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Friday, August 21, 2020

Officials tighten restrictions on social gatherings

BY KEVIN FLANDERS
STAFF WRITER

REGION – State officials are tightening regulations and enforcement policies in an effort to slow the spread of COVID-19.

On Aug. 11, Gov. Charlie Baker announced a new set of initiatives aimed at curbing a recent statewide uptick in new cases. These include stricter rules for gatherings on both public and private properties.

Baker has expressed frustration in recent weeks over residents ignoring mask and social distancing guidelines at large gatherings. State officials are worried that many residents have become too

complacent.

“The notable decline in COVID in Massachusetts, especially in comparison to many other states, has caused some residents to feel a bit too relaxed about the seriousness of this virus,” Baker said. “There have been several reports of big parties, illegal sports camps, and weddings.”

Effective Aug. 11, the limit on attendees at outdoor gatherings was reduced from 100 to 50 people (the indoor gatherings limit will remain at 25 people). These restrictions apply to all types of gatherings, including those on both public and private property.

Additionally, due



Courtesy

Gov. Charlie Baker announces new regulations to slow the spread of COVID-19.

to the recent increase in positive COVID-19 cases, step two of the Commonwealth’s third phase of reopening has been postponed indefinitely. The Baker Administration hopes to see a renewed state-

wide commitment toward slowing the spread.

“We have asked a lot from the people of Massachusetts since March. Businesses have been closed for months, and everyone continues

to sacrifice to deal with this virus,” Baker said. “But we have to continue working hard to keep this virus out of our communities as we head into the fall.”

The Baker Administration also

announced that, starting last week, additional town-by-town data will be published weekly to better illustrate the spread of COVID-19 at the community level.

Also, free COVID-19 testing sites in 17 communities have been extended through Sept. 12. Locations include Agawam, Brockton, Chelsea, Everett, Fall River, Framingham, Lawrence, Lowell, Lynn, Marlborough, Methuen, New Bedford, Randolph, Revere, Springfield, Taunton, and Worcester.

Restaurant rules have also been updated as part of the Governor’s latest guidance. Effective Aug. 11, alcoholic beverages may only be served for on-site consumption if accompanied by orders for food prepared on-site.

State officials will also be stepping up enforcement to ensure

Please Read **RESTRICTIONS**, page A6

Southbridge resident to participate in Boston Marathon® Jimmy Fund Walk

SOUTHBRIDGE — One resident from Southbridge will choose their own route on Oct. 4 for the annual Boston Marathon®Jimmy Fund Walk presented by Hyundai. Participants are encouraged to walk wherever they choose: around their neighborhood, a local hiking trail, a treadmill, or anywhere else they are comfortable.

Aida Arroyo, along with thousands of other walkers, will participate in virtual programming during the Walk that aims to recreate the most inspiring elements of Walk day. While the event will not physically bring walkers together along the famed Boston Marathon®course, it will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation’s premier cancer center, Dana-Farber Cancer Institute. The event has raised more than \$145 million for Dana-Farber Cancer Institute in its 30-plus year history.

“While we can’t see everyone in person this year, we are excited for the virtual programming which will give participants the opportunity to support breakthroughs

Please Read **ARROYO**, page A6

Nichols receives grant to prepare for remote learning

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY – As Nichols College prepares for what promises to be a unique and challenging return to operation in the wake of the COVID-19 pandemic, the college has received some financial support to allow it to adjust to remote learning which is expected to be at least partially embraced this fall.

The school recently announced it has received a \$25,000 Presidential Grant for Alternative Academic Delivery from the David Education Foundation which will be used to enhance training in the digital classroom. The college had already been utilizing an education model called HyFlex in its graduation programs allowing students to attend class either in person or remotely. This approach will now be utilized for undergraduates as well with the grant helping train educators in blending the two models.

Heather Richards, an academic instructional designer at Nichols College, designed the modules that will serve as the basis for the instruction. The training will first provide faculty a look into the student experience and also learn how to increase their own social presence in the process.

“At Nichols, we are used to face to face. Our faculty are ‘present,’ very engaged, and the students

love them,” Richards said in a press release. “The modality of the digital realm is more challenging in terms of connectedness. It takes effort and intention on the part of the faculty. Students need to see them as real people.”

The training is designed to provide educators with tools and techniques to synchronize their teaching methods to accommodate both in-person and online learners. After learning the student perspective and how to expand their social presence participants will then partake in a series of one-hour courses led by members of the faculty based on individual interests and feedback from the first lessons covering such topics as assessments, project-based courses and adapting to the new learning environment.

“This grant, as well as the others Nichols has received from the Davis Educational Foundation, will decidedly enhance teaching and the professional development of our students,” said Mauri Peltó Ph.D., the Vice President for Academic Affairs at Nichols College. “In particular, it will advance the strides we have already made in alternate academic delivery with our graduate programs and allow us to expand and invigorate our HyFlex model for undergraduate students.”

Nichols plans to package and publish the sessions once the training is complete.

Fundraising efforts roll on despite cancellation of Pan-Mass Challenge

BY KEVIN FLANDERS
STAFF WRITER

REGION – The Pan-Mass Challenge was canceled for the first time ever this year, but the fundraising mission for cancer research rolled on.

Despite their disappointment over the PMC cancellation due to COVID-19, local teams embraced the opportunity to reimagine their rides. Teams were encouraged by PMC leaders to take part in their own abbreviated rides this year – or participate in virtual experiences – to help celebrate their fundraising accomplishments.

For West Brookfield-based Team De-Feet Cancer, members set out from the Sturbridge Host Hotel early on the morning of Aug. 1. But unlike previous years, when they were surrounded by hundreds of other PMC cyclists from throughout the nation, the five members of Team De-Feet Cancer forged their own path to Whitinsville and back.

During their journey, team members were thrilled to come across a handful of other PMC participants carving separate routes across the state.

“We started and finished at the Sturbridge Host Hotel. We cheered on every PMCer we saw along the way, and carried as much of the joy and magic of PMC with us that we could,” said



Courtesy

Members of Team De-Feet Cancer once again raised money for cancer research as part of the Pan-Mass Challenge. In no particular order, team members include Jessica Piwowski, Bill Piwowski, Dennis Martin, and Seana Cummins.

longtime Team De-Feet Cancer member Jessica Piwowski.

Supported by a driver and rest stop volunteers, the team pushed through several challenges and completed its journey back to Sturbridge.

Although the ride hardly compared to the normal event, it helped accentuate the most important part of the entire experience. Regardless of how many miles team members logged, their critical

Please Read **PMC**, page A6

Charlton responds to designation as Moderate Risk Community

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – As state officials continue to monitor the status of the COVID-19 pandemic throughout the commonwealth several municipalities have seen small spikes or increases in cases over the last month, including Charlton.

The town was one of several named on a list of moderate and higher-level risk communities by the Baker-Polito Administration that have experienced small spikes over a two-week period. Charlton, along with nearby Auburn, were named moderate risk communities due to their average daily cases

per 100,000 residents over that 14-day period. According to data provided by the state from January 2020 until Aug. 12, Charlton had recorded 105 cases including 11 during the two-week sample period, an average of 5.6 per 100,000 over the 14 days.

Town Administrator Andrew Golas said the designation isn't changing the town approach to battling the outbreak. Not long before the designation Charlton had gone weeks without major spikes or even new cases of the virus. But he said the town has to take the current data as it is and remain vigilant in keeping Charlton at a low level of spread.

Charlton Fire Department to receive federal grant

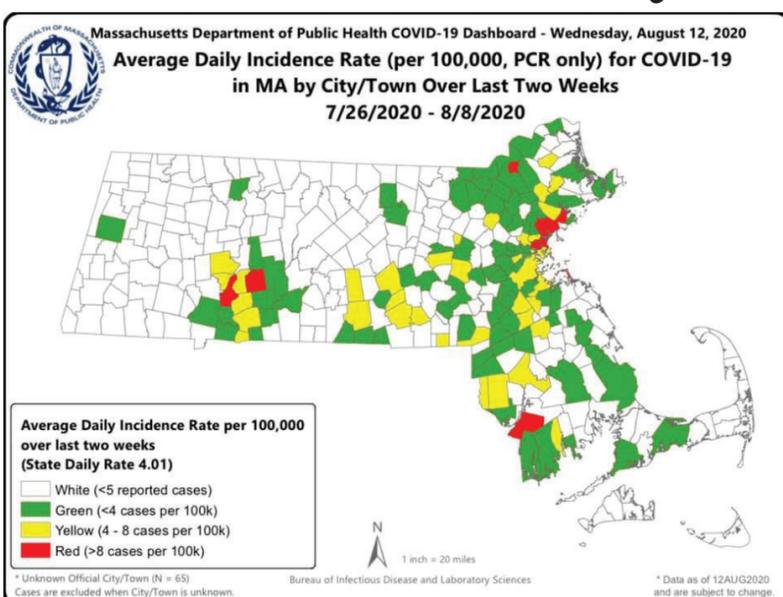
CHARLTON — The Federal Emergency Management Agency (FEMA) announced today \$7.8 million in direct assistance grants to 340 fire departments nationwide through the agency's FY2020 Assistance to Firefighters Grant COVID-19 Supplemental program (AFG-S). Additional phases will soon be announced.

The Fiscal Year 2020 Assistance to Firefighters Grant Program – COVID-19 Supplemental (AFG-S) is a supplemental funding opportunity under the Assistance to Firefighters Grant Program (AFG). AFG is one of three FEMA grant programs that focus on enhancing the safety of the public and firefighters with respect to fire and fire-related hazards. The AFG-S Program accomplishes this by providing financial assistance directly to eligible fire departments, nonaffiliated emergency medical

service organizations, and State Fire Training Academies for critical Personal Protective Equipment and supplies needed to prevent, prepare for, and respond to the COVID-19 public health emergency. The AFG-S Program represents part of a comprehensive set of measures authorized by Congress and implemented by the Department of Homeland Security.

FEMA obligates funding for this project directly to the recipient agencies. It is the recipient agency's responsibility to manage their grant award within federal guidelines with technical assistance and monitoring provided by FEMA Fire Program Specialists.

Additional information about FEMA's Assistance to Firefighters grant program(s) may be found at <https://www.fema.gov/firegrants>.



Courtesy Photo

A map released by the state shows Charlton (in yellow) as a moderate risk community.

"I know it's a designation, but in all reality it's an average of four per day per hundred-thousand people over a fourteen-day period. We had 11 cases, I'd say probably three of four of those instances were people living in the same household that were multiple people due to proximity. We've got to look at it as we're really at the same risk level as most other communities in the state. No matter where you go there's going to be some level of vigilance of what's going on. I don't think you're any safer anywhere else, it's just a matter of that's where we are at this moment in time," said Golas.

