**Uxbridge High School receives $40,000 in grants**

**BY KEVIN FLAMINGO**

**Uxbridge –** The Uxbridge School and its Innovation Pathways program are recipients of two grants from the Worcester County District Attorney’s Office. The grants will support virtually all aspects of the Innovation Pathways program during the pandemic, looking specifically at supporting the school’s most vulnerable students, the school principal said.

The grants will enable Uxbridge High to build on its previous implementation in Innovation Pathways and plans for the Pathways in Global Finance and Logistics program. All Innovation Pathways programs will support virtually all aspects of the school during the pandemic, looking specifically at supporting the school’s most vulnerable students, the school principal said.

**Uxbridge High School has existing Innovation Pathways in Manufacturing, Biomedical Sciences, Information, Science, Finance, and Logistics and has instituted trips to build on those programs’ success, including key elements of business, entrepreneurship, and supply chain management.**

**“One of the core values of our district is equity,” said Dr. Timo. “Support like this acknowledges the very real challenges that some of our families face, and that some students are experiencing at school, even during the pandemic. For us to prepare equitable opportunities for all students, we need to emphasize key elements of business, entrepreneurship, and supply chain management.**

**Police warn of possible COVID-19 vaccine scams**

**REGION –** The COVID-19 vaccine is in its way, and scammers are not far behind. Local police departments and the Worcester County District Attorney’s Office are warning residents of new vaccine-related scams that could arise.

**“Should the COVID-19 vaccine pathology be approved, it’s important to consider that some people have been waiting a long time for a vaccine that could help us beat the pandemic. As we move closer to releasing COVID vaccines in the Commonwealth, it’s not surprising that scammers would start looking for ways to take advantage of people’s desire for protection against COVID,” said Dr. Timo.**

**“The COVID-19 vaccine is not for sale,” the FTC said in a press statement. “For those people who are not far behind, who have been waiting a long time for a vaccine that could help us beat the pandemic, it’s not surprising that scammers would start looking for ways to take advantage of people’s desire for protection against COVID,” said Dr. Timo.**

**The Federal Trade Commission released a new information security plan for the COVID-19 vaccine and the campaign to fight it. The plan will support virtually all aspects of the Innovation Pathways program during the pandemic, looking specifically at supporting the school’s most vulnerable students, the school principal said.**

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Holiday Messages & Christmas Wishes from Your Local Businesses

**FALLON HEALTH EMPLOYEES RALLY FOR ANNUAL FOOD DRIVE**

With the current health care crisis affecting the lives of so many of our friends, families and neighbors, it’s not surprising that Fallon Health employees would want to give back. In a meaningful way—the outpouring of support for our annual Food For A Family campaign was even more than expected. Our 1,200 employees rallied together to fill 403 boxes of food, which was an unprecedented outpouring of compassion across Massachusetts—including the Webster Senior Center. Fallon also supplemented the boxes with gift cards to local grocery stores to help with the cost of perishable items. A lot of hard work and dedication went into making this year’s campaign a success. We are thrilled that our many Fallon volunteers were able to find a safe way to continue the lengths tradition of giving, even during the pandemic.

If everyone gives a little, I’ll send you a kiss. Thank you so much for all your support this past year. The memories of Christmas and the livelihood of New Years to all.

Merry Christmas from our family to yours.
Thank you for your business in 2020!

~ Cindy and staff

We will be closed from December 20 to January 1.

Merry Christmas to All

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QCC’s credit for prior learning program makes college more attainable

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QCC offers hands-on learning experience to students from the safety of their homes

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Worcester Community College, an associate degree program in Medical Administrative Professional is now accepting students. The 120-hour Medical Administrative Assistant/Home Health Aide training program provides students with the necessary theory and entry-level skills to safely provide basic nursing assistance in a long-term care facility, acute care facility or home health care agency. Upon successful completion of the program, students will be eligible to take the Massachusetts Certified Nurse Assistant Certification Exam. A free virtual information session will be held Jan. 5, 2023 via Zoom to learn more. Space is limited. For eligibility requirements or to reserve a seat in the information session, email jsundin@qcc.mass.edu.

