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Friday, June 11, 2021

# Shepherd Hill graduates Class of 2021



Jason Bleau Photos

Madison Bosowski, Nathan Miglionico, Eniya Santos, Hannah Hutchinson and Haley Sautter pose for a photo prior to becoming Shepherd Hill graduates.

BY JASON BLEAU  
CORRESPONDENT

DUDLEY – The Shepherd Hill Regional High School Class of 2021 is certainly a special one. They endured a pandemic both as juniors and as graduating seniors experiencing numerous different learning formats ranging from online to in-person and hybrid and experienced a year of cultural division on the national stage which will demand their input and participation as they enter their young adult years.

As the 272 members of the class prepared to take their walk across the stage on June 6 as the first, and potentially only, Shepherd Hill graduating class to ever hold their ceremony in the main arena of the DCU Center in Worcester the knowledge of the world they lived in and the one they are entering as adults weighed heavily on everyone's mind bringing with it a sense of optimism, but also an urgency to be the change they want to see in the world around them.

Several speakers took the stage over the course of the evening's festivities with most of them putting a focus on the persever-

ance of the graduates to push through the ever-changing landscape of the COVID-19 pandemic and asking them to continue that resilience into their adult years. Kenneth Laferriere, a Shepherd Hill graduate from the Class of 2002 and the chair of the district's School Committee, commended the class for everything they've endured and feels that the Class of 2021 is more prepared than any before them to take on everything the world has to offer.

"Words cannot adequately describe the events of our world these past 15 months. As we reflect on all that has happened this past year it gives us all great pride to see our graduates here today. We are all thankful to be here with you. That moment alone deserves some recognition," Laferriere said. "The challenges brought about due to the worldwide pandemic were second to none. The ever-changing plans throughout the year kept everyone on their toes, most especially you, our students. The trials and tribulations this year will only make you stronger."

Please Read **GRADUATION**, page **A6**

# Shepherd Hill debuts new site for prospective freshmen

BY JASON BLEAU  
CORRESPONDENT

DUDLEY/CHARLTON – Leaders from within the Shepherd Hill community have debuted a new project to help bridge the gap between high school and middle school for eighth graders preparing to move up to the regional high school.

The Dudley-Charlton Leadership Committee is comprised of leaders from different grade levels within Shepherd Hill Regional High School seeking to make a difference for their fellow students. Previously known as the Superintendent Advisory Council, the group works with Superintendent Steven Lamarche to initiate projects with the betterment of students across the district in mind. During a meeting of the Dudley Charlton Regional School Committee on May 25, members of the group provided insight into their latest project, a website geared towards helping eighth graders better adapt to their lives in high school.

Dudley-Charlton Leadership Committee Chair Henry Weiland presented members of the school committee with a website they plan to add to the Shepherd Hill Regional High School's own webpage that provides insight for incoming students as to what opportunities await them at Shepherd Hill.

"It's hard to transition to Shepherd Hill from the middle school, combining two towns. It's really a whole new experience for the incoming ninth graders," Weiland said during the presentation. "We wanted to provide information to the eighth graders not only to ease the transition but also to market Shepherd Hill. Over the last year there has been a greater push to private schools as they don't have to deal with local property taxes and Proposition 2 ½, so we want to market Shepherd Hill still as a place of opportunity and passion and that there's a lot going on and

a lot of opportunities for students if they do choose Shepherd Hill."

The Web site's theme is a puzzle with three different sections playing off of the idea of piecing together what Shepherd Hill has to offer. The first section, "Laying Out the Pieces," is an overview of the school complete with a detailed virtual tour. Committee member Cutter Beck presented this page, which he helped work on, as a way to introduce students to the layout or Shepherd Hill as a facility.

"We put a lot of time in to making this tour the best that we could with the resources available," Beck said. "We hope that it's used by students coming up to Shepherd Hill so they can get a view of the land."

The page also includes a look at what school schedules are like including how lunch periods are spaced out.

The second page is titled "Finding Your Place," and is considered the main piece of the website. The page details clubs, sports, career pathways and other programs that students can get involved in complete with descriptions and contact details for all offerings to allow prospective students to get a head start of joining their favorite club or group. The third and final page on the site is called "The Bigger Picture," and showcases student life on campus complete with a video featuring highlights from the fall of 2019.

"We really wanted to show what it was like to be a student at Shepherd Hill," Hendy Weiland said.

School Committee members praised the website as an inspired new tool for the district to welcome in new students and present the pride that everyone has in being part of the Shepherd Hill Community. The Leadership Committee also had plans to present the site to members of the current eighth grade class prior to the close of the school year this month.

# Bay Path LPN reflects on becoming a school nurse

CHARLTON — When Kalie Hernandez, LPN of Southbridge participated in the School Nurse Observation as part of her Clinicals for Term 2, Medical-Surgical Nursing at Bay Path Practical Nursing Academy back in 2017, becoming a school nurse was the farthest in her mind!

School nurses keep students and faculty safe and healthy, a role that Hernandez thought was not her cup of tea. After graduation, she initially

worked at the Family Health Center of Worcester then as a field nurse with the Aveanna Healthcare in Shrewsbury concentrating on pediatric home care including providing care in school. Since August 2020, she has been with the Holyoke Public Schools providing care within the classroom to medically fragile students. She has come to the realization that all this time her nursing journey has led her to become a school nurse!

"I do remember my school nurse observation experience and the wonderful RNs at Bay Path Regional Vocational Technical High School," stated Hernandez. "I just didn't think it was for me."

During the ongoing COVID-19 pandemic the school nurses across the country have taken on more responsibilities that are far beyond the call of duty. During an ordinary school

Please Read **HERNANDEZ**, page **A4**



Kalie Hernandez

# Amazon announces plans for Charlton warehouse



Courtesy Photos

An artist's rendering of the proposed Amazon warehouse in Charlton.

BY JASON BLEAU  
CORRESPONDENT

CHARLTON – Charlton residents now have a definitive answer of the anonymous company seeking to build a substantial warehouse project at 53 Sturbridge Rd.

Less than a month after voters overwhelmingly approved Article 17 on the Annual Town Meeting warrant that expanded the height limits of buildings in business enterprise park zones, the name of the company proposing a project that required the zoning amendment was finally unveiled on June 1. Amazon is proposing a 634,000 square-foot multi-level warehouse that would cost more than \$300 million. The project, billed as one of the larger types of Amazon project, called a robotic sortable facility, would bring at least 1,000 jobs to the region according to estimates from Amazon representatives.

In April, the project was presented to town boards by law firm Fletcher and Tilton with the tenant remaining unnamed. The lack of

information about the tenant led both the Planning Board and Board of Selectmen to votes in separate 3-2 tallies against supporting the proposed zoning change on the town meetings warrant on May 17, but voters overwhelmingly approved the measure in a 119-19 vote. Amazon's name wasn't used during the meeting, but it was implied, but never confirmed, to be the applicant. On June 1, the rumors were confirmed, and Amazon's name was officially attached to the project as Selectmen hosted a reveal on the town's Facebook page. The announcement included a 45-minute conversation and presentation by Bluewater Property Group, a development partner working with Amazon.

Brad Griggs, a senior manager of Amazon's economic development team who leads the Northeast and Mid-Atlantic expansion effort of the company, spoke on Amazon's behalf and compared the project to the North Andover facility. He explained

Please Read **WAREHOUSE**, page **A10**



# Commonwealth earns highest score to date on Women’s Leadership Index

BY JASON BLEAU  
CORRESPONDENT

DUDLEY – The Commonwealth of Massachusetts has received a score of 45 out of 100 in the latest version of the Massachusetts Women’s Leadership Index (MWLI) according to Nichols College.

The Institute of Women’s Leadership at Nichols College announced the release of the fourth edition of the MWLI on June 1, a biannual report that assesses the status of women in power in the commonwealth examining representation in political, corporate, and nonprofit leadership roles statewide. The score is the highest for the commonwealth since the index was established with previous scores of 36 in 2015, 39 in 2017, and 40 in 2019.

Jean Beaupre, EdD, an associate professor of communication and marketing at Nichols College and lead researcher on the MWLI, commented on the

increase in score over the years indicating that a rise in female CEOs and public and elected officials were main drivers for the new score. However, she also noted that the number in the 2021 MWLI doesn’t reflect the full impact of the pandemic where women lost more jobs than men and, for those still working, faced burnout and increased working hours remotely. In some cases, this has even led to women with young children considering leaving the workforce. At the time of the MWLI publication, women’s representation in the workforce was at its lowest since 1988 according to Beaupre. The report also indicates that the wage gap remains significant between genders at 81 percent.

“This past year has seen layoffs, stalled careers, and stress for all workers, but more so for women,” said Beaupre in a statement release by Nichols College. “Given the many positive impacts that female leaders have on their organizations and staff, it is in the best interest of all that we maintain

and strengthen our focus on developing and supporting women.”

According to the report women comprise 51.5 percent of the state’s population with only 31 percent servicing in the state legislature, 8 percent being corporate CEOs, 24 percent on board seats for companies, agencies or organizations, and 26 percent are nonprofit CEOs.

