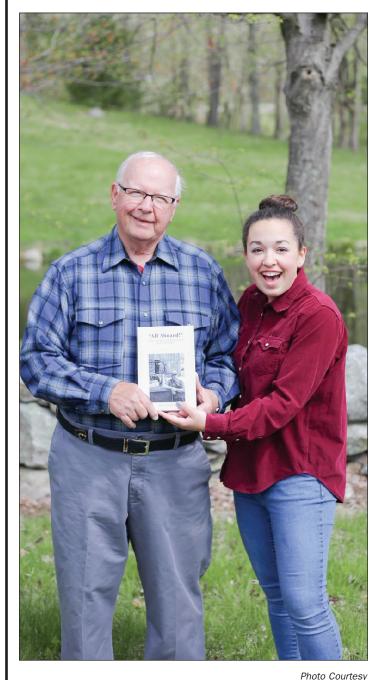


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Friday, July 10, 2020

New book immortalizes Charlton's **Bud** Cleveland



BY JASON BLEAU VILLAGER CORRESPONDENT

CHARLTON - We all have that one relative who loves to tell stories of their life and experiences, passing down tales of adventure and history for young generations to enjoy, but not many of us have taken to time to truly cement those stories for the world to behold. That's just what Charlton's Ruth Coleman did, though, immortalizing the stories of her grandfather in a new book titled "All Aboard! The Life and Adventures of Bud Cleveland."

Published earlier this year, "All Aboard!" is the first book by Ms. Coleman and was inspired by her many visits and discussions with her grandfather who has been a Charlton resident since the mid-60s living on a farm on Hammond Hill Road. Growing up in a closeknit, faith-based family Ruth Coleman got to know her grandfather well and after listening to his many stories felt it was time to put these tales down in writing. With a little encouragement from Bud Cleveland himself Ruth Coleman went to work researching her grandfather's life taking the book from a simple idea to a real-

ity. "At the time, I didn't think I was entirely serious about it. I didn't know what that would involve at all," Ruth Coleman said. "After I decided to write it, every

Town Hall projects get green light

BY IASON BI FALL VILLAGER CORRESPO

CHARLTON – Several updates are coming to the Charlton town hall after recommendations from members of the Municipal Building Ad-Hoc Committee received Board of Selectmen approval during a remote meeting on June 23.

Curtis Meskus, Chair of the Municipal Building Ad-Hoc Committee, brought forth two recommendations for town officials to consider including the addition of a mail room and alternations to a set of doors in the senior center located in the lower section of the town hall.

The first project would include utilizing \$3,000 from the municipal repairs and maintenance budget to create a mail room following the removal of mailboxes from the Board of Selectmen's office.

"Over the years, we have been looking for ways to increase efficiencies in the town hall, deal with our growing space needs and also keep the building safe. During this time we have had to move the mail room or the mailboxes out of the selectmen's office and into the selectmen's meeting room. When we did the accessibility project it was designed with the idea that the stairway

with the lower headroom next to the public restroom would be turned into a storage area both up and down," Meskus said.

Another project is a cosmetic change that would make the senior center more accessible. In the lower section of the town hall a set of narrow doors with wired glass will be adjusted to meet modern codes.

"All doorways are supposed to provide 32 inches of clear space which these don't and wired glass, while well intentioned years ago, when it was developed and that part of the building was built in 1949, is a hazard if someone was to impact that glass. What happens often is the glass shatters and then you have sharp wired edges from that wire that can severely injure people, Meskus said.

Both projects are meant to help improve the functionality of the town hall in small but significant ways. Meskus needed selectmen approval as it's that board's responsibility to manage the care and custody of the town hall. Selectmen unanimously approved a motion made by Selectman Bill Borowski to allow Town Administrator Andrew Golas to engage in conversations to accomplish both projects.



Bud Cleveland and Ruth Coleman hold a copy of Coleman's new book "All Aboard! The Life and Adventures of Bud Cleveland."

Please Read CLEVELAND, page A9

Bay Path announces Class of 2020

CHARLTON — Bay Path RVTHS Practical Nursing Academy has announced the graduates of the Practical Nursing (PN) Class of 2020 and plans to honor them.

"The Bay Path Practical Nursing Academy Faculty and staff are extremely proud of the PN Class of 2020 graduating class. They have worked hard and contributed so much to their communities, and the Bay Path Community during this unprecedented time," Academy Director Gretheline Bolandrina, MSN Ed, RN, CRRN said. "The PN Class of 2020 are a tremendously resilient and talented group of individuals and together, have formed an unforgettable class that is bound for greatness.

"Please join me in recognizing the PN Class of 2020 and their loving, supportive families and significant others who helped them achieve at such high levels," Bolandrina said. While the Academy honored its graduates

June 19, 2020 with video tributes on Facebook, the official graduation and pinning ceremony will be held in a future date. Further details to follow.

Among this year's graduates is Kristin Bates of Charlton.

Photo Courtesy

Kristin Bates of Charlton with Fjolla Shehu and Sampson Boateng, both of Worcester.

Charlton native brings leadership skills to Mass Maritime

BY JASON BLEAU VILLAGER CORRESPONDENT

CHARLTON - After graduating from Bay Path Regional Vocational High School in 2017, Charlton native Tobias Nash followed in his father's footsteps by making the transition to the Massachusetts Maritime Academy to pursue his Coast Guard license to work on ships around the world. He has since become a shining example of leadership at the school earning the position of Cadet Chief Engineer for the upcoming semester, where he will help educate and prepare underclassmen for success at the Academy.

Born and raised in Charlton, and a former member of Boy Scout Troop 338, where he

achieved the rank of Eagle Scout in 2016, Tobias Nash said he is ready to take on the new responsibility thanks to the many years of preparation his community provided him to become a leader in his field and to his peers. His promotion to Cadet Chief Engineer will see him assisting in orientation for new students and play an important role in educating students in safety protocols and emergency procedures while aboard the ships and vessels. Nash said the positions is one of his biggest challenges to date at the Academy, but one he most certainly embraces.

"It's humbling. I've always thought of myself as a good hands-on person, but this is my first real big higher up position at school," Nash said. "I believe there are people who were better qualified for the position, but they still picked me. I talked with the old staff about why I was chosen and they noted my character, how I was always there to help people and that branches out to scouts and everything else I was involved with in Charlton."

Nash admits he still uses a lot of lessons learned from scouts to this day in his work, education and civilian life. He feels it has made him a better leader and student and, as a result, a better engineer. Nash also equated his time at the Academy, where there are only around 85 students in his major, to growing up in a small community like Charlton.

"Charlton was a small town. Boy Scouts was a small troop. We had to be friendly with each other and work together," said Nash. "At the Massachusetts Maritime Academy, we're always there for each other, we're all friendly towards each other. We're like one big family. It's a good school. I have the ability to be influential and teach the sophomores and freshman about school and engineering and get them involved in enjoying this field."

Nash admitted one of the hardest parts of being a leader, especially to students in his



Courtesy Photo

Charlton native and Bay Path Class of 2017 graduate Tobias Nash was recently named Cadet Chief Engineer at the Massachusetts Maritime Academy.



Help him celebrate by donating to his fundraiser in support of the NEADS World Class Service Dogs!

To donate, use a mobile device to scan the QR code, or visit: support.neads.org/baystatesavingsbank



Donations are tax-deductible, go directly to the dogs, and are being matched by Bay State Savings Bank, up to \$3,000! Fundraiser ends July 22, 2020.





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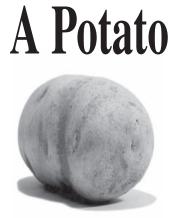
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QCC's Gateway to College Staff hits the road to celebrate graduates



WORCESTER — High school graduation is a special time in a student's life but even more so for those students who have overcome adversity and beat the odds. For 27 students in Quinsigamond Community College's Gateway to College Program, the dream of graduating from high school became a reality this month and they became a part of the historic Class of 2020.

The graduates are part of a program developed for students between the ages of 16-21, who have dropped out of high school or are at risk of dropping out. Students accepted into the program work on obtaining their high school diplomas, while also simultaneously earning college credits. Students take a full-time college course load, with classes that match their high school requirements, MCAS needs, and career interests. They attend classes in the fall and spring.

