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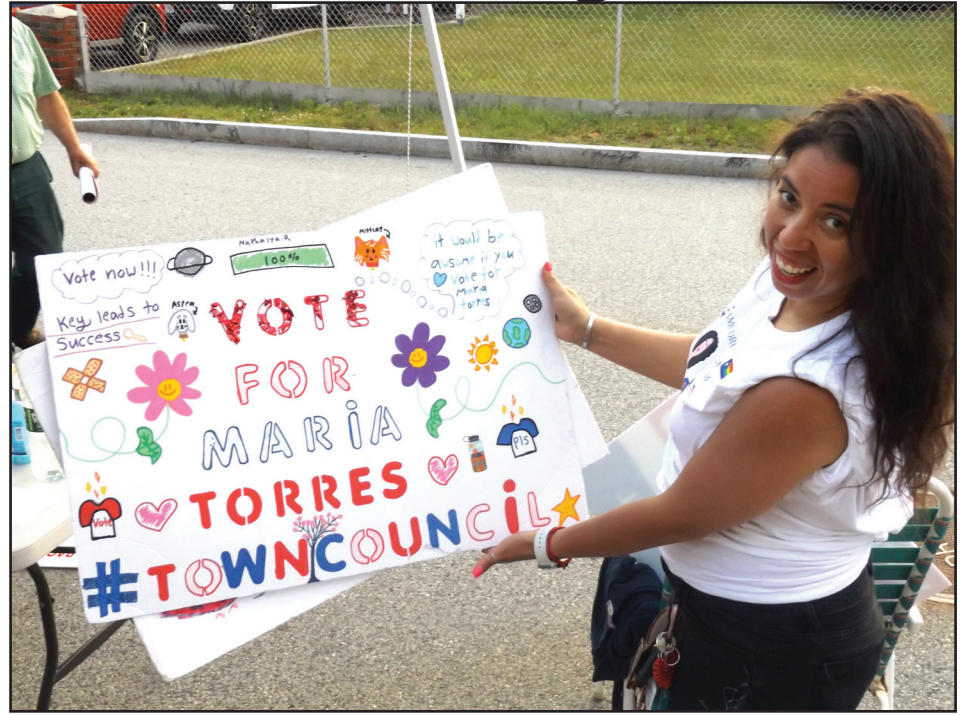
Thursday-Friday, June 22-23, 2023

Conservatives dominate Southbridge ballot



Gus Steeves

The three council winners campaigned together outside the polls last Tuesday: Joe Daou, George Chenier and Ariel Ortiz (each holding their own sign).



Candidate Maria Torres shows off a sign made by one of her children.

BY GUS STEEVES
CORRESPONDENT

SOUTHBRIDGE — The more conservative trio whose signs graced many yards together won all three Town Council seats last week, topping the largest field in many years.

Newcomer Ariel Ortiz was the big winner, using his lifelong residency to take the top slot with 550 votes. It jumps him from being a relatively quiet

one-year citizen member of a subcommittee to the council.

After the unofficial vote tallies were posted on the Community Center door, June 13, Ortiz said he simply wanted to “thank everyone. They believed.”

“I want to get to know everything, figure everything out, and hold my promises starting right away,” he said.

Second-place Joe Daou (510 votes), who won a sec-

ond three-year term, specifically thanked people “who trusted me again.” He said his goal is to “finish what we started and work on the school to get it back.”

George Chenier will also be serving his second term — except, in his case, his first was 20 years ago. He said the results “overwhelmed” him, and he’s “glad it’s over.” To him, the primary goal is finding ways to fund things with-

out increasing taxes.

“It was a great race, and everyone stayed focused on the issues,” he said. “... I’ve been in a lot of campaigns, and think this was one of the best races,” in part because everyone was “cordial.”

When asked how he thought things had changed to get him elected this time (he also ran last year), Chenier said, “I turned down my volume.” He also cited seeing senior issues “more important-ly.”

Coincidentally, the

vote counts mirrored the distance candidates’ tents or tables had from the Community Center’s driveway, although that’s usually not the case. Ortiz was closest, his column of signs right next to the legal 150-foot limit, with Daou and Chenier beside him. A couple cars (parked where they technically shouldn’t have been) separated them from Steve Kelly’s tent, with a pair of them shared by Jackie Ryan, Maria Torres and Andrew Murch somewhat north of Kelly. Kevin

Buxton was also on the ballot, but had previously dropped out and had no presence at the polls.

Ryan, the other incumbent besides Daou who sought re-election, left the polls pretty quickly after the votes were posted. But her campaign com- padre Torres remained upbeat despite losing, saying, “The journey has just begun. It doesn’t end today.”

They tag teamed with Murch and School Committee candidate

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School Committee sends adjusted spending plan to towns

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON — The Dudley taxpayers have spoken as a proposed Proposition 2 1/2 override to help fund the assessment from the Dudley-Charlton Regional School District has failed once again leaving the Regional School Committee in the precarious position of deciding what to do next.

On June 14, Only 48 hours after Dudley’s annual municipal election, which also saw the town vote against funding an override and a Massachusetts School Building Authority (MSBA) study of Shepherd Hill Regional High School, district leaders made the decision to send a slightly lower assessment back to both Dudley and Charlton, essentially leaving Dudley with the difficult decision of determining how to fund education within their limited means.

Superintendent Steven Lamarche responded to the results of the Dudley election saying that it wasn’t the outcome they wanted, but one they now need to accept and work around.

“We accept the outcome of the voters of Dudley with this effort to provide a level services budget for the staff and students of Dudley-Charlton. Regardless of the outcome, there is more work to do as the process has been unsettling for families, students, staff, and our respective communities. The outcome will provide direction, but it will never provide a long view for us,” said Lamarche.

The results garnered frustration from the citizens of Charlton, who previously approved their portion of the assessment for the district in their town budget without the need for an override. Several Charlton residents took to the microphone to ask the district to send an assessment back to Dudley which would essentially force Dudley to figure out how to pay for the assessment at the expense of the town’s general government budget or through other methods.

Charlton resident Kristin Kustigian was not only dismayed by the failure of the override, but also with the failure of Dudley to fund the school study echoing the frustration felt by many at the meeting.

“I feel like there’s really no vision for the future with that vote. It’s disheartening for those of us in Charlton who believe this building could use a renovation. It’s 50 years old. I’m not sure why we would want to front the upkeep and maintenance of a 50-year-old building with no help from the state. That’s what that vote was, saying ‘hey state, we don’t need your help we’ll do it ourselves.’ That’s really shortsighted and deplorable in my opinion,” Kustigian said of Dudley’s unwillingness to fund the MSBA study. “Remember that of the

Turn To **PLANS** page **A18**

Celebrate all things American at Old Sturbridge Village

STURBRIDGE — Join us in celebration of Independence Day at Old Sturbridge Village! Experience a long-standing tradition of exploring American history with fife and drum music, cannon demonstrations, games, a parade, and more! Visitors will enjoy readings of poetry and the Declaration of Independence, join in a game of historic baseball, or watch a toy hot air balloon take flight!

Guests to Old Sturbridge Village can learn how 19th-century New Englanders celebrated the holiday. Hear the words of the Declaration of Independence read aloud by costumed historians. As the interpreters dramatize these 18th-century words and ideas, a narrator will draw out their meaning and challenge the audience to consider their relevance and power for today.

Highlighted Kid Activities Include:

- Create a 4th of July thaumatrope
 - Play baseball by the 19th-century rules
 - March in the parade around the Village Common
- Each day of the celebratory weekend visitors can experience:
- Morning flag-raising ceremony
 - Citizens parade
 - Declaration of Independence reading
 - Welcome New Citizens

Turn To **OSC** page **A18**



On July 4 only, at 11 a.m., watch and be inspired by a citizen naturalization ceremony on the Village Common. The U.S. Citizenship and Immigration Services (USCIS) will present candidates to the United States District Court for the District of Massachusetts,

Local graduates awarded CMS Chamber scholarships

STURBRIDGE — The Chamber of Central Mass South is very pleased to announce the winners of the Chamber Scholarships for 2023. This year, scholarships in

the amount of \$1,000 have been awarded to three very deserving, local students upon successful completion of their first semester of college with a 3.0 GPA or higher.

“Our scholarships are available to any student going to school or living in our 12-town catchment,” said Chamber Executive Director Alexandra

McNitt. “Every year, we get remarkable students submitting applications. It is both amazing and heartening to see how involved these young people are in the community. It is a privilege to be able to support them in this way.”

This year’s \$1,000 scholarship recipients are Marlee Domey, Lindsey Soter and Jacob Brodeur.

Marlee Domey is a Class of 2023 graduate of David Prouty High School. She is a determined and dedicated student who has demonstrated a strong desire to

Turn To **SCHOLARSHIPS** page **A1**



David Prouty graduates Marlee Domey and Lindsey Soter, and Shepherd Hill graduate Jacob Brodeur (pictured with his proud parents) are the recipients of the Chamber’s 2023 Scholarships. Congratulations and good luck to the Class of 2023!



Courtesy



Courtesy
Center pulling on the gavel from left to right Bro. Nathan Ward of the Thomas Day Spring Lodge and Bro. Bill Belanger Master of the Quinebaug Lodge in Southbridge having a tug of war with our very large, beautiful gavel which did come home where it belongs.

No, you can't have it!

BY BRO. JIMMY FALZONE
QUINEBAUG MASONIC LODGE

SOUTHBRIDGE — On June 13, Master Masons from the Quinebaug Masonic Lodge in Southbridge took a road trip to the Thomas Day Spring Lodge from the 28th Masonic District in Monson Massachusetts. Their mission was to retrieve a very large Traveling Regalia Gavel back from our fellow brethren's who we call the Hooligan Gavel Raiders of the West, from the Thomas Day Spring Lodge. This lodge is in a small-town farming community of down to earth men. When we arrived, we were greeted with handshakes and smiles. These brethren knew the Southbridge men were coming.

Other Masonic Lodges throughout the state may come to a regular monthly meeting to retrieve the Traveling Regalia Gavel. To collect this and return it to their lodge they must have a minimum of three brothers which must include a Worshipful Master, an officer, and a fellow brother. In return the lodge that it was taken from must go to one of their monthly meetings to retrieve this gavel which we did with a total of eight men. This is one way how fellow Master Masons meet new brethren.

This was also a fraternal visit from their District Deputy Grand Master (DDGM) of the 28th Masonic District Right Worshipful Ken White. The time came during the meeting and the DDGM called the Quinebaug Masonic Lodge members up front of the lodge meeting room. Brother Dylan Mann, who is the Master of Thomas Day Spring Lodge, laughed and said you men are sneaky and I know why you are here. You decided to come to retrieve your gavel knowing we were going dark. Going dark means closing for the summer with no meetings in July and August. Everything was going well until one of their members got up and said "No, you can't have it!" and a tug a war started between brother Nathan Ward of the Thomas Day Spring Lodge and brother Bill Belanger, who is the Master of the Quinebaug Lodge. Brethren from both lodges started laughing. This is what Freemasonry is all about — the comradery, fellowship, and most of all the fun and laughter. If you would like more information about Freemasonry, go to www.massfreemasonry.org and to find a lodge nearest you.

Local students make Dean's Honor List at Rensselaer Polytechnic Institute

TROY, N.Y. — The following students have made the Dean's Honor List for the Spring 2023 semester at Rensselaer Polytechnic Institute in Troy, New York:

- Conor Schumaker of Charlton is studying Aeronautical Engineering
- Bennard Amponsah of Southbridge is studying Civil Engineering
- Izabella Antczak of Southbridge is studying Chemistry
- Thomas Celuzza of Sturbridge is studying Computer Science
- Johnathan Marcucci of Holland is studying Chemical Engineering
- Lorenzo Mercado of Brimfield is studying Computer Science

Rensselaer Polytechnic Institute's Dean's Honor List is compiled at the end of each semester to recognize undergraduate students who have completed 12 or more credit hours with a 3.5 grade point average or better for that term. During the course of almost two centuries, Rensselaer has built a reputation for providing an education of undisputed intellectual rigor based on educational innovation in the laboratory, classroom, and studio.

The Troy, New York university offers degrees from five schools: Engineering; Science; Architecture; Humanities, Arts, and Social Sciences; and the Lally School of Management; as well as an interdisciplinary degree in Information Technology and Web Science. Institute programs serve undergraduates, graduate students, and working professionals around the world.

Founded in 1824, Rensselaer Polytechnic Institute is America's first technological research university. Rensselaer encompasses five schools, more than 30 research centers, more than 140 academic programs including 25 new programs, and a dynamic community made up of over 6,800 students and 110,000 living alumni. Rensselaer faculty and alumni include upwards of 155 National Academy members, six members of the National Inventors Hall of Fame, six National Medal of Technology winners, five National Medal of Science winners, and a Nobel Prize winner in Physics. With nearly 200 years of experience advancing scientific and technological knowledge, Rensselaer remains focused on addressing global challenges with a spirit of ingenuity and collaboration. To learn more, please visit www.rpi.edu.

