

Bay Path LPNs host summer workshop



Kelvin Muthoni and Ericka Laurens

Courtesy

CHARLTON — This summer Bay Path Practical Nursing Academy has partnered with alumni and held the first summer workshop for the Practical Nursing Class of 2022 at the Lecture Hall on campus.

This year's alumni volunteer workshop facilitators included Ericka Laurens, LPN, of Woodstock Valley, Conn. (Class of 2016) and Kelvin Muthoni, LPN, of Worcester (Class of 2018).

Ericka Laurens, LPN, is the Clinical Office Manager at West Brookfield Family Practice, where she oversees quality control measures for the practice, schedules the three medical assistants, assists two Doctors, two Nurse Practitioners with patient care. Previously, she was the charge nurse and wound care nurse at Quaboag Rehabilitation and Skilled Nursing. As a student at Bay Path Practical Nursing Academy, Laurens was inducted to the National Technical Honor Society (maintained a GPA higher than 3.1 on a 4.0 scale), was a nominee for

June Hazardous Waste Day sees increased participation

**BY JASON BLEAU
CORRESPONDENT**

CHARLTON – Charlton's latest Hazardous Waste Day was a big success, especially when compared to the previous event in March of 2021. The quarterly opportunity for residents to dump their hazardous waste properly for free drew in more than double participants when compared to March although many also utilized vouchers received the day of the event.

Deb Marquis, a member of Charlton's Recycling Committee, provided an update to the Board of Health on June 29 revealing that in an effort to help encourage more residents to take advantage of the vouchers she donated four hours of her own time to help pass out vouchers on June 26. This, combined with a larger turnout from preregistered individuals, made for a much more successful Hazardous Waste Day than the prior event.

"We've made a push this summer to try to get more vouchers used. In March, there were 60 people signed up for a voucher, but only 24 were used at the event, so we felt that was a real underrepresentation of who could have been there," Marquis said. "We put fliers around town for the June event. It was on the (electronic) sign for quite a while in front of the town library."

By the end of the day, 69 residents had preregistered for vouchers and 55 vouchers were used in total. Marquis said she didn't know if poor promotion effected the March event or if COVID contributed to the low numbers, but the June event clearly had more participation. It was also noted that the December event

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Baker files legislation aimed at making swimming safer

**BY KEVIN FLANDERS
STAFF WRITER**

REGION – In the wake of multiple tragedies on the water this summer, Gov. Charlie Baker has filed legislation meant to improve swimming safety.

In an effort to increase public safety and awareness at state parks and beaches, Baker's bill would increase fines for swimming outside designated waterfronts.

If passed, the legislation would raise the maximum fine to \$500 for entering or swimming in any waters on Department of Conservation and Recreation (DCR) property that are not designated for swimming.

"Swimming at undesignated waterfronts is dangerous and too often leads to tragic consequences, and this legislation is part of a comprehensive plan to discourage risky behavior and ensure the safety of visitors to our state parks and beaches," Baker said. "While we encourage all to visit our beautiful coastal and inland beaches, we urge the public to exercise caution and not swim at any body of water that has not been designated for swimming by state or local authorities."

Last month, Worcester Police Officer Emanuel Familia, 38, drowned in Green Hill Pond while attempting to rescue a teenager. The 14-year-old boy, who also drowned, was reportedly trying to swim across the pond when he became distressed in the middle of the water. Several other water incidents statewide this summer prompted the legislation to be filed.

"From the Berkshires to Cape Cod, Massachusetts is home to many water bodies and coastlines offering great opportunities for outdoor recreation. However, we have already seen far too many tragic accidental drownings occur this year," said Lt. Gov. Karyn Polito. "We look forward to working with our colleagues in the Legislature to move quickly on these important changes."

Under current law, penalties for violating DCR's rules and regulations vary depending on whether a property was once part of the Metropolitan District Commission, with fines ranging from \$20 to \$200. The recently filed legislation establishes a uniform maximum fine of \$500 for entering or swimming in waters other than those designated for swimming by the DCR.

At its many designated waterfronts throughout the state, the DCR offers services like clearly marked swimming areas with ropes and buoys, lifeguards on duty, and water quality testing. Undesignated waterfronts do not receive such services, and they may also have hazardous features like murky water, steep slopes, and hidden rocks.

"The legislation reflects the Baker-Polito Administration's commitment to the health and safety of Massachusetts residents and visitors," said Secretary of Energy and Environmental Affairs Kathleen Theoharides. "Increasing fines is a critical part of our comprehensive strategy to prevent potential tragedies and ensure all visitors to the Commonwealth's state parks have a safe and enjoyable experience."

Officials also remind residents that it's important to adhere to signage at specific locations.

"DCR welcomes visitors of all ages and swimming abilities to our waterfronts each summer season, and we ask that each person heed park signs, staff directors"

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Charlton soccer boys celebrate dream season

**BY JASON BARROWS
CHARLTON YOUTH SOCCER**

CHARLTON — After Covid-19 decimated the high school soccer season, preventing a special group of talented players from having one last chance at a state title, the wheels started churning about what could we do to send them off to college in a blaze of glory.

The Massachusetts Tournament of Champions (MTOC) is an annual event held in Lancaster. The top 12 teams from across the State of Massachusetts compete for the title. I have been coaching this group since they were five years old and have previously made trips to MTOC. To qualify for MTOC, a team needs to win their regular season division and a playoff match against another division winner. The format is one which has a four-team round robin, semis, then finals. We have lost in the finals, lost twice in the semis, and suffered early round robin defeats never making it out of the bracket. There have been highs and some heart-breaking lows.

We decided as a group to register for the 2021 Spring season in the top Division! This was a big commitment considering many of the boys are working and heading off to college. The regular season was smooth, playing 6 matches (2 were canceled due to weather) scoring 37 goals and allowing three. We were scheduled to play our annual rival Worcester for the right to represent Midland Massachusetts at MTOC. A true David and Goliath match with Charlton having 14,000 residents and Worcester 185,000. Coach Rossi and I have met multiple times prior, dating back to 2010. It's always an intense match with vested parents showing emotion and players giving it a bit extra physically and emotionally. We prevailed 3-0 to become Midland Champions and represent once again in MTOC.

This year, MTOC grandfathered in players from last year due to the Covid cancellation which means our group with only one college freshman, high school juniors, seniors and one sophomore more playing against teams of freshmen and sophomores in college.

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Bay Path alumni complete Intravenous Certification Course

CHARLTON — On Tuesday, July 6, the Bay Path Practical Nursing Academy and Intravenous Edu celebrated the completion of the practical nursing students graduates Intravenous Certification Course.

The staff and faculty of Bay Path Practical Nursing Academy, with Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, and Intravenous Edu led by Jan Stephanos, RN, CRNI, partnered to offer the IV Certification Course to graduates of PN Class of 2021. The seven practical nursing graduates — Monique Bull of Worcester, Luz Mercado of Worcester, Stefanie Lauretano of Webster, Julia Martinez of Spencer, Brianna Cloutier of Charlton, Amanda Wonderlie of Webster, and Khamphan Houatchanthara of Southbridge — completed the course and successfully completed their IV Certification exam.

