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AG PA

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Charlton native chases musical dream

BY JASON BLEAU
CORRESPONDENT

CHARLTON –Over the past few months, a young local musician has been making waves across Worcester County declaring his dreams of becoming a star in one of the most popular musical genres of today.

At only 16 years old, Charlton’s Liam Coleman has decided to follow a life-long dream bringing his musical talent to social media and even planning a trip to Nashville where he expects to spend time in the record studio and play shows in the country music capital of the United States.

Coleman, whose father Stephen Coleman is chief of the Auburn Fire Department, has been around music most of his life learning to play the drums when he was six and in sixth grade teaching himself how to play guitar. Now entering his later teens Coleman decided that his heart was leading him to a music career and country, one of his long-time favorite genres, felt like the right fit.

“I always knew I wanted to do something with music, but I was torn about what genre. Country always had that special place in my heart, and it was the most fun for me to play,” Coleman said.

While the young artist is versed in

modern country regulars like Luke Combs, who he considers his musical idol, his influences include a range of different artists from beyond country and from different decades, including Johnny Cash, Bob Dylan, the Foo Fighters, and Green Day.

As a junior at Shepherd Hill Regional High School, Coleman plans to graduate before making any moves out of state to pursue his dreams, however he has plans to kickstart his musical aspirations in the fall. Coleman originally intended to visit Nashville in April however the COVID-19 pandemic forced him to reschedule his plans to August at which time he will enter the studio and record new music in a city well known for sparking the careers of countless country music legends.

While he is home, though, Coleman is making the best of his time connecting with fellow songwriters and musicians and entertaining his fans and fellow Charlton residents on social media. Coleman recently did a takeover of the Charlton Happenings Facebook page where he played several songs on a livestream. Coleman has credited his hometown for showing him great support and feels proud to be able to help entertain them during the ongoing pandemic.

“I couldn’t ask for a better com-



Courtesy Photo

Aspiring Country singer and Charlton native Liam Coleman.

munity to support me through this journey. I’m so grateful for everyone who has been supporting me and my dream. It means so much,” Coleman said. “I’m glad we have social media so that we can reach out to people

and I can continue to be a part of the community. Some days I’ll work with a guest and other days I’ll take people’s requests. I’m just happy that

Please Read **COLEMAN**, page **A5**

Webster First donates more than \$5,000 to local food pantries

WORCESTER — Webster First has been a proud community credit union since it first opened in 1928. It’s been an essential part of the credit union’s mission to show support for their communities by getting involved with local causes and organizations, and giving back through charitable donations.

During these uncertain times in which COVID-19 has affected the lives of the people in their communities, Webster First recognizes the impor-

tance of being there for them now more than ever. That’s why Webster First has donated more than \$5,000 to food pantries across their field of membership, to help support the people in the communities that they serve.

Below is the full list of food pantries and food banks that received a monetary donation:

Auburn Youth & Family Services Food Pantry
Douglas Community Food Outreach

Program
Friends of the Spencer Seniors
Grace Ministries United Parish Food Pantry
Greater Boston Food Bank
Our Father’s House
Our Neighbor’s Table
Project Just Because
Rutland Food Pantry
Wachusett Food Pantry
Webster-Dudley Food Share
Winthrop Community Food Pantry

Winthrop Veteran’s Food Bank/
Winthrop American Legion Post
146 Worcester County Food Bank
About Webster First
Webster First Federal Credit Union serves the financial needs of Essex, Middlesex, Suffolk, and Worcester Counties. Webster First is one of the largest credit unions in Massachusetts with over \$1B in assets and serving over 77,000 members.

Nursing student wins 2020 Yasso #gameonhero Program



Photo Courtesy

Shirley Whitney and Lauren Pellett

CHARLTON — Bay Path Practical Nursing Academy student Lauren Pellett of Norwich, Conn. was pleasantly surprised and greatly appreciated winning the Yasso

#gameonhero Program.

In an email sent by Taylor Hunt, Experiential Marketing Associate for Yasso, Pellett was acknowledged with a thank you and notified that Yasso received so many incredible stories of community heroes nationwide. Although overwhelmed with the outpouring of positivity of thoughtfulness of the entries, Pellett was picked for her caring actions toward an 83-year-old client, assisting her mother in making fabric masks for local hospitals and taking care of her grandmother, Shirley Whitney. All while Pellett maintained her academic standing through remote learning and completed clinical requirements through Digital Clinical Experience (DCE) at Bay Path Practical Nursing Academy.

“It’s wonderful to see and be recognized by such a great company doing great things for the healthcare system and community,” Pellett said. “Such an inspiring thing to be a part of during a traumatic time.”

Pellett will finish her certificate in practical nursing this June, then plans to work full

Local author celebrates second book with virtual release party

BY ANNIE SANDOLI
CORRESPONDENT



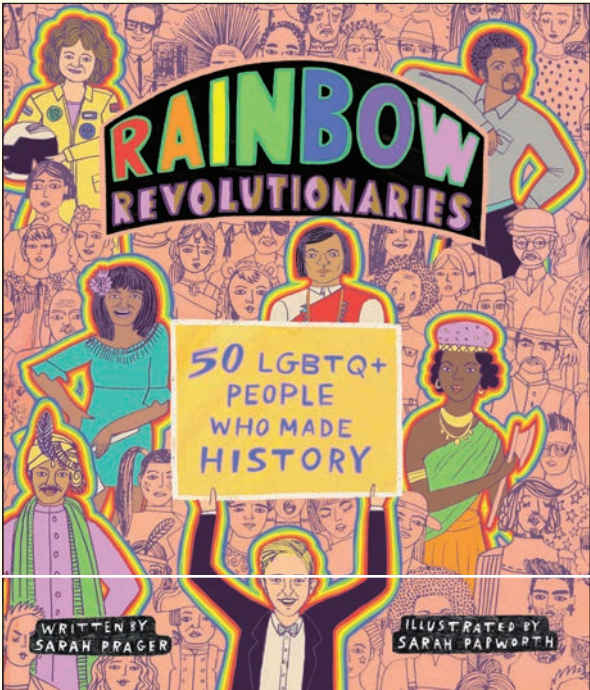
Sarah Prager

STURBRIDGE—LGBTQ writer and speaker Sarah Prager is getting ready to celebrate the release of her newest book “Rainbow Revolutionaries: 50 LGBTQ+ People Who Made History” with a live streamed launch party scheduled to take place on Tuesday, May 26 at 1 p.m.

This is Prager’s second full-length publication, following the release of her 2017 book “Queer, There, and Everywhere,” which she discussed at a Joshua Hyde Library event last June in honor of Pride Month. Both titles tell the individual stories of of queer people who have changed the world.

“The 2017 book ‘Queer, There, and Everywhere,’ which went on to win a few awards, is for teens ages 12 to 18 and adults,” said Prager. “The new one is a middle grade book for ages eight to 12. They feature some of the same people—there are 23 people in the first book and 50 in the new book. The main difference between the two is more illustration and shorter stories in the new book. It has illus-

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School officials adjust to early closures

BY KEVIN FLANDERS
STAFF WRITER

REGION – Gov. Charlie Baker announced last week that schools statewide will remain closed through the end of the academic year.

As the state continued to see an increase in COVID-19 cases, school officials knew it was only a matter of time before Massachusetts joined several other states in extending closures. Additionally, all non-emergency childcare programs will be shuttered until June 29.

For superintendents throughout the region, the focus is now entirely on remote learning. Districts had already been utilizing several online learning platforms, which will now be critical for continued education.

“All of our educators will continue to work collaboratively with each other – as well as with educators across the state – to provide remote learning for your children,” wrote Spencer-East Brookfield Regional School District Superintendent Paul Haughey in a letter to parents. “Remote learning has been a huge learning curve for all of us, and I am so proud of how our staff, stu-

dents, and families have worked together to make it work in such a short amount of time.”

The Department of Elementary and Secondary Education (DESE) will issue updated guidelines for schools to support remote learning efforts. These include expanded STEM learning guidelines, and the DESE will also provide recommendations for summer learning opportunities.

School officials are also scrambling to offer remote celebratory activities for seniors. At a time when the Class of 2020 should have been celebrating its accomplishments and looking forward to graduation, seniors are instead coming to terms with the abrupt end of all activities. Spring sports, class trips, proms, graduations, and all extracurricular activities were wiped out with the Governor’s latest announcement.

“My thoughts are with our students and all Quaboag families, especially the Class of 2020,” said Quaboag Regional School District Superintendent Brett Kustigian. “This should be a special time for them, and we are brainstorming creative ways to celebrate graduation – but nothing is concrete yet.”

Added Spencer-East Brookfield

Regional School Committee Chairman Jason Monette, “If I could talk to the entire senior class, I would tell them thank you for hanging in there, thank you for your dedication and loyalty to this district, and best of luck in your future endeavors. As tough as it is, try not to dwell on what could have been, but rather look toward what could be.”

The DESE has launched a remote learning initiative focused on addressing access to tools, internet connectivity, and educator training. Moreover, the department is conducting a survey of school districts to identify barriers that inhibit effective remote learning, including challenges around access to technology.

Over the next few weeks, an advisory group of administrators, educators, parents, students, and business leaders will engage external partners to mobilize resources for schools, including philanthropic gifts and in-kind contributions. The DESE will also solicit input from national and local education vendors regarding the potential to create a statewide online education platform for districts to opt into and customize, officials said.

State leaders also want to prioritize

remote STEM learning to ensure that students don’t fall behind in this critical area.

“The DESE has established online STEM education resources to provide continued support for remote learning opportunities,” read a statement released by the Baker Administration. “This includes virtual STEM learning opportunities for both students and teachers.”

Per the Governor’s order, emergency childcare programs approved by state officials will continue operating. Currently, there are 523 emergency childcare programs statewide serving families of essential workers.

Meanwhile, the Department of Early Education is reviewing its regulations to develop new approaches to incrementally restore childcare capacity for family and center-based programs.

Also, the Massachusetts Department of Higher Education is deferring scheduled repayments for its no-interest loan program for four months. These deferments will help approximately 12,000 students, officials said. All no-interest loan accounts currently in repayment will automatically be placed in deferment from April 2020 through July 2020.

Pay Equity Act to impact Charlton budget

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – Even with the roadblocks of the COVID-19 pandemic, Charlton’s town leaders are hard at work putting together the finance proposal for the next budget year and part of those discussions involves putting into motion plans to evolve pay equity for town employees.

During a live-streamed meeting of the Board of Selectmen on April 14, board members had an extensive discussion with Finance Director Donna Foglio who detailed ongoing efforts to revamp the town’s pay system to implement proper raises and insure fair wages for town employees. Foglio had previously met with the Town Administrator and Human Resources department at the beginning of the calendar year to address the required changes to adapt to the state’s Pay Equity Act, which took effect in 2018 and applies to noncollective bargaining units in an attempt to close wage gaps. Foglio said the town has been working to adapt to the act “piecemeal” and presented a plan for consideration that would be worked

into the upcoming budget to bring the town in compliance.

The plan includes cost of living adjustments and updates a pay plan that was conceived through a third party consultant in the 2015 fiscal year. Foglio said the final step in that process was never completed which would have involved placing positions on a plan matrix based on their years of experience and related education. The plan presented to selectmen in April is more in line with the specifications of the Pay Equity Act and includes 20 classification grades, double the number from the original draft, and pay increases of 10 percent between classifications rather than the previously proposed 20 percent in the 2015 plan giving Charlton a wider range of classifications to work with. According to Foglio all of this translates to a cost of \$77,641.43 to properly adjust, which would become a permanent part of the budget if implemented for the next fiscal year.

The money is proposed to be taken from new revenues but would still be a substantial increase put before the voters. Selectmen were aware of the potential backlash that would come from such a high proposal but the over-

arching opinion seemed to be that it is a required investment to bring the town in compliance with the Pay Equity Act and prevent any potential litigation against the town.

Selectman Deborah Noble was one board member who saw the investment as a necessity even if it creates a financial burden the town will have to work around.

“We have to be mindful of the fact that this isn’t going to be a one-time expenditure. We have to address this,” Noble said. “I see this as a situation where it’s not a want, it’s a need because the last thing we need is for somebody to come after us for triple damages when we knew ahead of time it was a possibility. We cannot plead ignorance on this. So, we might end up being the bad guys when it comes to the budget, but I see this as something we have to do.”

Selectman David Singer brought to the table the possibility of implementing the plan in stages starting with the lowest earning workers and then addressing higher paid individuals in the next fiscal year. While the concept was touted as an “interesting and creative” idea, the mentality of simply investing in full to bring the pay plan

in line with state’s act was the more agreed upon measure.

“I can see both sides of the argument,” Selectman Bill Borowski said. “I’m also looking at it as just a sense of parity and equality. The reality is this law was passed for a reason – I feel really uncomfortable putting it off another year because of our own financial issues. We’re basically saying our financial issues are more important (than the employees). I would rather just bite the bullet now and we’re just going to have to find a way to manage it. There’s really no point in putting off what they’re really supposed to be earning anyway.”

Borowski went so far as to make the motion recommending the implementation of pay recommendations for the next fiscal year and beyond. Selectmen unanimously agreed although Selectman John McGrath was absent from the meeting. Charlton officials plan to meet to discuss the 2021 proposed spending plan numbers with the Finance Committee in May before going to the townsfolk for a vote in June.

Oxford Meals on Wheels delivering from new location

OXFORD — At the request of the Board of Directors and the Executive Director of the Oxford Housing Authority, the Oxford Meals on Wheels site vacated the premises of the Community Center at Liberty Lane on April 23. Meals will continue to be delivered to the residents of Oxford and Charlton from alternate locations. For those consumers receiving meals, there might be a slight change in the timing of your daily delivery.

Throughout this pandemic, the Tri-Valley, Inc. Meals on Wheels sites have continued to deliver both hot and frozen meals to the homes of our consumers. All safety precautions are being taken to ensure the health and

well-being of our volunteers, employees and consumers. If you would like more information about Meals on Wheels or other programs available, please call Tri-Valley at 508-949-6640 or visit our website at www.trivalleyinc.org.

Tri-Valley, Inc. is a private, non-profit agency providing in-home and community-based services in 25 towns located in south central Massachusetts. The Agency receives funding from the Commonwealth of Massachusetts through the Executive Office of Elder Affairs and from the Federal government, under the Older American’s Act, processed through the Central Mass Agency on Aging.



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PELLETT

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time and further her education by pursuing a bachelor’s degree in Nursing.

“I find it amazing that I could fulfill my nursing dream in the midst of a pandemic,” said Pellett. “I’ve been working very hard, and it has made a lot of things possible for me that I never would have thought possible. I am extremely grateful.”

Pellett’s prize includes a Yasso care package and a \$500 donation to charity. Pellett’s favorite Yasso flavors are Mint Chocolate Chip, Black raspberry, butter pecan, Coffee Chocolate chip, and vanilla bean. Hunt hopes the small token can spread a little more joy in this trying time.

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AUBURN NEWS

STAFF DIRECTORY

EDITOR
BRENDAN BERUBE
(508) 909-4106
news@stonebridgepress.news

LOCAL NEWS AND ADVERTISING
Phone: (508) 764-4325
Fax : (508) 764-8015

To PLACE A RETAIL AD
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(508)909-4062
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A STONEBRIDGE PRESS PUBLICATION


PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(508) 909-4101
frank@stonebridgepress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news


OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325
EDITOR
BRENDAN BERUBE
(508) 909-4106
news@stonebridgepress.news

PRODUCTION MANAGER
JULIE CLARKE
(508) 909-4105
production@stonebridgepress.news

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News



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How to handle the mental challenges of social distancing

The concept of “social distancing” was no doubt a mystery to millions of people prior to 2020. But in the wake of the outbreak of COVID-19, a novel coronavirus that was first discovered in China in late 2019 but soon spread across the globe, social distancing became a household term.

Social distancing refers to actions deliberately designed to increase the physical space between people to avoid spreading illness. The American Psychological Association notes that social distancing typically requires that people

stay at least six feet apart from each other while also avoiding gathering spaces such as schools, churches, concert halls, and public transportation. In an effort to prevent community spread, many state and provincial governments mandated the closure of all businesses deemed “non-essential,” forcing many working professionals to work from home full-time and temporarily putting millions of additional workers out of work.

