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Aspiring Country singer and Charlton native Liam Coleman.

Courtesy Photo

Charlton native chases musical dream

BY JASON BLEAU
VILLAGER 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 kick-start 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

Please Read **COLEMAN**, page **A13**

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).



Photo Courtesy

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

Following the social distancing rules, I dropped food at door-steps 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 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 con-

Please Read **FOCAS**, page **A2**

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 “piece-meal” 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

Please Read **PAY**, page **A5**

Charlton teacher bids farewell after 35 years



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.

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 unceremo-

nious 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

Please Read **POTTER**, page **A4**

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.

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

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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)

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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

FOCAS

continued from page A1

sistently 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.



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The Charlton Villager is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur.

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner.

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

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CHURCH LISTINGS

• **Charlton Federated Church**, 64 Main St., Pastor James Chase, 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org

• **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 8:30 a.m. and 11 a.m.

• **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: CharltonCityUMC.com, Sunday worship 10:30 am, Sunday School 9 am.

• **St. Joseph’s Church**, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

• **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144

• **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• **Jehovah’s Witnesses**, Route 169, 765-9519

• **Lamblight Christian Church**, 37 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Rev. Stephen Wade, (774) 452-2393 - Pastor’s Cell. Sunday Service 10:30am. www.visitlamblight.com

• **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.



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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 “nonessential,” and 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 respirators. 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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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 simi-

lar 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 bit-

ter 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.”

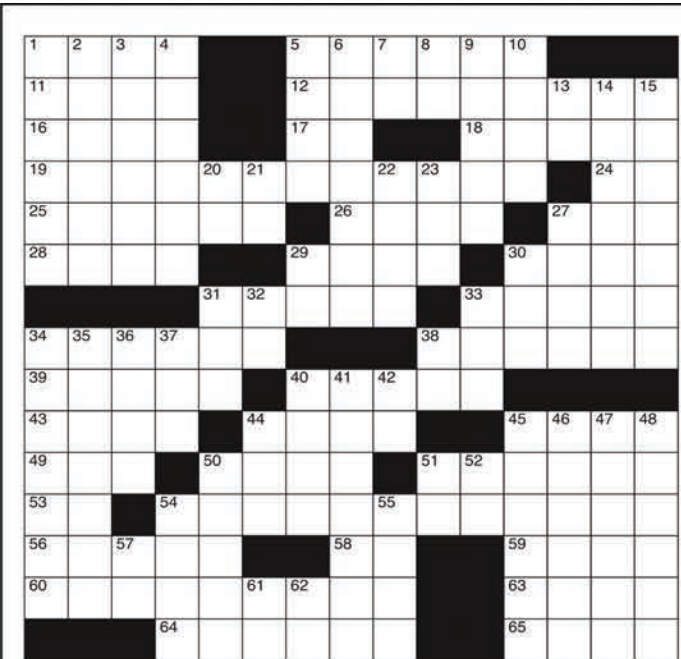
Collecting berries and nuts has the least impact, while stripping leaves and flowers is “a lot more traumatic” to the plants, he added.

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

Turn To **COHEN** page **A5**



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. Millinery
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.)



POTTER

continued from page **A1**

the town where she was born, raised, and education, 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 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.

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United Way announces merger with Webster and Dudley

SOUTHBRIDGE — The United Way of Southbridge, Sturbridge and Charlton announces its merger with the United Way of Webster and Dudley. In a joint decision between the local chapters' Board of Directors, the new local chapter will continue to provide services for all five towns from one location, with efforts focused on growing potential opportunities to connect communities with access to support services.

The merger formally went into effect on April 16, and will allow the sharing of local resources to create a stronger network of partners and agencies. The newly-formed United Way of South Central Massachusetts (UWSCM) will operate out of office space at 176 Main St., Southbridge, led by Executive Director Mary O'Coin and a team of 32 Board members comprised from both entities.

"We are eager to help our communities

by continuing to create a positive quality of life for families surrounding the organization," said O'Coin. "We have endless growth potential which we will be working toward through fundraising and volunteer work." During the 2018-2019 campaign year, the two chapters raised a combined \$582,000 and distributed 42 different grants supporting community programs at 22 local agencies. The 2019-2020 campaign has raised a total \$443,000 so far; UWSCM will continue fundraising efforts over the next few months.

Newly elected Board President Bill Keefe of Webster stated, "It is a historical time that this merger is taking place. With the coronavirus pandemic and the need to stay home with only essential employees working, it is even more important that the organizations and programs supported by United Way remain available to those in need. By com-

binning these two local chapters, we hope to continue pursuing vibrant campaigns, encouraging more local giving from residents and businesses in the future, so we can continue to help those who need it the most."