The IV Certification Course was held at the Seminar Rooms A & B at Bay Path. The IV certification course load required 8 hours of instruction and the practical nursing graduates completed 8 hours of instruction. The syllabus included instruction on legal aspect of IV therapy, history, Basic A & P Vascular, Circulation, Autonomic nervous system, Fluid & Electrolytes, Malnutrition, Pharmacology, Infection control, Blood component therapy, Antineoplastic and Biologic treatments, Pediatrics, Geriatrics, Peripheral access, Central Venous access devices, Flushing, complications, Peripheral IV insertion, and Sterile central line dressings.

Immediately after the course completion, the practical nursing graduates thanked the instructor, Jan Stephanos, RN, CRNI of Intravenous Edu and the staff and faculty of Bay Path Practical Nursing Academy for the valuable opportunity to learn about IVs. In turn, Bolandrina thanked the practical nursing graduates for their dedication and sacrifices to further their education and careers.



Courtesy
On Tuesday, July 6, the Bay Path Practical Nursing Academy and Intravenous Edu celebrated the completion of the practical nursing students graduates Intravenous Certification Course.

Auburn News

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Worcester State University announces Dean's List

WORCESTER — Worcester State University congratulates the following students on being named to the Dean's List for the spring semester of 2021.

Auburn
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Charlton seeking grant for new health professional

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The town of Charlton has reported no new active cases of COVID-19 for some time, and while the town hopes the numbers don't increase any time soon, officials are investing in personnel to prepare for any worst-case scenario.

During an update on June 29, Charlton Health Director James Philbrook explained that the town will continue to maintain four nurses who stepped up to be a part of a local vaccine clinic while also seeking grant funding that would add a new health professional to serve several local communities.

"We still have public health nurses that are working at the clinic," Philbrook said. "We're paying them through FEMA funds, and I just applied for a \$100,000 grant to continue the shared services for nursing and we're going to hire a full-time nurse that will work in Auburn, Brimfield and Charlton."

Philbrook said the grant is a joint

effort with Auburn and Brimfield and that more towns could have been involved but they wanted to keep the workload for the new hire in check. Using lessons from the pandemic, Philbrook and leaders from other towns have realized that while multi-town partnerships are effective having too many communities served by a single person isn't efficient in a worst-case scenario health crisis.

"When a pandemic hits and you do contact tracing, that's when things started to fall apart, and the state had to get the Center for Disease Control involved. Now they want to make sure that Boards of Health have adequate people to do contact tracing and that's what this grant would be for so if we do have a spike or whatever we're going to have someone on staff that's already trained, already on our books and will be doing all the contact tracing and reporting," said Philbrook.

The Board of Health also took a moment to thank the many nurses that stepped up and offered to serve at local clinics. Philbrook said when the town

sought applications for interested parties to work with Harrington Hospital, they were overwhelmed by the number of nurses that resided in Charlton, let alone the number that offered to help during the pandemic.

"Our nurses that are working do a great job. They are very passionate, they enjoy it. People don't realize how many nurses are in Charlton. We had (up to 80) responses that we gave to Harrington saying Charlton had this many nurses that are willing to step forward. That's a lot. They stepped up. Some of them were retired and wanted to work," Philbrook said.

Information on COVID vaccination sites and updates on how Charlton continues to manage the ongoing health crisis can be found on the Town of Charlton Web site, www.townofcharlton.net.

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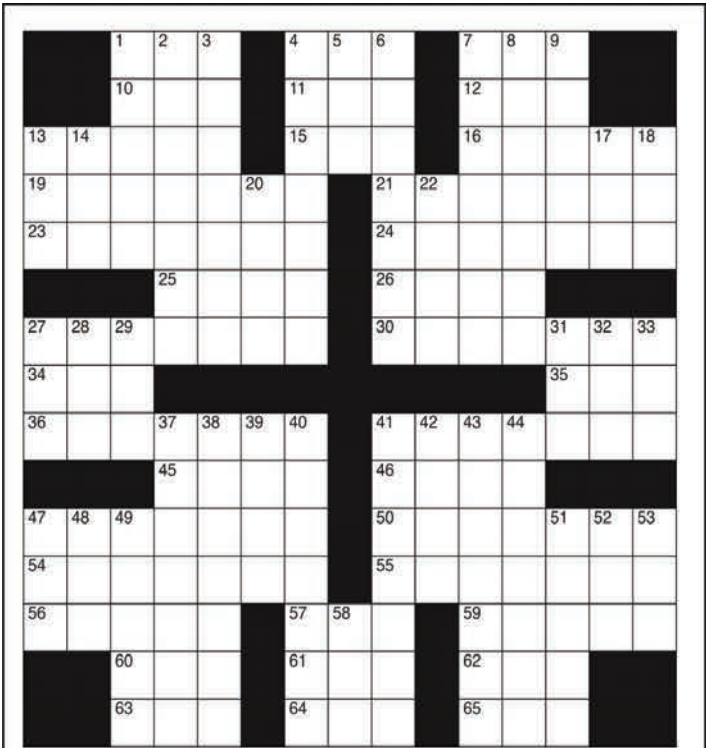
CHARLTON — Bay Path Regional Vocational Technical High School has released its honor roll for the fourth quarter of the 2020-2021 school year.

Grade 12
High Honors: Cameron Blake, Baya Bond, Skyler Bond, Victoria Bonneau, Dani Borci, Kaitlyn Brindle, Matthew Brown, Gabriella Caron, Brenna Castro, Lauren Chase, Emma Christian, Natalie Courtney, Bailey Creeron, Jordan DeFosse, Lexia Demers, Hayden Dube, Jessi Escoto-Cifuetes, Parker Glispin, Alexis Gosselin, Molly Hoefler, Jayce Hutchinson, Skyla Josey, Juliannah Kolofsky, Eliana Lasell, Alicia Lempitski, Julio Lopez-Torres, Samuel Messier, Zachary Messina, Owen Ostromecki, Meagan Peck, Luis Perez, McKenzie Robinson, Andrea Rogan, Jared Torosian, Ava Torres, Nikko Vitkos, Katie Wroblewski, Caitlin Young
Honors: Bryanna Andino, Graciela Antunez Flores, Kenneth Aponte, Kayla Aviles, Nathan Barton, Dominic Beauschesne, Dylan Bellerive, Jacob Benoit, Samantha Burdett, Nathan Campbell, Kayla Canty, Abigail Card, Leigha Clifford, Christian Consiglio, Megan Costa, Cheyenne Courtney, Olivia Courville, Cecylia Cove, Timothy Crowell, Samuel Cummings, Kalina Delgado, Leah Dingui, Alec Fournier, Benjamin Gelineau, Isabella Gonyea, Sarah Gosselin, Evan Hall, Cristal Hernandez, Elena Hopkins, Isaac Josti, Elin Kaufman, Samantha Labelle, Karma Lama, Seth Lawendowski, Ulysses Logan, Ty Millette, Dimitrios Mironidis, Nicholas Moulton, Michael Mullaly, Robert Nichols III, Gilmarie Ortiz-Cabrera, Troy Pollone, Nicholas Reil, Lisa Richards, Christina Rivera, James

