

Auburn News

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All school fields, grounds and playgrounds closed



AUBURN — The Auburn Public Schools and the School Committee continue to respond to issues related to the COVID-19 crisis, with the safety and well-being of our students, families and staff at the heart of all decisions.

In response to situations of which they have recently been made aware, at their meeting earlier today the Auburn School Committee voted to close all school fields, playgrounds and grounds, effective immediately. This vote was taken after much careful consideration, the primary concern being the health and safety of all. Governor Baker, the Mass Department of Public Health (MDPH) and the Centers for Disease Control (CDC) have issued consistent

guidelines designed to reduce the impact of the COVID-19 pandemic and this vote was a direct response to that expert advice.

The guidelines clearly state that social distancing of 6 feet or more, along with hand washing and limiting groups to 10 people or less, are three of the most important actions we can take to slow the spread of this potentially life-threatening virus. Observed at the Auburn High fields in recent days and over last weekend, were crowds of 40+ individuals in relatively close proximity. As a community, it is critically important that we all do our part to limit the impact of this virus, hence the School Committee's decision to close all school fields, playgrounds and grounds, effective im-

mediately. As a member of the Auburn community, we appreciate your understanding and support of this decision.

Please know that the School Committee did not take this vote lightly as they have great respect and appreciation for the support we receive from the Auburn community. However, the School Committee felt this was the decision that had to be made to ensure that the Auburn Public Schools does its part, as a responsible influence in the community, to protect the health and safety of all.

We thank you in advance for your understanding as we continue to navigate this ever-changing situation and we thank you for your continued support of the Auburn Public Schools.

Pan-Mass Challenge goes virtual

BY KEVIN FLANDERS
STAFF WRITER

REGION — For the first time in four decades, Pan-Mass Challenge riders won't be hitting the streets this summer. But even though the annual bike-a-thon has been canceled in favor of a virtual celebration, its vital fundraising mission will roll on.

PMC officials announced last week that the August ride has been canceled due to the COVID-19 crisis. Kicking off each year in Sturbridge, the event has been held in all kinds of weather over the past 40 years. Riders are always willing to brave the elements for their cause, but PMC officials are committed to protecting all participants and their families.

Determined to still have a celebratory event this year while continuing fundraising for the Dana-Farber Cancer Institute, PMC leaders came up with an idea for a virtual celebration. Titled PMC 2020 Reimagined, the multi-day event will include several online activities for riders who have worked hard to raise funds.

"Coming together the first weekend of every August is a beloved tradition for thousands of PMC participants. While we're unable to move forward with our ride safely in the same way we have over the past 40 years, we cannot and will not let our community or Dana-Farber down," said Billy Starr, the PMC's founder and executive director. "Our mission to support Dana-Farber in the fight against cancer is more important than ever. And in reimagining what our event can be, we hope to inspire even more participation from those joining us at home."

The PMC raises more money for charity than any other single athletic fundraising event in

the country. As Dana-Farber's largest single contributor — accounting for 57 percent of the Jimmy Fund's annual revenue — the PMC and its riders remain committed to raising critical funds for lifesaving cancer research, treatment, and patient care.

For longtime PMC riders, the process of securing donations was more challenging in 2020 than any previous year, with unemployment figures skyrocketing due to the coronavirus. With their reimagined celebration, PMC leaders want to recognize all participants for their tireless work in securing donations.

The PMC 2020 Reimagined will include many of the activities that riders, volunteers, donors, and spectators partake in during a traditional PMC weekend — complete with virtual adaptations that make it easy for remote participation.

Just a few of the activities slated for this year's program include:

PMC 2020 Reimagined opening ceremonies, broadcasting live on WBZ-TV (Friday, July 31)

An official "starting line" to symbolize the commencement of the 2020 PMC (Aug. 1)

The PMC Pedal Partner tent, in partnership with Dana-Farber's Jimmy Fund Clinic

Entertainment and celebration at Massachusetts Maritime Academy's quad

A global Living Proof toast to honor those who are currently undergoing, or have undergone, cancer treatment

Dana-Farber officials commend PMC leaders for their commitment to fundraising, even when the ride is canceled and donations are difficult to come by.

"We are incredibly grateful for the PMC's unwavering dedication to Dana-Farber. Their creative thinking in rallying their community around an event that provides essential funding for our institution and patients is a shining example of agility and commitment," said Laurie Glimcher, the president of Dana-Farber.

