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Driver uninjured after car enters Buffumville Lake



Photo Courtesy of the Charlton Fire Department's Facebook page.

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – No major injuries were reported after Charlton emergency responders were called in to remove a vehicle from Buffumville Lake on Sunday, March 14.

Charlton Fire Chief Ed Knopf said responders arrived near a boat launch along the lake's shore to find the driver already back on land early Sunday morning, and proceeded to work on removing the vehicle from the water to prevent contamination.

"The individual who was driving had extricated himself from the vehicle, and was waiting on the shore when we arrived. They were taken to UMass to make sure no hypothermia has set in, but they suffered no life-threatening injuries. The car was about twenty feet out from the shoreline, and we activated the District 7 Dive Team to come out and assist with getting the car strapped so that a local tow company could pull it out

of the water," Knopf said.

Charlton is one of around 26 towns that utilize the District 7 Dive Team for incidents on water including boating accidents, falling through ice, and vehicle incidents. Chief Knopf called the process very technical as removing the vehicle improperly could have resulted in gas or oil contamination creating a bigger problem.

"Obviously, there's training the dive team goes through in order to perform at these types of incidents. We need to make sure there are no leaks, and in this case, there were none. We always send one diver out with backup and safety divers on hand just in case the diver encounters any issues. The divers use our tools to connect to the car in a fashion where it can be pulled out carefully and effectively," said the chief.

The driver's identity had not been noted revealed publicly as of our press deadline, nor was the cause of the accident. Knopf

Please Read **CAR**, page **A2**

Community reflects on a year of COVID

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON — It's been more than a year since the COVID-19 pandemic began in the United States, causing towns across the country to scramble to adjust to pandemic protocols while still providing services to their residents for an uncertain future.

Now, a year later, vaccinations are on the rise and COVID numbers are dropping, giving hope that we are finally reaching the conclusion of the pandemic. With that in mind, communities are looking back on a trying year and the response that it took to keep their towns functioning while also keeping residents and staff safe from infection.

The response in Charlton has been nothing short of effective, according to Town Administrator Andrew Golas and Health Director James Philbrook who both touted the team effort it took to adjust to the "new normal."

"I thought we had a very good response to it. We tried not to overreact in some ways, but we took it seriously," Golas said in an interview. "I think now we're in a good position moving forward that we can hopefully improve upon our current level of municipal services with some of the lessons that we did learn from the pandemic specifically to try new ways of citizen outreach such as meetings through Zoom and online social media platforms."

Health Director James Philbrook said the pandemic certainly brought plenty of challenges, but Charlton worked hard from within and

through partnerships beyond its borders to provide the necessary tools to help the community get through trying and unsure times.

"In the beginning, it was tough because we had to get PPE, but it was a group effort (by everyone in town) to get things together. Charlton is a team. We have a great Board of Health, Board of Selectmen, Town Administrator, a great staff – With the help of our Emergency Management Director Chief Ed Knopf and the Assistant Emergency Management Director Terri Gough we fought for PPE and worked hard for Charlton. Then there was the Charlton Sewing Center. This group of ladies got together and knitted cloth masks and donated thousands of masks. They were so crucial to that effort," said Philbrook. "It's a collaborative effort, and I believe that in the beginning it was tough, but Charlton was always prepared with a strong group of people that help. It's been a long road and trying times. I've fought to get every vaccine we can, and we've fought to make our voices heard."

Both Philbrook and Golas complimented numerous departments in town including emergency responders who had to rush in to assist residents even in spite of the unknown of the pandemic, police who helped protect the community with tact and respect, town employees who had to adjust their work efforts to conform to social distancing norms, and the Board of Health and Board of Selectmen who worked hard

Please Read **ONE YEAR**, page **A4**

School District to provide meals for remainder of year

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY/CHARLTON – As the Dudley Charlton Regional School District returns to in-person learning throughout the next few months, parents and students can rest assured meals will not be a problem.

Dudley-Charlton Regional School District Director of Finance and Operations Richard Mathieu provided an update for both the regional school committee and parents during a March 10 meeting that revealed lunches and breakfasts will be providing breakfasts and lunches to students through the month of March and beyond, as they have since students returned to the classroom in the fall.

"The district food service program is preparing for the upcoming changes to the schools. Beginning on March 15, the district will continue the practice of sending home lunch with students, plus breakfast for following morning. This will occur daily Monday through Friday. If a child does not want to take that lunch, they do not have to," Mathieu said.

Families that have chosen to remain in remote learning will be contacted to receive meals as well, likely on a twice-a-week schedule. Non-perishable food that is refused by students will be donated to local food banks and pantries.

As the state continues to reopen after a year of COVID-19 protocols districts like Dudley-Charlton have begun to allow students back into the classroom on a more consistent basis. On March 15, a full week half-day schedule of in-person learning was to begin. In April kindergarten, elementary and middle schoolers are all scheduled to return to full-time in-person learning at different times during the month while Shepherd Hill Regional High School is expected to return to full learning in early May.

Mathieu said students can rest assured they will be fed, and parents won't have to worry about the expenses as free meals will be provided throughout the rest of the school year, however the experience might feel quite a bit different from the more social events that lunch time used to be.

"Unfortunately, it won't be the same experiences as has occurred in the past. However, everybody is working to make sure it's a different memorable experience going forward," Mathieu said. "It's important to note for everybody that lunch will remain free through the rest of the school year. There is no expectation that this federally funded program will continue into the next school year but any advocacy in that area would certainly be welcome."

Bay Path UNICEF Club raises funds with snack bar



CHARLTON — The COVID-19 pandemic did not stop the UNICEF Club of Bay Path Practical Nursing Academy from fundraising to support and advocate for children.

The Bay Path Practical Nursing Academy UNICEF Club officers organized a snack bar. Supported by the

Practical Nursing Class of 2021 and UNICEF Club advisor, Professor Cheryl Cahill the snack bar fundraiser totaled close to two hundred dollars.

"Delicious homemade baked goods with hot and cold beverages were served in exchange for a donation" stated Isabella Boateng of Manchester, Conn., UNICEF Club Officer.

"All proceeds will go a long way in helping vulnerable children during the pandemic," Boateng added.

UNICEF is the world's largest supplier of ready-to-use beneficial foods. Through UNICEF the production of a high protein paste that can revive a malnourished child in the matter of weeks is possible. UNICEF has aided in saving more children's lives than any other charitable organization.

About the UNICEF Club

The Bay Path PN UNICEF Club program is a PN student-led initiative that partners with the U.S. Fund for UNICEF to educate, advocate and fundraise to support UNICEF's lifesaving work. It is a movement rooted in a belief that students have a vital role to play in helping the world's children survive. PN students elect five officers, plan and implement at least one activity per term. A PN faculty serves as UNICEF Advisor.

At Bay Path Practical Nursing Academy, the program is a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing (www.mass.gov/dph/boards/rn) and is accredited by the Commission on Occupational Education (www.council.org). For more information, visit www.baypath.net.

State launches new mass vaccination registration system

BY KEVIN FLANDERS
STAFF WRITER

REGION – Officials recently unveiled a new preregistration signup tool available for the state’s seven mass vaccination sites.

Launched last week, the new system will make it easier for residents to request and book an appointment at a mass vaccination site. More venues will be added to the preregistration system in the coming weeks, officials said.

The new preregistration system replaced the state’s original online booking program, which was fraught with problems. The Web site crashed on multiple occasions, and residents had significant issues with attempting to schedule appointments.

Gov. Charlie Baker and his team are hoping for a smoother experience with the new model.

“Available appointments will be offered to residents based on their vaccine eligibility and the availability of appointments at mass vaccination sites nearby,” read a statement released by Baker’s office.

The state’s COVID-19 vaccine scheduling hotline will remain in place to help residents without internet access, as well as those who have difficulty navigating the new preregistration process.

In total, the state now has 170 public vaccination sites offering appointments. More information on vaccine sites can be found at: vaxfinder.mass.gov.

The new preregistration tool is available at: www.mass.gov/COVIDvaccine. Eligible residents must complete an online form to request to book an appointment at a mass vaccination site.

After completing the form, residents will receive a confirmation via their preferred method of contact (text, email, phone). They will also receive a weekly update about their status. Residents may opt out of their preregistration at any time if they secure an appointment elsewhere.

“When an appointment becomes available at a mass vaccination site, the resident will be notified and will have 24 hours to accept the appointment once it is offered to them,” read the statement

issued by Baker’s office. “If an appointment is not accepted after 24 hours, the resident will go back into the queue to wait for another appointment.”

To accommodate older residents and others who are unable to use the form, the new preregistration process allows family members, caregivers, or other companions to fill out the form on behalf of a resident.

Individuals who do not have internet access can call 2-1-1 to preregister.

Residents are thanked for their continued patience during an unprecedented time. State officials are hopeful that supply issues will start to improve over the coming weeks.

“Due to high demand and limited supply, there are only a small number of appointments for eligible residents,” Baker said. “Given the limited number of available appointments due to constraints on vaccine supply, it could take several weeks for eligible, preregistered residents to receive a notification about an available appointment.”

Weekly state allocations of the vaccine are subject to change based on

federal availability, demand from providers, and obligations to meet second doses.

In addition to the state allocation, the federal government distributes vaccines to CVS Health sites as part of the Federal Retail Pharmacy Partnership. These quantities fluctuate on a weekly basis and are not counted toward the state’s weekly allocation, officials said.

For residents who don’t wish to attend a mass vaccination site, appointments are also being booked at more than 160 other public vaccine sites across the Commonwealth. The state has also allocated a supply of doses to certain healthcare providers, hospitals, and community health centers that will provide instructions to their patients on the vaccine process.

In other vaccine news, approximately 400,000 K-12 educators, childcare workers, and K-12 school staff members are now eligible to receive a COVID-19 vaccine in Massachusetts. State officials want to ensure that all school staff members have a chance to be vaccinated before schools reopen next month.

