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Friday, August 7, 2020

Norcross Wildlife Foundation names new Executive Director

WALEs — The Norcross Wildlife Foundation Board of Directors is delighted to announce that J. Edward Hood will step into the role of Executive Director on September 1, 2020. Mr. Hood will lead the dedicated staff and volunteers of the Foundation, working alongside the Board to usher in a new era of growth and impact for the organization.

Elizabeth Austin, Chair of the Board of Directors, described the appointment as a major milestone in the Foundation's history.

"Ed brings tremendous expertise in land conservation, a keen understanding of sustainable stewardship practices, and extensive experience in developing educational programming for the public," she

said. "We are thrilled to have him at the helm, and look forward to collaborating with him to take the Foundation forward in new and exciting ways."

Mr. Hood has nearly 30 years of progressive experience leading teams and organizations that invite the public to engage with nature, history, and culture through a variety of programs and activities. Since 2014, he has served as the first Executive Director of the Opacum Land Trust, where he oversaw a doubling of both acres protected and the organizational budget. During the previous 25 years, Mr. Hood served in progressive leadership roles at Old Sturbridge Village. In service of Norcross' mission, Mr. Hood will leverage his existing regional network, including the

MassConn Sustainable Forest Partnership, a consortium of 30 conservation organizations working in south-central Massachusetts and northeastern Connecticut, which he has coordinated since 2014.

"I immediately fell in love with this region when I moved here in 1985," said Mr. Hood, "and have spent my career studying and preserving its history, archaeology, landscape and environment. The opportunity to lead the Norcross Wildlife Foundation will be an awesome, thrilling, and humbling experience. I very much look forward to working with the staff, board of directors and regional partners in this effort."

Established in 1939 by Arthur D. Norcross, the Norcross Wildlife Foundation

works to: protect, enhance and expand habitat for wildlife, primarily at the Norcross Wildlife Sanctuary and land holdings in the surrounding towns of Monson, Wales, Holland, and Brimfield, and Stafford and Union, Conn.; propagate, establish, restore and maintain populations of threatened and endangered plants native to New England; provide the public with education programs in natural and environmental science; and protect and conserve wild land and wildlife wherever threatened.

The search to identify the Norcross Wildlife Foundation's new Executive Director was conducted by NPAG, who partners with global, mission-driven clients to deliver highly-tailored and strategic senior- and executive-level searches,



J. Edward Hood

as well as related consulting services on leadership transitions, organizational change, talent management, and board development.



Brimfield Town Wide Tag Sale set for Aug. 22

BRIMFIELD — Rain or shine, the Tenth Annual Brimfield Town Wide Tag Sale is coming Saturday, Aug. 22 at 8 a.m. Hitchcock Academy takes care of all the publicity so that sellers can dedicate themselves to having a successful event.

After registering online at www.hitchcockacademy.org and paying the \$12 fee, sellers get their own numbered listing on a Brimfield map. The listing includes location and a short, 65-character, description of the items or type of items for sale at each stop. Maps become available free online beginning on Friday, Aug. 21. Or, if buyers prefer, they can pick up a printed map for \$2, also beginning Friday, Aug. 21 at Hitchcock Academy, 2 Brookfield Rd. in Brimfield.

For people, who lack space to hold a yard sale, Hitchcock Academy will have some areas to set up on their lawn. People utilizing Hitchcock Academy lawn space will be listed individually on the tag sale map. Last year nearly 30 households took part in the event and this year, after all the cleaning out that took place during quarantine, the hope is that even more people will participate. Tag sales provide win/win opportunities for both buyers and sellers. Buyers are repurposing unused items, which keeps these things out of local landfills and sellers gain household space and a little cash.

Those who wish to host a tag sale can stop into HFA to register, or they can register online by Monday,

Aug. 17 by 5 p.m. Once registered, sellers must stop the Hitchcock Academy office to pick up their numbered sign. Hitchcock Academy will advertise the Town Wide event on local media outlets and sellers are encouraged to use social media to publicize their sale to friends and family. Those sellers, who wish to continue their sale to Sunday at their home can inform Hitchcock Academy and the additional day will be noted on their map entry.

For a free online map of the sale go to www.mahomesllc.com. Hitchcock Academy, Executive Director, Cindy Skowrya offers, "many thanks," to Stephanie Bayliss who sponsors this event. Skowrya also asks that participants social distance and wear masks when required.

Sip and Stars benefit planned for Hitchcock Academy

BRIMFIELD — Sip and Stars at the Brimfield Winery, 35 Main St. (Route 20) in Brimfield promises a big field, short lines, award winning food, music, and a large parking area. It's the perfect wide-open spot to view the Perseid's Meteor Shower at its peak. James Paul will provide musical entertainment in the early hours before sunset. This year you must choose from one of two nights to attend: Wednesday, Aug. 12 or Thursday, Aug. 13 from 6 to 10 p.m.

Each adult ticket includes admission, three tastings and one full pour of beer or wine from Brimfield Winery and Rapsallion Brewery. Ticket

holders have the option of mixing and matching their choices. Geoff and Kim McLean from Thames Astronomical Society will bring telescopes for up close viewing, which will be accompanied by a laser guided tour of the night sky. Stargazers are invited to pack a picnic supper or they have the option to splurge from the B.T.'s Smokehouse food truck, which will be serving both nights. No outside beverages will be allowed.

This is the sixth year of the summer benefit for Hitchcock Academy, which combines the local area's favorite libations with a guided tour of the sea-

Turn To **SIP** page **A10**

Trail Committee awarded state grants

STURBRIDGE — The Town of Sturbridge Trail Committee has been informed by the Department of Conservation & Recreation (DCR) Mass Trails Program that our two applications for Mass Trails grant funds were approved, and have been awarded.

The two trail projects that were awarded funds are:

Riverlands flow trails, \$50,000 to build approximately 2.5 miles of "single track" trails on the Riverlands open space parcel. These "single track type 1" designed trails will be constructed in a 4 ft wide, and be laid out in a "flow" style for trail runners and MT bike enthusiasts. They will be the first "flow type" trails to be built by the trail committee, following the Town's Recreation Trails Master Plan. Final design and permitting will occur over this fall and winter with construction anticipated to start next spring. This

2.5 mile start is the first phase of two to build 5 miles of trails on this property.

Grand Trunk Trail, Westville Section. \$150,000 to help complete funding for the engineering, design and permitting to 100% construction ready documents. This work has already started with a Federal Transportation Enhancement Act (TEA) grant from 2005. With this help in engineering/design funds, more of the original TEA grant funds will now be available for construction costs. Currently the Eastern Federal Lands Highway Division of the National Park Service was contracted by MassDOT to take over this grant project and is currently working on taking the previous 25 percent design plans to fully designed, engineers and permitted stage, and then contract and award for construction, set

Turn To **TRAILS** page **A4**

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Local nonprofit introduces youngsters to the outdoors

BY KEVIN FLANDERS
STAFF WRITER

REGION – After spending months cooped up in their homes, several local residents are thrilled to be enjoying the great outdoors this month.

Women of the Outdoors is hosting multiple August events, including sensory friendly youth fishing lessons, an adventure walk, and a cleanup initiative, among others. The Massachusetts-based nonprofit organization uses outdoor recreation activities to educate women and young adults in leadership, responsibility, and compassion.

As part of its sensory friendly fishing program, Women of the Outdoors (WOTO) held youth sessions at Westville Lake Recreation Area in Sturbridge. The sessions were offered through WOTO's Youth of the Outdoors program. It was a thrill for organizers to see youngsters getting outside and enjoying recreation.

"Youth of the Outdoors allows children a positive outlet that gives them a chance to build self-confidence, learn new skills, and make memories that will last a lifetime," said Women of the Outdoors President Phyllis Rowe.

On Saturday, Aug. 15, the organization will host a youth adventure walk at McKinstry Brook in Southbridge. Kids are looking forward to exploring the many sights and sounds of the great outdoors in the summertime.

Additionally, Women of the Outdoors will offer an online women's archery course on Aug. 8. Instructor Kaylee Jade Jackson, who has taught archery for 45 years, will focus on the basics of bows and arrows during the first session. A second program on Aug. 15 will

focus on the proper stance and various shooting techniques.

Moreover, a virtual nationwide women's fish-off is slated for August 22-29. Also, an online adventure hunt for both women and youth will be offered.

Women of the Outdoors is also heavily focused on its cleanup initiative set for this month. Participation in the program is easy, as volunteers can simply take a photo of themselves while cleaning up an outdoor recreation area. Then tag Women of the Outdoors on social media and earn automatic eligibility for several prizes, including gift cards, a two-person tent, a survival bag, and others.

The cleanup effort will run throughout the month of August. More information is available on the organization's website.

"We are motivating women across the nation, with prizes, to clean up their fishing and hiking areas. Conservation and preservation are a large part of our organization," Rowe said.

While many people associate outdoor recreation activities mostly with men, Women of the Outdoors continues to help local women pursue their passions in a fun environment.

