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Friday, September 4, 2020

# Charlton native named President-Elect of Massachusetts Bar Association



Thomas Bond

BOSTON — Attorney Thomas M. Bond has been named president-elect of the Massachusetts Bar Association for its 2020-21 year, beginning on Sept. 1. Bond will serve as a member of the MBA's leadership team alongside incoming President Denise I. Murphy, who will emphasize the MBA's role as an ally to lawyers from diverse backgrounds and build upon efforts to develop the MBA into a wellness resource for all Massachusetts attorneys.

Bond is a founder and managing partner of the Kaplan/Bond Group in Boston. A trial lawyer and admiralty lawyer who has specialized in maritime and construction personal injury litigation for 35 years, Bond's trial practice includes admiralty and maritime law, construction, product liability, automobile, personal injury, and general liability. He has tried many cases, and has argued or briefed more than 25 cases before various courts of appeal, including the U.S. Supreme Court, the

U.S. Court of Appeals for the First Circuit, the Supreme Judicial Court, the Massachusetts Appeals Court, and the Supreme Courts of Connecticut and New Hampshire.

In addition to serving as MBA president-elect, Bond is a member of the MBA's Executive Management Board and Budget & Finance Committee. Over the past year, Bond has served as co-chair of the MBA's COVID Response Task Force. He has also served as a chair of the MBA's Judicial Diversity Task Force and as chair of the MBA's Judicial Administration (JA) Section, where he also chaired the section's Ad Hoc Subcommittee on Diversity, which successfully introduced a resolution at the MBA's House of Delegates supporting efforts to increase diversity in the court system. Bond has been a frequent moderator of the JA Section's "View from the Bench" CLE series,

Please Read **BOND**, page **A3**

## Brimfield Antique Show canceled for fall

BY KEVIN FLANDERS  
STAFF WRITER

BRIMFIELD – For the first time ever, all three weeklong presentations of the Brimfield Antique Show were canceled.

Show field owners and antique vendors were hoping the September leg of the show would be salvaged, but organizers announced its cancellation last month due to COVID-19 concerns. The event joins several other local favorites that were scrapped in 2020, including the Spencer Fair, the Leicester Harvest Festival, West Brookfield's Asparagus Festival, and Brookfield's longtime Apple Country Fair. Many other area craft fairs, fall festivals, concerts, and antique auctions have also

had to be canceled, presenting major problems for crafters, vendors, and antiquers.

The loss of the May, July, and September antique shows in Brimfield has been a crushing blow for countless local business owners, antique dealers, and the community at large. From restaurants and hotels, to area shops and recreation centers, everyone has felt the impacts of lost business.

But even with the sting of a forfeited year still fresh, local owners are already turning the page and focusing on 2021.

"It was shocking in May when they canceled, but then, as things progressed, we realized this was the only decision the town could make," said

Pam Moriarty, who owns the Heart O' The Mart

showgrounds with her husband, Don. "It would not have been fair to dealers, owners, or guests to have such a large event with everything going on right now. Even though it broke our hearts, we agreed with the decision and understand why it was made."

Looking ahead to next year, owners understand that the 2021 lineup of vendors could feature major changes. On the heels of a lost year of revenue from physical shows, countless antiques dealers nationwide are struggling to stay in business. Unsure if large shows will feature the same atten-

Please Read **ANTIQUES**, page **A2**

## Superintendent addresses HVAC concerns

BY JASON BLEAU  
VILLAGER CORRESPONDENT

DUDLEY/CHARLTON – As the Dudley Charlton Regional School District returns to school this month amid the ongoing COVID-19 pandemic, Superintendent Steven Lamarche is hoping to put to rest concerns over the efficiency of the district's HVAC systems as parents and citizens continue to seek reassurance for the new school year.

Lamarche addressed concerns that had been voiced about the HVAC system during a meeting of the school committee on Aug. 26 where he said that the district takes pride in keeping the system running efficiently and they continue to do so regardless of the current pandemic concerns.

"The Dudley-Charlton Regional School District should be very proud of the ongoing maintenance and priority of addressing the functionality of the HVAC systems across all of our schools. I know in my short time here without reservations many costly projects were set in motion and completed. This is in large part because we have an exceptional maintenance and custodial team that works closely with their building principals and with (Director of Finance and Operations) Richard Mathieu. This was established long before COVID-19 but in continues to this day," Superintendent Lamarche said.

The district currently partners with Drummey Rosane Anderson, Inc. and their subcontractor Consulting Engineer Services to maintain the HVAC system. Superintendent Lamarche said these entities will continue to work to keep the system as efficient as possible and were scheduled

to examine the school equipment and perform tests prior to students' return to the buildings in September.

"We know that HVAC was raised as a concern by the community and staff alike, but I want to assure you that our systems are working and regularly repaired. We are taking the next and important step of making sure they are working to the best of their ability or functionality," Lamarche said.

Students and staff will be required to maintain use of masks during the fall school year in accordance with recommendations set forth by the Department of Elementary and Secondary Education in July. However, Lamarche noted that the district is taking other recommendations seriously including how to most effectively utilize the HVAC systems to keep the air in the schools clean and reduce the risk of increased exposure to COVID-19.

"Schools can further mitigate airborne transmission by increasing outdoor air ventilation or filtering of air that is recirculating within a room or a building. The guidance further recommends consideration of upgrading filters, running HVAC systems with outside dampers open, open windows or doors when appropriate and safe to prevent or minimize air circulation and maintain ventilation for longer hours. All of the aforementioned is not only being accomplished in our district it is all being done through our very own competent staff," the Superintendent said. Lamarche concluded that any recommended HVAC upgrades or repairs would be addressed before students returned to the buildings.

## Mercado awarded \$5,000 training grant

BAY PATH STUDENT  
RECEIVE TRAINING GRANT FROM  
MASSHIRE WORCESTER  
CAREER CENTER

CHARLTON — James P. Chabot of MassHire Worcester Career Center announced the awarding of \$5000 in training grant for Bay Path RVTHS Practical Nursing Academy student Luz Mercado of Worcester.

