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Friday, April 16, 2021



Brianna Cloutier and Elizabeth Larson.

Photos Coutesy

# Nursing students give public COVID-19 vaccines

SOUTHBRIDGE — A group of six Bay Path Practical Nursing students were assigned to Harrington Hospital for their Medical-Surgical nursing rotation and with their Clinical Facilitator, Professor Cheryl Cahill’s diligent efforts ended up lending

a helping hand administering COVID-19 vaccines at the vaccine clinic at the Armory ( Southbridge Community Center).

Two practical nursing students stand out because

Please Read **NURSING**, page **A11**



# School District seeking Student Opportunity Act funding

**BY JASON BLEAU**  
VILLAGER CORRESPONDENT

DUDLEY/CHARLTON – The Dudley Charlton Regional School Committee is hoping to take advantage of state funding to support resources for the district’s literacy program.

The Student Opportunity Act was initiated in 2020 just before the COVID-19 pandemic began and has moved its deadline for funding requests several times due to the health crisis. The deadline was moved once again into early 2021 and the Dudley Charlton Regional School District is pushing ahead with its plans to submit a request for funding.

“It was to pump in additional funding within our school districts to ensure that we have equity of experiences across our schools,” Superintendent Steven Lamarche said of the program during a March school committee meeting. “I do have to say that the Dudley Charlton Regional School District was not receiving a lion’s share of that funding resource. We

are receiving close to what I would call the minimum for that so it doesn’t add a lot to our operating budget, but it did legislatively require us to submit a plan on how we would utilize any resources that we received as a district.”

The district submitted the short form application for funding a year ago, but with the funding being moved to this year Superintendent Lamarche suggested the district reassess its priorities for any monies received through the program.

“Our first submission was centered around a bunch of priorities including additional support for our co-teaching models in our district which we accomplished in our Fiscal Year 2021 budget, so therefore it required a change in our submission. Now we do have a change to align with our initiative of the literacy instructional materials that we were looking at and the school committee has supported thus far,” said Lamarche.

Assistant Superintendent for Teaching and

Please Read **FUNDING**, page **A11**

# Nichols College names Bryant University provost as president

DUDLEY — Glenn M. Sulmasy, JD, LL.M, acclaimed international law and national security expert with experience in academics, law, and government service, has been named the eighth president of Nichols College. He succeeds Susan West

Engelkemeyer, Ph.D., who will retire at the end of this academic year following a decade at the helm of Nichols.

Sulmasy comes to Nichols with 24 years in higher education, most recently as provost and chief academic officer of Bryant University. He will begin his tenure as Nichols president on July 1.

“President-elect Sulmasy brings a distinguished record of administrative leadership and academic achievement to Nichols. He is uniquely qualified to build on the success Nichols has experienced under President Engelkemeyer’s leadership and drive us further toward a position of greater regional and national prominence,” said John H. Davis ’72, chair of the Nichols College Board of Trustees.

“I am honored to join the Nichols College community as its eighth president,” said Sulmasy. “The Nichols reputation of offering a dynamic and results-oriented business and leadership education has grown measurably stronger under the leadership of President Engelkemeyer and is perfectly positioned to continue its trajectory. I look



Glenn Sulmasy

Please Read **SULMASY**, page **A11**



# Hitchcock Academy opens Farmer’s Market, announces bustling spring schedule

BRIMFIELD — Once again, Hitchcock Academy in Brimfield is proud to be the site of the area’s earliest Farmer’s Market on April 17. Located in the Hitchcock parking lot at the corner of Brookfield Road and North Main Street in downtown Brimfield, the market is open every Saturday through Oct. 30 (except for Flea Market weeks) from 9 a.m. to 2 p.m. While some customers might want to arrive early for the best selection, the 2 p.m. closing means weekday early risers won’t miss anything if they sleep in.

For 26 weeks, the Farmer’s Market brings the community the finest in home made goods, locally grown, vegetable and flowering plants, produce, meat, baked goods, maple products, ice cream, herbs, soaps, salts, washes, balms, and more from trusted local vendors. Two of the vendors, Flourish Farm and Hunt Road Berry Farm, are set up to process SNAP and Healthy Incentives Program benefits, adding even more incentive to shop locally.

The Farmer’s Market truly functions as a community event, providing an opportunity to become familiar with native goods and to interact with the producers of these goods. Dollars spent at the Farmer’s Market go right back into the local economy and add to the regional wealth, while simultaneously providing the consumer with ready access to a healthier diet. Cindy Skowyra, Hitchcock Academy’s



Executive Director, points out that, “the Farmer’s Market also provides a consistent source of high quality goods. Week after week you greet the same vendors.”

While many people have received Covid-19 vaccines, entry into the Hitchcock Farmer’s Market will require a mask. Patrons are also asked to follow current social distancing protocols. Nothing enhances the flavor of food like freshness, and nothing beats a local Farmer’s Market for freshness.

On April 24 at 9 a.m., just across the street from the Farmer’s Market, Hitchcock Academy invites community

members to participate in its effort to fix up its tennis and basketball courts. Spearheaded by Ken Hawk of Hawk’s Lawncare and Landscaping, clean up projects will include cutting brush and a few small trees, raking leaves and general clean up. According to Skowyra, who honed her tennis skills on the HFA courts, a clean up project has always been a primary goal. When Hawk floated the idea of a community project on a local Facebook website, the response was immediate and it was encouraging, with many people offering to volunteer their time and talents. Anyone who is interested in participating can find information about the project in the Events Section of [hitchcockacademy.org](http://hitchcockacademy.org). While registration is not required Skowyra says it is helpful for planning purposes. Drinks and snacks will be provided along with lots of encouragement and enthusiasm. Rain date for the clean up project is Sunday, April 25 at Noon. Hitchcock Academy rounds out its April offerings with an online seasonal look at the night sky. Astronomy, which features planetarium software takes place on April 19 and on April 29 Fencing with instructor Andrew Bloch returns.

People thinking ahead to summer gardens need to circle May 22 on their calendars. Hitchcock will hold its second annual Plant Sale Fundraiser in its parking lot on May 22. All types of annual, perennial, vegetable and hanging plants will be on sale in time for Memorial Day planting. Anyone, thinning their gardens and finding themselves with an excess of plants are welcome to donate that excess to this fundraiser.

Hitchcock Academy also looks to a busy June with the 11th annual Town Wide Tag Sale scheduled for June 5 and the first annual Golf Tournament on tap for June 26. The Golf Tournament will be held at the Heritage Country Club in Charlton. Skowyra says that sponsorship opportunities are available for this event. For more information, contact [execdiretor@hitchcockacademy.org](mailto:execdiretor@hitchcockacademy.org).

# Old Sturbridge Village gift shops reimaged under new leadership

STURBRIDGE — Old Sturbridge Village (OSV) has announced a new Director of Retail Operations and Gift Shops, Ellen Taviano, to oversee the Village’s retail division. With a focus on elevating and enhancing the visitor

experience, Old Sturbridge Village has recently taken back management over their retail operations after outsourcing the division for many years.

Ellen Taviano has an accomplished retail career spanning over thirty-five years. Having graduated from the University of Maryland with a Bachelor of Science degree in Textile Marketing, Taviano started her retail career at Bloomingdale’s in Manhattan. She went on to work for Woodward & Lothrop, Inc., John Wannamakers, and most recently Winterthur Museum in Delaware, where she served as General Manager of Retail and Licensed Products for over twenty-four years. At Winterthur, Ellen managed two stores consisting of more than 4,000 square feet of retail space, launched an online store that yielded more than \$150,000 in annual revenue, and is credited with product exclusivity and excellence in customer service.



Photo Courtesy

Old Sturbridge Village (OSV) has announced a new Director of Retail Operations and Gift Shops, Ellen Taviano, to oversee the Village’s retail division.

“I see a tremendous amount of opportunity for the retail division and gift shops of Old Sturbridge Village,” said President and CEO, Jim Donahue. “I believe Ellen Taviano brings the perfect mix of experience, passion, and drive to the position and will reimagine how we carry out retail to further enhance the experience for our visitors.”

Taviano has a wealth of ideas for Old Sturbridge Village, including launching a robust online store later this year. “Providing access to not only our on-site visitors but to our fans across the country is one of my top priorities,”

explained Taviano. “The Village offers so many unique items that you can’t get anywhere else – particularly our Village Wares created by our craftspeople.”

Taviano’s vision to increase Village-made goods includes working with Old Sturbridge Village’s potters to reintroduce colors that haven’t previously been available in the Village stores and selecting a wider variety of tinware which is very popular with patrons. Specialty food items, such as jams, jellies, and preserves are being developed

with unique ingredients like rhubarb and quince often found in “receipts” from the 1830s. (Receipts are known as recipes in modern language.) As the retail division undergoes its transformation, all items will be sold out of Miner Grant which is located on the Village common within the museum. Plans for a larger store with public access are also in the works, along with pop-up stores throughout the Village for visitors to purchase exclusive products.

With an upcoming kick-off to the 75th anniversary in June, Old Sturbridge Village is committed to sharing history in new and relevant ways through programming, promotion, education, and now retail.

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Funding for Boost Your Budget™ Week—April 12-16—has been provided from a grant awarded by the National Council on Aging—[ncoa.org/Boost](http://ncoa.org/Boost)

# Tri-Valley, Inc. celebrates Boost Your Budget Week

REGION — Tri-Valley, Inc. is committed to empowering all older adults in South Central Massachusetts to age well. On April 12-16, we are partnering with the National Council on Aging (NCOA) to celebrate Boost Your Budget Week.

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Please call Tri-Valley, Inc. at 508-949-6640 for more information, or take a few moments this week to get a free online confidential checkup through NCOA at [BenefitsCheckUp.org](http://BenefitsCheckUp.org) or [BuscaBeneficios.org](http://BuscaBeneficios.org).

