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<image>

# Charlton soccer boys celebrate dream season

# Charlton seeking grant for new health professional

### BY JASON BLEAU CORRESPONDENT

CHARLTON – The town of Charlton has reported no new active cases of COVID-19 for some time, and while the town hopes the numbers don't increase any time soon, officials are investing in personnel to prepare for any worst-case scenario.

During an update on June 29, Charlton Health Director James Philbrook explained that the town will continue to maintain four nurses who stepped up to be a part of a local vaccine clinic while also seeking grant funding that would add a new health professional to serve several local communities. "We still have public health nurses that are working at the clinic," Philbrook said. "We're paying them through FEMA funds, and I just applied for a \$100,000 grant to continue the shared services for nursing and we're going to hire a full-time nurse that will work in Auburn, Brimfield and Charlton. Philbrook said the grant is a joint effort with Auburn and Brimfield and that more towns could have been involved but they wanted to keep the workload for the new hire in check. Using lessons from the pandemic, Philbrook and leaders from other towns have realized that

while multi-town partnerships are effective having too many communities served by a single person isn't efficient in a worstcase scenario health crisis.

Friday, July 16, 2021

"When a pandemic hits and you do contact tracing, that's when things started to fall apart, and the state had to get the Center for Disease Control involved. Now they want to make sure that Boards of Health have adequate people to do contact tracing and that's what this grant would be for so if we do have a spike or whatever we're going to have someone on staff that's already trained, already on our books and will be doing all the contact tracing

BY JASON BARROWS CHARLTON YOUTH SOCCER

CHARLTON — After Covid-19 decimated the high school soccer season, preventing a special group of talented players from having one last chance at a state title, the wheels started churning about what could we do to send them off to college in a blaze of glory.

The Massachusetts Tournament of Champions (MOTC) is an annual event held in Lancaster. The top 12 teams from across the State of Massachusetts compete for the title. I have been coaching

this group since they were five years old and have previously made trips to MTOC. To qualify for MTOC, a team needs to win their regular season division and a playoff match against another division winner. The format is one which has a four-team round robin, semis, then finals. We have lost in the finals, lost twice in the semis, and suffered early round robin defeats never making it out of the bracket. There have been highs and some heart-breaking lows.

We decided as a group to register for the 2021 Spring season in the top Division! This was a big commitment considering many of the boys are working and heading off to college. The regular season was smooth, playing 6 matches (2 were canceled due to weather) scoring 37 goals and allowing three. We were scheduled to play our annual rival Worcester for the right to represent Midland Massachusetts at MTOC. A true David and Goliath match with Charlton having 14,000 residents and Worcester 185.000. Coach Rossi and I have met multiple times prior, dating back to 2010. It's always an

Please Read SOCCER, page A7

and reporting," said Philbrook.

The Board of Health also took a moment to thank the many nurses that stepped up and offered to serve at local clinics. Philbrook said when the town sought applications for interested parties to work with Harrington Hospital, they were overwhelmed by the number of nurses that resided in Charlton, let alone the number that offered to help during the pandemic.

"Our nurses that are working do a great job. They are very passionate, they enjoy it. People don't realize how many nurses are in Charlton. We had (up to 80)

Please Read GRANT, page A6

# June Hazardous Waste Day sees increased participation

### BY JASON BLEAU CORRESPONDENT

CHARLTON – Charlton's latest Hazardous Waste Day was a big success, especially when compared to the previous event in March of 2021. The quarterly opportunity for residents to dump their hazardous waste properly for free drew in more than double participants when compared to March although many also utilized vouchers received the day of the event.

Deb Marquis, a member of Charlton's Recycling Committee, provided an update to the Board of Health on June 29 revealing that in an effort to help encourage more residents to take advantage of the vouchers she donated four hours of her own time to help pass out vouchers on June 26. This, combined with a larger turnout from preregistered individuals, made for a much more successful Hazardous Waste Day than the prior event.

"We've made a push this summer to try to get more vouchers used. In March, there were 60 people signed up for a voucher, but only 24 were used at the event, so we felt that was a real underrepresentation of who could have been there," Marquis said. "We put fliers around town for the June event. It was on the (electronic) sign for quite a while in front of the town library."

By the end of the day, 69 residents had preregistered for vouchers and 55 vouchers were used in total. Marquis said she didn't know if poor promotion effected the March event or if COVID contributed to the low numbers, but the June event clearly had more participation. It was also noted that the December event in 2020 was cancelled due to the pandemic which

Please Read HAZARDOUS WASTE, page A6

# Bay Path LPNs host summer workshop

Photo Courtesy



Kelvin Muthoni and Ericka Laurens

CHARLTON — This summer Bay Path Practical Nursing Academy has partnered with alumni and held the first summer workshop for the Practical Nursing Class of 2022 at the Lecture Hall on campus.

This year's alumni volunteer workshop facilitators included Ericka Laurens, LPN, of Woodstock Valley, Conn. (Class of 2016) and Kelvin Muthoni, LPN, of Worcester (Class of 2018).

Ericka Laurens, LPN, is the Clinical Office Manager at West Brookfield Family Practice, where she oversees quality control measures for the practice, schedules the three medical assistants, assists two Doctors, two Nurse Practitioners with patient care. Previously, she was the charge nurse and wound care nurse at Quaboag Rehabilitation and Skilled Nursing. As a stu-

Please Read LPNS, page A4



# Baker files legislation aimed at making swimming safer

### **BY KEVIN FLANDERS** STAFF WRITER

REGION - In the wake of multiple tragedies on the water this summer, Gov. Charlie Baker has filed legislation meant to improve swimming safety.

In an effort to increase public safety and awareness at state parks and beaches. Baker's bill would increase fines for swimming outside designated waterfronts.

If passed, the legislation would raise the maximum fine to \$500 for entering or swimming in any waters on Department of Conservation and Recreation (DCR) property that are not designated for swimming.

'Swimming at undesignated waterfronts is dangerous and too often leads to tragic consequences, and this legislation is part of a comprehensive plan to discourage risky behavior and ensure the safety of visitors to our state parks and beaches," Baker said. "While we encourage all to visit our beautiful coastal and inland beaches, we urge the public to exercise caution and not swim at any body of water that has not been designated for swimming by state or local authorities.'

Last month, Worcester Police Officer Emanuel Familia. 38. drowned in Green Hill Pond while attempting to rescue a teenager. The 14-year-old boy, who also drowned, was reportedly trying to swim across the pond when he became distressed in the middle of the water. Several other water incidents statewide this summer prompted the legislation to be filed.

'From the Berkshires to Cape Cod, Massachusetts is home to many water bodies and coastlines offering great opportunities for outdoor recreation. However, we have already seen far too many tragic accidental drownings occur this year," said Lt. Gov. Karyn Polito. "We look forward to working with our colleagues in the Legislature to move quickly on these important changes.'

Under current law, penalties for violating DCR's rules and regulations vary depending on whether a property was once part of the Metropolitan District Commission, with fines ranging from \$20 to \$200. The recently filed legislation establishes a uniform maximum fine of \$500 for entering or swimming in waters other than those designated for swimming by the DCR.

At its many designated waterfronts throughout the state, the DCR offers services like clearly marked swimming areas with ropes and buoys, lifeguards on duty, and water quality testing. Undesignated waterfronts do not receive such services, and they may also have hazardous features like murky water, steep slopes, and hidden rocks.

"The legislation reflects the Baker-Polito Administration's commitment to the health and safety of Massachusetts residents and visitors," said Secretary of Energy and Environmental Affairs Kathleen Theoharides. "Increasing fines is a critical part of our comprehensive strategy to prevent potential tragedies and ensure all visitors to the Commonwealth's state parks have a safe and enjoyable experience.'

Officials also remind residents that it's important to adhere to signage at specific locations.

"DCR welcomes visitors of all ages and swimming abilities to our waterfronts each summer season, and we ask that each person heed park signs, staff direction, and water safety recommendations," said DCR Commissioner Jim Montgomery. "The increase in fines for swimming in unsafe waters on DCR property is another example of the Administration's continued commitment to increasing safety throughout our state park system."

The DCR has coordinated with the Executive Office of Energy and Environmental Affairs (EEA), the Massachusetts State Police (MSP), and the Massachusetts Environmental Police (MEP) to implement new mea-

# University of Maine announces Dean's List

ORONO, Maine — The University of Maine recognized 3,670 students for achieving Dean's List honors in the spring 2021 semester, including Grace MacGrath and Olivia Sciarappa of Charlton.

Of the students who made the Dean's List, 2,392 are from Maine, 1,195 are from 39 other states and 83 are from 35 countries other than the U.S.

eligible for Dean's List has been waived. Instead, students will be eligible if they earned a minimum of nine letter-graded (A-F on the transcript) credits for fulltime students in addition to the criteria in the catalog. For part-time students to be eligible, they must have earned at least six letter-graded credits across the fall 2020 and spring 2021 semesters, in addition to the criteria in the catalog sures to enhance public safety and discourage swimming at undesignated waterfronts. Additionally, the DCR posted dozens of new swimming safety signs at DCR parks and beaches.

State officials have also increased awareness of the DCR's Learn to Swim program, which offers free swimming lessons at 12 locations statewide for people of all ages.

Last week, the DCR announced that it has increased lifeguard pay to \$20 per hour. Lifeguards who remain committed for the entire season with DCR will also receive a \$500 bonus at the end of the season.

The DCR continues to actively recruit individuals to become lifeguards at its inland and coastal waterfronts. Interested individuals can apply online or call Jim Esposito at 857-214-0400.



# ACCURACY WATCH

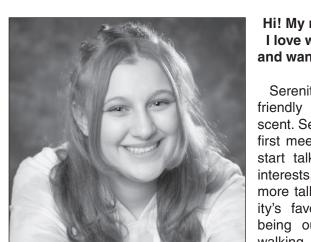
The Charlton Villager is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur.

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.







\* \* Friday's Child

Serenity Age 13

Serenity is legally freed for adoption and would thrive in a home with a female caregiver and is ideally seeking a single female or two female household but is open to exploring a mother/father household. She should also be the only or the youngest child in the home. Serenity has an Open Adoption Agreement with her birth mother consisting of two visits per year. Interested families should be open to maintaining these visits.

# Hi! My name is Serenity and I love working with animals and want to be a veterinarian!

in in in

Serenity is a curious and friendly girl of Caucasian descent. Serenity can be shy upon first meeting her, but once you start talking to her about her interests, she becomes much more talkative. Some of Serenity's favorite activities include being outside, at the beach, walking, going to the park, or staying inside and watching TV. She wants to be a veterinarian when she grows up because she loves working with animals.

Due to the unusual and challenging circumstances faced this semester amid the global pandemic, the university has modified its Dean's List policy for the spring 2021 term. The requirement that students earn 12 calculable credits to be

for Part-time Dean's List. Courses with P/F grades selected by the student will not count toward the total of nine (for full-time) or six (for part-time).

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\$599,000, 64 Pumpkin Ln, Stead, Robert A, and Stead, Elinor M, to Peterson, Robert.

\$450,000, 290 Dresser Hill Rd, DNJ Inc, and Cornerstone Bank, to Madulka, Michael T.

\$435,000, 137 Center Depot Rd, Foskett, Mark, to Gillis, Mary C, and Gillis, Gage B.

\$328,000, 5 Power Station Rd, Gunter, Troy, to Levitsky, Kevin.

\$315,000, 9 Cranberry Meadow Shore Rd, Susan M Baron 2005 IRT, and Baron, Steven

J, to Lamountain, Amelia S, and Beaudoin, Chandler.

\$311,000, 23Freighthouse Rd, Jette, Laura L, to Devine, Christopher.