Social distancing measures are designed to serve the greater good, and these efforts can be

effective at stopping the spread of harmful viruses like COVID-19. But social distancing also can produce unwanted side effects. The APA notes that research has shown that people who are social distancing may be vulnerable to fear and anxiety; depression and boredom; anger, frustration or irritability; and stigmatization. However, the APA also notes that research has uncovered successful ways to cope with social distancing.

• Make time for fun activities. Psychologists recommend balancing time spent on news and

social media with other activities unrelated to social distancing or quarantine. Make a conscious effort each day to read a book, listen to music or even learn a new language.

• Get news from reliable sources. Inaccurate information about COVID-19 can spread fear, making it even more difficult for people to cope with social distancing. The APA recommends people get their information from news outlets that rely on trusted organizations like the Centers for Disease Control and Prevention and the World

Health Organization.

• Maintain virtual connections with others. Face-to-face interactions may not be possible, but the APA notes the value of phone calls, text messages, video chat, and social media. These channels of communication provide an opportunity to stay connected with loved ones and express emotions.

• Maintain a healthy lifestyle. The APA advises everyone to get enough sleep, eat well and exercise while social distancing. Do not cope with the issues that result from social distancing by using

alcohol or drugs, which may only exacerbate feelings of anxiety and depression. People also can consider their telehealth options so they can access psychotherapists to help them through.

Social distancing has proven challenging for millions of people across the globe. As difficult as social distancing can be, there are ways for people to cope and stay in touch with their loved ones. More information about social distancing is available at www.apa.org.

How to use protective masks and gloves the right way

Personal protective equipment is well-known and utilized often within the health care community and various other industries. It only is in recent months that personal protective equipment, or PPE, became something the general population learned more about as the COVID-19 outbreak took hold in the western hemisphere.

According to the Occupational Safety and Health Administration, PPE is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses. PPE can include gloves, safety glasses, masks, earplugs, hard hats, respirators, or coveralls. In the medical community, PPE generally extends to gowns/aprons, respirators, face

shields, and more.

Even though the Centers for Disease Control and Prevention were only advocating for the use of masks primarily for COVID-19 patients and the health care workers tending to them, many people began to use gloves and masks of their own accord to safeguard themselves against contraction of the virus. Gloves and masks are only effective if they are used in the proper manner. The following are some guidelines for proper PPE use.

Gloves

The CDC says that gloves should fit the users' hands comfortably. Gloves can only prevent the spread of pathogens if hand hygiene is performed before and after wear, states the Association

for Professionals in Infection Control and Epidemiology.

To remove gloves properly, pinch the outside of one glove at the wrist without touching bare skin. Peel the glove away from the body, pulling it inside out. Hold the glove just removed in the other gloved hand and dispose of it. For the remaining glove, slide your fingers inside the glove at the top of the wrist, being careful not to touch the outside of the glove. Again, turn the second glove inside out while pulling it away from the body. Dispose of the glove properly.

Masks

Masks, sometimes referred to as respirators, also need to fit to be effective. Masks should be tight-fitting to the face. Clean hands and put on



the mask, molding the mask over the bridge of the nose and sealing it around the face. One strap should be high on the head, the other low around the base of the neck.

To remove the mask, tilt your head forward and pull the bottom strap

over the back of the head, followed by the top strap without touching the front of the mask, says APIC. Keep straps tight during the removal process. Don't snap the straps or touch the front of the mask, as this can spread germs. (Directions provided are for N95 respira-

tors. Other mask designs should be removed according to manufacturer recommendations).

PPE has become a household term. Proper usage is necessary to stay safe if and when masks and gloves are utilized.

How religious organizations are confronting social distancing

The outbreak of the novel coronavirus COVID-19 changed life as people know it. In the wake of the outbreak, hundreds of millions of people across the globe were forced to change how they work, how they spend their free time and even how they eat their meals as social distancing measures were enacted in an effort to stop the spread of a virus that, by late-March 2020, had already claimed the lives of thousands of people.

Seemingly no aspect of life was unaffected by social distancing measures, including how people celebrate their faith. To prevent the spread of COVID-19, many religious organizations were forced to reconsider how they interact with their congregants. For example, in recognition of changes within the religious realm prompted by the COVID-19

outbreak, the United Synagogue of Conservative Judaism provided a free list of tools and resources (www.uscj.org/synagogue-resources) to help synagogues operate more effectively. Similarly, in accordance with an executive order from New York Governor Andrew Cuomo limiting social gatherings, the Roman Catholic Diocese of Albany canceled all public liturgies, but also announced measures to livestream Masses and even provided a schedule of those masses through its website (www.rcda.org/livemass).

Livestream religious services allow people of faith to continue to celebrate their faith. Such services also provide access to non-members who might nonetheless be looking for guidance during a time that is unlike any many people alive today have ever experienced. The

uplifting messages offered at religious services can help people confront and overcome feelings like depression and anxiety, which the American Psychological Association notes researchers have linked to social distancing. Being part of a community, even if that community is operating exclusively online, can provide a lift to those struggling with the potentially isolating consequences of social distancing.

People interested in engaging in faith-based services and programs while social distancing are urged to contact a local religious organization to see how it is providing spiritual guidance during this unique time.



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Expert offers virtual class in ‘tasty wild edibles’



Photo Courtesy

Russ Cohen with a bucket of black walnuts. (Photo from his Web site, <http://users.rcn.com/eatwild/bio.htm>).

BY GUS STEEVES
CORRESPONDENT

REGION — With everyone social-distancing and in-person events in limbo, area groups are routinely trying to fill the gap with online events. Some of them are just for fun, but some aim to teach people key skills that may well be important in a hard economy.

Last Friday, the state branch of the National Organic Farming Association was in the latter group, offering a free Webinar on “tasty wild edibles” from Russ Cohen. A few years ago, Cohen brought a similar program to Southbridge

in person, leading a walk at Westville.

Taking people on “a little virtual foraging trip,” he said his goal was to help people “connect to the outdoors through their taste buds.” He’s foraged wild edibles for decades, written a couple books on the issue, and noted there are dozens of them growing in our area, with some coming ripe throughout most of the year.

“In the northeastern United States, the risk of getting very sick or dying [from eating wild plants] is very low with a few exceptions,” he said.

Most of the time, he said, those exceptions “taste horrible,” so tasting then spitting out a very small piece is usually enough to identify them. Some of the most dangerous do not, however. He cited poison (or water) hemlock, a carrot family plant whose roots are very toxic but not nasty-tasting. Also, mushrooms are “much more risky than plants.” There are so many species, with many poisonous ones that look like safe ones, and many deadly ones that don’t taste bad, that he strongly advised people not to gather wild mushrooms without a lot of experience.

He also suggested people not eat plants found in certain places, such as along roads, industrial parcels and other “obvious sources of pollution” and popular trails. Many other places are safe — “use your common sense.” Among the best sites, he added, are organic farms, but seek permission on any private property.

“Think of your taste buds as a backup identification tool,” he said, adding modern foragers should not just taste-test, but “benefit from the accumulated knowledge” of millennia in numerous books, websites and experienced people.

That said, Cohen dove into a long list of generally common plants that are safely edible, starting with invasives. Such plants are commonly described as “bad news” because they choke out native plants, but at least 20 are edible, some are medicinal, and some are both.

“Ecologists would be thrilled if we picked and ate as much of them as we can,” Cohen observed.

One of the most common, with huge stands of it all over the state, is Japanese knotweed. By the time it’s large and obviously bamboo-like, it’s too tough to eat, but when young, “it’s really yummy,” he said. “I harvest a lot of this in the early spring,” when it’s in what he dubbed the “wild asparagus stage.” At that point, the plant’s new shoots are about a foot tall, usually surrounded by the dead plants from last year. It’s still good a little later, in the “wild rhubarb stage” at about two feet tall. At that point, he said, remove the “stringy” outer layer and the inner green part is “tasty and juicy.”

In our region, he added, knotweed is in this stage now through early May, and “not worth eating” later.

Harder to see, but ubiquitous, is garlic mustard. That’s also most edible about now; Cohen said by the time it flowers, it’s too bitter for most people.

“The whole plant is very pungent and has a strong flavor,” he said, noting the early, tender shoots “are nice and soft and supple.”

Dandelions are likewise bitter if collected too late. He said that’s the plant “most responsible for turning people off wild foods.” If picked before flowering, when the buds and leaves are new, it has a flavor he described as a mix of spinach, artichoke, Brussels sprouts and corn and only needs boiling for about 60 seconds.

“It’s a very, very healthy plant to eat,” Cohen added. “It’s eating your medicine.”

Later, he added, “the entire plant is perfectly edible. Just rinse it off in your rain barrel water and pop it in your mouth.”

Other fairly small plants he mentioned included chickweed, chicory, stinging nettle, very young daisies, violets, sheep and lemon (aka wood

sorrel and purslane. Some plants do have chemicals that are dangerous in large quantities (the sorrels contain oxalic acid), but are “perfectly safe to eat in moderation with other things.”

In other cases, some people might have allergic or other mildly unpleasant reactions to certain plants. One such are day lilies, which cause nausea in about 20 percent of people, but are edible by others. Cohen noted people should taste-test it and pick only the orange wild ones, whose buds, young leaves and tubers are tasty; other colors might be hybrids with inedible species.

Much larger is the autumn olive (sometimes called a silverberry because of the silvery spots on its red berries), a very invasive bush about 10 feet tall. Cohen said they were introduced in the 1950s by people thinking those berries would be attractive to birds. They soon found birds love the berries, but the bush “doesn’t support native insects or caterpillars” and crowds out plants that do. (One place that has hundreds of them is the former golf course on Morris Street, Southbridge.)

“They fruit so prolifically that the picking is easy,” he said. At peak ripeness, the berry clusters will fall off “with just a tickle.” Generally, the redder, plumper berries taste better, but they “vary considerably in flavor from bush to bush,” he said. The berries can be eaten right off the plant, baked into pies and other things, or turned into “fruit leather” (pureed and dehydrated overnight).

Cohen said the USDA studied it and found the berries are very high in vitamin C and have 18 times more lycopene than tomatoes.

“We have a lot of wonderful edible native plants,” he observed. Unlike the invasives, “they play key roles in the ecosystem, so use forbearance and restraint so you don’t upset the ecological balance.”

Collecting berries and nuts has the least impact, while stripping leaves and flowers is “a lot more traumatic” to the plants, he added.

Several of those natives are trees. Oaks supplied Native Americans and countless animals with acorns for millennia, although the nuts need to be crushed and leached to flush out the bitter tannins. White oaks have the least tannins, while other species require more leaching (and more leaching also tends to eliminate the nutty flavor), he said.

Cohen said his favorite wild food is shagbark hickory nuts, which taste like “a pecan sprayed with maple syrup.” The best are found “out in the open, on roadsides or in the middle of a field, with many together.” Such copses make it more likely you’ll get a good supply and still leave some for wildlife.

Black walnuts, by contrast, are harder to use; he described it as “a messy task” requiring a hammer, strong vise or rock to open the shell. But landowners are often “eager to get these messy, smelly nuts off their property,” and may let you collect them by the bucketful, he said.

Whichever nut you find, Cohen noted there’s two approaches to storing them. If you want to eat it, let it dry and “season one or two months,” and it will be easier to break open. But if you want to plant it, store it in a plastic bag in the fridge so it doesn’t dry out until planting time.

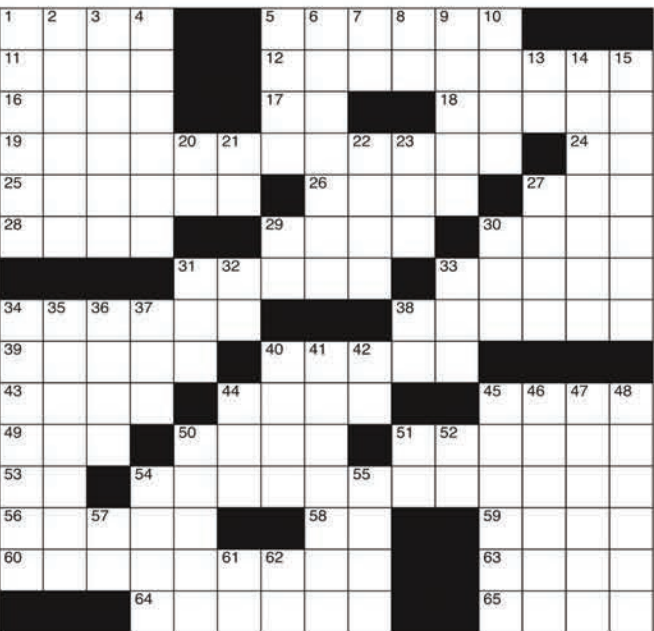
Among the non-nut native plants Cohen mentioned were various sumacs (those with the red clusters are safe; if it has white berries, its poison sumac, a wetland plant). Soaking the clusters in water and rubbing them, then filtering out the fibers, creates a “sumacade” drink in about 30 minutes. Cohen noted, however, that some people have “an ultra-high idiosyncratic sensitivity” to plants in this family and might be allergic, so it’s one newcomers should test first.

Later, when asked what wild plants he thought had the best flavor “for little to no effort,” he cited three: the mint family, bayberry (leaves are strong and need “just a little bit of that to convey the effect”), and wild strawberry. Regarding the latter, he said, “What it lacks in size it makes up for in intensity of flavor,” adding that’s also true of many wild versions of cultivated plants.

Regarding a question on fiddleheads, Cohen noted there’s only one edible true fern species — the ostrich fern. At this time of year, many of them look the same and are uncurling, so many people confuse them and sample nasty-tasting species.

“I’m playing the role of Johnny Appleseed for native edible species,” he said. He plants them in his own nursery so he can distribute them across the region. “It’s the way I feel I can give back,” he added.

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



CLUES ACROSS

1. Curved symmetrical structure
5. One's partner in marriage
11. Male admirer
12. Spend in a period of dormancy
16. Popular Easter meal
17. Doc
18. Bearing a heavy load
19. Gratitude
24. The Mount Rushmore State
25. Driving
26. Girl
27. British thermal unit
28. Makes a mistake
29. A defined length of time
30. Lions do it
31. Large quantities
33. Become less intense
34. Famed peninsula
38. Emerges
39. Rare Hawaiian geese
40. Dance style
43. Drove
44. Measures speed of an engine (abbr.)
45. Yankee hero Bucky
49. Midway between west and northwest
50. Monetary unit of Samoa
51. Makes clothing
53. Spielberg's alien
54. Agreeable to the taste
56. Injury treatment protocol
58. Cools your house
59. Imaginary line
60. New convert
63. Some do it to their windows
64. Wore away
65. Work units

CLUES DOWN

1. Remove body tissue
2. Harvester
3. Roadside living quarters
4. Excessive self-confidence
5. Lapp
6. Bicycled
7. Entrance to a passage
8. Western U.S. state
9. Grain towers
10. “Westworld” actress __ Rachel Wood
13. Commercial
14. One who left a will
15. Makes it through
20. Within (prefix)
21. Sea patrol (abbr.)
22. Cigarettes (slang)
23. A doctrine
27. Constrictor snakes
29. Atomic #73
30. Baseball stat
31. Female sibling
32. A soft gray metal (abbr.)
33. Southern constellation
34. Belgian city
35. Go in again
36. In a different, more positive way
37. A place for sleeping
38. Blood type
40. Syrian news agency (abbr.)
41. A salt or ester of acetic acid
42. Milliheny
44. Populous Israeli city __ Aviv
45. Widen
46. Magical potion
47. Acknowledging
48. Private romantic rendezvous
50. Cavalry sword
51. Terabyte
52. Artificial intelligence
54. Bullfighting maneuver
55. Breezed through
57. Santa says it three times
61. __ and behold
62. 36 inches (abbr.)



PRAGER

continued from page A1

trated pages, a world map that shows the birthplaces of each person, and LGBTQ identity pride flags of the past and present.”

“Rainbow Revolutionaries: 50 LGBTQ+ People Who Made History” includes the stories of people such as Alexander the Great, Billie Jean King, Ellen DeGeneres, Greta Garbo, James Baldwin, and Sally Ride, some of which Prager will read during her live stream launch party.

“I’ll read multiple stories from the book,” said Prager. “The way its formatted is a two page spread for each person with a picture of them on the left page and a bio on the right, so the stories don’t take long to read. I’ll also be giving a

little talk to the webcam about what the book is about, why it was important to me to write, and who the book is for and answering questions.

A local place made me cake with the book cover printed on top and there will be personalized signing for people who order a book and request an autograph.”