"Cancer doesn't stop, even during these difficult days. PMC dollars are critical to support the world-class cancer care and additional resources we provide our patients and their families."

The PMC's annual ride, which offers participants 12 routes spanning 25 to 192 miles, has become a tradition for several local families. Not only do they enjoy their training routine, but also the process of collecting donations from friends and family. Even though many donors have lost their jobs, they still made it a priority to give back to Dana-Farber.

"The Reimagined PMC will bring together thousands of riders, volunteers, donors, and supporters from their hometowns around the globe to celebrate the spirit of PMC weekend while making an unparalleled impact on the fight against cancer," read a statement released by PMC leaders.

The PMC 2020 Reimagined program will also include pre-taped content to augment its real-time offerings.

For local PMC riders, the news of the cancellation was disappointing but expected. Members of Team De-Feet Cancer, which was established several years ago in West Brookfield by the late Steve Morris, continue to raise money in his honor.

"We are saddened, but resilient. We will miss seeing our PMC friends and family in August, but we know that now, more than ever, cancer patients need our help. Dana-Farber needs our help," said Team De-Feet Cancer member Jessica Piwowski. "We continue to raise money, and we continue to train and ride solo. We do have hopes of small team rides over the summer if restrictions ease. We look forward to the ways PMC will help us stay connected."

In 2019, the PMC donated \$63 million to Dana-Farber, the largest financial gift ever received by the institute. For more information about the event, visit www.pmc.org.

The Dana-Farber Cancer Institute is one of the world's leading centers for cancer research

Governor's order requires face coverings

BY KEVIN FLANDERS
STAFF WRITER

REGION — Masks have been the source of much discord in recent months, with constant arguments flaring up over when they should be worn and their overall effectiveness. But no matter where you stand on the issue of face coverings, you'll have to

wear one in public to be in compliance with Gov. Charlie Baker's latest order.

Last week, the Baker-Polito Administration issued an order requiring the use of masks or face coverings in public places where residents cannot properly socially distance from others.

The order took effect on May 6, and will remain in place until further notice.

The order supersedes all previously issued guidance relative to mask use. Violators can be subject to a fine.

"The Baker-Polito Administration has ordered all residents over the age of two to use a

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Courtesy

A crash scene photo shows the extent of damage to a pickup truck and Webster ambulance following a crash on Route 169.

Accident shuts down Route 169

BY JASON BLEAU
CORRESPONDENT

CHARLTON — A multi-vehicle accident in Charlton on Tuesday, May 5 is confirmed to have involved an ambulance from Webster and resulted in no injuries according to Charlton Police.

The Charlton Police Department released information concerning the accident on the morning of May 6 confirming two vehicles collided on Route 169 at around 3:30 p.m. on May 5. Both police and fire personnel from Charlton responded to the scene along with Southbridge EMS to find a pickup truck has collided with an ambulance from Webster after apparently crossing the center line. Paramedic were transporting a patient at the time and both the patient and ambulance personnel were transported from the scene with non-life-threatening injuries. The driver of the pickup truck was not identified in the police department accident summary however they were confirmed to be uninjured following the crash.

According to police the truck was traveling southbound on Route 169 when it crossed the yellow center line and impacted the ambulance which was traveling north. Photos released from the scene showed significant front-end damage to the truck with airbags deployed as well as heavy damage to the passenger side of the ambulance. Police have not indicated what led to the truck driver's failure to maintain their lane.

Emergency responders closed the roadway for a time in order to clear the crash. Charlton Police consider the accident under investigation as of this report.





Aja Johnson



JoAnn Milford



Fjolla Shehu

Bay Path Nursing students complete ventilation training at Harvard Medical

CHARLTON — Bay Path Practical Nursing Academy students and National Technical Honor Society Inductees Aja Johnson of Springfield, JoAnn Milford of Woodstock, Conn. and Fjolla Shehu of Worcester recently completed the Mechanical Ventilation for COVID-19 educational course offered by Harvard Medical School through the edX and

HarvardX. The course is a primer for non-ICU clinicians who may be asked to staff critical care areas with a better understanding of the basic concept of mechanical ventilation and care for the patient receiving mechanical ventilation. The course provided general information about mechanical ventilation. As medical professionals from every discipline and from all over the

