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Friday, January 29, 2021

# Spiewak not seeking re-election



Karen Spiewak

BY JASON BLEAU  
VILLAGER CORRESPONDENT

CHARLTON - The Charlton Board of Selectmen will be joined by at least one new face after the upcoming municipal elections in May, with the announcement from current board Chair Karen Spiewak that she will not be running for reelection. Spiewak made the official public announcement at a board meeting on Jan. 12 revealing that she is planning on moving out of town and thus would not qualify to serve Charlton any longer. “I will not be seeking reelection. It’s truly been an honor and a privilege to serve the town in this capacity and my sincere thanks to the

citizens for affording me the opportunity to work on behalf of this wonderful community,” Spiewak said. While her fellow selectmen acknowledged that they still have several months with Spiewak on the board, and that there will come a time for fond farewells, they still took a moment to acknowledge Spiewak work as a member for the past three years. Selectman Bill Borowski said he appreciated Spiewak’s approach to her debates and discussions about state and local issues. “Even when there’s disagreements, you always are fact based,” Borowski said addressing Spiewak. “You really take a look at the wholistic view of things and you listen to both sides, but when you make up

your mind you (do it) regardless of whether it’s popular or unpopular because you’ve done what you think is right and I think that’s the true sign of a professional. I think it’s a sign of someone who is not a politician, but someone who is a servant. You should be commended for that. I just want to say honestly, you’re going to be missed.” Selectman David Singer, who confirmed he will be running for reelection in May, also commended Spiewak for her passion in serving her community. “Whether we agree or disagree you’re always nice to me. You’ve never treated me with disrespect. You were always professional to me.

Please Read **SPIEWAK**, page **A9**

# Board of Health comments on vaccines, School Committee decision

BY JASON BLEAU  
VILLAGER CORRESPONDENT

CHARLTON - December and January were not good months for COVID case numbers in Charlton, with the town reaching as high as 80 cases during a week in January alone. On Jan. 12, the Board of Health met on a livestreamed meeting to discuss the ongoing pandemic situation and how the impending vaccine rollouts may help, as well as the Dudley Charlton Regional School District’s recent decision to reopen despite the Boards of Health’s recommendation to move to online learning for the first few weeks following the winter break. Board of Health Chair Kathleen Walker said the increase numbers in Charlton have not been isolated to specific groups of families but have affected numerous households and effected people both within and outside of the ages considered at highest risk for complications from the virus. While the announcement and

rollout of a vaccine has given some hope that the pandemic may be coming to an end sooner rather than later there are still many unknowns the Board of Health needs to keep in mind. “Our new cases range in age from three years old to 93 years old. There’s not much to say about that, it is what it is. I was on the local Board of Health COVID-19 webinar and they’re spending quite a bit of time talking about the vaccines and when they’re coming. There’s a site you can go to which we can public – it basically tells everybody when they’re going to get the vaccine,” Walker said. “The vaccine is out there. It’s just getting it into people’s arms that’s the issue. It’s moving along faster in this area than in the rest of the state, in some cases in the rest of the country. So that’s a good thing.” Walker added that even after getting the vaccine people are implored to continue to wear

Please Read **BOH**, page **A13**

## LEADING BY EXAMPLE



Photo Courtesy

Michaela Cluett is pictured here receiving the Principal’s Leadership Award at Shepherd Hill Regional High School from Principal Bill Chaplin.

# Police chief prospects to be interviewed next month

BY JASON BLEAU  
VILLAGER CORRESPONDENT

CHARLTON - The search for Charlton’s next Chief of Police could be completed as early as next month. The Board of Selectmen plans to conduct interviews throughout February with the hopes of having a new hire announced by Feb. 28. During a Board of Selectmen meeting on Jan. 12, Town Administrator Andrew Golas revealed that after working with Sen. Anne Gobi and Representatives Paul Frost and Peter Durant Charlton’s request to remove the chief position from civil service was approved by the Governor. Citizens approved the move

as a special act during a town meeting in October of 2019 which allows the Board of Selectmen to hire new chiefs without the use of an assessment center and provides the town’s highest board more control over the evaluation of candidates. Now that the Governor has signed the special act, Golas told selectmen the hiring process can officially begin. “I recommend that the recruitment of the police chief be conducted in accordance with the personnel policies. The personnel policy relative to recruitment dictates a minimum of a seven-day recruitment process. However, this recruitment may be waived if a position is to be filled by an internal

candidate,” Golas said. There was some debate among selectmen how long they should accept applications from internal candidates. Selectman Bill Borowski recommended that the board accepts internal resumes and cover letters until Jan. 29 from those in a sergeant position or higher. However, after some discussion the deadline was decreased to Jan. 22 but the specifications of sergeant position or higher remained. “Not to take anything away from the non-command staff, however I think that within that smaller group there are multiple candidates who are qualified to be chief,”

Please Read **CHIEF**, page **A7**

# Shepherd Hill seniors honored with awards

BY JASON BLEAU  
VILLAGER CORRESPONDENT

DUDLEY/CHARLTON - The Dudley Charlton Regional School District recognized three outstanding seniors during a meeting on Jan. 13 who received honors presented by the superintendent and high school principal. Superintendent Steven Lamarche congratulated Shepherd Hill Regional High School seniors Henry Weiland and Serena Veilleux for receiving the Massachusetts Association of School Superintendents Certificate of Academic Excellence Awards. The annual award is given to high school students who have distinguished themselves in the pursuit of excellence during their high school careers. Speaking about Henry Weiland first, Superintendent

Lamarche said Weiland is an accomplished cross country and track star and “integral leader” in several clubs including National Honor Society and the Dudley-Charlton Leadership Council as well as serving as Board of Selectman student representative. He was also named a Bank of America Student Leader and has served as co-president of A Better Hill, a new equity group at Shepherd Hill. Weiland is also class treasurer and has been nominated for the Air Force Academy. “Henry represents our district and Shepherd Hill with distinction. As a student Henry has put forth a palpable, prodigious effort to experience and learn from all that we have to offer our students academically and through other available activities within Shepherd Hill,”

Please Read **SENIORS**, page **A11**

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Find the ABC's Crossword inside this issue.

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# State partners with pharmacies to expand vaccination sites

**BY KEVIN FLANDERS**  
STAFF WRITER

REGION – The Baker-Polito Administration announced last week the expansion of COVID-19 vaccine sites across the state.

Massachusetts became one of the first states to launch the COVID-19 CDC Pharmacy Partnership. CVS Health and Walgreens will participate in the partnership, with vaccines to be administered at pharmacy locations throughout the Commonwealth.

Starting last week, the program will deliver a total of 10,000 vaccine doses to at least 15 CVS Health and Walgreens pharmacies. For now, only members of certain priority groups are eligible to receive the vaccine, including first responders.

The Baker-Polito Administration also announced that Fenway Park will become the state's second mass vaccination site, joining Gillette Stadium. Set to open on Feb. 1, the ballpark will see approximately 500 vaccinations per day for eligible residents.

Additionally, UMass-Amherst will expand its vaccination site to provide inoculations for eligible residents.

“UMass-Amherst has been providing vaccines to first responders, and the university plans to now offer vaccines to all eligible residents in Phase One priority groups,” read a statement

released by Baker.

To increase vaccine access for eligible priority groups, the Baker-Polito Administration is also launching the Hospital Depot Initiative. This new program will facilitate access to the vaccine for independent physician practices.

**The following groups of residents and employees are currently eligible to receive the vaccine:** clinical and non-clinical healthcare workers providing direct care; long-term care facilities, rest homes, and assisted living facilities; first responders (EMS personnel, firefighters, and police officers); and prison employees and inmates.

Looking ahead, state officials are encouraged by the opportunities provided by the pharmacy partnership.

“Massachusetts will be among the first states to activate retail pharmacy vaccination through select CVS Health and Walgreens, which will start inoculating eligible residents in Phase One priority groups by appointment,” Baker said.

CVS Health or Walgreens vaccine locations include the following towns: Greenfield, Fall River, Salem, South Yarmouth, Pittsfield, Lee, Holden, Gardner, Hyannis, Mashpee, Somerset, Fairhaven, Haverhill, Saugus, and Danvers.

Approximately 40 additional vacci-

nation sites were expected to open by Jan. 28, with more corporate partners joining the program. These companies include Wegmans, Big Y, Price Chopper, Stop & Shop, and Hannaford.

“Massachusetts expects to increase vaccine volume through retail pharmacies in the coming weeks. The command center will provide more details as pharmacy partners and sites come online,” Baker said.

As February progresses and new priority groups are added, the Fenway Park location is expected to ramp up to 1,000 vaccines provided daily. The site is expected to stay open through the beginning of baseball season in early April.

Upon reaching its peak in the spring, the Gillette Stadium site is expected to administer more than 5,000 vaccinations per day.

