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Friday, April 2, 2021

New principals named at Charlton Elementary, Heritage School



Jennifer Lilley



Peter Olson

BY JASON BLEAU
VILLAGER CORRESPONDENT
CHARLTON – With the upcoming retirement of two

principals in the Dudley-Charlton Regional School District, two new leaders have been announced for Charlton Elementary School and

Heritage School. Superintendent Steven Lamarche made the announcement on March 24 praising outgoing principals Lori Pacheco of Charlton Elementary School and Kathleen Pastore of Heritage School who will retire at the conclusion of the current school year. “We have all been preparing for the retirement this year of two celebrated principals in our district. While we will miss their incredible horsepower, leadership and contributions to our district we continue to wish them well and all the best in the next chapter. We hate the fact that they’re leaving in a COVID world, but we will celebrate them for years to come,” said Superintendent Lamarche.

With their departures, two new hires were made after an extensive search process. One principal is coming to Charlton from an outside district while one is moving to a new school within the district. Jennifer Lilley will be joining the district as principal of the Charlton Elementary School after previously serving as Assistant Principal of the John R. Briggs Elementary School in the Ashburnham Westminster Regional School District. Peter Olson, who currently serves as Assistant Principal at Charlton Middle School, will be promoted to Principal of Heritage School. “Both have incredible credentials as hard working, dynamic educators and knowledgeable leaders,”

Superintendent Lamarche said of the new hires. “We are working with everyone on transitions – It is our goal to formerly introduce Principal Lilley and Principal Olson at the April 14 regularly scheduled school committee meeting.” School Committee chair Kenneth Laferriere added his own comments of praise for the outgoing principals and optimism for the new leadership coming into the district. “Thank you (Principals Pacheco and Pastore) for your continued service. We are going to miss your presence here in Dudley-Charlton. We appreciate all you’ve done, and we welcome Principal Lilley and Principal Olson,” Laferriere said.

GOVERNMENT 101

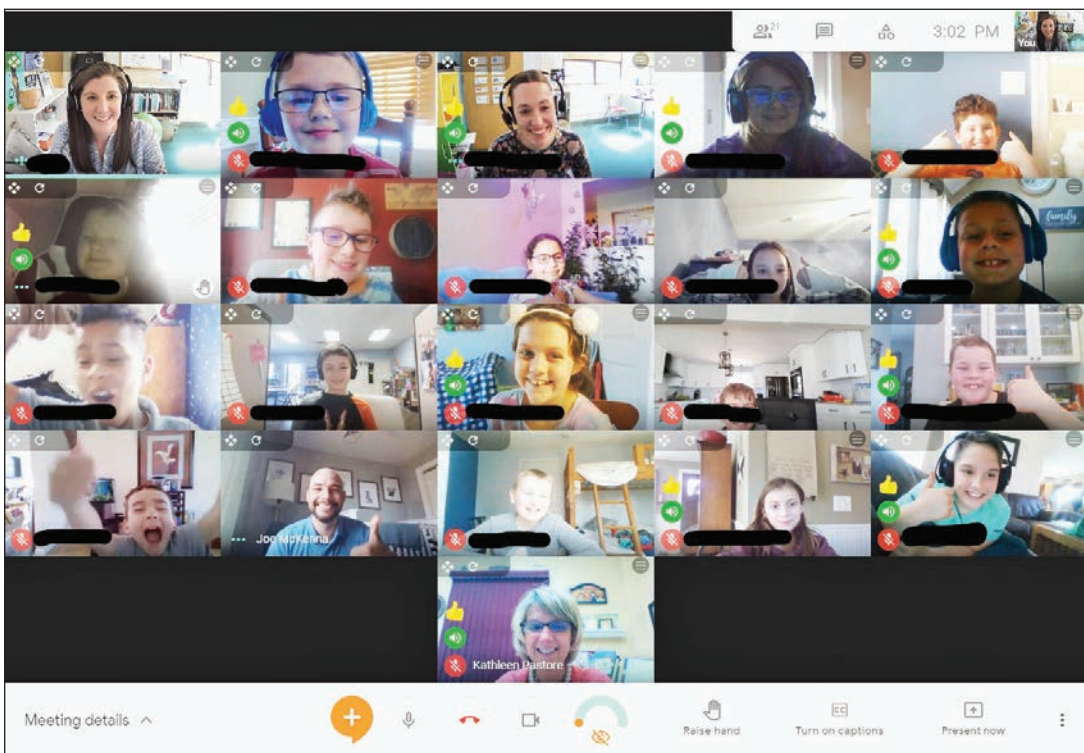


Photo Courtesy

At Heritage School in Charlton this week, grade 3 students in Mrs. Graham and Mrs. Pfizenmaier’s class learned about state and local government. Special guest, Massachusetts State Rep. Joe McKenna joined the kids on their afternoon Google Meet, and was able to chat with them and answer questions about topics in local government.

Farmers to Families distribution event planned in Charlton

BY KEVIN FLANDERS
STAFF WRITER

REGION – Local volunteers are teaming up with the USDA to offer a Farmers to Families Food Box Program this month. Food box distribution events will be held on April 15 and April 29 at the 508 International site in Charlton (219 Brookfield Rd.). Each program will take place from 10 a.m. to 2 p.m., with fresh food products provided free to those in need. The events were organized in coordination with the USDA. Although both programs will take place in Charlton, residents in need from throughout the region are invited to attend. Because there will only be 400 food boxes distributed each day, pre-registration is required for both sessions.

Residents are encouraged to sign up as early as possible. “This is a great way for us to help get food out to those in need,” said Michael McGrath, who volunteers at the local Chip In Food Pantry and also serves on its board of directors. Several other food pantry volunteers are also involved in the local Farmers to Families Food Box Program. Not only does it assist area residents in need, but also farmers offering fresh local produce. “This program started last year to help the farmers out. Because of the pandemic, restaurants stopped getting products from farmers [during the height of COVID-19 restrictions],” McGrath said. “We

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Shepherd Hill fields undergoing renovations

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY/CHARLTON – While the softball and baseball seasons might have been delayed in the Dudley-Charlton Regional School District, athletes and supporters will be welcomed by some upgrades to facilities when they return to action at Shepherd Hill Regional High School. Thanks to the efforts of the district’s booster club, both the softball and baseball complexes at the regional high school in Dudley have seen work done over the last year with further upgrades set to continue throughout 2021. Shepherd Hill Principal William Chaplin provided and update to the Dudley-Charlton Regional School Committee on March 24 where he detailed some of the changes underway. “(The booster club) did a wonderful job of raising almost \$9,000 to help us with rehabbing primarily the baseball and softball field. We started right away, COVID hit and then we got delayed but we really started doing some maintenance of the field using their money primarily for a really good fine mixture for the infield. For many years we



didn’t really put a lot of care into the field, very minimal. So, we’re doing a lot of catch up right now,” Chaplin said. In addition to adding new material to the infield, the district is also replacing the backstop at the softball field and building dugouts for softball players. The baseball field had previously received new dugouts courtesy of the wood shop at the high school however they did not have time to build for the softball field. The district has worked with 508 International, a local company from Charlton that spread and graded the material added to the fields. While the season has been pushed back to the end of April due to the COVID-19 pandemic, Chaplin is hoping that students and supporters will get to see the facility upgrades

very soon. “We’re hoping that (the upgrades) are going to be there for the beginning of the season. If not, then very shortly after the beginning of the season this year. The season is delayed this year. They’re not starting until the end of April, so it gives us a little more time to get moving on that,” said Chaplin. Athletic Director James Scanlon offered his own compliments to the district’s booster club for their support but noted that this won’t be the end for upgrades on the athletic fields. There’s still plenty of work to do that the money raised won’t be able to fund. “These are great first steps. We are truly excited at the prospect of having fields that are more playable and certainly more visually appealing then they have been in years past,” Scanlon said. “This work doesn’t necessarily address some of the significant core areas of concern with the field such as adequate drainage and irrigation. There is absolutely plenty of work to do over time at cost. There will be added cost in terms of maintenance to get our fields to that optimum level of performance.”