American International College awards degrees

SPRINGFIELD — American International College (AIC) in Springfield has awarded degrees to 364 undergraduate, graduate, and doctoral students in 2023. Congratulations to these recent graduates.

The following local students have been awarded degrees from AIC:

- Alissa Lomax of Charlton, Master of Arts
 - Natalia Santos, of Southbridge, Bachelor of Science
 - Andrew Rolinger of Brimfield, Master of Science
- Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massachusetts, comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its students and the community.

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Bay Path LPN finds wound care “interesting and rewarding”



Paige Wood

CHARLTON — For patients who need advanced wound care, as well as ostomy and continence care, the skilled team with specialized services at the Wound Care Center, Harrington

Hospital can be trusted. The Wound Care Center at Harrington offers a wide range of treatments to bring healing and comfort to patients.

According to Paige Wood, LPN, CHT of Fiskdale, “I’ve been with that same wound care center since before I graduated nursing school and could not be happier!”

Wood graduated from Bay Path Practical Nursing Academy in 2014 and passed NCLEX-PN the same year, on her first try. She holds an associate degree, major in medical assisting from Salter College in West Boylston (2008).

Wood shares her nursing journey and certification in hyperbaric ther-

apy in her own words.

“When I decided to go to nursing school, I knew I eventually wanted to work in wound care,” she said. “Lucky for me, we all got a few days of clinical observation at the Wound Care Center with Harrington. When it was finally my turn for wound care, I just knew that this was my place, this environment, this specialty, this clinic! As I finished my second day on site I jokingly told the clinical coordinator ‘see you tomorrow,’ and to my surprise, she replied ‘Actually, I’d like to offer you a job!’ I couldn’t believe that actually worked! On days when we have Bay Path nursing students, I feel like

it has come full circle. Some students are terrified, some grossed out (wound care is not for everyone), some are quietly taking things in, others jump in with both feet (and sometimes hands when we need to grow another pair). Over the years since I graduated from Bay Path Practical Nursing Academy many students have heard my story. Some have heard it from me during their time in wound care, some have heard it from Mrs. Bolandrina, when she is trying to inspire them, I just hope that someone hears it and realizes that they can have their dream if they work for it. I always say ‘Treat every day like it’s an interview’;

you never know when you’ll find your perfect place!”

Wood became a Certified Hyperbaric Technologist in 2016 through the National Board of Diving & Hyperbaric Technology (<http://www.nbdhmt.org/>). Achieving certification as CHT is a recognition of her expertise in wound, ostomy, and continence care. Her expertise is celebrated at Bay Path annually during Certified Nurses Day. Wood is recognized as the first alumni who received her certification in hyperbaric therapy. Wood is an active member of the Bay Path Practical Nursing Academy Advisory Committee. She

concludes, “I’m looking forward to many more students and many more years in wound care!”

About Bay Path Practical Nursing Academy

Bay Path Practical Nursing is a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. Visit www.bay-path.net.

Bay Path senior Brayden Therrien accepts full-time position at P&G Gillette World Shaving Headquarters



Brayden Therrien

CHARLTON — Superintendent-Director Kyle Brenner and Director of Career and Technical Education James Tripp Pockevicius are pleased to announce that Bay Path Regional Vocational Technical High School senior Brayden Therrien has accepted a full-time position at P&G Gillette World Shaving Headquarters.

Therrien has been hired in the role of Metal Fabrication Apprentice. He will begin his new role on Aug. 7.

In this role, he will be responsible for continu-

ing to advance his sheet metal forming and welding skills, in support of precision machine builds, safety upgrades and factory support.

Therrien was selected following a comprehensive search that included passing P&G’s rigorous online assessments and PEAK interview process, in addition to technical interviews and testing based on his trade.

There was only one available opening for a metal fabrication apprentice this year. Therrien was selected from a pool of hundreds of students from over a dozen vocational high schools.

“On behalf of the entire district, I want to congratulate Brayden on this accomplishment,” said Superintendent-Director Kyle Brenner. “Brayden has been a model student during his time here at Bay Path and we are incredibly proud of him.”

Therrien is a senior in the Metal Fabrication and Joining Technologies vocational program.

While pursuing his education in Metal Fabrication, Therrien had extensive training in blueprint reading and worked with advanced fabrication equipment used for punching, bending, rolling and shearing metal to master his fabrication skills.

Additionally, he has received advanced training in the joining technologies of oxygen/acetylene welding, cutting and brazing, shielded metal arc welding, gas metal arc welding, resistance spot welding, soldering, and plasma arc cutting.

Therrien has been employed through a cooperative education program at Energy Construction Services in Auburn since his junior year. He specialized in pipe welding and received high scores and positive feedback on his work.

“Brayden has always been an excellent student and has been a great representative of the shop,” said Metal Fabrication Instructor Chris Wong Kam. “I know he will go on and do some great work for P&G Gillette and I am very proud of him.”

Therrien holds a Massachusetts Department of Transportation/American Welding Society D1.5 Welding certification, OSHA 10 Manufacturing certification, OSHA 10 Construction certification, and a Massachusetts Hot Works certification.

“Brayden has worked extremely hard while in our program. With that hard work, he has positioned himself to be successful and I cannot wait to see where he goes in life,” said Metal Fabrication

Instructor Patrick Fogarty. “He’s definitely going to need sunglasses because his future is bright!”

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Posted May 23, 2023

Joshua Hyde Public Library kicks off summer reading program

STURBRIDGE — Wednesday, June 28, Join the library as we get ready to kick-off our summer reading program for 2023. This year’s theme is “Find Your Voice.” Summer reading goes from June 28 to Aug. 9. There will be so much to do at the library. Go to sturbridgelibrary.org for a complete calendar of events. From story times, crafts, and special events to scratch tickets and raffle prizes, there’s something for everyone!

For the young and young at heart, join the library at the Sturbridge Town Hall at 2 p.m. as the Bright Star Theatre presents Aesop’s Fables. Enjoy a 45-minute whirlwind adventure through beloved old tales. This hilarious play is guaranteed to leave audiences of all ages rolling in the aisles with delight! Registration is required.

For those a little older, join the Joshua Hyde Public Library at 6:30 p.m. for Book Bites. Whet your appetite with the first paragraph of a new book! Library staff and patrons will be serving up some tasty titles for you to try. If you hear something you like, copies of each book will be available for check-out. Light refreshments will be served.

Both programs are sponsored by the Friends of the JHPL. Go to sturbridgelibrary.org for more information and to register.

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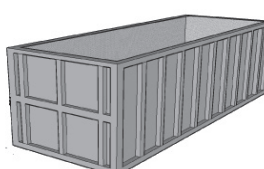
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School District announces new hires

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON — The Dudley-Charlton Regional School Committee announced two new hires to fill vacancies as the district works to finalize its staff for the fall. Candidates for Charlton Elementary School Principal and Director of Pupil Personnel Services were presented to the committee in June with both positions officially filled following a short interview process.

The Director of Pupil Personnel Services was most recently held by Robert Bergeron who announced his departure for another district earlier this year. Two leading candidates were announced in May, with the district deciding to hire from within by naming

current Special Education Coordinator for Charlton Middle School Heather Harriman to fill the post.

“Ms. Harriman has been a stellar leader at Charlton Middle School and has also worked closely with Director Bergeron on a district level to build new programming that supports all students with disabilities,” Superintendent Steven Lamarche said of Harriman’s time with the district. “Ms. Harriman previously worked in the Oxford Public Schools and has 17 years of Public Education teaching experience – She excelled during the interview process demonstrating both deep content knowledge of special education, regulations, and a commitment to collaboration. Ms. Harriman was the strongest candidate throughout the interview process.”

Harriman’s appointment required a vote from the school committee which was unanimous.

The other new hire is for Charlton Elementary School Principal which

brings a new name to the district, Laura Ramos. Ramos will succeed outgoing principal Jennifer Lilley after most recently serving as Assistant Principal of Leroy Mayo Elementary School.

“Ms. Ramos was our top choice, and I am confident in her leadership and excited that she has accepted the opportunity to lead Charlton Elementary School,” said Lamarche. “Ms. Ramos has exhibited dedication and loyalty to public education for almost 20 years. She grounded her professional interest as an applied behavior analyst and therapist, teacher of special education, special education administrator, assistant principal for teaching and learning, and assistant principal. In addition, Ms. Ramos’s references identified her as an extremely dedicated administrator, a wonderful team player, and an advocate for doing what’s best for kids.”

The Dudley-Charlton Regional School District has at least two more administrative vacancies to address for the new school year. Assistant Superintendent for Teaching and Learning Dr. Brian Ackerman and Charlton Middle School Principal Dean Packard both

announced their departures at the end of the school year in May. Interviews for Packard’s position are expected to begin soon while Dr. Ackerman’s position may depend on the finalized annual budget for the district.

Brimfield resident named to MCLA Dean’s List

NORTH ADAMS — Ainslie Lafko of Brimfield has been named to the Dean’s List for the Spring semester of 2023 at the Massachusetts College of Liberal Arts.

“You have earned this distinction through a combination of talent, dedication, and commitment to academic excellence,” the school wrote. “By making the most of your educational opportunities at MCLA, you are building a foundation for success in both the present and the future.”

Joseph Masch Jimenez of Guatemala named to Dean’s List at Lehigh University

BETHLEHEM, Pa. — Dean’s List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to Joseph Masch Jimenez in the Spring 2023 semester.

For more than 150 years, Lehigh University (lehigh.edu) has combined outstanding academic and learning opportunities with leadership in fostering innovative research. The institution is among the nation’s most selective, highly ranked private research universities. Lehigh’s five colleges - College of Arts and Sciences, College of Business, College of Education, College of Health, and the P.C. Rossin College of Engineering and Applied Science - provides opportunities to 7,000+ students to discover and grow in an academically rigorous environment along with a supportive, engaged campus community.

Charlton Historical Society to hold annual meeting

CHARLTON — The Charlton Historical Society Annual meeting and presentation on the history of the Rider Tavern by Frank Morrill will be held at the Rider Tavern, 255 Stafford St., June 26. Doors will open at 6 p.m. for anyone wishing to see the inside of the building before the meeting. Meeting will start at 7 p.m.

REAL ESTATE

BRIMFIELD

\$6,420,129, 3 Main St, Cumberland Farms Inc, to Obsidian MI 6 LLC.

\$450,000, 99 Haynes Hill Rd, Green, Kevin A, and Habecker-Green, Julia G, to Spellman, Steven E, and Spellman, Nicholas J.

\$398,000, 1142 Dunhamtown Brimfield Rd, Giorgiolo, Paul, to Emerson, Kyle, and Lachance, Felicia.

CHARLTON

\$710,000, 11 Deer Run, Schumaker, Robert, and Schumaker, Hallie, to Giroux, Mark R, and Giroux-Mendes, Elisangela.

\$552,000, 18 Bay Path Rd, Pontbriand, Troy A, and Pontbriand, Jessica V, to Silva, Maura L.

\$500,000, 67 Osgood Rd, Choinski, Wayne T, and Choinski, Angela, to Pontbriand, Troy, and Pontbriand, Jessica.

\$445,000, 175 Stafford St, Pollier, Jeffrey L, and Pollier, Robin E, to Reiter, Wendy, and Reiter, Russell.

HOLLAND

None

SOUTHBRIDGE

\$4,928,261, 357 Main St, Cfi Propco 2 LLC, to Obsidian MI 6 LLC.

\$625,000, 364 Hamilton St, Y2g LLC, to Byrnes Inv Group LLC.

\$410,000, 107 Cournoyer Blvd, Bennett, David W, to Germain, Jennifer A.

\$340,000, 4 Walker Ct, Vvs Hvac & Hm Improvement, to Aziz, Saam.

\$320,000, 28 Maple St, Lewis, Brendon, and Lewis, Vanessa A, to Badri, Raed A, and Badri, Reham A.

\$262,000, 172 Ashland Ave, S Middlesex Non-Profit Hs, to Lawrence, Taylor.

STURBRIDGE

\$7,639,823, 506 Main St, Cfi Propco 1 LLC, to Obsidian MI 6 LLC.

\$685,000, 38 Draper Woods Rd, Windsor, Roy C, and Windsor, Kelley L, to Blake, David, and Blake, Caroline A.

\$415,000, 5 Cricket Dr, Blake, David M, and Blake, Caroline A, to Keenan, Zachary J.