About NCOA  
The National Council on Aging (NCOA) is the national voice for every person’s right to age well. We believe that how we age should not be determined by gender, color, sexuality, income, or zip code. Working with thousands of national and local partners, we provide resources, tools, best practices, and advocacy to ensure every person can age with health and financial security.

About Tri-Valley, Inc.  
Tri-Valley is a private, non-profit agency. The agency receives funding from the Commonwealth of Massachusetts through the Executive Office of Elder Affairs and from the Federal government, under the Older American’s Act, processed through the Central Mass Agency on Aging. Funds are also received from other public and private sources. For more information about services or volunteer opportunities, please call Tri-Valley at 508-949-6640.



# Local lawmakers praise Biden’s Jobs Plan

**BY JASON BLEAU**  
CORRESPONDENT

WASHINGTON, D.C. – Lawmakers representing the Commonwealth of Massachusetts in Washington are praising President Joe Biden’s American Jobs Plan revealed at the end of March.

The plan prioritizes several initiatives including focusing on transportation infrastructure like roads and bridges, improving access to drinking water, renewing electrical grids and increasing access to high-speed broadband, modernizing schools, hospitals, federal buildings, homes and commercial facilities, revitalizing manufacturing, and focusing on creating quality jobs supporting safe and healthy workplaces while pre-

serving American workers’ choice to organize. The \$2.25 trillion plan received compliments from both Sen. Edward Markey and Massachusetts 1st Congressional District Rep. Richard Neal who touted the president’s plan as a powerful step forward living up to the President’s campaign promises.

“Our country needs a roadmap for recovery that addresses the intersecting crises we face – climate change, a public health pandemic, racial injustice, and economic inequality,” Markey said in a statement. “President Biden put forward a plan that makes important investments in our nation’s infrastructure, creates millions of jobs, and combats our climate crisis. The final package that Congress must pass

in the coming months must be bold and transformational. I will be pushing for legislation that centers justice and repairs harms to communities, creates good-paying union jobs as part of a clean energy economy, and most critically, enacts change with the speed and urgency demanded by the scope of the crises we face. I look forward to working with the Biden administration and my colleagues to pass that package.”

Congressman Richard Neal, the Chairman of the House Ways and Means Committee, also complimented the plan saying he looks forward to addressing the plan in the House.

“The President’s plan recognizes that some things are not negotiable—Americans need access to clean drinking

water; underserved communities need long overdue access to broadband; and we must act aggressively on countering the effects of climate change. Most of all, Americans need to be able to count on the resiliency of our infrastructure to keep us competitive on the global stage and to keep our economy roaring forward in the better days that lie ahead,” Congressman Neal said. “I’m hopeful that Congress can once again come together, build on the success of the American Rescue Plan, and make President Biden’s infrastructure package law. We cannot miss this chance to level the playing field for communities that have been left behind and spread opportunity for all Americans. The Ways and Means Committee welcomes this ambitious proposal

and looks forward to working with the Biden Administration on crafting legislation that can garner wide support and deliver for the American people.”

On April 7, President Biden himself touted the plan as the “single largest investment in American jobs since World War II” and said of his administration’s plan that it “puts millions of Americans to work to fix what’s broken in our country: tens of thousands of miles of roads and highways, thousands of bridges in desperate need of repair. But it also is a blueprint for infrastructure needed for tomorrow — not just yesterday; tomorrow—for American jobs, for American competitiveness.”

## Bay Path alum named 2021 MAIC Champion Awardee



Heidi Bedard

CHARLTON — Heidi Bedard, LPN of Brookfield, a graduate of Bay Path Practical Nursing Academy, class of 2014 was named the 2021 Massachusetts Adult Immunization Conference (MAIC) Champion Awardee. The announcement was made by the MAIC planning committee recently.

Each year, the MAIC planning committee selects the Adult Immunization Champion Award winner based on a nomination and review process. The review committee looks for nominees who have shown leadership, innovation, collaboration, advocacy, and initiative in adult immunization. The review committee was pleased to announce Heidi Bedard, LPN as the 2021 MAIC Champion Awardee and her achievement will be recognized during the 26th Annual Massachusetts Adult Immunization Conference on Tuesday, April 13. Bedard is the Clinical

Coordinator of Vaccine Management at the Family Health Center of Worcester (FHCW). She is described by her colleagues as a “tireless champion of immunizations for the patients who receive care at the FHCW.”

Bedard is responsible for many initiatives encouraging adult immunizations. Bedard’s meticulous planning resulted in FHCW’s provision of over 3,425 flu vaccines to low-income, culturally diverse patients in need. Her efforts almost tripled last year’s adult flu vaccination count of 1,250. Bedard and her team accomplished this through the establishment of a walk-in, six-day a week community-based flu clinic and engaging in community outreach efforts. Further, Bedard initiated efforts to decrease duplicate patient records for FHCW in the Massachusetts Immunization Information System (MIIS). Since March 2020, Bedard has

decreased the duplicate patient records in the MIIS for FHCW from more than 15,000 records to zero records. She continues to innovate and has implemented a booster vaccination catch-up program for adults (18-35). The review committee acknowledges that “given the increased urgency of access to the flu vaccine this year due to the COVID-19 pandemic, as well as the logistical barriers the pandemic presented, Heidi’s accomplishments are truly astounding.”

Bedard is a Certified Coordinator for Vaccine Management and is ACLS and BLS Certified (American Heart Association). She graduated from Bay Path Practical Nursing Academy in 2014 and was one of the class representatives. Most recently, she spearheaded her team goals “scrubbed out” in Winter Walk Worcester to support Worcester Health Care for the Homeless, a program of FHCW.

## QCC announces Commencement ceremony plans

WORCESTER — Quinsigamond Community College has announced its May 21, 2021 Commencement Ceremony will be held virtually.

“The College came to this difficult decision after a review of current public health advice and the many unknown factors of the Coronavirus/COVID-19 pandemic’s course over the next months. Our first and foremost commitment is to the safety of our faculty, staff, students and their families,” said President Luis G. Pedraja, Ph.D. “While we are encouraged by the rollout of vaccines; many are still waiting to be vaccinated and current safety protocols preclude us from holding an in-person ceremony.”

QCC’s featured virtual commencement speaker will be nationally-recognized scholar and elected official, Maya Rockeymoore-Cummings, Ph.D.

Dr. Rockeymoore-Cummings has championed social justice causes in areas that include health equity, pro-

tection of social entitlement programs, income security, diversity and inclusion, and civil rights. Her career has spanned over 22 years of service in the United States Congress, the National Urban League, the Congressional Black Caucus Foundation, and the nonprofit sector. Most recently, Dr. Rockeymoore-Cummings toured the country championing her late husband, Rep. Elijah E. Cummings’ autobiography, “We’re Better than This: My Fight for the Future of Our Democracy.”

“We are honored to have such an esteemed and relevant speaker as Dr. Rockeymoore-Cummings at our commencement ceremony,” President Pedraja said. “She brings a focus on the impact of public policy on people of color, vulnerable populations, and marginalized communities, and works with others on ways to dismantle systemic inequalities found in our society, in order for all people to succeed and thrive.”

The College is offering free caps, gowns and tassels to all QCC August 2020, December 2020, and May 2021 graduates for this year’s commencement.

“I look forward to welcoming the Class of 2021 into the esteemed group of QCC alumni who have done so much for our community,” President Pedraja added.

To learn more visit [www.QCC.edu/commencement-2021](http://www.QCC.edu/commencement-2021).

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or [jmartin@qcc.mass.edu](mailto:jmartin@qcc.mass.edu).




### ACCURACY WATCH

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

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner.

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



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# School District to hire new adjustment counselors

JASON BLEAU  
VILLAGER CORRESPONDENT

DUDLEY/CHARLTON – The Dudley Charlton Regional School District is hiring three new employees with the intent on making an immediate impact on supporting the social and emotional well being of students following a year of COVID-19 protocols.

Superintendent Steven Lamarche made an official request to the Dudley Charlton Regional School District at a meeting in late March to hire several new employees slated to be requested in the Fiscal Year 2022 budget proposal this spring and put them to use for the remainder of the school year. Their primary job will be to help manage the wellbeing of students who have endured one of the most chaotic school years in some time with the return to classrooms in 2021 after COVID-19 forced schools to remote learning last year.

“We are requesting support to hire three school adjustment counselors for the remainder of this year and through next year. We’ve identified these as transitional positions within the Fiscal Year 2022 budget, but as we’ve brought our students back to five half days, we’ve seen the need for these positions right now,” Lamarche said.

According to the official job descriptions on the school district’s hiring page, “the School Adjustment Counselor works in collaboration with teachers, administrators, families and community stakeholders to promote the ongoing development of the academic, personal, social, and emotional potential of all students. The primary role of the School Adjustment Counselor is to support and nurture the social and emotional well-being of all students.”

The job description further states that the counselors will work to identify and build on existing strengths of students while also helping encourage them to explore their interests while contributing to a safe learning environment where students “students feel comfortable to make mistakes, are engaged life-long learners, and are active members of their school community.”

The school committee voted in the affirmative to allow for the hires which will be funded through grants rather than the current school budget. Two of the counselors will be assigned to each of the middle schools in the district to assist students grade five through eight where there are currently no school adjustment counselors of staff. The third hire will be assigned to kindergarten through grade four students throughout the district.

# Worcester native commits \$100,000 to fund scholarships for Becker transfer students

DUDLEY — Worcester native and Nichols College alumnus Robert Kuppenheimer has committed \$100,000 to support scholarships for Becker College students who transfer to Nichols College for the fall 2021 semester. Awards of \$2,000 for commuters and \$4,000 for resident students will be made available.

