

Student nurses use art to heal



REGION — As the number of new infections with the new COVID-19 variants continue to rise, frontline workers and healthcare workers across the globe are being pushed to a further

breaking point. While coping with the stress and anxiety of working during the pandemic is a struggle, the struggle is also real for nursing students who are just getting their first-hand experience and barely getting

their feet wet. Brianna Cloutier of Charlton A practical nursing student at Bay Path Practical Nursing Academy, Brianna Cloutier is experienced in health-care. Her resume boasts of previously working as a Certified Clinical Medical Assistant (Reliant Medical Group General Vascular Surgery), Developmental Specialist (Venture Community Specialist),

and as a Certified Nursing Assistant (Beaumont Rehabilitation and Skilled Nursing). Since starting her nursing journey she has been learning about COVID 19, preventing the spread, and staying safe and healthy. She completed the COVID-19 Contact Tracing through Coursera at the Johns Hopkins University. Working on term 2 courses, which includes the challenging medical-surgical nursing, she has

been channeling her experiences on the front line into the magic of scrapbooking and crafts. She is also actively participating in projects such as the diversity and inclusion for PN Class of 2021 having been picked as the liaison for Walmart’s giving grant. She recently completed two days of clinical observation at the Wound Clinic and is in awe at the nurses involved with hyperbaric wound ther-

apy. Cayla Jill Bueno of Quezon City, Philippines Thousands of miles away, Cayla Jill Bueno is going through a similar situation. As a first-year nursing student at the Far Eastern University Nicanor Reyes Medical Foundation, Cayla Jill Bueno has seen her share of pain and suffering but mainly through the

Open Sky Community Services achieves highest accreditation level

WORCESTER — CARF International, an independent organization that provides accreditation services worldwide to health and human service providers, has granted Open Sky Community Services’ Behavioral Health programs a three-year accreditation. This accreditation is the highest level awarded by CARF (Commission on Accreditation of Rehabilitation Facilities) and was given after a rigorous evaluation process focused on quality and results. In the report notifying Open Sky of the award, one of the areas of strength noted was the array of supports it provided to frontline workers through the COVID-19 crisis. The organization’s staff was described as experienced and dedicated and persons served echoed that assessment with comments like “I didn’t know how to trust, but now I trust staff” and “For the first time in my life, I feel safe.” Funders who were interviewed for the accreditation praised the quality of care provided by Open Sky, while peers at other Central Mass agencies recognized Open Sky for its success at building collaborative relationships to broaden the safety net of human services in the region. President and CEO Ken Bates was delighted by the accreditation team’s findings. “I was particularly struck by the fact that a number of staff members mentioned how well we handle conflict and differing opinions,” said Bates. “This willingness to entertain different viewpoints is, as CARF noted, an important indication of Open Sky’s commitment to continuous improvement.” Open Sky was formed through the 2018 affiliation of Alternatives Unlimited and The Bridge of Central Massachusetts. With more than 100 programs throughout Central Massachusetts, the organization provides services and supports to more than 4,900 adults, young adults and youth with mental health challenges, developmental disabilities, brain injury, substance use disorders, homelessness or other complex challenges. Open Sky also provides services and supports for LGBTQIA+ youth through its Safe Homes program, as well as expert training for human service professionals and school personnel on evidence-based practices and best practice treatment models through the Bridge Training Institute. For more information about Open Sky Community Services, please contact Lorie Martiska, lorie.martiska@openskyks.org.

About Open Sky Community Services Open Sky Community Services is dba for Alternatives Unlimited, Inc. and The Bridge of Central MA. Open Sky offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other challenges throughout Central Massachusetts. Open Sky Community Services has more than 1,300 dedicated employees and an annual budget of \$83M with more than 100 programs throughout the region. For more information, please visit www.openskyks.org.



QCC professor honored with Yankee Congress Dental Assistant Award



JENNIFER McKEON, professor of dental assisting and hygiene at Quinsigamond Community College, has been awarded the 2021 Elizabeth A. Baer Award, by the Yankee Dental Congress. This annual award is presented to a dental assistant who has made sig-

nificant contributions to the Massachusetts Dental Assistants Association and the Massachusetts Dental Society. Award winners must have at least 10 years of cumulative membership in the Massachusetts Dental Assistants Association and 10 years cumulative years of practice as a dental assistant in the dental profession. “I am very honored and excited to receive this award. Betty Anne, who this award is named after, was a certified dental assistant and a dental hygienist, as am I. She put education on the top of her priority list, just as I do,” McKeon said. McKeon has been a part of the dental assisting landscape for many years, beginning her career as an “on-the-job”

trained dental assistant before becoming a certified dental assistant in 1998. She has called QCC “home” for some time, first attending as a student then part-time instructor, before becoming a full-time faculty member. “I have a long history with the College that started when I was in high school and took an English class at QCC. This enabled me to earn college credit and graduate high school early,” she said. Fast forward to 2001 when she received her Associate’s degree in Dental Hygiene from QCC. In 2002, she began a career educating students part-time at the College where she earned her degree; becoming a full-time faculty member

in 2010. “There were so many professors who molded my life at QCC that I felt honored to become full-time faculty,” she added. “The two things that I was passionate about came together. I wanted to give back all that was given to me at QCC, and I could do that by teaching and coordinating the dental assisting program. I could never have asked for a more perfect position at the perfect college.” Amy Booth, professor of Dental Hygiene was one of McKeon’s former professors and today is her colleague and friend. “I am so proud of my ‘student.’ Jenn has been a great support and we work very well together. In addition to her

Charlton Elementary moves to remote learning

BY JASON BLEAU CORRESPONDENT

CHARLTON – In late January, the Charlton Elementary School was forced to revert to online learning after it was confirmed that transmission of COVID-19 had taken place between adults within the school. Superintendent Steven Lamarche confirmed the situation in a letter to families on Jan. 20 where he revealed that after working with the Dudley Health Agent and Charlton Health Director they discovered evidence that transmission between adults had taken place within the build-



Turn To REMOTE page A12

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Becker College announces Dean's List for Fall 2020

WORCESTER — Becker College is proud to announce the Dean's List for the fall 2020 semester. The Dean's List recognizes all full-time students (24 or more credit hours earned for the academic year; 12 minimum each semester (September through May) whose term grade point average is 3.50 or higher with no grade below a B- and no incomplete (I) or withdrawal/failing (WF) grades.

Anthony Papetti of Auburn is pursuing a Bachelor of Arts in Interactive Media Design, Game Design.

Daniel Mojica of Auburn is pursuing a Bachelor of Arts in Interactive Media Design, Game Development and Programming.

Bernardo Oliveira of Auburn is pursuing a Bachelor of Science in Applied Computer Science.

Elizabeth Simonian of Auburn is pursuing a Bachelor of Science in Legal Studies.

Tyler Camuso-Allard of Auburn is pursuing a Bachelor of Science in Sports Management.

Founded in 1784, Becker College is an

undergraduate and graduate, career-focused private college, providing a supportive and inclusive learning community that prepares graduates for their first to last careers. Nearly 1,700 students from the United States and around the world attend Becker College, which has campuses both in Worcester and Leicester, Massachusetts. With nationally recognized programs in nursing, game design and animal studies, Becker has been consistently ranked as a "Best College" for undergraduate education by The Princeton Review.



ACCURACY WATCH

The Auburn News 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.

University of New Hampshire announces Dean's List for the Fall 2020 Semester

DURHAM, New Hampshire — The following students have been named to the Dean's List at the University of New Hampshire for the fall 2020 semester.

Alexi Archambault of Auburn, earning Highest Honors

Gwenyth Lutz of Auburn, earning Honors

Emma Jette of Auburn, earning Highest Honors

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in

a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked

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To learn more about the opportunities at the University of New Hampshire visit: www.unh.edu.

Fairfield University congratulates Fall 2020 Dean's List students

FAIRFIELD, Conn. — Shamrock Barrera of Auburn has received Deans List Honors for the Fall 2020 semester.