Golas said he expects Charlton to be removed from the list soon as cases drop. The town had gone almost a month and a half without any new

cases before experiencing the small increase that led to its inclusion on the map. Golas said those residents have since isolated and followed protocol. The designation is not expected to cause any new closures in the town or change how the municipality is going about reopening and recovering from the pandemic. Golas said he hopes to see citizens remain diligent in preventing the spread of the pandemic and keep the town's number low.

"It's all about personal accountability, continuing to wear face masks when you can't social distance and continuing to wash your hands. Your basic hygiene is what you need to continue. That's really what stops the spread. Use common sense until we can get through this whole thing," said Golas.



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Trinity Catholic Academy announces eighth grade Sports Awards

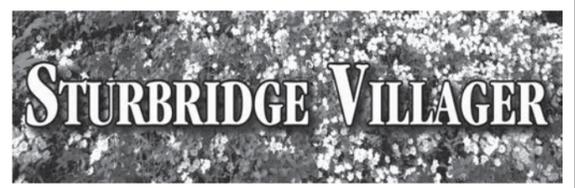
SOUTHBRIDGE — The usual Sport assembly was not possible this year, but that does not mean that the following athletes should not be recognized. As part of the 'social distanced' Graduation that was held at Notre Dame Church in early June, the following students were also recognized for their sports accomplishments at Trinity Catholic Academy. The following celebrations list was provided by TCA Athletic Director: Raymond Gonyea, whose work is so very much appreciated throughout the year along with all the coaches at Trinity Catholic Academy! Let us congratulate these young athletes!

Trinity Catholic Academy Eighth Grade Sports Awards 2020

Golf Team:
Sean Gasperini
Abigale McGarry
Varsity Cheerleading:
Avelyn O'Brien,
- Part of the 2019-2020 Route 395 Tournament Championship Squad
Varsity Boys Basketball: David Adorno, 2019-2020



Route 395 League All-Star
- 2019-2020 Team
Unsung Player Award
Brody Carlson
Zachary Cournoyer
Sean Gasperini
Zachary Hebert - 2019-2020 Route 395 League All Star
- 2019-2020 Team
MVP
Varsity Girls Basketball: Kirsten Congdon
Teresita Del Valle
- 2019-2020 Route 395 League All Star
- 2019-2020 team
MVP
Eva Jerez
Payton MacDonald
- 2019-2020 team
Unsung Player Award
Laci Pollone - 2019-2020 Route 395 League All Star
- 2019-202 Team Sportsmanship Award
Dan Aronson
Sportsmanship Award: Laci Pollone



ACCURACY WATCH

The Sturbridge 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, call (508) 909-4106 or email news@stonebridgepress.news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

Public Notice

RIGHT-OF-WAY MAINTENANCE

As required by Massachusetts General Law Chapter 85, Tennessee Gas Pipeline Company (A Kinder Morgan Company) hereby gives notice that it intends to apply herbicides at the gate of the Millennium SMS in Charlton for poison ivy and along their rights-of-way located in the Kamposoa Bog Drainage basin in Stockbridge from Rattlesnake Mountain Road to Route 7.

Poison Ivy is a public health hazard. Invasive plants are endangering our wetlands and our native plants, animals and insects. As part of a cooperative effort with the Massachusetts Division of Fisheries and Wildlife, Tennessee has a vegetation management program on its rights-of-way to reclaim this natural resource.

The program will consist of a fall selective foliage treatment utilizing Rodeo, Escort XP and/or Arsenal Powerline/Polaris between August 31st and October 16th, 2020. No application shall commence more than ten days before nor conclude more than ten days after the treatment periods listed.

Questions may be directed to:

Matt Trusz
Tennessee Gas Pipeline Company
1615 Suffield Street
Agawam, MA 01001
413-821-2023

Massasoit Art Guild issues call for art

REGION — The Massasoit Art Guild Announces its 17th Annual 2020 Art Show and Sale Oct. 17. This year's show will be held virtually on the website at www.massasoitartguild.com from Oct. 17 through Jan. 1, 2021. There will be an exciting display of artwork exhibited from members in all categories. New artists of any level are always welcome.

This year's judge is Nancy Cooke Bunnell, an award winning artist and teacher. Nancy Cooke Bunnell is a professional artist whose is best known for her pastels. NC Bunnell Studio offers existing paintings, pastels and photography as well as t-shirts, prints and commission paintings in her studio and on the web. As a certified art teacher, she teaches throughout the state.

Nancy Cooke Bunnell's pastels are infused with light, color, and energy. She is an award winning artist and won 'Best in Show' at the Connecticut Pastel Society(CPS), 2012, 2nd place in 2011 at CPS and Vernon Art Center in 2013. Her work won first Place at Mansfield Art Show, 2012. and placed honorary mention at the CPS Show,

2013. She won the Great American Art Award at CPS in 2015. Her work can be seen at www.ncbunnellstudio.com.

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Friday's Child



Alyssa Age 15

Hi! My name is Alyssa and I love to give hugs!

Alyssa is an affectionate girl of Caucasian descent. She enjoys toys with movement and sounds. She is also a fan of bouncing on therapy balls and watching Disney movies! Alyssa is able to communicate through her facial expressions and physical gestures. She has been observed to respond to familiar names, faces, and preferred activities by smiling and waving her hands in excitement. Alyssa has been introduced to communication devices and is using picture symbols to choose between activities and objects. She also uses an iPad with assistance. In her current placement, Alyssa seeks out staff for attention and responds well to positive praise. Alyssa likes to face where she can see her peers and she will seek interaction by reaching for others or holding hands.

Legally freed for adoption, Alyssa would do best in a two-parent family with older children. Any interested family should be open to working with the providers in Alyssa's life to ensure she reaches her fullest potential! Alyssa will need to maintain contact with her sister and grandmother once a placement is identified. The open adoption agreement calls for six visits per year once she is placed, and then three visits per year post-adoption

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

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

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QCC to hold virtual information session

WORCESTER — Quinsigamond Community College will hold a Virtual Admissions Information Night on Thursday, Aug. 20 from 4 - 5 p.m. The upcoming information session is designed to give potential students a way to learn more about the college from the comfort and safety of their homes.

"This session comes at a critical time for students, as more four-

year colleges and universities are changing plans at the last minute and students are rethinking their higher education options," said QCC's Director of Admissions, Ai Co Abercrombie.

As the first college in the region to announce it would hold its fall semester remotely, QCC has adopted innovative ways in which to engage students through online platforms

that are interactive. The college transitioned to remote instruction in March, offering students three types of remote instruction from autonomous self-paced courses, to more structured online meeting times or a combination of the two.

"We are not scrambling to read-just courses to fit an online platform. We are well-versed in remote instruction and have been doing it for many months," Ms. Abercrombie said, adding, "Students still have time to enroll and begin the semester without losing valuable time, and they can use the credits they earn at QCC to transfer them to a four-year school when it's safe to do so."

Students who planned to take in-person classes at four-year schools that are now moving to an online format have to decide if the cost differential between a community college and a four-year school is worthwhile. Community colleges are historically the most affordable form of higher education.

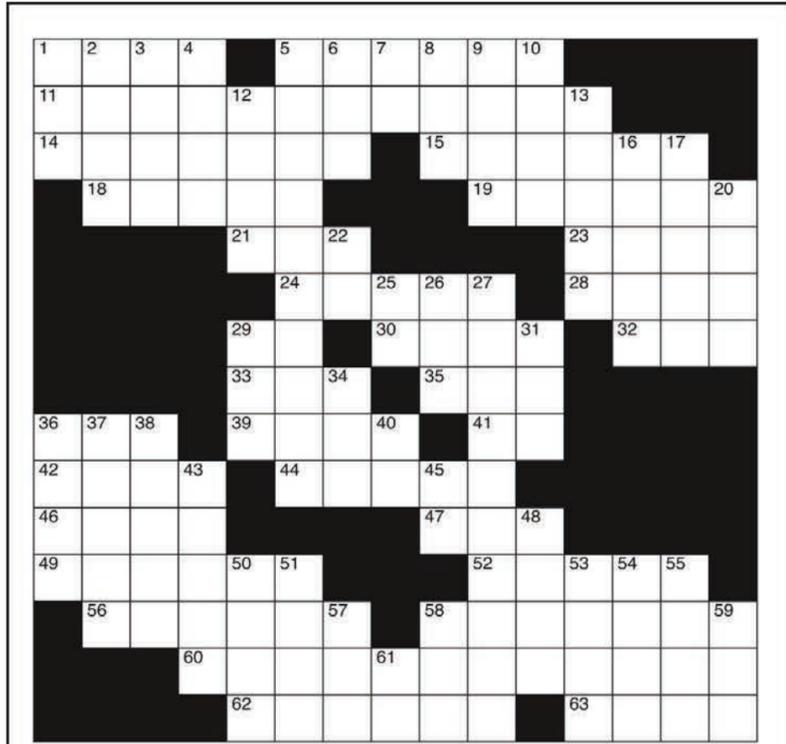
According to the Community College Research Center (CCRC), research shows that taking courses at a community college can benefit students who are enrolled in a four-year college. Data from the

Educational Longitudinal Study (ELS) found that students who earned between one and 10 credits at a community college during the first three years of college enrollment were attributed to a higher bachelor's completion rate and higher wages when they entered the marketplace.

"We recognized early on the challenges of remote instruction and adapted to meet the needs of our students. We have all our support services available remotely and have instituted a Student Emergency Fund to assist students with the financial hardships that this pandemic has brought on," QCC President Dr. Luis Pedraja said. "We know this is a trying time for students and their families, but we want them to know we are here to help them succeed with their academic goals in a smarter and safer way."

