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Friday, February 19, 2021

**Newsstand: 75 cents** 

# Dowd named new Chief of Police

#### Courtesy Photo

Dan Dowd has been named the new Police Chief for Charlton.

#### BY JASON BLEAU CORRESPONDENT

CHARLTON – Charlton officially has a new police chief. The Board of Selectmen have chosen Dan Dowd, a 23-year veteran of the department who had been acting police chief following the retirement of Chief Graham Maxfield, to permanently fill the chief position pending contract negotiations.

Dowd was interviewed by selectmen during a meeting on Feb. 9 and later that evening unanimously picked as the new chief. Selectmen and others presented Maxfield with a series of questions including how he would handle situation with subordinates, his throughs of peaceful protests, and his goals for the department as chief. Dowd said one of his major goals is to continue the great relationship the department has had with the citizens of Charlton.

"I believe having officers positively interact with the community only strengthens our relationships with them and pays off many dividends in the end. I'm a big believer of the golden rule, do unto others as you would have them do unto you. I would want our officers to treating the citizens as they would treat their own family members and provide the services that they would expect when they show up for work. Obviously, what's going on today with police reform, all those things will help us if we have a strong relationship with the community and we enhance our presence.

Turn To DOWD page A13

# Bay Path announces bonor roll

CHARLTON — Bay Path Regional Vocational Technical High School has released its honor roll for the second quarter of the 2020-2021 school year. Chemisky, Connor Clardy, Clayton Constantine, Nolan Courtney, Aleysha Cruz Merced, Kevin Cunningham, Jack Dalton, Marisa DeJesus, Hayden

Grade 12

High Honors: Dominic Beauchesne, Dylan Bellerive, Maya Bond, Dani Borci, Kaitlyn Brindle, Matthew Brown, Emma Christian, Andrew Colson, Cheyenne Courtney, Natalie Courtney, Bailey Creeron, Jordan DeFosse, Evan Duffey, Isabella Gonyea, Alexis Gosselin, Elena Hopkins, Isaac Josti, Juliannah Kolofsky, Samantha Labella, Eliana Lasell, Alicia Lempitski, Julio Lopez-Torres, Brian Malone, Nicholas Marcotte, Chase McKenney, Zachary Messina, Ty Millette, Michael Mulally, Owen Ostromecki, Meagan Peck, Luis Perez, Madison Poole, McKenzie Robinson, Kyle Sadusky, Ryan Steiner, Kiana Tonkin, Jared Torosian, Ashley Wilson, Caitlin Young

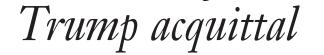
Wilson, Caitlin Young Honors: Emma Abbascia, Adiran Aguilar, Bryanna Andino, Graciela Antunez Flores, Erika Apher, Kayla Aviles, Ivy Ballou, Jacob Benoit, Cameron Blake, Skyler Bond, Victoria Bonneau, Samantha Burdett, Kayla Canty, Abigail Card, Gabriella Caron, Lauren Chase, Leigha Clifford, Christian Consiglio, Aaron Correira, Megan Costa, Olivia Courville, Timothy Crowell, Lexia Demers, Kelli Devlin, Jessi Escoto-Cifuentes, Cameron Fishcer, Sean Flynn, Benjamin Gelineau, Sarah Gosselin, Chloe Grenier, Evan Hall, Devin Hanlan, Jayce Hutchinson, Abigail Joesten, Elin Kaufman, Jodie Kendall, Savannah LaBranche, Matthew Livsey, Grant Maffei, Elizabeth McLam, Samuel Messier, Dimitrios, Mironidis, Nicholas Moulton, Joshua Natale, Robert Nichols III, Troy Pollone, Keith Reardon, Nicholas Reil, James Rivera, Parker Santon, Dylan Smaltz, Kyleigh Sutherland, Maynard Sweet-Giglio, Christopher Towns, Jr., Joshua Turcotte, Nikko Vitkos, Genevieve Williams, Louis Zanca

Principal's List: Kyle Bacon, Nathan Barton, Nathaniel Beauchesne, Brent Burlingeme, Zackery, Choiniano, Tylon Constantine, Nolan Courtney, Aleysha Cruz Merced, Kevin Cunningham, Jack Dalton, Marisa DeJesus, Havden Dery, Harmony Desrosiers, Lillian Dolan, Johnathon Ferreira, Austin Fish, Tricia Gallien, Danielle Gautier, Adelina Giaquinto, Alex Gilfoy, Genesis Gonzalez, Nicholas Gosselin, Cameron Hafner, Ashley Hamel, Zachary Hinman, Kailey Jones, Ryan Kempskie, Kevin Kilcourse, Cole Komssi, Ryan Komssi, Jason Kozlowski, Chase Lamprey, Andrew Leach, William Lecuyer, Lexie MacDonald, Brandon Martocci, Tori Masiello, Madigan McManus, Olivia Morin, Samuel Murillo, Angelina Ortiz, Paige Osche, Gabrielle Packard, Aalivah Perez. Hunter Pocis. Krystal Quadarella, Xavier Rodriguez-Bradley, Alex Saad, Luzyvette Sagastibelza-Lopez, Kristina Scott, Anthony Seymour, Jordan Sheehan, Daniel Silbert, Chloe Sicari-Swinimer, Katrina Somers, Caroline Soucy, Kyra Stevens, Francheska Toribio-Polanco, Jalissa Torres, Camden Towns, Aaron Trahan, Aaliyah Tremblay Collins, Rohan Vaidya, Kyle VanCott, Tyler Verrier

Principal's List: Nathaniel Anderson, Lana Antocci, Adrian-Nicky Antwi, Catalina Burden, Harmony Caranci, Jarred Coltran, Cyanna Cote, Dylan Cotton, Hailey Cournoyer, Nathan Cuff, Chad Cutroni, Zachary Dubsky, Laura Featherstone, Nathan Gulkin, Declan Johnson, Chloe Jordan, Bryce Kaszowski, Taylor Labrecque, Zoe LaMountain Perron, Krystal Lavallee, Andrew Lavoie, Gianna Legere Olivencia, Richard Menard IV, Evan O'Malley, Caleb Renaud, Carlos Rosado, Jacqueline Ross, Joshua Sullivan, Jomar Torres, Adirana Vazquez Gonzalez

#### Grade 10

High Honors: Olivia Beaudette, Elizabeth Dreitlein, Ty Dupuis, Evan Gelineau, John Guerin, Emma Hesselton, Samantha Inangelo, Anna L'Esperance, Aiden LaFrance, Sydney Lamontagne, Connor McCarthy, Erika Melendez, Mackenzie Morrisey Michaen Pacheco, Damon Provnecal, Abrahm Routhier, Wyatt Sadusky, Jazlynn Santana, Terry Simon, Emily Westwell Honors: Alyssa Adams, Samuel Audunsson, Quinn Beck, John Begg, Alexander Besaw, Benjamin Besaw, Jon Boyle, Ryan Brown Herraiz. Dennis Brunelle, Matthew Casati, Daniel Chaffee, Amanda Christianson, Isabella Coleman, Makayla Collins, Ryan Couture, Troy Cyr, Ryan Davis, Cam'Ron Desrosiers, Cheryl Dolson, Breanna Donohue, Lucas Farnham, Zachary Finizza, Jayden Flanders, Tori Fontaine, Casey Gallagher, Emily Gelineau, Noah Gilspin, Adrian Gonzalez, Osiris Gonzalez, Barry Hanson, Lauren Hennessy, Kathryn Herriage, Rebeka Janusz, Grace Jones, Angelica Joubert, Dlaney Kirkorian, Nakia L'Ecuyer, Madison Lamica, Robert Leblanc, Ayden Letourneau, Gianaleze Lopez, Timothy Maenpaa, Judly Maignan, Matthew Marchetti, Dylan McDonald, Rachel McMenemy, Yerilian Miranda-Colon, Dominic Moniz, Kyle Moody, Dylan Morrison



Warren, Markey condemn

#### BY JASON BLEAU CORRESPONDENT

WASHINGTON, D.C. Former President Donald Trump has been acquitted for a second time after the House of Representatives voted to impeach the Republican for his alleged involvement in inciting the Jan. 6 insurrection at the Capital Building. Massachusetts's Senators are condemning the Republicans who refused to find Trump guilty of inciting the insurrection labeling them as "cowards."

Senators Elizabeth Warren and Ed Markey both took to Twitter following the vote on Feb. 13 where seven Republicans joined every

Democrat in the Senate in voting Trump guilty of the charges against him. However, the vote didn't earn the required number of votes to actually convict the former President the with 57-to-43 tally being ten votes short of the two-third required. Senators Warren and Markey said the Republicans who chose not to convict Trump failed to hold him accountable for his part in the Jan. 6 riots.