Mercado is a proficient bilingual speaker (English and Spanish) who graduated from Fitchburg High School. She is employed per diem as a Certified Nursing Assistant (CNA) with Ready Link Staffing of Leicester and Intely Care of Quincy.

"We're thankful for the continued support of the MassHire Worcester Career Center," said Bay Path RVTHS Practical Nursing Academy Director, Gretheline Bolandrina MSN Ed, RN, CRRN. "Mr. Chabot helped many of our practical nursing students in the past. The grant will help Luz through the ten months of rigorous training and ensure that she stay motivated and inspired to give her best."

Training grant funds encourage economic growth in the state and allows in additional training for workforce. The Executive Office of Labor and Workforce Development, and Commonwealth Corporation encourage businesses to address workforce training needs. Interested parties are encouraged to visit [www.commcorp.org/wtftp](http://www.commcorp.org/wtftp) to learn more.

About Bay Path RVTHS Practical Nursing Academy: Bay Path Practical Nursing Academy offers a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates



Luz Mercado

receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing 239 Causeway Street Boston, MA 02114 617-973-0800 [www.mass.gov/dph/boards/rn](http://www.mass.gov/dph/boards/rn) The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 [www.council.org](http://www.council.org) Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges 209 Burlington Rd., Suite 201, Bedford, MA, 01730-1433 781-271-0022 [www.neasc.org](http://www.neasc.org)



# Sports officials adopt “floating season” approach for football

**BY KEVIN FLANDERS**  
STAFF WRITER

REGION – After reaching fourth down in their attempt to save high school football this year, state leaders agreed to a

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“floating season” approach. Football, cheerleading, and unified basketball will be played between late February and late April as part of a fourth sports season approved last month by the Massachusetts Interscholastic Athletic Association (MIAA). Earlier this summer, the Massachusetts Executive Office of Energy and Environmental Affairs (EEA) issued updated reopening standards for youth and adult amateur sports. The regulations require signifi-

cant modifications to contact sports, and they would have made it virtually impossible to play football this fall. “The guidelines are designed to provide instructions to facility operators and activity organizers to help protect against the spread of COVID-19,” read a statement released by the EEA. In the guidelines, sports are broken down into three categories: low risk, moderate risk, and high risk. Due to the frequent physical contact in football, it was assigned to the high risk category along with wrestling, rugby, basketball, lacrosse, ice hockey, cheerleading, martial arts, ultimate frisbee, boxing, and pair figure skating. Since major changes to the basic game structure of football would have been necessary to satisfy the state’s fall reopening regulations, officials decided to move it to late February. By then, MIAA leaders hope a vaccine is in place and regulations on sports can be loosened. For now, area football teams are scrambling to find ways to keep their skills sharp. Many coaches have not even seen their players since the spring, before the statewide shutdown. “Once COVID-19 hit and school closed, we have not been able to be together at all,” said Christopher Barry, the assistant coach of the Leicester

High School squad. “Our school facilities have been off-limits, and we are not able to have contact with our players other than through email or text. This is not the kind of relationship we want to have with our players.” Local football players and coaches are particularly frustrated because almost all other fall sports are allowed to resume this month, with restrictions. Assigned to the low risk or moderate risk categories, cross country, soccer, field hockey, volleyball, and others will be returning to play, beginning on Sept. 18. Masks and social distancing measures will be heavily employed by players, coaches, and game officials, allowing student-athletes to get back into the game as safely as possible. But the Friday night lights will stay dark this fall for area football teams, and there are no guarantees that conditions will be improved enough for games in late February. State officials will review COVID-19 data in January and make a determination on whether to proceed with the floating season. For football athletes and coaches, the uncertainty has been a major challenge. They understand the reasons for the decisions made by state officials, but that doesn’t make the situation any less frustrating.

“We appreciate all of the work and dedication those people put in to make the best decision for our students to have a football season and to be safe,” said Barry, whose team went 12-1 last year and captured the D7 Central Mass. crown. “There are still so many questions that remain unanswered, which is completely understandable during this unprecedented time.” Added Barry, “Whatever the next steps are, we look forward to seeing our kids again. We have a great group of seniors we want to honor in their final season, 24 freshmen who are interested in joining our program, and players in grades in between hungry to have another winning season and defend our titles.” Beginning on Sept. 18, football teams will be able to hold modified practices. Several restrictions will be in place, and players won’t be able to participate in hitting, blocking, team meals, and other activities. For coaches, the main goal is to keep their athletes physically conditioned and mentally sharp through the fall and winter. “To get back to some normalcy would be best for students’ mental and physical health,” Barry said. “We are a football town, and cannot wait until we get back together again.”



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## ANTIQUES

continued from page A1

dances next year, many owners are shifting their business models to e-commerce opportunities. Others have already had to surrender their businesses and pursue work elsewhere. In Brimfield, it’s hard to predict whether conditions will be favorable enough in May for the first show of 2021. Owners hope the COVID-19 vaccine will make quick and lasting progress, but there are no guarantees that conditions will warrant unrestricted international travel.

“It will be a challenge to get everything back up and running after this long. We all have to work hard to bring vendors back and find a new normal,” said Darlene Burns, who has owned the Crystal Brook showgrounds for eight years. “We have a lot of customers who are international, and no one knows what the travel situation will be.” One of the priorities for owners throughout the summer has been to maintain strong lines of communications with vendors, dealers, and town officials. Many owners believe that although the 2021 shows may not have the

same attendance as previous years due to lingering COVID-19 concerns, vaccine hesitance, and potential international travel restrictions, the atmosphere will nonetheless be one of great joy and gratitude. “The response from our dealers has been very understanding. They are looking forward to a great year next year,” Moriarty added. “Everyone will be looking to get back here – it will be like a reunion.” Information on next year’s events will be posted at [www.BrimfieldAntiqueFleaMarket.com](http://www.BrimfieldAntiqueFleaMarket.com).

