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Friday, July 24, 2020

Dabrowski announces memorial scholarship winners

CHARLTON — Charlton Realtor Diane Dabrowski of ERA Key Realty Services announced today that seven graduates of Shepherd Hill Regional High School have received \$7,000 in scholarships through the Emily Dabrowski Memorial Scholarship Fund.

The scholarships were created as a tribute to her daughter, Emily Dabrowski, who died in 2017, during her senior year at Shepherd Hill. The scholarships are awarded to graduating seniors who have a history of volunteering and community service, and "who also are known for kindness to others, and who plan to pursue an education or career path in a humanitarian field," Dabrowski said.

Scholarship winners were Benjamin Thomas, Madison Hughes, Kendall Mullen, Kerry Greenough, Abigail Cofsky, Kiley Wong Li and Madison Hill, all of Charlton, and Skylar Pietz, who is a resident of Dudley.

Dabrowski congratulated the scholarship recipients, adding, "It's an honor for me to help you with your education."

"It was my goal to grant scholarships to students in all classes that were at Shepherd Hill with my daughter, Emily," Dabrowski said. "This year, we achieved that goal."

"Emily's 'happiest place on Earth' was a Haitian Orphanage called Espwa," Dabrowski said. "She traveled there to work for three summers. The fund I created in her memory also contributes to help the children at Espwa. Emily dreamed of running her own orphanage in Haiti. Contributing to Espwa is my way of helping fulfill her dream as best I can."

The biggest fundraising event for the scholarship fund is the annual Dad's Swatfest Golf Tournament. "The tournament committee has been extremely generous with the time, money and effort put into running this golf tour-nament," Dabrowski said. "I would like to personally thank the members who helped keep this scholarship fund alive to reward students who are kind to others, give back to their community and want to help our society. I would especially like to thank Pete Rotondo and Joe Mielinski, who have chaired the committee.³

About ERA Key Realty Services

ERA Key Realty Services of Northbridge has 14 offices throughout central and eastern Massachusetts and is among the 10 largest residential real estate agencies in Massachusetts based on the number of homes sold. It is also among the top 10 agencies in the ERA Franchise System, which has more than 2,400 agencies worldwide. ERA Key has been named among the top places to work in the state in the large company category for the past three years, based on a survey administered by Energage for The Boston Globe. It also won the Momentum Award as the fastest growing ERA franchise in 2012 and the Gene Francis Memorial Award as the Top All-Around Company in ERA in 2014. For more information



Emily Dabrowski

about ERA Key, visit www. erakey.com.



Old Home Day canceled

BY JASON BLEAU VILLAGER CORRESPONDENT

CHARLTON – Charlton's Old Home Day is the latest casualty of the ongoing COVID-19 pandemic.

The long-running celebration of Charlton's small-town aesthetic was officially called off for 2020 in a statement from the Charlton Old Home Day Committee on July 10 with the 124th iteration of the event being moved to 2021.

In a statement posted to the Charlton Old Home Day Facebook Page and Charlton town Web site, Old Home Day Committee Chair Kathleen Walker made the announcement official calling the decision the result of months of discussion that they felt was in the best interest of the residents. "The challenges with protecting all of us from Covid-19 are too great to overcome. We are aware that the state of Massachusetts is doing better, but we are not completely confident that the virus will be all but eliminated by September 7. In the off chance that even one person could become ill, it is simply not worth it to continue," Walker said in her statement. "However, we are already looking forward to next year and plan to have the biggest and best Old Home Day ever! Please consider joining us at our January meeting on the 28th at 4 p.m. at the Senior Center to plan for 2021."

The Charlton Board of Selectmen confirmed the news during a meeting on July 14 where Chairperson Karen Spiewak commended the committee for their continued efforts to make Old Home Day a success and expressed excitement for what the event will offer in 2021.

"I think I speak for the board when I say thank you to the people who are on the committee who have done a great deal of work and put their hearts into it. We appreciate their efforts, and I know it was very difficult for them to cancel. I have no doubt it's going to be bigger and better next year," Spiewak said. Old Home Day is an annual event that started over 120 years ago to bring the citizens of Charlton together to celebrate tradition and remind everyone of their sense of community. The event not only celebrates the past and present of the town of Charlton but also includes ceremonies honoring standout citizens for their efforts and contributions to the betterment and growth of the town of Charlton through numerous citizen awards.

Nichols cancels fall athletics

BY JASON BLEAU VILLAGER CORRESPONDENT

DUDLEY – With the COVID-19 pandemic continuing to impact the United States into the late summer with no signs of slowing down for the fall, Nichols College has made the decision to postpone all fall sports programs in accordance with the Commonwealth Coast Conference's own decision which was announced on

July 17.

In a statement, Nichols College Director of Athletics Eric Gobiel said the decision came after careful consideration among college administrators and the Board of Directors of the conference who agreed that the unknowns posed by the ongoing national health crisis have made for unsafe conditions for athletes in the upcoming school year.

"It is with great disappoint-

ment that I must announce that our fall athletic programs (men's and women's cross country, field hockey, football, men's golf, men's and women's soccer, men's and women's tennis, and women's volleyball) must postpone intercollegiate competition for the 2020 season due to the COVID-19 pandemic. It is our hope to be able to resume these seasons during

Please Read NICHOLS, page A3

Traffic talks continue in Charlton

BY JASON BLEAU VILLAGER CORRESPONDENT

CHARLTON – The Charlton Board of Selectmen continued discussions about safety on local roadways during a meeting on July 14 after hearing initial concerns last month from a citizen and former member of the town's Civilian Traffic Commission.

During the Board of Selectmen's meeting on June 23 former Civilian Traffic Commission member David Smolski joined selectmen to offer his concerns about continued traffic safety issues including a recent accident at the intersection of Center Depot Road and City Depot Road, as well as stats collected from the town's police department that counted more than 20,000 vehicles driving on his road in a week's time, many exceeding the posted 35-mph speed limit. Smolski further showed concern that the Civilian Traffic Commission had not met for several months and that selectmen had not addressed letters from the commission. Selectmen chose to continue the conversation to the July 14 meeting with the intent of inviting the police department to join the discussion and allow selectmen the opportunity to gather data of their own.

During the July meeting, it was revealed by Town Administrator Andrew Golas that the town had discussed letters from the Civilian Traffic Commission in January and that they even consulted with the Massachusetts Department of Transportation who provided recommendations to the town in March which has since been implemented. The discussion then turned to Selectman David Singer, who acted as Board of Selectmen chair during the June meeting. Singer explained that he didn't want to rush into the conversation in June seeking instead to have selectmen do some information gathering to be better prepared to answer questions and maybe clear up any concerns or misconceptions. He said he felt some of the data presented in June painted pictures that "might not be entirely accurate" and that he feels the Board of Selectmen was, intentionally or unintentionally, accused of not doing enough to curb the traffic concerns in town.

"It was, I believe, at least insinuated at the last meeting that the Board of Selectmen hadn't done anything, hadn't taken action, weren't prioritizing. I wanted to point out that we actually did. In January of 2020, we did send a request to the state. Two months later, right after COVID hit, we finally heard back from the state – The state actually did provide some guidance. That guidance did not involve in any way, shape or form speedbumps, islands or rotaries. In fact, they were very specific around enhanced signage and enhanced panting," Singer said.