Due to the pandemic, this year's graduating class was unable to hold an in-person graduation ceremony; however, the Gateway staff still wanted to hold some type of special celebration to commemorate the accomplishments of the students. QCC's Gateway to College Director Marci Skillings came up with the idea of a "Grad 2 Go" graduation celebration that entailed the Gateway staff stopping by each graduates' homes, taking photos and wishing them well. Prior to the Gateway staff visits, the students were sent caps, gowns, diplomas, and as well as "Class of 2020" masks to make

the event feel extra special. "All together, we visited 15 of our graduates over six days. I drove 267 miles in total. One day we started at a farm and ended on a lake," said Senior Gateway Outreach Counselor Jenna Glazer. "High school graduation is something many of us (myself included) took for granted, but for many of our students, it seemed impossible for a long time. Despite graduating in the midst of a pandemic and an abrupt shift to remote learning, most of our students graduated with special honors (college GPA over 3.0 or 3.7). It is really a testament to the determination and perseverance of our students."

Gateway graduate Ninoshka "Nino" Rabell-Santana said the Gateway to College Program was a true gateway to a better life and opportunity for her.

"Being a part of the Gateway to College community made me feel it was OK to not to be perfect. It taught me it was OK to fail in life over and over again until I was finally able to succeed in life," she said. "Gateway has been such a blessing to me and to everyone in it.

According to Ms. Skillings, most of the graduates will be staying on at QCC to complete their degrees, while others will be attending Worcester State University or UMass Amherst.

"Our graduates have all balanced a new normal and graduated in the midst of a pandemic. That is so amazing and we are so proud. We wish them the best as they head out in a world of unknowns. We know they will succeed because they showed us they could and we believed, just as they did," she said.

For more information on the program visit www.QCC.

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



ACCURACY WATCH

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

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

If you find a mistake, email news@stonebridgepress.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.

CORRECTION

We would like to correct an error printed in out July 3 edition of The

Charlton Villager. In our story "Traffic concerns remain focus in Charlton," it was indicated that citizen speaker David Smolski had stated during a recent Board of Selectmen that the Charlton's Civilian Traffic Commission has not met "Since October.'

Smolski actually stated that to his knowledge the commission had not met in "three months" which was confirmed by Stonebridge Press staff after revisiting the meeting.

The Charlton Villager deeply regrets any confusion that may have resulted from this unintentional error.

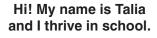


Cornerstone Bank congratulates scholarship recipients

WORCESTER - Cornerstone Bank high school graduates throughout the is proud to announce the sixteen recipients of their scholarship awards proschool graduates who plan to attend an accredited, degree-granting institution of higher education as a full-time student.

GOOD NEWS

* * * Friday's Child * * *



Talia is a playful Caucasian

gram for local high school graduates. Each chosen graduate is awarded \$2,000 to assist with college expenses.

The recipients of the 2020 Scholarship Program are:

Brian Riel- Tantasqua Regional High School

Bryce Meizen- Douglas High School

Colleen McCarthy-Wachusett Regional High School

Danielle Schmeling- Auburn High School

Elyse Whittemore- Auburn High School

Jack Larson-Leicester High School

Joshua Brunelle- Doherty Memorial High School

Kaden Wells- David Prouty High School

Katherine LeBrun-Tantasqua Regional High School

Burnham-Kurstin Tantasqua Regional High School

Kylee Inthirath- Tantasqua Regional High School

Lauren Alicea- Shepard Hill Regional High School

Olivia Graves-Witherell-Westborough High School

Stefanie Del Rosario-Shrewsbury High School

Timothy Moore- Assabet Valley Regional Technical High School

Will Akerson- Wachusett Regional High School

Cornerstone Bank is honored to help

These sixteen students best demonstrated achievement and high standards in academics, extracurricular activities, and community involvement.

"Congratulations to this year's recipients," stated Todd M. Tallman, President and Treasurer of Cornerstone Bank. "We are honored to be able to support students throughout our community, and we are excited to see what their futures hold."

For more information on the Cornerstone Bank scholarship awards program, please visit any of our convenient locations, our website, or call us at 800-939-9103.

About Cornerstone Bank

Cornerstone Bank is an independent. mutual savings bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester along with a Loan Center in Westborough. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender, and SBA Preferred Lender. For more information, visit online at cornerstonebank.com, on Facebook, or call 800-939-9103.



Talia Age 15

girl with a great sense of humor. Those who know her say she is silly, kind-hearted and playful. She enjoys helping others and is always willing to try new things. Talia likes to write, draw, play cards, play with puzzles and listen to music. She also really loves animals and hopes to be a veterinary technician. Legally freed for adoption, Talia

will do well in a family of any constellation that can provide her with routine and structure. She would be best as the youngest or only child in the home. It is very important to Talia that she is able to maintain her relationship with her

.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 617-6273 or visit www. mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

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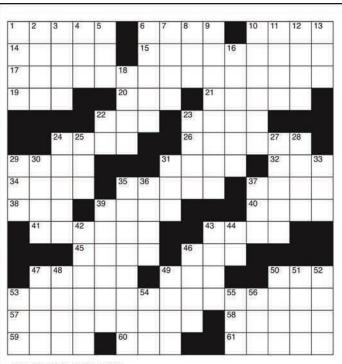
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CLUES ACROSS

- 1. Cyprinids
- 6. Icelandic literary works
- 10. Break in half
- 14. Japanese mushroom
- 15. Have offspring
- 17. Not feeling well
- 19. A very large body of water
- 20. Witch
- 21. Behemoth
- 22. Speak negatively of
- 23. Absence of difficulty
- 24. Pampering places
- 26. Drives
- 29. Truck that delivers beer
- 31. Makes 32. A team's best pitcher
- 34. __ Carvey, comedian
- 35. Seas

CLUES DOWN

- ex Machina
- 2. WWII diarist Frank
- 3. Concluding passage
- 4. Supplement with difficulty
- 5. Title of respect
- 6. Cubic measures
- 7. Remnant 8. Jones
- 9. Salts of acetic acid
- 10. Long, upholstered seat
- 12. A one-time aspect of Egyptian 44. Blood type
- sun god Ra
- 13. Prefix denoting "in a" 16. Propels upward
- 18. What we are talking about
- 22. Prosecutor
- 23. Employee stock ownership plan51. Hairstyle
- 24. He brings kids presents
- 25. Burmese monetary unit
- 27. Hurries
- 28. Injury remnant
- 29. Tooth caregiver

41. Moving in slowly 43. Patrick and Glover are two 45. Living quarters 46. Taxi 47. Pancake made of buckwheat flour 49. Swiss river

37. S. American plants

38. Time zone

40. No longer are

39. Deviate

- 50. Not happy
- 53. Have surgery
- 57. Formal withdrawal
- 58. Give way to anxiety
- 59. Greek war god 60. 2K lbs
- 61. Word of farewell
- 30. Elvis backup singer Betty Jane 31. "The Partridge Family" actress Susan 33. Midway between east and southeast 35. Most excellent 36. Heat units 37. Possess legally 39. Food items 42. Skeletal structures 11. Capital of Okinawa Prefecture 43. Challenge to do something bold 46. Sammy __, songwriter 47. Farmer (Dutch) 48. Clare Booth ___, American writer 49. Piers Anthony's protagonist 50. Malaysian coastal city 52. NY-based department store 53. Geosciences organization (abbr.) 54. Brazilian city 55. Niger-Congo languages
 - 56. Gesture



Elizabeth Simonds graduates from Eastern Connecticut State University

WILLIMANTIC, Conn. - Hundreds of students graduated from Eastern Connecticut State University this spring 2020 semester. Elizabeth Simonds of Uxbridge graduated Cum Laude with a Bachelor of Arts in Sociology and Early Childhood Education.

Eastern's 130th annual Commencement Exercises occurred via YouTube on May 19 amid the COVID-19 pandemic, where the Class of 2020 was addressed by Commencement speaker Mark Boxer, former executive vice president and chief information officer of Cigna. Boxer joined Eastern President Elsa Nunez and other university officials as well as Senior Class Vice President Emily Kerfoot on the same day the University had originally planned to hold its graduation ceremony at Hartford's XL Center.