Community Legal Aid wins unemployment suit

BY KEVIN FLANDERS
STAFF WRITER

REGION – Unemployed residents are hoping to receive their benefits soon, following a successful class action lawsuit. The Community Legal Aid organization recently won

its court case against the Department of Unemployment Assistance (DUA), the state agency that administers unemployment insurance benefits in Massachusetts.

Representing several Bay State workers, Community

Legal Aid filed a motion for a preliminary injunction late last year in Worcester Superior Court. The motion sought to require the DUA to resume processing unemployment claims, thousands of which have been on hold for several months pending review.

Because the DUA was flooded with fraudulent unemployment claims during the pandemic, the agency adopted an emergency policy that put most claims on hold until they could be individually vetted. While this allowed for more fraudulent claims to be flagged, it also caused legitimate unemployment claimants to go multiple months without receiving their benefits. This left families statewide in financial turmoil throughout the winter; many residents were forced to contact their legislators to seek assistance after failing to reach DUA agents over the phone.

On March 2, a Worcester Superior Court judge agreed with Community Legal Aid’s motion, ordering the DUA to follow all processes required under Massachusetts law.

“This injunction will stop a number of practices of DUA that have been extremely

harmful to large numbers of people who have filed claims for unemployment benefits,” said Community Legal Aid’s Litigation Director, Leigh Woodruff. “This includes claimants being put on hold for extended periods, approved claimants having benefits stopped because of redeterminations without any opportunity to be heard, and claimants having current benefits stopped to recover old overpayments that are actually under appeal.”

Adding to the stress of the pandemic, thousands of residents not only saw their unemployment benefits put on hold over the last year, but they also received notices that they owed the state money. Residents were then forced to contact the DUA and prove the legitimacy of their claims to an adjudicator, often waiting several hours on the phone.

Many residents were not even given an opportunity to appeal the DUA’s findings.

“Under this order, the DUA can no longer put claims on hold and leave families in limbo, without income or any way to appeal for months on end,” Woodruff added.

The clients represented by Community Legal Aid for its case against the DUA were all workers whose employment had been affected by the pandemic. The DUA had initially approved these plaintiffs’ unemployment claims and began paying them benefits, but the payments were later stopped.

“Before taking these actions, the DUA never notified the plaintiffs of any problems,” read a statement released by Community Legal Aid. “With the preliminary injunction, the court has ordered the DUA to stop these practices because they deprive workers of benefits without due process in violation of federal and state law.”

Community Legal Aid has reached out to the DUA, asking how the agency intends to comply with the court’s order. The New Leader also sought comment from DUA officials, but no response was given as of press time.

Community Legal Aid provides free civil legal assistance to low-income and elderly residents of western and central Massachusetts. To learn more about the organization, visit www.CommunityLegal.org.

AUCTION WINNINGS



Photo Courtesy
M. Soper of Soper Construction poses with his auction-takings from St. John Paul II/Trinity Catholic Academy virtual auction that ended last Saturday, “A Night of Faith, Trust & Pixie Dust.”

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CAR

continued from page A1

could not disclose an exact cause for the incident at the time of the interview; however, he did credit everyone involved for a flawless response effort.

“Everybody acted professionally. The District 7 Dive Team is an unbelievable asset to the community that a lot of people may not know about until we need to call them. These men and women train throughout the year above and beyond their normal functions as firefighters and EMTs. This is something they work very hard to perfect, and they invest a lot of hours. Each and every one of them performed above and beyond at the scene of this incident,” the chief concluded.

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\$68,000, Sunset Dr #29, Denault, Linda E, to Roland, Paul V, and Roland, Deborah A.

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Marianapolis Prep School announces Trimester 2 honor roll

THOMPSON, Conn. – Below are the students who have earned their place on the Trimester 2 Honor Roll.

Head of School List
Olivia-Mae Acquaah-Harrison, Charlton; Oyetola Ajayi-Obe, Worcester; Abigail Alicandro, North Oxford; James Alves, Uxbridge; Jenin Ayyash, Worcester; Kaitlin Baca, Webster; John Barnwell, Danielson, Conn.; Callista Bibeau, Danielson, Conn.; Abigail Boria, Charlton; Benjamin Bouchard, Douglas; Celia Bouchard, Douglas; Samuel Bouchard, Douglas; Campbell Braun, South Grafton; Jessie Calkins, Charlton; Stephen Canavan, Ashford, Conn.; Dominika Chmielewski, Webster; Lauren Conde, Danielson, Conn.; Sidney Corriveau, Brimfield; Jasmine Creighton, Webster; Anna Czechowski, Webster; Giana DeCesare, Chepachet, R.I.; Alexandra Delano, Charlton; Joseph DiPietro, Worcester; Danielle Doiron, Charlton; Fiona Doiron, Charlton; Ava Fabiano, Killingly, Conn.; Chiara Faiola, Auburn; Felicia Fongemie, Ashford, Conn.; Barbara Forgues, Shrewsbury; Fabian Gabriel, Zlin, Czech Republic; Ashley Giorgio, Millbury; Xiayuan Gong, Wuxi, China; Isabella Gonzalez, Plainfield, Conn.; Madelyn Grundstrom, Moosup, Conn.; Emily Hammond, Sutton; Angelina Harrgrave, Charlton; Sophie Hendrick, Willimantic, Conn.; Thu Hoang, Hai Phong, Vietnam; Maura Hoban, Millbury; Patrick Hoban, Millbury; Kaylynn Horan, Putnam, Conn.; Nghi Huynh, Ho Chi Minh City, Vietnam; Mackenzie Jutras, Greenville, R.I.; Ethan Kalmin, Dudley; Claire Kelleher, Auburn; Avery Kurzontkowski, Shrewsbury; Kate Landis, Brooklyn, Conn.; Molly Landis, Brooklyn, Conn.; Linh Le, Ho Chi Minh City, Vietnam; Abigail Leahy, Leicester; Lauren Lemire, Southbridge; Chengxun Li, Xiamen, China; Zachary Litke, Brooklyn, Conn.; Alana Lorusso, North Oxford; Sydney Lundt, Woodstock, Conn.; Bridget MacDonough, Grafton; Ian MacKenzie, Woodstock, Conn.; Kiera MacKenzie, Woodstock, Conn.; Szymon Mamro, Webster; David Mankarios, Webster; Delia Marchand,

Holden; Salvatore Masciarelli, Northbridge; Wednesday Maskova, Sestajovice, Czech Republic; Tessa McCabe, Douglas; Benjamin McGarry, Thompson, Conn.; Conner McLeod, Foster, R.I.; Keegan McLeod, Foster, R.I.; Emma McQuiston, Webster; Katherine Melnick, North Grosvenordale, Conn.; Sara Michailides, Chepachet, R.I.; Ayame Mizuno, Nagoya, Japan; Luciana Najjar, Northborough; Michael Nespala, Celakovice, Czech Republic; Abbie O'Brien, Plainfield, Conn.; Hayley O'Connell, Webster; Collin O'Connor, Sutton; Declan O'Connor, West Boylston; Riley O'Connor, Dudley; Jenna Olivieri, Douglas; John Perveiler, Pomfret Center, Conn.; Long Pham, Hanoi, Vietnam; Katrina Piekieniak, Dudley; Morgan Polinski, Webster; Wiktorja Potem, Webster; Sophia Rabitor, Dayville, Conn.; Jill Reardon, Fiskdale; Brianne Rett, Uxbridge; Olivia Richardson, Lincoln, R.I.; Emma Russell, Brooklyn, Conn.; Anthony Russo, Brooklyn, Conn.; Thomas Santos Soares, Porto Alegre, Brazil; William Savoie, Northbridge; Cassidy Semo, Dudley; Trinity Semo, Dudley; Emily Shamback, Sterling, Conn.; Andrew Shultz, Oxford; Zachary Stoddard, Pomfret Center, Conn.; Maya Summiel, Dayville, Conn.; Lily Tessmer, Lancaster; Violeta Torres, Plainfield, Conn.; Daniel Twohig-Mann, Douglas; Rachel Ullstrom, Auburn; Isabella Vigliotti, Worcester; John Vigliotti, Worcester; Caroline Vigneault, Southbridge; Caroline Villa, Auburn; Tram Vo, Phan Thiet, Vietnam; Emily Walsh, Thompson, Conn.; Yunpeng Wang, Shenzhen, China; Kyle Woodruff, Southbridge; Wenyang Yuan, Beijing, China; Abdullah Zameer, Woodstock, Conn.

Dean's List
Isata Bah, Shrewsbury, United Kingdom; Greyson Baldaro, Oxford; Lillian Belsito, Millbury; Grace Booth, Webster; Vincent Bourgeois, Thompson, Conn.; Patrick Brooks, Worcester; Zuzana Cejkova, Jindrichuv Hradec, Czech Republic; Xander Cook, Uxbridge; Sydney Duby, Worcester; Daniel Ducharme, Worcester; Olivia

Duquette, North Grosvenordale, Conn.; Nicholas Fennelly, Charlton; Courtney Fleming, Douglas; Gabriela Fung, Colchester, Conn.; Lily Givner, Oxford; Timothy Hall, Plainfield, Conn.; Audrey Hammond, Sutton; Lily Hayes, Danielson, Conn.; Garret Hippert, Brooklyn, Conn.; James Hoban, Millbury; Ehmil Johnson, Auburn; Kualim Johnson, Auburn; Thomas Kennison, Somers, Conn.; Caroline King, Rochester; Haruna Kobayashi, Nagoya, Japan; Olivia Kowalski, Charlton; Juhyoung Lee, Seoul, South Korea; Kaya Lukasek, Webster; Yihui Luo, Lian Yun Gang, China; Claire Marchand, Holden; Charles Mukweva, Harare, Zimbabwe; Luis Arturo Perez Povedano, Santo Domingo, Dominican Republic; Linh Pham, Hanoi, Vietnam; Elena Polsky, Thompson, Conn.; Alek Popovich, Charlton; Emma Raps, Webster; Grace Rhoads, Stafford Springs, Conn.; Morgan Royston, Oxford; Kailey Russo, Brooklyn, Conn.; Alex Spetseris, Webster; Matthew Tomasino, Leicester; Chinh Tong, Ho Chi Minh City, Vietnam; Owen Trainor, Brooklyn, Conn.; Thang Tran, Da Nang, Vietnam; Ashley Vandenbrouck, Oxford; Maggie Vo, Worcester; Elizabeth Walker, Thompson, Conn.; Anna Wildes, North Uxbridge; Xingyu Zhu, Wenzhou, China; Yutian Zhu, Hangzhou, China; Anthony Zurowski, Plainfield, Conn.