“We are exceedingly grateful to Mr. Kuppenheimer for honoring his Worcester roots with this generous gesture,” said Bill Boffi, vice president for enrollment at Nichols College. “This scholarship underscores our commitment to Becker students and our efforts to help them find a home at Nichols and a degree program with great value.”

Kuppenheimer, who currently resides in California, is a 1969 graduate of Nichols and a long-time trustee and major benefactor. He is a retired vice president at Nuveen Investments.

“Over the years and across the miles, I have remained close to Worcester, with frequent visits to family, and will always consider it home,” said Kuppenheimer. “The same goes for Nichols. And with this scholarship, I hope to introduce Becker students to the educational opportunities and supportive community at Nichols

so that they, too, may find success and a new home on the Hill.”

Nichols has partnered with Becker College to develop academic pathways for students to continue their education with minimal disruptions. In addition to the scholarships, which are renewable for subsequent years, Nichols has offered to take up to 90 transfer credits from Becker students, give them a free summer course, and match the \$500 nonrefundable deposit when students commit by April 30.

Other incentives are available. For more information, visit [nichols.edu/beckercollege](http://nichols.edu/beckercollege) or call 508-213-2428.

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow’s leaders. Nichols offers master’s degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today’s professionals.

## Jake Hamel, of Uxbridge, competing on Assumption’s baseball team

WORCESTER — The Assumption Department of Athletics announced that Jake Hamel, of Uxbridge, was named to the roster of the 2021 Assumption Baseball team. The Greyhounds returned to action in late March.

The Assumption University baseball team ranked fourth in the Northeast-10’s Northeast Division in the 2021 Preseason Coaches’ Poll. The Greyhounds finished with a 5-8-1 record prior to the cancellation of spring sports, playing all of their games in North Carolina or Florida.

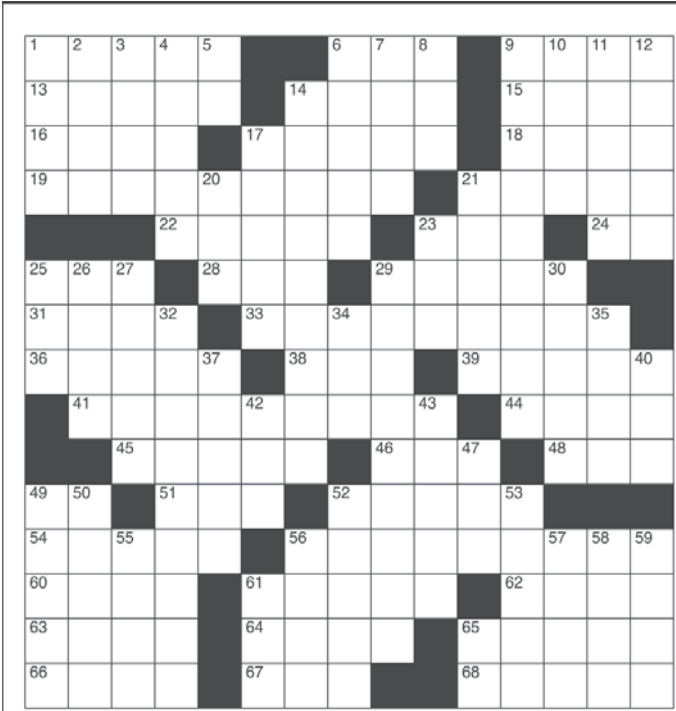
“Our team is beyond excited to return to the field for the 2021 season,” said eighth-year Head Baseball Coach Mike Rocco. “These student-athletes have put in tremendous work during the off-season, and are well positioned to succeed this season. Our players will continue to mind the University and NE10’s safety protocols while pursuing success both in the classroom and on the field.”

On March 11, Assumption announced the full return to competition for all spring sports programs with a number of safety protocols in place, including regular COVID-19 testing for student-athletes. Resuming participation in NE10 competi-

tion this spring is contingent upon student-athletes’ compliance with all COVID-19 health and safety protocols put in place by the University and the NE10 Conference.

For more information on Assumption athletics, visit [www.assumptiongreyhounds.com](http://www.assumptiongreyhounds.com).

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England’s premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master’s and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit [www.assumption.edu](http://www.assumption.edu).



### CLUES ACROSS

1. One who manufactures
6. Science degree
9. Database management system
13. Desert
14. Inventor Musk
15. Welsh valley
16. Round Dutch cheese
17. Saying
18. Comedian and TV host
19. Uppermost portions of brain
21. City in Transylvania
22. Where astronauts go
23. Men’s hairstyle
24. Indicates position
25. One point east of due south
28. Businessmen may have one
29. Grass part
31. Running back Gurley
33. Unwavering
36. Options
38. Annoy
39. Greek mountain
41. Pastas
44. Fishes
45. Wrap
46. Potentially a criminal (slang)
48. Seize
49. The Constitution State
51. Upset
52. 1991 men’s Wimbledon champ
54. Central Chinese province
56. Predisposition
60. A notice of someone’s death
61. One-time Kentucky Rep.
62. Swiss river
63. Dried-up
64. Finger millet
65. \_\_ Allan Poe
66. German river
67. Brew
68. Kenyan river

### CLUES DOWN

1. Millisecond
2. Acts as military assistant
3. Knot in a tree
4. Husband-and-wife industrial designers
5. The Ocean State
6. Point the finger at
7. Parts in a machine
8. Midway between northeast and east
9. Portray precisely
10. Blister
11. Mental illness
12. Nose of an animal
14. What students receive
17. Semitic peoples
20. Beats per minute
21. Family of drugs
23. Atrocious
25. Type of microscope (abbr.)
26. \_\_ or bust
27. Icelandic poems
29. A citizen of Pakistan
30. Very pale
32. Metric linear unit
34. Sea eagle
35. Biblical judge of Israel
37. Isaac’s mother (Bib.)
40. Sino-Soviet block (abbr.)
42. Cool!
43. Large hotel room
47. Type of boat (abbr.)
49. Picked
50. Type of hookah
52. Attack
53. Directs
55. Belgian WWII resistance fighter
56. Finished negotiation
57. Heroic tale
58. Middle Eastern country
59. Protein-rich liquids
61. Malaysian Isthmus
65. Spielberg’s alien

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- **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, [www.charltonbaptist.org](http://www.charltonbaptist.org), Sunday worship 10 a.m.
- **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: [CharltonCityUMC.org](http://CharltonCityUMC.org) Sunday worship and Children’s church 10am
- **St. Joseph’s Church**, 10 H. Putnam Ext. 248-7862, [www.stjosephscharlton.com](http://www.stjosephscharlton.com), Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday Life/TEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.
- **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144
- **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, [snedag.org](http://snedag.org), Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.
- **Living Word Church of Charlton**, 10 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Pastor Craig Bellisario, (508) 233-8349 Sunday Service 10:00am. [www.livingwordcharlton.com](http://www.livingwordcharlton.com) [info@livingwordcharlton.com](mailto:info@livingwordcharlton.com)
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# Recruitment and dedication during the pandemic

DUDLEY — On Monday night, April 5, brethren gathered to a meeting to congratulate two young local men who were raised to the sublime Degree of Master Mason — Brother Terrance Mount and Brother Nathan St. Marie, both from Dudley.

This is a good sign for Freemasonry when this next generation of young men ask the question “Is There Greatness In You?” Due to the Covid-19 pandemic it was a long and winding road for these 2 brethren to get where they are today due to setbacks and restrictions of no social gatherings. It normally takes about 3 months to go thru their Masonic degree work and to become a Master Mason. Also, Brother Robert St. Cyr Quinebaug Lodges Secretary received praises and recognition for his many years of hard work and dedication to the Craft of Freemasonry.

Brother Terrance and Nathan both received their Masonic Diplomas this evening signifying their journey was worth the wait to be among fellow

Master Masons who value honor and integrity. The members of Quinebaug Lodge are immensely proud of this next generation of young men who will keep our deep tradition of Freemasonry going.

Brother Robert St. Cyr is our Lodge Secretary, this man is the backbone of the Lodge works behind the seen. He received a Plaque in recognition of his dedication, hard work, tireless effort to the wellbeing of the lodge, its members and for Masons in Masonry, and the Grand Lodge of Masons of Massachusetts. Bro. Robert is also the Grand Pursuivant to the Junior Grand Warden of Boston. How does he find time for all of this? The members of Quinebaug Masonic Lodge are immensely proud to have these men part of their Masonic Family. If you would like more information about Freemasonry, go to [www.massfreemasonry.org](http://www.massfreemasonry.org) and to find a lodge nearest to you.




Photo Courtesy  
Bro. Nathan St. Marie holding his diploma, Bro. Robert St. Cyr our Secretary holding his plaque, RT. Wor. Larry Burbridge in background and Bro. Terrance Mount holding his diploma.



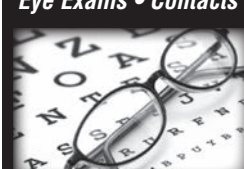
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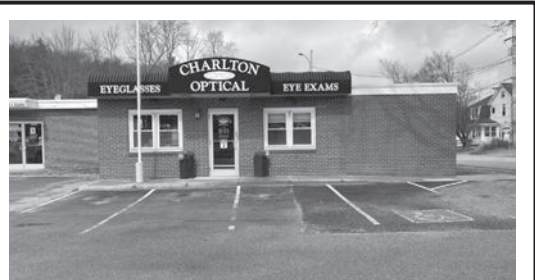
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# DA Early to host award-winning author on Opioid Epidemic

WORCESTER – Worcester County District Attorney Joseph D. Early, Jr. will be hosting a virtual event on April 15 with award-winning author Sam Quinones to discuss the opioid epidemic.