Additionally, hospitals throughout the state are providing continued vaccinations for healthcare workers and first responders. Participating hospitals include Mass General Brigham, Lawrence General Hospital, Signature Brockton Hospital, UMass Memorial Medical Center in Worcester, Baystate Medical Center in Springfield, and Berkshire Medical Center.

To learn more about vaccination availability and priority groups, visit [www.mass.gov](http://www.mass.gov).



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

## REAL ESTATE TRANSACTIONS

**CHARLTON**

\$514,000, 35 Brackett Hill Rd, Norton, Claudia B, to Marotta, Anthony S, and Marotta, Iona M.

\$350,000, 102 Dresser Hill Rd, Simone, Angela F, and Ely, Jesse, to Simone, Joseph.

\$350,000, 89 Sturbridge Rd, Jones, Lawrence S, and Jones, Claire E, to Landreau Realty LLC.

\$100,000, Southbridge Rd, Fournier, Elizabeth, to Kaszowski, Kenneth P.

### READING NEWSPAPERS IS A QUEST LIKE NO OTHER

# Trinity Catholic Academy celebrates Catholic Schools Week



TSOUTHBRIDGE — Catholic Schools Week 2021 is Jan. 31 – Feb. 6. This week offers an annual opportunity to engage our community and demonstrate what makes our school as special as it is today! It will be a week of learning, awareness and fulfillment!

**Sunday** – An Open House is planned at from 10 a.m. – 3 p.m. by appointment to share the interest in Trinity Catholic Academy, our Catholic School in Southbridge, Grades Pre-K thru Grade 8. (By appointment only.)

**Monday** – TCA will celebrate our Community assembling prayer bags with the help of our school community to be distributed to local shelters. Our goal is to have over 100 prayer bags representing more than 100 years of Catholic Education in Southbridge!

**Tuesday** – We will celebrate our Nation in a fun unique way, stay

tuned! It will be patriotic, enjoyable and a memorable experience.

**Wednesday** – Student Appreciation Day. Activities are planned school wide within each classroom with lots of TCA Spirit!

**Thursday** – Vocations and Career Awareness Day. Students may reveal a goal that they have for their future! We will also be showing appreciation for our frontline workers and those vital to our daily community.

**Friday** – We will celebrate Volunteers with our DEAR Program (Drop, Everything, And, Read) Day. Creative planning will allow guest readers to read to students throughout the day. Learning Activities in each class will focus on literature all day.

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## Cultural Council to host Zoom program on attracting beneficial insects to your garden

CHARLTON — The Charlton Cultural Council will present “Attracting Birds, Butterflies, Bees and Other Beneficials,” a Zoom presentation offered by naturalist and landscaper John Root, on Wednesday, Feb. 17 at 7 p.m.

This program is a 90-minute PowerPoint presentation that provides guidance on meeting the needs of birds, pollinators, and other beneficial wildlife for food, cover, and water. A variety of plants that nourish these organisms throughout their lifecycles is discussed, and organic methods for establishing wildlife habitat are also pre-

sented. Comments and questions will be welcome at the conclusion of the program, and a handout will be made available to participants. A recording of the event will be scheduled for multiple broadcasts by TVCharlton and will be accessible via YouTube at their Web site.

This event will be co-hosted by the Charlton Grange.

This program is supported in part by the Charlton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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If you have any questions please call the Technical Division at 508-347-3045 ext. 0915 or email Mark Wood [woodm@tantasqua.org](mailto:woodm@tantasqua.org)

Friday's Child

Bailey

Age 13

**Hi! My name is Bailey and I enjoy spending time with animals!**

Bailey is a kind and creative girl of Caucasian descent. Bailey has many interests and hobbies such as playing outside, swimming, cooking and baking. She also enjoys playing imaginative games with her stuffed animals and dolls. She will often ask others to compete in a game of Uno, Candyland, or Connect Four with her. She is a competitive, playful child who is always willing to try new games and activities. Animals are also very important to Bailey and she enjoys going to farms to visit and interact with different types of animals.

Bailey is very eager to have good relationships with adults and peers in her life. She puts in a lot of effort and energy into forming positive relationships. In the school setting, Bailey has been able to create and maintain friendships with several peers in her classroom.

Bailey has identified that she wants to be an only child in a family that will love her and keep her safe. She would also like to be in a family that has pets and shares her love for ravioli! Bailey's team would love to see her placed in an active two-parent family that has a strong support system and is very involved in their community. Bailey's future family should be willing to engage in services and maintain contact and visits with her birth parents and siblings.

**Who Can Adopt?**

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

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

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

# Markey praises decision to re-join Paris agreement

BY JASON BLEAU  
CORRESPONDENT

WASHINGTON, D.C. – Massachusetts Sen. Edward Markey is praising President Joe Bidens decision to reinter the Paris climate agreement, one of the executive orders the Democrat signed following his

inauguration on Jan. 20. President Donald Trump had removed the United States from the Paris climate agreement, an effort among members of the United Nations to tackle greenhouse-gas-emissions mitigation and other issues, effective November of 2020. On Inauguration Day 2020

President Joe Biden officially announced the United States would rejoin the effort. Markey was a co-author of the Green New Deal, a proposed package within the legislature aimed at tackling economic inequality and environmental issues like climate change, and felt the President's decision was in the best interest of not only the United States, but the world.

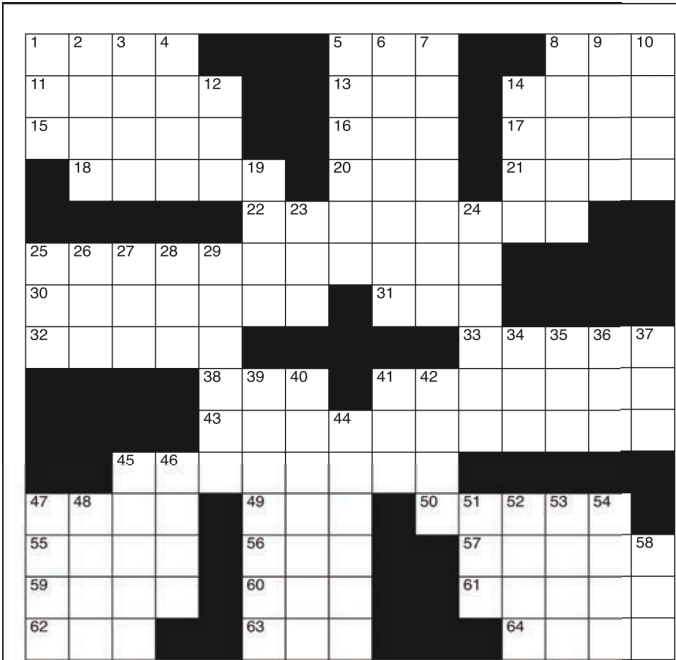
“On day one, President Biden is making climate action priority number one. This is an important moment for the climate movement, our country, and the planet. By re-entering the United States into the Paris climate agreement, President Biden has reaffirmed our nation’s commitment to

leading the fight against the existential crisis of our time and to seizing the opportunity of a clean energy economy and safer future for all. The Paris agreement recognizes that global warming requires a global solution, including a collective commitment to greenhouse gas emissions reductions and clean energy solutions,” Markey said in a statement.

Senator Markey called the reentry into the Paris agreement as a critical step in the right direction” in the effort to combat the effects of climate change and global warming. He said the nation and the world has a long way to go still but considers this move progress. “Our climate efforts have only

just begun in the new Biden administration. We must commit to ambitious, necessary action to ensure the U.S. leads the way in creating a net-zero global economy by 2050 and create the long-overdue justice for frontline communities that have borne the worst burdens of our addiction to fossil fuels. We can deliver jobs and justice for Americans and make the Green New Deal a reality,” the senator concluded.

The United States will now once again one of the 197 countries to adopt the Paris agreement. To date, 189 countries have formally approved it. The United States will officially reenter the agreement in February.