To register for QCC's upcoming Virtual Information Session, visit www.QCC.edu/admissions/upcoming-admission-events

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



CLUES ACROSS

- 1. Popular musical awards show
- 5. Speech in one's honor
- 11. A state of poor nutrition
- 14. Not ingested
- 15. More lacking in taste
- 18. "Popeye" cartoonist
- 19. Helps to reduce speed
- 21. January 1 greeting (abbr.)
- 23. Georgian currency
- 24. Proverb expressing a truth
- 28. Jewish calendar month
- 29. Volume measurement
- 30. Fair-skinned
- 32. Patti Hearst's captors
- 33. Have already done
- 35. Touch lightly
- 36. Autonomic nervous system
- 39. Plant part
- 41. College degree
- 42. Military alliance
- 44. Tokyo's former name
- 46. Carpenter's tool
- 47. Before
- 49. Consent to receive
- 52. Passages
- 56. The Duke of Edinburgh
- 58. Utter repeatedly
- 60. Linked together in a chain
- 62. Quality that evokes pity
- 63. Maintained possession of

CLUES DOWN

- 1. U.S. military school
- 2. Controls
- 3. Away from wind
- 4. Grab quickly
- 5. Being everlasting
- 6. Vase
- 7. Atomic #3
- 8. Type of medication
- 9. Encircle with a belt
- 10. Belonging to you
- 12. American state
- 13. City in Zambia
- 16. Good Gosh!
- 17. Of the country
- 20. Helsinki district
- 22. 36 inches
- 25. Reporters' group
- 26. The voice of Olaf
- 27. Explains in detail
- 29. Tooth caregiver
- 31. One point south of due east
- 34. Scottish river
- 36. Elsa's sister
- 37. Civil Rights group
- 38. Line of poetry
- 40. Doctor
- 43. Fatty acid
- 45. Avatar (abbr.)
- 48. Awe-inspiring garden
- 50. Fall down
- 51. Rock icon Turner
- 53. Asian country (alt. sp.)
- 54. UK museum network
- 55. Stairs have at least one
- 57. Part of (abbr.)
- 58. Simpson trial judge
- 59. Sun up in New York
- 61. Exclamation of surprise

Bay Path to embrace hybrid model for fall

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON — Like countless school across the country, Bay Path Regional Vocational Technical High School has been working hard to establish a plan for students' return this fall that takes into consideration the safety and health of students and staff while also working to maintain an effective educational experience.

Superintendent-Director Kyle Brenner released details about the reopening plan on Aug. 14 along with a nearly 90-page document detailing the plan in full. Like many school Brenner said that Bay Path had considered several different options including a full return to classrooms, an online only option and a hybrid model combining the two. The school has decided the hybrid model will be their approach keeping in line with many educational institutions throughout the state.

"The administration recommended and the committee unanimously agreed that this plan provides us with the opportunity to provide students with a safe environment while traveling on our busses and while here at school due to the decreased

numbers and the resulting ability for the implementation of plans and procedures that accommodate critical social distancing requirements. This plan will also increase the productivity of students as regular attendance at classes here at school will better hold them accountable for their work and better accommodate the needed application of theory and practice or 'hands-on' instruction in the vocational area," Brenner said in a press release.

The hybrid plan will have half of the student body learning remotely during parts of the week while the other half learn in the classroom on any given day. The plan also includes a remote learning option with no in-person component in order to accommodate students not yet ready to return to in-person learning. This format will also be embraced for all students in the event of a surge in COVID-19 cases.

Bay Path's new school year will start later than normal on Sept. 14. Teachers will report at the end of August to begin preparations to accept students. Full details of Bay Path's hybrid model reopening plan can be found on the school's Web site, www.baypath.net.

Jocelyn Scott named to Millikin University Spring 2020 Dean's List

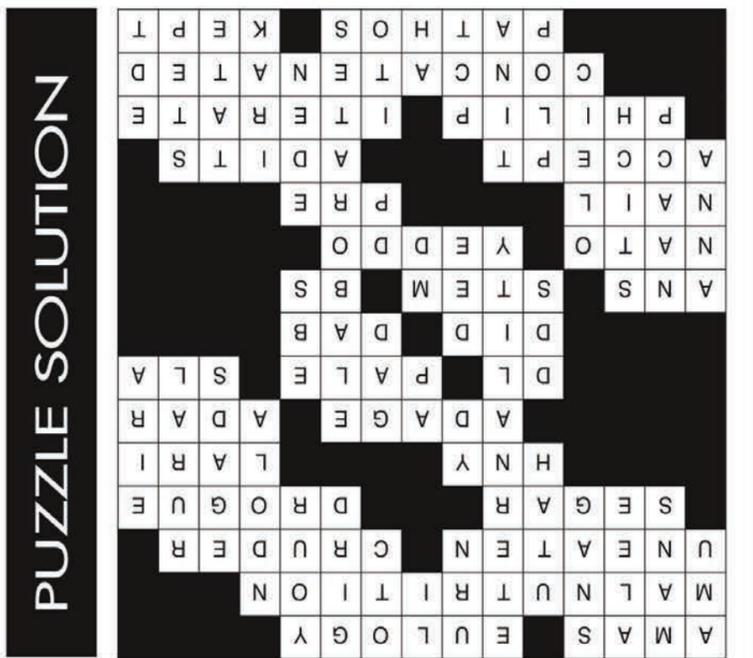
DECATUR, Ill. — Millikin University is pleased to announce that student Jocelyn Scott of Auckland, is among the outstanding undergraduates who have been named to the Dean's List for the spring 2020 semester.

Students who attempt 12 graded credits during a fall or spring semester and earn a grade point average of 3.5 or higher earn Dean's List honors. Students earning a perfect 4.00 grade point average on 12 graded credits attempted earn High Dean's List honors.

The students named to the Dean's List at Millikin University are listed in alphabetical order according to

last name.

Millikin University is a private, comprehensive university with a diverse student population of approximately 2,000 undergraduate and graduate students. A Millikin education features Performance Learning, a unique learning approach offered only at Millikin that gives students the chance to build the confidence and skills to succeed before and after graduation. Millikin offers more than 50 majors in the College of Fine Arts, College of Arts and Sciences, College of Professional Studies and Tabor School of Business, and is located on a 75-acre residential campus in Decatur, Ill.



PUZZLE SOLUTION



ESSENTIAL local NEWS



Local historian chronicles 1918 pandemic in new book

WORCESTER — In the spring of 2018, long before the COVID-19 pandemic hit, Linda Hixon, lead historian of the Hopedale Women's History Project and former instructor at Worcester State University, wanted to commemorate the 100th anniversary of the influenza pandemic of 1918 through personal tales of those affected.

Throughout the world, the 1918 pandemic killed the most people in the least amount of time — estimates say between 5 and 10 percent of the world's population died between September and November 1918, with about 675,000 dying here in the United States. Having spearheaded book projects on Worcester's military heroes from the Civil War, the Spanish-American War and World War I, she decided that chronicling this historic event was of paramount importance. Thus was born "The Grip: The 1918 Pandemic and a City Under Siege."

Shawn Driscoll, a student in the

Master's program at Worcester State at the time, collaborated with Hixon. He is currently a second year Doctoral Research Fellow at the University of Massachusetts-Lowell; his field of study is twentieth century American History with a concentration in Vietnam Conflict history. Together, they decided to invite high school students and volunteers to participate in this project.

Driscoll approached Worcester Academy and Worcester Public Schools, and almost 20 students and ten volunteers joined the effort to remember some of the nearly 1,000 people who died in Worcester from influenza. Altogether, about 50 profiles were written on the victims of the "Spanish Flu," all of them either residents of the city or dying within the city's limits. But that is less than ten percent of the total number of victims who died here in Worcester. Very few photos of the victims could be found, although some volunteers wrote biographies

of family members who perished during the epidemic. Photos of those loved ones have been included in the book.

The book also includes chapters by local historians and academics on the city's response to the influenza epidemic. The chapters range from the effort of the local media to inform the public; the volunteer efforts of local groups to try and aid the sick, the dying, and the orphaned; the creation of an emergency hospital to take the strain off the local medical establishment; how influenza impacted the African-American population of Worcester; how local cemeteries dealt with the influx of the dead; and an account of the Worcester County town of Milford, where the local population of poor immigrants was devastated by the disease.

Worcester County District Attorney Joseph D. Early has written the forward for "The Grip: The 1918 Pandemic and a City Under

Siege." Early's family lost a member to influenza — Helen Labuski, who died on December 31, 1918 at barely 18 months old. Helen was the last death in 1918 as influenza resurged in Worcester. Once the death toll began to fall the city attempted to return to "normal," but they did so too soon — hundreds more would die between mid-October when the restrictions eased, and May 24, 1919 when Bertha Mackey became Worcester's last official death from the influenza pandemic.

"A project like this, remembering the victims of a medical disaster, is important at any time in history. But I believe it is most important now because we have forgotten the lessons of the past. We have forgotten that human lives are more important than economic gain. We have forgotten to keep our neighbors safe by wearing masks and keeping our distance," Hixon said. "We have forgotten to protect the vulnerable

Please Read **THE GRIP**, page A6



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OBITUARIES

Arnold J. Simpson, 87

SOUTHBRIDGE—Arnold J. “Arnie” Simpson, 87, passed away on Saturday, Aug. 8th, in his home with his wife and family by his side.

He leaves his wife of 65 years, Germaine J. (Antaya) Simpson; his five sons, Marc Simpson and his wife Carlene of Williamstown, WV, Kenneth Simpson and his wife Cara of Southbridge, Glen Simpson and his wife Patty of Tolland, CT, Dennis Simpson and his wife Terry of Elkridge, MD and Kevin Simpson and his wife Dawn of Fiskdale; his two brothers, Raymond Simpson and Gordon Simpson, both of Sturbridge; his 10 grandchildren, Eric, Matthew, Michael, Scott, Emily, Evan, Neil, Laura, Victoria and Phillip; 7 great grandchildren; and several nieces and nephews. He was predeceased by four brothers, Marvin Simpson, Calvin Simpson, Roger Simpson and Charles Simpson. Arnie was born in Sturbridge the son of Eugene and Frances (Clarke) Simpson.

Arnie worked in the Research Department of the American Optical Co.



in Southbridge for over 40 years. He went on to earn his bachelor degree in

business from Clark University while working full time and raising five boys with the help of Germaine, an accomplishment of which they both were very proud. He later went on to work as a Safety Engineer for the EaglePicher Co. for several years and then consulted for Coherent Laser before permanently retiring. He was a longtime member of Notre Dame Parish (now St. John Paul II Parish) for which he served as a lecture and worked tirelessly in many Fall Festivals and for the 120-booster club. He was a former member of the Rotary Club of Southbridge and of the former Jaycees Club in Southbridge. Arnie was an avid golfer and was a longtime member of the Cohasset Country Club in Southbridge. He enjoyed spending time with his brothers and their wives and there are many fond memories from their annual adventures in St. Augustine, FL. Arnie was easy going, always willing to help others and loved by all. He cherished his wife Germaine of 65 years, and the two renewed their wedding vows this past

May with many family and friends who paraded by to wish them well. We will all miss his smile!

The family wishes to thank the caregivers of Compassus Hospice and Accessible Health Care Services, who braved the pandemic and provided such compassionate care when it was needed most.

Arnie’s funeral will be held on Wednesday, Aug. 26th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 11:00am in Notre Dame Church of the St. John Paul II Parish, 446 Main St., Southbridge. Burial will be in New Notre Dame Cemetery, Southbridge. Calling hours in the funeral home will be held on Wednesday, Aug. 26th, from 8:30 to 10:30am, prior to the Mass.