He went on to note that in 2018 Charlton hired a fulltime traffic enforcement officer, Derek Gaylord, who he called a "star" at the job. According to Singer, since Gaylord joined the town's police force accidents have decreased while citations for violations have increases. These accomplishments even took Charlton out of the running for a Safer Roads Grant because the town is now considered too safe to qualify.

Discussing Smolski's data from the June meeting, Singer also noted that this data doesn't differentiate between vehicles, meaning the stats only show how many times cars travel on the road not how many individual cars use the roadway.

"I think if we're actually going to use that data that we should be well aware of how to read and interpret that data. As a private citizen I don't know how so I had to go to law enforcement and ask for a brief education. What I learned was that it's not 21,000 different cars going down that road. It's actually not cars, it's counting trips. I learned how they interpret that and what it actually means and that 21,000 cars traveling a section of road in one week could mean realistically there was actually only about 11,000 or 10,000, half the number, of actual different cars, possibly less," said Singer.

The selectman also said the accident that Smolski had mentioned in the prior meeting was the result of a medical emergency, not speed or ignorance for rules of the

Please Read TRAFFIC, page A15



Bay State Savings Bank promotes Pamela Gastori to Portfolio Manager & **Reporting Officer**

WORCESTER — Bay State Savings Bank is proud to announce Pamela Gastori has been appointed Portfolio Manager and Reporting Officer. In this role, Mrs. Gastori will manage and monitor many of the Bank's lending programs including all Commercial Loan Reports, Loan Loss Reserve, SBA PPP, Lines of Credit, and Reduced Credit Administration Portfolio.

Mrs. Gastori joined Bay State Savings Bank in 2017 as a Credit Analyst. Prior to joining the Bank, she studied at the University of Lugano in Switzerland where she received her Master of Science degree in Economics with a major in Management. She has also studied at the Turku School of Economics in Finland and Lund University in Sweden.

"Pam has proven herself to be a very valuable asset to the Bay State Savings Bank team," said Maria Heskes-Allard, Senior Vice President, Senior Lender. "She has a close attention to detail and strong work ethic, helping us provide our customers with the personalized service they deserve.'

Mrs. Gastori currently volunteers at the Worcester Animal Rescue League,

Bay State Savings Bank promotes Marc Sanguinetti to VP of **Retail Lending and** Loan Servicing

WORCESTER — Bay State Savings Bank is pleased to announce Marc C. Sanguinetti has been promoted to Vice President of Retail Lending and Loan Servicing at its 28 Franklin St. location in Worcester.

In his new role, Mr. Sanguinetti will oversee residential and consumer loan origination in the Retail Lending Department. He will also oversee investor reporting, loan payment management, escrow payments of taxes and insurance, and collections and delinquency reporting in the residential Loan Servicing Department.

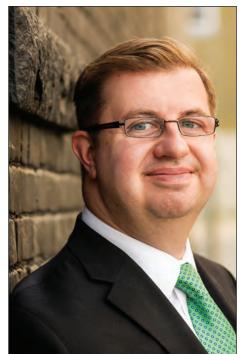
Mr. Sanguinetti bears more than 18 years of banking experience. He joined Bay State Savings Bank in 2006 as a Loan Servicing Specialist. Since then, he was promoted to Assistant Vice President of Retail Lending in 2015 and then to Vice President of Retail Lending in 2018. He also received Bay State Savings Bank's Employee of the Year Award in 2012 and Employee of the Quarter Award in 2012, 2010, and 2009.

Mr. Sanguinetti holds a Bachelor's degree in English Language and



Pamela Gastori

as well as with the Mustard Seed, Habitat for Humanity, and Women's Initiative of Central Massachusetts. She currently resides in Worcester with her husband, Carl.



Marc Sanguinetti

Literature/Letters from Clark University. Currently, he serves as Vice President of the Board of Directors for Literacy Volunteers of Greater Worcester. He resides in Worcester with his wife Catherine and two children, Mia and Evan.



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 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.

NICHOLS continued from page A1

the spring semester of 2021 but first need improved public health conditions and NCAA approval, which has yet to be determined," Gobiel said in his release.

The CCC also released a statement saying that "unprecedented challenges' associated with the COVID-19 pandemic forced the board to make the tough decision for the benefit and health of all athletes involved.

The goal of the Commonwealth Coast Conference has remained unchanged: to provide the safest possible environment for our students-athletes in all sports so that intercollegiate athletic competition may safely resume at the appropriate time," the statement read.

Even though fall sports are put on hold, the athletic department at Nichols will continue working with the CCC to develop guidelines on how to safely provide athletes with non-traditional practice seasons in the falls months when students return to campus. As of this report there has been no confirmation of any further impact to campus life or programs for the upcoming fall semester as a result of the COVID-19 pandemic.

Gobiel further explained in his statement that the decision will impact the start of winter athletics, including basketball and hockey, which are not expected to begin until the next calendar year at this time.

When we see improved public health conditions and relevant NCAA guidance, we hope to begin competition for these programs as early as January 1, 2021. As we move through the semester, Nichols will also continue to re-evaluate our postponed programs to determine if they can be resumed in the winter/spring of 2021. We cannot express the significance of our disappointment at this time but look forward to seeing all of our Bison programs back on the fields, courts and ice soon," said Gobiel.



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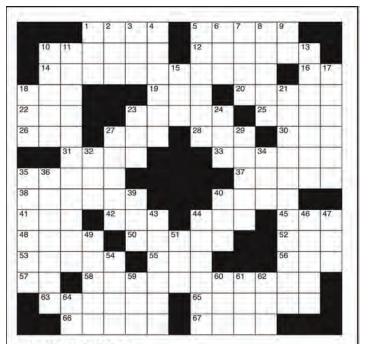


QCC works to ensure everyone is counted in 2020 Census

Quinsigamond Community College is helping to make sure everyone in the Worcester community is counted in the United States Census. The College recently took part in a video outreach campaign to encourage people to participate in the census. The videos were designed to dispel any

W O R C E S T E R concerns or misconceptions people may have regarding the census. QCC students and alumni recorded the videos in Spanish, Portuguese, Russian, Ga., Vietnamese, English and Albanian to represent these communities within the City of Worcester.

"QCC used its voice and the voice of its students to engage



38. Acquired

(abbr.) 42. Pouch

45. Inclined

50. A type of syrup

55. Run batted in

56. Frozen water

63. Cuts the wool off

66. Icelandic literary works

35. A favorite saying of a sect or

57. Sodium

65. Rules

67. Tattled

32. Concealed

34. Large primate

36. Tropical fruits

43. Stroke gently

39. Obstruct

46. Throngs

political group

40. Car mechanics group

44. They're in your toolbox

41. Cashless payment interface

40. Origin

CLUES ACROSS

1. One-time world power 5. Central Florida city 10. Winged nut 12. Elevate spiritually 14. Creative 16. It cools your home 18. Woman (French) 19. "60 Minutes" network 20, Old World lizard 22. Swiss river 23. Ethnic group of Cambodians 25. Abba __, Israeli politician 26. Tire measurement 27. Affirmative 28. Thrust horse power (abbr.) 30. One point north of due east 31. A type of "pet" 33. Tech giant 35. European nation 37. Fencing swords

CLUES DOWN

- 1. "Pulp Fiction" actress Thurman 29. Make yourself attractive
- 2. Actors' organization
- 3. Conscientious investment
- approach (abbr.)
- 4. Ranch (Spanish)
- 5. Beginning
- 6. Index
- 7. Portuguese wine 8. A feudal superior
- 9. Military brach (abbr.)
- 10. Lithuanian given name
- 11. A way to become different
 - 47. One and only

44. Peter's last name 48. Palestinian territory __ Strip 52. Bravo! Bravo! Bravo! 53. Weather Underground activist Brimfield Charlton 58. Philly specialty

will benefit all of Worcester," said QCC's Associate Vice President for External Affairs, Viviana Abreu-Hernandez. "Federal and State funding is allocated based on the population identified in the census, so it is imperative everyone is counted."

the community in an effort that

Recognizing the importance of having everyone in the City participate in the census, in late February Ms. Abreu-Hernandez and QCC's Director of Community Déborah Bridges L. González, met with Partnership Specialist Edward McGuire, of the Census New York Region Office, to discuss supporting the census efforts by encouraging QCC students and their families to fill out the census form.