U.S. come together to fight the COVID-19 virus, Harvard University is helping prepare non-ICU personnel to help in the operation of a mechanical ventilator. Now is the time to come together to help the experts (critical care physicians, nurse, and respiratory therapists) manage the care for critically ill patients because the patient surge capacity may exceed the number of available trained personnel. Although the course is intended for licensed medical professionals, Johnson, Milford, and Shehu qualified as nursing students in the final semester of their practical nursing program. The Bay Path Practical Nursing Academy PN Class of 2020 are on track to graduate on June 19, 2020. The authors and providers of the course are Dr. Susan Wilcox, Associate Professor of Emergency Medicine, Harvard Medical School, Harvard University and Chief of the Division of Critical Care in the Department of Emergency Medicine and Staff Intensivist in the Heart Center ICU, Massachusetts General Hospital and Thomas Piraino, RRT, FCSRT, FAARC of St. Michael's Hospital, Toronto.

During the course, the content and experience is described as a very intensive period of study where participants examine case studies, engage in simulations and examine various theoretical frameworks. Johnson, Milford and Shehu learned the principles and physiology of mechanical ventilation, Initial ventilator setting and adjustments, Troubleshooting the ventilator, Ventilating patients in special circumstances including Acute Respiratory Distress Syndrome and Obstructive Lung Disease, how to perform waveform analysis while monitoring the patient, how to evaluate a patient for extubation readiness and conduct the extubation procedure, and How standard ventilation practices are different in COVID-19 patients.

Johnson, Milford, and Shehu received three continuing education credit hours (nursing CEU credits) and a certificate of attendance.

Bay State Savings Bank appoints Seth A. Pitts Senior VP & Chief Financial Officer



Seth Pitts

WORCESTER — Bay State Savings Bank is proud to announce Seth A. Pitts has been appointed Senior Vice President and Chief Financial Officer at the Bank's 28 Franklin St. location in Worcester. In this role, Mr. Pitts will manage Bay State Savings Bank's financial reports, planning, and records.

Mr. Pitts joins Bay State Savings Bank with over ten years of experience in banking, finance, and federal regulation. Previously, he served as Financial Institution Risk Examiner for the Federal Deposit Insurance Corporation's Division of Risk Management Supervision and Area Lending Specialist for the U.S. Department of Agriculture - Rural Development.

"Seth brings strong expertise in bank regulatory requirements, liquidity and balance sheet management to Bay State," said Bay State Savings Bank President and CEO Peter Alden. "His work ethic along with a sense of urgency fits with our philosophy and corporate values."

Mr. Pitts holds a Master's degree in Finance from the University of Massachusetts Boston. He is also a Certified Fraud Examiner by the Association of Certified Fraud Examiners. Additionally, he serves as a member (former Chair) of the Trust Funds Commission for the City of Worcester.

Mr. Pitts currently resides in Worcester.

Bay State Savings Bank of Worcester has been a mutually owned community savings bank since it was founded in 1895. In addition to its main office, Bay State Savings Bank has branches in Auburn, Holden, and Worcester. For additional information, visit www.bay-statesavingsbank.com.

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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.

How to avoid spreading illnesses at home

Family companionship is invaluable. Spending time together with loved ones is an important component of daily life. However, when an illness affects one person of the household, that highly coveted closeness can put others at risk.

Infectious diseases are equal opportunity hitchhikers. Should a person be waylaid by influenza, strep throat, mononucleosis, or COVID-19, casual contact may be all it takes to pass the illness to someone else. The Centers for Disease Control and Prevention says that COVID-19 is primarily spread from person-to-person among people who are in close contact

with one another (within about six feet). Respiratory droplets produced when an infected person coughs or sneezes can land in the mouths or noses of people nearby or possibly be inhaled through the lungs. Other viruses and bacteria spread from contact with contaminated surfaces or objects and then touching one's own mouth, nose or possibly the eyes.

Keeping household members safe when one person is ill can be challenging, but it is possible. These steps can help keep everyone in a household safe, particularly from virulent diseases.

- Wash your hands. This is the most effective way to pre-

vent the spread of germs. As frequently as possible, wash your hands, but especially after touching frequently used items or before and after preparing and eating food.

- Disinfect surfaces. Target areas that are frequently touched by all members of the household. Such surfaces include doorknobs, stairway railings, bathroom and kitchen faucets, the refrigerator door, light switches, and cabinet knobs. Make sure to keep the disinfectant visibly wet on the surface for the "dwell time" recommended on the label instructions to fully kill the germs.

- Consider color coding. Use

microfiber cloths, which don't harbor germs like porous sponges do, with different colors for cleaning each room of the house to prevent the spread of germs from one area to another.