In lieu of flowers donations may be made to the St. John Paul II Parish, 279 Hamilton St., Southbridge, MA 01550 or to Compassus Hospice, 19 Midstate Dr., Suite 130, Auburn, MA 01501.

www.morrillfuneralhome.com

RESTRICTIONS

continued from page 1

compliance.

“The administration will be taking measures to ensure that bars masquerading as restaurants will be closed,” read a statement released by the Baker Administration. “Public safety officials, including state and local law enforcement, have the jurisdiction to enforce these orders. Event hosts in violation of these orders will be subject to fines or cease-and-desist orders.”

In addition to utilizing police resources, the Baker Administration has assembled a COVID Enforcement and Intervention Team that will be responsible for ensuring compliance. Members will receive and review complaints against businesses that aren’t following state regulations.

The COVID Enforcement and Intervention Team includes members of the Executive Office of Public Safety and Security; the Massachusetts Emergency Management Agency; the State Police; the Department of Labor Standards; the Division of Professional Licensure; the Department of Public Health; and the Alcoholic Beverages Control Commission (ABCC), among several others.

The intervention team will work closely with the ABCC and local licensing boards to identify and fine noncompliant restaurants. The suspension or revocation of liquor licenses is also possible for businesses that do not comply with safety regulations.

For more information about the Governor’s latest regulations, visit www.mass.gov.

ARROYO

continued from page 1

in cancer care and research at Dana-Farber Cancer Institute,” said Zack Blackburn, Director of the Boston Marathon Jimmy Fund Walk. “Together, from a safe distance, we will take critical strides in the journey to conquer cancer.”

This year’s event will have a lower fundraising requirement (\$100 for adults and \$25 for those 12 years old and younger) and everyone will pay just a \$5 registration fee. Each walker who registers will receive a bib, and medal and the first 5,000 walkers to register will receive a commemorative Jimmy Fund Walk T-shirt.

Anyone interested in additional information can reference the Jimmy Fund Walk: Your Way frequently asked questions or can send an email to JimmyFundWalk@DFCI.harvard.edu. Funds raised from the Jimmy Fund Walk support all forms of adult and pediatric patient care and cancer research at the nation’s premier cancer center, Dana-Farber Cancer Institute. The Boston Athletic Association has supported the Jimmy Fund Walk since 1989, and Hyundai has been the presenting sponsor since 2002.

To register to walk (#JimmyFundWalk) or to support a

walker visit www.JimmyFundWalk.org or call (866) 531-9255. You can also download The Jimmy Fund Walk App in Charity Miles. The app will allow you to track the miles you walk leading up to, and on Walk day, create a team and walk with your friends, family, and teammates, share your miles and activities via social media to boost fundraising, and see important Walk day news, content, training and fundraising challenges. Download the app here.

About the Jimmy Fund

The Jimmy Fund, established in Boston in 1948, is comprised of community-based fundraising events and other programs that, solely and directly, benefit Dana-Farber Cancer Institute’s lifesaving mission to provide compassionate patient care and groundbreaking cancer research for children and adults. The Jimmy Fund is an official charity of the Boston Red Sox, the Massachusetts Chiefs of Police Association, the Pan-Mass Challenge, and the Variety Children’s Charity of New England. Since 1948, the generosity of millions of people has helped the Jimmy Fund save countless lives and reduce the burden of cancer for patients and families worldwide. Follow the Jimmy Fund on Facebook, Twitter and Instagram: @TheJimmyFund.

PMC

continued from page 1

fundraising for cancer research is unchanged.

“It was a hot day and a hilly course, but we all made it despite each of our aches along the way,” Piwowarski added. “While it was not the same, our mission remains unchanged. We ride to defeat cancer.”

Additional members of Team De-Feet Cancer include Bill Piwowarski, Dennis Martin, and Seana Cummins.

For more than 40 years, the Pan-Mass Challenge has brought riders together for a common goal of raising funds to support the pursuit of a cure. All funds assist the Dana-Farber Cancer Institute in its pioneering research and treatments.

For PMC leaders, canceling this year’s event due to COVID-19 concerns was a difficult but necessary decision. Several virtual programs were organized to help riders cel-

brate their accomplishments and connect with other participants statewide.

Members of Team De-Feet Cancer submitted photos for inclusion in the virtual program. They also watched the virtual PMC opening ceremony on WBZTV before setting out on their ride.

Team members thank their dedicated volunteers for supporting the ride. Volunteers include Theresa, Amy, Xavier, Spencer, Sandy, and Norma.

Currently, the PMC raises more money than any other athletic fundraising event in the country. It also generates more than 55 percent of the Jimmy Fund’s annual revenue. In 2019, the PMC donated a record-breaking \$63 million to Dana-Farber, bringing the PMC’s 40-year fundraising total to \$717 million.

For more information about next year’s PMC and how you can get involved, visit www.pmc.org.

THE GRIP

continued from page 5

by keeping public gatherings to a minimum. Worcester’s powers-that-be took similar steps in 1918, but not without a fight and not until it was too late, and more people

died than was necessary. And restrictions were ended too soon, leading to even more deaths. Worcester was not alone – this happened in most cities and towns across the country during that pandemic 100 years ago, and more people

died. The fact that we have forgotten those lessons is to our shame. More will die because we have forgotten our past.”

“The Grip: The 1918 Pandemic and a City Under Siege” offers insight into a previous pandemic and les-

sons for effectively dealing with the current one. The book will soon be available at the Amazon Marketplace store, Changing History Books. For more information, please contact Linda Hixon at-508-373-8315.

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EDITORIAL

A change of opinion signals growth

As the world turns, so do people's opinions — even moreso now that it's an election year. Further, there has been so much civil unrest currently, in addition to the fact that we are all living through a global pandemic. We are all constantly being bombarded with opinions. You see them on social media, the radio, television, newspapers, and even on signs in people's yards.

As overwhelming, and sometimes unsettling, as this can be, it is actually quite healthy to have and share your opinions. Some individuals have no issue sharing their opinions, while others tend to shy away. Perhaps the latter is on to something but we digress. As we write this, and as you read it, somewhere, two people are in the midst of a debate.

When we share opinions, it's a sign that we are yearning to be more educated and more knowledgeable about the world we live in. The problem arises when a person will insult, lie and attack to turn their opinion into truth. It's important during a debate or heated discussion to remain open minded, as hard as that can be at times. When harsh words are exchanged, they are here for good.

There's also a difference between facts and opinions. When an uninformed person tosses out talking points with misinformation, the point of the conversation goes right out the window. Likewise, both facts and opinions can and do change. Sometimes a person will have a light bulb moment that changes everything they thought they once knew, leading to a change in their mindset. A researcher can find new discoveries, which can alter something that prior, was fact.

A person's viewpoint on something can change over the course of their lifetime. Growth happens every day with all of us. What we once thought when we were 17, could be and is likely vastly different than how we think at 50.

With that said, it's also important to not hold an individual to past statements or actions that may have been troubling. When we hold people accountable to things they did and said in the distant past, they are less likely to share their opinions, and that would be a bad thing.

Opinions are important to share, but that doesn't mean they are right. Backing up an opinion with facts is crucial and responsible. We can all agree that when it comes to personal choices that don't hurt anyone else, other's opinions are irrelevant.

We must also remember that as individuals, our life experiences have brought us each to a unique place, unlike anyone else we encounter, therefore nothing is ever cut and dry. We are seeing this too much in today's politics. Instead of looking at things issue by issue, people are automatically jumping behind one party and calling it a day. The fact remains that we are living in a complicated world, and our thoughts are naturally all over the place, and that's a good thing. Rejecting labels is refreshing.

As we grow our opinions evolve and shape who we are. So while we all have opinions, (on more than just politics) it's important to be flexible with them. Changing how we think does not make us weak, it's a sign of maturity and intelligence.

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

You are not powerless unless you choose to be so

Thank you. Your letters and emails expressing your prayers, good wishes and concern for my recovery are overwhelming. I always do everything I can to answer each correspondence, so if you haven't yet received a reply, you will. Thank you for your care and concern. It strengthens and encourages me.



POSITIVELY SPEAKING
GARY W. MOORE

After expressing encouragement, the most asked question is, "How can you remain so positive while facing so much?" It's a question I have been asked most of my adult life. The answer is simple but not easy.

I remain strong and positive because of my chosen optimism. I say chosen because it is a choice. I could crumble under the weight of stage 4 stomach cancer and mentally give into it and my body will quickly do the same ... or I can expect the best outcome and fight with my medical team to extend my life and overcome the odds. It is a choice I've made. Like I said, "simple but not easy."

It's simplistic to say I choose to be optimistic when you look at the data. Fewer than 5% of the people afflicted with stomach cancer live five years. It's easier to give in and say I have a 95% chance of dying, rather than making the harder assumption, that I'll be one of the 5% to live beyond five years. I must sell and convince myself I'm a "five percenter!" If I just look at the data and take it at face value, I'd begin believing I have no responsibility for my health. The numbers already tell me what will happen. The data insinuates there is no patient impact on who lives and dies. I know that's not true and understand the choices I make about my health do have a profound impact.

I am not powerless in this fight. One of the important aspects I've learned about surviving stomach cancer is my overall health, so I make a list and carry it with me as a reminder of all the positives I have going for me in my battle.

I don't smoke and have never smoked or used tobacco in any way.

I'm not overweight.
I am not a diabetic.

I don't have any other health problem. I walk and keep moving.

Okay. That all works in my favor. What else?

Almost every doctor or medical professional will tell you that the attitude and outlook of the patient plays an important role in treatment and recovery.

ery. I believe I will be a survivor.

The next question is always, "How can just believing help?"

If I believe I will survive, my mind and body conspire together to make it so.

Think logically about this ... if I believe I can survive, I wake up in the morning and get my body moving. I go about my daily business believing I'll still be here in five years and plan accordingly. My mind believes and my body responds.

Of course, I realize, as I always say, there are some medical realities that optimism may not overcome. No person lives forever. There is always an end of life here on earth, but numerous studies prove that optimistic people live longer, happier, and more successful lives than pessimistic people do.

So, a long answer to your question of how I can remain positive under the weight of a negative diagnosis. It is a simple answer but not easy in execution. It all begins with the choice to live and not die.

A charming young lady, ninety-one years young, wrote to me this week saying, "I was born a pessimist and I rely on you and your column to keep me going."

She was born a pessimist? Now she can be a "born again" optimist! In the ninth decade of her life, she's reading this column and using it to change her mindset. You are never too old ... it is never too late to join us! As I always say, it begins with a choice. Make the decision to change your life and become more optimistic. You really can do it.