United Way of South Central Mass. functions as part of United Way Worldwide. United Way Worldwide is engaged in nearly 1,800 communities across more than 40 countries and territories around the world. United Way works with companies, governments, non-profits and other establishments to address complex challenges to help build stronger communities. The organization is focused on creating community-based and community-led solutions that strengthen the cornerstones for a good quality of life: education, financial stability and health.

For more information, call (508) 765-5491

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 Lorrie Martiska, lorrie.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 services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other challenges throughout Central Massachusetts. Open Sky Community Services has 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.

COHEN

continued from page A4

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.

PAY

continued from page A1

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 overarching 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.

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Lush peonies add beauty and fragrance to early summer gardens



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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 A2

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 \$49.00 pp Double or \$159.00 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 Norte-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 mountaintop 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,

Touring as Described and Tour Director Gratutites. Last years Trip sold out early so don't get left behind

Have you ever thought about vis-

iting 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 Gratuities 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

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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.

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FRANK G. CHILINSKI
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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.

OPINION

Views and commentary from Charlton, Charlton City, Charlton Depot and beyond

To the Editor Adjusting to a new society

To the Editor:

As we sit in our living rooms mourning the death of Society as we know it, we can celebrate all the triumphs life had to offer: going out to a restaurant with family and friends, casually going to the mall without a worry in the world, celebrating birthdays, going to concerts, attending classes in lecture halls, or even having the time of our lives as we wandered around the city with friends. Now, in the wake of Society’s demise, we are all forced to lift our veil of innocence and accept its descendant: New Society.

Society was a beautiful place that allowed us all to be creative in the outside world. Remember when we went to the park or walked through the grocery store normally, stopping to talk to friends as they passed by. Today, we grieve the loss of life consisting of what is considered to be normal. Society gave us all a strong foundation of how to be resilient no matter what arises. Just as we all get up when we fall, Society has taught us all how important it is to always remain true to yourself and to always cherish the simple moments. We all must learn from this experience that everything happens for a reason; however, we will build the bridge back to normalcy soon.

Most have lived a great life in Society. Moreover, with every opportunity that was given to us, or even if we had to use stamina to receive it, we did it anyway. Life does not last forever. With that being said, it is vital that we cherish the moments and opportunities that Society has offered us before they are unfortunately gone. We miss you dearly departed Society.

When Society was blooming like spring flowers, my Nana and her friends at the assisted living facility were able to do all the joyous things life consists of. My dad and I would make our way to see her every Sunday, but we would never know what her location was because of the social butterfly she is. She would either be playing a game of bingo with her friends or waiting for the arrival of her ice cream in her comfortable red armchair. We would love to chat about things we did in the past, such as going to the movies. This was considered normal. A normal life where all we had to worry about was

the simple things. However, as we sit in denial in our rooms because we are not allowed to leave, it is time to consider how we are going to be able to implement factors of our previous lives into the new “normal”.

According to the Merriam-Webster Dictionary, a Society is “a community, nation, or broad grouping of people having common traditions, institutions, and collective activities of interests.” Yes, over the course of 2020, Society has transformed into something we could never have imagined: New Society. As the number of deaths of Coronavirus continues to rise to 50,000, this has caused us to reconsider our definition of Society. We are no longer living a free-flowing social life; rather, we are living life in isolation worrying if our loved ones will be alive tomorrow. Be thankful for what Society was in the past and cherish every moment of life because we never know what tomorrow in New Society will bring.

Now, solitary confinement defines existence in New Society as we are birds trapped in our own personal cages. Moreover, there is no time left for anyone to spread their wings to be with their families. Locked up. They are confined to their own boundaries where it seems like there are only the necessities to survive: a bed, bathroom, television, and food. The birds are no longer able to leave to get their own food; instead, they must wait for the feeder to deliver the food so that they can continue to survive.

Just as we all wait for a moment to flourish in life, the birds are waiting for the moment when they will be reborn into the ways of our fallen Society. The rate of the disease keeps growing, and the birds are banging on their cages, pleading for help. Though disheartened, the birds need their cages for protection from the raging storm of New Society.

What we consider normal is gone for now. We all will cherish what we are most thankful for, and it will allow us to remember the value of what it means to be together in the same space within Society. Thank you, Society, for giving us all a backbone. This strength, with hope and faith, are the only means for survival and growth in New Society.

JULIA CIEPRICH
CHARLTON

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



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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.garyw-moore.com.

How should Millennials respond to market decline?



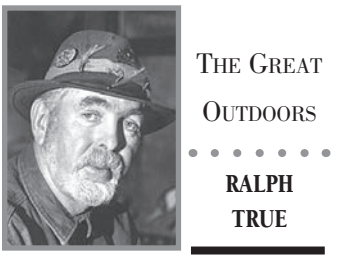
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The coronavirus crisis has unsettled every age group, as we are all worried about our health and that of our families and communities. And if you’re in the millennial generation, generally defined as anyone born between 1981 and 1996, you might also 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.