1st Floor

No Utilities



### 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.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

## an an

# **BAY PATH ANNOUNCES HONOR ROLL**

Dexter, Lillian Dolan, Erin

Donahue, Marlee Donohoe,

Dunkerton, Adelina Giaquinto,

Alex Gilfoy, Genesis Gonzalez,

Zachary Hinman, Nicholas

Hunter, Morgan Ivory, Logan

Johnson, Ryan Kempskie,

Tiffany King, Cole Komssi,

Bethany Lasell, Amber Mercon,

Aaron Mitchell, Jovanni

Morales, Olivia Morin, Paige

Osche, Samuel Parker, Aaliyah

Perez, Rachael Plaud, Lukas

Rafferty, Alex Saad, Luzyvette

Schmohl, Kristina Scott, Ethan

Shanbaum, Sarah Simpson,

Olivia St. Germain, Isabella

Tanacea, Scarlet Taveras,

Honors: Connor Barton,

Barton.

Berthiaume, Sadie Bickford,

Bourgeois, Catalina Burden,

Isaiah Burlingame, Isabella

Capuano, Gabriella Carlin,

Clayton Constantine, Dylan

Cotton, Izabella Coughlin,

Nathan Cuff, Jack Dalton,

Kurtis Davis, Hayden Dery,

Harmony Desrosiers, Nathan

Dreitlein, Zachary Dubsky,

Ferreira, Austin Fish, Victor

Freeman, Brady Garabedian,

Patrick Gaughan, Danielle

Gautier, Nicholas Gosselin.

Guinard, Lillian Guyette,

Cameron Hafner, Ashley

Hamel, Haevyn Hazzard,

Marina Higgins, Chloe Jordan,

Kira Kalwarczyk, Kevin

Kilcourse, Ryan Komssi, Jason

Grenier,

Emsiranunt, Laura

Francheska Toribiio-Polanco

Sagastibelza-Lopez,

Brian Bonnette,

Aiden Chernisky,

Christian, Yadriel

Anaya

Kendall

Vega,

Mav

Amie

Zych

Featherstone,

Lillian

Jayna

Jayde

Abby

Colon

Compers,

Johnathon

Joseph

Boru

Hayden

Douglas,

Codv

CHARLTON — Bay Path **Regional Vocational Technical** High School has released its honor roll for the fourth quarter of the 2020-2021 school year.

### Grade 12

High Honors: Cameron Blake, Baya Bond, Skyler Victoria Bonneau, Bond. Dani Borci, Kaitlyn Brindle, Matthew Brown, Gabriella Caron, Brenna Castro, Lauren Chase, Emma Christian, Natalie Courtney, Bailey Creeron, Jordan DeFosse, Lexia Demers, Hayden Dube, Jessi Escoto-Cifuetes, Parker Glispin, Alexis Gosselin, Molly Hoefler, Jayce Hutchinson, Josey, Juliannah Skyla Kolofsky, Eliana Lasell, Alicia Lempitski, Julio Lopez-Torres, Samuel Messier, Zachary Messina, Owen Ostromecki, Meagan Peck, Luis Perez, McKenzie Robinson, Andrea Rogan, Jared Torosian, Ava Torres, Nikko Vitkos, Katie Wroblewski, Caitlin Young

Honors: Bryanna Andino, Graciela Antunez Flores, Kenneth Aponte, Kayla Barton, Aviles. Nathan Dominic Beauschesne, Dylan Jacob Bellerive, Benoit. Samantha Burdett, Nathan Campbell, Kayla Canty, Abigail Card, Leigha Clifford, Christian Consiglio, Megan Costa, Cheyenne Courtney, Courville, Cecylia Olivia Timothy Crowell, Cove. Samuel Cummings, Kalina Delgado, Leah Dingui, Alec Fournier, Benjamin Gelineau, Isabella Gonyea, Sarah Gosselin, Evan Hall, Cristal Hernandez, Elena Hopkins,

Isaac Josti, Elin Kaufman, Samantha Labelle, Karma Lama, Seth Lawendowski, Ullysses Logan, Ty Millette, Dimitrios Mironidis, Nicholas Moulton, Michael Mullaly, Robert Nichols III, Gilmarie Ortiz-Cabrera, Troy Pollone, Nicholas Reil, Lisa Richards, Christina Rivera, James Rivera, Aiden Sabatinelli, Kyle Sadusky, Parker Santon, Steven Schoenfeldt, Dylan Smaltz, Samuel Smith, Ryan Steiner, Brady Thebeau, Kiana Tonkin, Joshua Turcotte, Genevieve Ashley Wilson, Louis Zanca

Principal's List: Emma Abbascia, Adrian Aguilar, Erika Apher, Kyle Bacon, Nicholas Bessette, Rebecca Boucher, Andrew Colson, Brian Cruz, Kelli Devlin, Tyler DeWitt, Evan Duffey, Rachel Eovacious, Alyssa Febo, Calissa Ferschke, Eathan Finneran, Devin Hanlan, Erik Johnson, Liam Kalil-Johnson, Meghan Kellev, Jodie Kendall, Susanna Krantz, Matthew Livesy, Grant Maffei, Nicholas Marcotte, Chase McKenney, Madison McKeon, Shawn Nabors, Douglas Poirier, Ashley Richard, Jake Schofield, Kyleigh Sutherland, Sage Therrien, Kyle Tresider, Isabella Varney, Gavin Yiaski

### Grade 11

High Honors: Aidan Adler, Lana Antocci, Justin Barton. Alexia Brawn, Dylan Butkus, Diego Patric Campbell, Canovas, Jackson Chaffee, Stephanie Chege, Carter Coughlin, Aleysha Cruz Merced, Marisa DeJesus, Chloe

12 15 16 19 23 24 26 25 30 36 41 43 46 45 50 55 54 56 62 60 64 65

**CLUES ACROSS** 

1. Sr. enlisted Army member 4. Pavroll firm

Kozlowski, Chase Lamprey, Anthony Lang, Andrew Leach, Lexie MacDonald, Marchetti, Emma John Marcotte, Anthony Martins, Brandon Martocci, Masiello, Alannah Matthews, Madigan McManus, Samuel

Murillo, Evan O'Malley, Aiden Oosterman, Angelina Ortiz, Gabrielle Packard, Elijah Paddock, Ilias Perez, Hunter Pocis, Krystal Quadarella, Adalius Rivera, Daniel Silbert, Katrina Somers, Caroline Soucy, Keaghan Spring, Aaron Swank, Jalissa Torres, Jomas Torres, Aaron Trahan, Aaliyah Tremblay Collins, Mackenzie Tupaj, Tyler Verrier, Mateusz

Torra II .... (500) 040 0000

Principal's List: Adiran-Thomas Antwi, Nicky Becker, Thomas Benoit, Andrew Jayden Cannon, Caribo, Adirana Carignan, Rafe Carlson, CJ Church, Connor Clardy, Kaden Cote McGrath, Chynna Cote, Kevin Cunningham, Chad Cutroni, Colin Gagne, Lucas Grant, Brandie-Lea Heck, Julia Higgins, Anthony Hudon, Molly Johnson, Elizabeth King, Zoe LaMountan Perron, Jacob LeBrun, Casey Levasseur, Marguerite MacKenzie, Madison Martin, Allison Maynard, Brayden Nolette, Philion, Anyse Jackson Pinto, Jacqueline Ross, Jack Sansoucy, Jordan Sheehan, Chloe Sicari-Swinimer, Jacob Stevens, Kyra Stevens, Camden Towns, Kyle VanCott, Adirana Vazquez Gonzalez, Anthoni Venditti

# Grade 10

High Honors: Samuel Audunsson, Olivia Beaudette, Daniel Chaffee, Isabelal Coleman, Makayla Collins, Dreitlein, Elizabeth Τv Dupuis, Emily Gelineau, Evan Gelineau, John Guerin, Lauren Hennessy, Emma Hesselton, Samantha Inangelo. Aiden LaFrance, Anna L'Esperance, Connor McCarthy, Kyle Moody, Mackenzie Morrisey, Michaen Pacheco, Wyatt Sadusky, Jazlynn Santana. Naomi Arminda Simoes, Soriano, Walfry Torres-Rodriguez, Emily Westwell, Jonathan Young

Honors: Lukis Bachand, Sincere Bailey, Cauy Beaver, Quinn Beck, Dillon Beckwith, John Begg, Coulton Benvenuti, Alexander Besaw, Benjamin Besaw, Samuel Boria, Aleana Brayton, Dennis Brunelle, Miranda Burden, Evanise Calo Resto, Michael Chansignavong, Grace Comeau, Caleb Jude Corpuz, Ryan Couture, Rvan Davis, Cam'Ron Desrosiers, Ronald Desrosiers, Noah Dipadua, Cheryl Dolson, Brenna Donohue, Amanda Englund, Jacob Farnham, Lucas Farnham, Zachary Finizza, Jayden Flanders, Tori Fontaine, Zachary Fritze, Casey Gallagher, Aiden Gelardi, Amber Girard, Noah Gilspin, Adrian Gonzalez, Devon Goulet, Barry Hanson, Matthew Hoyt, Grace Jones, Calista Kalil-Johnson, Matthew Kallgren,

Marissa Keefe, Hunter Kelley, Madison Lamica,

continued from page A1

Sydney Lamontagne, James LeProhon, Ayden Letourneau, Gianeleze Lopez, Yamilisha Machado, Angus Mackenzie, Judly Maignan, Sara Malaney, Matthew Marchetti, Matthew Marshall, Alyssa Masicarelli, Dylan McDonald, Rachel McMenemy, Jayme Melanson, Erika Melendez, Trinity Mercier, Yerilian Miranda-Colon, Dylan Morrison Ilvonen, Merissa Murray, Stephen Ngaruiya, Cameron Nolette, Jonathan Nussey, Gabrielle Oikle, Joelle Peluso, Kiyana Perez, Amelia Peterson, Trevor Phillips, Jacob Provencher, Patrick Prudhomme, Hilary Queirolo, Jenisey Ramos, Emma Rannikko, Evan Rivera, Rozlyn Robillard, Sabrina Rodrigues, Kieya Santerre, Terry Simon, Sawyer Smith, Lucas Soloperto, Caiden Spahl, Emma St. Francis, Evan St. Cyr, Damion Szafarowicz, Madison Tallman, Jacob Thomas, Yadiel Vazquez-Molina, Lucas Welton, Jackson Wright

Principal's List: Ayan Ahmad, Avery Aissis. Constantine Billis, Andrew Bottcher, Olivia Bowes, Jon Boyle, Ryan Brown Herraiz, Julia Canty, Hailey Carlson, Anthony Catino, Amanda Christianson, Libby Condrate, Gage Conroy-Laboeuf, Noah Cowher, Samantha DeCell, Makenzie Gonzalez, Osiris Gonzalez, Nathan Goozey, Julius Guillen, Luke Hill, Mariah Hurtubise, Michael Jalbert, Olivia James, Mason Jordan, Sumner Jordan, Eyan Karlowicz, Tyler Kasprzycki, Kirorian, Jason Delaney Lavallee, Timothy Maenpaa, Michael Mallette, Dominic Moniz, Xavier Negron Claudio, Madison Ogert, Timothy Putnam, Ariane Ramos, Katelynn Richard, Alexander Rodriguez, Knygel Rosario, Abrahm Routhier, Matthew Steen, Sean Sweeney, Alexzander Tetreault, Patrick Tierney, Sebastian Tomei. Yahil Vega-Cortes, Maximilian Ward, Jacob Wilga

### Grade 9

High Honors: Aidan Anderson, Alex Beshiri, Meredith Clark, Kirsten Congdon, Shane Conti, Cosme, LeeAnn Mariselle Dagnese, Daniel Daige, Emma Davidson, Dylan DeJesus, Sean Derenas, Jibril Erraihani, Turn To BAY PATH page A5

As a student in Bay Path Practical Nursing Academy, Muthoni was the recipient of the Clinical Excellence Award 2018, the distinction of being the best with his clinical performance as nominated and voted on by the Bay Path Practical Nursing Academy faculty. Muthoni has the distinction of being the first male (and only male to date) to be awarded the Clinical Excellence Award. He serves as a mentor to current male practical nursing students. The summer workshop was held on July 7 from 10 a.m. to 2 p.m. Icebreakers, Informal Q & A, PowerPoint presentations, checking on Medical Terminology, Medical Math, navigating ATI, and determining Learning Strategies were on the agenda. The summer workshop was attended by close to 40 incoming practical nursing students.