Imagine what our nation and world would be like if the majority chose optimism. Optimists don't riot, loot, or destroy property. A nation of optimists would not act this way, but that's a subject for next week.

For me, I choose to live, and in addition to longer life, optimistic people are happier, healthier, and more productive than others.

Why would you choose otherwise?

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

What does an unplanned career transition mean for you?



FINANCIAL FOCUS
JEFF BURDICK

The COVID-19 pandemic has unsettled the country's employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals — some have seen their jobs disappear, others have been "furloughed" and still others have been offered an early retirement. If you're in this final group — those either offered, or feeling forced to accept, an early retirement, how should you respond?

Try to look at your situation holistically, rather than strictly in a short-term manner. Consider these four areas:

Retirement — What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you're not certain you can work elsewhere, how can you adjust your desired retirement lifestyle — what you planned to do, where you hoped to live, etc. — to meet your new reality?

Income — Just how financially affected you'll be from an early retirement depends on several factors: how much you've already saved and invested, whether you're married and have a working spouse, whether you've paid off your mortgage, and so on. In any case, though, you'll need to answer several questions, including these: Do I need to start taking withdrawals from my IRA and 401(k)? If so, how much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix? If I haven't yet started collecting Social Security, should I do so now, or can I afford to wait until my monthly payments will be bigger? Are there any other sources of income I can leverage? You may want to work with a financial professional to address these and other key income-related issues.

Insurance — If you received health insurance through your employer, an early retirement could present you with a dilemma, especially if you're not quite old enough for Medicare. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. As an alternative, you might be able to negotiate an extended severance package, which could provide you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.

Legacy — Many people want to take care of their family while they're alive — and leave something behind when they're gone. If you take an early retirement, you might lose your employer's group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven't, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary designations still accurately reflect your wishes.

Going through an unplanned career transition is certainly challenging. But looking closely at the four areas describe above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position to start the next phase of your life.

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

Tips to Preserve Harvest's Bounty the Old Fashioned Way

The pleasures of the New England harvest season are truly bountiful. Whether plucked from your own backyard or purchased fresh from local gardens or farmers markets, preserving the "just picked" flavor of the New England harvest is a seasonal quest.



TAKE THE HINT
KAREN TRAINOR

While freezing has long been a favorite form of "keeping" crops and traditional canning is enjoying a comeback, the old fashioned method of drying garden vegetables often gets overlooked by home gardeners. A modern dehydrator isn't necessary, as all it takes is an oven, some trays and a bit of time to maintain all the flavor, integrity and wholesomeness of the season's harvest.

**
Dry to Preserve Garden's Bounty

Drying is one of the oldest forms of food preservation, and a reliable technique that can be easily employed to stretch the goodness of home grown vegetables. Dehydrating removes moisture and therefore halts the growth of bacteria and molds, extending the life of precious garden crops.

Proper preparation of vegetables to dry is very important. Pick produce at peak of ripeness and rinse in cool water to remove dirt and debris. Dry thoroughly and cut into uniform thicknesses to ensure even drying time. Some vegetables, such as tomatoes, corn, carrots and potatoes should be blanched before drying to kill potential bacteria and enzymes that can decrease flavor and color during storage. Common foods that do not require pre blanching include mushrooms, peppers, onions, garlic and herbs. Blanch vegetables by boiling or steaming. Immediately drop into cold water briefly to stop cooking and drain and dry vegetables while still warm. (The warmth will aid the drying process.)

Place vegetables in a food dehydrator, or if drying in oven, arrange in

a single layer on a wire cake cooling rack set on top of a sheet tray to allow air circulation. The optimum temperature for successful drying is 140 degrees. This low temperature ensures moisture has completely evaporated, therefore lowering the risk of mold from any trapped moisture. If your oven doesn't have as low a setting, try the "warm" setting checking the temperature with a thermometer to avoid cooking the vegetables. Check temperature periodically to ensure oven maintains an even 140 degrees.

It can take several hours for garden produce to be properly dried. Sufficiently dehydrated vegetables and herbs will be crisp and brittle. Vegetables cut in thicker slices such as tomatoes should be dry but not hard (a bit pliable). Dried goods must be cooled completely before storing. Air tight containers such as zipper lock bags, glass mason jars and plastic freezer tubs are all good candidates for storage of dehydrated vegetables. Dried produce should be stored in a cool, dark place and can last from a few months up to a year, depending upon the vegetable. Refrigeration can extend the life of some dried vegetables, just be sure they are stored in an air tight container and always use within one year of packing. To ensure the product remains dehydrated, it is very important to check the contents periodically and discard any food that has become rehydrated, smells "off", or is moldy or tainted in any way.

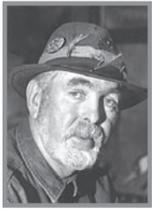
**
From Décor to Diet: Garlic Braids and Pepper Wreaths

Garlic braids dangling from kitchen rafters and colorful hot pepper wreaths hung near the chopping block offer not only homegrown décor, but a handy "pick as you use" year round supply of



GOOD NEWS

Saltwater fishing opportunities



THE GREAT
OUTDOORS
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Fly fishermen are ready to enjoy some great fishing on saltwater in the coming weeks. Bonito and False Albacore migrate to numerous saltwater bays and estuaries in both Massachusetts & Rhode Island during the month of August. They provide the angler with some great exciting fly fishing, and they are edible table fare, although many anglers release their catch because of the somewhat strong taste of the fish.

They travel in somewhat large schools, and are often spotted by their constant feeding habits on or near the surface of the water, similar to bluefish. They also are caught on small lures and plastic baits, and provide a lot of fun catching them on light spin cast rods. It can become a bit crazy on the water, as anglers chase after the schools of bonito and false albacore with their boats, trying to stay with a school of active feeding fish.

Many of the fly-fishing public take their fishing seriously and become quite agitated with "GOGANS" (weekend warriors) as they plow through an actively feeding school of fish with their boats, driving the fish away from the area. I find it best just to sit and wait for a school of bonito to resurface and start feeding right around the boat. The areas around Galilee RI provide a lot of action every year for this hard fighting fish.

Fluke and seabass fishing around Carpenters Beach area to the Charlestown Breachway area is best during a high tide. The outgoing tide seem to provide the best action. Fishing for seabass around the "Hooter" is also providing some great seabass fishing. The seabass limit in Rhode Island increases to six fish on Sept. 1. Hopefully, no major storms like tropical depressions will be heading up our coastline in the coming weeks. It sure can negatively impact the fishing for a week or more.

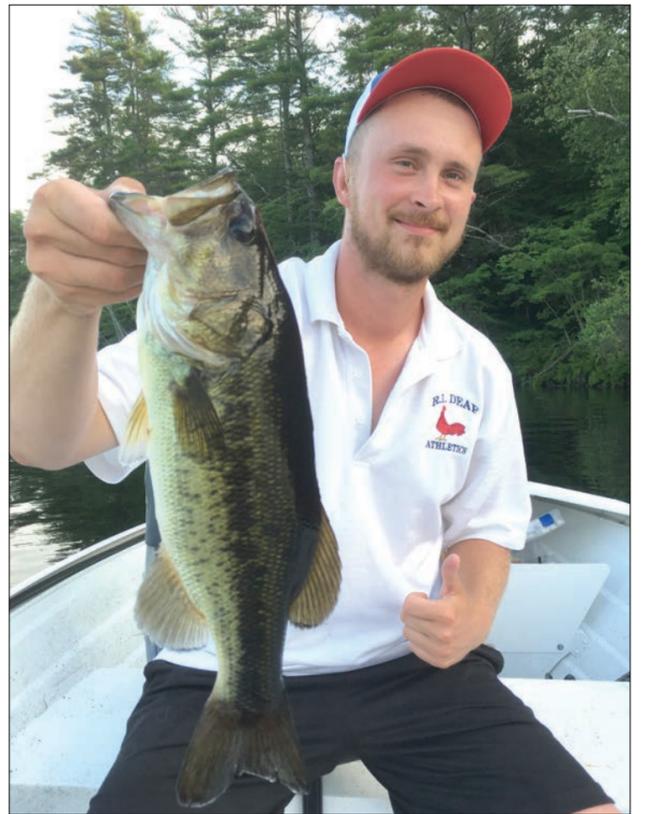
Massachusetts has decided to extend their seabass season for anglers fishing on charter boats only? The season was slated to end on Sept. 9, but because of the Covid-19 pandemic, their season was started late, and will now be extended to Oct. 9 of this year. "The extra

days should result in the same harvest, if they had started the season on time," the report stated.

The extra 31 days will not include anglers fishing from shore or in there privately owned vessel, which will end on September 8 of this year. "Because black Seabass catch rates are at their peak in the spring when the fish are near shore, aggregated, and aggressively feeding and interest in the fishery, it is at its highest," the report stated.

Do not forget to go online at "MASSFISHHUNT" and check out the status of your antlerless deer permit application. It is quick and easy!

Local bass anglers are enjoying some great freshwater fishing, with numerous largemouth bass being caught almost every week. Releasing the fish to fight another day is extremely important and will provide another angler with the thrill of catching it again. Many anglers are taking the opportunity of entering the fish into the MF&W freshwater fishing awards program. The catch and release program only require you to submit a photo of the fish, along with some other simple requirements necessary to win a pin. Check it out on page 13 of your 2020 hunting and fishing abstracts.



Joe Gareri recently took a trip to Maine to do a little freshwater bass fishing, and was rewarded with a five pound, 11 ounce largemouth bass, as shown in this week's picture. Nice fish!
Take A Kid Fishing & Keep Them Rods Bending!

Preserve your garden produce for delicious winter meals

All your hard work is paying off with a bountiful harvest. Fresh produce is filling your garden, countertops, and refrigerator while the garden keeps producing more. Preserve some of your harvest to enjoy throughout the winter with some tried-and-true or updated variation of food preservation techniques.



GARDEN
MOMENTS
.....
MELINDA
MYERS

Hanging bundles of herbs to dry is a long-time practice that works. Harvest herbs in the morning just after the dew has dried off the leaves. Rinse, allow them to dry, and remove any damaged or dried leaves.

Gather the dry herbs into small bundles and secure with a rubber band. Use a spring-type clothespin to hang the bundles from a clothesline or hanger in a warm, dry, airy place

out of direct sunlight.

A modern twist on this tradition is the space-saving Stack!t Herb Drying Rack (gardeners.com) hung from the ceiling. You will be able to dry large quantities of herbs in any narrow, out-of-the-way space.