Retiring Nichols College President Susan Engelkemeyer, PhD, who helped found the Institute for Women’s Leadership in 2013, said the increase score is enlightening but there’s still plenty of room for improvement.

“Women striving for leadership roles have and continue to face both challenges and opportunity in the workforce,” said Engelkemeyer. “The Massachusetts Women’s Leadership Index is a valuable point of reflection and this year, we saw a rise in representation, with an increased aggregate score of 45/100. But as we look to the future, much work remains.”



Courtesy Photo  
Nichols College Associate Professor of Communication and Marketing Jean Beaupre, EdD, is lead researcher for the MWLI.

YOUR  
TEETH  
MATTER

JUNE IS  
ORAL HEALTH MONTH

Our next Your Teeth Matter is running on October 15 for National Dental Hygiene Month. Hope you’ll join us.

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Good dental hygiene is very important to overall good health.

## Dental hygiene is about more than just your teeth



Individuals tend to learn about dental hygiene at an early age. On the recommendation of their children’s pedia-

tricians, parents may begin brushing their youngsters’ teeth the moment the first tooth breaks through the gums. While proper dental hygiene is vital to oral health, it also can have a profound effect on the rest of the body.

According to the Mayo Clinic, poor oral health might contribute to various diseases and conditions. Periodontitis is a severe yet preventable gum infection that can lead to tooth loss if left untreated. But the threat of periodontitis doesn’t end in the mouth. The American Academy of Periodontology notes there’s a connection between periodontitis and several other diseases. While bacteria was long suspected to be the link between periodontitis and other diseases in the body, the AAP notes that recent research points to inflammation as the culprit that connects periodontitis with diseases such as diabetes and heart disease.

Diabetes  
The AAP notes that people with dia-

betes are at increased risk for periodontal disease, speculating that diabetes patients’ risk is higher because people with diabetes are more vulnerable to infections than those without diabetes. While that suggests periodontal disease is a byproduct of diabetes, the AAP notes that research points to the relationship being a two-way street. Periodontal disease may make it more difficult for people with diabetes to control their blood sugar, making dental hygiene an especially vital component of routine healthcare for people with diabetes.

Heart disease  
The AAP notes that research indicates periodontal disease increases a person’s risk for heart disease, with the inflammation caused by the former leading to the latter. People with existing heart conditions also may find that periodontal disease exacerbates those conditions. The Mayo Clinic notes that the link between heart disease and peri-

odontal disease is not fully understood, but enough studies have been conducted for scientists to support the notion that the two are connected.

Can periodontal disease be prevented?  
Periodontal disease is preventable. A daily dental hygiene regimen that includes brushing after meals, flossing at least once per day and swishing with mouthwash are some simple, healthy habits that can prevent periodontal disease. In addition, the AAP recommends that people at increased risk for periodontal disease, including the elderly and smokers, should discuss their risk with their dental professionals.

Dental hygiene can do more for individuals than produce a mouthful of pearly white teeth. In fact, people who prioritize dental hygiene may lower their risks for various diseases.

## When can children brush their own teeth?

Parents quickly learn that their children go through a transition marked by a desire to be more independent. They’re picking out their own mismatched clothes and no longer want any help when solving puzzles or complex toys. That newfound independence signals getting older and can be a healthy thing to nourish. But what happens when a youngster suddenly believes he or she is capable of brushing his or her teeth without assistance?

Parents wrestling with their kids’ can-do attitude and if it’s wise to allow them to brush their teeth unassisted can familiarize themselves with certain guidelines to determine their youngsters’ readiness. According to Scripps

Pediatric Dentistry & Orthodontics, most kids are at least six years old before they have developed the finesse and dexterity to handle a toothbrush in a manner that will effectively remove plaque. Dentists also may ask if the child can tie his or her own shoes, which can serve as a barometer of readiness to wield a toothbrush without assistance.

Pediatricians and pediatric dentists recommend that children visit a dentist as soon as a child’s first tooth starts to appear. This also is when parents should begin to clean their children’s teeth. As a child ages, the natural proclivity to want to take charge of brushing teeth takes hold. The child may not yet have the manual dexterity to brush

alone, but parents can encourage the child to brush and then go over the teeth as a “double check.” This helps foster independence while also ensuring teeth are fully cleaned.

Flossing may require even more dexterity than brushing, but it is essential for sloughing off plaque that accumulates between teeth and below the gum line, according to Parents magazine. Moms and dads can introduce their children to pre-threaded Y-shaped flossing tools, which are easier to handle than loose floss.

Parents will have to check on children even as they age to be sure they are practicing good oral hygiene. Parents who are in doubt about their children’s

readiness can work with dentists or dental hygienists to assess skills and get other pointers.



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# Marianapolis Prep School announces honor roll

THOMPSON, Conn. — Below are the students who have earned their place on the Trimester 3 Honor Roll at Marianapolis Prep School

Head of School List

Olivia-Mae Acquaah-Harrison, Charlton; Oyetola Ajayi-Obe, Worcester; Abigail Alicandro, North Oxford; James Alves, Uxbridge; Kaitlin Baca, Webster; Greyson Baldaro, Oxford; John Barnwell, Danielson, Conn.; Lillian Belsito, Millbury; Callista Bibeau, Danielson, Conn.; Abigail Boria, Charlton; Benjamin Bouchard, Douglas; Celia Bouchard, Douglas; Samuel Bouchard, Douglas; Vincent Bourgeois, Thompson, Conn.; Campbell Braun, South Grafton; Stephen Canavan, Ashford, Conn.; Dominika Chmielewski, Webster; Lauren Conde, Danielson, Conn.; Xander Cook, Uxbridge; Sidney Corriveau, Brimfield; Spencer Courville, Charlton; Anna Czechowski, Webster; Giana DeCesare, Chepachet, R.I.; Alexandra Delano, Charlton; Joseph DiPietro, Worcester; Fiona Doiron, Charlton; Ava Fabiano, Killingly, Conn.; Chiara Faiola, Auburn; Nicholas Fennelly, Charlton; Felicia Fongemie, Ashford, Conn.; Barbara Forgues, Shrewsbury; Fabian Gabriel, Zlin, Czech Republic; Alexandra Giorgio, Millbury; Ashley Giorgio, Millbury; Xiayuan Gong, Wuxi, China; Madelyn Grundstrom, Moosup, Conn.; Emily Hammond, Sutton; Angelina Hargrave, Charlton; Sofia Hargrave, Charlton; SophieHendrick, Willimantic, Conn.; Philip Heney, Douglas; Juliana Hernandez, Deptford, N.J.; Garret Hippert, Brooklyn, Conn.; Thu Hoang, Hai Phong, Vietnam; Maura Hoban, Millbury; Kaylynn

Horan, Putnam, Conn.; Nghi Huynh, Ho Chi Minh City, Vietnam; Mackenzie Jutras, Greenville, R.I.; Ethan Kalmin, Dudley; Claire Kelleher, Auburn; Avery Kurzontkowski , Shrewsbury; Kate Landis, Brooklyn, Conn.; Molly Landis, Brooklyn, Conn.; Linh Le, Ho Chi Minh City, Vietnam; Abigail Leahy, Leicester; Juhyoung Lee, Seoul, South Korea; Lauren Lemire, Southbridge; Chengxun Li, Xiamen, China; Zachary Litke, Brooklyn, Conn.; Alana Lorusso, North Oxford; Sydney Lundt, Woodstock, Conn.; Bridget MacDonough, Grafton; Kiera MacKenzie, Woodstock, Conn.; Szymon Mamro, Webster; David Mankarios, Webster; Remonda Mankarios, Webster; Delia Marchand, Holden; Wednesday Maskova, Sestajovice, Czech Republic; Tessa McCabe, Douglas; Benjamin McGarry, Thompson, Conn.; Conner McLeod, Foster, R.I.; Keegan McLeod, Foster, R.I.; Emma McQuiston, Webster; Katherine Melnick, North Grosvenordale, Conn.; Sara Michailides, Chepachet, R.I.; Ayame Mizuno, Nagoya, Japan; Charles Mukweva, Harare, Zimbabwe; Luciana Najjar, Northborough; Michael Nespala, Celakovice, Czech Republic; Abbie O'Brien, Dayville, Conn.; Hayley O'Connell, Webster; Collin O'Connor, Sutton; Declan O'Connor, West Boylston; Riley O'Connor, Dudley; Jenna Olivieri, Douglas; John Perveiler, Pomfret Center, Conn.; Long Pham, Hanoi, Vietnam; Katrina Piekielniak, Dudley; Morgan Polinski, Webster; Wiktorja Potem, Webster; Jill Reardon, Fiskdale; Brianne Rett, Uxbridge; Grace Rhoads, Stafford Springs, Conn.; Lucas Rhoads, Stafford Springs, Conn.; Olivia Richardson, Lincoln, R.I.; Thomas Santos Soares,