Prager has been an LGBTQ activist since she came out at age 14 and has worked for queer rights organizations all over the world. In 2013, she created the popular Queer history mobile app Quist and was invited to the White House, the U.S. embassy in Mexico, and the offices of Twitter, Google, and Microsoft as a result. Her writing has been published in The Atlantic, The Advocate, Huffington Post, Bustle, QED: A

Journal in LGBTQ Worldmaking, and It Gets Better Project’s blog, among others. She has also contributed to making the tech policies of large corporations such as Apple more inclusive of LGBTQ terms and presented to over 140 groups across five countries. Prager now lives in Sturbridge with her wife and two young children, who have been an influence on her books and are the reason why her next book will most likely be a picture board book.

“That’s why I want to go even younger after this,” she said. “I was writing the book for teens while pregnant without first child, so when it was coming out I was reading her books about women’s history and cartoons of inspirational historical figures. I wished there was an LGBTQ

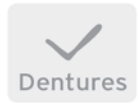
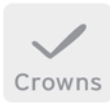
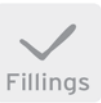
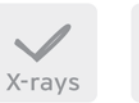
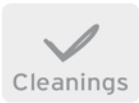
Equivalent, so I wanted to set out making that kind of content.”

Prager is scheduled to speak at Joshua Hyde Public Library on June 3 at 6:30 p.m., but whether or not it will be affected by COVID-19 will be determined as the date gets closer. Until then, Prager’s book is currently available for pre-order from most online book dealers. To support local bookstores, order it from Indiebound or bookshop.org.

For more information on Prager’s live stream book release, go to <https://sar-ahprager.com>. For updates on Prager’s scheduled event at Joshua Hyde Library, go to <https://www.sturbridgelibrary.org>.

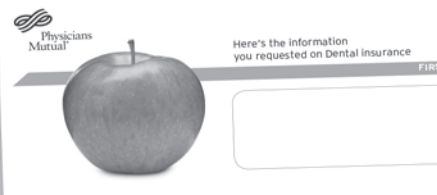
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Charlton teacher bids farewell after 35 years

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – It’s no secret that the closing of schools due to the COVID-19 pandemic has presented a myriad of challenges to educators across the country, let alone here in Charlton. However, for one local teacher, the recent announcement that schools will not reopen until the fall means not only continued adjustments to online education, but an unceremonious conclusion to a career spanning more than 35 years.

Karen Potter is a second-generation educator who has taught for 37 years, 35 of which have been spent in the town where she was born, raised, and educated, Charlton. As a music teacher and Shepherd Hill graduate Potter has had the unique honor of seeing Charlton and its school district evolve not just as a student but as an employee experiencing the opening of numerous schools and teaching at Charlton Middle School from the day the doors opened. Potter was set to retire at the end of the school year in June and while those plans remain the closure of schools will sadly prevent her from giving a proper goodbye to her students and the district that has been a part of her life from the very beginning.

“I’m sad because I won’t get to see my students in person or go through those end-of-the-year experiences with them. Things like our sixth grade talent show, our spring musical and other concluding activities of the year we won’t get to experience together,” Potter said in an interview discussing her decades-long career. “It’s hard for me because I’ve built relationships with these kids, some over four years and others for shorter periods of time, but not being able to have any closure with them face

to face is difficult.” Still, Potter remains in high spirits filled with pride for a career that is somewhat of a family legacy. Her grandmother also taught for more than 30 years in Charlton and her daughter has continued the family tradition as an educator in Rhode Island. Looking back on the years Potter said it has been quite the experience seeing Charlton grow through so many different decades and she wouldn’t have had it any other way. “It’s changed so much,” Potter said. “It’s been very interesting watching the town and the schools change and grow. I feel very deeply connected to this community. My family has been part of this town for decades so it’s pretty special.”

While Potter said it’s disappointing that she will retire without seeing her students one final time, she has had opportunities to recollect on her long career thanks to a Facebook post her daughter set up to allow students of the past and present to share photos with Potter. Some of the memories are even among Potter’s own personal favorite achievements.

“My show choir has had wonderful success and achieved far beyond what I could have ever imagined. That was a role I was scared to jump into, but it’s been extremely fulfilling. That program has grown so much,” Potter said. “All the musicals we’ve done together have been fantastic. I’ve always loved musicals and bringing those to the stage at Heritage School and Charlton Middle School has been a wonderful experience. Knowing that I’ve touched these lives is so gratifying and that they’re sharing that musical legacy with others and their own children is great.”

Speaking about the changes she has endured as an educator due to the COVID-19 pandemic, Potter said that it’s been quite the adjustment especially since she doesn’t consider herself to be



Courtesy Photo

Charlton Middle School music teacher Karen Potter poses for a photo with a bus full of students. Potter is retiring after 35 years serving the Dudley Charlton Regional School District.

tech-savvy. However, she and others have worked hard to continue to provide a strong education for students even as their lesson plans and the format have had to evolve.

“In my particular area it’s challenging because it’s difficult if not impossible to do a chorus class in a remote situation with kids. We see it on television with people doing this sort of thing but most of them are professionals with great set-ups in their homes but for a general music teacher it’s very difficult,” Potter said. “I’ve been working in close conjunction with my music colleagues in creating remote lessons that we feel our children will be able to access covering a variety of musical topics from looking up different composers to checking out performances online and answering questions about

what they’re learning.”

While the health crisis might have put a damper on her final year as a teacher Potter confirms this won’t be the last anyone hears from her. She feels she owes herself some closure after dedicating so much time to the town she has called home her entire life. Even though she won’t have the chance to say goodbye in June, she fully plans to return as a visitor to Charlton Middle School to give a proper farewell.

“I don’t think I could go on without having some kind of closure like that. I can’t just walk away and shut the door. The students and this town have meant so much to me over the years. I need to go back one more time at some point to make sure I get that closure,” Potter said.

Open Sky Community Services releases “Coping During COVID” video series

WORCESTER — Open Sky Community Services has released a multi-part clinical video series entitled “Coping during COVID,” to offer evidence-based recommendations and tips to support the community through the COVID-19 pandemic.

Open Sky clinical leaders Suzy Langevin, Director of Dual Diagnosis Services, Stefanie Gregware, Vice President of Clinical Services, Barent Walsh, Ph.D, Senior Clinical Consultant, Andrea Wolloff, Director of Evidence-Based Practices and Kerrin Westerlind, Assistant Director of Evidence Based Practices are amongst those offering evidence-based recommendations to assist others in this time of need.

“Social distancing is essential from a public health standpoint but it’s wreaking havoc on us emotionally,” explains Dr. Oliver Joseph, psychiatrist and Chief Medical Officer at Open Sky. “It’s increasing isolation, anxiety, depression and other negative emotions.”

The series is intended to offer guidance and assistance for those looking to manage such emotions. The videos will be available on the Open Sky YouTube Channel as well as on the organization’s Web site.

While many of Open Sky’s direct

care staff cannot work from home and are continuing to show up for shifts in residential programs, supporting individuals living in their own homes, delivering medication and needed supplies, others are rising to the challenge presented by the pandemic using non-traditional remote ways to support individuals and families, such as Telehealth counseling services, Zoom meetings, and telephone outreach. The videos in the series were created by clinicians working remotely in an effort to provide a helpful resource both for individuals served by the organization and the larger community.

More virtual and digital programming is upcoming from Open Sky Community Services as the organization adapts to the challenges of continuing to serve its communities through non-traditional means during this time.

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

vices 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 over 1,300 dedicated employees and an annual budget of \$83M with more than 100 programs throughout the region. For more information, please visit www.openskycs.org.

COLEMAN

continued from page A1

I can give back and distract people from everything that’s going on and make them happy.”

One question Coleman gets asked a lot is whether or not he will someday seek to jumpstart his career through shows like “The Voice” or “American Idol.” The answer was a firm “no” as Coleman wants to earn his career the hard way by forming relationships and a fanbase on the street of Nashville all on his own. While he is confident in his

abilities and talent the young singer still says the prospect of chasing a musical career is intimidating, but he looks forward to the adventure.

“I know this is what I want to do. It’s a long, hard road of work and I’m up for the challenge. This is my dream and I want to achieve it,” said Coleman.

Fans can follow Liam Coleman’s journey and hear new music on his Facebook page, “Liam Coleman Music,” on Instagram by searching Liam P Coleman Music or on streaming platforms like Spotify and iTunes.

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Nichols offers virtual toast to prospective students

BY JASON BLEAU
CORRESPONDENT

DUDLEY – While campus might be closed to students, that hasn’t stopped Nichols College from preparing for the newest members of the Bison Herd and preparing them for the upcoming college semester to commence this fall.

Prospective freshman and incoming students were welcomed to a virtual “Welcome Address” on Sunday, April 19 where college President Susan Engelkemeyer and other representatives of the school discussed changes that have impacted the current session due to the COVID-19 pandemic as well as the outlook for the next semester slated to kick off in late August.

President Engelkemeyer said the college has done well to adapt to the current times moving classes online and closing the campus to students except for their move-out days. However most of the focus was not on the present, but on the future as President Engelkemeyer showed faith in the school’s capability to push through the crisis and find itself in a better tomorrow.

“Coming together as a community to address challenges is the Nichols way. We’ve held Zoom town hall meetings with faculty, with staff and with our students we answered questions to under-

stand how they’re adjusting to their new circumstances. Student affairs holds daily drop-in sessions – Keeping our students first is the Nichols way,” said President Engelkemeyer.

After an opening virtual toast where teachers and school officials raised glasses to welcome incoming students who were on the Zoom meeting the podium was turned over to Dean of Admissions Paul Brower who addressed a myriad of questions from students and parents over the course of the nearly hour-long virtual gathering. Among the topics Brower touched on were deposits for student enrollment including a new deposit match program and the availability of online courses free of charge that are currently taking place with new classes set to roll out in May.

“We are offering some free courses. We’ve started our first free session of classes. Those are off and running and are all really full. It seems like the students are enjoying getting to know their professors, their faculty and also some of their classmates. While it might not be in person, it’s a great chance to get to know them as you work in small groups on projects and in teams together,” Brower said.

While the school is still working through the logistics of returning to

campus following the inevitable end of the COVID-19 pandemic, there are plans in motion to host a digital orientation in June and other similar activities as the start of the term draws closer. Brower presented the potential return plan for students this fall, starting with athletes and eventually leading to the start of on-campus classes once more.

“Current plans are for athletes to arrive in mid-August starting with football and other teams to follow suit. Other programs would arrive in late August. I believe classes are scheduled for Aug. 31, so we’re targeting that. If you back that up about two weeks that’s when football comes in,” Brower said. “Depending on what the orientation team does and how we structure that, students may be even moving in the week before (classes) potentially the 26th or 27th of August.”

Information on the upcoming college semester, payment options, classes and other inquiries can be found and answered by visiting the college website at www.nichols.edu. School officials also recommend prospective students visit the Nichols College YouTube channel and Facebook page where current and graduating students as well as professors are posting videos daily about the on-campus experience and available classes and majors at the school.



Photo Courtesy

Nichols College President Susan Engelkemeyer addresses prospective students during a special virtual welcome session on April 19.

Thomas J. Bartholomew honored in Financial Times

WORCESTER — Bartholomew & Company, a leading provider of financial services in Worcester, Massachusetts, announced that its President & CEO, Thomas J. Bartholomew, AIF® has been named to Financial Time’s list of the 400 Top Financial Advisors for 2020. The list is published on ft.com.

According to Financial Times, a leading financial publication, the ranking reflects advisors with a minimum of 10 years’ experience and \$300 million or more in assets under management (AUM). In addition, list makers are determined based upon compliance records, industry certifications, online accessibility, and AUM growth rate.

“I am pleased to have been named to this prestigious list—a recognition that, to us,

speaks to our firm’s commitment to providing trusted financial planning and investment advice that addresses each individual’s and organization’s needs,” said Mr. Bartholomew. “I am grateful for the trust our clients place in us, and we remain committed to providing the guidance and support they need to achieve their unique financial goals.”

About Bartholomew & Company

Bartholomew & Company has been providing individuals and organizations with financial guidance since 1994. Located at 370 Main Street, Suite 1000, Worcester, MA, with branch offices in Chatham and Bedford, MA, Bartholomew & Company’s advisors pride themselves on crafting unique strategies for each client. For more information,

please visit www.bartandco.com. Securities and advisory services offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser.

Produced independently by Ignites Research, a division of Money-Media, Inc., on behalf of the Financial Times; the Financial Times 400 is based on each advisor’s performance in several primary areas, including assets under management, asset growth, compliance record, experience, credentials, and accessibility. Approximately 1,040 applicants were considered, and 400 (38.5 percent of candidates) were recognized. For the full methodology,* please visit ft.com.

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TRIPS OFFERED

The “Trips Offered” section is for non-profit organizations and will run as space allows. Mail your information to Trips Offered, c/o Brendan Berube, PO Box 90, Southbridge, MA 01550; fax to (508) 764-8015 or e-mail to news@stonebridgepress.news.

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For a brochure and complete itinerary please contact
Lori Douthwright 508-248-5971 X1715
September 11th Museum & Memorial in NY City and West Point Academy
2 Days/1 Night May 14-15, 2020
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What's Included: Roundtrip motor coach, 2 nights lodging, 5 meals, ticket to “Queen Esther”, touring and More!
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Lori Douthwright 508-248-5971 X1715
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Saint John, Annapolis Valley
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FOCAS helping Charlton residents during COVID-19 crisis

CHARLTON — Friends of Charlton Animal Shelter (FOCAS) launched the Nutritional Assistance for Pets Program (NAPP) in 2019 to assist Charlton pet owners with food for their dogs and cats. NAPP was created after hearing stories of people sharing their own limited food supplies with their pets in times of financial struggles. Some people even surrendered their much loved pets to shelters when they could not afford to buy pet food.

The COVID-19 pandemic exponentially increased local need for assistance. FOCAS quickly stepped up and teamed up with Charlton Helping It's People In Need (CHIP-IN), our local food pantry. We also reached out to the Charlton Senior Center to make sure that seniors needing assistance have a resource through FOCAS and CHIP-IN for their pet food needs.

FOCAS has been very busy since the State ordered a Stay-In-Place and has fulfilled dozens of requests by Charlton residents for pet food thereby allowing family to keep their pets healthy and in

their homes during this unprecedented health crisis.

CHIP-IN Director, Darlene Emco-Rollins shared the following note recently: "I already dropped off the 20 pound bag of dog food and a few cans. I explained to them where it came from. The family could not believe it! They were so happy....and the dogs were also. I was happy to see the dogs were much loved...! So this came at the right time!"

FOCAS Board Member and NAPP Program Coordinator, Kerry Breinlinger, provided this update to the Board Members: Yesterday, I delivered pet food to 7 Charlton homes (supporting 12 pets). Following the social distancing rules, I dropped food at doorsteps and went on my way, but many people caught me to say thank you and expressed their gratitude to our organization. One recipient called me later that day to thank us. She said that she had been very close to running out of cat food and was so relieved to have gotten a delivery. She explained that she has had her pets for over 10 years, they

FOCAS Board member and volunteer Kerry Breinlinger making a NAPP program delivery in Charlton and following social distancing by dropping off the pet food.

are her best friends and she couldn't imagine giving them up!

We could not be more proud!! Thanks to continuous and generous community support, including donations received via PayPal, snail mail, local stores hosting FOCAS donation boxes, and our yearly fundraisers with Cornerstone Bank, FOCAS has been able to consistently provide assistance to those in need in the Town of Charlton.

For information on the NAPP program, whether you need our assistance or you wish to donate to help those who do, please visit us online at www.focascharlton.org or our Facebook page.

On behalf of the FOCAS Board of Directors, thank you! to all of our donors and supports who make it possible to make a difference in the lives of Charlton's pets.



Photo Courtesy

Cornerstone Bank donates to local organizations impacted by Coronavirus

WORCESTER — During these unprecedented times, Cornerstone Bank is making donations to help local organizations with the impact of the coronavirus (COVID-19) pandemic. As a local, community bank, supporting the community is a top priority.

A \$15,000 donation was made to Harrington Healthcare System. This donation will be used to aid in the purchasing of personal protective equipment for front line staff. For more information about Harrington, ways you can help, and important information about COVID-19, please visit <https://www.harringtonhospital.org/>.