"Women of the Outdoors allows women a safe setting to become self-sufficient, connect with other women who share their passions, and prosper in an otherwise male-dominated field," Rowe added.

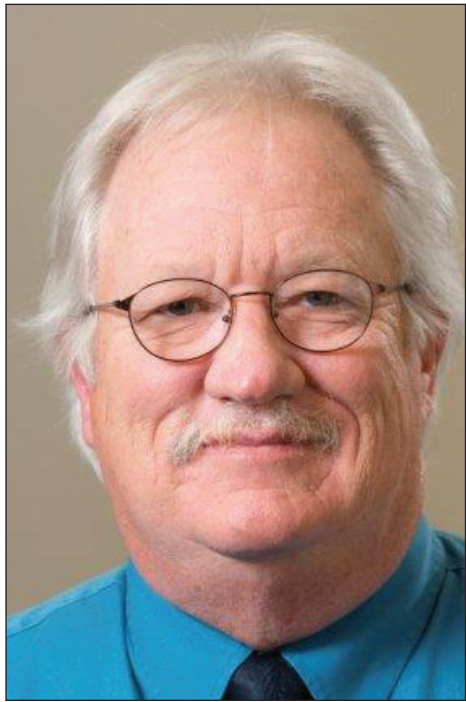
To learn more about Women of the Outdoors, visit www.wotousa.org. You can also check out the organization's Facebook page for announcements on events.



Photo Courtesy

Guests take part in recent events held by Women of the Outdoors.

Open Sky Community Services celebrates career of Director of Training and Consultation



Stephen Murphy

WORCESTER — Open Sky Community Services is celebrating the career and retirement of Stephen Murphy, Director of Training and Consultation. After 38 years and several agency mergers, Stephen completed his last day of work at Open Sky Community Services on June 30.

"My career has been a sequence of happy accidents," said Murphy. "I landed in a place where I was able to

contribute and create my own career path."

Murphy began his career in 1982 with The Bridge of Central Massachusetts at the Northborough Community Residence, the first Department of Mental Health program of the agency. Under the guidance of Murphy, and a core team of staff, The Bridge was able to expand and flourish. To date, there are now over 35 DMH programs under what is now Open Sky. The Bridge and Alternatives, Inc merged in 2018.

"Steve was one of the first essential team members our organization had," said Ken Bates, President and CEO of Open Sky Community Services. "He has helped shape the core values of Open Sky and created national recognition for us in regards to the use of evidence based practices within the mental health field."


Murphy's notable achievements over his career included the development of programs throughout South County, the creation and expansion of the Bridge Training Institute, and his role in Open Sky's awardment of housing vouchers from the U.S. Department of Housing and Urban Development (HUD).

For more information about The Bridge Training Institute, please contact Suzy Langevin or Elesa Humphrey at traininginstitute@openskycs.org.

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

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Kealan
Age 6

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Kealan is a curious boy of Caucasian descent who loves to babble and smile when he is happy. Kealan also loves music and lights up when he hears his favorite songs!

Kealan is on the Autism spectrum and is currently in preschool. Kealan can say a few words, but mainly uses noises and movement to make his needs known. Kealan has a gastrostomy tube for feeding and has made tremendous progress with gaining weight. Having decreased vision causes Kealan to only see about 3-4 feet away without his glasses.

Legally freed for adoption, Kealan's social worker is looking to place him with a family that is able to meet his needs and help him thrive. A family would need to be able to keep up with Kealan's many medical and developmental appointments and help advocate for him in school.

Who Can Adopt?

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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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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.com during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.



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Melody L. Beach Consulting Group acquires Dube Consulting

SOUTHBIDGE — Melody L. Beach, owner of Melody L. Beach Consulting Group, a human resources services company based in Southbridge, Massachusetts, has purchased the human resources consulting business, Dube Consulting.

“I’m very excited about this significant growth opportunity,” Beach said. “I look forward to bringing Dube Consulting’s clients into the fold and forging

new partnerships.”

The sale was completed July 31. The acquisition of Dube Consulting, founded by Nancy Dube in 2009 to provide strategic human resource consulting, outsourcing and retained search, enables Beach to significantly increase her client base and extend her geographic reach to serve more small- and medium-sized businesses. In addition, the expansion will

facilitate the development of relationships with other entities, the creation of new partnerships, and access to greater resources for clients seeking to outsource their human resources needs.

Beach has worked together with Dube since 2017, establishing relationships with many of her clients. Dube relocated her business from Worcester, Massachusetts, to North

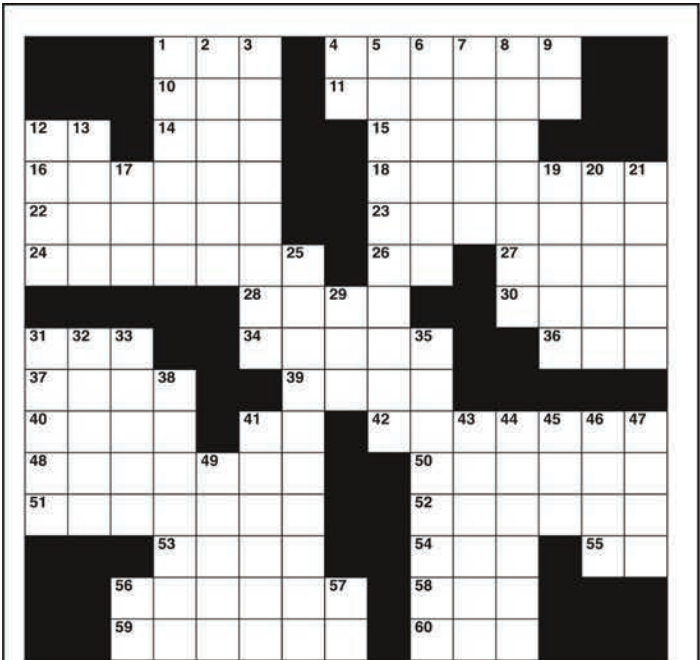
Carolina in 2019.

Melody L. Beach Consulting Group is a Central Massachusetts-based human resources consulting company that provides HR project-based expertise and interim HR management for small- and medium-sized businesses. Beach has more than 20 years of experience in human resources services and founded her company in July 2017. The company offers strategic advice on policies and compliance, employee relations, employee handbooks, HR audits, resume building, talent management and compliance with COVID-19 restrictions.



Melody Beach

Beach can be reached at (508) 330-0343 or Melody@melody-beachconsultinggroup.com.



CLUES ACROSS

1. Opposite of on

4. Creator

10. No seats available

11. About springtime

12. Flagship ESPN show (abbr.)

14. Automobile

15. A matchup

16. Porous volcanic rock

18. Utter repeatedly

22. Not written in any key

23. Revolved

24. Archival

26. Within

27. Smoker’s accessory

28. Disfigure

30. Primordial matter

31. Thrust horse power (abbr.)

34. Kisses
36. Some is iced

37. A way to derive

39. Unaccompanied by others

40. Discontinued Google app

41. Tony B. left his heart there

42. Condiment

48. Ancient Italian city

50. One who distributes payoff money

51. Guarantees

52. Highly decorative

53. A hair on top of the eye

54. Pie ___ mode

55. Spanish be

56. Glued

58. A way to drench

59. Part of the body

60. Changes the color

CLUES DOWN

1. Passerine birds

2. Noisy quarrel

3. The front arm or leg of an animal

4. Early multimedia

5. Golden years

6. Large mollusk

7. Small arm of the sea

8. Persian jurisdiction

9. Atomic #81

12. From end to end

13. Adorable

17. Ma

19. Nearly falling

20. Portable conical tent

21. Excessive fluid accumulation in tissues
25. Fish with high dorsal fins

29. Equal (prefix)

31. Aquatic plant genus

32. Choppers

33. Hand parts

35. Region bordering the sea

38. Well-liked

41. Nap

43. It’s used to make beer

44. Related on the father’s side

45. Senior officer

46. Delicacy (archaic)

47. Figures

49. A way to take away

56. Beloved sandwich ___ & J

57. Symptom typical of withdrawal (abbr.)

REAL ESTATE TRANSACTIONS

BRIMFIELD

\$287,000, 122 Haynes Hill Rd, Giusto, Sandra J, to Cournoyer, Daniel D, and Cournoyer, Tracy.

\$121,900, 251 Brookfield Rd, US Bank NA Tr, to Gass, Kathleen, and Richard, Stephen.

\$30,000, Old Palmer Rd #2, Veratti, Vincent J, to Monat, Susan V.

\$10,000, 97 Little Alum Rd, Stasiowski, Jeffrey, and Stasiowski, Danielle, to Sealander, Colleen.

HOLLAND

\$340,000, 38 Stony Hill Rd, Delisa, James G, and Connell-Delisa, Sylvy, to Alaoui, Tahra I.

\$330,000, 332 Mashapaug Rd, Galett, Gary A, and Carson, Lisa A, to Goodwin, Brandon L, and Goodwin, Sarah R.