Mr. Quinones will discuss the current state of the opioid epidemic, including the illicit drug market, the lawsuits against the pharmaceutical companies, and the stigma that still persists around the disease of addiction.

“Sam is a national expert on opioids and addiction and this discussion will provide invaluable insight on the current state of affairs and what we can all be doing to help those struggling with substance use disorder,” Mr. Early said.

The author previously visited Worcester County in 2017 at the invitation of Mr. Early to discuss his book, “Dreamland: The True Tale of America’s Opiate Epidemic,” which detailed the rise of the opioid epidemic in America. This talk will focus on his research beyond “Dreamland,” which was published in 2015.

The event on April 15, which will feature a discussion between Mr. Early and Mr. Quinones, will be held virtually on Zoom and is open to the public. The talk begins at 1 p.m. and will include a public question period. For registration information, contact Elisabeth.Haddad@mass.gov.

The COVID-19 pandemic has highlighted the continued need to work on the opioid epidemic. The Centers for Disease Control reported 81,000 overdose deaths in a 12-month period ending May 2020, the largest in a year-long period ever recorded. Locally, the most-recent numbers from Massachusetts show 2,020 overdose deaths statewide in 2019, including 267 in Worcester County.

Mr. Early has been passionately committed to addressing the opioid epidemic. In 2015, he formed the Central Mass. Opioid Task Force, which is now more than 600 members strong. Since then, he’s obtained multiple federal and state grants to work with partners across the county and support local interventions for those suffering from substance use disorder. He’s funded Narcan for first responders, prescription drop boxes in local police departments, school prevention programs to teach students the dangers of drugs, and expanded drug diversion programs in county courts. Last year, Mr. Early’s office purchased and launched the use of Critical Incident Management Systems (CIMS) software to help police track overdose incidents and get victims into treatment.

## TCA students inducted into National Junior Honor Society



Photo Courtesy

Pictured: Elena Jerez, 8th grade; Apollo Logan, 6th grade; Ava Simon, 8th grade; Iban Pelaez, 6th grade; Yashvi Swadia, 6th grade; Melany Ngo, 6th grade; Colin Ladd, 7th grade; Michael Gasperini, 6th grade; Amari Pereira, 7th grade; Nico Yacavace, 6th grade; Anika Ferrantino, 7th grade (not in photo).

SOUTHBIDGE — Trinity Catholic Academy’s National Junior Honor Society held its “Tapping Ceremony” on Friday, April 9 at St. Mary’s Church in Southbridge to induct 11 new members.

NJHS students maintain a high standard of loyalty, scholarship, service, leadership, citizenship, character, and faith as noted and represented by the “pillars”.

The purpose of our National Junior Honor Society is to create an enthusiasm for scholarship, stimulate a desire to render service, to promote worthy leadership, citizenship, and to encourage the development of character. The guest speaker for the occasion was Principal, Josie Citta, speaking eloquently about these students, their achievements, and the expectations for their future. Fr. Ken Cardinale led with prayer, Co-Advisors; Heidi Weber, 6th Grade Teacher & Colleen Casey eighth grade teacher, lead the group for this event. We also had the privilege of Mrs. Nicole Ladd (Colin’s mom) singing a cappella to enhance the experience for the students.

NJHS members are active and involved in our school in many ways. Just one of the ongoing projects that all can view when driving by TCA is the school’s Peace Pole and Peace Garden. This was made possible by members of NJHS at TCA, raising the funds and creating this meaningful focus on school grounds. This area is updated annually and maintained by the NJHS. The Peace Pole is inscribed “May Peace Prevail on Earth” written in eight languages that celebrate eight of the many cultures represented in our school. We are very proud of the accomplishments of these dedicated students.



Eric Roldan

WORCESTER — Open Sky Community Services has announced the appointment of Eric Roldan, LICSW as the Director of Outpatient Services,

## Open Sky Community Services appoints new Director of Outpatient Services

part of the organization’s Behavioral Health Services Division. Roldan, who is bilingual in English and Spanish, brings experience in both community mental health and substance abuse settings to his new role. He will be responsible for oversight of The Bridge Counseling Center.

Roldan, who began his career in human services over a decade ago, graduated with a Master of Social Work from Springfield College in 2012. Most recently, Roldan served as a Clinical Program Director for Spectrum Health Systems.

“I am excited to join Open Sky and particularly look forward to the opportunity to lead the outpatient team in the delivery of culturally competent and evidenced-based practices to underserved populations of our community,” he said.

In discussing Roldan’s appointment, Karen Duby, Vice President of Behavioral Health for Open Sky, explained “Eric brings a wealth of clinical knowledge and understanding of our local community to this position, which will help our outpatient services to grow to meet the ever-changing needs of the region.”

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

About Open Sky Community Services

Open Sky Community Services, Inc. offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other complex challenges throughout Central Massachusetts. Open Sky, which was formed through the affiliation of Alternatives Unlimited, Inc. and The Bridge of Central Massachusetts, has more than 1,200 dedicated employees and an annual budget of \$83 million with more than 100 programs throughout the region. For more information, please visit [www.openskycs.org](http://www.openskycs.org).

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Local student named to Dean's List at Northern Vermont University

LYNDONVILLE, Vt. — Chase Abbott of Charlton has been named to the Dean's List for the fall 2020 semester at Northern Vermont University. Students who achieve between a 3.50 and 3.99 semester average are placed on the Dean's List.

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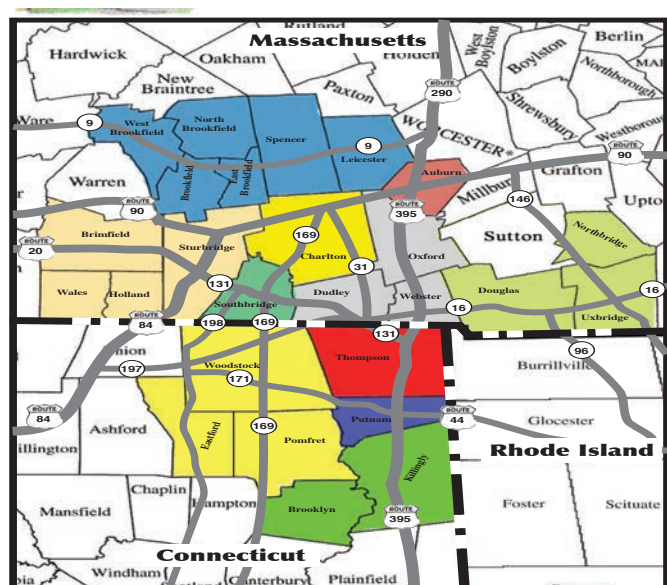


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EDITOR

# A Revolutionary legacy

April 19, 1775, next week, 246 years ago, was the start of the Revolutionary War after the battles of Lexington and Concord. The big debate still remains as to whether or not ‘The Shot Heard Round’ the World’ took place in Concord, or in neighboring Lexington.

This time in our history, while brutal and necessary brings with it much intrigue for many. The tenacity and bravery of those who fought for our independence is beyond admirable. The events that took place during the Revolutionary War, read like a novel in modern times and have been brought to life through such works as Howard Fast’s “April Morning,” where we need to be reminded that this story is not fiction.

On that spring morning, more than 700 British soldiers who were given a secret tip on the whereabouts of colonial military supplies in Concord, marched towards town to confiscate the lot. The Patriots who had developed a top-notch intelligence network, largely the work of George Washington’s Culper Ring, and the Sons of Liberty, had received notice weeks in advance and were able to move the supplies to safety.

Paul Revere and William Dawes had plans to ride ahead of the British troops to warn other Patriots. Knowing the task was risky, Revere secured the help of about 30 other men to make sure word reached Lexington and Concord if the two were captured. Revere told militia leaders to look at the steeple of the Old North Church each night for a signal. One lit lantern meant the Regulars would come by land through the Boston Neck. Two lanterns meant the British would come via the Charles river on row boats into Cambridge, “One if by land, two if by sea.”

The night before the famous battle, Dr. Joseph Warren sent Dawes to Lexington where he was joined with Revere to warn Sam Adams and John Hancock that the British were coming.

It was midnight in Lexington when Revere and Dawes were joined by a third rider, Dr. Samuel Prescott. Prescott had been courting a woman in Lexington and met Dawes and Revere by chance. Because he believed in the cause, Prescott joined the men. The three riders were stopped by a British patrol not long after. Dawes was able to escape by reversing his direction. Prescott jumped a stone wall and fled using a short cut only locals knew about. The doctor was the only rider to reach Concord. Revere who was now captured, was surrounded by six Regulars and was searched and interrogated. “An officer clapped his pistol to my head, called me by name and told me he was going to ask me some questions, and if I did not give him true answers, he would blow my brains out.” Revere wrote in his diary. The Regulars were spooked by the sound of gunfire in the distance, and let Revere go after asking him for an alternative route to town. Revere made his way back to Lexington where he regrouped with Hancock and Adams, who planned an escape to Woburn.

Throughout the night, the ‘Rebels’ gathered to intercept the British. When the red coats were seen marching onto the Lexington green, the local minutemen knew they were outnumbered. Out of the dawn a shot was fired, and no one knows to this day which side was responsible for it. After the scuttle on the green, eight minutemen and one British soldier were killed. There were accusations from both sides laying blame on one another.

William Sutherland, a British soldier, is on record saying, “I heard Major Pitcairn’s voice call out. ‘Soldiers, don’t fire, keep your ranks, form and surround them.’ Instantly some of the villains who got over the hedge fired at us which our men for the first time returned.”