"Mr. McGuire indicated that higher education institutions were 'trusted voices' in the community and that QCC's voice will positively contribute to the efforts making sure that each and every member of the

Worcester community would be counted in the 2020 Census," Ms. Abreu-Hernandez said.

The College immediately jumped into action, filming a variety of videos in different languages to be distributed throughout Worcester.

"One of our main goals was to help remove the concern of disseminating private information, as well as the importance of being counted in the census," Ms. González said.

In addition to sending internal emails to the QCC community and having the information on the census prominently displayed on QCC signage, the videos were shared with other organizations in Worcester that included:

• Latin American Business Organization (LABO)

- The Latino Education Institute
- South East Asian Coalition African Community Education
 - Ascentria Care Alliance
 - Worcester Public Schools
 - Worcester Interfaith

Alliance

- Worcester Public Library
- Worcester Legal Aid Worcester Community
- **Connections Coalition**

• Literacy Volunteers of Greater Worcester

Due to the coronavirus/ COVID-19, the deadline to fill out the census was moved to October 31 and on July 16 census takers will begin visiting homes that have not filled out the census.

"The beauty of these videos is that our students truly represent the Worcester County community - diverse, multi-language, and engaged,' Ms. Abreu-Hernandez said. "We hope these videos will enlighten people in our diverse communities and remove any fears they may have about filling out the census."

To view the census videos, visit www.QCC.edu/census.

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

Hannah Reynolds and Alice Van

Chastity Olszta, Nathan

Pruitt, Jordan Santiago and

Wickler.

Southbridge

Amelia Tieri.

Area residents named to Bridgewater Dean's List

BRIDGEWATER — The following Southbridge area residents were named to the dean's list for the spring semester at Bridgewater State University:

Shaelyn Donovan, Julie March and Carlos Sousa. Charlton City Lauren Fox Fiskdale

Alyssa Raymond Sturbridge Ally Houck, Emily Macey, Alec Merrifield, Cooper Novelline,



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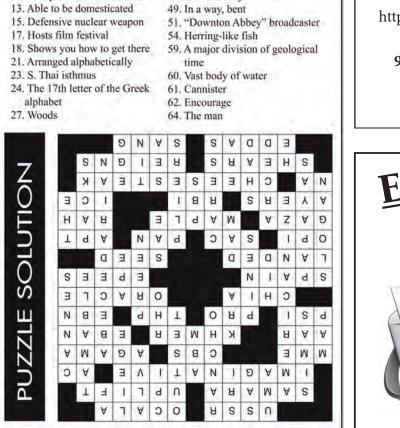
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Shepherd Hill Regional High School(508) 943-6700 Bay Path Regional Vocational Technical High School (508) 248-5971 or (508) 987-0326 **CHURCH LISTINGS** • Charlton Federated Church, 64 Main St.

Pastor James Chase, 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org • Charlton Baptist Church, 50 Hammond

Hill Road, 248-4488,www.charltonbaptist.org, Sunday worship 8:30 a.m. and 11 a.m.

 Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.com Sunday worship 10:30 am, Sunday School 9 am • St. Joseph's Church, 10 H. Putnam Ext, 248 7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

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

· Assemblies of God Southern New England District Headquarters, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• Jehovah's Witnesses, Route 169, 765-9519

· 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

• New Life Fellowship A/G, SNED Chapel, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

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Visiting with 'strange natives'

PLANTS HAVE COLORFUL STORIES

BY GUS STEEVES CORRESPONDENT

REGION — Look at several common juices and you'll often see Aronia berry listed there somewhere.

But do you know what it actually is?

It's the native chokeberry, a common New England species that got a rather unfortunate name because it's fairly bitter by itself.

Chokeberry is apparently 'inedible,' but Aronia is a 'superfood,''' said Norcross naturalist Dan Jaffe Wilder, who noted it has "seven times more antioxidants" than blueberry. It also features the bright red fall colors of Euonymous

(burning bush) without being invasive. He was speaking recently to participants of the ongoing series of online talks for the Mass Association of Conservation Commissioners.

Aronia was just the first of his long list of examples of "strange and noteworthy of strange and noteworthy natives," plants who fit into his "nine strange themes." Among them were "strange flavors," "survival strategies," "power-ful poisons" and "ridiculous sex." Most of them are very common; some are probably literally outside your window right now.

Take one of the region's most common trees, the white pine, which comprises about

\$424,242 for the Town of

\$510,422 for the Town of

Frost said, "This is critical

state funding for our towns in

this district and all communi-

ties across the Commonwealth

to assist them with repairing

and maintaining their local

roads and bridges. Local roads

are always a priority for res-

idents and businesses with-

in a community, and this

state funding will bolster the

resources municipalities are

using to address them in the

ever-challenging New England

million statewide bond autho-

rization that was unanimous-

ly approved by the House of

Representatives on June 30.

The Massachusetts Senate

enacted H.4803 on July 2nd,

and the bill is now on Governor

Baker's desk to be signed into

The funding is part of a \$200

50 percent of all pine trees. It's thin needles may not look like much, but they're "chock full of vitamin C.'

"If our forebears got this on their long trips where scurvy was a problem," they'd have stayed healthy, but scientists didn't know until fairly recently, Wilder said.

According to the Virtual Museum of Canada website, they might have avoided those ills if they'd heeded the Natives. "First Nations considered both the resin and needles to have medicinal value. The resin, which has some antiseptic properties, was smeared on wounds as a healing ointment and was boiled up to make a tonic drink. The needles, rich in vitamin C, made a tea that helped prevent and treat scurvy.

Birch trees, particularly the "sweet" birches (yellow or black birch), have also provided beverages for a long time. Birch beer was common as a "safer alternative to your typical water" when people still used streams as open sewers. Because they boiled it and let it ferment a little, the resulting drink was mildly alcoholic (1-3 percent, lower than most beers) and sterile, he noted.

Much smaller and at least as common are the various milkweed species, which are important for many insect species, most notably Monarch butterflies. But Wilder noted the common milkweed has an unusual connection to an Indonesian tree, the kapok. They aren't at all related, but both have copious seed fluff.

Before World War II, the US got a lot of the fluffy stuffing for mattresses, life preservers and similar items from the kapok. But when Japan conquered the archipelago, we had to look closer to home, and the government urged children to collect milkweed fluff.

"How many naval officers were saved because of it?" Wilder asked. "... You rarely see just one [milkweed], and when you do, just wait a few





Dan Jaffe Wilder at a Norcross event last fall.