\$306,000, 184 Mashapaug Rd, Jacobs, Scott M, to Lagares, Nestor, and Lagares, Erin L.

\$260,000, 90 Vinton Rd, Foster, Paul H, and Foster, Ruth L, to Valentin, Angela L.

\$10,000, Massacommet Shrs #602, Costello, John A, and Costello, Donna M, to Rosenstrach, Arica C.

\$10,000, Massacommet Shrs #603, Costello, John A, and Costello, Donna M, to Rosenstrach, Arica C.

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\$10,000, Massacommet Shrs #606, Costello, John A, and Costello, Donna M, to Rosenstrach, Arica C.

STURBRIDGE

\$410,000, 38 Tannery Rd, Oconnor, Shawn P, to Sadakierski, Devin K, and Soraci, Abigail N.

\$335,000, 140 Main St, Petrillo, Leonard J, to Krini Trikalon Associates.

\$280,000, 134 Podunk Rd, Merrimack Institute LLC, to Kiura, Susan.

\$74,900, 621 Main St, NS 161 LLC, to 13 Deslaurier LLC.

\$61,000, 8 Hillside Dr, Committo, Robert J, and Committo, Virginia C, to Danna, Garrett G.

\$220,500, 48 Capron St #48, Lyons, Susan J, and Lyons, Frederick J, to Aucoin, Preston, and Laporte, Shayna.

Roger Williams University announces Spring 2020 Dean’s List

BRISTOL, R.I. — Select students have been named to the Spring 2020 Dean’s List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean’s List that semester.

Catherine Chasse of Sturbridge
Zackary O’Brien of Sturbridge
About RWU
With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed

to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today’s employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

TRAILS

continued from page A1

for August 2021. This will build the GTT from its current end at the Ed Calcutt Bridge out to the River/Farquhar Rd intersection, a distance of three quarters of a mile.

These two projects now join the two grants projects awarded last year, the \$12,500 grant for the GTT Central Section feasibility study and the \$44,000 grant for construction of the 22 vehicle Riverlands Parking lot, and the first 2000 ft of the Grand Trunk Trail on the Riverlands property. The feasibility study was just completed on June 30th, and construction has started on the Riverlands parking lot which is expected to be com-

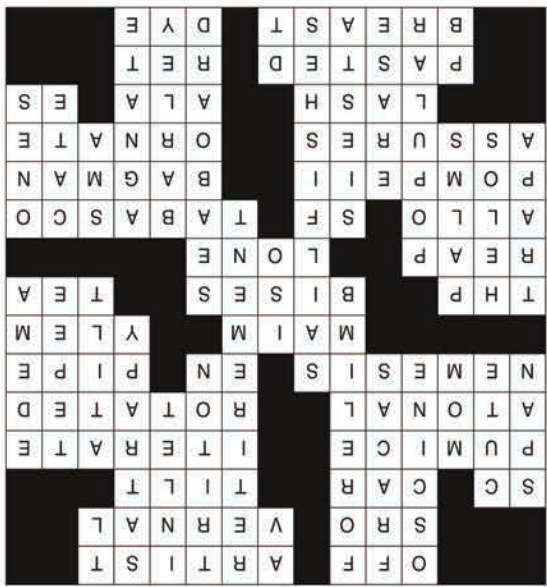
pleted later this fall.

Sturbridge now has a two year Mass Trails grant award total of \$256,500.

The grants were prepared by Trail Committee Chair Brandon Goodwin, and members Fritz Reeves and Tom Chamberland, assisted by the Town Planner Jean Bubon and Conservation Agent Becky Gendreau.

The Trail committee holds monthly meetings on the second Thursday of the month and monthly volunteer work days on the third Saturday of the Month, and supported by the local “Friends of Sturbridge Trails” ‘ (FrOST) group. More information on the Sturbridge Trail Committee and to download a copy of the Sturbridge Guide to Open Spaces can be found on the town Web site, www.sturbridge.gov.

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Sturbridge resident receives Nursing pin

PAXTON — Sturbridge resident, Alexis Kunesch, Nursing major, received her Nursing pin as a graduate of Anna Maria College's Class of 2020.

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Baker announces self-quarantine requirement for visitors

BY KEVIN FLANDERS
STAFF WRITER

REGION – If you're planning to travel to states that have become COVID-19 hotspots, you'll need to add a 14-day quarantine into your plans after returning.

Massachusetts has reached a manageable level of new daily COVID-19 cases, but officials are afraid that travelers from the southern and western portions of the country could bring the virus with them and cause a second wave in New England.

To help prevent the spread, Gov. Charlie Baker recently announced that, effective Aug. 1, all travelers entering Massachusetts from high-risk states must quarantine for 14 days. This includes Massachusetts residents returning home from vacation, as well as college students arriving for the first semester.

"Every traveler coming to Massachusetts, no matter where they're from, has a responsibility to help keep COVID-19 out of the Commonwealth," Baker said.

The Governor recently expressed frustration with large social gatherings statewide and irresponsible behavior from travelers, which he blames for the rise in new cases late last month.

"There are no shortcuts when it comes to containing COVID-19," Baker added. "For months, residents have been vigilant and adjusted their daily routines. We cannot – and we must not – let up now. Do not travel here if you have symptoms of COVID-19."

In addition to quarantining for 14 days, travelers from high-risk states

must fill out a "Massachusetts Travel Form." Exemptions will be made for travelers from low-risk states, as well as those who can produce a negative COVID-19 test result administered no more than 72 hours prior to arriving in Massachusetts.

Travelers who get a test in Massachusetts must remain in quarantine until they receive their negative test results. Failure to comply may result in a \$500 fine.

Based on current public health data, low-risk states in the northeast include New York, New Jersey, Connecticut, Maine, Rhode Island, Vermont, and New Hampshire. Travel from these states to Massachusetts is permissible with no quarantine requirements.

The list of low-risk states is subject to change based on public health data, and states may be added or taken off the list at any time.

Additional exemptions include the following:

Travelers passing through the state without leaving their vehicles

Travelers commuting across state lines for work

Travelers arriving in Massachusetts for medical treatment

Individuals complying with military orders, or traveling to work in federally designated critical infrastructure sectors

Travelers will be informed of the latest regulations by airlines, passenger rail corporations, bus companies, and major travel agents facilitating travel to Massachusetts.

Additional information on the travel order is available at www.mass.gov/MATraveler.



Photo Courtesy

Gov. Charlie Baker discusses a new travel order.

gov/MATraveler. You can also text "MATraveler" to 888-777.

The Baker Administration also announced updates to the Commonwealth's COVID-19 mandatory safety standards for workplaces to incorporate the requirements of the travel order. This includes sector-specific guidance for lodging, higher education, and office spaces, among others.

"Employers are strongly discouraged from allowing business-related travel

to destinations other than those appearing on the list of COVID-19 lower risk states," read a statement released by the Baker Administration. "Employers that permit employer-paid or reimbursed travel to those states should take measures to ensure employees comply with this order."

Meanwhile, state officials remind all travelers and residents that they must continue following requirements for face coverings and social distancing.



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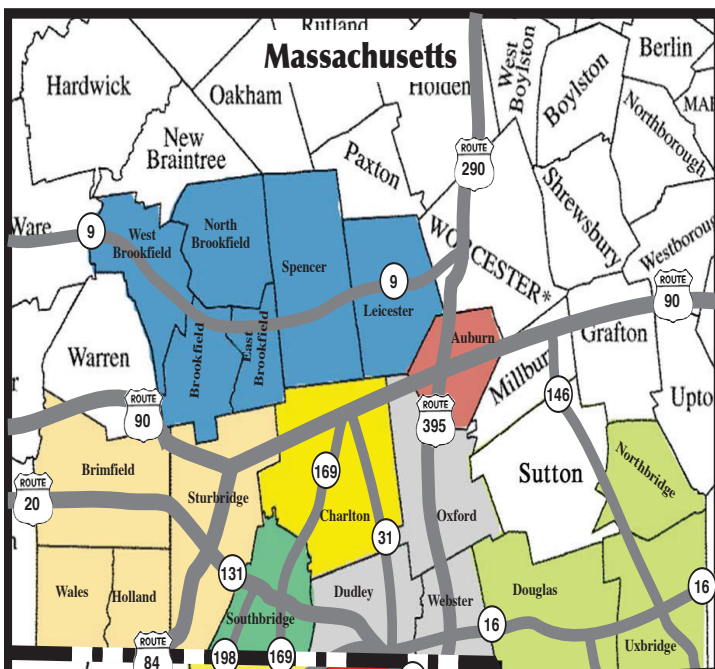
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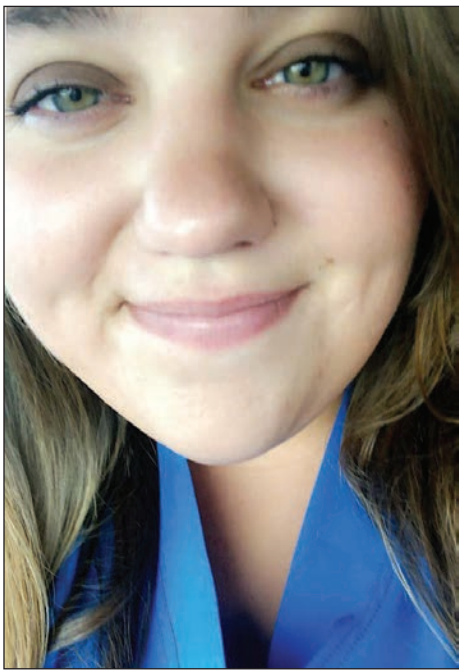
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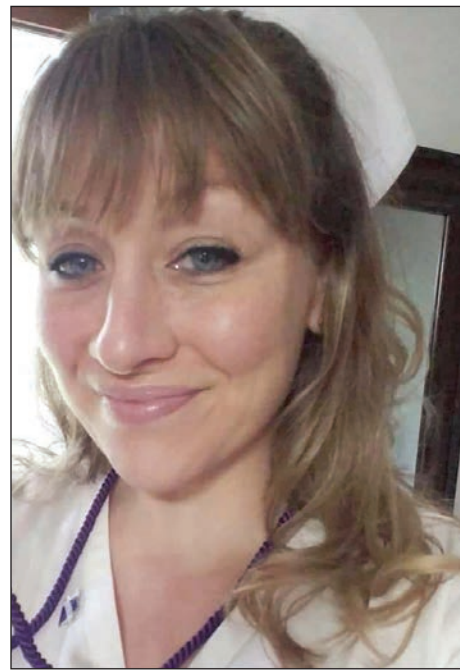
Four Bay Path Practical grads pass NCLEX-PN on first try