CLUES ACROSS

1. Gather a harvest  
5. Federal Republic of Germany  
8. Bravo! Bravo! Bravo!  
11. “The Little Mermaid”  
13. The common gibbon  
14. Volcanic island in Fiji  
15. Mother of Perseus  
16. Egg cells  
17. Teams’ best pitchers  
18. Credit associations  
20. Advance  
21. Hair styling products  
22. Benign tumors  
25. Arriving early  
30. Called it a career  
31. \_\_ Paulo, city  
32. Avoid with trickery
33. Easter egg  
38. Veterans battleground  
41. Lack of success  
43. Thing that causes disgust  
45. Deep, continuing sound  
47. Ancient kingdom near Dead Sea  
49. You might put it in a fire  
50. Partner to “oohed”  
55. Actor Idris  
56. Slippery  
57. Plant of the bean family  
59. One point north of northeast  
60. Patti Hearst’s captors  
61. Places to hang clothes  
62. Midwife  
63. Of she  
64. S. Korean statesman

CLUES DOWN

1. Cool!  
2. Amounts of time  
3. Aboriginal people of Japan  
4. Popular veggies  
5. Wedding accessory  
6. Deep, narrow gorges  
7. Dry cereal  
8. Competitions that require speed  
9. Cain and \_\_  
10. Snake sound  
12. Type of amino acid (abbr.)  
14. Pattern of notes in Indian music  
19. Satisfy  
23. Misfire  
24. Nearsightedness  
25. Indicates before  
26. Increase motor speed  
27. When you hope to get there  
28. Indicates position  
29. Where rockers perform  
34. Substitute
35. \_\_ juris: of one’s own right  
36. Earliest form of modern human in Europe: \_\_-magnon  
37. Adult female bird  
39. Do away with  
40. Lens  
41. Flattened appendage  
42. Post or pillar in Greek temple  
44. A medieval citizen of Hungary  
45. Spiritual leader of a Jewish congregation  
46. Abba \_\_, Israeli politician  
47. Sew  
48. Evergreen trees and shrubs having oily one-seeded fruits  
51. Swiss river  
52. Grayish-white  
53. A way to illustrate  
54. College basketball superpower  
58. Midway between south and southeast



## Students named to Dean’s List at Fitchburg State

FITCHBURG — Fitchburg State University President Richard S. Lapidus has announced the students who qualified for inclusion on the Dean’s List for the Fall 2020 semester.

A student is placed on the Dean’s List for the semester if an average grade of 3.20 or better is attained, and the student is attending the university full time.

Fitchburg State University enrolls 7,000 day and evening students in more than 50 programs of study. The university was established in 1894.

**Auburn**  
Breanna R. Benoit Gianna M. Bernier Ayva J. Borelli Nicole A. Fancy Emma M. Ganley Cameron J. McGrath Riley J. Millay  
**Blackstone**

Claire A. Collins Isaiah R. Trumble  
**Charlton**  
Avalon M. Huber Jonathan M. Leduc  
**Douglas**  
Ashley E. Deluca Sarah A. Haire Aubrey M. Harris Ryan M. Stickney Kosmo J. Symock  
**Dudley**  
Hannah M. Volpe  
**Groton**  
Anthony M. De Freitas Matthew S. Gingras Brecken R. Gingras Jodice Zachary X. Harrison Heather K. Holmes Jared R. Lelievre Brittney A. Mattson Curtis J. Monahan Mishayla S. Silver Andrew J. Wilson  
**Holland**  
Angela G. Gonzalez Sarina J. Johnson  
**Northbridge**  
Chrissa A. Gannon Elijah V. Perron Gabrielle K. Perron

Susan M. Timmons  
**Oxford**  
Suzannah R. Lambert Kaylyn N. Violette  
**Southbridge**  
Gynariss G. Colon-Morales Joseph R. Postale Ryan P. Pratt  
**Spencer**  
Sarah E. Jewell Kathleen V. Ricard  
**Sutton**  
Abigail K. Menzendorf  
**Uxbridge**  
Lorenzo G. Demalia Kailyn M. Lachapelle Neve E. Palmieri Katayana M. Russin  
**W Brookfield**  
Hannah J. Niemiec  
**Webster**  
Sophia M. Gardner Brandyn J. Geldart Madison T. Podedworny Isabelle M. Sargent Elliot A. Zopatti

## Students named to President’s List at Fitchburg State

FITCHBURG — Fitchburg State University President Richard S. Lapidus has announced the names of students included on the President’s List for the Fall 2020 semester.

The President’s List honors students for consistently high academic achievement. A student is named to the list after achieving a 3.75 average in each of three successive semesters.

Fitchburg State University enrolls 7,000 day and evening students in more than 50 programs of study. The university was established in 1894.

**Auburn**

Nicholas D. Bisceglia Jessilyn S. Collette Sophia L. Laperle Mary G. Leufstedt  
**Dudley**  
Jillian E. Laabs  
**North Oxford**  
Jared S. Orrell  
**Oxford**  
Bridget L. Richardson  
**Southbridge**  
Fintan D. Neff  
**Spencer**  
Brittney A. Dube Lauryn M. Hines  
**Sutton**  
Samantha K. Beauchamp  
**W Brookfield**  
Chase W. Carlson  
**Webster**  
Nichole M. Lambert



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• **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, [www.charltonbaptist.org](http://www.charltonbaptist.org), Sunday worship 10 a.m.  
• **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: [CharltonCityUMC.org](http://CharltonCityUMC.org) Sunday worship and Children’s church 10am  
• **St. Joseph’s Church**, 10 H. Putnam Ext, 248-7862, [www.stjosephscharlton.com](http://www.stjosephscharlton.com), Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday Life/TEEN 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](http://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.livingwordhcharlton.com](http://www.livingwordhcharlton.com) [info@livingwordcharlton.com](mailto:info@livingwordcharlton.com)  
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# Hitchcock Academy announces winter programs

BRIMFIELD — Did your family recently acquire a new canine member? Put your relationship on a firm foundation by signing up for Buddies Dog Training with Laurie Merritt at Hitchcock Academy in Brimfield.

Classes begin on Wednesday, Jan. 27, and lessons stress positive training methods and problem solving strategies for dogs of any age. Get the most from being a pet owner by learning from an expert the best way to guide your animal into the behavior patterns that form a solid foundation for a happy life together. For the dog owner looking to expand their canine’s skills Merritt offers progressive training in the sport of K9 Nosework® on Thursday evenings and Saturday mornings.

Hitchcock Academy offers activities to bring light into winter days. If you’ve ever wanted to follow a musical muse HFA offers in person and online piano lessons with teacher Anne Macon. Schedule an in person lesson on Tuesday from 3 to 6 p.m. Online lessons are available Monday, Tuesday, or Friday. If you prefer stringed instruments Linda Day Newland, a veteran of the Austin Symphony Orchestra offers online instruction in violin or viola for all ages and all levels in half hour increments between 2 and 5:30 p.m. on Thursdays.

Get rid of those winter kinks. Yoga class is online Monday evening with instructor Sharon Palmer, who has a new six-week session beginning on Feb. 1. Classes begin at 7:15 and provide a

great way to wind down.

Let’s Cake Decorate with Sue Gaulin is offering cake decorating for spring: March’s Bunny Stump Cake instructs you how to create a scene using sugar icing. April’s Sprinkles Anti-Gravity Cake demonstrates how to use icing to decorate a cake that seems to defy gravity and May’s class features a number of techniques to create a stunning Buttercream Cupcake Bouquet. Let’s Cake Decorate classes take place on Sunday March 28, April 25, and May 16 from 1 to 3 p.m.

Martial Arts classes with Sensei Izzy Lopez are available both in person and online. Classes are held Mondays, Wednesdays, and Fridays between 4:30 and 6 p.m. Sign up to get the COVID price of \$35 per month for two weekly sessions.

If you miss the fresh taste offerings of a Farmer’s Market, remember, on the first and third Saturday of every month you can pick up pre-ordered Farmer’s Market favorites from 10 am to noon. Go to hitchcockacademy.org to find out how you can order your favorites from Turn A Bout Farm and Rocky Ridge Beef.

Family Foundations 5 is a program for caregivers and children from infancy through age five. Its goal is to support and strengthen families, promote child development, and provide information about community resources. Offerings are free for families, but registration is required. Currently a play group meets at HFA on Wednesday mornings. Check



out their Facebook page for full details.

On Saturday, Jan. 30, Hitchcock Academy parking lot will be the place to stock up on your favorite Girl Scout Cookies. From 10 a.m. to noon, The Mills and Hills Girl Scout group will be there to satisfy your sweet tooth with favorites like Samoas, Tagalongs, Thin Mints and more.

Hitchcock Academy follows all current COVID guidelines for cleaning and social distancing and anyone using the facility must wear a mask. All information regarding current class offerings, events, and registration are available online at hitchcockacademy.org. Just because days are short, and the thermometer reads cold doesn’t mean there’s nothing to do. Hitchcock Academy constantly works with instructors to offer options to its community members. Look for upcoming classes in yoga, tai chi, meditation, and fencing.

# Open Sky Community Services opens new Family Support Center

WORCESTER — Open Sky Community Services, Inc. is opening the Blackstone Valley Family Support Center in Whitinsville in February 2021, according to agency President and CEO, Ken Bates. The Center will serve children and adults with Intellectual Disabilities and/or Autism and their families.

“We are very pleased to have been selected by the Massachusetts Department of Developmental Services (DDS) to operate this program in the Blackstone Valley,” said Bates.

The Center will operate at 70 Douglas Rd. in Whitinsville, the site of the historic Alternatives Whitin Mill.

The Center will offer a wide range of services designed “to help individuals live, learn,

work, play, have relationships and pursue their life’s aspirations in the community,” according to DDS.

Among others, services will include help in applying for DDS services and other benefits, trainings, information and referral, navigation of systems and community resources, social and recreational opportunities and connecting individuals and families with each other.