Photo Courtesy

moments, and you'll see a bunch popping up."

(That's because milkweed has a long underground root system from which multiple plants seek the sun.)

Also common are things like daisies, which are just one of many short-lived perennial species. "An individual plant will only exist for a few years" but its seeds disperse widely nearby and an established cluster can last hundreds of years, he noted.

Some birds use a much less noticeable plant, the cinnamon fern, as a source of similar fluff, he noted. In early spring, it has white hairs they collect for nest material.

At the same time of year, a whole host of "ephemeral" species also come up, flower and go dormant quickly as larger plants shade them out. Wilder noted they're "something New England is really well known for," but are uncommon elsewhere on Earth except in Asia.

One of the early risers (although it's not an ephemeral) is skunk cabbage, a common wetland denizen. Its unique adaptation is the ability to produce heat, melting a small circle of snow around the young plant at a time when almost nothing else is growing. Wilder said that warmth provides "a good home for flies," one of the few pollinators active at that season.

Quite a few of the native

Turn To WILDER page A13



Frost announces funding for roads and bridges

Millbury

Oxford

climate.'

law.

BOSTON — Rep. Paul K. Frost (R-Auburn) is pleased to announce the Legislature has passed House Bill 4803, An financing improve-Act ments to municipal roads and bridges, for Fiscal Year 2021 in accordance with the Commonwealth's Chapter 90 program.

"Chapter 90" is a 100% reimbursable system providing funding assistance for cities and towns to carry out roadway construction, renovation, and improvement projects. It was established by the Legislature in 1973 and allocates according to a formula based on the weighted average of a community's population, employment, and total road miles. As passed in H.4803, the 7th Worcester District is set to receive the following funding:

\$611,723 for the Town of Auburn

\$624,115 for the Town of Charlton



Gift

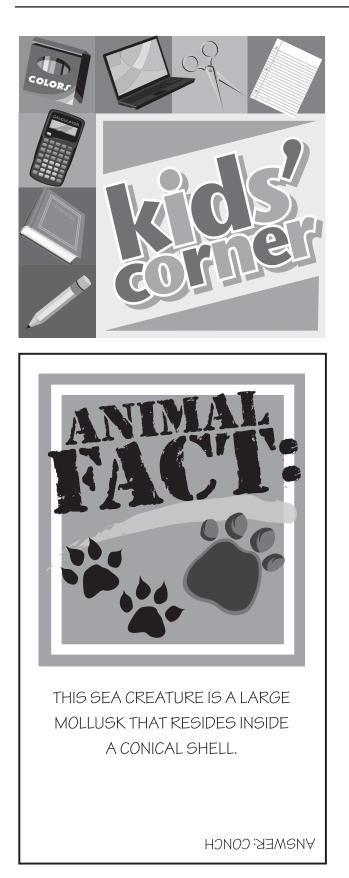
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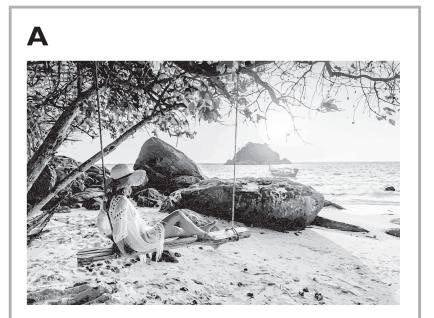
Thursday, July 30th at 8 am.





What's the Difference?

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



B



Answers: I.Rope on swing missing 2. Boat missing 3. Extra rock in water 4. Distant island bigger



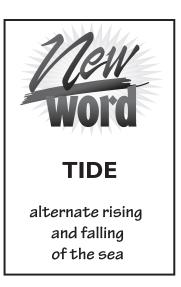
FLIP-FLOPS ARE WORN ALL SUMMER LONG, ESPECIALLY WHEN WALKING

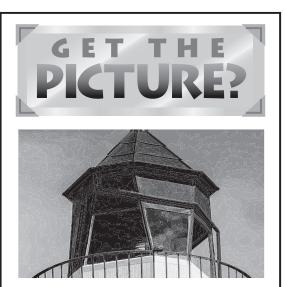


• **1810:** CITIZENS OF BOGOTÁ DECLARE THEIR INDEPENDENCE FROM SPAIN.

• **1969:** ASTRONAUT NEIL ARMSTRONG BECOMES THE FIRST MAN TO WALK ON THE MOON.

• 2015: THE UNITED STATES AND CUBA RESUME FULL DIPLOMATIC RELATIONS AFTER FIVE DECADES.

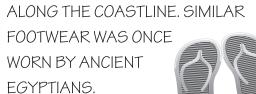




ITALIAN: Costa

FRENCH: Côte

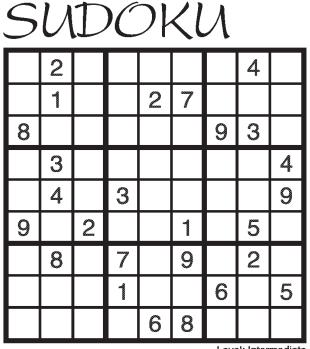
GERMAN: Küste



Can you guess what the bigger picture is?

ANSWER: LIGHTHOUSE





Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

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

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This section reaches 47,000 households in 7 Massachusetts newspapers.



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> FRANK G. CHILINSKI PRESIDENT/PUBLISHER

BRENDAN BERUBE Editor

Music appreciation

Sometimes, we just need to take a break from the status quo, and talk about those little things in life that bring us joy — in this case, music. With the news ever changing, and so much uncertainty surrounding us, we can always rely on our stereo's volume buttons to lift us up. Research has proven that music is a mood booster and can shift our thoughts. We thought it would be fun to take a staff poll: What are your three favorite bands, and why?

Our Editor pulled all three of his right out of the 1960's. "The Rolling Stones, because their reputation isn't just hype, they really are the greatest rock and roll band in the world and have been for decades; Creedence Clearwater Revival, or CCR to those in the know because "I think they're the best band America ever produced and John Fogerty is criminally underrated as a musician"; and The Band. "All five of them were such ridiculously talented musicians and their first two albums changed the direction of popular music in America away from psychedelia and toward a more homegrown hybrid sound between rock and country. Not many bands can claim to have been that influential."

Another staff member realized being able to choose just three would make for a tough task. First and foremost, though, is The Doors. Lead singer Jim Morrison and his bandmates pushed the envelope — sometimes to a jaw dropping degree — during a time when pushing envelopes was extremely frowned upon. Morrison's dark poetry and lyrics mixed in with a pop sound for the time, has always been an intriguing hybrid to listen to. Ray Manzarek's keyboard sweetens the deal. When listening to old interviews, Giles said it is clear that Morrison was, in her father's words, "extremely intelligent, but not smart."

Next on the list is Janet Jackson. While this genre is far from that of The Doors, Janet is a triple threat. She can sing, dance and act. Her music offers something for every mood. You need There's a song for you. up: You feel down in the dumps? There's a song. Social injustice? There's a song. Jackson's dancing ability however may be her best talent. Her sharp moves and intricate style along with her enormous productions at her shows give her a top spot on this list. Lastly, we have Led Zeppelin. The English rock band was formed in 1968 out of London. There's something about Robert Plant's voice that pulls us in and makes us want to pay attention. He goes from story teller to rock God in a flash. The lyrics of their discography pretty much cover any advice you need in life. There isn't one Led Zeppelin song you can listen to, where you won't find your foot tapping the floor, or your hand hitting your steering wheel in rhythm. One of our reporters came back with Tom Waits as her first pick. "He's a wordsmith and broke musical ground.' Waits has been described as focusing on the underbelly of society, using his gravelly voice, inspired by Bob Dylan and the folk music scene.