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CLUES ACROSS

1. Sr. enlisted Army member

4. Payroll firm

7. Monetary unit of Macao

10. Cooking vessel

11. Cow sound

12. Hairpiece

13. Spoon-shaped surgical instrument

15. Mother

16. Remove from record

19. Foolish

21. Mailman

23. Unit of data size

24. Stirred

25. Deceptive movement

26. We all have one

27. Direct from pasture beef animal

30. A person's own self

34. Helps little firms
35. Deep, red-brown sea bream

36. Tumbler

41. A short section of a musical composition

45. Young woman (French)

46. Wings

47. Wine bottles

50. Thin layers of rock

54. Opposite to

55. American state

56. Uncertainty about something

57. Basics

59. Indian seaport

60. Owed as a debt

61. Buffer solution

62. Unit of work or energy

63. Soviet Socialist Republic

64. One point south of due east

65. Born of

CLUES DOWN

1. Small stem bearing leaves

2. Female Bacchanalians

3. Mediterranean city

4. Measures electric current

5. Arrived extinct

6. Edible butterfish

7. Causing wonder or astonishment

8. Behaviors showing high moral standards

9. Ancient Irish alphabets

13. Footballer Newton

14. Utilize

17. Sum of absolute errors

18. Opposite of the beginning

20. Shoe company

22. Algerian port city

27. Girls organization (abbr.)

28. Type of cell (abbr.)
29. Swiss river

31. When you hope to get there

32. Fall behind

33. Expresses distaste, disapproval

37. Volume containing several novels

38. Less sharp

39. Food for the poor

40. Having made a valid will

41. Royal estates

42. Relating to wings

43. Japanese three-stringed lute

44. Taking something through force

47. Angry

48. Before the present

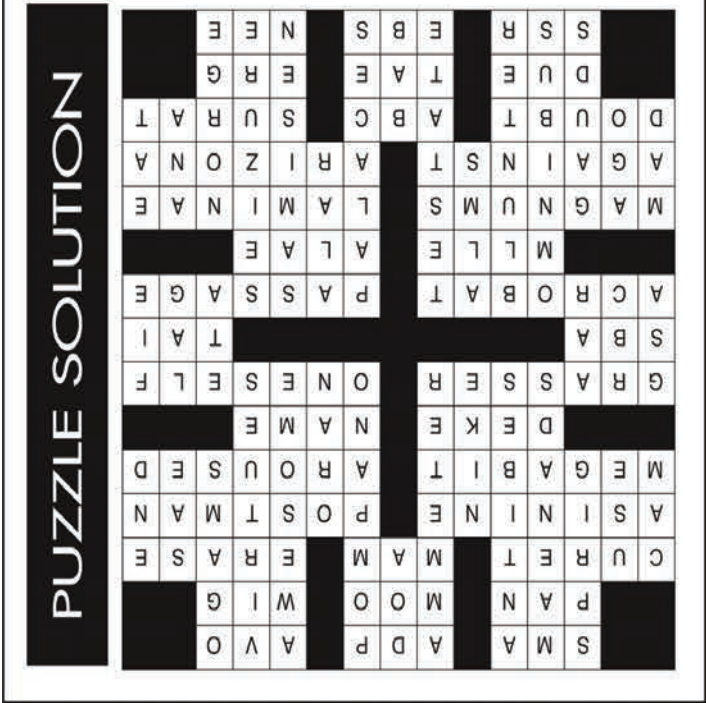
49. Showy ornaments

51. Norway

52. Comedienne Gasteyer

53. Consume

58. Founder of Babism



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\$479,900, 8 Westview St, Depatie, Anita, to Ariel, Keith E, and Ariel, Deborah S.

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\$368,000, 25 Arrowhead Ave, Aljizani, Basheer, to Dickie, Sarah J.

\$300,000, 41 Inwood Rd, Lavin, Thomas D, to Lavin, Thomas J.

Markey introduces bill aimed at strengthening state gun regulations

BY JASON BLEAU
CORRESPONDENT

WASHINGTON, D.C. – June was Gun Violence Prevention Month, and proved to be a busy one for U.S. Sen. Edward Markey, who presented several gun safety legislation proposals throughout June in an effort to strengthen state-by-state gun regulations, among other measures.

Four major proposals came from Markey’s desk. One was the Making American Safe and Secure (MASS) Act which Senator Markey worked on with Senator’s Elizabeth Warren and Representative Ayanna Pressley. The act incentivizes states to adopt gun-licensing standards similar to those in Massachusetts which the Senator touted has the lowest gun death rate in the United States.

Another act targets specifically 3D-printed guns. The 3D Printed Gun Safety Act was a joint effort between Senator Markey and New Jersey’s Senator Robert Menendez as well as Florida Representative Red Deutch. The act is meant to prohibit the sale

and distribution of blueprints and instructions for three-dimensional printing of firearms online and would make it illegal to distribute the files digitally.

The other two acts introduced by the senator specifically target requirements for the sale of firearms. The Keeping Gun Dealers Honest Act, which Markey worked on with Representative Jim Lengevin of Rhode Island, would strengthen accountability measures to irresponsible gun owners and increase resources for enforcement for the Bureau of Alcohol, Tobacco, Firearms and Explosives. The fourth act, the Untraceable Firearms Act which was a joint effort with Senator Richard Blumenthal of Connecticut and Representative David Cicilline of Rhode Island, would permanently include the core building blocks of “ghost” guns, defined as unfinished frames and receivers, in the definition of “firearm” under federal law. This would require manufacturers and distributors to comply with federal regulations that govern the distributions and production of already completed firearms. All these bills still have

to go through the legislative process for approval but are necessary steps towards increasing national gun safety in Senator Markey’s eyes.

“We need to ensure that no child walks the streets of their neighborhood or the halls of their school in fear for their life,” said Senator Markey in a statement. “Congress has the power to put an end to the public health epidemic of gun violence and pass bold, effective, and commonsense gun safety legislation that will save lives all across our country. Although Gun Violence Prevention Month is (over), our fight cannot stop here. We cannot allow more lives to be lost due to government inaction on gun violence prevention.”

Greater Worcester Community Foundation welcomes new Philanthropy Officer, Executive Assistant

WORCESTER — Greater Worcester Community Foundation welcomes two new hires: Jacob Vazquez, Philanthropy Officer for the Foundation’s Scholarship Program and Linda Curry, Executive Assistant to Carolyn Stempler, Interim President & CEO.

In their new roles, Vazquez will oversee the management, implementation, and growth of the Foundation’s Scholarship Program which distributes more than \$700,000 to local students pursuing post-secondary education, and Curry will provide essential office management and clerical support that will help the Foundation build efficiencies and better serve the community.