A \$5,000 donation was made to the Worcester Railers HC Small Business Stimulus Power Play. This donation will be used to purchase gift certificates to local businesses throughout Central Massachusetts. These gift certificates will then be given away to fans at Railers Hockey games during the 2020-2021 season. For more information, and to nominate a Central Massachusetts small business, visit <https://railershc.com/>.

A \$2,000 donation was made to St. John Paul II food pantry. This donation was matched by the Tri-Community Exchange Club and will provide extra funds at a

time when the food pantry is seeing an increase of people in need. For more information on the St. John Paul II food pantry, and ways that you can help, please visit <https://stjp2parish.org/food-pantry>.

"It is during these times that local organizations need our help the most," stated Cornerstone Bank President & Treasurer and Chairman of the Bank's Charitable Donations Committee Todd M. Tallman. "I am proud to be a part of an organization that places importance on our community."

About Cornerstone Bank
Cornerstone Bank is an independent, mutual savings bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester along with a Loan Center in Westborough. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender, and SBA Preferred Lender. For more information, visit online at cornerstonebank.com, on Facebook or call 800-939-9103.

One good deed deserves another

WARE — Country Bank, headquartered in Ware, knows that working together to support the needs of its communities has never been more critical than it is now. The bank continues to look for ways to make a difference for those on the front lines as they battle COVID-19. President and CEO, Paul Scully recently read an article on efforts by the Southbridge Hotel & Conference Center to assist first responders and healthcare workers by offering \$15 per night stays at their facility. Scully reached out to Charles "Chip" Norton, and committed to donating up to \$10,000 to help cover the cost of rooms for first responders.

"In times like these, acts of kindness can make such a difference in people's lives. We are thrilled that the bank's donation can assist the hotel in its efforts to support first responders and public safety personnel in providing a safe place for them to stay," stated Scully.

Chip Norton, Manager of Franklin Realty Advisors LLC, and part owner of the Southbridge Hotel and Conference Center, said: "On behalf of the Southbridge Hotel, we are enormously grateful to the people at Country Bank for their support in assisting with the critical housing needs of the public safety persons and

hospital staff in Southbridge. The leadership demonstrated by their President and CEO, Paul Scully, is remarkable. As one of our most important lenders, Country Bank has once again demonstrated a strong civic commitment and a true partnership with the business community, a partnership that goes above and beyond expectations."

In response to COVID-19, Country Bank has been focusing much of its philanthropy on supporting first responders, healthcare workers, and food pantries. Since March, the bank has donated a total of \$250,000 to area hospitals, including \$50K each to UMass, Saint Vincent's, and Harrington Hospital, along with \$50K to the First Responders Recovery Home and \$20,000 to several area food banks.

About Country Bank
Country Bank is a full-service mutual community bank serving central and western Massachusetts with 14 offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton and Worcester. Country Bank is a member of FDIC, DIF and the SUM network. Country Bank can be reached at 800-322-8233 or online at countrybank.com.

TRIPS

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coach, 2 nights lodging – Marriott Saint John – New Brunswick, 2 nights lodging – Westin Nova Scotian – Halifax, breakfast each morning (4), 2 scrumptious dinners, 1 lobster luncheon, guided tours each day and more!

\$1499pp Double Occ. - \$1899 pp Single Occ.

For a brochure and complete itinerary please contact

Lori Douthwright 508-248-5971 X1715 Montreal & Quebec Getaway

4 Days/3 Nights August 18-21, 2020

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\$849pp Double Occ. - \$1159 pp Single Occ.

For a brochure and complete itinerary please contact

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CHARLTON SENIOR CENTER

TRIPS w/Charlton Senior Center 2020

Our new Trip Coordinator is Mary Lou Lepko.

A few things to know:

- Sign up at the center, or call 508-248-2231, or email: charltontrips@yahoo.com

Please put your full name and phone number on sign-up sheets

- Trips are open to the public
- Flyers available at the center or online at www.townofcharlton.net. Click on Government, then Council on Aging/Senior Center

- Mail payments to: Charlton Senior Center Trips, 37 Main St., Charlton, MA 01507 or bring into center and give to Elaine or Katherine. Please be sure to make checks payable to the company stated below.
- You will be notified of pick up time & location

- Bus pick up will usually be at St. Joseph's Church 10 H Putnam Rd. Ext. in Charlton

May 19 — CAROLE KING TRIBUTE \$94 includes transportation, Luncheon, meal tax w/gratuity and Show ticket. Driver gratuity not included. Make checks payable to: Best of Times (payment due 4/17)

July 28 — GLOUCESTER HARBOR CRUISE LOBSTERBAKE \$135 includes transportation, Beauport Princess Cruise, Lobsterbake buffet, Entertainment & Dancing. Driver gratuity not included. Make checks payable to: Best of Times (payment due 6/25)

September 2 — LAKE WINNIPESAUKEE CRUISE & CASTLE IN THE CLOUDS \$129 includes transportation, Lake Cruise, Luncheon, Visit to Castle in the Clouds. Driver gratuity not included. Make checks payable to: Best of Times (payment due 7/30)

November 17 — YESTERDAY ONCE MORE w/The Carpenters, ABBA, 5th Dimension, The Mamas & The Papas all in one show! \$92 includes transportation, Luncheon, meal tax w/gratuity and Show ticket. Driver gratuity not included. Make checks payable to: Best of Times (payment due 10/15)

Dec 4-7 — A COUNTRY CHRISTMAS IN NASHVILLE, TN. Gaylord Oprey Hotel! 4 days/3 nights. Call for more info

DAUGHTERS OF ISABELLA

For reservations contact Jan Caouette at (508) 887-2215. Make checks payable to Bernadette Circle #709 and mail to Bernadette Circle #709, PO Box 201, Webster MA 01570. The Daughters of Isabella is a nonprofit and charitable Catholic women's organization

DUDLEY SENIORS

Dudley Seniors present a Pigeon Forge and the Smoky Mountains Show Trip. It will be 7 days and 6 nights from Sept. 20, 2020 through Sept. 26, 2020. The price per person/ double occupancy is \$689 and will include motorcoach transportation from Dudley, 6 nights lodging, 10 meals, admission to Titanic: the world's largest museum attraction, 2 dinner shows, 2 evening shows, one morning show, free time in downtown Gatlinburg and a guided tour of the Great Smoky Mountains National Park.

For more information, please call Evelyn at (508) 764-8254.

FRIENDS OF THE STURBRIDGE SENIORS

The Friends of the Sturbridge Seniors are happy to offer the following 2020 Trips to the General Public. Beginning on Thursday March 12th, join us as we travel by Deluxe Motorcoach on an approximately 60 minute ride to the Fabulous Venus DeMilo in Swansea, Ma. To see Ireland's Most Exciting Young Tenor, Emmet Cahill. Emmet is the Star of PBS Phenomenon Celtic Thunder. Hear Emmet perform many of the Irish Classics as well as some of your Favorite Broadway Hits. He will be joined by the Emerald String Quartet, who are four young Ladies creating the Sweetest Sounds from their String Instruments. And let's add the All Male Dublin City Dancers who will shake up the Audience with their high stepping dance numbers. For 92.00 everyone will have a Plated Lunch of Corned Beef and Cabbage or Baked Haddock, Venus DeMilo's Famous Minstrone Soup, Vegetables, Breads, Dessert, Coffee and

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STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

Where was the “Shot Heard ‘Round the World?” fired?

April 19, 1775 — a short 243 years ago, right around this time — marked the start of the Revolutionary War after the battles of Lexington and Concord. Normally, the event is commemorated with reenactments and various other celebrations; however, due to social distancing requirements, that did not happen this year.

The debate continues to heat up, however, as to whether or not ‘The Shot Heard Round’ the World’ took place in Concord, or in neighboring Lexington.

This time in our history, while brutal and necessary, brings with it much intrigue for many. The tenacity and bravery of those who fought for our independence is beyond admirable. The events that took place during the Revolutionary War, read like a novel in modern times and have been brought to life through books and films where we need to be reminded that this story is not fiction.

On that spring morning, more than 700 British soldiers who were given a secret tip on the whereabouts of colonial military supplies in Concord, marched towards town to confiscate the lot. The Patriots who had developed a top notch intelligence network, largely the work of George Washington’s Culper Ring, and the Sons of Liberty, had received notice weeks in advance and were able to move the supplies to safety.

Paul Revere and William Dawes had plans to ride ahead of the British troops to warn other Patriots. Knowing the task was risky, Revere secured the help of about 30 other men to make sure word reached Lexington and Concord if the two were captured. Revere told militia leaders to look at the steeple of the Old North Church each night for a signal. One lit lantern meant the Regulars would come by land through the Boston Neck. Two lanterns meant the British would come via the Charles river on row boats into Cambridge, ‘One if by land, two if by sea’.

The night before the famous battle, Dr. Joseph Warren sent Dawes to Lexington where he was joined with Revere to warn Sam Adams and John Hancock that the British were coming.

It was midnight in Lexington when Revere and Dawes were joined by a third rider, Dr. Samuel Prescott. Prescott had been courting a woman in Lexington and met Dawes and Revere by chance. Because he believed in the cause, Prescott joined the men. The three riders were stopped by a British patrol not long after. Dawes was able to escape by reversing his direction. Prescott jumped a stone wall and fled using a short cut only locals knew about. The doctor was the only rider to reach Concord. Revere who was now captured, was surrounded by six Regulars and was searched and interrogated.

“An officer clapped his pistol to my head, called me by name and told me he was going to ask me some questions, and if I did not give him true answers, he would blow my brains out,” Revere wrote in his diary.

The Regulars were spooked by the sound of gunfire in the distance, and let Revere go after asking him for an alternative route to town. Revere made his way back to Lexington where he regrouped with Hancock and Adams, who planned an escape to Woburn.

Throughout the night, the ‘Rebels’ gathered to intercept the British. When the red coats were seen marching onto the Lexington green, the local minutemen knew they were outnumbered. Out of the dawn a shot was fired, and no one knows to this day which side was responsible for it. After the scuttle on the green, eight minutemen and one British soldier were killed. There were accusations from both sides laying blame on one another.

William Sutherland, a British soldier, is on record saying, “I heard Major Pitcairn’s voice call out. ‘Soldiers, don’t fire, keep your ranks, form and surround them.’ Instantly some of the villains who got over the hedge fired at us which our men for the first time returned.”

Sylvanus Wood, a minute man had recalled something different, “he swung his sword, and said, ‘Lay down your arms, you damned rebels, or you are all dead men – fire!’ Some guns were fired by the British at us from the first platoon, but no person was killed or hurt, being probably charged only with gunpowder.

Finding your joy wherever you are

As many of you know, I am in the midst of a health challenge. During the last few days, I have spent most of my time indoors and in bed. It’s not like me, but we all have our moments of weakness. That’s okay as long as we do not choose to remain there. It is our job and our job alone to decide to get up and get moving.

Saturday, I got a little help from Arlene, as she insisted, I get up and come outside for a walk in the sunlight. I resisted but after almost forty-five years, I have learned to resist is futile. So, I got up, got dressed and we headed out.

I immediately felt better. As we walked and talked, I spied a colorful kite flying out from the neighborhood adjoining our property. I was mesmerized by the simple beauty of the red, yellow and blue kite framed by a clear blue sky.

I imagined a young child at the end of the string. Wide eyes and a big smile playing across his/her face. I reminisced about the joy of flying a kite as a child. I looked forward to our Cub Scout Pack annual kite flying festival. All kites were built from scratch and they came in all different shapes sizes and colors. I hadn’t thought about my kite flying days for years, but the joy filled memories flooded my heart ... and I wondered ... is it possible that the child at the end of the string was receiving as much joy from the flight of this kite as I was?

It reminds me of the many simple pleasures of life. They abound all around us, but we must be open to the experience. As I always say, what we look for we usually find. I was in need of finding a distraction to the combination of quarantine and chemotherapy and found it overhead at the hand of a child I’ve never met.

What is it you are looking for? You must be discerning at what you let into your head and heart at times like these. I hear the talking heads arguing on TV and

shut it off. I know there is pain and suffering for those needing to work but are prohibited. I know and grieve at the sickness and death at the hands of a virus we still do not completely understand.

I don’t think anyone wants or is welcoming our current situation, but what purpose is served by dwelling on the negative?

Look for the positive in every circumstance. Too many people look for the misery and pain in the world and it’s easy to find. Instead, seek out and identify the beauty around you. Find your joy in the moment. Count your blessings and you’ll be surprised at the abundance. They are there but you must open your eyes and seek them. Look for the good, the clean, the positive and the beauty in this day. Catch and recognize the kindness of others. Dismiss the negative as unnecessary and unhelpful mind pollution.

And be encouraged. Great things are happening. In most states the curve is flattening, while in others it will flatten soon. Americans have pulled together in cooperation, and in mass, have quarantined and cooperated. The results are good and getting better. I believe we are winning this attack to our lives and livelihood.

Be positive. Be optimistic. Make the best of this bad situation and look for the joy wherever you are. It’s there to be found. It is our job to seek it out. It’s easier not to ... but it is worth the effort.

I’ve found great joy and happiness in this day from places I did not expect.

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.



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How should Millennials respond to market decline?



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The coronavirus crisis has unsettled every age group, as we are all worried about our health and that of our families and communities. And if you’re in the millennial generation, generally defined as anyone born between 1981 and 1996, you might also be concerned about your financial future, given the sharp decline in investment prices. How should you respond to what’s been happening?

Your view of the current situation will depend somewhat on your age. If you’re an older millennial, you had probably been investing for a few years when we went through the financial crisis in 2007-2008. And you then experienced 11 years of a record bull market, so you’ve seen both the extremes and the resilience of the investment world. But if you’re a younger millennial, you might not have really started investing until the past few years, if you’ve started at all, so you’ve only seen a steadily climbing market. Consequently, you may find the current situation particularly discouraging, but this is also a lesson in the reality of investing: Markets go down as well as up.

But no matter where you are within the millennial age cohort, you might help yourself by taking these steps: Enjoy the benefit of having time on your side. If you’re one of the younger millennials, you’ve got about four decades left until you’re close to retiring. Even if you’re in the older millennial group, you’ve probably got at least 25 years until you stop working. With so many years ahead, you have the opportunity to overcome the periodic drops in investment prices, and your investments have time to grow. And, of course, you’ll be able to add more money into those investments, too.

Invest systematically. The value of your investments will always fluctuate. You can’t control these price movements, but you may be able to take advantage of them through what’s known as systematic investing. By putting the same amount of money at regular intervals into the same investments, you’ll buy more shares when the share price is lower – in other words, you’ll be “buying low,” which is one of the first rules of investing – and you’ll buy fewer shares when the price rises. Over time, this strategy can help you reduce the impact of volatility on your portfolio, although it can’t ensure a profit or protect against loss. Plus, systematic investing can give you a sense of discipline, though you’ll need to consider the ability to keep investing when share prices are declining.

Focus on the future. You’re never really investing for today – you’re doing it to reach goals in the future, sometimes just a few years away, but usually much further out. That’s why it’s so important not to panic when you view those scary headlines announcing big drops in the financial markets, or even when you see negative results in your investment statements. By creating an investment strategy that’s appropriate for your risk tolerance and time horizon, and by focusing on your long-term goals, you can develop the discipline to avoid making hasty, ill-advised decisions during times of stress.

As a millennial, you’ve got a long road ahead of you as you navigate the financial markets. But by following the suggestions above, you may find that journey a little less stressful.

Planning a Summer Garden

Nothing jump starts “garden fever” like planning a bed of blooms! Whether you have visions of an elaborate formal flower garden or favor the simplicity of a side door cottage bed, plotting a flowering garden is a labor of love. Prepping for plants allows for an infusion of personality, fosters visual creativity and paves the way for a spectacular season of blooms unique to each planner! Read on for some easy tips and tricks to help you along.

Blooming Bulbs Nothing adds color and beauty to a garden for less effort than bulbs. Even if you didn’t have the foresight to plant spring bulbs last fall, you can still enjoy summer blooms. Ideally, you should wait until the danger of spring frosts has passed before planting bulbs. If you think the threat of frost is over, think again. Garden experts give May 30 as the first safe planting date of the season.

Some summer flowering bulbs that have a history of success include Dahlias, Gladiolus, Cannas, Caladiums, and Daylilies. Just keep in mind in our zone you may have to dig up the bulbs and store for the winter for springtime planting next year.

