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Friday, June 4, 2021

Three Charlton students to attend Boy's State Conference



Henry Weiland



Eli Harmon



Trevor Wallace

CHARLTON — The Charlton American Legion Post 391 is pleased to announce the selec-

tion of three Charlton high school students as delegates to represent the Charlton

American Legion and Shepherd Hill Reg'l High School at the 2021 Massachusetts Boy's State

Conference. Henry Weiland and Eli Harmon, both members of the Senior class, and Trevor Wallace, a Junior, all students of SHRHS and residents of the town of Charlton, were recently selected after a careful and deliberate interview process. The three young men will join with other rising high school juniors from across the state for a week-long camp from June 12 to June 18 at Stonehill College in Easton, where they will study the workings of the government and the legal system as part of an American Legion tradition that dates back to 1935. Boy's State is considered one of the

most respected and selective educational programs of government instruction for high school students. The main goal of the Boy's State program is to increase awareness among young leaders about their responsibility to their peers and themselves to participate in the democratic process. A large part of the program is devoted to the organization and operation of mock municipal and state government. During the week all students are required to attend classes in government, law, and economics. Turn To **BOY'S STATE**, page **A14**

Selectmen approve ownership change for marijuana establishment

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – Charlton selectmen have approved an ownership change to the forthcoming adult cannabis retail shop planned for 144 Sturbridge Rd. In April, selectmen received a request from Four Score Holdings LLC requesting a change of ownership for its proposed cannabis establishment to Aspen Blue LLC. The company has entered a partnership that would see Aspen Blue operate the new store. The change in ownership requires permission from both the town of Charlton and the State Cannabis Control Commission. After hearing from representatives of Aspen Blue and Attorney Daniel Glissman, who had been representing Four Score and is expected to continue representing the project for Aspen Blue, selectmen decided to put a hold on approving the request simply to allow Town Counsel a chance to look over the agreement. In April, the selectmen also extended the town's agreements with Four Score to October of 2021 to allow for the process to play out. Selectman Bill Borowski explained more about the request during the May 18 meeting. "Long story short, Four Score is changing ownership and we had asked additional time to review the document. We also extended out the date that's now part of all of our host

Turn To **OWNERSHIP**, page **A4**

Bay Path nursing students bring Mental Health Awareness Month to a close

CHARLTON — The Bay Path Practical Nursing Academy Class of 2021 wore green scrubs and green ribbons to close Mental Health Awareness Month on Friday, May 28. Along with the practical nursing class of 2021, the Bay Path Practical Nursing Academy faculty and staff participated in activities promoting mental health awareness. Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN said every May, Bay Path holds mental health awareness activities. "Our practical nursing students are mental health first aid certified."

Turn To **BAY PATH**, page **A10**



Photo Courtesy

The Bay Path Practical Nursing Academy Class of 2021 wore green scrubs and green ribbons to close Mental Health Awareness Month on Friday, May 28.

Voters strike down stormwater bylaw change

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – Voters in Charlton denied an article seeking an adjustment to the town's stormwater bylaw during the May 17 annual town meeting in one of the closest votes on a night containing several high-profile topics. While much of the night's business revolved around building height regulations, the new fire station project and the Fiscal Year 2022 budget, Article 15 also provided some drama despite being considered by some a "house-keeping" measure. The article sought

to amend the Charlton General Bylaw concerning stormwater management (Chapter 175) by replacing it with a completely new version of the bylaw that town officials argued was more in conformity with federal MS4 regulations. Despite Town Administrator Andrew Golas saying the changes only adjusted some language and were "nothing substantial," the article received some push back particularly from resident Daniel Prouty who said nearby Oxford recently approved similar changes which have complicated homebuilding in that town.

"In Oxford today, I feel sorry for a young couple that wants to build a house. They have to go through site plan review. That review process is very expensive. I talked to a friend of mine that was building a house in Oxford. He's on a one-and-a-half-acre lot. It's all sand. For stormwater management, they had to design a septic system. It's almost like designing a septic system under the driveway and then pushing all the roof water and putting it in almost like another septic system. This is what this article means."

Turn To **STORMWATER**, page **A14**



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HONORING THE FALLEN



Photos Courtesy

Members of Charlton's American Legion post pay tribute to fallen comrades in arms during Memorial Day services Monday.

WPI's
Julia Antocci
awarded SMART
Scholarship

WORCESTER — Julia Antocci of Charlton, a Bachelor of Science and Master of Science student at Worcester Polytechnic Institute, and alumni of Bay Path Regional Vocational Technical High School in Charlton, was awarded the Department of Defense Science, Mathematics, and Research for Transformation Scholarship.

This award provides students with full tuition for up to five years, summer internships, a stipend and full-time employment with the Department of Defense after graduation. This unique opportunity offers students hands-on experience at one of more than 200 of the nation's most innovative laboratories across the Army, Navy, Air Force and larger Department of Defense. During summer internships, SMART Scholars work directly with an experienced mentor, gaining valuable technical skills. After graduation, she will work at Portsmouth Naval Shipyard in Kittery, Maine.

Antocci is currently studying Electrical and Computer Engineering with an additional focus in Robotics.

Antocci said, "I am very



Julia Antocci

excited and grateful for this amazing opportunity, and also the chance to serve my country in such an important way as a civilian Engineer" about the award.

The Department of Defense is the largest employer of scientists and engineers in the nation with nearly 300,000 STEM professionals. For over a decade, SMART has trained a highly skilled STEM workforce that competes with the evolving trends of industry to support the next generation of science and technology for our nation.

Jennifer Nordquist
graduates from
Cedarville University

CEDARVILLE, Ohio — Jennifer Nordquist from Uxbridge graduated from Cedarville University on the week-end of April 30 - May 1 with a Master of Science in Nursing.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 4,550 undergraduate, graduate, and online students in more than 150 areas of study. Founded in 1887, Cedarville is one of the largest private universities in Ohio, recognized nationally for its authentic Christian community, rigorous academic programs, strong graduation, and retention rates, accredited professional and health science offerings, and high student engagement ranking. For more information about Cedarville University, visit www.cedarville.edu.

QCC offers free
Administrative
Medical Professional
Training program

WORCESTER — Quinsigamond Community College's Workforce Development and Continuing Education Center (WDCC) is offering a free, grant-funded Administrative Medical Professional Training program that will prepare students for a career as a medical administrative assistant. An in-person summer class is being offered June 28 - Aug. 3, Monday - Friday, 9 a.m. - 2 p.m., with a maximum of 10 students accepted. Students must apply by the application deadline of June 14. Accepted students are also required to attend an orientation session.

This training program prepares students to work as medical administrative assistants in healthcare facilities such as hospitals and health systems, physicians' offices, clinics, long-term care facilities,

ties, surgery centers, ambulatory surgery centers, rehabilitation centers, and other types of healthcare areas.

Students will learn roles and responsibilities of a healthcare team, interpersonal communication, medical records management, compliance with HIPAA, and diagnostic and procedural coding.

Students accepted into the program will not only receive free tuitions, books and supplies; but also will attend a computer class, and earn contract tracing and infectious control certifications. After successfully completing the program students are eligible to sit for the National Health Career Association's Certified Medical Administrative Assistant Certification Exam (fee is paid for by the program). Students who complete the program will receive career placement assistance and those who work in the field for at least two months will receive a \$500 stipend.

"Everyone is eligible to take part in this program, but space is limited. We encourage those who are interested to reach out and register as soon as possible as classes fill up quickly," said Grant/SNAP Coordinator Jo Sundin, of QCC's Center for Workforce Development and Continuing Education.

Prospective students should email Ms. Sundin, at jsundin@qcc.mass.edu to learn more.

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

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or all seven publications.

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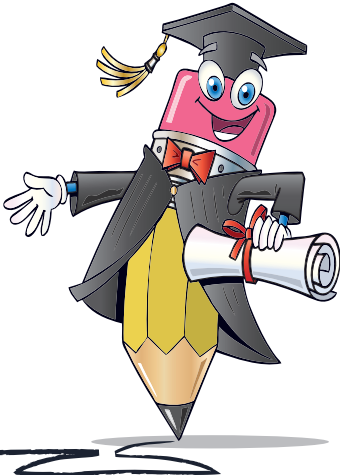
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b. 5 pubs = \$480
c. 7 pubs = \$680

Feel free to mention certain grads
that may be working for you!

For more information or to reserve space,
please contact

June Simakauskas, for the
Spencer New Leader, Charlton Villager,
Auburn News, Blackstone Valley Tribune
at 508-909-4062,
or email jsima@stonebridgepress.news

Mikaela Victor, for the
Southbridge News, Webster Times,
or Sturbridge Villager
at 508-909-4126,
or email mikaela@stonebridgepress.news



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Nursing student shines spotlight on vital role of school nurses



Angela Letourneau

CHARLTON — Angela Letourneau of Auburn applauds the work of the school nurses at Bay Path Regional Vocational Technical High School.

In a letter she sent to the Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Letourneau

expressed gratitude at the opportunity to observe school nurses Deborah Grenier, RN and Lynn Coleman, RN. Both school nurses have risen to the occasion since the pandemic began last year. In addition to the school nurses' traditional responsibilities, they manage and monitor COVID-19.