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- **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, [www.charltonbaptist.org](http://www.charltonbaptist.org), Sunday worship 8:30 a.m. and 11 a.m.
- **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: [CharltonCityUMC.com](http://CharltonCityUMC.com), Sunday worship 10:30 am, Sunday School 9 am.
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- **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144
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- **Lamblight Christian Church**, 37 Main Street - Grange building 1st Floor, Charlton, MA 01507, Rev. Stephen Wade, (774) 452-2393 - Pastor's Cell. Sunday Service 10:30am. [www.visitlamblight.com](http://www.visitlamblight.com)
- **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.



# Bay Path students awarded Horatio Alger National Career & Technical Scholarship



Doris Agyei



Carolyn Jenkins

CHARLTON — Doris Agyei of Worcester and Carolyn Jenkins of Cherry Valley has been awarded the 2020-2021 scholarship from the Horatio Alger National Career & Technical Scholarship Program (CTE Scholarship).

Agyei and Jenkins, both full-time practical nursing students at Bay Path RVTHS Practical Nursing Academy will each receive an award of \$2,500

for their practical nursing studies. CTE Scholarships are awarded on a competitive basis of verification of good academic standing, high school completion or earned high school equivalency credential, enrolled in a career or technical certificate program leading to employment, attending a not-for-profit post-secondary institution, Pell Grant eligibility, US citizenship, and be under the age of 30.

Agyei works as a certified nursing assistant (CNA) at Brookdale Senior Lining in Auburn. Jenkins was a CNA at the Overlook. She completed prerequisite classes at Quinsigamond Community College and graduated from Tantasqua Regional Technical High School with an Allied Health Certificate along with her High School Diploma.

Both Agyei and Jenkins are looking at a rigorous ten months of academics and clinicals to complete the program and make positive contributions while continuing their service to the nursing profession.

The Horatio Alger Association honors the achievements of outstanding individuals in our society who have succeeded despite adversity and who are committed to supporting young people in pursuit of increased opportunities through higher education.

About Bay Path RVTHS Practical Nursing Academy

Bay Path Practical Nursing Academy offers a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing 239 Causeway Street Boston, MA 02114 617-973-0800 [www.mass.gov/dph/boards/rn](http://www.mass.gov/dph/boards/rn) The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 [www.council.org](http://www.council.org) Bay Path

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It is the Mission of Bay Path Regional Vocational Technical High School to facilitate current, integrated, and rigorous academic and technical vocational programs that prepare students for the ever-changing world of employment and post-secondary education; to provide a school culture that meets the diverse needs of our student body for safety and mental wellness; and to foster student confidence, professionalism, and life-long learning skills that will enable them to become contributing members of our communities.



### 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.

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Age 12

Photo by Shannon Cabral

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Destinee is legally freed for adoption. She has an open adoption agreement of three visits per year with her birth mother. She would do best with a single female, two moms, or a mom and dad. A family with no other children or much older children in the home would be best for Destinee. Her family must be willing to transport her to Western Massachusetts frequently for visits with her birth mother and brother.

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

### BOND

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which features judges as panelists.

Outside the MBA, Bond is a member of the Massachusetts Academy of Trial Attorneys (MATA), where he has served on its Executive Committee and Board of Governors. He received MATA's President's Award in 2014. He is also a member of the American Association for Justice. A frequent lecturer on admiralty law at Suffolk University Law School, Bond has also lectured locally at Massachusetts Continuing Legal Education (MCLE), the Boston Bar Association and the New England School of Law, and nationally before the Tulane Admiralty Law Institute in New Orleans, the American Association for Justice and the American Trial Lawyers Association.

Bond graduated summa cum laude from Northeastern University in 1982, and from Suffolk University Law School in 1985. Bond grew up in Charlton, Mass., and graduated from Shepherd Hill Regional High School in 1977. A lifelong Massachusetts resident, he has lived in Hopkinton for 25 years, where he still resides with his wife of 35 years. They have two grown daughters.

The MBA's leadership team for the 2020-21 year includes President Denise I. Murphy, President-Elect Thomas M. Bond, Vice President Grace V.B. Garcia, Treasurer Damian J. Turco and Secretary Victoria Santoro Mair. Martin W. Healy is the MBA's chief legal counsel and chief operating officer. Full officer bios are available at

[www.massbar.org/officers](http://www.massbar.org/officers).

Incorporated in 1911, the Massachusetts Bar Association is a non-profit organization that serves the legal profession and the public by promoting the administration of justice, legal education, professional excellence and respect for the law. The MBA represents a diverse group of attorneys, judges and legal professionals across the commonwealth.

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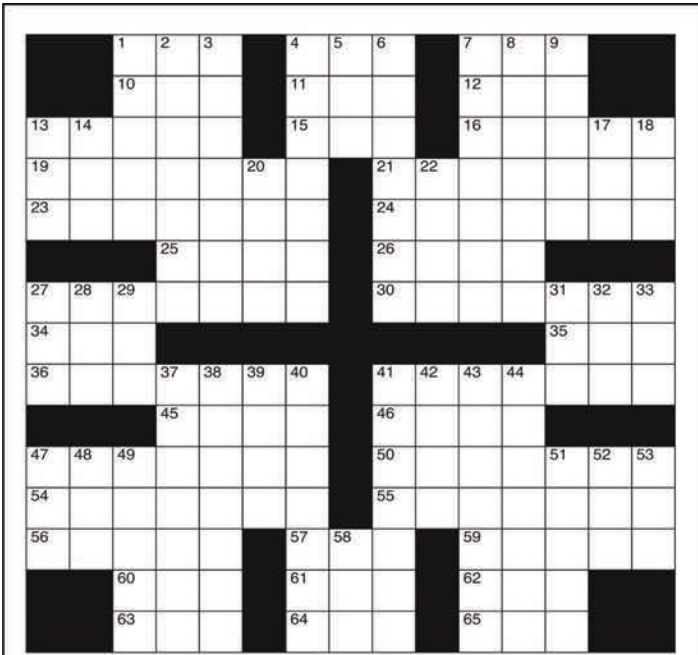
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12. Type of bread