Sylvanus Wood, a minute man had recalled something different: “He swung his sword, and said, ‘Lay down your arms, you damned rebels, or you are all dead men – fire!’ Some guns were fired by the British at us from the first platoon, but no person was killed or hurt, being probably charged only with gunpowder. The company immediately dispersed; and while the company was dispersing and leaping over the wall, the second platoon of the British fired, and killed some of our men. There was not a gun fired by any of Captain Parker’s company, within my knowledge.”

While the British soldiers continued to search for supplies, the colonial militia

# OPINION

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

## TO THE EDITOR

### With humbleness and greatest respect to the Charlton residents, I am asking for your vote!

To the Editor:

My name is Barbara Zurawski. I am running for the Charlton Board of Selectmen in the May 1 election.

I want to thank everyone for an ongoing support and faith in my ability to represent people of this town proudly with respect and honesty. Charlton is a wonderful upcoming town with a lot of serious projects, issues, and undertakings; this town needs strong, experienced, transparent, and loyal local government. I have a lot to offer to this town: legal knowledge – I am a Juris Doctor, and as a law school graduate I have knowledge of a state statutes and contract law. My experience on a town board–I served nine years on Economic Development Board in Dudley helping local businesses to get established and prosper. My involvement in local organizations, understanding of town’s needs and a fresh unbiased mind are unparalleled. I am an educated, strong, hardworking woman and a mother– I am an honorable and worthy candidate believing in simplifying things and getting issues resolved with diplomacy, compassion and unparalleled respect to others and their opinions.

I was born and raised in Poland, emigrated to America in 1994 and settled in Dudle. While working and raising my three children, I graduated from Worcester State College with a degree in Economics and then later in 2019 with Juris Doctor degree from Massachusetts School of Law.

I am currently employed at the local insurance agency and with over twenty years of experience as a licensed agent and broker in several states I carry responsibilities for both service and

production efforts while working on the most challenging commercial and personal agency accounts. I am also working towards establishing myself as a local attorney.

Fluent in Polish, Russian and Czech, I assist people helping with court or medical translations and interpreting. I am a published author and I write a column for the polish newspaper, “White Eagle”, giving advice, guidance, and support.

I moved to Charlton in October of 2020, and joined Charlton REAS Foundation which provides residential energy assistance to our town’s seniors. I am a founder of a Charlton’s 9 years old BNI business referral group which helps promote local businesses. I am also a member of the WDO Business Alliance and a board member of the Central Mass Conference for Women. For seven years now, I am involved in supporting the Charlton/Dudley local football team RAMS as a proud mom of a player.

Please reach out to me: 774-312-5519 b.zurawski@yahoo.com

Please vote for me May 1. Thank you!

I stand for the promise and hope of a better, brighter future and a freedom of thought.

I stand for honor, respect, fairness, and integrity. I stand for hard work and perseverance.

I stand for appreciation and respect for those with more experience, knowledge, and willingness to teach.

I stand for all the good people of Charlton and for the town I call home.

BARBARA ZURAWSKI  
CHARLTON

## Seeking a return to the Board of Health

I am pleased to announce my candidacy for Charlton Board of Health for a second term. As Chair of the Board of Health this past year, I have attended the twice weekly webinars for all Boards in the State, have volunteered at the Southbridge vaccine facility, and attended programs offered by Mass Association of health Boards. During the nine years I served on the Health Board in Burlington, MA, I also served on the Mass. Association of Health boards. I was a Red Cross volunteer for a number of years in Central Massachusetts. I graduated from Northeastern University with High Honors and completed a three-year course of study at the Institute of Property Management and was awarded the Commercial Property Manager designation. I am retired from the US Postal Service where I served as a Site Acquisition Specialist and Lease Negotiator for 20 years.

During my term on the Board, I have championed many initiatives including dealing with the vaping problem where we were able to get all vaping materials removed from the local stores. I initiated a Household Hazardous Waste voucher system wherein residents are encouraged to get a voucher from the Charlton Board of Health saving them \$30 at the quarterly HHHW day. Water contamination issues surfaced in the north side of town and I was able to get the Department of Environmental Protection involved in order to determine the cause and work to get it remediated. Our well regulations are currently being updated to ensure that any future contamination issues will be discovered.



POSITIVELY  
SPEAKING

GARY W.  
MOORE

Are there some things in life worth believing in ... whether they are true or not?

Like most of my generation, I was raised by a veteran of the Second World War. Tom Brokaw labeled them “The Greatest Generation” and as I’ve mentioned before, I agree. At a moment’s notice, they left their homes for the local recruiting station and into a life and death struggle against the Fascism of Hitler and Mussolini, and the treachery of imperialist Japan. Were they perfect? Of course not. We are all flawed, but they answered the call and saved the free world as we know it.

As such, my Dad expected from an early age that I stand up straight, respect the flag and fight for what’s right. He

also told me never to be afraid to defend myself. He’d say, “Never start the fight but never run away and swing as hard as you can to win it.” My dad wasn’t encouraging me to fight but to stand up and defend myself.

The first movie I ever viewed in a theater wasn’t a Disney cartoon. My dad took me to see an almost four-hour epic starring John Wayne. I sat as a five-year-old, riveted to the screen, as I watched Davy Crockett fighting like a tiger against overwhelming odds, giving his life for his cause. The impact of “The Alamo” shaped my life. Later, Errol Flynn as George Armstrong Custer in the highly fictionalized “They Died with Their Boots On,” and others ... all epic struggles of fighting with courage on both sides of the battle. I absorbed these stories and they’ve become part of my DNA, understanding they are more

## Set milestones on road to financial security

The road to financial security, like many long journeys toward important goals, can be filled with ups and downs.

The financial markets can be volatile, shaking up your short-term investment results, and illness or downsizing may temporarily disrupt your career – and your earnings. In fact, just 46 percent of adults feel financially stable, according to a survey by Morning Consult and Edward Jones. Still, there’s much you can do to gain stability – and you can chart your progress by marking three important milestones:

Building a foundation – You need to base your financial stability on a strong foundation, which means you must start accumulating the necessary resources. Start by creating an emergency fund, which can help you deal with unexpected costs, such as an expensive car repair, without taking on additional debt. Try to put away anywhere from about \$500 to one month’s worth of living expenses, with the money kept in a liquid account – one that’s separate from an account you use for your everyday spending. Later on, you’ll want to expand this emergency fund, but, for now, even this amount can help

You can also take other steps to build your financial foundation. Try to put in enough to your health savings account (HSA) and your 401(k) to earn your employer’s matching contribution, if one is offered. And if you can, pay down high-interest, nondeductible debts

Gaining stability – Continue to build on the momentum from the “foundation” milestone by ramping up your savings and investments. For starters, build your emergency fund so it contains one and a half to two months’ worth of living expenses. Also, set a goal to save perhaps 10 to 15 percent of your gross income, including employer matches, in your 401(k) or similar retirement account. If you can’t reach this level yet, do the best you can now and increase your contributions over time, as your salary goes up. If the monthly debt payments are straining your budget, consider paying them down even if they have lower interest rates.

Reaching independence – The final milestone toward achieving financial stability is marked by a feeling of independence – knowing you are taking the steps necessary, and putting a strategy in place, to allow you to reach your financial goals.

Work to build a full three to six months’ worth of expenses in your emergency fund, which will offer even greater protection against being forced to tap into long-term investments, such as your IRA and 401(k), to pay for unanticipated expenses. Plus, having a sizable emergency fund gives you room to consider making moves such as taking a sabbatical, switching careers or taking time off to care for a loved one.

And, while you’re still working, save enough for the type of retirement lifestyle you desire. Even though your debt may be manageable at this point, it may still be source of stress. If so, continue paying it down. The less you owe, the more you can put away for retirement.

Achieving these milestones can help you gain the financial stability and flexibility to live life on your terms.

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

## Little boy, scared ...

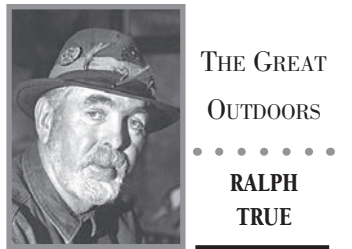
fiction than fact. The point is they are stories of perseverance and courage.

In my teens I became almost obsessed with learning of heroic acts of bravery against insurmountable odds. A common prayer was “Dear God, when I grow up let me fight in ‘the battle for my life’ and overcome.” Be careful what you wish for. Yesterday, that prayer came to mind with regret as the impact of my chemo ravaged my body and mind and I felt as though my prayer had unfortunately come true, as I am fighting for my life. My enemy, as most of you know is stage 4 gastric cancer.

Fatigue does make cowards of us all and yesterday morning was my moment in the darkness. For those of you who follow me on social media, I’m sorry if



# Pass the crossbow bill



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

Sportsmen are eager to find out the results of the recent meetings that were held with Massachusetts Fish & Wildlife on the proposed license and permit increases. Many sportsmen expressed their concern over the large increases that are being proposed for the 2022 season.

The Worcester County League of Sportsmen are planning to hire a lobbyist to help sportsmen have a better voice when it comes to passing new regulations on fishing and hunting issues. We have gone that route before. You may as well throw the money down the toilet. Unfortunately, they feel as though the legislators they voted into office are not representing their interest. Getting the Crossbow bill passed has failed numerous times, along with the Sunday hunting bill, and they are becoming frustrated! The Worcester County League is planning to donate the first \$5,000 to the fund, and are asking sportsmen's clubs to also donate monies the fund. They hope to raise \$65,000 or more, which is needed to hire a lobbyist.