“As our philanthropic leadership in Central Massachusetts continues to grow, so does our team,” said Carolyn Stempler, Interim President and CEO of the Foundation. “Jacob and Linda bring talent, experience, and insight to the Foundation. We are thrilled to welcome them into their new roles.”

“I’m excited to bring my personal perspective to the GWCF team to help build a scholarship program that further reflects our community,” said Vazquez.

Vazquez served as Economic Development Associate for the Worcester Regional Chamber of Commerce before joining the Foundation. He has also served his community as a member of the Nativity School of Worcester Alumni Association and as Assistant Youth Ministry Coordinator of Saint Joan of Arc. As a first generation college graduate from Assumption University, Vazquez has a passion for creating opportunities that help young people reach their educational goals.

Curry is a Dudley resident who has had a long career working in the insurance industry for companies such as Unum. While working in the area, Curry volunteered for various local organizations including the United Way, Worcester County Food Bank, and Working for Worcester. She is excited to bring both her administrative experience and passion for helping others to the Foundation team.

“I’ve spent almost 20 years in Worcester,” said Curry. “I am happy to have the opportunity to contribute to this community through my work at the Foundation.”

With questions about the Foundation’s philanthropic mission, grantmaking, or giving opportunities, visit greatworcester.org or email info@greaterworcester.org to get in touch with a member of the team.

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Friday's Child



Serenity
Age 13

Hi! My name is Serenity and I love working with animals and want to be a veterinarian!

Serenity is a curious and friendly girl of Caucasian descent. Serenity can be shy upon first meeting her, but once you start talking to her about her interests, she becomes much more talkative. Some of Serenity's favorite activities include being outside, at the beach, walking, going to the park, or staying inside and watching TV. She wants to be a veterinarian when she grows up because she loves working with animals.

Serenity is legally freed for adoption and would thrive in a home with a female caregiver and is ideally seeking a single female or two female household but is open to exploring a mother/father household. She should also be the only or the youngest child in the home. Serenity has an Open Adoption Agreement with her birth mother consisting of two visits per year. Interested families should be open to maintaining these visits.

Who Can Adopt?

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

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

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



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FRANK G. CHILINSKI
STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Keep it civil

One of the great things about being an American is the right to free speech. A recent uproar in a small community regarding a vulgar word prominently displayed for all to see on a main stretch of road prompted this editorial.

On commercial property, with specific sign ordinances, in a quaint New England town, there is a vulgar sign. One in which children of reading age, five and six years old, can easily look out the car window and sound it out and herein lies the problem. It's our job as adults, to set a high standard for our children and to protect them at all costs.

Now, while the First Amendment protects free speech, that does not include all speech, when it pertains to commercial or public property. Profanity is not always protected as well when it pertains to threats of incitement, fighting words, etc. or when used against a public official in a public forum.

Even so, just because you have the right to use profane language, does it mean you should? Can you get your point across without it? My father always told me there was a 'time and a place' for everything. If you know children could potentially see this profane language, is it the best choice to still put it on display? Further, not only should children not see this, but there are generations of people who come from a time when profanity could only be found in seedy areas of big cities. To them, it is even more offensive from the feedback we have received.

This is why movies, plays, music and books are given ratings, because then you have the choice on whether or not you or your children see it. In a public area, we think it's important to keep things classy, and set a better example as adults for our children. If you feel you need to use profanity in such a way, well, sure that is your right, we all utter those words from time to time, however a display in a public place is a different animal.

Using a vulgar word, at the end of the day will not change anyone's mind about whatever it is you're upset about. It simply won't. Civil language is far more conducive to meaningful discussion and debate.

LETTERS

Extra! Extra! Read All About It!

We think you're important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor. But first, you have to write us!

Mail your letters to the Auburn News, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at news@stonebridgepress.news.


You'll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



Chemical Free Solutions for Summer Ailments

Summer fun in the sun isn't always as carefree as the season. Along with the sunny weather, such ailments as itchy skin and sunburns also make an annual appearance. While there are numerous commercial products on the market to treat such maladies, chemical concerns have prompted a resurrection of old fashioned "home remedy" treatments. Read on for some chemical free remedies to cure what ails you this season.

And remember readers, the Publick House contest has resumed! Send in your favorite tips and you could win a three course dinner for Two at the Publick House!

Please note the following suggestions are not intended as medical advice or treatment. Do not try these home remedies without consulting a health professional to make sure they are appropriate for you. Suggestions offered should not be used as a substitute for proper medical treatment.

Problem: Motion Sickness
Solution: Location, location, location!

It's vacation time, and nothing can put more of a damper on travel than motion sickness. Whether you're riding in a car, plane or boat, chemical-free treatments can keep you feeling up to par: No matter how you're traveling, you can try to prevent a queasy feeling simply by focusing on something outside the vehicle. If you can see where you're going, the visual cues jive with what your inner ear system projects and you're less likely to get sick. If you're on a boat, choose a seat on deck where you can see the movement of the water. In a car, sit up front to watch the road. If you are on a plane, sit above the wing where there is less turbulence.

And before you embark on your vacation, take a trip to the health food store for some powdered ginger. It can alleviate symptoms of motion sickness naturally.

As with any product you use for the first time if you have sensitive skin it can be best to test a small area first if you have never worked with the product before on your own body.

Problem: Sore Sunburn
Solution: Reach for Pantry Products

If you think tea is just for sipping, think again. Studies show the tannic acid in tea naturally draws out the heat from a sunburn. For isolated areas, place a few wet tea bags directly on the burn and cover with gauze to hold in place. If you want to soothe a large area, drop a few tea bags in a bowl of water, allow to steep and apply the cooled liquid to sunburn.

Milk can also help to soothe sunburned skin. Simply apply a compress of cool milk to the burn for about 20 minutes. Reapply after two to four hours. Also, try rubbing plain yogurt or honey lightly on burnt skin. One theory is that the yogurt and honey are effective because they both have the power of



TAKE THE HINT
KAREN TRAINOR

retarding the growth of some pathogenic bacteria. White household vinegar is another pantry product that can relieve sunburn pain quickly. Just pour a full cup in with your bathwater and have a good soak.

To promote the recovery of skin injuries (including sunburns), apply Seabuckthorn Oil: Generously to the area and cover with dressing if necessary. Clean the area and reapply oil in 8 - 12 hours. Continue daily applications until healing process is well under way.

If you grow mint leaves, you have a virtual sunburn soother right in your own yard. Bring to a boil two cups of fresh mint leaves, three tea bags and four cups of water. Allow to simmer three to four minutes. Remove from heat and steep the mixture with the cover on the pot for a few minutes. Then strain liquid into a jar and allow to cool. To use, dip a cotton ball into mixture and dab over damaged skin for instant relief.

Problem: Itchy Skin
Solution: Household Helpers

Once your sunburn finally subsides, the second stage of sunburn - itchy skin - kicks in. Worse yet, the urge to scratch can come from poison ivy or other allergies. Read on for some natural ways to treat the summer "itches."