"Donald Trump incited a mob of domestic terrorists to attack our Capitol and overturn the election. Even seven Senate Republicans couldn't stomach his act of insurrection. Our democracy must be stronger than the former president and

the 43 senators who sided with him today," Warren said on Twitter.

"Donald Trump engaged in an active, willful, intentional attack on our Constitution and our democracy. The Republicans who voted to acquit him are cowards," Markey added in his own Twitter post.

The vote to convict Trump would have given the Senate power to prevent him from running for another term in the future. The trial was only the fourth impeachment trial in American history but the second for Trump who was previously impeached by the House and acquitted by the Senate in January of 2020.

Burlingame, Zackary Choiniere, Tyler DeWitt, Tyler Ethier, Cameron Forget, Gwen Frappier, Parker Gilspin, Ryan Grampetro, Hailey Hubert, Karma Lama, Angel Martinez, Madison McKeon, Kylee Olejniczak, Riley Smith, Tori Vitikos, Cullen West, Katie Wroblewski

Grade 11

High Honors: Justin Barton, Hayden Bourgeois, Alexia Brawn, Dylan Butkus, Patric Campbell, Diego Canovas, Jackson Chaffee, Chloe Dexter, Erin Donahue, Marlee Donohoe, Cody Douglas, Nathan Dreitlein, Lillian Dunkerton, Nicholas Hunter, Morgan Ivory, Logan Johnson, Tiffany King, Bethany Lasell, Anthony Martins, Amber Mercon, Aaron Mitchell, Jovanni Morales, Elizabeth Pilling, Rachael Plaud, Lukas Rafferty, Zachary Sargent, Ethan Shanbaum, Sarah Simpson, Olivia St. Germain, Isabella Tanacea, Scarlet Taveras, Mateusz Zych

Honors: Aidan Adler, Connor Barton, Thomas Becker, Thomas Benoit, Dominic Benvenuti, Jayde Berthiaume, Sadie Bickford, Anna Bonin, Andrew Cannon, Isabella Capuano, Rafe Carlson, Stephanie Chege, Aiden

Turn To BAY PATH page A13

# Hitchcock Academy "Marches" forward with programming

BRIMFIELD — Don't let the cold weather dampen your enthusiasm for getting out and trying new things. Hitchcock Academy in Brimfield has plenty on its upcoming roster of classes to get your juices flowing in March. With both in house and online offerings, hitchcockacademy. org is sure to have an activity to pique your interest.

Looking to connect



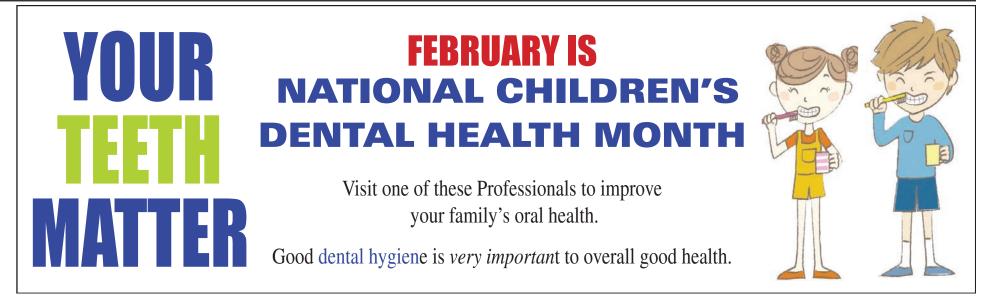
with your inner self? Hitchcock has classes in Mindfulness Meditation, Pilates, and Yoga to help you throw off your winter fog. Beginning on March 2 and continuing over the next four weeks, Instructor Annette Farrington will be your online guide to forming Mindfulness Meditation practices which will help you deal with and manage your stress level. On March 15, a new session of online Yoga begins with the ever popular Sharon Palmer. As a Certified Kripalu Yoga teacher Palmer can help anyone, from fledgling to veteran, to progress in the discipline of Hatha Yoga. The one and a quarter hour sessions are

sure to relax, rejuvenate and reinvigorate your body and your psyche. Pilates, with seasoned instructor Karen Larsen, gives you eight sessions of a world recognized exercise system geared to improve flexibility, posture, balance, and strength. Most importantly, Pilates targets and builds the core muscles, which are essential to lifelong health. This is an in person class.

"Pilates had been a favorite class pre-pandemic, so we are really happy we are able to offer that again," says Executive Director Cindy Skowyra, "and fencing is slated to return in late

Turn To HITCHCOCK page A13





## When can children brush their own teeth?

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

Parents wrestling with their kids' can-do attitude and if it's wise to allow them to brush their teeth unassisted can familiarize themselves with certain guidelines to determine their youngsters' readiness. According to Scripps Pediatric Dentistry & Orthodontics, most kids are at least six years old before they have developed the finesse and dexterity to handle a toothbrush in a manner that will effectively remove plaque. Dentists also may ask if the child can tie his or her own shoes, which can serve as a barometer of readiness to

The Auburn News, P.O. Box 90, Southbridge, MA 01550

wield a toothbrush without assistance. Pediatricians and pediatric dentists recommend that children visit a dentist as soon as a child's first tooth starts to appear. This also is when parents should begin to clean their children's teeth. As a child ages, the natural proclivity to want to take charge of brushing teeth takes hold. The child may not yet have the manual dexterity to brush alone, but parents can encourage the child to brush and then go over the teeth as a "double check." This helps foster independence while also ensuring teeth are fully cleaned.

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

Parents will have to check on children even as they age to be sure they are



practicing good oral hygiene. Parents who are in doubt about their children's readiness can work with dentists or

dental hygienists to assess skills and get other pointers.

# Dental hygiene is about more than just your teeth



The AAP notes that research indicates periodontal disease increases a person's risk for heart disease, with the inflammation caused by the former leading to the latter. People with existing heart conditions also may find that periodontal disease exacerbates those conditions. The Mayo Clinic notes that the link between heart disease and periodontal disease is not fully understood, but enough studies have been conducted for scientists to support the notion

Periodontal disease is preventable. A daily dental hygiene regimen that includes brushing after meals, flossing

# Country Bank welcomes new Senior VP of Innovation & Technology



**Dr. Peter Morales** 

STURBRIDGE — Country Bank, a full-service financial institution serving Central and Western Massachusetts, is pleased to announce that Dr. Peter Morales has joined their Innovation & Technology Division as a Senior Vice President. Dr. Morales, who resides in Sturbridge, has held several technical leadership positions, most recently as Vice President and CIO for an international educational organization supporting more than 45,000 students in more than 40 countries worldwide. Dr. Morales also held positions at New York University (leading technology at the Law and Engineering schools) and the New York and American Stock Exchanges.

Dr. Morales began his career developing diagnostic systems for the F18, the jet that the Blue Angels currently fly. He holds degrees in Electrical Engineering, a Master's in Engineering Management, and a Doctorate in Computer Science and Information Systems. He continues to teach in two Master's programs at NYU and is on the Board of Directors for several incubator startups and non-profits. He enjoys spending time with his wife, Karen Vezina-Morales, fun fact - the Vezina trophy in hockey is named after her great uncle Georges. They have a son, Christopher, a computer scientist, and a daughter Katie, a Fine Arts major.

"We are extremely excited to welcome Dr. Morales to our leadership team; his extensive background as a senior technology leader in a variety of industries brings an exciting level of strategic thought and direction to the Country Bank brand of Community Banking. His commitment to technology development, high-performing teams, and experience as an educator aligns with our iSTEP Corporate Values of Integrity, Service, Teamwork, Excellence, and Prosperity. We are proud that Peter has chosen Country Bank to be his Employer of Choice," stated Miriam Siegel, Senior Vice President of Human Resources.

About Country Bank

Country Bank is a full-service mutual community bank serving central and western Massachusetts with 14 offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton, and Worcester. Country Bank is a member of FDIC, DIF, and the SUM network. Country Bank can be reached at 800-322-8233 or online at <u>countrybank.com</u>.



## ACCURACY WATCH

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



# QCC's Phi Theta Kappa Honor Society boasts best year in its history

WORCESTER — Despite the COVID-19 pandemic, Quinsigamond Community College's Phi Theta Kappa (PTK) Honor Society is engaging more students than ever. PTK's Alpha Theta Zeta Chapter has experienced the largest student membership growth since it was chartered in 1980, with 160 new members in the Fall 2020 Semester. This number more than doubled that of all new memberships in the previous academic year. The recent 2021 Spring Semester membership drive has increased that total to 207, and with close to two months to go in the membership drive, the number is anticipated to grow.

"It's been amazing the way that students have responded since the pandemic began, and there is no sign of membership slowing down this semester," said PTK Advisor Bonnie Coleman.

At the start of the spring membership drive in less than 24-hours, 32 new students registered, and more are continuing to reach out daily.