Extend the life, flavor, and nutritional value of squash with proper harvesting and storage. Only store blemish- and damage-free fruits and vegetables to reduce the risk of mold and decay developing during storage.

Harvest zucchini when the fruit is six to eight inches long and scalloped squash when three to six inches in diameter. Store these in a plastic bag inside the vegetable crisper drawer in your refrigerator for several days.

Wait to harvest winter squash when the fruit is full-sized, and the rinds are firm and glossy. The portion touching the ground turns from cream to orange when the fruit is ripe. Use a pruner to harvest the fruit, leaving a one-inch stem on each fruit. Cure all winter squash, except for acorn, in a warm, humid location. Then move to a cool, dry, well-ventilated area to store for several months. In the past, gardeners stored these, potatoes, onions, and fruit in wooden racks that maximized storage space and allowed air to reach each layer of produce. An updated version, Gardener's Supply Orchard Rack, adds convenient drawers to this traditional storage system.

Turn To **GARDENING** page **A11**
Photo Courtesy



(Right) Gardener's Supply Company wooden orchard racks maximize storage space, while allowing air to reach each layer of produce.

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¹DETAILS OF OFFER – Offer expires 9/19/2020. You must set your appointment by 8/31/2020 and purchase by 9/19/2020. Not valid with other offers or prior purchases. Get \$330 off each window and \$725 off each patio/entry door and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio/entry doors between 8/1/2020 and 9/19/2020. Additional 6.25% off your entire project, no minimum purchase required, taken after initial discount(s), when you set your appointment by 8/31/2020 and purchase by 9/19/2020. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2020 Andersen Corporation. All rights reserved. ©2020 Lead Surge LLC. All rights reserved. *See limited warranty for details.

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TRAINOR

continued from page 8

garden produce. Storing garden garlic and dried peppers in a creative way is not only satisfying for the home gardener, but the finished products serve as ideal “garden gifts” throughout the seasons.

Garlic Braid: Give Bountiful Bulbs a “Twist.” Garlic is easy to grow, and even a novice gardener can produce enough garlic bulbs to store for use all year round via a well constructed garlic braid.

To do: Gather up about a dozen of fresh garlic bulbs with greens attached. Begin braiding greens of three garlic bulbs, and then begin adding more bulbs as you continue up the braid. Add a new bulb on the right and work it into the braid, then a new one in the middle and do the same, then add a bulb on the left, layering the bulbs in an attractive braid as you move up the length. At this point the braid technique resembles “French braiding” of hair. For larger bulbs bring greens in from the outer edges (forming an x with the other greens) for an attractive French braiding rope. Continue braiding until all bulbs are used.

To finish off your garlic rope, wind a length of twine or raffia around the greens close to the top bulb. Tie off and tie ends together to form a loop to hang the rope. Hang in a well ventilated, warm area to dry for two to three weeks. When dry, simply snip off desired bulbs. For long term storage, hang braid in a cool storage area or root cellar.

Pepper Wreath: Pick Perfect Peppers
Note: Before stringing hot peppers be sure to wear gloves to ensure safety while handling. Texas A & M University advises using waxed dental floss to string and dry hot peppers like jalapenos, as the strength of their oils can dissolve normal thread.

Wreath: To make a pepper wreath with slim peppers, you’ll need to wash and dry a generous amount of fresh peppers. With a sharp knife, make two slits at the top of each pepper, under the cap. Using 12 gauge wires form a sturdy round circle (for larger wreaths double the wire or use a heavier gauge. To form circle, stretch wire over a bucket or

clay flower pot. Make a loop at one end. Thread peppers onto the wire through the slits, pushing them together at different angles until the wreath is full and looks attractive. Make a hook at the end of the wire and hook onto the loop. Hang up to dry for about two weeks.

Swag: To string a swag of peppers, wash and dry thoroughly. Thread a heavy duty needle with fishing line or unflavored wax dental floss. Tie a knot at the end of the line and thread through the stem of the pepper, pushing peppers close together and off to each side as you form the swag. For decorative effect, alternate red and green peppers. Continue stringing until swag is desired size. Tie off and loop top and hang to dry.

Mock “Sun” Dried Tomatoes
What could be better than freshly picked tomatoes? How about enjoying the rich flavor of garden grown tomatoes throughout the year? Sun dried tomatoes offer a delicious way to preserve the unique tastes of the season.

The heat of an ordinary oven is a safe and reliable alternative to drying tomatoes in the sun. To make approximately one pint of sun dried tomatoes, you’ll need about five pounds garden ripe tomatoes, a sprinkling of herbs, salt, black pepper, sugar, and good quality olive oil for packing.

To do: Preheat oven to 200 degrees. Slice tomatoes about a half inch thick. If you slice them thinner, they will dry sooner, but for best results cut at least 1/3” thick to prevent hard, tough tomatoes. Lay tomatoes out in a single layer on a baking sheet lined with paper towels, sprinkle with salt and allow to set for up to an hour to draw out the natural juices. Drain moisture, discard paper towels and place tomatoes on a tinfoil lined baking sheet. Bake for several hours, turning over at least twice until tomatoes have shrunk and dried but are pliable (think raisins). Allow to cool on wire cake racks.

To pack sun dried tomatoes, mix together a good quality olive oil, black pepper, salt, a dash of sugar (optional), and add herbs of choice and garlic cloves to taste. Pack tomatoes in sterilized jars and cover with olive oil mixture. Store in the refrigerator or tomatoes can be frozen for longer storage.

References:

Colorado State University Extension; Cooperative Extension, The University of Georgia; Michigan Cooperative Extension Food Preservation

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. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

GRADENING

continued from page 9

Boost your cabbage harvest with this trick. Remove firm full-sized heads but leave the lower ring of leaves and roots intact. The plant will form several smaller heads.

Harvest cucumbers based on how you plan to use them. Pick the fruit when it is 1 ½ to 2 ½ inches long if you plan on making sweet pickles. Allow the cucumbers to grow a bit bigger, three to four inches, if dill pickles are on the menu. Harvest those for slicing when the skin is firm, bright green and the fruit is six to nine inches long.

Turn a portion of your harvest into something delicious. Fermentation is a relatively easy preservation technique used for thousands of years. Preserve some of your cucumbers as pickles, cabbage as sauerkraut, and berries as preserves with fermentation. Store fermented fruits and vegetables in a cool, dark place or extend their shelf life by canning the finished product. For most projects, you just need the fruit or vegetables, water, salt, and spices. The desired ingredients are placed in a covered vessel, like Gardener’s Supply three-gallon Fermentation Crock. Weights are used to keep the fruit and vegetables submerged in

water throughout the fermentation process.

If your garden is still producing when frost is in the forecast, extend the harvest season. Cold frames and cloches are tried-and-true techniques used for extending the growing season. A modern method employs floating row covers. These spun fabrics allow air, light, and water through while protecting plants from frosty conditions. Cover the plantings and anchor the fabric in place. Lift to harvest and enjoy several more weeks and even months of garden-fresh produce.

Select the storage and preservation methods that work best for your garden produce, growing location, and lifestyle. Once you enjoy home-grown produce in winter meals, you will start growing more produce to eat fresh, share and preserve.

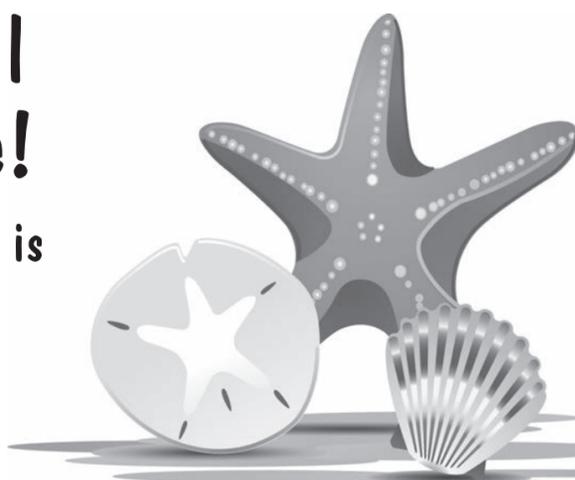
Melinda Myers is the author of numerous gardening books, including Small Space Gardening. She hosts The Great Courses “How to Grow Anything” DVD series and the Melinda’s Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her Web site is www.MelindaMyers.com.

ALL WE KNOW IS LOCAL ~ StonebridgePress.com



Welcome to our 2nd Annual ABC's of Summer Scramble!

The Winner of a random drawing of all entries is **Julie Caron of West Brookfield**
Thank you to all who entered our Scramble Contest and to all of our ABC Businesses.
Hope you will join us again in the Fall!



ABC'S OF SUMMER SCRAMBLE ANSWERS

(These are not in alphabetical order)

1. NSHASEE SALNO
Sheenas Salon

2. UROY CDB EORST
Your CBD Store

3. INHIGSG EERYNG RVNEALTTIEA
Higgins Energy Alternative

4. WHIRDCKA MSRAREF
Hardwick Farmers

5. KIAEAML ADN NJUE
Mikaela and June

6. EMRIROC EELSWJER
Cormier Jewelers

7. EBNS KALETC HKSCA
Bens Tackle Shack

8. BAIETCN OTEPD
Cabinet Depot

9. LOXAMUERU DROF
Lamoureux Ford

10. EATACURC TPSE CLTOONR
Accurate Pest Control

11. REPIOEN EALLVY LOI / RMANCIEA TSNUCID OIL
Pioneer Valley Oil / American Discount Oil

12. IASL CANRO TEXI RLEA SEAETT
Lisa Caron Exit Real Estate

13. BE STAFTL
EB Flatts

14. AOGAUBQ LEIAITAINHOBR
Quaboag Rehabilitation

15. IYOTCVR SERTGOA
Victory Storage

16. DGBUXREI OEHDOPCTSR
Uxbridge Orthopedics

17. DTVICNEAHRZ ALRE STEETA
Vanderzicht Real Estate

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Cahill Tire and Auto

20. SODOYW TUAO YDOB
Woodys Auto Body

21. RNOAIRDD OEKFE EASH
Dorrinda Okeefe Shea

22. IFVE VLAEOS
Five Loaves

23. ASLN TNPAI TNEREC NALS
Paint Center

24. ADEVS LCAEANPSPI
Daves Appliances

25. 'FLESDEE FEFCOE PSOHEP
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26. TEH MIVGON ERWC
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SHREWSBURY – Waterfront – Flint Pond w/Direct Boating Access to Lake Quinsigamond! The Quiet of Flint, All the Action of Quinsig! Privacy Galore on Sargents Island – 4.27 Acres – 2,000' Waterfront! Beautiful Sunrises & Sunsets! Looking for a Getaway, Principal Residence or Second Home, Winters in Florida, Summers on the Island! Tons of Potential, Do a Little or Do a Lot! 4+ Rm, 1 Bdrm, 1.5 Bath "A" Frame with the Ability to Finish the Walk-out Lower Level, add a Family Rm, Bdrm, Bathrm! Nature Abounds, Visited by Deer, Fox, Eagles & More! In Time for Summer! **\$579,900.00**