13. Lively ballroom dance

15. Charles S. Dutton TV series

16. A way to use up

19. Singular event

21. Home of Disney World

23. Minerals

24. Most insightful

25. Consult

26. In addition

27. Agents of downfall

30. Organizations

34. Supervises flying

35. Bar bill
36. Alfalfa

41. Dish soap

45. Witnesses

46. Ancient Greek City

47. Newspaper bigwigs

50. Discuss again

54. Small group with shared interests

55. Support

56. Popular sportcoat fabric

57. Take hold of

59. Pre-Mayan civilization

60. Woman (French)

61. Wheeled vehicle

62. Georgia rockers

63. Cold War player (abbr.)

64. Pitching stat

65. Attempt

CLUES DOWN

1. Czech monetary unit

2. Arousing intense feeling

3. Elks

4. Muscular weaknesses

5. Before the present

6. Figures out

7. Infinite

8. A low wall

9. Silly

13. Political organization

14. Used of a number or amount not specified

17. Divisions of the psyche

18. Denial

20. Ancient Iranian person

22. Count on

27. Popular sports league

28. Water (French)

29. Partner to cheese
31. When you hope to get there

32. Angry

33. One point east of due south

37. Respects

38. Organize anew

39. French wine grape

40. Intrinsic nature of something

41. Neural structures

42. Brews

43. Where ships take on cargo

44. Holiday season singer

47. Shock treatment

48. Popular average

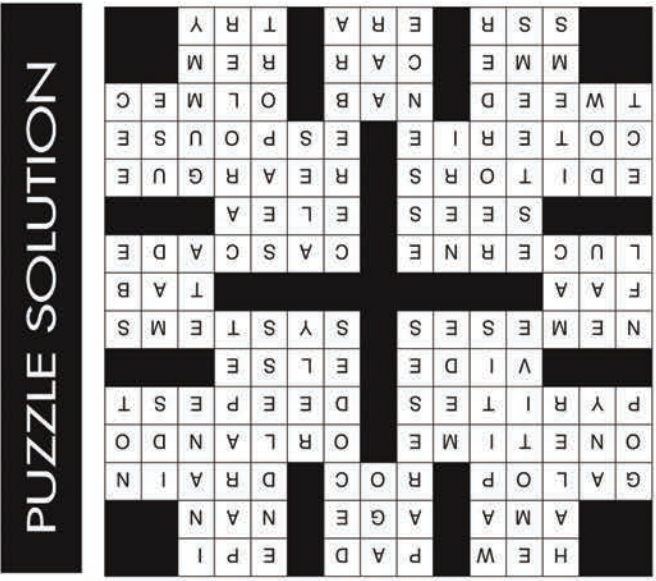
49. Products

51. A type of bear

52. Utilize

53. Old world, new

58. Swiss river



Dog Care Word Find

Find the hidden words in the puzzle.

|         |         |          |
|---------|---------|----------|
| CARE    | FOOD    | SHELTER  |
| COLLAR  | LEARN   | TRAINING |
| COMFORT | LICENSE | TREATS   |
| DOG     | PUPPY   | TRICKS   |
| S       | G       | P        |
| Y       | D       | N        |
| E       | V       | N        |
| O       | Q       | S        |
| T       | S       | N        |
| O       | Y       | S        |
| N       | R       | A        |
| E       | L       | D        |
| W       | R       | O        |
| I       | N       | P        |
| F       | Q       | C        |
| E       | T       | E        |
| N       | F       | I        |
| E       | N       | D        |
| P       | O       | K        |
| L       | R       | R        |
| D       | L       | C        |
| C       | K       | I        |
| L       | U       | A        |
| R       | E       | A        |
| E       | I       | D        |
| Z       | K       | L        |
| A       | R       | P        |
| E       | A       | C        |
| L       | D       | O        |
| G       | A       | S        |
| H       | R       | A        |
| T       | T       | W        |
| J       | H       | D        |
| R       | L       | D        |
| V       | B       | T        |
| L       | S       | H        |
| C       | O       | M        |
| F       | O       | R        |
| T       | F       | E        |
| E       | P       | E        |
| F       | E       | V        |
| H       | W       | M        |
| F       | K       | U        |
| H       | E       | E        |
| S       | M       | L        |
| R       | R       | T        |
| Q       | E       | Z        |
| S       | I       | N        |
| Z       | H       | N        |
| V       | N       | N        |
| N       | Z       | D        |
| Z       | N       | A        |

Get Scrambled

Unscramble the words to determine the phrase.

TSI NDA TSYA

Answer: Sit and stay

THIS DAY IN...



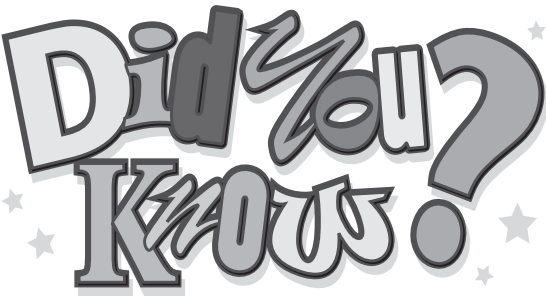
HISTORY

- 1774: THE FIRST CONTINENTAL CONGRESS MEETS IN PHILADELPHIA.
- 1836: THE REPUBLIC OF TEXAS ELECTS MILITARY HERO SAM HOUSTON ITS FIRST PRESIDENT.
- 1997: THE WORLD LOSES MOTHER TERESA, A HUMANITARIAN WHO DID SUBSTANTIAL WORK WITH THE POOR. SHE WAS 87.