Kaitalyn Chunis



Cynthia Harris



JoAnn Milford



Robin Peters

CHARLTON — The Bay Path Practical Nursing (PN) Academy Class of 2020 graduated 25 students. Four of the graduates recently celebrated their successful passing of NCLEX-PN take one. The successful graduates are Kaitalyn Chunis, LPN of Millbury, Cynthia Harris, LPN of Ludlow, Robin Peters, LPN of Douglas, and JoAnn Milford of Woodstock, Conn.

Academy Director Gretheline Bolandrino, MSN Ed, RN, CRRN acknowledged that the Bay Path Practical Nursing Academy's curriculum is usually rigorous and challenging. The program presented even more obstacles for the PN students as they changed to remote learning on March 13. The PN students faced restrictions due to the COVID-19 pandemic. While the pandemic posed complications to their education, the PN class of 2020 made it through the program despite some working as Certified Nursing Assistants and some even became frontline workers.

"Thankfully, the PN faculty and Students transitioned from a face-to-face set-up to a remote learning environment seamlessly," said Bolandrino.

"PN Students attended zoom meetings and VSIm, synchronized with Shadow Health sessions and they had access to the faculty and staff within this platform 24/7. Every effort was made to make them feel connected in a 'disconnected' environment. The PN students adjusted to the sudden and complete change in the learning environment. Additionally, they recognized their need to be safe, competent, and prudent nurses. Some won Kindness Awards along the way! They are doing well as frontline workers!"

Kaitalyn Chunis, LPN (Millbury)
Certified, Mental Health First Aid (National Council for Behavioral Health Mental Health First Aid)
Certified, Dementia Care
Attendee, Stop The Bleed Course (American College of Surgeons Committee on Trauma)
Grand Prize Winner, JetBlue Healthcare Heroes

Cynthia Harris, LPN (Ludlow)
Certified, Mental Health First Aid (National Council for Behavioral Health Mental Health First Aid)
Certified, Dementia Care

Attendee, Stop The Bleed Course (American College of Surgeons Committee on Trauma)
Inducted, National Technical Honor Society
Volunteer, Walk to End Alzheimer's Nominee, Clinical Excellence Award
Member, UNICEF Club

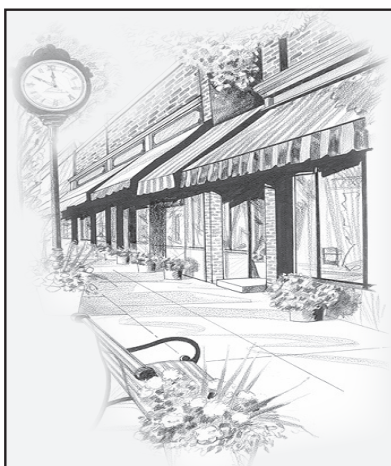
JoAnn Milford, LPN (Woodstock, Conn.)
Certified, Mental Health First Aid (National Council for Behavioral Health Mental Health First Aid)
Certified, Dementia Care
Attendee, Stop The Bleed Course (American College of Surgeons Committee on Trauma)
Inducted, National Technical Honor Society
Recipient, The Virginia Dockstader Academic Excellence Award

Robin Peters, LPN (Douglas)
Certified, Mental Health First Aid (National Council for Behavioral Health Mental Health First Aid)
Recipient, MassHire Grant
Certified, Dementia Care
Volunteer, MassHire Job Fair

Volunteer, Bagong Kulturang Pinoy (www.bkpinc.org)
Attendee, Stop The Bleed Course (American College of Surgeons Committee on Trauma)
Volunteer, Alzheimer's Walk
Member, UNICEF Club

For more information about the Bay Path Practical Nursing Academy, contact Ruth Betz, AS, LPN at 508-248-5972, ext. 1674 or RBetz@baypath.net or visit www.baypath.net.

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



Community Connection

To join this page call June at 508-909-4062 or email jsima@stonebridgepress.news or Mikaela at (508) 909-4126 mikaela@stonebridgepress.news

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BRENDAN BERUBE
EDITOR

EDITORIAL

Advice for avoiding burnout

Most individuals take time during the summer months to unwind and sort of reset after a busy fall, winter and spring. Summer vibes are usually all about taking things slow and soaking up as much sunshine as possible before winter strikes. Many people who suffer from “burnout” welcome the longer days and warmer weather, however sometimes these three months of frisbee throwing and hanging by the lake aren’t enough.

With the go-go-go culture that has taken over our society, many people find themselves burnt out, to their detriment. Experts say people can reverse that feeling of burn out and we decided to share what we have found with our readers, especially given the current unease the pandemic has brought on. The future remains uncertain; we still have no idea what school or universities will look like this fall, and whether a vaccine really is on the horizon.

If work and stress is taking its toll on you, you may need to make some changes there. Experts say that often times simply talking it out with a co-worker or supervisor can help to get things off your chest, especially if the consensus is to create a healthier work environment. Some people have found that the only way to cure burnout is to change positions, however without proper techniques every job, could eventually burn you out. Noted is the newfound appreciation to even be employed, given the high unemployment rates due to Covid.

Managing stress properly is important, however not everyone knows exactly what that entails. Healthy eating, exercise and proper sleep are the easiest things one can do to ease stress in other aspects of your life. Most people who are over working themselves claim that time is an issue. There is no time to exercise, no time to sleep, no time to eat healthy. Point blank, if they can put a man on the moon, you can find the time to put yourself first without letting your job duties fall by the wayside. This could include little tricks such as parking your car far from the entry of a place to extend the walk, taking the stairs or even placing your computer on a counter so that your sitting time is lessened. Everyone knows what works best for themselves, so often times a bit of creativity and resourcefulness is needed.

A vacation can help ease burnout symptoms but often, a week isn’t enough time to truly combat burnout. Further, vacationing seems to be off the table for the time being. Trying to play tourist in your own backyard will have to suffice.

Finding a release is imperative, whether it’s going for a run or simply tuning out with a good movie or an old fashioned game of solitaire. If you let stress build and build without letting off some steam, that could lead to unintentional outbursts and severe irritability. Try not to let yourself become dependent on alcohol and caffeine. Everything in moderation. We’re not sure, but we do believe the Red Bull trend has settled a bit.

Switch things up by asking for different responsibilities. When things get mundane they can become less interesting. Having fun while also getting the job done can make a world of difference. Even working away from the norm, and changing up the scenery can be a game changer. Find a nice outdoor coffee shop or a park and try to avoid working from home at all costs. If you work from home, you will begin to associate the same feelings about work, in the home. Your home is your sanctuary and you need to protect it.

In the book “Don’t Sweat the Small Stuff, and It’s All Small Stuff” by Richard Carlson, he talks about how when you die, your ‘In Basket’ won’t be empty. His point is that we all feel the need to get everything done. We stay up late, get up early, just to get everything done. By doing this he says we put off having fun or spending time with loved ones. Keeping a full ‘In’ basket means that your time is in demand, with projects to complete and phone calls to return. Carlson reminds his readers that no matter what you do or who you are, nothing is more important than your own happiness and sense of inner peace and that of your loved ones. He reminds us that when we die there will still be things left to finish, and that someone else will do it.