Baker lays out vaccination timeline

BY KEVIN FLANDERS
STAFF WRITER

REGION – Last week, the Baker-Polito Administration announced the vaccination timeline for all remaining residents. On March 22, all residents age 60-plus became eligible to receive the COVID-19 vaccine. On April 5, all residents 55-plus will become eligible, as well as residents with one medical condition. On April 19, the general public will be able to schedule a vaccine appointment (ages 16 and older). The full vaccine timeline is available at www.mass.gov/COVIDVaccinePhases. “The Administration has received assurances from the federal government that an increased vaccine supply will be available to states soon,” Gov. Charlie Baker said. “Depending on supply, it could take weeks for people to be notified that an appointment is available at a mass vaccination site.” Officials expect that more vaccination sites will come online in April. Last week, the state received approximately 170,000 first doses of the vaccine, including 8,000 doses

of the J&J vaccine. In total, the Commonwealth received 316,000 first and second doses as part of the latest state allocation. The state is also adding more mobile vaccination clinics to support long-term care facilities, congregate care, low-income senior housing, and homebound individuals. The goal is to ensure that no seniors are denied an opportunity to receive the vaccine simply because they do not have transportation. Looking ahead, state officials continue to rely heavily on communications from the federal level. “Weekly allocations are subject to change based on federal availability, demand from providers, and obligations to meet second doses,” Baker said. “Providers have ten days to use their doses and must meet specific performance thresholds.” In addition to the weekly state allocation of vaccines, the federal government also distributes doses to CVS Health sites as part of the Federal Retail Pharmacy

Turn To **TIMELINE** page **A4**

Growing your own salad

BY GUS STEEVES
CORRESPONDENT

REGION — Like salads? Don't buy them; grow your own.

That was the simple message from last week's installment of the ongoing regional library gardening series, formally sponsored this time by Charlton.

"The reason markets sell [certain kinds of] food is not because they taste the best, but because they travel best across the country," noted Kathleen Donovan of Blackstone Valley Veggie Gardens. Typically, as many people know, vegetables in stores taste bland at best and come in limited varieties. But there are hundreds, sometimes thousands, of varieties of such common foods as tomatoes, cucumbers and lettuce that can appeal to a wide range of tastes, textures, uses and even color palettes.

Donovan began with the often under-appreciated lettuce, which is actually a member of the daisy family. It "comes up like a weed" and has "glorious shapes and textures" far beyond the relatively non-nutritious iceberg type. She noted it has lots of fiber, vitamin C and beta carotenes, and some types have a "whitish, milky fluid" when fresh cut that helps sleep.

Lettuce comes in two major types – loose-leaf and head lettuce. The former grows faster (about 50 days to maturity), is "much easier to grow in the garden," and leaves can be picked and eaten throughout the season without stopping growth. Heads generally take about 80 days and can only be picked once, she said.

"Lettuce likes the cold" and is thus the first of the three to be planted (in early April; frost won't harm its seeds).

If you plant right, with tomatoes and cucumbers, peas, or other crops (especially trellised ones) shading the lettuce, when summer heat comes, the lettuce will last longer before it becomes bitter and goes to seed. Likewise, it can be protected by growing it in a container because it "only needs about five inches of soil," she said.

"Succession planting is the key to growing lettuce," Donovan said. Planting different kinds "every two or three weeks will give you a steady supply" well into fall.

Cucumbers are also pretty easy, but can be a little quirky. They're in the squash family, and most squashes can cross-pollinate. That makes seeds hard to save – they'll often be viable, in that you will get something the following year, but you won't necessarily know what it will be. Some crosses aren't edible, and some aren't viable. That's not an issue the first year; what you plant is what you'll get.

With cucumbers, there are "hundreds and hundreds of varieties." Donovan said they grow particularly well on trellises, where "you've got gravity working for you." The vines climb up the trellis and the cukes hang down through the lattice. But you want to trim the growing tips off at six to eight feet long; "Plants don't multitask well. Either they grow long, or they produce fruit for you," she said.

Like all squashes, cuke plants have both male and female flowers. Some are self-pollinating; some use insects. Gardeners can help the process along by dipping a Qtip into the male flower and transferring its powdery pollen to the female (which is identifiable by the fact it has "a little immature cucumber"

under it), she said.

Tomatoes are similarly numerous, with the plants' thousands of varieties coming in three major types – cherry, beefsteak and sauce/paste based mostly on size and water content. The classic sandwich tomatoes are beefsteaks, which come in a wide range of colors including yellow, red, orange and even a purple so dark it's nearly black. Several of them also exist in the other two types, particularly cherry, which she described this way: "Anytime you want go out and pick a snack, there's bound to be some."

Donovan claimed tomatoes "cannot be grown from seed outdoors. They require a really warm soil to germinate." (Personally, I've done it; the key is making sure it gets lots of sun. As she noted "while it's growing to the sky, it's not producing fruit. That's often because it's not getting the sun it needs.")

Because of its warmth needs, tomatoes should only be planted outside (or transferred from inside, after gradually "hardening" them by giving them a couple hours a day at first) after May 7. She noted that used to be much later – as a child, she waited until Memorial Day.

Like cucumbers, tomatoes are vines that like trellising, which can be as simple as having a few posts linked with wires, with the plants tied to the wires with twine. She noted they're "one of the biggest [garden] plants" and can grow up to eight feet.

Once audience member asked how to deal with tomato hornworms, a big, green caterpillar that eats several plants in the tomato's nightshade family. Donovan said planting mari-

golds interspersed with the tomatoes often helps, since most insects don't like marigolds, but you can also spray with Neem oil, sprinkle diatomaceous earth around them, or use a Bt-based pesticide (an organic bacteria).

Regardless of what your growing, Donovan had some standard tips on preparing the raised bed. Most crucial is the soils – a few inches of rich, composted soil (with either plant or manure compost; she noted many local farms "will gladly deliver you a truckload of cow manure." But make sure it's been aged; fresh stuff "will stink to high heaven." Chicken manure is also "awesome fertilizer," but can't be put on plants directly due to its high nitrogen content; it needs to be composted for about six months or made into "compost tea."

Good soil "should be slightly acidic," with a pH of 6.2-6.8 (neutral is 7.0). She suggested adding ashes if you need to increase pH and using peat moss to reduce it. A barrier under the soil prevents weeds from growing up into it, but won't prevent them from blowing into it. Many plants benefit from using a mulch to keep the soil moister and warmer; dry straw or leaves work well, but don't use the common colored types or green grass.

The gardening series continues with online talks on raised beds April 6 and "The Organic Approach" on April 20. It has been sponsored by several area libraries, and participants can contact any of them to join the next sessions: Southbridge, Oxford, Sturbridge, Sutton or Charlton.

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

Quinsigamond Community College offers assistance to Becker students

WORCESTER — Quinsigamond Community College is opening its doors to Becker College students after learning of the College's closing at the end of the Spring 2021 semester.

"It is with a heavy heart that we learned of the impending closing of Becker College, one of the oldest institutions of higher education in our region. Becker has made a profound and lasting impression on our community and many QCC transfer students," said President Luis G. Pedraja, Ph.D.

QCC has developed a transfer agreement and memorandum of understanding (MOU) with Becker College to assist current Becker students in seamlessly continuing their education. This agreement is for all current Becker students in programs transferable into QCC's comparable programs that include:

- Associate Degree in Business Administration Transfer
 - Associate Degree in Criminal Justice
 - Associate Degree in Early Childhood Education
 - Associate Degree in Early Childhood Education Birth – Eight Years Old
 - Associate Degree Nurse Education
 - Associate Degree Nurse Education – Evening
- "We are here to offer Becker College students a way to achieve their higher education dreams," President Pedraja said. "We want to ensure that no one is left behind because of circumstances beyond their control. We worked diligently on this transfer/MOU agreement and while this agreement does not include all programs at Becker, we will endeavor to enroll and support all

transfer students and those who were considering Becker in the fall."

In addition to the programs listed in the MOU, many of Becker's programs can easily transfer to QCC, such as its well-known video-game design program. QCC already has a robust gaming program, as well as an esports team, formed during the start of the pandemic.

QCC offers strong financial support to its students and many attend for free by qualifying for financial aid. Since the onset of the COVID-19 pandemic, the College has increased its financial support to students, by way of \$2.4 million in federal emergency funds from the Higher Education Emergency Relief Fund II, authorized by the Coronavirus Response and Relief Supplemental Appropriations Act (CRRSAA), and \$1

million in institutional funds. QCC also has a Student Emergency Fund available to current students in significant hardship due to the pandemic, regardless of citizenship, residency or enrollment status. All current and prospective Becker students will be offered the same financial supports and services, and will have the ability to transfer to other four-year institutions once they complete their education at QCC.