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

TO THE EDITOR Markey has earned our support

To the Editor:

Sen. Ed Markey has a proven record of working to create jobs and grow the economy. He supports investment in small business. He has been a leader in the fight for clean energy, protecting the environment and reversing climate change.

He has fought to protect and expand Medicare and Medicaid. He supports

common-sense gun controls. He is a powerful advocate for LGBTQ rights, education and issues affecting the welfare of our children.

He has earned our support in the September Democratic primary and re-election to a second term in the Senate.

> ROBERT J. HARTWIG CHARLTON

time than first.

flavors?

Did you know sea-

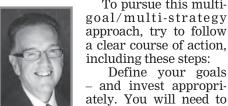
Create strategies to help achieve your financial goals

Like most people, you probably have many financial goals: a comfortable retirement, long vacations, college for your children or grandchildren, the ability to leave something behind for the next generation, and so on. To achieve these various goals, you may have to follow different investment strategies - and you might have to make some tradeoffs along the way.

To pursue this multi-

Define your goals

and invest appropri-



FINANCIAL Focus

JEFF

identify each goal and ask some questions: BURDICK

How much time will you have to achieve this goal? How much return will you need from your investments and how much risk are you will-

ing to take? With a longer-term goal, such as retirement, you may be able to invest more heavily in growth-oriented vehicles with higher expected returns. Keep in mind, though, that the value of these investments will fluctuate, and they carry more risk than more conservative investments. However, your long-term horizon allows time to recover from short-term dips. But for a shorter-term goal, such as an upcoming vacation, your investments don't have the same time to bounce back from large drops in value, so you might follow a more conservative strategy by investing in instruments that preserve principal, even though growth may be minimal.

Know what you've invested for each goal. Once you know what type of strategy you should follow to achieve each of your goals, you'll need to enact that strategy. How? By matching specific investment accounts with the appropriate goals. You should know why you own all your investments. Ask yourself these questions: What goal will this investment help me achieve? How much do I have allocated toward a specific goal? If I have an IRA, a 401(k) and another account devoted to achieving the same goal, are they all working together effectively? The connections between your different investment accounts and your goals should be consistently clear to you. Understand trade-offs. Your various investment goals may be distinct, but they don't exist in isolation. In fact, your strategy for achieving one goal may affect your ability to work toward another. For example, would significant investments in your child's education change your funding for retirement? If you decide to buy a vacation home when you retire, will that alter the legacy you'll be able to leave to your family? Given limited financial resources, you may have to prioritize some goals and make some trade-offs in your investment moves. Track your progress. Each of your strategies is designed to achieve a particular goal, so you need to monitor the performance of the investments within that strategy to help ensure you're making progress. If it seems that you're lagging, you may need to explore ways to get back on track. To manage these tasks successfully, you may want to work with a financial professional - someone who can look at your situation objectively, help you identify and quantify your goals, and suggest strategies designed to help you achieve them. Trying to achieve multiple financial goals can seem like a daunting task, but by saving and investing consistently through your working years, following a clear strategy, being willing to prioritize and accept trade-offs and getting the help you need, you can help yourself move forward.

Great Grilling Tips

Summer is here and neighborhood back yards are filled with the aroma of foods barbequed to perfection! There's no doubt about it, outdoor cooking is one of the season's simple pleasures. From tossing a few hot dogs on the grill to cooking a full course supper,

everyone seems to have their own trademark tricks to great grilling. Before you don your outdoor apron, keep in mind these BBQ tricks of the trade!

Try putting lemon peels in your grill next time you are grilling some chicken. It adds a super smell and a flavor essence to poultry.

When using a dry rub, always allow

the meat to cook for approximately half of the total time before applying any basting sauce.

Marinating to flavor and tenderize before grilling? Tender cuts of beef only need a one or two hours of marinating for optimum flavor. Soak tougher cuts overnight to tenderize completely.

Never marinate in a metal bowl or pan as the acids that work to tenderize a meat can react with metal. Opt instead for glass or plastic bowls or zipper bags.

Did you know proper marinating can cut down on grilling time? Overnight marinating can reduce cooking time by up to 35%!

After marinating, be sure to pat the meat dry with paper towels so the cut cooks evenly on the grill.



bubbling on uncooked side and grill sec-ond side of steak for THE less HINT soning veggies with KAREN TRAINOR

coarse salt before cooking on the grill will extract extra water from the vegetables,

improving

Pork often comes out dry when you cook it on the grill. Keep it juicy by rubbing it with a little oil or marinating liquid to keep it moist.

their

For best results cook pork on direct heat to seal the juices. Then finish it with indirect heat to ensure the center is completely cooked. Just be sure to preheat the grill so it will seal in the juices quickly.

Grilled fish has fabulous flavor! If you're cooking it in an aluminum foil packet, first spray the foil with vegetable spray to prevent sticking.

Does your fish dry out and break up when you cook it on the grill? Brush it with lemon juice while cooking to keep it moist.

Is shish kabob on the menu? When cooking, be sure to leave a small space between the food threaded on the skewer to allow the heat penetrate the food evenly. to

Don't forget to soak wooden skewers in water for at least a half hour before placing on the grill. As an extra measure wrap a sheet of tinfoil on the ends to prevent scorching.

Next on Larcom's list was Australia's Nick Cave. "He's a story teller and has evolved his sound with time.'

Last on her list was PJ Harvey.

"She is unapologetic with her lyrics," said Larcom.

Harvey, hailing from England, began her musical career in 1988. Harvey is considered punk blues, indie rock and alternative rock.

Sports Editor Josh Spaulding had Garth Brooks at the top of his list.

'Name one song of his that is bad,' he joked.

Next was The Beatles, who "changed the world of music," said Spaulding.

Last on his list was Taylor Swift. "I know of nobody who has adjusted her career so successfully and continued to be loved by her fans.'



As a rule of thumb, when you grill with charcoal, it takes about 30 minutes for coals to reach a medium temperature and become ash covered.

Did you know steaks should be seasoned only after each side has browned to keep the cut tender? And for perfect steaks, turn when juices start bubbling on the uncooked side and grill second side of steak for less time than first.

Fat can be a good thing when it's on a juicy steak. When you trim off fat, leave a little bit of it on while the meat is cooking as it seals in the flavor and juices. Just slash fat on the edge of the meat in intervals to keep the meat from curling up.

Cooking for a crowd? To ensure even grilling, meats should be placed about three quarters of an inch apart on the grill rack.

When cooking steaks on the grill don't season the meat until each side has browned. This helps keep the cut tender.

Try this chef's tip for perfect steaks on the grill: Turn when juices start

Win Dinner for Two at the Publick House

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

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

Character is revealed in the toughest of times

We are living through unprecedented and uncharted times. A pandemic has seized our world, while social unrest and violence has swept into our major cities. Add to it all that it's an election year and everything that

is happening has become politicized. It appears that the nation has never been more divided. It has put us on the edge and I'm witnessing people I know speaking and acting in ways I would have otherwise never imagined. How we respond to what's happening in our world is as important as the events themselves.