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

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 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

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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 planted 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

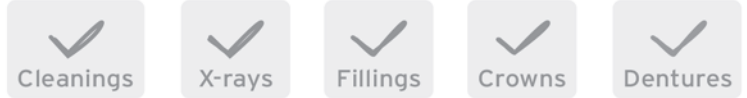
evenly around the base for better blossoms and deeper greening. Add 1/2 cup sprinkled around the base and then scratched in, for strong production of new flowering canes and healthy new basal cane growth.

*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.

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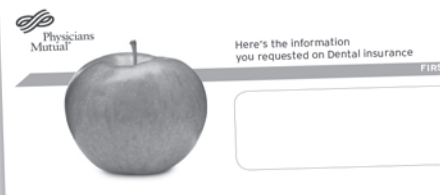
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OBITUARIES

George A. Livernois, 71

SOUTHBRIDGE- George A. Livernois, 71, died peacefully Tuesday April 21, 2020 at his home surrounded by his family.



He leaves his beautiful and loving wife of 51 years, Claudia (Piche) Livernois. They were married Sept 1, 1968. He is survived by their 3 sons: Douglas of Leesville, SC, Daniel and his wife Beth of Dudley, and Matthew and his wife Sarah of Charlton; his grandchildren: Terri, Stevie, Zachary and Grayson. He leaves his brothers David of Southbridge, Paul of Port Richey, FL and sister Diane of Putnam, CT. George was predeceased by his brother Mark.

George was born in Southbridge, MA, Feb 24, 1949 Son of the late Albert and

Constance (Lapierre) Livernois. George was a veteran of the US Army. He worked for the Providence and Worcester Railroad for 30 years, retiring in 2009. George was a faithful member of the Quinebaug Valley Congregation of Jehovah's Witnesses. He loved sharing the Bible's message of hope with others. Other interests included weight lifting, classical and oldies music, also cars, cars, and cars.

George was deeply loved and his memory will be cherished forever by his family and so many friends. He set a fine example of endurance and strength during his long illness.

Due to current conditions services are TBD. Sansoucy Funeral Home, 40 Marcy St, Southbridge, MA is handling arrangements. His family would like you to leave a memory or a note for them on sansoucy-funeral.com.

Edward S. Iozzo, 71

SOUTHBRIDGE- Edward S. Iozzo, 71, of Main St., passed away on Friday, April 24th in the UMass Memorial Hospital, University Campus, Worcester.



He leaves his son, Christopher E. Iozzo and his wife Melissa of Charlton; his daughter, Melissa A. Flaherty and her husband John of Southbridge; his five brothers, Jim Iozzo, Scott Iozzo, Barry Iozzo, Marty Iozzo, and Lonny Iozzo; his four sisters, Carol Iozzo-Langlois, Sue Mroczkowski, Jody Fleming and Tammy Courtemanche; his three grandchildren, Ava, Aubrey and Chace; and his many nieces and nephews. He was predeceased by his brother, Randy Iozzo.

Edward was born in Southbridge the son of Lorenzo and Lillian (Noga) Iozzo.

He worked many years as a professional card dealer at Foxwoods Resort and Casino in Connecticut. Edward loved construction and cherished his time as a young man working side by side with his father. He loved tending his multiple vegetable gardens and was an avid collector of sports memorabilia. He was passionate about sports. He enjoyed playing slow pitch softball and bowling, and he was a diehard Red Sox and Patriots fan.

Calling hours and funeral services for Edward will be held at a later date to be announced.

Daniel T. Morrill Funeral Home, 130 Hamilton St. Southbridge is directing the arrangements.

www.morrillfuneralhome.com

Omer J. Garrepy, 82



DUDLEY – Omer J. Garrepy, 82, of Ziemba Road, died Tuesday, April 21, 2020, peacefully at home in his sleep. He is survived by his wife of 57 years, Elaine M. (Parker) Garrepy of Dudley; four children, Stephen M. Garrepy and his wife Diane of Dudley, Michael W. Garrepy and his wife Ellen of Warren, Suzanne M. Putis and her husband Bill

of Charlton, and Jeff S. Garrepy and his wife Stacy of Charlton; ten grandchildren, Nick, Phil, Natasha, Heather, Zane, Jake, Zaccarie, Samantha, Brooke, and Haleigh; five great-grandchildren, Leah, Audrey, Jace, Wesley, and Tenley; and many nephews and nieces. He was born in Worcester, son of the late Omer J. and Agnes M. (Snay) Garrepy, and lived in Oxford before moving to Dudley in 1968.