The Alternatives Whitin Mill is the perfect location for this service, according to Donna MacLeod-Prior, Vice President of Developmental Services at Open Sky. “This site has long been a place where the community gathers for plays, concerts, gallery exhibits, and so much more. While these events are

currently virtual, we look forward to welcoming our new DDS families and individuals to in-person events in the near future.”

The Family Support Center will be staffed by a manager and service navigators and is expected to serve between 300 and 450 families once fully operational.

For more information, email familysupportcenter@openskycs.org.

For more information about Open Sky Community Services, please contact Lorie Martiska, lorie.martiska@openskycs.org

About Open Sky Community Services

Open Sky Community Services is dba for Alternatives Unlimited, Inc. and The Bridge

of Central MA. Open Sky offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other challenges throughout Central Massachusetts. Open Sky Community Services has more than 1,300 dedicated employees and an annual budget of \$83M with more than 100 programs throughout the region. For more information, please visit [www.openskycs.org](http://www.openskycs.org).

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# LEARNING

## Springfield College recognizes Dean’s List students

Springfield College recognizes Dean’s List students

SPRINGFIELD — Springfield College Recognizes Dean’s List Students for the 2020 Fall Semester.

Springfield College has named Danielle Donnelly from Charlton to the dean’s list for academic excellence for the 2020 fall semester. Donnelly has a primary major of Athletic Training.

Springfield College has named Allison Prew from Uxbridge to the dean’s list for academic excellence for the 2020 fall semester. Prew has a primary major of Health Science/Occupational Therapy.

Springfield College has named Cassidy Clinton from Uxbridge to the dean’s list for academic excellence for the 2020 fall semester. Clinton has a primary major of Rehabilitation and Disability Studies.

The criteria for selection to the

Dean’s List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of “P” grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.50 for the term.

Springfield College is an independent, nonprofit, coeducational institu-

tion founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.

## Emily Dodos named to Dean’s List at Coastal Carolina University

CONWAY, S.C. — More than 2,300 undergraduate students at Coastal Carolina University were named to the Dean’s List for the Fall 2020 semester, including Emily Dodos a Special Education Multi-Categorical Pre-Major major from Charlton.

Coastal Carolina University is a dynamic, public comprehensive liberal arts institution located in Conway, just minutes from the resort area of Myrtle Beach, S.C.

Coastal Carolina University offers baccalaureate degrees in 94 major fields of study. Among CCU’s graduate-level programs are 27 master’s degrees, two educational specialist degrees, and the doctorates in education and in marine science: coastal and marine systems

science. The most popular undergraduate majors are marine science, management, exercise and sport science, communication and psychology. CCU boasts a growing array of internship, research and international opportunities for students, as well as numerous online programs.

More than 10,000 students from across the country and around the world interact with a world-class faculty, and enjoy a nationally competitive NCAA I athletic program, an inspiring cultural calendar, and a tradition of community interaction that is fueled by more than 120 student clubs and organizations.

Visit coastal.edu for more information.

## Roger Williams University announces Fall 2020 Dean’s List

BRISTOL, R.I. — Select students have been named to the Fall 2020 Dean’s List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean’s List that semester. The following students have earned this achievement:

Jaylin Bodell	of Uxbridge
Madeline Hollett	of Charlton
Haley Reese	of Uxbridge

Nathan Tetreault of Charlton

Tessa Wise of Charlton About RWU

With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today’s employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

## Catherine Fengler named to Hamilton College Dean’s List

CLINTON, N.Y. — Catherine Fengler, of Charlton, has been named to the Dean’s List at Hamilton College for the 2020 fall semester.

To be named to the Dean’s List, a student must have carried throughout the semester a course load of four or more graded credits with an average of 3.5 or above.

Fengler, a first-year student, is a graduate of Shepherd Hill Regional High School.

Originally founded in 1793 as the Hamilton-Oneida Academy, Hamilton College offers an open curriculum that gives students the freedom to shape their own liberal arts education within a research- and writing-intensive framework. Hamilton enrolls 1,850 students from 49 states and 49 countries. Additional information about the college can be found at [www.hamilton.edu](http://www.hamilton.edu).

## Kiley Wong-Li named to Siena College President’s List

LOUDONVILLE, N.Y. — Kiley Wong-Li was named to the Siena College President’s List for the Fall 2020 Semester. Kiley is from Charlton.

The President’s List requires a 3.9 grade point average or higher.

Founded in 1937, Siena College is a private, Catholic Franciscan, residential, liberal arts college with a student body of about 3,000. Siena College offers 36 degree programs, 80+ minors and certificate programs, and professional curricula in teacher preparation/education, pre-medical, pre-law and social work.

A student-to-faculty ratio of 11-to-1, average class size of 21, rigorous academics, Division I athletics, intramural sports and widespread service and advocacy experiences nurture each student’s personal growth while providing the education of a lifetime.

## Lasell students named to Fall 2020 Dean’s List

NEWTON — Lasell University students were recently named to the Fall 2020 Dean’s List for strong academic performance, with a semester GPA of 3.5 or higher.

Meagan Parker of Uxbridge

Kaylie Gonya of Uxbridge

For more information contact: Samantha Mocle, assistant director of communications at [smocle@lasell.edu](mailto:smocle@lasell.edu) or at 617-243-2386.

## Jordan Marrier of Charlton named to Dean’s List at Dean College

FRANKLIN — Dean College is pleased to announce that Jordan Marrier of Charlton has earned a place on the Dean’s List for the Fall 2020 semester. Students named to the Dean’s List have demonstrated a serious commitment to their studies while at Dean College.

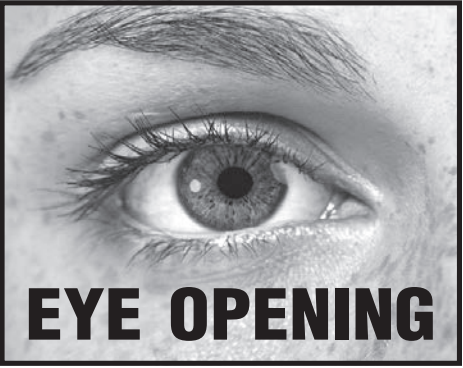
Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

**CHIEF**

*continued from page A1*

Borowski said of his motion.

Selectmen unanimously approved the Jan. 22 deadline and the command staff limitations except for Selectman David Singer who has absent for the vote. The Charlton Police Department currently has 26 total members, including six within the command staff who would qualify to apply for the chief’s position. Selectmen plan to begin interviews in early February.





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# Facts are stubborn things

John Adams was right when he said “Facts are stubborn things.” It’s pretty funny, albeit disturbing, to sit and listen to what some individuals believe to be true, not based on facts, rather hearsay. We’ve become a society where facts just don’t seem to hold much weight anymore.

The sky is blue, grass is green, milk is good for your bones, helmets prevent head injuries in accidents, a cow has two eyes, and George Washington was our first President. All of these things we know to be true because we’ve either seen it with our own eyes, or trust the documents of history. Our grandparents tell us stories of days gone by about other family members and the way things were, and we sit and listen intently and enthusiastically, and while we take in this information, we know it to be true.

We can dig through old newspaper archives, old and current court documents, valid witness testimony, police reports, judges’ orders, and we accept this information as fact. This isn’t to say that certain things ought not to be questioned; however, when facts upon facts upon facts are staring you dead in the eye and you still believe them not to be true, well, that’s simply dumbfounding.

We know that surgeons wear masks to prevent infection. We know that vitamin C boosts our immune systems. We know what elements make up oxygen and water. We know that Ibuprofen is an anti-inflammatory. We know that too much alcohol can hurt our livers, we know that plants need sunlight and water to grow. We know all of this to be factual, because of science.

So now, when scientists express how important mask wearing is during a pandemic to prevent the spread of a deadly virus (a practice done even in 1919), we have some individuals who just brush it off. It would be humorous if it wasn’t so disturbing. The fact is, based on science, that proper masks prevent the spread of airborne viruses, just like sunblock can prevent a sunburn. Why is one scientifically proven technique widely accepted and the other not? Well, a sunburn has never been politicized. Science has been saving lives and keeping our parents, friends and family members alive for longer, since the dawn of time.

Enter the ever interesting topic of conspiracy theories. A conspiracy theory is an explanation for an event or situation that invokes conspiracy by sinister and powerful groups, often in political motivation when other explanations are based on actual, proven facts.

Such theories have been around forever. They are nothing more than fairytales. Recently, psychologists have begun to unravel why certain individuals are more likely to believe in conspiracy theories and what attributes about them, make them so gullible.

Experts have surmised that characteristics of those people who are likely to believe in conspiracy theories include distrust of others, low agreeability and Machiavelliansim (when a person is so focused on their own interests, they will manipulate, deceive, and exploit others to achieve their goals.)

Low agreeability is typically defined as someone who is not very kind, nor dependable or cooperative with others. People more susceptible to conspiracy theories are more likely to have lower levels of analytic thinking.

When a person who believes in nonsense, is presented with demonstrable, thorough, proven, hard facts, they are often responded to with even further out there thinking, and it is noticeable that there is very little critical thinking.