In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

Amanda Doherty named to Fall 2020 Dean's List at Hofstra University

HEMPSTEAD, N.Y. — Amanda Doherty of Auburn excelled during the Fall 2020 semester, achieving a GPA of at least 3.5 to earn a spot on the Dean's List.

Hofstra University is a nationally ranked and recognized private university in Hempstead, N.Y. that is the only school to ever host three consecutive presidential debates (2008, 2012 and 2016). Our campus is a leafy oasis just a quick train ride away from New York City and all its cultural, recreational and professional opportunities. We offer small classes and personal attention, with the resources, technology and facilities of a large university. Students can choose from more than 165 undergraduate program options and 175 graduate program options in the liberal arts and scienc-

es, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Hofstra University is a dynamic community of 11,000 students from around the world who are dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers.

Zhanna Gonchar of Auburn presents at Lasell University Symposium

NEWTON — Zhanna Gonchar, a Lasell University student from Auburn, presented at the University's Fall Career Readiness Symposium in December.

Gonchar investigated a microbiology "misconception" for MythBusters-style exercise, and summarized their findings to determine whether the "myth" is grounded in scientific fact. They shared their findings through an ePosterboard session at Symposium.

The December 2020 event showcased the work of Gonchar and more than 150 other students in a dynamic digital format, a triumph for flexible teaching and learning amid COVID-19. The December 2020 event was reimagined to celebrate and showcase the ties between career preparedness and Connected Learning, thanks to a three-year grant from the Davis Educational Foundation.

All Symposium presentations focused on four of the National Association of Colleges and Employers' (NACE) career-readiness competencies: Global and Intercultural Fluency, Professional and Work Ethic, Leadership, and Career Management.

"The Fall Career Readiness Symposium showcased student work and experiences, especially ways in which students have applied Connected Learning to develop their careers through internships," said Provost Eric Turner. "The event highlighted competencies in leadership and global/intercultural fluency with an

emphasis on ways our students lead and serve by example."

For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.

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Board of Health considers well testing for property sales

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The Charlton Board of Health is examining potentially having well testing be done during house sales in Charlton to allow new homeowners more understanding of any potential contaminations that may be present on a property.

Board of Health member Jon Sanborn provided an update to the Board of Health on Jan. 12 where he revealed he had been researching what tests should or shouldn't be required and what the cost might be to sellers if it were to be mandated.

"I'm not able to come up with super specific testing and especially the cost. I don't want this to be some sort of a cost burden for anybody who's selling a house or trying to pass the cost along to the buyer or

whoever," Sanborn said. "I think it exists out there. I would hope that we could come up with something that would be relatively inexpensive."

The idea behind the test is in response to recent years where property contamination from situations like the ExxonMobile water contamination dealt with over the last decade. Water quality tests or other well testing could make buyers aware of any contamination issues present or previously unknown on private properties.

Board of Health member Matthew Gagner felt it was a good idea and that it would not provide too harsh a burden on any sellers or buyers in Charlton.

"No one is going to like it, but at the end of the day I think our hearts are in the right spot," Gagner said. "I do think if we're going to go forward with that we would have to do the entire

town. If not, we'd have to create a zone of where you would and where you wouldn't. I just think it would be a lot of work - if we were going to do this, I would just personally say let's just do the whole town and not try and zone it out in any particular area."

While there have been no major sites of new contamination identified, there are other smaller issues that could lead to contamination of properties on a case by case basis such as an unknown gasoline from one property leak effecting a neighboring property. Jon Sanborn called it "cheep insurance" to increase confidence and awareness for both the buyer and seller while Board of Health Chair Kathleen Walker called it a "proactive" measure to benefit all parties involved. As of now, the idea is simply conceptual and more research has to be completed before implementation is considered.

Seven Hills Family Services awarded contract for DDS Family Support Center

STURBRIDGE — Seven Hills Family Services (SHFS), an affiliate of Seven Hills Foundation, has been awarded a contract to continue operating the Family Support Center for the South Valley/West region by the Massachusetts Department of Developmental Services (DDS). The South Valley Family Support Center will be remain located at 208 Charlton Road in Sturbridge.

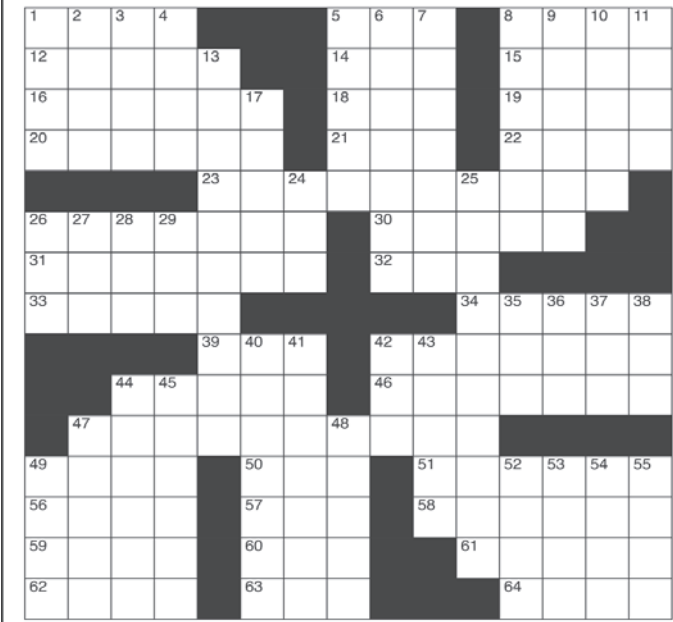
provides services and supports to all cities and towns served by the South Valley/West Area Office. These include Brookfield, Brimfield, Charlton, Dudley, East Brookfield, Holland, North Brookfield, Oxford, Southbridge, Spencer, Sturbridge, Wales, Warren, Webster, and West Brookfield.

uting members in their home communities. The Fitchburg Family Support Center is committed to providing both short term and long-term service navigation to families who need more than Information and Referral to access supports or solve a particular issue.

About Seven Hills Foundation Headquartered in Worcester, the Seven Hills Foundation currently offers program sites at 160 locations throughout Massachusetts and Rhode Island employing more than 4,500 professionals. Through its affiliates, Seven Hills Foundation offers a continuum of support and services to 45,000 children, adults and seniors with disabilities and other life challenges. Seven Hills Foundation stands as one of the most dynamic and comprehensive health and human services agencies in the country and is widely recognized as a premier provider of comprehensive supports. For more information, visit www.sevenhills.org.

Seven Hills Family Services has extensive experience in operating these centers and has been the go-to source for families supporting someone with a disability. DDS recently awarded Seven Hills Family Services four such centers throughout Massachusetts. With an emphasis on providing person-centered and culturally and linguistically competent support services across the lifespan, the Family Support staff will provide a wide array of options to individuals with disabilities and their families that enable them to stay together and live in a nurturing environment, maintain relationships with families and loved ones, and be welcomed, contrib-

The Center will serve approximately 450-550 families annually and act as a hub of information, resources, supportive services and activities for people of all ages who have an intellectual disability (ID) or developmental disability, including Autism with and without ID, living with their family, and their family members. With over 10 years of experience hosting FSC's in Worcester, Sturbridge, and Fitchburg, SHFS is well positioned to provide Family Support Center services to people living in this region. The Family Support Center located in Sturbridge



CLUES ACROSS

1. Nuclear near reach weapon

5. Of she

8. Hyperbolic function

12. Rice dish

14. A team's best pitcher

15. Strong and healthy

16. Induces

18. Popular manga series

19. From a distance

20. Split

21. Consumed

22. Cushions

23. All over

26. One who provides food

30. St. ___ Girl, brand of beer

31. Walking slowly

32. Wood

33. Semitic gods
34. Bugle

39. 60-minute periods (abbr.)

