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Memorial Day

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- Unknown



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MEMORIAL DAY CELEBRATE - HONOR - REMEMBER

This Memorial Day Weekend, the Spencer Agricultural Association would like to pay homage to those who have made the ultimate sacrifice for our freedom. May they rest in peace.



LABOR DAY WEEKEND 2022

we can once again celebrate the end of summer with the resumption of the 133rd ANNUAL SPENCER FAIR and four days of Family Fun!

Watch for updates on our website www.spencerfair.org, on our Facebook page, and in this newspaper.

LABOR DAY WEEKEND FRI • SAT • SUN • MON

Local students graduate from Assumption University

WORCESTER — Nearly 400 graduates received a bachelor's degree during Assumption University's 105th Commencement exercises on Sunday, May 8, at the DCU Center in downtown Worcester. Larry Lucchino, Boston Red Sox Hall of Famer and chairman and principal owner of the Worcester Red Sox, delivered the commencement address, thanking the University for its partnership with the Worcester Red Sox and imparting upon the Class of 2022 advice gleaned over five decades in baseball and in law. Local students include: Kyle Belmonte of Charlton; Cameron Cox of Charlton; Zachary Darling of Charlton; Emily Gay of Uxbridge; Jake Hamel of Uxbridge; Nora Ilacqua of Charlton; Breanna LaHair of Charlton; Olivia McAleer of Charlton; Emily Snay of Charlton; Fabio Mercurio, of Sturbridge.

"I am well aware that my presence here is a reflection of the close bond that has been quickly established between the Woo Sox and Assumption," Lucchino said. "We share a commitment to serve this community and its people. We share a new ballpark where Assumption's

name is featured prominently. In fact, [Assumption's] vision, your loyalty, and your early commitment helped pave the way for that ballpark and its extraordinary reception." Lucchino imparted that since his college graduation 55 years ago, he's "learned a few things about what to do in life, and what not to do." He admitted that as a baseball executive, he doesn't have all the answers, but hoped his personal top ten list of life lessons amassed from over "four unexpected decades as a baseball executive, and several decades of errors, missteps, and regrets," might help someone along the way. The lessons included having fun; being bold; smiling; being strong enough to say, "I don't know"; remembering that life is too hard to be lived alone; working at friendship; seeking balance; remembering Jackie Robinson and the "catalytic effect one person can have on a community, on a nation, on a compelling cause, or on a nagging injustice"; embracing and celebrating "the pluralism and diversity that are the essence or American life"; and being a positive force in one's community. "Life is not about warming yourself by the fire, it's about building the fire," said Lucchino, a three-time can-

cer survivor who has invested himself in cancer research and care. "The match that lights that fire is generosity. To consider yourself and to be considered capable is good. To consider yourself and be considered loving is even better. But best of all is to know yourself as generous. Generosity is its own reward. There is a Chinese proverb that applies and roughly it says if you want happiness for an hour, take a nap. If you want happiness for a lifetime, help your brothers and sisters in the community." In his last commencement address, President Emeritus Francesco C. Cesareo, Ph.D., who retired on June 30, congratulated the graduates for earning their degrees "in the midst of extraordinary circumstances." He added that the pandemic provided them with "an education beyond what you could have learned in your coursework," because the framework of the Catholic liberal education allowed students to use the pandemic as a learning experience. "You learned that you have the ability to overcome adversity, to navigate the unexpected and to look for the positive in the midst of challenges," he said. "You have shown yourself to be resilient despite the obstacles. You have learned

the value of sacrificing one's wants for the benefit of others, striving always for the common good. While you may not immediately perceive it, your characters are stronger, and you have become a better person because of what you have learned through the pandemic." In his valedictorian speech, Leominster native Nicholas Macchione '22 compared an Assumption education to a Swiss army knife. "If you only could have one tool to serve you for the rest of your life, wouldn't you want it to be applicable to whatever you might encounter? The same sentiment rings true in education," he shared. "An Assumption liberal arts education is similarly suited to a wide variety of careers and vocations." Macchione encouraged his classmates that "in the world of specialization that requires elaborate job titles, obtuse degrees, and the labeling of so-called experts, let us take time to unfold our Swiss army knives, recall the things that have brought us to where we are today, and trust that they will continue to take us wherever we need to go." During the ceremony, honorary degrees were presented to Lucchino; Francesca "Paqui" Kelly, co-founder and board

president of the Kelly Cares Foundation; and Wendy M. Wright, Ph.D., professor emerita of theology at Creighton University. The Board of Trustees also bestowed honorary degrees upon President Emeritus Cesareo and his wife, Filomena Cesareo, Esq., J.D., for their 15 years of service to Assumption. Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England's premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master's and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

Local residents receive degrees at WPI's 153rd Commencement

WORCESTER — WPI awarded nearly 1,200 bachelor's degrees at the undergraduate Commencement ceremony on May 14. In her final commencement exercises before stepping down to become the Director of NASA's Jet Propulsion Laboratory, President Laurie Leshin presided over both celebrations, along with Board of Trustees Chairman William Fitzgerald '83. In her remarks, President Leshin celebrated the Class of 2022 and all they have accomplished during their time at WPI, including how they weathered the challenges of the pandemic. "While it would be unfair to describe the second half of your time at WPI as anything short of extraordinarily challenging, as always, I am so heartened by how this community came together to meet every moment," she said. The keynote address was given by Rochelle Walensky, MD, MPH, Director of the Centers for Disease Control and Prevention (CDC), and Administrator of the Agency for Toxic Substances and Disease Registry, who was awarded an

honorary degree. She praised the members of the Class of 2022 for navigating the uncertainties of the pandemic and implored them to continue embracing the many shades of gray they first encountered due to COVID-19, and are likely to continue to face in their professional lives. Honorary degrees were also bestowed upon State Senator Harriette Chandler, the first woman from Worcester to serve in the Massachusetts State Senate, a position she has held since 2001. Lesley Small Zorabedian '72 was honored with a Presidential Medal for her trailblazing efforts to help shape the university. She was one of the first women to be enrolled at WPI as an undergraduate in 1968 and in 1972, she became the first woman to receive an undergraduate degree from WPI. The undergraduate class speaker, Nicole Conill, received a Bachelor of Science degree in Computer Science, with a focus on cyber security. Conill is pursuing a master's in Computer Science at WPI. Her speech was titled "Reflect on the Past. Celebrate the

Present. Focus on the Future." She concluded by telling her classmates to "follow your heart to wherever, whomever, or whatever it is that calls you. Use what you've learned from WPI, whether it's academic or personal, to guide you on that journey." The following students were awarded bachelor's degrees at WPI's Commencement Ceremony: Elizabeth DiRuzza of Sturbridge majored in Mechanical Engineering; Sarah McCarthy of Fiskdale majored in Computer Science; Veronica Melican of Fiskdale majored in Computer Science; Marissa Allegrezza of Uxbridge majored in Chemistry; Tyler Cierpich of Charlton majored in Civil Engineering; Hailey Delphia of Charlton majored in Electrical and Computer Engineering; Emily Philbrook of Uxbridge majored in Biomedical Engineering; About Worcester Polytechnic Institute WPI, a global leader in project-based learning, is a distinctive, top-tier techno-


logical university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 17 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

ST. JOSEPH SCHOOL HONOR ROLL

WEBSTER — The following students have been named to the honor roll at St. Joseph School for the third term of the 2021-2022 academic year. **Grade 4** High Honors: Tosin Akindele, Alexis Archambault, Avery Archambault, Lukas Barbosa, Hayley Benes, Natalee Genduso, Neli Kuznecki, Jacob Lopez, Maria Mankarios, Jacob Marcuccio, Brooklyn McCarthy, Olivia Rozanski-Rose, Benjamin Thomas, Ivonka Warnajtys. **Grade 5** High Honors: Tobi Akindele, Rosemary Basha, Jada Jackson, Simon Kowalczyk, Kyle Muchiru, Faith Muga, Jacob Parafinowicz, Ayla

Reed, Alan Rubin, Jacob Singer. Honors: Ryan Amaral, Lisa Kippax, Jake Martin, Gianna Pigeon, Gabriel Rudnicki, Luke Surowaniec, Liana Worth, Adam Wozniak. **Grade 6** High Honors: Claire Calnana, Colton Haase, Molly Hachigian, Laura Ibrahim, Jack Keller, Emily Macko, Alissa Perron. Honors: Gabriel Gallant, Ryan Gruposso, Alvin Montreuil, E Ila Parslow. Credit: Violet Johnson, Alan Kulpa, John O'Melia, Max Podgorny. **Grade 7** High Honors: Emerson Bernard, Leah Boudreau, Bella Calnan, Haleigh Creighton,

Aiden Muchiru, Marcus Muchiru, Gabriela Pianka, Gianna Rosario, Shayley Szela, Vanessa Zeglen. Honors: Bobbi Enman, Alex Kowalski, Brett McCarthy, Jacob Perry, Ike Rudnicki. **Grade 8** High Honors: Philo Basha, Andrew Bergeron, Treyton Dery, Giann DiCola-Keddy, Aleksandra Kurowski, Paul Mankarios, Rocco Rudnicki, Maeve Sullivan, Hannah Watson, Matthew Zdrok. Honors: Connor Czechowski, Steve Mathu, Bradley McCarthy, Matthew Obrycki, Alexandra Parafinowicz, Adam Podgorny, Juliana Rudnicki.



UPCOMING EVENTS TO CELEBRATE THE 100TH ANNIVERSARY of East Brookfield

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THIS WEEK
Sat. May 28 @ 9:30 am
Historical Talk
Ed Londergan
Murder in the Brookfields (Spooner/Newton Murders)
TOWN HALL - FREE & open to the public



COMING UP...
Sat. June 4 • 2:00 pm & 3:30 pm Seatings
History and Dessert at Podunk Chapel
\$5.00 per person

Fri. June 10 @ 7:00 pm
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See Facebook @EB100th or tinyurl.com/EB100th for details on all events!

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Opacum Land Trust touts achievements at Annual Meeting

STURBRIDGE — This spring, the Opacum Land Trust gathered once more with members and supporters at the Annual Meeting Breakfast. The Pandemic impacted all of us, including the land trust as it struggled to bring conservation-minded people together during trying times. This event was truly a breath of fresh air for the land trust and their supporters.

Laney Wilder, the land trust's new Executive Director, provided an eager audience with updates on Opacum Land Trust's work in our local region while folks enjoyed a tasty breakfast at the Hamilton Rod and Gun Club. Throughout the morning attendees mingled, bid on raffle prizes, discussed with board members the land trust's spring fundraiser, and enjoyed a lovely walk through the adjacent Plimpton Community Forest. This was the first big event for Laney, who joined the Opacum team in April 2021, and the warm welcome from Opacum's supporters was felt by all.

Many dynamic programs and projects are happening at Opacum Land Trust. They are managing a large federal grant to plant 1,000 trees in Southbridge, with free trees to residents. A second federal grant awarded to Opacum Land Trust in 2021 is the Forest Legacy Program, protecting over 1,000 acres in our region by working with private landowners. These grants complement the extensive work Opacum is doing to acquire beau-

tiful forested properties with future public trails, and care for their existing properties with the help of many dedicated trail volunteers. To date, Opacum Land Trust has protected over 2,200 acres of natural lands in their 13-town service area in your local towns. While Opacum continues to work with local landowners to protect and care for their forests, Opacum's work is not limited to forested areas. The Land Trust is also helping local farmers keep their land in farming. Opacum Land Trust also provides educational, guided walks on their properties with experts on botany, forestry, insects, birds, local history, and more for those who enjoy the outdoors and are interested in other important aspects of conserved land.

What you can do to join the movement

Opacum Land Trust welcomes all to join the movement in protecting the wild places and natural spaces you love in your community.

Individual membership and Planned Giving

As a member of Opacum Land Trust, you will be connected to our ongoing conservation work, programs, and volunteer opportunities. Opacum also accepts planned giving of land or assets, however you would like to charitably donate to protecting land.

Resource for land conservation and care

Opacum has helped many landown-

ers conserve and care for their land and forests. Always willing to work with your plan for your land, Opacum can connect you to resources to care for your land and find grant funds to help pay for all of this.