It’s one thing to read tips, and take advice from others, but it’s another thing to remember what you’ve read, and to put those words into action.

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

When did we stop caring for each other?

It’s election season and the mass “unfriending” has begun. Friend against friend and family member against family member arguments are in full bloom and potentially creating relationship damage that may extend far past election season. I grew up believing in the old adage, “Blood is thicker than water” and I always believed that friendships should be forever. I’m wondering ... “When did our political ideology become more important than our relationship with family and friends and our love for each other?”

Relationships are important to me. There isn’t an election nor any life event that would cause me to unfriend a friend or disown a family member. My love for those I care about transcends who they vote for. Because you believe something different does not mean you are my enemy. It just means we disagree. No problem. Some people like pepperoni on their pizza while others prefer sausage. Why is that different than one person is voting for Biden while another is voting for Trump? I’m not making light of the weight of the voting decision but am saying disagreeing on an election should not be relationship damaging. Why should a disagreement negatively impact the love we feel for one another?

I’m hearing with great regularity how families are being torn apart by this election and this pandemic. I heard recently about how a friend posted a very passive comment about the current state of the nation and then were attacked publicly online by her daughter. Are you kidding me? Shame on anyone who will publicly scorn a loved one because they see things differently! I sadly heard this morning of a son who told his parents over the weekend, “You are dead to me!” Really? Over political differences?

What has happened to us? Look no further than the great mask debate. I believe wearing a mask in public protects others. There are no absolutes and masks are not fool proof. Common sense tells me that anything that reduces the amount of mouth aerosol into the air cuts down on the risk of transmission. I posted this online and was attacked by others. I won’t repeat the name-calling, but here’s some of what I was told ...

“What’s wrong with you? Forcing me to wear a mask is a violation of my rights.”

There’s nothing wrong with me but I’m curious about everyone else’s rights



POSITIVELY SPEAKING

GARY W. MOORE

not to breathe your spray. Do we not have rights?

“You of all people (meaning me) should know better! Little children get their emotional cues from your facial expressions.”

Me of all people? Well, don’t wear a mask at home, but until we get control of this pandemic, it won’t hurt you or your children to make a small sacrifice. In fact, I think it’s a great opportunity for a learning experience for our kids. Maybe teach them about social responsibility?

“This is all a government conspiracy to take away my rights.”

Maybe I’m in the dark, but I don’t believe there’s a government conspiracy to take away anyone’s rights in this case.

Here’s my favorite ...

“A mask only protects you from me. It is not for my protection, so why should I wear one?”

Again ... When did we stop caring about each other? I willingly wear a mask to protect you. Why would you not do the same for me? Have we really become that selfish?

And before you send me a study saying masks don’t work, be aware there’s a plethora of studies saying they do. I think the best sources I’ve read say masks are not foolproof but will provide a 65 percent reduction in the chances to transmit or catch the virus. I think 65 percent is well-worth the inconvenience of wearing a mask in public.

My faith tells me that the greatest commandment is to love each other as we love ourselves. I don’t think it means we should only love those who vote as we do or agree with our opinions. I don’t think it means I shouldn’t wear a mask to protect others, even if it doesn’t protect me. It means exactly as it says. We are to love each other as we love ourselves.

I love you enough to wear a mask in public. Won’t you do the same for me?

Life is too precious and so very fragile. We have no guarantees for tomorrow. Can’t we choose to love our neighbor while we are here?

I do.

Will you join me? ■

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

Reader’s Share Favorite Tips

Summer is in full swing, and with many still staying close to home, there is no better time to share your favorite tricks and tips than now.

From garden and grilling tips to saving money and making do, the following tips from readers are sure to please this season. **

Yes, we have some bananas - especially since this tip will keep them around longer!

My hint: When making banana bread, do not use overripe bananas. That is a holdover from the depression so as not to waste food. For a better taste and lighter texture, use firm and less ripe bananas. Try it and you will not go back to the old way.

Paul Davignon
Uxbridge, MA 01569
**

Talk about Yankee Ingenuity! This reader always comes up with creative tips and tricks and the following are no exception:

My first tip is how I made my own version of an easy open medicine bottle cap.. My dad wanted to be independent for as long as possible, but he hated the childproof lids on his prescriptions. He had no children living with him, so I made cloth with a pipe cleaner, to serve as an oversize twistie and he was happy. Also, Nature Made and a few other brands make a flip top lid, these are interchangeable with other brands, e.g. local drugstore brands, Just save your flip lids and just attach them to your next bottle before opening!

I keep a few around and share with elderly I check on!

Also, when doing floor and other exercises that require you to roll a towel under your shoulders etc., I use the same towel, rolled and secured it with

pony tail elastics. This way, I can wash it easily when needed and the same towel is always at the ready each day.

Viola Bramel
Northbridge, MA
**

Fresh lemon slices do double duty with this tasty grilling tip:

Now that it is summertime we are all doing lots of grilling.

I found that when grilling or baking fish (I have been baking mine lately), it’s a good idea to wrap it up in foil and place lemon slices on the bottom of the foil. This will help keep the fish from sticking as well it gives added flavor to the fish.

MD
Sturbridge MA
**

These garden hints up your odds of a successful tomato crop:

Fish buried a couple feet below plants is fantastic, a cracked egg under tomato plants is like magic, and rags soaked in ammonia and aluminum pie plates tied up around the garden help keep away critters

Joe S.
**

Prize Winner

Congratulations to Paul Davignon of Uxbridge, whose name was drawn for a three course Dinner for Two at the Publick House in Sturbridge. He sent in the banana buying tip above.

**

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

When facing Illness, take control of finances

In light of the coronavirus pandemic, virtually all of us have considered health-related issues. But for people facing a serious, chronic illness, such as Parkinson’s disease, multiple sclerosis, diabetes or cancer, health concerns are an everyday matter. If you’re fortunate, you may never be afflicted with such maladies, but the future is unpredictable. Of course, going through these health challenges bring physical and emotional concerns – but also financial ones. How can you prepare for them?

Essentially, you’ll need to consider four key areas: investments, insurance, legal arrangements and taxes. Let’s take a quick look at each of them:

Investments – You’ll likely need to draw on your investments for at least some of the expenses associated with your illness. So, within your portfolio, you may want to establish a special fund devoted entirely to these costs, whether they be health care,

modifications to your home, transportation and so on. A financial professional can help you choose investments for this fund, as well as make recommendations for your overall investment strategy, including techniques for boosting your income, such as adding investments that can provide an income stream that kicks in when you think your costs will rise.

Insurance – Depending on your health status, you may be able to collect Medicare earlier than the traditional starting point at age 65. Even so, you’ll likely need to supplement it with additional coverage. But you may also want to look beyond health insurance. For example, you might be able to purchase a “chronic illness rider” that allows you to tap into life insurance benefits while you’re still alive. Or you might consider adding a “long-term care rider” to a life insurance policy; this rider offers financial benefits if you ever require daily care that you can’t provide for yourself. And some foundations, states and drug companies offer programs that can help pay for some costs that your insurance won’t cover.

Legal arrangements – If you haven’t already done so, you may want to establish the legal documents most appropriate for your situation, such as a durable power of attorney for finances, which gives someone the authority to manage your financial affairs if you become temporarily incapacitated, possibly due to flare-ups of your chronic disease. Once you’ve recovered, you regain control of your financial decisions. You might also want to consider a health care proxy, which appoints an individual to make medical decisions for you if you can’t. In creating or revising these documents, you’ll need to consult with your legal professional.

Taxes – You might qualify for Social Security disability payments, which, like other Social Security benefits, are taxable, so you’ll need to be aware of what you might owe. But you might also be eligible for some tax breaks related to your condition. If you still itemize tax deductions, you may be able to deduct some medical expenses, as well as certain home improvements, such as wheelchair ramps, bathtub grab bars, motorized stairlifts and so on. Your tax advisor may have suggestions appropriate for your situation.

Dealing with a chronic illness is never easy. But by considering how your illness will affect all aspects of your life, getting the help you need, and taking the right steps, you may be able to reduce the financial stress on you and your loved ones.

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



Gone fishing

To date, this summer has been extremely hot & humid. Fresh & salt-water temperatures are also very warm, driving many species of fish deeper, looking for cooler waters. This past week, this writer & Matt Fontaine enjoyed some great fishing for seabass and fluke in Rhode Island waters. He actually caught two legal size fluke measuring 20 inches each. Throwing back 18-inch plus fluke was not easy to do, with many just short of the 19-inch legal size. Matt commented how cold the fish felt that we were catching. Seabass limits were also reached, but many were also just short of the 15 inches. The seas were calm on this day of fishing, with thick fog until 9 a.m.