Mr. Garrepy was a concrete truck driver for over 30 years, retiring from Aggregate/Dauphinais Concrete in Grafton in 1998. He

will be remembered as a hard-working man who enjoyed hunting, fishing, gardening, and snowmobiling. He loved taking trips to the beach with Elaine and fishing on his boat on Lake Ontario.

Due to gathering restrictions in Massachusetts, services will be held at a later date. In lieu of flowers, memorial contributions may be made to the American Diabetes Association, 10 Speen St., Framingham, MA 01701, or to the American Heart Association, P.O. Box 417005, Boston, MA 02241-7005. Paradis-Givner Funeral Home in Oxford is directing the arrangements. paradisfuneralhome.com

Joyce D. Snyder, 90



OXFORD / CHARLTON – Joyce D. (Pelletier) Snyder, 90, died Wednesday, April 22, 2020, at Care One of Millbury, from complications of COVID-19. She was predeceased by her husband of 48 years,

Warren F. Snyder of Oxford who died in 1998; a son, Steven D. Snyder of Oxford who died in 1972; and a grandson, Timothy S. Parker who died in 1977. She is survived by three children, Donna A. Parker and her husband Peter of Charlton, John W. Snyder and his wife Monique of Charlton, and James M. Snyder and his wife June of Oxford; her sister, Patricia H. Metcalf and her husband Robert of Oxford; six grandchildren, Leigh, Michael, Sarah, Stacey, Madison, and Carly; and one great-granddaughter, Amelia. She was born in Worcester, daughter of the late Oliver Pelletier and Helen (Pavlak) Marsh, and lived most of her life in Oxford before moving to Charlton in 1996.

Mrs. Snyder worked at Cherry & Webb in Auburn for 15 years, retiring in 1990. She was a member of St. Roch's Church in Oxford, and later of St. Joseph's Church in Charlton. She was a member of the P.T.A., the Oxford Woman's Club, the Little League Auxiliary, and taught CCD many years ago. Mrs. Snyder enjoyed gardening, crossword puzzles, playing bingo, and was an avid reader. She will be remembered as a loving wife, mother, and homemaker, who loved cooking and baking. She loved all of her grandchildren and cared for each one of them while they were growing up.

The family would like to thank the staff at Care One of Millbury for their exceptional care during her time there.

Due to gathering restrictions in Massachusetts, a Mass at St. Roch's Church and burial at North Cemetery will be held privately. In lieu of flowers, memorial contributions may be made to the Adam Bullen Memorial Foundation, 24 Charlton St., Oxford, MA 01540. Paradis-Givner Funeral Home in Oxford is directing the arrangements. paradisfuneralhome.com



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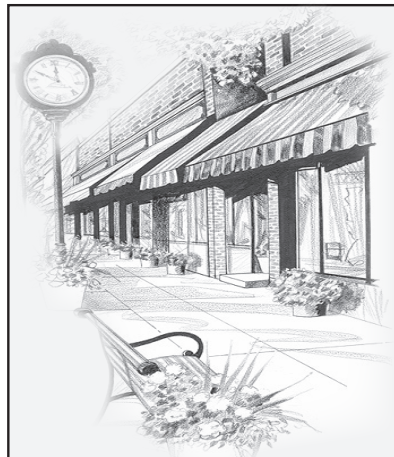
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DUDLEY – 38 Pine St! 5 Rm Ranch! Original Owner! Quaint Eat-In Kit! Formal Din Rm! Spacious Liv Rm w/New Picture Window! Fam Rm w/Views to Private Back Yard! Mudrm! Huge Deck! Buderus Oil Heat! 2 Car Garage! New Septic! Vinyl Sided! Newer Windows!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

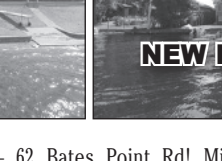
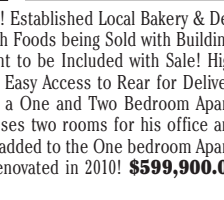
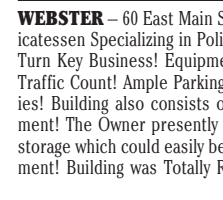
DUDLEY – 231 Dresser Hill Rd! 8+ Rm Custom Built 3 Bdrm, 3 Bath Split Set On 2.63 Acres Professionally Landscaped w/Panoramic Views of Nichols College at a Distance! Stamped Concrete Walk Leads to the Transom Side Light Door Entry! Custom Granite Kitchen w/SS Appliances including Gas Range! Dining Area w/3 Walls of Windows for the Views! Formal Din Rm! Beautiful Frpld Liv Rm w/Cathedral Ceiling & French Doors to the New Deck with the Incredible Views! 3 Comfortable Bdrms w/Crown Mouldings, 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**