Boxer extolled the value of higher education, recounting his own journey and telling the graduates, "The knowledge you gained here at Eastern is the fuel that will propel you to make a truly meaningful impact.'

Calling his college education "the right choice," Boxer said, "It became the springboard for everything good in my life - personally and professionally.

He urged the graduates to continue their quest for knowledge, noting that he had continued learning in some educational setting each year since he first graduated from college more than three decades ago.

In her charge to the graduates, President Nunez said, "Since you arrived four years ago for summer orientation, the faculty and I have been telling you that the liberal arts skills you learn at Eastern will serve you well throughout your careers and your personal lives.'

She cited critical thinking, professional communications, ethics, collaboration as competencies highly sought by U.S. employers. "Those same skills are critically needed today as we seek to get beyond COVID-19. I know each of you has the skills and the courage to find your place in this new world, where you will keep your head on your shoulders, keep your chin up, and make a unique contribution to society . . . Go forth now with confidence, compassion, and commitment. Come back and visit us when it is safe to do so. In the meantime, let us know if we can help you in any way. God Speed!"

Senior Class Vice President Kerfoot gave President Nunez the class gift, a check to establish a scholarship in the name of the Class of 2020. Kerfoot told her classmates, "As you sit with your family at home, watching this commencement, tell yourself you did it. You made it. Through all the challenges you have faced, you can be proud to be an Eastern alumnus. Be proud that you will go on in life knowing that you are going to accomplish such amazing things.

"It was a challenge, and the Class of 2020 met that challenge with courage and determination. We learned we are capable of more than we might have realized. Resilience - the ability to survive and thrive during adversity - is something we all can be proud of. As the famous physicist Albert Einstein once said, 'It's not that I'm so smart, it's just that I stay with problems longer.' Let's stick to it, Class of 2020!'

More than 40 percent of the Class of 2020 are the first in their families to earn a bachelor's degree. Approximately 90 percent of Eastern students are from 162 of the state's 169 towns, with more than 80 percent of graduates staying in Connecticut to launch their careers, contribute to their communities and raise their families. The University also draws students from 34 other states and 19 countries.

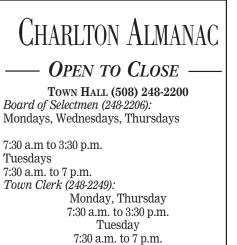
This year's event was videotaped in Eastern's otherwise empty Concert Hall in the Fine Arts Instructional Center, with each speaker taping their remarks separately in keeping with safety guidelines. Even as a virtual event, the graduation ceremony maintained an atmosphere of grace and dignity, with the stage a replica of the one used at the XL Center and "Pomp and Circumstance" and "America the Beautiful" played during the proceedings. At the end of the formal program, graduates watched as their names scrolled on the screen, sharing the celebration safely at home with their families.

Prior to Commencement, the university sent each graduate their diploma cover, two copies of the evening's program, and their mortarboard and tassel to make their family's festivities more complete.

Charlton resident inducted into National **Biological Honor** Society

MANCHESTER,

New an introductory course, and Hampshire - Saint Anselm maintained a cumulative College student Alexandra GPA of 3.0 or higher, as well Schumaker of Charlton, a as a GPA of 3.0 or higher



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Biology major in the class of 2021 has been accepted into the Chi Zeta Chapter of Beta Beta Beta (TriBeta), a national biological honor society for the 2019-2020 academic year.

Students are invited to join the society if they have completed at least 3 semester courses in biological science, of which at least one is not

in their biology department major.

Beta Beta Beta was founded in 1922 at Oklahoma City University--the Alpha Chapter--and has grown to more than 626 chapters throughout the United States and Puerto Rico. Chi Zeta, the chapter at Saint Anselm College, was founded in 1996.

NASH

continued from page A1

own age group, is earning and giving respect while also maintaining a sense of authority. Nash described his leadership style as one that avoids aggression of a sense of superiority putting and important emphasis on getting the job done right.

"For me, safety is the biggest thing," said Nash. "If a job takes two or three hours longer but it's safer, that's a win. My leadership style is to try and bring people up and not put them down."

Nash will officially jump into his new leadership position when the Massachusetts Maritime Academy convenes its new school semester later this vear.

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Church Listings

· Charlton Federated Church, 64 Main St. Pastor James Chase, 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org

• Charlton Baptist Church, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 8:30 a.m. and 11 a.m.

 Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.com, Sunday worship 10:30 am, Sunday School 9 am. • St. Joseph's Church, 10 H. Putnam Ext, 248-7862, 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, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• Jehovah's Witnesses, Route 169, 765-9519

· Lamblight Christian Church, 37 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Rev. Stephen Wade, (774) 452-2393 Pastor's Cell. Sunday Service 10:30am. www. visitlamblight.com

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





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BAY PATH HONOR ROLL

CHARLTON — Bay Path Regional Vocational Technical High School has released its honor roll for the third quarter of the 2019-2020 school year.

Grade 12

High Honors

Riane Anderson Julia Antocci

Jared Aucoin Meghan Barry Mia Bohanan

Anthony Colacchio Lauryn Dawson Braden Doney

Kelsey Durant Gavyn Floury

Daysia Forbis

Anna Israelian Mathew Langlois Samantha LePage Erica MacGrory Justin Orrell Abigail Rambelje Austin Rebello Colin Richardson Carla Rodriguez Mary Rutter Angeley Santa

Todd Sauter Jr. Sadie Smith Cady Stevens

Alexandar Vesovski Kaylyn Violette Isabella Yaede

Honors

Tiffany Arnold Kendra Aucoin Alicia Ayala McKayla Baldwin Trinity Battista Lillian Berry Heath Bigelow Lauren Bigelow Mackenzie Blomquist Avva Borelli William Carlson Elizabeth Cormier Eleana DaSilva Andrew DeCelle Thadius Dubsky Kaley Eaton Nathan Fontaine Ariana Gelardi Max Ginsburg

Brandon Gomes Dylan Greamo Jacob Hinman Michael Houghton Victoria Jackman Emily Johnson Edward Knopf

Curtis Koebke

Nalin Koo Samantha Lackey Patrick Lange Brian Lavoie Jake Lizotte Thomas Lombardi Kristian MacLeod Andrew Makowiecki Adam Mancini Danielle Mandella Madison Marois Patrick McManus Amber Melanson Kiyiana Minton Elizabeth Molina Kimberly Ngo

Mackenzie O'Neill Kevin O'Rourke Melissa Owusu Maeve Perreault Nathaniel Philion Joseph Postale Cody Prince **Chantal Ravenelle** Janeli Rovberi Karen Rocha Eliajah Santos-LaBarge Natalya Sawa **Benjamin Schultz** Matthew Shedd Nathan Shoemaker Luke Snow Girard Jaclyn Tretheway Georgi Weagle Lexianna Wheeler Sarah Wisniewski Michael Zanca Allison Zopatti

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Honors

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Timothy Crowell Jordan DeFosse Kelli Devlin Leah Dingui Brenna Donovan Hayden Dube

Evan Duffey **Rachel Eovacious** Jessi Escoto-Cifuentes Alyssa Febo Calissa Ferschke Tyler Gillespie Parker Glispin Damien Grassey Chloie Grenier Yeilianys Guzman Torres Evan Hall Devin Hanlan Molly Hoefler Jayce Hutchinson Elin Kaufman Susanna Krantz Samantha Labelle Savannah LaBranche Isabella Latour Alicia Lempitski Matthew Livsey Julio Lopez-Torres Grant Maffei Nicholas Marcotte Marilena Matos-Criado Chase McKenney Elizabeth McLam Kevin McManus Ty Millette **Dimitrios Mironidis**

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Konstantinos Tasopoulos Elijah Thacker Jared Torosian Ava Torres Johnathan Tucker Wilmiguel Velez Cullen West Damian Wielgorecki Genevieve Williams Katie Wroblewski

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High Honors

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Nicholas Hunter Morgan Ivory Logan Johnson Bethany Lasell Andrew Leach Anthony Martins Madigan McManus Aaron Mitchell Olivia Morin Gabrielle Packard Jayna Schmohl Ethan Shanbaum Olivia St. Germain Scarlett Taveras