This past week, this writer and many other sportsmen watched "Chronicle," which is a daily evening show, watched by thousands of residents of Massachusetts! Myself and many other sportsmen were shocked to watch Joe Judd, a



Photos Courtesy

This week's picture shows Andrea Henchey and her son Logan with a couple of rainbow trout he caught last week at the Uxbridge Rod & Gun Club derby.

long time friend of sportsmen, talk against opening Sunday hunting in Massachusetts. Joe is a representative of a top manufacture of wildlife calls, and has done a great job representing them. Joe has a right to his opinion, but unfortunately, "Chronicle" did not get it right at the end of the program. Sportsmen are not trying to open up the entire state to Sunday hunting, and are only interested in Sunday hunting for bow season.

They are trying to open private properties like Rod & Gun Clubs, and land purchased by sportsmen's monies to Sunday Hunting. It has nothing to do with private properties owned by private landowners. The crossbow bill is a no brainer. Allowing any responsible



Taylor Burke with his catch of trout at the Derby .



Taylor Burke with his trout at Uxbridge last weekend!

to keep wildlife under control, where high deer populations in rural areas of the state are otherwise not manageable. Lyme disease is almost an epidemic in many areas of the state, and deer are responsible. Keeping our deer herd healthy as it is today needs professional management, and crossbows are a great tool to help keep it that way. We owe it to the residents of Massachusetts to keep them safe from Lyme disease, as well as keeping our wildlife healthy. Set politics aside and pass these two bills now!

This past weekend was a perfect time to get outdoors and enjoy the weather and to do a little fishing. The Uxbridge Rod & Gun Club held their annual trout fishing derby this past Saturday, and it was attended by a more than 50 members and family. The Dean family was in attendance with three generations of their family in enjoying some great fishing including young Aaron Dean. This week's pictures show some of the young anglers that participated in the annual trout derby. Although the derby was for adult anglers, the youngsters are never left out! A kid's derby is still planned for May 8.

The Whitinsville Fish & Game Club will hold their annual fishing derby this Saturday, April 17, starting at 8 a.m. Breakfast will also be served starting at 7 a.m.! The club also holds trap shooting every Saturday, which is open to the public. Check it out.

Do not forget the Louisa trout derby this Saturday, which is free to all children. This week's poster tells it all.

Take A Kid Fishing & Keep them Rods Bending.



licensed hunter to own and use a crossbow for hunting is law in most states. It would also help sporting goods shops with increased revenue, as sales

would help the few remaining shops stay in business. Most of all, it would help decrease lost deer because of a bad shot. Crossbows are a great tool

# Cool and refreshing – cucumbers



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

Add a cool refreshing twist to your meals, beverages, appetizers, and snacks with cucumbers. These popular vegetables are grown worldwide, adding anti-inflammatory vitamin K, vitamins C, B-5 and more to your meals. Take it a step further by using your own fresh-from-the-garden cucumbers.

Grow cucumbers sprawled on the ground or in a container on your patio, balcony, or deck. Save space and train them up a decorative support. They make great vertical accents in containers as well as edible and ornamental gardens. Going vertical not only saves space, it improves productivity by reducing disease problems while also making harvesting easier.

You will find a wide variety of cucumbers available from seed company catalogs and on the seed racks of your favorite garden center. Check with your local Extension service website for their recommendations for your location.

Select the best cucumber for your garden space, meals, and snacks. Bush types like Salad bush produce eight-inch slicing cucumbers on a small

plant. Spacemaster is a compact plant, spreading 24 inches and suitable for containers and hanging baskets. All-America Selections winner Saladmore Bush is another semi-bush plant that starts producing cucumbers in 55 days from planting.

Green Light is a 2020 All-America Selections winner that produces an abundance of great tasting mini cucumbers. Grow to the other extreme with burpless-type cucumbers that can be harvested when much larger. They have been bred to contain little or no cucurbitacin that causes bitterness and the tendency to burp when consumed.

Wait for the soil to warm and danger of frost to pass for planting seeds one half to one inch deep in properly prepared soil. Plant several cucumber seeds in a large container or in rows or hills in the garden. Space seeds 12 inches apart in rows 36 inches apart. Or plant several seeds in hills (small mounds of soil) spaced 36 inches apart.

Water thoroughly and often enough to keep the soil slightly moist. Apply a one- to two-inch layer of shredded leaves, evergreen needles, or other organic matter over the soil surface to conserve moisture, suppress weeds and reduce the risk of soil borne diseases.

Watch for the first flush of flowers in 50 to 70 days after planting. The first set of flowers are all male flowers, so no fruit can form. Soon male and female flowers will appear for bees to pollinate and fruit to develop.

Harvest your cucumbers based on

gave a great shout, ran a few paces, and then the whole fired. I could first distinguish irregular firing, which I suppose was the advance guard, and then platoons. At the time I could not see our Militia, for they were covered from me, by a house at the bottom of the street.”



Photo Melinda Myers

After the first flush of flowers, male and female flowers will appear for bees to pollinate and cucumbers to develop.

how you plan to use them. Pick when one and a half to two and a half inches long for making sweet pickles and three to four inches for dills. Harvest slicing cucumbers when the fruit is firm, green, crisp and six to eight inches long. Burpless-type cucumbers will maintain their flavor at even larger sizes. Check the seed packet for harvesting direc-

‘Shot’ was fired in Concord.

In 1875, President Ulysses S. Grant wanted to forgo attending the centennial to avoid conflict between the two towns. In 1894, the Lexington Historical Society sought to name April 19, ‘Lexington Day’ to the outright objections of Concord

tions.

With proper selection, planting and care you will be rewarded with an abundant harvest. So be prepared to enjoy, preserve, and share your homegrown fresh cucumbers.

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

## EDITORIAL

continued from page A8

was able to regroup in Concord where they later met the red coats at the North Bridge. The British were outnumbered this time and retreated to South Boston after losing several soldiers.

Some say the Shot Heard Round the World happened on the bridge in Concord, while residents in Lexington have long said the first shot to kick off the revolution took place on their green.

The phrase ‘Shot Heard Round the World’ was coined by author Ralph Waldo Emerson 62 years after the battle. His poem titled “Concord Hymn” was about the Battle of Concord.

By the rude bridge that arched the flood,  
Their flag to April’s breeze unfurled,  
Here once the embattled farmers stood,  
And fired the shot heard ’round the world

Some historians say that because the Battle of Concord was the first real American victory in the Revolutionary War, that shot, should be considered the one heard ‘round the world’. Other historians say that because the first shot took place in Lexington, that should be the famous “shot heard ‘round the world.”

In his diary, Paul Revere wrote about the battle, “I heard the report, turned my head, and saw the smoke in front of the British troops, they immediately

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# Best Times to Bag a Bargain

It's obvious that some people are better shoppers than others. But the best bargain hunters are not necessarily those who have a knack for a good deal. It may be that, like any good investor, savvy shoppers know when to take action. Traditionally certain times of year are better than others to save money on particular purchases with both in store and online purchases. This week's column will review some classic calendar sales throughout the year.

**\*\* Groceries**

Everyone has to buy groceries, but savvy shoppers know when to buy and save money all year long! Throughout the year grocery stores hold sales on specific department or aisle items, such as specials on frozen foods or soft drinks. Here are some guidelines:

**Dairy:** June is National Dairy Month, so look for exceptional sales on milk, cheese, ice cream and specialty dairy foods during June.

**Frozen Food:** Many supermarkets celebrate Frozen Food Month in March with rock bottom prices on a wide variety of frozen goods.

**Canned Goods:** February has been deemed National Canned Foods Month. Canned goods typically go on sale in January and February. Since canned foods can be kept for a long period of time, it pays to stock up for the whole year on drastically reduced items.

**Snacks:** Late August, when kids are gearing up to go back to school, is an ideal time to stockpile snack foods and drink boxes. Lunch box fillers are at their lowest prices at this time.

**Condiments:** As cookout season kicks off in June, the prices of mustard, relish, ketch-

up, barbecue sauce, pickles and other condiments drop in price. Smart shoppers buy enough to last throughout the warm weather season.

**Soft Drinks:** There's no better time to stock up on soda than around the holidays. Typically six and 12 packs will be on sale during warm weather holidays like Memorial Day and 4th of July; while two liter bottles are often on special during Thanksgiving and Christmas.

**Baking Products:** Baking supplies such as flour and sugar, as well as cake and bread mixes, pie crusts, pudding mix, etc. are marked down in time for holiday baking. Look for sales on these items, from November through December.

**\*\* Gas**

With gas prices fluctuating on a daily basis, getting a buying edge can be a challenge. Consumer watchdogs offer the following money saving advice: Time your trip based on whether prices are rising or falling, and purchase gas during the early morning or late evening on a weekday.

The reason is gas stations typically change their prices between 10 a.m. and noon. So it makes sense to buy early in the morning to take advantage of lower prices when gas is on the rise. If gas prices are coming down, wait until later in the day.

**\*\* Cars and Trucks**

There is much debate on when is the best time to snag a bargain on the car lot. Here is some advice on timing the best deals: Consumer pundits tout weekday mornings in September as the prime bargain time. They say since the next year's models are in, car dealers are in a rush to move



TAKE  
THE  
HINT  
**KAREN  
TRAINOR**

out the current year's stock.

Others say springtime can yield the best price all year, since spring is typically a slow season for dealerships. And some penny pinchers swear shopping for a car on a rainy day can cut the price down to size. Still others claim the end of any month or the end of a yearly quarter is best, since salespeople are desperate to make quotas. Using all this information, it appears the optimum time to drive away with the best price would be a rainy weekday morning at the end of March or September.

**\*\* Electronics**

Black Friday and back to school season are the best times to snag a deal on computers and electronics. Also some computer review sites claim you can snap up a super bargain on computers and electronics if you buy just after a new model is introduced (some in January). They say prices will immediately drop on the previously best-selling model as a new one takes its place.