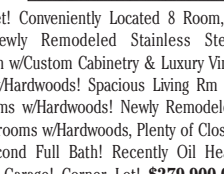
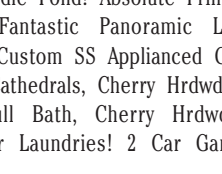
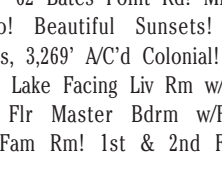
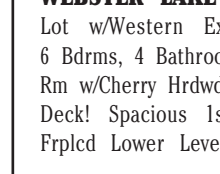


WEBSTER – 9 Lake Parkway! Extremely Conveniently Located just off Exit 1 of 395! Loads of Potential! 6 Rm Cape! Appliance Kit! Din & Liv Rms w/Wall to Wall over Hrdwds! 3 Bdrms w/Hrdwds! 1st Flr Bdrm w/Commode Closet! Recent Furnace! Recent Roof! **\$169,900.00**

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**



DUDLEY – 132 Southbridge Rd! 5 Rm Bungalow! 2.21 Acres! Enjoy Nature and Kayak right from your Backyard! Eat-in Kit w/Pantry! Frpld Liv Rm w/Hrdwds & Bay Window! Din Rm or Fam Rm w/Hrdwds & Ceiling Fan! Full Tile Bath w/Tub/Shower Combo! Master Bdrm Walk-up 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 LAKE – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Appliance Granite Kit! Formal Din Rm w/Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frpld Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! **\$1,199,900.00**

WEBSTER – 14 Summit Street! Conveniently Located 8 Room, 4 Bedroom Cape! Featuring Newly Remodeled Stainless Steel Appliance 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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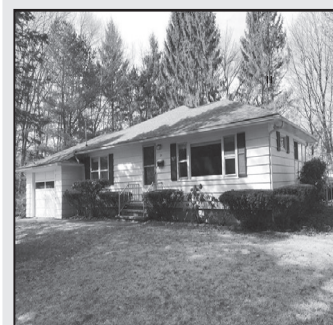
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Featured New Listing!

DUDLEY - 25 MARSHALL TER.



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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 Appliance. 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, artesian 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 appliance kitchen! Large master bedroom, coffered ceiling, master bath, W/Jetted tub! Walk up attic. Walk out lower level! The third garage is accessed from the lower level. Generator hookup. One beautiful property! **\$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 acres. 2 story building has 3 bdrm, 2 ba apartment, 3 bay garages for large equipment & fully apportioned commercial kitchen. All solar powered! Detached barn & greenhouse. 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 molding, 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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Dudley: 18 lot Subdivision for Single family homes. water & sewer available.

Dudley: 22 units subdivision for 55+ Community water & Sewers available/

Nursing student wins 2020 Yasso #gameonhero Program

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 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



Photo Courtesy Shirley Whitney and Lauren Pellett

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.

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.

COLEMAN

continued from page A1

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 community 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 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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Summer Seasonal
Maintenance position
-Sewer department.
(\$15.00/hr). General
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properties (mow, trim,
and prune grounds on
or around Department
properties, also janito-
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This is a part time po-
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ma or general education
degree (GED); some re-
lated experience and/or
training preferred. Fa-
miliarity with operating
and maintaining small
motorized equipment
and general building
and grounds mainte-
nance practices. Valid
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In Print and Online



TRAINOR

continued from page A9

ner for two at the historic
Publick House Historic Inn
in Sturbridge! Simply send
in a hint to be entered into a
random drawing. One win-
ner per month will win a fa-
bulous dinner for two (a \$60

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

SHOT

continued from page A8

The company immediately dispersed;
and while the company was dispersing
and leaping over the wall, the second pla-
toon of the British fired, and killed some
of our men. There was not a gun fired by
any of Captain Parker's company, within
my knowledge."

While the British soldiers continued to
search for supplies, the colonial militia
was able to regroup in Concord where
they later met the red coats at the North
Bridge. The British were outnumbered
this time and retreated to South Boston
after losing several soldiers.

Some say the Shot Heard Round
the World happened on the bridge in

Concord, while residents in Lexington
have long said the first shot to kick off
the revolution took place on their green.

The phrase 'Shot Heard Round the
World' was coined by author Ralph
Waldo Emerson 62 years after the battle.
His poem, titled "Concord Hymn," was
about the Battle of Concord.

By the rude bridge that arched the
flood,

Their flag to April's breeze unfurled,
Here once the embattled farmers stood,
And fired the shot heard 'round the
world"

Some historians say that because
the Battle of Concord was the first real
American victory in the Revolutionary
War, that shot, should be considered the
one heard 'round the world'.

Other historians say that because the

first shot took place in Lexington, that
should be the famous "shot heard 'round
the world."

In his diary, Paul Revere wrote about
the battle, "I heard the report, turned my
head, and saw the smoke in front of the
British troops, they immediately gave a
great shout, ran a few paces, and then
the whole fired. I could first distinguish
irregular firing, which I suppose was the
advance guard, and then platoons. At the
time I could not see our Militia, for they
were covered from me, by a house at the
bottom of the street."