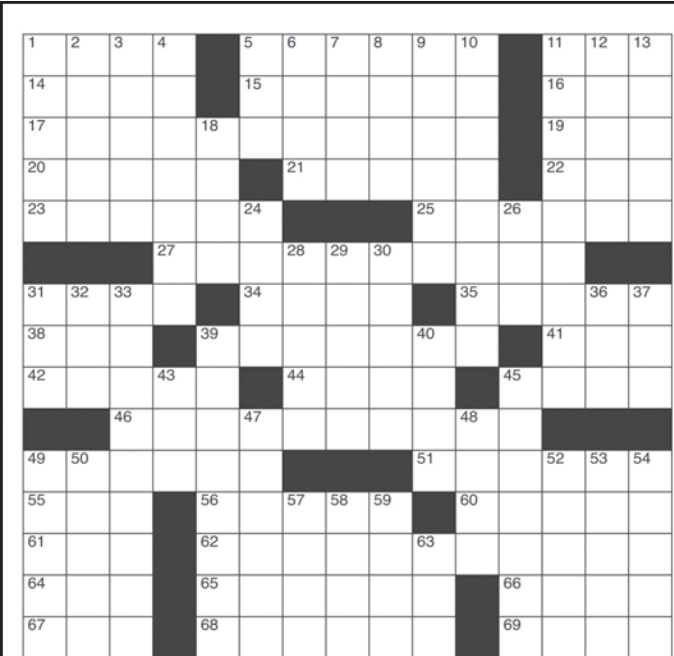
Business Sponsors

Opacum continues to gain the support of and partner with local businesses to strengthen community investment in land conservation. A great way to connect charitable land protection work with local businesses you know and trust.

Volunteer!

Opacum Land Trust is always looking for volunteers to help on the trails or in other dynamic ways. Please reach out and see what you can do to help on the trails or in the office.

Opacum Land Trust is a regional, non-profit land conservation organization protecting land for wildlife, forestry, farming, water, and outdoor recreation. We work in a 13-town region stretching from eastern Hampden County and southwestern Worcester County in the towns between Monson and Charlton. Founded in 2000, Opacum currently protects over 2,200 acres of land and is actively working to protect more land across the service area. Reach out to us at Opacum Land Trust, PO Box 233, Sturbridge, MA 01566; 508-347-9144, and visit the website for news and events at www.OpacumLT.org.



- CLUES ACROSS
- CLUES DOWN
1. English river
5. Particular part of something
11. Cool!
14. Welsh for John
15. Given name meaning "great spirit"
16. Wrath
17. Social occasion
19. Mechanical belt
20. ___ de la ___
21. Commands
22. Body part
23. Caught sight of
25. Funeral car
27. Skin infection
31. Sometimes they "burn"
34. Russian river
35. Famed soap opera character Kane
38. Pie ___ mode
39. Endangered
41. Socially inept person
42. Romanian river
44. Swerve
45. Monetary unit of Samoa
46. A type of approach to please
49. Form of Hebrew name for God
51. "Carry On My Wayward Son" rockers
55. A team's best pitcher
56. A woody climbing plant
60. Long, edible marine fish
61. Human rights group in Africa (abbr.)
62. Data
64. Corporate bigwig
65. Climbs
66. Relating to the ear
67. Commercials
68. You need it to eat
69. Political extremists
31. Consume
32. Boxing's GOAT
33. Southwestern farmers
36. Beverage holder
37. A way to deteriorate
39. Judge
40. Norse explorer ___ the Red
43. Farm resident
45. One who helps to govern
47. Plant-eating ground bug
48. History Finnish county
49. Conifer native to Jamaica
50. Longed
52. Small Japanese city
53. Arum family plant
54. Puts together in time
57. From a distance
58. ___ contendere: no contest plea
59. Region
63. Mountain Standard Time



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Charlton Garden Club announces Plant Sale

CHARLTON — Come one, come all for a great selection of perennials, annuals, vegetables, herbs and more donated by Charlton Garden Club members. Free admission! Our plant experts will be on hand to help you with your selections and to answer your plant questions. The Plant Sale will be held Saturday, June 4 on the Charlton Common from 9 a.m. until 12:30 p.m. All are welcome. For more information, please contact Ginny Charette (508) 248-7300, Marcia Liedigk at (508) 434-0507.

NURSES

continued from page A1

Excellence Award and was a bronze medalist for Medical Math in SkillsUSA National competition having placed gold in state and district competitions. Danielle was inducted into the National Technical Honor Society and was a member of the Mock Code Team. Timothy Nikopoulos, BSN, RN completed his accelerated bachelor's degree in Nursing (2021) at the University of Massachusetts Amherst. He was a member of the PN Class of 2019. He is currently with UMass Worcester Cardiac Intensive Care Unit and Surgical Intensive Care Unit. He was a SkillsUSA State Champion for First Aid/CPR. Professors Sarah Watson, MSN Ed, RN, Rianna Romano, BSN, RN, CEN, and Jennifer DeFilippo, MSN Ed, RN moderated the round table/panel discussion on academic progression and shared their own nursing journey.

Even prior to the COVID-19 pandemic, America's nursing shortage is well established. The leadership at Bay Path Practical Nursing Academy understands how higher education and academic progression can help to stem the nursing shortage. It is estimated that America is projected to require 1.2 million nurses by 2030. The

scope of the problem calls for innovative solutions such as the LPN to RN and LPN to BSN bridge programs. Bay Path Practical Nursing Academy is making academic progression more accessible through affiliation agreements with Fitchburg State University and Worcester State University's PN-BSN bridge program.

According to Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director, "we are taking critical steps to strengthen America's core of nurses. Our student population of adult learners represents greater diversity than the current nursing population. Our graduates represent a talent pool adept at meeting the needs of our nation's healthcare system."

She adds, "Our faculty adapts new tactics, teaching and learning strategies that build more flexibility for our adult learners. We are serving a population of working individuals and adult learners with a genuine desire to enter the nursing profession most of whom are already employed by healthcare organizations as CNAs (Certified Nursing Assistants). The US needs more nurses. We have a diverse faculty and a strong PN student workforce to serve our communities. We are up for the challenge."

Villager Newspapers

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Sat. 9:00 – 12:00

CHURCH LISTINGS

- **Charlton Federated Church**, 64 Main St., 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org
- **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 10 a.m.
- **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children's church 10am
- **St. Joseph's Church**, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.
- **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144
- **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.
- **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am. www.livingwordcharlton.com info@livingwordcharlton.com
- **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.
- **Federated Church of Sturbridge and Fiskdale** - 8 Maple St. Sturbridge, 774-304-1021 www.sturfed.org Sunday Worship 9:30 a.m.

REAL ESTATE

BRIMFIELD
\$305,000, 203 Wales Rd, Hulse Jr, Frank H, and Hulse, Mary-Ellen, to Newman, Catherine.
\$150,000, 330 Palmer Rd, Olson Vernon E Sr Est, and Olson Jr, Vernon, to Landry, Joshua M.

Charlton
\$679,900, 28-A Hammond Hill Rd, Prop Soln RE& Cont, to Hanson, Cory M, and Hanson, Alyssa H.
\$342,000, 47 Flint Rd, Studley 3rd, Arthur B, and Studley, Valerie, to Sherry, Vinny M.
\$50,000, 32 Hammond Hill Rd, Passarelli, Paul J, to Bracewell, Steven C.

STURBRIDGE
\$650,000, 56 Allen Rd, Comerford, Joseph F, and Comerford, Mary E, to Showalter, Douglas, and Showalter, Christine.
\$589,900, 13 Putnam Rd, G Lussier Builders LLC, to Meena, Julie M, and Pratap-Meena, Ajay.
\$439,900, 20 Shepard Rd, Kobierski, Steven M, and Kobierski, Melissa G, to Sweeney, Alyssa N.
\$430,000, 323 New Boston Rd, Plimpton IRT, and Carrier, Kathleen M, to Mannila, Cody, and Mannila, Kaitlin.
\$355,000, 43 River Rd, Dubois Jeremy Taylor Est, and Dubois, Tamar, to Podell, Kayla, and Pepin, Matthew.
\$275,000, 46 New Boston Rd, Kaibenski, Layne M, to Dufour, Thomas J.
\$275,000, 48 New Boston Rd, Kaibenski, Layne M, to Dufour, Thomas J.



ART
continued from page A1

Members of the junior high school teaching staff and student body enjoyed working with their counterparts from the high school. They said it was a rewarding experience to showcase the talents of both schools and how far a passion for art can take students in the district.

"It gives students an opportunity to see the great classes they can take at the high school," said TRJHS art teacher Carol Willard, who has helped lead

several art showcases for the district this year.

Following the viewing of the art gallery, guests enjoyed a spring concert performed by the high school band and chorus.

School officials thank all students, volunteers, staff members, and community members who came together to make the event possible.

An additional Evening with the Arts program will be held on June 7, featuring art and music created by Tantasqua Regional Junior High School students.



Student artwork is on display.



TRHS seniors Lily O'Brien, left, and Walker Gill volunteer at the event.

SENIOR CENTER
continued from page A1

at \$5.8 million. The total 2023 fiscal year spending plan comes to \$34.8 million. The town also easily approved the water & sewer budgets for 2023 while capital items and stabilization fund transfers were the only two items passed over for

future meetings.

Another significant item approved during the meeting was an act authorizing the increase of the maximum retirement age for police officers to 70-years-old, something town officials felt would increase the hiring pool for the town to bring on new officers to help with traffic control. An

amendment to the town's animal control bylaw changing how adoption fees are handled, several zoning bylaw changes, and zoning changes on Trolley Crossing and L. Stevens Road were also easily approved. Finally, the cemetery perpetual care funds and revolving funds also received voter support.



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Brimfield Memorial Day services planned Sunday

BRIMFIELD — The Town of Brimfield will hold its annual Memorial Day Services on Sunday, May 29 at 2 p.m. on the Town Common. The committee extends an invitation for everyone to join us and a special invitation to all area veterans, enlisted service members and reservist.

Brimfield has held services for Memorial Day as a town tradition that goes back beyond the memories of its oldest residents.

“The effects of Covid continue to create challenges but we have a great committee who are committed to this purpose and have found creative ways to make sure Brimfield takes the time to honor and remember what Memorial Day is about. Not once has it prevented us from taking time to honor those who sacrificed everything,” said committee Chair Cindy Skowyra.

Ceremonies will begin with the drum roll and the Veterans call to order. The ceremony will feature music and readings reflective of the day as well as the remembrance of current and former town residents who have passed in the last year and the ringing of the historic Town Hall bell.

Brimfield has a long tradition of sending its citizens to fight for our country and is home to many brave military



members who have served our country since the Civil War. Local historian and primary researcher and author of the recently published book 101 Things to know about Brimfield will speak about the town’s contribution to WWI.

State Senator Ryan Fattman and State Representative Todd Smola will share remarks.

A parade immediately follows the ceremony. Everyone is invited to join the parade and march. Children are invited

to patriotically decorate their bikes and doll carriages.

The parade stops at the cemetery and war monuments in town to pay respects with an invocation, ceremonial gun salute, the laying of wreaths, raising the flag and the playing of Taps.

In resemblance of a tradition that began during the American Civil War when citizens placed flowers on the graves of those who had been killed in battle, geraniums have been planted at the town monuments and during the parade red carnations will be given out to be placed on veterans’ graves.

Village Green Campgrounds will provide a wagon for veterans and others who want to join the parade but are unable to march. Brimfield Fire and Police will participate as well as the local Boy Scout and Girl Scout Troops who have helped prepare for the day with the planting of flowers and flags at the soldiers’ graves.

Following the parade all who marched are rewarded with Hoodsie ice cream cups. Be sure to join us on this Day of Remembrance in honor of those who have sacrificed so much for the freedoms that we enjoy.

In case of inclement weather, services will be in the town hall.

Local Heroes

FOUND HERE!

Town of Charlton announces Memorial Day activities

CHARLTON — The American Legion, Post 391 of Charlton has two public ceremonies scheduled to commemorate Memorial Day 2022.

On Sunday, May 29, Post 391 will attend church services at the Charlton Methodist Church on Stafford Street, Charlton assembling at 9:45 AM. Following the church service, Post 391 will place wreaths and conduct rifle honor salutes at each cemetery and at the Vietnam Memorial Bridge on Stafford Street.

On Monday, May 30, the annual Memorial Day parade will be held, rain or shine.