Navigating through the fog was fairly easy with the help of Matt's Lawrance GPS, but it is a lot easier and safer to navigate without the fog. We started out fishing in 40 to 50 feet of water, but fishing remained slow. Our next stop was in 50 to 60 feet of water, and it was basically lock and load fishing on sea bass and fluke. Fortunately, we took the time to catch some fresh mummies again prior to unloading the boat at the ramp. What also made a big difference was putting the 90 horsepower motor in gear using the trolling plate to keep the boat moving because of no wind, and we had very little drift from the tidal flow.



THE GREAT
OUTDOORS
• • • • •
RALPH
TRUE

Matt was using a fluke rig with a spinner attached to the front of it, and this writer was using a striped bass rig which consisted of a double hook set up and two spinners attached. We baited the rigs with a combination of squid strips and a couple of live mummies. Using a fish finder and a four ounce weight to get the rigs to the bottom was a perfect combination for the type of fishing we were doing. I always check the rig and bait in the water along the side before lowering it to the bottom.

The slow trolling speed was great for the rigs and bait we were using, and we quickly lowered them to the bottom. Double hookups were common. I sure miss my buddy Steve Mercure on my fishing trips. He is missed, but not forgotten. He was one of the best bottom fishing anglers that that I had to fish with, and he always kept me laughing.

Something and someone need to address the high population of protected species that are negatively impacting our food sources as well as the safety of humans. They need to decide what is more important. Shark attacks are endangering the public at our beaches every year and some of the attacks are fatal, extending all the way into the state of Maine this year. Seal populations are out of control, and they

are luring sharks into shallow water causing numerous fatal attacks every year. Seals also eat many pounds of fish daily which is negatively impacting many species of fish populations.

Bottom fish species are disappearing rapidly. Cod populations are at a point of collapse, and it is not only the type of fishing being done by commercial fishing, that is the problem. Haddock populations are also in big trouble on the South Shore of New England, but have bounced back on the North Shore over the past 10 years or so.

Winter flounder are in big trouble on the South Shore, with Narragansett Bay being basically shut down to any recreational fishing over the last five to 10 years. Cormorants eat millions of pounds of fish annually, including the recently born fry. How long will these protected species of birds and animals be allowed to destroy our valuable fish populations.

We all love to see wildlife flourish, but we need to keep their populations in check and properly managed as we do our deer populations. Just imagine deer hunting being suspended. 13,000 animals were harvested last year in Mass. and the deer population continues to grow. Mute swans, coyote & beaver are also out of control & need to be addressed.

Man has upset the balance of nature, and they need to make some major changes before it is too late.



Photo Courtesy

A huge Wolf fish caught aboard the Clipper fleet a number of years ago! They are now illegal to keep because of a dramatic decrease in their populations. The Clipper fleet was put out of business a number of years ago because of restrictions on Cod, Haddock, Wolf fish, etc.!

Take a Kid Fishing & Keep Them Rods Bending!

TRAINOR

continued from page A8

two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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



If it's important to you,
It's important to us.

StonebridgePress.com

Welcome to our 2nd Annual Summer Scramble!

We've decided to change it up for Summer and instead of a crossword puzzle, we've created a scramble. We hope you'll enjoy this challenging puzzle!

Please find the answers (business names) on the ABC's of SUMMER page in this week's issue. We will unscramble for you and announce a winner of a \$25 Gift Card to an ABC Business in the August 21st issue.

Please mail to ABC's of Summer Scramble, P. O. Box 90, Southbridge, MA 01550 or take a pic and email to jsima@stonebridgepress.news by August 14.

Good luck!



Name _____

Address _____

Phone _____

Email (optional) _____

Newspaper you saw this in, circle one: Spencer New Leader, Auburn News, Southbridge News, Charlton Villager, Sturbridge Villager, Webster Times, Blackstone Valley Tribune

We love your feedback comments: _____

ABC'S OF SUMMER SCRAMBLE

(These are not in alphabetical order)

- | | |
|---------------------------------------|-----------------------------------|
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| 2. UROY CDB EORST _____ | 15. IYOTCVR SERTGOA _____ |
| 3. INHIGSG EERYNG RVNEALTTIEA _____ | 16. DGBUXREI OEHIDOPCTSR _____ |
| 4. WHIRDCKA MSRAREF _____ | 17. DTVICNEAHZR ALRE STEETA _____ |
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| 12. IASL CANRO TEXI RLEA SEAETT _____ | 25. 'FLESDEE FEFCOE PSOHEP _____ |
| 13. BE STAFTL _____ | |

Support native bees and enjoy the many benefits

Pollinators are responsible for about 75 percent of the food we eat. The European honeybee is the most well known but our native bees are also critically important.

We can help our native bees and gardens by reducing or eliminating the use of pesticides and providing shelter as well as food and water.

About 70 percent of our native bees are ground nesting. Reduce the risk of conflicts with ground nesting bees. Create an inviting habitat away from prime gardening areas. Leave warm south facing spaces open for bees to establish their in-ground nests.

Wood and cavity nesting bees, like the leaf cutter bee, make up about 30 percent of our native bee population. Others nest in hollow plant stems so leave these, their homes, stand for winter.

Bumblebees nest in abandoned animal burrows, tree cavities, grassy areas, or under fallen leaves. A colony usually contains a few hundred bees. All members of the colony die in fall except the fertilized queens. The queens look for new homes the following spring.

Support our native bees by planting a variety of bee attracting flowers. The plants provide food and shelter and help attract the native bees to your landscape and bee houses.

Include plants with different colors and shaped flowers. Grow lots of purple, blue, white, and yellow flowers that are favored by bees. Plant flowers in mass. You will enjoy the display, the garden will require less maintenance, and you will get the attention of the bees you are trying to attract. Plus, bees use less energy when they can gather lots of food from a smaller area.



GARDEN
MOMENTS
.....
MELINDA
MYERS

Make sure you have something in bloom throughout the growing season. Spring bulbs, wildflowers and perennials provide essential food that is often in limited supply early in the season. Fall flowering plants provide needed energy supplies as the bees and other pollinators prepare for winter.

Bigger flowers are not always better. Double flowers may be showy, but they have less nectar and pollen. The multiple layers of petals hinder access to what nectar and pollen they contain.

Grow some herbs in the garden and containers for you and the bees. Let some go to flower and watch for visiting bees on thyme, borage, oregano, and other herb flowers.

Grow native plants whenever possible. They are a richer source of nectar and pollen than cultivated plants. Native bees and other beneficial insects have evolved with these plants, providing a mutual benefit.

Leave leaf litter in place and healthy perennials including grasses stand for winter. These provide homes for some bees and other beneficial insects. Wait as long as possible in spring so you don't interrupt their hibernation.

Increase living quarters by making your own native mason bee houses. Just be sure you provide a properly designed, clean home with needed winter protection. Do your homework first to make sure you are not harming the native bees you are trying to support.

The easiest method uses a bundle of hollow sticks such as bamboo, reeds, or sumac. Cut them into short segments and remove three to five inches of pith with wire or a drill. Consider painting the front to make an inviting entrance for the bees. Bundle the stems together



Photo Courtesy

Plant a variety of bee attracting flowers like swamp milkweed, a North American native plant.

with wire or place in a bucket or can. Or create a solitary bee house from a block of untreated wood. Drill holes into, but not through a block of untreated wood. The holes should be three to five inches deep and about 5/16 of an inch in diameter for mason bees. Nesting tubes inserted into the holes makes for easier cleaning and storage that prevents debris and disease from building up one season to the next.

Mount the bee house on the southeast side of a post, fence or building. Make sure to provide a nearby mud puddle the bees will use to seal off the individual development chambers in the holes.

Creating a bee friendly landscape not only increases your garden's produc-

tivity but also the number of songbirds and beneficial insects that visit your garden. That means fewer garden pests and a more beautiful garden for you to enjoy all season long.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything" DVD series* and the nationally-syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her Web site is www.MelindaMyers.com.

OBITUARIES

Robert A. Gauvin, 57

AUBURN- Robert A. Gauvin, 57, of Auburn passed away peacefully at home on Wednesday, July 29, 2020, following a long battle with brain cancer. He previously resided and worked in Southbridge, MA for many years.



He leaves his wife and partner of more than 15 years Susan L. Gauvin; his son, Nathan D. Pickett of Auburn; his mother, Jeanne Gauvin of Holland; his two sisters, Janet Jones and her husband Alan of Southbridge and Melinda Balser and her husband Michael of Hudson, NH and many nieces and nephews.

He was born the son of the late Robert J. Gauvin and raised in Holland, MA. He attended Tantasqua Vocational High School, and worked as a precision machinist up until this latest battle with cancer at L&M Machine in

Southbridge. Bob enjoyed camping, Nascar and working on projects around the house, what his wife liked to call "Bobinizing". He made friends most everywhere he went, be it folks in the next campsite or visitors that passed through the L&M shop regularly.

Bob's funeral Mass will be held on Monday, August 3rd, at 10:00 am in North American Martyrs Church,. 8 Wyoma Dr, Auburn. Burial in Worcester County Memorial Park, Paxton, will be held at the convenience of the family. Calling hours for Bob were held on Sunday, August 2nd, from 4:00 to 6:00pm in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge.