Honor Roll
Andrew Andrianopoulos, Worcester; Emma Blanchard, Dayville, Conn.; Rayliana Bonnell, Oxford; Shaylan Cashman, Charlton; Claire Crossman, Oxford; Donovan Hendrick, Willimantic, Conn.; Thomas Joiner, North Grosvenordale, Conn.; Zachary King, Plainfield, Conn.; Camille Larson, Charlton; Michael Levesque, Narragansett, R.I.; Sydney Masciarelli, Northbridge; Colby Mayen, Dudley; Andrew Peck, Paxton; Ana Ros Tejerina, Las Rozas de Madrid, Spain; David Splaine, Rochdale; Wondimu Weinberg-O'Brien, Worcester; Tyler Whiteley, Foster, R.I.; Jessica Wright, Millbury

QCC Mentoring earns high marks, reaches partner level in quality based membership

WORCESTER — Quinsigamond Community College Mentoring program has earned Mass Mentoring Partnership's highest level of certification: Partner Level Quality-Based Membership (QBM). Quality-Based Membership is a first-in-the-nation process created to promote high-quality best practices among Massachusetts youth mentoring programs. Now being replicated nationally, membership components are based on The Elements of Effective Practice, the national standard for mentoring programs.

QBM is a process that assesses a program's strengths and offers guidance on areas where they may need additional training or technical assistance. There are many benefits to QBM: It provides a meaningful "indicator of quality"; it benchmarks program practices against national standards of excellence; and it demonstrates a program's commitment to excellence to potential mentors, funders, parents, and community partners.

Quinsigamond Community College (QCC) Mentoring joins 43 Mass Mentoring Partnership QBM certified mentoring programs in Massachusetts. The program connects QCC students with staff, faculty, industry, and community members to create one-on-one mentoring relationships. This unique program provides extensive benefits to students, as well as professional development and networking opportunities for mentors.

"Our students will greatly benefit from this certification. Mentors can have a lifelong, positive and profound effect on student mentees. Our mentoring program provides a way for students to connect with mentors and build positive relationships to support their col-

lege experience. Students also develop employer- desired skills, gain an understanding of workplace expectations and networking to increase their likelihood of finding a rewarding career," said QCC President Luis G. Pedraja, Ph.D. "The program has become an integral component of student success."

"We commend Quinsigamond Community College as a partner in the QBM program and look forward to working with them to help amplify mentoring relationships in central Massachusetts," shared Lily Mendez, President and CEO, Mass Mentoring Partnership.

For more information on Mass Mentoring Partnership and its QBM program, visit <http://www.massmentors.org/qualitymembership> or email info@massmentors.org.

For more information on QCC's Mentoring program, visit www.qcc.edu/services/mentoring or email mentoring@qcc.mass.edu.

About Mass Mentoring Partnership
Founded in 1992, Mass Mentoring Partnership (MMP) is committed to ensuring that every young person in the state has access to quality mentoring relationships, regardless of who they are or where they live. MMP is a statewide capacity-building organization that partners with corporate, public and philanthropic entities to drive critical resources to a network of more than 370 mentoring and youth-serving organizations, representing more than 50,000 young people. www.massmentors.org

About Quinsigamond Community College

Quinsigamond Community College provides the community with high quality, affordable higher education in Worcester County. As a regional leader

in education and workforce development, QCC serves the diverse educational needs of Central Massachusetts by providing affordable, accessible, and high quality programming leading to transfer, career, and lifelong learning.

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



ACCURACY WATCH

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

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

If you find a mistake, email news@stonebridgepress.news or call (508) 909-4106 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.



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Webster Public School Department



Cafeteria Worker, Park Ave - 2 Positions

Schedule: M-F 10:00-1:00 (15 hrs.)

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 enylen@webster-schools.org

**At this time all positions run through the end of the school year.*

Town of Sturbridge – Seasonal Lifeguard

The Town of Sturbridge is currently seeking applicants for a Seasonal Lifeguard position. Applicants must be CPR/AED and First Aid certified by the American Red Cross.

Position runs from June 21 to August 20, 2021.

Starting rate of pay is \$15.25 per hour.

Sturbridge is a Drug-Free workplace and EOE.

Applications can be downloaded at www.sturbridge.gov.

Please submit applications to Sturbridge Recreation Department, 301 Main St, Sturbridge, MA 01566 or email to recreation@sturbridge.gov

Applications accepted until filled.

Cornerstone Bank

recognizes employees for

dedicated service

WORCESTER — Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, is celebrating 24 employees who have hit a landmark in their tenure with Years of Service Awards. Employees are honored for every five years of service they have completed with the Bank.

“The passion and commitment our employees bring to the workplace every day is inspiring,” said CEO of Cornerstone Bank Todd Tallman. “These 24 employees have helped us maintain steady growth over their years of service and embody our values of respect, integrity, trust and excellence. We thank you all for your dedication and loyalty over the past five, 10 and even 45 years!”

“Despite the hardships of this past year, these employees and the rest of our staff have pushed through, showing tremendous strength and resilience,” said President Randal Webber. “I applaud our service award recipients for their longstanding devotion to our organization.”

See list of employees receiving the Years of Service Award:

To learn more about Cornerstone Bank, visit cornerstonebank.com.

About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank

Name	Service Years	Years of Service
Sheryle I. Gaudette	1975-2020	45
Karen Largesse	1985-2020	35
Jason D. Main	2000-2020	20
Charlotte L. Schmidt	2000-2020	20
Amy Dolan	2000-2020	20
John T. Jawor	2005-2020	15
Jamey A. Mekal	2005-2020	15
Melissa Dyer	2005-2020	15
James E. Beaudry	2005-2020	15
Michael M. Pacheco	2010-2020	10
Kyle S. Bourque	2010-2020	10
Sara Seaver	2010-2020	10
Susan M. Wilcox	2010-2020	10
Michael Quink	2010-2020	10
Heather Dumais	2015-2020	5
Thomas W. Moschos	2015-2020	5
Allison R. Nugent	2015-2020	5
Maritza Vega	2015-2020	5
Rebecca A. Field	2015-2020	5
Johanne T. Mahon	2015-2020	5
Catherine Hanna	2015-2020	5
Lisa L. Tucker	2015-2020	5
Marissa A. Leazott	2015-2020	5
Laura J. Pimental	2015-2020	5

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Justin Bellinger

celebrates four

years with

McCurdy Group



Justin Bellinger

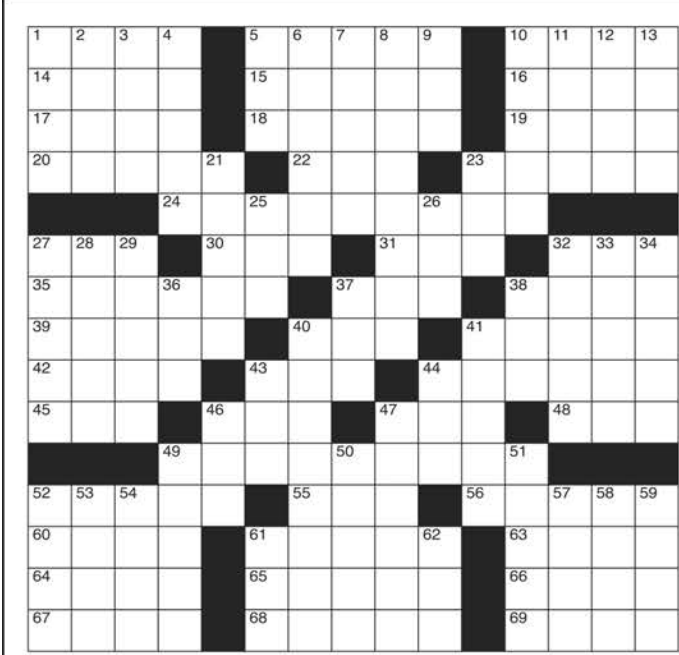
STURBRIDGE — Dennis McCurdy is pleased to acknowledge the four year anniversary of Juston Bellinger with McCurdy Group.

Bellinger joined the McCurdy team in March of 2017 as a Commercial Lines Account Manager and by November of 2017, he earned his Property and Casualty Insurance Producer license. Enthusiastic and eager, Justin is committed to continually advancing his knowledge of the insurance industry.

Recently, he received the Specialty Dwelling Policies

designation from Foremost Insurance and he is in the process of completing the seven-part series towards earning the Certified Commercial Lines Professional (CCLP) designation.

Fun Fact About Justin: Prior to joining the McCurdy Group, Justin was a well-known professional stunt driver who traveled the country performing for such notable thrill shows as: Tim Chitwood's Legends Stunt Show, Tonny Petersen's Stunt Drivers, Joie Chitwood's Reunion Thrill Show, and Doug Dangers Stunt Show.