Although hesitant at first, Letourneau thought school nursing was probably a field she would not be interested in. After spending two full days of school nurse observation, her opinion has changed.

Letourneau stated, "I have a completely new outlook, and what a wonderful experience it was to observe the school nurses."

Grenier and Coleman were both "welcoming and amazing!" enthusiastically shared Letourneau. The school nurses "share a unique bond with the students and it melts my heart," said Letourneau.

For Bay Path Regional Vocational High School students, the school nurses' office is "a safe place to come get medical attention or just to have an ear that's open to listening to them," said Letourneau.

Further, Letourneau added that with school nursing, "there is a lot more than giving a student a Band-Aid, or

anything else they came in for. It is getting to know each student and their specific needs and problems."

Grenier and Coleman completely impressed Letourneau with the great relationship they had not just with each other but with everyone at the Bay Path community. The school nurses care for physical and mental health including care coordination. Letourneau's school nurse observation experience highlighted the complex and important job of the school nurses and showed their ability to adapt to challenging circumstances to care for students and the Bay Path community.

Letourneau is a 1998 graduate of North High School in Worcester. She obtained her Nursing Assistant Certificate from the American Red Cross in 199, a Phlebotomy Certificate from Quinsigamond Community College in 2002, EMT-B Certificate from METCA in 2008 and most recently, Care Manager Training Certificate in 2018 from All Care Plus Pharmacy in Northborough. She works as an Anesthesia Technician at Shields Surgery Center in Shrewsbury. She is the Chair of the 2021 Cohort's UNICEF Club.

Charlton's Morgan O'Malley graduates from College of the Holy Cross

WORCESTER — Morgan O'Malley of Charlton received a bachelor of arts degree from College of the Holy Cross.

O'Malley is among 748 bachelor of arts degree candidates Holy Cross celebrated at its 175th Commencement held in person on Friday, May 21 on the College's Fitton Field.

Ambassador Linda Thomas-Greenfield, a career diplomat and Representative of the United States of America to the United Nations, delivered this year's address virtually to the Class of 2021 and received an honorary degree.

A distinguished career diplomat with 35 years in the Foreign Service, Ambassador Thomas-Greenfield reminded graduates that their education has equipped them to make a positive difference in the world and to do everything in their power to keep hope alive.

"Class of 2021: I have hope - I have light in my eyes - because of you," Ambassador Thomas-Greenfield told the graduates. "When I think of your promise, your potential, I swell with pride. With your Holy Cross mentors

and role models by your side, I believe you will become men and women for others. I trust you will go where you are needed. And graduates, I know you will keep hope alive."

In addition to Thomas-Greenfield, Holy Cross also awarded an honorary degree to Holy Cross alumnus Dr. Michael Collins '77, chancellor of the University of Massachusetts Medical School and senior vice president for the health sciences for the University of Massachusetts. Dr. Collins also offered a reflection for the Class of 2021.

About Holy Cross

The College of the Holy Cross, in Worcester, Mass., is among the nation's leading liberal arts institutions. A highly selective, four-year, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous, personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.

Lauren Oppewall receives award for Outstanding Achievement in General Business

DUDLEY — Lauren Oppewall of Charlton received the award for Outstanding Achievement in General Business at the Nichols College class of 2021. Nichols College hosted commencement ceremonies for both the class of 2020 and 2021, the class of 2021 was celebrated on May 16.

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches

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



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.

Pet of the Week

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Name: Ivy
Breed: Labrador Retriever/Mix
Sex: Female
Size: Medium
Age: 3 years, 6 mos.



Hi there! My name is Ivy and I'm a big ball of sweetness and energy! I love to run, play, and explore. Sometimes I get carried away with the "exploring" part. In my new home I will either need supervision in a tall fenced yard, or long daily walks with a martingale collar. Because of my energy level I would do best with kids over 10 or adults only. Experienced dog owners are a must! I also have a high prey drive, so I would need to be an only pet. I am a work in progress, but for the right person, I have tons of potential! All I need is a little time, patience, and training. I'd love to be your new friend, so please come in and say hello!

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Friday's Child

Hi! My name is Jayvon
and I want to be a
police officer or firefighter.

Jayvon is a boy of Caucasian and Hispanic descent who loves to jump and run. He is an energetic child who enjoys going to the playground and particularly likes to play on jungle gyms. Jayvon is very proud that he recently learned how to ride a bike. Jayvon also likes board games, playing games on his tablet, and Pokémon cards. When he grows up Jayvon would like to be a police officer or a fireman. Jayvon is smart in many ways and enjoys school. He is currently receiving academic supports.

Legally freed for adoption, Jayvon will do well in a family of any constellation where he is the youngest or only child. He will thrive in a family that can provide him with affection, guidance, structure, and calm limit setting. A family for Jayvon must be open to helping him maintain contact with his sisters who reside in Massachusetts.

Who Can Adopt?

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

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

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

Town of Sturbridge
Laborer/Driver

The Town of Sturbridge is looking for a Laborer/Driver in the Department of Public Works. General duties include using Light Equipment and driving dump truck, operating snow plows, signaling operator, pushing/pulling load as it is lowered, securing load to trucks, among other responsibilities. A CDL, Class B, Hydraulic License is required. Due to the Coronavirus, PPE may be required at times.

Applications are available online at
<https://www.sturbridge.gov/your-government/pages/job-opportunities> and will be accepted until position is filled.

Applications can be sent to: dpw@sturbridge.gov or mailed to
1 New Boston Road Extension, P.O. Box 182, Sturbridge, MA 01566.

The Town of Sturbridge is an EOE.

TCA community honors retiring principal

SOUTHBRIDGE — After 25 years of service at Trinity Catholic Academy, Principal Josie Citta has announced that she will retire at the end of this school year. TCA has been blessed to have had her as principal for eight of those 25 years. She has been the rock to so many in the school community and will be dearly missed. She began her career at TCA teaching Social Studies to grades 5-8 and later became the fifth-grade teacher. She was promoted to part-time Assistant Principal in 2012 before becoming principal in 2013. Mrs. Citta reflects on these years that seem to have flown by and is grateful to have had the opportunity to make a difference in the lives of the students and parents both as a teacher and administrator.

With all that she has accomplished at TCA a full day of fun, tributes, treats, songs, and poems were orchestrated by PTO and staff for a grand surprise last Monday morning. Each class scheduled a separate presentation of appreciation for Mrs. Citta to participate in. Faculty and staff wore specially created

shirts, and the school was decorated with balloons, signs in gratitude for all that she has done while at Trinity Catholic Academy. The day ended with Suzie's Ice-cream Truck for all to enjoy and celebrate along with her outdoors!

Mrs. Citta says that it is the everyday encounters such as Preschoolers singing a song, a young child's good morning, or the thank you from a parent who has needed reassurance or advice that has created wonderful memories she will treasure forever. For this reason, she also looks forward to volunteering at TCA when possible and continuing to serve on the accreditation board for NEASC. Mrs. Citta lives with her husband Sal and is the mother of two grown sons and grandmother to two amazing boys. In retirement, she looks forward to spending more time with them, gardening, and enjoying each day to the fullest. We wish her great days ahead and thank her for all she has done for Trinity Catholic Academy. Mrs. Citta, we will miss you!



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Faith Adam of Uxbridge awarded degree from UA

TUSCALOOSA, Ala. — Faith Adam of Uxbridge has received the following degree from The University of Alabama: Bachelor of Arts in Communication & Information Sciences. UA awarded some 5,860 degrees during its spring commencement ceremonies April 30-May 2.

With a beautiful campus, dozens of challenging academic programs, expert faculty and numerous opportunities for service and growth, The University of Alabama is a place where

legends are made. UA offers its students a premier educational, cultural and social experience with more than 200 undergraduate, graduate and professional programs.

Visit Spring Commencement 2021 for additional details on this year's graduates.

The University of Alabama, part of The University of Alabama System, is the state's flagship university. UA shapes a better world through its teaching, research and service. With

a global reputation for excellence, UA provides an inclusive, forward-thinking environment and nearly 200 degree programs on a beautiful, student-centered campus. A leader in cutting-edge research, UA advances discovery, creative inquiry and knowledge through more than 30 research centers. As the state's largest higher education institution, UA drives economic growth in Alabama and beyond.

University of New Hampshire announces May 2021 graduates

DURHAM, — New Hampshire — The following students graduated from the University of New Hampshire in Durham over the weekend of Saturday, May 22 and Sunday, May 23. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with

a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. A traditional, in-person commencement ceremony will be scheduled at a future date yet to be determined.

Daniel Page of Uxbridge graduated with a BSCIVE degree in Civil Engineering. Jayce Knapik of Uxbridge graduated with a BS degree in Biochem, Molec&Cell Bio

stagnant while things are waiting," Borowski said. "I have no objection even pushing it out further assuming that people are actually making progress and at least making a good fail effort to get said license."

Selectmen officially unanimously approved the ownership change request at the May 18 meeting welcoming Aspin Blue LLC to the town.