To test whether soil is ready to work, squeeze some in your hand, then poke at the clump. If the clump breaks up easily into small crumbs, the soil is dry enough to till.

Getting a head start on bulb planting by starting them indoors increases your odds of success. Use deep pots and replant them outside once the ground has thawed.

Planning where you want to create “splashes” of color in the garden also includes how dramatic a statement you want your plot to make. Plentiful clumps of flowers demand attention and this method of planting has long been a favorite of gardeners.

Another popular planting pattern is to “drift” flower varieties, which has been compared to painting the garden with a brush of color. Drifts can encompass waves of complementing bulb varieties bordering each other, or each flower drift can stand on its own, perhaps creeping across an incline or making its way along a stone wall. To ensure successful drifts, use a generous sprinkling of densely plant-



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ed bulbs. Or, simply toss or scatter bulbs and plant them where they land for a natural meadow effect.

Perhaps the best rule of thumb for planting bulbs is the most obvious. Plant bulbs where you want to see color. Attractive uses include planting bulbs to border a perennial garden, to fill in a rock garden and as a decorative accent circling a mailbox post or light pole.

Garden experts recommend planting bulbs in crumbly soil with proper drainage, although hardy bulbs often thrive in less than satisfactory soil. Soil that has not been turned over in a while will benefit from loosening it up with a shovel. Your hole should be dug a few inches below where the bulb should sit to allow for fertilizer. Bulbs should be planted pointed side up. Flat tubers should be planted sideways for best results. Avoid any air pockets in hole which can inhibit growth.

Here are more tips and shortcuts are geared toward cutting time and effort in the garden.

*Plants that grow best in alkaline soil such as geraniums and hydrangea will thank you with better blooms if you water them with a mild mixture of baking soda and water occasionally.

*The first thing to check if your azalea leaves are looking yellow is the soil pH. Azaleas need a soil on the acid side. Alkalinity locks up iron needed for green color.

*Adding Epsom Salt to plants has been reported to enhance the color of blossoms and leaves, promote new flowers and fruit, improve the root system and improve the strength of stems. For roses: Sprinkle one teaspoon of Epsom Salts per foot of plant height and spread evenly around the base for better blossoms and deeper greening. Add 1/2 cup sprinkled around the base and then scratched in, for strong production of new flowering canes and healthy new basal cane growth.

*Did you know most fragrant flowers are lightly colored or white? If you want to add a scent to your garden, be generous with white or pastel blooms.

Win Dinner for Two at the Publick House Your tips can win you a great din

LETTERS

Extra! Extra! Read All About It!

We think you’re important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

Mail your letters to the Auburn News, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at news@stonebridgepress.news .

You’ll need to provide your name and place of

residence, along with a phone number, so we can verify the letter is yours.

We don’t have a set limit, but if you keep it around 600 words or so, you’re going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!

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.



THE GREAT
OUTDOORS

RALPH
TRUE

The fantastic day we had last Saturday helped bring up the water temperatures a bit, but then the weather turned rainy and cold. It has set back many species of fish from becoming actively feeding in fresh water ponds, and it is also impacting the striper, & seabass migration. This writer spent almost four hours fishing Wallum Lake this past Saturday hoping to catch a few trout, but it never happened. Other anglers also had no success, including one angler that fished from 6 a.m. till noon, and never had a single hit. He trolled deep and everywhere in between. He tried lures, fly's, etc.! No fish.

Unfortunately, Wallum Lake has not set up a thermocline (a depth of water that has a constant temperature and plenty of oxygen). Getting to know the body of water that you are fishing will help in finding the thermocline. Wallum Lake normally sets up a thermocline at about 15 to 20 feet of water. In the early morning trout tend to leave the thermocline to surface feed, at which time they can be observed fining the water as they feed on bugs and insects. This can be a very hard time to catch them if you do not fish with fly's.

Using down riggers or lead core line when trolling in a boat will get your lure or bait

to the proper level where trout have been feeding in the thermocline. It will take a few minutes to find the trout, but you will eventually find the correct depth. Changing lures and trolling speed can also be a way to catch the sometimes finicky trout.

Of course, if all else fails you can fish from shore or anchor the boat and try power bait!

A bit of history on Wallum Lake and what was expected or should have happened over the last 30 years or so. At one point, Wallum was on the list of reclaimed ponds and was poisoned by Massachusetts Fish & Wildlife, killing most species of fish. It was expected to hold some of the best trout fishing in the state along with numerous other bodies of water in the state. The program was a big flop and after a few years the ponds that were reclaimed were restocked with the fish species that were removed.

Wallum Lake was one of the best trout ponds in the state for a few years, but at one point, acid rain became a big problem in many states. In cooperation with Rhode island, as the body of water lies in both states, liming of the lake was done to alleviate the problem. After a few years of liming the lake and efforts to introduce smelt into the body of water, they too were abandoned. Soon, Massachusetts & Rhode Island stopped stocking rainbow trout into Wallum, because they

claimed that the PH was not suitable for rainbow trout.

A group of local sportsmen banded together to alleviate the PH problem, hoping to get rainbow trout back into the lake. This writer contacted Living Lakes, which was an organization that was funded by the huge utilities that were causing the problem with their emissions. Fortunately, Wallum Lake was chosen by the company to spread tons of lime into Wallum using a precision piece of machinery aboard a large boat. Numerous tractor trailers arrived at the Wallum boat ramp more than 30 years ago and the lake was limed. To make a long story short Wallum Lake was again stocked with rainbow trout, and have done exceptionally well over the years holding rainbow trout.

Soon after, under pressure from sportsmen to stocked shoal spawning alewives into the lake to provide a forage fish for trout was done, and to this day the alewives are still present at Wallum Lake. Around the same time, again under pressure from local sportsmen an agreement with both Mass. & Rhode island was reached to make Wallum Lake a trophy trout pond. Unfortunately, both states could not work together and the plan was scrapped. More on Wallum Lake in the coming weeks!

Turkey hunting opened this past Monday under dismal con-



Photo Courtesy

This columns picture shows 11 year old Nathan, son of Captain Mel True with his first tautog of the year.

ditions.

This writer's column needed to be in by Sunday noon, so I do not have any reports from successful hunters! Send me some of your pictures for publication in this column. Send them to oldsalt_65@msn.com. There are five different species of turkeys throughout the United States, with most states having an annual bag limits at two or three birds. Alabama has an annual bag limit of five birds, with a predicted population of half a million turkeys and an annual harvest of only 1,000 birds. Massachusetts has raised there harvest limit this year to two bearded birds in

the spring, and one of either sex in the fall.

Many turkey hunters are not observing many birds in their regular places this year. It may be because of the mild winter and a good supply of food this year. During bad winters, turkeys concentrated around farms and were constantly feeding at manure piles or whatever they could find to sustain them through the winter. One thing for sure — there are a lot of turkeys to be harvested this year, right here in Massachusetts!

Take A Kid Fishing & Keep Them Rods Bending!

Wildcat Boys teams show growth in 2020

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Although the season was cut short, the young male athletes of the Charlton Wildcats are celebrating a successful 2020 season which saw two teams challenged with new divisions and several competing in playoff action. Despite difficult competition all four teams persevered providing valuable learning and growth opportunities for the young male athletes of the town.

The youngest team of the group, the 4th grade boys, were coached by Dave Miller who complimented his team for embracing a challenging but fun year. The year saw the team shift from town play to division travel competition with a 0-11 travel season that Coach Miller said contained some “good” and “bad” losses, but every game saw the boys compete to their full potential.

“We entered the Douglas tournament, and I believed this showed us who we were this past season. Of

the seven teams in our pool we finished as the top seed but could not get past the semi-final game. We

had a very strong showing in this tournament,” Coach Miller said. “Overall, these boys experienced a lot of learning, improvement and most of all fun. We won and lost as a team every time. Really look-

ing forward to next season to continue building.”

The 5th grade boys were led by Coach Kelly Morin who said the team started off strong on route to a 7-4 season putting them in second place starting the playoffs. Unfortunately, they lost in the first round to Northbridge, matching their success from last season. Coach Morin said that while the team wasn't able to progress past the first round the entire squad showed tremendous growth throughout the season.

“All the players made improvements during the season. We had two games where every player contributed points for wins. Our best game this season was when we faced Sutton for the second time in our home gym, Bay Path. We won this with defense, teamwork and distributing our point contribution,” Coach Morin said.

The 6th grade boys moved on from an undefeated Division II CMBYL Championship in 2019 to join Division I in 2020. Coach Brett Kustigian said the team entered the near season with four goals in mind: to seek a championship, maintain attitude, show great teamwork and embrace sportsmanship. Sadly, the team was unable to repeat their undefeated season or make the playoffs in their first Division I season, but Coach Kustigian



Courtesy Photos

The 4th Grade Charlton Boy

still say the year as a great opportunity for growth and learning for his athletes.

“Each time the boys took to the court they consistently showed positive atti-

tudes, promoted the team concept and they displayed sportsmanship and respect

Turn To **WILDCAT**page **A16**



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OBITUARIES

George F. LaBarge, Sr., 100

AUBURN- George F. LaBarge, Sr., 100, of Auburn, MA (formerly of Sturbridge, MA), died Sunday, April 26, 2020, at the Lutheran Rehabilitation and Skilled Care Center in Worcester.



George's wife, Dorothy M. (Cleary) LaBarge, died October 3, 2001. They were married March 25, 1944. He is survived by his sons, George F. LaBarge, Jr., of Acton, MA, and Gerard P. LaBarge of South Carolina; his grandchildren, Renee Purcell and Gerard LaBarge; and his sister, Lorraine LaPerrier of Brookfield, MA. He was predeceased by a brother, Clarence A. LaBarge, and 5 sisters, Viola Sauriol, Beatrice Buron, Bertha Cusson, Gladys Desy, and Irene Mayo.

Born June 29, 1919 in Worcester, MA, George was the son of the late Clarence

A. and Alphonsine (Beauvais) LaBarge. He was a veteran of the US Army Air Corps. He retired in 1978 from the US Postal Service in Auburn, MA, where he worked for 36 years, retiring as the Superintendent of Postal Operations. He was a member of St. Joseph's Church in Auburn; previously he was a member of St. Anne's Church in Fiskdale, MA. A Life Member 4th Degree Knight, he also served as a Past Grand Knight of the Auburn Council 4158 of the Knight's of Columbus. He was a member of the Central MA Postal Supervisor's Association, the American Motorcycle Association, and the American Legion Post 109.

Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA is handling private arrangements. In lieu of flowers, the family asks you to kindly consider making memorial donations for George's favorite charity, St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105. Due to the current social limitations, the family would like if you would share a memory or leave a message at sansoucyfuneral.com

Joseph J. Gietek, 71

WORCESTER- Joseph J. Gietek age 71 passed away Friday, April 17, 2020 at Univ. MA Healthcare Center Hospital, Worcester. He leaves two sisters, Mary Bonczek and Stasia Gietek of Worcester. He had a brother that predeceased him, Edward Gietek of Worcester.

He was born in West Falen Germany son of the late Wacław Gietek and Anastazja (Brogowska) Gietek and lived here all his life. Joe enjoyed

music, he played the trumpet and bugle and was the lead singer in the Joneses group.

There are no calling hours, all services are private. The Shaw-Majercik Funeral Home, 48 School St., Webster have been entrusted with his arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

Anthony Tivnan, 77

WORCESTER- Anthony Tivnan age 77 died Saturday, April 18, 2020 at Worcester Rehabilitation and Healthcare. Anthony was predeceased by a sister Roseann Tivnan of Worcester. He was born in Worcester son of the late Thomas F. and Rose M. (Cobiski) Tivnan and lived in Worcester all his life. Anthony worked for many years at

the Felters Company in Millbury. There are no calling hours services and burial are private in St. Johns Cemetery, Worcester. The Shaw-Majercik Funeral Home, 48 School St., Webster, MA has been entrusted with his arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

Lush peonies add beauty and fragrance to early summer gardens



GARDEN MOMENTS

MELINDA MYERS

Set aside a sunny spot in your garden or landscape for a few easy-care, herbaceous peonies. These traditional favorites are treasured for their bountiful early summer flowers, vigorous, shrub-like habit and amazing longevity. Peonies blend nicely with other perennials and are a good addition to both formal and informal garden designs.

The peony's sumptuous flowers and captivating fragrance have been admired by generations of gardeners. While many other plants come and go, peonies have staying power. The variety 'Sarah Bernhardt' was introduced in 1906 and has been popular ever since. Its plush, pale pink flowers have silvery tips and open late in the peony season.

To maximize your enjoyment, extend the peony season by growing an assortment of early, mid and late-blooming varieties. Choose wisely and it's possible to have peonies in bloom for a month or more. If you live in an area with rel-

atively warm weather, plant more of the early and midseason varieties so the plants have plenty of time to display their blossoms before the weather gets hot.

Add variety to your peony display by including plants with different flower styles. Options include single, anemone, semi-double, double and bomb types. Herbaceous peonies also come in many beautiful colors, including white, cream, coral, pink, rose and dark red.

Start the season off with a few of the earlier bloomers such as Coral Charm, Buckeye Belle, Festiva Maxima, Bowl of Beauty, Black Beauty, Purple Spider and Red Charm (longfield-gardens.com). Coral Charm's lightly fragrant flowers are a unique blend of coral and cream. This semi double peony is the recipient of the American Peony Society Gold Medal.

The large double ruby red flowers of Buckeye Belle are displayed on compact plants that are the perfect size for perennial gardens. Pairing this peony with the snowy-white flowers of Festiva Maxima is a striking combination.

Transition into mid-season with the heirloom variety Red Charm. Its long stems have few side buds, which makes it great for cutting. And the rose-like fragrance perfumes gardens

and bouquets. For a completely different look, consider the fragrant, double bomb flowers of Lady Liberty. Its frilly inner petals are cream and apricot, and form a tight ball resting on a double row of flamingo pink petals.

Anemone-style peonies have frilly centers surrounded by a single or double row of larger petals. The variety Sorbet features layers of candy pink and cream petals. It is deliciously fragrant, with sturdy stems that are excellent for cutting. Don't overlook other classic, mid-season bloomers like Duchess de Nemours, Celebrity and Red Supreme.

Close out the peony season with the large, raspberry-red blossoms of the classic French double peony Felix Crousse, and other time-tested favorites such as Lady Alexandria Duff and the beloved Sarah Bernhardt.

Peonies are known for their extravagant flowers, but the plants themselves are almost as impressive. Leaves emerge in spring with a tinge of red and reach a height of three feet within less than a month. By the time the flower buds appear, the plants are the size of a small shrub. After the flowers fade, the peony's lush, deep green leaves remain all season, providing a nice backdrop for nearby blooms. As temperatures cool in fall, the foliage



Photo Courtesy

Sarah Bernhardt peony, introduced in 1906, is one of the world's most popular peonies.

often displays a nice reddish fall color.

Bare root peonies may be planted in spring or fall. After planting, they will take some time to settle in. Young plants need 3 years or more to reach full size, but after that, they will flower every year for decades to come.

Melinda Myers has written numerous 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 was commissioned by *Longfield Gardens* for her expertise to write this article. Her Web site is www.MelindaMyers.com.

TRIPS

continued from page A7

Tea, Bus Transportation and this Fabulous Show.

On Thursday, July 16, come with us for a Lobster Bake at Foster's Clambake in York, Me. For 99.00 enjoy a 1 1/4 Boiled Lobster, Clam Chowder, Steamed Mussels, Fresh Steamed Maine Clams, Corn on the Cob, Potatoes and Onions, Blueberry Cake and a Beverage. Also available

is 1/2 Barbecued Chicken in place of the Lobster. Now let us add the Ultimate Jimmy Buffett Tribute Show featuring Jimmy and the Parrots. They are the most requested Jimmy Buffett Tribute Band in the Country and they were also nominated as Band of the Year by Trop Rock Entertainer. Hear them play the favorite songs of Jimmy Buffett as well as songs by The Beach Boys, Paul Simon, Harry Belafonte, Bob Marley and many others.

Included is Deluxe Motorcoach Transportation, Lunch and the Show.