42. Congressman

44. Plant of the heath family

46. Subdivision of an army

47. Having many different forms

49. Shellfish

50. Latin for hail

51. Between sixth and seventh

56. Maori war dance

57. Precious or semiprecious stone

58. Teeter totter

59. Deity

60. A major division of geological time

61. Fishing net

62. Small Caribbean bird

63. Field force unit

64. Japanese beverage

CLUES DOWN

1. Prevents oil spills

2. Monetary unit

3. The color of the sky

4. Dough used to make tortillas

5. Popular comic strip character

6. Distinct form of a plant

7. Replenishment

8. Has its own altar

9. Expedition to see animals

10. Group of related organisms

11. His and ___

13. Frenetically

17. Small integer

24. Unit of energy

25. Studies of culture

26. Taxi

27. Doctors' group

28. Don't know when yet

29. Former measure of length
35. Popular CBS series

36. Skin condition

37. Christian creator and ruler of the universe

38. They ___

40. Caused severe damage

41. Work done under harsh conditions for no pay

42. One point east of due south

43. Sea eagles

44. Drenched

45. State capital

47. Italian city

48. Sweetheart (archaic)

49. Brief talk

52. Popular disco group: Bee ___

53. First Chinese dynasty

54. Military vehicle

55. Chinese Moslem



BY JASON BLEAU
CORRESPONDENT

CHARLTON – The town of Charlton has followed suit with other communities across the Commonwealth by providing an online resource providing information about the COVID-19 vaccine rollout that will take place over the next several months.

The Board of Health has launched a new form on the Town of Charlton Web site that allows resident to register their email to receive instructions on how to receive a vaccine when they are allowed. The link is not a registration form for the vaccine, but rather a way for citizens to

be given notice of updates on the vaccine efforts and which groups are being treated at a given time.

Phase One of vaccine distribution started in December and lasted until the beginning of February serving priority groups including first responders, health care personnel and related professionals. Average citizens are to begin receiving the vaccine this month with Phase Two targeting individuals aged 75 and over. Following phases will serve individuals aged 65 and older before focusing on early education worked and essential employees and those with comorbidity. The general public is not expected to receive access to vaccines until

April of this year.

The town of Charlton is also currently recruiting licensed staff to man vaccination sites and administer the vaccines. Those looking to be a part of the local vaccine rollout efforts are asked to contact the Board of Health at 508-248-2210 or Health Director Jim Philbrook at James. Philbrook@townofcharlton.net.

Those seeking information on vaccinations or wanting to register for email updates can visit the Town of Charlton website where links for the statewide vaccination information and Harrington Hospital vaccination appointment sign-ups are available on the home page.

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

Environmental issues crucial to trail projects

BY GUS STEEVES
CORRESPONDENT
REGION — As many know, rail trails have become extremely popular community projects across the country. In many places, they cross — or are themselves — “brownfields,” urban areas contaminated by various forms of pollution that make building trails a long, complex and often expensive prospect. Last week, American Trails took a look at the issues surrounding how to start and fund such projects as part of a series of online events with participants across the US and Canada by looking specifically at projects in Peabody, Mass., and Chattanooga, Tenn. As George Naslas of engineering firm Weston & Sampson noted, “perceived or real environmental issues” are crucial to redeveloping trails and parks.

“It’s very important to do your due diligence and think of the what-ifs,” he observed. “... No two projects are the same,” because, even if they have the same kinds of contamination, the best way of addressing it may differ. His colleague Sarah DeStefano agreed, noting, “what you currently see isn’t necessarily what you’re getting.” For example, she said removing obvious debris may

leave invisible toxins behind. Not long ago, Southbridge found that out while considering whether to extend the Quinebaug Valley Rail Trail into downtown from the Golden Greek. That proposal stalled largely due to uncertainty about liability for contamination along the rail route, concern about how to cross Main Street at the Rotary, and how to address the decaying condition of a site near Crane Street. Sturbridge recently approved work on its section of the same trail, and is close to starting construction on an extension from Westville’s Calcutt Bridge to Farquhar Road. Meanwhile, Webster has been slowly adding sections to its Riverwalk along the French River downtown.

To DeStefano, the variations show why projects should start with what’s termed a Phase 1 environmental site assessment — a deep review of the documents regarding that property’s historical uses with site visits to identify potential liability issues. Among other things, having one of those can help protect municipalities and landowners who hope to use the land for recreation, but it can also indicate what kind of training and/or protection work-

ers will need, how to protect neighbors during construction, and how to use the proposed changes to reduce cleanup costs.

“It’s not our goal just to dig and send material to a landfill,” Naslas said. Sometimes, lower-concentration contaminants can simply be buried and capped with pavement (maybe the trail itself), while also designing the property to suit various uses and make it “more resilient” environmentally.

He later added, in response to a question, that what’s allowed varies by state. Some situations will allow stable, no-risk, no-exposure contaminants to just stay there, although they may require monitoring. One option in some cases is to build a “reactive cap” that breaks down some contaminants; others include grading or sloping the land, using rip-rap gravel, or even phytoremediation with plants, he said.

In Chattanooga, a riverside trail that began in 1987 is now 11 miles long. The last three miles had to deal with three brownfields, several active industrial sites, seven railroad crossings, and multiple landowners, some of whom were reluctant to cooperate at first, project designer John Brown said. That stretch cost about \$15 million, most of it for construction and cleanup.

“Our marching orders at the time ... were to work with the landowners up and down the river,” Rick Wood of the Trust for Public Land added. Doing so required negotiating many approaches to show that partici-



Gus Steeves

Creosote-treated railroad ties like these, seen piled along the Quinebaug Valley Rail Trail between Southbridge and Dudley, are one of the more visible kinds of ecological concerns planners of rail trails need to address.

pation would have public relations, tax, land-value and other benefits for themselves and the community. In some cases, proponents bought the land outright; in others, the owners kept it but gave the trail an easement. In some places, the relics of old uses required demolition; in others, they were renovated and incorporated into the trail to highlight the area’s history.

In Peabody, a two-mile trail along the North River is in a much earlier stage of development despite being 34 years old. When done it will extend a trail that now exists in Salem and connect to the MBTA rail network, DeStefano said.

That route passes numerous old tanneries and related firms that were largely active in the early 20th century, but were falling apart by

the 1960s. The trail project faces similar issues to that in Chattanooga: many landowners, lots of pollution (including PCBs, petroleum and metals), a crumbling canal wall and risks of flooding. Five of the six brownfields are recorded as contaminated sites, and research found the sixth is unlisted but contaminated, she said.

Brown noted brownfield cleanups often get public support because they turn derelict places “into spaces that can be reused and enjoyed” while assisting parts of town that have largely been ignored.

“Having a project champion or champion team, ... someone carrying that flag from beginning to end,” is often critical to success, Dan Biggs said. So is having lots of participants; major funding agencies usual-

ly want to see multiple sources involved (either with funds, supplies or volunteer labor) — “Think of all the different ways a project can be supported,” he said.

Brown noted later that federal grants usually require full-time construction oversight and other things that “can cost a project a whole lot more than using other sorts of funding.”

Most of his projects have involved working with railroads, who often say no at first because they’re focused on safety and liability.

“They’re in business to be railroads, not greenways,” Brown said. “... Sometimes, dealing with railroads feels like you’re dealing with another country.”

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

In Loving Remembrance



3rd Anniversary
February 5, 2018
February 5, 2021

Our mother, Phyllis, left us three years ago, joining her husband, Fred, parents Hazel and Charles Aldrecht, sisters, Barbara Albrecht and Alleyne Foley.

She was a life-long resident of Auburn, marrying Fred Conroy in 1947. She was a stay-at-home mom.

She left five children — Linda Pratt, Jerry and his wife Leona, Sheila Conroy, Gary and his wife Donna, and Jaye Coderre; eight granddaughters, and eight great grandchildren.

She will always be remembered for her easy going nature, kindness to all, fashionable sense of style, and sporty convertibles.

May she rest in peace

Oxford selectmen frustrated by Sacarrappa Road delays

BY GUS STEEVES
CORRESPONDENT

OXFORD — Selectmen expressed frustration at the ongoing delays in the Sacarrappa Road project after new DPW Director Jared Duval noted he’s still awaiting permits from the Department of Environmental Protection and Army Corps of Engineers.