"This demonstrates the importance of programs such as these that help keep students connected," Ms. Coleman continued, adding that while increase in student interest could be attributed to personal growth, camaraderie and leadership skills, it appears community service is the driving factor.

"Many new PTK members are taking part in our community service projects. Community service is the cornerstone of our chapter and even though we are currently in a pandemic, we have still made this our core mission," Ms. Coleman said. "The students are making a positive impact on our community."

Currently, 40 students are volunteering to help with the administrative side of student COVID-19 testing on campus, following all COVID-19 safety protocols. One such student, PTK student Fatima Mohammed, said the experience has been a revelation to her experiences in my life. I am pleased to say that this opportunity made me realize how important it is to dedicate my time to volunteering," Ms. Mohammed said.

While community service is not a mandatory membership requirement, students who perform two

community service projects through the chapter and attend two general chapter meetings before they graduate, will earn a gold stole.

"It's really amazing how many PTK students want to help their fellow students and their community," Ms. Coleman said. "Becoming a PTK member is so much more than students realize. They are members in PTK for life and the positive implications of being a part of this honor society are endless."

PTK is an internationally recognized honor society for two-year colleges and has approximately 1,300 chapters in the U.S. and around the globe. To be eligible for QCC's PTK Honor Society, students must have at least 12 credits of college level courses (level 100 courses or higher), a cumulative GPA of 3.5 or greater, and pay a one-time membership fee of \$85 (a requirement of the national PTK organization).

To learn more, visit www.qcc.edu/ student-life/phi-theta-kappa.

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



## Big Brothers Big Sisters of Central Mass. & MetroWest partners with Hartsprings Foundation as Donation Service

REGION — Big Brothers Big Sisters of Central Mass. & MetroWest (BBBSCM) has recently partnered with the Hartsprings Foundation of West Springfield, Massachusetts to be their premier partner for donation pick-up services. Since 1997, the Hartsprings Foundation has been funding Big Brothers Big Sisters programs in Massachusetts and Connecticut. The Foundation collects used, unwanted clothing on behalf of Big Brothers Big Sisters. Then, those donations are purchased by Savers and the proceeds benefit the BBBS program in the corresponding service area.

Starting in October 2020, the Hartsprings Foundation began collecting donations in Big Brothers Big Sisters of Central Mass & MetroWest's service area starting with Grafton, Leicester, Millbury, Oxford, Shrewsbury, Southbridge, Spencer, Sturbridge, Webster, Auburn, Charlton, Dudley, and Worcester. On March 15, the following towns will be added: Boylston, Holden, Hopkinton, Milford, Northborough, Northbridge, Paxton, Princeton, Rutland, Sterling, Sutton, Upton, Westborough and West Boylston. The final towns to Hartsprings' new service area will be added on May 1, 2021.

BBBS of CM & MW serves 1,000 at-risk children throughout the Central Mass & MetroWest regions, annually, through their professionally supported, one-to-one mentoring programs. The proceeds from donations collected by the Hartsprings Foundation will directly benefit those programs.

To schedule a donation pick-up, contact the Hartsprings Foundation at 888-413-2227 or visit www.hartsprings.org. To learn more about the Hartsprings Foundation's partnership with BBBS of CM & MW and other ways to give to BBBS, please visit www.bbbscm.org/give.

About Big Brothers Big Sisters of Central Mass & MetroWest



## AUBURN

\$350,000, 18 Springbrook Rd, Reynolds, James P, and Mcglone, Meghan, to Andreyko, Anatoly, and Andreyko, Elena.

\$350,000, 3 Matnick Cir, Judge, Arnold F, and Judge, Pamela J, to Ghazarian, Varej, and Ghazarian, Lisa.

\$327,000, 27 Homestead Ave, Otoole, Robyn M, to Goodrau, Sheila A.

\$230,000, 1 Wallace Ave #B, Hernandez, Carlos, to Kelsey, Gwen J. \$141,000, 64 Federal Hill Rd #64, Gaulin, Nicole A, to Brothers, Breyn J. The mission of Big Brothers Big Sisters of Central Mass & MetroWest is to create professionally supported mentoring relationships, empowering youth to realize their potential and build brighter futures. Children's lives are enhanced when they have a mentor in their lives to celebrate their successes. To learn more about Big Brothers Big Sisters of Central Mass & MetroWest, please visit www.bbbscm.org.

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Meet Ino, 5 year old female mixed breed. This sweet girl is ready to meet her family. Ino loves to be with people. She is a social butterfly, and everyone she meets becomes an instant friend! Ino gets along well with other dogs. She is up for a good play session with dogs, then is happy to just hang out with them. We think Ino would do well in a home as the solo pup or with a canine companion. She is an energetic girl and loves to go for walks. Once tired out, she is happy to relax with her people. Ino will greet you with the best little wiggle to show you just how happy she is to see you! We think she would do best in a home with kids over 10. If you think Ino could be the one for you, please email adopt@baypathhumane.org for more info today!

WFFK

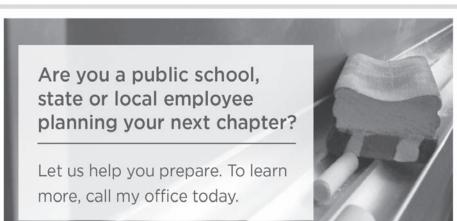
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# Selectmen approve changes to legal counsel policy

#### **BY JASON BLEAU** CORRESPONDENT

CHARLTON - The Charlton Board of Selectmen has updated its policy for accessing town counsel allowing more selectmen opportunities to approach the town's legal representation than in prior years.

In 2004, a policy was put in place that limited access to legal counsel to only the Town Administrator and the chair of the Board of Selectmen. Under the new policy unanimously embraced by selectmen on Feb. 9, any selectman will be allowed to approach legal counsel with a system of checks and balances in place to make sure there is no redundancy in such requests.

'The biggest change is obviously that the members of the board have the right to access the town counsel.

There is a process by which new matters would be brought forward and either approved or at least vetted to see whether or not there's already an opinion that's been generated on that," Town Administrator Andrew Golas told the Board of Selectmen. "Generally, it's just so we can keep track of items as they come and try to avoid increased legal costs."

Golas worked on the new policy alongside current Board of Selectmen chair Karen Spiewak who said the changes were made in order to allow selectmen fair access to legal representation rather than making only two parties the controlling powers over legal advice.

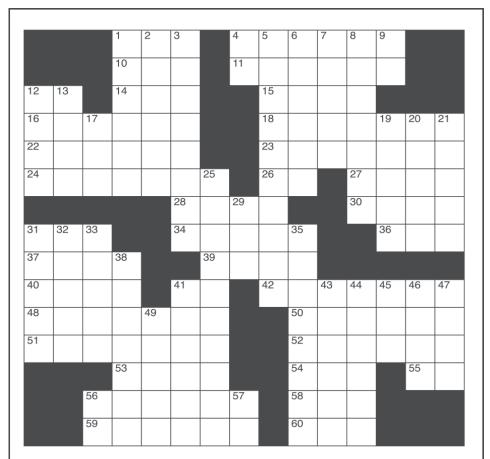
"For us, a major change is if the chair chooses to deny the request it will actually go before the whole board and it will be documented and then the board

make a decision, as it should be," Spiewak said.

Selectman Patsy Rydlak commended the change calling it an appropriate step forward toward bringing more transparency to the board.

"If I had an issue and wanted to go to an attorney, the chair and the Town Administrator could say no, and now I'm stuck with my legal issue," Rydlak said. "The form and the process kind of forces it to go before the board. Not that something shady is happening, but if something shady does happen now the entire board is going to be in on it, so I think it just forces transparency on the board. Not that we'd ever need that, but just in case.'

It was stressed that the purpose of the policy change was not in response to any particular matter, but rather as a preemptive change for the better.



## **CLUES ACROSS**

- 1. Big tech firm
- 4. Picked
- 10. Type of whale
- 11. A woman of refinement
- 12. New England state
- 14. Common gibbon
- 15. Tall coniferous tree
- 16. State capital
- 18. Making a liquid muddy
- 22. Vinegary
- 23. Peninsula
- 24. Thee
- 26. Atomic #55
- 28. Welsh female name
- 30. Arab ruler title
- 42. Orthodox Jewish college 48. Herbs

40. Emit coherent radiation

37. Assn. of oil-producing countries

50. Ran after

39. Holy fire

41. Atomic #81

- 51. Begin again
- 52. Named
- 53. Barbary sheep
- 54. Unwell
- 55. Postscript
- 56. Drivers
- 27. Used in units of measurement 58. One point east (clockwise)

sports or physical training

- of due north
- 59. Prim 60. A facility equipped for

# Sarah Cavanaugh named to Fall 2020 Dean's List at Stonehill College

 $\operatorname{EASTON}$  — Sarah Cavanaugh, of Auburn, a member of the Class of 2021, has been named to the Fall 2020 Dean's List at Stonehill College.