Participants are to assemble at 1:30 p.m. within the main entrance of the Masonic Home complex at 88 Masonic Home Road. Step off time is scheduled for 2 p.m. Marchers will parade to the Town Library. Memorial wreaths will be placed on the Town Honor Roll. Memorial rifle salutes will be given. Honored speakers will be introduced and music performed by the Shepherd Hill Regional High School Marching Band. Charlton Middle School students will read their selections honoring Veterans of all conflicts.

Following the ceremony, all participants are

cordially invited by American Legion Post 391 to enjoy a light lunch prepared by the Legion Auxiliary in the lower level of the Charlton Grange building.

All citizens and veterans are urged to attend and, if possible, participate in one of the most solemn and meaningful days of the year, Memorial Day. We must never forget those who made the supreme sacrifice ensuring our freedom, at the same time remembering those men and women who are now serving in our armed forces around the world.

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5 lbs. B.B.Q. Meatballs
2 Pans Teriyaki Boneless Chicken Bites (8 lbs.)
8 lbs. Buffalo Boneless Chicken Bites (8 lbs.)
2 Pans Ziti & Sauce
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2 Pints Dressing (Italian & Ranch)
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5 Lbs Tri-colored Pasta Salad
75 Pieces Oven Roasted Chicken
2 Pans Fresh Grilled Vegetables
2 Pans Baked Macaroni & Cheese
2 Pans Meatballs & Sauce (80)
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2006 Hyundai Sante Fe
Vin: KM8SC73E86U085828
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445 Dennison Drive
Southbridge Ma, 01550
May 20, 2022

May 27, 2022
June 3, 2022

Town of Brimfield Public Hearing Notice

In accordance with the Massachusetts Wetlands Protection Act, Chapter 131, Section 40, the Brimfield Conservation Commission will hold a public meeting on Wednesday June 08, 2022 at 7:00 PM to review a Notice of Intent (NOI) permit application submitted by Green Hill Engineering c/o Josh Wages of Worcester, MA to determine if the construction of a driveway is subject to the Massachusetts Wetlands Protection

Act (as amended).

Project Location: 314 Brookfield Road, Brimfield, MA (Assessor’s Map 3 Parcel/Lot # C-13).

Any person(s) interested or wishing to be heard on this request should appear at the time and place designated. A copy of the application and plan may be inspected at the Brimfield Town Annex in the Conservation Commission Office, 23 Main Street, Brimfield, MA 01010 or contact the office at 413-245-4100 X1101

Roger deBruyn & Joseph Venezia, Co-Chairs
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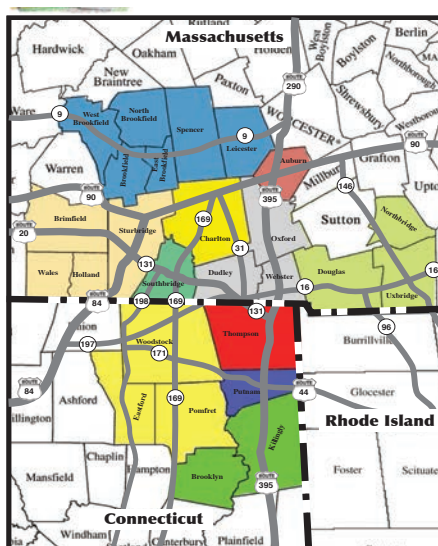
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BRENDAN BERUBE
EDITOR

Honoring the fallen

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

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

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

At 3 p.m. every year, a moment of silence takes place across the country. In December of 2008, President Bill Clinton signed the “National Moment of Remembrance Act” which designated the time be at 3:00 p.m. In 1966, the government marked Waterloo, New York as the official birthplace of Memorial Day. In Waterloo, every business in town would shut their doors and owners would venture out to decorate graves with flags as well as flowers.

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

An estimated 38 million people in America will travel over the holiday weekend, and 2.5 million travelers will board flights. Memorial Day is the fourth busiest travel day of the year.

In New York, Washington, D.C and Chicago you can find the largest parades in the country.

Because of the three day weekend, many Americans will throw parties and barbecues or head out of town for a mini getaway.

LETTERS

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

But first, you have to write us!
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Or e-mail your letters to the editor at news@stonebridgepress.news

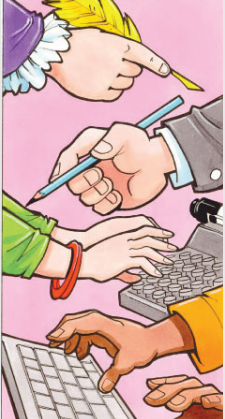
You’ll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

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

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

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

So, what are you waiting for? Start writing!



OPINION



Photo Melinda Myers

Elevate your rain barrel for easier access to the spigot for filling containers and to speed water flow with the help of gravity.

Use rain barrels to capture rainwater

Put rainwater to use in your landscape with the help of rain barrels. This centuries old technique allows you to capture rainfall to use for watering ornamental gardens and containers.

Always start with a call to your local municipality. Some have restrictions on water harvesting, but most encourage this practice, and some even offer rebates or rain barrels at a discounted rate.

Purchase a rain barrel or make your own from a large, recycled food grade container. In either case, there are some features to consider when purchasing, creating, and adding a rain barrel to your landscape.

Make sure the top is covered to keep out bugs and debris. Some come equipped with a solid lid with an opening just big enough to accommodate the downspout. Others use a screen to keep out debris, while letting in the rain.

Don’t worry about mosquitoes breeding inside your rain barrel. Just use an organic mosquito control like Mosquito Dunks and Mosquito Bits (SummitResponsibleSolutions.com) in rain barrels and other water features. Mosquito Bits quickly knock down the mosquito larval population, while Mosquito Dunks provide 30 days of control. They are both safe for people, pets, fish, wildlife and beneficial insects.

Look for one with the spigot near the base of the barrel so water does not stagnate in the bottom. Use the spigot to fill watering cans or attach a hose for watering.

Include an overflow outlet near the top of the barrel to direct excess water away from the house or for connecting adjacent barrels. A downspout diverter is another way to manage rain barrel overflows. When the rain barrels are full, this device diverts the water back to the downspout where it is car-



GARDEN MOMENTS
MELINDA MYERS

ried away from your home’s foundation.

Elevate your rain barrel on cement blocks, decorative stands, or similar supports. This provides easier access to the spigot for filling containers and speeds water flow with the help of gravity. A water pump will boost water pressure for a nice steady flow of water.

Dress up your container with a bit of paint suited for outdoor use on plastic surfaces. And don’t worry if you are not an artist, you can hide your rain barrels with some decorative screens or plantings or upright shrubs, perennials or ornamental grasses. Just make sure you have easy access to the spout for retrieving water.

Start your conversion to rain barrels one downspout at a time. You can capture as much as 623 gallons of water from 1,000 square feet of roof in a one-inch rainfall. This can be a lot to manage when first adjusting to this change of habit. Disconnecting one downspout at a time allows you to successfully match the use of rain barrels and other rain harvesting techniques to your gardening style and schedule.

The choices are many, making it easy for you to conserve water and grow a beautiful landscape.

Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener’s Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses “How to Grow Anything”* DVD series and the nationally-syndicated *Melinda’s Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Summit for her expertise to write this article. Her Web site is www.MelindaMyers.com.

Market decline offers buying opportunities

The financial markets have gotten off to a rocky start this year. What’s caused this volatility? And does it present opportunities for patient investors?

First of all, several factors are behind the market volatility, including the war in Ukraine, higher inflation, rising interest rates and the lingering effects of the COVID-19 pandemic. However, while these factors may be specific to the recent market decline, volatility itself is a common feature of the investment environment. In fact, history shows that corrections of 10 percent or more happen about every year, and declines of 15 percent or more have happened every other year, on average. Furthermore, while 2022 has thus far been challenging for investors, it was preceded by a long period of strong markets, with the S&P 500 averaging more than a 20 percent return over the past three years.

Knowing the typical frequency of market volatility and reviewing the results of the past few years may make the current situation seem less shock-



FINANCIAL FOCUS
TREVOR NIELSON

ing. But you don’t have to simply “ride out” the downturn – because a down market may give you the opportunity to buy more investment shares at good prices. Specifically, you can expand your holdings in companies that have good growth prospects due to strong management and products or services that provide sustainable competitive advantages. And this type of opportunity is important, because one of the keys to building wealth is to increase the number of shares

you own in your various investments and hold them for the long term. While the market will always fluctuate, the long-term trend has been positive, particularly for well-diversified portfolios built with quality investments.

Of course, while it is a good idea to boost your share ownership at favorable prices, you still want to be strategic about it, rather than just buying whatever seems to be the biggest bargain. In reviewing your existing portfolio, can you identify any gaps that could be filled with new investments? Are there opportunities to further diversify your

Our trail leads to prayer, and so much more

BEYOND THE PEWS

DR. ROBIN MCFEE
CHARLTON CITY UMC



“Come to me all you who are weary and burdened, and I will give you rest.” — Matthew 11: 28 NIV

One of the most powerful scriptures people turn to in times of challenge, and stress is this beloved verse in the Gospel Matthew. It isn’t just an acknowledgment that we all become weary and burdened. It is an invitation to spend some consoling moments with the Almighty, and a verse filled with hope; a promise peace can come. And if ever we need some moments of peace in our challenging, noisy world, it is now!

If you would like to experience some of that peace, or at least a peaceful place where you can meditate, or pray, come spend some time at our new Prayer Trail.

On May 29, we officially dedicate the newest addition to the spiritual life of our church and our wider faith community, the Prayer Trail at Charlton City United Methodist Church. It is our hope it will become a valuable resource for members of our congregation, and for you, our neighbors, regardless of religious tradition.

Located in a quiet, gardenlike setting, our Prayer Trail includes a groomed path surrounded by trees and flowers, with benches placed conveniently for those who wish to settle in and rest. Throughout the Trail you will also find useful scripture verses.

Conveniently, the Prayer Trail abuts our outdoor chapel, where our Sunday worship services will occur during the summer months. We invite you to visit us at these Sunday services, and then check out our Prayer Trail.

There’s a reason virtually every religion or spiritual endeavor – Christianity, Judaism, Islam, Buddhism and others - involves this powerful, yet often undervalued practice of prayer. So whether you are looking for some protected and quiet time with God for rest, for spiritual guidance, for peace or to collect your thoughts in a tranquil setting, occasionally serenaded by birds and crickets, we invite you to visit our Prayer Trail.

Dr. Robin McFee is a physician, and member of CCUMC, and is currently studying to become a lay servant minister. She also writes a weekly devotional <https://www.charltoncityumc.org/blog>.

holdings? By owning different types of stocks, bonds, government securities and other investments, you can help reduce the impact of volatility on your portfolio. (Keep in mind, though, that diversification can’t guarantee profits or prevent losses in declining markets.) Or, if your portfolio has become “unbalanced” in some way, you could also use this time to rebalance it back to its original long-term targets. You might also consider setting up a systematic investing program in which you invest the same amounts in the same investments on a regular basis, such as monthly. When prices go down, you’ll automatically buy more shares, and when prices rise, you’ll buy fewer shares. (However, systematic investing does not guarantee a profit or protect against loss and you’ll need to be willing to keep investing when share prices are declining.)

Before this year, average annual returns have been solid for about a decade, which makes it somewhat easy

Bullied while fishing



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As we approach Memorial Day weekend, we are remembering the veterans and those that went before us. Appreciating the country we live in, even though some hard times are ahead, we still can live free to worship, and enjoy our family and friends daily.

We can also enjoy the great outdoors, fishing, hunting, attend cookouts, etc. because of the sacrifices that were made by our veterans. This weekend many families will head out to do some fishing at local ponds or at the ocean where it can become quite hectic at some of the boat ramps in previous years. Before launching your boat, you need to remember to have it ready before pulling onto the ramp. Removing all hold down straps and placing all coolers and fishing gear, and life preserves into the boat, prior to pulling onto the ramp, needs to be done. It should take less than five min-

utes to launch your boat, and make way for the next person waiting in line. If you have a problem launching your boat, ask someone for help.

First time boat owners often have a hard time backing onto a boat ramp, and most boat owners will gladly help out, which will keep the line moving and everyone will get onto the water to fish and enjoy the day, with family and friends. There are also a couple of impatient anglers that are waiting to launch their boats every year, and become agitated when they are required to wait very long to get onto the water. Do not let them ruin your day! In the past, fights have broken out, and innocent boat owners & family end up having their day ruined. Do not let this happen to you!