CHARLTON ALMANAC LPNS – Open to Close –

- 7. Monetary unit of Macao 10. Cooking vessel 11. Cow sound 12. Hairpiece 13. Spoon-shaped surgical instrument 15. Mother 16. Remove from record 19. Foolish 21. Mailman 23. Unit of data size 24. Stirred 25. Deceptive movement 26. We all have one 27. Direct from pasture
- 46. Wings 47. Wine bottles 50. Thin layers of rock 54. Opposite to 55. American state 57. Basics 59. Indian seaport 60. Owed as a debt 61. Buffer solution 62. Unit of work or energy 63. Soviet Socialist Republic 64. One point south of due east 65. Born of

29. Swiss river

32. Fall behind

38. Less sharp

47. Angry

51. Norway

53. Consume

39. Food for the poor

42. Relating to wings 43. Japanese three-stringed lute

48. Before the present

49. Showy ornaments

52. Comedienne Gasteyer

58. Founder of Babism

40. Having made a valid will

31. When you hope to get there

33. Expresses distaste, disapproval

37. Volume containing several novels

44. Taking something through force

# **CLUES DOWN**

34. Helps little firms

beef animal

30. A person's own self

- 1. Small stem bearing leaves
- 2. Female Bacchanalians
- 3. Mediterranean city
- 4. Measures electric current
- 5. Arrived extinct
- 6. Edible butterfish
- 7. Causing wonder or astonishment
- 8. Behaviors showing high moral 41. Royal estates
- standards
- 9. Ancient Irish alphabets
- 13. Footballer Newton
- 14. Utilize
- 17. Sum of absolute errors
- 18. Opposite of the beginning
- 20. Shoe company
- 22. Algerian port city
- 27. Girls organization (abbr.)
- 28. Type of cell (abbr.)

# 41. A short section of a musical composition 45. Young woman (French) 56. Uncertainty about something

35. Deep, red-brown sea bream

Tumbler

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(508) 248-7774 or (508) 248-7435						
Heritage School (508) 248-4884						
Charlton Middle School(508) 248-1423						
Shepherd Hill Regional High School						
(508) 943-6700						
Bay Path Regional Vocational Technical						
High School (508) 248-5971 or (508) 987-0326						

# **CHURCH LISTINGS**

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

· Charlton Baptist Church, 50 Hammond Hill Road, 248-4488,www.charltonbaptist.org, Sunday worship 10 a.m.

 Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children's church 10am • St. Joseph's Church, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

· Hope Christian Fellowship, 6 Haggerty Road, 248-5144

 Assemblies of God Southern New England District Headquarters, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

· Living Word Church of Charlton, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am. www.livingwordhcarlton.com

info@livingwordcharlton.com

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

dent at Bay Path Practical Nursing Academy, Laurens was inducted to the National Technical Honor Society (maintained a GPA higher than 3.1 on a 4.0 scale), was a nominee for Clinical Excellence Award, a member of the UNICEF Club, and elected as the Class of 2016 Student Representative. She served as a mentor to multiple practical nursing students in the past and was an inspirational speaker at various Bay Path Practical Nursing Academy events.

Kelvin Muthoni, LPN, is a staff nurse at the Holy Trinity in Worcester where he provides direct patient care. Previously he worked at the Brookdale Eddy Pond West in Auburn and the West Side House in Worcester. He completed his High School education at Kalimoni Senior School in Juja, Kenya (2015).



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# Aucoin to chair School Committee

### BY JASON BLEAU CORRESPONDENT

DUDLEY/CHARLTON – A familiar face on the Dudley Charlton Regional School Committee has returned to the head of the table, with Pauline Aucoin elected as the new chair of the committee.

Starting off a lengthy meeting on June 23 that also included a debate over the potential addition of critical race theory to the curriculum the School Committee kicked off their first in-person meeting in over a year by reorganizing the board as is customary following local town elections.

In 2020, Kenneth Laferriere was chosen as the chair, replacing longtime committee head Aucoin. Both were nominated for consideration once again in 2021. Prior to the decision Aucoin was asked what she hoped to accomplish as chair.

"I've been Chair many times, and I would like to bring this committee to work as a team because last year, I don't think we were working as a team.

# BAY PATH

continued from page **A4** 

James Ferreira, Jonathan Forget, Jenna Gajewski, Ethan Gallant, Rachel Gormley, Renee Hallaman, Tristan Hanson, Bridget Hast, Riley Heenan, Isabelle Herholz, James Heywood, Carly Impey, Anna Lehtola, Sarah Martin, Jenna McLeish, Dorina Muska, Kayla Nguyen, Peter Nhan, Stephanie Njenga, Madison Nolin, Nason Omasta, Ismael Porrata, Wendy Ramirez, Victoria Roberts, Jacob Sirard, Victoria Tinsley, Jack Ugrinow, Gabrielle Zopatti

Honors: Jacob Alden, Sophia Balestracci, Alyesia Bellamy, Luke Boliver, Alec Borelli, Ryan Bray, Vincent Brink, Joseph Budney, Gabriella Cabrera, Alivia Cannon, Rachel Carpenter, Olivia Carrier, Ethan Casagranda, Eyan Chase, Madyson Chicoine, Evan Christiano, Jomar Cintron Perez, Garrett Clardy, That's my first priority being chair," she said.

When posed with the same question, Laferriere responded, saying, "My goal is to work on the summer workshop and have a time for us to discuss housekeeping matter to improve out processes and our flow and have an understanding of our role as school committee members, what our purpose is and what the administration's purpose is as well as the staff and the public. I think we could have some more discussion on that and better work together and set up a vision for the school committee that the committee feels is a vision for the district."

A raised-hand vote resulted in Aucoin receive four votes and Laferriere earning three votes effectively reinstating Aucoin to a position she has filled many times before. Aucoin proceeded to thank the committee for their confidence in her once again. Jamie Terry was then elected as the vice chair of the committee as the only nominee for the position receiving a symbolic unanimous vote of support.

Yanieris Colon Vega, Richard Corriveau, Zachary Cournoyer, Peter Courville, Kyleigh Czechowski, Jeffrey Denham, Jonathan Desmarais, Jayden-James Dunston, Abbigail Egan, Kacey Flanagan, Robert Fleck IV, Ariana Flores, Madison Fournier, Makayla Graham, Bradley Graves, Simon Greening, Lucas Hafner, Alba Henriquez Baez, Ian James, Stanislaw Janusz, Jordan Kippax, Madisyn Kozlowski, Tyler Labbe, Matthew Lach, Julianna Laforce, Braeden LaPointe, Benjamin Latour, Emma Levasseur, Kristina Liberty, Patrick Luperchio, Hannah Luukko, Catherine Magnusson, Masciarelli, Marissa Matteo Mastrototaro, Shaun McLaughlin, Vincent Messier, Leah Monti, Maggie Mullaly, Adiranna Navarro, Christian Nguyen, Alix Norman, Noah Okolita, Vanessa Paddock, Brayden Parente, Noalani Perez, Colin Plante, Laci Pollone, Nicholas Polone, Jared Powell, Logan Powers, Evan Provost, Emily

# SHERIFF'S OFFICE HITS A HOME RUN



Photo Courtesy

Members of the medical team at the Worcester County Sheriff's Office hit a home run earlier this month by running a concession stand at Polar Park during a WooSox game. Proceeds from the event will benefit the Be Like Brit Foundation, a Worcesterbased nonprofit.

Quental, Wyatt Rafferty, Jacob Reed, Jayden Remillard, Colby Richardson, Evan Robbins, Nayeli Rodriguez, Samantha Russell, Zachary Sabotka, Cody Savary, Caterina Schiappa, Amanda Seidler, Connor Sentence, Kayliana Sevieri, Cody Sexton, Sydney Seymour, Madison Sibert, Ryan Sinkewich, Catherine Sirard, Noah Speight, Gerald Splaine, Adriana Stanley, Ashton Stockenberg, Alan Suklis, Kyle Sylwanovicz, Trent Szela, Isabella Taiste, Colton Tittle, Landon Walker, Natalie Walker, Ryleigh Warchal, Timothy Welch, Thomas Wilk, Hailey Williamson, Sebastian Winer, Stone Zink

Principal's List: Kaidra Anderson,

Kasey Babkauskas, Damien Boucher, Andrew Bousquet, Emma Bransky, Samantha Buchanan, Caitlyn Burke, Rachel Conlon, Leilani Daniels, Wyatt Daoust, Emma DeJong, Edwin Delacruz Davila, Dylan Dietlin, Marissa Dumas, Noah Dupont, Joseph Fritze, Valerie Hernandez, Eva Jerez, Jadyn Katz, Abigail Kibaru, Alyssa Kutzko, Damon Lopez, Albert Luciano, Kai Luasek, Ryan MacCormack, Jadier Maldonado, Macaylah Miller, Cole Mitchell, Isaac Molina, Nevaeh Osorio, Gabriela Rivera Burgos, Chase Rupert, Daniel Russell, Lacey Sullivan, Alysha Szafarowicz, Christopher Verdolino, Ryley Williams, Charlotte Worster









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# Markey introduces bill aimed at strengthening state gun regulations

# BY JASON BLEAU CORRESPONDENT

WASHINGTON, D.C. - June was Gun Violence Prevention Month, and proved to be a busy one for U.S. Sen. Edward Markey, who presented several gun safety legislation proposals throughout June in an effort to strengthen stateby-state gun regulations, among other measures.

Four major proposals came from Markey's desk. One was the Making American Safe and Secure (MASS) Act which Senator Markey worked on with Senator's Elizabeth Warren and Representative Ayanna Pressley. The act incentivizes states to adopt gun-li-

censing standards similar to those in Massachusetts which the Senator touted has the lowest fun death rate in the United States.

Another act targets specifically 3D-printed guns. The 3D Printed Gun Safety Act was a joint effort between Senator Markey and New Jersey's Senator Robert Menendez as well as Florida Representative Red Deutch. The act is meant to prohibit the sale and distribution of blueprints and instructions for three-dimensional printing of firearms online and would make it illegal to distribute the files digitally.

The other two acts introduced by the senator specifically target requirements for the sale of firearms. The Keeping Gun Dealers Honest Act, which Markey worked on with Representative Jim Lengevin of Rhode Island, would strengthen accountability measures to irresponsible gun owners and increase resources for enforcement for the Bureau of Alcohol, Tobacco, Firearms and Explosives. The fourth act, the Untraceable Firearms Act which was a joint effort with Senator Richard Blumenthal of Connecticut and Representative David Cicilline of Rhode Island, would permanently include the core building blocks of "ghost" guns, defined as unfinished frames and receivers, in the definition of "firearm" under federal law. This would require manufacturers and distributors to comply with federal regulations that govern the distributions and production of

already completed firearms. All these bills still have to go through the legislative process for approval but are necessary steps towards increasing national gun safety in Senator Markey's eyes.

'We need to ensure that no child walks the streets of their neighborhood or the halls of their school in fear for their life," said Senator Markey in a statement. "Congress has the power to put an end to the public health epidemic of gun violence and pass bold, effective, and commonsense gun safety legislation that will save lives all across our country. Although Gun Violence Prevention Month is (over), our fight cannot stop here. We cannot allow more lives to be lost due to government inaction on gun violence prevention."

