pattie of Dudley, David Vitkus and his wife Aimee of Dudley, and Julie Neri and her husband Scot of Charlton; seven great-grandchildren, Emma and Nathan Gulkin, Owen West, Daniel, Jonathan, and Benjamin Vitkus, and Gianna Neri; and several nephews and nieces. She was predeceased by five brothers, Harry, George, Theodore, Charles, and Walter Clark; four sisters, Grace Mongeon, Mae Langlois, Anna Wolfenden, and Dorothy Downs; and her son-in-law, Ted Gulkin. She was born in Charlton, daughter of the late Harry W. and Minnie (Beckwith)

Clarke, and lived in Oxford, Charlton, and Florida, before moving to Dudley in 2009. She graduated from Charlton High School.

Mrs. Vitkus was a representative for Avon for 40 years, retiring in 2000. She was a Girl Scout leader and involved with the P.T.A. when her children were young. She hosted weekend gatherings and annual summer family reunions at her home on the lake. She enjoyed gardening, was devoted to her family, and would always do for others.

The family would like to thank Overlook Hospice and the Visiting Angels, for the exceptional care given to their mother.

A funeral service will be held at 10 a.m. on Friday, April 23, 2021, at Paradis-Givner Funeral Home, 357 Main St., Oxford. Burial will follow at West Ridge Cemetery in Charlton. A calling hour will be held on Friday from 9-10 a.m. prior to the service. In lieu of flowers, memorial contributions may be made to the American Cancer Society, 3 Speen St., Suite 250, Framingham, MA 01701, or to St. Jude Children’s Research Hospital, 501 St. Jude Place, Memphis, TN 38105-1942.

# Dress up the landscape with spring flowering shrubs



GARDEN  
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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 attractive foliage, fall color, and fruit that attracts birds. Use them to create an attractive screen, hedge, or mixed border. Several viburnum varieties, like Korean Spice and doublefile, make great specimens or impressive small groupings in the landscape.

Brighten those shady spots with azaleas. These spring bloomers thrive with afternoon or dappled shade. Grow them in moist, rich, acidic soil in a sheltered location for best results. Make sure there is a good view to enjoy the blossoms and hummingbirds they attract.

Light up the spring garden with Garden Glow dogwood. The bright chartreuse foliage turns a burgundy red in fall. The white flowers give way to blue fruit and the red stems are a welcome sight in winter.

Other dogwoods, like red twig and

Photo Courtesy — Pasquesi.com

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

gray dogwoods, are native shrubs with flowers that support pollinators and fruit that feeds the birds.

Fothergilla’s fragrant white spring flowers are a favorite of hummingbirds. This beauty ends its season with a colorful mix of yellow, orange, and scarlet fall color often on the same leaf.

Add an evergreen backdrop of boxwood, arborvitae, and junipers to showcase these spring beauties. The spring blossoms, 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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FOOD BOXES

continued from page A1

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 outpouring 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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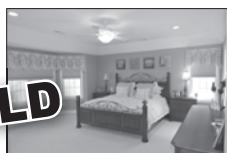
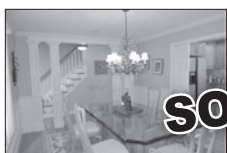
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# How ergonomic tools can help gardeners

Gardening is a rewarding activity that has been found to provide a host of benefits beyond ensuring readily available access to fresh fruits, vegetables and awe-inspiring blooms.

The Centers for Disease Control and Prevention says many gardening tasks qualify as light to moderate exercise, which means raking the leaves and cutting the grass can be just as beneficial as cardiovascular activities like brisk walking or jogging. In addition, a 2017 study published in the journal Preventive Medicine Reports found that gardening can help aging men and women offset age-related weight gain. And the health benefits of gardening go beyond the physical. In 2014, a systematic review of randomized controlled trials published in Complementary Therapies in Medicine concluded that horticultural therapy may be an effective treatment for people with dementia.

Gardeners have a host of tools at their disposal to help turn their lawns and gardens into awe-inspiring landscapes. Among those options are ergonomic tools. Ergonomic tools can benefit gardeners of all ages, but they may prove especially valuable for aging men and women.