Further it has been discovered that conspiracy theories make a person feel special. Some individuals who need to feel unique but can’t any other way, may fall prey. Conspiracy theories rely on ‘secret information’ which can give those believers a false sense of belonging.

It has been discovered that those individuals also are narcissists with a grandiose idea of the self and a touch of paranoia. Further, those who fall prey are likely more alienated, powerless and socially isolated.

Remember, conspiracy theories are brought about by people, not actual facts. Take note that you cannot argue with those who believe in conspiracy because those beliefs are not rational.

The simple answer here is to not ignore the facts — wear your sunscreen, wear your mask, drink water, eat your vegetables, have some fun, laugh and be kind to one another.

# OPINION

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

## Planning a Therapeutic Backyard Garden

If you plan to have a spring or summer garden, these winter days likely find you plotting out a planting strategy. If your garden inspiration includes growing health promoting plants, read on. From flowers and herbs to vegetables and wild plants, nature provides a wide variety of natural healers that aid in everything from taming a tummy ache to fighting off a fever blister. Here are some garden favorites that offer the bonus of being beneficial health aids. Note: Information is offered for general interest only and should not be taken as health advice. Contact your physician before ingesting or applying any herbs or plants.



TAKE THE HINT  
KAREN TRAINOR

ful in treating eczema, asthma and allergies. Pansies grown without pesticides can be enjoyed in their natural state, simply washed and tossed in a salad or cold drink, or the flowers may be made into a healthful tincture or tea. To make a pansy poultice for external skin application to treat eczema and impetigo, simply add two tablespoons of pansy petals to two cups boiling water. Allow to steep for about 20 minutes and cool. Soak clean cloth in mixture and apply to skin, \*\*\*

Growing garlic? The health virtues of garlic have been touted for generations. Here are a couple of garlic remedies to try:

\*The book, “The Healing Power of Garlic,” suggests garlic nose drops can kill the viruses that cause cold or flu. Here are the book’s instructions on concocting the drops: Crush some garlic to obtain juice, and add ten parts water and mix well. Apply as you would regular nose drops. \*According to a home remedy promoted by generations past, if you place a clove of garlic on each side of the mouth between the teeth and cheek, a cold will disappear within a day. It’s worth a try! \*\*\*

Tea Tonics Natural teas are used to treat many maladies. If you are growing these herbs, you already have the ingredients for some healthful healers!

\*Fever Treatment Tea: Some Native American tribes treated a low grade fever with sage, as in this old time recipe. As a bonus, the dried peppermint supplies the tea with a soothing, cooling effect. To do: Pour one cup boiling water over two teaspoons dried, edible sage and one teaspoon dried peppermint. Steep. Strain, and sweeten with honey if desired. Slowly sip up to three cups a day.

\*Cold Sore Cure: Drinking sage tea can prevent and treat fever blisters and cold sores. To do: Pour one cup boiling water over edible sage leaves and a small piece of ginger root (or substitute ginger powder). Steep, cook and drink two to three cups of hot sage tea everyday to get rid of fever blisters.

\* Shoo Flu: One of peppermint’s claims to fame is that it can alleviates the chills and aid with symptoms of fever and the flu. Try drinking a cup or two of strong peppermint tea made from fresh leaves to relieve cold and flu complaints

\*\* Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I’m in the business of dispensing tips, not inventing them (although I can take credit for some), I’m counting on you readers out there to share your best helpful hints!

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

## Remote work may offer financial benefits

During the COVID-19 pandemic, many of us have been forced to work from home. But once we’ve moved past the virus, many workers may continue working from home. More than one-third of companies with employees who started working from home now think that remote work will stay more common post-pandemic, according to a Harvard Business School study. This shift to at-home work can affect people’s lives in many ways – and it may end up providing workers with some long-term financial advantages.

If you’re one of those who will continue working remotely, either full time or at least a few days a week, how might you benefit? Here are a few possibilities:

Reduced transportation costs – Over time, you can spend a lot of money commuting to and from work. The average commuter spends \$2,000 to \$5,000 per year on transportation costs, including gas, car maintenance, public transportation and other expenses, depending on where they live, according to the U.S. Bureau of Economic Analysis and the U.S. Census Bureau. If you are going to work primarily from home, you should be able to greatly reduce these costs.

Potentially lower car insurance premiums – Your auto insurance premiums are partially based on how many miles you drive each year. So, if you were to significantly reduce these miles by working from home, you might qualify for lower rates.

Lower expenditures on lunches – If you typically eat lunch in restaurants or get takeout while at work, you could easily be spending \$50 or more per week – even more if you regularly get coffee drinks to go. By these figures, you could end up spending around \$3,000 a year. Think how much you could reduce this bill by eating lunch at home during your remote workday.

Lower clothing costs – Despite the rise in “casual dress” days, plenty of workers still need to maintain appropriate office attire. By working from home, you can “dress down,” reducing your clothing costs and dry-cleaning bills.

As you can see, it may be possible for you to save quite a bit of money by working from home. How can you use your savings to help meet your long-term financial goals, such as achieving a comfortable retirement?

For one thing, you could boost your investments. Let’s suppose that you can save \$2,500 each year by working remotely. If you were to invest this amount in a tax-deferred account, such as an IRA or your 401(k) or similar employer-sponsored plan and earned a hypothetical 6 percent annual return for 20 years, you’d accumulate more than \$97,000 – and if you kept going for an additional 10 years, you’d have nearly \$210,000. You’d eventually pay taxes on the amount you withdrew from these accounts (and withdrawals prior to age 59 and a half may be subject to a 10 percent IRS penalty), but you’d still end up pretty far ahead of where you’d be otherwise.)

You also might use part of your savings generated by remote work to help build an emergency fund containing a few months’ worth of living expenses. Without this fund, you might be forced to dip into your retirement accounts to pay for something like a major home repair.

Becoming an at-home worker will no doubt require some adjustments on your part – but, in strictly financial terms, it could lead to some positive results.

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



## LETTERS

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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!

# Anglers take to the ice

The old saying: if you do not like the weather in New England, just wait a day or two. Fishermen have been waiting or some safe ice, and it has finally happened. Numerous small ponds were safe this past weekend, but it was safe in some areas and not so safe in others. Caution still needs to be practiced as not all areas of the lakes and ponds are frozen equally. The Uxbridge Rod & Gun Club had a few anglers catching some recently stocked trout this past Saturday, with Steve Bedard of Uxbridge landing a real impressive rainbow trout, as this week's picture shows.

Not all sections of the pond were safe, but anglers concentrated on the safe areas to fish. While some anglers were fishing Steve Bedard was busy cooking breakfast prior to his big catch. Waffles and eggs were great, according to all in attendance. Steve loves to cook ,and does a pig roast for the club every year!

This past week, I visited Jerrys' Bait & Tackle shop in Milford to get the latest information on fishing conditions in other parts of the state. One angler that I spoke with did not want to be identified, but he did reveal some great information on his success fishing for Northern Pike in the Western part of the state the week before. Trophy fishing for pike can be a bit on the pricey side when it comes to purchasing live bait, as I quickly found out. You want to catch big fish, you need to use large bait! Six- and seven-inch bait fish cost the angler \$5 each, while the four-inch bait cost \$3 each! He was just glad to get them, as bait fish that size are not easy to find.

I asked the angler if he had any pictures of his fish from the prior week of fishing, and he was quick to show me one fish that was a monster Northern Pike. I asked him if he would allow me to use it for my next column? Sorry, I do not want people following me to



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

my favorite fishing hole! I can understand, as one local angler that has some great fishing spots for Northern Pike had that happen to him. He found anglers parked down the road from his house, waiting for him to leave, and they would attempt to follow him to his fishing spot that morning.

He was smart enough to notice he was being followed, and managed to lose them on some of the back roads, prior to arriving at his destination. Deer hunters are also reluctant to disclose their trophy deer hunting spots for the same reason, and have gone through similar experiences. Is this what fishing and hunting is coming to? It also happens on the ocean. It makes reporting on trophy fish and deer success a lot harder. Oh, well! It is the world we live in today! I do not need to worry about anyone trying to follow me my hot spots, as they have been fished out by commercial draggers.

Dog owners need to keep their pets close to home and under their control at all times. The threat of losing them to predators is extremely high this time of year, and the other threat is to have them fall through thin ice. In the last few weeks, dog owners have had their pets fall through thin ice, but were lucky that they were rescued in time. Numerous deer are also falling through thin ice as they attempt to cross local ponds and lakes.

Even when you are taking walks with your dog at this time of year, they should be kept on a leash when walking near ponds and lakes. A few years back, I was taking my dogs Molly and Twig for a walk along the banks of the Uxbridge Rod & Gun Club, when my wife's beagle Molly spotted a couple of mallard ducks flying by. As soon as she spotted them, she started to chase them by sight.

Not watching where she was going, the ducks banked to the right over the



Photos Courtesy

Jim Lavallee & Steve Bedard ice fishing at the Uxbridge Club Pond this past Saturday.