- Keep your distance. Sick individuals should stay away from others as much as possible. Now might be the time to use a guest bedroom for spouses who normally share a bed. Designate a separate bathroom for healthy individuals. Do not touch hands, hug or kiss others while you are ill. Kaiser Foundation Health Plans also suggests hygiene techniques like coughing or sneezing into a tissue or sleeve to trap

the virus.

- Use personal bath towels. Do not share towels and linens with others while sick. Now is the time for a personal bath towel or bathrobe for showering and drying hands, offers Meridian Health.

It can be difficult to avoid spreading disease when one member of a household is sick. But with proper hygiene and diligence, illnesses can be contained.

Explaining clinical trials

Over the last several decades, survival rates for many types of cancers have improved dramatically. Much of that improvement can be traced to the tireless efforts of cancer researchers and the organizations and donors who fund their research.

According to the National Institutes of Health, there are two types of clinical research: observational studies and clinical trials. Observational studies observe people in normal settings, and during these studies, researchers gather information, group volunteers according to broad characteristics and compare changes over time. Observational studies sometimes help researchers discover new opportunities for clinical trials, which are research studies that aim to evaluate medical, surgical or behavioral interventions. Clinical studies are often how researchers learn if new drugs and treatments are safe and effective.

Clinical trials are somewhat routine, though they tend to capture the atten-

tion of the general public during public health crises. For example, much attention was paid to clinical trials during the recent COVID-19 outbreak as researchers hurried to develop a vaccine for the novel coronavirus.

Cancer researchers utilize clinical trials to advance treatments and as part of ongoing efforts to find a cure for all types of cancer. In the United States, these trials must go through various phases as outlined by the Federal Drug Administration. During these phases, treatments are tested and researchers try to find appropriate dosages while also documenting any potential side effects. A clinical trial must go through three phases before a drug can be approved for use.

- Phase I: A phase I clinical trial tests an experimental treatment on a small group of people, typically healthy people between the ages of 20 and 80. Phase I aims to judge the safety of a treatment and find any side effects while also determining dosage.

- Phase II: More people are typically needed for a phase II clinical trial, which may require as many as 300 participants. The NIH notes that a goal of

phase II trials is to obtain data regarding the effectiveness of the drug on people who have certain diseases or conditions. Safety, particularly in regard to short-term side effects, also is studied during a phase II trial, which can last for several years.

- Phase III: Different populations and different dosages are studied during phase III trials, which may require the participation of several hundred, if not thousands, of people. Positive results during a phase III trial typically result in FDA approval.

Once a drug is approved by the FDA, a phase IV trial is conducted to study the effectiveness and safety among large, diverse populations. The NIH notes that the side effects of a drug may not become clear until more people are studied over very long periods of time, which is why drugs are often studied even after they're approved by the FDA.

Information about participating in clinical trials in the United States can be found at www.nih.gov, while Canadians interested in learning more about cancer trials can visit www.canadiancancertrials.ca.

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Health Director works hard at work

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Even though the doors are closed for the time being, there is still plenty of work being done at the Charlton Town Hall during the COVID-19 pandemic. One of the busiest offices is that of Charlton Health Director James Philbrook, who, along with his staff and the Board of Health, has been working around the clock to make sure Charlton is prepared and up to date for the next steps in the fight against the coronavirus.

Philbrook took some time out of his schedule to update the Villager on how Charlton has fared since the pandemic began in mid-March. Bring sure to give credit to a numerous other departments including first responders, the board of selectmen and the town administrator, Philbrook said the Board of Health Office has been operating seven days a week working with businesses, town officials, state lawmakers and a wide variety of organizations and committees to obtain funding, stay up to date on the status of the pandemic and ensure that the town respects the safe practices and stay at home orders. Philbrook said Charlton was ahead of the game in taking immediate action in March to adjust to the pandemic and they haven't slowed down on keeping up with the ever-changing situation.

"There's a lot of behind the scenes work that has to be done that's confidential. We have

public health nurses working behind the scenes and the town has done well to follow the mask order that the governor enacted. The Charlton Board of Health was quick to enact that all food workers had gloves and masks on at all times when this all began. The school district was at the forefront of closing the schools early and putting the town hall on limited staffing," Philbrook said.

The Health Director credited Charlton with being at the forefront of efforts to obtain personal protection equipment for citizens, employees and first responders including procuring grants from MEMA and the Department of Public Health to help offset some of those costs. The town also obtained a grant for supplies to prepare for efforts like setting up a testing location or drive by clinic. Both the police and fire departments have been given access to personal protection equipment including N95 masks and the town has even worked to support the Overlook senior living facilities where no cases have been recorded as of this report.