"Becker students and their families are not without options and we will be here to support them every step of the way," President Pedraja said.

For more information, visit <https://www.QCC.edu/becker>.

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508.854.7513 or jmartin@qcc.mass.edu

Quinsigamond Community College freezes tuition rates for 2021

WORCESTER — Quinsigamond Community College has announced it will freeze its tuition and fees in 2021.

"We are committed to making college affordable for anyone who wants to better their lives through higher education," said President Luis G. Pedraja, Ph.D. "We want to remain the most cost-effective higher education option in our area, which is why we are pro-

actively keeping our tuition rates the same for our students."

Recognizing the Coronavirus/COVID-19 pandemic has affected many students and their families who lost jobs or had their hours reduced, QCC has also made emergency funds available. These funds can assist students in paying bills, obtaining laptops, Wi-Fi and other basic life and educa-

tional necessities, to help offset some of the financial burdens brought on by the pandemic. Since the pandemic began last March, QCC has worked on innovative ways to help its students with the new financial challenges they faced that included increasing financial aid through state, federal and institutional funds, as well as a Student Emergency Fund available to all current students

in immediate hardship due to the effects of the pandemic.


"Attaining a higher education has positive, lifelong implications to students and their families. Higher education can rise people from poverty, improve our economy and make our nation stronger," Dr. Pedraja said, adding, "Higher education is a right of all."

QCC's online associate degree programs were ranked in the top five for best return on investment by OnlineU.com, an unbiased rankings organization that compares all online colleges and universities in the country.

Registration for Summer/Fall begins on March 29 for returning students and April 12 for new students.

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

Webster Public School Department



Cafeteria Worker, Park Ave - 2 Positions
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Rate: \$14.25/hr.
*these 2 positions will primarily deliver meals to classrooms
Start Date: ASAP

Breakfast in the Classroom Worker, Park Ave - 1 Position
Schedule: M-F 7:30-10:30 (15 hrs.)
Rate: \$14.25/hr.
Start Date: ASAP

Cafeteria Worker, Webster Middle School - 1 Position
Schedule: M-F 8:00-11:00 (15 hrs.)
Rate: \$14.25/hr.
Start Date: ASAP
*this position is primarily a kitchen prep position

Cafeteria Worker, Bartlett High School - 1 Position
Schedule: M-F 9:30-12:30 (15 hrs.)
Rate: \$14.25/hr.
Start Date: ASAP

Please apply to: Attn: Lori Marrazzo
Webster Public Schools, 77 Poland Street, Webster, MA 01570
For questions about positions please call or email Ellen Nylen at 508-943-0104 ext. 40016 or enlyen@webster-schools.org
*At this time all positions run through the end of the school year.

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Masons present long overdue awards

SOUTHBRIDGE — On Monday, March 1, a group of Master Masons, family and friends and dignitaries gathered at the Quinebaug Masonic Lodge in Southbridge to witness the long-awaited presentation of the Junior Grand Warden (JGW) Jewel to Right Worshipful Chris St. Cyr. and a 50-year Masonic Veterans Medal to RW. Raymond Benoit.



Photos Courtesy

From left to right: RW. Chris St. Cyr receiving his Jewel from Bro. Rick Laverne with Wor. Larry Burbridge and 24th Masonic District Deputy Grand Master RW. Anselme B. Maxime overseeing the presentation.

St. Cyr has been a JGW appointed officer from the Grand Masonic Lodge in Boston since December of 2019. Normally when a Master Mason is elected to this prestigious position there is a big reception and plans are made for his reception to receive his Jewel symbolizing this honorable position. When the Covid-19 pandemic started in March of 2020, Gov. Baker put in place restrictions and guidelines for large gatherings which canceled his planned reception. Fifteen months later, with some restriction being lifted with social gathering for meetings RW. St. Cyr was finally presented his JGW Jewel by Quinebaug Masonic Lodge Past Masters and Bro. Rick Laverne. Our Lodge members are immensely proud and honored to present this long awaiting Jewel to Junior Grand Warden RW. Chris St. Cyr. of the Grand Masonic Lodge of Boston.

Also presented was a 50-year Masonic Veterans Medal to RW. Raymond Benoit, who was also our Past 24th Masonic District Deputy Grand Master. It is always a special moment when we present a 50-year Masonic Veterans Medal to Master Mason who served their country with honor and distinction. If you would like more information about Freemasonry, go to www.massfreemasonry.org and to find a lodge nearest to you.



From left to right: RW. Raymond Benoit receiving his 50-year Masonic Veteran Medal from 24th Masonic District Deputy Grand Master RW. Anselme B. Maxime.

Edward Street hosting children’s art exhibit

WORCESTER — To celebrate the annual Week of the Young Child™, April 10-16, Edward Street is presenting a young children’s art exhibit entitled “Spring is Bursting Out All Over!” which will be held in the Printer’s Building Hallway Gallery at 50 Portland St. in Worcester.

The exhibit is not only an opportunity for the young artists to display their creations but also for the public to discover the developmental stages of young children’s creative expression and how this impacts their artwork.

The artwork will highlight each of the following age groups.

- 0-15 mo.
- 15 mo.- 2.9 yrs.
- 2.9-4 yrs.
- 4-6 yrs.
- 6-8 yrs.

Six area childcare centers submitted over 160 pieces for the exhibit. Participating childcare centers are Webster Square Day Care Center, Rainbow Child Development Center,

YWCA of Central MA Inc., Worcester Comprehensive Education and Care Inc., Guild of Saint Agnes, and Children’s Friend Early Learning Center.

Ten pieces, from each age group, will be displayed in the gallery, and all of the artwork can be viewed online at edwardstreet.org.

The gallery will be open from 9 a.m. – 4 p.m., Monday through Friday starting April 5 and continue through the month of April. The gallery may be accessed from the 50 Portland Street entryway – press 011 to gain entry. You may also visit the gallery by appointment on Wednesday evenings from 4 to 7 p.m. Indoor gathering limits are four to five people at a time. Please contact Toni Ostrow at tostrow@edwardstreet.org to make an appointment.

This exhibit has been funded, in part, by a grant from the Worcester Arts Council, a local agency, which is supported by the Mass Cultural Council, a state agency.



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.

REAL ESTATE TRANSACTIONS

CHARLTON

\$370,000, 11 Sunset Dr, Bullock, Edward J, to 11 Sunset Drive RT, and Bullock, Rebecca M.

\$356,000, 27 Glen Echo Shore Rd, Mckinnon, Michael D, and Mckinnon, Meaghan, to Pilling, Michelle.

\$346,000, 30 Brookfield Rd, Bellerive, Stewart D, and Bellerive, Tonya M, to Girardin, Ernest, and Girardin, Wendy.

\$170,000, 181 Sturbridge Rd, Pentilla FT, and Snay, Sarah E, to Pentilla, Matthew C.

\$89,900, Blood Rd #13, Lare RT, and Lemansky, Robert F, to Richard, Adam, and Richard, Anjuli.



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(Preview at 9 AM) Please note that the auction is being held at:
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We will be selling tractors, farm/landscape equipment, and all types of Agriculture-related items, as well as any tools and construction-related items that are consigned at public auction. If you are seriously in the market for items of this type, or you have something you want to sell and are motivated to do so, this will be an excellent opportunity!

Consignment Contacts:
Malcolm Speicher: flat.tail@verizon.net – 508-868-8896
Donald Raucher: donraucher@comcast.net – 413-537-3177
Please contact us as early as possible with larger items to get maximum exposure.

Commission rate as follows:

- Any items that sell for \$100 or less: 20%
- Any items that sell for \$101 to \$999: 15%
- Any items that sell for \$1000 and up: 10%
- 10% commission on the final bid of any item that doesn't meet the consignor's reserve.

We will be following all COVID protocols

Terms of sale: Cash/check with proper ID. Most major credit cards. 15% Buyer's Premium. 10% for cash/check. Buyer's Premium for items that sell for \$10,000 or more reduced to 5%. 6.25% MA sales tax. Tax exempt buyers must present a copy of their resale/tax exempt certificate.

Management reserves the right to refuse items deemed inappropriate or in unacceptable condition for sale. No consignments will be accepted the day of the auction.