Steve Bedard with a monster rainbow trout caught this past Saturday!

pond. She followed them and found herself under a thin layer of ice. I quickly jumped into the water that, thankfully, was not too deep. I could see her swimming under the coating of ice (about an inch), and I managed to break the ice and grab her collar. I threw her towards the shore as my walking buddy looked on. This happened prior to my wife's passing, and I knew that if I had gone home without her, my life would be hell! She suffered no ill effects from the ordeal, and I was lucky the water was not too deep.

Talking to young family members about the dangers of thin ice cannot be stressed enough at this time of year. They need adult supervision at all times, and some adults need to be supervised by their children!

Bringing in your dogs to a warm place during extremely cold weather should be practiced, and there outdoor living quarters need to be clean, dry, with plenty of straw! They also need plenty of water at this time of year with

plenty of high protein food.

The Massachusetts late Canada Goose hunting reopened on Jan. 15 in the Central District, and will remain open until Feb. 15, with a five-bird daily limit. Fortunately, the fields are absent of snow having numerous geese frequenting them on a daily basis. Unfortunately, most fields are now frozen making food for the geese hard to get, and some fields that do have food and numerous geese in them, are off limits to hunting. Rivers should provide some great hunting opportunities to harvest a few geese before the season ends on Feb. 15.

The 2020 black bear season in Massachusetts was a record year, with 325 bears harvested! The September season had 236 bear harvested, and the November season had five.

Take A Kid fishing & Keep Them Rods Bending!

## How valuable is your antique painting?

We often find antique paintings in the New England estates that we handle. Prices vary greatly, as some paintings are worth little while others can be quite valuable. This column will offer tips to determine if that painting on your wall will help you with your retirement fund.

The first thing you should do is check to see if what you have is an actual painting. Prints can often look like paintings to the naked eye. If you check your piece with a magnifying glass, you may find dots, the © copyright mark and other indications that it is just a print. You may also see a number such as 246/500 signed in pencil along with the artist name. These markings are seen on limited edition prints or AP (artist proof) prints. They have some value, but typically are not as valuable as an original painting. There are exceptions though. Nearly 20 years ago, we sold a group of prints that were signed by Andy Warhol. They brought around \$500 then and may be worth even more if they were auctioned today.

If you are certain you have a painting, there are other things you can check for or you can ask someone more knowledgeable to help you check it. Look at the painting detail. Do the details, such as hands in a portrait or items in the background of a scene, look like they are painted well? Try to estimate the age by examining the frame. If it is in an antique gold leaf frame, the painting could very well have been done in the 19th century. Also examine what mate-



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

rial it was painted on. If the painting is on canvas, turn it around and check to see if the canvas has the discoloration that you would expect with an older painting. Paintings on canvas are typically more valuable than those painted on board. Oil paintings typically bring more than watercolors or pastels.

The subject matter also makes a difference in value. An artist may be well known for their seascapes, but they could have also painted portraits or landscapes. The paintings that they specialized in are typically more valuable.

Painting size is also important. Some painting appraisals are based on the price per square inch. Condition is another important factor. Holes, tears and repairs will detract from value. The provenance (definition according to Merriam Webster: "the history of ownership of a valued object or work of art or literature") is important with paintings, as with other antiques. We sold an abstract painting by a French artist at one of our auctions. The winning bidder asked for the family name from the estate who consigned it so that he could track the provenance of the painting and prove it was original.

Lastly, look for the name of the artist and see if it is dated. When you have the artist name you can look it up in Davenport's Art Reference and Price Guide or an online database. Paintings that we found in local estates have brought five figures at auction. There are plenty more in this area that could



bring six or seven figures. If you have a valuable painting, you can sell it and always replace the space on the wall with a reasonably priced limited-edition print.

Our current online auction features paintings by well-known equestrian artist Fay Moore from her estate. Bidding ends Feb. 17. We will soon be running our next auction of antique, vintage and more recent toy vehicles and trains. We continue to accept quality consignments of gold jewelry, sterling silver,

paintings, coins, and better collectibles such as 1960s and earlier comic books and baseball cards for that sale. Keep watching [www.centralmassauctions.com](http://www.centralmassauctions.com) for more details on upcoming events.

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

### SPIEWAK

continued from page A1

You always treated me well. I appreciate that. If we're on the same side, great, but when you're on the opposite side of an issue to have the person with the opposite viewpoint treat you with respect, it says a lot," Singer said.

Finally, freshman Selectman Steve Koronis offered his compliments to Spiewak but also reminded his fellow board members that she will be a big part of Charlton's immediate future until the May election.


"You are a fighter. You're fair. Hopefully you've set a new role model for the board and how we react in the future," Koronis said to Spiewak. "We're all going to be thinking about you, but on the other hand you still have five months left - Come June, you will be missed."

Spiewak agreed and concluded her announcement but telling her fellow board members "there's a lot of work for us to do" between now and her departure in May.

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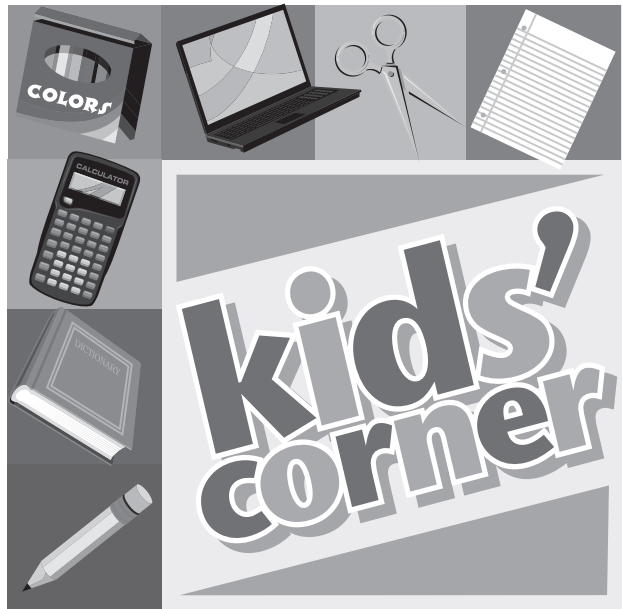
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What’s the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. Extra glue stick 2. Leaf missing  
3. More grass around tree on left 4. Another tree trunk and branches drawn on right

THIS DAY IN...



HISTORY

- **1573:** FREEDOM OF RELIGION IS SANCTIONED IN POLAND WITH THE SIGNING OF THE WARSAW CONFEDERATION.
- **1813:** “PRIDE AND PREJUDICE” BY JANE AUSTEN IS PUBLISHED .
- **1915:** THE UNITED STATES COAST GUARD IS CREATED BY MERGING THE U.S. LIFE SAVING SERVICE AND THE U.S. REVENUE CUTTER SERVICE.



ARTISTIC

having natural creative skill

How they SAY that in...

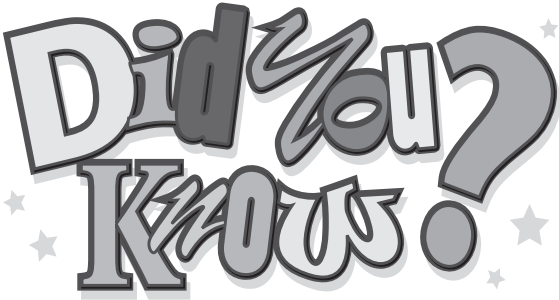
ENGLISH: Paint

SPANISH: Pintar

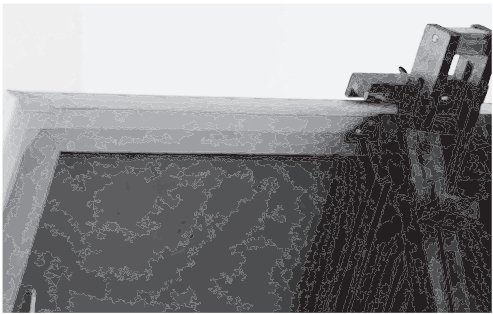
ITALIAN: Dipingere

FRENCH: Peindre

GERMAN: Malen



ARTISTIC ABILITY AND CREATIVITY ARE TWO DIFFERENT TRAITS. GOOD ARTISTS MUST HAVE A COMBINATION OF BOTH TO BE SUCCESSFUL.



Can you guess what the bigger picture is?

ANSWER: EASEL

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to finances.  
Each number corresponds to a letter.  
(Hint: 18 = E)

A. 23 6 14 10 18 5

Clue: Income/expenditure estimate

B. 18 20 5 25 5 18

Clue: Money and property

C. 4 18 5 24 4 18 17 18 9 5

Clue: Cease working

D. 3 22 25 9

Clue: Detailed proposal

Answers: A. budget B. estate C. retirement D. plan

SUDOKU

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

Level: Advanced

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!