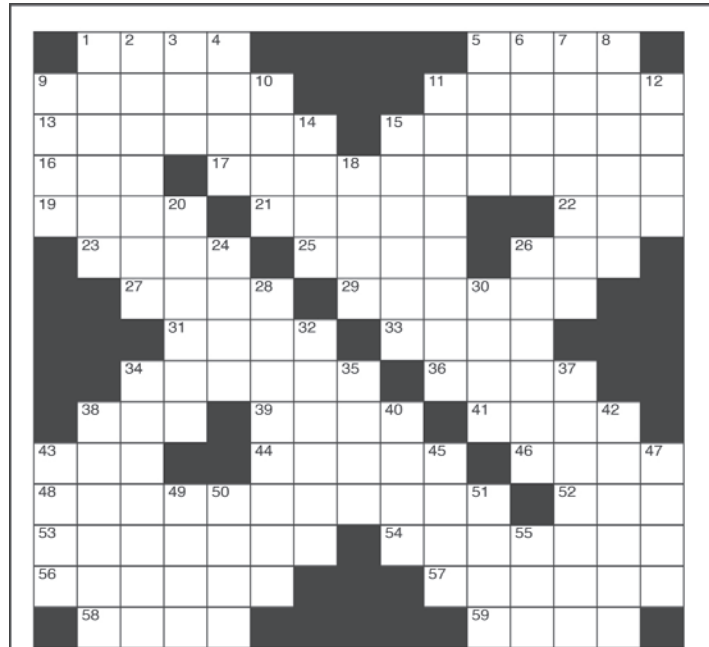
\$410,000, 73 New Boston Rd, Riddle, Peter D, to Osborn, Rachael, and Erickson, Kory.

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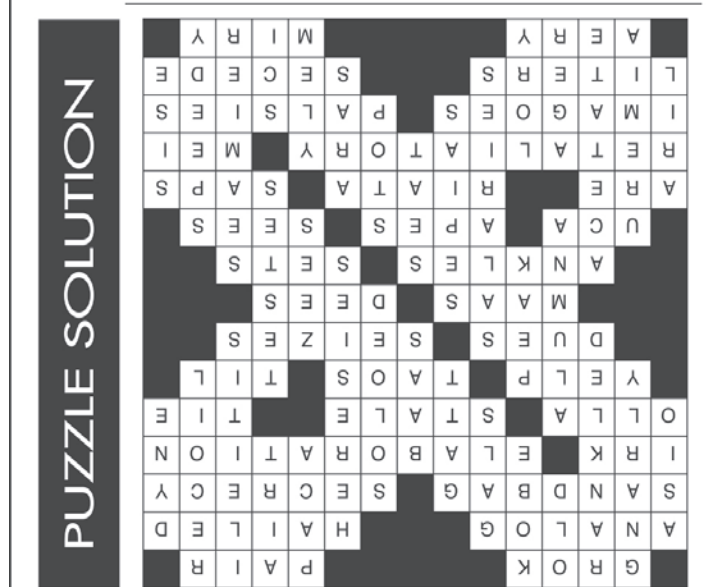


CLUES ACROSS

- 1. Understand intuitively
- 5. Two of something
- 9. Not involving computer tech
- 11. Acclaimed
- 13. Undermine
- 15. The condition of being concealed or hidden
- 16. Irritate
- 17. The process of developing a theory
- 19. Ceramic jar
- 21. Not fresh
- 22. Dad’s fashion accessory
- 23. Popular review site
- 25. New Mexico county
- 26. ‘_ death do us part
- 27. Fees
- 29. Takes with force
- 31. One-time Yankees rookie
- 33. Gordon and Snider are two sensation
- 34. Body parts
- 36. Arranges
- 38. Fiddler crabs
- 39. Mimics
- 41. Witnesses
- 43. They ___
- 44. Lasso
- 46. Runs down
- 48. In response to
- 52. Bird-like dinosaur
- 53. Metamorphic stages
- 54. Conditions of incapacity
- 56. Sodas are sold in these units
- 57. Break away from
- 58. Ethereal
- 59. Boggy

CLUES DOWN

- 1. Mangled
- 2. Ruffled some feathers
- 3. Not young
- 4. Lakers legend
- 5. Nocturnal S. American rodent
- 6. Direction (Scottish)
- 7. Intestinal inflammation
- 8. Spring back in fear
- 9. Owl genus
- 10. Girls
- 11. Unbeliefs
- 12. Force unit
- 14. Expired trade agreement
- 15. Went alone
- 18. Animal noises
- 20. Woman who graduated from a specific school
- 24. The very top
- 26. Organs in males
- 28. Earnings
- 30. Z Z Z
- 32. Reddish browns
- 34. A salt or ester of acetic acid
- 35. A place to get off your feet
- 37. More disreputable
- 38. Kidney condition
- 40. Cease moving
- 42. Quick
- 43. Extra seed covering
- 45. “Survivor: Panama” winner
- 47. Six
- 49. One who inspects lamps
- 50. Small parrot
- 51. Primordial matter of the universe
- 55. ___ fi (slang)



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

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

• Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children’s church 10am

• St. Joseph’s Church, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday Life/TEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

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

• Assemblies of God Southern New England District Headquarters, Route 20, 248-3771, snedag.org, 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

• 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.

• Bethlehem Lutheran Church- 345 Main Street, Sturbridge, MA 01566 Phone 508-347-7297

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Courtesy

TRINITY CELEBRATES EIGHTH GRADE GRADUATES!

Trinity Catholic Academy's eighth grade graduation was held Friday, June 9 at St. Mary's Church. The celebration began with a beautiful Mass officiated by Father Kenneth Cardinale and Father Carlos Ardila. Dr. David Perda, Superintendent of Catholic Schools for the Diocese of Worcester, was the evening's guest speaker. Dr. Perda shared his gratitude to families for choosing Catholic education and their dedication to Trinity. Congratulations to the newest Trinity alumni; we wish you the best in your next adventure!

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Worcester State University announces Dean's List

REGION — Worcester State University congratulates the following students on being named to the Dean's List for the spring semester of 2023.

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Blackstone
Dylan J Brown, Jane Buteau, Mallory C Hreczuch, Andre M Jarret, Joshua T Mirra

Brimfield
Kayla C Archambault, Jillian C Beaudry, Claudia A Gaumond

Brookfield
Jessica D Ashleigh, Evan T Couture, Connor E Dufault, Sairsha N Kurilova, Kelsie E Lucas, Jade E Menard, Cayleigh L Peterson, Jennifer Sutton

Charlton
Rasa Auskalnyte,

Jake Beaudette, Natalie S Boutiette, Gavin M Briggs, Kiara J Dean, Grady A Fabbri, Henry K Fredette, Marci R Giorgio, Sarah L Gosselin, Zachary M Hill, Kayleigh M Irish, George S Kaperonis, Barbara N Kuria, Emma J Lanpher, Rhiannon L Mansur, Paige A Marino, Austin S Michaelson, Casey E Mullaly, Brianna L Ramsden, Grady D Reardon, Jennifer Reynolds, Kathryn E Ryan, Eliana H Singer, Elizabeth R Stone, Julia E Terlizzi, Oliver A Weiland, Anthony T Zaleski

Cherry Valley
Isabella C Connery, Megan Gaucher, Melissa Gillece, Joslyn N Rutter

Douglas
Delilah M Boucher, Emily C Brooks, Garrett W Grann, Ryan J Klenk, Hailey K Skowronski, Arouny N Souphida, Jordan A Staples, Erin S Theroux, Harley L Westgate, Ethan C Whitney

Dudley
Michalyn A Annese, Robin Awad, Riley P Biron, Bailey T Bowes, Vanessa Corriveau, Sarah E Ducasse, Matthew P Ethier, Taylor D Gavaletz, Ashley B Harvey, Stephen E Humphrey, Zoe R Kuebler, Allison R Marrier, Kailyn J Murphy, Craigan A Nawrocki, Camryn M Ozolins, Abigail M Peters, Marrisca Scopa, Alan J Standing, Andrew P Stefanik, Rachel R Sullivan, Natasha M Taft, Helen M Vincent

East Brookfield
Erin Donahue, Aidan L Joyce, Toni-Anne

McLean-Rowe, Ashley E Paine

Fiskdale
Jennalee Potmesil, Emily E Reyes

Grafton
Leah M Adams, Chloe M Bergeron, Christina M Burri, Gabrielle R Decosta, Amalie C Deshais, Christina M Duggan, Grace O Errara, Nicolas A Flores, Elena J GianDomenico, Cara N Gilgun, Matthew F Lukasevich, Emma R Pelser, Hira F Rizvi, Bailey R Shepard, Noah D Taymouri, Liam T Walsh, Lauren M Wareham

Leicester
Spencer P Annis, Ava D Butkiewicz, Haylee D DiLiddo, Aloura M Dion, Jillian A Dube, Meaghan J Dupuis, Ja'Nya L Johnson, Kayla Kobel, Logan J Laflamme, Ava G Lapointe, Andrew H Le, Austin M Le, Alex M McCormack, Ally E O'Neill, Emily R Pappas, Evgenia Psarras, Alyssa M Pupillo, McKenzie Saunders, Madison F Seroter, Emily F Virzi

Milford
Camila V Alvarenga, Erin R Bethel, Ashley C Goncalves, Paul A Martino, Benjamin L Miano, Elizabeth G Parry, Elizabeth F Rodriguez, Savannah H Rosado, Lorena D Santos, Kathryn A Watson

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C Gaimari, Christina L Howland, Jennifer R LaHair, Tyler O MacKoul, Danielle M Marden, Matthew S Marden, Michael P Morley, Jason W Nadeau, Cara C Prunier, Samantha M Shreenan, Gianna K Vincequere, Sydney Westerlind, Miranda Williams

Millville
Megan L Dakai, Paige L St. Laurent

North Brookfield
Roan K Testa

North Grafton
Jessica R Bancewicz, Brian A Barthelms Jr., Emma G Boggess, Catherine Y Cameron, Maximillian J Cleveland, Caroline A Gilson, Juliana F Kallio, Kiera B Mills, Roxanne C Venditti

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Oxford
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Michael J St. Germain, Elijah S Williams, Brittany A Winsky, Samuel J Zostant

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Friday's Child



Zachary
Age 12

Hi! My name is Zachary and I have a great imagination!

Zachary is a young, inquisitive boy. He is well mannered and on the quieter side but is still a very curious child and asks questions about how things work. Zachary enjoys playing with Legos, building things, and playing video games. He loves to spend time outside and be active. Swimming and baseball are some of his favorite activities.

Zachary is able to build relationships with others, particularly caregivers, and is described as being sensitive and kind to others. Zachary is a sweet, polite young boy. He has a quiet personality, but once he warms up to people around him, he will ask intriguing questions. Academically, Zachary is on target and in elementary school. He is working on social skills at school and has done well in his class. Zachary responds well to words of encouragement and praise. He recently expressed that he would like to be an environmental scientist when he grows up.

Zachary would do well in a family of any constellation, with or without older children in the home. A family for Zachary should be open to helping him maintain a relationship with his younger sister and birth parents. A home that can provide a structured environment, close supervision, and support will allow Zachary to thrive.

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To learn more about adoption from foster care visit www.mareinc.org. Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care.



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PRESIDENT/PUBLISHER

BRENDAN BERUBE
EDITOR

OPINION

Sabbatical

On July 1, I'll be taking two months of sabbatical. Usually, I think, when we hear "sabbatical," we think of a college professor taking a semester off to research and write a book, that there's going to be some product on the other end. My sabbatical won't have any productive outcome.

I want to tell you about my sabbatical not just to explain why you won't hear from me for two months, in case I have any avid readers, but mostly to explain and encourage the idea of sabbatical. Ultimately, a sabbatical is an extended sabbath. God gave us sabbath so that we might have life. In other words, we're supposed to do on a sabbath, or sabbatical, what gives us life, what is life-giving.

Too often, we measure our life by productivity. How many of us feel lazy if we spend a whole weekend literally doing nothing? Likewise, we often think of breaks from work as time to rest so that we can go back to work and work harder. If we want to think of our lives spiritually at all, however, both these "Protestant Work Ethic" ideas are wrong. Sabbath gives our life meaning, so it doesn't make sense to use sabbath to be productive or just to prepare to return to work.

BEYOND
THE PEWS
.....
REV. JOHN H.D. LUCY
CHARLTON CITY UMC

There are life responsibilities we can't ignore, of course, and there are productive habits or chores we find life-giving. I love writing so I wouldn't mind being productive on sabbath days. I also love mowing the lawn.

Even if I didn't, someone still needs to do it. So go ahead and be productive but the point is: focus on what is life-giving.

Take as much time as you're able to focus on what is life-giving, too. I'm thankful my church and denomination give us the opportunity for sabbatical. The UMC knows full well that the statistics on clergy burnout are horrifying. Many occupations can lead to burnout. Any occupation can lead to burnout if we're not careful. I therefore want to take my sabbatical as an opportunity to encourage you to figure out ways you can take as much time off as possible to renew yourself. That's what God wants for you.

We have to acknowledge, as well, that many simply can't take time off work and still live. For those of us who can, then, I hope to encourage us also to advocate for our neighbors to get higher wages and more paid time-off so that we can all experience life the way it's intended.

ETFs can spell opportunity



FINANCIAL FOCUS

TREVOR NIELSEN

Mutual funds offer investors a chance to own shares in dozens of companies, as well as bonds, government securities and other investments. But you might be able to broaden your portfolio further by owning another type of fund — an exchange-traded fund (ETF).

An ETF, like a mutual fund, can own an array of investments, including stocks, bonds and other securities. Many ETFs are passively managed in that they track the performance of a specific index, such as the S&P 500. In this respect, they differ from most mutual funds, which tend to be actively managed — that is, the fund managers are free to buy and sell individual securities within the fund.