Oatmeal is the classic itch reliever, but before you dish out big bucks for a popular drugstore oatmeal bath product, why not skip the hype and use the basic ingredient? Just sprinkle one cup of uncooked oats into a running bath of lukewarm water. Soak for up to 20 minutes, exposing all affected skin to the oatmeal soak. If you insist on the very fine consistency of the commercial oatmeal soother, simply run your oatmeal in a food processor until it is powdered. Or just toss an oatmeal ball in your tub. Pack some dry oats into the foot of old pantyhose and tie off the end - it works as well as the expensive stuff, and there's no mess to clog the drain! Still scratching? A simple vinegar bath has an impressive virtue: It can reduce itching naturally by maintaining the skin's natural pH levels. Or why not whip up a homemade spray that not only relieves itchy skin on contact, but also refreshes and cools the skin? Pour into a spray bottle, one half cup water and one half cup rubbing alcohol. Add three to four drops of peppermint oil. Shake well before each use. If your sunburned skin is feeling tight and uncomfortable, slather on petroleum jelly, or just add a couple of tablespoons of olive oil to a warm bath to moisturize and soothe skin.

If you're already itching from a poison ivy rash, try this thrifty alternative to calamine lotion: Believe it or not, some say

an egg white solution can help the rash heal quicker! Just apply egg whites to the rash. Let it completely dry, then rinse off. Or apply a paste of baking soda to the skin to help clear up the itchy rash. And if you dare to try an unconventional approach to relieve the itches, try rubbing the skin with the inside of a banana peel to neutralize itch fast.

Problem: Too Hot to Handle
Solution: Common Sense Coolers

Did you know when you make your head cold, the chilled blood circulates and cools the rest of your body? The next time you need to cool off quick, simply place a cold compress on your forehead or an icebag on your head or on the back of your neck. If you're working out or biking during a hot weather spell you can prevent overheating by wrapping a terry cloth band or bandana soaked in ice water around your head.

Or dose yourself in alcohol: Dabbing your underarms or other areas with a bit of rubbing alcohol, constricts the pores and keeps sweating at bay for up to a few hours. And, if you take a cool water bath you will be less likely to sweat for up to three hours after the soak.

Also, remember to avoid hot, spicy foods that induce further sweating during tropical temperatures.


Believe it or not, men who remove their shirts beat the heat are actually doing more harm than good. Never take off your shirt to cool off, even if you aren't directly in the sun. Once you start perspiring, a shirt can act as a cooling device when a light breeze goes through. So stick to light colored t-shirts to keep cool. And remember to wear light colors that reflect the heat. Also, keep in mind that cotton / polyester blends breathe better than shirts that are 100 percent cotton.

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

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

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

Is a Roth IRA better for young workers?



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

If you're in the early stages of your career, you're probably not thinking much about retirement. Nonetheless, it's never too soon to start preparing for it, as time may be your most valuable asset. So, you may want to consider retirement savings vehicles, one of which is an IRA. Depending on your income, you might have the choice between a traditional IRA and a Roth IRA. Which is better for you?

There's no one correct answer for everyone. But the more you know about the two IRAs, the more confident you'll be when choosing one.

First of all, the IRAs share some similarities. You can fund either one with many types of investments - stocks, bonds, mutual funds and so on. And the contribution limit is also the same - you can put in up to \$6,000 a year. (Those older than 50 can put in an additional \$1,000.) If you earn over a certain amount, though, your ability to contribute to a Roth IRA is reduced. In 2021, you can put in the full \$6,000 if your modified adjusted gross income (MAGI) is less than \$125,000 and you're single, or \$198,000 if you're married and file jointly. The amount you can contribute gradually declines, and is eventually limited, at higher income levels.

But the two IRAs differ greatly in how they are taxed. Traditional IRA contributions are typically tax-deductible (subject to income limitations), and any earnings growth is tax-deferred, with taxes due when you take withdrawals. With a Roth IRA, though, your contributions are never tax-deductible - instead, you contribute after-tax dollars. Any earnings growth is tax-free when withdrawn, provided you've had your account at least five years and you don't take withdrawals until you're at least 59 and a half.

So, which IRA should you choose? You'll have to weigh the respective benefits of both types. But when you're young, you may have particularly compelling reasons to choose a Roth IRA. Given that you're at an early point in your career, you may be in a lower tax bracket now than you will be during retirement, making the tax-deduction of traditional IRA contributions less beneficial. So, it may make sense to contribute to a Roth IRA now and take tax-free withdrawals when you're retired.

Also, a Roth IRA offers more flexibility. With a traditional IRA, you could face an early withdrawal penalty, in addition to taxes, if you take money out before you're 59 and a half. But with a Roth, you'll face no penalty on withdrawals from the money you contributed (not your earnings), and you've already paid the taxes, so you could use the money for any purpose, such as making a down payment on a home. Nonetheless, you may still want to be cautious about tapping into your IRA for your spending needs before you retire, since IRAs are designed to provide retirement income.

If your income level permits you to select a Roth or traditional IRA, you may want to consult with your tax advisor for help in making your choice. But in any case, try to max out on your IRA contributions each year. You could spend two or three decades in retirement - and your IRA can be a valuable resource to help you enjoy those years.

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.

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Chasing rabbits

Every morning, my two dogs — Twig, a yellow Labrador Retriever, and Molly, a 13-inch beagle — get me out of bed early to go outside. After they have taken care of business, they are brought to a fenced in area of my property. The Lab is great, but the beagle digs out of the fenced in area almost daily. The scent of cottontail rabbits is everywhere, and doing what she is bred for, she cannot resist the joy of chasing rabbits. There certainly is no shortage of these furry creatures, and listening to many local gardeners about the damage to their crops it is high priority to build fences to keep them out of the garden. The rabbits were few and far between for many years, but there is a population explosion in the last two or three years. Molly cannot resist the urge to find the scent of the rabbits and track them down.

If she has a rabbit come into view on the other side of the fenced in area, she will bark and howl frantically. But when she gets her freedom to chase and track the rabbit, she runs silent. She is supposed to be vocal while tracking the rabbit, but she runs without a sound. I was hoping to hunt with her this fall on rabbits, but she needs to learn how to bark and trail the rabbit. I had run her on pheasant in the past few years, and she does the same thing with them. I think if she runs with another dog, she



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TRUE

may open up and be vocal, as she trails a rabbit or pheasant. I hope so! This year, a nasty fly known as the horse fly, also called the green head horsefly is extremely abundant in local covers, and causing nasty bites if they are not killed when they land on the human skin. They can also become extremely aggressive to cattle and horses. Using some sprays like mosquito repellent can help, or wearing a net covering on your head can also help, but the sound of the large flies just buzzing your head, can become very annoying.

It is almost time for picking wild blueberries! This past week, while taking my two dogs for a run-in local cover I managed to find a few to eat, but the good picking high bush wild blueberry is still a week or two away. Be sure to wear long sleeve shirts and long pants when looking for wild blueberries. Mosquito repellent and a hat need to be worn to keep of all forms of bugs. You also need to be extremely careful of hornets or bee's nest. Bites from the latter two can be harmful to many people that are allergic to their bites. Be sure you bring along an epinephrine pen, especially if you are allergic to bug bites.