# Area students receive degrees at Clark University's Commencement ceremonies

WORCESTER Clark University awarded 490 bachelor's degrees, 501 master's degrees, and 10 doctorates, and conferred three honorary degrees during the University's 117th Commencement ceremonies. Graduates were urged to ask the hard questions, drive change, and even occasionally stir some trouble. Among the graduates were:

John O'Neill Martin, graduated of Charlton, with a Master of Science in Communication. Martin is a member of the Alpha Epsilon Lambda honor society.

Kayla M. Kupstas, of Uxbridge, graduated with a Bachelor of Arts in Biology.

Bailey R. Ross, of Charlton, graduated magna cum laude with a Bachelor of Arts in Environmental Science.

Theweekend'seventsmarked President David Fithian's first Clark Commencement ceremony since he himself graduated from the University in 1987. In his remarks, Fithian praised tainty, defiance - is an oppor-

the persistence shown by this year's graduating class in transcending the many disruptions posed by the COVID-19 pandemic.

'When you began your Clark journey, you could not have imagined what your junior and senior years would entail. Your grace, resilience, and adaptability throughout has been remarkable," Fithian told the Class of 2021. "While I certainly would never have wished this experience on you, I do believe you may nevertheless extract from it a strength of spirit and resolve that is remarkable, and that may reinforce your own sense of what you are capable of overcoming."

President Fithian said the Clark degrees that the students earned represented more than the culmination of formal study. They were also a "gateway to a life of learning."

"Every opportunity to question, whatever the motivation - curiosity, confusion, uncertunity to hear something you may not have heard before," he said.

"At the end of each day, ask yourself, in the quiet of your own counsel, what did I learn today? And then do it again tomorrow and the next day.'

James McGovern, United States Representative for Massachusetts the 2nd Congressional District, delivered the Commencement address and urged graduates to speak up for what they believe in, even when it's hard to do so. McGovern recalled the accomplishment of his friend, the late Congressman John Lewis, to lead 600 peaceful protesters on a 50-mile march from Selma to Montgomery in 1965 to bring attention to Alabama's discriminatory voting policies. Despite being beaten and barely escaping with his life, Lewis marched again a few weeks later. Subsequent demonstrations captured the awareness of the nation, and just four months later, Congress passed the Voting Rights Act.

McGovern stressed that issues like climate change, gun violence, racial injustice, and inequality will never improve unless like-minded people come together to demand change. He urged the Class of 2021 to become the "biggest class of troublemakers that Clark University has ever graduated" in service to a better nation and world.

"When the historians pick up their pens to write the story of this century, I know you'll give them something to write about. That you'll challenge convention. That you'll change our world."

Honorary Doctor of Humane Letters degrees were conferred on McGovern; Liberat Mfumukeko, MBA '94, former secretary-general of the East African Community; and Naomi Oreskes, the Henry Charles Lea Professor of the History of Science and affiliated professor of Earth and Planetary Sciences at Harvard

### University.

In his concluding remarks to the graduates, President Fithian told the graduates, "Take pride in who you are and what you are capable of. You have unlimited potential to do good, be compassionate, and shape those around you."

Founded in 1887, Clark University is a liberal artsbased research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. Through 33 undergraduate majors, more than 30 advanced degree programs, and nationally recognized community partnerships, Clark fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.

# Greater Worcester Community UMass Lowell names Foundation welcomes new

local students to dean's list

# Philanthropy Officer, Executive Assistant

### WORCESTER Greater Worcester Community welcomes Foundation two new hires: Jacob Vazquez, Philanthropy Officer for the Foundation's Scholarship Program and Linda Curry, Executive Assistant to Carolyn Stempler, Interim President & CEO.

In their new roles, Vazquez will oversee the management, implementation, and growth of the Foundation's Scholarship Program which distributes more than \$700,000 to local students pursuing post-secondary education, and Curry will provide essential office management and clerical support that will help the Foundation build efficiencies and better serve the community.

'As our philanthropic leadership in Central Massachusetts continues to grow, so does our team," said Carolyn Stempler, Interim President and CEO of the Foundation. "Jacob and Linda bring talent, experience, and insight to the Foundation. We are thrilled to welcome them into their new roles.'

"I'm excited to bring my personal perspective to the GWCF team to help build a scholarship program that further reflects our community," said Vazquez. Vazquez served as Economic

Development Associate for the Worcester Regional Chamber of Commerce before joining the Foundation. He has also served his community as a member of the Nativity School of Worcester Alumni Association and as Assistant Youth Ministry Coordinator of Saint Joan of Arc. As a first generation college graduate from Assumption University, Vazquez has a passion for creating opportunities that help young people reach their educational goals.

Curry is a Dudley resident who has had a long career working in the insurance industry for companies such as Unum. While working in the area, Curry volunteered for various local organizations including the United Way, Worcester County Food Bank, and Working for Worcester. She is excited to bring both her administrative experience and passion for helping others to the Foundation team.

"I've spent almost 20 years in Worcester," said Curry. "I am happy to have the opportunity to contribute to this community through my work at the Foundation."

With questions about the Foundation's philanthropic mission, grantmaking, or giving opportunities, visit greatworcester.org or email info@greaterworcester.org to get in touch with a member of the team.

LOWELL — Local residents have been named to the dean's list at the University of Massachusetts Lowell.

Among those recognized for achieving academic distinction for the spring 2021 semester at UMass Lowell are:

Rachel Whipple of Charlton, majoring in art  $\setminus$ 

\* Stephen Myers of Charlton, majoring in chemical engineering

\* Kyle Mulcahy of Charlton, majoring in mechanical engineering

Devin Salviuolo of Charlton, majoring in music studies

Lauren Bostock of Fiskdale, majoring in clinical lab sciences

Philip Patel of Southbridge, majoring in applied biomedical science

Benjamin Horr of Southbridge, majoring in biology

Thadius Dubsky of Southbridge, majoring in chemical engineering

of Jacob Veber Southbridge, majoring in computer science

### \* Ethan Champeau of Southbridge, majoring in criminal justice Zachary Giroux of

Southbridge, majoring in pharmaceutical sciences

Kaytlyn Mekal of Southbridge, majoring in political science

Kylee Inthirath of Sturbridge, majoring in applied biomedical science

Isabella Pabon of Sturbridge, majoring in computer science

\* Anthony Giuggio of Sturbridge, majoring in political science

UMass Lowell is a national research university offering its more than 18,000 students bachelor's, master's and doctoral degrees in business, education, engineering, fine arts, health, humanities, sciences and social sciences. UMass Lowell delivers high-quality educational programs and personal attention from leading faculty and staff, all of which prepare graduates to be leaders in their communities and around the globe. www.uml.edu

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- · Coordinate with Chairman and members for general preparation prior to meetings
- Monitor both physical and electronic mail as well as voicemail notifying Chairman as appropriate
- · Research and tasks as assigned by the board
- Ensure adherence of MGL for all duties
- Other duties as assigned

### Minimum Qualifications:

The successful applicant shall have:

- Excellent organization, comprehension, writing, and minute-taking skills
- Good sense of urgency and be cognizant of deadlines
- Good computer skills including email, internet, Microsoft Office 365 including but not limited to MSWord and MSExcel experience
- Familiarity with open meeting law, MGL, zoning bylaws, and Planning Board activities a plus This position is offered at an hourly rate of \$16.65 for up to 15 hours per month.

Interested individuals are asked to apply by sending a letter of interest and resume to the Personnel

Officer, Board of Selectmen, Town of Brimfield, 23 Main Street, Brimfield, MA 01010, or, you may apply by e-mail to <u>selectmen@brimfieldma.org</u> until position is filled. The town of Brimfield is an equal Opportunity provider and employer. Reposted on: 7/7/2021

# HAZARDOUS WASTE

continued from page A1

left a larger gap between Hazardous Waste Days than in the past. Marquis and the rest of the Recycling Committee are hoping the program is maintained in future budgets although it remains encumbered in the spending plan until at least 2023.

"We feel it's a successful program. It's important. Who knows where this



waste could end up if it didn't get there? We would like to continue it," said Marquis.

The Board of Health agreed reminding citizens that vouchers are available at the Board of Health office and discussing ways to utilize social media and other resources to spread the word for future Hazardous Waste Day events.

# GRANT

continued from page A1

responses that we gave to Harrington saying Charlton had this many nurses that are willing to step forward. That's a lot. They stepped up. Some of them were retired and wanted to work," Philbrook said.

Information on COVID vaccination sites and updates on how Charlton continues to manage the ongoing health crisis can be found on the Town of Charlton Web site, www.townofcharlton net

# Bay Path alumni complete Intravenous Certification Course



CHARLTON — On Tuesday, July 6, the Bay Path Practical Nursing Academy and Intravenous Edu celePhoto Courtesy

On Tuesday, July 6, the Bay Path Practical Nursing Academy and Intravenous Edu celebrated the completion of the practical nursing students graduates Intravenous Certification Course.

brated the completion of the practical nursing students graduates Intravenous Certification Course.

The staff and faculty of Bay Path Practical Nursing Academy, with Academy Director Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, and Intravenous Edu led by Jan Stephanos, RN, CRNI, partnered to offer the IV Certification Course to graduates of PN Class of 2021. The seven practical nursing graduates — Monique Bull of Worcester, Luz Mercado of Worcester, Stefanie Lauretano of Webster, Julia Martinez of Spencer, Brianna Cloutier of Charlton, Amanda Wonderlie of Webster, and Khamphan Houatchanthara of Southbridge — completed the course and successfully completed their IV Certification exam.

The IV Certification Course was

held at the Seminar Rooms A & B at Bay Path. The IV certification course load required 8 hours of instruction and the practical nursing graduates completed 8 hours of instruction. The syllabus included instruction on legal aspect of IV therapy, history, Basic A & P Vascular, Circulation, Autonomic nervous system, Fluid & Electrolytes, Malnutrition, Pharmacology, Infection control, Blood component therapy, Antineoplastic and Biologic treatments, Pediatrics, Geriatrics, Peripheral access, Central Venous access devices, Flushing, complications, Peripheral IV insertion, and Sterile central line dressings.

Immediately after the course completion, the practical nursing graduates thanked the instructor, Jan Stephanos, RN, CRNI of Intravenous Edu and the staff and faculty of Bay Path Practical Nursing Academy for the valuable opportunity to learn about IVs. In turn, Bolandrina thanked the practical nursing graduates for their dedication and sacrifices to further their education and careers.

# Image: marked at the Seminar Rooms A & B atLocal residents<br/>make Dean's List at<br/>Wentworth Institute<br/>of Technology

BOSTON — The following local students have made the Dean's List at Wentworth Institute of Technology for the Spring 2021 semester.

\* Erik John Fuhrmann of Charlton,

- ass \*Soott Doldroophi of Fieldold
- \*Scott Baldracchi of Fiskdale \*George Foto of Southbridge

Wentworth Institute of Technology Founded in 1904, Wentworth Institute of Technology is a nationally ranked university offering career-focused education through bachelor's and graduate degree programs in areas including engineering, architecture, computer and data science, life sciences, management, and design. Its 31 acres are situated in the Fenway neighborhood of Boston, Mass., within walking distance of leading several cultural, educational, sports, and medical hubs. Wentworth is known for its emphasis on career preparation for students through its leading co-op programs, hands-on learning approach, and alignment with 21st-century workforce needs.

# Haley Archambault of Uxbridge to attend Clarkson University

POTSDAM, N.Y. — Haley Archambault of Uxbridge will attend Clarkson University in Potsdam, N.Y., as a member of the Class of 2025. Archambault, who will be majoring in Engineering Studies, will begin studying at Clarkson in the fall.

"We look forward to having Haley join us on campus in August," said Vice President for Enrollment & Student Advancement Brian T. Grant.

# SOCCER

### continued from page A1

intense match with vested parents showing emotion and players giving it a bit extra physically and emotionally. We prevailed 3-0 to become Midland Champions and represent once again in MTOC.