Respond to circumstances rather than reacting.

There is a difference. A response is thoughtful while a reaction is often

"knee jerk" in nature. A response is measured. while a reaction is often the first thing that comes to mind and is usually emotional. When we calmly respond, it often disarms and relaxes others to do the same. Reactions are what

we see playing out on our streets and in social media.

Relax. Take a breath. The world is not coming to an end. The truth is that cable news, and reactions to it, are playing out on social media and encouraging us to believe otherwise. Don't believe it. As bad as you may believe things are today, tomorrow the sun will rise and a new day will begin. Yes, take a breath and relax. A new day is coming.

Turn To MOORE page A9

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 Edward Jones, Member SIPC



POSITIVELY SPEAKING GARY W. MOORE



Great fishing a few hours away



THE GREAT OUTDOORS RALPH TRUE

Lake Ontario fishing for brown trout and King Salmon is providing some excellent fishing for anglers that do not mind traveling a few miles. A call to Charter boat Capt. Jimmy of "Ace Charters" was excited to share some good news about the fantastic fishing that is available on the lake. This week's picture shows a real impressive brown trout caught aboard his charter boat, along with King Salmon shown in the second picture. If you have never fished Lake Ontario for browns and salmon you need to go! It is as close to Alaska fishing as you can get, and it cost a lot less. It will be a great family trip or with just a few friends. To book a charter call 1-413-346-7675 or go to his Web site at acecharters36@gmail.com for more information.

Because of Covid-19, tight regulations have also been implemented on charter boat Captains this year. Ace Charters has everything on board to keep you safe ,and he and his crew are ready to help you catch a fish of a life time. Trolling with downriggers will get vour lures down to the fish, which is around 100 to 150 feet at this time



of year. Many recent trips have had anglers limiting out on browns, lake trout and Salmon. Late July and all of August provides some great salmon fishing on the lake. Give them a call at 1-413-346-7675 or go to their Web site at Acecharters.com!

Salmon fishing on the Salmon River in Pulaski, N.Y. will start to heat up



in another few weeks when the waters start to cool, and the migration of salmon start their return to spawn. It can be a lot of fun, but the ultimate satisfaction of catching a big King Salmon is on the lake, away from the crowds.

Block Island has been giving up some impressive stripers with numerous fish in the 40-to-50-pound range. Unfortunately, all of them need to be released immediately because of the slot limit size this year. No gaffs are allowed on any striper, and need to be netted before the hook can be removed, which is sometimes hard to do. Keeping hands and fingers away from the gills and gill plate will help to ensure their

survival after they are released. Fluke fishing and seabass fishing has been up and down, but for the most part reports have been good again for this time of year. Plenty of bluefish around in both Mass. and Rhode Island. The limit on bluefish was reduced from 10 fish to three fish this year, in both Massachusetts and Rhode Island.

The charter boat C-Devil out of Galilee RI. reported a 450-pound Thresher Shark being caught last week. Some small bluefin have been reported offshore last week also.

My brother Ken and his son Mark had a great day of fishing on Webster Lake catching numerous smallmouth bass, a 19-inch rainbow trout and a 15-inch calico bass. All of the fish were caught on large fly's trolled in deep water using copper line to get the fly's down to the fish. Fishing with copper wire needs a bit of practice before you master the art of catching fish without getting hooked up on the bottom. Using a fish finder, and constantly monitoring the depth of the water is the key. They had to fish for more than two hours before finding the fish in a deep hole.

The 100-degree temperatures this past weekend sure let us know that summer dog days are here. Water temperatures are very warm which has sent most fish into deeper holes especially in fresh water. Jerry Gareri also reported on a great week of bass fishing in Maine, but even there the fish are deep.

Take A Kid Fishing & Keep Them Rods Bending!

Tips to help your landscape beat the heat

Summer has arrived and for many so has the heat. High temperatures and dry conditions often lead to watering bans. This is not only hard on gardeners but also our gardens and lawns. Fortunately, there are ways to help plants thrive despite stressful growing conditions.

Adjust landscape care based on the weather conditions, each plant's tolerance level and your gardening goals. Enlist these low maintenance, eco-friendly strategies to help keep your landscape looking its best throughout the summer months.

Water plants thoroughly to promote deep drought- and pest-resistant roots. Wait until the top few inches of soil are crumbly and moist or footprints remain in the lawn before watering again.

Avoid light, frequent watering that encourages shallow roots. Shallow roots are less able to tolerate drought and more susceptible to disease and



shrubs. Mulchingwill conserve moisture, keep roots cool and moist, and suppress weeds. As the organic mulch decomposes, it adds nutrients and organic matter to the soil. All these benefits stem from one maintenance task.

Mow lawns high and often, removing no more than one third the total height of the grass. Taller grass produces deeper roots, making the lawn more drought tolerant and more resistant to insects, disease, and other environmental stresses.

Leave the grass clippings on the lawn. They add nitrogen, organic matter, and moisture to the soil. One season of clippings is equal to one fertilizer application. Every time you mow you are improving the soil and fertilizing the lawn

Sharpen your mower blades to save time by boosting efficiency. And speaking of savings, your mower will consume 22 percent less fuel and your lawn

Remove weeds from garden beds and borders as soon as they appear. These "plants out of place" steal water and nutrients from your desirable garden plants. Plus, they can harbor insects and diseases that are harmful to your garden plants. Removing them before they flower and set seed means you will have hundreds of less weeds to pull next season.

Provide stressed plants with a bit of shade from the hot afternoon sun. Containers can be moved to a more suitable spot during heat waves. Add a bit of temporary shade to garden plants that are struggling to survive in the blazing hot sun. A strategically placed chair, lattice or umbrella may be all that is needed. As temperatures drop, you can move plants back in place and remove the temporary shade.

Use the shade to your advantage as well. Garden in the shady spots whenever possible or use a pop-up canopy to provide shade when needed. Always drink plenty of water, use sunscreen, and work during the cooler morning and evening hours.



Photo Melinda Myers

Then take some time to enjoy your Mulching garden beds and around trees and

insect problems.

Water early in the day when possible to minimize water lost to evaporation. Avoid late evening watering that leaves foliage wet going into the night. This can increase the risk of disease.

Spread a two- to three-inch layer of shredded leaves, evergreen needles, or shredded bark mulch over the soil in garden beds and around trees and

MOORE

continued from page A8

Like the streets, Facebook can be dangerous territory. You may not get physically hit by a brick, but you can certainly suffer the loss of friendships and incite anger that dominates your life

I rarely post anything on social media that is controversial. I use Facebook and other apps to keep up with friends and family, post my columns and news about my books. I'm a very casual social media user.

I've been following the Covid-19 issues with intense interest. The great mask debate rages on. For every medical professional that says masks are not helpful, there seems to be twenty-five that say they work. I ran across a picture that showed how the virus is spread and how masks can help. The best data I can find say that masks can reduce the spread of the virus by up to 65%. Nothings perfect. Certainly not a mask, but a 65 percent reduction is significant. We teach our kids to cough and sneeze into their arms. It's also not perfect but better than coughing into the open. If true, isn't a mask better than nothing?