To qualify for the Dean's List, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.

Stonehill is a Catholic college located near Boston on a beautiful 384-acre campus in Easton, Massachusetts. With a student-faculty ratio of 12:1, the College engages over 2,500 students in 80+ rigorous academic programs in the liberal arts, sciences, and pre-professional fields. The Stonehill community helps students to develop the knowledge, skills, and character to meet their professional goals and to live lives of purpose and integrity.

# UT student Emma Gervais earns Dean's List honors

TAMPA, Fla. — Emma Gervais, of Auburn, earned dean's list honors at The University of Tampa for the Fall 2020 semester. Gervais is a Junior majoring in International Studies. Students must maintain a GPA of 3.75 or higher to be eligible for the dean's list.

The University of Tampa is a private, comprehensive university located on 110 acres on the riverfront in downtown Tampa. Known for academic excellence, personal attention and real-world experience in its undergraduate and graduate programs, the University serves approximately 10,000 students from 50 states and about 130 countries. The majority of full-time students live on campus, and about half of UT students are from Florida.

## Breathalyzer issues cast doubt on DUI convictions

REGION – Thousands of Worcester County defendants charged with operating under the influence of alcohol might have the opportunity for a new trial.

Over the next few weeks, defendants will receive letters in the mail indicating they may be entitled to a new trial because of problems with breathalyzer evidence, according to Worcester County District Attorney Joseph Early, Jr.

- 31. One's mother 34. Trap
- 36. Soviet Socialist Republic

## **CLUES DOWN**

- 1. Small islands
- 2. Skullcap
- 3. Unexplained events
- 4. One hundredth of a meter
- 5. Beloved baseball announcer
- 6. Repulsive
- 7. Northern European languages 41. Hums
- 8. Match or surpass
- 9. Northeast
- 12. Chew the fat
- 13. Innovative industry
- 17. Land to put down to grass
- 19. Products
- 20. Nostril
- 21. Surprise Icelandic politician
- 25. Conclusive acts

- 29. Inform on
- 31. Grinding tooth
- 32. Keep up
- 33. Tablelands
- 35. Raising
- 43. Mountain in Antarctica
- 44. Neighborhood in Manhattan
- 45. Distinctive practice
- 46. Vice president
- 47. Contributes to
- 49. Small bones
- 56. Oil company
- 57. Empire State

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The breathalyzer tests in question were administered between 2011 and 2018. Statewide, there are about 27,000 defendants who may be eligible to contest their convictions.

# 🛉 🛉 Friday's Child



Age 12

#### Hi! My name is Tatiana and I want to try gymnastics!

Tatiana is a funny and lovable girl of Hispanic descent. She loves playing with dolls, coloring and riding her bike outside. One day she hopes to join a gymnastics team.

Tatiana receives extra supports in school to help address her academic, intellectual and social/ emotional needs. Tatiana particularly struggles with relating to her peers and often presents as a much younger child. She is on the Autism Spectrum.

Not yet legally freed for adoption, Tatiana will benefit from joining a loving family of any constellation who can provide her with stability, structure and a dependable routine. She will do best as an only child or with older siblings. An ideal family will be comfortable navigating the mental health and educational systems, and be able

to act as a strong advocate for Tatiana. A family should also be open to helping Tatiana maintain a relationship with her four siblings and birth parents, who she currently visits with monthly.

#### 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.

38. Mythical creature

# Worcester State University announces Dean's List

WORCESTER – Worcester State University congratulates the following students on being named to the Dean's List for the fall semester of 2020.

#### Auburn

Alexa K Adams, Casey M Baron, Alysha C Benoit, Samantha L Brabbs, Brighid F Campbell, Ariana R Casasanta, Alex A Cataldo, Elizabeth J Cedrone, Ioannis Chatzopoulos, Olivia L Copson, Colleen M Cutting, Deanna A Dalli, Quynh D Doan, Maxwell B Engel, Ashley M Fazio, Jessica D Ferris, Abigail M Frost, Alexandra E Giaquinto, Rachel A Griffin, Maggie R Grogan, Lindsay E Guittarr, Megan K Gurlitz, Nicholas John, Sang Q Lam, Elizabeth R Lauzonis, Tyler J Lavallee, Vina P Le, Nora D LeBlanc, Madison R Marois, Julianna C Martinelli, Aleen M Merzoian, Monika Mularski, Delaney K Nadeau, Samuel M Njuguna, Jeison R Ortega, April T Pepin, Amanda N Roux, Meghan E Sjogren, Brianna L Stomski, Caitlyn E Sullivan, Kiana Torres, Allison J Woeller, Andre Zink

#### Blackstone

Amanda S Alves, Shayna M Boyan, Kayla M Briggs, Rachel J Doiron, Kelly E Dwver, Faith L Gudaitis, Andre M Jarret, Emily N Labrie, Joshua T Mirra, Tori E Socci, Rebecca F Swenson

#### Brimfield

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#### Brookfield

Natasha D Austin, Jade E Menard, Cayleigh L Peterson, Mia E Wilbur

#### Charlton

Susan Burtchell, Kylie E Chupka, Caitlyn E Dalbec, Marci R Giorgio, Megan R Greenough, Zachary M Hill, Abigail E Howard, Kayleigh M Irish, Lyndsay R Jansson, Angela M Kaperonis, Barbara N Kuria, Sabrina M Lomax, Matthew A Lovely, Jonah J Messier, Emily L Novack, Leyonia J Ramirez, Johanna E Riddle, Kathryn E Ryan, Eliana H Singer, Abigail M Snopkowski, Elizabeth R Stone, Lyba Tariq, Molly Zastrow

#### Charlton City

Julia L Fitzpatrick, Kayla J Fitzpatrick

#### Douglas

Sydney C Connor, Sara A Finnegan, Meghan L Foley, Nicolle E Forget, Jenna R Glode, Maureen L Grady, Margaret E Gurney, Alexandra M Hebert, Hanna R Kearney, Ryan J Klenk, Melissa E Landry, Grace M



Lapan, Santina M MacGregor, Isabel M Mazzarella, Samantha I Meech, Svdnev E Rodriguez, Hailey K Skowronski, Jordan A Staples, Erin S Theroux, Alec R Turner, Rebekka L White, Angela M Woodford

#### Dudley

Amanda J Babbitt, Lauren V Beckman, Riley P Biron, Bellalorraine M Carey-Hicks, Vanessa Corriveau, Emily M Costa, Aneta Czyz, Geoffrey F Franke, Emily F French, Megan F Gatsogiannis, Juliet L Helock, Stephen E Humphrey, Lauren E Jachimczyk, Shelby W Jyringi, Arton Krasniqi, Amanda Lane, Allison R Marrier, Erin Masciangioli, Aisha L Mufti, Kailyn J Murphy, Eric W Norman, Camryn M Ozolins, Laura A Reno, Jenise Richard, Marrissa Scopa, Justyn W Sudyka, Sarah E Tonkin, Keara L Vangel

#### East Brookfield

Emma J Bain, Ciara A Haddad. Aidan L Joyce, James E Joyce, Julia E Joyce, Toni-Anne McLean-Rowe, Erin G Parker

#### East Douglas

Hailey R Baldwin, Rachel E Dixson

## Fiskdale

Toumkham Noinala, Paige Szczypien

#### Grafton

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#### Holland Kailey L McCleary

#### Leicester

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Carrabba, Brooke E Dionne, Heather M Hibbard, Christian D Keeler, Rachel E Stelmach, Susan L Vigeant

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Ayla M Allard, Lily G Brooks, Haley

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Brian A Barthelmes Jr., Kevin F Barthelmes, Catherine Y Cameron, Maximillian J Cleveland, Mia C Couto, Anton Elkomos, Katelin Murphy, Ian T Scarlett, Andrea Sivakova, Colleen M Ward, Patrick B Young

North Oxford

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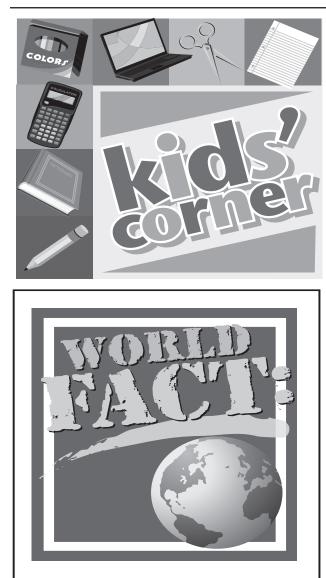
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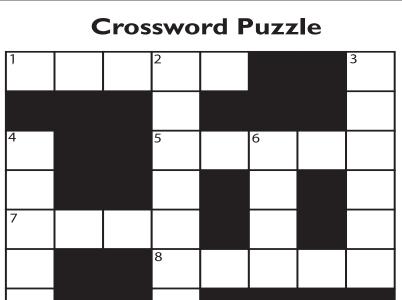


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CHINESE NEW YEAR IS NOT AN ACCURATE WAY TO DESCRIBE THIS HOLIDAY SINCE OTHER COUNTRIES ALSO CELEBRATE IT. IT IS BETTER KNOWN AS WHAT?