In Concord, British Lt. Col. Francis
Smith, in a report to General Thomas
Gage, said that the British were the first
to fire in Concord.

"While at Concord we saw vast num-
bers assembling in many parts; at one

of the bridges they marched down, with
a very considerable body, on the light
infantry posted there. On their coming
pretty near, one of our men fired on them,
which they returned," Smith wrote.

The debate has continued between the
towns of Concord and Lexington, as to
which is the birth place of American
Liberty. Even though the first shots took
place in Lexington, Emerson's 'Shot' was
fired in Concord.

In 1875, President Ulysses S. Grant
wanted to forgo attending the centennial
to avoid conflict between the two towns.
In 1894, the Lexington Historical Society
sought to name April 19, 'Lexington Day'
to the outright objections of Concord citi-
zens. To ease both towns, a compromise
was made where April 19 is now referred
to as "Patriot Day."

OBITUARIES

Mary E. Wright, 93

CHARLTON- Mary Elizabeth (Betty) Rankin Wright, 93, passed away at The Overlook in Charlton, Massachusetts, on April 17, 2020 of natural causes.

Born in Boston Massachusetts on March 31, 1927, daughter of Elmer Paull Rankin and Catherine Grace Sanger, she was preceded in death by her beloved husband of 50 years, Brooks, her brother Robert and twin Elmer Paull Jr. She is survived by her children Aldrich Wright (Louise) of Brattleboro, Vermont, Anne E. Wright (Peter) of Sydney, Australia and Martha G. Wright of North Oxford, Massachusetts, four grandchildren and two great-grandchildren, nieces and nephews.

She graduated from Radcliffe College in 1949, and went on to receive her Masters in Social Work from Boston University in 1954. Her successful career included helping delinquent teens and surveying nursing homes and hospitals for the state of New York.

Having spent most of her life in New England and New York, she and Brooks also enjoyed many years in Arizona and New Mexico. Betty was an avid gardener. She also enjoyed sewing, knitting, weaving, oil painting and pastels. Most of all she loved to travel the world with Brooks, and then host dinner parties to share their adventures with friends. She had a passion for helping teens with family planning, education and development.

Donations in Betty's memory may be made to Planned Parenthood.

Private funeral arrangements have been entrusted to the care of the Shaw-Majercik Funeral Home, 48 School Street Webster, MA.

A guest book is available at www.shaw-majercik.com where you may offer condolences or light a candle in remembrance of Betty.

Norman J. Dumas, 84

SOUTHBRIDGE - Norman J. Dumas, 84, formerly of Webster, MA, died at his home on Friday, April 24, 2020, following an illness.

Norman was a devoted husband and father. He leaves his loving and dedicated wife of 64 years, Joan A. (Hewitt) Dumas. They were married February 4, 1956. He is also survived by three children, Leann Bourque and her husband Trent Banks of Austin, Texas, Mark Dumas and his wife Mylene of Ellington, CT, and Michael Dumas and his wife Dayna of Charlton, MA; 7 grandchildren, Maria Newland, Christopher Dumas, Zachary Dumas, Armand Banks, Samantha Dumas, Veronica Dumas, and Joseph Dumas; and many nieces and nephews. He also leaves 2 great grandchildren, Olivia Dumas and JJ Newland. He was predeceased by his

brother, Henry M. Dumas.

Born July 3, 1935, in Southbridge, MA, he was the son of the late Henry R. and Alice (Deslauriers) Dumas. Norman graduated from the former Cole Trade High School in Southbridge. He was a veteran of the US Army. He retired in 1989 from the former New England Telephone Company where he worked for 25 years. He enjoyed playing cards with his family, horseshoes and working with his hands. Norman was a former member of St. Louis Church in Webster, MA and most recently of St. John Paul II in Southbridge. He was a man of deep faith who will be greatly missed.

Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA 01550, is handling arrangements. Due to current precautions, services will be held at a later date. The family would appreciate memories and condolence messages on sansoucyfuneral.com. At the family's request, please omit flowers. Memorial contributions may be made to the Capital Fund of St. John Paul 2nd, 279 Hamilton Street, Southbridge, MA 01550.

Roger W. Jette, Sr., 89

BROOKFIELD- Roger W. Jette, Sr., 89, of Brookfield, died Wednesday, April 22 in Jewish Health Care Center, Worcester, where he was well cared for by staff and the fourth floor nurses.