The program will prepare students for a career as a Medical Administrative Assistant, Life Care Management, and/or a certified medical assistant. Students will complete lessons in how to handle medical emergencies. Upon successful completion of the course, students are eligible to sit for the National Health Career Association’s (NHA) Certified Medical Administrative Assistant Certification Exam. To register, email jsundin@qcc.mass.edu.

Medical Professional Aide/Assistant and Administrative Assistant/Home Health Aide program.

QCC to offer free healthcare training in the New Year

• Worcester – When you take a course with Worcester Community College, an associate degree program in Medical Administrative Professional is now accepting students. The 120-hour Medical Administrative Assistant/Home Health Aide training program provides students with the necessary theory and entry-level skills to safely provide basic nursing assistance in a long-term care facility, acute care facility or home health care agency. Upon successful completion of the program, students will be eligible to take the Massachusetts Certified Nurse Assistant Certification Exam. A free virtual information session will be held Jan. 5, 2023 via Zoom to learn more. Space is limited. For eligibility requirements or to reserve a seat in the information session, email jsundin@qcc.mass.edu.

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Call our 48 Hour Price Quote line at 1-800-209-2746, and we’ll provide a quote within 48 hours of your call. Most other companies take weeks to produce their estimate. Within 48 hours, a Renewal by Andersen Project Manager will precisely measure your home’s windows and doors, help you choose your window styles, colors, grilles and hardware, and then we’ll provide a down-to-the-penny price quote that will be good for one full year. No hidden charges and no more wondering, “How much will new windows and doors cost?”

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Renewal by Andersen is the full-service replacement window division of Andersen Windows, so everything we do is held to the same standard of excellence that Andersen has lived by for 117 years. And know that we’ve adjusted our operations to serve you in the safest way possible.

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The Department of Public Health released guidelines to help residents celebrate the holidays safely. The following recommendations are in place through the New Year’s holiday:

- Limit in-person celebrations to household members only.
- Postpone or cancel holiday functions.
- If you choose to travel, you must comply with Massachusetts travel order requirements.
- Follow the current COVID-19 and sector-specific workplace safety standards.
- The DPH guidelines also provided tips for engaging in lower-risk celebrations and traditions this holiday season, while discouraging high-risk activities.

- "Any time you gather or participate in any large gatherings or events, you are risking your health and others' health if you are masked or not masked in all public venues. For a full list of the state’s holiday guidelines and regulations, visit www.mass.gov/hol-idays.

Meanwhile, COVID-19 hospitalizations and deaths are continuing at an alarming rate across the state. Last week, the state. New Year’s day will come from the vaccinating in Massachusetts skilled nursing facilities.

Walgreens will begin vaccinating in nursing homes in Massachusetts on Dec. 28. Doses of the vaccine should be sent to all 141 nursing facilities in Massachusetts, with Massachusetts travel orders in place, as well as those in the lower-risk environment.

Individuals with questions about vaccination should send an email to Vaccine-Plan-MA@mass.gov.

Collaboration with students will enable UHS staff to provide access to online resources for students, both in-person and virtually, as well as those beyond the school day, particularly for those students who may have specific needs.
Have you ever considered how weather affected our national life? Consider this: a pellitory tale, one that flies in the face of those who claim climate change on the polarizing landscape of our country and the western world. They seem to believe that recent climate events have caused catastrophic losses for the entire planet, a claim that is absolutely unfounded. Recent climate events have been caused by natural disasters and human activities, not the result of climate change. It is important to recognize this, as it can make it easier to take steps to combat the effects of climate change.

A recent study found that the frequency of severe weather events such as hurricanes, droughts, and floods has increased over the past century, which is consistent with the expected effects of climate change. However, the study also found that the severity of these events has increased as well, which suggests that the overall impact of climate change is more severe than previously thought.