ANSWER: THE LUNAR NEW ANSWA



## ACROSS

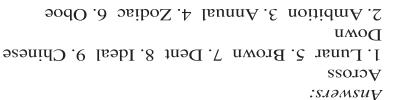
- 1. Related to the moon
- 5. Muddy color

9

- 7. Slight hollow in surface
- 8. Most suitable
- 9. Hailing from China

## DOWN

- 2. Desire to achieve
- 3. Happening each year
- 4. Astrological system
- 6. Instrument

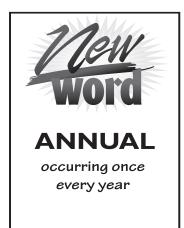


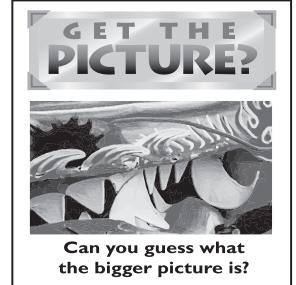


• 1637: FERDINAND III BECOMES HOLY ROMAN EMPEROR.

• 1898: THE USS MAINE EXPLODES IN HAVANA HARBOR, STARTING THE SPANISH-AMERICAN WAR.

• 1965: THE MAPLE LEAF FLAG OFFICIALLY BECOMES THE NEW NATIONAL FLAG OF CANADA.





ANSWER: DRAGON MASK



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# Lost time is never found again

Lately, we've been hearing an awful lot of chirping about how people are too busy. Too busy to catch up with extended family; too busy to grab a workout; too busy to read a book; too busy to do the things we forgot we enjoyed doing. The largest contributor to the lack of free time boils down to time spent at work. Many people in today's world have two or three jobs to make ends meet. Sometimes, however, we need to make some cuts in our lives to give ourselves something more valuable than money, time. Time is a treasure.

For one, you can't make more time. Ways to earn money will always be at your fingertips however there is never a way to create more time. There is not a spell book that has the answer to creating more hours in a day or a way to give you more years on Earth. Time is finite, something we all can stand to remember.

Take a moment to think about the fact that you can do more with time off than with a day's pay. While we all can earn a different amount of money during a shift at work, a day off is the same to all of us. During a day off, you can choose to do what you want with it. Catch up on chores, hike a mountain, catch a movie, enjoy a nice lunch or pick up your dusty guitar and remember how to play the C chord.

Memories hold more stock in our lives, than money. When we think back on our past experiences that brought us fond memories, how many of those were because of money and how many were because of another person? Travel of course costs money, or the purchase of a fancy boat, however it is the simple moments that are always the ones that count. At the end of a person's life, you will never hear them say they wished they had more money, however you will hear them say they wished they had more time. A good question to ask yourself if you had a short time to live, 'would you like \$5 million dollars or ten more years to live?' The answer is obvious. A survey of roughly 5,000 people was conducted to back up the fact that most people prefer time over money. Most people opted to take a position with less hours and less money over long hours with a high salary. Young people, who have more time ahead of them, did choose to make more money, however this proves the point that if you have less time, you value it more. Money changes in value every day; time does not. Think about the price tag you would place on a three-hour beach day with good friends. In the time of a pandemic these moments become even more important.

# Lenten Recipes Clone Restaurant Favorites

As we gear up for meatless meals, whether due to Lent, which begins this week, or simply a desire to cut down on meat, preparing creative new dishes can pose a challenge. So why not take the cue from some popular restaurant dishes? This week's column will feature a few delicious restaurant "clones" sure to have your family praising your culinary talents.

The following are easy recipes that require nominal effort. Best of all these dishes boast the same tastes as the eateries that inspired these yummy copycats.

Outback Steakhouse Coconut Shrimp

Crisp coconut shrimp dipped in a sweet and savory sauce is a favorite dish at the Outback. Thanks to this easy clone recipe, you can bring the taste to your dining room table.

Ingredients; 1 (16 ounce) bag large frozen cooked shrimp; 1/2 cup flour; 1/2 cup cornstarch;1/2 Tablespoon salt; 1/2 Tablespoon white pepper; 1 cup cold water; 2 Tablespoons vegetable oil; 2 cups vegetable oil (for frying); 3 cups sweetened shredded coconut

Marmalade Dipping Sauce Ingredients: 1 cup orange marmalade; 1/8 cup Dijon mustard; 1/3 cup honey; 1 teaspoon hot sauce

Directions: Preheat oven to 400 degrees F.

Rinse off thawed shrimp and pat dry, set aside. In a medium mixing bowl combine flour, cornstarch, salt, and white pepper. Then add in water and 2 Tablespoons vegetable oil. Whisk together until well blended. Set aside. Heat 2-3 inches oil in a large pot until oil reaches 325 legrees F. Place coconut on a small cookie sheet or pan. Dip each shrimp in the batter and then roll in the shredded coconut. Fry shrimp in hot oil just until they start to turn golden brown. Place fried shrimp on a large cookie sheet and bake in preheated oven 5 minutes to finish cooking. While shrimp is baking, make the Marmalade Dipping Sauce by combining the orange marmalade, Dijon mustard, honey, and hot sauce in a bowl. Serve shrimp with the marmalade dipping sauce.



cup milk; 8 ounces fettuccine; cooked and drained; 1./2 pound of fresh medium shrimp, peeled and cooked (optional).

Directions: In large saucepan combine cream cheese, Parmesan, butter and milk, stirring constantly on low to medium heat until smooth. Remove from heat and add shrimp if desired. Toss pasta lightly with sauce, coating well. Leftovers freeze well.

Source: Gloria Pitzer>s Secret Recipes

Applebee's Faux Baked French Onion Soup

This hearty yet elegant soup presents well, and it's easy enough for an everyday dinner.

Ingredients: 3 tablespoons vegetable oil; 6 medium white onions, sliced; 8 cups beef broth (Swanson is best); 1 cup water; 2 ½ teaspoons salt; ½ teaspoon garlic powder; 1/4 teaspoon ground black pepper; 5 plain hamburger buns; 10 slices provolone cheese; 10 teaspoons shredded Parmesan cheese.

Directions: Add 3 tablespoons oil to a large soup pot or saucepan over medium/high heat. Add the sliced onions and sauté for 20 minutes until the onions begin to soften and start to become translucent. Do not brown. Add the beef broth, water, salt, garlic powder and black pepper to the pan and bring mixture to a boil. When soup begins to boil, reduce heat and simmer for 45 minutes.

To make the croutons

cut off the top half of each

top of the hamburger bun

so that the bread is the

same thickness as the

bottom half of each bun.

Throw the tops away.

Now you should have 10

round pieces of bread, 5

bottom buns, and 5 top

buns with the tops cut

off. Preheat oven to 325

degrees. Place the bread

in oven directly on the

rack and bake for 15 to

20 minutes or until each

piece is golden brown and

crispy. Set these giant

croutons aside until you

When the soup is done,

spoon about 1 cup into

an oven-safe bowl. Float

a crouton on top of the

soup, then place a slice of

provolone cheese on top

of the crouton. Sprinkle

 $\frac{1}{2}$  teaspoon of shredded

Parmesan cheese over the

Place the bowl into

your oven set to high

broil. Broil the soup for

5 to 6 minutes or until

the cheese is melted and

starting to brown (you

may need to broil longer

if you are making more

than one bowl at a time).

Sprinkle an additional

1/2 teaspoon of shredded

Parmesan cheese over the

top of the soup and serve.

Makes 10 servings

need them.

provolone.

Flashback: The Soup Nazi's Crab Bisque Copycat

Who can forget the famous Soup Nazi Seinfeld episode? With this flashback copycat recipe, you can once again enjoy the famous crab soup taste, without the long trip to the city or the strict rules!