How ergonomic tools differ from traditional gardening tools

Ergonomic gardening tools are

designed to ensure that using them has as little effect on the body as possible. Ergonomic tools align with how a person naturally moves his or her body, which can reduce the likelihood that gardeners will suffer any strains or sprains while gardening or experience any aches and pains after a day spent tending to their landscapes.

Choosing the right tools

The West Virginia University Center for Excellence in Disabilities notes that gardeners will know they have chosen the right ergonomic gardening tool for the job when they do not have to adapt the tool. Ergonomic tools should match gardeners' heights, fit their grip and feel comfortable when in use.

Specific benefits of ergonomic tools

Ergonomic gardening tools are designed in a way that can reduce stress on the body while performing various tasks. Gardeners know that aches and pains can add up after a day spent kneeling in the garden, raking soil and carrying supplies from a shed or garage around the property. But the WVUCED notes that ergonomic tools do more than just reduce gardeners' risk of injury.

- Ergonomic tools increase efficiency. Wasted motions are less likely when using ergonomic tools. That can improve efficiency in the garden,



allowing gardeners to get more done in the same amount of time. And because ergonomic tools are designed to work with the body, gardeners likely won't need to take breaks due to aches and pains, which also makes it easier to be more efficient when working in the garden.

- Ergonomic tools increase gardeners' capabilities. The WVUCED notes that principles behind ergonomics keep

gardeners using the tools in natural positions. That means gardeners won't lose power to bending and twisting, enabling them to do more in the garden than they might be able to do when using non-ergonomic tools.

Gardening is a rewarding and beneficial activity. The right ergonomic tools for the job can enhance those benefits and make gardening even more enjoyable.

# Introduce earthworms into the garden

Gardeners eager to revitalize their lawns and gardens may spend hundreds of dollars on tools and products designed to improve soil and growing conditions. Although many of these items can be advantageous, gardeners also may want to look to nature's best garden helpers: earthworms.

It is believed that nearly 3,000 different types of earthworms inhabit the planet. Worms have been around for hundreds of millions of years.

Worms can be seen as bait dangling on fishing lines or as meals for red-breasted robins. But these subterranean dwellers play their biggest role beneath the soil.

Earthworms move through dirt as they search for food. The worms consume particles in the soil, helping to recycle materials like dead leaves, plant parts, decaying animals, and feces. Through their travels, worms also serve to aerate the soil. Worms bring the subsoil closer to the surface and mix it with the topsoil.

Earthworms' castings also help naturally fertilize the areas in which they reside. The slimy mucus that worms leave behind contains nitrogen, which also helps to amend the soil.

The University of Illinois Extension says most earthworms found, particularly in North America, can only grow so long, even though some worms seem like they stretch forever underneath the ground. Depending on the type of worm and how many segments it has, as well as its age and ability to get nutritious foods, worms typically reach only a few inches in length, offers National Geographic. There are some anomalies, however. The Oregon giant earthworm is one of the largest earthworms found in North America, growing to more than three feet in length. That worm is very rare, however. In 2016, a 16-inch-long earthworm was discovered in England and became part of the collection at the Natural History Museum in London.



Some Australian and South American earthworms are known to grow much larger. Worms need the correct mix of oxygen, moisture and favorable temperatures to survive. If they do not have these components, they will seek them out elsewhere.

Because of the many benefits earthworms provide, they can be a boon to landscapes.

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"New this Year, we are able to accept CREDIT CARDS!"  
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Pick your items and Make an offer!  
Masks and Social Distancing Rules will Apply

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Town of Spencer – Conservation Agent  
(Part-time– 19 hours/week)

The Town of Spencer seeks a proven conservation professional with excellent written and oral skills and thorough working knowledge of the Wetlands / River Protection Acts and local wetlands by-laws. Provides environmental / open space planning support and periodic Title V assistance; reviews stormwater permit applications; performs annual Conservationgravel pit inspections and provides technical support to the Conservation Commission.

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](http://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  
<https://townofcharlton.net/158/Human-Resources>.