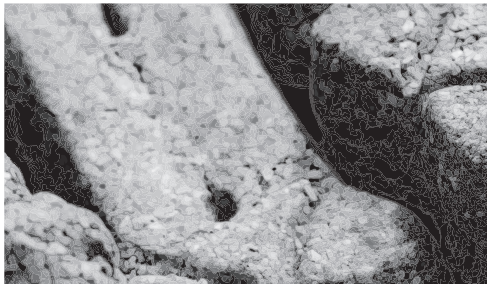


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ANSWER: DOG BISCUIT

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|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 6 | 4 |   |   |   |   |
| 6 | 2 |   |   |   |   | 4 |   |   |
| 1 |   |   | 8 |   | 5 |   |   | 6 |
|   | 1 | 5 |   |   |   | 2 | 6 |   |
|   | 4 |   |   |   | 7 |   | 1 |   |
|   |   | 2 | 4 |   |   | 5 | 8 | 7 |
|   | 8 | 9 |   |   |   |   | 7 | 1 |
|   | 6 |   | 1 |   | 2 | 8 | 4 |   |
| 4 | 5 |   |   |   |   | 6 |   | 9 |

Level: Beginner

**Here's How It Works:**  
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

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A pantry is a room or closet where food, beverages and linens or dishes are stored. Pantries can be highly useful spaces that provide ancillary storage in kitchens. Many modern homes are equipped with pantries, but older homes may require some modification to create more useful pantries. Whether starting from scratch or modifying an existing pantry, these tips can help projects go more smoothly.

- Maximize vertical storage. Utilizing vertical areas can help increase storage capacity. Build in extra nooks by investing in undershelf storage baskets. These baskets can instantly create designated areas for different types of ingredients. Homeowners also can look for ways to use the inside of cabinet doors or add extra shelves on walls or in eaves.
- Consider your needs. Figure out which items you would like to store in the pantry and then shop for corresponding storage systems. For example, storage solutions may feature wine bottle racks, baskets for potatoes and other produce, shelving for small appliances, and even pull out racks for baking pans or cutting boards.
- Use clear storage. Put ingredients in clear, airtight containers of similar dimensions so that you can easily find items you need. Transfer bulky items, like cereals and baking supplies, to storage containers for uniformity.
- Store bulk items elsewhere. Bulk shopping can be cost-efficient, but bulk items can quickly eat up real estate in the pantry. Designate another area for non-perishable bulk products, like paper goods or canned items, such as in a garage or utility room.
- Pull out drawers are convenient. Pull-out drawers can reduce the need to seek and reach for items. These drawers conveniently roll out so items in the back can be accessed without disturbing foods in the front. Drawers can be custom built for any pantry space.
- Make it accessible. Think about who will be taking items from the pantry. Put children's snacks on the bottom pantry shelf where they can reach them, and then organize other shelves for adults in the home.

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|--------------------------------------|--------|
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|   |         |
|---|---------|
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|   |        |
|---|--------|
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|                                   |        |
|-----------------------------------|--------|
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|  |         |
|--|---------|
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|--|---------|
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EDITOR

# Happy trails

Actress Shirley MacLaine once wrote “Fear makes strangers of people who would be friends.”

This week, the topic of strangers has been at the forefront of our minds. Having met several strangers on the hiking trails over the past few months has opened up an appreciation for others that has always been there, yet as of late, for some reason, these meetings have become more meaningful. Simple conversations can lead to an unraveling of several rewarding conversations.

They always say there’s no such thing as a solo hike, and it’s true, for the most part. While hiking the Mount Cabot loop during a recent excursion to our friendly northern neighbor New Hampshire, a chance meeting with a teacher from the southern part of the Granite State took place. It was interesting to hear his views on his school re-opening plan and how he handled remote teaching. According to him, he sort of “rolled with it.” On that same trail, a fortunate meeting with Ray took place. A CPA from Boston who was on his 47th of New Hampshire’s 4,000 footers, was in the right spot at the right time. Being five feet, one inch in height, the hop from one boulder to the next on top of The Horn, would not have happened without a boost from Ray. Clapping his hands together and lifting me from one perch to the next made for a great lunch on top of the mountain. His tales of climbing to the Mt. Everest base camp and his ski adventures all over the world was the perfect accompaniment to a well deserved peanut butter and jelly sandwich.

A 66 year old veteran named Brian was the perfect person to head down Mount Willard with. After the storm wreaked havoc on the trail, the trek down was, well, sort of like an obstacle course. Brian (and his dog) shared so many eye-opening stories about his time serving in the military. I was proud to have him by my side and honored he shared his story.

On top of North Sugarloaf, a Spanish teacher with her family topped the list. They were in from Mass for the weekend. They shared their love of New Hampshire with the best humor and were so appreciative of the nature around them. The family has decided to make lemonade out of lemons and are choosing to get their elementary age students out into the mountains as much as possible, the kids said they love every minute of it.

When hiking sections of the Appalachian Trail, you will meet a ton of thru hikers, each coming with a unique name. This past week, while hiking the Beaver Brook Trail up to Mount Moosilauke, “Whole Foods,” “Square Peg” and “Sherpa” each had amazing tales. Whole Foods is from P.A. And was hiking south to Georgia, in a kilt. Square Peg stopped to chat as he was making his way down and told us, this was his third time completing the AT. Sherpa told us that the wind at the top literally blew him over. He was a tiny thing, and after summiting, we believed him.

On top of Mount Nancy, a family surprised ‘Dad’ for his 50th with party hats and cupcakes. It was so neat to be a part of that. Impromptu parties are the best. This is a story that deserves it’s own and will be forthcoming in the next few months.

Whether you chat someone up on the trails or in line at the store, you never know what you will learn. Some people will engage, others won’t. It’s a coin toss and that can be a fun game all it’s own.

If you have a fear of talking to strangers, do it anyway. When you do something repeatedly the fear tends to dissipate and your conversation techniques will feel more natural. If you imagine that the person is already your friend, you’ll treat them as such and this approach can alleviate an awkward feelings.

In the words of Anais Nin, “Each friend represents a world in us, a world not born until they arrive, and it is only by this meeting that a new world is born.”



# OPINION

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

## Are you part of a herd?

Life is an incredible journey, full of twists and unexpected turns. We are herd animals and were not created to make this journey alone.

As most of you know, I was shocked in February to be diagnosed with Stage 4 Stomach Cancer. It was unexpected and certainly unwelcomed but it’s now part of my life’s journey. I embrace the reality and fight for time. As I’ve said before, there is no cure and so I’m told I can’t beat this but I’m fighting to go the distance. I believe I’ll still be here, writing this column in five years.