He was the husband of Irene A. (Balcom) Jette who died in 1998. He leaves his son Roger W. Jette, Jr. and his wife Deborah of Brookfield, his daughters Donna M. Jette Presley and her husband Steven of N.C. and Linda L. Weisner and her husband Jeffrey of Sebastian, FL., his brothers George "Jim" Jette, Jr. and his wife Jean of Charlton and Emile Jette and his wife Jeanette of Brookfield, two grandchildren; Wendy Boutin of Brookfield and Scott A. Jette, many nieces and nephews.

He is predeceased by his granddaughter

ter Tammy Jette in 2014, his brothers Richard "Dicky" Jette, Ronald Jette, and Edward Jette, his sisters Lucille Demers, Mary Letendre and Joanne Jette.

Roger was a longtime carpenter for the Local Union 336 Carpenters Union in Worcester before retiring in 1993. Roger was an avid outdoors man who loved to fish and hunt and was a lifelong fan of the Miami Dolphins.

Born in Spencer, he was the son of George and Mary L. (Dragon) Jette, Sr. and later served his country with the U.S. Army during the Korean War. He was a member of St. Joseph's Church in Charlton.

Due to health restrictions, funeral services were held privately in the J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer with burial in Mary, Queen of the Rosary Cemetery. Please omit flowers, contributions may be made to Jewish Health Care Center Patient Activity Account, 629 Salisbury St., Worcester, 01609. www.morinfuneralhomes.com

Florence L. Ashe, 82

CHARLTON- Florence L. (Montigny) Ashe, 82, of Southbridge Rd., passed away Wednesday, April 22nd, in the Beaumont Nursing Facility, Worcester, after a long illness along with complications due to the Covid-19 virus.

Her husband, Everill R. Ashe, passed away in 2010. She leaves her three children, Sharon A. Jewell and her longtime companion Doug Boyce of Southbridge, Pamela J. Ashe and her companion Kevin of Charlton and Bradford E. Ashe and his wife Melissa of Vero Beach, FL; and her four grandchildren, Garrett Jewell and his longtime companion Devin Ernst, Kristen Ventriglia and her husband Sami, Tyler Melendez and Kaelly Melendez and her longtime companion Rebekah Doiron. She was predeceased by her brother, Leonard Montigny. Florence was born in Southbridge the daughter of Jerome J. and Lauretta R. (Mominee) Montigny and lived most of her life in Southbridge before moving to Charlton over 25 years ago.

Florence worked at JC Penny in Sturbridge for many years, retiring several years ago. She previously worked at the American Optical Co. in Southbridge and worked at the gift shop of the Old Sturbridge Village in Sturbridge. Florence was a member of St. Mary's Parish (now St. John Paul II) in Southbridge and a longtime member of its St. Rita's Society. She was an avid reader, loved vacationing at on Cape Cod and loved the ocean. She was a very social person, so much so her family nick named her 'Judy Friendly'. Being a social person, she loved to volunteer at the Charlton Senior Center. Above all Florence loved her family and spending as much time as she could with them.

Due to current health restrictions Florence's funeral Mass in St. Mary's Church of the St. John Paul II Parish in Southbridge and burial in St. Mary's Cemetery, Southbridge, will be held at a later date.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements. www.morrillfuneralhome.com

Send all obituary notices to
Stonebridge Press, PO Box 90,
Southbridge, MA 01550, or by e-mail
to Obits@stonebridgepress.news

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)2. 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.bartand-co.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.

*Not indicative of advisor's future performance. Your experience may vary.



Thomas J. Bartholomew

Family Dining & Gift Guide

Please continue to frequent your local restaurants by ordering take-out or purchasing gift cards. Together we will get through this.

Call June at 508.909.4062 or email jsima@stonebridgepress.news to advertise on this page.

Mother's Day Honors

Publish Date:
May 8, 2020

Deadline date:
Friday, May 1 @ 2 pm

We would like to honor all Mothers and Grandmothers in the May 8th issue. The deadline for honors is Friday, May 1 at 2 pm.

Cost is just \$20 per 2.4"x2" B&W block.
In the Spencer New Leader,
Auburn News or Sturbridge/Charlton Villager

SAMPLE: EXACT SIZE

Mom, Of all the moms in all the world, nothing brings me more happiness than to know you're ours.

With love from
John, Mary, and Jennifer

Please email a photo and a special message or an In Loving Remembrance message if deceased to jsima@stonebridgepress.news; by Friday @ 2pm

If you've submitted your mom's photo in the past, we will still have her photo on file. No need to resend. Just let me know.

Thank you!

News, really close to home

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TRIPS
continued from page A6

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:
SOUTHBRIDGE 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.

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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 - 1 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

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 amount can be used by the recipient to any event at face value. For information or reservations contact Ted at (508) 764-7909.