Deadline to apply is 5/4/21.  
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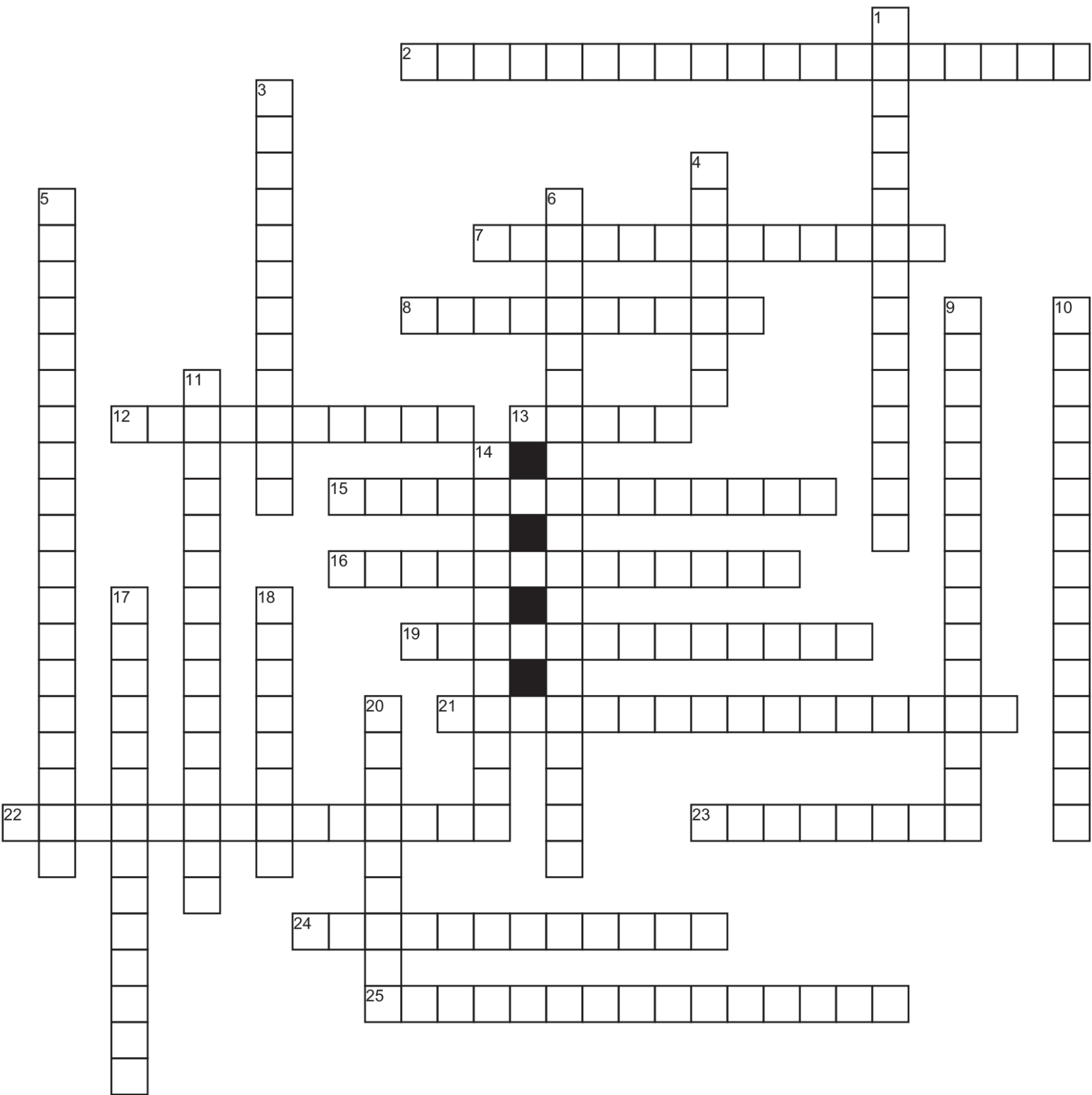
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# 3rd Annual ABC's of the Seasons

## 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: \_\_\_\_\_  
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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!





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