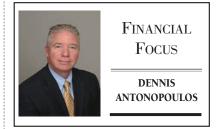
Ingredients: 4 pounds snow crab clusters (legs); 4 quarts water (16 cups); 1 small onion, chopped; 1 1/2 stalks celery, chopped; 2 cloves garlic, quartered; 2 potatoes, peeled and chopped; 1/4 cup fresh chopped Italian parsley; 2 teaspoons mustard seed; 1 tablespoon chopped pimento; ½ teaspoon coarse ground pepper; 2 bay leaves; 1/3 cup tomato sauce; 2 tablespoons half and half; 1/4 cup unsalted butter; 1/4 teaspoon thyme; 1/8 teaspoon basil;

1/8 teaspoon marjoram Directions: Remove all the crab meat from the shells and set it aside. Put half of the shells into a large pot with 4 quarts of water over high heat. Add onion 1 stalk of chopped celery, and garlic, then bring mixture to a boil. Continue to boil for 1 hour, stirring occasionally (The white part of the shells will start to become transparent), then strain stock. Discard the shells, onion, celery and garlic, keeping only the stock.

Measure 3 quarts (12 cups) of the stock into a large sauce pan or cooking pot. If you don't have enough stock, add enough water to make 3 quarts.

Add potatoes, bring mixture to a boil, then add ½ of the crab and the remaining ingredients to the pot and bring it back to boiling. Reduce heat and simmer for 4 hours, uncovered until it reduces by about half and starts to thicken. Add the remaining crab and simmer for another hour until the soup is very thick. Makes 4-6 servings.

# What can investors learn from 2020?



removed from 2020, it's a good time to reflect on such a momentous year. We can think about developments in the social and political spheres, but we also learned – or perhaps re-learned – some valuable lessons about investing.

Here are four of them:

A long-term perspective is essential. Volatility in the financial markets is nothing new, but, even so, 2020 was one for the books. Of course, the COVID-19 outbreak was the driving force behind most of the wild price swings. Soon after the pandemic's effects were first felt, the S&P 500, a common index of U.S. largecap stocks, fell 34 percent but gained 67 percent by the end of the year. Consequently, investors who stuck with their investment portfolios and kept their eyes on their long-term goals, rather than on shocking headlines, ended up doing well. And while 2020 was obviously an unusual year, the long-term approach will always be valuable to investors.

Investment opportunities are always available. The pandemic drove down the prices of many stocks – but it didn't necessarily harm the long-term fundamentals of these companies. In other words, they may still have had strong management, still produced desirable products and services, and still had good prospects for growth. In short, they may still have been good investment opportunities - and when their prices were depressed, they may also have been "bargains' for smart investors. And this is the case with virtually any market downturn - some high-quality stocks will be available at favorable prices.

Diversification pays off. Bond prices often move in a different direction from stocks. So, during a period of volatility when stock prices are falling, such as we saw in the weeks after the pandemic hit in March, the presence of bonds in your portfolio can lessen the impact of the downturn and stabilize your overall returns. And this, in essence, is the value of maintaining a balanced and diversified portfolio. (Keep in mind, though, that diversification can't guarantee profits or prevent all losses.) The market looks ahead. The pandemic-driven market plunge may have been stunning, but it made a kind of intrinsic sense after all, the sudden arrival of a pandemic that threatened lives, closed businesses and cost millions of jobs doesn't sound like a positive event for the financial markets. But the strong rally that followed the initial drop and continued into 2021 has surprised many people. After all, the pandemic's effects were felt throughout the rest of 2020, and are still being felt now, so why did stock prices rise? The answer is pretty straightforward: The financial markets always look ahead, not behind. And for a variety of reasons - including widespread vaccinations, anticipated economic stimulus measures from Congress and the Biden administration, and the Federal Reserve's continued steps to keep interest rates low - the markets are anticipating much stronger economic growth, possibly starting in the second half of 2021. All of us are probably glad to have 2020 behind us. Yet, the year taught us some investment lessons that we can put to work in 2021 - and beyond.

Time brings us awareness and clarity and gives us a chance to figure out the person we want to be or already are. These things cannot be bought. Sure we need money to live, however time is what puts life, into our lives. Often we need to get creative about how we can give ourselves more time. We must always remember to protect and prioritize our time. Source: Six Sisters Stuff

Olive Garden Alfredo Fettucine Clone

This is one of my favorite recipes and has appeared previously in this column. But be forewarned, it is rich. So rich in fact, that the first time I prepared it over a decade ago, my husband accused me of trying to "do him in!" But he ate it anyway, and with great gusto, I might add! The original recipe does not call for shrimp, but it tastes great and makes for a perfect Lenten supper.

Ingredients: 8 ounces cream cheese, cut in bits ; 3/4 cup Parmesan cheese , grated;  $\frac{1}{2}$  cup butter;  $\frac{1}{2}$ 

**LETTERS** 

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Win Dinner for Two

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

> This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@ edwardjones.com. Edward Jones Member SPIC.

and

# An ice fishing update



This week's picture shows Adam with his nice largemouth bass he caught this past weekend. Another picture will follow along with this week's column.

Courtesv

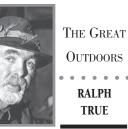
Local ponds and lakes all have a substantial amount of ice on them, as of this past weekend, and if the weather forecast is correct, safe ice should last a couple of weeks, if not longer. That is not to say that fishermen and the general public should assume that every body of water has safe ice. Constantly checking ice thickness needs to be practiced. Snow covered ice is the most dangerous. Numerous near fatalities from people falling through the ice have been reported this year, with snowmobilers being at the top of the list in Maine & New Hampshire.

Numerous deer have fallen through unsafe ice in the past two weeks, and more are sure to lose their life in the coming weeks. I have spotted many ponds with deer tracks in the snow, as they navigate ice covered bodies of water. Local residents should not walk their dogs alongside lakes ponds and rivers, unless they are on a leash. They can get into trouble real fast, as we have already observed dogs falling through thin ice on local news channels. It is also time to license your dogs in most area towns! They do require certification of

a dog's rabies shots. Hopefully, a few veterinarian's will be holding rabies clinics next month in local towns.

This past weekend had a lot of ice fishermen enjoying the great outdoors, and there were many families out enjoying it also. This week's two pictures show a couple of anglers with their impressive largemouth bass. Many reports of bass, pickerel, perch, calico bass, and trout are being reported daily. Wallum Lake in Douglas has been giving up some nice trout, if you have the patience to wait for the bite, that can start fast and end fast, or not start at all. Anglers are reminded that Wallum Lake is an interstate body of water, & that it is governed by Rhode Island regulations. The lake closes to all fishing on Feb. 28, and will reopen on April 10!

Fishing for smelt in the state of Maine can be a lot of fun, and can provide some great eating, if you can catch them before March 31, in Aroostook County. The smelt are called the «French Fry» of the lake, and have local anglers fishing for them every year. They have elaborate bob houses to fish in, and often fish for the smelt at night. Placing a light near the hole draws the smelt to the hole, and they can be caught with a light jig rod similar to the jig sticks we use here. Be sure to check all regulations and dates for smelt fishing. Using nets is illegal. Back in the day, local anglers fished for smelt on Lake Quinsigamond in Shrewsbury. This writer spent many nights catching smelt near the boat ramp. Unfortunately, pollution and acid rain pretty much cleaned them out.



Numerous attempts to reintroduce smelt into Lake Quinsigamond Wallum Lake were unsuccessful. Mass. Fish & Wildlife was netting thousands of smelt from the Quabbin Reservoir and stocking them in those two lakes,

but they failed to spawn in some of the tributaries around both lakes. That was before the MDC poisoned the smelt at the Quabbin. Soon the state was placing egg screens at the tributaries of both lakes, but they also failed to work. In a last-ditch effort to get smelt back into Wallum Lake, Shoal Spawning alewives were placed in the lake to provide a forage fish for the trout. That was thirty or more years ago.

The Alewives reproduced for many years, and some still do keep a small population in the lake. Trout do no grow fast on insects, and need a good forage fish to get big fast. Attempts to get MFW to procure some of the brown trout fry from New York's Lake Ontario failed many years ago, would have now been reaping rewards. Anyone that has fished Lake Ontario for brown trout, know how fast they grow, and how big they get. With the loss of the federal brood trout program maybe the state can revisit the possibilities of receiving some brown trout from New York and stocking them at Wallum Lake!

At one time back in the day, the state was supposed to work with Rhode Island to make Wallum a trophy brown trout pond. Unfortunately, both states could not work together, and the communications were stopped. Catching four to 10-pound brown trout were common when the two states were actively supporting the program. The lake was also limed by a company called" Living Lakes" bringing in numerous tankers loaded with lime which was loaded onto a large boat & digitally spread over the



Another largemouth bass caught last weekend.

entire lake. It solved the problem of acidity at the lake for many years, right up to this day.

The Whitinsville Fish & Game club will sponsor a fishing derby at the club pond on Feb. 20, for club members and their family. The pond will receive another stocking of trout prior to the derby. A full breakfast will be served starting at 8 a.m. The club is also planning a Wild Game supper in March. It is a carry-out only meal. Call the club or check their web site for all particulars & tickets.

The Uxbridge Rod & Gun Club is planning a Clam Bake this Summer. It was one of the best attended events, the club held annually. There will be a limited number of tickets, so get them early. Lobster, clams, corn, chowder, and much more.