On the brighter side, I can remember fishing with my late brother Mel when we were around eight or nine years old at the Meadow pond in Whitinsville. We were brought up fishing on the Meadow pond and Arcade Pond, and basically, the two ponds were our playground. Our parents were not overly concerned about our safety, as the world then was a lot safer than today. Anyway, we were fishing with our cheap steel rods that came in a long

aluminum tube with a cheap reel that had no drag on them, and we used our thumb to slow the line when a fish was hooked.

It was not long before a bully decided he was going to push my brother Mel out of his spot. He was a bit older by couple of years, but my brother held his ground. Suddenly, the bully decided to make a cast with his somewhat high-priced fishing gear and hooked my brother in the side of the head. We both quickly jumped on our bikes and headed for home, after breaking the line from the pole. I managed to get home first to tell my mother that Mel had a hook in the side of his head. As Mel pulled into the back yard of our house on Main Street, you could hear him crying rather loudly. Mel was taken to the ER. and had the hook removed, no worse for the incident. The next day, the bully had the nerve to ask for his fishing lure back that I have till this day, minus the hook on one side. Just another day growing up in Whitinsville in the Fortys.

A report from Captain Mel True of “Fish Net Charters” stated that Buzzards Bay was slow fishing for seabass this past weekend, although he managed to get his clients their



Photo Courtesy

Matt Fontaine with an impressive seabass taken aboard his fishing boat last year.

limit of four fish each. Then they went & fished for Tautog, and limited out with the three fish limit. Reports of stripers being caught in the bay, and in the Providence River last week was good news. The bottom line is that the cost to go fishing for a few fish these days is hurting the small charter boats

this year, & with the severe restrictions on species of fish and price of gas, even the private boat owner is complaining about the cost to do a little fishing.

Take A Kid Fishing & Keep Them Rods Bending!

Readers Share Tips and Tricks

As the days get longer and life becomes busier, finding ways to make life a little easier is especially appreciated! From packing and cleaning hints to repurposing tips, the following submissions from readers are sure to save you time and money this season!

And remember readers, send in your favorite helpful hint and you could win Dinner for Two at the Publick House in Sturbridge.

Organizational packing is literally “in the bag,” with this reader’s tip:

When you’re packing to go on a trip and you have a 14” x 8” or larger luggage bag, put a lightweight plastic dollar store square container or longer (with cover on or off) inside the bag. This way you can store all your supplies and you can see everything you need for easy access, shampoos, cosmetics, etc.

Jo Ann Wypcyk
Gilbertville, MA

Help yourself by helping others is this reader’s antidote to high anxiety:

I’d like to submit a tip about handling stress:

Check up on others. When I’m feeling stressed, I try to redirect that energy into something good by sending a quick text to someone I don’t speak to very often. Not only is it doing something

kind, which is scientifically proven to make you feel better, but it often helps give you some perspective.

Audrey Crozier
Spencer, MA

A clever couple offered tips for corralling clutter, unconventional cleaning, and an unexpected repurposing tip:

I have to give credit to my significant other for two of these tips:

If you have a small bathroom like we do, try putting up a few sturdy wicker baskets on the wall for storage of personal care items, etc. It really helps to keep clutter away.

My second tip is also from him. He sprayed WD40 (I don’t know why) into the toilet bowl. It cleaned it better than any other cleaner we’ve tried.

My last tip is actually mine: I think someone who tends to drop things a lot like myself, would find a back scratcher that extends quite handy. I use mine so often to retrieve things I drop on the floor.

Karleen Cournoyer
Whitinsville, MA

Yes, we have some bananas – ripe



TAKE
THE
HINT
KAREN
TRAINOR

ones at that, thanks to this reader’s tip!

The best tip I’ve used recently is ripening bananas in the oven. I acquired a few large bunches of bananas and needed to ripen them quickly to make several banana breads/cupcakes. I put them in a 350 degree oven for 20 minutes, and Voila! Ripened bananas perfect for baking!

Pam Murray
Oxford, MA

This reader’s old farmers’ trick boosts a plant’s nutrition without spending a penny:

My hint saves money on plant food. When rinsing out empty milk containers do not pour that water down the drain, instead pour it into your plants. You can use on indoor or outdoor plants. My plants thrive on it. This tip was shared with me by a farmer years ago; farmers would rinse their milk cans and pour the milky water into their gardens.

Judith Lewinski
Webster, MA

Prize Winner
Congratulations to Karleen

Cournoyer from Whitinsville, MA, who offered the trio of tips above. Her name was drawn for a three course dinner for two at Publick House in Sturbridge.

Win Dinner for Two at the Publick House

Your tips can win you a great three course 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.

Give optimism a chance

I’ve heard it said that pessimism is destructive, and optimism is boundless. What is the best way? I guess it all depends on what you want from life.

You can find plenty of people throughout time who promoted pessimism. George Bernard Shaw said, “The optimist invents the airplane, the pessimist the parachute.”

There have been plenty who have promoted optimism. Winston Churchill said, “The pessimist sees the difficulty in every opportunity, the optimist sees the opportunity in every difficulty.”

Whatever you choose, realize that they are not just philosophies; they are also strategies for dealing with the issues of life.

What is Pessimism? One of the definitions of pessimism in the dictionary reads: “a tendency to see the worst aspect of things or believe that the worst will happen; a lack of hope or confidence in the future.”

Coming from a background in acting, I’ve been around many dreamers. I’ve been around many people who have had big goals and ambitions and saw themselves as larger than life.

Some of these people succeed as optimists but then become jaded pessimists. Interestingly, those I have known who went from optimism to pessimism succeeded while they were optimists and failed when they were pessimists.

I was friends with a very optimistic actor. We met every evening and rehearsed our auditions together. He went on to star in a successful television series. We lost touch, but I saw him at an audition years later, and he was different. I asked him how he was doing, and he only had negative things to say. He was sour and bitter. Something changed. Coincidentally, he



POSITIVELY
SPEAKING
TOBY
MOORE

wasn’t working anymore.

An article in Psychology Today suggests that most people don’t start as pessimists; instead, they become pessimists because of trauma they’ve experienced in their life. Pessimism is often a strategy to prepare for the worst. It’s a way for someone to set low expectations for their performance to protect against disappointment.

Pessimism takes a toll on one’s mental and physical health. Pessimism is associated with anxiety, depression, sleep disorders, hostility, high blood pressure, and heart disease.

Some will say that realism is the middle ground between pessimism and optimism. A realist might tell you that they

are rational and only perceive things as they are, without any interpretation. Is that possible? Can you see life outside of the filter of your experience and beliefs? I tend to think that a realist usually falls into two categories, a pessimistic realist or an optimistic realist.

Walt Disney said, “I like to look at the optimistic side of life, but I am realistic enough to know that life is a complex matter.”

A lot of people tend to confuse optimism and idealism. They are not the same. One definition of idealism reads, “the practice of forming or pursuing ideals, especially unrealistically.”

I suppose I’ve been guilty of being an idealist in my younger years. I gen-

Turn To **MOORE** page **A11**

NEILSON
continued from page **A8**

to forget about normal market volatility and may have led to overly optimistic performance expectations. So, it would not be surprising if your initial reaction to the current downturn is one of concern. But by viewing the current investment environment as a chance to add quality investments at attractive prices, you can help yourself develop a behavior that can serve you well throughout your life as an investor.

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Charlton Public Library
Visit our Web site for a full listing of programs and events: charltonlibrary.org

Featured Resource - Fold3 (by Ancestry) Database
Fold3® features premier collections of original military records. These records include the stories, photos, and personal documents of the men and women who served in the military. Many of the records come from the U.S. National archives, The National Archives of the U.K. and other international records. Accessible on our website from home or from our library computers!

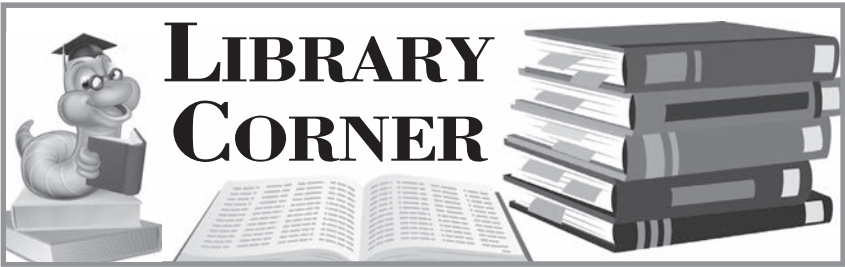
Summer Reading 2022
This year the theme is “Read Beyond the Beaten Path” and our program begins on Tuesday, June 21 and runs through Friday, August 12. We have something for everyone, so be sure to stop by and register for all kinds of fun prizes and incentives. In the spirit of the theme, why not try out a genre that might be a little bit outside of your comfort zone. Or check out one of our many museum passes with a friend or family member. Are you the adventurous type? Check out our metal detector (from our Library of Things) and hit the beach...maybe you'll find a treasure! Whatever your pleasure, we likely have something here to help you celebrate Summer Reading. See you at the Library!

Movies @ The Library
Join us in the Community Meeting Room! All are welcome; no registration required.

Tuesday, June 7, 1:00 & 5:30 - LICORICE PIZZA: The story of Alana Kane and Gary Valentine growing up, running around and going through the treacherous navigation of first love in the San Fernando Valley, 1973. Rated R ; Duration 2 hrs 13 min.

Tuesday, June 14, 1:00 & 5:30 - UNCHARTED: Street-smart Nathan Drake is recruited by seasoned treasure hunter Victor “Sully” Sullivan to recover a fortune amassed by Ferdinand Magellan, and lost 500 years ago by the House of Moncada. Rated PG-13 ; Duration 1 hr 56 min.

Tuesday, June 21, 1:00 ONLY - NOT GOING QUIETLY: Ady Barkan's life



is upended when he is diagnosed with ALS, but a confrontation with a powerful senator catapults him to national fame and ignites a once-in-a-generation political movement. Duration 1 hr 36 min.

Tuesday, June 28, 1:00 ONLY - DOG: Two former Army Rangers are paired against their will on the road trip of a lifetime. Briggs (Channing Tatum) and Lulu (a Belgian Malinois) race down the Pacific Coast to get to a fellow soldier's funeral on time. Rated PG-13 ; Duration 1hr 41 min.

Silver Needles Knitting Group
Thursdays from 1:00-3:00 - Upstairs Reading Room
Bring your current project and relax with friends while taking in the view in the upstairs reading room. All are welcome; no registration required.

Genealogy Group
Thursday, June 2, 6:30-7:45 - Community Meeting Room
Do you have an interesting story about your ancestor(s)? Join us and share your story! We will also discuss topics for future meetings and presenters. All are welcome; registration is requested.

Book Discussion
Thursday, June 9, 6:30-7:30 in the Local History Room (and via Zoom)
The Boston Massacre: a family history by Serena Zabin is this month's title. Books are available for checkout at the circulation desk one month prior to discussion date. The group meets in person in the Local History Room. If you prefer to participate remotely via Zoom, the link is on the event calendar. This is an informal group and all are welcome. No registration required.

GSA (Gay Straight Alliance) - Special Guest: Author Sara Prager!
Monday, June 13, 3:30-4:30 - Community Meeting Room
Middle and high school students,

join us for a talk by guest author Sara Prager. The GSA group meets every Monday from 3:30-4:30. No registration is required.

Steps to Managing Memory, Alzheimer's Disease, & Dementia with Dr. Andrew Budson

Tuesday, June 14, 6:30 - PROGRAM WILL BE HELD AT THE CHARLTON SENIOR CENTER

Based on his award-winning book, “Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It”, Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps. He will also discuss his newest book, “Six Steps to Managing Alzheimer's Disease and Dementia: A Guide for Families”, including how families can manage issues with memory, language, vision, behavior, driving, incontinence, sleep, and more. Copies of Dr. Budson's books will be available for purchase.

Educated at Haverford College and Harvard Medical School, Dr. Budson is Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University School of Medicine, and Lecturer in Neurology at Harvard Medical School.

Community Yoga Class with Linda Davis

Saturday, June 18, 8:30-9:30 - Maynard Field

Join local instructor, Linda Davis, for a free monthly community yoga class. All ages and levels are welcome. Children under age 5 must have a caregiver with them at all times. Wear comfortable clothing and please bring your own yoga mat. Registration is required.