One potential solution to this problem is to develop new technologies that can help mitigate the effects of climate change. For example, researchers are currently working on developing new materials that can absorb and store carbon dioxide, which could help reduce the amount of this greenhouse gas in the atmosphere. Additionally, there are efforts underway to develop new forms of energy that produce less carbon and other pollutants, which could help reduce the amount of pollution that is contributing to climate change.

In conclusion, while recent climate events have been caused by a combination of natural disasters and human activities, there is still hope for the future. By taking steps to combat the effects of climate change, we can reduce the overall impact of these events and improve the health of our planet. This is an important issue that must be addressed, and we all need to do our part to help make a difference.

**Garden Moments**

**Melinda Myers**

Honor their natural color or add some color for gold, silver, or red paint. It's a fun, affordable and easy project as needed. Gifted stems, ribbons and colorful bows can add festive color to your centerpiece. It is a simple and easy project to create a beautiful centerpiece for any occasion.

A beautiful floral arrangement can go to your garden center or florist. Your floral arrangement will be great for your front porch, entryway or any other area of your home. It is a simple and easy project to create a beautiful centerpiece for any occasion.

Food and wine are two of the best things in life, and I love to combine the two with a great dinner menu. For the last few years, I have been hosting a holiday dinner party and it is always a hit. I love to create a beautiful centerpiece for any occasion, and I like to add festive color to any room in the house. I have found that creating a beautiful centerpiece is a great way to add festive color to any room in the house.

A beautiful centerpiece can be placed directly in the center of the table or it can be placed on a table. It can be a great addition to any holiday dinner party.

**How to make a floral centerpiece:**

1. Choose a large vase or bowl to hold the flowers.
2. Fill the vase with water and let it sit. Add fresh flowers to the vase and let it sit.
3. Once the flowers are fully open, add some foliage or greenery to the vase.
4. Use ribbon or twine to tie the flowers together.
5. Add some greenery or ribbon to the center of the arrangement.

The possibilities are endless, and you can be sure to brighten your spirits with the simple task of creating a beautiful centerpiece for any occasion.

Melinda Myers is the host of You Bet Your Life and the Longest-Running TV Game Show in the U.S. Her Great Courses "How to Create a Beautiful Floral Centerpiece" series is available on Great Courses TV & radio. She hosts The Melinda Myers Show and contributes to national publications such as the New York Times, and her Web site is www.melindamyers.com.

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The holidays are around the corner, and despite the current climate change with our global pandemic, this year is not any different than before. The CDC reports that anxiety and depression have reached alarming levels due to COVID forcing people to stay away from regular social interactions in person. In a recent study by the Touch Research Institute, 48.5% of the participants reported lowered cortisol levels. In addition, they could have dangerous side effects. It is crucial to consult your healthcare professional before taking any herbs, as the study revealed that 27.8 percent of U.S. adults had depression symptoms compared to 8.5 percent before the pandemic. With those figures in mind, the following strategies to combat stress and depression are offered. These have been previously published in this column, but here repurposed. Based on a read of various natural ways to help, this column is dedicated to the holidays with good cheer! Note: Consult with your health-care professional before taking any herbs as they can have dangerous side effects.

**Massage therapy:** Did you know, when you are anxious, your body produces chemicals that can increase your stress hormone? Massage has been proven to lower these stress hormones, and it relieves muscle tension caused by anxiety. In fact, according to a random study by the Touch Research Institute, experiencing it can relax muscles just twice a week can lower both anxiety and depression.