Another difference between ETFs and mutual funds is that ETFs are traded like stocks, so shares are bought and sold throughout the day based on the current market price, whereas mutual funds are traded just once a day, at a price calculated at the end of the trading day. Whether this ability to make intra-day trades is meaningful to you will likely depend on how active you are in managing your own investments.

For some people, the main attraction of ETFs is their tax advantages. Because many ETFs are index funds, they generally do much less buying and selling than actively managed funds — and fewer sales mean fewer taxable capital gains. These ETFs are somewhat similar to index mutual funds, which are also considered to be tax-efficient, as opposed to actively managed funds, which constantly buy and sell investments, passing on taxable capital gains to you throughout the life of the fund. (Keep in mind, though, that mutual funds that trade frequently may still be appropriate for your financial strategy. While taxes are one element to consider when evaluating mutual funds, or any investment, other factors, such as growth potential and ability to diversify your portfolio, are also important.)

ETFs typically also have lower operating costs than mutual funds, resulting in lower overall fees. Part of the reason for these lower costs is that actively managed mutual funds, by definition, usually have larger management teams devoted to researching, buying and selling securities. By contrast, passively managed ETFs may have leaner, less-costly management structures.

But while most ETFs may share the same basic operating model, many types are available. You can invest in equity ETFs, which may track stocks in a particular industry or an index of equities (S&P 500, Dow Jones Industrial Average, and so on), or you can purchase fixed-income ETFs, which invest in bonds. ETFs are also available for currencies and commodities.

Of course, as with all investments, ETF investing does involve risk. Your principal and investment return will fluctuate in value, so when you redeem your ETF, it may be worth more or less than the original investment. Also, liquidity may be an issue. Some ETFs may be more difficult to sell than other investments, which could be a problem if you need the money quickly. And because it's so easy to move in and out of ETFs, you might be tempted to "over-trade" rather than following an appropriate long-term investment strategy.

A financial professional can evaluate your situation and help you determine whether ETFs are suitable for your needs. At a minimum, they represent another investment opportunity that may prove useful as you work toward your financial goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Trevor Nielsen, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or trevor.nielsen@edwardjones.com.

Words of wisdom

Students around the region have been flipping their tassels over the past two weeks, participating in a traditional rite of passage symbolizing their transition to adulthood. Many seniors and their underclassmen counterparts have faced big changes as they navigate the world after a global pandemic.

This time in an 18-year old's life is still quite pivotal. Students will be bombarded with advice and speeches as these final weeks unfold. Our favorite bit of advice, however is the following:

1. Don't smoke.
2. Drink plenty of water every day.
3. Wear sunscreen (your 40-year-old selves will thank you).
4. Spend as much time as humanly possible outside; and
5. Watch the Back to the Future trilogy.

The most important thing you can do, however, is to find out who you are. From there, the entire world opens up. Do not limit your lives to the same scene and same people you have always surrounded yourself with. This doesn't mean you need to forget people or places; it simply means that now is a great time to branch out. The more people you meet in different places, with different experiences will shed light on who you really are. Always remember your roots. These are what has shaped you and prepared you for your next chapter. Remember how important your community has been to you and remember to always give back. Always practice kindness, even when it's hard. The world can aggravate and frustrate the most mellow of us. Anger is a normal human emotion, however it's what you do with it that really matters. If you have disagreements or you think the way you feel about a certain issue is correct, remember to not let your anger take you over. It never feels good, plus harboring too much anger and discontent ages us, plus it's really no fun. The more fun and kindness you have in your life, the happier you are. Try to find balance between your work and your leisure time. Spend time doing the things you love, and never forget what those things are, despite how busy your life may become. As you go through life, you will make mistakes. None of us are perfect and mistakes can actually define who we become if we learn from them. The best formula for mistake making, is to own up to them, have some self-awareness, be gentle on yourself, learn, then move on. Simple. Remember to follow your own gut, always, no matter what. This is your life; you need to make it what it is and what it will be. Congratulations to the class of 2023!

Thank you, Dad

Father's Day has already passed, but I wanted to share with you a letter that my father, Gary W. Moore, the founder of this column, wrote to me when I was a senior in high school.

He was an incredibly positive, energetic, and loving individual. Defined by his aspirations rather than his past, he consistently set his sights on new goals and frequently achieved them.

During my high school years, I wanted to be an Olympic Swimmer, but I soon realized it wouldn't happen and began to make excuses. Once I realized I wouldn't make it as an Olympic swimmer, I no longer took it as seriously. One night I told him this and so he wrote me this letter:

Dear Toby,

My life has been full of success and failure. I never see failure as failure; I see it as "I found one more way that doesn't work."

The only failure in life is giving up, not trying to begin with, and selling yourself short.

In my eyes, you are a champion. In your eyes, what are you? I realized last night that I believe in you more than you do. The problem is, what I think doesn't matter; only what you believe counts.

I want to help you understand that it is not the time of the watch or the order of finish that counts. What does matter is the effort, the planning, the goals, and the enthusiasm.

It is not what you get from the above but what you become in the process. I see a champion when I look at you; you see something else.

We constantly work towards what we believe will happen. You do not believe in yourself. Therefore, you do not take what you work so hard for seriously enough to make the champion within you stand up and go forward.

Last night you said, "I don't like to compete because I'm not getting any faster." Life is a self-fulfilling prophecy, and what you feel and what you say, how you act, and what you expect usually comes true.

POSITIVELY SPEAKING

TOBY MOORE

It doesn't matter what I say and think about it; it only matters what you say and think.

Soon you'll be 19 years old. Your mother and I pledged to do whatever it takes to help you achieve your dreams. We've done all we can, and it's time for us to trust that you will do what's best for you.

I can't watch you work hard and then when it's time to do what you've worked for, not take it seriously.

I love you more than you can imagine, so I must tell you how I feel and think. You don't take the important things seriously because you're afraid of failure.

If you are deadly serious and do poorly, you fear how you will look in front of your friends.

If you're not that into it, that's an excuse; if you didn't try hard, that's another excuse. If you laugh, joke, and goof around, others will not expect you to perform well, and you won't let anyone down except yourself.

To be truly good at something, you must respect the activity, and you must respect yourself. You must want to lead the pack, not just be content with being part of the pack.

My concern is not that you become a great swimmer; my concern is for you to become a great person. The habits that shape success, failure, work ethic, and leadership must start taking form now.

What you do today will affect the rest of your life. Don't goof around and make excuses. Be serious; focus on the task; even if you fail, you've given it your all.

Will you be positive or negative? Will you have faith or a lack of faith?

Don't worry about the time on the watch; do your best, no matter where you finish; I will be proud.

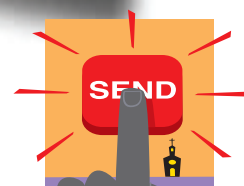
Now, with the wisdom of years and experience, I can see how profound my father's words were. Each year, his message resonates deeper; as I pursue my dreams, I wholeheartedly embrace his advice to give my all, ensuring I can always say I did my best.

Thank you, Dad.

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Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

Remember sun safety

Hope all the dads out there had a great Father's Day! Last week's fishing was pretty darn good on all fronts. Striper fishing remained strong, with many throw-backs because of the slot limit, but anglers managed to catch a few keepers.



THE GREAT OUTDOORS
.....
RALPH TRUE

There were a lot of anglers fly fishing for stripers and bluefish, but a few anglers had their fish stolen by a few seals. I heard of a few instances where a couple of ladies were fly fishing on the cape, and just as they were ready to land the striper, a couple of seals decided to steal the fish and have them for dinner. A charter boat captain I spoke with mentioned that the same thing hap-

pened to a couple of his clients this year. Seals are out of control in many areas of Massachusetts & Rhode Island, and their huge appetites are taking a severe toll on fish stocks. Seals have no real predators other than sharks, so their populations keep rising, and our fish stocks keep dwindling!

Now that summer is here, keeping skin cancer away from your family is not easy. There are many skin protectors on the market to keep those harmful rays at bay. There are so many skin protectors on the market, it is hard to choose the proper one for your family. Many fishermen are protecting their facial skin with light clothing, and although it looks a bit awkward,



those that are wearing the cloth protection are convinced it works to ward off skin cancer. I personally have had a couple cancerous skin cancers removed from my leg, but having skin cancer on your face is a bit more scary.

Sitting in a boat fishing all day needs to have anglers using skin creams and light clothing to stay safe. In my younger years, there was no fear of skin cancer! We came home from the beach with major sunburns, and although it hurt for a few days we had the skin peeling off leaving a nice rich tan. You do not want to try that today!

Fluke fishing is starting to heat up, but not fast enough for many anglers that enjoy catching and eating the tasty fish. If you want to catch a few of these tasty eating fish, many anglers state that you need to go out to Block Island to improve

your chances. Only 15 or 20 years ago, you could go out to the shores of Matunick and the Charlestown Breachway to catch plenty of fluke, as shown in this week's picture.

Sea Bass are more plentiful around the Point Judith lighthouse, but you may need to catch a few dozen before you catch a keeper which is 16 and a half inches or larger this year. They are hitting jigs tipped with a piece of squid, or allowing a single hook baited with squid to bounce along the bottom as your boat drifts. The latter method could also catch you a fluke if you are lucky.

Take A Kid Fishing & Keep Them Rods Bending!

Assorted Timely Tips

Summer is officially here, and from gardening to flea marketing, the busy warm weather season calls for easy living. Read on for an assortment of timely tips to make life a little easier!

Growing herbs? Pluck them for good health! For a tummy soothing tea, pour boiling water over freshly picked peppermint leaves and add a teaspoon of honey for flavor.

Muscles ache from a hard day or a workout? Add a muslin bag full of marjoram to a hot bath, relax, and the stiffness will wash away!

Bugs lunching on tender lettuce leaves? Sprinkle cayenne pepper on growing lettuce. Repeat after a rainfall.

Searching for vintage treasures this season? Old mirrors reflect great taste - here's how to tell if the glass is an original early antique: Hold the edge of a white card against the mirror. If the reflection matches the card, the mirror likely dates from the mid 19th century or later. If the card reflects an ivory or yellowish color, the mirror probably dates pre 1850.

Are old bottles among your flea market finds? To clean the inside of a long-necked bottle, toss in some aquarium gravel and water and shake until the residue is dislodged.

To remove old sediment from a perfume bottle, pour fingernail polish remover into the bottle



TAKE THE HINT
.....
KAREN TRAINOR

and let sit for about 20 minutes, then rinse.

Want more bang for your buck in the garden? Did you know white azalea stays in bloom longer than any other color of the plant? Plus the white flowers also give off a great glow in a moonlight.

Keep azaleas happy with an occasional cocktail of two tablespoons white vinegar diluted in a quart of water.

Fresh veggies are simple pleasures of the season. Did you know tomatoes will keep fresher longer if you store them with the stems down? And for best taste, never refrigerate tomatoes!

Want to keep celery fresh for weeks? Just wrap it in aluminum foil before you store in the refrigerator.

Cooking vegetables on the grill? If you season vegetables with a coarse salt, such as sea salt or kosher salt, before grilling, it will draw out extra moisture from the vegetables, which will intensify its sweetness and flavor.

And you can prevent vegetables from drying out on the grill by soaking them in cold water before cooking.

Attention busy cooks! To keep pasta water from boiling over, spray the inside edge of the cooking pot with nonstick cooking spray.

Want to peel garlic in record time? Microwave cloves for fifteen seconds and the skins will pull off easily.

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown 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 E-mail KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

Gardening under a black walnut tree



Melinda Myers

The leaves and a nut of a black walnut tree.

Wilting, yellow leaves, or stunted growth means it is time to look around your landscape and surrounding landscapes for clues. A common cause of these symptoms is the black walnut tree.

This native tree, prized for its lumber, makes gardening in its vicinity a challenge. All parts of this tree including the

fruit, leaves, and branches contain juglone and the roots can also excrete it into the soil. Juglone-sensitive plants exhibit symptoms and even kill tomatoes and their relatives when they contact the juglone. This interaction between plants is known as allelopathy.

The concentration of juglone varies through-

out the growing season. There is a greater concentration in the actively growing leaves in spring. The amount in the roots remains relatively high throughout the summer with the juglone concentration increasing in the hulls as the nuts mature.

The black walnut tree's close relatives like butternut, pecan, shagbark hickory, and English walnut contain juglone. The concentration of juglone in these trees is much lower and rarely affects juglone-sensitive plants.

The greatest concentration of juglone is usually within 50 to 60 feet of the trunk of large black walnuts. Rule out other causes such as a lack of sunlight, over and under watering, and over or under fertilization.

One solution to this challenge is to grow



GARDEN MOMENTS
.....
MELINDA MYERS

juglone-tolerant plants. Review lists of juglone-susceptible and resistant plants prepared by several universities. These lists are by no means complete, but they do provide a good starting point. You may want to test plants you want to grow but do not appear on any lists. Just plant one or two and if they thrive you can add more. If they suffer, you may want to add them to your "Do Not Plant" list and try something new.

Minimize your frustra-

tion by growing susceptible plants at least 50 feet away from your black walnut tree. The further you move away from the tree, the lesser the concentration of the toxic juglone.