My diagnosis isn’t all negative. I’ve never felt so loved and cared for. I have a team of medical professionals fighting on my behalf. I have friends I haven’t seen in years reaching out, visiting and offering their support. But best of all is my family.

My wild and crazy sisters, Debra and Kim, and their wonderful husbands, Keith and Roger, travelled from North Carolina and Florida to spend a week with me. They came to catch up and have fun, but to also provide support and lend a hand. As I mentioned a few weeks ago, we are downsizing from our very large home of twenty-five years into a condo that’s dramatically smaller, so they, along with Arlene’s best friend, Tracey, who’s just like family, spent most of each day helping us rummage through shelves, cabinets and boxes to determine what we keep, sell or pitch. It was an emotional week preparing for the estate sale, but in many ways, it’s the history of our forty-five years of marriage, laid out on tables for others to buy. My sister’s sense of humor and free spirit not only made the experience tolerable but fun. I don’t see them often enough but when we do see each other, we make it count. I don’t know what I’d do without them.

Tracey didn’t really know them until this week. She was in complete dismay as my sisters chased down a local police officer to give him a Buster Bar (from Dairy Queen) and to tell the young officer he was appreciated. That’s just how they roll.

For those of you who are long-time readers of my column, know that my daughter, Tara Beth, and her husband Jeff, accepted positions in Pasadena, Calif. over four years ago and headed west, with our grandsons, Caleb and Noah. Like most of life’s twists and turns, it was a mixture of happiness for their new opportunities and sadness



POSITIVELY  
SPEAKING

GARY W.  
MOORE

regret is that their move is motivated by my health. My life journey should not dictate theirs, but I was told, “Don’t worry about it. I only have one Dad and we want to be close.” Of course, I did the only thing I could do in that moment. I cried. As I said, I’ve never felt so loved.

In a lighter note, my handsome and smart nephew, Westin, called me on Sunday to tell me about his new dog. He said, “My puppy is two years old and I’m five.”

I responded, “So, you were three years old when he was born.”

Weston paused and said, “He wasn’t born. We bought him!” I laughed all day at the enthusiastic innocence of his words.

I’ve always loved my friends and family, but never fully realized the importance of relationships and how their love can brighten the darkest times. I’m grateful. My heart is full.

For those who say, “I don’t have friends,” be a friend. Join a small group at your church. Take up a group hobby that places you in the same room with others of similar interests. Volunteer for a local charity. Join a herd. Be part of a pack. They want and need you as much as you need them, and for most of us ... the day will come when you need their love and support.

Yes, creating meaningful relationships takes effort but it will be effort well spent.

I also hear other say, “I’m estranged from my family.” It’s not too late to forgive and forget. It doesn’t matter what happened. It was in the past. Unless the relationships are toxic, dangerous or otherwise damaging, make the effort to reconnect. Reach out and rekindle family connections. I don’t think you’ll be sorry.

We were not created to travel alone. Join the herd.

*Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @GaryWMoore721 and at www.garyw-moore.com.*

## Corn on the Cob: A Simple Pleasure of Late Summer

Corn is not only one of the tastiest pleasures of the summer; it’s also one of the most popular, with Americans consuming an average of 6.8 pounds of fresh corn each year!

If fresh corn on the cob is on your menu this season, read on for some tips and tricks to make the sweet treat even more enjoyable. From picking prime corn on the cob to serving up the irresistible ears, the following hints, both old and new - help you serve up your share of the classic summer pleasure.

\*\*\*  
Freshness Check: Want to ensure fresh, sweet corn on your table this season? Take these tips from farmers: Look for bright green husks that are slightly moist. The silk should be slightly sticky and a pale golden color. If you press gently against the husk you should be able to feel the kernels. Also check out the bottom of the ear, where it was cut off the stalk. If it is brown, the ear was likely not picked that day. If corn kernels are exposed, look for plump kernels in even rows.

\*\*\*  
Corn Rules: Did you know corn on the cob will lose up to 25% of its sugar content after just six hours of storage at room temperature? That is because from the moment it is picked, the sugar in the corn begins to convert to starch. To keep corn at optimum taste, keep corn chilled at about 36 degrees. Keep corn in the refrigerator with the husks intact until you can cook it. This helps to slow down the sugar to starch conversion, thus maintaining its sweetness longer.

\*\*\*  
Corn off the Cob: While cutting the corn off the cob removes half the fun of eating it, sometimes it’s a necessary task. Ever wonder what is the most efficient way to carve a cob? First of all, use a sharp chef’s knife or serrated edge knife to cut off the kernels. Several



TAKE  
THE  
HINT

KAREN  
TRAINOR

to cut the kernels, which fall neatly into the pan.

\*\*\*  
Milky Way: If you’re cutting corn off the cob for a recipe, be sure to get all the milky liquid this way: After the kernels are removed, simply run the flat edge of a knife down the cob, applying a bit of pressure. If you’re not using a bundt pan, place cob in a bowl to collect the liquid.

\*\*\*  
Cooking Corn: If you’re boiling corn never salt the water, as that can toughen the kernels. Want to add heighten sweetness of bland corn? Add a teaspoon or two of sugar to the boiling water. Cook for three to five minutes.

\*\*\*  
Steaming Hot: Steaming corn is a favored way to serve up fresh corn on the cob. If you don’t have a steamer, simply put about two inches of water in a large stock pot. Stand ears upright in the pan. Cover and cook on high until water boils. Turn off heat and allow to steam with cover on for about 7 to 9 minutes.

\*\*\*  
Kernels of Knowledge: \*The more silk on the cob, the more the kernels!

\*The number of rows on a kernel is always an even number.

\*There are about 800 kernels in 16 rows on each ear of corn.

\*It takes about two ears of medium sized corn on the cob to equal a cup of kernels.

\*The corncob (ear) is actually part of

## Labor Day: Make investments work as hard as you do



FINANCIAL  
FOCUS

JEFF  
BURDICK

Labor Day is almost here. Of course, this year, the holiday may have a different impact, given the employment-related stress and disruptions stemming from the coronavirus. Yet, it’s good to recognize the value of work and its importance in achieving your life’s goals. But if you’re going to retire comfortably and reach your other financial objectives, you also need to invest – and your investments need to work as hard as you do.