**Cats are calming:** Complex carbohydrates such as fruits, vegetables, whole grains and dairy increase the amount of serotonin in your brain, a protein that is known to boost your mood, calms you down and is believed to reduce anxiety and depression-related disorders. Eating these foods can help to relax the mind and reduce stress. Paintings rich in complex carbohydrates can help to relax the mind and reduce anxiety. **Meditation:** Meditation can be a powerful weapon in the fight against stress and anxiety, and can help combat panic attacks. Meditation and prophetic prayers can lower your blood pressure, heart rate and calm nerves. In fact, medical studies reveal meditation relieves anxiety for those who not only suffer from anxiety disorders, but for those who experience it regularly. Meditation techniques are very useful to lower your stress on the brain. What is meditation? A study by the South Florida Times offered this advice on breath: “Slow and deep breathing is a powerful anti-stress technique. The breath lowers the deep breathing portion of the body. Deep breathing will help you to lower the heart rate, blood pressure, stress hormones and anxiety.”

Chew away stress: Can chewing gum reduce stress? According to a NASA research it can! In a NASA-funded study, researchers at Penn State University monitored the responses of 20 college students during simultaneous driving scenarios. The volunteers reported that peppermint lowered the amount of anxiety, reported reductions in 25% of all anxiety, and increased breathing rate by 20%. Peppermint and cinnamon each decreased anxiety by 20%, decreased alertness by 30%, and made the ride more enjoyable. So in small amounts can it be helpful? Chew away stress! Be sure to avoid extremely low fat diets and caffeine. When Ylang ylang essential oil is added to a warm bath, feelings of depression can literally be washed away! Lemon balm, lemon balm is a relaxant herb that reduces restlessness and anxiety and is usually used to treat anxiety that causes digestive problems. Do not use it if you have thyroid problems.

Passionflower: Passionflower is an effective depressant of the central nervous system which translates into a relaxing effect. This herb helps general anxiety, but is especially noted for a reduction in milder, non-narcotic anxiety.

Note: If you are an MAO inhibitor, do not take passionflower.

Skullcap: An herb with mild sedative properties. Skullcap can no longer be used to treat anxiety in suffers young and old.

Note: Those who have allergies to ragweed, chrysanthemums or aster, should not use Chamomile.

Valerian: Valerian is one of the most popular anti-stress herbs. The herb contains valerianoids, which seek to calm off the body. The herb does not affect your body, but does not affect the drug's魁德西an.

Note: You should not take Valerian if you have a history of glaucoma, lung fibrosis, chronic exhaustion or depression.

Oils: (Knowing did you know?)

Calendula, magnesium, and B vitamins are hailed for relieving anxiety, depression and irritability. It is also used to treat anxiety in suffers young and old.

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Gatherings! Plenty of Off Street Parking! Summer is Here! $ from Nearly All Rooms! 2x6 Construction! Energy Efficient Blinds in Gorgeous Sunsets! Unique Waterfront! An Open Floor Plan! Lake Views FOR ICE FISHING $369,900.00 & Refrigerator! Back Deck Overlooks Large Fenced Yard! 7 Zone Irrigation System! Farmer’s Porch! Shed! 2 Lake ReaLty – 110 Joy Rd WEBSTER LAKE – 100 Lakeside Ave On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster Lake - 100 Lakeside Ave Lake Shirley - 647 Reservoir Rd

Town of Douglas Meeting Minute Recorder
The Town of Douglas desires to encourage an individual to provide part-time (19 – 50 hours) assistance to the Board of Selectmen, Finance Committee, Planning Board, Conservation Commission, Zoning Board of Appeals, Building Facilities Construction Committee, Board of Health and Capital Improvements Committee for attending and recording meeting minutes. Organizational, interpersonal skills, and proficiency in computers are essential. Ability to work short notice is preferable. Availability to view remotely online, up to 10 meetings per month is required. Upon demonstrated ability of efficiency, accuracy and reliability the position might be increased to participating in some meetings from recordings may be required. Compensation will be in the range of $14.56 – $15.22/hour, depend- ing on qualifications.

Send resume to Matthew J. Wojcik, Town Administrator, 29 Depot Street, Douglas, MA 01516. Position will be open until filled.

The Town of Douglas is an Equal Opportunity Employer • AA/EOE.