In Lieu of flowers, donations can be made American Cancer Society-Relay For Life of Southern Worcester-Team SCHOTT for a Cure and mailed to the office at 3 Speen St, Suite 250, Framingham, MA 01701 or online by <https://bit.ly/MemorialGauvin> . www.morrillfuneralhome.com

SIP

continued from page A1

son's best natural nighttime light show. Tickets are available at hitchcockacademy.org/sip-stars. Adult tickets purchased before Aug. 8 are \$20; after August 8 the price is \$25. Under 21 tickets are \$5 and come with RapsCALLION's special homemade root beer. Due to Covid-19 restrictions, tickets will be limited and it is the reason a second night was added. According to Hitchcock Academy's Executive Director, Cindy Skowyr, "there is no guarantee of ticket availability at the door."

Skowyr also noted that there is no rain date but, in the case of overcast skies or a rain interruption, an astronomy talk will be held in the pavilion. All

guests must wear a mask for entry and everyone is asked to practice social distancing, which will be no problem considering the spaciousness of the venue.

Hitchcock Academy is grateful to all of the Sip and Stars sponsors especially Cosmic Sponsors: BT's Smokehouse, Country Bank, RapsCALLION Brewery and Brimfield Winery and Galactic Sponsors: First American Insurance and McCurdy Insurance

Bring a blanket. Set up a chair. Don't forget the bug spray and a flashlight. A red lens for the latter is best, but don't worry, there will be plenty of red cellophane to cover your flashlight or phone to protect night vision. This is summer's best opportunity to enjoy fresh air, good music, and the beauty of the night skies.

DPW releases summer paving update

DPW releases summer paving update

STURBRIDGE – The Department of Public Works recently released an update on its summer paving operations.

Crews began milling and paving work at several locations on Aug. 3. DPW officials hope to get all of the milling completed in about a week, and residents are asked to avoid construction areas when possible.

Construction will take place in the following areas this week:
North end of McGilpin Road
Farquhar Road

Charlton Street
Chamberlain Avenue
Stallion Hill Road
Brookfield Road (from approximately 61 Brookfield Road to the Mass Pike bridge).

For the Brookfield Road work, crews will be milling the southbound lane and running one-way alternating traffic on the northbound side. Drivers should expect delays in this area.

Paving on Brookfield Road and Stallion Hill Road is scheduled for Aug. 13-14. Additional paving work will follow, with the schedule to be announced soon.

Cheryl Begin promoted at Bay State Savings Bank



Cheryl Begin

WORCESTER — Bay State Savings Bank is proud to announce Cheryl A. Begin has been promoted to Assistant Vice President, Commercial Loan Officer. Ms. Begin will continue to grow commercial relationships and loan activity within the Bank's service area while continuing to provide customers the personalized service they value.

Ms. Begin joined Bay State Savings Bank in 2007 and has over 25 years of banking experience. She previously

worked at Country Bank for Savings. Ms. Begin received her Degree in Human Services from Mount Wachusett Community College.

"Cheryl is a major asset to the Commercial Lending team here at Bay State Savings Bank," said Maria Heskes-Allard, Senior Vice President, Senior Lender. "She consistently shows a level of dedication and commitment to her customers that is hard to come by, always doing whatever she can to help them achieve their financial

goals. Her promotion is well-deserved, and I look forward to watching her continued success."

Ms. Begin currently serves as the President of the Kiwanis Foundation of Worcester, Inc., in support for the betterment of children in Central Massachusetts. In addition, Cheryl volunteers many hours to other area organizations supporting their mission of service to the Community.

She resides in East Brookfield with her husband, Gary, and black lab dog, named Rowan.

In Loving Remembrance



David Anthony Powell
Angel date
4-3-70 to 8-7-10
Sweet Child of Mine



We little knew that morning that God was going to call your name.

In life we loved you dearly, in death we do the same.

It broke our hearts to lose you, you did not go alone; for part of us went with you, the day God called you home. You left us peaceful memories, your love is still our guide; and though we cannot see you, you are always at our side.

Our family chain is broken, and nothing seems the same; but as God calls one by one the chain will link again.

*We love and miss you forever
Mom, Dad, Chloe, Ty, Emme, Michael & Chris*



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- From last year we know that these appointments fill up quickly; call today
- This Tax Savings Event is **even better than last year's!**

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bird
special!** ★

★ **Before
August
15th!**

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1

SAVE \$330
on every window¹

SAVE \$725
on every patio and entry door¹

Minimum purchase of four.

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your entire project¹

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your appointment by August 15th¹**

No minimum purchase required.

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Down

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Payments

0%
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**FOR 1
YEAR¹**

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months. Participating states require the payment of sales taxes on all product sales.

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¹DETAILS OF OFFER – Offer expires 9/19/2020. You must set your appointment by 8/15/2020 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 plus an additional \$250 off your project, no minimum purchase required, taken after initial discount(s), when you set your appointment by 8/15/2020 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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ON DEPOSIT



ON DEPOSIT



NEW LISTING



NEW LISTING

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 Frpld Granite Kit w/Updated Cabinets, Frpld Din Rm w/Built-in China Cabinet & Butler Closet! Gracious Foyer! Spacious Frpld 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 Parking! 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/Oak Hrdwd Flr! Full Bath in the Hall! 2nd Flr w/Full Dble Vanity Bthrm & 3 Comfortable Bdrms, all w/Beautiful Wood Laminate Flrs! 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! 24x28 2 Car Detached Garage! Huge Shed! Nearby Nature Trails & Wallum Lake Beach! **\$379,900.00**



ON DEPOSIT



ON DEPOSIT



ON DEPOSIT



ON DEPOSIT

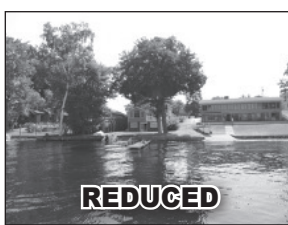
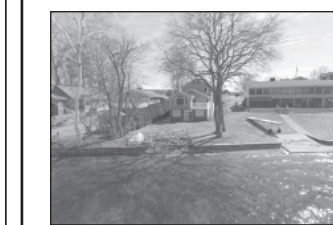
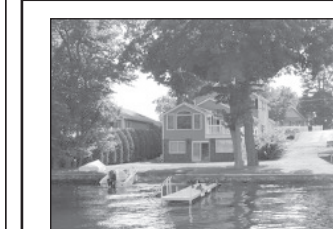


WEBSTER LAKE – 112 Gore Rd! NORTH POND! Sucker Brook Cove! 8 Rm, 3 Bdrm, 1.5 Bath Ranch is Ready for You! Southwestern Exposure! Gorgeous Sunsets! Unique Waterfront! An Open Floor Plan! Lake Views from Nearly All Rooms! 2x6 Construction! Energy Efficient Blinds in Every Room! 4 Oil Tanks - Fill Up Once 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/Laundry Closet & Full Bath! Hall Bath w/Laundry! Freshly Painted! 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! 19x26 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! New Roof on Garage & Breezeway! New Well Water Tank Installed! Title 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**



REDUCED



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! Frpld Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! **\$949,900.00**



NEW LISTING



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 Bathrms! 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, Frpld 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 Z'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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Featured Listing!

WEBSTER - 195-199 THOMPSON RD



3 ACRE COMMERCIAL SITE! APPROX. 500 FT ROAD FRONTAGE ON STATE HIGHWAY RTE 155 AKA THOMPSON ROAD. STRATEGICALLY NESTLED BETWEEN TWO (2) 1-306 NORTH & SOUTH ON-RAMP & TWO (2) 1-306 NORTH & SOUTH OFF-RAMP. PROPERTY DIRECTLY ADJACENT TO 1-306-40000 BUILDING. 7,800 SF TOTAL LOWER LEVEL USE AND ACCESS THRU DRIVE IN GARAGE. DOOR NATURAL GAS HIGH TRAFFIC - HIGH EXPOSURE MANY POSSIBLE USES. WHAT DO YOU HAVE PLANNED? **\$600,000.**

WEBSTER - 56 CUSHING ROAD



ON DEPOSIT
FIRST TIME OFFERED! Meticulously Cared for & Loved - 4 Bedroom / 2 Bath, 1963 Cape 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.**

MILLBURY - 9 LEONE AVE



SORRY, SOLD!

Ranch home w/Fireplace! living room. 3 Bedrooms! hardwood floors! Oil Heat. 200 AMP Circuit Breakers! Garage . Manicured Landscaping! assisted sale **\$331,000.**

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.**

SOUTHBRIDGE - 42 PRINCE ROAD



SORRY, SOLD!