Porto Alegre, Brazil; William Savoie, Northbridge; Colby Scanlon, Fiskdale; Trinity Semo, Dudley; Emily Shamback, Sterling, Conn.; Andrew Shultz, Oxford; Zachary Stoddard, Pomfret Center, Conn.; Maya Summiel, Dayville, Conn.; Christian Terwilliger, Lebanon, Conn.; Lily Tessmer, Lancaster; Matthew Tomasino, Leicester; Violeta Torres , Plainfield, Conn.; Thang Tran, Da Nang, Vietnam; Daniel Twohig-Mann, Douglas; Rachel Ullstrom, Auburn; John Vigliotti, Worcester; Caroline Vigneault, Southbridge; Caroline Villa, Auburn; Tram Vo, Phan Thiet, Vietnam; Emily Walsh, Thompson, Conn.; Yunpeng Wang, Shenzhen, China; Kyle Woodruff, Southbridge; Wenyang Yuan, Beijing, China; Abdullah Zameer, Woodstock, Conn.; Yutian Zhu, Hangzhou, China

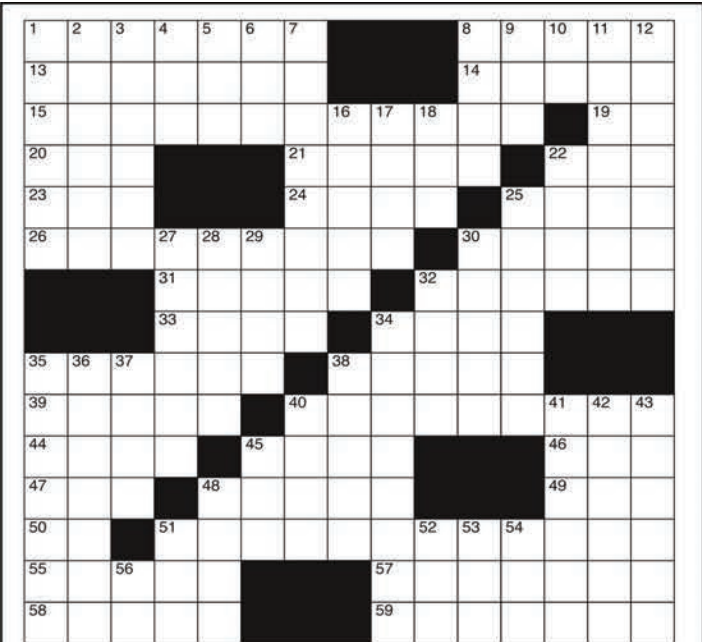
Dean's List

Samuel Balzanka, Banska Stianica, Slovakia; Grace Booth, Webster; Jamie Calkins, Charlton; Jessie Calkins, Charlton; Hansen Cao, Shenzhen, China; Shaylan Cashman, Charlton; Zuzana Cejkova, Jindrichuv Hradec, Czech Republic; Jasmine Creighton, Webster; Danielle Doiron, Charlton; Sydney Duby, Worcester; Benjamin Duquette, Webster; Yifei Fang, Shanghai, China; Courtney Fleming, Douglas; Isabella Gonzalez, Plainfield, Conn.; Audrey Hammond, Sutton; Lily Hayes, Danielson, Conn.; James Hoban, Millbury; Patrick Hoban, Millbury; Thomas Kennison, Somers, Conn.; Zachary King, Plainfield, Conn.; Ayana Kobayashi, Nagoya, Japan; Haruna Kobayashi, Nagoya, Japan; Kaya Lukasek, Webster; Yihui Luo, Lian Yun Gang, China; Sophia Maloney, Sutton; Peyton Manyak, Douglas; Kylie Miller,

Webster; Zaire Moore, Thompson, Conn.; Marilyn Oly-Alawuba, Victoria Island, Nigeria; Luis Arturo Perez Povedano, Santo Domingo, Dominican Republic; Linh Pham, Hanoi, Vietnam; Elena Polsky, Thompson, Conn.; Alek Popovich, Charlton; Sophia Raborit, Dayville, Conn.; Emma Raps, Webster; Morgan Royston, Oxford; Emma Russell, Brooklyn, Conn.; Anthony Russo, Brooklyn, Conn.; Kailey Russo, Brooklyn, Conn.; Cassidy Semo, Dudley; Cadence Stawiecki, Webster; Chinh Tong, Ho Chi Minh City, Vietnam; Owen Trainor, Brooklyn, Conn.; Ashley Vandenbrouck, Oxford; Isabella Vigliotti, Worcester; Maggie Vo, Worcester; Elizabeth Walker, Thompson, Conn.; Wondimu Weinberg-O'Brien, Worcester; Tyler Whiteley, Foster, R.I.; Anna Wildes, North Uxbridge; Kang Xu, Xi'an, China; Zhihe Ye, Beijing, China; Yang Zhang, Yuxi, China; Boning Zhu, Shanghai, China; Xingyu Zhu, Wenzhou, China; Anthony Zurowski, Plainfield, Conn.

Honor Roll

Isata Bah, Shrewsbury, United Kingdom; Emma Blanchard, Dayville, Conn.; Rayliana Bonnell, Oxford; Mwewa Chiwaya, Moosup, Conn.; Claire Crossman, Oxford; Timothy Hall, Plainfield, Conn.; Son Ho, Ho Chi Minh City, Vietnam; Caroline King, Rochester; Nicholas LaFlamme, Woodstock, Conn.; Camille Larson, Charlton; Sydney Lavallee, South Grafton; Michael Levesque, Narragansett, R.I.; Alexander Litke, Brooklyn, Conn.; Jorge Axel Mena Munch, Merida, Mexico; Andrew Peck, Paxton; Dominic Penny, Charlton; Ione Roundy, Marlborough; Jessica Wright, Millbury



- CLUES ACROSS
1. Most courageous

8. Insurance giant

13. Small trace left behind

14. In a way, signals

15. The same letter or sound at the beginning

19. The Great Lakes State

20. Engage in a contest

21. Drinks served to celebrate a birth (Spanish)

22. Manpower

23. Undivided

24. Strong, magnetic metal

25. People of Tanzania

26. Sorts

30. Cop car accessory

31. Trade

32. Sullen and ill-tempered

33. Distinctive practices

34. Motor vehicles

35. Electrodes

38. Polish river

39. Human feet

40. Make very hot

44. Toppin and Kenobi are two

45. Blackbird

46. One point west of due south

47. Large beer

48. Third stomachs

49. Rare Korean family name

50. Hectoliter

51. Aquatic invertebrate

55. Where we live

57. Poked holes in

58. Partner to ways

59. \_\_\_ Ann

- CLUES DOWN
1. Expressions of approval

2. Replace the interior of

3. Not awake

4. Roman numeral 7

5. Sun up in New York

6. Institute legal proceedings against

7. Bugs homeowners don't want

8. Maltese-Italian composer

9. Very long period of time

10. Touchdown

11. Agents of downfall

12. Complacently or inanely foolish

16. Argentina capital Buenos

17. County in New Mexico

18. An electrically charged atom

22. New Zealand conifer

25. Type of brandy

27. Comments to the audience

28. Tears down

29. Gifts for the poor

30. More painful

32. Good friend

34. Lying in the same plane

35. Line in a polygon

36. Clouds of gas and dust

37. Norse god

38. Health care pro

40. Close tightly

41. One's holdings

42. Became less intense

43. Wilco frontman

45. Woman (French)

48. Expresses delight

51. TV channel (abbr.)

52. Beverage

53. Unit of work or energy

54. Cleaning accessory

56. Dorm worker

PUZZLE SOLUTION

A	D	E	G	G	V	H				S	N	V	E	W	
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V	N	L	E	V				L	S	E	V	H	B		

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## Bryana Reardon named to President's List at Plymouth State University

PLYMOUTH, New Hampshire — Bryana Reardon of Uxbridge has been named to the Plymouth State University President's List for the Spring 2021 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Spring 2021 semester and must have attempted at least 12 credit hours during the semester. Reardon is a Fine Arts major

### HERNANDEZ

continued from page A1

year being a school nurse is challenging enough. Hernandez is grateful for her career which is anything but ordinary. The school year has been a whirlwind for Hernandez who has been meeting added challenges despite strict yet ever-evolving guidelines and restrictions. Hernandez takes pride in the work she does at the Holyoke Public Schools and credits her training and education at Bay Path Practical Nursing Academy especially her School Nurse Observation experience in her success. She remains connected with Bay Path Practical Nursing Academy serving as an active member of the Advisory Committee, volunteering as a mentor, speaking at information sessions, and most recently participating in the Mock Code Team preparation day. Hernandez has formed a tight bond with the Bay Path Community that has allowed her to work cohesively with faculty, staff, students, and fellow alumni.

“Kalie’s been active with the Advisory Committee since she was a student representative, she does a wonderful job of maintaining relationships and anticipating what needs to be done at the Academy,” said Academy

at Plymouth State.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that

Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN. “She notifies me of job opportunities for our graduates. We continue to work together on Practical Nursing Education related things and LPN- to- BSN Academic Progression.”

Bolandrina says that alumna like Hernandez who constantly gives back to the Bay Path community is a godsend.

“We’re on the phone together via text or email and always checking in. Kalie offers help with current students to make sure they are successful. She is also on the ball with the Advisory Committee schedule,” said Bolandrina. “So, we stay pretty close in touch.”