OWNERSHIP

continued from page A1

community agreements to go forward that there is a time proper that they have to have licensing. If they don't, they have to come in and ask for another extension. It allows more authority and control for the Board of Selectmen to make sure licenses aren't just sitting



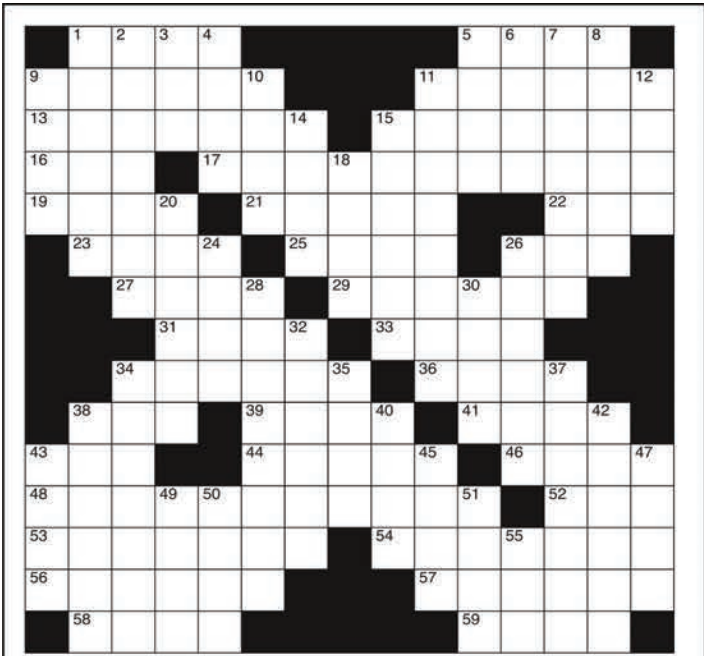
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Charlton Middle School..... (508) 248-1423
Shepherd Hill Regional High School
..... (508) 943-6700
Bay Path Regional Vocational Technical
High School (508) 248-5971 or (508) 987-0326

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.



CLUES ACROSS

1. Partner to "flows"

5. French industrial city

9. Diagrams

11. Diplomat

13. Hires

15. Hawaiian island

16. Set aflame

17. Very happy

19. Blue dye

21. Small terrier with short legs

22. One thousand cubic feet (abbr.)

23. Northern pike genus

25. Expression of annoyance

26. Female deer

27. Casella and Kellerman are two

29. Actor's lines to audience

31. Days (Spanish)
33. Close a person's eyes

34 Cloaked

36. Comedic actor Rogen

38. It's all around us

39. Neutralizes alkalis

41. Native people of New Mexico

43. No seats available

44. Famed "Air Music" composer

46. Fit of irritation

48. Psychic phenomena

52. Knicks' first-rounder Toppin

53. Seed used in cooking

54. "WandaVision" actress Hahn

56. Samples food

57. In a lucid way

58. Stair part

59. Adieus

CLUES DOWN

1. Type of moth

2. A Christian sacrament

3. It lends books to Bostonians (abbr.)

4. Turn away

5. Impersonal

6. Shortly

7. Indigenous Alaskans

8. Subtle difference of meaning

9. Sicilian city

10. Put in harmony

11. Administrative divisions

12. As happily

14. Horse mackerel

15. Muddy or boggy ground

18. Monetary unit of Italy

20. Construction site machine

24. 22
26. Tracts at the mouths of rivers

28. Earnings

30. Insect repellent

32. Runner-up

34. Musician

35. Serious or urgent

37. Esteemed one

38. Where rockers play

40. Work furniture

42. Greek prophetesses

43. Quantitative fact

45. Missing soldiers

47. Minute

49. This (Spanish)

50. Maintain possession of

51. Assault with a knife

55. Holiday text message greeting



Charlton Villager

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How exercise can help you live longer

There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

WebMD says exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.

Research published in the journal Immune Aging found that how people age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people make.

Cardiorespiratory fitness

Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels. People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the journal Aging & Disease. In a study involving 11,335 women, researchers compared V02 max, also known as aerobic capacity, in women with mortality data. Women who were fit from a cardiovascular perspective had a lower death rate from all causes, irrespective of the women's weight.



Manage stress and mood

Exercise has direct stress-busting benefits that can promote longevity. The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters. In addition, exercise can imitate the effects of stress,

helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations. While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

Improve bone health

Strength training and physical activ-

ity can stave off the effects of frailty and osteoporosis, which affects bone strength. A study published in the Journal of Internal Medicine in 2017 found that hip fractures are associated with diminished quality of life and survival among the elderly. One in three adults aged 50 and over dies within 12 months of suffering a hip fracture, and older adults have a five- to eight-times greater risk of dying within three months following a hip fracture. Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

Addresses sarcopenia

The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness. However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training. This is designed to improve muscle strength and help balance hormone levels by turning protein into energy for older adults.

These are just some of the ways exercise can help older adults live longer, healthier lives.



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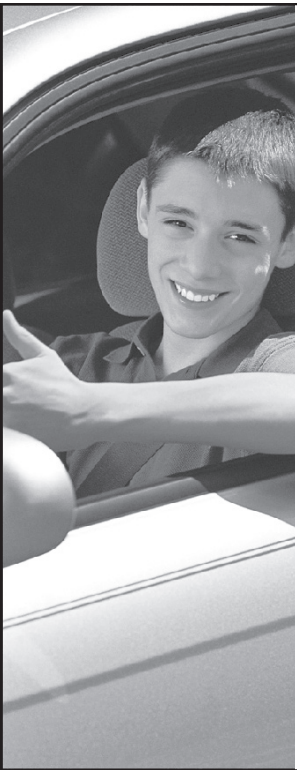
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LEGALS

**Wales Zoning Board
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Public Hearing**

In accordance with the provisions of
M.G.L. Ch 40A §10 & §11, the **Wales
Zoning Board of Appeals will hold a
Public Hearing on June 15th, 2021 at
the Wales Town Offices at 6:00 PM**,
on the application of Gary Robinson,
of 111 Union Rd, for a special permit
in terms of the Town of Wales Zoning
By-law Sec. 4. 2.. The Town of Wales
Zoning By-Law Sec. 4.2.2 states "A
pre-existing non-conforming use or
structure may not be extended, altered
or changed except by a special permit
from the Zoning Board of Appeals."
Specifically, the applicant wishes to
construct an 8' X 12' addition with a
handicap accessible ramp onto an ex-
isting structure. Any person interested
and wishing to be heard on this appli-
cation should refer to the town website
(www.townofwales.net) under zoning
board agenda for the above date to
participate virtually. If you have any
questions or concerns, please email
planning@townofwales.net
May 28, 2021
June 4, 2021

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105 Howe St. / P.O. Box 379
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Unit No 435 Chris Bouchard
28 Podunk Rd
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Household & Misc, Items
Unit No 621 Dianna Curran
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Household & Misc, Items
Unit No 712 Melissa Reilly
15B Old Country Rd.
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LEIN SALE WILL BE HELD:
Date: 6/16/21
Time: 12 Noon
Location: 94 Brookfield Rd., Charlton
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May 28, 2021
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**NOTICE OF
SALE OF MOTOR VEHICLE
UNDER G.L.C 255
SECTION 39A**

Notice is hereby given by: Cruise Con-
trol Transportation pursuant to the pro-
visions of G.L.C., Section 39A, that on
June 18, 2021, at 9:00am at 210 Charl-
ton Rd Sturbridge MA by private sale
the following Motor Vehicle will be sold
to satisfy the garage keeper's lien for
storage, towing charges, care and ex-
penses of notices and sale of said ve-
hicle. Vehicle description: 2019 Toyota
Prius Prime Registration#/State: Un-
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Name and address of vehicle owner:
Richard Witz of 27 Woodside drive
Spencer MA 01562
This notice has been given under the
provisions of G.L.C. 255, Section 39A.
May 28, 2021
June 4, 2021
June 11, 2021

**PUBLIC NOTICE
OF ENVIRONMENTAL REVIEW
PROJECT:** Noble Energy Filling Sta-
tion/Convenience Store & EV Discov-
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LOCATION: 195-201A Charlton Road
(Route 20), Sturbridge, MA
PROONENT: Noble Energy Real Es-
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**The undersigned is submitting an
Environmental Notification Form
("ENF") to the Secretary of Energy &
Environmental Affairs on or before
June 1, 2021.**

This will initiate review of the above
project pursuant to the Massachu-
setts Environmental Policy Act
("MEPA", M.G.L. c. 30, s.s. 61-62I).
Copies of the ENF may be obtained
from:
CMG Environmental, Inc.
Dfaist@CMGEnv.com
774-241-0901
**During the interim Covid-19 re-
sponse period, electronic copies
of the ENF are also being sent to
the Conservation Commission and
Planning Board of
Sturbridge.**
The Secretary of Energy & Environ-
mental Affairs will publish notice of the
ENF in the Environmental Monitor, will
receive public comments on the project
for 20 days, and will then decide, within
ten days, if an Environmental Impact
Report is needed. A site visit and con-
sultation session on the project may
also be scheduled. All persons wishing
to comment on the project, or to be no-
tified of a site visit or consultation ses-
sion, should email MEPA@mass.gov.
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A history of Memorial Day

When Memorial Day was first celebrated in the aftermath of the Civil War, it was known as Decoration Day. Youngsters would place flowers in cemeteries while they sang songs and honored those lost due to war. The Civil War, that ended in 1865 took the lives of more people than any other war in the history of the United States, the estimate is roughly 620,000 — the Union losing 365,000 and the Confederacy 260,000. History says that more than half of these losses came as the result of disease. As a result, the first national cemeteries were created.