Philbrook's weeks include meetings with emergency management officials, the town administrator, the Board of Health and state organizations to stay up to date on the status of the pandemic. Philbrook also serves as vice chairman of a steering committee geared towards helping prepare numerous towns for emergencies such as the coronavirus. Even with that preparation however Philbrook admits no

one expected anything like this to become a reality.

"There are 74 communities in central Massachusetts that we secure funding for to ensure that we are ready. We have a trailer all set up. If we have a vaccination or we want to do some kind of tracing we will be able to set something up. What we're going through now is something beyond my imagination. Charlton was prepared and that's why we will continually prepare for anything that could happen to this magnitude. We're a tight knit, educated community and we've done a good job so far. Certainly,

nobody expected something as large scale as this," Philbrook said.

As the Commonwealth heads towards the potential expiration of Gov. Charlie Baker's stay at home order on May 18, Philbrook and the Board of Health are doing their part to make sure they know what that will mean for Charlton. Multiple offices are also keeping in mind the potential for the order to be extended which could impact the community's annual town meeting and elections which have already been moved once to early June to coincide with the stay at home

order. "That is something that the Board of Health, the Board of Selectmen, the Town Administrator and myself are talking about. We want to keep the public safe but also respect their right to a voice in how the town operates. That's crucial for us. Charlton is prepared and we continue to fight for more personal protection equipment because I don't see this as something that will just go away. We want to keep everyone safe, keep our first responders prepared and stay ahead," said Philbrook.

Charlton's Michael O'Neill receives promotion from Sheriff's Department

WEST BOYLSTON — Worcester County Sheriff Lew Evangelidis announced he has promoted Captain Michael O'Neill to the rank of Assistant Deputy Superintendent of Main Jail Operations at the Worcester County Sheriff's Department.

As Assistant Deputy Superintendent, O'Neill will be responsible for the daily security operations of the main jail area of the correctional facility including overseeing all correctional staff, monitoring inmate activity and ensuring the safety of both staff and inmates.

Captain O'Neill, a 15-year veteran of the department, started his career at the Worcester County Sheriff's Office in September 2005, was promoted to Sergeant in 2015, Lieutenant in 2017, Captain in 2018 and most recently to Assistant Deputy Superintendent. O'Neill is also a member of the WCSO Crisis Negotiation Team and Critical Incident Stress Management Team.

"The Worcester County Sheriff's Office is pleased to announce the promotion of Captain Michael O'Neill to the important rank of Assistant Deputy Superintendent. Throughout his outstanding career at the Worcester County Sheriff's Office, ADS O'Neill has demonstrated the best in corrections and we are proud to now have him in this important leadership role. He will surely help us move forward in our mission of public safety and make us a better department," said Worcester County Sheriff Lew Evangelidis.



Michael O'Neill

Assistant Deputy Superintendent Michael O'Neill, along with his wife Shalyn and their three sons reside in Charlton.

QCC students named to 2020 Phi Theta Kappa All-Massachusetts Academic Team

WORCESTER — Quinsigamond Community College Phi Theta Kappa students Krystle Bedrick and Tamsalet Molla were recently inducted to the 2020 Phi Theta Kappa (PTK) All-Massachusetts Academic Team. The QCC students were honored for their outstanding academic achievement and exemplary student service, by the Massachusetts Association of Community Colleges (MACC), through a virtual "PTK Community College Excellence Week."

"These students are wonderful ambassadors of QCC. Regardless of the obstacles in their path, they have pushed forward and persevered. I am sure they will achieve great things in their futures," said QCC President Dr. Luis Pedraja.

The highest academic achievers in the state's 15-member community college system were spotlighted each day during the week of April 27 on the MACC's social media pages, in lieu of the in-person traditional celebratory celebration at the Massachusetts State House due to the pandemic.

"Every year, we look forward to this opportunity to highlight the community colleges' commitment to access, opportunity, and excellence. Despite the

virtual nature of this year's recognition, the outstanding achievements of our students cannot be understated. We are proud of all they have accomplished, and celebrate the continued pursuit of their academic and career aspirations," said Tom Sannicandro, Director of the Massachusetts Association of Community Colleges (MACC).