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continued from page A5

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Kurtis Davis Zachary Dubsky Austin Fish Victor Freeman Tricia Gallien Amie Grenier Nathan Gulkin Lillian Guyette Alyssa Hallaman Lucas Kaufman Zachary Kohberger Ryan Komssi Taylor Labrecque Zoe LaMountain Perron Andrew Lavoie Jacob LeBrun Brady Letourneau Casey Levasseur Alexandra Lundquist Madison Martin Thomas Martin Boru Masiello Allanah Matthews Brayden Nolette Samuel Parker Ilias Perez Hunter Pocis Michael Riberdy Carlos Rosado Jack Sansoucy John Schramm Jordan Sheehan Chloe Sicari-Swinimer Nicholas Smith Ethan Stanley Kyra Stevens Ryan Surprenant Jomar Torres Jared Tucker Adriana Vazquez Gonzalez Gavin White Grade 9

Hailey Cournoyer

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John Guerin Emma Hesselton Rebeka Janusz Grace Jones Matthew Kallgren Hunter Kelly Aiden LaFrance Sydney Lamontagne Mackenzie Morrisey Merissa Murray Kiyana Perez Patrick Prudhomme Titiana Ridriguez Abrahm Routhier Wyatt Sadusky **Cameron Scobie** Arminda Simoes **Terry Simon** Naomi Soriano Emma St. Francis Cassandra Trondillo Lucas Welton Emily Westwell

Honors

Alyssa Adams Ayan Ahmad Jake Aho Samuel Audunsson Lukus Bachand Sincere Bailey Anthony Barbale Olivia Beaudette **Quinn Beck Dillon Beckwith** John Begg Alexander Besaw Benjamin Besaw Emma Boulet Jon Boyle Dennis Brunelle Miranda Burden Connor Burke Arriana Cabana Julia Canty Joshua Carignan Matthew Casati Daniel Chaffee Michael Chansignavong Lauren Comeau Caleb Jude Corpuz **Ryan** Couture Noah Cowher Troy Cyr Bryan Da Silva Alyssa Davis Ryan Davis Victoria Davis Ronald Desrosiers

Brenna Donohue Elaina Dunbar Gabriel Espinosa Damien Falconer **Collin Farrell** Tori Fontaine Jordyn Forbes Evan Frost Alexander Gammetto Aiden Gelardi Sara Gerena Noah Glispin **Osiris Gonzalez** Devon Goulet Julius Guillen Isabella Heck Lauran Hennessy Luke Hill Samantha Inangelo Olivia James Tatyanna Johnny Jenna Jordan Mason Jordan Eyan Karlowicz Tyler Kasprzycki Marissa Keefe Delaney Kirkorian Robert LeBlanc Nakia L'Ecuyer Anthony Leite James LeProhon Ayden Letourneau **Gianaleze** Lopez Sean Malboeuf Matthew Marchetti Matthew Marshall Connor McCarthy Daltin McCarthy Dylan McDonald Erika Melendez Jaysi Miller Yerilian Miranda-Colon Kyle Moody Stephen Ngaruiya Jonathan Norrman Gabrielle Oikle Tessa Olejniczak Michaen Pacheco Joelle Peluso **Trevor Phillips** Madison Poirier Timothy Putnam Ariane Ramos Emma Rannikko Sabrina Rodrigues Slexander Rodriguez Matthew Rousakos Jazlynn Santana Gianna Simpson Turn To HONORS page A11







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Avoid injury during workouts

Any time is a great time to get in shape. People with more time on their hands due to stay-at-home restrictions may want to begin an exercise regimen right away.

When proper form is followed, exercise can be highly effective. However, failing to exercise properly can result in injuries that sidetrack fitness plans.

Exercise is a significant component of a healthy lifestyle. The U.S. Surgeon General, the Institute of Medicine, the American Heart Association, and the American College of Sports Medicine all say that daily physical activity is necessary, but recommendations from these groups vary in regard to how much exercise is best. Harvard Medical School says most people should aim for at least 30 minutes of moderate exercise or 15 minutes of intense exercise a day. As important as duration of exercise can be, proper form is a must. The following are some ways to avoid injury while exercising.

• Consult with your doctor. Speak with a doctor before beginning an exercise regimen, especially if it has been some time since you last exercised. A physician will tell you if there are certain workouts or activities you should avoid, or give you a green light. Discuss exercise each time you get a physical.

• Consider a personal trainer. Many people do not know where to start their exercise journeys. A personal trainer can help you begin safely and structure a fitness plan that becomes more challenging as your body acclimates to exercise. Personal trainers also can hold you accountable. Many trainers work independently and may offer guidance remotely through services like Skype, FaceTime or Zoom.

• Begin slowly. Harvard Medical School experts say that sprains, muscle strains, tendinitis, knee injuries, and rotator cuff tears are some of the more common exercise- and sports-related injuries. Slowly wading into the water and building up intensity gradually can help prevent some of these injuries. Choosing non-impact exercises, such as swimming, or using an elliptical machine, can be helpful if you have a preexisting condition like arthritis or osteoporosis or a history of injury.

• Warm up. Don't start workouts cold. Spend several minutes stretching and gradually increasing your heart rate.

• Exercise caution when lifting weights. Get instructed on the proper form for lifting weights, as there is a risk for serious injury when not fol-



lowing form. Spotters are key when lifting heavy weights or if you're jittery after an intense routine. Ask a friend or family member to spot you any time you're doing strength training. This can prevent injuries and emergencies. Novices need to learn the ropes when they begin to exercise for the first time or after a long pause in physical activity.

Apply self-tanner like a pro

The Skin Cancer Foundation warns that prolonged exposure to ultraviolet radiation is a major risk factor for skin cancer. Damage from UV rays is cumulative, meaning skin cancer risk increases each time the skin is exposed to the damaging rays of the sun.

Self-tanning lotions and creams as well as cosmetic bronzing powders are the safest ways to achieve a sun-kissed glow. Many products are available, and the key to getting even coverage and natural-looking results comes down to a few steps.

• Tackle other beauty regimens prior to self-tanning. Various treatments like shaving legs, getting a manicure or even touching up hair color can require the use of products that can remove self-tanner.

• Recognize that self-tanner will come out darker in areas where the skin is thickest. Exfoliate the skin with a warm washcloth prior to applying self-tanners. The American Academy of Dermatology suggests using an exfoliating product that contains glycolic or salicylic acid as well, and spending more time exfoliating on the elbows, knees, heels, and ankles, where skin is the thickest. Moisturize these areas as well.

• Wait until you are completely dry after showering and avoid using any products that are oil-based. Oil-based

THANK YOL

AVE A NICE D

• Work in sections (such as the legs, torso, then arms and hands). Massage the product into the skin in a circular motion. This technique separates a professional-looking glow from a bad faux tan because it prevents weird creasing or marks from bending over with product on. Wash your hands after each section with soap and water to avoid orange palms.

• Use product sparingly in certain areas. Don't go heavy with product on wrists and ankles, lightly extending the tanner from wrists to hands and from ankles to feet, suggests the AAD.

• Dab off any excess product. Moe Kittaneh, an entrepreneur, e-commerce strategist and founder of SVELTA Tan, a skincare line featuring self-tanners, says to brush a slightly damp paper towel over knees, wrists, elbows, feet, and ankles to pick up excess color and eliminate unevenness.

• Use product sparingly on the face. Dab a dime-sized amount of product on areas that would tan naturally, such as the cheeks, the bridge of the nose and chin, then blend outward.

• Allow product to dry and set according to the directions. Avoid making contact with water or getting dressed too soon. Avoid water for four to eight hours after applying product.

Self-tanners are a safe way to get a golden glow reminiscent of days spent



products can leave residue behind that at the beach. TF207085 causes streaks, advises Allure magazine.



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BRENDAN BERUBE Editor

Wondering about the weather

We've noticed, as of late, that weather forecasts have been more inaccurate than usual. In trying to figure out which weather app is the most accurate, we came up empty. There were several days we should have expected rain and thunderstorms but unfortunately came up short. After a dry spell and high temperatures last week, the thought of sitting on the front porch watching a thunderstorm seemed like a dream. This week, finally welcomed more rain making lawns and gardens across the region perk up.