In 1868, General John A. Logan, the leader of an organization for Northern Civil War veterans, called for a nationwide day to honor fallen soldiers. General James Garfield gave a speech at Arlington National Cemetery on the first Decoration Day and the more than 5,000 people in attendance decorated more than 2,000 graves, both Union and Confederate.

The holiday as we all know is celebrated on the last Monday in May, and became an official holiday in the year 1971. Parades across the country take place, and people visit cemeteries where family members who have served in the military have been laid to rest.

At 3 p.m. every year, a moment of silence takes place across the country. In December of 2000, President Bill Clinton signed the “National Moment of Remembrance Act,” which designated the time be at 3 p.m. In 1966, the government marked Waterloo, N.Y. as the official birthplace of Memorial Day. In Waterloo, every business in town would shut their doors and owners would venture out to decorate graves with flags as well as flowers.

Originally, Decoration Day was intended to honor those lost in just the Civil War. After WWI America felt the need, and rightfully so, to honor all those lost serving their country. During the Great War (also known as the First World War), 116,516 Americans died, and 405,399 were lost during WWII. The Korean War took 36,574 lives, and the Vietnam War cost 58,220 lives. A total of 4,411 were lost in Operation Iraqi Freedom, 73 in Operation New Dawn, 2,346 as the result of Operation Enduring Freedom, 48 in Operation Freedom’s Sentinel and 61 in Operation Inherent Resolve.

An estimated 38 million people in America traveled over the holiday weekend, and two and a half million travelers will board flights. Memorial Day is the fourth busiest travel day of the year.

In New York, Washington, D.C., and Chicago you can find the largest parades in the country. Because of the three-day weekend, many Americans were expected to throw parties and barbecues or head out of town for a mini getaway.

LETTERS

Extra! Extra! Read All About It!

We think you’re important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

Mail your letters to the Charlton Villager, P.O. Box 90, Southbridge, MA 01550.

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

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

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

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

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

So, what are you waiting for? Start writing!

OPINION

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

Prayer walks

Now that many of us are vaccinated, cases of Covid-19 have dropped, and we have warmer weather, I bet most of us feel free again. And I bet that most of us want to and/or plan to use some of our newfound freedom to enjoy the world around us. When my family and I moved to Charlton last year from Vermont, we were pleasantly surprised to find ourselves living in a place that actually has more wildlife and nature preserves, bodies of water, and trails galore than where we had lived. There’s plenty of nature around for us to enjoy.

And did you know that a walk, especially one in the woods, is one of the holiest things you can do? There’s a reason why hermits and monks lived out in the wilderness: to commune with God. There’s also a long tradition of prayer labyrinths. Dating back to the 4th century A.D., or C.E., some Christian churches carved labyrinths into the floor. Other cultures and religions have also utilized prayer labyrinths.

A prayer labyrinth has no end and no beginning, taking you along the same path over and over again, so you can walk and pray without worry about where you’re heading. Most traditions, including Christianity, consider the labyrinth design a metaphor for God’s



BEYOND THE PEWS
.....
REV. JOHN H.D. LUCY

Whether you can find a nearby labyrinth or make your own, or simply go for a walk, you can turn your simple exercise into spiritual exercise. Psychologists will tell you that your brain tends to work better after a walk. Your body, mind, and soul get a workout. You don’t even need to think about making the walk effective. It will be. Of course, starting with an intention may help. At the start, if you voice that you hope for guidance in some life situation, or a lifting of depression, or thankfulness for a nice day, whatever it is, your walk will almost certainly help in some small way even if you forget your intention. Your body, mind, and soul know what to do, they know how to connect to God’s Spirit in creation.

So I invite you to take some walks this summer. Around your house or out at a trail. And if you happen to see me also enjoying the outdoors, on my bike or on the trail (especially around Buffumville Lake, near where I live) feel free to stop me and ask to pray together. Enjoy!

Financial tips for the self-employed

Being self-employed has some benefits: You get to choose your own hours, you don’t have to count “vacation days” and you’ll never worry about getting downsized. On the other hand, you’re truly on your own – there’s no employer-sponsored retirement plan and no benefits package. So, if you’ve recently started a business or become a “gig worker,” possibly due to the COVID-19 pandemic, what can you do to get on the road to financial security?

There are several steps you can take, including the following:

Establish a budget. When you’re self-employed – and especially when you’re first starting out – you need to keep tight control over where your money is going. So, establish a budget and



FINANCIAL FOCUS
JEFF BURDICK

stick to it.

Open a retirement plan. As a self-employed individual, you can choose a retirement plan, such as a SEP-IRA, a SIMPLE-IRA or an “owner-only” 401(k). When your earnings are limited, you can contribute modest amounts to any of these plans, but when your income rises, you can boost your contributions. While these retirement plans have some things in common, including tax-deferred growth of earnings, they differ in other areas, such as contribution limits, and one plan may be more suitable for you than another, depending on whether you have employees. You may want to consult with a financial advisor to determine which plan is best for your needs.

Build an emergency fund. When you work for a business or other organization, your income is predictable – but that’s usually not the case when you’re self-employed. And when your earnings are uneven, you can be vulnerable to financial stress when you face an unexpected expense. To help protect yourself from these threats, try to gradually build an emergency fund containing a few months’ worth of living expenses, with the money kept in a liquid, low-risk account.

Pay down your debts. Some debts, such as loans to help your business, may be unavoidable – and even productive. But other debts, especially those that can’t be deducted from your taxes and carry a high interest rate, are far less useful, so you may want to set up a repayment plan. With your other expenses, you might not be able to whittle these debts down as fast you’d like, but, over time, your efforts can pay off.

Put money aside for taxes. Because no employer is withholding taxes from your paychecks, you will likely have to make quarterly estimated payments. Plus, you’re responsible for all your Social Security taxes, which, if you worked for someone else, would be split between you and your employer. To make sure you’ve got enough money available to pay your taxes, you might want to set up a special account – one that’s not used for any other purpose.

Get proper insurance. Depending on the nature of your work, you may or may not need some type of business insurance, but if you have a family, you should certainly consider the need for life insurance, and you may also want to consider disability insurance.

Self-employment can be quite fulfilling – and you’ll find it even more rewarding when you make the right financial moves.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edwardjones.com.

The importance of family traditions

Family traditions are meaningful to me. The older I get, the more important it is to preserve these annual happenings in hope that they will be passed down through generations. One of these traditions for our family is barbecued pork spareribs on Memorial Day. This year, I’m teaching my nephew, son-in-law, two sons and oldest grandson the recipe and methods. I’m sure they may add their special tweaks to the recipe but I’m confident the basics will remain.

I was 13 years old when my dad called me over to the grill and began teaching me. It may have been the first time my father spoke to me and treated me as an adult. Cooking ribs in the Moore household was serious business and I felt a sense of pride that my father was entrusting me with this almost sacred responsibility. I didn’t understand it then, but from that day forward, ribs on Memorial Day were my responsibility, and has been since that moment.

I realized a few months ago that I’ve waited too long to pass the “tongs” off, so this holiday weekend was important. It represented a “changing of the guard” for our holiday tradition.

Cooking for me is an art form. There are specific techniques that create the repeated desired results. Over the years, there have been slight changes in methods and ingredients. I’m sure this next generation will do the same. I’ve added a few ingredients to my cooking pallet and have slowed the cooking process down to create a more tender result, but over the last decade, the recipe and process had reached the point, that in my mind, created the perfect slab of Moore Family barbecue spareribs.

And of course, the barbecue jokes or “dad jokes” begin. “Why should you never BBQ on your roof? The steaks are too high.”

For those of you who enjoy cooking, I barbecue ribs in three basic steps. First, I remove the membrane from the bone side of the ribs and apply a rub of salt, pepper, smoke paprika and brown sugar. I then slowly smoke them with apple wood for three hours.



POSITIVELY SPEAKING
GARY W. MOORE

Next, I wrap the ribs in aluminum foil and apply a little apple cider vinegar, butter and honey and place back on the grill for two hours. Then the final step is to unwrap them, put on a thick coating of sauce and put them back on the grill. Check them every fifteen minutes or so, making sure they do not overcook and dry out.

The weekend was everything I hoped for. My students took the process as serious as I hoped they would, and next year, it will be their responsibility. The ribs were a bit rushed because the teaching process set us back a bit and as such, they were not as tender as usual. Next year will be better. I’ll just sit back, watch, try to keep my mouth shut and enjoy a responsibility-free holiday for the first time since I was thirteen.

Ribs of course are not what’s most important for this holiday. Another tradition is sharing the importance of why we celebrate Memorial Day. So many have given so much and it’s important not to forget their ultimate sacrifice.

So, what are your family traditions? A Utah woman felt so strongly about her family fudge recipe that she had it engraved on her tombstone. Is there something you hold so dear that it’s important to you to continue after you’re gone? It’s never too late to begin.