- CLUES ACROSS
1. Volcanic crater

5. Long times

10. Swedish rock group

14. Having the means to do something

15. Rods or spindles

16. La __ Tar Pits, Hollywood

17. Missing soldiers

18. Measuring instrument

19. All of the components considered individually

20. Play “__ Irish Rose”

22. Gene

23. Barrels

24. London-based soccer team

27. Feline

30. Breed of sheep

31. Body part

32. Doctors' group

35. One who follows the rules

37. Cigarette residue

38. Ancient Greek sophist

39. Polish yeast cakes

40. Promotional materials

41. Pancakes made from buckwheat flour

42. Completed perfectly

43. Photo

44. A peninsula in SW Asia

45. The common gibbon

46. Disfigure

47. Ribonucleic acid

48. Japanese honorific

49. Pieces of music

52. Expressed pleasure

55. Having ten

56. Type of sword

60. Humble request for help

61. Eating houses

63. Italian Seaport

64. Cain and __

65. Measure the depth

66. U. of Miami's mascot

67. Political outsiders

68. Greek sorceress

69. Body part

- CLUES DOWN
1. Mother

2. Jewish calendar month

3. Jai __, sport

4. Establish again

5. Swiss river

6. Racetrack wager

7. __ but goodie

8. Closeness

9. Soviet Socialist Republic

10. At right angles to a ship's length

11. Women's undergarments

12. Mountain stream

13. Expresses pleasure

21. Painful places on the body

23. Automobile

25. Scandinavian god of battle

26. Expresses surprise

27. Secret political clique

28. Yields manila hemp

29. River in central Italy

32. Brain injury science acronym

33. Mental illness.

34. A person from Asia

36. Father

37. General's assistant (abbr.)

38. Cooked or prepared in a specified style

40. Large terrier

41. Hillsides

43. Golf score

44. Not or

46. Type of student

47. Flower cluster

49. Closes tightly

50. Saudi Arabian desert

51. Famed vaccine developer

52. Multi-function radar (abbr.)

53. Actress Jessica

54. Pay attention to

57. Beloved big screen pig

58. __ Clapton, musician

59. Take a chance

61. Cost per mille

62. Helps little firms

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V	B	B	V		S	N	O	E	V		H	V	V	W

ONE YEAR

continued from page A1

to keep the town informed and make adjustments where necessary to protect the people and employees while maintaining town services.

Golas said the pandemic proved to be a big learning experience for everyone revealing the importance of communication and relationship building on the local and state level.

“I think one big take-away not even specifically to Charlton but what we saw on more of a statewide basis is there was almost this lack of statewide support for local public health as far as guidance in their activities. We're kind of hoping that this will bring some of the local Board of Health support and complaints more to the forefront on the state level and we receive better support from them as well. We hope it also brings more consistency from town to town as far as how health issues are handled and taking a more regional collaborative approach. I think that's a big lesson we've learned from this,” said Golas

Health Director Philbrook said one lesson he and oth-

ers learned is that it really does take a village to make an effort like the last twelve months possible. Nobody was able to do it on their own whether it be those in Washington, in Boston, or right here in Charlton.

“It's a team effort. You try to wear overworking yourself as a badge of honor but it's not. Reach out to people. There are talented people in the town of Charlton that are willing to help out,” said Philbrook. “We've had to fight for a hundred vaccines. A lot of towns had to fight for it. We were lucky to have Harrington, but there are a lot of towns that to this day are fighting to get the vaccine and it's our job to work together. This doesn't work unless we all get access to the vaccine.”

While the increases in vaccinations may shine a bright light on a promising future free of COVID-19 concerns, there's still a long and unsure road ahead for Charlton, the nation and the world. Charlton is hoping to help residents get vaccinated quickly and effectively by providing links on the home page of the town's website for residents to sign up and learn more about the statewide effort to vaccinate against COVID-19.

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FRANK G. CHILINSKI
860-928-1818 EXT. 103
frank@stonebridgepress.news
BUSINESS MANAGER
RYAN CORNEAU
860-928-1818 EXT. 102
ryan@salmonpress.news
OPERATIONS DIRECTOR
JIM DiNICOLA
508-764-6102
jim@stonebridgepress.news
EDITOR
BRENDAN BERUBE
508-909-4106
news@stonebridgepress.news
PRODUCTION MANAGER
JULIE CLARKE
860-928-1818, EXT. 305
julie@villagernewspapers.com

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- 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.

Community celebrates the life — and legacy – of Dick Hoyt

BY KEVIN FLANDERS
STAFF WRITER

HOLLAND – The community is celebrating the life and legacy of Dick Hoyt, who inspired the nation by teaming up with his son at more than a thousand races over the years.

Hoyt, 80, passed away last week. He was a beloved member of the Boston Marathon community after pushing his son Rick in a wheelchair for several Marathon events. Together, they championed inclusion and perseverance for decades as part of Team Hoyt.

“Dick Hoyt was an iconic part of the Boston Marathon for decades. Like so many, I was inspired by Dick and his son Rick when we saw them cross the finish line every year,” said Gov. Charlie Baker. “We send our condolences to the Hoyt family and everyone whose lives they touched.”

Rick Hoyt, 59, was diagnosed at a young age as a spastic quadriplegic with cerebral palsy. Dick and his wife, Judy, were advised to institutionalize Rick when he was a child because officials felt there was little chance of him leading a productive life. But the Hoyts never allowed their son to be defined by his limitations, instead fighting to get him active and involved as much as possible.

Dick and Judy Hoyt often took Rick sledding and swimming as a boy. In 1975, at the age of 13, Rick was admitted into a public school system, and he later



Local legend Dick Hoyt, 80, passed away last week. Here, he is pictured pushing his son Rick during one of their many races.

graduated from Boston University with a degree in special education.

In the spring of 1977, Rick told his father that he wanted to participate in a five-mile benefit run for a lacrosse player who was paralyzed in an accident. Even though Dick had no experience as a long-distance runner, he agreed to push Rick in his wheelchair for the race. They wound up completing all five miles and finishing in next to last place, but far more important than the results was the journey they were starting together.

In the following years and decades, the father-son duo took part in over 1,000 races, including marathons, duathlons, triathlons, and Ironman competitions. Additionally, they traversed the contiguous United States in 1992, completing 3,735 miles in 45 days.

Of all the competitions Team Hoyt participated in, the Boston Marathon was always a favorite. They officially hit the 1,000-race milestone during the 2009 Marathon.

“We are tremendously saddened to learn of the passing of Boston Marathon icon Dick Hoyt,” read a statement released by the Boston Athletic Association, which runs the Marathon. “Dick personified what it means to be a Boston Marathoner, finishing 32 races with his son Rick. We are keeping his many family and friends in our prayers.”

The 2013 Boston Marathon was initially slated to be Team Hoyt’s final Marathon, but they were not able to finish the event due to the bombings. They returned in 2014 to finish the event with the other participants, stopping multiple times along the route to take photos and shake hands with supporters.

Dick Hoyt’s inspirational journey with his son is forever captured by a statue in Hopkinton, located close to the Boston Marathon starting line. Whenever guests visit the statue, they are always reminded of the achievements that can be made when you never give up hope.

Bay Path student helps neighbor with cancer

CHARLTON — What started as small acts of kindness in February quickly grew into something bigger.

Bay Path Practical Nursing Academy student Khamphan Houatchanthara makes it a point to walk with faculty to the parking lot, making sure faculty is not alone and feels unsafe at the end of long lectures at night. Kindness is inherent with the Southbridge resident and when she learned of a neighbor who was diagnosed with cancer, she verbalized her desire to do more than just pray for the said neighbor. Houatchanthara picked up (and delivered) pre-

scription medications (and over-the-counter pain medications) multiple times. With her boyfriend’s help, they cleared the neighbor’s driveway after a snowfall. She also brought the neighbor to the emergency department at Harrington Hospital for medical assistance. Houatchanthara then invited her family, friends, and co-workers at Simon Says Pizza Chef to join her in support of her neighbor, so her neighbor can focus on treatment, recovery, and healing.

Houatchanthara with the assistance of an anonymous donor launched a fundraiser.

New and previously loved totes, satchels, and pocketbooks from designers Kate Spade, Tory Burch, Michael Kors, Stella McCartney, Juicy Couture, and Vera Bradley were donated for the cause. Money raised will be used to support her neighbor who is being treated for cancer at the Dana Farber Cancer Center. The fundraiser totaled over a thousand dollars. The funds will help with utility bills and other essentials.

“I am so happy to help. A loss of income due to cancer and its treatment can lead to financial strain,” said Houatchanthara. “Our fundraiser allowed my

neighbor to focus on healing and relieve some of the stresses.”

Houatchanthara is on track to graduate this June with the Practical Nursing Class of 2021. When not busy with academics and clinicals, Houatchanthara is also an active member of the UNICEF Club raising awareness for children’s advocacy. Everyone has a friend, neighbor, family member, or colleague who has been impacted by cancer. Houatchanthara hopes cancer patients have someone in their community standing with them. Even when it starts as just a small gesture of kindness.



Khamphan Houatchanthara



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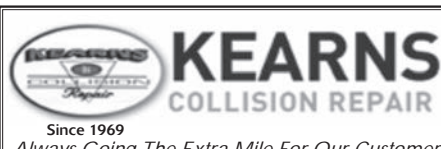


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FRANK G. CHILINSKI
PRESIDENT/PUBLISHER

BRENDAN BERUBE
EDITOR

Celebrating strong women

March is Women’s History Month, which includes International Women’s Day that took place on March 8. This may seem like a new progressive holiday; however, it stems back to 1909, when the Socialist Party of America, organized a day for Women on Feb. 28 in New York. One year later, the International Socialist Woman’s Conference announced that a day for women be held each year.

Fast forward to 1917 in Russia, where, on March 8, women were given the right to vote. In 1975, the holiday was adopted by the United Nations.