Hernandez arrived at the Bay Path Practical Nursing Academy in the fall of 2016. She was inducted into the National Technical Honor Society and was a member of the UNICEF Club. Hernandez participated in the admissions panel interviews and competed in SkillsUSA earning a Silver Medal at both District and State level for the Practical Nursing category.

“I am honored and

deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

grateful for the opportunities and experiences. I thank Bay Path for always supporting me in my professional growth,” concludes Hernandez.

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- **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, [www.charltonbaptist.org](http://www.charltonbaptist.org), Sunday worship 10 a.m.
- **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: [CharltonCityUMC.org](http://CharltonCityUMC.org) Sunday worship and Children's church 10am
- **St. Joseph's Church**, 10 H. Putnam Ext, 248-7862, [www.stjosephscharlton.com](http://www.stjosephscharlton.com), Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.
- **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144
- **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, [snedag.org](mailto:snedag.org), Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.
- **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, MA 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am. [www.livingwordcharlton.com](http://www.livingwordcharlton.com) [info@livingwordcharlton.com](mailto:info@livingwordcharlton.com)
- **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

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# MTD Micro Molding commemorates Grand Opening of facility expansion



CHARLTON — MTD Micro Molding celebrated the grand opening of its expanded medical micro injection molding facility with a ribbon-cutting ceremony on May 27. Guests included industry partners and community leaders, who had the opportunity to tour the new space in person.

While the exterior of the expansion was completed last fall—effectively doubling the manufacturing space—the interior space required a few more months to finalize details, move equipment, and get new cutting-edge machinery in place.

John Clark, MTD’s tooling & molding specialist who oversaw the completion of the expansion project, explained, “When laying out the new space, we did it strategically to ensure project flow and tracking, improving timing and efficiency.”

As a single-source manufacturer for ultra-precise micro medical components, this is critical for helping cus-

tomers achieve faster speed to market—regardless of how challenging the design, novel the polymer material, or breakthrough the concept.

MTD has placed on Plastics News’ Best Places to Work list for four consecutive years. Touring the expansion, it’s easy to see why.

As tooling supervisor Kyle Kolb said, “The added space allows for more personal space for employees, allowing them to better concentrate. The extra space has allowed better organization and storage.”

The expansion even includes an impressive gym, so employees can better maintain their well-being.

MTD continues to grow at a rapid pace. It’s actively hiring new employees, purchasing more state-of-the-art equipment, and responding to customer’s evolving needs, such as the increased demand for custom packaging and assembly services for micro medical components.

As part of the ceremony, MTD vice president Gary Hulecki unveiled a cornerstone plaque honoring Dennis Tully, MTD’s late president and visionary leader who masterminded the expansion before his unexpected passing in 2019.

As Hulecki shared, “[Dennis] would never tell you what to do or how to do something, but you could always count on him to help you frame the problem and think through the issues you needed to consider before proceeding.”

Charlton town administrator Andrew M. Golas recalled, “When I started as Town Administrator, MTD was the first company in town to invite me in to see their facility and welcome me to Charlton.”

Perhaps that’s not surprising from a business that has “Be the First” and “Be Responsible” as two of its five core values.

At the ceremony, MTD owner Darlene Tully had a long list of people to thank

for helping Dennis’s vision become reality, from local and state officials to its contractors and partners to the MTD team. As Clark aptly said, “it allowed us to reach this major milestone for the company and for Dennis’s legacy.”

About MTD Micro Molding

Founded in 1972, MTD Micro Molding custom-crafts ultra-precision molded components that meet the exact requirements of companies in the medical device industry. In-house tooling, unparalleled bioabsorbable molding expertise, ISO 13485 certified systems, state of the art equipment – all under one roof. Our exclusive focus on bio-absorbable and drug delivery medical micro molding ensures successful delivery of complex custom products that nobody else can produce.

To learn more, visit [mtdmicromolding.com](http://mtdmicromolding.com) or come tour our facility in Charlton.



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GRADUATION  
continued from page A1

Later in the evening student speaker Henry Weiland gave a student perspective of what impact the pandemic and the changing culture of the world has left on the graduates. He spoke of wanting to leave behind a more inclusive environment for the incoming students and to inspire them to do the same as they progress through their high school years. An advocate for social change, even starting a club at Shepherd Hill to help inspire his fellow students, Weiland said the Class of 2021 learned from the challenges of the pandemic and everything that came with it on the larger world stage.

“Though we never obtained the idyllicism that is the promise of the normal senior year, we learned far greater than any normalcy could ever teach us that strength lies in the resolve of the whole. That even though our world can come crashing down as we know it, as long as we endure together in common bonds, hope and solidarity that there will be an optimum future. For as much as COVID took from us we gained maturity and courage that will indeed transcend anything we lost,” Weiland said. “Above all, COVID taught us all that we must seize the world and truly make it our own because, frankly put, we never know what tomorrow will hold. Therefore, there must come a time when we are honest with ourselves and the matrix for which we endure for it

is not enough to let our lives pass by without making it our own.”  
Class Valedictorian Serena Veilleux joked that her speech would be shorter than her fellow speakers, but her words of wisdom to the graduating class were no less poignant. She praised the myriad of teachers who have made a difference in the lives of graduates over their four years noting that every student had at least one educator who truly helped them grow as individuals. Most of all though she wanted her fellow graduates to understand that their mistakes will not define them, it’s the memories and accomplishments that will live forever.  
“I think I speak for all of us when I say our high school experience wasn’t what we expected it to be, but in spite of

all the difficulties we faced we made it and we should be proud,” Veilleux said. “It’s (the memories) that I am thankful for, and it’s moments like these that are going to stick in our memories. Not the grades we got on the silly mistakes that we made.”  
With that the Class of 2021 took to the stage crossing into the next stage of their lives as Shepherd Hill graduates leaving behind a legacy that will truly remain unique as they take on new challenges and a changing world that await them.



Graduates Nick Whitley and Robert Cruz prepare for Shepherd Hill's 2021 graduation.



Class of 2021 Valedictorian Serena Veilleux gives her speech to her fellow graduates.



The Class of 2021 Officers (from left) President Cutter Beck, Vice President David Aquaah-Mensah, Treasurer Henry Weiland and Secretary Michaela Cluett.



The Shepherd Hill Class of 2021 marches into the DCU Center Arena.



Aimon Shaw and Sam Gevry prepare to walk the stage.

# Cornerstone Bank holds successful Young Professionals Day



LEGALS

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STURBRIDGE — Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, held a Young Professionals Day on May 1 at the Bullard Tavern at Old Sturbridge Village. This event was geared towards people starting or changing their career, looking to network, opening a small business or seeking a better work-life balance.

“This event was a tremendous success, gathering college seniors, recent graduates and other job seekers all in one place to collaborate and learn together,” said Cornerstone Bank CEO Todd Tallman. “This was our first networking event since the pandemic began, and it felt so good to be engaging with one another and creating new relationships again. We look forward to hosting more events like this in the future.”

Participants were able to partake in a TEDx presentation on money and relationships, a panel-led discussion about health insurance and benefits options, interactive budgeting activities and an overview of the best-selling talent assessment tool, CliftonStrengths.

“Our small business panel was a great way for future entrepreneurs to hear from those who have ‘made it,’ learning how they got their start and continue to be successful,” Tallman said. “Our team at Cornerstone Bank especially enjoyed their time on the panel, discussing their roles as well as open positions within the bank.”

About Cornerstone Bank  
Cornerstone Bank is an independent, mutual savings bank serving residents, businesses and communities throughout Central Massachusetts. Our customer promise, Built on Trust, is not just a brand, but also a corporate focus. Whether a business or personal partnership, Cornerstone Bank rests on the foundation that relationships are built on trust. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender and SBA Preferred Lender. To learn about Cornerstone Bank’s personal and business banking offerings, please visit [cornerstonebank.com](http://cornerstonebank.com) or call 800-939-9103.





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EDITOR

# United we stand, divided we fall

In the 6th century B.C., Aesop shared a fable about the Lion and The Four Oxen. The story, if you have not heard it, goes like this:

A lion used to prowl around a field where four oxen dwelled. Several times he would try to eat them but whenever he approached the four oxen would back their tales up to each other with their bodies pointed outward in different directions. No matter what direction the lion approached, he was met by the horns of one of them and could do nothing. Finally, the oxen began quarreling amongst themselves and so each went off to a pasture of their own in a separate corner of the field. Then the lion attacked them one by one and soon made an end to all four.

The moral to Aesop’s tale has become one of the most well known sayings of our time — United we stand, divided we fall. President Abraham Lincoln parroted the sentiment in his acceptance speech, during this same month in the year 1858: “A house divided against itself cannot stand.”

As of late, it seems the division amongst the country and even in our small communities has grown deeper. What this Editor noticed, however, is that most well minded, kind, compassionate, intelligent people all want the same things. To be happy and successful. The arguments ensue, when people have different ideas on how to reach such a state of success in our government, and even in our own lives. When one person thinks we should reach A by doing x and y, and another thinks we should reach A by doing z, tempers flare. We want to remind you, that there is no reason to get heated when talking to a friend or colleague. Getting heated at a stranger is even more inappropriate. It’s ok if someone disagrees with you. Remain calm.