Or create a juglone-free raised bed. Cover the soil and line the sides of the raised bed with water-permeable weed barrier fabric. The fabric can help slow or prevent the invasion of black walnut roots into the raised bed garden. Cover the barrier as you fill the bed with fresh topsoil free of juglone.

Removing the tree, if it is on your property, is not an immediate solution. The juglone remains in the soil until the roots, nuts, and leaves totally decompose.

Consider this as another factor when selecting the right plant for

the growing conditions. Selecting juglone-resistant plants can greatly reduce your frustration and increase your gardening success.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition, and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and 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 her Web site is www.MelindaMyers.com.

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Help Wanted

Gus Steeves

Southbridge celebrates Midsummer

SOUTHBRIDGE — The lawn of the Art Center rang out with music and art last Saturday as a small but friendly group honored the coming of the Summer Solstice a few days early. Fortunately, the predicted rain waited until the very end of the event to start dripping from the sky, giving kids and adults some time to try their hands at crafts, sample some local beer, check out the various tables of art, or tour the art show by Louise Pigott inside.



Dmitri Kasperson flanks one of the prints for sale.



Atmospheric instrumental rock from Gumby's Girlfriend provided the sonic backdrop of Saturday's event.



arry Day, seated, talks to a couple of festivalgoers about his extensive record collection and disc jockeying.



Louise Pigott, left, tells a visitor about some of her art. She noted she's particularly inspired by her late mother, and all of her pieces feature an angel hidden somewhere in them.



Olivia Houde, right, makes a crown of flowers while talking to Kim Proulx.



In butterfly face paint, Simone Germain hangs out with friends.



Julie Mateo and Rylie Larcheveque dance with hula hoops.



Olivia Houde tries out a hula hoop while talking to Julie Mateo.

Local students earn Dean's List recognition at Norwich University

Caracas's Guillermo Ng Yi named to University of Iowa dean's list for 2023 spring semester

NORTHFIELD, Vt. — The following students from your readership area have been recognized on the Dean's List at Norwich University for the Spring 2023 semester:

* Daniel Reeve, Sturbridge
* Dalton Maenpaa, Wales

Full-time undergraduate students, who earned a semester grade point average of at least 3.40 are awarded Dean's List honors.

About Norwich University

Norwich University is a diversified academic institution that educates traditional-age students and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional and distance-learning programs culminating in Baccalaureate and Graduate Degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America. Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). www.norwich.edu

IOWA CITY, Iowa — Guillermo Mingda Ng Yi of Caracas, Distrito Capital Venezuela was among the more than 7,100 undergraduate students at the University of Iowa named to the dean's list for the 2023 spring semester.

Ng Yi is an undergraduate - second year student in Iowa's College of Engineering and is majoring in Biomedical Engineering.

Dean's list status was earned by 968 first-year undergraduates during the 2023 spring semester at Iowa, only 1,604 second-year students, only 1,922 third-year students, and only 2,630 fourth-year students.

Guidelines for inclusion on the list are:

Degree seeking undergraduate students in the Carver College of Medicine, College of Liberal Arts and

Sciences, the College of Education, the College of Engineering, the College of Public Health, the Tippie College of Business, and University College who achieve a grade-point average (GPA) of 3.50 or higher on 12 semester hours or more of UI graded coursework during a given semester or summer session and who have no semester hours of "I" (incomplete) or "O" (no grade reported) during the same semester are recognized by inclusion on the dean's list for that semester.

Undergraduate students in the Roy J. and Lucille A. Carver College of Medicine may qualify for the dean's list with fewer than 12 semester hours of graded credit, if deemed appropriate by the college.

College of Nursing students participating

in clinical courses who have a total of 12 semester hours of earned credit, with eight semester hours of graded credit with a GPA of 3.50 or higher.

Please note that courses offered on a satisfactory/unsatisfactory (S/U) or pass/fail (P/F) basis do not count toward graded credit for inclusion on the dean's list.

About the University of Iowa

As a top global university, Iowa is the ideal destination for learning, discovery, and innovation. We bring art and science together to create a truly unique interdisciplinary education. With over 200 areas of study to choose from, students are encouraged to mix and match majors, minors, and certificates to earn a degree that reflects their unique interests.

From inside our world-

class medical center to the most prestigious creative writing program in the U.S., students have access to quality academic support and are equipped with the tools they need to stand out in a competitive workforce. Our 15:1 student-to-faculty ratio allows students to work directly with experts in their field while earning valuable, practical skills.

Our campus seamlessly blends into the heart of downtown Iowa City, making it easy to access academic resources and belong to a larger, welcoming community. With over 500 student organizations, clubs, and communities on campus, and countless in-town events scheduled throughout the year, Iowa makes it easy to build a network of friendships and connections that last a lifetime.

STCC students named to spring 2023 dean's list

SPRINGFIELD — Springfield Technical Community College celebrates the accomplishment of the 764 students who were named to the spring 2023 dean's list. The dean's list is published each semester to recognize excellence in academic performance. To be considered, degree-seeking students must earn 12 or more college level credits in the current semester, or a total of 12 or more combined college-level credits earned during the fall and spring semesters, and achieve a 3.3 or above grade point average.

Briana Bathrick of Wales
Jamie Bousquet of Holland
Fiona Flavin of Holland
Katherine McGlinchy of Brimfield
Maya Wedderburn of Brimfield

STCC, the Commonwealth's only technical community college, continues the pioneering legacy of the Springfield Armory with comprehensive and technical education in manufacturing, STEM, health-care, business, social services, and the liberal arts. STCC's highly regarded workforce, certificate, degree, and transfer programs are the most affordable in Springfield and provide unequalled opportunity for the vitality of Western Massachusetts. Founded in 1967, the college - a designated Hispanic Serving Institution - seeks to close achievement gaps among students who traditionally face societal barriers. STCC supports students as they transform their lives through intellectual, cultural, and economic engagement while becoming thoughtful, committed and socially responsible graduates.

University of Connecticut announces Dean's List

STORRS, Conn. — The University of Connecticut congratulates the following students on being named to the Dean's List for the spring semester of 2023.

Charlton: Adeline Smith.
Douglas: Kaylee Bolin, Mary Foley, Matthew Lathe.
Dudley: Abigail Lepper.
Groton: Charlotte Digiovanni, Isabella Hutchins, Madelyn Kelly.
Leicester: Sarah Brouillard, Abigail Leahy.
Milford: Alaina Gobbi.
North Grafton: Shravya Aniseti, Bailey Conkey.
Northbridge: Sara Bedigian.
South Grafton: Akshitha Balagani.
Sturbridge: Cameron Dungey.
Sutton: Henry Kulp.
Upton: Ryan Conrad, Macey Spangenberg, Tessa Stewart.
Uxbridge: Hannah Ayers, Kieler Langemo.

How to avoid food poisoning when grilling this summer

Cooking over an open flame produces a unique flavor that's difficult to match. The smoky flavor of grilled foods is hard to resist, especially on summer nights that seem tailor-made for cooking and dining outside.

Cooking over a flame comes with certain safety risks, and those risks are easily mitigated with some simple strategies. It's equally important that grilling enthusiasts make an effort to reduce the risk of food poisoning when grilling. Dishes used to cook indoors are routinely scrubbed clean after a good meal, but grills rarely garner the same level of post-meal attention, which can increase the risk for food poisoning. And a less-than-spotless grill grate isn't the only food poisoning risk linked with grilling. The Centers for Disease Control and Prevention offer these tips to avoid food poisoning when grilling in the months ahead.

- Separate raw foods before grilling. Cross-contamination can contribute to food poisoning. The CDC suggests efforts to prevent cross-contamination should begin at the grocery store. Foods should be kept separate in grocery carts and bags, and packages of raw meat and poultry should be kept in their own individual bags.

- Keep foods cool at all times. The CDC recommends picking up meat, poultry and seafood right before checking out so the food remains as cool as possible at all times. If it's a long drive from the store to home, which can be the case when grilling foods that must be purchased at specialty stores or fisheries instead of traditional neighborhood grocery stores, shoppers can place items in insulated coolers and keep them at 40 F or below.



All raw meat, poultry or seafood should be refrigerated until cooks are ready to place it on a grill.

- Thaw foods safely. The CDC notes that foods should never be thawed on a counter, even if they're in a pot or bowl of lukewarm water. Foods should be thawed in a refrigerator or by utilizing the defrost function on a microwave.

- Marinate safely. Like thawing, marinating should always be done in a refrigerator, regardless of which type of marinade is being used. When marinating foods are ready for cooking, discard the marinade and clean the dish immediately to avoid contamination.

- Routinely clean hands when handling raw meat, poultry and seafood. Cooks should wash their hands thoroughly after handling raw meat, poultry or seafood. Wet hands, lather them with soap and then scrub for at least 20 seconds. Make sure hands are dried on a clean towel, and repeat this process any time raw meat is touched.

- Clean the grill thoroughly. A

grill should be given a thorough cleaning before each use. The CDC urges individuals using a wire bristle brush to thoroughly inspect the grilling surface before lighting a flame and cooking. Wire bristles can be dislodged during cleaning, and then end up on food, where they can pose a significant health hazard once foods are eaten.

- Always place cooked foods on clean dishes. Cooked foods should never be placed back on the dishes or in the containers where they were stored prior to being cooked. Doing so can lead to food poisoning and illness.

- Cook foods to the appropriate temperature. Foods require different cooking temperatures, and cooks are encouraged to determine those temperatures for each food they grill. Utilize a meat thermometer to ensure foods are cooked hot enough to kill germs.

Safe grilling includes doing everything possible to prevent food poisoning.

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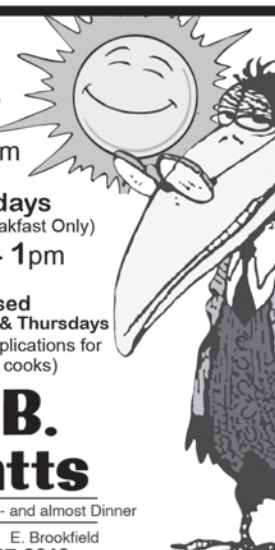
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OBITUARIES

Richard Rees "Dick" Clemence, 83



SOUTHBRIDGE: Richard Rees "Dick" Clemence, Chairman of the Board of Hyde Group Inc., passed away at the age of 83 on Sunday, June 11, 2023.

Dick was born December 20, 1939 in Southbridge to Robert and Elizabeth Rees Clemence. Dick was born and raised in Southbridge, graduating from Proctor Academy in Andover, NH. He returned to Southbridge where he obtained a Business degree from Nichols College and an Industrial Management degree from Worcester Polytechnic Institute. Dick was a HVAC engineer at MECO Inc. before joining Hyde Manufacturing company for 61 years. Starting as a foreman, then plant manager, to becoming the Chairman of the Board in 2010. During those years, he was a board member of several local businesses including Savers Bank and Harrington Memorial Hospital, the Tri-Community Chamber and United Way. From 1965 to 1985 Dick was a member of the Southbridge Call Firefighters, retiring as a Captain of Hose 1. He spent many years as a member of the Airport Commission and was a director of the New England Helicopter Association.

Dick enjoyed spending time in Marshfield, MA., it was there that he met the love of his life, Patricia "Patty" Brandt on the South River. They were married in 1959 and raised 3 children and 4 dalmatians. Dick and Pat met while enjoying boating, a passion they shared their whole life. Both achieved 100 Ton Captains license's and enjoyed

boating up and down the east coast from Nova Scotia to the Bahamas. Dick and Pat, both rotor pilots, also enjoyed flying their helicopter, taking many trips across the United States or just enjoying a nice weekend flying around the local area.

He is survived by his wife of 63 years, Patricia Brandt Clemence, his children Bob (Denise), Rick (Regina Payne), Tammy (John Rawls). His 8 grandchildren, Jillian Ciapocha, Janelle (Mike Zuziak), Myron (Courtney), Tarrah (Angel Guzman), Mason Clemence (Katie Dam), John (Jessica), Michael and David Rawls. His 8 great grandchildren, Benjamin, Mina Zuziak, Harrison, George, Vivian Clemence, Taivyn Clemence, Christopher, Riley Rawls. A brother-in-law Richard Hardy. He was preceded in death by his parents, Robert Upham and Elizabeth Walters Rees Clemence, and his sister Sarah Clemence Hardy.

There was a celebration of life at Southbridge Hotel & Conference Center, 14 Mechanic Street, Southbridge, on Thursday, June 15, 2023 from 4PM to 7PM

Burial Services are private. Please, in lieu of flowers and to honor Dick's love for the Southbridge Fire Department, donations may be made to Town of Southbridge, memo Fire Station Building Fund, C/O Town of Southbridge, 41 Elm Street, Southbridge, Ma 01550.

An online guestbook and video tribute is available at <http://www.BelangerFuneralHome.com>

Belanger-Bullard Funeral Home 51 Marcy St. Southbridge, MA 01550, is directing arrangements.

13 essential vitamins the body needs



The human body is a marvel. When working correctly, the body automatically performs scores of metabolic functions. Individuals can facilitate the performance of those functions in various ways.