To help make this happen, you need to know why you’re investing in the first place. You likely have a variety of financial goals, including short-term ones – a long vacation, a new car – and long-term ones, such as a comfortable retirement and the desire to leave a legacy for your family. But you can’t invest in the same way for these goals. For example, when you’re planning an overseas vacation for next year, you want a certain amount of money to be available at a certain time, so you’ll want an investment that offers a high degree of preservation of principal. However, when you’re saving for a retirement that may be decades away, you need to consider investments that offer growth potential. In any case, you can help your investments work efficiently for you by matching them with specific goals.

You also want to keep your investments “on the job.” In the immediate aftermath of large market downturns, such as we saw earlier this year, many people simply stopped investing altogether. But taking a “time out” can be costly. For one thing, when you stop adding to your investment portfolio, you reduce its growth potential. Furthermore, if you’re on the investment sidelines, you might miss out on the next market rally – and the biggest gains often happen in the early stages of these rallies.

Not everyone simply abandons the investment world following a downturn, though – some people just put more money into cash and cash equivalent accounts. And while it’s a good idea to have enough cash on hand for emergencies (about three to six months’ worth of living expenses), you may not want to have cash as the major component of your portfolio. Cash simply doesn’t “work” hard enough in the sense of providing you with long-term growth opportunities.

So, whether the markets are moving up, down or sideways, it’s important to keep investing and keep a reasonable percentage of growth-oriented investments in your portfolio, with the exact amount depending on your goals, risk tolerance and time horizon. These investments will fluctuate in value, but the longer you hold them, the more the impact of short-term drops may be reduced, especially if you maintain a diversified portfolio, although diversification, by itself, can’t ensure a profit or protect against loss in a declining market.

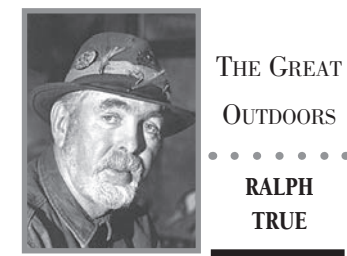
Finally, here’s one other step you can take to help keep your investments working hard: Check up on them periodically. Review your portfolio at least once a year to determine if it’s still helping you make progress toward your goals. If it seems like you’re falling behind, you may need to adjust your investment mix.

You’ve probably discovered that hard work pays off for you in just about every endeavor – so why should it be any different with investing? Keeping your investments working diligently can help boost your chances of achieving your important financial goals.

*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.*







THE GREAT  
OUTDOORS  
• • • • •  
RALPH  
TRUE

This past week, this writer and my granddaughter Andrea Henchey decided it was time to go fishing at Galilee, R.I. for seabass and fluke. She decided to take along her son Logan, but I was a bit nervous about taking him because of his young age of five years. He is on the water a lot at their lake-front home on Quinsigamond in Shrewsbury, so we brought him along. They arrived at my residence in Uxbridge at 6 a.m., and we were on the road at 6:15 a.m.

The little guy was wide awake and ready to go fishing, and kept asking how much longer it would be before we got to the ocean. “Not long,” we replied, and he went back to playing with his iPad! After making a few unscheduled stops along the way, we finally arrived at the boat ramp. It was time to catch some live bait with a small net. Logan was all excited and had a great time helping with catching the bait. We quickly launched the boat and we headed out through the Breachway of Galilee’s West Wall.

After a ten-minute run out to 45 feet of water I brought the boat to a stop and we started fishing. Placing a mummy and a piece of squid strip on a hook,



Andrea Henchey and her son Logan reeling in fish.

Andrea lowered the bait to the bottom. She started to get a bite within seconds of hitting the bottom. Logan quickly started to reel the fish in with his mother’s help, as this week’s picture shows. It was lock and load action for three hours and then the tide flow stopped. Fishing was slow and we decided to head for the boat ramp. We were also running out of food to eat, which is not good. The fast action sure gave us an appetite, as it always does when fishing. The largest seabass weighed in at five pounds, with others just making the 15-inch size limit. There were a lot of short fish including a few nice fluke.

As we pulled into the boat ramp, we had to wait for a couple of boats to leave, so I parked the boat at the very end of the right-hand dock. The water is pretty deep there. Andrea grabbed the rope from the bow and decided to jump out of the boat and onto the dock before the boat was secured. As she jumped from the boat, she quickly found herself in the water! She had one foot on the dock and one on the boat prior to the big splash, which quickly caused a spread eagle, sending her into the ocean.

Falling between the boat and the dock has caused serious injury for many boaters, but she was lucky she did not sus-



This writer with two 20-inch fluke caught the week before.

tain any injuries other than a bit of humiliation, as others boaters looked on. I went to retrieve the car and trailer after securing the boat properly, and making sure she did not get injured. Her son Logan did not know what to make of his mother’s actions, and stared to look for more bait fish that were visible in the shallow water.

I quickly floated the boat onto the trailer and pulled the boat out of the ramp, placing it out of the way of other boaters launching and retrieving their boats. Andrea quickly changed her wet clothing for dry ones, and was ready to help

secure the boat for the ride home. “Can I do anything to help Pop?” she replied! I gave her a bucket full of live mummies to carry back to the water and release them. She was not 50 feet from the ramp when I heard her say “Oh No!” Now what? It seems the handle on the bucket broke and the live bait was flopping all over the ground. “Forget it,” I replied.

As she approached the boat she asked if she could do anything else! I said “Yes, go sit in the car and do not touch anything else!” She laughed and we were on our way home. I really could not have a better granddaughter, and have had many enjoyable times with her and her husband Chris ,and my great grandchildren, Logan and Eva. I am extremely fortunate.

A few anglers were loading their boat at the ramp that day and reported catching a few Bonito in the area of the Charlestown Breachway, using flyrods.

Seabasslimits have increased to seven fish daily per angler as of Sept. 1 in Rhode Island waters. Seabass are considered to be one of the best tasting fish in the ocean and catching them is exciting. I would recommend holding onto the rod real tight, or it could end up in the ocean.