Project design, he said, “has been complete for some time,” and Town Manager Jen Callahan said she intends to put it out to bid soon anyway, aiming to have work begin in July.

Selectman Cheryl Leblanc noted a March 2020 DPW memo had an identical timeline, and she decried the fact “these are the exact same things we heard a year ago,” and 18 months ago. She noted it wasn’t Duval’s fault, saying “shame on the state” for not acting more efficiently.

“I’m so disappointed that this project is not nearly as far along as we were told in the past,” she said. “... I think we’re just about at the end of our rope ... I fear we’ll have to go back to the townspeople for more money, and they aren’t going to like that.”

Oxford set aside about \$800,000 for the work a few years ago, before Callahan became manager. She essentially agreed with Leblanc, noting she’s concerned “what the price tag will be.” Putting it out to bid will make that clearer, and give her figures to put into the budget or cap-

ital plan, but they might have to adjust the actual cost later with change orders to fulfill whatever DEP or the Corps require.

Chair Dennis Lamarche said, if necessary, Oxford could “derail another project in town to make sure this gets done” by using Chapter 90 funds to make up any difference.

In other business, the board put off deciding on whether to give the police chief formal authority to handle a officer Roy Aquafresca’s request to transfer to Millbury. Leblanc and Meghan Troiano requested an executive session to discuss the issue, but Lamarche refused to schedule one.

While everyone seemed to agree they feel Chief Tony Saad can handle the issue — which they couldn’t speak in much detail about — Leblanc and Troiano both noted they’d just received the background information that day. Although they said they had read it, they wanted more information, with Leblanc noting it is unusual for an officer to reach out directly to the selectmen in such a case. Both argued their decision “has implications” because Oxford still uses civil service and Leblanc said she didn’t think it was “as black-and-white as it’s being portrayed to be.”

Noting “we appoint but we do not oversee,” Lamarche said he felt this was “interfering” and did not recall the board getting involved in similar transfers before. He said he didn’t have any more information, but they could speak with the chief and Aquafresca. Troiano already had spoken to the chief.

Selectmen also approved changes to the Harwood Scholarship Fund that will open eligibility to any Oxford student, whether they attend public or private high school. Recipients need to be seniors already accepted to a college who meet financial and grade-point limits and are going into an allied health field, but Troiano said the changed rules will allow the board to choose someone who meets four of the five criteria if no applicant meets all five. It still has a \$1,200 maximum dependent on how much is in the account any given year; this year, the award will be \$1,000.

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

Area residents on Bridgewater dean’s list

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

Brimfield
Jim Damon and Joshua Watts
Charlton
Shaelyn Donovan, Abby Holden,
Carlos Sousa, Gabby Farrenkopf and
Madison Pawlina.

Fiskdale
Nate Eliason and Allie Morin
Sturbridge
Ally Houck, Emily Macey, Alec
Merrifield, Cooper Novelline and Alice
Van Wickler.
Southbridge
Kolby Lamoureux, Nathan Pruitt and
Amelia Tieri.

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Age 14

Hi! My name is Deniol and I love basketball and soccer!

Deniol is a sweet and social boy of Hispanic descent. Those who know him best describe him as polite, eager to please and very kind. Deniol makes friends easily and gets along well with other children and with adults. Deniol’s favorite activity is playing sports, especially basketball and soccer, as well as playing video games. He hopes to be a police officer when he grows up and likes to watch television shows that feature police officers.

At school, Deniol’s teachers report that he puts a lot of effort into his work and wants to do well in class. Deniol receives extra support in school, and participates in social-skills and life-skills groups. He gets along well with his classmates and teachers.

Legally freed from adoption, Deniol is looking for a loving family that can provide him with support, structure and consistency. An ideal family will also be able to advocate for his needs, and help him utilize appropriate community services. Although his social worker believes that he will do well in a family of any constellation, with or without children, she believes that he will do particularly well in a family where he can have siblings. A family who enjoys being active would also be a good match for Deniol.

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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 617-964-6273 or visit www.mare-inc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



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OPINION/COMMENTARY



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FRANK G. CHILINSKI
STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

We can bridge the divide between us

It has been one of the most tumultuous times in recent history in regard to politics, and the divide taking place across the country is very real. This Editor has noticed plenty of disagreements take place between individuals with opposing viewpoints. Being privy to all sorts of news stories and situations where politics are discussed puts us right in the heart of it.

This may not be the case in every situation; however, we have noticed that residents in small towns do not let politics divide them. Sure, you have members of various select boards going head to head about an issue, you have citizens up in arms over certain topics, but people out about the town have remained quite hospitable to each other.

During one event we recently covered, we witnessed two long-term residents from the same town who could not be further apart in viewpoints have a refreshingly peaceful and genuine discussion. Imagine a long haired ‘hippie’ woman holding protest signs and a die-hard Republican, former Marine and hunter dressed in steel toe boots, joking around with each other and having a genuine laugh, then wishing each other well with sincerity, you wouldn’t have believed it. But it happened.

Since that moment, we have noticed more and more situations like this unfold. Hands are being shaken and smiles are being exchanged despite the so called political ‘divide’ that has ripped through the country. We think citizens in small towns, no matter who or what they are about can genuinely appreciate each other’s differences. A person may not agree with hunting or wouldn’t head out into the woods themselves, however they could see a neighbor who shot an eight-point buck and offer a friendly congratulations. We have seen conservatives with a snowbank of over a foot covering their drive-ways be plowed out by someone with a ‘Bernie’ sticker on their plow truck. We have seen posts on social media that have nothing to do with politics invoke laughter from both sides.

In a small town everyone knows everyone, and if they don’t they are only separated by one person. In such small towns, that allows for communities to rally around each other and to make sure at the end of the day, that we all had a good one. It’s cold up here, the winters are long and brutal. That camaraderie of wanting to protect our small town niche has benefits that have always stood the test of time. You may be a Republican, Independent or a Democrat but you all root for the New England Patriots. Perhaps now maybe Tampa, but having that home town pride is something that connects us all.

Strategies to Drive Safely in the Snow

Hot on the heels of a classic Nor’easter, it’s time once again to review our annual winter driving tips to keep safe while navigating icy, snowy roadways. When the wintry weather finds you slip sliding away this season, keep in mind these common sense strategies to up your odds of a safe trip.

Accelerate slowly to reduce wheel spin. If starting from a standstill on slick snow or ice, start in second gear so the vehicle is less likely to spin the tires. The transmissions on some vehicles have a winter mode that automatically starts in a higher gear.

On snowy or slippery roads, decelerate slowly too. It helps to increase your following distance to five to six seconds.

Reduce your speed and drive smoothly. In slippery conditions, tires lose their grip more easily, affecting all aspects of your driving: braking, turning, and accelerating. The key is to drive as smoothly as possible, avoiding sudden actions or rapid movements of any kind. Drive as if you have a bowl of water in your lap and don’t want to spill any.

Don’t lock your wheels when braking. Locked wheels can make the vehicle slide or skid. If you have a vehicle without an anti-lock braking system (ABS), you may need to gently apply the brakes repeatedly to avoid having them lock up the wheels.

Know your brakes: Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal

Perform one action at a time when accelerating, braking, and turning. Asking a vehicle to do two things at once—such as braking and turning, or accelerating and turning—can reduce your control. When taking a turn, for instance, slowly apply the brakes while the vehicle is



TAKE THE HINT
KAREN TRAINOR

going straight. When it’s at the right speed to take the turn, let up on the brakes and smoothly turn the steering wheel. After you’re through the turn, slowly depress the accelerator to regain your speed.

Tackling the Hills: Don’t power up hills. Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly

Clear Clogs: Make sure the exhaust pipe is not clogged with snow, ice or mud. A blocked exhaust pipe can cause deadly carbon monoxide gas to leak into the passenger compartment of the vehicle while the engine is running.