**\*\* Heads Up on Monthly Sales**

Want to pocket savings the whole year long? Here is a list of months, with items that are typically offered at a discount during those times.

**January:** Canned goods, white goods (towels, sheets, linens), appliances, Christmas items, costume jewelry, indoor

plants, carpeting, shoes, furniture, toys, storewide pre-inventory sales.

**February:** Presidents' Day Sales on big ticket items such as cars, trucks and furniture. Also save on sports equipment, electronics, housewares, mens clothing, canned goods. Valentine Day specials.

**March:** Luggage, shoes, coats, shoes, appliances, pre season garden supplies, spring bulbs.

**April:** Paint, wallpaper, home decor, dresses, suits, garden adornments and tools. Sales on Easter holiday foods such as ham, pies, eggs, candy, etc.

**May:** Fabrics, outdoor furniture, tires and auto accessories, electronics, summer sport equipment, perfume, pocketbooks. Mother's Day specials.

**June:** Air conditioners, outdoor furniture, building materials, flooring, shoes, tools, Father's Day sales.

**July:** Clearance summer clothing, luggage, furniture, electronics, 4th of July specials.

**August:** Paper goods and other back to school sales, swimwear, school clothes, electronic gadgets, bicycles, fans, clearance air conditioners, clearance summer merchandise, including grills and pool supplies.

**September:** Clearance garden goods, school supplies, hardware, outgoing model vehicles, china, fall fashions, fabrics.

**October:** Major appliances, fishing/sports merchandise, furniture, clearance fall clothing, coats. Check out Columbus Day sales.

**November:** Blankets, used cars, men's suits and coats, shoes, winter clothing, Thanksgiving food sales, turkey, feast fixings. Look for day

after Thanksgiving sales, held to jump start the holiday shopping rush.

**December:** After Christmas sales on most items. Stock up on wrapping paper, tape, gift bags, gift sets, ornaments, and holiday decor items.

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

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

Please note the contest had been suspended due to COVID restrictions. It is expected to start up again in June. All entries have been collected and will be entered into an upcoming drawing.

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

# How exercise can help you live longer

There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

WebMD says exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.

Research published in the journal Immune Aging found that how people age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people make.

**Cardiorespiratory fitness**  
Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels. People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the journal Aging & Disease. In a study involving 11,335 women, researchers compared V02 max, also known as aerobic capacity, in women with mortality data. Women who were fit from a cardiovascular perspective had a lower death rate from all causes, irrespective of the women's weight.



**Manage stress and mood**  
Exercise has direct stress-busting benefits that can promote longevity. The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters. In addition, exercise can imitate the effects of stress,

helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations. While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

**Improve bone health**  
Strength training and physical activ-

ity can stave off the effects of frailty and osteoporosis, which affects bone strength. A study published in the Journal of Internal Medicine in 2017 found that hip fractures are associated with diminished quality of life and survival among the elderly. One in three adults aged 50 and over dies within 12 months of suffering a hip fracture, and older adults have a five-to eight-times greater risk of dying within three months following a hip fracture. Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

**Addresses sarcopenia**  
The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness. However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training. This is designed to improve muscle strength and help balance hormone levels by turning protein into energy for older adults.  
These are just some of the ways exercise can help older adults live longer, healthier lives. LP213738

# What protein, carbs and fat do for your body

A nutritious diet is a vital component of a healthy lifestyle. When paired with physical activity, a nutritious diet can serve as the foundation for a long, healthy life.

The Academy of Nutrition and Dietetics defines nutrition has how food affects the health of the body. Food provides nutrients that are vital for survival. Food is made up of macronutrients like protein, carbohydrates and fat, each of which play different roles

in promoting short- and long-term health.

- **Protein:** Protein provides the body with amino acids that are essential for growth and development. The amino acids found in protein also help the body maintain itself and help body tissue recover after certain activities, including exercise. Protein also plays a vital role in immune system function, helping the body to fight inflammation and infection. The AND notes that beef, pork,

chicken, game and wild meats, fish, seafood, eggs, soybeans, and other legumes are great protein sources.

- **Carbohydrates:** Carbohydrates do for the body what gasoline does for an automobile. Carbs provide the body with the energy it needs to function at peak capacity. The carbs found in foods like whole grains, rice, potatoes, bread, and more deliver sugars and starches that provide the carbs the body needs for energy. That energy is vital when moving around during the day, but it's also essential when the body is at rest, as it ensures the heart continues to beat and facilitates digestion.

- **Fat:** The dietary fat found in oils, nuts, milk, cheese, and other foods provides structure to cells and prevents damage to cell membranes. The AND



also notes that oils and fats absorb fat-soluble vitamins like vitamin A, which is vital for healthy eyes and lungs.  
A nutritious diet is a build-

ing block of a healthy lifestyle, and no healthy diet is complete without protein, carbohydrates and fat.

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**NURSING**  
*continued from page A1*

they are not a part of the original six assigned but rather, they volunteered! Brianna Cloutier of Charlton and Elizabeth Larson of Webster are heroes in scrubs!

“I am honored to be a part of the Bay Path Practical Nursing Academy and assist at a vaccine clinic,” practical nursing student and Bay Path Regional Vocational Technical High School Class of 2017 alumna Brianna Cloutier said.

“They were short vaccinators, so I volunteered on the weekend,” practical nursing student and certified medical assistant for Harrington Physician Services Cardiology employee Elizabeth Larson said.

The COVID-19 vaccine clinic at the Armory gives the nursing students the opportunity to work hand in hand with medical professionals. Bay Path Practical Nursing Academy faculty Cheryl Cahill, MSN, RN supervises her clinical group at the Armory on Wednesdays.

“The Bay Path Practical Nursing Academy prides itself in being a part of the Bay Path community outside of the Charlton campus so having the practical nursing students be a part of the vaccine clinic and work with the community directly is wonderful for our practical nursing students and this is something they will definitely remember their whole career,” said Gretheline Bolandrina, MSN Ed, RN, CRRN Academy Director.

“We recognize service learning and emphasize its importance, for practical nursing students to get involved outside the classroom to better prepare themselves for their healthcare careers,” added Bolandrina.

The practical nursing students assist the healthcare team, assess, give out COVID-19 vaccines, monitor for untoward reactions, and completing tasks efficiently.

“This has been a great opportunity to gain experience in administering vaccinations while working with many different patients,” said Cloutier.

“It is an honor to be a part of a process that will protect our community

during this global pandemic,” Cloutier added.

Cloutier is a member of the Medical Reserve Corps, volunteering her time to those in need. She is the PN Class of 2021 Liaison on diversity and inclusion project, spearheading the Walmart Giving Grant.

“I was surprised to see Director Bolandrina on a Saturday, but I am glad she received her vaccine. We’re putting shots in people’s arms this is the beginning of the end of the COVID-19 pandemic so it’s a once-in-a-lifetime experience,” Larson said.

She recognizes that even as nursing students they are vitally needed. Larson in an officer of the UNCEF Club and is the PN Class of 2021 Commencement Liaison assisting with planning, arrangements, and details of the upcoming graduation and pinning ceremony scheduled for June 25.

The training for the future nursing workforce in the Bay Path community and across the region allows volunteers such as Cloutier and Larson to step up, respond to emergencies, and continue being heroes in scrubs!

**FUNDING**  
*continued from page A1*

Learning Dr. Brian Ackerman seconded the recommendation calling it a “wonderful opportunity” for the literacy program.

“It comports well with our district vision to continually bolster our early grades literacy instruction and the work that we’ve done with our grant team and the meetings that grant team has attended,” Dr. Ackerman said. “This will bolster our tier one instructional core and this amount, while not large, will help us from a fiscal standpoint manage that very worthy endeavor.”

The school committee approved the submission to the Massachusetts Department of Elementary and Secondary Education. If approved the district could receive as much as \$50,000 for its programs.

**SULMASY**  
*continued from page A1*

forward to working with the Board of Trustees, faculty, and staff to expand opportunities for Nichols students to learn, lead, and succeed...Discere, Duces, Stabiti!”

The appointment follows a six-month national search. Davis thanked the Presidential Search Committee, led by Trustee Randy Becker ’83 MBA ’96, for its thorough and collaborative work.

“The search for a new president of Nichols College drew an impressive pool of accomplished candidates, and the Committee worked tirelessly and efficiently to narrow the field, conduct interviews, and recommend the best candidate to the Board of Trustees,” he said.

Sulmasy has served as the number two official of Bryant University since 2015, with primary responsibility for managing undergraduate and graduate

academic programs, curriculum, and chairing the Academic Review Board. He oversees more than 1,100 faculty and staff members and an operating budget of \$144 million. During his tenure, he initiated and implemented several academic programs, including a Bachelor of Science in Data Science, a Digital Marketing Program, a fully accredited Physician Assistant Program, a Graduate Certificate in Innovative Health Care Leadership and an online MBA.

He also successfully directed Bryant’s recent reaccreditation by the New England Commission of Higher Education, and 2019 reaccreditation by AACSB International, the Association to Advance Collegiate Schools of Business.

Sulmasy has been a law professor at the U.S. Naval War College and the U.S. Coast Guard Academy, where he led the Department of Humanities, and additionally was a lecturer at the UConn

School of Law, Roger Williams Law School, UC Berkley School of Law, and Harvard University. He is a visiting fellow at George Mason University School of Law.





In addition to lecturing extensively on the law of armed conflict, international law, and national security matters, he is widely published on national security matters, and serves as a subject matter expert/commentator. He has been featured in the Los Angeles Times, on CBS News Radio, National Public Radio, CNN International, US News & World Report, the New York Times, the San Francisco Chronicle, Al-Jazeera America, MSNBC, Fox News, and numerous other national media outlets. He is the author of “The National Security Court System – A Natural Evolution of Justice in an Age of Terror” (2009) and co-editor of “International Law Challenges – Homeland Security and Combating Terrorism” (2005).