Thrillers, Fillers, Chillers & Spillers: A Container Workshop with Bemis Farm

Tuesday, June 21, 6:00-7:30 PM - Community Meeting Room

Learn how to design and plant a summer planter with colorful flowers and contrasting textures using Thrillers, Fillers, Chillers and Spillers! Taught by Tina Bemis, co-host of the Gardener's Calendar on WTAG radio and co-owner of Bemis Farms Nursery in Spencer, MA.

Pre-registration and co-pay of \$15.00 is required (cash or check). Please visit the adult circulation desk to register and pay (cash or check). Space limited to 20 participants!

Tween & Teen Creative Writing Group

Wednesday, June 15, 3:30-4:15 - Community Meeting Room

This writing group is for those ages 11-18. Writing prompts, share your work (optional!), book discussion, try out different writing styles, learn about writing. No pressure! Registration is required.

Pre-K Yoga with Linda Davis
Wednesday, June 22, 11:15-11:45 - Community Meeting Room

This class is for those ages 2.5 - 5 years. Caregivers must be present during the class. Please have children wear comfortable clothing and bring a yoga mat if you have one. (Mats are available to borrow if you need one.) Registration is required for this class.

CULE (Charlton Ukulele League & Ensemble)

Thursday, June 23, 6:00-8:00 in the Community Meeting Room

For those 18+ to learn and play ukulele together. Registration is required. For info email Rich at Cule5632@gmail.com.

Learn to Draw BUG Edition with Ralph Masiello

Tuesday, June 28, 6:00-7:30 - Community Meeting Room

Fans of Ralph Masiello's illustrations in The Icky Bug Alphabet Book can finally draw creepy creatures like he does. Kids will learn from the master in this step-by-step drawing guide made especially for children. Ages 6 and up. Registration is required.

Dementia Friendly Charlton hosts author/speaker Andrew Budson June 14

CHARLTON — Dementia Friendly Charlton welcomes author Andrew Budson, MD with a special program, “Steps to Managing Memory, Alzheimer's Disease and Dementia,” at the Charlton Senior Center, 37 Main St., June 14 at 6:30 p.m. Admission is free, and books will be raffled.
Based on his award-winning book being translated into Chinese and

Korean, “Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It,” Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps. He will also discuss

his newest book, Six Steps to Managing Alzheimer's Disease and Dementia: A Guide for Families, including how families can manage issues with memory, language, vision, behavior, driving, incontinence, sleep, and more.

This event is sponsored by The Overlook Masonic Healthcare System. Dementia Friendly Charlton strives to improve the town's dementia friend-

ly capabilities, thereby optimizing the health, well-being and community engagement of people living with dementia and their care partners. Every part of the community plays a role and together we can create a dementia friendly culture.

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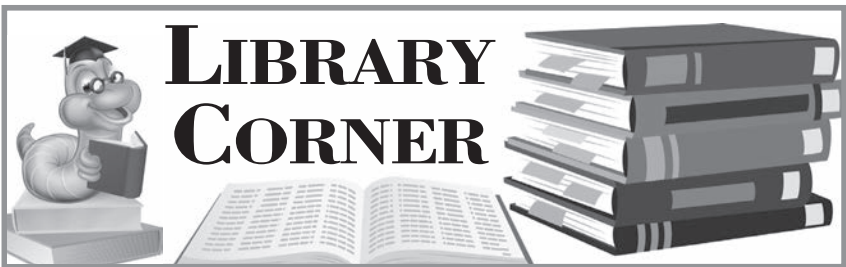
June calendar of events at Joshua Hyde Public Library

STURBRIDGE — There are plenty of fun & free events planned at the Joshua Hyde Public Library for the month of June. As always, our events and links can be found on the library website at www.sturbridgelibrary.org. For more information, updates, links, and events, you can also call the Library directly at 508-347-2512, and/or follow the Library on Facebook and Instagram at @sturbridgelibrary.

JHPL June Events:
Saturday, June 4th
Rock-A-Bye Beats @ 11AM – Musical Program for Pre-schoolers. Sing, Dance, and get a little loco! Come ready to play with a diverse arrangement of musical instruments. Best for children ages 2 - 6, but children 10 and under are welcome. Registration is Free & Required! This is a “You Belong Here” event. Sponsored by the Friends of the JHPL.

Tuesday, June 7th
Author Alec Carvlin @ 6:30 PM
- Calling all cosmic chefs! Enjoy Massachusetts author Alec Carvlin’s debut picture book, “How to Bake a Universe” & decorate cosmic sunglasses. Fun & funky science, Q&A too! Open to children of all ages with adult caregiver. Registration is free & required.

Wednesday, June 8th
Genealogy: Researching Your Female Ancestors (Zoom Event) @ 6:30 PM – Researching your female ancestors can be a difficult task. The largely standard practice of changing their surnames after marriage can make women hard to track, and many historical records focus on men with women being list-



ed only under their husbands’ names. This class will offer some guidance for researching female ancestors including information about sources that you may not have thought to check.

Presented by Jessy Wheeler, a Research Specialist in Genealogy at the Boston Public Library since 2018. She has worked at the BPL since 2007 in a variety of different positions, primarily doing reference work. Before the BPL she worked as a library assistant at the Fisher College Library in Boston.

Suitable for teens (grade 7 & up) and adults. Zoom registration is free & required.

“This workshop was made possible in part by the Institute of Museum and Library Services

Wednesday, June 15th
Essential Oils for Kids! @ 6:30 PM – Kids 6+ are welcome to join presenter Courtney Romero, a licensed massage therapist and intuitive/energy practitioner, as she shares the importance of self-care and how essential oils can be very easy and helpful tools. She’ll explain how the oils are made into the products we can buy and the different types (pure versus therapeutic grade). Children will leave with a sachet or “air freshener” that they will create. Registration is free & required.

Sponsored by Rotary Club of Sturbridge.

Thursday, June 16th
LEGO Club: June Meeting @ 6:30 PM - We will meet once a month on Thursday evenings in the Library Meeting Room. Suitable for children ages 5 - 12 with adult caregivers. Registration is free & required. Sponsored by the Friends of the JHPL.

Saturday, June 25th
African Dance & Drum @ 1 PM – If you have a heartbeat, you can drum! For millennia, drumming has brought people together in community to create peace, health and wellness. The uplifting rhythms of Africa relieve stress and help people connect with each other, as well as their own joy. Participants will learn rhythms on the **djembe and dun dun** drums. Drum workshops emphasize community, self-expression and the joy of rhythm. Ages 6+ with caregiver. If it is raining on the day of this event, it will be held in the library’s meeting room. However, if it is being held outside, EVERYONE is welcome to drop-in! Registration is free & required. Sponsored by the Friends of JHPL.

Tuesday, June 28th
What Lies Ahead: Teen/Adult Summer Reading Program Kick-Off Event @ 6:30 PM – Join us to hear several staff members, as well as members

of the community, speak about their book recommendations. Light refreshments will be served. Sponsored by the Friends of Joshua Hyde Public Library.

Wednesday, June 29th
Summer Reading Kick Off Event: Mystic Aquarium’s Traveling Touch Tank @ 2 PM – Join us on the Sturbridge Town Common for games & crafts, then meet some amazing sea creatures from the Mystic Aquarium! Registration is required. Children must be accompanied by an adult caregiver. Sponsored by the Friends of the JHPL.

Starting June 29th – August 10th
Summer Reading Program for all ages – Register to participate in the 2022 Summer Reading Program (SRP) at the Joshua Hyde Public Library. Summer Reading is for ALL AGES! You’ll have the chance to win prizes and attend great events! Let’s read about the great outdoors with this year’s theme: “Read Beyond the Beaten Path.” The Summer Reading Program runs from June 29th to August 10th. For more information, visit the 2022 Summer Reading Program page on our website. Registration is free online, over the phone, or at the library.

Starting June 29th – July 23rd
Off the Beaten Path: Teeny Tiny Art Show - Supplies Available for Pick-up & Submission Drop-off– While supplies last, you may pick up a packet containing a 3” x 3” canvas suitable for oil or acrylic paint along with a 3” x 3” paper board suitable for mounting other media such as watercolor, pen & ink, pencil, needlepoint or fabric. You may drop off your finished artwork any time the library is open until the end of the day on July 22.

Seven Bay Path Practical Nursing Academy student medalists headed to SkillsUSA National Competition

CHARLTON — Seve Bay Path Practical Nursing Academy students will compete at the National Leadership & Skills Conference (NLSC) on June 20-24, in Atlanta, Ga., after winning medals at the state level.

The NLSC is a showcase of career and technical education with experiences for students and advisors such as Leverage, Activate, and Engage. The intense and rewarding events cover individual, group, and interactive leadership training. The SkillsUSA Championships will be held on Wednesday and Thursday. More than 6,500 outstanding career and technical education students, all state contest winners will compete hands-on in 108 different trades, technical, and leadership fields.

According to SkillsUSA.org, “Students work against the clock and each other, proving their expertise in occupations such as electronics, computer aided drafting, precision machining, medical assisting, and culinary arts. Contests are run with the help of industry, trade associations and labor organizations, and test competencies



are set by industry. Leadership contestants will demonstrate skills including extemporaneous speaking and conducting meetings by parliamentary procedure.”

The seven Practical Nursing students who finished first in the state competition are Health Knowledge

Bowl (Gold): Darcey Howe, Genie Biando, and Marvellous Undag. Sarah Garcia (Gold), Luciane Lindvay (Gold) for Medical Math, Eunice Kamau (Gold), for Medical Terminology, and Katie Blanchard (Gold) for Practical Nursing.

“Our Practical Nursing students represented the Academy with pride,”

said Getheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director. “I am excited for their upcoming adventure in Georgia! Thank you to the Superintendent, Mr. Kyle Brenner for his support, Professor Sarah Watson, and both SkillsUSA Advisors for Bay Path, Ms. Jennifer Stachura and Ms. Pam Staney for all their challenging work and coordination. Our PN students would not have been able to take part as well if not for the Bay Path community’s support.”

Further, according to SkillsUSA.org, “through an investment from business and industry partners of approximately \$36 million, the SkillsUSA event occupies a space equivalent to thirty-one football fields or 41 acres. Nearly 2,000 judges and contest organizers from labor and management make the national event possible. The philosophy of the Championships is to reward students for excellence, to involve industry in directly evaluating student performance and to keep training relevant to employers’ needs.”

Sturbridge Republicans to host candidate’s night for state offices

STURBRIDGE — The Sturbridge Republican Town Committee will be hosting a “State Republican Candidate” night on Tuesday evening, May 31 at The Barn at Wight Farm, 420 Main St., Sturbridge.

Republican candidates running for State offices and invited to this event include gubernatorial candidates Geoff Diehl and Chris Doughty, Lt. Governor candidates Leah Allen and Kate Campanale, Attorney General candidate, Jay McMahon, Secretary of State candidate Rayla Cambell, Governor’s Council candidate Gary Galonek as well as State Sen. Ryan Fattman and State Rep. Todd Smola.

Cocktail hour with an opportunity

to meet and speak with the candidates directly begins at 6 p.m., followed by a buffet dinner at 7 p.m. The candidates in attendance will speak at the podium following dinner.

The donation per ticket is \$65 pp. Tickets may be purchased by mailing a personal check payable to the Sturbridge Republican Town Committee to the Sturbridge RTC, PO Box 796, Sturbridge, MA 01566 by May 23, 2022. Tickets may also be purchased on the website at Sturbridge-RTC.org. Should you have questions, contact Janet Garon by phone or text at 774-230-7372 or Mike Young at 774-230-3672.

overwhelmingly successful compared to those who are pessimistic.

A recent scientific study revealed that optimists live 11-15 percent longer than pessimists and are associated with better overall health.

My father, who started this column, was an optimist. I think about his life often and am amazed at his accomplishments. There is no way he could have done the things he did if he had a negative mindset. He remains an inspiration and a guiding light in my life.

Were you once optimistic, but became pessimistic? Have you always been a pessimist but are unhappy and want more from life? Change your thinking, have some faith, and give optimism a chance.

MOORE
continued from page A9

uinely believed that I had a chance to be an Olympic swimmer. Even though I was very far from competing on that level, I thought I could do it if I believed and worked hard enough. In the end, I never came close. I learned that taking an honest assessment of one’s strengths and weaknesses is very important.

A successful optimist is realistic in their approach and hopeful and confident about the future. Often their optimism comes from their faith. Many studies have shown that being optimistic about the future predicts success. Those who are optimistic are

✿ ✿ ✿ Friday’s Child ✿ ✿ ✿



Khamari - 05/22
Age 14

Hi! My name is Khamari and when I grow up, I want to be a video game designer, music beat maker, and doctor!