Did you know tires are your most important weapon against slipping and sliding? Take into account these top tire tips:

Cold temperatures decrease the air pressure in tires, which adds to the rolling resistance caused by snow and slush. So be sure to check tire pressure regularly, especially after there has been a sharp drop in temperature.

When buying allweather or snow tires have them installed on all four wheels. This provides even traction all the way around and gives you top notch steering and stopping.

Can’t replace all four? If you can only afford two snow tires, some tire experts suggest you get them mounted in the rear. Here’s why: If your front tires skid, you can still

maintain some control over the car by steering those wheels. But if your rear tires lose contact with the road, it’s much harder to control where the car goes. For that reason, the tires with the greatest amount of traction are supposed to go on the back

Make sure you have enough tread on your tires. The drive tires must provide traction to push your vehicle over wet pavement and through snow. The steering tires must have traction to steer the vehicle. Experts say you should have at least one eighth inch of tread to plow through snow effectively.

Note: The driving advice above was culled from various sources including AAA; State Farm Insurance Agency; Consumer Reports; and Michelin Tires.

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 email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

Joy! It’s an inside job

A long-time friend, Brenda Badger Bonser posted a meme this week. For those unaware, a “meme” is a picture that someone has added a message to make a point. Brenda posted a picture of a joyful child. It read, “Don’t wait for things to get easier, simpler, better. Life will always be complicated. Learn to be happy right now. Otherwise, you’ll run out of time.”

It doesn’t surprise me that Brenda felt it important to post this. Brenda was always a person with a kind word upon her lips and a smile for everyone. Brenda radiated joy and still does.

Thank you, Brenda, for your beautiful posting. We all needed to hear this. We know it to be true. We all recognize our lives aren’t infinite, yet we often live as though we have forever to do the things we want to do.

Brenda’s meme conveys a short and concise message accompanied by a matching picture. In a way, it’s like a much shorter version of my weekly column. My mission with this column is to provide enough information to influence mindsets from negative to positive, hopefully turning readers from pessimists to optimists. I want to help others understand that we have far more control over our lives than they believe.

Most people travel through life looking for others to blame and others to resolve their issues. Too often, they are looking for the government to solve their problems. The government has never been good at solving the problems of citizens. Optimistic people tend to be more self-reliant. Instead of looking for solutions from the government, optimists just want the government to get out of the way. I don’t look for my doctor to solve all my medical problems. I want help and support from my doctor, but I have taken control of my healthcare. No one will be a better advocate for my health than me.

Optimists look for a better outcome and believe it will happen. Not through wishful thinking, but because they believe something better is coming. That belief motivates them to act to make it so. Optimists believe by working in concert with others, positive things can happen ... but if they

sit and wait for someone to take them by the hand and make things better, they will always be disappointed. The commonly heard phrase, “If it is to be, it’s up to me” is true.

Joy is something grander than happiness. Joy is a fruit of the Spirit, and when we find joy it’s infused with comfort and wrapped in peace. It’s an attitude of the heart and spirit, but we won’t find it unless we seek it and understand it is within us, waiting to be felt and expressed.

So, back to Brenda’s meme ... happiness comes from external events and forces. My family makes me happy. Joy is different. It’s an inside job. It comes from our decision to live our lives with joy. And you know what? I’ve never once met a joyful pessimist. I’ve never even met a happy pessimist.

Choose to be joyful and happy. Choose to believe the best in others and believe the best is yet to come. It’s a beautiful thing to see when others realize we expect them to be good, their inner self tries not to disappoint us.

Here’s my challenge. Find your joy today. Find it in this moment ... at home or at work ... in a quiet time or a busy situation. Find joy with your spouse, your kids or with a person you are meeting for the very first time ... or find it in a quiet moment, alone. You will only find it within you.

Optimism makes our lives and the world a better place. Last week I spoke of the pandemic of pessimism and how pessimism can spread like a virus. It’s also true of optimism.

So how and where do you look for happiness and joy? For happiness, look around you and seek it in every circumstance. For joy, look within your heart and mind.

I have found joy this morning in writing to you. 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.

Financial gifts for your valentine



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

For many of us, the COVID-19 pandemic may be putting a hold on dinner at the charming local bistro, but the spirit of Valentine’s Day cannot be extinguished. This year, perhaps more so than in the past, you may want to make your Valentine’s Day gifts even more meaningful. So, for example, what can you give your loved ones to help them along on the road to financial security?

Here are a few possibilities: Contribute (indirectly) to an IRA. Virtually anyone with earned income can contribute to an IRA, which offers tax benefits and an almost unlimited array of investment options. Yet, most people never contribute the maximum amount allowable each year, which, in 2021, is \$6,000, or \$7,000 for those 50 and older. You can’t contribute to another person’s IRA, but you can give that person the money for that purpose. However, an individual can’t contribute more to an IRA than he or she earned during that year. So, if you were to give someone \$1,000 to be placed in an IRA, that individual must have at least \$1,000 in earnings. Be aware, though, that the recipient can use the money for any purpose.

Give shares of stock. You probably are already familiar with the products your loved ones use – so why not give them shares of stock in the companies that make those goods or services? Most people enjoy being “owners” of businesses whose products they use. Furthermore, owning stocks for the long term can be a valuable component of anyone’s financial strategy. If you are unsure of how to give stocks, you may want to consult with a financial professional.

Stay protected. If your valentine also happens to be your spouse, you can give a gift of tremendous value by simply working to protect what you have. For example, if something happened to you, would your spouse be able to maintain the household, educate children, pay the mortgage and so on? A financial professional can help you find the protection you need, as well as suggest ways to defend yourself against the devastating costs of long-term care. A private room in a nursing home can cost \$100,000 or more each year, according to the insurance company Genworth, and Medicare typically pays few of these expenses, so you’ll want to be prepared.

Create (or revise) your estate plans. It doesn’t sound very romantic but making sure your estate plans are in order is one of the best gifts you can give to all your loved ones. If you haven’t created your plan yet, contact an attorney who specializes in estate planning. You may also want to involve your tax and financial advisors. And if it’s been a while since you looked at your existing plan, take the time to review it – this is especially important if you’ve had changes in your family situation.

On Valentine’s Day, the chocolate hearts and flowers are certainly always appreciated. But financial gifts can help you make a truly lasting impact on your loved ones’ lives.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

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The fishing is great...for some



Cub Scout Pack 2 fishing at the Uxbridge Rod & Gun Club last Saturday.

Courtesy



This week's picture shows, left to right, Kevin Gray, Jared Negro, and Kyle Smith, enjoying some ice fishing in local waters. Fishing was very good, with numerous species of fish being caught.

This past week's bitter cold weather sure had local lakes and ponds making ice for fishermen to get out and enjoy the outdoors. Unfortunately, the fish were not cooperating for some, with very few anglers catching fish, but they were just happy to be enjoying fishing with friends and family. Many anglers had a good fire going to keep them warm, as the temperature, driven by wind, had the wind chill factor at minus 10 degrees on Friday and Saturday. There was the smell of good food in the air as I stopped to visit some of the fishing parties at local ponds. A fishing party at the Uxbridge Rod & Gun Club, for Cub Scout Pack 2 from the Uxbridge VFW had a good number in attendance, but the fishing success was very slow. The group still had a great time slipping and sliding on the ice, and were treated to some great food by Steve Bedard and his crew.



THE GREAT
OUTDOORS
.....
RALPH
TRUE

As of this past Saturday, local lakes and ponds that had safe ice included: Wallum Lake, Manchaug Pond, Whittin Reservoir, Meadow Pond, Bad Luck in Douglas, and Webster Lake in Webster, to mention a few. This past Sunday, fishing picked up for numerous anglers I spoke to, with largemouth bass, perch and pickerel keeping anglers busy tending the ice fishing gear! As this column was being written, the weather forecast for Tuesday was predicting a foot of snow. It is sure going to hamper fishing for some ice fishing anglers, especially the elderly and handicapped. It sure makes me think about moving to Florida, or some other

warmer place, at least for a few months.