Sulmasy was educated at the U.S. Coast Guard Academy, the University of Baltimore School of Law, UC Berkeley School of Law, and the Harvard Kennedy School.

He and his wife, Marla, have seven children and reside in Old Lyme, Conn. About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow’s leaders. Nichols offers master’s degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today’s professionals.

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\$15.00 per hour.

Contact Al at Createk  
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## Spring has sprung.

**Need a backup mower or weedwhacker?**

Plenty of rebuilt machines on hand at reasonable prices.

Stop in at 385 Morris St., Southbridge, from 8 a.m. to 5 p.m. to see what is available.

*Please wear a mask when you stop by.*

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#### Good flexible hours

**Position 1-** General Laborer-outdoor painting, lawn work, fence repairing, loading and unloading trucks, handyman

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*Full time year round*  
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Call 508-450-8926 ask for JD

### FULL TIME TOWN ACCOUNT/FINANCE DIRECTOR

#### TOWN OF CHARLTON


The Town of Charlton seeks to fill a Full-Time Town Account/Finance Director in Transition position. The Finance Director is responsible for providing professional financial planning, management and administration for all Town financial operations. This work includes significant, diverse and complex administrative and supervisory work involving town-wide financial planning, accounting, budgeting, investing, debt management, and reporting of all municipal financial information. Must adhere to all local, state and federal laws. Bachelor's Degree in accounting or business administration or related field; at least 5 years of progressively responsible related experience in professional, municipal accounting along with some experience with the UMAS (Uniform Massachusetts Accounting System); or any equivalent combination of education and experience. Must be able to be bonded. Please see job description for complete list of qualifications and responsibilities. Salary range is \$100,734.00 - \$108,472.00 annually depending on qualifications. Please apply online at <https://www.townofcharlton.net/158/Human-Resources> no later than April, 20, 2021

*The Town of Charlton is an equal opportunity employer and encourages diversity.*

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Qualified candidates will have knowledge of Mass General Law relating to the MA Wetlands Protection Act. Working knowledge of soil types; ability to verify wetland boundaries; familiarity with permit and grant writing. Minimum qualifications includes Bachelor's Degree in an environmental field, five years' experience in environment management, land conservation or a related field; or equivalent combination of education and experience.

Engineering Degree a plus. Must be able to lift 30 lbs. and have the physical ability to walk rough terrain and access all areas of inspection sites. Hiring range \$27.43/hr. - \$30.93/hr. dependent on experience and education.

*Position will remain open until filled.*

Apply online at <https://www.townofcharlton.net/158/Human-Resources>  
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Special ends on May 1<sup>st</sup>

**SAVE 20%**  
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+  
**SAVE 20%**  
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Minimum purchase of four.

PLUS AN ADDITIONAL

**\$250 OFF**  
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Minimum purchase of four.

WITH

**\$0** **0** **0%** **FOR 1**  
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WINDOWS & DOORS

- Our beautiful, custom-made **entry doors** will **transform how you feel about your home**
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- For peace of mind, know that we’ve adjusted our operations to serve you in the **safest way possible**

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– Heather S., Renewal by Andersen customer, Holliston, MA

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**1-800-209-2746**

<sup>1</sup>DETAILS OF OFFER: Offer expires 5/1/2021. Not valid with other offers or prior purchases. Get 20% off your entire purchase and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 4/1/2021 and 5/1/2021. Additional \$250 off your project, minimum purchase of four (4) or more windows or entry/patio doors required, taken after initial discount(s), when you purchase by 5/1/2021. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2021 Andersen Corporation. All rights reserved. ©2021 Lead Surge LLC. All rights reserved.



### Girl Scouts offer ‘Intro to Outdoor Skills’ event

WORCESTER — Girl Scouts of Central & Western Massachusetts (GSCWM) invites girls and their guardian to an Intro to Outdoor Skills event Saturday, May 1 from 11 a.m.-noon at the Charlton Arts and Activities Center for girls currently in Pre-K and Kindergarten who are not yet Girl Scout members. Girls will earn their first Girl Scout patch while learning basic campfire building techniques, first aid, and jackknife safety. Sign up is at <http://bit.ly/GSoutdoor>.

Space is limited. All COVID safety precautions will be followed. This is an outdoor event, dress accordingly.

RSVP and register at: <http://bit.ly/GSoutdoor>

For more information, contact GSCWM Recruitment Manager Tammy Gilpatrick at [tgillpatrick@gscwm.org](mailto:tgillpatrick@gscwm.org) or 508-749-3639.

### MOORE

*continued from page A8*

I alarmed you with my posts. I awoke yesterday morning as a frightened little boy, clinging to my store-bought-faux-fur coonskin cap wishing I were as brave as Davy ... but was not.

Today is different. My Crockett cap is firmly upon my head. The frightened little boy cowering yesterday in a cancer-ridden sixty-six-year-old body, today feels strong, confident, and unafraid. I believe I can and will beat this cancer. I'm enthused by the challenge and the fight is back on.

Where does this fight come from? The books, stories and movies of my youth that encourage me still, play in my head. Heroic speeches ring in my ears. The belief that there are things worth fighting for ... especially your life, against an indiscriminate, unfair disease. I know that someday, somewhere, someone is going to beat this cancer. Why not here and now? Why not me?

There is a song I played for my kids; it's titled "Give it all you've got!" It began with the lyrics ... "Hero's come in all shapes and sizes, different colors too. Yes, it's true, yes, you know it's true. But a fact of all different hero's, they give it their best shot. Every time win or not, they give it all they've got." I think it encouraged them, as it still does me. I sing this song in my head in my weakest moments.

The examples, stories or fables of others inspire us. They give us courage and often the ability to fight when we'd rather run. They strengthen us to stand back up when we get knocked down. And I wonder ... why is there a move to remove and tear down our traditional heroes at a time they are needed most? (A subject for another time) Scan the records of history and show me anything positive that has ever begun by banning books, erasing history, or trying to change culture by force.

Let me leave you with this little speech from a fun movie and is delivered by Robert Duvall in "Secondhand Lions":

"Sometimes the things that may or may not be true are the things that a

man needs to believe in the most. That people are basically good. That honor, courage and virtues mean everything. That power and money, money and power mean nothing; that Good always triumphs over Evil; and I want you to remember this: That Love, true Love never dies. Doesn't matter if any of this is true or not. You see a man should believe in these things because these are the things worth believing in."

I always look for and believe the best. What do look for and believe?

*Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryW Moore721 and at [www.garywmoore.com](http://www.garywmoore.com).*



### Spring Has Sprung!

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FAMOUS MAKER GAS OR ELECTRIC RANGE Reg. \$449 <sup>99</sup> <b>\$449<sup>99</sup></b>	DELUXE TOP LOAD WASHER Reg. \$449 <sup>99</sup> <b>\$449<sup>99</sup></b>	MAYTAG TOP WASHER Reg. \$649 <sup>99</sup> <b>\$649<sup>99</sup></b>	GE TOP LOAD WASHER Reg. \$699 <sup>99</sup> <b>\$699<sup>99</sup></b>	7 CU FT CHEST FREEZER <b>\$229<sup>99</sup></b>


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# WHITCO

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## Friday's Child



**Keanui**  
**Age 17**

**Hi! My name is Keanu**

Keanu is a sweet teenager of Caucasian descent who loves to run and be outside. Those who know Keanu describe him as fun and adorable! Keanu loves to sing; his favorite songs include "Old MacDonald," "You are my Sunshine," and "Wheels on the Bus." Keanu enjoys swimming in the pool and swinging on the swing set. Keanu's favorite food is pizza, and his favorite toys are ones that light up. When presented with a new toy, he loves figuring out how to make it work and play music.

Keanu's favorite time of the day is gym class. All of his teachers and providers constantly report what a joy he is to work with and that he loves being at school. Keanu continues to make progress with his speech and walking skills.

Keanu is legally freed for adoption and will do best in a family that can put time into learning about his needs and learning how to set up the best possible environment for him. He loves spending time with his visiting resources who would love to stay connected with him when Keanu lives with an adoptive family. Any family constellation that feels they can meet Keanu's needs will be considered.

**Who Can Adopt?**

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

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

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

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*These are sample sizes...any size is available for political advertising.*

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Contact June at 508-909-4062

Or email: [Jsima@stonebridgepress.news](mailto:Jsima@stonebridgepress.news) with any questions or for pricing.

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(Your Neighbors)

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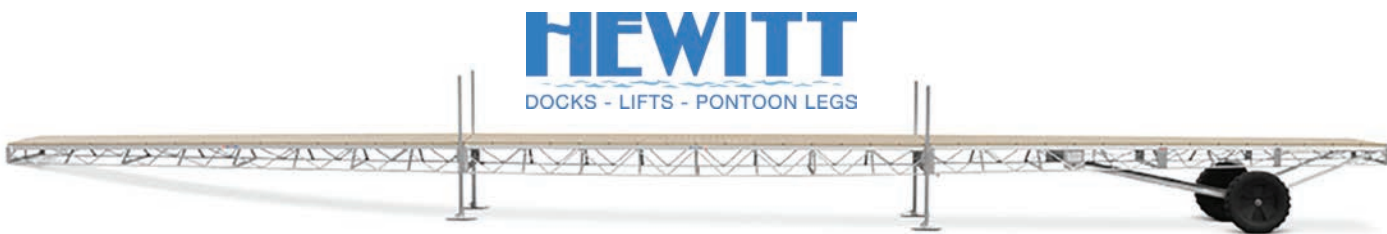
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