OXFORD – 377 Main St! 9 Rm Center Hall Colonial! .59 Acre Corner Lot! Charm of Yesteryear! Eat-In Frplcd Granite Kit w/Updated Cabinets, Frplcd Din Rm w/Built-in China Cabinet & Butler Closet! Gracious Foyer! Spacious Frplcd Liv Rm! Breezeway to a Home Office or an Unfinished Cathedral Ceiling Fam Rm or Craft Rm! Sit on the Front Porch and Enjoy Morning Coffee or Evening Tea! Huge 2-Car Garage w/Loft-Storage Area! Mature Tree Studded Yard! **\$339,000.00**

WEBSTER – 10 Wyman St! Webster Lake Neighborhood Access at Lakeside Beach & State Boat Ramp Near-by! 10,000' Lot! 1 Level Living! 11 Rooms, 4 Bedrooms, 2 Baths! Room for the Extended Family! 2 Complete Living Quarters! A/C! LP Gas Heat! Town Services! 2 Driveways! Fenced Back Yard! 2 Sheds! **\$189,900.00**

DOUGLAS – 102 SE Main St! Start Packing! Spacious 9 Rm Colonial! 2.23 Acres! Center Island Granite Kit w/Soft Close Cabs, SS Appliances! Slider to 24' Deck! Open Floor Plan! Hickory Wood Floors throughout the Kit, Din & Liv Rms, all w/Recessed Lighting! 1st Flr Office or Possible 4th Bdrm w/Dak Hrdwd Flr Full Bath in the Hall! 2nd Flr w/Full Dble Vanity Bthrm & 3 Comfortable Bdrms, all w/Beautiful Wood Laminate Flr! Master w/Cathedral Ceiling, Skylight, Ceiling Fan, Bay Window overlooking the Back Yard and a Master Bath! Lower Level w/2 Finished Rms, Utility Rm w/Laundry and Half Bath! 3.5 Baths Total! Recent C/Air, Heat & Roof! 2x26 2 Car Detached Garage! Huge Shed! Nearby Nature Trails & Wallum Lake Beach! **\$379,900.00**

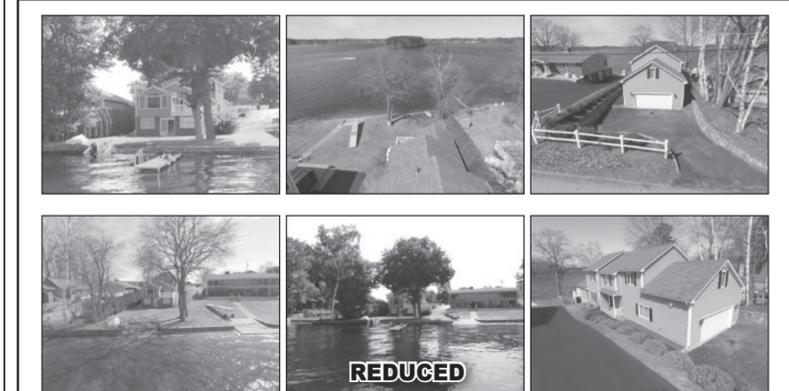


WEBSTER LAKE – 112 Gore Rd! NORTH POND! Sucker Brook Cove! 8 Rm, 3 Bdrm, 1.5 Bath Ranch is Ready for You! Southwestern Exposure! Gorgeous Sunsets! Unique Waterfront! An Open Floor Plan! Lake Views from Nearly All Rooms! 2x6 Construction! Energy Efficient Blinds in Every Room! 4 Oil Tanks - Fill Up Once a Year! C/Air! Gas Fireplace! Whole House Fan! Meticulously Cared For! Large workshop! 3 Car Garage! Carport! 2 Sheds w/Electric! Back Yard is Perfect for Family Gatherings! Plenty of Off Street Parking! Summer is Here! **\$539,900.00**

WEBSTER – 4 Jeffrey St! 5 Rm, 2 Bdrm, 2 Bath Ranch! 1/4 Acre Lot! Liv Rm w/Cathedrals & Bay Window! Eat-in Kit w/Is! Master w/Walk-in Closet & Full Bath! Hall Bath w/Laundry! Freshly Painted Int'l Front & Rear Decks! Partially Fenced Yard! Oil Heat! Town Services! Garage! Lakeside Beach & Boat Ramp Near! **\$249,900.00**

WEBSTER LAKE WATERFRONT - 3 Lakeview Rd! Middle Pond – Reid Smith Cove! Ideal Summer or Yr Round 6 Rm Ranch! Western Expo – Beautiful Sunsets! Near All the Excitement that "Indian Ranch" provides, Dining, Concerts & the Indian Princess! An Arched Bridge to Your Own Private Island, a Great Place to Enjoy the Lake from! Open Flr Plan! Being Sold Fully Furnished! Recent Kit w/Quartz Counters, Breakfast Bar, SS Appliances, Tile Flr & Recessed Lighting! Liv Rm w/Hrdwd Flr, 6x14 Lake Facing Picture Window & Stone Frplc! 3 Remodeled Bdrms w/Ceiling Fans & Hrdwd Flrs! Master w/Bath & Laundry Closet! Screen Porch w/Lake Views! Dock! Carport! Shed! Still Time for this Summer! **\$579,900.00**

GRAFTON – 168 Brigham Hill Rd! 8 Rm Garrison Colonial set on 1.3 Acres! 4 Comfortable Bdrms & 2 Full Bthrms! Freshly Painted, Floors Recently Refinished! Spacious Kit w/Lunch Counter! SS Appliances w/Gas Cook-Top! Grand Dining Rm for Family Gatherings! 13x26 Living Rm w/Pellet Stove! Master Bdrm w/Dble Closets & Hot Tub! Bright & Airy Mudroom out to the 2 Car Garage! Furnace & Hot Water Tank 5 Years Young! Radon tested at 2.5! Newer Roof on Garage & Breezeway! New Well Water Tank Installed! Tile V in-hand! Property Abuts Grafton Land Trust - Hiking Trails Right Out Your Back Door! Convenient to Routes 90, 9 & 20! Immediate Occupancy! **\$449,900.00**



WEBSTER LAKE – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Applianced Granite Kit! Formal Din Rm w/Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frplcd Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! **\$949,900.00**



WEBSTER LAKE - 11 Bay View Rd! One of the Lake's Premier Properties! 9,822' of Nice! .68 Acres of Park Like Grounds! 297' Waterfront! \$4 Million Spent, Nothing Spared! 17 Rms! 5 Water View Bdrms, 5.5 Bathrooms! Brazilian Cherry Hrdwd Flrs, Grand & Spiral Stairways! Elevator, Ground Flr to Master Suite! In-door Resistance Swimming Pool, Hot Tub & Bthrm w/Steam Shower off Exercise Rm! Billiard Rm! Media Rm! Center Isl Granite Kit w/Viking Gas Range, Sub-Zero Frig, Pantry & Breakfast Bar! Open Flr 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 w/Multi-Head Shower, Whirlpool, Dble Vanity, Separate Commode/Bidet/Sink Area! 16 2's of Updated Geothermal Heat/A/C! Recessed Lights & Fire Sprinklers Through Out! 3 Car Garage! Generator! Slate Roof! Reward Yourself! **\$2,499,900.00**



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THOMPSON - 452 FABYAN ROAD

Impressive Gambel Colonial! 2,343 SF, 3 BRs, 2-1/2 Baths, Main Level Master BR Suite! Private Master suite bath w/whirlpool tub & shower. A. Spacious Near-Boardwalk Gateway Destination or Full Time Country Home on 2.41 +/- PRIVATE Acreal cathedral wood ceilings & wide board pine floors & a truly unique 2 story floor plan! Granite counter-tops, stainless appliances, gas cook-top & ceramic tile floors! 2nd bedrooms & a full bath, cross the hallway to the right to a gigantic, bright room with vintage balcony! Over sized 2 car detached garage w/huge ceiling, and a huge unfurnished 2nd story room! TRULY A FAR-ABOVE PLACE NEARBY!
\$399,500.

WEBSTER - 56 CUSHING ROAD

ON DEPOSIT

FIRST TIME OFFERED! Meticulously Cared for & Loved – 4 Bedroom / 2 Bath, 1963 Capel Natural GAS Heat, Town Services! Boiler – Just Like New! Corner Lot, Garage! 2nd Flr – 2 Lg Bdrms! Bathroom, Hardwood Floors, This House is Ready for a New Family, is it YOU? Call today, Don't Delay!
\$272,900.

WEBSTER - 195-199 THOMPSON RD



3 ACRE COMMERCIAL SITE! APPROX. 550 FT ROAD FRONTAGE ON STATE HIGHWAY RTE 193 A/K/A THOMPSON ROAD. STRATEGICALLY NESTLED BETWEEN TWO (2) I-395 (NORTH & SOUTH) ON-RAMPS & TWO (2) I-395 (NORTH & SOUTH) OFF-RAMPS! PROPERTY DIRECTLY ABUTS I-395! 48'x80' CONCRETE BLOCK BUILDING, 7,680 SF TOTAL! FULL LOWER LEVEL USE & DRIVE IN GARAGE DOOR! HIGH TRAFFIC – HIGH EXPOSURE! WHAT DO YOU HAVE PLANNED?
\$600,000.

OXFORD - 4 LEICESTER ST



LAND Great Opportunity for Developer! Total 8.47 +/- Acres. 6.54 Acres on Tract I, 1.93 Acres for Tract II. Excellent location for quick commuter access to several State Highways. Nice scenic nature views. Town water & Sewer in the street. Wetland Delineation.
\$89,900.

WEBSTER - 36 PARK AVENUE



SORRY, SOLD!

Well cared for Colonial on Park Avenue! Hardwoods! Formal dining room, eat in kitchen, 3 bedrooms! Hollywood Bath. 1-1/2 baths total. deck! Garage! Freshly Painted!
\$264,900.

DUDLEY - G & S DRIVE



SORRY, SOLD!