On Tuesday August 18 to Friday August 21st, have your Passport ready for a Spectacular 4 Day/3 Night Motor Coach Roundtrip visit to Beautiful Montreal and Quebec Canada. For 849.00 pp Double or 1159.00 pp Single Occupancy. Included are 3 Nights Hotel Lodgings, 4 Meals, touring as described in your travel Brochure, Best of Times Travel Tour Director and all gratuities except Motorcoach Driver. gratuity are included. In Montreal take in a guided visit of Notre-Dame Basilica, the Botanical Gardens, the Biodome, enjoy time at Montreal Casino plus even more. In Quebec, visit the Basilica of Saint-Anne de Beaupre, Montgomery Falls, guided Tour of the beautiful Citadelle featuring the Changing of the Guard, the Royal Regimemnt Museum plus some Free Time to enjoy Quebec on your own.

On Thursday August 20th, get ready for the 10th Anniversary Tour of The Texas Tenors. These 3 very Handsome, Classically Trained Men have performed over 1300 Concerts with Headliner Shows in Las Vegas, China, the United Kingdom and accumulated 3 EMMY AWARDS. The Texas Tenors will sing many of the Broadway Show Classics as well as many of your favorite Pop Songs. They were honored to be included among the Top 50 Acts in the World. This could be the Best Concert that you will see this year. We are traveling approximately 60

minutes to the Venus DeMilo in Swansea, Ma.. For 99.00 included is Deluxe Motorcoach Transportation, Plated Lunch of either Chicken Parmesan or Baked Scrod, Venus DeMilo's Famous Minnestrone Soup, Vegetables, Breads, Dessert, Coffee and Tea.

Join us on Wednesday, September 2nd on our day trip to Lake Winnepesaukee for a scenic cruise out of Weirs Beach taking in the remarkable scenery of the Western end of this magnificent lake. We will also visit the spectacular Castle in The Clouds a turn-of-the-century sixteen room mansion with its breathtaking mountain-top views overlooking Lake Winnepesaukee. Enjoy a delicious full course luncheon at Harts Turkey Farm in Meredith, NH. Famous and renowned for their turkey dinners you are sure to delight in this bountiful luncheon. All for just \$129.

We had 34 people travel to the Pennsylvania Dutch Country 3 Day/2Night Trip this past December and they had such a Great Time that many of them asked to go back again this September 23-25th. We will see the New Show "Queen Esther". One of the very most riveting Bible Stories of the Old Testament that comes to life in the Magnificent Sight and Sound Theater which incorporates Live Animals, Social Effects and Jaw Opening Stage Sets. Ask anyone who has seen a Show at the Millenium Sight and Sound Theater and they will tell you this is a Must See. in your lifetime. Now let's add a 2nd Show called "Saturday

Nigh Fever" at the Dutch Apple Dinner Theatre, a Backcountry Tour of the Dutch County Farmlands, enjoy your luck at the Sands Casino and more. Prices are 499.00 pp Double and 599.00 Single Occupancy and include 2 Nights Lodging, 4 Meals, Tickets to the 2 Shows,

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Have you ever thought about visiting Nashville? Come along on a 4 Day/3 Night Trip December 4th -7th. Included are Roundtrip transportation to Logan Airport, Roundtrip Airfare to Nashville, 3 Nights of Premium Lodging, 7 Meals including a Sunday Brunch, An Exclusive Dinner Show featuring the Oak Ridge Boys, Ticket and Show at the Grand Ole Opry, plus a Tour of the Grand Ole Opry, Admission to Country Music Hall of Fame, a River Cruise aboard the General Jackson Showboat, Tickets for a Holiday Show at the Opry House, Admission to ICE at Gaylord Opryland, a visit to Historic Studio B and a Guilded Tour Of Nashville. WOW!! Prices are 1949 pp Double and 2349 pp Single Occupancy which includes Tour Guides and Bus Drivers Gratutites as well.

Contact Sturbridge Recreation Department 508-347-2041, email recreation@sturbridge.gov for more information

For additional information on these Wonderful Trips, please contact Linda Fortier at 508 347 1452 or by email at bestoftimes2020@aol.com

Turn To **TRIPS** page **A13**



To place a Card of Thanks In-Memoriam, Birthday or Anniversary Greeting,

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OXFORD – 377 Main St! 9 Rm Center Hall Colonial! .59 Acre Corner Lot! Charm of Yesteryear! Eat-In Frplcd Granite Kit w/Updated Cabinets, Frplcd Din Rm w/Built-in China Cabinet & Butler Closet! Gracious Foyer! Spacious Frplcd Liv Rm! Breezeway to a Home Office or an Unfinished Cathedral Ceiling Fam Rm or Craft Rm! Sit on the Front Porch and Enjoy Morning Coffee or Evening Tea! Huge 2-Car Garage w/Loft-Storage Area! Mature Tree Studded Yard! **\$349,000.00**



WEBSTER LAKE – 9 Pebble Beach Rd! Middle Pond – Winter Cove! Private Peninsula Protected from the Storm – Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Flr Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Flrs! Beautiful Applianced Custom Granite Kit w/Center Is! Formal Din, Fireplace Liv Rm w/Water/Estuary Views! 1st Flr Laundry! Second Floor Master Suite, Ideal Full Bath, Huge Walk-in Closet! 3 Bdrms Total! 2 Full & 2 Half Baths! Walk-out Lower Level Fireplace Fam Rm! Buderus Oil Heat! C/Air! Oversized 2 Car Garage! **\$779,900.00**



OXFORD – 10 Huguenot Rd! 8 Rm Colonial! 1.36 Acres! Country Setting! Country Kitchen w/Bay Window Overlooking Back Yard, Front to Back Living/Dining Rm w/French Doors to Deck! Office! Side Entry Breezeway! 3 Bdrms Plus a Study/Craft Rm on the 2nd Floor! 1 Car Detached Garage w/Workshop! Easy Access to Shopping and Highways! **\$179,000.00**



DUDLEY – 38 Pine St! 5 Rm Ranch! Original Owner! Quaint Eat-in Kit! Formal Din Rm! Spacious Liv Rm w/New Picture Window! Fam Rm w/Views to Private Back Yard! Mudrm! Huge Deck! Buderus Oil Heat! 2 Car Garage! New Septic! Vinyl Sided! Newer Windows! Solar Panels! **\$239,000.00**



DUDLEY – 231 Dresser Hill Rd! 8+ Rm Custom Built 3 Bdrm, 3 Bath Split Set On 2.63 Acres Professionally Landscaped w/Panoramic Views of Nichols College at a Distance! Stamped Concrete Walk Leads to the Transom Side Light Door Entry! Custom Granite Kitchen w/SS Appliances including Gas Range! Dining Area w/3 Walls of Windows for the Views! Formal Din Rm! Beautiful Frplcd Liv Rm w/Cathedral Ceiling & French Doors to the New Deck with the Incredible Views! 3 Comfortable Bdrms w/Crown Moldings, Spacious Master w/Walk-in Closet & Full Bath! Finished Lower Level w/Fam Rm Offers a Potential In-law! LP Gas Heat & C/Air for Comfortable Living! 3 Car Garage! Recent Driveway! Don't Delay! **\$449,900.00**



DUDLEY - 7 – 9 West Street! Brick 4 Family plus a 2 Family! Side by Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities! 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Work is Needed in Several Apartments! Excellent Potential! Will be a Good Investment for the Right One! **\$399,900.00**



WEBSTER – 9 Lake Parkway! Extremely Conveniently Located just off Exit 1 of 395! Loads of Potential! 6 Rm Cape! Applianced Kit! Din & Liv Rms w/Wall to Wall over Hrdwds! 3 Bdrms w/Hrdwds! 1st Flr Bdrm w/Commode Closet! Recent Furnace! Recent Roof! **\$169,900.00**



WOODSTOCK – 9 Fawn Ridge! Renovated 4 Rm Townhouse! New Granite Kit w/SS Appliances! Kit & Liv Rm w/Hrdwds! 2 Comfortable Bdrms w/New Wall to Wall! New Full Bath! Freshly Painted Throughout! Lower Level w/Laundry & Storage, Able to Finish Additional Living Space! 2 Parking Spaces! **\$129,900.00**



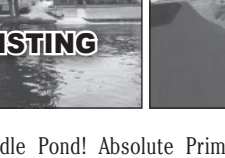
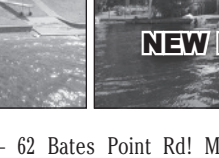
WEBSTER LAKE – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' AC'd Colonial! Custom SS Applianced Granite Kit! Formal Din Rm w/Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frplcd Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! **\$1,199,900.00**



WEBSTER – 60 East Main St! Established Local Bakery & Delicatessen Specializing in Polish Foods being Sold with Building! Turn Key Business! Equipment to be Included with Sale! High Traffic Count! Ample Parking! Easy Access to Rear for Deliveries! Building also consists of a One and Two Bedroom Apartment! The Owner presently uses two rooms for his office and storage which could easily be added to the One bedroom Apartment! Building was Totally Renovated in 2010! **\$599,900.00**



DUDLEY – 132 Southbridge Rd! 5 Rm Bungalow! 2.21 Acres! Enjoy Nature and Kayak right from your Backyard! Eat-in Kit w/Pantry! Frplcd Liv Rm w/Hrdwds & Bay Window! Din Rm or Fam Rm w/Hrdwds & Ceiling Fan! Full Tile Bath w/Tub/Shower Combo! Master Bdrm w/Wall to Wall Carpet! Second Bdrm w/Wall to Wall & Ceiling Fan! Walk-up Attic w/Potential for Additional Living Space! 3 Season Porch w/Natural Woodwork! Recent Roof! Recent Oil Steam Heat! New Septic & being Well Installed! Plenty of Parking! **\$179,900.00**



WEBSTER – 14 Summit Street! Conveniently Located 8 Room, 4 Bedroom Cape! Featuring Newly Remodeled Stainless Steel Applianced Granite Eat-in Kitchen w/Custom Cabinetry & Luxury Vinyl Plank Flooring! Formal Dining w/Hardwoods! Spacious Living Rm w/Hardwoods! 2 1st Floor Bedrooms w/Hardwoods! Newly Remodeled Full Tile Bath! 2nd Floor w/2 Bedrooms w/Hardwoods, Plenty of Closet & Storage Space! Updated Second Full Bath! Recently Oil Heat, Cast Iron Baseboard! Detached Garage! Corner Lot! **\$279,900.00**



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DUDLEY - 25 MARSHALL TER.



Custom Hip Roof Ranch! 1,480+- Sqft. One Level Living! Spacious Open Floor Plan. Combination Kitchen/Dining w/Breakfast Bar, Cooktop Range & Built-in Oven, 3 Large Bedrooms w/Large Double Door BR Closets, Walk-in Linen Closet, 1st Floor Laundry Room, Hardwood Floors, Ceramic Tile Bath w/Separate Bath Tub & Shower. Forced Hot Water Heat by Oil w/High End Cast Iron Baseboard! Recently Shingled Roof, 8' X 10' Screened Porch ~ Overlooks Attractive, Level Landscaping ~ Provides an Abundance of Privacy. **\$274,900.**

DOUGLAS - 14 MOUNT DANIELS WAY



NEW TO MARKET – MOUNT DANIELS ESTATES!! 4 Bedroom Hip Roof Colonial 2+ Private Acres! Beautiful Hardwood Floors + Lg Cabinet Packed Kitchen! 1st flr 1/2 Bath & Laundry. Grand Living Room. Stone Fireplace! French Doors Welcome you to a 3 Season 14x18 Sun Room. 16 x 18 Deck, Cape Cod Shower! 4 Bedrooms – Master w/Hardwood Floors. "Spa Like" Bathroom! 3 baths total. New High Efficiency Boiler & Hot Water Tank! Central Air **\$409,000**

WEBSTER - 8 MAPLE ST



**SORRY,
SOLD!**

2 Family - **1st Floor** 6 Rooms, 3 bedrooms. 1 Full Bath, open Kitchen. Fully Applianced. New Carpeting, Hardwood Floors. **2nd Floor** - Open Kitchen with Gorgeous Kitchen Cabinets - 6 Rooms, 3 Bed, 1 Full Bath Hardwood Floors. New carpeting. Each Apartment has 1,200+ sq ft plus. Oil Heat. Off street parking. Town Water & Sewer, 3rd Story Unfinished. **\$237,500.**

LAND

WEBSTER/OXFORD/DUDLEY/DOUGLAS

Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Potential for a 2 family to be built! Town Water, Sewer. **\$70,000**
Douglas-Mount Daniels Lot #2 2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**
Webster - Potential 6 Buildable Lots! Water/Sewer Access, Zoned Lake Residential **\$129,400.**
Webster - 85 Upper Gore! View of the Lake. 1+ acre, artisan well, Septic Design, Etc. **\$130,000**
Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Highly possible to be subdivided. **\$99,900**

WOODSTOCK, CT - 64 LYON HILL RD



**SORRY,
SOLD!**

Estate like long paved driveway! 3158 Sq Ft. Colonial! Geothermal built. Open floor plan, ash flooring throughout! Granite and s/s applianced kitchen! Large master bedroom, coffered ceiling, master bath, W/Jetted tub! Walk in closets. Two car garage. Radiused catwalk on upper level! A walk up attic. Walk out lower level! The third garage is accessed from the lower level. Generator hookup. One beautiful property! assisted sale **\$499,900.**

WEBSTER LAND - COOPER RD



**2 BUILDABLE
LOTS**

Potential from 10,000+ sq. ft. Lot. Need to be divided. Town Water/Sewer. Zoned Lake Res. **\$24,500. Each = Total \$49,000**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

NEW PRICE



WEBSTER - 28 BLACK POINT RD

2019 CUSTOM BUILT WEBSTER LAKE (WATERFRONT ACCESSIBLE) CONTEMPORARY CAPE! Sunrise (E) & Sunset (W) Exposure! 2,600+- SF, 11 Rms, 3 BRS, Loft, & 2 Full Baths. Open Flr Plan, Cathedral Ceilings, Stone-faced Fireplace, Upscale Gourmet Kitchen w/Huge Island, Sunny Breakfast Nook w/Built Ins, Formal Dining, Office, Laundry Rm, Mudroom & Coat Closet, 2 Main Level BRs & Full Bath. 2nd Flr Private Master BR Suite w/Private Bath & Walk-in Closet! Central Air! Cavernous 1,500 SF+ Unfinished LL plumbed for a Bath, Oversized 2-3 Car Att'd Garage! Corner Lot, 12,599 SF (29 Acre), of Land plus BOAT DOCK. **\$684,000.**



SORRY, SOLD!

WEBSTER LAKE – 32 JACKSON RD

DEVELOPMENT POTENTIAL! EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26 det'd garage & 8x8 storage shed. Park like grounds! **New Price \$375,000**



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New Braintree - West
Brookfield Rd - Over 215
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3 bay garages for
large equipment & fully
applied commercial
kitchen. All solar powered!
Detached barn & green-
house. Over a mile of road
frontage! **\$875,000**

Leicester - Main St - Mixed use property on Rt 9. Office space &
2nd flr apartment. 2280 sq ft. New boiler, updated electrical, oil tank &
windows on 1st floor. **\$299,900**

N. Brookfield - Stoddard Rd - Custom ranch on
over 5 acres. 2,390 sq ft, 3 bdrm, 2 ba. Gourmet
kitchen w/ prep island, breakfast bar & nook, walk
in pantry, gas stove, SS appliances, crown mold-
ing, 9' ceilings, hardwood flooring, stone fireplace
livingroom, Mastersuite w/ private bath & walk in
closets. 16x24 detached workshop **\$535,000**

Spencer - Crestview Dr - Don't rent, buy now,
quick occupancy available! Young townhome
at Crestview Gardens w/ 2 bdrms, 1 ba. Open
dining/kitchen area that has recently been updated.
Laundry on 2nd floor. Natural gas heat plus central
air! Low monthly condo fees include town water &
sewer! **\$155,000**

Spencer - Crestview Dr - One owner townhome
at Crestview Gardens w/ 2 bdrm, 1.5 ba. The large
livingroom has built in speakers & sliders leading
to a private patio. Quality kitchen that has custom
cabinets, granite countertops, SS appliances & a
mobile center island. Natural gas heat plus central
air! **\$180,000**

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TRIPS

continued from page A10

LEICESTER SENIOR CENTER.

For trip information and reservations, please call Joan Wall at (508) 892-3967.

Thursday, May 14: Twin River Casino & Wright's Chicken Farm. \$10 slot cash and \$7 food credit at the Casino. Then we depart for Wright's Farm for a family style dinner. Cost is \$64. We leave at 9 a.m.