This year, MTOC grandfathered in players from last year due to the Covid cancellation which means our group with only one college freshman, high school juniors, seniors and one sophomore playing against teams of freshmen and sophomores in college. The visual size difference and knowing these players were two-plus years our senior, was intimidating. As we entered the facility of 16 fields and headed to the registration table, we had a good look the three teams we would be facing in the round robin.

Throughout the journey, Chris and Jen (assistant coaches) proved to be invaluable. They bring different ideas and styles which helped me look at things from a different perspective and confirm timely decisions. Both have a deep understanding of the sport and our team and of yours truly (God bless them). High school students can schedule a personalized visit to Clarkson, which includes things like a campus tour tailored to their interests and a visit with an admissions counselor. Students can always check out Clarkson's virtual viewbook & interactive campus map. Just contact the Admissions Office at admission@clarkson.edu.

As a private, national research university, Clarkson is a leader in techno-

out our first opponents of the day. We discussed and executed a game plan of asserting ourselves physically from the start. We needed to work harder due to a size disadvantage to match other teams in our flight, and that's exactly what happened. As the match carried on the confidence grew. We established a physical presence and outplayed our opponents. Our center midfielder took a cannon of a direct kick from outside the box, over a wall, and into the top right corner, unsavable by any goalie on earth. The defense was solid, and we had a hard fought 2-1 win! Belief started to build as we headed into our next match Saturday.

# Saturday: Match 3 vs. Mariner

This match put us against our biggest opponent pound for pound. The coaches wondered what planet this group was from and whether they were chemically engineered. We carried our game plan forward to be physical from the opening whistle and win the 50-50 balls. We looked more comfortable, moved and communicated well. We used our skill and speed to win a second straight must win match 2-1 against a well-coached opponent. logical education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program

ing after a hard-fought battle against Weymouth. The match went to penalty kicks after a 0-0 regulation and two 5-minute overtimes. The penalty kicks were even past the first 5 with Franklin having a shot to win, which hit the side bar. N. Andover prevailed and our team watching with intense interest looked as if all their Christmas gifts were stolen by the grinch when they arrived at the tree Christmas morning. This would prove to be the best thing that could have happened.

# Championship Match: Charlton vs. N. Andover

This required a brief but impactful pre-game speech as the final match was soon after the semis. N. Andover was beatable. We were intimated Friday and didn't play our game. I pulled out the most relevant analogy I could referencing the 1980 US Olympic team losing to Russia 10-4 the week before the Olympics then winning 4-3 in the semi-final match. If the USA hadn't played Russia previously, they likely would not have won the match. Our team had played against N. Andover and knew what they were going to do, and we also ensured our goalie and players watched the entire penalty kick session to see what the goalie and shooters tendencies were just in case. We planned to win the 50-50 balls, use our speed and elusiveness to our advantage and play faster. We discussed scanning the field and knowing where the ball would go next before receiving it. The match was well played and resulted in a 0-0 tie at the end of regulation. Both teams drawing energy from the reserves after a long 3 days and 90+ degree weather. Two 5-minute overtimes were next. The second overtime we went slightly uphill against the wind. We dodged a couple strong chances by N. Andover and came close but were also unable to score resulting in a 0-0 tie after both overtime periods. The defense and goal keeping was tremendous in holding this high-powered team scoreless.

and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

# Penalty kicks

Before the match began, I knew who our first 4 penalty shooters would be leaving 1 final spot to fill. As I asked each player if they wanted the final shot, they turned white and looked as if they suddenly contracted food poisoning; except one. I eventually made it to Will Carney, Mr. Cool. He chuckled and said, "I'll take it." Admittedly, I should have thought of Will sooner as he's the type of kid where if Big Foot was running at him his heart rate would stay the same.

Deep down this team knew they had it in them to do it. We had seen N. Andover take PK's along with knowing we had the better keeper. With the boys standing arm in arm, we made our first kick, and our goalie made a great save to take an early 1-0 PK lead. This was critical, as it put our shooters more at ease. We make, they make, we make, they make, we make, they make... leading to the final shot for us to win. I was on the sideline and with my hands on

### Friday: Match 1 vs N. Andover

The first of three round robin matches proved to be the most physically demanding against a team who has won MTOC twice previously, rostering a full squad looking more like professional rugby than soccer players. We were significantly outmatched physically and to add insult to injury, a player of ours was spat on twice. This 2-0 defeat was both physically and emotionally difficult for our talented team. There were some doubts as to whether we could match up against players two or three years older.

### Saturday: Match 2 vs. Marshfield

After a reassuring pregame chat that we did belong, the boys tried as much as possible to forget Friday and take it

### Sunday: Semi Finals vs. Weymouth

As we began warm-ups Sunday morning, the confidence began oozing from our team believing they can "win it all". Weymouth was the top seed in the other bracket and would prove to be a tough test. As the match progressed, we took an early 1-0 lead. That lead was short lived as Weymouth drew even at 1. We added to our lead and held on with another fantastic defensive performance for a 2-1 victory and a trip to the finals. The enthusiasm was slightly tempered knowing what happened Friday and previously at MTOC.

Who would we face?

In a dramatic match that faced N. Andover vs. Franklin, the Charlton boys had their hopes on Franklin pulling through, as the prospect of facing the Big Red Machine seemed dauntmy legs looking at a field marshal and said, "I'm going to puke." She said, "Do it over there"

Will stepped up with a smile as if this was him taking shots alone on a field with no goalie on a Sunday afternoon. The shot went in and the celebration at midfield was epic. An ice bath for yours truly followed by endless excitement and tears.

This final shot was 14 years in the making. Working with these boys for all those years, setting a goal early on, and believing it would happen, and most of all, never giving up.

Charlton becomes the first boys' team ever to win MTOC!

An amazing accomplishment for a group of young men who became a family over the years, had a vision, and worked hard to make it a reality. I was so choked up the words were hard to find. I told the boys I loved them, and they knew the rest from so many years together.



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> **FRANK G. CHILINSKI** PRESIDENT/PUBLISHER

BRENDAN BERUBE Editor

# Keep it civil

One of the great things about being an American is the right to free speech. A recent uproar in a small community regarding a vulgar word prominently displayed for all to see on a main stretch of road prompted this editorial.

On commercial property, with specific sign ordinances, in a quaint New England town, there is a vulgar sign. One in which children of reading age, five and six years old, can easily look out the car window and sound it out and herein lies the problem. It's our job as adults, to set a high standard for our children and to protect them at all costs.

Now, while the First Amendment protects free speech, that does not include all speech, when it pertains to commercial or public property. Profanity is not always protected as well when it pertains to threats of incitement, fighting words, etc. or when used against a public official in a public forum.

Even so, just because you have the right to use profane language, does it mean you should? Can you get your point across without it? My father always told me there was a 'time and a place' for everything. If you know children could potentially see this profane language, is it the best choice to still put it on display? Further, not only should children not see this, but there are generations of people who come from a time when profanity could only be found in seedy areas of big cities. To them, it is even more offensive from the feedback we have received.

This is why movies, plays, music and books are given ratings, because then you have the choice on whether or not you or your children see it. In a public area, we think it's important to keep things classy, and set a better example as adults for our children. If you feel you need to use profanity in such a way, well sure that is your right, we all utter those words from time to time, however a display in a public place is a different animal.

Using a vulgar word, at the end of the day will not change anyone's mind about whatever it is you're upset about.



# TO THE EDITORDying inUnderstanding our history will help uspublic has itsbuild a brighter futurehazards ...

### To the Editor:

We believe in education. We believe in being lifelong learners. We are at a time in history in which issues of diversity, equity, and inclusion are at the forefront of many conversations. These issues are being addressed in large corporations, businesses, small mom and pop stores, organizations, and in large cities and small towns. Charlton must also step up to the plate and address these issues.

Every one of us knows that issues of race and equity touch an emotional chord in many people. We urge people to take a step back and think about how they can respond instead of just reacting to what is happening.

When it comes to our school's curriculum, we feel it is critically important for educators to be leading the conversation as to what our children and teens need to learn to prepare them for life after high school.

In response to the article in the Charlton Villager, teaching Critical Race Theory is not about one child, one family, or one sports team in our town and how they live their lives or get along with others. It is learning about the history of our country, looking at our history through a different lens, and gaining a better understanding of the world in which we live.

When there are advances in math or new scientific discoveries, our schools update the curriculum. When our teachers share information with their students in a well thought out curriculum through books, discussions, research, and other modalities, our students continue to develop their critical thinking skills and learn how to make sense of the world around them. Parents always have the ability to support this learning by talking to their children and discussing the family's thoughts, opinions, and values regarding what they are learning.

It is clear that issues of racial injustice continue to occur across our country and around the world. All of us are here to gain a fuller understanding of our country's history, not to make excuses for or to ignore our past. By understanding our history, we can put it in context, contemplate the present, and think about how to make the future better for all of us. And if you're thinking, "my future already looks better," we would encourage you to think of someone who is different from you, whose future is not looking better, and, while considering our country's history, think about why that other person's future does not look better. Then we can think about how we, as individuals, groups, our state of Massachusetts, or entire country, can help all Americans have a better future.

LAUREL HEMMER AND ROBYN VINCENT CHARLTON



One

combination off them being I missed a publishing deadline for the first time in my life. I'm sorry. I'm on some heavy painkillers and anti-anxiety meds and my mind isn't quite as accurate as I'd like. I'm too late for a few of my publications but I'll give it my best shot.

I'm still here. I'm still writing. I'm still ringing the bell for positivity and optimism. For some, that's still good news. Unfortunately, for others, they'd rather my voice be silenced. My computer was hacked over the weekend and at the same time, my Facebook pages were all locked. Hopefully by the end of the day, all will be back up and running but as of now I'm only partially up.

Thank you for your understanding. As long as I am up and breathing, I will be back next week!

May God bless you all.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @ GaryWMoore721 and at www.garywmoore.com.

# Collectibles market investing boom



In recent columns, I've discussed how major investors are buying into the collectibles market. The trend is continuing, with one group of big-name investors purchasing an auction house and another group purchasing a coin and card grading company. According to the Tampa Bay Times, 'Sarasota's Certified Collectibles Group is selling a majority stake in its company to private equity firm Blackstone in a deal that puts the company's value at more than \$500 million." Blackstone's investors include NBA star Andre Iguodala, as well as rapper, song writer and music executive Jay-Z. Other big-name investors recently purchased Goldin Auctions. According to Yahoo News Ken Goldin "sold Goldin Auctions to Collectors Holdings, a group owned by New York Mets owner Steve Cohen, hedge fund billionaire Dan Sundheim and venture capital investor Nat Turner." The terms of the deal weren't disclosed. The Los Angeles Business Journal wrote that Goldin also made another deal recently. They've partnered with Barstool Sports. Barstool Sports' website describes it as 'a sports & pop culture blog covering the latest news and viral highlights of each and every day with blogs, videos and podcasts." Goldin hopes to capitalize on Barstool Sports' mostly younger audience and attract them to invest in sports memorabilia. Along with these major investments, the digital age is bringing change to the way sports collectibles are sold. Leaf, Upper Deck and other card manufac-



It simply won't. Civil language is far more conducive to meaningful discussion and debate.

# LETTERS

Extra! Extra! Read All About It! We think you're important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us! Mail your letters to the Charlton Villager, P.O. Box 90, Southbridge, MA 01550.

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

You'll need to provide your name and place of r e s i d e n c e, along with a phone number, so we can verify the letter is yours.



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

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

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

So, what are you waiting for? Start writing!



RUTH RUTH RUTH REAL 22.2027 "Farthand 2.2.2027 "Farthand RUTH REAL REA

turers have inserted patches from uniforms or slices of game-used bats inside sports cards. When these cards were first produced over 20 years ago, collectors could own a small piece of Michael Jordan's jersey or a slice of Babe Ruth's bat. MarketWatch reported that small investors are now able to own part of an item without having it literally sliced into pieces.