All insect bites are serious, more so for some than others and can cause life threatening reactions. Spider bites are also serious, so you need to check and treat all forms of bug bites as soon as possible. Tick bites are becoming more

of a major health problem for humans and pets every year. They need to be spotted and removed as soon as possible, and leaving them on for more than 24 hours will often require a doctor's visit, and a prescription of dicyclomine to combat the bite will often be necessary. I know! I have had Lyme disease a couple of times. Every doctor treats a tick bite differently.

Fishing took a hard-hit last week with the extreme heat and remnants of hurricane Elsa. Freshwater fishing in streams, rivers & ponds will take a few days to improve, and saltwater fishing may take a bit longer, as the ocean settles down from the wind & rain. Last Friday, prior to the storm, the canal heated up with stripers chasing mackerel and other forms of bait fish, providing anglers with some great fishing for stripers. You need to be there at the right time!

Local Rod & Gun Clubs are planning their annual field days again. The Whitinsville Fish & Game clubs annual field day is planned for Sept. 18 this year. More dates will be published as they become available in the coming weeks. The Uxbridge Rod & Gun Club is holding a long overdue clambake this Saturday July 17. A few tickets were available as of this past week. Lobster, clams, chowder, littlenecks, clam cakes and corn are on the menu.

I found my wife's favorite receipt for baked stuffed flounder (fluke) this past week and decided to give it a try. I took two filets of fluke from the freezer and stuffed them with a mixture of crab-



Courtesy

This week's picture shows five of the sea bass this writer caught in Buzzards Bay last month. Commercial fishing for these fish opened this past week in Massachusetts. They can harvest 200 pounds daily.

meat, seasoned bread crumbs, a crushed ritz cracker, and a teaspoon of melted butter. Carefully placing a teaspoon of the mixture of crabmeat onto the filets, salt and pepper, I gently rolled them up and secured them with a toothpick. I placed the two fillets in my preheated toaster oven, and cooked them for 20 minutes. Delicious! I am going back this week to catch a couple more fluke, I hope!

Take A Kid Fishing & Keep Them Rods Bending!

Collectibles market investing boom

In recent columns, I've discussed how major investors are buying into the collectibles market. The trend is continuing, with one group of big-name investors purchasing an auction house and another group purchasing a coin and card grading company.

According to the Tampa Bay Times, "Sarasota's Certified Collectibles Group is selling a majority stake in its company to private equity firm Blackstone in a deal that puts the company's value at more than \$500 million." Blackstone's investors include NBA star Andre Iguodala, as well as rapper, song writer and music executive Jay-Z.

Other big-name investors recently purchased Goldin Auctions. According to Yahoo News Ken Goldin "sold Goldin Auctions to Collectors Holdings, a group owned by New York Mets owner Steve Cohen, hedge fund billionaire Dan Sundheim and venture capital investor Nat Turner." The terms of the deal weren't disclosed. The Los Angeles Business Journal wrote that Goldin also made another



ANTIQUES,
COLLECTIBLES
& ESTATES
.....
WAYNE TUISKULA

deal recently. They've partnered with Barstool Sports. Barstool Sports' website describes it as "a sports & pop culture blog covering the latest news and viral highlights of each and every day with blogs, videos and podcasts." Goldin hopes to capitalize on Barstool Sports' mostly younger audience and attract them to invest in sports memorabilia.

Along with these major investments, the digital age is bringing change to the way sports collectibles are sold. Leaf, Upper Deck and other card manufacturers have inserted patches from uniforms or slices of game-used bats inside sports cards. When these cards were first produced over 20 years ago, collectors could own a small piece of Michael

Jordan's jersey or a slice of Babe Ruth's bat. MarketWatch reported that small investors are now able to own part of an item without having it literally sliced into pieces.

Collectable.com is offering the public an opportunity to invest in a \$6 million Babe Ruth rookie card in \$3 shares. According to MarketWatch, "Collectable is a platform that allows people to buy equity in memorabilia when they may not be able to afford the piece as a whole. This concept is similar to how brokerage firms like Robinhood offer fractional shares of public companies. Investors in the card can sell their fractional shares at any time, and if the card is outright sold at a higher price in the future, those investors would see a profit. The price per share of the collectible only changes when the item is sold, not on perceived value change."

The drawback that I see with this model is that you can only see a profit (or loss) when Collectable decides they want to sell the card. However, in my opinion, it is still much better than cutting up a bat or jersey.



I'm happy to announce that I'll be returning to some in-person events soon. I'll be appraising items for the public at the John B. Gough House in Boylston, MA on Saturday, Aug. 7 from 10 a.m. to 1 p.m. Looking ahead to the fall, I'll be teaching my "Evaluating your Antiques" class at Bay Path Evening School on Wednesday Nov. 10.

We have an exciting upcoming online auction featuring a Mickey Mantle card, a Roberto Clemente card as well as other baseball cards and memorabilia scheduled for August.

Session 4 of our model trains, die-cast toys and models online auction will begin soon. Other events are also being scheduled. Visit our website for details on upcoming events: <https://centralmassauctions.com>.

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

Still time to plant vegetables

Now is the time to plan and plant vegetables for a bountiful fall harvest. Planting now extends the harvest season for greater yield without expanding the garden.

Dying in public has its hazards ...

One combination off them being I missed a publishing deadline for the first time in my life. I'm sorry. I'm on some heavy painkillers and anti-anxiety meds and my mind isn't quite as accurate as I'd like. I'm too late for a few of my publications but I'll give it my best shot.

I'm still here. I'm still writing. I'm still ringing the bell for positivity and optimism. For some, that's still good news. Unfortunately, for others, they'd rather my voice be silenced. My computer was hacked over the weekend and at the same time, my Facebook pages were all locked. Hopefully by the end of the day, all will be back up and running but as of now I'm only partially up.

Thank you for your understanding. As long as I am up and breathing, I will be back next week!

May God bless you all.

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 @GaryWMoore721 and at www.garywmoore.com.



POSITIVELY
SPEAKING
.....
GARY W.
MOORE

Start by looking for vacant spaces in the vegetable garden. Fill areas that were not planted this spring or replant rows of quick maturing vegetables like lettuce, spinach, radishes, and beets that have already been harvested. Expand your search to other vacant spaces in flowerbeds, mixed borders, and containers.

Select vegetables that will have sufficient time to reach maturity before your growing season ends. Simply count the number of days from planting to the date of the average first fall frost in your area. Those in frost-free areas can plant longer season crops that benefit from maturing during the cooler months of fall.

Second plantings can be started from seeds or plants, if available. Check the back of the seed packet or plant tag to find out how many days each plant variety needs to grow and produce. Add a few weeks to allow time for harvesting. As long as there is enough time for the seeds to sprout, grow, and produce before the end of your growing season, they can be added to the garden.