What needs to unfold, is the ability to hear each other out with a listening ear. Where one person’s experience ends, another’s begins. Solutions always appear in that middle area, where compromises are made.

To be steadfast in your beliefs is important, but it’s even more important to exercise some flexibility, that is where growth takes place. This is where we can learn from someone who doesn’t think the same way we do. It does not make a person weak, when there is a mind shift. It makes them smart.

We’re seeing a lot of arguing on social media, people publicly going back and forth, and the thread never ends with any real change being made. If you want to have a meaningful, productive conversation with someone online, take it to a private message, where the world isn’t watching. In the public eye, we all can be defensive.

Now, there are extremists on both sides of any argument, in those cases, there’s not much you can do. There are people who want to see things through one lens and one lens only. Fine, let them. You will also see ignorance and evil come flying out of the mouths of those you never thought capable, fine let them. Remember that the majority of the people in this country want to unify. It comes down to common sense. United we stand, divided we fall. That statement could not ring truer.

Be strong enough in character, where you are a leader, whether that be in your own community, at work or in your own family. Unity should always be the end goal. Therefore, if you see someone that disagrees with you, and you want to unify, have a conversation that will do just that.

Sometimes, try simply saying, “Hey the country is really divided right now, how can we start to unify on a small scale?” That question puts both people in a position to come up with a solution that works for everyone. Then the domino effect takes hold. Then unity happens, then change, then success.

“None of us is as smart, as all of us.”  
Ken Blanchard

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# OPINION

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



Photo Melinda Myers

Scatter citronella oil and candles throughout outdoor entertainment areas and within a few feet of guests for short-term relief from mosquitoes.

## Manage mosquitoes to better enjoy your outdoor space

Dine, play, and enjoy your outdoor spaces more than ever this year by managing annoying and disease-spreading mosquitoes. Use a multifaceted approach to boost your enjoyment and help keep mosquitoes away.

Plan your outdoor activities when mosquitoes are less active. Females are the ones looking for a blood meal and are most active at dusk and dawn when looking for warmth and food.

Screened-in porches add a layer of protection but only when they are intact and properly sealed. The same applies to your home. Check screens and seals around doors and windows to help keep these pests from entering your home.

Use bug lights in light fixtures by entryways and in outdoor entertainment spaces. These emit yellow light that is not as attractive to mosquitoes and other insects. Bug lights will not eliminate every unwanted insect but will reduce the number visiting your lights at night and finding their way into your home.

Enhance the ambience and reduce mosquito issues when entertaining outdoors. Use a fan to create a cooler space and keep these weak flyers away. Provide fragrant subtle lighting with citronella oil and scented candles. Scatter them throughout the area and within a few feet of the guests for short-term relief.

Reduce the overall mosquito population in your yard by eliminating their breeding grounds. Empty water that collects in items left outside. Change the water in your birdbath at least weekly or whenever you water your container gardens. Add a bubbler or pump to keep water moving in fountains and ponds so mosquito larvae cannot survive.

Toss an organic mosquito control like Mosquito Dunks and Bits (SummitResponsibleSolutions.com) in your rain barrel, pond, or other water feature. Mosquito Bits quickly knock down the mosquito larval population,

while the Mosquito Dunks provide 30 days of control. The active ingredient is *Bacillus thuringiensis israelensis*, a naturally occurring soil bacterium that kills the mosquito larvae but is safe for children, fish, pets, beneficial insects, and wildlife.

Keep your landscape looking its best by managing weeds and grooming neglected gardens. This eliminates some of the resting spaces for hungry adult mosquitoes.

Always protect yourself whenever outdoors. Cover as much of your skin as possible with loose fitting, light colored clothing. Mosquitoes are less attracted to the lighter colors and cannot readily reach your skin through loose clothing.

Further protect yourself by using a personal repellent approved by the EPA. For those looking for DEET-free options, the Center for Disease Control and Prevention has approved products with the active ingredient picaridin, IR3535, and the synthetic oil of lemon and eucalyptus. Check the label for a list of active ingredients and safety recommendations when shopping for mosquito repellents. Avoid products that contain both sunscreen and insect repellent since you need to apply sunscreen more often than the repellent.

Spending more time outdoors is good for our mind, body, and spirit. Using a combination of mosquito-managing tactics will allow you to enjoy and benefit from your time outdoors.

*Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses “How to Grow Anything” DVD series and the nationally-syndicated Melinda’s Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Summit for her expertise to write this article. Myers’ Web site is www.melindamyers.com.*

### GARDEN MOMENTS

• • • • •

MELINDA MYERS



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# A Roundup of Timely Tips for Summer

The “lazy, hazy, crazy days of summer” will soon be here - if you know some tricks of the trade to make your warm weather activities less of a hassle! The following timely tips are a roundup of seasonal hints geared toward carefree summertime living.

Yard & Garden Tips:

\*Citronella candles can be costly! Make your own economical citronella candles to protect your patio or deck from insects by drilling a one inch hole near the wick of an ordinary thick

### TAKE THE HINT

KAREN TRAINOR



candle.

Fill the hole with citronella, cover with melted wax and pocket the savings!

\*Tis the season of poison ivy! If you find some of the pesky plant in your yard, here’s an environmentally safe way to bid the stop the poisonous pest in its tracks. Mix together three pounds of regular table salt with a gallon of soapy water. Spray the solution directly on the plant’s leaves and stems. It works for mere pennies a treatment.

## Discuss financial goals with your family

June is Effective Communications Month. And it’s a good idea to recognize the importance of good communications because it plays a role in almost every aspect of living – including your finances. You’ll want to clearly communicate your financial goals to your loved ones – and you’ll want to hear theirs, too.



### FINANCIAL FOCUS

JEFF BURDICK

Let’s look at some of the communications you might have with family members:

Your spouse – You and your spouse may have different thoughts about a range of financial topics – how much to save, how much to spend, the level of debt with which you’re comfortable and so on. Try to reach some type of consensus on these issues. However, in regard to investing,

you don’t necessarily have to act in unison all the time. You each may have different investment styles – one of you may be more aggressive, willing to take on more risk in exchange for potentially higher returns, while the other would rather invest with an eye toward mitigating risk, even it means accepting a lower return. Of course, there’s nothing stopping each of you from pursuing your individual investment strategies in your own accounts – IRA, 401(k) and so on. Still, if you are going to work toward common goals – especially toward a shared vision of your retirement lifestyle – you each may want to compromise in your investment choices. And this accommodation is even more necessary in your joint accounts.

Your parents – If you may someday be involved with your parents’ financial plans – which is highly likely – you should know in advance what to expect. This may not be the easiest conversation to have, but it’s an important one. So, for example, ask your parents if they have a durable power of attorney, which allows them to designate someone to manage their financial affairs if they become physically or mentally incapacitated. You might also inquire if they have protected themselves against the potentially enormous costs of long-term care, such as an extended nursing home stay. If not, you might suggest that they contact a financial advisor, who can offer solutions. Once you begin communicating about these issues, you may well want to go further into your parents’ estate plans to determine what other arrangements, if any, they have made. If it seems that their plans are not fully developed, you may want to encourage them to contact an attorney specializing in estate planning.

Your grown children – Just as you talk to your parents about their estate plans, you’ll want to discuss the same topic with your own grown children. Let them know who you have named as a durable power of attorney, what’s in your last will and testament and whether you’ve established a living trust. If you’re already working with a financial advisor and an estate planning professional, make sure your children know how to contact these individuals. Of course, you don’t have to confine your communications to estate plans – if you want to help your children financially, such as loaning them money for a down payment on a home, let them know.

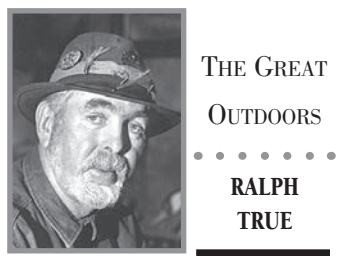
By talking with your loved ones about key financial matters, everyone benefits. So, keep those lines of communication open.

*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.*

\*Who wants to spend money on a new garden hose? Extend your leaky hose to the end of the season this way: Insert a toothpick into the hole, just penetrating the hose wall. Cut off the toothpick flush with the surface of the hose. Wrap

Turn To **TRAINOR** page **A9**





As fishing heats up on the saltwater, anglers are catching a lot of fish on most fishing trips, either on a charter or on a private vessel. Striper fishing has been very good on the Providence River until my brother and myself made a trip last week. Reports were good prior to our fishing trip last Wednesday, launching just above the Bold Point boat ramp. It was a beautiful day with light winds. The sun was just coming up, and the tide was going out for a few more hours. Striper fishing is crazy, and you never know when they are going to be feeding or just become lazy, making for a slow day of fishing. The heavy rain prior to our trip cooled the water down by a few degrees. That is all it takes sometimes.