This writer received a fishing report from my brother Ken and his son Mark this past Sunday. The pair fished Webster Lake this past Sunday and had an extremely slow day of fishing. Ice tilts baited with shiners were mostly quiet, with only a couple of yellow perch being caught. Jig fishing was not much better with only a couple of yellow perch caught. They were the only fishermen on the lake at the state boat ramp. Normally, they catch a few trout and pickerel, but not this past Sunday. They still had a good time fishing. Any time a father and son can spend time together fishing, it is a good day!

This writer received a notice from Massachusetts Fish & Wildlife's Marion Larson, Chief Information & Education Officer last week, in reference to the proposed hunting and

fishing license increase for 2022. It sure is a bad time to think about increasing the licenses in the wake of a pandemic. For those that have a computer, they should take advantage of the three Zoom platforms being held on Feb. 4 and 9, at 6:30 p.m. & the Feb. 6 meeting being held at 10 a.m.! Instructions for joining the online sessions, or by phone can be found on mass.gov/masswildlife-funding. Massachusetts Fish & wildlife will also release a list of their proposed increases in the spring, and will hold formal public hearings at that time? This writer would urge all hunting and fishing license holders in the state, to take the time to make their voices heard at the times mentioned. The public may also provide public input using an online form on mass.gov/mass-wildlife-funding or by mail to Mass. Wildlife,



This large yellow perch was caught by John Schreiber this past week in local waters.

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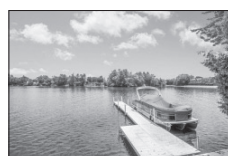


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THOMPSON - 5+ ACRE WATERFRONT LAND - BECOLA ROAD



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THOMPSON - 25 TERRACE DRIVE



Off Thompson Hill! At the end of a Dead end road well maintained & loved! Kitchen with double wall ovens, gas cook-top, granite countertops. Formal dining room. Fireplaced Living room! master, on the first floor, 4 bedrooms total! 2nd full bath -second level. 2 car garage! assisted sale **\$325,000.**

WEBSTER - 103 UPPER GORE RD



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LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided! **\$89,900**
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WEBSTER - 29 WEST AVE.



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WOODSTOCK - 33 DEER MEADOW LANE



Beautiful 2,422 Sq Ft Colonial! 4 Bedroom! 3 Bath! Fireplace, 2 Car garage! So much more!
assisted sale **\$415,000**

DUDLEY - 22 ROBERTS ROAD



Lovely 3 bedroom Ranch! Single door 2 car garage with storage! Eat-in kitchen. Fieldstone Fireplaced Living Room! 3 bedrooms, hardwood floors, Remodeled bathroom! Lower Level fieldstone walls/fireplace! In-ground pool! - 3.58 ACRES! Includes extra lot. **\$312,000.**

WEBSTER - 20 KINGSBURY



NEW TO THE MARKET! Custom Sprawling Split 2800+ SF! Central Air! Kitchen, Dining Room, Cathedral Ceiling Living Room, 3 Bedrooms! Granite Counters & New Flooring! New Boiler - Hot Water Tank - Oil Tank! FULL finished Lower Level w/ Full Bath & Laundry! THERE'S MORE! 2 Car Garage, renovated to include Hydro Heat, AC & 1/2 Bath! Great for Fitness Studio, Game Room or Home School! Over 1.4 Acres! **\$360,000.**

WEBSTER - 52 CUDWORTH ROAD



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Webster Lake - 100 Lakeside Ave



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Lake Shirley - 647 Reservoir Rd



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!
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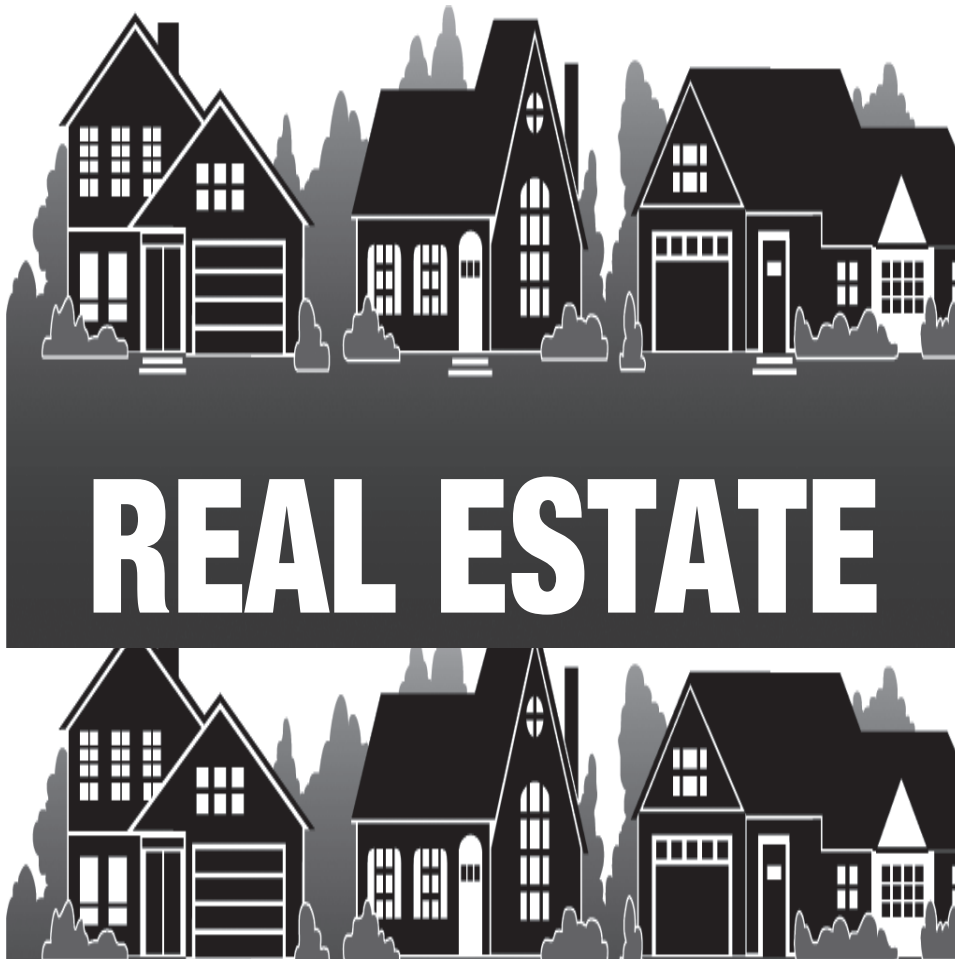
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10 Vecchia St - \$143,500

Webster: Condo - 1st floor. Totally renovated, Walls, electrical, plumbing, kitchen bath, 2 Bedrooms, Garage





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Send cover letter with resume and Town of Douglas employment application to Matthew Wojcik, Town Administrator, Town of Douglas, Municipal Center, 29 Depot St., Douglas, MA 01516. Position will remain open until filled.

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NURSING

continued from page A1

news and social media. When hospitals were running out of capacity and healthcare workers were running out of personal protective equipment, Bueno felt helpless. Across the globe she witnessed her grandmother, Estrella Ramos in New York make fabric masks for the community, Bueno was inspired. Her grandmother's act of kindness impacted her. Her aunts and uncles in the healthcare field working in the frontlines in Boston, New York, New Jersey, Texas, and California as nurses, physical therapist, activities assistant, dialysis technicians, and even caregivers. Closer to home her first cousin, a Filipino-Japanese is also a nurse at Hiratsuka, Kanagawa, Japan.

That is why she started using her digital art skills to channel her emotions during the ongoing crisis. Bueno creates anime fan art stickers. Her website is called creativejuice_ on Shopee. To date she has 92 followers who imagine while Bueno draws. Her site boasts of 15 products. She has an ongoing sticker project commissioned for the Bay Path Practical Nursing Academy students in Charlton, Massachusetts.

Isabella Boateng of Manchester, Conn.