After some digging, we found that it's the novel Coronavirus that has affected our weather forecasts. We could say that we're surprised, but this virus has affected every aspect of our daily lives, so why not weather forecasts too?

Experts say that the drop in airline travel has reduced the amount of data needed to make an accurate forecast. Typically, forecasts change by the hour. Aircrafts pick up wind, humidity and temperatures during flight. Data from weather balloons and satellites is still being used, however the accuracy comes from the planes. Of course, this affects weather being tracked by the Global Forecast system as well. Data taken from the ocean is also not being gathered at the rate it was prior to the COVID-19 outbreak.

So, with forecasts being in question every day, we figured we'd hop in the time machine, something we love to do on all occasions, and learn about some tips our ancestors used.

We've all heard the phrase, "Red sky at night, sailor's delight; red sky by morning, sailors take warning." This phrase dates back to Biblical times, and happens to be quite accurate. Weather in the north typically travels from west to east, so if you see a colorful sunrise, that means there are clouds to the west, which could bring bad weather. If the clouds grab hold of the sunset as they travel to the east, there is a high chance for calm weather the following day. By the 1700's, modern thermometers were commonly used, with barometers stepping on to the scene in the next century. Thomas Jefferson used such tools to record the weather on a daily basis. Moving forward the telegraph allowed people to communicate the weather over long distances, which lead to weather maps. This allowed people to track patterns. Rising air pressure, meant calm weather while dipping pressures meant a storm was on the horizon. Weather balloons were used in the 1900's to track moisture and winds, which lead to more research into just what makes weather tick. Weather radar was found by chance during WW II, when radar was used to try to track down enemy aircraft. While doing so, rain was found. Tools advanced rapidly into the 1950's through the 1980's. The Old Farmer's Almanac shared some sayings that were used for some old fashioned forecasting. "The higher the clouds, the finer the weather,' The Almanac says. "If you spot wispy, thin clouds up where jet airplanes fly, expect a spell of pleasant weather. Keep an eye, however, on the smaller puff clouds (cumulus), especially if it's in the morning or early afternoon. If the rounded tops of these clouds, which have flat bases, grow higher than the one cloud's width, then there's a chance of a thunderstorm forming.' 'Clear moon, frost soon" means that a clear night, makes the Earth's surface cool at a faster rate, and with no cloud cover to keep the heat in, causes frost and a cold morning. When clouds appear like towers, the Earth is refreshed by frequent showers." If you see large, white clouds that resemble castles, there is likely a lot going on weather wise. If white clouds grow, and turn grey, a storm is coming. Rainbow in the morning gives you fair warning." Where there's a rainbow, there's a shower, and hopefully a pot of gold. "Ring around the moon? Rain real soon." A ring around the moon means that warm weather is in the near future, with some rain. According to the Almanac, "High thin clouds get lower and thicker as they pass over the moon. Ice crystals are reflected by the moon's light, causing a halo to appear.'

I came into this life without choice. I didn't decide to be conceived. Two people I didn't know decided that for me. I was carried for nine months, then pushed out with no consideration by my mother as to whether I wished to go or stay. I was suddenly and rudely squeezed out into a life that I didn't decide to live.

Then to add to the humiliation of

coming into this world naked, a group of masked strangers examined my bare body, counting fingers and toes, as if they'd never seen a tiny human before. Embarrassingly, I cried like a little baby, when for no reason at all, one of the

masked strangers grabbed my ankles, raised my naked body upside down, then slapped me on my bottom. These actions told me for the first time, life is unfair.

That's how it all began for me. Maybe you endured a similar experience?

We are given no choice. On one day we didn't exist and on the next, we are a human life beginning to form and grow. We enter an imperfect and broken world and are told at an early age, "Life isn't fair. Just deal with it."

How we deal with it ...

Even though we are forced into this world, we quickly establish how we'll live our lives. We are where we are at this very moment because of the choices we made along the way. We are who we are, where we are and what we are because of what we choose to let into our mind. It's those choices that determine the quality of the life we lead and our impact on those around us.

Don't blame your past. Yes, some of us are born into loving families who nurture and teach us right from wrong, while others are brought into lives where they were never wanted and learn to live their lives without nurturing or instruction. Regardless of which, it is the choices that we make that determine how we live our lives. Blaming how we were raised is a waste of time and only keeps us from successfully moving forward. No. we didn't decide how to be born nor will we decide when or how we die, but we absolutely decide how we live our life. How we treat Enemy." Follow Gary on Twitter @ others and ourselves makes a lasting GaryWMoore721 and at www.garywimpact, not just in our lives but with moore.com. everyone and everything we touch.

None of us are perfect. I have many regrets about choices I made earlier in life, but I can't change that. I can only move forward and do my best to make a positive difference.

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

The time to think about the impact we have on others is not on our deathbed while experiencing crushing regret, but while we are living our lives. As

you read this, you can decide the difference you wish to make, the joy and happiness you bring to others or positive education you wish to share.

I have led a rich and joyful life, while also living a painful and stress-filled life. I've experienced both. Both

were by choices I made. As I aged and moved out of my business suit and into a life of organizing stories for others, I quickly realized the power of words and the impact I can have. Choose to speak only kind and supportive words into the world.

This column, Positively Speaking, was born in April 2017 and my focus has been to help and encourage others to lead a happier and joy-filled life ... a life led by optimism. I do my best to have a positive impact on the readers of this column and I always pray that my words will help others lead a happier and more fruitful life.

It's impossible not to recognize that our nation is in turmoil and divided in unhealthy ways. That does not mean that you are required to participate and contribute to the unhealthiness by being angry, offensive, and aggressive. Instead, you can be an example of integrity by being kind, humble and positive, while sharing words and actions of hope and optimism. We can choose to be part of the problem or proactively part of the solution.

This time of division and negativity will pass. Anger and yelling don't change hearts nor minds. Being an example kindness and dignity does. Which will you choose?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the

Protect yourself against financial scammers

It's unfortunate, but true: During this period of economic uncertainty, one of the busiest "industries" has been financial scamming. But it goes on even during normal times, too, so you'll want to know what to look for, and how to defend yourself.

For starters, just how widespread is financial fraud? Consider this: In 2019, more than 3.2 million fraud cases were reported

to the Federal Trade

Commission, with iden-

tity theft being the most

common type of fraud,

accounting for about

one-fifth of the overall



cases. And fraudulent new accounts (mortgag-FINANCIAL es, student loans, car Focus loans and credit cards) amounted to about \$3.4 JEFF

billion in 2018, accord-BURDICK ing to a study by Javelin

Strategy & Research. To help yourself from being victimized, consider the following suggestions. They are certainly not an exhaustive list, but they should prove

useful. Watch out for unsecure websites. Make sure a website is secure before entering any payment or personal information. Look for sites that start with HTTPS, rather than those with just HTTP, which are not secure and can be hacked. But even a site with HTTPS can still be used by scammers, so, if you don't recognize the name of the company or group that's requesting your information, do some research to make sure it's legitimate.

Review your credit reports. As mentioned above, the fraudulent opening of new accounts is a big source of financial scams. To be sure nobody has opened new accounts under your name, try to review your credit reports at least once a year. You can get them for free at AnnualCreditReport.com.

Follow up on fraud. If you've already been victimized by having new accounts opened in your name, contact one of the three major credit reporting agencies (Experian, Equifax or TransUnion) and place a 90-day fraud alert on your credit file. You might also want to file a complaint with the Federal Trade Commission, print it out and file it with your local law enforcement agency. And it's also a good idea to contact the fraud department of the financial companies where the thief has opened a fraudulent account in your name. Be alert for suspicious links. "Phishers" have gotten quite good at sending out messages that look like they're from reputable businesses. But if you examine these messages carefully, you can usually determine if there's something off about them. For example, no legitimate business will tell you, via this type of message, that you have to "correct your account" by providing additional information. And if you do hit the link provided, and it takes you to a third-party site, you can be pretty sure it's bogus. Resist "act now" offers. If you get an offer, via phone or online, urging you to "act immediately" on an investment opportunity, discontinue the communication. No reputable financial advisor will ever try to force you to take such swift action, and if an investment is legitimate, it will be available tomorrow, next week and next year. Use your shredder. You probably have the option to "go paperless" with all your banks and financial services providers, but, if you still do receive paper documents, be sure to shred them when they're no longer needed.