RAUCHER BROTHERS AUCTIONEERS
Don Raucher MA license #AU2233

Award-winning author to speak on opioid epidemic

WORCESTER – Worcester County District Attorney Joseph D. Early, Jr. will be hosting a virtual event on April 15 with award-winning author Sam Quinones to discuss the opioid epidemic.

Mr. Quinones will discuss the current state of the opioid epidemic, including the illicit drug market, the lawsuits against the pharmaceutical companies, and the stigma that still persists around the disease of addiction.

“Sam is a national expert on opioids and addiction and this discussion will provide invaluable insight on the current state of affairs and what we can all be doing to help those struggling with

substance use disorder,” Mr. Early said. The author previously visited Worcester County in 2017 at the invitation of Mr. Early to discuss his book, “Dreamland: The True Tale of America’s Opiate Epidemic,” which detailed the rise of the opioid epidemic in America. This talk will focus on his research beyond “Dreamland,” which was published in 2015.

The event on April 15, which will feature a discussion between Mr. Early and Mr. Quinones, will be held virtually on Zoom and is open to the public. The talk begins at 1 p.m. and will include a public question period. For registration information, contact Elisabeth.

Haddad@mass.gov.

The COVID-19 pandemic has highlighted the continued need to work on the opioid epidemic. The Centers for Disease Control reported 81,000 overdose deaths in a 12-month period ending May 2020, the largest in a year-long period ever recorded. Locally, the most-recent numbers from Massachusetts show 2,020 overdose deaths statewide in 2019, including 267 in Worcester County.

Mr. Early has been passionately committed to addressing the opioid epidemic. In 2015, he formed the Central Mass. Opioid Task Force, which is now more than 600 members strong. Since then, he’s obtained multiple federal and state

grants to work with partners across the county and support local interventions for those suffering from substance use disorder. He’s funded Narcan for first responders, prescription drop boxes in local police departments, school prevention programs to teach students the dangers of drugs, and expanded drug diversion programs in county courts. Last year, Mr. Early’s office purchased and launched the use of Critical Incident Management Systems (CIMS) software to help police track overdose incidents and get victims into treatment.

Quick and filling meal served up in a snap



After the lazy days of summer, fall often arrives with packed schedules and everyone getting back on track, whether for work or school. Busy families may not have much time to spend in the kitchen these days, but they don’t need to devote hours to cooking. Even quick meals can serve up significant flavor.

In the time it takes to boil rice, this recipe for “Creamy Rice With Roasted Shrimp and Tomatoes,” courtesy of “Real Simple Dinner Tonight: Done” (Time Home Entertainment) from the editors of Real Simple, can be put on the table. Arborio rice makes this dish creamy, but if it’s unavailable, long-grain rice also can be used — just fol-

low the package directions for cooking.

Creamy Rice With Roasted Shrimp and Tomatoes

Serves 4

2 tablespoons olive oil

1 onion, finely chopped

1 cup Arborio rice

1 cup dry white wine

1 Kosher salt and black pepper

1 pound peeled and deveined medium shrimp

2 pints grape tomatoes

8 sprigs fresh thyme

2 cloves garlic

Heat oven to 400 F. Heat 1 tablespoon

of the oil in a large saucepan over medium heat. Add the onion and cook until soft, 5 to 7 minutes. Add the rice and wine and cook, stirring, until the wine is absorbed, 1 to 2 minutes.

Add 2 cups water and 1/4 teaspoon each salt and pepper to the saucepan. Simmer, covered, until the water is absorbed and the rice is tender, 18 to 20 minutes.

Meanwhile, on a rimmed baking sheet, toss the shrimp, tomatoes, thyme, and garlic with the remaining tablespoon of oil and 1/2 teaspoon each salt and pepper. Roast until the shrimp are opaque throughout, 15 to 20 minutes. Serve over the rice. PC209289

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CLUES ACROSS

1. Now and __

5. Israeli city __ Aviv

8. Indicates near

11. Minneapolis suburb

13. Large Australian flightless bird

14. Fine-grained earth

15. Plant genus that includes water caltrop

16. Peacock network

17. TV writer Dunham

18. Excessive fluid accumulation in tissues

20. They __

21. Muslim ruler title

22. Position given in respect of

25. Explaining further

30. Measuring instrument

31. Romanian monetary unit

32. Council of __, 1545-1563

33. Savory jelly made with meat stock

38. Journalist Tarbell

41. Most suspenseful

43. Festivity

45. Animal embryos

48. Fertility god

49. Medical patients’ choice (abbr.)

50. Type of sword

55. Competition

56. Bird of the cuckoo family

57. Afflicted in mind or body

59. Engineering organization

60. Beverage receptacle

61. Spiritual leader

62. Doctor of Education

63. Where golfers begin

64. Impudence

CLUES DOWN

1. Vietnamese offensive

2. Fast mammal

3. Oh goodness!

4. The back of one’s neck

5. One who lives in another’s property

6. Involve deeply

7. Alfalfa

8. Tropical tree resin

9. Sudden fear

10. Jewish religious month

12. Veterans battleground

14. Musical symbol

19. German river

23. Paddle

24. Lizard

25. Shock treatment

26. The common gibbon

27. Brew

28. Usually has a lid

29. Lenses in optical instruments

34. Time zone in Samoa (abbr.)

35. Wrinkled dog: Shar __

36. Denotes equal

37. TV network for children

39. Take the value away from

40. Female graduates

41. Don’t know when yet

42. “__ tú”: Spanish song

44. “Seinfeld” character

45. Bleated

46. Entwined

47. Away from wind

48. Soft creamy white cheese

51. Swiss river

52. Prejudice

53. Actor Idris

54. They resist authority (slang)

58. Speak ill of

TIMELINE

continued from page A1

Partnership.

Individuals looking to book vaccine appointments should visit www.mass.gov/COVIDvaccine.

Baker also announced a new \$24.7 million investment in the administration’s Vaccine Equity Initiative. This program was created to increase trust and vaccine acceptance among residents, as well as enhanced equity across all locations and demographics.

“Recognizing equity as a critical component of the state’s vaccine distribution plan, the Department of Public Health

is working closely with 20 hardest hit communities in Massachusetts as they identify their specific community needs, further building on existing support,” Baker said. “These funds will also provide direct vaccine administration to populations that are not effectively reached through existing vaccine supply channels.”

State officials are also working to increase collaboration with community partners, faith-based organizations, health centers, and minority-owned business leaders, among others.

Additionally, Baker is promoting the newly created COVID-19 Vaccine Ambassador Program, which has helped residents across the state access

FOOD BOX

continued from page A1

wanted to get the word out about this to people in the area.”

Residents may sign up ahead for both of the Farmers to Families distribution days this month. However, each family may only pick up one box per day.

To sign up for the distribution days, residents can visit the Chip In Food Pantry’s Facebook page and find the easily accessible links.

Each USDA food box contains approximately 30 pounds of food, including produce, dairy, and protein. A typical box might feature the following items: five pounds of potatoes; three pounds of onions; one pound of root vegetables, such as carrots or beets; three pounds of

hand fruit, typically apples or oranges; one gallon of milk; four pounds of soft dairy, such as yogurt, sour cream, cottage cheese, or butter; one pound of cheese, such as cheddar, American, mozzarella, or parmesan; four pounds of cooked protein, such as roasted chicken quarters, ground turkey, or taco meat; and one pound of deli meat or chicken hot dogs.

Organizers are also seeking approximately twelve volunteers to help out with the program. If you are interested in volunteering, send an email to chipinfoodpantry@gmail.com.

A re-evaluation of the program will be held at the end of the month. If all is successful, the program could become more frequent or even permanent in the future.

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Shepherd Hill Regional High School

..... (508) 943-6700

Bay Path Regional Vocational Technical High School (508) 248-5971 or (508) 987-0326

CHURCH LISTINGS

• Charlton Federated Church, 64 Main St., 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 10 a.m.

• Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children’s church 10am

• 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.

• 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 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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6 easy spring cleaning projects

Warmer days are here and what better way to spend them than ... cleaning? Although enjoying the great outdoors is probably high on many a to-do list come spring, by the end of winter, homes can probably do with a much-needed overhaul. Owners and renters can rely on temperate days to throw open the windows and engage in some easy spring-cleaning projects. The earlier one begins spring cleaning, the more quickly he or she will be able to head

outside and bask in the warm spring sun. Spring cleaning tasks can be stretched out across several days to make the jobs more manageable. While certain spring cleaning tasks can be time-consuming, many projects can be started and completed in 30 minutes or less.