A Khamari is an extremely creative young boy of African American descent. Khamari enjoys expressing himself by creating his own music, board games, and videos/plays! He thrives on receiving one-on-one attention from caring adults, but is also able to play independently. He loves to stay busy and is up for engaging in a range of activities. He is also very curious and loves to talk and ask questions.

Legally freed for adoption, Khamari would benefit being part of an energetic and loving family of any constellation, with or without older children in the home. A family for Khamari would be engaging, nurturing, and able to continue the beneficial services he has in place for him.

<https://www.mareinc.org/waiting-child-profiles#gallery/child/7498>

Can I Adopt?

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. As an adoptive parent, you won’t have to pay any fees, adoption from foster care is completely free in Massachusetts.

The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at (617) 964-6273 or visit www.mareinc.org. Start the process today and give a waiting child a permanent place to call home.

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StonebridgePress.com

SPORTS

Auburn at the top of SWCL boys' track and field team championship

BY NICK ETHIER
SPORTS EDITOR

OXFORD — The 12 member schools of the Southern Worcester County League took to Oxford High for the annual boys' track and field championship meet, which took place on Tuesday, May 17.

Under mild but at times breezy conditions, Auburn High won the team title, accumulating 103 points. The Rockets bested second place Oxford by 24 points.

Individually, Leicester High's Teddy Miller was a triple winner, taking firsts in the 400-meter dash, 110-meter hurdles and long jump events. Uxbridge High's Lincoln Schiller (one-mile run, 800-meter run) and Oxford's Darius Richardson (100-meter dash, 200-meter dash) each were double winners.

Each event handed out 31 possible points, with first place taking 10 points, second earning 8, third grabbing 6, fourth getting 4, fifth taking 2 and sixth receiving 1.

The results are as follows:

Team Standings

- 1. Auburn, 103 points
- 2. Oxford, 79
- 3. Grafton, 67.5
- 4. Uxbridge, 58
- 5. Millbury, 55
- 6. Tantasqua, 53
- 7. Leicester, 50
- 8. David Prouty 12
- 9. Quaboag, 10
- 10. Northbridge, 7
- 11. Southbridge, 1.5

Individual Results

100-Meter Dash

- 1. Darius Richardson, Oxford, 11.44
- 2. Aditya Kaki, Grafton, 11.58
- 3. Myles Craft, Oxford, 11.64
- 4. Zack Oliveira, Uxbridge, 11.69
- 5. Julian Kondratowicz, David Prouty, 11.72
- 6. Tyler Schold, Millbury, 11.79

200-Meter Dash

- 1. Darius Richardson, Oxford, 23.46
- 2. Aditya Kaki, Grafton, 23.613
- 3. Tyler Schold, Millbury, 23.618
- 4. Cameron Caso, Uxbridge, 23.93
- 5. Julian Kondratowicz, David Prouty, 24.08
- 6. Myles Craft, Oxford, 24.14

400-Meter Dash

- 1. Teddy Miller, Leicester, 51.68
- 2. Ryan Gleason, Millbury, 54.09
- 3. Dominic Murphy, Tantasqua, 54.54
- 4. Tyler Kwamo, Auburn, 56.35
- 5. Makarious Mansour, Uxbridge, 56.63
- 6. Avery Mitchem, Tantasqua, 57.43

800-Meter Run

- 1. Lincoln Schiller, Uxbridge, 2:09.30
- 2. Vincent Miles, Auburn, 2:09.95
- 3. Dylan Delage, Leicester, 2:16.46
- 4. Jason Fournier, Leicester, 2:18.05



Nick Ethier photos

Area schools competed in the Southern Worcester County League boys' track and field championship meet at Oxford High on Tuesday, May 17.

- 5. Abhinav Sood, Grafton, 2:20.00
- 6. Mike Burns, Millbury, 2:20.62

One-Mile Run

- 1. Lincoln Schiller, Uxbridge, 4:55.74
- 2. Nevan Kelley, Grafton, 4:58.77
- 3. Luke Herren, Grafton, 5:03.44
- 4. Camden Foley, Tantasqua, 5:07.17
- 5. Vincent Miles, Auburn, 5:18.55
- 6. Camden Stone, Oxford, 5:22.70

Two-Mile Run

- 1. Aidan Ross, Uxbridge, 10:57.65
- 2. Nevan Kelley, Grafton, 11:21.92
- 3. Luke Herren, Grafton, 11:22.26
- 4. Jason Fournier, Leicester, 11:27.87
- 5. Mike Burns, Millbury, 11:30.68
- 6. Jamie Hozier, Millbury, 11:33.45

110-Meter Hurdles

- 1. Teddy Miller, Leicester, 15.75
- 2. Cameron McNally, Auburn, 16.82
- 3. Avant Fitzpatrick, Tantasqua, 17.22
- 4. Hayden Plumb, Auburn, 17.49
- 5. William Owusu, Oxford, 19.36
- 6. Nolan Charbonneau, Millbury, 19.38

400-Meter Hurdles

- 1. Cameron McNally, Auburn, 1:01.87
- 2. Bryce Tessier, Tantasqua, 1:02.48
- 3. William Owusu, Oxford, 1:02.73
- 4. Nolan Charbonneau, Millbury, 1:03.38
- 5. Anthony Phillip, Millbury, 1:04.13
- 6. Cooper White, Leicester, 1:05.31

4x100-Meter Relay

- 1. Uxbridge (Cameron Caso, Zack Oliveira, Thatcher Sweeney, Camden Lachapelle), 47.08
- 2. Oxford (Brett Morgan, Sam Zostant,

Kalimbiri Bujliri, Robert Fisher), 48.00

3. Tantasqua (Cameron Murphy, Avant Fitzpatrick, Nathan Winco, Brad Ellithorpe), 48.37

4. Millbury (Sergio Hernandez, Mario Vincequere, Jemil Jalloh, Tyler Vacarro), 48.62

5. Auburn (James Almeida, Owen Fitzgerald, Kweku Akese, Blake O'Brien), 49.40

6. Grafton (Alex Inciong, Nicholas St. George, Daniel Lettery, Alonzo Carpenter-Hill), 49.42

4x400-Meter Relay

1. Auburn (Jackson Bolduc, Gavin Groh, Nathan Leboeuf, Tyler Kwamo), 3:55.82

2. Tantasqua (Joshua Baldracchi, Dylan Thompson, Camden Foley, James Segatore), 3:57.04

3. Grafton (Nicholas St. George, Cooper Berube, Andrew Samaha, Logan Mayo), 4:05.29

4. Millbury (Ryan Gleason, Sergio Hernandez, Jemil Jalloh, Nolan Clark), 4:05.92

5. Uxbridge (Matt Healey, Tyler Bergman, Makarious Mansour, Tyler Erickson), 4:07.48

6. Leicester (Dylan Delage, Giovanni Aguiar Ortiz, Xavier Morales, Tyler Herron), 4:10.70

High Jump

- 1. Owen Stevens, Quaboag, 6-00
- 2. Tyler Kwamo, Auburn, 5-10
- 3. Caden Ashmore, Grafton, 5-10
- 4. Anthony Phillip, Millbury, 5-06
- 5. Jackson Shea, Grafton, 5-04
- 5. Michael Cook-Ramos, Southbridge, 5-04



Long Jump

- 1. Teddy Miller, Leicester, 20-09.00
- 2. Brett Morgan, Oxford, 18-11.25
- 3. Tyler Schold, Millbury, 17-11.50
- 4. Nathan Winco, Tantasqua, 17-11.25
- 5. George Adrianoplous, Millbury, 17-10.75
- 6. Glen Kelley, Grafton, 17-10.00

Triple Jump

- 1. Tyler Kwamo, Auburn, 42-02.50
- 2. Kweku Akese, Auburn, 41-08.00
- 3. William Owusu, Oxford, 40-03.00
- 4. Myles Craft, Oxford, 38-03.50
- 5. Adam Hillerstrom, Grafton, 37-02.50
- 6. Tyler Schold, Millbury, 36-05.50

Shot Put

- 1. Anthony Lataille, Tantasqua, 43-09.00
- 2. Owen Fitzgerald, Auburn, 41-00.00
- 3. Ian Gahan, Northbridge, 38-06.00
- 4. Sam Zostant, Oxford, 37-00.00
- 5. Garrett Papierski, Auburn, 36-10.00
- 6. Keating Oliver, Auburn, 35-10.00

Discus Throw

- 1. Owen Fitzgerald, Auburn, 115-06
- 2. Gathan Chaput, David Prouty, 110-07
- 3. Garrett Papierski, Auburn, 104-05
- 4. Ryan Schiappa, Grafton, 102-05
- 5. Sam Zostant, Oxford, 99-00
- 6. Ian Gahan, Northbridge, 94-09

Javelin Throw

- 1. Aidan VanArsdelan, Oxford, 125-00
- 2. Jason Bein, Millbury, 114-11
- 3. Tyler Erickson, Uxbridge, 114-09
- 4. Teddy Miller, Leicester, 113-01
- 5. Gavin Groh, Auburn, 110-07
- 6. Robert Fisher, Oxford, 109-00

HIGH SCHOOL NOTEBOOK

Wednesday, May 18

Southbridge 3, David Prouty 2 — Despite the close loss to the Pioneers, the Panthers still had a good showing in girls' tennis. Standout performances were had by the first doubles team of Ava Bergeron and Ayla Messier, who won their match (6-3, 6-1), and the second doubles team of Greenly Waugh and Allison Decelle, who also won (6-3, 6-0).

Hopedale 9, Tantasqua 8 — Trailing by a goal, 8-7, with just over two minutes to go in regulation, the Warriors' Kaydie O'Neil knotted the score in a girls' lacrosse matchup against the Blue Raiders. Hopedale's Nora Hodgen eventually won the game, though, in the second overtime.

O'Neil finished with three goals for Tantasqua, while Sophia Parker (two), Maeve Ashworth (two) and Kelsie Lucas also tallied, as the Warriors dropped to 9-5.

Monday, May 23

Leicester 4, David Prouty 1 — For the Panthers' tennis team, a loss was had but quite an accomplishment took place. David Prouty's first doubles team of Ava Bergeron and Ayla Messier won the team point and also finished the regular season undefeated. Bergeron and Messier went 10-0 at first doubles and 1-0 at second doubles.

SNHU announces Winter 2022 Dean's List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2022 Dean's List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 are named to the Dean's List. Full-time status is achieved

TRINITY CATHOLIC ACADEMY TEES OFF WITH GOLF FUN



Photo Courtesy

TCA is thrilled to tee-off their Spring Golf Club for 2022 The school has once again partnered with Cohasse Country Club and golf pro, Mark Klotz to offer four learning sessions of golf that began this past week. The devoted TCA golfers are Charles Congdon grade 8, Michael Gasperini grade 7 and Noah Waterhouse, Charles Morrison, Jameson Durocher of grade six. The parent volunteer is for this crew is Nate Waterhouse. Additionally Grade five members who will begin in the coming week include Sofia Henao, Chloe Cahill, Sarah Clark, Lily Nellis, David Gil, Layla Beu and Anthony Postale with parent volunteer Tony Postale. Thank you to all who help to make this possible!

by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits over two consecutive terms (EW1 & EW2, EW3 & EW4, or EW5 & EW6).

Emily Roberts of Uxbridge Chelsea Krasnecky of Charlton Sydney Costa of Uxbridge Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and

working adults. Now serving more than 165,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu

SNHU announces Winter 2022 President's List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2022 Presidents List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above are named to the President's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits over two consecutive terms (EW1 & EW2, EW3 & EW4, or EW5 & EW6).

Ryan Paul of Uxbridge Sal Ante of Uxbridge Samantha Frawley of Charlton Samantha Applin of Charlton Frankie Nieves of Uxbridge Makenzie Woods of Charlton Sarah Caplette of Charlton Michelle Shultz of Charlton Allison Colella of Uxbridge Kelliana Landry of Fiskdale Raymond Morehouse of Holland Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 165,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.



SPORTS

SWCL girls' track and field team championship goes to Uxbridge

DAVID PROUTY’S BARNETT,
AUBURN’S DEFOSSE, MILLBURY’S NIKIFOROW
ALL DOUBLE WINNERS

BY NICK ETHIER
SPORTS EDITOR

OXFORD — One day after the boys' meet, the girls' track and field teams had their turn at the annual Southern Worcester County League championships on Wednesday, May 18.