The long and the short is that this day is a day to celebrate women past, present and future. With that said our staff chose to highlight the women that we feel have had a standout role in influencing how our world operates today. The list was endless, therefore naturally hard to choose, so in order to prevent a 200-page editorial we narrowed the list down to our favorites.

Social reformer Emmeline Pankhurst founded the Women’s Social and Political Union in 1903 to campaign for the parliamentary vote for women in Edwardian Britain, ‘Deeds, not words’ being its motto. Pankhurst is described as a charismatic leader and powerful orator, Pankhurst rallied thousands of women to demand, rather than ask politely, for their democratic right in a mass movement that has been unparalleled in British history. The battle did not come without consequences, she endured 13 imprisonments, leading her name and cause becoming known throughout the globe.

At the age of 15, Claudette Colvin was arrested at the age of 15 in Montgomery, Alabama when she refused to give up her bus seat to a white woman. This event gave the famous Rosa Parks the courage to do the same. Colvin was one of five plaintiffs involved in the federal court case filed by civil rights attorney Fred Gray in 1956, in which they challenged bus segregation. The outcome was that a judge ordered that the local laws in regards to bus segregation were unconstitutional. To find Colvin’s name in a history book is rare. This in part because she was an unmarried teenager who apparently was with child. Colvin went on to become a nurse’s aid.

In an interview in 2005, Colvin said, “I feel very, very proud of what I did. I do feel like what I did was a spark and it caught on.”

As for recognition, Colvin said, “I’m not disappointed. Let the people know Rosa Parks was the right person for the boycott. But also let them know that the attorneys took four other women to the Supreme Court to challenge the law that led to the end of segregation.”

Colvin’s family has been trying since 2016 to have her recognized and honored in the National Museum of African American History and Culture. Colvin was not invited officially to the opening of the museum in 2016.

Marie Curie is the next on our short list. Curie was a Polish and naturalized-French physicist and chemist who was the first to delve into radioactivity. Curie who was born in 1867, was the first woman to win a Nobel Prize, and the only person to win it two times. Collecting several firsts, Curie was the first woman to become a professor at the University of Paris. In a time when most women spent their days in the home taking care of their children and husbands, Curie had to smash several ceilings for her own advancement. Curie was known for her honesty and moderate lifestyle. All of her prize money, she donated to scientific research and refused to copyright the radium-isolation process so that her fellow scientists could continue research unhindered. In 2011, Poland and France declared the year would be “The Year of Marie Curie.” She became the first woman to be entombed on her own merits in the Pantheon in Paris in 1995.

In 1933, Anna Eleanor Roosevelt turned the position of First Lady from benign symbol to an active and intellectually vigorous power center. Roosevelt served as the United States Delegate to the UN General Assembly from 1945 to 1952. Roosevelt was the topic of much controversy for her outspoken nature, especially in regard to civil rights for African Americans. She was the first, First Lady to hold regular press conferences, host a weekly radio show and to speak at a national party convention. She was so bold to even disagree

OPINION

Views and commentary from Charlton, Charlton City, Charlton Depot and beyond

TO THE EDITOR

Applications welcome for Emily Dabrowski Scholarship

To the Editor:

Shepherd Hill Regional High School seniors are eligible to apply for the Emily Dabrowski Memorial Scholarship.

In 2020, eight scholarships were awarded. We are able to continue, thanks to the generous support of participants in the ‘Dad’s Swatfest’ Golf Tournament, as well as members of our community. This will be the fifth year!

My daughter Emily died in 2017, during her senior year at Shepherd Hill. Her “Happiest place on Earth” was Espwa, a Haitian orphanage. Emily, who dreamed of running an orphanage in Haiti. She worked there for three summers with St. Joseph’s Church in Charlton. This scholarship seeks to encourage students to volunteer.

This scholarship is not based solely on grades, but is more about how the applicant is making the world a better place. Students will be favored if they have a history of volunteering

in Third World countries, a desire to join the Peace Corp or similar experience. Applicants are encouraged if they choose to pursue early childhood education, a medical degree, environmental protection or veterinary medicine.

Shepherd Hill’s deadline for students to have their applications into the Guidance Office is April 5. I’d like to thank everyone who has donated to the Emily Dabrowski Memorial Scholarship Fund. Your generosity is deeply appreciated!

To make a donation, contact Saver’s Bank in Charlton at 508-248-4255. For additional information, contact Diane Dabrowski at DianeD@ERAKey.com or **Melissa Boucher**, Guidance Department secretary, at 508-943-6700, ext. 175.

Thank you,

DIANE DABROWSKI
CHARLTON

Thank you for a successful auction

To the Editor:

Trinity Catholic Academy and St. John Paul II Parish would like to thank everyone who helped make the recent Virtual Auction, “A Night of Faith, Trust and Pixie Dust,” a success. In these uncertain times, fundraising is an art of creativity, and we appreciate our devoted volunteers, sponsors, and participants for following right along!

We want to thank all the area parishes who helped promote the event in their weekly bulletins, Stonebridge Press for posting all our press releases, town cable access channels for postings on their bulletin boards and all who shared the information via social media to make this first totally virtual auction a reality.

The auction received vital support from our sponsors to whom we are very thankful: United Lens, Northeast Merchant Services, Kaleidoscope Florist, Morrill Funeral Home, Union Saint Jean Baptiste, LaSalle Parish Center, Trinity Catholic Academy, and St. John Paul II Parish.

To the many individual business partners, alumni, parishioners, and community members that donated auction items, we are blessed for your generosity.

To all the auction participants, winners, and bidders alike, we appreciate your support. Participants were

from all over Massachusetts as well as Florida, Local & Southern CT, Rhode Island, & Mississippi. Truly, the beauty of an online event!

It is fun to hear of families that used this as a source of entertainment in the final hours of the auction from the comfort of their homes! We heard comments upon pick up as to the plan for some of their auction “wins”. To adorn a new home, a Christmas or birthday gift for someone, a well-deserved night out, a Disney trip postponed due to Covid, Easter basket extras, and so much more!

It is great when you can hold an event that attracts local community members, alumni, family, and friends from near and far in support of a 150-year legacy of the Catholic Church, Catholic Education and comradery originating in Southbridge.

Again, we want to thank all that had anything to do with the event to ensure the success of the auction. Co-Chairs: Margaret Farrand and Melissa Cournoyer did an awesome job from beginning to end! TCA & STJPII are blessed to have fine people who come forward to give of their time, knowledge, and financial support for our mission.

Gratefully,

TRINITY CATHOLIC ACADEMY & ST. JOHN PAUL II PARISH

Optimism: The vaccine for disappointment

Writing is a hit or miss proposition. Sometimes I hit and the email reflects that the goal of my column was reached. At those moments, I’ll admit, I feel a sense of satisfaction.

At other times, I clearly miss the mark and the email also reflects it in many ways. I receive email of anger, dissatisfaction, disagreement, or disappointment, or even worse, no email at all. Regardless of the column, I rarely file it away not knowing how others feel.

Writhing “Positively Speaking” is a true joy. I love hearing from readers and eagerly accept the challenge of trying to help others live happier and more optimistic lives. I’m grateful that this publication allows me to do so.

If I can humbly say so, the last two columns seemed to hit a sweet spot. The first was a column on dealing with disappointment and the other on hope being the anchor of our souls. I’m still receiving positive email on both.

I believe the positive impact is partly because they were back-to-back. I think in essence, hope and optimism are our vaccines for disappointment.

We all experience disappointment. It’s an unavoidable part of life. The problem is most people dwell in it. Like a vaccine, hope and optimism can reduce or eliminate the despair of disappointment, but like a vaccine, you must take the action to get the shot.

I received my second dose of the Covid vaccine two weeks ago. My side effects were minimal. I had a sore arm. I was told by a few family members and friends not to get it ... that it would change my DNA by some and by others it was a conspiracy to insert a chip into my body. I listened, did my own research, then got the shot. I learned that cancer patients in my age bracket were three times more likely to die of



POSITIVELY SPEAKING
GARY W. MOORE

Covid than others, so it was an easy decision.

But what about becoming more hopeful and optimistic in your life? What are the negative side effects? If you do it, you will occasionally be disappointed ... which you’ll be by nature anyway, but you’ll find yourself more willing to reach for your dreams and accomplish goals and live a happier, more fruitful life.

Whether we realize it or not, everything that we are consuming via media, stories, or the world around us, is forming our mindset. Not too long ago, my wife and I were spending a lot of time watching talk news. It was always playing in the background throughout the day, and I noticed I was getting more agitated, and my thoughts were gravitating towards more doom and gloom in this world rather than hopeful thoughts. It occurred to me – the news was forming me away from positivity. So, what did I do? I turned it off. Less news, more positivity. Less polarizing talk radio, more activities that bring me hope.

The question we must all ask ourselves, is what are we being formed into? What are you feeding your mind? What are you consuming? Are we being formed into becoming more cynical, angry, and negative? Or are we surrounding ourselves by positive media, positive people, and positive stories that our forming us into joyfully optimistic people? Perhaps consider taking an audit in your life and discover who or what is forming you towards or away from optimism.

Research positive and optimistic stories of people like you and what they’ve accomplished. Follow optimistic people on social media. Immerse yourself in

Business owners’ issues go beyond ‘mom and pop’ label



FINANCIAL FOCUS
JEFF BURDICK

If you own a small business, you typically don’t get a lot of recognition – so you may be pleased to learn that March 29 is National Mom and Pop Business Owners Day. You might not necessarily think of your business as a “Mom and Pop” operation, but it certainly contributes to the well-being of your family now, and possibly to that of future generations, too – if you make the right moves.

Depending on the nature of your business, you may have spent the past several months more concerned about today than tomorrow, given the serious economic repercussions of the COVID-19 pandemic, which is still placing stress on a great many business owners across the country.