1. Look up
Start by looking up at ceilings, molding and ceiling fans. Chances are

strong that some cobwebs and dust have formed in these areas. Always begin cleaning by working from the top downward so you don't have to clean any tables countertops or floors twice. Static-charged dusting cloths work well to catch and contain dust. Use a pillowcase on ceiling fan blades to clear the dust and keep it from cascading to the floor.

4. Grout cleaner
Grade school science lessons can be put to use as you look to remove stubborn dirt. Combining baking soda and vinegar produces a reaction that causes the formation of gassy bubbles. These bubbles can help to break up dirt that clings to crevices, such as grout between tiles. Some light scrubbing and then subsequent rinsing can rid surfaces of hard-to-remove dirt.

2. Blinds and curtains
Heavy window treatments can be removed and replaced with more gauzy fabrics. This lets in more light and warmth from the sun. Many curtains can be freshened up right in the laundry, but blinds may require a bit more effort. If the blinds can be snapped out of the brackets, place them in a tub full of vinegar, dish soap and water. Allow them to soak and then rinse with the shower nozzle. Stationary blinds can be cleaned with using an old sock over your hand dipped in a vinegar-and-water solution.

3. Change linens
Remove and launder bed linens. While the linens are in the wash, thoroughly dust all furniture and vacuum the carpets. Move furniture so you can reach areas where dust gathers, such as under the bed or dresser.

5. Vacuum vent intakes
Many houses are heated by forced-air systems. The air intake vents can become clogged with dust and other debris. Vacuum these vents so that air flow is not impeded. Let the heat run for a few minutes to catch any small particles that become dislodged, and then change the furnace filter.

6. Clean out the refrigerator
Now is a great time to remove any of those mystery containers growing fuzzy experiments in the back of the refrigerator. Take the food out of the refrigerator and use a food-safe cleaner to scour the shelves and inside of crisp drawers. Spring cleaning is a necessary task, but it doesn't have to be a headache. Break up the work into manageable chunks of time, and projects won't feel like such a hassle.

Friday's Child



Aylin
Age 12

Hi! My name is Aylin and I like to joke around!

Aylin is a girl of Hispanic descent with a great sense of humor who loves to draw. Those who meet Aylin immediately note her big smile, and it is clear that she takes pride in her appearance. Aylin enjoys working on craft projects, playing outside, riding her bike, and watching television. Aylin likes school and forms friendships well with additional support. She currently receives extra supports in class for social and emotional needs.

Legally freed for adoption, Aylin is very much looking forward to becoming part of a

loving family. Her social worker feels that she will do best in a family with two mothers, a mother and a father, or a single mother. Aylin will do well as an only child or with siblings that are older than her. She should be the youngest in the home, if possible. A family for Aylin must support her relationship with her younger sister, as well as help her visit with her biological mother twice a year, as specified in an Open Adoption Agreement.

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

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



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LEGALS

LEGAL NOTICE INVITATION TO BID TOWN OF CHARLTON

DPW MATERIALS & SERVICES

Sealed bids, appropriately marked will be publicly opened and read in the Selectmen's Meeting Room, Municipal Office Building, 37 Main Street, Charlton MA 01507 on Wednesday, April 21, 2021 at 2:00 p.m. for the following DPW materials which will be used on approximately 10,000 linear feet of road surface.

1. Bituminous concrete, Type I, in place (**Must be pre-qualified**)
2. Full Depth Pavement Reclamation (Calcium Chloride) (**Must be pre-qualified**) all grading included.
3. Stone Seal, Double Stone Seal & 10% Asphalt Rubber Surface Treatment (**Must be pre-qualified**).

This is a state funded project that exceeds \$50,000.00, therefore, all

contractors intending to bid on Item 1 - Bituminous concrete, Type I, in place and Item 2 - Scarifying and pulverizing in place asphalt pavement, **all grading included** and Item 3 - Stone Seal, Double Stone Seal & 10% Asphalt Rubber Surface Treatment, **must be pre-qualified** by the Contract Engineer, Room 7373, 10 Park Plaza, Boston, MA 02116. With submission of the properly executed "Approval for Proposal Form" to the office of the Town Administrator, Municipal Office Building, 37 Main Street, Charlton MA 01507, the prospective bidder will be entitled to a non-transferable proposal package. Prospective bidders must obtain and utilize the bid package. The Town Administrator in the Selectmen's Meeting Room, Municipal Office Building, 37 Main Street, Charlton MA 01507, must receive sealed bids,

no later than **Wednesday, April 21, 2021 at 2:00 p.m.** **Each item shall be clearly marked in a separate envelope as to which category the bidder has chosen**, i.e. "Item 1 - Bituminous concrete, Type I, in place". Any deviations from Massachusetts General Laws, Massachusetts Highway Department requirements and proposal stipulations will result in an automatic disqualification from the bidding process. This bid is advertised under Chapter 30; Section 39M, Chapter 149, Section 26 - 27F of the M.G.L., in reference to the prevailing wage rates. All road material work and materials shall conform to the requirements of the Massachusetts Highway Department Standard Specifications for Highways, Bridges and Waterways. All bids must be submitted under Chapter 30, Section 39M, which re-

quires a **bid deposit in the form of a bid bond**. The amount of such bid deposit shall be five per cent of the value of the bid. Within ten days of the notification of award, the contractor is required to provide a security bond under section twenty-nine of Chapter One Hundred and Forty Nine, for 50% of the contract award. All bids are effective April 21, 2021 and expire April 2022. Any questions should be directed to Gerry Foskett, DPW Superintendent at 508-248-2212. The Town Administrator reserves the right to waive any minor informality in the bids and reject any or all bids and to make awards in a manner deemed to be in the best interest of the Town. April 2, 2021 April 9, 2021



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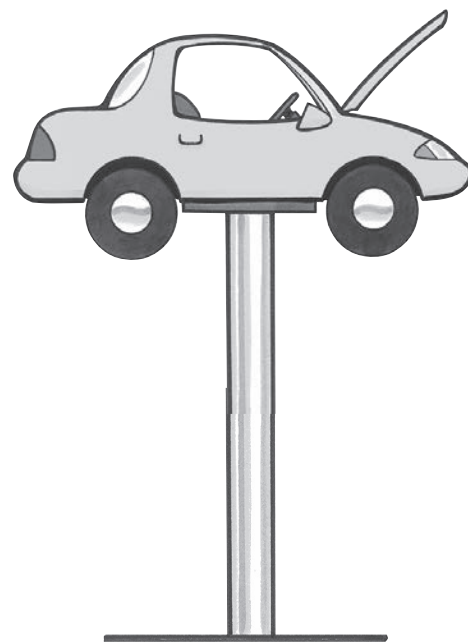
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Springtime legends

The first day of spring just passed us by on March 20. Now that we are over the hump and into the rainy, sunny, snowy, muddy bit we thought we would share some fun myths surrounding this blooming time of year.

The first story begins with Persephone and Demeter. Persephone was the goddess of spring and holds the most well known story of the season to date. Persephone is the daughter of Demeter, the goddess of agriculture and Zeus, the king of the gods. Persephone married Hades who kept her hidden against her will. Demeter set off to find her daughter and for every minute she was lost, not a crop would grow. Zeus then ordered his daughter to remain in the underworld for half of the year because she ate all of the fruit (pomegranate seeds), the other half of the year she spent with her mother. The idea is that every time Persephone goes into the underworld, winter arrives and the crops die, when she is with her mother, crops bloom.

According to Cherokee legend, the reason trees lose their leaves in the fall is because of the communication between animals and humans. Apparently, animals were able to communicate with humans and the world was utopian. Every year the birds would fly south for the winter. During one particular year, a sparrow who was injured was not able to fly south, he sent his flock ahead without him so the would not freeze, meanwhile he sought shelter. The bird flew to an old Oak tree and was told that he could not seek shelter in its branches, the same thing happened with every tree the bird visited until he was finally granted permission to stay in a pine tree. The pine tree, not popular with the others because of its hard, sharp leaves welcomed the little bird. The sparrow was forever grateful.

The sparrow survived the winter and welcomed his family home during the warmer months. Because the other trees, turned on the Sparrow during a most vulnerable time, the creator cursed their leaves to die during the winter except for the pine tree.