Uxbridge High won the team championship with 120 points under pristine temperatures and a sunny sky. The Spartans defeated second place Tantasqua Regional, who scored 84 points.

On the individual side, there were three double winners. David Prouty Regional's Eliana Barnett (100-meter dash, 200-meter dash), Auburn High's Katherine DeFosse (100-meter hurdles, long jump) and Millbury High's Mila Nikiforow (one-mile run, 800-meter run) all won two events.

There were 31 points available in each event, points being awarded in a 10-8-6-4-2-1 scale for finishing in first through sixth place.

The results are as follows:

- Team Standings
1. Uxbridge, 120 points
 2. Tantasqua, 84
 3. Grafton, 78
 4. Auburn, 58
 5. Leicester, 52
 6. Oxford, 38
 7. Millbury, 32
 8. David Prouty, 31
 9. Quaboag, 3

- Individual Results
- 100-Meter Dash
1. Eliana Barnett, David Prouty, 13.25
 2. Breanna Escobar, Leicester, 13.66
 3. Ellie Makowiecki, Oxford, 13.72
 4. Jacquelyn Gilbert, Millbury, 13.76
 5. Lili Shiers, Tantasqua, 13.78
 6. Tess Chevalier, Tantasqua, 13.80
- 200-Meter Dash
1. Eliana Barnett, David Prouty, 27.95
 2. Ava Chevalier, Tantasqua, 28.36
 3. Shaless Reddick, Auburn, 28.69
 4. Haley McCormack, Tantasqua, 28.701
 5. Sydney Mercadante, Auburn, 28.705
 6. Morgan Kates, David Prouty, 28.82
- 400-Meter Dash
1. Allie Shraye, Grafton, 1:04.53
 2. Kendall Gilmore, Uxbridge, 1:06.02
 3. Nicole Dupuis, Grafton, 1:07.67
 4. Kaylee Tavares, Uxbridge, 1:08.43
 5. Grace Kates, David Prouty, 1:09.29
 6. Rian Fadden, Leicester, 1:09.43
- 800-Meter Run
1. Mila Nikiforow, Millbury, 2:33.66
 2. Molly Hilditch, Auburn, 2:35.38
 3. Olivia Magierowski, Tantasqua, 2:39.97
 4. Karina Sargent, Auburn, 2:41.41
 5. Abigail Deary, Uxbridge, 2:41.82
 6. Anabel Melanson, Quaboag, 2:42.97
- One-Mile Run



1. Mila Nikiforow, Millbury, 5:39.75
 2. Grace Cummings, Grafton, 5:59.86
 3. Julia Philbrook, Uxbridge, 6:12.76
 4. Elle Bristol, Grafton, 6:14.68
 5. Parker Tunley, Quaboag, 6:15.50
 6. Abigail Gahagan, Leicester, 6:17.61
- Two-Mile Run
1. Abigail Bernabei, Leicester, 13:00.80
 2. Alena Duval, Grafton, 13:53.86
 3. Haley Courtney, Tantasqua, 13:58.91
 4. Gemma DePasquale, Grafton, 14:05.49
 5. Sabrina Tivedo, Uxbridge, 14:17.21
 6. Ghislaine Brenner, Grafton, 14:31.72
- 100-Meter Hurdles
1. Katherine DeFosse, Auburn, 15.13
 2. Kathryn Cahill, Uxbridge, 15.90
 3. Haley McCormack, Tantasqua, 17.96
 4. Katie Riley, Tantasqua, 18.123
 5. Mariko Partin, Grafton, 18.130
 6. Megan Raymond, Oxford, 19.45
- 400-Meter Hurdles
1. Kathryn Cahill, Uxbridge, 1:08.29
 2. Katherine DeFosse, Auburn, 1:08.36
 3. Claire Godek, Tantasqua, 1:19.50
 4. Niamh McSweeney, Uxbridge, 1:23.55
 5. Claire Bertrand, Millbury, 1:25.02
 6. Maryah Moldrow, Millbury, 1:26.78
- 4x100-Meter Relay
1. Tantasqua (Ava Chevalier, Tess Chevalier, Lili Shiers, Katie Riley), 54.67
 2. Oxford (Adrianna Roszkowski, Annie Maynard, Ashlyn Hebert, Ellie Makowiecki), 55.65



Nick Ethier photos

On Wednesday, May 18, Oxford High hosted the 12 Southern Worcester County League schools for the annual girls' track and field championship.

3. David Prouty (Emilee Larson, Alivia Sauvageau, Grace Kates, Morgan Kates), 56.29
 4. Grafton (Emily Moreau, Casey Dunlap, Emma Bittel, Sade Carpenter-Schatzman), 56.34
 5. Leicester (Alexa Butler, Jordan Clarke, Taylor Waterman, Abigail Johnson), 56.64
 6. Millbury (Jacquelyn Gilbert, Jenna Boria, Hannah Irish, Isabella Raymond), 57.34
- 4x400-Meter Relay
1. Grafton (Katie Branda, Elle Bristol, Nicole Dupuis, Allie Shraye), 4:38.47
 2. Auburn (Lilah Delongchamp, Sofia Fortunato, Mya Benoit, Chloe Foster), 4:48.67
 3. Tantasqua (Claire Godek, Tessa Kline, Olivia Magierowski, Haley Courtney), 4:50.06
 4. Uxbridge (Olivia Holden, Milla Mace, Sabrina Tivedo, Kaylee Tavares), 4:51.44
 5. Oxford (Julianna Small, Jewelisa Richardson, Ana Neves, Molly Raymond), 5:16.78
 6. Leicester (Abigail Bernabei, Alexis Herbert, Bujak Grace, Rian Fadden), 5:21.75
- High Jump
1. Haley McCormack, Tantasqua, 5-02
 2. Megan Raymond, Oxford, 4-10
 3. Lili Shiers, Tantasqua, 4-06
 4. Mariko Partin, Grafton, 4-06
 5. Breanna Escobar, Leicester, 4-04
 6. Jordan Patterson, Leicester, 4-04
- Long Jump
1. Katherine DeFosse, Auburn, 16-11.00
 2. Kathryn Cahill, Uxbridge, 15-10.50
 3. Tori Paulauskos, Grafton, 15-08.50
 4. Kendall Gilmore, Uxbridge, 15-00.00
 5. Tess Chevalier, Tantasqua, 14-11.00
 6. Annie Maynard, Oxford, 14-08.50
- Triple Jump
1. Tori Paulauskos, Grafton, 33-09.00
 2. Kathryn Cahill, Uxbridge, 33-07.00
 3. Breanna Escobar, Leicester, 33-01.00
 4. Ava Chevalier, Tantasqua, 32-05.00
 5. Haley McCormack, Tantasqua, 31-11.50
 6. Mariko Partin, Grafton, 31-07.50
- Shot Put
1. Saige Frazier, Uxbridge, 28-11.00
 2. Lily Brayman, Uxbridge, 28-10.00
 3. Payton Banfill, Oxford, 28-02.00
 4. Jewelisa Richardson, Oxford, 26-08.25
 5. Emilee Larson, David Prouty, 25-11.25
 6. Rachel Rapose, Tantasqua, 25-08.50
- Discus Throw
1. Lily Brayman, Uxbridge, 86-03
 2. Gianna Noyes, Uxbridge, 80-01
 3. Milla Mace, Uxbridge, 75-02
 4. Elizabeth Mitchell, Millbury, 74-04
 5. Nina Dykas, Leicester, 74-01
 6. Emma Robertson, Oxford, 69-07
- Javelin Throw
1. Abigail Johnson, Leicester, 91-07
 2. Sarah Brouillard, Leicester, 89-00
 3. Gianna Noyes, Uxbridge, 76-06
 4. Milla Mace, Uxbridge, 76-03
 5. Mya Benoit, Auburn, 75-00
 6. Hannah Harris, Oxford, 74-06

First Student app to allow parents to track buses

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON – Parents in the Dudley-Charlton Regional School District will soon be able to keep track of the district's morning bus routes through a new app experience provided by bus company First Student.

District Director of Finance and Operations Richard Mathieu provided a brief update to the Dudley-Charlton Regional School Committee on May 11 where he said the long-planned launch of the app for Dudley and Charlton parents has finally been green lit and will allow parents to track when buses on nearing their location.

“First Student has made its Parent App available to customers at no cost. This is something that the district had looked into a few years ago. I'm pleased that they're now offering this as part of their overall package especially in light of the past year with many disruptions and many changes,” Mathieu said. “This is a welcome

tool to the district, and we hope that we can ensure better communication directly with parents from the depot as it regards to changes to routes.”

The app will provide a wide array of options to make planning out the morning more convenient for parents. It will not only allow them to track buses, but also inform them of delays or changes in real time.

“Besides showing parents bus locations on the map, the app does allow for alerts to be sent when buses are near so you can draw a radius and say that ‘when it's within three miles of my house please send an alert or send me a text.’ I think this is a very positive move forward,” added Mathieu.

The app will be initiated on only two routes to start, one in Charlton and one in Dudley, in the final weeks of the current school year. The plan is for the app to be launched for all parents to access before school starts up again in September. Details on how parents will be able to access the app are forthcoming.

Dudley-Charlton Education Foundation awards \$34,000 in grants

DUDLEY — On May 12, the Dudley-Charlton Education Foundation (DCEF) Inc. awarded more than \$34,000 in grants to the Dudley-Charlton School District.

“We are grateful for all of the community support in raising this money to support our school system,” says Sabrina Webb, president of the DCEF. “These new and innovative projects will be game-changers in our schools. After the past two years, it was so nice to be back in the schools and to support these grants that will give our students the experiences they may have missed along with the resources they now need.”

More than 10 projects were funded. A sensory immersion room will be

created at the Heritage School, and two state-of-the-art weather stations will be installed at the elementary and middle school levels. Also, at both middle schools, grants will fund the very successful ukulele program and upgrades to the robotic program. Also, former NBA player and motivational speaker, Chris Herren, will speak to seventh and eighth-grade students with a focus on substance use prevention. At the high school level, another grant will also provide a speaker series and workshops for the Shepherd Hill athletics teams. Shepherd Hill will also receive patient simulators for their BIOMED Pathway program and help with their biomedical sciences

expansion. The funds will also support the arts, specifically bringing actors from the award-winning play “Hamilton” to host a master class for students.

“On behalf of the Dudley-Charlton Regional School District, we are elated to support the generous donations of the DCEF to further the work of our outstanding educational professionals. Having a true partnership with the DCEF benefits all of us - students, teachers, administrators, parents, and community members. We are thankful for the support and are excited to see the future possibilities that await,” says Brian Ackerman, assistant superintendent.

Grants will be carried out in the 2022-23 school year.

Water & Sewer Commission approves 2 percent sewer rate increase

BY JASON BLEAU
CONTRIBUTOR

CHARLTON – The Charlton Water & Sewer Commission finalized and approved a 2 percent sewer rate increase during a public hearing on May 10.

The hearing, which was livestreamed on Zoom, received no public input either during the discussion itself or through written correspondence leading the commission to approve the increase with no opposition. The move should come as no surprise to anyone who has followed the Water & Sewer

Commission’s meetings over the last six months. Water & Sewer Superintendent Peter Boria proposed a sewer rate study in December of 2021 and members proposed the actual increase in March of 2022. The increase will be in effect for the 2023 Fiscal Year.

With no public comments, commissioners had little to say however Commissioner Russ Jennings repeated similar warnings posed in prior meetings, that if the smaller increase wasn’t implemented now then larger increases would be required later.

“I think naturally, this commission is always very frugal and very considerate of the taxpayers. I think everything around us has gone up. Naturally the cost has gone up for us as well and if we don’t make these little slight increases along the way what potentially can happen is we’ll all of a sudden hit a major bump in the road where we have to jack it up 12 percent and then there will be a lot of people at this hearing,” Jennings said. “The slight increase, we all adapt to it. No one likes increase taxes. I’m the last person who ever wants to do

so. This is a service as a tax, but it’s definitely warranted and needed at this time in my estimation.”

With that the public hearing was closed and the increase called to a vote. The commissioners present, Jennings and Cameron Coleman, voted in favor of the increase. Commission Chair David Cantwell recused himself from the official vote arguing that he is a sewer rate payer, however he did unofficially confirm his support for the increase. Commissioner Jack Rydlak was not present for the meeting.