To make a long story short, we fished for four hours without spotting a single (porgy) baitfish. Unable to catch some fresh for bait, we had us settle for trolling large rebels which produced a single hit, but was lost halfway in. We watched numerous anglers land stripers using porgies, but most were undersize and had to be released. This week, I talked to the owner of Archie's Bait Shop in Providence, R.I., and he revealed the following information. The day we were there, everyone that was looking for the porgies to snag for live bait had a very hard time locating them. The stripers were not driving the baitfish to the top, and when they stay near the bottom, they are hard to snag.

Tides make all the difference in stimulating the stripers to feed, and sometimes, it is the incoming or outgoing tides that are best. Stripers do not like the sun, and are often slow in there feeding habits, especially in shallow water. It is not always the case, but more often than not, I find it is the norm, at least for me. Last week, when we were on the Providence River, we fished in four to six



Nine-year-old Leah Varney fishing with her dad Matt at the Uxbridge Rod & Gun Club last week.

feet of water hoping to find some bass and bluefish feeding near the top. In the past, many fish would swirl near the top as the boat approached. That is the time to use surface poppers. Anyway, we had no luck and decided that we had enough, and headed for home.

As we passed the area that has a few windmills on the south shoreline, I noticed a half dozen boats fishing close to it. Slowing the motor to get a better look at what was going on, my hunch was right. A school of baitfish were on top, and anglers were snagging them. We quickly grabbed our rods equipped with snagging hooks and were pleasantly surprised at the dozen of bait fish we snagged in 10 or 15 minutes.

"If only we could have had some of these earlier," I remarked to my brother.

The tide had just changed, and the porgies were driven to the top by feeding fish below, but not many anglers were catching fish, and of those that were, the stripers were small with most being released.

It was now 11 a.m., and I had had enough fishing. It was time

to head for home and catch a nice nap. I used to fish both tides in my younger years, but now one is enough. It is just nice to go fishing at age 82 with my brother Ken and talk about the good old days. "Just wait till next week, when we return to try our luck again on the Providence River!" Vengeance is sweet. The following week, Archie's Bait & Tackle shop in Providence reported on a couple of anglers catching up to 14 stripers in the Providence River which all were released but one, because they were too big!

Anglers continue to catch some nice seabass and scup in Massachusetts! Oops! Last week's report stated that Massachusetts was closed to seabass when, in fact, they are open and Rhode Island is closed until the 24th of June, opening with a three fish limit. Just another senior moment. Anglers should always check their abstracts for fish limits and regulations. It is crazy that both states cannot agree on season dates and limits! Numerous kayaks were



An unidentified angler fishing for bass in his Kayak last Saturday, at the Uxbridge Rod & Gun Club.

observed in the Providence River, and are a very common sighting of these seaworthy fishing watercraft. I sure wish they were around in my younger years. Some are equipped with a small electric motor, while others are powered with foot pedals, or the old fashion paddles. Standing up in the kayaks are also easy for the younger generation, but not for me! Whatever your preference is for fishing, getting out there and enjoying the great outdoors will keep you young and healthy, and the rewards of catching a striper to bring home for the table is like icing on the cake. Grab your fishing rod and your family and go fishing!

June 5- 6 is Massachusetts freshwater free fishing week-

end. Take advantage of the free fishing weekend, and you may just get hooked on fishing.

This week's picture shows nine-year-old Leah Varney, fishing with her dad Matt at the Uxbridge Rod & Gun Club last Saturday. They had caught one trout, and were given two more by another member fishing at the pond, giving them enough trout for the supper table. The second picture shows an unidentified member in their Kayak, fishing for bass at the Uxbridge pond. The quiet and peaceful surroundings was sure relaxing, away from the crazy, dangerous world around us.

Take A Kid Fishing & Keep Them Rods Bending!

### TRAINOR

continued from page A8

the hose with duct tape that covers the toothpick plus two inches on each side of the repair. As the water flows through the hose, the toothpick will swell and fill up the hole and making a tight seal.

- \*\*\*
- Produce Pointers:
- \*Bananas give off a gas called ethylene. If you want to speed up the ripening of other fruits place them next to your bananas.
  - \*When green grapes have a yellow tinge to them they are at their sweetest.
  - \*Never store tomatoes in the refrigerator. Besides losing their nutritional value, they will also lose their flavor. Store tomatoes above 55°F.
  - \*Washing produce is a necessary chore, but you can save money if you whip up this homemade version of the pricey commercial brand for pennies: In a spray bottle, mix two tablespoons

of baking soda with one cup of water. If you want add a tablespoon of lemon juice. Spray veggies, let sit for a few minutes and rinse!

\* To make a homemade "fruit fresh" clone, dissolve two vitamin C tablets in a large bowl of water. Dunk in the fruits or vegetables to keep them fresher longer.

\*\*\*

Vacation Tricks:

- \*Going on vacation? You can keep your house plants watered for up to a month by watering the plant well and then placing it (pot and all) in a clear plastic bag. Tie it securely on the top and bottom. Place the plant in northern light. When you return, simply untie the top and let the plant adjust to room air for a day or two before removing the plastic completely. Or, if you have several smaller plants, simply place a thick, wet towel in the bottom of the bathtub and place pots on top of the towel for the duration. The plants should remain moist for about a week.

\*Planning a road trip? Make up economical freezer packs to keep cooler foods chilled while you're on the road. Mix one part rubbing alcohol with two parts water & freeze in a gallon size ziplock bag. The bag will be pliable enough to conform to soda cans, fruits or other cooler items. Just re-freeze and use over and over again. This same formula made up in a smaller batch also works great as an icebag to sooth injuries. Just be sure to put a damp cloth between the skin and the icepack to prevent frostbite.

\*Always toss several ziplock storage bags in your luggage. They can be used to stow wet swimsuits, dirty socks, sandy seashells, and have dozens more impromptu vacation uses! When you pack, toss a tablespoon or so of baking soda into a large ziplock bag to prevent wet bathing suits from getting mildew on the trip home.

\*\*\*

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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 cours 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 publications? Send questions and/or hints to: Take the Hint!, c/o Stonebridge Press, P.O. Box 90, Southbridge, MA 01550. Or e-mail kdr@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.*



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# Valuable philosophy of an old coal miner



POSITIVELY  
SPEAKING  
  
GARY W.  
MOORE

On May 31, 1975 at 1:15 p.m., I was sitting with my friend Rob at the Sunshine Tap in Traer, Iowa, eating a hamburger, fries and washing it down with a Pepsi. I was wearing cut off blue jeans, an old white t-shirt with Cavaliers Drum & Bugle Corps emblazoned across my chest, and sandals.

Around the corner and across the street in Taylor Park, there was a hundred or so people beginning to gather for a wedding that was set to begin at two o'clock ... a mere 45 minutes later.

The bride's father was nervous and pacing in his tux. With each passing moment

he'd check his watch, look out across the park, and mumble something inaudible.

I asked for the check, paid the tab, then Rob and I began our short walk to the park.

As we crossed the street, I saw the father of the bride rushing towards us. "I can't believe this!" He growled as he approached. "I didn't think you were going to show."

I looked at Rob. "Doesn't it begin at two o'clock?" I asked.

"Where's your tux?" He demanded with increasing anger.

"In the car. I'll get dressed now." I quickly walked away to my 1972 green Pinto and dressed outside the car. I was half amused and half intimidated, but at two o'clock sharp, I was there as promised and waiting at the altar for Arlene.

That was over 46 years ago, and we are still married. Her dad grew to forgive my casual approach to the beginning

of my life with his daughter, thankfully. Fast forward forty-six years ...

Three grown children, two grand kids, and a life together has passed before the blink of our eyes. How can this be? Where does the time go?

Aging and a bad health diagnosis has me pondering what this life is all about. I keep coming up with this ...

"Life is about who we love, who loves us in return, and what we build together."

What else is there? An accumulation of stuff? Accomplishments? Money? It all seems so important at the time but as time passes and we look back on it all, it's meaningless. Who we love, who loves us in return and the life we build together is everything.

I believe too many marriages begin without commitment. "If it doesn't work out, there's always divorce," I heard a bride say a few years ago. Yes,

it's easy to give up and move on. It's harder to stick with it, push through the problems and make it work. And yes, I understand there are some relationships that cannot be fixed and it's necessary to move on from violence and abuse, along with a few other reasons, but I believe most divorces are premature and often unnecessary.

My grandfather was a coal miner. He had a saying, "Stick and stay and make it pay." I asked him what it meant, and he said, "Young men often quit after their first day or two in the mine. Fear of a shaft collapse or just the sickening experience of breathing the thick black dust often cause them to quit. Stick and stay was the advice the old timers would give."

I realize that advice is applicable to almost everything in life, including marriage. If you loved each other enough to get married, love each other

enough to stick with it and make it work. Don't give up.

Our marriage has been far from perfect, but we stuck with each other. We committed to building a life and family together. We smoothed out the rough edges over time. Mistakes were made, worked out and we learned from them and here we are forty-six years later, married, and happy.

Maybe life really is only about who we love, who loves us in return and what we build together. And you know what? I think it's more than enough.

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.

## WAREHOUSE

continued from page A1

that the jobs provided would all start with benefits comparable to his own in management with a minimum starting wage of \$15 per hour.