Choosing how

you live ...

July is National Blueberry Month

Blueberries are touted as an antioxidant rich snack, and in addition to its many health benefits, the tiny fruit tops of the list of "anti-aging" foods. But the delicious, sweet berry has been pleasing

palates for many centuries. In fact, according to botanists, the oldest plant on earth- estimated to be more than 13,000 years old - is related to the blueberry plant.

Blueberries are grown in 35 states and our country produces over 90% of all of the blueberries

in the world. In celebration of both the extraordinary taste and health benefits of blueberries, July has been proclaimed National Blueberry Month. Since 1999, the virtues of wild blueberries have been touted by the blueberry industry each July, while the delicious berries make their annual appearance at Independence Day tables across the country.

Blueberry History: Early explorers found wild blueberries growing in America, and famed expeditioners Lewis and Clark reported being served meat by Native Americans that had been rubbed with blueberries, then smoked and dried. The Indians also dried blueberries and ground them to a pulp to be mixed with cornmeal and honey to make a sweet pudding.

Here in the Northeast, Native American folklore includes a legend how the great spirit sent "star" fruit, named for the star shaped end of the blueberry, to feed children during a famine.

But for the American Indian, perhaps the most valuable use of the blueberry was its healing properties. Native Americans would steep a tea from the root of the blueberry plant to be used to

calm and relieve the stress of women in labor. The juice of the blueberries was also used as a remedy to cure ailments that ranged from a stubborn cough to blood conditions.



Healing Fruit: The virtues of blueberries are many. One of nature's most amazing and powerful antioxidants, blueberries offer a variety of health benefits, from to lowering cholesterol to building up urinary tract health, improving vision and much more. In fact,

research conducted at the USDA center has found blueberries rank hands down number one in antioxidant activity! The blueberry's secret weapon? It's deepblue pigment, which is a potent phytonutrient that acts as an antioxidant and anti-inflammatory. Read on for more reasons to help yourself to a handful of blueberries this season and beyond.

*Out of 40 different fruits, juices and vegetables, the blueberry comes in with the highest antioxidant level, according to the North American Blueberry Council. Just three and a half ounces of blueberries are equivalent to over 1700 International Units of vitamin E. Wild blueberries pack up to three times more berries per pound than cultivated, making them the optimum choice for concentrated antioxidant capacity.

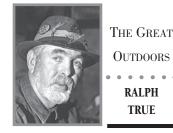
*According to the New England Journal of Medicine, the Rutgers Blueberry Cranberry Research Center in Chatsworth, N.J. found that blueberries help prevent infections in the urinary tract in much the same way that cranberries do. They may also help to prevent macular degeneration according to Ronald L. Prior, Ph.D., director of the USDA.

You save and invest for years to help achieve your long-term goals. Don't let any of your efforts be undone by financial fraudsters.

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. Edward Jones, Member SIPC



Beware of bug bites



This past week, the Uxbridge Rod & Gun Club held a 3-D archery shoot at their club grounds off of West Street. The event was well attended by young and old. This week's picture shows Scott and Tracey arriving early, and were some of the first archers to shoot the well-groomed course. Life size wild game targets are set up throughout the course. More than 50 shooters attended the event. The kitchen crew had plenty of hot coffee with bacon, egg, and cheese sandwiches for all in attendance. Relaxing and social distancing was practiced throughout the day.

Participants were greeted with numerous horseflies, as they are each year at this time. Horseflies can be aggravating to anyone trying to enjoy the great outdoors. The best protection for horseflies and other insects like mosquitoes, is a product called "Permethrin." It is a product that is sprayed on the clothing and NOT on your skin. Wearing a hat helps tremendously. Be sure to follow the directions on the label. There are numerous other products that contain Deet, that are sprayed on your skin to prevent insect bites, but extreme

care must be used, especially when using it on small children. Numerous petitions circulat-

ed throughout the state over the last 10 or 15 years, asking legislators to consider allowing any hunter the right to own and use crossbows for hunting, is long overdue. Legislators also received separate flyers from sportsmen asking for the legislation to pass the long overdue bill. With very little getting done in the legislature because of the pandemic, it is unlikely it will be acted upon this year.

Bug bites of any kind need immediate attention, as they can carry many forms of diseases. They can also cause infections. You need to treat all bug bites seriously, including wasp & hornet bites, and spider bites ASAP, and they need to be monitored daily. If you suspect the bite is causing an infection, you need to call your doctor for expert advice. There are very few snakes that are venomous in the area, but this writer has an absolute fear of any snake. My son Ralph, Jr. once chased me around the garden with a small six-inch garden snake when he was young. I could actually run from his threat back then.

Because of Covid-19, a large amount of people have made gun purchases at local gun shops. Some shops have been sold out of their inventory for weeks now, and orders for new inventory have been slow. Local sporting goods stores have also had a hard time filling their orders because of the huge demand for hunting and fishing equipment this year. Many local citizens are arming themselves hoping the need never comes to protect their life and property. It sure is a dangerous world that we live in today. Camping trailers and watercraft sales are also through the roof.

Striper fishing at the Canal continues to give up some impressive stripers this year. Many oversize fish are being reported, but need to be released if they are over 35 inches for recreational anglers. Commercial Recreational anglers can keep all stripers 35 and over. I hate to keep reporting about this crazy regulation this year, but it is causing a lot of problems, including violations by otherwise honest anglers, and the new law on circle hooks is also nuts. I know that the people responsible for passing the law is meant to save released fish from injury and possible mortality, but it is not working.

Catch and release fishing has a high mortality. I am not against catch and release fishing if strict guidelines are practiced, but they are not by many anglers. It is not the intention of the angler to release an injured, fish but it happens. Playing out the fish until it is exhausted will often die when released, even when it is carefully or somewhat revived. Local freshwater bass anglers quickly catch and release their fish, and are not subject to the long battle when caught on lighter rods. I guess there is no real answer except



to educate fishermen in both fresh and saltwater fishing, on the best way to release their catch. Even numerous Fish & Game agencies have reported on high mortality of released fish.

Some nice seabass and fluke are being caught in Massachusetts & Rhode Island waters. One of my favorite dishes is baked stuffed fluke fillets. My wife Judy often made the dish by simply rolling some crab meet stuffing into each fillet. She gently rolled the fillet with the stuffing and held the rolled fillet together with a toothpick. She basted the rolled fish with butter and sprinkled some seasoned bread crumbs over the fillets. Preheat the oven to 350 degrees and place the fish into the oven for 15 to 20 minutes. Do not overcook! Fantastic! The fish fillets need to be fresh to enjoy this dish!

Trout & Salmon are extremely vulnerable to catch and release. They should never be removed from the water, and a net should always be used, if they are t be released. If they are caught using fly's they have a better chance of survival when released. Powerbait & live bait will often kill the fish if the hook is in the throat, and the angler tries to remove the hook. It's best to cut the line and retie another hook.

Take A Kid Fishing & Keep Them Rods Bending.

Bold, beautiful, and healthful cabbage

Cleanse the toxins out of your body with the help of fresh vegetables. Cabbage, broccoli, and brussels sprouts are a few of nature's detoxifiers.

You can add variety to your garden and diet by including green, red or Savoy cabbage. It's

fun and easy to grow in the garden or a container and can be used in a variety of healthful dishes.

There is still time to add cabbage to your garden. Cabbage grows best in cooler temperatures. Those in the northern half of the country can plant seeds directly in the garden in early July for a fall harvest. Those in hotter regions should wait another month. Simply check the number of days from seed to harvest and count backwards from the average first fall frost. That will be the time to plant. Those in the far south should plant seeds or transplants in fall or early winter for a winter harvest. Be sure to allow enough room for the plants to grow to mature size. Space plants at least 12 inches apart in the garden and grow in a sunny to lightly shaded location. Protect cabbage plantings from pests with floating row covers. Made of polypropylene spun material, the covers allow air, light, and water through while preventing cabbage worms from laying their eggs on the plants. This means no green worms eating holes in the leaves or ending up on your dinner plate.