And maybe it isn’t passed down to you from generations before.

Maybe it begins with you?

Oh ... one last dad barbecue joke ... “My dad always said he would go to his grave with his famous BBQ rib recipe. On his death bed, he had me lean in to tell me the secret ingredient.

That’s when I knew it was Thyme.”

Laughter is brightest when food is best.

Irish Proverb

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.

Fun Food Facts

This week’s column will take a peek into the entertaining past of some of our favorite meal staples and snack foods. ***

Phantom Faces: Mrs. Smith’s frozen pies have come to the rescue for many busy women during holiday baking time, but were you aware Mrs. Smith doesn’t exist? Neither does Mrs. Paul (of frozen fish fame). And are you ready for this? Chef Boyardee is a fake too. While Mrs. Smith and Paul were probably conjured up by an ad man to portray a product whipped up

by a proficient middle-aged cook, Chef Boyardee is actually a combination of the names of the three founders of the company: Boyd, Art and Dennis. Now the good news: There really is a Sara Lee, and as we all know, nobody doesn’t love her. ***

Catsup or Ketchup?: As a child I remember watching Fred MacMurray hawk Hunts Catsup during commercial breaks in “My Three Sons.” Why



TAKE THE HINT
KAREN TRAINOR

Did you ever wonder what the origins of your favorite foods were? Sure, we’ve all heard the story of how Toll House cookies were born when some chocolate bits fell off a shelf into a raw batch of cookie dough, but there are lots of interesting tales behind just about every common food we enjoy today.

Fluke fishing is great at Block Island

Fluke fishing has been providing some great fishing for anglers fishing around Block Island. Numerous door-mats are being caught regularly at the Island. Seabass are also being caught, but are not legal to retain until June 24 in Massachusetts. Strippers are also on the increase in both Massachusetts & Rhode Island, but because of the slot limit, many anglers are fishing for fluke and other species of ground fish. Scaup are still legal game in both Massachusetts & Rhode Island, but the three fish limit of Tautog closed at the end of May. Check season dates for the reopening of tautog!

Mass. Fish & Wildlife is changing their plans on the massive increases on hunting & fishing licenses proposed this past winter. There will be more public hearings on June 22, 23, and 24 to discuss a five-year phased in increases. Mass. Fish & Wildlife will be presenting the public hearings and changes on their web site soon, with the link for persons that would like to participate in discussions on those dates.

A couple of weeks ago, I was fishing with my nephew in Buzzards Bay on the Cape, and realized that I was fishing with fresh squid he had caught a month earlier. It was extremely noticeable when I attempted to place a piece on my hooks. It was a lot firmer than the low grade, soft squid I have been using for many years from tackle shops and high-end fish markets. It even caught fish, but just imagine what I would have caught if I was using freshly caught squid. Using fresh bait for fishing does catch more fish, but you also need to keep it on ice or in a cooler. So many times, I have had to tell my fishing buddies not to leave fresh bait in the sun.

Taking care of you freshly caught fish is also very important. Having a cooler



THE GREAT OUTDOORS
.....
RALPH TRUE

with a good amount of ice will keep your catch fresh until you get home to clean them. It is a good idea to cut the throat of the fish so that they bleed out. It will make your fish a lot tastier at the table. Blue fish especially need to be handled this way and kept ice cold until you get home. Filleting your blue fish immediately after you catch them will ensure fresh fish at the table. Not all boat captains allow this type of cleaning on the boat for obvious reasons. I fished with one boat Captain years ago, that washed the boat down after every fish was landed!

The Uxbridge Rod & Gun Club will be holding another 3D archery shoot on June 6. This is a great opportunity to get the whole family into the sport of archery. The event is open to the public! Breakfast will be available starting at 7 a.m. The archery course is set up on more than 50 acres of land. Life size targets are set up over the 50 acres of woodlands, that are easily marked. A day on the archery course with family and friends is a good way to say goodbye to the pandemic!

Stripers are in at the Providence River, and they are feeding on the large schools of porgies that are also in the river, as well as every other body of water that holds stripers.

As the dog days of summer arrive, man's best friend still needs to be exercised daily, and kept in a cool place. Keeping them indoors with air conditioning in the heat of the day, will insure a good healthy dog when hunting season rolls around. Heartworm medication and flea & tick medication needs to be administered year-round to your pet, to insure they stay healthy.

Take a Kid Fishing & Keep Them Rods Bending!



Photos Courtesy

This week's photo shows Matt Fontain with one of the numerous sea scap he caught last week in Buzzards Bay after limiting out on some very large seabass.



Janet harper with her 26-pound wild turkey taken at the end of the Mass. Turkey season, with her crossbow.



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

The Moscow Times reported that two paintings of Rasputin are headed to the auction block. According to the Moscow Times, "the portraits were done by Theodora Krarup, a Danish artist, in St. Petersburg. Karaup did a total of 16 portraits of Rasputin, most of which have been lost or destroyed. Krarup sold three portraits of Rasputin to the Finnish Consul General, Otto Auer. One was resold

and its whereabouts are now unknown, but descendants of Auer consigned the two remaining portraits to the auction house. Grigory Rasputin was renowned — and reviled — for his supposed ability to stop the Tsarevich's hemophilic bleeding and for his supposed influence on the royal family." Rasputin was assassinated in 1916. The Moscow Times reports that the auction estimates are \$16,500 to \$24,600 and \$82,000 to \$98,000.

In other art news, rockstar Alice Cooper is auctioning an Andy Warhol silkscreen on canvas. According to the Arizona Republic, the artwork titled "Little Electric Chair" was gifted to Cooper by his former girlfriend and model Cindy Lang. She paid \$2,500 for it in 1972. Cooper said "I never was a Warhol collector. I collect other artists but I never really collected Andy Warhol so I'm sure there's somebody out there that is a Warhol

fan," according to the Arizona Republic. It is estimated to sell for between \$2.5 million and \$4.5 million.

A collection of rare baseball cards is also going to auction. The collection belonged to Dr. Thomas Newman of Tampa, Fla., who died in January of COVID-19 at the age of 73. ESPN reported that "he began collecting as a child, and through loving the sport of baseball, he had built a small collection of 1950s cards that was thrown out

by his mother when he went to college." He began collecting cards again to replace his discarded collection when he graduated from medical school and the collection eventually grew to over 1,000 cards. The most valuable card is a 1933 Godey Babe Ruth card. "The card could fetch close to \$5 million, and the entire lot could eclipse \$20 million", according to ESPN.

In other auction news, a Turn To **ANTIQUES** page **A10**

TRAINOR

continued from page A8

would I remember such a thing? Beside the fact ketchup was as high on my childhood fave food list as Screaming Yellow Zonkers, the commercial sticks in my mind because he called the ketchup "catsup." I recall thinking that was weird. Here's some ketchup trivia relating to this pronunciation discrepancy: In the early years, ketchup king Henry Heinz used both spellings for his product. He settled on ketchup when he started advertising the condiment in the early 1900s. Meanwhile, J. W. Hunt stuck with catsup until the late 1960s. DelMonte was the last competitor to switch over to the more popular ketchup spelling, doing so in 1988 due to customer pressure. By the way, ketchup, originally called ketsiap, was a sauce developed in the seventeenth century by the Chinese. Back then it was a tangy potion of fish entrails, vinegar and spices the Chinese used mainly on fish. ***

Soda Buzz: Did you know 7-Up once contained lithium? In 1920, C.L. Griggs invented an orange drink called Howdy. When he tried to improve on it by adding different flavors, the result was a concoction he dubbed Bib-label Lithiated Lemon-Lime Soda. The fizzy tonic not only boasted more carbonation than standard soft drinks, but actually contained lithium! The unique taste caught on, but not the name. Six months after marketing the drink, Griggs renamed it 7-Up. I'm happy to report today's 7-Up is just as delicious, but without the addition of lithium. ***

Pie in the Sky: Remember Scooter Pies? For many babyboomers, the big, marshmallow sweets were a lunch bag staple. But Moon Pies were the true predecessor of Scooter Pies. In fact, while we in the northeast call the marshmallow, graham cracker and chocolate snacks Scooter Pies, other parts of the country know them as Moon Pies. And here's why: In the early 1900s a representative of a North Carolina mill bakery asked coal miners what they would like to eat as a snack. The min-

ers said they wanted something "solid and filling" that could easily be transported in a lunch pail. When asked how big the sweet snack should be, the story goes the moon was rising and one miner looked over, circled it with his two hands and said "about this big." Thus, the "moon pie" was born. The Scooter Pie, made by Burry, was "born"decades later in 1959, just in time for babyboomers to enjoy a sweet treat in front of the television set. ***

Smoking Sub: Who would've thought novelty Pez candies started out as a smokingdeterrent? In 1927anantismoking advocate created the peppermint candies as a substitute for cigarettes. It's name "Pez" comes from the German word "pfefferminze," which means peppermint. When Pez was imported to the United States in 1952, sales failed to impress. But when the inventor revamped the product and targeted it

olate (Ben and Jerry prefer Hershey's Special Dark Chocolate candy bars); 1/4 cup fresh Bing cherries, halved and pitted (you may use canned cherries, but be sure to drain the syrup); two large eggs; 3/4 cup sugar; two cups heavy or whipping cream; one cup milk. Directions: Place the shaved chocolate flakes and the cherries in separate bowls. Cover and refrigerate. Whisk the eggs in a mixing bowl until light and fluffy, one to two minutes. Whisk in the sugar, a little at a time, then continue whisking until completely blended, about one minute more. Pour in the cream and milk and whisk to blend. Transfer the mixture to an ice cream maker and freeze following manufacturer's directions. After the ice cream stiffens (about two minutes before it's done), add the chocolate and the cherries, then continue freezing until the ice cream is ready. Makes grateful one quart.

winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

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OBITUARIES

Richard M. Harwood, 93

SOUTHBIDGE – Richard M. Harwood, 93, died Friday, April 23, 2021 in Harrington Memorial Hospital after a period of declining health. His wife of 54 years, Helen Graf Harwood, MD, died in 2008.