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

ANSWER:

# The pandemic of pessimism vs. the opportunities of optimism



POSITIVELY  
SPEAKING  
  
GARY W.  
MOORE

“The sky is falling! The end is near!” In a variety of words, we are hearing these dire warnings issued by the talking heads on television and on talk radio, daily. The fear then permeates into the minds and hearts of listeners who then spread to their friends, family, and coworkers. Yes, fear and pessimism can travel just like a virus. Washing your hands and wearing masks won’t help. Social distancing will, but it requires far more than staying six feet away. Avoid the carriers of pessimism like the plague.

Pessimism is a tendency to see the worst aspect of things or believe that the worst will happen. Sound familiar? How many people do you know live this way? A pessimistic outlook causes lack of hope or confidence in the future. It’s a terrible feeling to live without

hope. Even worse, pessimism is a self-fulfilling prophesy. If you live your life believing the worst is coming, your mind and body conspire together to make it so. What you look for, you usually find.

We speak often about optimism and the opportunities for a successful and happy life. But like the typical optimist, I usually avoid pessimism like a nasty virus.

The typical pessimist doesn’t realize he or she is a pessimist. They say things like, “I call them the way I see them,” or, “I’m a realist.” When you believe the worst is coming, what do you think you look for? And when you look at life through pessimistic eyes, everything looks negative. When you see the worst in situations and people, you respond in kind, while creating a negative and unhappy life.

I spent a lot of years in leadership positions and as a CEO. In searching for future leaders, experience and education was always important but took a back seat to attitude and outlook. I always sought out the optimists. I wanted people who saw a successful and bright

future at the helm. If they were optimistic about success, they were far more likely to succeed. No, optimism alone will not always win, but an optimistic person with the right experience and training will.

I’ve mentioned this before, but it’s appropriate to mention again. On February 15, 2020, an oncologist told me that I had nine months to a year at the most to live. I was stunned, and asked, “so what’s the plan?”

He shrugged and said, “We’ll make you as comfortable as we can until the end.”

“What are my other options?” I asked.

He looked confused, so I rephrased the question. “What is our plan to beat this cancer?”

He said firmly, “You have stage four gastric cancer. It’s inoperable and unbeatable. You need to get your life in order and enjoy what time you have left.”

That type of pessimistic outlook just doesn’t compute in my optimistic brain, so I decided to find a doctor more in line with my philosophy. I began my search for an optimistic physician who would fight with me and find a way

to extend my life or beat this cancer all-together. I found Dr. Kasi at the University of Iowa, Holden Comprehensive Cancer Center and he said, “We’ll explore every option and fight this cancer. There’s a new treatment that’s a combination of an immunotherapy called Keytruda and chemo that’s creating promising results. I like our chances.”

I thoroughly checked out his education and background and realized I had found the best physician for the job and he was an optimist. I’m past the nine-month death prediction and I’ll fly by the year. I promise you I’ll be writing this column for years to come.

If you think optimism isn’t important, think about this. If I were a pessimist, I would have accepted my first doctor’s death proclamation and gone home to die. But the eternal optimist inside me screamed, “No way!” I searched and found a way, and today, I’m still living my life fully and making plans for the five-year anniversary party of my death proclamation and I fully expect to attend ... and you are invited!

No. Being an optimist will

not cure cancer but being an optimist will push you to not give up. Your optimism will search for a positive outcome. Being optimistic doesn’t always mean you’ll find a solution, but it will give you a dramatically better chance than pessimism.

I’m roughly four weeks away from my projected “death day” and I believe I’m healthier now than I was a year ago. And that’s not just optimism. My blood tests and scans agree.

So, what about you? There is a cure for the “Pandemic of Pessimism” and it’s the choice to become an optimist. What is your picture of a happy and successful future? Believe the best is yet to come and go to work to make it so.

I’m optimistic that 2021 will be my best year ever. What about you?

Will you join me?

*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 @GaryW Moore721 and at www.garywmoore.com.*

## Managing a difficult insect pest on houseplants

A sticky substance on plant leaves, plant stands, and the floor are often the first clue alerting gardeners to a problem. If a closer look reveals bumps on the upper and lower surface of leaves and stems, it means scale insects have moved in to dine on your houseplants. Severe infestations can cause leaf yellowing, stunting and dieback of the plant.



layers, form their protective covering.

**GARDEN MOMENTS**

• • • • •

**MELINDA MYERS**

Isolate infected plants as soon as you discover the problem. This will reduce the risk of this pest spreading to your other plants.

You can remove the adult scales with a toothpick, tweezers, or an old toothbrush.

Repeat every few weeks until you have this pest under control. This may be sufficient to control small populations, but if you miss even one adult the problem persists.

The crawler stage is the most susceptible to chemical control. You will need a hand lens or magnifying glass to see these short-lived crawlers. Insecticides and washing small plants with a plant-safe soapy water solution can help manage small populations. Cover the pot and soil to prevent any scale knocked off during the bath from crawling back onto the plant.

Increase your chance of success with the help of an organic insecticide like Summit Year-Round Spray Oil (SummitResponsibleSolutions.com). This lightweight oil suffocates and controls all stages of the scale insect, including the adult and eggs housed under the protective covering. Repeat applications are needed to get this insect under control.

This product is safe for people and pets while harmful to this and other houseplant pests. As always read and follow label directions for the most effective results.



Photo Melinda Myers

Scale insects may be dining on your houseplant if you notice a sticky substance on its leaves and bumps on the upper and lower surface of the plant's leaves and stems.

Clean the pot, saucers, plant stands and the area around infected plants to remove any honeydew and unseen crawlers. This along with proper control will reduce the risk of these insects infesting treated and nearby plants.

Continue to monitor all your plants for scale and other insects each time you water. It is much easier to manage small populations than larger infestations on more plants.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses “How to Grow Anything”* DVD series and the nationally-syndicated *Melinda’s Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Summit for her expertise to write this article. Myers’ Web site is [www.melindamyers.com](http://www.melindamyers.com).

### SENIORS

continued from page A1

Superintendent Lamarche said. “In turn, through his dedication and commitment to his experiences, family and community he quietly and unassumingly leads with confidence and mature convictions. Henry never backs down from an academic challenge. He gives every academic study his all to deepen his knowledge and aptitude.”

The superintendent then recognized Class of 2021 senior Serena Veilleux, an academic powerhouse at Shepherd Hill that Lamarche called an accomplished musician and mathematician who has led numerous clubs in addition to tutoring her fellow students and serving as class president for two years. She has been a member of the National Honor Society, Envirothon, student council and the mathematics team and maintains the highest GPA in her class.

“Serena is an established Shepherd Hill High School student who has consistently and continuously exhibited her potential to be everything she wants to be,” Superintendent Lamarche said. “Serena sets goals for herself and has taken the opportunity to reach new heights and try new things during her high school experience as she prepares for graduation and what is next. Serena is an academic force who is self-aware. She recognized her interest in high level mathematics at an early age and sought out greater knowledge from her family of engineers. Along with her exceptional aptitude Serena identifies the importance of one’s emotional health and wellbeing. Serena maintains the highest GPA in the class of 2021 and received a perfect score on the mathematics SAT. While Serena’s academic interests are heavily weighed to the studies of mathematics and sciences, she’s leaves nothing on the table in all

areas of learning.”

The final award presented of the evening was the Principals Awards chosen by Shepherd Hill Principal William Chaplin. The Class of 2021 honoree was Michaela M. Cluett, a School Committee Student Representative and Shepherd Hill athlete. Cluett has served in leadership roles on student council, National Honor Society, and as a member of the softball team. She has also served as captain of the school’s women’s soccer

team where she played keeper. Finally, she has served as secretary for the class of 2021. Principal Chaplin called the decision to honor Cluett one of the easiest of his five years with Shepherd Hill Regional High School.

“If you look up student leadership in the encyclopedia there’s a picture of Michaela Cluett there,” Chaplin said also recognizing Cluett as a go-to student for him professionally as she has served as a principal’s advisor for four years.

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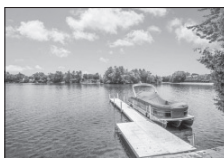


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**SORRY, SOLD!**

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**SORRY, SOLD!**  
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#### WEBSTER - 103 UPPER GORE RD



**SORRY, SOLD!**  
Home "Sweet" Home! TOTALLY Renovated! New Roof – Updated Electrical – New Heating System!! Bedroom, 1.5 Bath – 2 Story Conventional Home. Dead-End St. Rare find, Large Lot .77 Acre – Inside -Neutral Palette of Complimentary Paint Colors throughout the Entire House! Loads of Character **\$319,000.**

#### LAND

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#### WEBSTER - 29 WEST AVE.