Fill your late season garden with lots of variety. Include root crops like beets, carrots, radishes, and turnips. Greens like leaf lettuce, spinach, collards, kale, and chard provide the basis for a great fall salad and some make great additions to stir fries. Try onions, kohlrabi, cucumbers, broccoli, cauliflower, cabbage, and sweet corn for some variety. Just make sure the seeds or transplants will have enough time to grow and produce.

Some vegetables like broccoli, cauliflower, and Brussels sprouts taste better when grown and harvested during cooler months. These along with other vegetables like spinach, mustard, lettuce, radishes, and leeks tolerate a light frost, giving you a longer harvest season.

Wait for the soil to cool before planting lettuce and other vegetable seeds that require cooler temperatures to germinate. Or start the plants indoors and move them into the garden as transplants. Help keep the soil cool by mulching plantings with shredded leaves, evergreen needles, or other organic mulch.

Water your gardens as needed



Melinda Myers

For a fall harvest, plant areas in the garden that were not planted this spring or replant rows of quick maturing vegetables that have already been harvested.

throughout the season. New plantings will need a bit more attention when establishing roots during the hot summer months.

Extend the harvest season with a bit of frost protection or added warmth as needed. Cover plantings with floating row covers that allow light and water through while trapping heat around the plants.

Cold frames and high tunnels are other options that allow you to plant earlier and harvest longer. You will find ready-to-purchase options or instructions for creating your own season extending growing system.

Midsummer planting adds a few extra weeks, even months, to your harvest season. You will enjoy the garden-fresh flavor while benefiting from the increased nutritional value of your fall meals.



GARDEN
MOMENTS
.....
MELINDA
MYERS

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

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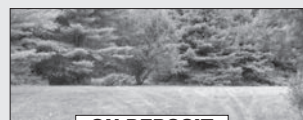
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ON DEPOSIT

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FEATURED NEW LISTING - WEBSTER - 22 ELAINE STREET



Bonnett Acres - Beautiful Residential Neighborhood! 3 bedroom Ranch, Hardwoods, cabinet packed kitchen! Tile bath, partially finished lower level! 20' X 12' deck! Garage! all on a nice level lot. Private well plus town water & sewer! A must see.
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FEATURED NEW LISTING - WEBSTER - 135 LAKE STREET



ON DEPOSIT

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PUTNAM CT - 89 PERRY ST UNIT# 250



ON DEPOSIT

Heritage Pines Condo Town House - Everything one would expect and then more! 4 bedrooms, 3.5 baths, all Hardwood floors, granite, stainless steel appliances, central air, 2 decks, 2800 sq ft +/- of finished living area, and so much more!
\$319,900.

WEBSTER - 99 UPPER GORE ROAD



SORRY, SOLD!

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\$275,000.

STAMFORD CT - 57 BARHOLM AVENUE



SORRY, SOLD!

Beautiful Stone faced. 8 room Colonial, 4 bedroom, 3 Full baths, one Half bath. Stone fireplace, 2236 Sq. Ft. living area. Walk up attic. 2 car garage. Heated by Natural Gas, Town Water, assisted sale **\$660,000.**

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WORCESTER - 28-L BOSTON AVE



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

WEBSTER • 233 - 235 NORTH MAIN STREET



SORRY, SOLD!

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WEBSTER - 401 TREASURE ISLAND CONDO



ON DEPOSIT

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SOCCER

continued from page A1

The visual size difference and knowing these players were two-plus years our senior, was intimidating. As we entered the facility of 16 fields and headed to the registration table, we had a good look the three teams we would be facing in the round robin.

Throughout the journey, Chris and Jen (assistant coaches) proved to be invaluable. They bring different ideas and styles which helped me look at things from a different perspective and confirm timely decisions. Both have a deep understanding of the sport and our team and of yours truly (God bless them).

Friday: Match 1 vs N. Andover

The first of three round robin matches proved to be the most physically demanding against a team who has won MTOC twice previously, rostering a full squad looking more like professional rugby than soccer players. We were significantly outmatched physically and to add insult to injury, a player of ours was spat on twice. This 2-0 defeat was both physically and emotionally difficult for our talented team. There were some doubts as to whether we could match up against players two or three years older.

Saturday: Match 2 vs. Marshfield

After a reassuring pregame chat that we did belong, the boys tried as much as possible to forget Friday and take it out our first opponents of the day. We discussed and executed a game plan of asserting ourselves physically from the start. We needed to work harder due to a size disadvantage to match other teams in our flight, and that's exactly what happened. As the match carried on the confidence grew. We established

a physical presence and outplayed our opponents. Our center midfielder took a cannon of a direct kick from outside the box, over a wall, and into the top right corner, unsavable by any goalie on earth. The defense was solid, and we had a hard fought 2-1 win! Belief started to build as we headed into our next match Saturday.

Saturday: Match 3 vs. Mariner

This match put us against our biggest opponent pound for pound. The coaches wondered what planet this group was from and whether they were chemically engineered. We carried our game plan forward to be physical from the opening whistle and win the 50-50 balls. We looked more comfortable, moved and communicated well. We used our skill and speed to win a second straight must win match 2-1 against a well-coached opponent.

Sunday: Semi Finals vs. Weymouth

As we began warm-ups Sunday morning, the confidence began oozing from our team believing they can "win it all". Weymouth was the top seed in the other bracket and would prove to be a tough test. As the match progressed, we took an early 1-0 lead. That lead was short lived as Weymouth drew even at 1. We added to our lead and held on with another fantastic defensive performance for a 2-1 victory and a trip to the finals. The enthusiasm was slightly tempered knowing what happened Friday and previously at MTOC.

Who would we face?

In a dramatic match that faced N. Andover vs. Franklin, the Charlton boys had their hopes on Franklin pulling through, as the prospect of facing the Big Red Machine seemed daunting after a hard-fought battle against Weymouth. The match went to penalty kicks after a 0-0 regulation and two 5-minute overtimes. The penalty kicks were even past the first 5 with Franklin

having a shot to win, which hit the side bar. N. Andover prevailed and our team watching with intense interest looked as if all their Christmas gifts were stolen by the grinch when they arrived at the tree Christmas morning. This would prove to be the best thing that could have happened.

Championship Match: Charlton vs. N. Andover

This required a brief but impactful pre-game speech as the final match was soon after the semis. N. Andover was beatable. We were intimidated Friday and didn't play our game. I pulled out the most relevant analogy I could referencing the 1980 US Olympic team losing to Russia 10-4 the week before the Olympics then winning 4-3 in the semi-final match. If the USA hadn't played Russia previously, they likely would not have won the match. Our team had played against N. Andover and knew what they were going to do, and we also ensured our goalie and players watched the entire penalty kick session to see what the goalie and shooters tendencies were just in case. We planned to win the 50-50 balls, use our speed and elusiveness to our advantage and play faster. We discussed scanning the field and knowing where the ball would go next before receiving it. The match was well played and resulted in a 0-0 tie at the end of regulation. Both teams drawing energy from the reserves after a long 3 days and 90+ degree weather. Two 5-minute overtimes were next. The second overtime we went slightly uphill against the wind. We dodged a couple strong chances by N. Andover and came close but were also unable to score resulting in a 0-0 tie after both overtime periods. The defense and goal keeping was tremendous in holding this high-powered team scoreless.