The Shinto Sun Goddess and Bringer of Light, Amaterasu, according to legend, is in control of the sun's movement to insure rice and other crops will grow. This goddess is well known for her ability to spin satin. Her fame caused her brother Susanoo, the god of storms, to become extremely jealous. The angry deity destroyed his sister's weaving loom and wrecked her rice fields. The rampage caused one of Amaterasu's closest friends to parish, as a result she locked herself inside a mountain resulting in the disappearance of light. Because of this, crops would not grow. Uzme, the goddess of laughter traveled to the mountain where Amaterasu was hiding. She placed a shiny necklace on a tree, then began to dance causing the other gods to laugh. When Amaterasu heard the laughter she peeked out of her cave and slowly began to walk towards the necklace. At this, Uzme had the cave blocked and light was restored to the world.

Some actual facts concerning the spring season are as follows; in 1582, if Pope Gregory XIII would not have established the Gregorian calendar, then every 128 years, the vernal equinox would have come a full calendar day earlier, which would put Easter in the middle of winter.

The famous myth about being able to balance an egg on its end on the spring equinox is not true. Attempting to balance an egg on its end is no easier on the spring equinox than on any other day.

During the springtime, birds are louder as they sing to attract mates and to warn enemies to steer clear.

The term "spring fever" refers to the psychological and physiological symptoms that go along with the arrival of spring, which include, daydreaming and restlessness. Over the years, scientists surmise the cause in the hormone shift could be due to the increase in sunlight and increased physical activity.



OPINION

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

“You ain’t nuthin but a hot dog?” Those are fighting words in ChiTown!

For the love of the dog ...

My parents were both small town kids. My mom from Sand Springs, Oklahoma and dad from Sesser, Illinois. Their move to the far south suburbs of Chicago in 1953 to find work must have been a culture shock of great magnitude.

So, I was born and raised within the gravitational pull of the Windy City on beautiful Lake Michigan. To my brother, sisters, and I, our many trips into what was at the time, the second largest city in America, seeing the Chicago skyline as it appeared and grew on the horizon was like driving to the magical city of Oz. Breathtaking.

I’ve written of my love of Chicago pizza and the Chicago Cubs. Somehow, I’ve skipped over my passion for the best hot dogs in the universe ... Vienna Beef, served Chicago Style.

I can hear the collective gasps of my friends and neighbors on the East coast. “Vienna what?” They’ll ask, then claim, “Nathan’s is the best dog around.” And rest assured, I love Nathan’s. But there is just something special ... familiar ... a Chicago Style Vienna Beef dog is my comfort food.

What is “Chicago Style” and where did it begin?

The Vienna Beef website offers this historical beginning ...

“The Chicago Style hot dog got its start from street cart hot dog vendors during the hard times of the Great Depression. Money was scarce, but business was booming for these entrepreneurs who offered a delicious hot meal on a bun for only a nickel. The famous Chicago Style Hot Dog was born!”

The style itself is extremely specific and no deviation is allowed. Make a small addition, omission, or change of any kind and you have committed sacrilege. It’s Chicago way or the highway. I’ll try to describe it for you without drooling all over my keyboard.

This delicacy begins with a Vienna all beef hot dog mounted upon a poppy seed bun. Then add bright yellow mustard (yes, the color and shade do matter). Chopped onions, Vienna brand bright green relish (same color as the Chicago River on St. Patrick’s Day), two Italian pickled sport peppers (hot Serrano), two wedges (not chopped) of tomato, a long slice or wedge (no fancy wavy or crinkle cut) of kosher/deli dill pickle, topped off by celery salt sprinkled the length of the bun. The most important



POSITIVELY SPEAKING
GARY W. MOORE

admonishment is no ketchup! You can have ketchup with your fries, but you are required to keep it at least twelve inches from the sacred dog. There’s no room for deviation here.

I see dogs as I travel claiming to be Chicago, but the slightest modification disqualifies it’s claim. I was in St. Louis and a dog stand advertised Chicago Style but made two critical errors. Chopped tomato and jalapeño slices instead of sport peppers. The dog was destroyed ... dead to me. I mean really ... is it the Mona Lisa with a different smile? Is it the Magnificent Mile without Big John standing at the end? Some things in life require a purity about them ... a tradition ... knowing my dad was the first in our family to taste one and I was next. I introduced the exact same dog to my Iowa wife (she’s still struggling with the idea of eating a hot dog at all). I introduced them to my kids and now to Caleb and Noah. I find satisfaction in the fact every dog, regardless of generation had the same aroma, look, texture and taste. I find joy and comfort in the consistent continuation of this Chicago tradition. It’s food, it’s a delicacy, it’s tradition and it’s artful beauty on a bun.

There are some things in life so perfect they should never change. To do so could roll our very planet off its access and destroy life on earth as we know it. If you’ve tasted the delicacy that is Chicago Style, no explanation is needed. If not, no explanation is possible. For those in this group, you have the recipe. Give it a try. Your taste buds will be forever changed. The integrity of the construction of a Chicago Style Hot Dog is one of the few food items with this power.

As for me, I’ll take two dogs, “Chicago Style!”

(I awoke this morning after a dream of being outside of Wrigley waiting to get in with Caleb and Noah. We were all eating Chicago Style Hot Dogs. I got out of bed and what popped out of my head? A Chicago Style column!)

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.garyw-moore.com.

How much risk should you take before retirement?

If you’re planning to retire in just a few years, you may be getting excited about this next phase of your life. However, your ability to enjoy retirement fully will depend, at least partially, on the resources you can draw from your investment portfolio. So, while you still have time to act, ask yourself if you’re comfortable with your portfolio’s risk level.

Your relationship with risk can change noticeably over time. When you started saving for retirement, you may have been willing to take on more investment risk, which translated into a relatively high percentage of stocks and stock-based mutual funds in your investment portfolio. As you know, stocks offer the potential for greater returns than other assets – such as bonds and certificates of deposit (CDs) – but they are also typically more volatile and carry more risk. But when you were many decades away from retirement, you had sufficient time to recover from market fluctuations. (Of course, there are no guarantees – it’s possible that some stocks will lose value and never regain it.)

Now, fast forward to where you are now – closing in on retirement. Even at this stage of your life – and, in fact, even during your retirement – you will need some growth-oriented investments to help stay ahead of inflation. Over time, even a low inflation rate, such as we’ve had the past several years, can erode your purchasing power.

So, the issue isn’t this: “Should I get rid of all my risk?” You shouldn’t – and, in fact, you couldn’t, because all investments, even the ones considered most “conservative,” contain some type of risk, even if it isn’t the risk of loss of principal. For instance, some investments run the risk of not keeping up with inflation. Instead, ask yourself these questions: “How much risk should I take within my portfolio?” “How much risk do I actually need to achieve my goals in retirement?”

Of course, there are no one-size-fits-all answers. You’ll need to look at your investment portfolio to see if it’s positioned to provide you with the income you’ll require in your retirement years. You might have initially based your financial strategy on a specific type of retirement lifestyle, but now that you’re nearing retirement, perhaps you’ve changed your mind. Your anticipated new lifestyle might require either more or less income than you had originally projected – and if that’s the case, you may need to adjust the risk level in your portfolio or make other adjustments.

For example, suppose you had initially envisioned a rather quiet retirement, sticking around your home, volunteering and spending time with your grandchildren. But in recent years – and especially since the confinement many of us have felt during the COVID-19 pandemic – you may have thought that you’d now like to travel extensively. To achieve this goal, which will likely cost more than your original one, you may have to work longer, or invest more each year until you retire, or seek a higher return on your investments – which means accepting more risk.

As you can see, managing risk is a balancing act – and you may need to make some tough choices. But as long as you’re aware of how much risk you can take, and how much risk you may need to take to reach your goals, you can develop a strategy that aligns with your objectives.

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.



FINANCIAL FOCUS
JEFF BURDICK

Dating after the pandemic

How in the world is dating going to work during and after the pandemic? It’s one of the most frequently voiced concerns I’ve heard privately as a pastor and also on radio programs. Some might think that a pastor isn’t the best person from whom to seek advice. I get that. But I also work with relationships all the time and I have a couple, simple tips to consider.

First, it might be good to ask yourself why you want to date. For me, I always thought I should get married because, well, apparently that’s what a person is supposed to do. That put a ton of pressure on me and I often stayed in unhealthy romantic relationships longer than I should have and jumped into them without thinking. The goal was marriage and I had to act quickly. But I had no good reason for being married in the first place.