Take A Kid fishing & Keep Them Rods Bending!



GARDEN  
MOMENTS  
• • • • •  
MELINDA  
MYERS

As summer transitions into fall, it is time to help lawns recover from summer stress. Let the weather and the condition of your lawn help you develop a plan suited to your landscape.

Continue mowing actively growing lawns. Mow high, leaving cool season grasses like bluegrass and fescues at least two and a half, preferably three and a half inches tall after cutting. Warm season grasses like bermudagrass, carpetgrass, centipedegrass and zoysia should be grown at 1 to 2 inches tall, while St. Augustine should a bit higher at two to three inches for best results. Taller grass is better able to compete with weeds, is more drought tolerant and less susceptible to insects and disease.

Mow often, removing no more than one third the total height. Leave short clippings on the lawn. They will quickly break down, adding organic matter, moisture and nutrients to the soil. Run your mower over long clippings to reduce their size and speed decomposition.

As the tree leaves begin to fall just mow them into small pieces and leave them on the lawn. As long as you can see the grass blades through the shredded leaves your lawn will be fine. And just like the clippings, they add nutrients and organic matter to the soil.

Fertilize lawns in early September

and high maintenance northern lawns again around Halloween, but always before the ground freezes. Make sure the last fertilizer application to warm season grasses is at least one month prior to the average first killing frost.

A healthy lawn is the best defense against weeds. Even with proper care these unwanted plants can bully their way into your lawn. Try digging, root and all, to remove small populations of weeds. Think of it as a workout or way to reduce stress.

If you decide to use a weed killer, try spot treating weeds or problem areas to minimize the amount of chemical used. Select the least toxic or an organic product whenever possible. Whether using traditional or environmentally friendly products read and follow label directions carefully. All these products are plant killers and can cause damage to other plants if not applied properly.

Fall, when the cool season grasses are actively growing, is also the best time to core aerate or dethatch lawns suffering from thatch build up or compacted soil. Overseed thin lawns after core aeration or dethatching. You’ll have better results once the thatch layer is removed or openings exist for the grass seeds to contact the soil and sprout.

Those growing warm season grasses should wait until the lawn greens up in spring or is actively growing in early summer. Avoid doing this when the weather is hot and dry.

Begin implementing some of these strategies and soon you’ll be on your way to a healthier, better looking lawn

## Fall lawn care tips



Photo Courtesy

A healthy lawn is the best defense against weeds.

for the coming growing season.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses “How to Grow Anything”* DVD series and the nationally-syndicated *Melinda’s Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

### TRAINOR

continued from page A8

the corn plant’s flower.

\* The world record for eating corn on the cob stands at 57 Ears of Florida Sweet Corn in 12.8 minutes, set on April 28, 2019

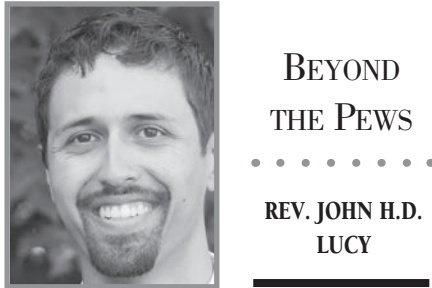
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Win Dinner for Two at the Publick House

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

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

## Reform and idealism



BEYOND  
THE PEWS  
• • • • •  
REV. JOHN H.D.  
LUCY

Recently, the young adult group at Charlton City UMC finished reading and discussing “*Just Mercy*.” You may have seen the movie free on YouTube this summer. Especially if you’ve read the book, and heard all the other stories author Bryan Stevenson relates and the facts about our current prison system, you’ll know that there is still a lot of prison justice reform that could be done. However, especially as we are still in a long moment of public reckoning over police justice, we all hear the call for reform differently.

I think of the story of Nicodemus, visiting Jesus in secret at night. Nicodemus could understand that he and others were in need of rebirth but was unable or unwilling to do anything about it, at least not in public. The life

and structures he and other priests had erected and helped preserve seemed the best possible world, so how could this Jesus fella say that there was some other better, spiritual kingdom?

Therein lies the difficulty. Some of us are willing to risk what is good for a more ideal world; others of us can’t understand how that makes sense. After all, you can’t fix what works. Or, we might say, the ideal spiritual kingdom of Jesus can’t ever be realized in this world. If we try working toward what is impossible, and will only be realized after death, we may break the best we can do here and now.

Nicodemus’s logic, and all those who follow in his wake, is undeniable. Yet Jesus still says to him, “You are a teacher... and yet you do not understand these things?” We cannot claim to follow at night but then in public, in the daylight, merely accept what already is. Somehow, Jesus is telling us, there must be a way to live in and strive toward the ideal world God has in store for us while also accepting what is good and great about society today.

Nicodemus could be a lesson to all of us living in this increasingly polarized world how to heed Jesus’s call. He does not reject his position and authority

or the governing Jewish laws, yet he does later (John 7) encourage the other priests not to immediately condemn Jesus and (John 19) helped to bury Jesus’s body. And, of course, he does at least do his best to try and understand what Jesus is doing and saying. We can accept what is great about our country and understand and work toward ways we might serve one another better, walking closer and closer to an ideal.

At the very least, as we enter a highly-partisan and political time, I hope and pray that we won’t condemn one another for either living in a fantasy world or living in the past. We can learn from each other and work together for a better world, gradually if necessary, as Nicodemus did.



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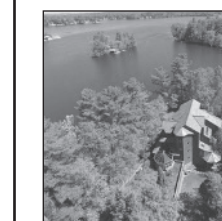
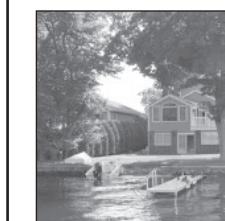


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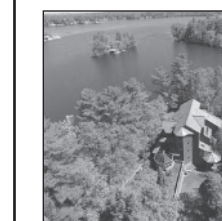
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WEBSTER LAKE - 100 LAKESIDE AVE



ON DEPOSIT

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