If your business has been adversely affected by the pandemic, you might be eligible for a Paycheck Protection Program (PPP) loan. As you may know, recent legislation provided \$285 billion more for this program. To learn more, and to start the application process, visit the Small Business Administration Web site at www.sba.gov. You have until March 31 to apply for a PPP loan. Other relief also may be available.

But regardless of whether you apply for one of these loans, you can take other steps to help maximize the benefits you get from your business – and perhaps even extend its longevity.

Here are a few suggestions:

Establish a retirement plan. If you don’t already have a retirement plan, it’s never too late to set one up. As a business owner, you have several options, including an “owner-only” 401(k), a SIMPLE IRA and a SEP-IRA. All these plans are fairly easy to establish and can offer potential tax advantages, as well as providing you with a source of retirement income in the future. You may want to work with a financial professional to pick the right plan for your needs.

Coordinate your business assets with your investment portfolio. Like most business owners, you may have a great deal of your personal wealth tied up in your business. And, as the past year has certainly shown, this can be risky. Consequently, you’ll need to weigh this risk factor when deciding on investing in your retirement plan or in other investment accounts. This doesn’t mean you should try to avoid all risk only by pursuing the most conservative vehicles – which would be counterproductive to achieving enough growth to meet your retirement income goals – but you will need to pay close attention to your investment mix to ensure it provides you with an appropriate balance to what you’ve invested in your business.

Develop a transition strategy. How will you make the transition from business owner to the next phase of your life? Will you sell the business outright? Will you gradually transfer it to a family member? If so, what mechanism will you use? It’s a good idea to have these types of plans in place well before you need to enact them, so you may want to consult with your financial, legal and tax advisors soon.

A “Mom and Pop” business may sound quaint and carefree – but, as you know, running a business of any size can be an all-consuming endeavor and always involves significant financial concerns. Get the help you need to meet these challenges.

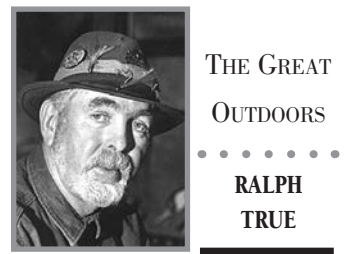
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ENTERTAINMENT AND EVENTS

DON'T MISS A THING!

Know where your fish is from



THE GREAT
OUTDOORS
.....
RALPH
TRUE

Some of the local ponds and lakes had been stocked with trout this past week, and anglers are catching numerous rainbow trout, and a large brown trout at Ashland Res. as this week’s picture shows. The large brown was more than likely stocked last year, as the state was lowering the hatchery’s trout supply, because of the pandemic. For a complete list of stocked trout waters go to the massfish Web site. Another reminder that Wallum Lake is closed to fishing until April 10. Rivers and streams could also receive a stocking of trout this week because of the low water flow.

The price of lobster has gone through the roof at local markets and restaurants, and some fresh fish prices are also on the rise. If you have a fisherman in your family, it is a good thing, especially if he is good at catching fish. Although some of the freshwater species are not good to eat for some people, a low consumption of them is best if you are elderly,

pregnant & also for children. Many fresh waters in the state carry high heavy metals, and other pollutants that are dangerous to your health, and are found in most freshwater fish. Trout are the safest fish to eat. Locally, the Mumford River and the Blackstone River are still heavily polluted, and my recommendation would be to eat none, from these two rivers.

When purchasing fish from a local fish market, it is best to know where your fish is coming from. Many stores and fish markets are starting to post the place of origin for their fish, which should be considered before purchasing fish, as many foreign countries do not have regulations ensuring the fish is safe to eat. The state of Massachusetts does regulate seafood from other countries, but not like they regulate meat. Farm raised fish will never be on my dinner plate! Read on!

I watched a documentary on a television show called “Fishing Cowboys.” It was a group of commercial fishermen that were harvesting shrimp in Florida. The shrimp were very large and white in color. The Captain explained that it is easy to tell what are wild caught shrimp, from farm raised. The fan of the tail is dark, almost black in color on the tip. The Captain stated that he would never eat a

farm raised shrimp, and if you saw the way they raise them and fed them, you also would not eat them. He stated that “If you eat a farm raised shrimp, they taste very bland, and need cocktail sauce to hide the bland taste.” He is right! He took a freshly caught shrimp and ate it without sauce, and stated that they were delicious. I have also had fresh wild caught shrimp and they are great. Wild fresh caught seafood is most often better for you and taste great.

One day a few years ago, I brought some fresh caught Fluke to the Uxbridge Rod & Gun Club to give the boys a taste of real fish. Most have had it before, but this one guy insisted that he did not like fish. I brought a tray of the cooked fish out to a few of the boys that meet often at the club. This one guy insisted that he did not like fish. After a bit of coaxing, he tried a piece. Wow! That is good fish! What kind of fish is it? “Fresh fish,” I replied.

After the huge oil spill on the coast a number of years ago, things have gotten a lot better & hopefully, it never happens again, but it will! Mother Nature has been cleaning up man’s pollution for years, but someday it may not be able to handle major pollution problems like have happened in the past. Today, there are hun-



Jerry's bait & tackle
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dreds of miles of pollution floating far out into the ocean that we rarely see, but it is there.

The Uxbridge Rod & Gun Club will hold another 3-D archery shoot this Sunday March 28, at the club grounds off of West Street. The event is open to the public young and old. The course has been cleaned, and life size species of animals, “3-D targets” have been set up over acres of property. Past events have received

high marks from bowhunters on their experience at the 3-D shoots. The kitchen will be open for a full breakfast starting at 7 a.m.! Masks are recommended, along with social distancing. Enjoy a day in the outdoors with family and friends. You deserve it after this past 12 months. The club Fishing Derby is slated for April 10.

Take a Kid Fishing & Keep Them Rods Bending!

Latest antique and auction news

There has been a considerable amount of antique, collectibles, and auction news since my last update. A bowl purchased at a Connecticut yard sale made news across the globe when it was recently sold at auction.

An unnamed man purchased the white and blue Chinese bowl for \$35 at a yard sale in the New Haven, Conn. area. The Smithsonian Magazine reported that “the ornately decorated dish, which features depictions of lotuses, peonies, chrysanthemums and pomegranate blossoms, dates back to the reign of the Yongle Emperor (1403–1424).” The auction house claimed that there are only 6 similar pieces known to exist. The Smithsonian reported that “these specimens are housed in such prominent cultural institutions as Taipei’s Palace Museum, the National Museum of Iran, the British Museum, and the Victoria and Albert Museum.” The “Lotus bowl” had a pre-auction estimate of \$300,000 to \$500,000. An unknown buyer purchased the bowl for nearly \$722,000.

An ArtFix daily report stated that a rare Charlie Chaplin poster was also headed to auction recently. “Produced in 1913, when Chaplin was still a vaudeville performer and aspiring comedian, the 42 inch long by 14 inch wide, broad-side advertises Fred Karno’s London Comedy Company and a show called “The Wow Wows”, starring Chaplin and other comedy performers. The



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

show was held at the Empress Theatre in San Diego, with performances on February 17th, 1913,” according to ArtFix. The poster had a pre-auction estimate of \$300 to \$3,500. A search of auction results shows that it sold for \$10,500.

Tom Brady’s move to Tampa Bay is a sore subject for many local sports fans, but it hasn’t hurt the value of his sports memorabilia. One of Brady’s rookie cards recently set an auction record and another rookie card currently being auctioned online has already surpassed that record. A 2000 Playoff Contenders Championship Ticket Tom Brady card sold earlier this month. Fox 19 Cincinnati News reported that James Park, who is the CEO of Fitbit, purchased the card. Park explained to USA Today why he wanted the card. “I lived in Boston for 10 years and so am a huge fan of Brady. I’ve also had a love of collecting cards since I was a kid. Given Brady’s uncontested status as GOAT in football, this card is an important piece of sports history and of any collection.” The card was graded 8 out of 10 and was one of only one hundred produced, according to USA Today. It sold for \$1.32 million, making it the most valuable football card ever sold. A higher-grade version of the same card is currently being offered in an online auction now. This card graded 8.5 and the signature was graded at 9.0. The card is numbered 99/100 (99 of 100). The auction description notes

cessful and happier life? Seek a happier and more successful life. Don’t marinate in your disappointment. Do something ... take action to leave it behind.

Take the vaccine of optimism and your life will change for the better.

It’s easy ... it’s self-administered, and the only side effects are happiness and success.

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.

to make monumental gains that led to our freedom today. The identify of ‘355’ is not yet known, however she is referred to as ‘lady’ 355 in Washington’s code book. The only direct reference to ‘355’ was from ringleader Abraham Woodhull (known as Samuel Culp, Sr.) to Washington in which Woodhull described her as “one who hath been ever serviceable to this correspondence.” We hope that one day her true identity will be discovered.

While we pay homage to strong women who have done incredible things, this does not negate the influential women we come into contact with in our everyday lives. As women we don’t have to smash ceilings or gain notoriety to make a difference. We can be positive, powerful and influential in our everyday lives which in turn creates a domino effect that can last years after we’re gone.

that the consignor purchased it on eBay over a decade ago. Bidding ends on April 2. As of March 20, the current bid is over \$1.7 million. The card is expected to break the \$2.0 million mark, which is more than 10 times Tom Brady’s rookie salary of \$193,000.

We will soon be offering an important collection of sports and non-sports cards all from one estate, with some dating back over 70 years ago. Our May auction with paintings, jewelry, sterling silver, antique Asian pieces, Larry Bird and Wayne Gretzky rookie cards, and other quality pieces will go online in early May. Deadline for consigning for that auction ends in April. We will also be running our next online auction of antique, vintage, and contemporary toys soon. You can join our email list on our Web site to keep updated on upcoming events.