Take A Kid Fishing & Keep Them rods Bending!

# A step back a few decades with my friend Rob

Our dear friends, Rob and Tracey Shirk from Waterloo, Iowa were passing through our area on Thursday and came to visit. The following day at breakfast, Rob walked in carrying what appeared to be a big magazine. As he sat at the table, I realized it was a road atlas of the USA ... something I have not seen nor used in at least fifteen or more vears

I asked, "Where did you pick up that antique?" He looked confused. I continlooked down at the map and began tracing a route with his finger.

At this point, I thought he was still kidding. "Use the GPS on your phone ... step out of the 1980's and into the 21st century!" I held up my phone.

Rob looked at my phone, grunted, then looked back at his atlas saying, "That's a phone. I need a map."

I must confess that I'm lost without my GPS, but not too many years ago, my phone was only a phone. We travelled from coast-to-coast years ago with our little family in our motor home and enjoyed every minute and every mile. Much of the fun was sitting at our dining room table with Arlene and our three children, gathered around a big road atlas, deciding where we'd go,



what we'd see, and how we'd get there.

I think our first trip was our most memorable and that was our trip to Yellowstone. We took off before cell phones with an Atlas opened on the dash and we were rolling ... our first stop was the Mitchell "Corn Palace" in Mitchell South Dakota. I remember our oldest, Toby looking at the building and saying, "We drove all this way to look at a building made of corn?" However, the next stop promised to be better as we headed off to "Wall Drug!" It's amazing how a little ingenuity

and the promise of "Free Ice Water" transformed a small-town drug store into an internationally known tourist stop.

The badlands followed and then a stop at Mount Rushmore. I'll confess, I was awestruck at the first siting of this incredible monument. I hope to see it again someday. Then we were off to Devils Tower and the magnificence of Yellowstone. We made it all the way there and home, without the use of a phone or GPS.

the happiest times of my life were planned around that Rand McNally Road Atlas. It was like an instruction manual for our travel dreams, providing the guidance and recipe for family fun and togetherness. The excitement and anticipation ... all the laughs and love along the way warms me still and always brings a smile to my face. All great family memories. Weeks after returning from one vacation, we were sitting around the table with our

ity, he has inspired another road trip, as he brought to my mind some of the most precious family times we've experienced. There is still so much to see and do and Arlene and I deserve to get out on the road.

Our children are all grown and on their own, but we have two wonderful grandsons. Caleb. and Noah. Maybe they need to see the Mitchell Corn Palace?

As Willie Nelson so eloquently sang, maybe it's time to get "On the Road Again."

ued, "Where'd you find that old relic?"

"It's a map," he responded while turning to a map of Indiana.

"I know it's a map," I said with a laugh, "But why do you have it?"

'Because I'm traveling and I don't know how to get to Marion, Indiana from here." He

We headed East the following year to the history of the Williamsburg area and Washington DC. The following year, we head-ed south to Texas and the Alamo. All incredible memories with the help of Rand McNally and their big and beautiful road atlas.

I must admit, some of

map plotting our next adventure.

After ridiculing Rob and his relic of a guidance system. I need to make an admission. I ordered a new 2021 road atlas online. So maybe I owe Rob an apology?

Nah ... he deserves a little laughing at his expense. Maybe in real-

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.

# Planning and designing a productive vegetable garden

Whether planning your first, second or tenth vegetable garden it can be overwhelming. There are so many tasty vegetables and never enough space and time to grow them all.

Start with a plan. Locate your garden

in a sunny location with moist, well-drained soil. Save those partially sunny areas for greens like lettuce, chard and kale as well as root crops like radishes and beets. These prefer full sun but will tolerate more shade than tomatoes, peppers, squash, broccoli and other plants we eat the flowers and fruit.

Review your favorite recipes and make a list of family favorites and those vegetables most often used. Then check the list to see which vegetables are suited to your climate and growing conditions and those that make the most economic sense to include in your garden.

Tomatoes and peppers produce lots of fruit from one plant and are common ingredients in many recipes. Sweet corn is fun to grow but needs lots of space for a relatively small harvest. If space is



limited, consider buying your sweet corn at the farmers' market and use that space to grow other edibles.

Every gardener struggles with determining how many of each type of vegetable to grow. This depends upon the productivity of the variety selected, your family's eating habits and of course the impact of weather on the harvest. It is always better to start small, build on your successes and expand the garden in the future. Track your planting and harvesting results to help when planning future gardens.

You will need to plant more if you plan to preserve or donate a portion of your harvest. Purchasing vegetables from your local farmers' market is a way to ensure you have sufficient fresh produce when you are ready to can, freeze and ferment.

overwhelm-Sound

ing? Consider enlisting help from Gardener's Supply by using one of their vegetable garden plans (gardeners.com). You'll find customized plans for those who like to cook, want to grow ingredients for a garden-fresh salad, salsa or cocktails, or are following a Mediterranean diet. Many come with seed packets for all the featured plants.

Maximize the available space by growing vertically. Train pole beans, peas, tomatoes, cucumbers and even squash and melons up trellises. Growing vertically not only saves space, but also increases disease resistance by increasing light and airflow through the plants. And picking beans at waist height is much easier than harvesting from low-growing, bushy plants.

Increase space with containers. Consider growing some of your frequently used herbs and vegetables in pots on the patio, balcony, or deck for convenience. You can quickly grab what you need when creating your favorite meal.

Grow multiple plantings in each row. Start the season with cool season veggies like lettuce, peas and radishes. Once the temperatures climb and these plants are harvested and enjoyed, replace them with warm weather vegetables like tomatoes, peppers, beans, cucumbers, squash and melons. Finish off the season by filling any vacant rows with fall crops like greens, beets and radishes.

Take some time to plan a garden that will provide you and your family with fresh produce you can enjoy all season long. Involving everyone in the planning process just might get them to show up and help weed.

Melinda Myers is the author of more than gardening books, 20 including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her Web site is www.MelindaMyers. com.



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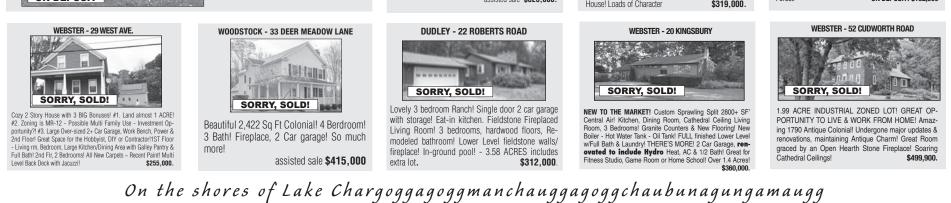
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## HITCHCOCK

continued from page  $\ensuremath{\textbf{A1}}$ 

April. As always, we continue to look for new program offerings or small events to support the communities we serve."

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#### continued from page A1

Ilvonen, Merissa Murray, Stephen Ngaruiya, Cameron Nolette, Gabrielle Oikle, Tessa Olejniczak, Gabriel Osciak, Joelle Peluso, Kiyana Perez, Amelia Peterson, Trevor Phillips, Georgios Pirperis, Madison Poirier, Patrick Prudhomme, Hilary Queirolo, Ariane Ramos, Jenisey Ramos, Emma Rannikko, Evan Rivera, Rozlyn Robillard, Cameron Scobie, Ronin Simone, Sawyer Smith, Lucas Soloperto, Naomi Soriano, Evan St. Cyr, Emma St. Francis, Alexzander Tetreault, Jacob Thomas, Patrick Tierney, Yahil Vegas-Cortes, Lucas Welton, Jacob Wilga, Jonathan Young

Principal's List: Jake Aho, Fabian Alvis, Lukus Bachand, Samuel Boria, Connor Burke, Hailey Carlson, Anthony Catino, Grace Comeau, Anthony Comforti, Gage Conroy-Laboeuf, Anthony Costello, Edgardo Cruz-Merced, Ronald Desrosiers, Amanda Englund, Gabriel Espinosa, Jacob Farnham, Collin Farrell, Zachary Ford, Evan Frost, Nathan Goozey, Devon Goulet, Luke Hill, Matthew Hoyt, Michael Jalbert, Matthew Kallgren, Cole Latour, James LeProhon, Sean Malboeuf, Jaime Marrero, Jonathan Norman, Jonathan Nussey, Timothy Putnam, Sabrina Rodrigues, Knygel Rosario, Nolan Sharry, Damion Szafarowicz, Makenna Zella