So, I posted the graphic and commented, "I think this makes sense." I didn't expect the firestorm that quickly followed. The first comment from a friend began, "You of all people should know better ..." (an example of a reaction rather than a response). Then came the numerous comments about "constitutional rights" and the idea that the pandemic is actually a "plan-demic" and a government conspiracy.

A friend of mine who is a Doctor of 35 years posted a comment about the effectiveness of masks and a young nurse offensively offered him her nursing books, as if he was totally uninformed and she had all the answers. It devolved quickly into a raging mess.

I chose to respond rather than react. Trust me, I could have easily let my

will use up to 30% less water when your mower blades are sharp.

Use a low nitrogen, slow release fertilizer if your lawn and garden plants need a nutrient boost. These types of fertilizers release small amounts of nutrients over an extended period of time. The low level of nitrogen reduces the risk of damaging your already heatstressed plants.

emotions rage but instead, I just deleted the post and went on with my day.

Yes, I was bothered and hurt by a few of the comments. But more than anything I watched in wonderment as rational and smart people so openly and purposefully began attacking others who disagreed. My response was to delete the posting and stop giving space for others to react in anger and immaturity. Once the post was gone, everything on my page normalized and I assume everyone else went on with their day.

I'm not smarter or better than anyone else, I just choose to respond rather than react. I choose to be positive and not add fuel to the fire of negativity. Some do the same thing, while the majority do not. To react or respond is

handiwork. Look at the progress that has been made as you sit back, relax, and moist, and suppresses weeds. and enjoy your favorite beverage.

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 nation-

a choice we make, just as being positive or negative, or pessimistic or optimistic. These choices determine our success and quality of our lives. And yes, these choices determine our happiness.

Last week, I said I'd never met a successful pessimist. I'll add to it this week by saying I've also never met a happy pessimist.

Want to avoid losing friends? Choose to respond rather than react. Want to be happy? Choose to become an optimist.

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.garywmoore.com.

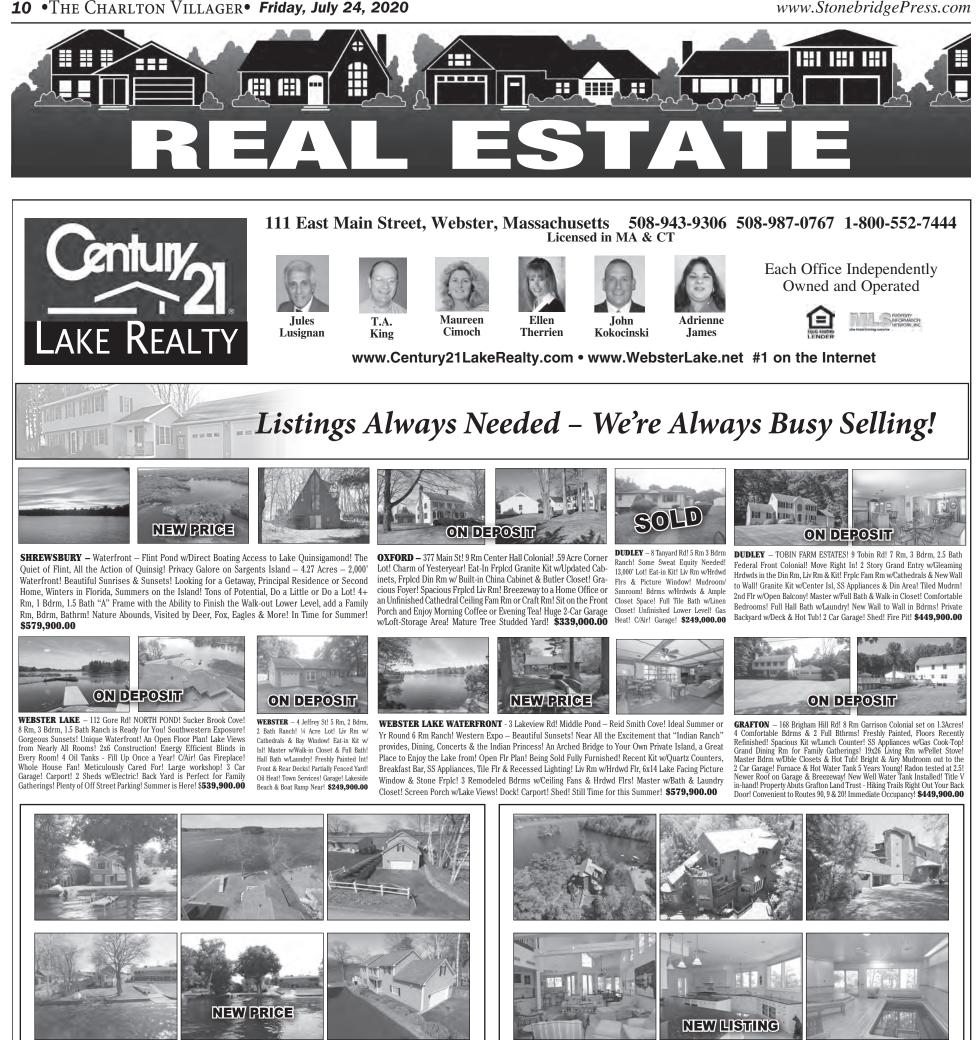
shrubs conserves moisture, keeps roots cool

ally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her web site is www.MelindaMyers.com.



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Bar! Open FIr Plan! Din Area, Fam Rm w/Entertainment Center w/Wet Bar! Formal Din Rm, Frplc Liv Rm & Atrium! Library w/Deck! Waterfront Master Suite w/Office, Bdrm w/Triple Glass Dr to Private Deck w/Lake Views, 3 Walk-in Closets, Bathrm

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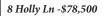
Dudley: Established Neighborhood, Home office, 2.5 baths, fireplace, 3 season porch, 1st floor family room, deck.

7 Joseph St -\$319,900



BMIS

Webster: Mobile Home, New roof, recently painted, new kitchen, bath, windows, flooring, totally applianced kitchen, 2 parking spaces, shed/workshop.





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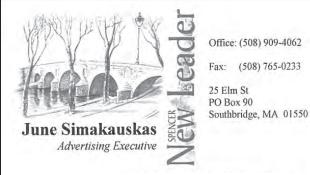
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New book immortalizes Charlton's **Bud** Cleveland

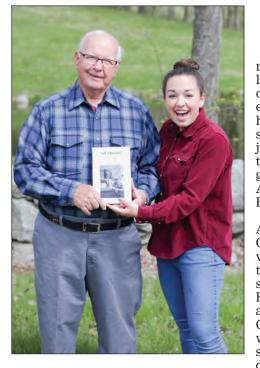


Photo Courtesy

Bud Cleveland and Ruth Coleman hold a copy of Coleman's new book "All Aboard! The Life and Adventures of Bud Cleveland.'

BY JASON BLEAU CORRESPONDENT

CHARLTON - We all have that one relative who loves to tell stories of their life and experiences, passing down tales of adventure and history for young generations to enjoy, but not many of us have taken to time to truly cement those stories for the world to behold. That's just what Charlton's Ruth Coleman did, though, immortalizing the stories of her grandfather in a new book titled "All Aboard! The Life and Adventures of Bud Cleveland."