He leaves 3 daughters, Jane E. Harwood and Ann M. Harwood, both of Southbridge, and Attorney Nancy Graf Harwood and her husband Nathan E. Hawkins of Auburn; his beloved granddaughter, Sarah E. Peloquin of Southbridge; a nephew, Harold E. Harwood II and his wife Vickie and a great-nephew, Harold E. Harwood III, all of Southbridge; his deceased nephew John's wife Nancy Lane Harwood of Wolfeboro, NH and their children Stephen and Maggie; and cousins. He was preceded in death by 2 brothers, E. Kenneth Harwood and Laurence E. Harwood, by a nephew, John F. Harwood, and by a niece, Donna Beth Flagg.

He was born on May 17, 1927 in Southbridge, the son of Harold E. and

Winifred (Maxwell) Harwood and was a lifelong resident. He graduated as the president of the senior class from the former Mary E. Wells High School in 1944 and later attended Vermont College in Montpelier and earned an Associates Degree from Becker Junior College.

Upon graduating from high school, he enlisted in the United States Navy and served in World War II.

Mr. Harwood worked in banking all of his life, first as a loan officer at the Worcester County National Bank in Southbridge, and then for Commerce Bank & Trust Company in Worcester and Webster. He became the CEO of Webster Cooperative Bank in Webster, now Bank Hometown, from which he retired. In "retirement," he was a substitute teacher especially in mathematics at Shepherd Hill Regional High School in Dudley for over ten years.

He was a farmer from his childhood days, tending to the property held by his family since 1789. He relished cutting the lawn, haying, raising animals and his horses.

Mr. Harwood was a lifelong member of the First United Methodist Church of Southbridge, serving in various capacities including council member, treasurer and organist. A Master Mason, he belonged to the Quinebaug Masonic Lodge since 1961.

In his town he served on the Southbridge Finance Committee and as a commissioner for Oak Ridge Cemetery for several decades. He belonged to the Southbridge Historical Society and was the treasurer of the bicentennial celebration. He and his wife supported the Quinebaug Valley Council of Arts and Humanities, today known as the Ruth Wells Center of the Arts. He served as treasurer of the State Police Boxing Team for over 30 years. He belonged to the Southbridge Rotary Club and was a life member of

the Woodstock (CT) Fair. His life centered on his family and on maintaining his beloved family farm. A celebration of his life will be held from 10:00 AM to 1:00 PM on Friday, June 4, at the Westville Recreation Area Park in Sturbridge. There are no calling hours. Arrangements are under the direction of Sitkowski, Malboeuf & Hickey Funeral Home, 340 School St., Webster. www.websterfunerals.com



Pauline Marie Borden

Pauline Marie (Yvon) Borden, born in Southbridge Ma and longtime resident of Charlton Ma, passed away peacefully in her son's home in the afternoon of May 25, 2021. She is survived by her son Michael, daughter-in-law Elizabeth, grandchildren Rowan (and husband Thomas) and Jenna, son-in-law Luke, brothers Danny and Norman as well as many nieces, cousins, and dear friends. She is



pre-deceased by her daughter Rebecca and husband Lee. She will be universally remembered as one of the nicest people you could ever meet (unless you were playing cards with her). There will be a memorial Mass offered for Pauline at St. Anne Church in Fiskdale Ma on Saturday, June 19 at 10 AM. All are welcome. In lieu of flowers, donations made be made in her name to Old Sturbridge Village, 1 Old Sturbridge Village Road, Sturbridge Ma 01566 or St. Anne-St Patrick Parish, 16 Church St., Fiskdale, MA 01518

Garden-fresh vegetables help fight cancer

Cancer prevention starts on your dinner plate; actually, it starts in the garden. Growing your own nutrient-rich cancer fighting vegetables allows you to grow pesticide-free vegetables, harvest them at their peak, and use them right away, ensuring the highest nutrient value and best flavor.

Be sure to include some broccoli, cauliflower, Brussels sprouts, cabbage, kale, and turnip greens. These cruciferous vegetables release cancer fighting substances that help fend off lung, breast, liver, colon, and prostate cancer. Three weekly servings of these vegetables can greatly reduce your cancer risk. Include these vegetables in your stir fries, as a side dish, as an appetizer or eat them fresh as a snack.

If your space is limited, these plants can easily blend into your current garden space. The bold texture and form of red cabbage makes an eye-catching focal point. Turnips can easily be mixed with flowers or planted between longer season vegetables like tomatoes, peppers, and eggplant. Or mix some kale in with your flowers; the color and upright



GARDEN
MOMENTS
.....
MELINDA
MYERS

growth habit creates a nice vertical accent in the garden or containers.

Another popular vegetable that is a cancer-fighter, the tomato, can easily be grown on any size balcony or landscape. And nothing beats the flavor of fresh-from-

the-garden tomatoes. Whether eaten fresh, juiced, sauced, or added to your favorite dish, this lycopene vegetable (a powerful antioxidant) will help in the fight against cancer.

To grow tomatoes, all you need is a container of potting mix or a sunny spot in your landscape. Save space and reduce pest problems by growing these vines on a stake, in a tomato cage or supported by any decorative structure. Compact varieties like Patio Choice Yellow Cherry, Early Girl Bush, Window Box Roma, and Red Robin are just a few you may want to try.

Always select a tomato variety suited to your growing conditions. Check the plant tag to make sure you have enough warm frost-free days for the plant to grow and produce in your area.

Include fiber rich beans in your gar-

den and meals. Regular consumption of this natural source of antioxidants and phytochemicals can help reduce the risk of certain cancers. Go vertical, growing pole beans on a support if space is limited and for making harvesting much easier.

Save a bit of room for red onions. Research at the University of Guelph found red onions had high levels of quercetin and anthocyanins that help fight cancer. Start onions from sets or plants and harvest when the bulbs are full-size, and the tops begin to yellow and topple.

Not only will you improve your health by growing your own nutrient-rich vegetables you will also improve your well-being. Tending a garden can help improve your mood and reduce stress.

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



Photo Melinda Myers

Tomatoes contain lycopene, a powerful antioxidant with many health benefits, including lowering the risk of certain types of cancer.

BAY PATH

continued from page A1

We believe in breaking the stigma and it is more than just using the hashtag. We need to increase awareness on reducing the stigma of mental health issues," she explained.

Bolandrina said this year, the #breakthestig-

ma drive was embraced by the practical nursing class of 2021. All practical nursing students are fully aware of the importance of mental health awareness. Additionally, raising awareness about the available mental health services is also important. Many individuals experience mental illness more so with the impact of the COVID-19 pan-

demic. The situation is compounded with being isolated, illness, financial challenges, or the loss of a loved one. The practical nursing class of 2021 showed support and raised awareness of those living with a behavioral or mental health issues and help reduce the stigma of mental illness.

ANTIQUES

continued from page A9

Tiffany lamp recently set an auction record, according to the Antiques and Arts Weekly. The lamp was designed for the 1900 Exposition Universelle in Paris by Tiffany Studios. Antiques and the Arts reported that" the 29-and-a-half-inch lamp featured a hand-blown favrile glass globe-form shade on top of a hammered and patinated copper base. The spectacular imagery of the lamp depicts the growth cycle of a dandelion, the yellow flower rising from the base's bottom up to its top, where it features a crown of seed puffs. The globe on top features a contour pattern similar to a topographic map, intended to represent the wind currents blowing through and sweeping the seeds away." The dandelion lamp blew away the record for any Tiffany work when it sold for \$3.7 million.

Our next multi-estate online auction is running and ends on June 16. Our sports and non-sports cards online auction is also open for bidding and ends on June 23. More events are already planned. See our website for details on upcoming events: <https://centralmassauctions.com>.



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



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OBITUARY FOR: Elaine M. (Caron) McClain



The family of Elaine M. (Caron) McClain will be holding a celebration of her life at The Publick House, 277 Main St in Sturbridge, on June 12 from noon until 4 PM.

Her family extends an invitation to all her friends in the community to join them in sharing remembrances of her life through the many family photos, paintings and needle-

work she left for all of us to remember her by.

Guests are encouraged to share their "special remembrance" by writing their favorite remembrance of her in the family's remembrance book.

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STANDING 6 FEET TALL, THIS ANIMAL IS THE LARGEST MAMMAL TO CALL NORTH AMERICA HOME.