Wednesday, June 17: The Gloucester Lobster Cruise with lobster clam bake and chicken buffet. On the way home, we stop at Kimball's Farm for their famous ice cream. We leave at 9 a.m. Cost is \$109.

Thursday, July 16: The Lakes Region Summer Music Theatre's "The King and I" and Hart's Turkey Farm luncheon. We leave at 9 a.m. Cost is \$99.

Wednesday, Aug. 12: Casablanca By the Sea in Portland, Maine. Lunch at the Bull & Claw, then a cruise in Portland Harbor. Viewing war forts, seals, lighthouses. We leave at 8:30 a.m. The cost is \$99.

Sept. 1-3: Trip to Bar Harbor, Maine. Many sights to see. Cost is in the low \$400's. More information coming.

Wednesday, Oct. 14: New Hampshire Turkey Train. Scenic foliage train traveling around beautiful Lake Winnepesaukee. Hart's Turkey Farm brings a full turkey luncheon on board. Then more sightseeing and foliage viewing. We leave at 9 a.m. Cost is \$89.

Thursday, Nov. 11: Newport Playhouse & Cabaret Restaurant presents "Ghost of a Chance," a buffet full with everything. The play, then back to your seats for the Cabaret. Two shoes for the price of one. We leave at 9 a.m. The cost is \$99.

Saturday, Dec. 12: The fabulous Reagle Players Christmas Spectacular and Dinner at the Chateau Restaurant. The entertainment is wonderful. The food is great! We leave at 10 a.m. The cost is \$119.

MARY QUEEN OF THE ROSARY PARISH

SPENCER — Mary Queen of the Rosary Parish, 60 Maple St., Spencer, is offering the following trips. For more information, call Bernard Dube at (508) 885-3098.

*USA: Wonders of Northern California Redwoods, Oregon & Washington: August 3-15, 2020

*Spain & Portugal: Sept. 9-23, 2020

*Galapagos Islands: Jan 4-13, 2021

*Galapagos with extension to Peru (Machu Picchu): Jan 4-19, 2021

*Botswana, Zimbabwe and Victoria Falls: May 5-16, 2021

*Alaska (land and cruise): early August, 2021

PAXTON SENIORS

Bob Wilby, 508-792-4662 or rwilby@charter.net

SOUTHBIDGE SENIOR CITIZENS ASSOCIATION

Contact Jim Julian at the Casaubon Senior Center Monday, Wednesday, or Friday 9-10 a.m. or call (774) 922-4049 or

e-mail jimtrips@yahoo.com.

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association, payment due at sign up:

SOUTHBIDGE SENIOR CITIZENS TRIP SCHEDULE FOR 2020

May 19, 2020 - Tuesday - Foxwoods \$30 - 8 - AM bus.

This one is for the bingo players and all others that want to go. You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Foxwoods at 2 PM.

You will receive \$10 for gaming and a buffet meal voucher.

September 15, 2020 - Tuesday - Mohegan Sun \$30 - 10 - AM bus.

You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Mohegan Sun at 4 PM.

You will receive \$10 for gaming and a buffet meal voucher.

October 13th - 20th 2020 - ALL INCLUSIVE ARUBA Happily Full - I am taking names for standby on this trip. This is an all-inclusive trip - all flights, transfers, meals plus snacks, nightly entertainment, and alcohol included.

November 12, 2020 - Thursday - Foxwoods \$30 - 10 - AM bus.

You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Foxwoods at 4 PM.

You will receive \$10 for gaming and a buffet meal voucher.

PAYMENTS DUE AT SIGN UP

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association.

Contact Jim Julian at the Casaubon senior center Monday, Wednesday or Friday mornings from 9:00 to 10:00 AM or call 774 922 4049, or e-mail me jimtrips@yahoo.com

STURBRIDGE RECREATION

NYC Spring Bus Trip

Saturday, April 25

Shopping & Sight Seeing

Cost: \$50 Per Person, *Driver Gratuity Included

Depart: 7:00 AM from Burgess Elementary School parking lot on your Lizak charter. A rest stop to be made along the way.

Arrive: Approx 10:30 AM for a day to do as you please in the wonderful Big Apple! Ice skating, shows, shopping, light displays, and more! Drop off will be as close to Rockefeller Center as possible.

Depart NYC: At 6:30 PM return to your Lizak Charter and enjoy a peaceful ride home. Arrive to Sturbridge by 10:00 PM.

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

Union Saint-Jean-Baptiste, Chapter #12, Southbridge, is sponsoring a variety of excursions for all to enjoy in 2019. We are a non-profit family oriented Franco-American fraternal society since 1900. As always, you do not have to be a member to participate in any of the scheduled events. All are welcome. Gift certificates purchased in any

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UXBRIDGE SENIOR CENTER

All trips leave from the Whitinsville Walmart and the Stop & Shop at 32 Lyman St, Westboro. Make sure to include entree choice, phone # (esp. cell) and an emergency # when sending payment. "Like" us on FacebookThe Silver Club and The Uxbridge Senior Center. Please call Sue at (508) 476-5820 for more information.

The Silver Club BUS TRIPS for 2020
Please call Sue at 508-476-5820 for more information.

The Uxbridge Senior Center is offering the following bus trips for 2020.

April 27-29 Penn Dutch w/ the new show Queen Esther at Sight and Sound -- (trip is full, sign up for the waiting list)- \$459.
May 4 -- Granite State Chocolate and Wine Tour with lunch at Warren's Lobster House - Fox Tours - \$91.
May 9 - Albany Tulip Festival w/Conway Tours - \$115.
June 1 - Plymouth cruise on Pilgrim Belle with sightseeing tour and lunch at Hearth and Kettle - Fox Tours - \$91
June 26 - July 3 -- Atlantic Canada w/Conway Tours -- International Tattoo, ferry crossing, Hopewell Rocks, Halifax, Nova Scotia, Charlottetown, Prince Edward Island, St. John, New Brunswick - 3 seats left - \$1899.
Aug. 30 - 31 - Saratoga Racetrack

Conway. Three day trip w/4 meals, guided tour of the "Rich and Famous," winery, ferry crossing, Old Westbury Estate & Gardens, Montauk Point Lighthouse, Sag harbor, etc. - \$579.
Oct. 6 -- Green Mt. Railroad w/Fox Tours -- \$101.
Nov. 19 -- Newport Playhouse w/Fox Tours - \$101.
Dec. 7 & 8 -- Equinox Resort and Hildene, VT w/Conway Tours. Two day trip with elegant dinner & piano entertainment, breakfast, tour of Hildene, chocolate tasting, etc. \$379.

Please call Sue at 508-476-5820 for more information or to be put on the emailing list.

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WILDCAT

continued from page A9

for all,” Coach Kustigian said. “I could not be prouder of this team and it has been an honor to work with them for the past three years. A special thanks to all the parents, assistant coaches and our wildcat family.”

Finally, the 7th grade boys, coached by Rich Lucht, had a successful year reaching the playoffs for the first time. Finishing third overall in the regular season with an 8-3 record, Coach Lucht said the boys worked hard in practice to improve and up their game with the highlight win being a victory against Northbridge which was 7-0 at the time.

“There are teams in our league who I’d be embarrassed to coach. I never felt that way about our boys, even for a moment. They handled both big wins and bad losses with class,” said Coach Lucht. “I would like to thank all the parents for sticking with us and never, ever complaining about practice, playing time or coaching decisions - It’s hard to believe there is only one more year left, we will try and make it a memorable one.”



The 5th Grade Charlton Boy Wildcats



The 7th Grade Charlton Boy Wildcats



The 6th Grade Charlton Boy Wildcats



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Publish Date: May 8, 2020
Deadline date: Friday, May 1 @ 2 pm

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Cost is just \$20 per 2.4”x 2” B&W block.
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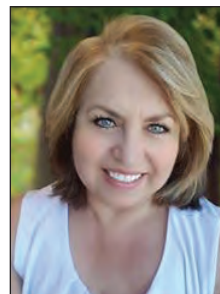
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HOME

Spring 2020
*A Stonebridge Press
Publication*

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The right tool for the job is essential to working safely and efficiently. This is as true in the workplace as it is in the garden.

Novice gardeners may not know where to begin in regards to which tools they need. The following are eight items that can serve as a solid foundation for beginning gardeners.

1. Gloves: Your hands will be working hard, so it pays to protect them from calluses, blisters, splinters, insects, and dirt. Look for water-resistant gloves that are also breathable.

2. Hand pruners: Hand pruners are essential for cutting branches, cleaning

up shrubs, dead-heading flowers, and various other tasks. Choose ergonomic, no-slip handles that will make work easier. Rust-resistant, nonstick blades also are handy.

3. Wheelbarrow: A wheelbarrow can transport gear to garden beds or tote dirt, leaves, rocks, and other materials around the landscape. A good wheelbarrow is strong but light enough to maneuver when full.

4. Loppers: Long-handled loppers will fit the bill for thick branches. The long handles provide leverage to cut through branches an inch or more in diameter.

5. Hand trowel: A hand trowel is a handy tool that lets you dig holes or unearth weeds. While shopping for a trowel, consider getting a hand-held garden fork, which can aerate soil and cut through roots.

6. Hose/watering can: Keeping gardens hydrated is part of ensuring their health. That makes a hose and a water-

ing can two invaluable tools to have around. Invest in a lightweight, expandable hose if storage space is at a premium. An adjustable nozzle will enable you to customize the water flow as needed. A watering can is an easy way to tote water to hard-to-reach pots and containers.

7. Garden kneeler: Gardeners often bend and kneel while working in the soil. That puts pressure on the back and knees. A comfortable garden kneeler with memory foam or one made from shock-absorbing material can reduce aches and pains.

8. Garden hoe: Garden hoes till soil, remove weeds and perform many other tasks. A garden hoe can be used along with a full-sized shovel, trowel and garden rake.

This list is just the tip of the garden tool iceberg. Visit a garden center and speak with a professional about other tools that can be added to the mix.

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7 Advantages of Hiring a Licensed Realtor to Sell Your Home

It's unlikely that everything will go exactly as planned when you're selling your home. Whether you encounter home inspection issues, an unforeseen expenditure, a delay in closing, or some other unpredictable event, you aren't alone if you've hired a professional realtor. The unexpected happens quite frequently and an experienced realtor can help you solve problems related to the sale of your home.

GIVE THE HOME BUYER A NUDGE

Sometimes a buyer simply needs more information to nudge them toward purchasing your home. A real estate agent can provide the prospective buyer with positive information that they might not be familiar with. Neighborhood details, such as escalating home values, homeowner amenities, HOA covenants, low crime rates, and other valuable information might sway a buyer into purchasing your home.

NEGOTIATE HEFTY REPAIR COSTS

If your central air conditioning unit or furnace breaks down and needs replacing while your home is pending a sale, you are typically stuck with the bill. Your realtor can negotiate with the buyer's agent to subtract the cost of whatever needs replacing from the monetary proceeds that are due to you at the time of closing. In this scenario, you don't have to fork out big bucks prior to your home closing. The buyer has the money available to purchase a new water heater, furnace, or whatever has been agreed upon after they close on your home.

REMEDY A BROKEN SALES CONTRACT

When a buyer has signed a legal document to purchase your home, and then wants to break the agreement, what should you do? If both parties mutually agree, there isn't a problem. But, if you're not happy about the idea, your realtor needs to examine the buyer's real estate contract and circumstances. Next, your agent can check the real estate laws governing the state where your home is located. After gathering this information, your realtor will present to you the recourse for this unfortunate situation.



COORDINATE A CHANGED CLOSING DATE

Most closing dates for homes are coordinated and set between the home buyer, seller, real estate agents, lending institution, and title company. However, sometimes circumstances change and the closing date needs to be altered. Your real estate agent will find a date that's agreeable to all parties involved and take care of the legal changes to your real estate contract.

DETERMINE FINANCIAL QUALIFICATIONS

It's the usual protocol for a realtor to require an official letter from a potential buyer's bank or other lending institution before working with them to buy a new home. The document typically states that the buyer is financially able to purchase a home up to a certain price threshold and that the lender is willing to loan them the money. If a potential buyer cannot or will not obtain an approval letter from their lending institution, your realtor can inform them they cannot proceed to purchase your home without it.

SORT OUT A HOME INSPECTION LIST

After a buyer has signed a real estate contract to purchase your home, they typically will hire a professional home inspector to thoroughly examine your property for past, current, or potential problems. Sometimes the inspector discovers defective, unsafe, or broken items in your home that you were unaware

unnecessary repair items.

GIVE YOU PEACE OF MIND

Selling your home is an enormous undertaking -- especially without professional help. Give yourself peace of mind and fewer headaches by hiring a licensed, reputable realtor to help you navigate the house-selling process. Even though a real estate agent charges a sales commission, it can be well worth it to know you have a professional to arrange the house showings, advertising, legalities, and other selling-related items. When you have professional help, you'll have greater peace of mind.

As you just learned, a professional realtor can help you work through many different types of problems that can arise while your home is on the real estate market. Without a licensed, reputable realtor to assist you, selling your home alone is like venturing out into uncharted waters without a guide. As this article pointed out, there are many advantages to hiring a professional real estate agent to help you sell your next home.

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(MS) — An eco-friendly home offers many benefits. Besides reducing your carbon footprint and being better for the environment, you can save lots of money on your energy bills in the long run. Plus, many of the latest trends are simply beautiful. Here are some to consider for your next home or remodel:

Bamboo materials: Bamboo is a renewable resource that can be harvested gently, without disturbing the surrounding environment. It's also a great alternative to hardwood, since it can regenerate faster than trees. The timeless material is very popular for flooring and can also be used for bathroom and kitchen cabinets. When buying this material for your home, look for a high-quality, sustainable producer since cheaper versions can be less sturdy.

Passive house: Go beyond efficient appliances with an entire house that uses little-to-no energy. Derived from the German Passivhaus, passive house is a movement that refers to a design process that creates buildings that have a small ecological footprint and require little heating or cooling. Use the philosophy to guide decisions for your home — from adding solar panels on your roof to boosting your insulation.

Reclaimed pieces: One of the quickest and easiest ways to have a positive environmental impact is buying as little new as possible. The next time you need a piece of furniture, create something rustic by recycling or upcycling an old or vintage item with a new coat of paint or a fresh wood stain. If you're planning a demolition, try deconstruction instead — “un-build” the structure and find elements you can salvage or reclaim, like exposed brick and wood beams.

Water conservation: With more parts of the world experiencing drought, saving water is one of the top concerns for environmentalists. Wasting water is also expensive and leads to higher utility bills. Upgrading your home with water conservation features can go a long way, and most are designed to look sleek and minimalist. Opt for low-flow showerheads, toilets and sink fixtures.

Insulated concrete forms: Many homeowners now prefer to build with insulated concrete forms (ICFs) because the material offers better energy efficiency and performance than traditional wood. Homes built with Nudura ICFs also provide better fire protection and can help you save as much as 60 percent on heating and cooling costs. Your home is less likely to contain cold areas as the insulation is continuous around the entire house.

Find more information about the benefits of building with eco-friendly ICFS at nudura.com.

3 perennial gardening pointers

Gardening is an engaging hobby that can provide a host of benefits, some of which may surprise even the most devoted gardeners. For example, the Harvard Medical School notes that just 30 minutes of gardening activities burns 135 calories, making gardening a fun and simple way to incorporate more exercise into your daily routine. In addition, scientists have long proven that gardening releases the hormones serotonin and dopamine in the brain, each of which are associated with improved mood.

Perennial gardens can be especially attractive to seasoned gardeners and novices. Perennials are plants that come back year after year, and committing to a

perennial garden can ensure people stick with gardening for the long haul, reaping all of the rewards that come with making such a commitment.

Before planting a perennial garden, those new to gardening may want to consider these three tips.

1. Make a plan.

A perennial garden comes back year after year, which means any mistakes you make when planting are likely to haunt you year after year as well. Factors like space and location must be considered before planting. Many gardeners utilize garden planning applications like GrowVeg to make the process of planning a garden simpler and more organized. Such applications can be especially useful for novices.

2. Consider aesthetics.

Gardens can be awe-inspiring, especially when gardeners consider aesthetics prior to planting. The DIY Network advises gardeners to consider scale before choosing which perennials to plant. Tall plants and wide beds tend to look best outside large homes, while short plants in small beds tend to look better outside small homes.