Collectable.com is offering the public an opportunity to invest in a \$6 million Babe Ruth rookie card in \$3 shares. According to MarketWatch, "Collectable is a platform that allows people to buy equity in memorabilia when they may not be able to afford the piece as a whole. This concept is similar to how brokerage firms like Robinhood offer fractional shares of public companies. Investors in the card can sell their fractional shares at any time, and if the card is outright sold at a higher price in the future, those investors would see a profit. The price per share of the collectible only changes when the item is sold, not on perceived value change."

The drawback that I see with this model is that you can only see a profit (or loss) when Collectable decides they want to sell the card. However, in my opinion, it is still much better than cutting up a bat or jersey.

I'm happy to announce that I'll be returning to some in-person events soon. I'll be appraising items for the public at the John B. Gough House in Boylston, MA on Saturday, Aug. 7 from 10 a.m. to 1 p.m. Looking ahead to the fall, I'll be teaching my "Evaluating your Antiques" class at Bay Path Evening School on Wednesday Nov. 10.

We have an exciting upcoming online auction featuring a Mickey Mantle card, a Roberto Clemente card as well as other baseball cards and memorabilia scheduled for August. Session 4 of our model trains, die-cast toys and models online auction will begin soon. Other events are also being scheduled. Visit our website for details on upcoming events: https://centralmassauctions. com.

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

# Don't let investments go on vacation

Now that we've gained at least some space from the COVID-19 pandemic, summer travel is heating up. But while you might be eager to hit the road, you won't want your investments to take a vacation

you need them to work

hard for you consistently. But how can you make this happen?

Here are some ideas:

Know your destination. "If you don't know where you want to go, then it doesn't matter which path you take." This bit of wisdom, paraphrased from the classic children's book, Alice's Adventures in Wonderland, may be appropriate for, say, hikers exploring



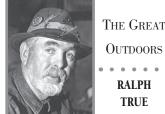
a new landscape. But as an investor, it matters a great deal which path you take. If you only dabble in investing, occasionally putting some money into one investment or another, it will be difficult to build a portfolio that's consistent-

ly working in your best interest. It's important to create a long-term investment strategy based on where you want to go in life – that is, how long you plan to work, what sort of retirement lifestyle you envision, and so on.

Match goals with investments. Some investments are designed to achieve certain goals. To illustrate: When you contribute to an IRA and a 401(k) or sim-

ilar employer-sponsored plan, you're investing for one specific, long-term goal: a comfortable retirement. While you can tap into these accounts for other purposes – though doing so might incur immediate taxes and penalties – they are designed to provide you with income during your retirement years. Similarly, you may have other investments for other purposes, such as a 529 education savings plan. Here's the key point: Goals-based investing, by its nature, can help ensure your portfolio is always working on your behalf, in the way you intended.

Invest for growth. Ideally, hard work produces results, and one of the main results you want from your investments



OUTDOORS RALPH

Every morning, my two dogs Twig, a yellow Labrador Retriever, and Molly, a 13-inch beagle - get me out of bed early to go outside. After they have taken care of business, they are brought to a fenced in area of my property. The Lab is great, but the beagle digs out of the fenced in area almost daily. The scent of cottontail rabbits is everywhere, and doing what she is bred for. she cannot resist the joy of chasing rabbits. There certainly is no shortage of these furry creatures, and listening to many local gardeners about the damage to their crops it is high priority to build fences to keep them out of the garden. The rabbits were few and far between for many years, but there is a population explosion in the last two or three years.

Molly cannot resist the urge to find the scent of the rabbits and track them down.

If she has a rabbit come into view on the other side of the fenced in area, she will bark and howl frantically. But when she gets her freedom to chase and track the rabbit, she runs silent. She is supposed to be vocal while tracking the rabbit, but she runs without a sound. I was hoping to hunt with her this fall on rabbits, but she needs to learn how to bark and trail the rabbit. I had run her on pheasant in the past few years, and she does the same thing with them. I think

if she runs with another dog, she may open up and be vocal, as she trails a rabbit or pheasant. I hope so!

This year, a nasty fly known as the horse fly, also called the green head horsefly is extremely abundant in local covers, and causing nasty bites if they are not killed when they land on the human skin. They can also become extremely aggressive to cattle and horses. Using some sprays like mosquito repellant can help, or wearing a net covering on your head can also help, but the sound of the large flies just buzzing your head, can become very annoying.

It is almost time for picking wild blueberries! This past week, while taking my two dogs for a run-in local cover I managed to find a few to eat, but the good picking high bush wild blueberry is still a week or two away. Be sure to wear long sleeve shirts and long pants when looking for wild blueberries. Mosquito repellant and a hat need to be worn to keep of all forms of bugs. You also need to be extremely careful of hornets or bee's nest. Bites from the latter two can be harmful to many people that are allergic to their bites. Be sure you bring along an epinephrine pen, especially if you are allergic to bug bites.

All insect bites are serious, more so for some than others and can cause life threatening reactions. Spider bites are also serious, so you need to check and treat all forms of bug bites as soon as possible. Tick bites are becoming more of a major health problem for humans and pets every year. They need to be spotted and removed as soon as possible, and leaving them on for more than 24 hours will often require a doctor's visit, and a prescription of dicyclomine to combat the bite will often be necessary. I know! I have had Lyme disease a couple of times. Every doctor treats a tick bite differently.

**Chasing rabbits** 

Fishing took a hard-hit last week with the extreme heat and remnants of hurricane Elsa. Freshwater fishing in streams, rivers & ponds will take a few days to improve, and saltwater fishing may take a bit longer, as the ocean settles down from the wind & rain. Last Friday, prior to the storm, the canal heated up with stripers chasing mackerel and other forms of bait fish, providing anglers with some great fishing for stripers. You need to be there at the right time!

Local Rod & Gun Clubs are planning their annual field days again. The Whitinsville Fish & Game clubs annual field day is planned for Sept. 18 this year. More dates will be published as they become available in the coming weeks. The Uxbridge Rod & Gun Club is holding a long overdue clambake this Saturday July 17. A few tickets were available as of this past week. Lobster, clams, chowder, littlenecks, clam cakes and corn are on the menu.

I found my wife's favorite receipt for baked stuffed flounder (fluke) this past week and decided to give it a try. I took two filets of fluke from the



Photo Courtesy

This week's picture shows five of the seabass this writer caught in Buzzards Bay last month. Commercial fishing for these fish opened this past week in Massachusetts. They can harvest 200 pounds daily.

freezer and stuffed them with a mixture of crabmeat, seasoned bread crumbs, a crushed ritz cracker, and a teaspoon of melted butter. Carefully placing a teaspoon of the mixture of crabmeat onto the fillets, salt and pepper, I gently rolled them up and secured them with a toothpick. I placed the two fillets in my preheated toaster oven, and cooked them for 20 minutes. Delicious! I am going back this week to catch a couple more fluke, I hope!

Take A Kid Fishing & Keep Them Rods Bending!

# **Chemical Free Solutions for Summer Ailments**

Summer fun in the sun isn't always as carefree as the season. Along with the sunny weather, such ailments as itchy skin and sunburns also make an annual appearance. While there are numerous commercial products on the market to treat such maladies.

chemical concerns have prompted a resurrection of old fashioned "home remedy" treatments. Read on for some chemical free remedies to cure what ails you this season.

And remember readers, the Publick House contest has resumed! Send in your favorite tips and you could win a three course dinner for Two at the Publick House!

Please note the following suggestions



ing simply by focusing on something outside the vehicle. If you can see where you're going, the visual cues jive with what your inner ear system projects and you're less likely to get sick. If you're on a boat, choose a seat on deck where you can see the movement of

the water. In a car, sit up front to watch the road. If you are on a plane, sit above the wing where there is less turbulence.

And before you embark on your vacation, take a trip to the health food store for some powdered ginger. It can alleviate symptoms of motion sickness naturally.

As with any product you use for the first time if you have sensitive skin it can be best to test a small area first if you have never worked with the product before on your own body.

minutes. Reapply after two to four hours. Also, try rubbing plain yogurt or honey lightly on burnt skin. One theory is that the yogurt and honey are effective because they both have the power of retarding the growth pathogenic bacteria. of some White household vinegar is another pantry product that can relieve sunburn pain quickly. Just pour a full cup in with your bathwater and have a good soak.

To promote the recovery of skin injuries (including sunburns), apply Seabuckthorn Oil:

Generously to the area and cover with dressing if necessary. Clean the area and reapply oil in 8 - 12 hours. Continue daily applications until healing process is well under way.

If you grow mint leaves, you have a irtual sunburn soother right in your own yard. Bring to a boil two cups of fresh mint leaves, three tea bags and four cups of water. Allow to simmer three to four minutes. Remove from heat and steep the mixture with the cover on the pot for a few minutes. Then strain liquid into a jar and allow to cool. To use, dip a cotton ball into mixture and dab over damaged skin for instant relief.

minutes, exposing all affected skin to the oatmeal soak. If you insist on the very fine consistency of the commercial oatmeal soother, simply run your oatmeal in a food processor until it is powdered. Or just toss an oatmeal ball in your tub. Pack some dry oats into the foot of old pantyhose and tie off the end - it works as well as the expensive stuff, and there's no mess to clog the drain! Still scratching? A simple vinegar bath has an impressive virtue: It can reduce itching naturally by maintaining the skin's natural pH levels. Or why not whip up a homemade spray that not only relieves itchy skin on contact, but also refreshes and cools the skin? Pour into a spray bottle, one half cup water and one half cup rubbing alcohol. Add three to four drops of peppermint oil. Shake well before each use. If your sunburned skin is feeling tight and uncomfortable, slather on petroleum jelly, or just add a couple of tablespoons of olive oil to a warm bath to moisturize and soothe skin. If you're already itching from a poison ivy rash, try this thrifty alternative to calamine lotion: Believe it or not, some say an egg white solution can help the rash heal quicker! Just apply egg whites to the rash. Let it completely dry, then rinse off. Or apply a paste of baking soda to the skin to help clear up the itchy rash. And if you dare to try an unconventional approach to relieve the itchies, try rubbing the skin with the inside of a banana peel to neutralize itch fast.

are not intended as medical advice or treatment. Do not try these home remedies without consulting a health professional to make sure they are appropriate for you. Suggestions offered should not be used as a substitute for proper medical treatment.

Problem: Motion Sickness Solution: Location, location, location!

It's vacation time, and nothing can put more of a damper on travel than motion sickness. Whether you're riding in a car, plane or boat, chemical-free treatments can keep you feeling up to par: No matter how you're traveling, you can try to prevent a queasy feel-

# BURDICK

continued from page A8

is growth-that is, you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are overconcentrated in vehicles such as certificates of deposit (CDs) and government securities, you may end up lowering your growth potential. That's not to say that CDs and Treasury bills are in some sense "lazy." They can provide you with income and help you reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you'll need a reasonable number of growth-oriented investments working for you, with the exact percentage based on your needs and life stages.

Check your progress. How else can you ensure your investments aren't just taking it easy? By checking up on them. If you follow a buy-and-hold strategy, your portfolio shouldn't require many changes if it already reflects your goals, risk tolerance and time horizon. Too much buying and selling could jeopardize your ability to follow a consistent, long-term strategy. However, "buy and hold" doesn't mean "buy and forget." By reviewing your portfolio at least once a year, you can determine if your investments are performing as they should. If they're not working for you as you'd like, you may need to make some chang-

If you're traveling this summer, relax and enjoy yourself - but keep those investments working hard.