ANSWER: AMERICAN BISON

Math Blocks

Fill in the missing blocks with numbers between 0-6.
The numbers in each row add up to the totals to the right.
The numbers in each column add up to the totals on the bottom.

	3	1	6
	0		6
6			14
12	8	6	

3	5	9
2	0	4
1	3	2
Solution		

Get Scrambled

Unscramble the words to determine the phrase.

TRAGE DOSUOROT

Answer: Great Outdoors

THIS DAY IN...

HISTORY

- **1654:** LOUIS XIV IS CROWNED THE KING OF FRANCE.
- **1776:** RICHARD HENRY LEE OF VIRGINIA INTRODUCES A RESOLUTION IN THE CONTINENTAL CONGRESS THAT WILL LEAD TO A DECLARATION OF INDEPENDENCE.
- **1929:** VATICAN CITY BECOMES A SOVEREIGN STATE.

ENDEMIC

(of plants or animals) native to a certain area

How they SAY that in...

ENGLISH: Forest

SPANISH: Bosque

ITALIAN: Foresta

FRENCH: Forêt

GERMAN: Wald

Did you know?

THE GREAT TRAIL IS THE LONGEST TRAIL IN THE WORLD. IT STRETCHES FROM ONE COAST IN CANADA TO THE OTHER. IT ALSO HAS THE LONGEST PEDESTRIAN BRIDGE.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: PALM TREE

⓪ * ✎ ☹ ~ ⓪ ♫ ✨ ✖ ✨ + ✨ ✨ ▲ ☾ ✨ ♂ ✨ ✨ ♀ ♯ ♯ ⓪

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☹ ☾ ⓪ ✨ ♂ ✨ ~ ✨ +

Determine the code to reveal the answer!

Solve the code to discover words related to cats.

Each number corresponds to a letter.

(Hint: 5 = C)

A. 23 10 9 18 24 10

Clue: Relating to cats

B. 5 9 6 20 25

Clue: Curved, pointy nails

C. 21 2 8 8

Clue: Low, vibrating sound

D. 25 5 8 6 26 5 13

Clue: Mark the surface

Answers: A. feline B. claws C. purr D. scratch

SUDOKU

7	3			8		4		6
5	6	4	1	7		2		
2				5			3	7
	7	6						
	5			1		7		
			7	4			8	1
		2			5	9		
6	4	5	9				1	
8		7	4					

Level: Beginner

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

5	2	6	1	3	4	7	9	8
6	4	5	9	2	7	8	1	3
3	1	2	8	6	5	9	7	4
9	2	3	7	4	6	5	8	1
4	5	8	3	1	2	7	6	9
1	7	9	6	5	8	3	4	2
2	8	6	9	5	4	1	3	7
5	6	4	1	7	3	2	9	8
7	3	1	2	8	9	4	5	6

ANSWER:



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James

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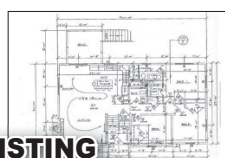
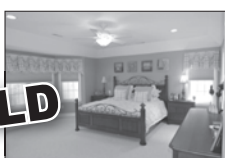
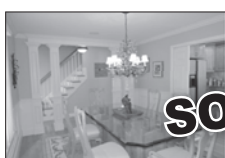
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WEBSTER LAKE - South Pond! **35 Hall Road!** In a Quite Cove After Neighborhood! 7 Room 1,632' Colonial! 1st Flr Features Open Flr Plan, Kit w/Is, Din Area, Fam Rm, 3 Bdrm, 2.5 Bath Cape! Applianced Kit, Din Rm, Spacious Liv Rm, Frpld Liv Rm, 1.5 Baths! 2nd Flr w/3 Bedrooms & Bathrm! 2.5 Baths Total! Tile Flrs Throughout! LPGas Heat & Hot Water! Town Services! **\$289,900.00**



DUDLEY - 12 Susan Drive! Ideal 7 Rm Split! Beautifully Landscaped 18,615' Lot including a Heated In-Ground Pool w/Pool House! Fully Applianced Kitchen w/Corian Counters, Island, Hrdwd Floor & Door to the Deck! Dining Rm w/Hrdwds & Slider to Deck overlooking the Pool! Living Rm w/Bay Window, Brick Fireplace w/Wood Pellet Insert & Fujitsu Wall Mount A/C Split Unit! 3 Comfortable Bdrms all w/Double Closets, Spacious 12x16' Master! Hallway Full Bathrm w/Skylight & Door to the Master! Lower Level 13x24' Family Rm w/Recessed Lighting! Convenient Half Bath! 2 Car Heated Garage! Many 2018 Updates - Roof, Siding, Windows, Buderus Furnace, Hot Water Super Store, Oil Tank & Pool Liner! Out Back a Garden Area & Storage Shed! Town Services! Won't Last! **\$339,000.00**

WEBSTER LAKE - 11 Henry Road! Bates Point - Middle Pond + Panoramic Views + Western Exposure = Beautiful Sunsets! Never 2 the Same! 3,184' 9 Room Fully Furnished Colonial Built from the Ground Up as a New Home in 2005! This Home Features 4 Bedrooms, 2 of which are Master Suites, 1 of which Overlooks the Lake, 4.5 Bathrooms, 2 of which have Separate Showers & Whirlpool Tubs, 3 of which have Double Granite Vanities, 2 Complete Granite/Stainless Kitchens! The First Floor Open Floor Plan with Hardwood Floors Features an Eat-in Kitchen with LP Gas Jenn-Air Range, Double Drawer Dishwasher & Trash Compactor! Spacious Formal Dining Room with Crown Moldings & Chair Rails! Lake Facing Great Room/Living Room with Gas Fireplace, Wet Bar with Bottle Cooler, Surround Sound & Slider to Composite Deck! Half Bath with Laundry Closet! The Second Floor with 4 Bedrooms! Comfortable Front 16x16 and Back 17x17 Masters with Tray Ceilings, Recessed Lighting, Ceiling Fans, Surround Sound & Full Tile/Granite Bathrooms! Full Hall Bath for the other 2 Bedrooms! Fully Finished Walk-out Lower Level with Full Summer Kitchen, Family Room with Gas Fireplace, Surround Sound, Slider to Paver Patio & Full Bath! Buderus 3 Zone Oil Heat! 3 Zone Air Conditioning! Central Vac! Security! 2 Car Heated Garage! Boat Dock! **\$1,099,900.00**

DUDLEY - 19 Progress Ave! NEW CONSTRUCTION! LEBEL Builders! 2,206' 8 Rm Split! Many Customized Features! Set on a 14,000' Lot! Features 3 Generous Bdrms, 2.5 Baths, OPEN FLOOR PLAN, Kit, Dining & Living Rm w/Hrdwd Flrs & SOARING CATHEDRAL CEILINGS! Liv Rm w/LP Gas Frpl! Granite Kit w/abundant White Cabinetry, 6' Center Isl & Stainless Appliances! Master Suite w/Large Walk-in Closet, Master Bath w/Tile Shower & Dble Sinks! Full Hall Bath! Spacious Lower Level Fam Rm w/Great Entertaining Space & 1/2 Bath! 2 Car Garage! LP Gas Heat & Central Air! Expert Craftsmanship & Appeal throughout, Truly Unique! Builder w/Yrs of Experience Delivering High End Homes! The Detail & Quality of Work Will Speak for Itself! Lot's Cleared & Construction Starting Shortly! Worth the Wait! **\$469,000.00**



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ON DEPOSIT

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WEBSTER - 99 UPPER GORE ROAD



SORRY, SOLD!

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WEBSTER - 155 THOMPSON ROAD



SORRY, SOLD!

Terrific opportunity for one Large business or Several businesses. 4784 sq ft bldg. Zoned B5. Off 1395 exit 1. High Traffic & Visibility. Excellent Location!
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SORRY, SOLD!

Beautiful CAPE! Enormous amount of updates. New Asphalt Shingles, & 8 New Skylights! 4 Bedrooms! 3 - 1/2 Baths! 24 x 26 Great Rm w/ Gas Fireplace! Master Suite w/"Spa Like" Bath & Soaking Tub! WHAT MORE COULD YOU WANT? INGROUND POOL? OK!! has that TOO!! All Painted! SS Appliances. New Tankless Hot Water Boiler. **\$467,000**

WEBSTER - 103 UPPER GORE RD



SORRY, SOLD!

Estate Sale! Scenic View of Beautiful Webster Lake! Boarding Stone Walls! Split Level! 3 Bedrooms, Kitchen, Dining Rm, Hollywood Bath! Master Bedroom & Master Bath. Fireplaced Living Room! Finished Lower Level w/1/2 Bath, Garage. "Salt Water" Inground Pool. **\$319,000.**

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Webster- Douglas Rd (Rte. 16) 26 ACRES on Sugarloaf Hill. 1000+/- ft of road frontage

ON DEPOSIT! \$200,000

Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided!
\$89,900

Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE.
\$115,000.

Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res!
Each **\$24,500.**

WEBSTER • 233 - 235 NORTH MAIN STREET



SORRY, SOLD!

large 3 Family- a rare find! 1st Floor spacious 2 bedroom apartment. 2 - 2nd floor, 3 bedroom apartments Walkout basement to off street parking.
\$289,900.