"There's the auxiliary benefits that come along with a project of this size and the capital investment from the different jobs, the indirect employment and most of these numbers that we're talking about right now where we're at in our initial due diligence fazes related to this project are pretty conservative floors," Griggs said. "These are conservative baseline numbers. We realize if this project moves forward it's going to be a long-term investment in the community and a long-term investment in the region. We want to make sure that the numbers we're talking about here today are a baseline that we can begin these conversations. If anything, they'll only grow larger."

Near the end of the presentation Selectman David Singer brought up his decision to side with other selectmen against Article 17 prior to the annual town meeting stating that there was some confusion among members of the public about why Amazon's name couldn't be divulged prior to the vote. While Singer made it clear he wasn't against the project calling it "a good opportunity for both Charlton and Amazon" he sought an answer for the lack of transparency leading up to the vote.

"There have been comments made at town meeting and online. I'm hearing from some people that there was a confidentiality agreement or non-disclosure agreement which is why we couldn't find out before now who it was. I'm hearing from others there was no confidentiality agreement. This has nothing to do with Amazon or (Bluewater Group), this is purely on the town side. There's a lot



of confusion," said Singer. "To me, honesty and transparency for our residents is paramount and I just want to clarify and eliminate the confusion."

John DiCola of Bluewater Group admitted that there was no confidentiality on nondisclosure agreement that prevented them from including Amazon's name in town discussions. He said this was a decision made by several parties to avoid making the vote about Amazon itself.

"In reality, we were eager to introduce Amazon prior to the vote on Article 17. We had no intention, and it wasn't a concern about introducing Amazon to the community that prevented that from happening. What we were trying to abide by was that this was one site of a number of sites for which Article 17 governed and it was

not appropriate for us at that time to make Article 17 about this particular property only or about our intended development and the occupancy of Amazon. It would have been inappropriate for us to do that ahead of Article 17 being voted upon as agnostic to anything other than whether the community was open to these type of economic development projects being considered," said DiCola.

Selectman Steven Koronis made a point that even without Amazon's name attached voters approved the article showing an interest in economic development in Charlton.

"Keep in mind that the town meeting vote, whether or not we knew who it was, it was (decisively) in the positive,"

said Koronis. "The town sent an overwhelming message that, yes, we are looking for development, we are looking for something like this, so let's learn about it. That was the message."

Selectman Singer followed up Koronis's comment stating that while the selectmen may disagree on the significance of transparency in this particular case, Singer was "glad" the voters approved the Article and allow Amazon to come forward with a potential opportunity for growth in Charlton.

If the project goes through Amazon expects to open the facility as early as the summer of 2023.

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	May 2020	May 2021	Trend
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# of Homes Sold	16	21	▲
Avg Days on Market	20	19	▼
Month Supply Inv.	.8	.49	▼

**WEBSTER**

	May 2020	May 2021	Trend
Median Price	\$279,500	\$298,500	▲
Market Volume	\$2,766,000	\$6,044,200	▲
# of Homes Sold	10	16	▲
Avg Days on Market	34	22	▼
Month Supply Inv.	1.68	.67	▼

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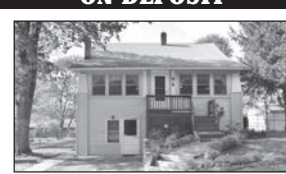


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# David Petrides graduates from Lebanon Valley College

ANNVILLE, Pa. — David Petrides of Uxbridge is one of nearly 440 Lebanon Valley College students in the Class of 2021 undergraduate and graduate programs who celebrated their educational and personal accomplishments during three Commencement ceremonies this weekend. The College held three distinct Commencements—one for physical therapy doctoral graduates and two for undergraduate degree recipients—as part of the CDC and other COVID-19 protocols.

Petrides received a Bachelor of Arts in criminal justice from LVC. Petrides is a graduate of Milford High School.

Dr. Michael Fink, PT, DSc, SCS, chair and newly promoted professor of physical therapy, was the featured Commencement speaker by virtue of being named the Vickroy Award winner (see below) during the 2020 Commencement Celebration.

Dr. Fink’s speech focused on “Adapt and Overcome.” He advised the Class of 2020 to “Surround yourself with those who embody what you want to become those with a positive outlook on life, who speak encouragement into the lives of others, and who exude confidence, and who have mastered their craft. Spending time with these type of people, can help reframe your mental narrative.

Along with honoring graduates, LVC revealed the winners of several major annual awards.

Dr. Ken Yarnall, chair and associate professor of mathematical sciences, presented the top student award, the

H. Anthony Neidig Award, to Allison Liu, who graduated with a near-perfect 4.0 GPA with degrees in actuarial science and computer & data science. Liu received almost every honor bestowed by the faculty in the College’s Department of Mathematical Sciences, and took four national actuarial sciences exams, including passing two during her first year.

Faculty in the nationally recognized department noted that “Allison is one of the most astonishingly capable, involved, and accomplished students we have ever had the pleasure of working with. Her incredible level of involvement with campus life, diversity initiatives, and community service make her near-perfect academic and professional accomplishments even more amazing. She represents the best of LVC in every way imaginable.”

Liu, who also minored in German and studied in Germany, is one of the College’s four Allwein Scholars in the Class of 2021. Allwein Scholars receive LVC’s most distinguished full-scholarship. Liu earned three paid internships during her LVC career, including on with the Capital Insurance Group in California. Liu accepted a position with Capital as an actuarial analyst.

Also during Commencement, Dr. Monica Cowart, provost and vice president of academic affairs, announced Michael Pittari, M.A., professor and director of creative arts, as the recipient of this year’s Vickroy Award, the top honor for a full-time faculty member. His department chair noted, “Professor

Pittari is a skilled and practiced technician in the art of teaching.” A fellow professor added, “Professor Pittari’s ability to engage students, stimulate thinking, and develop understanding is exemplary.”

Professor Pittari has taught at LVC for more than 15 years, including creating the distinctive Color + Culture course, which led to a 100-page Color + Culture Journal that featured student work and a dozen student essays selected from among 36 finalists. He has a B.F.A. from the University of Florida and an M.F.A. from the University of Tennessee. Pittari’s art has been featured in museums throughout the United States

The second teaching award presented by Dr. Cowart during Commencement was the Nevelyn J. Knisley Award, annually bestowed on a part-time or adjunct member of the College faculty. Rev. Timothy Dewald, adjunct instructor in mathematics, received this year’s honor. Dewald, who has taught classes throughout the curriculum in his nearly three decades at The Valley, is the first-ever two-time winner of the Knisley Award. He was described by a nominator as “Tim teaches his courses to develop students’ ability to read technical material, work through complex lines of reasoning, and explain technical materials at appropriate levels. His love of mathematics and science gives his courses a unique air. Students will long remember his tactile demonstrations to illustrate statistical concepts, including falling beads, rolling dice, flipping

coins, and even a plastic Godzilla toy to illustrate statistical curves.”

Earlier in the week, Dr. Andrew Milosz, clinical assistant professor of exercise science, received the Educator of the Year Award from Camden Selby ‘21, Student Government representative, on behalf of the student body. This honor is bestowed annually on a member of the full-time faculty who embodies the transformative power of the LVC experience, in and out of the classroom.

About Lebanon Valley College

For three consecutive years (2018-2020), Lebanon Valley College has been listed as #1 in Pennsylvania for graduate job placement by the career guidance site Zippia.com, using federal data.

Lebanon Valley College is a private, coeducational college in Annville, Pa. The College offers more than 45 undergraduate majors plus self-designed majors and a range of minors, concentrations, and pre-professional options. LVC also offers online and in-person graduate degree programs in accounting (MBA 3+1), applied kinesiology, athletic training, business administration, clinical exercise physiology, clinical mental health counseling, physical therapy, science in STEM education, speech-language pathology, and sport performance, and certificates in health-care management, integrative STEM education, leadership and ethics, online teaching and learning, modern band, and supply chain management & logistics.



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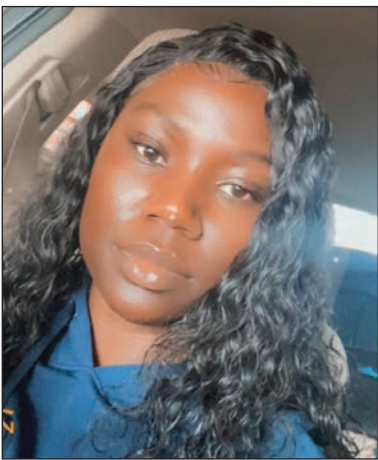
# Gardner Clubhouse receives accreditation

WORCESTER — Crystal House Clubhouse, a service of Open Sky Community Services, recently received notification of accreditation by Clubhouse International, according to Clubhouse director Tamela Deveikis. Crystal House, located in Gardner, is a community dedicated to the rehabilitation of adults recovering from mental illness. Through a variety of meaningful and engaging tasks, members have the chance to develop or refresh employment skills, explore educational opportunities, and participate in social activities. Members work together with clubhouse staff in all areas of the club's operation. The accreditation process included an extensive self-study as well as a visit from faculty of Clubhouse International. A letter from Executive Director of Clubhouse International Joel Corcoran that accompanied the accreditation report cited the warm, caring nature of the relationships at Crystal House and described the club as a community dedicated to offering the best possible opportunities to its members.