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



MOORE
continued from page A8

positive and optimistic news. Look for symbolic stories with positive meaning and outcome. They help guide and inspire you. I suspect that is why Jesus told so many parables. Whenever Jesus told a parable, it was an invitation to imagine things differently. Jesus’ stories formed the listener towards the values of the kingdom, not away. Jesus’ stories formed the listener to think on pure, lovely, gracious, merciful, and kind values.

What am I saying? Act! We usually find what we seek. Want a more suc-

EDITORIAL
continued from page A8

with her husband on certain policies. After her husband’s death, Roosevelt spent her remaining years in active politics. She was the first chair of the UN Commission on Human Rights and chaired John F. Kennedy’s administration’s Presidential Commission on the Status of Women. Roosevelt was nicknamed the “First Lady of the World.”

Last but not least is Agent 355, who was instrumental to the Patriot cause during the Revolutionary War. Agent 355 was a part George Washington’s Culper Spy Ring. With the fear of a trip to the gallows in the back of her mind every day, Agent 355 managed to continue to help get crucial information to the General. Unlike the women we mentioned before, Agent 355 used her role as a quiet unassuming woman

♣ ♣ ♣ Friday's Child ♣ ♣ ♣

Alijah
Age 13

Hi! My name is Alijah and I want to learn Spanish!

Alijah is a social, engaging and polite boy of Cape Verdean descent. His favorite activities include playing sports, board games, card games, and admiring the latest and greatest footwear like hot pink Nike Foams. He also likes cooking, baking, and swimming. Alijah enjoys showing off his basketball and football skills. He prides himself on being a good mentor to younger children and seeks out opportunities to do so.

Alijah does benefit from accommodations listed on his IEP to assist him with more emotional/ social supports. He does well in school and is performing on grade level. Alijah is hopeful that he will be able to step down to a less restrictive setting in the near future.

Legally freed for adoption, Alijah will do best in a family with two parents who will be able to give him the one-on-one attention that he craves and provide him with structure and clear rules. Since he is a great mentor to younger children, his team is seeking a family with younger children in the extended family for him to be a role model to but for there to be no other children or only older children in the home to ensure Alijah's needs receive the attention he deserves. He would also love for his future family to have pets or be open to adopting a pet. It is very important to Alijah that he is able to maintain contact with his eight siblings who are also looking to be adopted.

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.

Post winter care for your lawn



GARDEN
MOMENTS
.....

MELINDA
MYERS

As winter gives way to spring, take a walk around the yard. Check the lawn for damage and provide a bit of early season care to help it recover from winter.

Use a leaf rake to lightly lift and separate the matted grass blades. This helps speed drying, increase airflow, and reduce the risk of pink and gray snow mold developing and damaging your lawn.

These fungal diseases are most common when heavy snowfalls or ice covers non-frozen turf or after late winter snowstorms. The damage is usually seen where snow lingers late in the season.

Symptoms appear as circular areas of matted brown grass. You may even see a gray or pink cobweb-like growth over these areas. Fortunately, lawns eventually recover. Reduce the risk of future problems with proper timing of lawn fertilization.

Remove any leaves or debris that ended up on the lawn. Large leaves on the grass capture moisture and prevent sunlight from reaching the plants below. Use leaves you collect as mulch in the garden or add to the compost pile.

Look for vole trails in the lawn. These

small rodents travel beneath the snow and over the grass in search of food all winter long. Their travels create trails of bare or dead grass. The surrounding grass will eventually fill in the damaged areas. Speed recovery by sprinkling grass seed over the trails. Just mix a handful of grass seed in a mop bucket of topsoil to make a lawn patch. Sprinkle the mixture in the trails, gently tamp and water.

Check areas along walks, drives and the street for deicing salt damage. Even if you don't apply deicing salts, passing cars can spray it onto your lawn. Your car also brings home salt as it travels along salted roadways, depositing salty snow onto the drive.

Make sure these areas receive sufficient water this spring. Regular spring showers often do the job. Thoroughly water these areas during dry springtime weather to help wash the salt past the grass roots into the soil below. Consider shoveling first and using plant-friendly deicing salts in the future. This will reduce the need for deicing salts and reduce the time and money spent repairing salt-damaged plants.

Use this time to sharpen your mower blades. Using sharp blades to cut the grass results in a healthier and better-looking lawn. The clean cut made by a sharp blade closes quickly, reducing the risk of disease problems. Sharp blades also save time as you can cut the grass more efficiently. And speaking of savings, your mower will consume 22% less fuel and the lawn will use up to 30% less water when using sharp blades.

Soon it will be time to mow the lawn. Mow high and often, leaving grass clip-



Photo Melinda Myers

Snow mold appears as circular areas of matted brown grass sometimes found with gray or pink cobweb-like growth over these areas.

pings on the lawn to add organic matter, moisture, and nutrients to the soil. Always sweep clippings off walks and the drive to keep this valuable organic matter out of waterways.

Take care of winter damage now before the even busier garden season begins. Investing time now helps improve your lawn's health and beauty, allowing you more time to enjoy the summer.

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.

Quinsigamond Community College announces fall semester plans

WORCESTER — Given current progress in the fight against the pandemic, Quinsigamond Community College is planning to resume in-person services for the Fall 2021 semester to the extent that it is safe and permissible.

Last year, to ensure the safety of its community, QCC made the difficult decision to significantly limit in-person services and, with the exception of clinical courses and a few labs, pivoted to remote learning. The College is exploring logistics and will continue to make decisions to help ensure the safety of its students, faculty, staff and community.

"At QCC, we are committed to student success. We know that many of our students benefit from in-person classes and services, while others take advantage of the flexibility of online courses," said QCC President Luis G. Pedraja, Ph.D.

Prior to the pandemic, approximately 20 percent of QCC's courses were already held online. The pandemic allowed the College to increase its capacity to serve students through online and remote services.

"We hope to build on our experience in these areas to provide more services and flexibility for our students," President Pedraja continued. "While we believe that we will have a robust in-person presence this fall, we are constantly monitoring the situation, and will continue to follow the best advice available and adapt accordingly."

Additionally, QCC has significantly increased financial support to its students through \$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 an addi-

Worcester Academy proudly announces honor roll and Headmaster's List

WORCESTER — Worcester Academy proudly announces its Honor Roll and Headmaster's List for Semester 1 of the 2020-2021 School Year. The honors represent the achievements that each of these Worcester Academy students has earned through academic excellence, challenge, and personal growth.

Among the students are:

Camden Blum of Charlton, Class of 2023, Headmaster's List.

Colin Hughes of Charlton, Class of 2022, Headmaster's List.

Owen Hughes of Charlton, Class of 2021, Headmaster's List.

Avery List of Charlton, Class of 2022, First Honors.

Isabella Nascimento of Charlton, Class of 2021, Headmaster's List.

Lauren Potvin of Charlton, Class of 2022, Headmaster's List.

Jefferson Upton of Charlton, Class of 2024, Headmaster's List.

About Worcester Academy

Worcester Academy is an acclaimed independent school overlooking the thriving city of Worcester, Massachusetts. A proud community of explorers and collaborators, we prepare our students not just for college, but for life; through an expansive curriculum that balances problem-solving with communication skills, independence with connection, and hard work with fun and creativity. Our students benefit from an experiential education that expands their perspectives, builds their character, and deepens their understanding through community engagement and real-world application-enabling them to "Achieve the Honorable" (the Academy motto) with their classmates and peers; in the Worcester community; and throughout their lives.

For information, contact Director of External Communications Neil Isakson at 508-459-6918 or neil.isakson@worcesteracademy.org.

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Back to Basics: Color Eggs the Old Fashioned Way

Easter is right around the corner, and few family traditions are more enjoyable than the much-anticipated egg coloring project. Whether you decorate your eggs with intricate wax designs or plop crayoned eggs into dye cups, the annual ceremony is always filled with fun and a sense of family togetherness. When it comes to egg coloring, the following ideas promise to bring back old fashioned fun! Note: Eggs that are to be eaten should always be refrigerated after coloring.

Natural Dye for Easter Eggs
Years ago, before the invention of the commercial dying kit, eggs were tinted by necessity with natural foods that produced an array of pastel colors. Today, it's just as easy to duplicate the rainbow colors of yesteryear using everyday fruits, vegetables and seasonings. All it takes is a little bit of patience, and a lot of enthusiasm to produce an impressive basketful of colorful Easter eggs! Certain foods can naturally produce a desired color:
Pale Red/Pink: Fresh beets or cranberries, frozen raspberries, red onion skins
Orange: Yellow onion skins
Light yellow: Orange

or lemon peels,, celery seed or ground cumin
Yellow: Ground turmeric
Lavender: Grape juice
Pale green: Spinach leaves
Green-gold: Yellow Delicious apple peels
Blue: Canned blueberries or red cabbage leaves
Beige to brown: Strong brewed coffee

Instructions:
1. Place eggs in a single layer in a pan. Pour water in pan until the eggs are covered.
2. Add about a teaspoon of vinegar.
3. Add the natural dye appropriate to the color you want your eggs to be. (The more eggs you are dying at a time, the more dye you will need to use.)
4. Bring water to a boil, then reduce heat and simmer for 15 minutes.
5. Remove the substance you used to color the eggs. Put eggs in a bowl. If you want your eggs to be a darker shade, cover them with the dye and let them stand overnight in the refrigerator.

Quick and Easy Homemade Dye
No egg coloring kit on hand? This homemade mixture rivals the basic egg coloring kits. Use empty egg cartons to dry colored eggs.



TAKE
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Mix three quarters of a cup warm water with one tablespoon white vinegar. Add one quarter teaspoon of common food coloring (as used for cake decorating, etc.). Make individual batches of color in wide mouth mugs, Mason jars, or small bowls. Dip and soak hard boiled eggs in mixture to color.