This article was written by Edward Jones for use by your local Edward Problem: Sore Sunburn

Solution: Reach for Pantry Products If you think tea is just for sipping,

think again. Studies show the tannic acid in tea naturally draws out the heat from a sunburn. For isolated areas, place a few wet tea bags directly on the burn and cover with gauze to hold in place. If you want to soothe a large area, drop a few tea bags in a bowl of water, allow to steep and apply the cooled liquid to sunburn.

Milk can also help to soothe sunburned skin. Simply apply a compress of cool milk to the burn for about 20

Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edwardjones.com.

Problem: Itchy Skin

Solution: Household Helpers

Once your sunburn finally subsides, the second stage of sunburn - itchy skin - kicks in. Worse yet, the urge to scratch can come from poison ivy or other allergies. Read on for some natural ways to treat the summer "itches."

Oatmeal is the classic itch reliever, but before you dish out big bucks for a popular drugstore oatmeal bath product. why not skip the hype and use the basic ingredient? Just sprinkle one cup of uncooked oats into a running bath of lukewarm water. Soak for up to 20

Problem: Too Hot to Handle

Solution: Common Sense Coolers

Did you know when you make your head cold, the chilled blood circulates and cools the rest of your body? The next time you need to cool off quick,

Turn To TRAINOR page A17



# July is FREE WINDOWS MONTH at Renewal by Andersen.<sup>1</sup>

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Because more energy-efficient windows can help you **get relief from your uncomfortably hot home.** 

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# <section-header>

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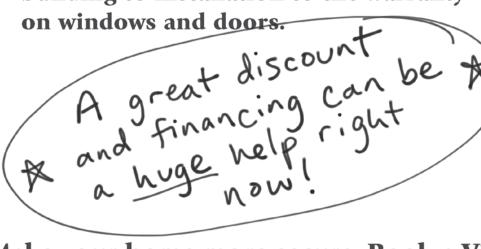
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This section reaches 47,000 households in 7 Massachusetts newspapers.

# Still time to plant vegetables



GARDEN Moments MELINDA

Now is the time to plan and plant vegetables for a bountiful fall harvest. Planting now extends the harvest season for greater yield without expanding the garden.

Start by looking for vacant spaces in the vegetable garden. Fill areas that were not planted this spring or replant rows of quick maturing vegetables like lettuce, spinach, radishes, and beets that have already been harvested. Expand your search to other vacant spaces in flowerbeds, mixed borders, and containers.

Select vegetables that will have sufficient time to reach maturity before your growing season ends. Simply count the number of days from planting to the date of the average first fall frost in your area. Those in frost-free areas can plant longer season crops that benefit from maturing during the cooler months of fall.

Second plantings can be started from seeds or plants, if available. Check the back of the seed packet or plant tag to find out how many days each plant variety needs to grow and produce. Add a few weeks to allow time for harvesting. As long as there is enough time for the seeds to sprout, grow, and produce before the end of your growing season,

they can be added to the garden.

Fill your late season garden with lots of variety. Include root crops like beets, carrots, radishes, and turnips. Greens like leaf lettuce, spinach, collards, kale, and chard provide the basis for a great fall salad and some make great additions to stir fries. Try onions, kohlrabi, cucumbers, broccoli, cauliflower, cabbage, and sweet corn for some variety. Just make sure the seeds or transplants will have enough time to grow and produce.

Some vegetables like broccoli, cauliflower, and Brussels sprouts taste better when grown and harvested during cooler months. These along with other vegetables like spinach, mustard, lettuce, radishes, and leeks tolerate a light frost, giving you a longer harvest season.

Wait for the soil to cool before planting lettuce and other vegetable seeds that require cooler temperatures to germinate. Or start the plants indoors and move them into the garden as transplants. Help keep the soil cool by mulching plantings with shredded leaves, evergreen needles, or other organic mulch.

Water your gardens as needed throughout the season. New plantings will need a bit more attention when establishing roots during the hot summer months.

Extend the harvest season with a bit of frost protection or added warmth as needed. Cover plantings with floating row covers that allow light and water through while trapping heat around the plants

Cold frames and high tunnels are



Photo Melinda Myers

For a fall harvest, plant areas in the garden that were not planted this spring or replant rows of quick maturing vegetables that have already been harvested.

other options that allow you to plant earlier and harvest longer. You will find ready-to-purchase options or instructions for creating your own season extending growing system.

Midsummer planting adds a few extra weeks, even months, to your harvest season. You will enjoy the garden-fresh flavor while benefiting from the increased nutritional value of your fall meals.

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

# Charlton student graduates from TEC **Connections Academy**

WALPOLE — Taylor Chirco of Charlton was among more than 250 seniors graduating in June from TEC Connections Academy (TECCA), the Commonwealth's largest, public K-12 virtual school. TEC Connections Academy enrollment has grown steadily from about 240 students seven years ago to nearly 2,700 today with students representing every county in Massachusetts.

Using its experience and knowledge of online learning gained from seven years of virtual teaching, TEC Connections Academy held a digital graduation ceremony to honor the Class of 2021. An in-person graduation celebration was also offered to families who were able to join.

"In education everywhere, this 2020-2021 school year was a big challenge for parents, students and teachers, so we are especially pleased with our seniors as they move on to their future plans," said superintendent Patrick Lattuca. "At TEC Connections Academy, we pride ourselves on providing a world-class education in the online environment, while also preparing our students to thrive in a changing world. I am honored to congratulate our graduates and their families, many of whom have been with us for their full, four-year high school experience."

**TEC Connections Academy** is a tuition-free, online public school for K-12 students that offers a safe and social learning environment where empowered students direct their own educational journey. Teachers focus on emotional well-being and social development in addition to academics. They work closely with families to tailor curriculum to explore specific student interests and address particular needs. Students who enroll in the school join a collaborative community of their fellow students and educators that provides a welcoming, distraction-free learning environment. Families who are interested

in TEC Connections Academy are encouraged to attend an online information session to learn more, ask questions and discover if virtual school is the right fit for their student.

informa-For more tion on TEC Connections Academy, please visit call 800-382-6010 or visit www. TECConnectionsAcademy. com.

About TEC Connections Academv Commonwealth Virtual School

TEC Connections Academy (TECCA) is a unique, tuition-free, online public school for K-12 students across Massachusetts. Sponsored by

The Education Cooperative (TEC), we create a high-quality educational experience that keeps students motivated and engaged in a safe, virtual learning environment. In addition to academics, teachers focus on emotional well-being and social development, working closely with families to help students learn how they learn best. Here, students gain the skills and confidence they need to direct their own educational journey, learning to thrive in the real world by first learning how to be resourceful and resilient. For more information. call 800-382-6010 or visit www. TECConnectionsAcademy. com.

# Joseph DuBois of Uxbridge named to Emerson College Dean's List

BOSTON — Joseph DuBois, a native of Uxbridge, has been named to Emerson College's Dean's List for the Spring 2021 semester. DuBois is majoring in Journalism and is a member of the Class of 2022. The requirement to make Emerson's Dean's

List is a grade point average of 3.7 or higher.

About Emerson College Based in Boston, opposite the historic Boston Common and in the heart of the city's Theatre

District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has 3,700 undergraduates and 1,400 graduate students from across the

United States and 50 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations Rochester Institute of and performance groups.

Emerson is known for its experiential learning programs in Los Angeles, Washington, D.C., the Netherlands, London, China, and the Czech Republic as well as its new Global Portals. The College has an active network of 51,000 alumni who hold leadership positions in communication and the arts. For more information, visit emerson.edu.

named to Dean's List for spring semester

**RIT** students

ROCHESTER, N.Y. -Technology announces its spring 2021 Dean's List! Undergraduate students are eligible for Dean's List if their GPA is greater than or equal to 3.40 for nine credit hours of traditionally graded coursework; they do not have any grades of "Incomplete," NE, D, or F; and they have registered for, and completed, at least 12 credit hours.

Keegan Tonry of Uxbridge, who is in the physics program.

Zachary Flowers of Charlton, who is in the microelectronic engineering program.

Rochester Institute of Technology is home to leading creators, entrepreneurs,

innovators and researchers. Founded in 1829, RIT enrolls about 18,600 students in more than 200 career-oriented and professional programs, making it among the largest private universities in the U.S.

The university is internationally recognized and ranked for academic leadership in business, computing, engineering, imaging science, liberal arts, sustainability, and fine and applied arts. RIT also offers unparalleled support services for deaf and hard-of-hearing students. The cooperative education program is one of the oldest and largest in the nation. Global partnerships include campuses in China, Croatia, Dubai and Kosovo.

Saturday July 24th at 11:00am St. Joseph's Church, Charlton Celebration of Life immediately following at the Italian Club North Street, Southbridge

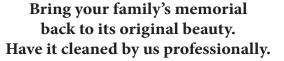
Memorial

MASS FOR

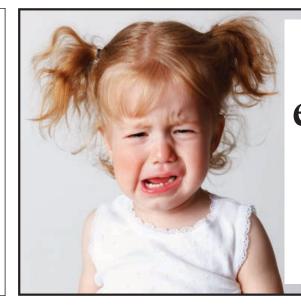
**STEVEN P.** 

IDE

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TO U.S. NEWS & WORLD REPORT. IT GETS HIGH MARKS FOR ITS ICONIC LANDMARKS.

ANSWER: PARIS



**ENGLISH:** Vacation

**SPANISH:** Vacaciones

# -@ •

**Creative Coloring** 

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• 1790: THE DISTRICT OF COLUMBIA IS RECOGNIZED AS THE CAPITAL OF THE UNITED STATES GOVERNMENT.

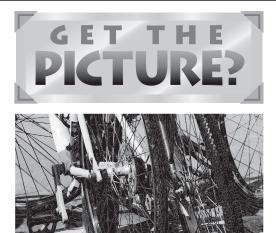
• 1965: THE MONT BLANC TUNNEL LINKING FRANCE AND ITALY OPENS.

• 1969: APOLLO 11 TAKES OFF FROM FLORIDA. IT BECOMES THE FIRST MISSION TO LAND ASTRONAUTS ON THE MOON.





VACATION PROPERTIES BOOK UP QUITE QUICKLY FOR PEAK TRAVEL



# ITALIAN: Vacanza

**FRENCH:** Vacances

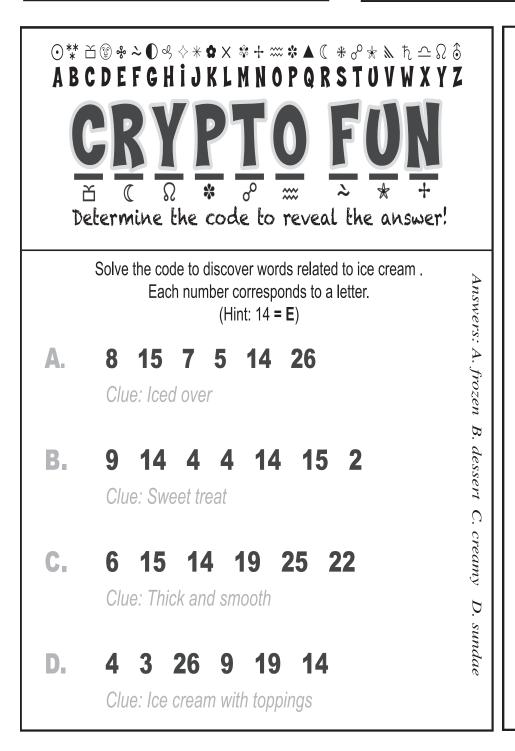
**GERMAN:** Urlaub

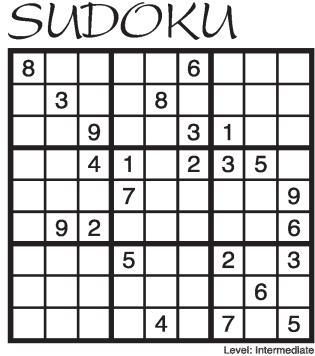




Can you guess what the bigger picture is?