3. Work with a professional.

Local garden centers can be excellent resources when planning perennial gardens. Representatives at such businesses can offer tips on native plants, which will be more likely to thrive year after year than non-natives. Such representatives also can help you choose the right plants based on the amount of sunlight the plants will likely get after being planted. Each of these factors can be easily overlooked by people without much gardening experience.

Perennial gardens can provide years of joy and inspiration, especially when gardeners give ample attention to certain details prior to planting.



Local garden centers can be excellent resources for gardeners planting perennial gardens for the first time.



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Brush It Off art studio is no different, they offer take out paint kits while it's not the food you eat it is healthy food for the mind and soul!

A new day! Take out is the way of this new day, although mostly for consumable food.

Painting is a 2-3 hour (more or less) escape from the moment. The escape begins when you start looking through the Brush It Off facebook post to view hundreds of

No bake ceramic figurines for the piece that is calling for you. If painting figureines is not your cup of tea, perhaps picking a canvas painting from Ms Morgan's Brush It Off Facebook album called "Gallery of our paintings" or the kids canvas painting album called "Gallery of our Kids Paintings" to find just the right painting you want to give your hand a try at.

Escape part 2 is picking up your kit(s) but the real magic begins as you unwrap your project at home and start to paint! At that point no longer are you thinking about anything else, you are in the moment of color!

The owner of Brush It Off, Denise Morgan is taking orders by Facebook Messenger where Ms Morgan will give you direction for calling in payment and when your kit(s) are ready for doorside or even curbside pick up.

Ms Morgan offers instruction on how to paint your piece(s) along with tricks to help slow the kids down on their paint project and also offers a follow up free 15 min. glitter and glaze to enhance the colors and protect the paint on your No bake ceramic piece(s). Just give a call to make a time you can bring your piece(s) back in at a later date.

What a fun Mothers Day, Birthday or just get your mind off in a new direction project! Gather around the computer, go to Facebook, type in "Brush It Off paint" look for the post with the "Heart Mom" flower painting followed by 35 pages of things to paint and escape for a bit of fun.

Brush It Off is located in an old Mill in Fiskdale MA on Rt. 20 called the Marketplace settled next to a lovely waterfall and walking paths to enjoy. While your picking up your kit(s) at Brush It Off the Mill has other businesses offering take out such as Altruists Brewery and a new Cafe you can order ahead to pick up some yummys from called the Stone and Sparrow offering healthy foods like salads, panini's, wraps, fruit smoothies, specialty coffee and more! Also is a store called the Thrifty Gypsy where you can get many gluten free snacks, pasta's, masks, CBD products and other necessities.



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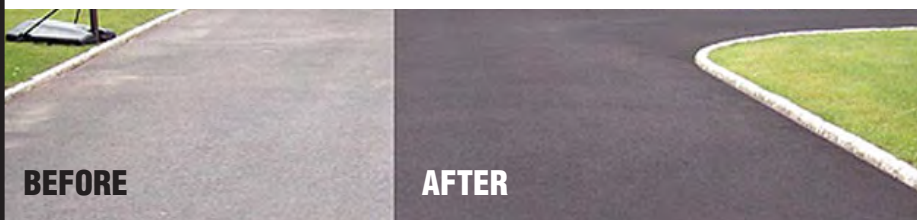
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Alternatives For Health Herbal Apothecary celebrating 10 years

On July 1st Alternatives For Health Herbal Apothecary will be celebrating 10 years at its current location, 426 Main St Sturbridge. Owner Salli Greene is hopeful that we will be really be able to celebrate by then. When they moved into this space in 2010, they slowly started building a strong customer base. "Now our customers are like an extended family," says Greene. They have a Customer Reward program which has helped them learn people's names.



The back-bone of Alternatives For Health is its Bulk Herb and Tea section. There are not many of these brick and mortar shops anymore. There are over 200 both culinary and medicinal herbs in this section, although Salli is quick to point out that culinary herbs are also medicinal. The Bulk Tea section has pre-blended teas, but any edible herb can be made into a tea. "It's fun to see customers experimenting and blending their own teas." In addition to that they carry Essential Oils, Flower Essences, Homeopathy, Vitamins and other herbal preparations. They offer Massage, Reiki, Polarity and other Energy Treatments. Classes on a wide range of topics are continually being offered. A variety of Readers also utilize the space. They send an monthly email newsletter which keeps people up on events. Their website www.alternatives4health.com is also a useful way for people to check on products and events.

They have been able to be open during Cov-19 for curbside pickup and mail orders. "We are thankful to our customers who have been using this service and have, interestingly, increased the customer base during this time."

Salli has been busy renovating the shop while customers were unable to come into the building. It is totally repainted and rearranged. They have taken over the upstairs, which had previously been an antique shop. The classroom space has moved upstairs. There is also an additional treatment room and separate space for our Readers. "I think our customers will like the changes. The therapists are very excited to have extra space."

Please keep an eye out for celebration announcements for the upcoming Anniversary!!

HEALTH

Spring 2020

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Quaboag Rehabilitation and Skilled Care Center Receives a Deficiency Free Survey by Department of Public Health

FEBRUARY 14, 2020 WEST BROOKFIELD, MA – Quaboag Rehabilitation and Skilled Care Center, an elder care setting located in West Brookfield, received a deficiency-free survey rating from the Commonwealth of Massachusetts Department of Public Health during the Center's 2019 annual survey conducted from February 12 through February 14, 2020.

"This is a wonderful accomplishment by Quaboag's dedicated staff and a recognition for their compassionate care and dedication to our residents and families," said Lynn Corfey Quaboag's Administrator.

The Commonwealth of Massachusetts Department of Public Health inspects skilled nursing facilities such as Quaboag annually to ensure compliance with a multitude of state and federal standards of care such as staffing, cleanliness of environment, nursing and rehabilitation services, activities and dining services, resident rights and administration. These rigorous surveys are unannounced and conducted by health care professionals such as registered nurses, licensed social workers and dietitians.

According to data by the Centers for Medicare and Medicaid Services (CMS) only about 10% of skilled nursing facilities in the nation receive a deficiency-free survey rating annually. This illustrates Quaboag's significant accomplishment and compliance with all regulations to ensure the highest level of resident well-being in a quality setting.

About Quaboag:

Quaboag Rehabilitation and Skilled Care Center offers a 147 bed Center for Short-term Rehabilitation, Traditional Long-term Care as well as a dedicated Memory Care Unit. Situated on the beautiful town common of West Brookfield, Quaboag offers a convenient location for towns in Worcester, Hampden, and Hampshire Counties.

Quaboag Rehabilitation and Skilled Care Center is a non-profit setting and a member of Ascentria Care Alliance. The Center is under the daily management of Sheehan Health Group.

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Do you really know what's in the food you consume? Food producers are always cutting corners to cut costs. In the end, your health loses out. From nutritional drinks and healthy snacks, to natural sweeteners and low carb pastas, we can help you improve your diet!

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Keep the lawn trimmed to make it less hospitable to ticks that transmit Lyme disease.

Lyme disease is a potentially dangerous condition transmitted by the passing of bacteria from deer ticks to their unsuspecting hosts. The Centers for Disease Control and Prevention says Lyme disease is the most common vector-borne disease in the United States. Lyme disease also is a cause for concern in Canada, parts of Europe and Asia.

Tens of thousands of people are diag-

nosed with Lyme disease each year. But Lyme disease also affects animals, including popular house pets like dogs. Tufts University says that the Lyme bacterium can cause serious illness in some dogs. Lyme disease can be difficult to detect and cause serious and recurring health problems. That is why it is essential for pet parents make concerted efforts to reduce the risk that

their dogs become infected.

The American Veterinary Medical Association says the best way to protect pets against Lyme disease is to emphasize prevention.

- Speak with your veterinarian about a tick preventive product that is right for your dog. These can include repellent collars, topical treatments and ingestible medications.

- Vets may recommend vaccination against Lyme disease if you live in an area that is home to high tick populations. Recommendations also may be based on your pet's lifestyle and overall health, among other factors.

- Address conditions in the yard that are conducive to ticks. Mowing the lawn regularly is one way to make the backyard less attractive to ticks, as is removing leaf litter.

- Keep a clean home and landscape. Rodents and other wildlife can carry deer ticks. Securing trash cans, picking up food scraps, removing hiding spots

and potential dens, and other strategies can keep these carriers away.

- Conduct a daily tick check if your dog spends time outside. Pay attention to bumps on the skin and part the fur so you can see where the coat meets the skin. Don't forget to look in the ears.

- When possible, avoid areas where ticks may be found, such as tall grasses, wooded areas and marshes. Stick to trails when spending time in wooded areas.

Dogs with Lyme disease may exhibit various symptoms. These include loss of appetite, fever, joint swelling, decreased activity, and lameness. Visit the vet promptly if symptoms occur and do not abate, or are causing considerable distress for your pet.

Lyme disease is a concern for pets. Avoidance, preventive measures and outdoor maintenance can help reduce the likelihood that pets will contract Lyme disease.

Allergies or COVID-19?

As winter gave way to spring, nature did not give any signs in relation to what the people of the world were going through. As trees and flowers bloomed just like they do every spring, the people accustomed to witnessing the awe-inspiring transformation on display each spring were experiencing a transformation of their own.

Social distancing measures enacted during the COVID-19 outbreak in late-winter 2020 forced many people to stay home, only venturing outside to run routine errands like buying groceries or filling prescriptions. People were urged to stay home to help prevent the COVID-19 virus from spreading, and those recommendations included people exhibiting mild symptoms of illness.

As spring hit its stride and pollen counts climbed, many people wondered if certain symptoms they were experiencing were byproducts of seasonal allergies or the COVID-19 virus. The Centers for Disease Control and Prevention note that it's easy to mistake common allergy symptoms for COVID-19, and that's especially so given the level of concern many people have about the novel coronavirus that has already claimed thousands of victims across the globe. But it's important that people recognize the symptoms of allergies and COVID-19 are different. The following are some symptoms of allergies and some of COVID-19, courtesy of the CDC and the Mayo Clinic.

Allergy symptoms

- Itchy eyes
- Stuffy nose
- Sneezing

Doctors advise people who are exhibiting potential allergy symptoms to pay

attention to their body temperatures. People with allergies very rarely experience fever, so the absence of fever, even if other symptoms of allergies are present, might indicate that a person is suffering from allergies and not COVID-19. In addition, allergy symptoms tend to be mild and recur year after year around the same time, such as when plants bloom in spring and summer. So if symptoms that are currently present are the same ones a person confronts every year, then he or she is likely suffering from allergies and not COVID-19. People can err on the side of caution by discussing their symptoms and history with their physicians.

Coronavirus symptoms

- Shortness of breath
- Fever
- Cough

Some asthma sufferers experience shortness of breath as a result of allergies, so people with asthma should consider that before assuming they have COVID-19. Discussing shortness of breath with a physician can help asthma sufferers gain more clarity on their condition.

While symptoms of allergies and COVID-19 are different, the CDC notes that people suffering from the flu may experience the same symptoms experienced by people with the coronavirus. Symptoms such as fever, fatigue, body aches, and cough can affect both flu and COVID-19 sufferers, so people experiencing these symptoms should contact their physicians.

It's easy to mistake common allergy symptoms as indicative of the presence of the COVID-19 virus. But the symptoms of each condition are quite different. Learn more at www.cdc.gov.



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The benefits of eating local meat and produce

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land preservation and less impact on environment.

~HEALTH BENEFITS~

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How to exercise during the pandemic

Life changed overnight for millions of people across the globe in the wake of the COVID-19 outbreak, which shuttered businesses and forced many people to follow stay-at-home measures issued by their local governments. These measures not only affected the overall health of those infected with the virus, but also those who experienced no symptoms and even tested negative for COVID-19.

In recognition of the mental toll that social distancing and stay-at-home measures can take, the Centers for Disease Control and Prevention advised people to exercise regularly. But opportunities to exercise seemingly dried up when stay-at-home guidelines were issued and gyms were shuttered. People without exercise equipment at home suddenly found themselves wondering how they could stay fit and keep their bodies in the best possible condition to fight a virus that has claimed thousands of lives. Thankfully, there are ways to stay fit and keep immune systems strong without violating stay-at-home measures.

- Access online exercise programs. Many gyms that were forced to close to help stop the spread of the COVID-19 virus began offering exercise tutorials and classes via social media or websites such as YouTube. These videos can be invaluable resources, teaching people how to stay fit at home even if they don't have weights or other equipment on hand. In addition to gym-sponsored exercise tutorials, the internet is loaded with free exercise videos and advice that can help people without access to a gym get fit or maintain their fitness routines.

- Go back to the basics. Many people no doubt recall gym class from their school days. Such classes teach youngsters the basics of physical fitness without employing dumbbells or advanced exercise machines. Those same basic exercises that work for youngsters, including push-ups, sit-ups and lunges, can be effective for adults as well. If it's been awhile since you've done your most recent push-up, access an online tutorial so you can be certain your form is correct.

- Do some yard work. It might not feel as high-intensity as a spinning class or a Pilates session, but yard work can be a great workout. Dust off the push mower the next time the grass needs to be cut, and get to work on pulling weeds in garden beds. The added benefit to yard work is it provides a great opportunity to get some fresh air without violating social distancing guidelines.

- Go for a jog. Perhaps the simplest way to exercise during the pandemic is to go



for a daily jog. According to the Mayo Clinic, aerobic exercise repeatedly moves large muscles in the arms, legs and hips while engaging the immune system and helping it to ward off minor viral illnesses. That makes an early morning jog an especially valuable, not to mention easily accessible, way to exercise during the pandemic.

Exercise can help people maintain their immune systems in the wake of the COVID-19 outbreak, and there are many simple ways to fit in a little physical activity even while social distancing.

Notre Dame Health Care

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In 1900, the Sisters of Notre Dame de Namur viewed the undeveloped expanse of land that stretched from Plantation Street down to the shores of Lake Quinsigamond as an ideal setting for peaceful contemplation and retreat from the rigors of their teaching ministry. Since the Sisters purchased the property, its purpose has expanded significantly beyond its original intent.

Today, some 120 years later, this property has become home to Notre Dame Health Care, a non-profit organization that takes a holistic approach to the ministry of healthcare delivery. Following the teachings of Saint Julie Billiart, who founded the Sisters of Notre Dame de Namur, the mission of Notre Dame Health Care reflects the gospel message in every aspect of its programs and services.

The Sisters have driven innovation in health care, recognizing and addressing specific needs as the times have changed. Its first program, a skilled nursing facility for both the Sisters and the greater local community, delivers high quality care with dignity and respect. The success of this program prompted the addition of other, much-needed programs and services. Through the years, Notre Dame Health Care has enhanced its portfolio of services with assisted living apartments, memory care units, post-acute and short-term rehabilitation, hospice and palliative care for adults and children, and an educational “bridge” center.

Every program at Notre Dame Health Care offers distinct features that engage residents, encourage socialization and promote a better quality of life. Social activities, such as art and music therapy, along with social dining and field trips, help promote a sense of community for every resident. Notre Dame Health Care also offers daily Mass and the Rosary for its Catholic residents. We acknowledge the spiritual value in all faith traditions through the provision of pastoral care and ecumenical services for all.

The Sisters’ influence and “special touches” are reflected in many unique features which are present throughout our facilities. Peaceful gardens and serene landscaping surround each building; lavish court- yards and green space invite residents to experience the outdoors in a safe, pleasant atmosphere; exquisite photography and multi-medium artwork adorn the hallways. Differences in design abound in each of our facilities, giving each resident space its own distinctive character.

In addition to exceptional health care services, Notre Dame Health Care has created unique educational opportunities for staff and the local community. Emblematic of the Sisters’ ministry to educate for life, the Educational Bridge Center was originally founded as a way for employees to advance in their careers. Subsequently, the Bridge Center has become a lifeline for those seeking citizenship, adult basic education programs, or support in attaining a high school diploma or an advanced degree. Drawing upon their years of service in the classroom, retired Sisters tutor students as they embark on their personal academic journeys to a better quality of life.

Not only does Notre Dame Health Care lead the industry in top-rated programs and services, the organization also has an incredible staff retention rate. Every



employee exemplifies the organization’s mission and works synergistically to continually raise the bar and operate at the highest possible level.

Going forward, Notre Dame Health Care anticipates changes in the industry that will require innovation, creativity and wisdom to continue serving the spiritual, social, physical and psychological needs of the lay and religious communities through all stages of life. Guided and driven by our mission, our team is poised and ready to embrace the continually changing needs of our community!

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