Cape-style home on quiet cul de sac. Bedroom and full bath on the 1st flr. 2nd Flr. 2 bedrooms. Living room w/ gas fireplace, dining room, kitchen. 1 +/- Acre. assisted sale **\$233,000.**

DUDLEY - LAND ON PACKARD DRIVE



ON DEPOSIT

Privacy!! Off Ridge Drive - 2 abutting Lots offered as a package. Each, has there own Deed description. Lot# 19 Contains 27,699 SF of land area. Lot# 20, Contains 24,883 SF of land area. Total 52,582 SF / 1.2 acre. **\$50,000.**

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 Residential Lots! Water/Sewer Access, Zoned Lake Buildable! **\$49,000. ON DEPOSIT**

Douglas-Mount Daniels Lot #2-2.5 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 - New Lake Listing!



ON DEPOSIT

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! It truly is a Great Opportunity to Own Something Special! Remember, Timing Is Everything!

WEBSTER LAKE - 100 LAKESIDE AVE

WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind. Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room, upscale features & amenities! Nicely situated on a .25 acre level peninsula, 180'+/- prime lake frontage! Enhanced by a all natural shoreline, exceptional views, professional landscaping & privacy. All you need to live is located on the 1st floor... including a grand 2 story foyer, cozy fireplace living room, gourmet kitchen, lake facing dining, half bath & laundry, formal dining room, w/Loft-Storage Area! Mature Tree Studded Yard! **\$1,075,000.**

LAKE SHIRLEY - 647 RESERVOIR ROAD



SORRY, SOLD!

Lakefront! Lake Shirley! Modern Flare on a Lake-front 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 Flr 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 **\$859,000.**



GOT A HOUSE FOR SALE?

Look for that new home in our real estate section.

TCA student plants flowers to beautify school campus

SOUTHBIDGE — As you approached Pine street last week, you may have observed a vehicle with gorgeous flowers hanging out of the back end, wondering where were these beauties going?

Layla Beau, certainly an ambitious and giving young girl, for the second year in a row, asked her dad to help her plant flowers at her school. This soon to be fourth grader at Trinity Catholic Academy loves gardening, flowers, and her school, as she was so proud to announce! It was a privilege for me to happen-by to observe this activity.

This past week, Layla and her dad, Josh Beau created a beautiful new garden at the entrance of Trinity Catholic Academy in preparation for the return of her teachers, friends, and new class-

mates this September. The beautiful hibiscus type flowers and other perennials were chosen by Layla, herself for this project, and are just striking adorning the entrance of Trinity Catholic Academy for all to enjoy! Selecting the flowers, spreading the mulch, and measuring where they should reside was all done by Layla with her supportive dad.

Feel free to drive by and see the lovely results. Who else loves their school this much!? What a beautiful gesture! "Trinity Catholic Academy, a Pre-K to Grade 8 school, promotes academic excellence, athletics, and the arts with respect, compassion, and service among our diverse family, inspired by the communion of the Father, Son, and the Holy Spirit."



Photos Courtesy

Local students receive degrees from UMass Amherst

Local students receive degrees from UMass Amherst

AMHERST — Approximately 6,600 students received Bachelor's degrees in over 100 majors at the University of Massachusetts Amherst as the university held a virtual commencement celebration for the Class of 2020 on May 8.

Below is a list of students from your area who earned a degree.

BRIMFIELD

Emma Cameron Boland
Kathryn Marie Doyle
Jacob Daniel O'Brien
Zachary Aidan Pestaina
Maura Caitlyn Riel
Noah Jonathan Scott

FISKDALE
Jessica Lynn Bodish
Allyson Julia Brauns
Rebecca Rose Cooper
Sharlette Avril Laporte

HOLLAND
Gene Munnis

STURBRIDGE
Kayla Nichole Giuggio
Jack Michael Mazeika
Sarah Emily Peck
Erin Marie Thorne

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3. Obtain a pre-approval with a mortgage representative
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Dudley: Great Location! Privacy, town services, in-ground pool, garage.
11A Paglione Dr - \$253,500

Dudley: Developers, Possible 55+ Housing opportunity, 22 available lots, Water and sewer.
61 Airport Rd - Call for details

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| SOLD | SOLD | SOLD |
| Dudley: 4 bedrooms, 2 baths, hardwood floors 9 Conant Ave - \$270's | Auburn: 3 bedrooms, family room. 2.5 baths 30 Oakwood Ave - \$370's | East Brookfield: 3 bedrooms, 2 baths, 130' waterfront 142 Gleason Ave - \$300's |

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Most holy Virgin Immaculate, my Mother Mary, to thee who art the Mother of my Lord, the queen of the universe, the advocate, the hope, the refuge of sinners, I who am the most miserable of all sinners, have recourse this day. I venerate thee, great queen, and I thank thee for the many graces thou has bestowed upon me even unto this day; in particular for having delivered me from the hell which I have so often deserved by my sins. I love thee, most dear Lady; and for the love I bear thee, I promise to serve thee willingly forever and to do what I can to make thee loved by others also. I place in thee all my hopes for salvation; accept me as thy servant and shelter me under thy mantle, thou who art the Mother of mercy. And since thou art so powerful with God, deliver me from all temptations, or at least obtain for me the strength to overcome them until death. From thee I implore a true love for Jesus Christ. Through thee I hope to die a holy death. My dear Mother, by the love thou bearest to Almighty God, I pray thee to assist me always, but most of all at the last moment of my life. Forsake me not then, until thou shalt see me safe in heaven, there to bless thee and sing of thy mercies through all eternity. Such is my hope. Amen. N.L.

Dearest St. Jude, thank you for your prayer and intercession on my behalf to the Lord, you have always answered my prayer but still I will never be able to thank you enough. Please forgive me on occasion that I may have forgotten or overlooked in thanking you for the favours granted. I promise you St. Jude to ever grateful and always be, devoted to you as my patron saint. For by the good Lord's grace has got me to this point in life, and there is still a very long road for me to traverse. Therefore, St. Jude, I will always need you by my side and please continue to guide and help me with God's grace. I ask you St. Jude to not leave any prayers unanswered whether it is one of mine or from other who have invoked your aid. Look upon us the hopeless and desperate for the Lord's help in our life. I will always be in need of your help and you always hear my prayers, otherwise my life will be very difficult to lead. AMEN. N.L.

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Solve the code to discover words related to eye health and safety.
Each number corresponds to a letter.
(Hint: 15 = I)

A. 26 15 17 15 2 4

Clue: Ability to see

B. 21 10 18 15 4 24

Clue: Part of the eye

C. 3 6 24 21 15 18 7

Clue: Sharpness of image

D. 19 15 17 18 24 4 3 10

Clue: Length between objects

Answers: A. vision B. retina C. clarity D. distance

SUDOKU

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

Fun By The Numbers

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puzzle will have
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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 5 | 7 | 2 | 3 | 1 | 8 | 4 | 9 |
| 2 | 8 | 3 | 9 | 4 | 5 | 6 | 1 | 7 |
| 4 | 9 | 1 | 6 | 8 | 7 | 2 | 5 | 3 |
| 5 | 2 | 4 | 7 | 1 | 9 | 3 | 8 | 6 |
| 9 | 7 | 8 | 5 | 6 | 3 | 4 | 2 | 1 |
| 3 | 1 | 6 | 4 | 2 | 8 | 7 | 9 | 5 |
| 8 | 6 | 5 | 3 | 9 | 2 | 1 | 7 | 4 |
| 7 | 3 | 2 | 1 | 5 | 4 | 9 | 6 | 8 |
| 1 | 4 | 9 | 8 | 7 | 6 | 5 | 3 | 2 |

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As concerns about cognitive decline and diseases that attack the brain and memory grow, some people are seeking critical nutrients that can reduce their risk for Alzheimer's disease and other dementias. While there's no quick fix, consuming a wide variety of fresh, nutritiously diverse and not overly processed ingredients, like those found in this recipe for "Garden Vegetable Hummus" from "The Brain Boosting Diet" (Whitecap) by Norene Gilletz and Edward Wein, Ph.D.

Note: The tahini in the hummus is a very nutrient-dense ingredient because it has a very low moisture content. It is an excellent source of mono- and polyunsaturated fats, which are good fats, as well as an excellent source of protein, magnesium, zinc, manganese fiber, and potassium. Chickpeas are legumes that are also high in protein and fiber.

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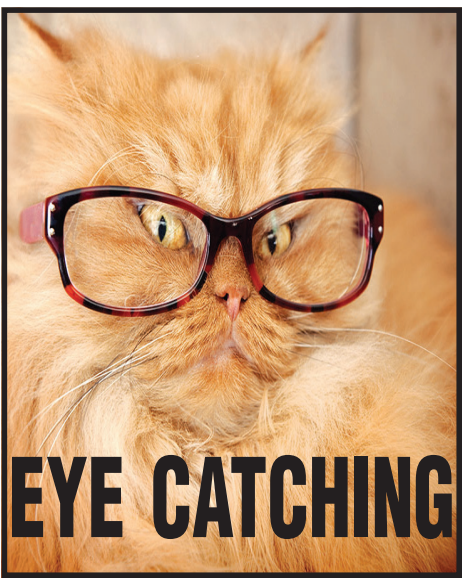
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