Careful consideration of what they put into their bodies is one way individuals can make things easier on their bodies. It is vital to supply the body with the nutrients it needs. This includes the essentials: A, C, D, E, K, and the eight B vitamins.

- **Vitamin A:** This vitamin helps ensure the health of the skin, corneas, lining of the urinary tract, lungs, and intestines. Vitamin A also helps protect against infection. It also is important for vision, as it improves vision in dim light.

- **Vitamin C:** Vitamin C, also known as ascorbic acid, plays a vital role in immune system function, helping to protect cells from free radicals. Since the body cannot store vitamin C, it needs to be consumed daily.

- **Vitamin D:** Vitamin D assists in calcium and phosphorus absorption, which helps to keep bones and teeth strong. The body can produce vitamin D naturally by spending time in sunlight. That is why it's often called "the sunshine vitamin."

- **Vitamin E:** This vitamin maintains muscles and red blood cells. It also protects fatty acids.

- **Vitamin K:** Vitamin K is necessary for blood to clot and helps to keep bones and other tissues in the body healthy.

- **Thiamine (B1):** B1 is needed for metabolism and for nerve and heart function.

- **Riboflavin (B2):** Another important nutrient for metabolizing foods, B2 helps maintain healthy mucus membranes, such as those in the mouth and nose.

- **Niacin (B3):** This vitamin helps to release energy from food and keeps the nervous system healthy.

- **Pantothenic Acid (B5):** B5 is another vitamin that aids energy metabolism. It also plays a role in normalizing blood sugar levels.

- **Pyridoxine (B6):** People rely on B6 to metabolize food energy. It also has a role in proper nerve function and helps in the creation of hemoglobin, which carries oxygen around through red blood cells.

- **Biotin (B7):** This is only needed in small

amounts to make fatty acids.

- **Folate (B9):** Folate is very important for healthy red blood cells. Folate also helps to prevent birth defects, which is why it is recommended as a prenatal vitamin. The manufactured form of folate is called folic acid.

- **Cobalamin (B12):** B12 is needed to make red blood cells, DNA, RNA, and myelin for nerve fibers.

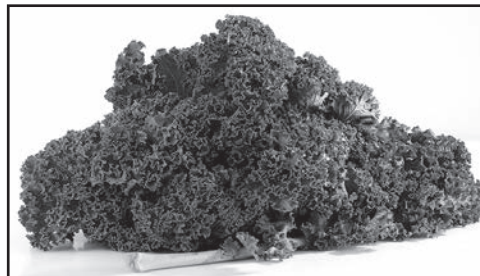
It is preferable to obtain vitamins through healthy foods. If and when foods are inadequate, supplementation might be recommended.

Certain vitamins are fat-soluble, which means they are stored in the body's fat and used slowly over time, according to WebMD. Others are water-soluble, so they are not stored and need to be replenished frequently. Individuals should speak to their doctors and nutritionists about any vitamin deficiencies they may have and how to combat them safely.

Send all obituary notices to
Stonebridge Press, PO Box 90,
Southbridge, MA 01550, or by e-mail
to obits@stonebridgepress.news



How antioxidant-rich foods benefit your body



The antioxidant vitamin C may protect against cancers of the rectum, pancreas, cervix, breast, and lung. In addition, the American Cancer Society reports that the antioxidant beta carotene, which is found in orange, yellow and green leafy fruits and vegetables, may prevent cancer by enhancing white blood cells that are responsible for blocking harmful free radicals.

A nutritious diet is a vital component of a healthy lifestyle. Unfortunately, a popular misconception that characterizes healthy foods as lacking flavor can be hard to overcome. Thankfully, the notion that healthy foods are bland doesn't hold water, and various antioxidant-rich foods are a testament to just how flavorful nutritious foods can be.

Pecans, blueberries, strawberries, kale, and beans are just a handful of the many flavorful foods that are rich in antioxidants. Antioxidant-rich foods benefit the body in myriad ways, and recognition of those benefits might compel more people to include these flavorful, nutritious foods in their diets.

Antioxidants and cancer risk
Stanford Medicine notes that researchers are currently investigating the role antioxidants might play in decreasing a person's risk for cancer. Though it's hard to draw a straight line between antioxidants and cancer risk, the National Cancer Institute notes that

Antioxidants and improved vision

The American Optometric Association reports that adding antioxidants to a diet can help people improve their vision. The AOA notes that various studies have shown that the antioxidants lutein and zeaxanthin reduce the risk for chronic eye diseases. Such studies found that individuals who got the most lutein and zeaxanthin had a much lower risk for developing new cataracts. In addition, the fat-soluble antioxidant vitamin E, which can be found in nuts and sweet potatoes, among other foods, can protect cells in the eyes from free radicals that can cause the breakdown of healthy tissue.

Antioxidants and heart health

There's much debate surrounding a potential link between antioxidants and a lower risk for heart disease. Much of that debate has to do with antioxidant supplements, which tend to deliver higher concentrations of antioxidants than natural sources like fruits and vegetables. Individuals who want to try antioxidant supplements in an effort to improve heart health should discuss that option with their physicians before making any changes to their routines, as this approach may not be best for everyone. That said, numerous studies have found that eating a diet that features a lot of antioxidant-rich foods, including fruits and vegetables, can lower risk for heart disease.

Antioxidants can be a powerful ally as people strive to be as healthy as possible. And the many flavorful antioxidant-rich foods can quell any misconceptions that a healthy diet must be a bland diet.

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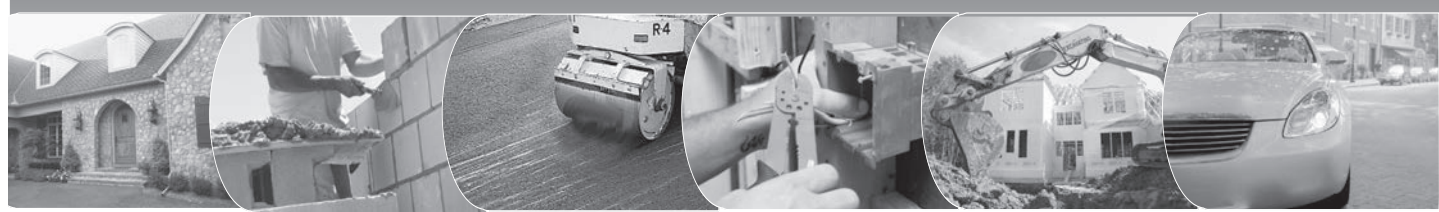
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A special twist on a classic for this year's July Fourth barbecue

The Fourth of July may not be governed by official rules mandating celebrants attend a backyard barbecue before being awed by a nighttime fireworks display, but each of those things features prominently in many Independence Day celebrations. Fireworks are best left to the professionals, but anyone can master the art of grilling delicious burgers and hot dogs.

Traditional burgers are made with ground beef. However, curious grillmasters can explore the many ways to experiment with burgers without sacrificing flavor. This recipe for "Venison Burgers" from "Texas Favorites" (Gibbs Smith) by Jon Bonnell utilizes venison and pork in lieu of beef. The result is a mouth-

watering burger worthy of inclusion in any Fourth of July festivities.

VENISON BURGERS

Serves 8

2 pounds venison meat
 1/2 pound pork shoulder
 1/2 pound slab bacon
 1 tablespoon Worcestershire sauce
 1/2 teaspoon onion powder
 Pinch of cayenne pepper
 1/2 teaspoon garlic powder
 2 tablespoons Dijon mustard
 2 teaspoons hot sauce
 1 teaspoon kosher salt
 1/2 teaspoon freshly ground black pepper

Optional toppings

Bacon
 Cheddar cheese
 Guacamole

Clean the venison well and remove any fat or connective tissue. Cut the venison, pork shoulder and bacon into large chunks. Combine all ingredients together in a large mixing bowl and let marinate for 1 hour in the refrigerator. Grind everything together using the small plate on your grinder. Form into burger patties by hand, and grill or pan-sear. Cook to medium (135 F internal temperature), then remove from the grill and top with your favorite cheese or burger toppings.



LEGALS

TOWN OF BRIMFIELD INVITATION FOR BIDS

Sealed bids for fabrication, furnishing, and delivering via FOB one (1) weathering steel Pedestrian Bridge 100 ft long by 8 ft (clear) wide with a 99 ft bearing will be received at the Office of the Select Board, Town Hall Annex, 23 Main Street, Brimfield, MA 01010 until the time specified below at which time the bids will be publicly opened and read.

Specifications and bid forms may be obtained at the Office of the Select Board, beginning June 21, 2023, Monday through Thursday between 9 a.m. and 4 p.m. or can be requested by emailing selectboard@brimfieldma.org.

Bids will be opened in the Town Hall located at 21 Main Street, Brimfield, MA on the 6th day of July 2023 at 10:00 a.m. Each Bid must be accompanied by a bid security consisting of a BID BOND, CASH, or CERTIFIED CHECK issued by a responsible bank or trust company in the amount of 5% of the bid price.

A 50 percent payment bond of the total amount of the contract price with a surety company qualified to do business in the Commonwealth of Massachusetts will be required.

All bids for this project are subject to applicable public bidding laws of Massachusetts, including, but not limited to G.L. c.30, §39M.

Attention is directed to the minimum wage rates to be paid as determined by the Commissioner of Labor and Workforce Development and the weekly payroll record submittal requirements under the provisions of Massachusetts General Laws, Chapter 149, Section 26 through 27D inclusive.

Selection of the contractor will be based upon bidder qualifications, including evidence of past performance in similar projects, and bid price. The contract will be awarded to the bidder deemed by the awarding authority to be the lowest responsible and eligible bidder.

The bidder agrees that its bid shall be good and may not be withdrawn for a period of 30 days, Saturdays, Sundays and legal holidays excluded, after the opening of the bids.

The Town reserves the right to waive any informalities, to accept or reject, in whole or in part any or all bids, or take whatever other action may be deemed to be in the best interest of the Town.

The Town of Brimfield
 By: Martin J. Kelly, Select Board Chair
 June 23, 2023
 June 30, 2023

Town of Holland Zoning Board of Appeals Notice of Public Hearing

The Zoning Board of Appeals will hold a public hearing on Wednesday, June 28, 2023 at 7:15 pm at the Holland Town Hall, 27 Sturbridge Rd, Holland MA 01521 or remotely for more information please refer to the town website at <https://town.holland.ma.us> under Zoning Board of Appeals under agendas for the date specified above. The purpose of the hearing is to consider a request from Scott Haley for a Special Permit according to Bylaw section 7. Relief requested: Construction/Single Family Dwelling.

The property is located at 33 Island Rd., Holland MA. Parcel ID # _R10 - A - 30 _.
 Don Beal, Chairperson, Zoning Board of Appeals
 Date: June 5, 2023
 June 15, 2023
 June 22, 2023

SOUTHBRIDGE ZONING BOARD OF APPEALS PUBLIC HEARING NOTICE

In accordance with the provisions of MGL Ch. 40A, the Southbridge Zoning Board of Appeals will hold a public hearing on Thursday June 29, 2023, at 5:30 PM, in the Rice Conference Room, First Floor, Southbridge Town Hall

The purpose of the public hearing is to consider the variance application, as filed by Kaestle Boos Associates, for a reduction of the rear, and front yard setbacks, as well as lot coverage in order to construct a new fire station per section 5 Table 2 of the Southbridge Zoning Bylaws located at 129 Worcester St.; Map 30; Lots 55, 56, 57, 59, 60, 64, 65, 66 and 67. (Town of Southbridge, Owner)

The application and plan are on file for review during normal business hours with the Town Clerk. This notice is also published electronically on www.telegram.com and on www.ma.mypublicnotices.com.

Any person interested or wishing to be heard on the application should appear at the time and place designated.

Lynne Bertrand
 Chair, Southbridge Zoning Board of Appeals
 Publication Dates: Thursday June 15, 2023 and Thursday June 22, 2023
 June 15, 2023
 June 22, 2023

CHARLTON CONSERVATION COMMISSION PUBLIC HEARING NOTICE

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, the Charlton Conservation Commission will hold a public hearing on June 28, 2023 at 7 PM on the application of Town of Charlton

The applicant has submitted an Abbreviated Notice of Resource Area Delineation to allow for review and approval of the wetland boundaries. The site is located at Flint Road, Parcel ID 51-B-2, 51-B-2.1, 51-B-4 and 81 Burlingame Road Parcel ID 51-B-3.1

Pursuant to Chapter 20 of the Acts of 2021, this meeting of the Charlton Conservation Commission will be conducted via remote means. Members of the public who wish to participate can access the meeting remotely, via Zoom Conferencing by calling 1-646 558 8656 and using meeting ID # 892 9898 0343 Passcode 458971 or using the link below <https://us02web.zoom.us/j/89298980343?pwd=VjIMZGIhU-GRnYzRkR1c2eTJTL3lWZz09> Copies of the ANRAD may be examined electronically by visiting this Website: <https://www.townofcharlton.net/262/Conservation-Commission>
 Thomas O'Malley
 Chair, Charlton Conservation Commission
 June 22, 2023

CHARLTON CONSERVATION COMMISSION PUBLIC HEARING NOTICE

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, the Charlton Conservation Commission will hold a public hearing on June 28, 2023 at 7 PM on the application of Stefanie Senquiz.