The report also identified areas in which the Crystal House could improve, and the club will be working to implement these changes. Open Sky President and CEO Ken Bates noted that this is a significant milestone for the program and for Open Sky. "Accreditation of our Clubhouse is a huge achievement, and although we have more work to do, this is indicative of the outstanding quality of support the Clubhouse is providing for its members," Bates said. Open Sky Board Member Michael Kilcoyne, who is also a member of Genesis Club in Worcester, was particularly pleased by the outcome of the accreditation process. "I would like to congratulate Crystal House; I know that a lot of hard work by members and staff working side by side went into accomplishing this goal," said Kilcoyne. For more information about Crystal House, visit <https://www.openskycs.org/crystalhouse>.

# Bay Path LPN named to Fitchburg State's Dean's List

FITCHBURG — Elizabeth Mirekuua Lartey, LPN, of Worcester, has been named to the Fitchburg State University (FSU) dean's list for academic achievement during the spring 2021 semester. The designation is awarded to full-time students who have earned at least a 3.2 grade point average on a 4.0 scale, achieved no grade below a B, and received no failing grades in enrolled, credit/no credit, or pass/fail courses. Lartey's FSU transcript will indicate "Dean's List" status for the semester. Lartey is completing the LPN to BS in Nursing Bridge Program. The LPN to BS in Nursing Bridge Program is designed to transition the traditional or military trained Licensed Practical Nurse (LPN)



Elizabeth Mirekuua Lartey

to the role of baccalaureate prepared Registered Nurse. The LPN to BS in Nursing Bridge Program is a unique and accel-

erated curriculum. Lartey is an alumna of Bay Path Practical Nursing Academy in Charlton with the Practical Nursing Class of 2018. While at Bay Path Lartey was inducted to the National Technical Honor Society and was a district competitor for SkillsUSA for CPR/First Aid. Lartey was an Officer for the UNICEF Club and was certified in Infusion Therapy/Central Line Care and Dementia Care. She volunteered for multiple Blood Pressure Clinics and represented Bay Path at educational events at Framingham State University. Lartey continues to volunteer at Bay Path as a mentor and inspirational speaker to current Practical Nursing Students.

# Worcester Polytechnic Institute students complete intensive research projects

WORCESTER — At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to addresses an important societal need or issue. Marissa Allegrezza of Uxbridge, majoring in Chemistry, member of the class of 2022, completed the project titled Intersectional Approaches Among Ashoka Fellows in Romania with Bucharest, Romania (IQP). Tyler Lizotte of Charlton, majoring in Aerospace Engineering, member of the class of 2022, completed the project titled Flexible Learning Options for Disadvantaged Youth with Australia Project Center. Bailey Savage of Charlton,

majoring in Mechanical Engineering, member of the class of 2022, completed the project titled Archiving Refugee Artwork with Mandi, India. About Worcester Polytechnic Institute WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates

in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 17 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. [www.wpi.edu](http://www.wpi.edu)

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# Grant supports Youth Opportunities Unlimited program

BY KEVIN FLANDERS  
STAFF WRITER

REGION – The Worcester County District Attorney’s Office recently received a state grant to help juvenile offenders stay out of jail.

The \$36,000 grant will allow Youth Opportunities Unlimited, Inc. (YOU, Inc.) to continue its facilitation of the Juvenile Diversion Program. The program is run in partnership with Worcester County District Attorney Joseph Early’s office.

The program, the first of its kind in Massachusetts, allows

juveniles charged with domestic assault to avoid detention and a criminal record while helping the victimized family heal. Participants will also have access to Recreation Worcester programs, offering curriculum-based learning focused on athletics, arts, and academics.

“We not only want to reduce crime, but resolve the underlying issues. This grant will offer case management, direct support, intervention, and referrals for services to address the unmet needs of the youth and their families,” District Attorney Early said.

The program boasts a 90

percent successful completion rate, with a recidivism rate under 5 percent. The pandemic has provided several challenges, but program leaders have been able to overcome them over the last year through Zoom and other virtual platforms.

“It is astounding how effective the program has been, despite the global pandemic. I regularly connect with others via Zoom, assisting them in becoming more effective communicators, empathic family members, and stronger advocates for their needs,” said local diversion coordinator Ivette Reyes, a regular member

of the program.

In recent years, state officials have focused heavily on increasing programs and resources for juvenile offenders. The goal is to prevent them from winding up in adult institutions.

“Our juvenile court is, in many ways, our most important court. We can try to prevent a lifetime of involvement with the criminal justice system for these kids,” Early said. “It is crime prevention at its best.”

The program operates in all five juvenile courts in Worcester County (Worcester, Milford, Leominster,

Fitchburg, and Dudley). The diversion program serves local youths ages 12-17 who are charged with assault and battery on a family member or a caregiver.

Individuals qualifying for the program can have their arraignments postponed for up to three months while the family is connected with services. If the service plan is being followed for each step, the charge will ultimately be dismissed prior to arraignment and the juvenile will avoid having a criminal record.

## Local students named to Assumption University Dean’s List

W O R C E S T E R — Assumption University has announced those students who have been named to the University’s Dean’s List for the spring 2021 semester. Students named to the Dean’s List must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters. Local students include:

Tyler Carlson of Charlton, Class of 2021

Cameron MacLean of Charlton, Class of 2021

Morgan Shields of Uxbridge, Class of 2021

Emily Gay of Uxbridge, Class of 2022

Nora Ilacqua of Charlton, Class of 2022

Breanna LaHair of Charlton, Class of 2022

Emily Snay of Charlton, Class of 2022

Sean Morrissey of Uxbridge, Class of 2023

Julianne Sutherland of Uxbridge, Class of 2023

Abigayle Jones of Charlton, Class of 2024

“These students demonstrated incredible resiliency amid the challenges posed by COVID-19 during the previous academic year and remained committed to their programs of study,” said Assumption University President Francesco C. Cesareo, Ph.D. “Assumption is proud of these students for excelling in the classroom as they immersed themselves in the University’s liberal arts curriculum, steeped in the Catholic intellectual tradition, and their majors preparing them for meaningful lives and careers after graduation.”

Assumption University provides students with a comprehensive, Catholic liberal arts experience through curricular and co-curricular programs, including internship opportunities, recreational activities, and more than 60 on-campus clubs and organizations. An Assumption education forms graduates both intellectually and spiritually, inspiring wonder and purpose as they discover their vocation.

## Curry College welcomes Uxbridge resident into Criminal Justice Honor Society

MILTON — Curry College is proud to announce that Devin Gatto of Uxbridge has been inducted into Lambda Alpha.

Lambda Alpha is the Curry College Chapter of Alpha Phi Sigma, the National Criminal

Justice Honor Society. Students must have a 3.2 in the Criminal Justice major and a 3.2 GPA overall to be eligible for the Honor Society. Lambda Alpha hosts several events over the year, including bringing in a documentary film-maker to discuss urban violence in Boston, co-hosting a student/faculty forum on decriminalization of marijuana and bringing in other leading practitioners in the field.

About Curry College

Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton, Massachusetts. The College extends its educational programs to a continuing education branch campus in Plymouth. The College offers 22 undergraduate majors in specialized and liberal arts programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,500 students. The student body consists of 1,700 traditional students and nearly 800 continuing education and graduate students. The College offers a wide array of co-curricular activities ranging from 15 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Visit us on the Web at [www.curry.edu](http://www.curry.edu).

## Curry College inducts Uxbridge resident into Psychology Honor Society

MILTON — Curry College is proud to announce that Devin Gatto of Uxbridge has been inducted into Psi Chi, the International Psychology Honor Society. Devin is one of 12 students from Curry to be inducted into this honor society this year.

Founded in 1929, Psi Chi is an international honor society whose purpose is to encourage, stimulate, and maintain excellence in scholarship of the individual members in all fields, particularly in psychology, and to advance the science of psychology.

Curry inductees are part of a network of more than 700,000-lifetime Psi Chi members.

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## Charlton’s Lindsey Ljungberg graduates from Keene State

KEENE, New Hampshire — Lindsey P. Ljungberg of Charlton, graduated from Keene State College on Saturday, May 29. She graduated Summa Cum Laude with a BA in Economics and a Minor in Math.

Lindsey earned the Joan Robinson Memorial award for excellence in the Economics department. She will be attending George Washington University in Washington, D.C. to pursue a Master of Arts degree in Applied Economics with a graduate certificate in Environmental Policy.



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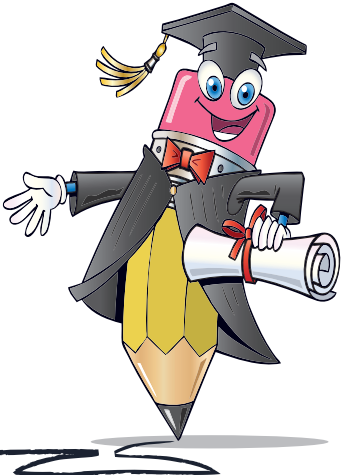
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