#### Grade 9

High Honors: Sophia Balestracci, Alex Beshiri, Luke Boliver, Rachel Carpenter, Timothy Charette, Eyan Chase, Meredith Clark, Yanieris Colon Vega, Kirsten Congdon, Dylan DeJesus, Jibril Erraihani, Jonathan Forget, Jenna Gajewski, Rachel Gormley, Simon Greening, Lucas Hafner, Tristan Hanson, Riley Heenan, Valerie Hernandez, Stanislaw Janusz, Anna Lehtola, Hannah Luuko, Sarah Martin, Matteo Mastrototaro, Kayla Nguyen, Stephanie Njenga, Madison Nolin, Nason Omasta, Ismael Porrata, Emily Quental, Amanda Seidler, Catherine Sirard, Jacob Sirard, Jack Ugrinow, Charlotte Worster, Stone Zink

Honors: Avarie Beauchamp, Angeliz Beltre Colon, Lindsey Berthiaume, Alec Borelli, Damien Boucher, Andrew

#### of the March 4 classes in CPR and First Aid. Take either session or take both and receive your ESCI certification at the end of the evening from Instructor Nora Holland. This is valuable training to last a lifetime. On March 28, everyone's favorite, Sue Gaulin of Let's Cake Decorate, is back with a class that anticipates the Easter holiday. The class has all the supplies you'll need to craft your own delicious Bunny Stump Cake to

Bousquet, Emma Bransky, Ryan Bray, Samantha Buchanan, Joseph Budney, Alivia Cannon, Olivia Carrier, Riley Caruso, Madyson Chicoine, Evan Christiano, Petru Cojocaru, Rachel Conlon, Mariselle Cosme, Zachary Cournoyer, Kyleigh Czechowski, LeeAnn Dagnese, Daniel Daige, Wyatt Daoust, Emma Davidson, Jeffrey Denham, Sean Derenas, Jonathan Desmarais, Lianna Diaz, Jayden-James Dunston, James Farreira, Cole Finizza, Kacey Flanagan, Robert Fleck IV, Madison Fournier, Ethan Gallant, Devin Gavaletz, Bradley Graves, Brandon Grenier, Renee Hallaman, Bridget Hast. Isabelle Herholz, Liam Honthumb-Wachewski, Derek Hosley, Carly Impey, Ian James, Eva Jerez, Jadyn Katz, Abigail Kibaru, Jordan Kippax, Madisyn Kozlowski, Alyssa Kutzko, Tyler Labbe, Matthew Lach, Braeden LaPointe, Benjamin Latour, Emma Levasseur, Albert Luciano, Patrick Luperchio, Ryan MacCormack, Catherine Magnusson, Jadier Maldonado, Marissa Masciarelli, Shaun McLaughlin, Jenna McLeish, Vincent Messier, Leah Monti, Maggie Mullaly, Dorina Muska, Peter Nhan, Alix Norman, Noah Okolita, Gianna Pantalone, Colin Plante, Laci Pollone, Nicholas Pollone, Jared Powell, Evan Provost, Wyatt Rafferty, Wendy Ramirez, Jacob Reed, Jayden Remillard, Harrison Renaud, Margaret Russell, Samantha Russell, Caterina Schiappa, Connor Sentence, Sydney Seymour, Gerald Splaine, Adriana Stanley, Alan Suklis, Yasmin Tolomio, Landon Walker, Ryleigh Warchal, Timothy Welch, Thomas Wilk, Hailey Williamson, Gabrielle Zopatti

Principal's List: Aidan Anderson, Jacob Anderson, Kasey Babkauskas, Samuel Brill, Ethan Casagranda, Jomar Cintron Perez, Shane Conti, Richard Corriveau, Peter Courville, Lillian Cybula, Gabriel Dadah, Andrew Dip, Marissa Dumas, Makayla Graham, Samuel Hampton, James Heywood, Kristina Liberty, Logan MCann, William Menice, Macaylah Miller, Peyton Parettie, Colby Richardson, Liam Ryan, Zachary Sabotka, Cody Savary, Madison Sibert, Lacey Sullivan, Kyle Sylwanovicz, Trent Szela, Isabella Taiste, Liberty Tanksley, Christopher Verdolino, Cole Vignali, Sebastian Winer take home and enjoy.

If the furry friend you got over the holidays is ready for some behavioral skills there's a new Buddies Dog Training beginning on March 17. This class, run by veteran trainer Laurie Merritt, focuses on positive training techniques, which will provide a lasting foundation for a lifelong partnership between you and your pet. A new session of Introduction to K9 Nosework training begins on March 6.

On March 1, Sensei Israel Lopez begins a new session of Martial Arts with "COVID pricing." Of just \$35 / month for 2 classes per week. These classes focus on the practice of judo, "the gentle way." This eastern regimen builds discipline, confidence, and fitness while honing a practitioner's skill of self-defense. Because of Covid students practice with a "dummy" that is cleaned and sanitized after each class.

For those that want to make a little music piano classes are offered both in person and online and violin continues online.

Because many of these classes are offered online you no longer have the excuse of weather to prevent your exploration new activities. Do yourself a favor and visit hitchcockacademy.org to look over its listing of classes and events. It may be just what you need to bring you out of the winter doldrums.





#### DOWD

#### continued from page **A1**

Being seen in the schools and the community in a positive way will only help us in the future," Dowd said.

"Several of us went over the Webster, several went to Southbridge and Sturbridge. Most of the protests around here were peaceful so I don't think there was ever any need for officers to get involved other than to just make sure vehicles can travel while the pro-test was going on," Dowd responded. "We've been very fortunate in this part of the country - (Rioting) triggers a different type of reaction, but most police officers know that people have rights and they certainly have a right to protest peacefully. A lot of times positive change comes from those types of protests.' Dowd concluded by saying as a chief he would like to "recruit, retrain and promote quality people" showing concern about the command staff aging and approaching retirement out without succession plans in place. He would like to facilitate a stronger relationship between commanding officers and the younger members of the force to give them the experience to possibly move up into higher positions within the department in the future. He also stated a need for continued improvement in department communication infrastructure praising the ongoing radio upgrade project currently underway.

Dowd also commented on the need for continued prioritization of traffic improvements and public safety on the roadways after being questions about his position on the matter by Selectman Patricia Rydlak. Dowd said that the traffic situation has become a "logistical nightmare" for his officers and needs to be addressed in a big way in the coming years.

"Normally, I have two or three people on and trying to put them all over town is difficult with limited resources. Down the road I'd like to get a second traffic officer. That's something I'm going to be asking for. I stress to my officers all the time that's one of our biggest complaints," said Dowd.

Another question came from Board of Selectmen Student Representative Henry Weiland who spoke to the 2020 protests against police violence against minorities and how towns like Webster help peaceful protests. He asked Dowd how he would handle such a situation as chief.

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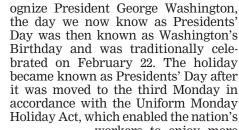
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# Shoppers' guide to Presidents' Day sales

On the third Monday in February, Americans stop to remember the contributions of the many great leaders who have served as President of the United States. Certain Presidents' Day traditions have developed over the years, including an opportunity for shoppers to find great deals on a host of items.

Originally established in 1885 to rec-



workers to enjoy more three-day weekends. In addition, the Uniform Monday Holiday Act served as a way to combine the celebration of Washington's birthday and Abraham Lincoln's birthday, which is February 12.

In addition to serving as a chance to celebrate and reflect on the contributions of our nation's past presidents, Presidents' Day

has emerged as a day to rest and shop. Stores across the country advertise special prices to tie into the day and capitalize on the three-day weekend. For many retailers, Presidents' Day is the first major sales opportunity of the new year. The following are some ways shoppers can capitalize on Presidents' Day sales.

• Stock up on winter apparel. Now is the time to enjoy deep discounts on winter apparel. Purchase clothing, coats and boots that your family can wear next year. Parents can estimate sizes for growing children. Discounts on winter apparel as winter winds down may be as high as 70 percent, meaning savvy shoppers can save substantial amounts of money.

· Score big on big-ticket items. Appliances may go on sale at steep discounts on Presidents' Day. Shoppers who need new appliances for their kitchens may find Presidents' Day sales have what they need at the prices they want to pay. Save even more

on big-ticket items by using cash-back or points balances on credits cards to lower out-of-pocket costs even further.

• Shop around for electronics. Computers, laptops and many different electronic devices go on sale on Presidents' Day. Compare and contrast items you have had your eyes on for some time, determining regular prices for each item. Knowing the regular prices and sale prices will help you determine if the Presidents' Day sale price is a good deal.

· Don't overlook deals on automobiles. Certain holidays, such as Presidents' Day, provide opportunities for consumers to find great deals on new vehicles. That's because sales tend to be slow in February. Scout out the deals being offered on the car or truck you want. Sales personnel may be more open to negotiations if it will close the sale.

Presidents' Day is, first a foremost, a chance to reflect and honor past presidents. But it also is a day for shoppers to find great deals on a host of items.







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