**SORRY, SOLD!**  
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#### WOODSTOCK - 33 DEER MEADOW LANE



**SORRY, SOLD!**  
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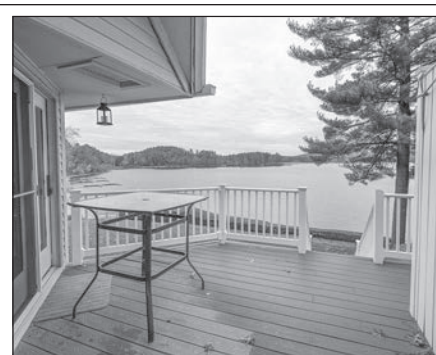
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continued from page A1

their masks and to practice social distancing as they could still be carriers of the virus. Information on the vaccine rollout can be found at [mass.gov/covid-19-vaccine](https://mass.gov/covid-19-vaccine).

Another talking point of the board's recent COVID update was the decision of the Dudley Charlton Regional School Committee to allow students to return to the classroom on a limited basis after the holidays. The Boards of Health in Dudley and Charlton had come together requesting that a move to online-only courses

be implemented for the first few weeks of the new year. The school committee decided not only to proceed with their initial planned reopening, but also not to vote at all on the recommendation of the Boards of Health which hasn't sat well with members of the Charlton board.

Board member Matthew Gagner was the first to make his statement publicly concerning the school committee's decision.

"I will just publicly say that I am very disappointed in the school committee's decision to override two boards of health on that. I don't think it was appropriate for them to do it," Gagner said. "I under-

stand the point was it wasn't effecting the students, but as a community I think they made a poor decision."

Member Jon Sanborn added that he felt it was wrong that the committee didn't even take the matter up for a vote to see how many committee members would or wouldn't have agreed with the recommendation.

"They didn't even bring it up for a vote. That was the double slap. That's unfortunate," he said.

Chairman Walker concluded the conversation confirming her disappointment as well and said while the Board of Health could have taken measures to

enforce their recommendation, it was a path they didn't want to take.


"That was wrong of them. I can understand them disagreeing with us, but they should have voted on that," Walker said. "We could try to override them on this. I have looked at the letter that we got from our attorneys. They Board of Health attorney is not excited about it at all and the other attorney seemed to feel that we might prevail, but it's a long road and it's going to cost a lot of money. I guess from my perspective it wasn't worth going down that road, although if we had I think we would have prevailed and changed things for the whole state."



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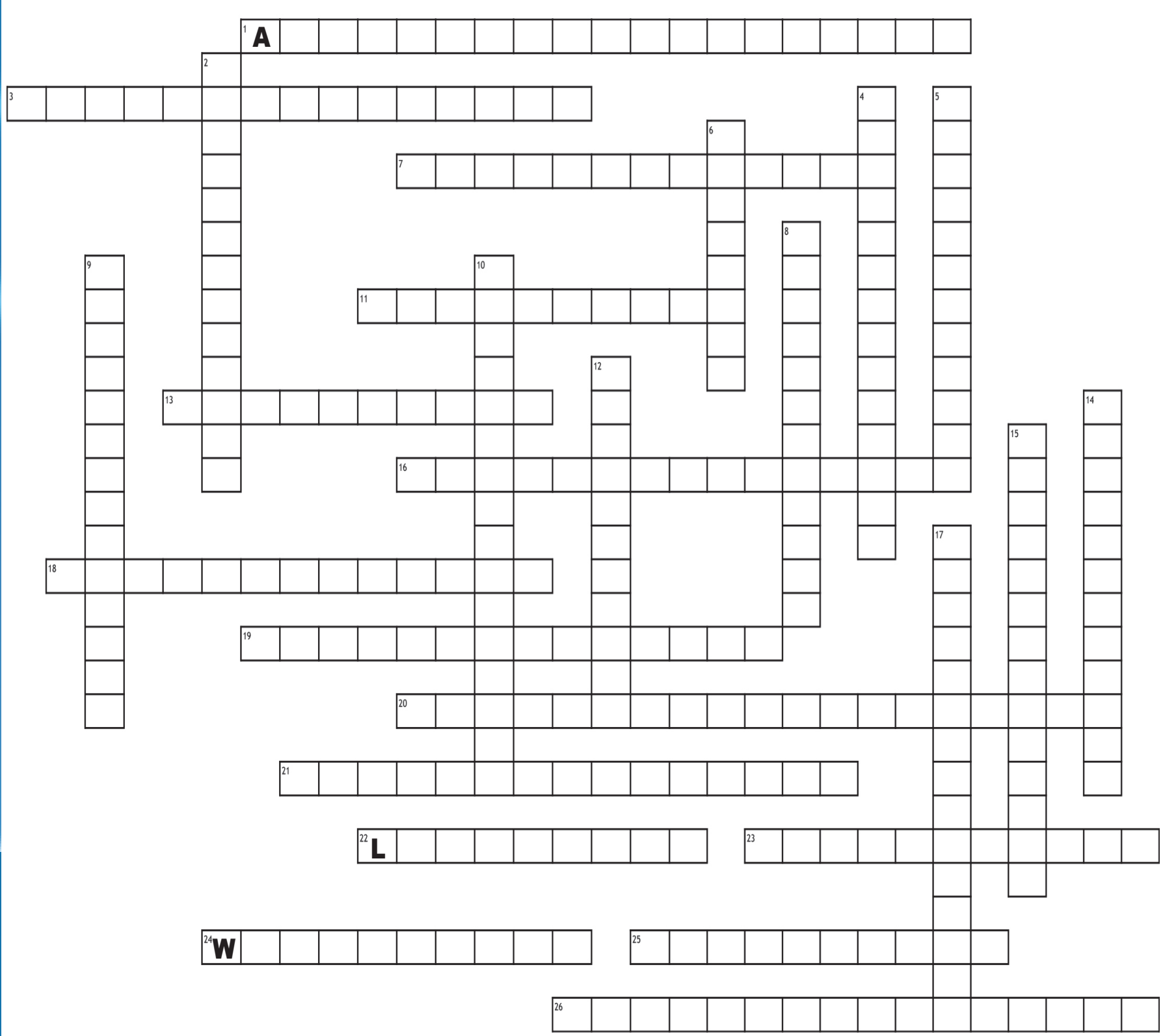
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- 13. MDPU# 31690
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# Physical activity guidelines for children, adolescents and adults

Staying healthy is a full-time job for people of all ages. While it might not always prove so easy to exercise or eat right, the benefits of healthy living are undeniable.

According to the Partnership to Fight Chronic Disease, “prevention” refers to helping people avoid getting sick or identifying diseases early so treatment can begin. Immunizations and disease screenings are two vital components of preventive care, but children, adolescents and adults can take more active roles in preventive care by embracing physical activity.

The Department of Health and Human Services notes that physical activity fosters normal growth and development and can help people feel better, function better, sleep better, and reduce their risk for a large number of chronic diseases. Reducing risk for chronic disease keeps people out of the doctor’s office, or even the hospital, and it also can help save considerable amounts of money. One report from the The Milken Institute estimated that high chronic disease and obesity rates are responsible for more than \$1 trillion in lost productivity in the workplace every year. In addition, the National Commission on Prevention Priorities notes that increasing the use of five preventive services to 90 percent can save

more than 100,000 lives in the United States each year. Such services include advising smokers to quit and offering medication or other assistance to help them and providing flu shots for people age 65 and older.

In recognition of the role exercise plays in preventive care, the DHHS recommends children, adolescents and adults follow these physical activity guidelines.

**Children and adolescents**

The DHHS recommends that children and adolescents between the ages of six and 17 should get 60 minutes or more of moderate-to-vigorous physical activity every day.

- **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous intensity aerobic physical activity and should include vigorous-intensity physical activity at least three days a week.

- **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least three days a week.

- **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity at least three days a



week.

Parents can consult with their children’s physicians to determine age-appropriate muscle- and bone-strengthening activities for their youngsters.

**Adults**

The DHHS advises adults to make a concerted effort to move more and sit less throughout the day. Some physical

activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

For substantial health benefits, adults should get at least 150 minutes to 300 minutes of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity each week. An equivalent combination of moderate- and vigorous-intensity aerobic activity can serve as a substitute. Ideally, aerobic activity should be spread throughout the week.

Adults should do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups two or more days a week, as the DHHS notes these activities provide additional health benefits.

These guidelines also apply to older adults, but older adults also should incorporate balance training into their exercise routines. In addition, the DHHS urges older adults to consult with their physicians about the appropriate level of effort for physical activity relative to their level of fitness.

People of all ages should include physical activity in their preventive health care routines. More information about exercise is available at [www.health.gov](http://www.health.gov).



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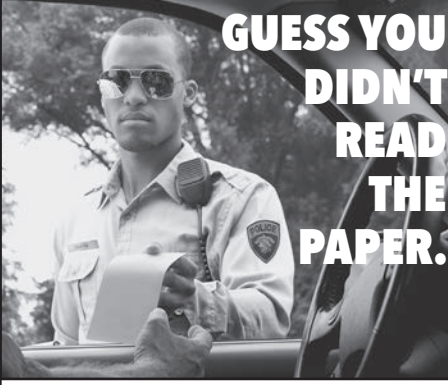
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