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster Lake - 100 Lakeside Ave



SORRY, SOLD!

WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind. Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a 25 acre level peninsula, 180'+ prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplaced living room, gourmet kitchen, lake facing dining, formal dining room, media room & spacious 1st floor guest BR Suite w/private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! Remember, Timing Is Everything!
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Webster - 401 Treasure Island Condo

WEBSTER LAKE! Treasure Island Townhouse! UNIT# 401 end unit. Year round enjoyment! Quiet summers on big & beautiful Webster Lake! 6 Rooms Applianced Kitchen. Open Floor Plan! Dining Area. Hardwood Floor & Carpet. Master Bedroom, W/2 Closets, Master Bath! 2-1/2 Baths Total! Slider to Deck & Slider to the Patio! Central Air! Central Vac! Very efficient natural gas heat & hot Water! 2 Boat Slips D10 & D11 in the Private Marina. Heated Pool! Natural Sandy Beach!
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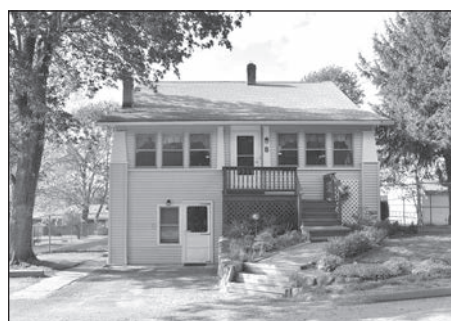
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Dudley

Join Maria & JoAnn to learn about the "Homes for Heroes" program. Seating limited. Reserve your place.



Minimize the appearance and discomfort of rosacea

Skin is the largest organ in the human body. As a result, when skin is compromised, the results can be painful and noticeable.

Rosacea is a common skin condition that affects a large number of people. The American Academy of Dermatology says rosacea begins with a tendency to blush or flush more easily than other people. Rosacea may first appear on the nose and cheeks or the forehead and chin before spreading to other areas like the ears, chest and back. If simple blushing were the only symptom, people may be content to let rosacea go unaddressed. However, the AADA says rosacea has four subtypes that can cause more pronounced symptoms:

- Erythematotelangiectatic rosacea: This causes redness, flushing and visible blood vessels.
- Papulopustular rosacea: Redness, swelling and acne-like breakouts are hallmarks of this type of rosacea.
- Phymatous rosacea: When this occurs, skin thickens and has a bumpy texture.
- Ocular rosacea: Ocular rosacea affects the eyes, which can become red and irritated. Eyelids may swell, and a person may have what looks like a sty.

Treatments for rosacea vary depending on the type a patient has and its severity. The Mayo Clinic says treatment often involves a combination of skin care strategies and prescription medications. For example, the drug Brimonidine



may be prescribed to constrict blood vessels and reduce redness. Oral antibiotics may be prescribed to reduce inflammation and reduce bumps and pustules.

Patients also are advised to take some self-care steps to reduce flare-ups. These include some easy techniques:

- Wear sunscreen with an SPF of 30 or higher, as UV rays can exacerbate flare-ups.
- Use gentle products on the skin and avoid rubbing or touching the face too much.
- Keep a log of what triggers redness and avoid those triggers.

Specific foods, alcohol and certain cosmetics and other skin products may be triggers.

- Use makeup to reduce the signs of redness. Green-tinted foundations and powders can offset red undertones.
- Some people have found alternative treatments like gentle facial massage can reduce swelling and inflammation.

Dermatologists can work with patients to develop treatment plans for their specific symptoms. Although rosacea cannot be cured, symptoms can be managed effectively.

Understanding and addressing youth violence

Youth-related violence is a problem that plagues communities across the country.

Youth violence encompasses everything from physical fighting to bullying to sexual or physical assault.

The World Health Organization states that there are certain risk factors that elevate the likelihood of engaging in or being victimized by youth violence. Individuals who are exposed early to alcohol, drugs and tobacco and who may come from homes where crime is prevalent may be more inclined to engage in violent behaviors. Low commitment to school and conduct or behavioral disorders also can increase the chances of being involved in youth violence. Children who can be violent also may come from homes that have inconsistent supervision and disciplinary practices, or a low level of attachment between parents and children.

Preventing youth violence depends on a number of factors. Multifaceted strategies that address factors at the individual, family and community levels may be needed, offers the Centers for Disease Control and Prevention. Promoting supportive family environments and early childhood intervention offering quality education early in life, and strengthening youth skills all may assist in keeping violent tendencies from surfacing. Connections to the community and support systems can be beneficial as well. Interventions to lessen the effects of exposure to violence and treatments to correct problematic behaviors also are advised.

Some children can benefit from juvenile awareness programs, sometimes referred to as “scared straight” programs. These include prison tours and exposure to criminals to help shed light on the consequences of delinquent or violent behavior. Other adolescents and teens may find value from boot camp-style disciplinary programs that redirect energy in positive ways.

Youth violence can be addressed via various strategies aiming to keep young people, their schools and their communities safe.

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NORTH BROOKFIELD: BREAKING GROUND NOW on this 3br/2bath split level ranch! The open floor plan offers a cabinet packed kitchen w/ granite counter tops & a center island, dining area w/ a slider to the 12x12 deck, large living room (all w/ hardwoods)! Nice master suite with a private BA & double closets, guest bathroom & BR 2 & 3 are nice sized! Large 2 car garage under & plenty of room to finish in the huge walk out lower level! Absolutely beautiful lot w/ privacy, paved driveway, town water & sewer! Still time to choose your colors! Late September/ Early Oct. delivery - 26 Evergreen Street **\$359,900**

WEST BROOKFIELD- Gorgeous waterfront on Lake Wickaboag! Nothing but the best finishes throughout all 3 floors! Amazing chefs kitchen with high end appliances, grand dining & living rooms, sun filled sun room with a balcony, 3 large bedrooms including a spoiling master suite with a huge walk in closet and custom master bathroom! Huge finished walk out lower level! Amazing lake views from every single room! Wonderful roof top deck for entertaining, 2 car garage, manicured grounds & an oversized dock! All of the high end furniture and the pontoon boat are included! **\$975,000** Call Michelle Terry 508-735-8744

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STORMWATER
continued from page A1

Just for that permit, and then the peer review for another engineer to check the engineer, came to \$7,800. So just think about that,” said Prouty.

Charlton’s new Conservation Agent Angela Panaccione also spoke on the matter saying that the article’s intent was not to complicate life for new home-builders but rather to bring the town in line with federal guidelines.

“The intent and purpose of this bylaw is not to start super regulating single family home development. There are the options for waivers to be put in place. I certainly would never require an operations and maintenance plan and full-on storm-water design for a single-fami-

ly home,” Panaccione said. “At the absolute minimum, I might ask for an erosion and sediment control plan that technically would come from any engineer designing a septic system or something. The goal is to not overregulate it’s just to sort of give consistency with what the EPA is requiring of us under the Clean Water Act.”

Further complicating the matter, Conservation Commission member Robert Hartwig also added to the discussion by clearing up a misconception in the article’s wording. The proposal as written in the warrant stated that it was “recommended by the Conservation Commission and its consultant”; however, while Hartwig didn’t speak in direct opposition of the article, he did say this wording was misleading.

“I believe this is more or less a housekeeping matter. I just want to point out that to the best of my knowledge, and I haven’t missed any meetings, the Conservation Commission has never seen this or voted on it and is essentially unaware of it,” Hartwig said.

He further noted that the town had been working without a Conservation Agent for the last year until Panaccione’s hiring. Charlton had been utilizing a consultant and while the consultant may or may not have brought to matter forward for consideration at the town meeting, Hartwig clarified the Conservation Commission had yet to see the bylaw change.

When the votes were tallied the result was 69 against and 56 in favor of the bylaw update effectively preserving the current Chapter 175 bylaw.

BOYS STATE
continued from page A1

Weiland is Class Treasurer and Class Salutatorian of the Senior Class and will be attending Harvard University next year. Henry participated in Track and cross country during his four years at Shepherd Hill. He is the son of Paul and Amy Schwalbe of Charlton and Philip Weiland of Huron, Ohio.

Harmon is a member of the Senior Class and is the Captain of the Track and Cross Country teams at Shepherd Hill. Eli plans on attending Assumption University in the fall. He is the son of Len and Janet Harmon of Charlton.

Wallace is Class

Valedictorian of the Junior class and a member of the school’s National Honor Society. Trevor participated in Varsity Track, TriM music society and the school band. He is the son of Devon and Bonnie Wallace of Charlton.

All of the students who took part in the interview process were from Charlton and were recommended by their teachers as well as their guidance departments.

It is fitting that this experience of Boys State should give them their first glimpse of the issues they will face on a larger scale as they grow into adults and voting citizens. In the past, the program has produced a U.S. President, Senators, Congressmen, Governors, attorneys and leaders in the business world throughout the nation.

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All proceeds will benefit the group’s charitable commitment to the Charlton Community. Our always generous members and friends have outdone themselves with donations for the sales. This sale will adhere to the State’s Covid-19 guidelines – masks, distancing, etc. If necessary, there will also be a restriction on the number of shoppers at one time.

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