ANSWER: BICYCLE TIRES





### Fun By The Numbers

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

# Here's How It Works:

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

G	8	Z	6	4	9	3	2	F
٢	9	6	Z	2	ε	8	9	4
ε	4	2	8	٢	9	9	Z	6
9	F	4	9	3	8	2	6	Z
6	2	8	4	9	Z	G	٢	3
Z	G	3	2	6	٢	4	8	9
8	Z	٢	3	G	4	6	9	2
4	6	9	F	8	2	Z	3	G
2	3	9	9	Z	6	F	4	8
:AISWER:								

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



home. Open concept kitchen/living room. Many recent updates, including wall to wall carpeting! Easy commuter location!



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# Very nicely maintained 5 room, 2 bedroom

assisted sale \$230,000.

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WEBSTER - 99 UPPER GORE ROAD

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Location! Scenic Upper Gore! "BIRDS EYE VIEW" of Webster Lake! Spacious Tr-Level. 2,279 sf., 4 BRS,1 full Bath, 2

half baths. Inground pool. 2 Car Garage

\$275,000.

# Webster Lake - 300 Killdeer Island

OPPORTUNITY KNOCKS! A WEBSTER LAKE waterfront property on Killdeer Circle, you won't want to miss! Offers a prime waterfront location! 64' of water frontage and a gently sloping landscape to waters edge. Crystal clear, sandy bottomed shoreline. Everyday is a new day at the Lake! Nicely arranged floor plan. 5 rooms 2 bedrooms, 2 baths! Walk out lowerlevel to nice size patio! Garage. \$650.000.

# WEBSTER - 401 TREASURE ISLAND CONDO



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Floor & Carpet. Master Bedroom, W/2 Closets, Master Bath! 2-1/2 Baths Total! Slider to Deck & Slider to the Patio! Central Air! Central Vac! Very efficient natural gas heat & hot Water! 2 Boat Slips D10 & D11 in the Private Marina. Heated Pool! Natural Sandy Beach! \$439,000.

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# Healthy habits that can become part of your daily routine

A person's habits can have a strong impact on his or her overall health. Unhealthy habits like smoking and living a sedentary lifestyle can increase a person's risk for various conditions and diseases. On the flip side, healthy habits like eating a nutritious diet and getting enough sleep can bolster a person's immune system and reduce his or her risk for various ailments.

Some healthy habits, like daily exercise, can be time-consuming. Busy adults may not have time to exercise vigorously each day, though the U.S. Department of Health and Human Services urges men and women to find time for at least 150 minutes of moderate-intensity aerobic activity each week. But not all healthy habits take up time. In fact, adults can incorporate various healthy practices into their daily routines without skipping a beat.

• Take the stairs. Taking the stairs instead of the elevator can have a profound effect on overall health. According to Duke University, climbing just two flights of stairs combined per day can contribute to six pounds of weight loss over the course of a single year. In addition, a study from the North American Menopause Society found that stair climbing can help postmenopausal women reduce their risk for osteoporosis and help them lower their blood pressure.

• Drink more water. The Centers for Disease Control and Prevention notes that water helps the body maintain a normal temperature, lubricates and cushions joints, protects the spinal cord and other sensitive tissues, and helps to rid the body of waste through urination, perspiration and bowel movements. Adults who are thirsty can choose water over soda or other sugary beverages. The CDC notes that sugary beverages like soda and sports drinks contain calories but little nutritional value, making water a healthier way for individuals to quench their thirst.

· Go for daily walks. Walking benefits the body in myriad ways. For example, the Harvard School of Public Health notes that women who walk 30 minutes per day can reduce their risk of stroke by 20 percent and potentially by 40 percent if they walk briskly. In addition, researchers at the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer's disease as men who walked less. A 15-minute walk around the neighborhood each morning coupled with a 15-minute walk after dinner can help adults dramatically improve their overall health.



• Eat more greens. Eating more greens is another healthy habit that doesn't require a major overhaul of an individual's lifestyle. The U.S. Department of Agriculture notes that dark green leafy vegetables, such as spinach, are rich in vitamins A,C, E, and K. The Mayo Clinic notes that vitamin E alone can help people maintain their vision and promote a healthy reproductive system while also improving the health of the blood, brain and skin. The USDA

also notes that green vegetables contain very little carbohydrates, sodium and cholesterol. Adults won't have to reinvent the dietary wheel to incorporate more greens into their diets, and the results of doing so can have a significant, positive effect on their overall health.

The right habits can help people live healthier lives, and such habits need not require any major life changes.

# Safety tips for novice motorcycle riders

Millions of motorists traverse the country's roadways when the weather allows. An increasing number of those motorists are seeing the sights while riding motorcycles.

Riding a motorcycle can be an awe-inspiring experience much different from riding inside a car or truck. According to the motorcycle information resource Biker Report, 1.5 million Americans owned a motorcycle in 2018. Even though motorcycle accidents have declined in recent years, a recent report by the Governors Highway Safety Association, a nonprofit organization representing state highway safety offices, indicates that, when adjusting for miles traveled, motorcycle fatalities occur 28 times more frequently than fatalities involving passenger vehicles. Alcohol and drug impairment, distraction and an aging motorcycle population have contributed to the elevated accident risk among motorcycle riders. However, inexperience also plays a role. By adhering to certain safety measures, novice riders can avoid various risks and stay safe as they get more acclimated to their motorcycles.

 Get your license. It is essential to ride with a license. In the United States, riders are required to have a motorcycle license or endorsement in addition to a driver's license to legally ride a motorcycle. Depending on where riders live, a motorcycle safety course may be a prerequisite to getting a license and can help riders improve their skills on a motorcycle.

• Enroll in a safety course. A safety course can teach riders various strategies, including emergency evasive maneuvers. The Motorcycle Safety Foundation offers courses for riders, who can check to see if when bikes are in operation. Helmets are required by law in Canada across all provinces and territories. The U.S. Department of Transportation also recommends a full-face helmet as an added safety option for novice motorcycle riders. Biker Report states that a helmet can reduce risks of brain injuries from a motorcycle accident by up to 67 percent. • Wear protective clothing.

In addition to helmets, jackets and other protective gear can reduce the risk of injury for riders involved in crashes. A 2011 study published in the journal Accident Analysis and Prevention determined there was a significantly reduced risk of injury to the upper body when riders wore fitted body armor.

· Practice in a closed environment. It is essential that



get a better feel for the throttle grip and brakes and steering. Riders can gradually increase items can make motorcycle ridtheir time on the motorcycle ers stand out. With these safeand skip long distance trips until they feel comfortable on their bikes. In addition to these tips, novice riders are urged to be

as visible as possible while on the road. Bright or reflective ty measures in place, novice

any such courses are available in their areas.

• Wear a helmet. Many states require motorcycle operators and riders to wear helmets motorcycle riders grow accustomed to riding the bike they will be taking out on the road. Doing so in a parking lot or a closed course enables riders to

motorcycle riders can reduce their risk for accidents and injuries while on the road.



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# Town of Charlton - Animal Control Officer/Barn Inspector

The Town of Charlton seeks to fill a FT (40hr) benefited position for an Animal Control Officer/Barn Inspector. Must have knowledge of State and local law regulations related to Animal Control; Must have 3 years of experience with animal care and control. Must be able to obtain ACO certification. Hours vary depending on needs. Salary range \$43,555.20 - \$49,275.20 yearly depending on qualifications.

To apply for the position or to see a full job description go to https://www.townofcharlton.net/158/human-resources. Applications must be received by July 24,2021. The position will remain open until filled. The Town of Charlton is an equal opportunity employer and encourages diversity.





# TOWN OF BROOKFIELD ADMINISTRATIVE ASSISTANT

The Town of Brookfield Highway Department seeks an Administrative Assistant (24 hours/week). The administrative assistant performs highly skilled administrative and clerical duties to coordinate the administrative activities of the department in an effective and efficient manner.

Position requires excellent communication skills both oral and written. Must be able to deal tactfully, courteously and professionally with residents, town officials, industry professionals and highway department personnel. The ability to multi task while remaining organized and detail oriented is very important. Must have working knowledge of Open Meeting Law, Public Records Law, State Ethics Law

and Public Procurement Laws. High school diploma and 3-5 years of relevant office administration in a municipal setting are required.

Please see job description (available on www.brookfieldma.us)





# LABORER: TOWN OF SPENCER WATER DEPARTMENT

Laborer: Town of Spencer Water Department seeks applicants to fill this position which work with Water Operators in the daily maintenance of the water supply, treatment and distribution systems. The ideal candidate will have a High School diploma from a vocational school, have strong math and science skills, and be willing to continue their education in the water industry including obtaining professional licensing as a Water Treatment and Water Distribution Operator. Salary ranges from \$19.80/hr to \$23.63/hr, DOQ

Visit spencerma.gov/home/page /employment-opportunities for details and Town application. Submit resume and Town application to Town of Spencer Town Administrator's Office 157 Main Street Spencer MA 01562. Subject to Union Rule and Regulation EEO Employer.

# FACILITIES MAINTENANCE LEAD, TOWN OF SPENCER

Facilities Maintenance Lead: Town of Spencer Highway Department seeks applicants to fill this full time position which reports to the Highway Foreman and requires an individual skilled in maintaining multiple municipal buildings and grounds. The ideal candidate will have a High School diploma from a vocational school and have strong mechanical skills. Salary ranges from \$22.47/hr to \$26.84/hr, DOQ

Visit spencerma.gov/home/page /employment-opportunities for details and Town application. Submit resume and Town application to Town of Spencer Town Administrator's Office 157 Main Street Spencer MA 01562. Subject to Union Rule and Regulation EEO Employer.

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**Quayside Shore Condos** Brunnell Ave, Brookfield, MA Sat. July 17 9am-2pm – no earlybirds – Fire pit tools, small appliances and more

# Worcester State University dean's list

WORCESTER — Worcester State University congratulates the following local students on being named to the Dean's List for the spring semester of 2021.

### Charlton

Susan Burtchell, Kylie E. Chupka, Samuel K. Gaudette, Marci R. Giorgio, Heidi E. Hazzard, Zachary M. Hill, Abigail E. Howard, Kayleigh M. Irish, Angela M. Kaperonis, George S. Kaperonis, Sabrina M. Lomax, Casey

# TRAINOR

continued from page A9

simply place a cold compress on your forehead or an icebag on your head or on the back of your neck. If you're working out or biking during a hot weather spell you can prevent overheating by wrapping a terry cloth band or bandana soaked in ice water around your head.

Or dose yourself in alcohol: Dabbing your underarms or other areas with a bit of rubbing alcohol, constricts the pores and keeps sweating at bay for up to a few hours. And, if you take a cool water bath you will be less likely to sweat for up to three hours after the soak.

Also, remember to avoid hot, spicy foods that induce further sweating during tropical temperatures.

Believe it or not, men who remove their shirts beat the heat are actually doing more harm than good. Never take off your shirt to cool off, even if you aren't directly in the sun. Once you start perspiring, a shirt can act as a cooling device when a light breeze goes through. So stick to light colored t-shirts to keep cool. And remember to wear light colors that reflect the heat. Also, keep in mind that cotton / polyE. Mullaly, Emily L. Novack, Kayla R. Palmer, Jennifer Reynolds, Kathryn E. Ryan, Eliana H. Singer, Amanda L. Smith, Abigail M. Snopkowski, Elizabeth R. Stone, Lyba Tariq, Julia E. Terlizzi, Andrew C. Vizzachero, Molly Zastrow

Charlton City Julia L. Fitzpatrick, Kayla J. Fitzpatrick

ester blends breathe better than shirts that are 100 percent cotton.

Win Dinner for Two at the Publick House – Contest has resumed!

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.



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THURSDAY, JULY 22 AT 6PM TICKETS AT MUSICWORCESTER.ORG

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