Isabella Boateng is a practical nursing student at Bay Path Practical Nursing Academy. As a Certified Nursing Assistant (CNA), she spends her days caring for her patients and maintaining their safety from COVID-19 and its complications. Working at All Ways There Home Care, which is at Vernon, Conn., she has been channeling her experiences on the front line into the culinary arts. She proudly states that her medium is cooking.

Her dishes have brought love, hope and faith to her family and close friends. As one of the student representatives for the PN Class of 2021, she helps spread the message for prevention: mask, physical distancing, and hand-washing. As a UNICEF Club

officer, she helps plan and hold food related fundraising activities to support projects for children's advocacy. Boateng has been called an "angel on earth" by a former patient. For her, honoring her heritage with the dishes she cooks and being at the bedside, caring for her patients is sacred.

Brianna Laforest of Webster

Creating art is a way for healthcare providers to remember and capture their experiences on the front line. Being creative and making art helps Brianna Laforest cope. She does so one flower at a time by making gorgeous flower arrangements and spreading cheer along the way. Blooms have always had uplifting effects.

The pandemic, chronic stress, and depression can contribute to negative health outcomes such as poor cardiovascular health. Laforest has young children, and she hopes they can look back and say their mom worked during the pandemic and she did a great job. Work is exciting for Laforest as the nursing administrative coordinator at UMass Memorial Medical Center. As a practical nursing student, she reports to Harrington Hospital for her medical-surgical nursing rotation. She maintains a busy household, a challenging job, and a full plate as a practical nursing student. She can manage it all. Future generations can look back and learn more about how she balanced it all and what it was like to live through the pandemic.

Evidence shows that art can help ease stress and anxiety. Taking part in creative activities can help alleviate the burden of chronic diseases. It is also noted that creative activities help individuals express emotions and experiences that are too difficult to put into words, such as experiences related to the COVID-19 pandemic. These student nurses are on track to be LPNs and RNs upon graduation, albeit they are already healthcare heroes officially.

McKEON

continued from page A1

knowledge of dental assisting, she is humorous and genuine," Booth said.

McKeon is the co-director of the Kid Seal program and works with QCC and the Worcester Public Schools to help promote dental health in area

REMOTE

continued from page A1

ing however no students were believed to have been exposed. The district also consulted with the Division of Epidemiology and Immunization at the Department of Public Health and the Department of Elementary and Secondary Education to review the findings and receive guidance on their next step.

The district decided to move Charlton Elementary School to remote learning on both Jan. 21 and Jan. 22 and continue consulting local and state officials for further recommendations. On Jan. 24, Superintendent Lamarche announced the school would remain remote until Jan. 26 as they had been awaiting tests results from individuals from within the school and evaluating potential quarantines for staff members. After a meeting with health officials on Jan.

youths. When she is not working with students, Ms. McKeon is the presiding chair and room coordinator at Yankee Dental Congress, as well as the president elect. This year she will also be appointed president of the Massachusetts Dental Assistants Association (MDAA).

"Jenn embodies our dental program and is an amazing role

model for our students," said Pat Schmohl, dean of the School of Healthcare. "She is so deserving of this award."

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

mending the health officials and everyone else involved in the decision making for helping the district through yet another situation full of unknowns during the COVID-19 pandemic.

"As with many operational items during the pandemic we are learning as we go. What cannot be overstated is the collaboration, deliberation and action planning that comes from working with the Health Director and Health Agent, our school nurses, and principals. We held a tabletop exercise with all principals and school nurses to learn and share our processes regarding the situation at Charlton Elementary School," Lamarche said.

As of the School Committee meeting three new cases had been reported in the district, two requiring contact tracing but not directly connected to the situation at Charlton Elementary School.

Bay Path nurse alumna is newest triage nurse at St. Vincent's

WORCESTER — Michelle Elicier, LPN is 2020 graduate of Bay Path Practical Nursing Academy, where she was actively involved in service-learning.

Elicier volunteered for Bagong Kulturang Pinoy (www.bkpinc.org), promoting literacy and Walk to End Alzheimer's. She was a member of the UNICEF Club and participated in multiple fundraising activities towards children's advocacy. Elicier is certified in Dementia Care, Mental Health First Aid (through the National Council for Behavioral Health Mental Health First Aid) and was inducted to the National Technical Honor Society.

After graduation and passing the NCLEX-PN on her first try, she initially worked as an LPN at the Edward Kennedy Health Center. Due to Elicier's excellent work ethic, she was called back to St. Vincent's, where she used to work as a medical assistant. The position she was offered is that of a telephone triage nurse for the internal medicine office. Elicier is the new triage nurse!

She uses her previous experience in family medicine, her practical nursing skills, and bilingual ability to reach out to patients remotely. She is fluent in English and Spanish. She puts on her scrubs and mask-up. As a triage nurse, Elicier assesses patients and evaluates their symptoms, all by phone to determine the level of care they need.

"I'm grateful to Bay Path Practical Nursing Academy, the Director, and all of the instructors. I can't thank them enough," she said.

From simple acts of care, assessing patients to communicating test results, and on every phone call she answers, Elicier is confident in her nursing skills. She finds ways to help her patients be at ease in situations that may be stressful and overwhelming. She has mastered the art of prioritizing and triage.

She aims to help and guide patients as she hopes someone would help her if she were in the same situation. Care during COVID-19 is challenging but Elicier does not shy away from challenges. Each day, she strives to be the best LPN she can and provide the best nursing care she can, one telephone call at a time.



Michelle Elicier

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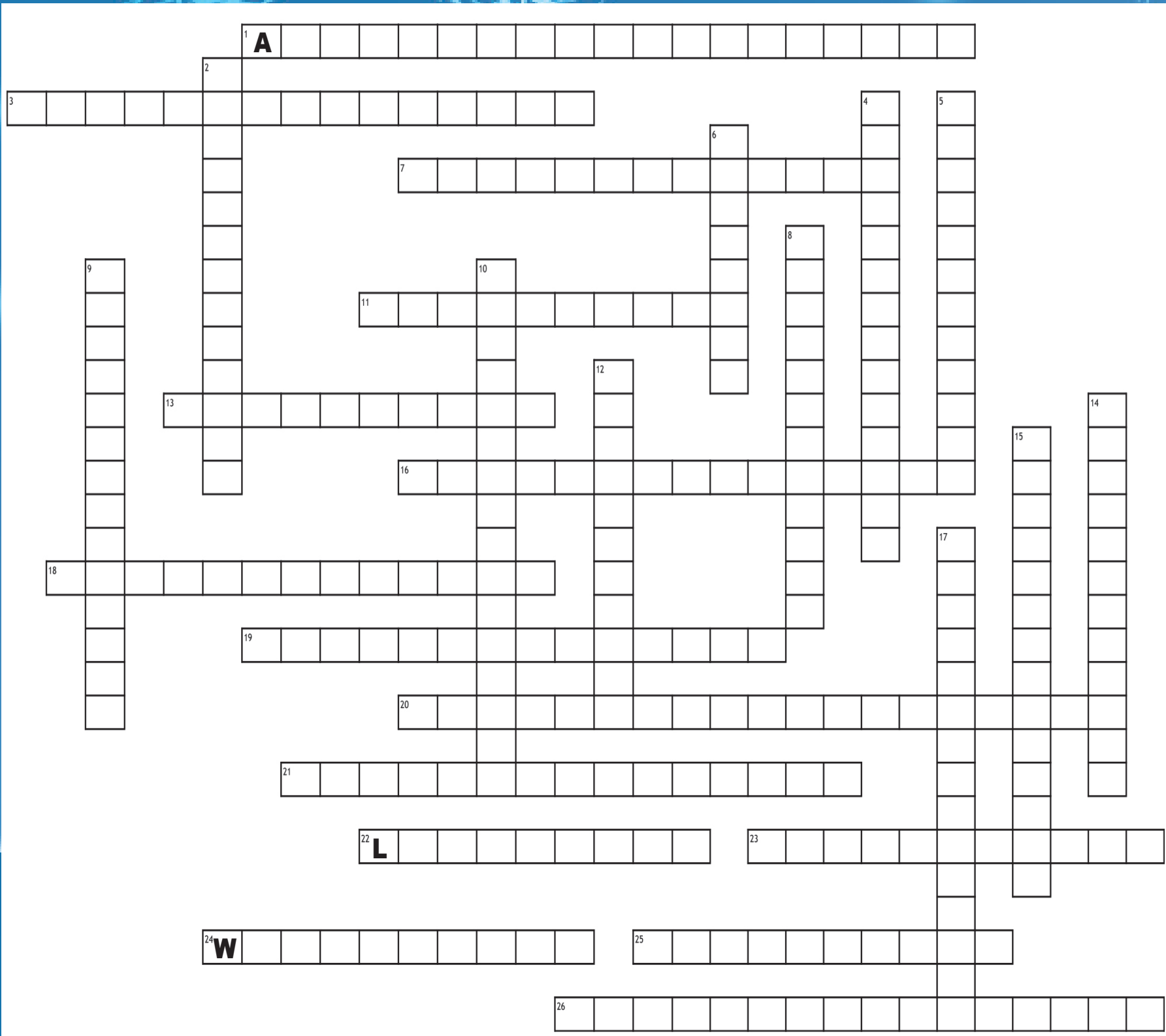
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Keith Jacobson to Mortgage Electronic Registration Systems, Inc., as nominee for Mortgage Network, Inc., dated June 28, 2018 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 59018, Page 240 of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc., as nominee for Mortgage Network, Inc. to PennyMac Loan Services, LLC, recorded on August 14, 2019, in Book No. 60873, at Page 132 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 2:00 PM on February 19, 2021, on the mortgaged premises located at 5 Water Street, Auburn, Worcester County, Massachusetts, all and singular the premises described in