The applicant has submitted Notice of Intent for the construction of single-family home. The site is located at 17A OakRidge Drive, Charlton, MA 01507
 Pursuant to Chapter 20 of the Acts

of 2021, this meeting of the Charlton Conservation Commission will be conducted via remote means. Members of the public who wish to participate can access the meeting remotely, via Zoom Conferencing by calling 1-646 558 8656 and using meeting ID # 892 9898 0343 Passcode 458971 or using the link below <https://us02web.zoom.us/j/89298980343?pwd=VjIMZGIhU-GRnYzRkR1c2eTJTL3lWZz09>

Copies of the NOI may be examined electronically by visiting this Website: <https://www.townofcharlton.net/262/Conservation-Commission>

Thomas O'Malley
 Chair, Charlton Conservation Commission
 June 22, 2023

TOWN OF SOUTHBRIDGE

The Town of Southbridge in conjunction with the Police Department is seeking independent contractors to tow and to store all motor vehicles ordered removed pursuant to applicable law for the Town.

Proposal information and guidelines for Towing and Storage of Motor Vehicles are available in the Town Manager's Office, or by contacting Gayle Raducha, Assistant, Town Manager's Office, telephone #508-764-5405 or email graducha@southbridgemass.org

Proposals must be received in the Town Manager's Office **no later than 1:00 PM on Wednesday, July 12, 2023**, in a sealed envelope labeled "**Request to Tow and Store Motor Vehicles**" in the lower right left corner of the envelope addressed to Town Manager's Office

2nd floor
 41 Elm Street
 Southbridge, MA 01550

The Town is not responsible for delays in deliveries or after town offices are closed, or any other reason for a proposal that is not submitted prior to the deadline.
 June 23, 2023

BID ADVERTISEMENT

HVAC SYSTEM & CONTROL MAINTENANCE FOR VARIOUS TOWN BUILDINGS

Sealed bids will be received by the Town Manager, Town Hall, 41 Elm Street, Southbridge, Massachusetts until 2:00 PM on Thursday July 13, 2023 for HVAC System & Control Maintenance - Various Buildings and at that time opened and publicly read. Envelopes must be clearly marked "Bid - HVAC Maintenance". Bid Documents may be obtained at the office of the Town Manager or by emailing Hannah Prescott at hprescott@southbridgemass.org

Minimum Wage Rates as determined by the Commissioner of the Department of Labor and Industries under the provisions of the Massachusetts General Laws, Chapter 149, section 26 to 27G, as amended, apply to the work associated with this contract.
 A walk-through of the various buildings may be scheduled by contacting the DPW Operations Foreman, Glenn Ethier, at 508-764-5403 x6 or getherier@southbridgemass.org no later than June 30. Questions regarding this bid should be sent to the Director, Richard Benoit, at rbenoit@southbridgemass.org no later than 2:00 PM on July 7. This bid is subject to G.L. c.149, s. 44A et seq. All bids must and shall be available for acceptance by the Town for no less than thirty (30) days, Saturdays, Sundays and legal holidays excluded, from the bid opening date.

The Town shall award a contract to the lowest responsible and eligible bidder.

The Town reserves the right to reject any or all bids if it be in the public interest to do so, and to waive any informalities in the bids.

Charlie Blanchard, Interim Town Manager
 Town of Southbridge
 June 15, 2023
 June 22, 2023

TOWN OF SOUTHBRIDGE PUBLIC HEARING NOTICE WATER / SEWER RATES

The Town Manager of the Town of Southbridge will hold a public hearing on Wednesday June 28, 2023 at 1:00 PM in Town Council Chambers On the proposed rate changes for Water and Sewer changes effective with bills issued July 1, 2023.

Those wishing to speak on this matter will be given the opportunity to do so. The proposed rates are on display on the Town's website www.ci.southbridge.ma.us
 June 15, 2023
 June 22, 2023

CHARLTON CONSERVATION COMMISSION PUBLIC HEARING NOTICE

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, the Charlton Conservation Commission will hold a public hearing on June 28, 2023 at 7 PM on the application of Town of Charlton

The applicant has submitted a Request for Determination of Applicability for the digging of eighteen (18) test pits around the perimeter of the landfill located at 0, 54, 100 Flint Road and 81 Burlingame Road.

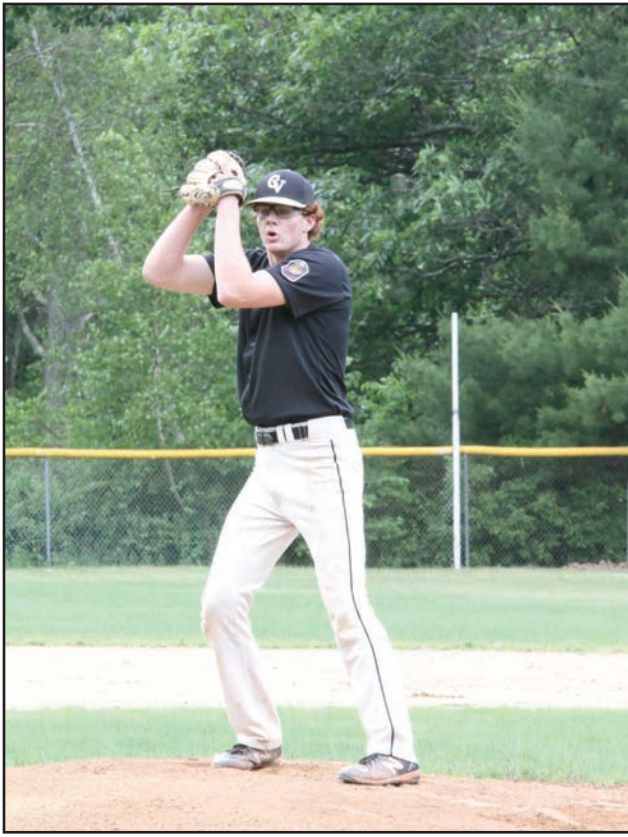
Pursuant to Chapter 20 of the Acts of 2021, this meeting of the Charlton Conservation Commission will be conducted via remote means. Members of the public who wish to participate can access the meeting remotely, via Zoom Conferencing by calling 1-646 558 8656 and using meeting ID # 892 9898 0343 Passcode 458971 or using the link below <https://us02web.zoom.us/j/89298980343?pwd=VjIMZGIhU-GRnYzRkR1c2eTJTL3lWZz09> Copies of the RDA may be examined electronically by visiting this Website: <https://www.townofcharlton.net/262/Conservation-Commission>
 Thomas O'Malley
 Chair, Charlton Conservation Commission
 June 22, 2023

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SPORTS

Leominster Legion heads south to take on locals from Cherry Valley, Sturbridge

DAY FILLED WITH MIXED RESULTS AS CHERRY VALLEY WINS IN WALK-OFF, WHILE STURBRIDGE LOSES



Nick Ethier photos

Cherry Valley's Evan Remington takes a breath before releasing a pitch to the plate.



First baseman Colin Moody of Cherry Valley catches the ball while attempting to pick off Leominster's Ashton Malzahn.



Sturbridge starting pitcher Anthony Alarie peeks toward home plate while delivering a pitch.



Cherry Valley's Evan Brindisi touches the second base bag for a force out.

BY NICK ETHIER
SPORTS EDITOR

LEICESTER / STURBRIDGE

Logistically speaking, the farthest trips the Leominster Post 151 American Legion baseball team makes each summer is to Cherry Valley Post 443 (Rochdale Park) and Sturbridge Post 109 (Tantasqua Regional). So, on Sunday, June 18, Leominster packed their bags and hit both locations for a doubleheader.

Post 151 played at Cherry Valley at 11 a.m. and then at Sturbridge at 2:30 p.m., splitting the contests. Post 443 was able to win in walk-off fashion, 4-3, while Post 109 saw Leominster take out its frustrations in a 24-0 decision after five mercy-rule shortened innings.

"We try to do it in the same day," Leominster head coach Jeff Dedeian said of playing doubleheader ball when the schedule aligns itself properly. "When you have kids driving to games, it just makes life a lot easier."

In the game with

Cherry Valley, Post 151 plated a pair of runs in the top of the first inning without the benefit of a hit off starting pitcher Evan Remington. And Post 443's Remington continued to be a thorn in Leominster's side, allowing only three total hits in his 6-2/3 innings of work.

"He's a great pitcher," Dedeian said of Remington. "We seem to face him every year. We have one of the better hitting teams that we've had in a long time, and we had one hit into the sixth inning. That explains it."

Cherry Valley chipped away at the lead with a run in the bottom of the second inning on a Cody McDonald RBI single into right field, which plated Evan Brindisi. Then, in the fourth, Post 443 took a 3-2 lead when Lucas Lambert stepped to the plate with the bases loaded and two out. Lambert placed a single past Leominster's second baseman, which scored both Jake Delvalle (2-for-2, BB) and Colin Moody.

Leominster made things interesting, though, tying the score at

3-3 in the sixth. The run against Remington was unearned.

"Remington pitched great," said Cherry Valley head coach Jim Stephens. "I had this odd feeling today that we would give them a good game because he's that good of a pitcher."

Remington reached his maximum pitch count with two outs in the seventh inning, but Lambert came in and closed the door, setting up the dramatic bottom of the frame.

There, Brindisi reached base when he struck out as the catcher couldn't field the ball as it made its way to the backstop. Remington then singled to right field. As Brindisi got on his horse, Post 151's right fielder booted the ball, which allowed the speedster to scamper all the way home.

"I'm very happy," said Stephens. "Today they picked it up later in the game. We made a lot of good plays. We did enough to win the game."

Leominster then made the half hour drive to Sturbridge and brought

their bats with them. They scored once in the first inning, twice in the second, 11 times in the third, five times in the fourth and another five times in the fifth. Post 151 totaled 16 hits off three Sturbridge pitchers.

All the while, Leominster pitcher Henry Bruun threw a five-inning no-hitter with two walks and eight strikeouts.

"This is a level beyond their capabilities," said Sturbridge head coach Jim Rosseel, as six of the nine starters played on the Tantasqua JV team this past spring, while American Legion ball is primarily varsity-level competition. "They're getting the experience at this level, so now they know what it's all about. That's what I'm hoping, that it gets better."

After Sunday's action Leominster is an even 3-3, while Cherry Valley improved to 1-3 and Sturbridge dropped to 0-3. Post 443 and Post 109 then met the following day, and tune back to next week's edition for the result of that contest.



Catcher Brandon Phillips of Sturbridge tries to tag out Leominster's Tyler Godin at the plate.

POSTSEASON SCOREBOARD

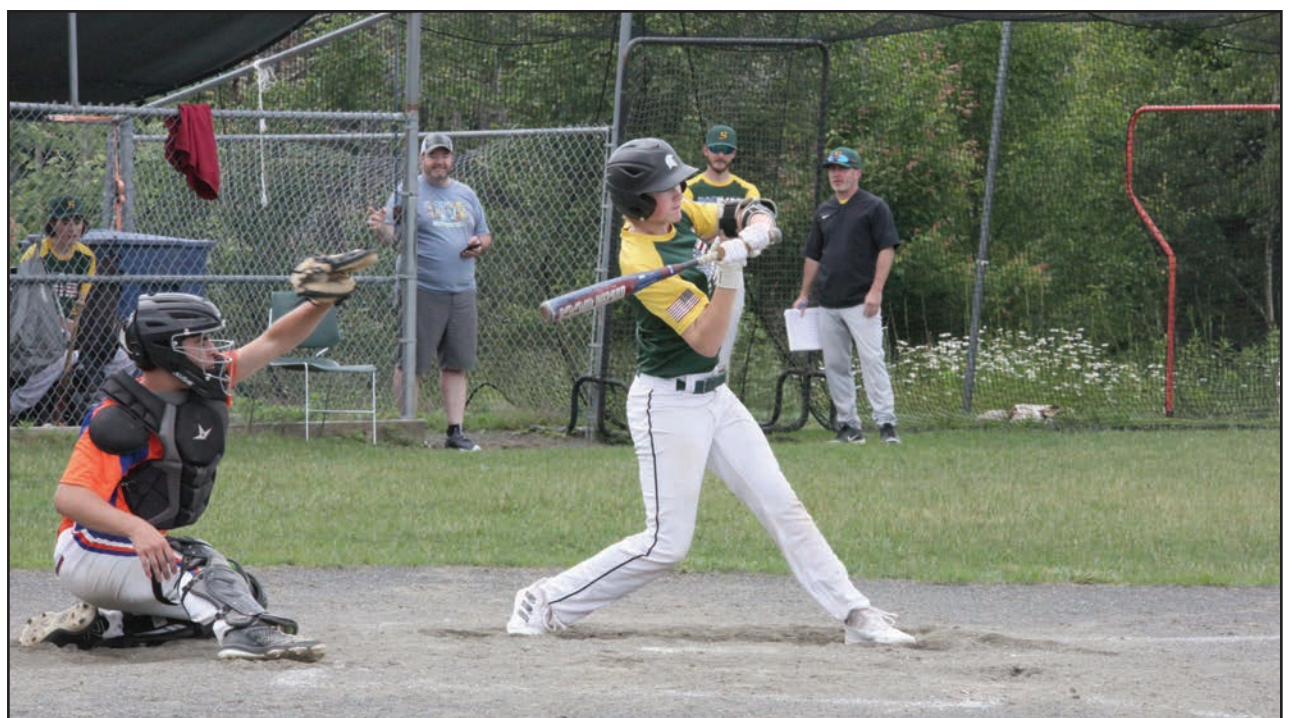
Wednesday, June 7

Division 2 Softball Round of 16

(4) Burlington 6, (20) Shepherd Hill 1 — After playing spoiler in the first round of the tournament, the Rams couldn't pull off another upset. Instead, they finished their campaign with a record of 9-11.