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.
April27-29PennDutchw/thenewshow 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 w/Conway Tours - enjoy a race at Saratoga, a tour of the town, a tour of Haven Oaks Horse Farm, and drive up Prospect Mountain - \$329.
Sept. 16 -18 - The Hamptons w/ 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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40" SMART TV Reg. \$329 ⁹⁹ \$199⁹⁹	FRENCH DOOR BOTTOM FREEZER Reg. \$1499 ⁹⁹ \$1199⁹⁹	DELUXE ELECTRIC DRYER Reg. \$449 ⁹⁹ \$399⁹⁹	OVER THE RANGE MICROWAVE OVEN Reg. \$219 ⁹⁹ \$189⁹⁹	DELUXE DISHWASHER Reg. \$389 ⁹⁹ \$329⁹⁹	BIKE SALE WE REPAIR BIKES	

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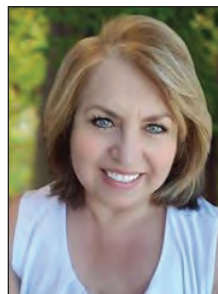
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Now is the time to switch to solar energy

As the weather gets warmer and the sun seems to shine brighter, if you've ever thought about switching to solar energy to power your home, now is the time and Higgins Energy Alternatives is the way to start cutting your energy costs and reducing your carbon footprint. It's clean, renewable, and profitable, which is why solar energy is the fastest growing energy source in the United States. We'll show you how owning a solar panel system provides you with a quick payback and many years of free electricity and real profits.

Solar is a great way to reduce your carbon footprint and protect the environment. Traditional sources of electricity, such as coal and oil, emit byproducts such as carbon dioxide, sulfur dioxide, nitrogen dioxide, particle dust, and even mercury, which can be dangerous and unfit for the environment. Buildings, including your home, emit 39% of all carbon emissions in the United States. A solar panel system may eliminate three to four tons of carbon per year from these emissions, which is the equivalent of planting 100 trees per year! Your solar panel system will ensure that you, and future generations, can breathe easier knowing that you've done your part to protect the environment.

While the initial investment into a solar panel system can be daunting to think about, it can save you tons in the future and you'll see a guaranteed return on your investment. The installation typically pays for itself in 7 to 10 years from the savings earned, and with solar systems producing power for 25-30 years on average, you'll see payback plus profit. Even better, a 7KW solar panel system could save you up to \$71,000 over the course of 25 years! Plus, with a 25-year solar panel



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HOME

Spring 2020

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A. Eagle Gutters	4
American Discount Oil & Propane	8
Bill Keyes Asphalt Paving, Inc.	9
Bond Sand, Gravel & Asphalt	2
Brush it Off	10
C&S Lumber, Co.	10
Central One Federal Credit Union	10
Dave's Appliance, Inc.	4
Docks & Lifts of New England	9
Eva S. Kokosinska, Harbor One Mortgage	Front Cover
Gary's Gutters	10
Hi-Tech Mobile Wash	5
Higgins Energy Alternatives	3
Lisa Boudreau, Coldwell Banker Realty	Front Cover
Miller Stump Grinding	9
North Oxford Mills Carpet and Flooring	2
Ramco Window Services, Inc.	6
Conrad Allen, Re/Max Professional Associates	2
Saunders & Sons Roofing	Front Cover
Sunlight Solar Energy	7
The Moving Crew/Fresh Start Residential	8

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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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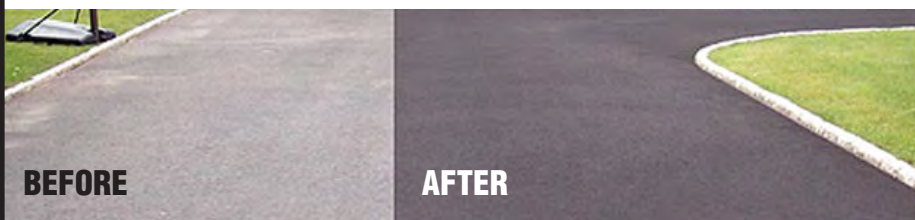
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Alternatives For Health Herbal Apothecary celebrating 10 years

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.alternatives-4health.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

*A Stonebridge Press
Publication*

Alternatives for Health	2
Central Mass Wellnesmikaela is checking for correct name.....	6
Crooked Creek Farm	9
Dudley Family Dental	9
ENT Associates, Dr. Christopher Charon.....	10
Holden Hearing Aid Center, Dr. Matthew Moreno	4
JTB Wellness	10
Law Office of Michelle M. Murray	9
Notre Dame Health Care	9
Professional Medical Services, Inc.	4
Quaboag Rehabilitation and Skilled Care Center	Front Cover & 10
Shaw-Majercik Funeral Home.....	5
Spencer Family Dental.....	2
Sturbridge Dental	Front cover
Sturbridge Herbfest.....	Front cover
Transform Warm Yoga Studio, LLC.....	4
Woof & Whisker Inn.....	2
Your Health Matters.....	Front Cover

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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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.

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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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