Great location! Painted and ready to move in! Hardwood floors! Brick fireplace & cathedral ceiling! Open floor plan! rear covered porch. 2 large bedrooms. 1 & 1/2 baths! Recent roof in Yr. 2019.
assisted sale **\$260,000.**

LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Potential for a 2 family to be built! Town Water, Sewer. **SORRY SOLD \$70,000**

Webster - 85 Upper Gore w/View of the Lake. 1+ acre! Much work done! Artesian well, Septic Design & Conservation. **NEW PRICE! \$115,000**

Webster - Cooper Rd 2 Buildable Lots! Water/Sewer Access, Zoned Lake Residential! **\$49,000. ON DEPOSIT**

Douglas-Mount Daniels Lot #2-2.25 Acres. of flat land that abuts Douglas State Forest! **\$132,900**

Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Possible to be subdivided. **NEW PRICE \$89,900**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

WEBSTER LAKE - 28 BLACK POINT RD



BOATER'S & FISHERMAN'S PARADISE! 2019 custom capel! Nnew 28 ft poly dock on a 4ft plus deep channel in quiet lower cedar cove" move to end after central AC! The benefits of Lake Living! Enjoy Sunrise Lake Views from an Expansive Back Deck & Sunset Views from your Farmer's Porch. Open Floor Plan, Cathedral Ceilings, Stone Fireplace, Upscale Gourmet Kitchen w/Huge Island, Sunny Breakfast Area w/Built In Beverage Nook, Vaulted Loft, Formal Dining, Office, Laundry Room, Oversized 2 Car Garage & 2 BRs with 1 Full Bath, 2nd FL Features, Very Private Master BR Suite, Lg Walk-in Closet, Full Bath w/ double vanity, Private W/C, large Walk-in Tile Shower! 1,500 SF+ Basement for FUTURE ENTERTAINMENT or Possible IN-LAW AREA w/ INSIDE & OUTSIDE ACCESS. Rough Plumbed for Full Bath and KIT., Central A/C! Check out our Video Tool!
NEW PRICE \$625,000.

WEBSTER LAKE - 100 LAKESIDE AVE



ON DEPOSIT

All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplace living room, gourmet kitchen, lake facing dining, formal dining room, media room & spacious 1st floor guest BR Suite w/private bath. Incredible 2nd floor fireplace lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! **Remember, Timing is Everything \$1,075,000.**

LAKE SHIRLEY - 647 RESERVOIR RD



SORRY, SOLD!

Lakefront! Lake Shirley! Modern Flare on a Lakefront Colonial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, impala black granite, center island, 3 season porch, overlooking the lake. 1st FL bedroom suite w/ shower and jacuzzi tub. 2nd floor Master Suite! Lower level Summer kitchen, full bath, game room, Crown moulding & hardwood floors throughout, wired sound system, radiant floors, oversize 2 car garage. Additional Guest House!
assisted sale **\$899,000.**



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Why the water matters to novice kayakers

Kayaking is a fun way to spend an afternoon, particularly in summertime. If smiles on the faces of kayakers aren't enough to convince you just how fun this sport can be, perhaps statistics can convince you how enjoyable it is to paddle away in a kayak.

According to the Physical Activity Council, which each year conducts the largest single-source research study of sports, recreation and leisure activity participation in the United States, recreational kayaking is the most popular paddlesport in the United States, attracting more than 11 million participants each year.

People who have never before been in a kayak may be intrigued by those statistics and tempted to follow the example set by millions of kayakers who take to the water every day when the weather permits. Safety should be a top priority for all kayakers, and especially for novices. A kayaking course can be a great way for novices to familiarize themselves with the basics of kayaking, including the best practices in regard to staying safe on the water. Local watersports retailers and recreational organizations that take watersports enthusiasts out on the water may offer safety courses, and these courses can be great resources while also



helping people get their feet wet before paddling away.

When kayaking for the first time, it's important that novices choose the right type of water for their experience level. Rough, choppy waters can prove challenging to even the most skilled kayakers, and these same waters can be deadly for novices. The following are some characteristics novice kayakers should look

for in a body of water before pushing themselves and their kayakers into the current.

- **Size:** Novices should avoid vast bodies of water, such as oceans, rivers or large lakes, until they gain more experience. Large ponds and small lakes can be great places to gain some experience and familiarize oneself with the nuances of paddling.

- **Demeanor:** Demeanor might not be a trait one normally associates with water, but looking at a body of water in this way can be a great way to determine if it's the right place for a novice. If a body of water is raging, with choppy waters and rapid waves, then steer clear. If the water is calm, then it's likely a safe spot for novices.

- **Traffic:** Novices may be intimidated by crowds, but other kayakers can serve as something of a safety net for novices. Kayaking is a fun group activity, and novice paddlers should never go it alone.

- **Variety:** Novices should steer clear of waters that allow power boats. Such vessels can alter paddling conditions quickly, and that can put novices in potentially precarious positions. Stick to waters that allow only canoes or other boats that won't affect water conditions.

- **Access:** Until they get more comfortable in their kayaks, novice kayakers should stay close to shorelines so they have quick and simple access to land should they struggle to get acclimate to the water and being in a kayak.

Kayaking is a popular activity that even novices can enjoy, especially when they take certain measures to ensure their safety.

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 508-434-0630

Light Equipment Operator (LEO):

Town of Spencer seeks applicants to fill the Light Equipment Operator position in the Highway Department. This position is responsible for the operation of light equipment, snowplows, motorized and non-motorized hand tools. The work involves repair and maintenance of highway infrastructure including but not limited to roads, sidewalks, stormwater systems and street signs, vegetation control, snow plowing and sanding, maintenance of parks, cemeteries, and grounds. This highly responsible position is subject to emergency call-ins to respond to emergencies. High School diploma or GED plus a Mass CDL Class B are required, additional license and certifications beneficial. The willingness to be trained and increase skills 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 education, and license cost reimbursement.

Submit resume and standard Town application available at www.spencerma.gov to Town of Spencer, Town Administrator's Office, 157 Main Street, Spencer MA 01562. Subject to Union Rules and Regulation, EEO Employer.

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130 YARD SALES

YARD SALE: there will be a yard sale of a different kind from 9am-3pm. Saturday August, 22 at 385 Morris St. in Southbridge. This yard sale will feature only rebuilt lawnmowers. Stopby early before they are all gone.

DRIVER WANTED

with own car to accompany older person on shopping trips in Southbridge. Must be polite and caring. Well compensated.
Call 860-974-0028



HELP WANTED

for outside home maintenance such as gardening and lawn care in the Woodstock area.
Please call 860-974-0028

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284 Lost & Found PETS

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400 SERVICES

442 LICENSED DAY CARE

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Valley View School is a small, residential boarding school. Meals include breakfast, lunch, and dinner.

Schedule includes weekdays and weekend shifts.

If you enjoy cooking nutritious and tasty meals and want to make a difference in the lives of students in a small, friendly setting, please contact Kim Beatson at k.beatson@valleyviewschool.org

Mechanic / Heavy Equipment Operator (HEO):

The Town of Spencer seeks qualified applicants to fill the HEO/ Mechanic position in the Highway Department. This position is responsible for the repair, retrofit and service of Highway Equipment and Vehicles, including welding and fabricating steel components. The position also is responsible for operating of heavy and light equipment, plowing and salting, repairing and maintaining stormwater systems, repairing streets and sidewalks, debris removal and other tasks assigned by the Foreman or Superintendent. The position is expected to perform skilled labor duties, be able to lead the repair activities and be the OSHA Competent Person on site. This highly responsible position is subject to emergency call-ins to respond to emergencies. High School diploma or GED, plus five years of related experience in operating heavy equipment, a Mass CDL Class B, and Hoisting 2A are required, additional license and certifications beneficial. Base pay for this position ranges from \$23.12 to \$28.49 and includes a generous benefits package, including clothing allowance, continuing education, and license cost reimbursement.

Submit resume and standard Town application (available at www.spencerma.gov) to Town of Spencer, Town Administrator's Office, 157 Main Street, Spencer MA 01562. Subject to Union Rules and Regulation, EEO Employer.

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Kid-friendly staycation ideas

Adults may see staycations as great opportunities to catch up on summer reading and finish projects around the house. Children, however, may not always approach time off at home with that same enthusiasm.

Parents confronted with the challenge of keeping kids happy and engaged during staycations can try these kid-friendly ideas to ensure everyone enjoys their

time off, even if the bulk of it is spent at home.

• Hit the carnival circuit. Traveling carnivals are a staple of summer in many small communities. These special events feature rides, games and, of course, food. Families can make a night of it at a nearby carnival (one is no doubt within driving distance on just about any night in July and August). Budget-conscious

staycationers can attend carnivals on bracelet nights, when both adults and kids can typically enjoy endless rides for one set price as opposed to having to purchase tickets for each individual ride.

• Find a place to swim. Whether it's a nearby lake or a day at the ocean, a weekday afternoon spent swimming is a great way to remind the family that a staycation is still a vacation. If swimming in a lake or in the ocean is not possible and you don't have the luxury of a backyard pool, purchase an inflatable pool (or two) that the whole family can enjoy.

• Embrace your inner artists. Parents can visit a local arts and crafts store and spend a day painting or making projects

with their children. Choose a theme, like making jewelry or painting a family portrait, and then exchange your masterpieces or create a family art exhibit when the session is over.

• Go fishing. Fishing can be a fun activity for the whole family and a great way to get out of the house without breaking the bank. Create a competition to see who can catch the most and/or the biggest fish. If you catch fish that you're allowed to take home, involve the whole family in making a delicious fish dinner that night.

Staycations can be fun for the whole family, especially when parents take time to organize a host of kid-friendly activities.

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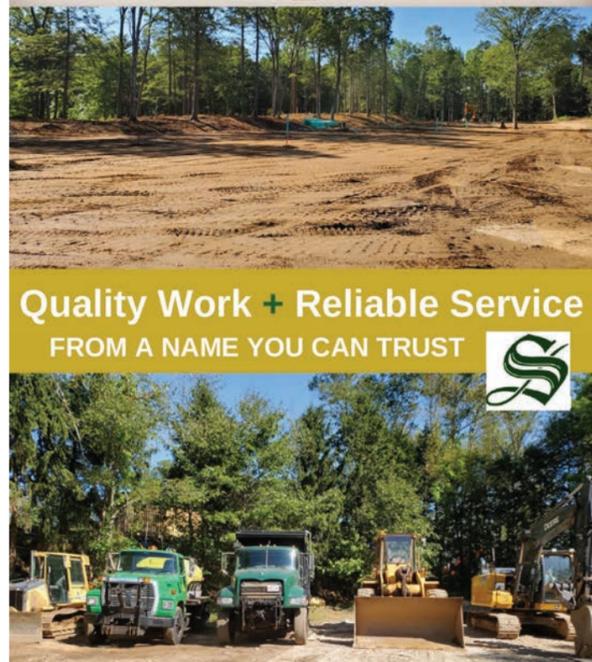
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