Ultimately, what I really wanted and needed was and is a companion and partner rather than intimacy. Clarifying that made dating easier because I knew the type of person and relationship I was looking for and also knew a deeply meaningful friend could serve the same purpose, and therefore I didn’t need the pressure.

Asking yourself why you want to date, what hole in your life a romantic



BEYOND THE PEWS
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BISHOP JOHN W. HANSON

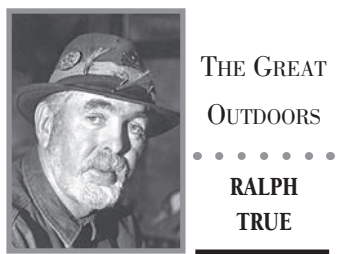
partner may fill, can help you in the same way. More than that, you’ll hopefully also come to a better understanding of yourself, who you are, and that you’re worthy, capable, and whole on your own.

Once you know you’re whole on your own but want to share your life with someone anyway, I suggest that you also ask what meaningful activities you’d like to refill your life with post-pandemic. The benefit of the pandemic for many of us is that we’ve had time to reflect on what is important and what is not, as well as what we might want to try out. Perhaps you want to ride your bike more, hike every weekend, learn how to rock climb, or who knows, go to church more often. Whatever it is, there are clubs and groups you can join or create.

If you’ve joined or created a club or group to live life well, go ahead and have fun. You also, though, have a built-in dating pool. You don’t need to go out seeking mates. The pressure of finding someone can be intense. You don’t need that. Do what’s meaningful to you, enjoy the life God has given you, and let any magic happen when it happens. In the meantime, you can be happy on your own—I know it’s possible because God created you.



EYE CATCHING



Stocking trucks from Massachusetts Fish & Wildlife are busy stocking trout in many ponds and streams throughout the state. Wallum Lake in Douglas was included in the latest stocking of trout, but Rhode Island will not be stocking trout at the pristine lake until a later date, because of Covid pandemic. The state of Rhode Island's normal opening day of the second Saturday in April has been moved ahead to April 7, throughout the state. The reason being that they are hoping to keep large crowds from gathering at trout stocking sites. It is obvious that Massachusetts and Rhode Island do not work together when it comes to managing the lake! One stocks the lake with trout, and the other does not!

Wallum Lake has had very low angler turnout over the past 10 years or so. Back in the day, I would agree with their thinking, as hundreds of anglers gathered to the site for opening day of trout fishing. In my 80-plus years of fishing, I never have seen Wallum Lake not open on the second Saturday of April and feel, as many anglers do, that Rhode Island is a bit foolish in their change of opening day of trout fishing at Wallum, and all of Rhode Island trout stocked waters, because of Covid. Fishing is the safest sport when it comes to social distancing, and anglers fishing from boats are even safer. At a time when Rhode Island and Massachusetts are relaxing some of their restrictions on bars, restaurants and fitness centers, restrictions on fishermen enjoying a day on the water with friends and family seem a bit harsh. It is totally unnecessary. Remember that the daily creel limit for trout at Wallum is five fish.

The pandemic has taken a toll on a lot of activities for



Photos Courtesy

This week's picture shows Rene Boucher with a five-pound rainbow trout taken at the Auburn Sportsmen's club recently. Nice fish.

outdoorsmen and women this year, and people are becoming sick and tired of wearing masks. As the Secretary of the 200 sportsmen's club stated in his latest report to the club "I cannot tell if they are sticking their tongue out at me!"

Wild turkey hunting will open in Mass. on April 26 in zones 1-13, and from the looks of things, the birds are not in short supply. This past weekend, I was driving in Bellingham and had to stop for more than 20 turkeys to cross. They marched by in single file taking their sweet time. A couple of irate, impatient drivers started to blow their horn, but I held my ground. I was afraid that one of them would try to pass and wipe out a few, but they waited till they all crossed. The Massachusetts youth turkey hunt will be held April 24. If you know a youngster that would like to hunt a wild turkey, make his or her day and take them out. The experience of watching a youngster 12-17 years of age harvest their first turkey, will be a rewarding experience for both of you. They are our future hunters. Be sure to read all reg-

ulations prior to hunting. More on turkey hunting next week.

The Uxbridge Rod & Gun club had more than 60 shooters at the 3-D archery shoot last weekend. Although the weatherman predicted rain for the event, the morning remained dry and allowed the archers to enjoy a great day on the archery course. A full breakfast was enjoyed by most in attendance. Numerous youngsters were also in attendance and enjoyed shooting on the course. The club is also holding an Easter egg hunt this Saturday for members and their families. A free breakfast will be served for all youngsters in attendance. Please call the club and register if you are planning to attend. The club members fishing derby is April 10, and the kid's derby is May 8.

Local sportsmen are anxiously awaiting the results of their input into the license and permit increases that were proposed recently for 2022 by MFW. Many were hoping for some bargaining room on the increases, and also make crossbows legal to anyone that wants to hunt with one, as well as making Sunday hunting on pri-



A spotted salamander that was picked up by a reader in a road and released into nearby cover.

vate property for bow hunters legal. Many neighboring states already have a crossbow regulation that allows any legally licensed hunter to use one, and Sunday hunting on private property for bow hunters needs to become law. Fishing license sales have soared by 10 percent in most states in 2021.

This past week, I received the book "A Dog Called Perth" in the mail from an anonymous reader or acquaintance. I am not a big book reader, but I had to read it because it was about a beagle that was purchased by a well-to-do couple, that should never have purchased it. As most of my readers know, I inherited a 13-inch beagle from my wife when she passed a cou-

ple of years ago. She is great company for my 10-year-old Lab, as well as myself. Next week, I will have finished the book, and will discuss the book and its author. Stay tuned.

This week's picture shows Rene Boucher with a five-pound rainbow trout taken from the Auburn Sportsmen's Club pond recently. Nice fish. Did you know that trout purchased from private hatcheries by Rod & Gun Clubs is now \$9 a pound.

The Whitinsville Fish & Game club will hold their annual spring derby on April 17 for club members.

Take A Kid Fishing & Keep Them Rods Bending!

Care for spring flowering bulbs



Bright yellow daffodils, colorful tulips and fragrant hyacinths brighten our spring gardens. Give them the care they need to extend their spring display and keep them coming back for years.

Hybrid tulips and hyacinths are short-lived stars of the spring garden. They bloom profusely the first spring, but the number of flowers decline each year. You may want to treat these like annuals, carefully removing them from the garden to avoid damaging any remaining plants. Toss these in the compost pile and start planning for their replacements. It is a great opportunity to try something new and freshen the look of your spring garden. If you are looking for a permanent replacement, consider using species tulips that are less floriferous but return each year.

Add a few years to the life of hybrid tulips and daffodils and get the most from all your long-lived spring flowering bulbs with proper care. Water spring gardens thoroughly whenever the top few inches of soil are crumbly and just slightly moist. Spring rains often take care of this task, but when they don't it is easy to forget to provide spring gardens with the water they need. Providing the right amount of water when needed will keep your bulbs looking their best.

Bulbs often receive sufficient nutrients at the time of planting or when

the other plants in the garden are fertilized. Apply fertilizer to established bulb plantings, if needed, as the leaves begin to emerge from the soil. Use a low nitrogen, slow-release fertilizer to encourage slow steady growth. Follow the label directions so you apply the recommended amount for the area you are fertilizing.

Remove spent flowers on tulips and hyacinths you plan to keep so the energy is directed back into the bulbs instead of setting seeds. Do the same if you want to improve the appearance of daffodils. Leave allium seed heads in place to extend their beautiful contribution to the garden. Remove these before they drop their seeds if you want to limit the number of seedlings sprouting in next year's garden. The same is true for grape hyacinths and squills. The only reason to remove their faded flowers is to slow down the spread.

Leave the leaves on your bulbs until they naturally yellow and dry. The leaves produce energy needed for beautiful blooms next spring. The longer you leave the leaves intact, the more energy and better bloom for next season.

Hide the declining bulb leaves by planting annuals between the bulbs. Or add perennial flowers that return each year for a more permanent solution. As the bulbs decline, the perennials will grow and mask the declining foliage. Try mixing spring flowering perennials for double the impact or combine with summer and fall bloomers to extend the floral show.

Take some pictures of your spring bulb display and make notes of the areas where you want to add some color. Then order early for the best selection and to make sure you are ready for bulb planting season next fall.