said mortgage, TO WIT: The land with the buildings thereon located at 5 Water Street, Auburn, Worcester County, Massachusetts, situated on the westerly side of Water Street, bounded and described as follows, to wit: BEGINNING at the northeasterly corner thereof on the westerly line of Water Street and at the southeasterly corner of land now or formerly of the American Steel and Wire Company; THENCE southerly by said Water Street, one hundred (100) feet; THENCE by land now or formerly of Joseph C. Grenier, S, 73 degrees W, one hundred forty-two (142) feet; THENCE by land now or formerly of Amedie J. Guillet N. 17 degrees W., one hundred twenty-seven and 5/100 (127.5) feet to land now or formerly of American Steel and Wire Company; THENCE easterly by said Company's land one hundred forty-five (145) feet to the point of beginning. Being the same premises conveyed to said Grantor by deed of P&G Homes LLC

dated December 15, 2017 and recorded in the Worcester District Registry of Deeds in Book 58236 Page 74. For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 59018, Page 238 and a confirmatory deed recorded with said registry in Book 59020, Page 279 These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. TERMS OF SALE: A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale. PENNYMAC LOAN SERVICES, LLC Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 17790 January 22, 2021 January 29, 2021 February 5, 2021

3rd Annual ABC's of the Seasons

WINTER EDITION



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Please find the answers to this crossword puzzle on page 2 of this section. Enter to win a \$25 gift card to one of these local businesses by mailing in your completed crossword to **ABC Crossword Puzzle, Stonebridge Press, P. O. Box 90, 25 Elm Street, Southbridge, MA 01550**
OR scan & email or take a picture and email it to jsima@stonebridgepress.news by Thursday, February 18.
Random-drawing for winner of all correct entries to be announced in the February 26th issue of the Express. One entry per person.
Please support these ABC's businesses and tell them you saw their ad in your local paper! Good luck!

Grow quick, easy and nutritious microgreens

BY MELINDA MYERS

Add fresh flavor to your meals year-round with microgreens. These easy-to-grow greens need minimal space and no special equipment for a flavorful and nutritious harvest in little more than a week.

Use microgreens on salads, soups, pizzas, omelets, in stir fries or as a snack. These tiny seedlings are packed with more nutrition than their mature counterparts.

Add a bit of spice to soups and sandwiches with radish and mustard microgreens. Try red cabbage, chard, beets and amaranth for some added color. Sunflower's somewhat nutty flavor makes it perfect for snacking. Let some of your pea microgreens grow a bit taller to use in stir fries.

Fill a shallow container with a two-inch layer of moist potting or seed starting mix. Sprinkle seeds over the soil surface and lightly cover with potting or seed starting mix. Water gently to ensure good seed-to-soil contact.

Continue to water often enough to keep the soil slightly moist. Reduce your workload and keep the planting mix consistently moist by covering freshly planted containers with plastic. Once the greens break through the soil,

remove the cover and place the container to a sunny location or under artificial lights.

Increase the fun and success with a microgreen growing kit like the Organic Herb and Microgreens Grow Kit from Gardener's Supply (www.gardeners.com). This set up is the perfect size for your countertop or other small space. The full spectrum light is adjustable so you can raise or lower it as needed whether growing short microgreens or taller herbs.

Or skip the growing mix and mess with a Jute Microgreens Starter Kit. Set the jute mat in the shallow tray, add seeds, and water. Then compost the jute mat after harvesting your greens.

Follow the planting directions on the seed packet. You typically need two to three tablespoons of seeds for an 11-by-21-inch tray. Buy enough seeds to make additional plantings every week or two to ensure a constant supply. Microgreens like most vegetables taste best and are most nutritious when eaten fresh. And these tasty bundles do not last long in storage.



GARDEN MOMENTS
.....
MELINDA MYERS

The microgreens are ready to harvest once the plant forms the first set of true leaves. These are the leaves that resemble those of the mature plant. This takes anywhere from 7 to 14 days, depending on the room temperature and type of microgreens you are growing.

Use scissors to clip the greens off at ground level. If you prefer to use the whole seedling, roots and all, you will need to wash off any of the seed starting mix clinging to the roots.

Once you harvest all the greens, it is time to replant. Save money and be kind to the environment by composting the used planting mix and reusing containers. Convert shallow fast-food containers into planting trays. Disinfect these or other planting trays before using them for subsequent plantings. Just soak the containers in a 10% bleach and water solution for ten minutes. Then rinse in clear water before planting.

Gardening doesn't get much easier than this. You will enjoy the fresh flavor all winter long as you wait for the outdoor growing season to begin.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* DVD series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a colum-

nist and contributing editor for *Birds & Blooms* magazine and was commissioned by Gardener's Supply for her expertise to write this article. Myers' Web site is www.melindamyers.com.



Courtesy — Gardener's Supply Company
Small grow light kits make growing herbs and microgreens indoors easy and convenient for harvesting and cooking.



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Cameron Bolduc named to Deans' List at Bryant University

SMITHFIELD, R.I. — Bryant University is pleased to recognize the students who have demonstrated an unwavering commitment to academic excellence and achievement. Cameron Bolduc, class of 2024, from Auburn has been named to the Dean's List for the fall 2020 semester.

"The challenges of the last year have revealed the character and grit of our community of scholars," said Provost and Chief Academic Officer Glenn Sulmasy, JD, LL.M, reflecting on Bryant's successful fall semester. "I am impressed and proud of their resilience, dedication, and innovative spirit."

Congratulations to Cameron on this outstanding achievement!

About Bryant University

For 158 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.

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Naomi Kathryn Jean Bylund named to Husson University's President's List

BANGOR, Maine — Auburn resident, Naomi Kathryn Jean Bylund, has been named to Husson University's President's List for the Fall 2020 semester.

Bylund is a sophomore who is currently enrolled in Husson's Bachelor of Science in Exercise Science program.

Students who make the President's List must carry at least 12 graded credit hours during the semester and earn a grade point average of 3.80 to 4.0 during the period.

For more than 120 years, Husson University has shown its adaptability and strength in delivering educational programs that prepare future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent a superior value in higher education. The hallmarks of a Husson

education include advanced knowledge delivered through quality educational programs in business; health and education; pharmacy studies; science and humanities; as well as communication. According to a recent analysis of tuition and fees by U.S. News & World Report, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

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