Loosely cover the planting with the fabric and anchor the edges with boards, pipes, stones, or wickets. Leave enough slack for the plants to grow. The plants support the fabric, so no frames or construction is needed.

Increase your garden's productivity by interplanting the cabbage with quick maturing radishes, beets and heat tolerant greens. You'll harvest these short season crops at about the time the cabbage needs the space

Harvest cabbage when the heads are firm and full size. Use a sharp knife to remove just the cabbage head, leaving the lower leaves and roots intact. Four to six new heads will arise from buds around the stem. These smaller heads can reach four or five inches in diameter. Remove any wilted or damaged leaves before storing cabbage in a plastic bag in the refrigerator. If using only half a head of cabbage, wrap the cut end in plastic wrap. A medium head of cabbage weighs about one and a half pounds and yields about five to six and a half cups of shredded cabbage. A few heads of cabbage can turn into lots of slaw, stuffed cabbage rolls and other tasty cabbage dishes. Preserve some of your harvest for winter meals. Freeze cabbage by cutting it into coarse shreds, thin wedges or by separating the leaves. It can also be dehydrated and used as a base for casseroles or added to soups and stews.



CLEVELAND

continued from page A1

time I'd go visit my grandfather I'd have a binder with me and I'd take notes when he would share stories. Slowly they turned into interviews and we just started with his early years and built from there."

Starting in the summer of 2019, Ms. Coleman's project began to grow as she sought out contributions from Bud's close friends and other family members to fill in some of the gaps in the book. The story also puts a heavy focus on Bud's faith and how his belief in God served as a guiding light in his many escapades. Ms. Coleman sought to complete for the summer of 2020. She surpassed her own expectations and published the book this spring learning publishing, editing and proofreading techniques along the way and even turning to Bud to edit the book and make sure the stories were accurately portrayed.

"There were definitely moments where it was quite stressful and things I had no idea how to do. That was really hard, but I had a lot of people reach out and give me advice. Everyone



Photo Melinda Myers

When harvesting cabbage, use a sharp knife, remove just the cabbage head, and leave the lower leaves and roots intact. Soon new cabbage heads will form.

Consider turning it into sauerkraut with simple fermentation. Make large batches in crocks then can or freeze when fermentation is complete. Smaller batches can be processed in mason jars and stored in the refrigerator.

No matter how you prepare it, cabbage makes a great addition to the garden and your meals.

Melinda Myers is the author of

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

was really supportive, and I was really determined. The real special part of the process was all the time I spend interviewing him and really getting to know his life better," Ms. Coleman said.

While it was her mother's father who

ing on this and figuring it out. It was a huge task and she was motivated enough to get it done. It's very satisfying just to see what she's accomplished. When you actually pick up the book and you hold it and read it, it's just really a career in nursing when she enters college at Liberty University in the fall. "All Aboard! The Life and Adventures of Bud Cleveland" is now available on lulu.com.

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OBITUARIES

Linda June Camp, 71

CHARLTON- Linda June (Morse) Van Camp, 71, passed away July 1, 2020 at University Medical Center in Worcester.



She was born in Worcester October 21, 1948 and lived briefly in Sutton, before moving to Shrewsbury with her family.

graduated Linda Shrewsbury from High School in 1967.

Linda was a self proclaimed 'Daddy's Girl' to her beloved father Edwin who predeceased her in 2016 and

Her mother Doris (LaBossiere) Morse who died in 1989.

She leaves her loving husband Ken Van Camp after 40 years of happiness and joy.

Linda also leaves her brother, Jeff Morse and his wife Maureen of Falmouth . Her sister, Bonnie Mercurio of Merritt Island, FL. Died in 2016.

Although she had no children of her own, Linda was blessed with a wonderful extended family which included her niece, Lisa Goyer and her husband Bill of Holden, 2 nephews, Dr. Jesse Morse of Miami, Fl. and Heath Morse of Shrewsbury, grand nieces and nephews; Collen Delea Quilla and her husband Josh of Worcester, Samantha Goyer of Holden and Will Goyer of Keene, New Hampshire.

In her younger days she enjoyed travel, fashion and ballroom dancing. She truly loved her work as an administrative assistant with Hurwitz and Aliber Accounting Office in Worcester and then about 20 years with MLS Pin as a customer relations assistant, retiring in 2018 to enjoy her final years with her husband at their little 'Slice of Heaven' at Cranberry Pond.

She attended Charlton Baptist Church in Charlton and particularly enjoyed her small Group Bible Study.

There are no calling hours.

A Celebration of Life service will be at a later date to be announced at the Charlton Baptist Church.

Rather than flowers, please direct any offerings to: The Charlton Baptist Church, 50 Hammond Hill Rd., Charlton, MA. 01507.

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

To leave an on-line condolence, or share a memory of Linda, please visit: RJMillerfunerals.net

Safety first before mixing drugs

Billions of people across the globe take medications each day. Certain medications can help people with potentially debilitating or even deadly conditions live normal lives, while others can help people overcome relatively minor issues like muscle aches or seasonal allergies.

American Heart The Association notes that mixing drugs can produce unexpected side effects. This can make it dangerous for people already on prescription medications to use over-the-counter drugs for issues like headache or seasonal allergies. Understanding the potential interactions between their prescriptions and common prescription and over-thecounter medications can help people stay safe.

Antihistamines: Antihistamines are widely used to alleviate symptoms of the common cold or seasonal allergies, such as runny nose, itchy eyes and sneezing. The AHA notes that, when taken along with blood pressure medication, antihistamines can contribute to an accelerated heart rate and cause blood pressure to spike. The AHA also cautions people taking sedatives, tranquilizers or prescriptions to treat high blood pressure or depression to consult their physicians before taking antihistamines.

Bronchodilators: Bronchodilators relax and open the airways in the lungs and are used to treat various lung conditions, such as asthma and chronic obstructive pulmonary disease, or COPD. These drugs make it easier to breathe and are available via prescriptions. But patients with heart disease, high blood pressure, thyroid disease, and/ or diabetes should discuss the potential interactions between bronchodilators and other medications they may be taking with their physicians.

• Cordarone: According to Drugs.com, Cordarone is used to treat potentially deadly abnormal heartbeats. Cordarone can cause severe problems that affect the lungs, thyroid or liver, and can be dangerous when combined with other drugs. For example, the AHA notes that patients who take more than 20 milligrams of Zocor, a drug used to lower "bad" cholesterol and potentially to lower the risk of stroke, heart attack and other conditions, while also taking Cordarone are at risk of developing rhabdomyolysis. Rhabdomyolysis is a condition marked by the breakdown of muscle tissue that can lead to



kidney failure or death. The AHA also says that Cordarone can inhibit or reduce the effects of the blood thinner Coumadin.

 Nicotine replacement products: People taking prescriptions for depression or asthma should consult their physicians before taking any nicotine replacement products. The Federal Drug Administration notes that doctors may want to change dosages of patients' current medications before recommending they take any nicotine replacement products. The FDA also advises people to speak with their physicians before trying these products if they have diabetes, heart disease, asthma or stomach ulcers: have had a recent heart attack; have high blood pressure but do not take any medication for it; or have a history of irregular heartbeat.

Drug interactions can complicate treatment of various conditions. People currently on medication are urged to speak with their physicians before taking any new medicines, including over-the-counter drugs. TF207100

TRAINOR

continued from page A8

* The antioxidant and anti-inflammatory effects of blueish

Brownie Dominoes with Wild Blueberry Cinnamon Sauce Packed with healthy ingredients, this recipe from the Wild

Blueberry Association of North

one half cup honey; two eggs; HONORS one quarter cup milk; two tbsp. fresh lemon juice; one tsp. freshly grated lemon peel; one tsp. vanilla extract; six tbsp. butter,

continued from page A6 Sawyer Smith Caiden Spahl

Matthew Hoyt Mariah Hurtubise Michael Jalbert Calista Kalil-Johnson Dakota Kuizinas Anna L'Esperance Judly Maignan Sara Malaney Jomar Matos Emily-Rose Menard Trinity Mercier Dylan Morrison Ilvonen Jonathan Nussey Christian Paul Amelia Peterson Damien Petrie **Damon Provencal** Hilary Queirolo Katelynn Richard Noah Richards Evan Rivera **Knygel Rosario** Olivia Sansoucy **Kieya Santerre** Nolan Sharry **Ronin Simone** Lucas Soloperto Aaron Stieglitz Mya Szkutak Alexzander Tetreault Caliyah Thibeault William Vanskike Yadiel Vazquez-Molina Jacob Wilga Wade Wolanski Jackson Wright Makenna Zella

purple foods like wild blueberries may have the potential to help prevent Alzheimer's disease, cancer and heart disease, according to Susan Davis, MS, RD, Nutrition Advisor to the Wild Blueberry Association of North America.