Photo Melinda Myers

Providing proper care to tulips and other spring flowering bulbs will extend your enjoyment and keep them coming back for years.

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 also a columnist and contributing editor for *Birds & Blooms* magazine. Her Web site is www.MelindaMyers.com.



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WEBSTER – 44 Sunny Ave! Sought After Neighborhood! 7 Room 1,632' Colonial! 1st Flr Features Open Flr Plan, Kit w/Is, Din Area, Fam Rm, Frplcd Liv Rm, 1.5 Baths! 2nd Flr w/3 Bedrooms & Bathrm! 2.5 Baths Total! Tile Flrs Throughout! LP Gas Heat & Hot Water! Town Services! **\$289,900.00**


WEBSTER – 69 Minebrook Rd! Conveniently Located 7 Rm Split Entry! 1.04 Acre Lot! House set well off the Road for added Privacy! Open Floor Plan! Eat-in Applianced Kit w/Island & Seating, Tile Flr, Tile Backsplash & Ceiling Fan! Din Rm w/Wide Pls & Slider to the Deck Overlooking the Private Backyard! Frplcd Liv Rm w/Wide Pls! Ideal for Entertaining! Down the Hrdwd Hall find a Full Bath w/Tile Flr & 3 Bdrms w/ Walk to Wall Carpeting! Master Bdrm w/2 Dble Closets, Ceiling Fan & Master Bath w/ Marble Tile Flr & Shower Surround! Hrdwd Stairs, the Finished Lower Level Fam Rm w/Recessed Lighting, Stone & Tile Hearth w/Woodstove, 1/2 Bath w/Tile Flr, Laundry Rm w/Sink & Tile Flr, Utility Rm w/Washer! 2 Car Garage w/Electric Openers & Door to Backyard! Oil Heat! Steel "T" Beam Construction! Shed! Won't Last! **\$349,900.00**


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OBITUARIES

Marguerite E. Bond

CHARLTON- Marguerite E. (Dion) Bond passed away March 17, 2021 at University/Memorial Hospital in Worcester.

She leaves her husband of 38 years, Lowell H. Bond, Jr., a daughter, Wendy McRoy and her husband Brian of Sturbridge, sons; William

Bertrand and his wife Wendy of Southbridge and Stephen Bond and his wife Michelle of Charlton. A brother, Roger Dion of Wales a sister, Patricia Dupe

of Hamburg, N.J., 6 grandchildren and a great grand-daughter.

She was predeceased by a brother, Bobby Dion of Brimfield and a sister Dolores Arseneault.

Marguerite was born July 9, 1946 in Brimfield daughter of the late Joseph and Marguerite (Bouvier) Dion.

She worked at Russell-Harrington, American Optical and later at Hyde Manufacturing..

Burial will be Friday, April 9, 2021 at 11 am, in West Ridge Cemetery in Charlton.

The ROBERT J. MILLER-CHARLTON FUNERAL HOME, 175 Old Worcester Rd. has been entrusted with funeral arrangements.

In lieu of flowers, donations may be made to a humane center of your choice.

To leave an on-line condolence, please visit: RJMillerfunerals.net



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What is maskne and how do you treat it?



Public health guidelines advising people to wear masks have proven effective at slowing the spread of COVID-19, but such recommendations have led to some unforeseen and unwanted side effects. For example, wearing masks that cover the lower portion of the face has led to an uptick in instances of acne. U.S. Dermatology Partners advises that regular mask wearing can lead to

skin health issues, including flare-ups in chronic skin conditions. It's become such a widespread issue that the term "maskne" has now become a part of the lexicon. According to Dr. Mona Gohara, an associate clinical professor of dermatology at the Yale School of Medicine, maskne is a real thing. The most common kind is acne mechanica, which is

the type of acne that occurs when something rubs up against the face. Oil, sweat and a lack of fresh air to the face can cause the formation of acne just about anywhere beneath protective masks. Health care workers may be especially susceptible, but just about anyone who wears a mask for an extended period of time may develop maskne. Dr. Shari Lipner, an associate professor of clinical dermatology and an associate attending physician at New York-Presbyterian/Weill Cornell Medical Center, says anything that causes friction on the face can cause the skin to become irritated and inflamed. Couple that with trapped bacteria, sweat and oil, and acne can result. Dermatologists are seeing a rise in patients visiting their practices for acne issues and treatments. Mask-related skin issues have become such an issue that the COVID-19 task force of the American Academy of Dermatology has released advice on the subject, including ways to mitigate maskne formation. • Wash masks frequently. Those who opt for fabric masks should look for ones that are made of 100 percent cotton or silk for the most breathability. Also, wash the mask as frequently as possible to avoid reapplying dirt, oil and sweat

to the face. • Follow single-use mask use. People who prefer disposable masks should use the mask and properly discard it after using it once. • Reduce beauty product usage. Consider going without face makeup under the mask to reduce the potential of it contributing to the formation of oil and bacteria. Otherwise, look for products that are noncomedogenic or oil-free. • Use gentle, fragrance-free products. Wash the face with a gentle, fragrance-free cleanser each morning and night. Harsh products can further irritate the skin. In addition, apply a light, fragrance-free moisturizer to serve as a friction barrier between face and mask. • Try OTC products. Over-the-counter solutions of benzoyl peroxide or salicylic acid may help treat acne. However, if acne does not improve within a week or two, visit a board-certified dermatologist. Maskne is a condition marked by a flare-up of acne from prolonged mask use. There are ways to keep skin issues at bay with self-care and the advice of dermatologists.

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Chocolate Meringue Kisses
Yields about 3 dozen meringues

- 2 large egg whites
- 1/4 teaspoon cream of tartar
- Pinch of salt
- 1/2 cup Baker's Special Sugar
- 1/4 cup unsweetened cocoa, Dutch-process or natural, sifted
- 2 cups Valrhona Dark Chocolate or other good-quality dark chocolate, tempered (see below), for dipping

1. Preheat the oven to 350 F. Line a baking sheet with parchment paper.
2. In a large bowl, combine the egg whites, cream of tartar and salt. Whip until soft peaks form.
3. Gradually add the sugar, whipping until the mixture is stiff and glossy.
4. Gently fold the sifted cocoa powder into the meringue until evenly incorporated.

5. Fit a piping bag with a 1/2-inch or larger round tip and spoon the meringue into the bag.

6. Position the tip and bag directly over the prepared pan, and pipe the meringues onto the parchment, leaving 1 inch of space between the meringues.

7. Place the meringues into the preheated oven, then turn the oven off.

8. Let the meringues sit in the oven (keep the door closed) overnight, or until the oven is completely cool.

9. Remove the meringues from the oven.

10. To temper the chocolate, place 1 1/2 cups of chocolate in a temperer or in a double boiler and melt until completely smooth.

11. Remove the melted chocolate from the heat and gradually stir in the remaining 1/2 cup chocolate.

12. Keep stirring until the chocolate is fully melted and warm to the touch; it should be between 86 F and 88 F.

13. To ensure that the chocolate is in temper, you can dip the tip of a knife into the bowl, and let it sit for 3 to 5 minutes. The chocolate should harden and become shiny.

14. Dip half of each meringue into the chocolate, allowing the excess chocolate to drip, and return them to the parchment-lined baking sheet to set.

Tip: If you don't have access to piping bags and tips, you can drop the meringues by large teaspoonfuls onto the prepared pan.

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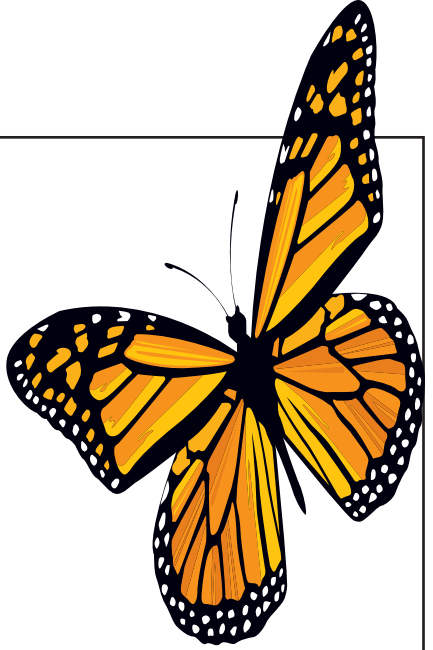
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