Division 4 Softball Round of 16

(2) Hampshire Regional 7, (18) Bay Path 1 — The end of the road came up for the Minutemen, whose finish at 16-8 included a school record for wins and a spot in the Large Schools State Vocational Championship game a week prior.



Sturbridge's Ethan LaPlante checks his swing while drawing a walk.

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ON DEPOSIT

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BALLOT

continued from page A1

Carla Delacruz Davita, who ran unopposed and was elected with 665 votes. The other candidate in that ballot section, Frank Kaitbenski (600 votes), won with no presence in the race at all and didn't attend the May candidates' forum. The third available school seat had no candidate after Tim Messier dropped out just before the forum, but 44 people cast write-in votes. (It takes at least 10 write-ins for someone to win a candidate-less seat, but the official results on the website do not list write-ins.)

Davita said she "wasn't expecting" to collect so many votes and thought it "a compliment." To her, the primary issue going forward is addressing the fact "I don't feel comfortable having my kids come here for school, and I want to be." She said she hopes to do that by talking to students, parents, teachers and community members about the system's issues.

Regarding the ballot question - which passed overwhelmingly (nearly 9 to 1), in part because there was no opposing campaign at all - Davila said she wants to bring the results to the state's Department of Elementary and Secondary Education to show them "our community doesn't want

this. How do we do this? I think the numbers say something, and they need to listen."

Two other candidates, Michelle Splaine for Assessor and Rick Clemence for Redevelopment Authority, were also elected without opposition. The Housing Authority had no candidates, but 74 people cast write-in ballots for that seat.

Gus Steeves can be reached at gus.steeves2@gmail.com.

Election results at a glance

*= incumbent; italic = elected
Total turnout - 1098

Ballot Question
Yes - 929
No - 132

Town Council
Ariel Ortiz - 550
Joe Daou* - 510
George Chenier - 450
Steve Kelly - 415
Jackie Ryan* - 404
Maria Torres - 276
Andrew Murch - 217
Kevin Buxton - 68

School Committee
Carla Davila - 665
Frank Kaitbenski - 600
Write-ins - 44

Assessors
Michelle Splaine - 799

Redevelopment Authority
Rick Clemence* - 794

Housing Authority (No candidate)
Write-ins - 74

PLAN

continued from page A1

3,429 students in the district, more than half are from Charlton and we did vote for level services at our town meetings so please don't forget our voices. I realize Dudley is struggling, but our voice counts too, and our children shouldn't have to suffer just because we're in this agreement."

The meeting also heard from a few Dudley citizens. Kathy Hurst, who has been a consistent presence at meeting concerning the 2024 fiscal year budget, spoke in defense of the voters of Dudley explaining that while the town and district did remove a pair of capital projects (the Dudley Middle School Roof and MSBA school study) from the budget proper for the second override vote in June, the numbers didn't change enough to earn voter support.

"I think with the April 25 override vote, the people in the town of Dudley were really upset about how things were put all together, the capital projects in with the operational budget, and I think that caused a lot of people to be untrusting of what was going on with that - The town side and school side budgets that were combined in that \$2.6 million proposition 2 1/2 Override vote (in June) were basically the same budgets that were there before and I think that's why people were hurt. How can they come back and there hasn't been one iota of change? That's what I feel like was the feeling of the people," said Hurst. "I think people wanted a gesture of good faith and if both sides had come forward and shown some movement maybe it would have been different. That's what the word on the street is as

they say."

Hurst also noted she didn't feel people would be happy if a third override were to be proposed.

The frustration on both sides was heard loud and clear as the school committee immediately began discussions on what to do next. Three options were put on the table: to accept a level funded budget that would eliminate \$2 million from the spending plan, to affirm a level service budget as proposed, or to create a budget that falls between level service and level funded. The committee first considered the level service option but after some discussion decided to cut \$200,000 from the overall budget and voted to send the adjusted spending plan back to both Charlton and Dudley for consideration.

The new assessment is a \$57.2 million total budget with \$16.8 million assessed to Charlton and \$10.9 million assessed to Dudley. While Charlton does not need to act further on the budget at this time, the motion forces Dudley to consider the assessment in whatever way they deem appropriate.

Dudley can now choose several different approaches. They can offset the assessment with cuts to the town side or possibly seek another override. If Dudley were to decide not to appropriate or certify the assessment a district-wide vote to approve the school budget that would bring the residents of both Dudley and Charlton to one meeting could be an option, however this was considered a last resort.

In the days following the school committee's decision, the Stonebridge Press interviewed the Town Administrators from Dudley and Charlton for their comments on the budget situation.

Charlton Town Administrator Andrew Golas acknowledged the frustration felt by many in his town but made sure to keep things in perspective.

"At the end of the day, we have to remember that both Towns are in this together. If it was not for the substantial new taxable growth here in Charlton, we very well may have been in the same position of requesting an override to support the school's request. Each person that comes out to vote on the budget at town meeting or the override at the ballot has different priorities for their tax dollars and a different ability to pay. Ultimately, every person in both towns wants high quality schools with extraordinary educators that make our district a desirable place to live. Everyone from the municipal side in both towns and the school district need to continue to work together to find a way to make it happen this upcoming school year and beyond," said Golas.

Dudley Town Administrator Jonathan Ruda asserted in an interview that the town will address the deficit resulting from the school assessment in the coming weeks but would not provide specific comments concerning the school committee's decision as town officials had yet to meet. He did acknowledge that the message they received from voters was clear: "low taxes and to fully fund the school district's request."

He said, "The town will operate accordingly," only confirming that the situation will mean significant cuts to the town side of their budget.

The Dudley Board of Selectmen were expected to meet after the Juneteenth holiday to commence debate on how they will proceed.

OSV

continued from page A1

and they will pledge their Oath of Allegiance to the United States for the very first time.

Kids Free All Weekend!
Up to three kids ages 17 and under are admitted for FREE per adult paying full price (\$30) From July 1 to July 4. Additional youth are admitted at the standard rate of \$15. Pre-registration is recommended. To purchase tickets, go to <https://www.osv.org/event/independence-celebration/>.

As always, marvel at the work of our skilled artisans and tradespeople, meet and greet sheep, chickens, cattle, and pigs, take a ride on the horse-drawn

carryall, and learn about life in early 19th-century rural New England.

Also, Field of Flags, a campaign designated to honor and recognize the men and women on active duty or those who have served in the U.S. military, returns to Old Sturbridge Village this summer. Each year, OSV builds a field outside the Visitor Center from Memorial Day through Labor Day, "planting" flags with every donation received. Flags stand as a tangible reminder of the service and sacrifice of our American heroes, often donated in honor of a friend or loved one.

For \$25 per flag, the public can add to the Field of Flags while on-site or via an online donation form. Donations help provide free standard daytime admission to Old Sturbridge Village for

members of the U.S. Military, Reserves, National Guard, and their families - including active-duty personnel and veterans alike.

Names of individuals remembered with gifts to the Field of Flags campaign are posted on a physical Honor Board outside of the Visitor Center and listed online at: <https://www.osv.org/field-of-flags/>. Donations to the campaign can be made at: <https://10797.blackbaudhosting.com/10797/AF-Flags>.

In November, Old Sturbridge Village recognizes Veteran and Military Families Month with red, white, and blue stars bearing the names of loved ones lining OSV's covered bridge. Stars can be purchased as part of the Field of Flags campaign, for an additional \$10 per star on top of flag donation.

SCHOLARSHIPS

continued from page A1

succeed throughout high school. With a keen love of music, Domey has been a devoted member of the school's band program contributing to the band class, marching band and jazz band. She has served as a member of the student council, performs community service and volunteers at various events including the Spencer Fair. In her junior year, she was recognized with a book award from St. Michael's College, and the 18 Under 18 Scholarship. Domey's current career objective is a position in the field of criminal psychology. In addition to her prowess in music and academics, she is also a hard-working and upbeat member of the Host team at Red Robin Burgers and Brews in Millbury.

Lindsey Soter is a Class of 2023 graduate of David Prouty High School. Soter is an ambitious and motivated student who

has participated in school council and is a three sport varsity athlete - soccer, basketball and tennis. Elected Treasurer of her class all four years and the Vice President of the National Honor Society in her senior year, Lindsey earned stellar grades throughout high school and is ranked #6 out of her graduating class of 74 students. She has given back to her community by being a volunteer at her school, serving meals at St. Mary's Queen of the Rosary Parish in Spencer and as Unified Special Olympics volunteer. She is also an exceptional and hard working employee known for her patience and respectful demeanor at Big Y World Class Market in Spencer and as a Resident Care Assistant at Oriol Health Care Nursing Home in Holden. Her kindness and compassion are traits that will serve her well as she pursues a career as a registered nurse at Assumption College this fall.

Jacob Brodeur is a Class of 2023

Graduate of Shepherd Hill Regional High School. Brodeur is a dedicated and focused student with a strong work ethic who approaches his education with a sincere level of maturity. Currently the President of the National Honor Society - a select group of students who excel beyond the intellectual boundaries of the Massachusetts Curriculum Frameworks - he was also voted by his peers to be the Class Treasurer as a Junior and Senior and has been a member of the Model United Nations, Academic Decathlon team and Prom Committee. With a passion for Computer Science, Brodeur has committed to Rochester Institute of Technology and the school's Computing Exploration Program. He is also a valued employee of the Tri-Community YMCA Family Branch in Southbridge where he has worked since 2021.

It is truly gratifying for The Chamber and its members to be able to contribute

to the ongoing education and success of these exceptional local scholars. We offer them heartfelt congratulations and best wishes as they embark on their journeys into higher education.

The Chamber of Central Mass South typically offers \$1000 scholarships to local students each year. Monies are allocated from the Chamber's Charities and Scholarship Fund which is supported by the annual 'Your Chance to Be a Millionaire' lottery scratch tickets raffle, the Drivin' it Ho(l)me for Health and Education Car Show held in partnership with the Harrington Hospital Auxiliary, the Chamber's Annual Golf Classic, as well as individual contributions from Chamber Members. Scholarship applications can be obtained at local high school guidance offices or online at the Chamber website. The annual deadline to apply is April 1. Learn more about the Chamber of Central Mass South at www.cmschamber.org.

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Grill safely this summer

Plenty of people can be found working their grilling magic year-round. But the vast majority of people do the bulk of their grilling over the summer, when warm temperatures contribute to a relaxed atmosphere that makes outdoor cooking and dining that much more appealing.



The relaxing nature of summer can make it easy to overlook safety, particularly when grilling. However, the right safety measures when cooking over an open flame can prevent home fires and other accidents that can cause injury and even death. In recognition of the many things that can go wrong when grilling, the Federal Emergency Management Agency and the U.S. Fire Administration offer these simple fire safety tips that every grillmaster can keep in mind as summer grilling season hits full swing.

- Only use a grill outside. Grills should never be used indoors, and that includes in garages with the doors open. Before lighting a flame, make sure the grill is at least three feet from siding, deck rails and eaves.
- Establish a safe zone around the grill. A three-foot safe zone around the grill can decrease the likelihood that pets will run into and potentially tip over the grill. Kids can be taught to respect this zone as well so they avoid being burned.
- Open a gas grill before lighting it. Charcoal grills, hybrid grills and smokers cannot be lit unless the lid is lifted. That isn't the case with gas grills, but gas grills should never be lit with the lid closed. If a gas grill is lit with its lid closed, gas can build up inside and that could cause an explosion. Even if there's some summer rain falling, open the lid on a gas grill before turning the ignition switch.
- Keep an eye on the grill at all times. It's tempting to walk away from a grill while food is cooking, but someone should always be tasked with staying close to the grill. If cooks must walk away, ask another adult to stay close to the grill until you return. All it takes is a few seconds for a fire to start.
- Clean the grill regularly. Regular cleaning of the grill is both healthy and safe. Cleaning helps to ensure the cooking surface is clean and unlikely to cause food poisoning. But a grease-free grill also poses less of a fire hazard than one that hasn't been cleaned.

• Let coals cool before discarding them. Coals from the grill should be given ample time to cool before they're removed from the grill and discarded.

• Remember to turn the gas valve to the off position after cooking. When cooking with gas grills, cooks must remember to turn the valve to the off position once all the food has been cooked.

Simple safety measures can ensure summer grilling season goes off without a hitch.

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