Penalty kicks

Before the match began, I knew who our first 4 penalty shooters would be leaving 1 final spot to fill. As I asked each player if they wanted the final shot, they turned white and looked as if they suddenly contracted food poisoning; except one. I eventually made it to Will Carney, Mr. Cool. He chuckled and said, "I'll take it." Admittedly, I should have thought of Will sooner as he's the type of kid where if Big Foot was running at him his heart rate would stay the same.

Deep down this team knew they had it in them to do it. We had seen N. Andover take PK's along with knowing we had the better keeper. With the boys standing arm in arm, we made our first kick, and our goalie made a great save to take an early 1-0 PK lead. This was critical, as it put our shooters more at ease. We make, they make, we make, they make, we make, they make... leading to the final shot for us to win. I was on the sideline and with my hands on my legs looking at a field marshal and said, "I'm going to puke." She said, "Do it over there"

Will stepped up with a smile as if this was him taking shots alone on a field with no goalie on a Sunday afternoon. The shot went in and the celebration at midfield was epic. An ice bath for yours truly followed by endless excitement and tears.

This final shot was 14 years in the making. Working with these boys for all those years, setting a goal early on, and believing it would happen, and most of all, never giving up.

Charlton becomes the first boys' team ever to win MTOC!

An amazing accomplishment for a group of young men who became a family over the years, had a vision, and worked hard to make it a reality. I was so choked up the words were hard to find. I told the boys I loved them, and they knew the rest from so many years together.

WORKSHOP

continued from page A1

Clinical Excellence Award, a member of the UNICEF Club, and elected as the Class of 2016 Student Representative. She served as a mentor to multiple practical nursing students in the past and was an inspirational speaker at various Bay Path Practical Nursing Academy events.

Kelvin Muthoni, LPN, is a staff nurse at the Holy Trinity in Worcester where he provides direct patient care. Previously he worked at the Brookdale Eddy Pond West in Auburn and the West Side House in Worcester. He completed his High School education at Kalimoni Senior School in Juja, Kenya (2015). As a student in Bay Path Practical Nursing Academy, Muthoni was the recipient of the Clinical Excellence Award 2018, the distinction of being the best with his clinical performance as nominated and voted on by the Bay Path Practical Nursing Academy faculty. Muthoni has the distinction of being the first male (and only male to date) to be awarded the Clinical Excellence Award. He serves as a mentor to current male practical nursing students.

The summer workshop was held on July 7 from 10 a.m. to 2 p.m. Icebreakers, Informal Q & A, PowerPoint presentations, checking on Medical Terminology, Medical Math, navigating ATI, and determining Learning Strategies were on the agenda. The summer workshop was attended by close to 40 incoming practical nursing students.

SWIMMING

continued from page A1

tion, and water safety recommendations," said DCR Commissioner Jim Montgomery. "The increase in fines for swimming in unsafe waters on DCR property is another example of the Administration's continued commitment to increasing safety throughout our state park system."

The DCR has coordinated with the Executive Office of Energy and Environmental Affairs (EEA), the Massachusetts State Police (MSP), and the Massachusetts Environmental Police (MEP) to implement new measures to enhance public safety and

WASTE DAY

continued from page A1

in 2020 was cancelled due to the pandemic which left a larger gap between Hazardous Waste Days than in the past. Marquis and the rest of the Recycling Committee are hoping the program is maintained in future budgets although it remains encumbered in the spending plan until at least 2023.

"We feel it's a successful program. It's important. Who knows where this waste could end up if it didn't get there? We would like to continue it," said Marquis.

The Board of Health agreed reminding citizens that vouchers are available at the Board of Health office and discussing ways to utilize social media and other resources to spread the word for future Hazardous Waste Day events.

discourage swimming at undesignated waterfronts. Additionally, the DCR posted dozens of new swimming safety signs at DCR parks and beaches.

State officials have also increased awareness of the DCR's Learn to Swim program, which offers free swimming lessons at 12 locations statewide for people of all ages.

Last week, the DCR announced that it has increased lifeguard pay to \$20 per

hour. Lifeguards who remain committed for the entire season with DCR will also receive a \$500 bonus at the end of the season.

The DCR continues to actively recruit individuals to become lifeguards at its inland and coastal waterfronts. Interested individuals can apply online or call Jim Esposito at 857-214-0400.

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To apply for the position or to see a full job description go to <https://www.townofcharlton.net/158/human-resources>.

Applications must be received by July 24, 2021.

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The ideal candidate will have a High School diploma from a vocational school and have strong mechanical skills.

Salary ranges from \$22.47/hr to \$26.84/hr, DOQ

Visit spencerma.gov/home/page/employment-opportunities
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LABORER: TOWN OF SPENCER WATER DEPARTMENT

Laborer: Town of Spencer Water Department seeks applicants to fill this position which work with Water Operators in the daily maintenance of the water supply, treatment and distribution systems. The ideal candidate will have a High School diploma from a vocational school, have strong math and science skills, and be willing to continue their education in the water industry including obtaining professional licensing as a Water Treatment and Water Distribution Operator.

Salary ranges from \$19.80/hr to \$23.63/hr, DOQ

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AUCTION

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A magnifying glass with a dark handle and frame is positioned over an open map. The lens of the magnifying glass is focused on a small, detailed miniature cityscape. The city features several buildings of varying heights and styles, including a prominent skyscraper in the background and several smaller houses in the foreground. The map itself shows streets and geographical features, though they are slightly out of focus. The background of the entire image is a soft, out-of-focus landscape with green hills and a blue sky. At the bottom of the image, there is a dark blue banner with the text 'StonebridgePress.com' in white.

News, really close to home

			
<h1 style="text-align: center;">WHITCRAFT – EASTFORD IS HIRING</h1> <p style="text-align: center;"><i>State of the Art Facility</i> <i>Highly Engineered Aerospace Parts</i> <i>Climate Controlled Environment</i></p> <p style="text-align: center;">Are you looking for a challenging opportunity that will allow you to develop skills on your career path to success?</p> <p style="text-align: center;"><i>Then Whitcraft is for you!</i></p>			
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<p style="text-align: center;">LEARN MORE AT THE IN PERSON</p> <h2 style="text-align: center;">**JOB FAIR**</h2> <p style="text-align: center;">FRIDAY, JULY 23RD 12:00PM-4:00PM 76 County Road Eastford, CT 06242</p> <p style="text-align: center;">Be Part of a Best-In-Class Aerospace Manufacturing Team</p> <div style="float: right; width: 30%;"> <p><i>Positions available:</i></p> <ul style="list-style-type: none"> ❖ Flow Line Technicians ❖ Press Operators ❖ Inspectors ❖ Machinists ❖ KPO Technicians ❖ Welders ❖ Sheet Metal Mechanics ❖ Leadership candidates <p>Many Second Shift opportunities that come with a shift differential!</p> </div>			