Shepherd Hill auditorium in need of new sound system

BY JASON BLEAU
CORRESPONDENT

DUDLEY — Shepherd Hill Regional High School needs a new sound system for the Connie Vanco Galli Auditorium. Several Dudley Charlton Regional School District officials confirmed the news during a May 11 School Committee meeting where the first major donation towards the cause was also revealed.

Superintendent Steven Lamarche said the roughly \$37,000 project comes as equipment has gone out of date and started to fail to the point where replacement of parts would be complicated. The system has become a mix of different pieces over the years and a full replacement is finally warranted.

“Unfortunately, the auditorium sound system has failed. We are working on replacement and appreciate the contributions, but we also appreciate the contribution from the Music Booster organization,” Lamarche said before later confirming the price tag. “What’s happened is the sound system has had pieces added to it over the years so it’s at

the point now where you’d have to shop on EBay to replace some of the parts. You have to look at the entire system.”

District Director of Finance and Operations Richard Mathieu confirmed the first major donation towards the project later in the meeting. The Fels Foundation has earmarked \$10,000 covering more than a quarter of the expected price tag. Superintendent Lamarche called the donation “very important” and confirmed that they do not plan to turn to the taxpayers to pay for the upgrades at this time.

The district has applied for several grants and groups like the Music Boosters have begun fundraising efforts to cover the remaining cost. The new sound system is expected to be installed before the next school year if funding resources pan out. The Connie Vanco Galli Auditorium has become a significant asset for the Dudley community over the years serving as both a place for school performances while also being the primary meeting location for larger town meeting functions including annual and special town meetings.

Jose Miguel Cubillo Gonzalez graduates from University of Mississippi

UNIVERSITY, Miss. — Jose Miguel Cubillo Gonzalez, of Pavas, SJ, is among the more than 3,300 students who earned their degrees from the University of Mississippi in May 2022.

Cubillo Gonzalez, who majored in Philosophy, received a Master of Arts from the Graduate School.

“Our May 2022 class of graduates are distinguished by incredible achievements, character and resilience,” said Chancellor Glenn Boyce. “They accomplished so much during their years at Ole Miss, and we can’t wait to see all the ways they will pursue their passions and reach their full potential on their paths to a bright future.”

May 2022 graduates were invited to walk across the stage at the University of Mississippi 169th Commencement exercises, which were held by individual colleges and schools May 4-8. The universitywide morning convocation was held on Saturday, May 7 in the Grove, with UM alumnus Bradford Cobb, a celebrated music industry executive, giving the keynote address.

Undergraduate and graduate candidates received degrees from the College of Liberal Arts, General Studies and schools of Accountancy, Applied Sciences, Business Administration, Education, Engineering, Journalism and New Media, Law and Pharmacy.

The University of Mississippi, affectionately known as Ole Miss, is the state’s flagship university. Included in the elite group of R1: Doctoral Universities - Highest Research Activity by the Carnegie Classification, it has a long history of producing leaders in public service, academics and business. Its 16 academic divisions include a major medical school, nationally recognized schools of accountancy, law and pharmacy, and an Honors College acclaimed for a blend of academic rigor, experiential learning and opportunities for community action. Recognized among the nation’s most beautiful, Ole Miss’ main campus is in Oxford, which is routinely acknowledged as one of the country’s best college towns.



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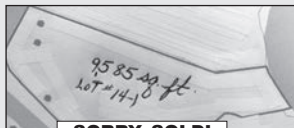
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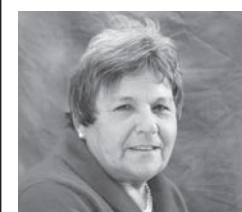
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21 Whitetail Circle, Southbridge

Housewares, furniture, electronics, clothing, books, home décor, adult bike, teacher items and so much more!

BOY SCOUT TROOP 273 SPRING YARD SALE Saturday, May 28th

Universal Tag Parking Lot, 36 Hall Road, Dudley
Early Birds (8am to 9am) \$10.00 per person fee
9am until 3pm FREE

"New this Year, we are able to accept CREDIT CARDS!"
24,000 sq.ft. of yard sale items ONE DAY ONLY
Pick your items and Make an offer!

Grouped Items: Electronics - stereos, speakers, etc. (no TVs) **Tools** - hand tools, lights, flooring etc.. **Furniture** - Tables, chairs, bed frames, cabinets, hutches, etc.. **Housewares** - glassware, dishes, pictures, mirrors, bowls, cups, small appliances **Sporting goods** - Bikes, skis, baseball equipment, golf, exercise equipment **Clothes** - shirts, pants, jackets, shoes, bags **Kids toys and baby items** - high chairs, bouncy, games, **Antiques**

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HELP WANTED - PART-TIME East Brookfield

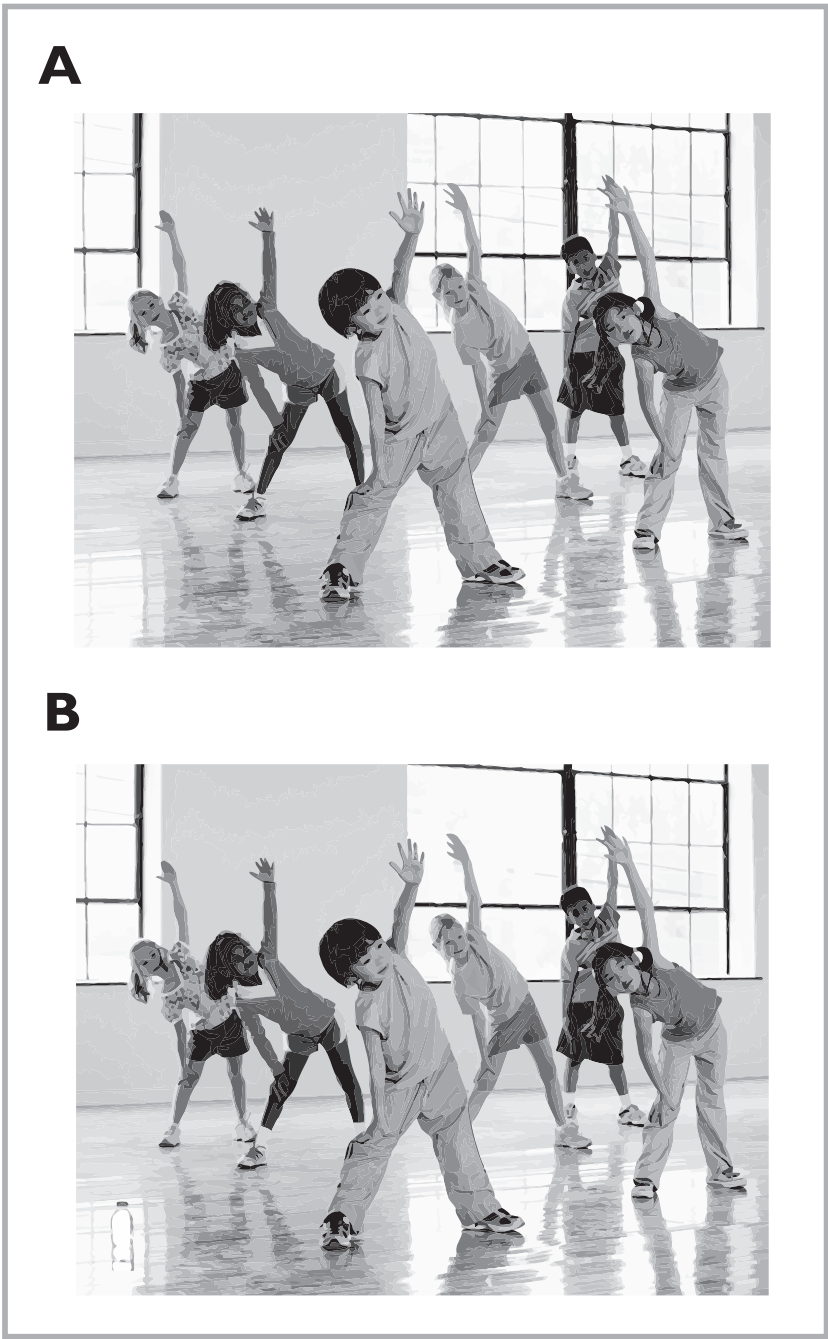
Local gas station is looking for part-time help.
Starting pay \$14.25/hr.
If interested please send name, phone number and references by email only to emurray.stores.sherman@outlook.com.

Location NOT taking applications on site.



What’s the Difference?

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



Answers: 1. Girl on left side back had extra hair
2. Water bottle on floor 3. Missing panes on window 4. Girl in orange has taller socks

THIS DAY IN...



HISTORY

- 1703: TSAR PETER THE GREAT FOUNDS THE CITY OF SAINT PETERSBURG.
- 1937: THE GOLDEN GATE BRIDGE OPENS IN CALIFORNIA TO PEDESTRIAN TRAFFIC.
- 1967: THE NAVAL CARRIER USS JOHN F. KENNEDY IS LAUNCHED BY JACQUELINE KENNEDY AND HER DAUGHTER, CAROLINE.



SET

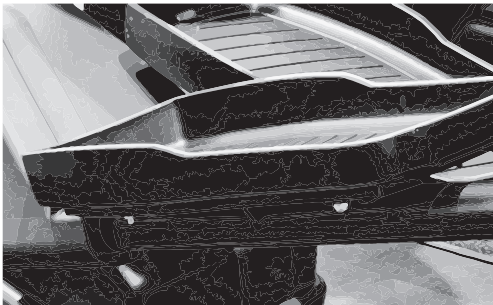
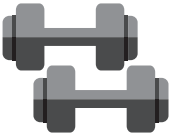
a fixed number of repetitions of an exercise

How they SAY that in...

- ENGLISH: Fitness
- SPANISH: Aptitud fisica
- ITALIAN: Forma fisica
- FRENCH: Forme physique
- GERMAN: Fitness



MOST KIDS CAN START TO BUILD STRENGTH SLOWLY BY LIFTING WEIGHTS AT 7 OR 8 YEARS OF AGE. WEIGHTS SHOULD BE AGE-APPROPRIATE AND EXERCISES SHOULD BE DONE CORRECTLY.



Can you guess what the bigger picture is?

ANSWER: ELLIPTICAL MACHINE

ABCDEF GHIJ KLMNOP QRSTUVWXY Z

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to cycling.
Each number corresponds to a letter.
(Hint: 17 = E)

- A. 15 9 26 20 8
Clue: Beaten path
- B. 11 1 11 8 17
Clue: Ride a bike
- C. 2 17 18 26 8 6
Clue: Power a bicycle
- D. 17 3 17 9 11 20 6 17
Clue: Fitness activity

Answers: A. trail B. cycle C. pedals D. exercise

SUDOKU

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

Level: Intermediate

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!

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

ANSWER:

FREE Vascular Disease Screening in Sturbridge

A Simple Screening Test Can Save Your Life



Edward J. Arous,
MD, MPH, FSVS



Colleen Hanesian,
MSN, FNP, CWCN

The Vascular Care Group’s team of Board-certified physicians and specially trained staff are dedicated to the prevention, diagnosis, and treatment of vein and vascular conditions. The screening will test for the following conditions: Peripheral Artery Disease (PAD), Carotid Artery Disease, Abdominal Aortic Aneurysm (AAA).

Who should have a Vascular Screening?

- People over age 60
- Patients with diabetes
- History of Smoking
- Family history of cardiovascular disease
- Family history of aortic aneurysm

Vascular screening includes an ultrasound where your results will be provided at the end of the examination.

What:
Free Vascular Disease Screening

When:
• June 10, 5 p.m. - 7:30 p.m.
• June 11, 9 a.m. - 12 p.m.

Where:
Federated Church of Sturbridge
8 Maple Street
Sturbridge, MA 01566

For more information, or to schedule a vascular screening, please call the Sturbridge office at: 508-556-0959.

**Walk-ins are welcome.*

This free screening program is part of The Vascular Care Group’s ongoing wellness and education series.



vascularcaregrp.com

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Buy four select tires, get a \$70 rebate by mail or earn 30,000 FordPass™ Rewards bonus Points (up to \$150 value).*

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You must bring all your own tables, chairs and pick up any trash before you leave the property.

Reach out to Diana with any questions you may have at (508) 867-6858.

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