Published earlier this year, "All Aboard!" is the first book by Ms. Coleman and was inspired by her many visits and discussions with her grandfather who has been a Charlton resident since the mid-60s living on a farm on Hammond Hill Road. Growing up in a close-knit, faith-based family Ruth Coleman got to know her grandfather well and after listening to his many stories felt it was time to put these tales down in writing. With a little encouragement from Bud Cleveland himself Ruth Coleman went to work researching her grandfather's life taking the book from a simple idea to a reality.

"At the time, I didn't think I was entirely serious about it. I didn't know what that would involve at all," Ruth Coleman said. "After I decided to write it, every time I'd go visit my grandfather I'd have a binder with me and I'd take notes when he would share stories. Slowly they turned into interviews and we just started with his early years and built from there."

Starting in the summer of 2019, Ms. Coleman's project began to grow as she sought out contributions from Bud's close friends and other family members to fill in some of the gaps in the book. The story also puts a heavy focus on Bud's faith and how his belief in God served as a guiding light in his many escapades. Ms. Coleman sought to complete for the summer of 2020. She surpassed her own expectations and published the book this spring learning publishing, editing and proofreading techniques along the way and even turning to Bud to edit the book and make sure the stories were accurately portrayed.

"There were definitely moments where it was quite stressful and things I had no idea how to do. That was really hard, but I had a lot of people reach out and give me advice. Everyone

was really supportive, and I was really determined. The real special part of the process was all the time I spend interviewing him and really getting to know his life better," Ms. Coleman said.

While it was her mother's father who was the focus of the book. Ms. Coleman got significant support from her father Bryan who praised her daughter for her determination and for seeing the project through despite having minimal knowledge about what it takes to write and publish a book.

"It's extremely rewarding as a parent and I'm so proud of her," Bryan Coleman said. "She spent hours working on this and figuring it out. It was a huge task and she was motivated enough to get it done. It's very satisfying just to see what she's accomplished. When you actually pick up the book and you hold it and read it, it's just really neat.'

While Ruth Coleman called the experience rewarding, she doesn't plan to write any new books in the future choosing instead to pursue a career in nursing when she enters college at Liberty University in the fall. "All Aboard! The Life and Adventures of Bud Cleveland" is now available on lulu.com.

Laborer, Water Department:

Town of Spencer Water Department seeks applicants to fill the position of Laborer. This position will work with Water Operators in the daily maintenance of the water supply, treatment, and distribution systems. The ideal candidate will have a High School diploma from a vocational school, have strong math and science skills, and be willing to continue their education in the water industry including obtaining professional licensing as a Water Treatment and Water Distribution Operator. Experience with operating lawn care equipment and hand power tools beneficial. The candidate will be subject to emergency call-ins for water main breaks. This entry level position fits into the succession plan for the department. Pay for this position ranges from \$19.41/hr. to \$23.16/hr. and includes a generous benefits package including clothing allowance, continuing education, and license cost reimbursement.

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A complete job description is available on the Town Website at www.spencerma.gov. Salary range is \$60,000 to \$71,879 (prorated).

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157 Main St. Spencer, MA 01562 or via email to rhicks@spencerma.gov. Applications accepted until July 31, 2020 at 11 am. Applicant interviews will occur on August 3 through 5. The Town of Spencer is an Equal Opportunity Employer.

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nance of highway infrastructure including but not limited to roads,

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and licensing is required to succeed in this position. Pay for this position ranges from \$20.95/hr. to \$25.03/hr. and includes a generous benefits package including clothing allowance, continuing educa-

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WILDER

continued from page A5

"oddities" are edible. While many people are familiar with the "Three Sisters" (corn, squash and beans), "In New England, we have something else - the Two Brothers." Those are groundnuts (which are actually tubers, not nuts) and sunchoke (aka Jerusalem artichoke, a sunflower relative), both commonly eaten by Natives.

Wilder described the former (Apios americana) as making "the absolutely best chip I've ever tasted" because of its potato-meets-roasted-chestnut flavor. Regarding the latter, he said it can be very useful in blocking invasive Japanese knotweed from recolonizing land, but is itself "aggressive." As food, sunchoke tubers contain high levels of inulin, which helps control blood sugar. The plant scores 11 on the glycemic index (vs 80 for potato, for example), he said.

On the danger end of the spectrum,

he noted several plants can be both toxic and safe depending what part of the plant you eat. Case in point were potato and tomato - both are from the nightshade family, and it's toxic to eat their greenery, but potato tubers and tomato fruit are quite nutritious.

For others, danger depends on quantity. As an example, Wilder pointed to the Actaea species, better known as baneberries. They're "not deadly, but not something you should be eating." He cited an experiment from 1903 in which one brave soul tried one berry, yielding "a slight burning of the stomach" and a "most nauseous, bitter [and] puckery" flavor. But she kept going, testing up to six berries over several days, stopping there. Six berries caused a burning stomach pain, parched mouth and hallucinations, among other things.

Natives found some such poisons had medicinal value, if used by someone who knew what they were doing. Wilder said ingesting monkshood will slow and stop the heart, but also can stop seizures. It's very hard to dose properly, but also makes a nice garden plant. He strongly recommended washing hands after touching it.

Possibly more practical are two plants Wilder sees as replacements for the common lawn, which he terms "an ecological disaster." Those are Pennsylvania sedge (a native grass) and wild strawberry. The former, which hosts 35 caterpillar species, can be started in shady areas (using plugs, not seed) and spread by replanting clumps taken from the starter area; it only needs mowing once a year in mid-to-late June. The latter "tolerates a lot more abuse than sedge," supports 87 species, and produces strawberries, he said.

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





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TRAFFIC

continued from page A1

roadway. All of this was Singer's way of pointing out that when considering how Charlton proceeds, the progress they've made and the progress still to be made it's important for everyone to interpret things properly and have all the information in hand.

"We have to be careful with what we say, careful with what we do and be very careful with the data that we provide to the public and members of this board and town management to make sure it's accurate and to take our time and do our homework first," Singer said.

The meeting also discussed the charge of the Civilian Traffic Commission which Selectman Singer said was formed at the request of then-acting Police Chief David Charette who wanted the commission to be an advisory board and a "repository of ideas" and not be given authority outside of that distinction. Michael McGrath, a recently retired Charlton Police Officer who chairs the Civilian Traffic Commission, said that the commission never sought authority to enact change on its own, but rather gathered information and made recommendations where they felt appropriate. He confirmed that the town has seen effective change with the new traffic enforcement officer on hand and that the inactivity of the commission in 2020 has been due to the ongoing pandemic and a lack of concerns to address from citizens.

Before the discussion concluded, David Smolski said he doesn't believe that anybody on the Civilian Traffic Commission wants or has suggested that the board receive specific decision-making power or added authority. He also stated that he feels his concerns or the topics he brought to the board in June are being addressed adequately. He clarified that he respects the police and the job they've done, but that it's not just about statistics. It's also about driver behavior.

"It's about speed on the roadways. It's about roadways that actually accommodate vehicles traveling multiple directions, pedestrians, people walking their pets, bicyclists, it's about roadways that accommodate all of those types of people and vehicles," Smolski said. "It's great that people are interpreting the statistics. That's fantastic. The devil is in the details. It doesn't bother me that 20,000plus vehicles accounts for the same car traveling to and from down the road. That doesn't bother me whatsoever. What bothers me is the rate of speed the vehicles travel in front of my house."

Selectmen indicated that they would like to maintain the Civilian Traffic Commission and maybe reconstruct it and charge it as the "repository of ideas" it was designed to be.



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