*Studies show blueberries (and grapes) contain properties which can increase night vision. In fact, a cup full of blueberries has been known to improve dark adaptation within 30 minutes of consumption. According to Ronald L. Prior, Ph.D., director of the USDA, blueberries may also help to prevent macular degeneration, which is the leading cause of vision loss in Americans 60 years of age and older.

* Research suggests that blueberries may reduce the buildup of the bad cholesterol that contributes to heart disease. In fact, a compound discovered in blueberries seems to act as effectively as commercial drugs used to reduce levels of "bad" cholesterol in rodents.

* Laboratory tests reveal the anthocyanins in blueberries could act to boost brainpower and halt the signs of aging.. When fed blueberry extract for nine weeks, elderly rats outperformed a control group at such tasks as navigating mazes and balancing on rotating logs. And when aging rats ate a blueberry-enriched diet for four months, they performed as well in memory tests as younger rats, a finding that has important implications for humans.

* In Canadian studies, blueberries reduced stroke damage in lab animals. Researchers credited blueberries' anti-inflammatory and anti-clotting activity.

Blueberry Recipes

Looking for a delicious way to bring blueberries to the table? Read on for some creative recipes bursting with blueberries!

America is company-worthy!

Ingredients: 4 ounces unsweetened baking chocolate; 3/4 cup butter; 1 3/4 cups sugar; 3 eggs; 1 teaspoon vanilla extract; 1 cup all purpose flour; 2 cups frozen Wild Blueberries; 1/2 cup water; 1/4 cup sugar; 1 teaspoon fresh lemon juice; 2 teaspoons cornstarch; 1 teaspoon cocoa powder; 1/4 teaspoon cinnamon

Brownie Directions: Preheat oven to 350°F. Microwave chocolate and butter for 2 minutes or melt in double boiler. Stir until chocolate is melted. Stir in sugar, eggs, vanilla and flour until thoroughly blended.Pour into greased 8-inch x 8-inch baking pan and bake 45 minutes or until cooked through. Let cool approx. 2 hours.

Sauce Directions: In a small sauce pan combine 1 cup Wild Blueberries, 1/4 cup water, sugar and lemon juice. Stir and bring to a boil. Turn heat down and simmer for 7 to 10 minutes. Mix cornstarch into 1/4 cup water until dissolved and add to the Wild Blueberry mixture; stir until it thickens, then add the remaining 1 cup of Wild Blueberries. Cook 3 minutes on low heat, add cinnamon.

Turn out the chocolate brownies from the baking tin. Cut it into 12 cubes and dust with cocoa powder. Serve with Wild Blueberry sauce. Preparation Time: approximately 45 minutes plus cooling time. Serves 12.

Wild Blueberry Honey **Coffee Cake**

Blueberries and honey highlight this hearty homemade sweet.

Topping Ingredients: two cups wild blueberries; one tbsp. all-purpose flour; one half cup honey; two tablespoons fresh lemon juice.

Cake Ingredients: one and one half cups all-purpose flour; two tsp. baking powder; one half tsp. baking soda; one half tsp. salt; melted.

Directions: Place blueberries in bottom of greased round cake pan; distribute evenly. Sprinkle with flour; drizzle with honey and lemon juice. Set aside. In a small bowl, combine flour, baking powder, baking soda and salt; set aside. In a medium bowl, combine honey, eggs, milk, lemon juice, lemon peel and vanilla; beat with folk until well mixed. Add flour mixture; mix well. Stir in melted butter; mix well. Pour batter over blueberries in pan; spread to cover evenly. Bake at 350°F for 30 to 35 minutes, or until toothpick inserted in center of cake comes out clean. Cool in pan on wire rack 10 minutes. Invert cake onto large plate; cool.

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 renown 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 E-mail KDRR@ aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

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Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio,18x26 det'd garage & 8x8 storage shed. Park like grounds! **\$375,000**



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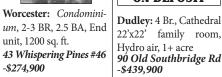


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REAL L'STATE & HOMES **OF YOUR**

Avoid painful 'brain freeze' when enjoying frosty desserts

"I scream, you scream, we all scream for ice cream!" When Howard Johnson, Billy Moll and Robert A. King penned this novelty song in the late 1920s, the screaming they referenced was a cheer among students at a fictional college in a "land of ice and snow, up among the Eskimo," For anyone who has gobbled up an ice cream treat a little too quickly, those screams very well may speak to the sharp headache that often comes from consuming frozen foods too quickly.

Identifying "brain freeze/ice cream headache"

Wake Forest Baptist Medical Center neuroscientist Dwayne Goodwin, Ph.D., explained in a 2013 news release that the sudden, short headache that occurs when eating or drinking something very cold, which most people refer to as "brain freeze," is actually called sphenopalatine ganglioneuralgia. There are several theories why brain freeze occurs. One theory suggests that when a person eats or drinks a large quantity of very cold food or liquid, the temperature of his or her palate decreases considerably. The blood vessels in this area automatically constrict to maintain the body's core temperature before reopening quickly. This causes a rebound dilation that sends a pain signal to the brain through the trigeminal nerve, which is located in the middle of the face and forehead. Although the constriction and dilation of blood vessels occurs in the palate, the pain is felt elsewhere, a phenomenon known as "referred pain."

Alleviating the shock

Now that people understand the starting point for brain freeze, and what causes it, they might want to make a few changes to how they consume cold foods and beverages. Eric Fredette, a long-time

"Flavor Guru" for Ben and Jerry's Ice Cream, says one way to stop brain freeze is to stir up the ice cream to warm it slightly.

Dr. Stephani Vertrees, a headache specialist and clinical assistant professor at Texas A&M College of Medicine, advises eating cold food much more slowly so that your mouth can warm it up as well. Another tip is to keep the food or beverage in the front of your mouth. Cold foods in the back of the mouth will stimulate brain freeze.

When consuming ice cream by spoon, Fredette further suggests flipping the spoon upside down so that the ice cream hits the tongue rather than the upper palate when spooned into the mouth.

Frosty treats do not have to cause painful headaches that have people screaming for the wrong reasons. A few tips can prevent brain freeze from happening.







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0 Monthly Payments

0% Interest

for <u>25 MONTHS</u>¹

**** plus ****

Our Fibrex[®] material is vastly superior to vinyl.
 Fibrex material has double the strength
of vinyl, so it remains rigid in the summer
heat and our window seals stay weathertight,
helping to keep your home comfortable.

• Our Certified Master Installers are highly skilled craftsmen and experts at custom window and door installations. They'll treat you and your home with a level of care and respect that's rarely seen in the home improvement industry.



 For your safety and peace of mind,
 we've adjusted our operations to serve you in the safest way possible and make your home more secure.

SAVE \$330 on windows¹ SAVE \$725 on patio and entry doors¹

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 25 months.

Make your home more secure. Book a Virtual <u>or</u> In-Home Appointment





¹DETAILS OF OFFER: Offer expires 8/1/2020. Not valid with other offers or prior purchases. Get \$330 off each window and \$725 off each patio/entry door and 25 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio/entry doors between 7/5/2020 and 8/1/2020. Military discount applies to all active duty, veterans and retired military gersonnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approxel. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky@ consumer loan programs is proughout the service area. See your local Renewal by Andersen locations for determed and all other marks where denoted are trademarks of Andersen Corporation. ©2020 Andersen Corporation. All rights reserved. ©2020 Lead Surge LLC. All rights reserved.

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