Egg Artistry
With parental supervision, little artists can create wax egg art with this easy and fun idea. Materials: Large glass jar; crayon stubs; vegetable grater; hot water; waxed paper or newspaper, empty egg carton, clear acrylic spray (optional, for blown eggs). Instructions: Grate peeled crayons over waxed paper. Fill jar with very hot water (or use the water you boiled eggs in). Drop bits of grated crayon into water. Add hard boiled or blown egg as soon as crayon begins to melt. Twirl egg in

water with a spoon. The wax should make a design on the egg. Carefully remove egg and set upside down in egg carton to dry.

Note for blown eggs: Use above method with blown out eggs; spray with clear acrylic when dry.

Mystery Dots
This simple egg coloring method clearly illustrates a simple science experiment. Kids love it!

To do: Add about two teaspoons of cooking oil to each dye cup. (You might want to do this after you have finished dipping your eggs the traditional way.) When you dip in your egg, the dye won't adhere to the oil, creating mysterious spots on the egg!

Egg-cetera
* Wrap a wide elastic band around egg before dipping to create an abstract design.
* Personalize eggs with little fingerprints. Just press fingertips into stamp pad, then onto egg.
* Stick simple star stickers on eggs before dying. Peel when dry for reversible art!
* Use food coloring markers for safe, freestyle egg decorating.
* Dip a paper towel in vegetable oil and polish dried eggs

for a shiny, finished look.

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the 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.

Regional Environmental Council (REC) celebrates Earth Day with neighborhood cleanups April 10

WORCESTER — The Annual REC Earth Day Neighborhood and Garden Cleanups, to be held on Saturday, April 10 from 8 a.m. to noon at multiple locations throughout Worcester. Thanks to a continued partnership between the Regional Environmental Council (REC), the City of Worcester, National Grid, and many other area businesses, colleges and universities, and community organizations, volunteers will once again join together to clean our sidewalks, parks and neighborhoods. Since REC began coordinating the event in 1989, Worcester's Earth Day Cleanups have become an annual, citywide tradition that engages Worcester-area residents and organizations to give Worcester

a big spring cleaning. This year our top priority is keeping the community safe during the ongoing COVID-19 pandemic. We are implementing new protocols with guidance from the Worcester Division of Public Health. All Earth Day volunteers must maintain 6 feet of physical distance, and wear a mask that covers the nose and mouth, protective eyewear, and disposable gloves at all times. This equipment will be provided along with trash bags and other materials. Volunteers join together each year to celebrate Earth Day by making Worcester a healthy and beautiful place to live, work, learn and play! For more information or to volunteer, visit [www.recworces-](http://www.recworces-ter.org/earthday)

[ter.org/earthday](http://www.recworces-ter.org/earthday), or contact Katie at earthday@recworces-ter.org. This year's cleanups are organized by the REC in partnership with the City of Worcester Department of Public Works & Parks and National Grid and through the generous sponsorship of the following: AbbVie, CCR Wealth Management, Sustainable Comfort, Inc., Mass. Audubon, E.L. Harvey & Sons, IC Federal Credit Union, Standard Auto, Worcester Common Ground, Tighe & Bond, Davis Publications, Worcester State University, Assumption College and UMass Medical School and in-kind support from Mechanics Bliss, Wheelabrator, & Superior Waste & Recycling.

Trinity Catholic Academy honor roll

SOUTHBIDGE — Trinity Catholic Academy has released its honor roll for the second trimester of the 2020-2021 school year.

Grade 4
Layla Beu, Chloe Cahill
Honors: Sarah Clark, Lucas Cournoyer, David Gil, Sofia Henao, Lily Nellis, Kylar Norris, Anthony Postale, Kerstin Smaltz
Grade 5
High Honors: Alivia Gauvin
Honors: Matthew Ehrhard, Aedyn Esser, Issayris Gonzalez-Rivera, Heather Kennedy, Isabella Lamica, Oliver MacDonald, Olivia Neuenschwander, Nolan Smeltzer, Noah Waterhouse
Grade 6
High Honors: Michael Gasperini, Apollo Logan, Melany Ngo, Yashvi Swadia, Nico Yacavace
Honors: Jeremy Figueroa, Elliot Gaspar, Iban Pelaez, Isabel Raczkowski
Grade 7
Honors: Charles Congdon, Anika Ferrantino, Colin Ladd, Amari Pereira, Nicholas Sargent
Grade 8
High Honors: Iuisa Henao, Elena Jerez, Casey Renaud, Ava Simon, Manaali Vaidya
Honors: Summer Hudson, Lizmarie Rodriguez, Jennalee Rousseau, Havish Swadia



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Rally demands “climate policies that match the urgency”

WORCESTER — Fossil Free Fridays, an organized protest effort nationwide to promote the end of our dependence on fossil fuels and protect a livable climate, has expanded into other days. In Shrewsbury, it's Thursday; in West Brookfield, it's Saturday, elsewhere on other days.

But the message is the same as that last Friday in Worcester. Person after person spoke on how protecting Nature goes hand-in-hand with promoting a more just society, breaking up giant corporate control of our government, addressing various forms of inequali-

ty, ensuring working people have safe jobs paying living wages, building or retrofitting homes to be green, creating a healthier food system, creating a more democratic, localized economy and energy system, and honoring the fact the land we live on has been Native American land for thousands of years.

But former Worcester City Council candidate and Mothers Out Front organizer Etel Haxhijaj summarized what the core underlying issue is: “I love my children too much to give up on my promise to give them a liveable planet.” To do that, she said, people need to push

the government to enact “climate policies that match the urgency and crisis of the moment.”

At present, several protest signs and one speaker noted, “Governments are feeding us empty promises” today, while our culture and economy suffer from “a pandemic of greed.”

The event, organized by Sunrise Worcester, drew several dozen people despite the blustery cold. While most were Worcesterites, others hailed from Leicester, West Brookfield, Southbridge and Shrewsbury, among other places.

Andrew Ahearn of Sunrise Worcester

said the group was specifically demanding seven things from the city government, and, by extension, other governmental entities: 100 percent renewable, fossil-free energy by 2030; energy-efficient affordable housing; safe and easy access to walking, biking and transit; using annual carbon budgets based on IPCC guidelines; protecting municipal “green and blue spaces;” thousands of good-paying, unionized, green jobs; and a local environmental justice liaison board.



Photos by Gus Steeves
A couple of the young rallyers make the point that this is not an issue we can wait to act on.



Southbridge's Maureen Doyle and West Brookfield's Bob Datz reinforce each other's message. Doyle's mask refers to James Lovelock's Gaia Theory – the idea that Earth is self-regulating and life plays a major role in that.



One participant's sign links Covid to climate change. Many scientists have argued that the world's warming but increasingly unstable climate will promote diseases of various kinds, some new and some expanding from areas they've existed for a long time.



Bucket drummers provide a beat in the sun.



Andre Strong Bearheart plays and sings a Nipmuc Honor Song for the Native Ancestors of this land.



Etel Haxhijaj talks about her dedication to protecting Earth for her children and those of other people.



The WPI African Percussion Ensemble plays to warm up the cold crowd before most people marched to St Vincent Hospital to show support for picketing nurses there.



Part of the rally as it marches down Front Street en route to St. Vincent.

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Gluten-free baking easy and tasty



Gluten-free diets are a necessity for people who have Celiac's Disease, a condition that causes an immune reaction in the small intestine from eating gluten. This reaction causes damage to the small intestines that can lead to pain and other symptoms. Going gluten-free

also is a choice for people who experience other reactions to eating gluten products that are not related to Celiac's, or have been instructed to do so on the advice of their nutritionists or doctors. It used to be that gluten-free cooking, especially baking, was extremely limit-

ed and the results may have not tasted much like gluten-containing counterparts. However, thanks to recipe experimentation and new flour blends on the market, baking gluten-free breakfast items, breads and desserts is much easier and tastier — as is the case with “Gluten-Free Buttery Snickerdoodles,” courtesy of King Arthur Baking Company. These flavor-packed cinnamon cookies are sure to wow friends and family at gatherings, like spring picnics or Memorial Day Celebrations, even if they don't need to follow gluten-free living.

Gluten-Free Buttery Snickerdoodles
Yields 3 1/2 dozen 2 1/2-inch cookies

Dough
8 tablespoons unsalted butter, at room temperature*
3/4 cup sugar
1 large egg
1 teaspoon vanilla extract
1/2 teaspoon salt*
1 teaspoon baking powder
1 1/3 cups Gluten-Free Measure for Measure Flour
*If you use salted butter, decrease the salt to 1/4 teaspoon

Coating
2 tablespoons sugar
1 to 1 1/2 teaspoons cinnamon, to taste

Preheat the oven to 375 F. Lightly grease (or line with parchment) two baking sheets.

To make the cookies: Beat together the butter and sugar until smooth. Add the egg, beating until smooth. Beat in the vanilla, salt, and baking powder. Add the flour, mixing until totally incorporated.

To make the coating: Shake together the sugar and cinnamon in a medium-sized zip-top plastic bag.

Drop small (1-inch diameter) balls of dough into the bag; a teaspoon cookie scoop works well here. Roll/toss the cookies in the cinnamon-sugar until they're completely coated.

Space the cookies at least 1 1/2 apart on the prepared baking sheets. Use a flat-bottom glass to flatten them to about 3/8 thick; they'll be about 1 1/2 in diameter.

Bake the cookies for 8 minutes (for soft cookies) to 10 minutes (for crunchier cookies). Remove them from the oven, and cool them on the pan until they're firm enough to transfer to a rack to cool completely.

Store any leftover cookies, well wrapped, at room temperature for several days; freeze for longer storage.

Tip: If you prefer chewier cookies, chill the dough before making into cookies and do not press the snickerdoodles as thin. PC215947

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