Ms. Bedrick will be graduating from QCC this month and plans to attend Smith College this fall. She held the position of Vice President of Leadership for the Alpha Zeta Theta Chapter of Phi Theta Kappa and said it was one of the most enriching experiences of her life.

"I have been able to participate in rigorous academic research, leadership and team building, but most importantly community service. Phi Theta Kappa has been the catalyst for my advocacy and activism. I work diligently to help bring transportation equity to my community and endeavor to bring awareness to systemic oppression and poverty," she said. "As an Early Childhood Education major, my future students and their families will benefit from the tenacity and perseverance that was refined from my PTK membership."

Ms. Molla is also a sophomore and will be graduating in May from QCC's Liberal Arts Biology program. She will be attending UMass Amherst this fall where she plans to get her bachelor's degree in biology before going on to medical school.

"I want to become a nephrologist (kidney specialist) in the future. It gives me great satisfaction when I help anyone whether they are my family members or not. To reach my goals, I know that I have to go through many processes, but I am ready to face whatever it takes to become a nephrologist," she said.

Phi Theta Kappa is the international honor society of two-year colleges, and has recognized and encouraged scholarship among community college students for more than 100 years while promoting the academic integrity of the associate degree program. Students with grade point averages of 3.5 or higher are invited to join Phi Theta Kappa. QCC has been a part of the PTK Honor Society for 40 years with more than 2,000 students inducted.

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

U.S. Attorney investigating reports of abuse by landlords

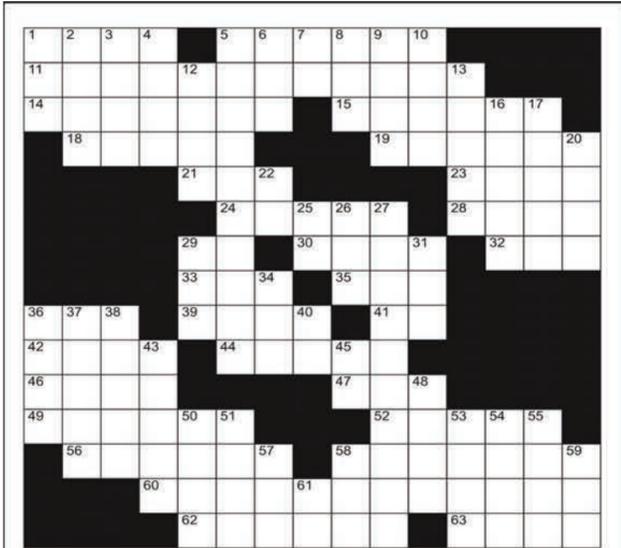
REGION – U.S. Attorney Andrew Lelling's office continues to investigate reports of housing-related sexual harassment resulting from the COVID-19 pandemic.

"As the country adopts drastic measures to slow the spread of COVID-19, many Americans have lost their jobs, and many more have seen their wages curtailed," read a statement released by Lelling's office. "These losses have forced some to seek abatements or suspensions of their rent. According to a recent memo from the Attorney General, there have been reports of landlords who have responded to requests to defer rent payments with demands for sexual favors and other acts of unwelcome sexual conduct."

Lelling has pledged to vigorously prosecute those who seek to use the COVID-19 crisis to break laws.

"Sexual harassment in housing is illegal and despicable," Lelling said. "No person should have to tolerate this behavior in order to keep a roof over his or her head."

If you have been a victim of sexual harassment by a landlord, contact the U.S. Attorney's Office by calling 888-221-6023 or emailing USAMA.VictimAssistance@usdoj.gov.



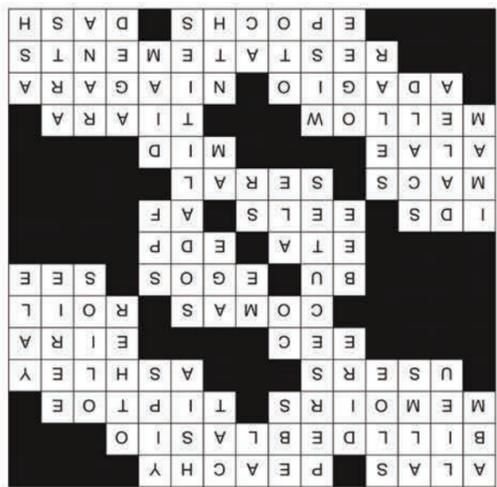
CLUES ACROSS

- 1. Expression of sorrow or pity
- 5. Not bad
- 11. NYC Mayor
- 14. Essays
- 15. Walk lightly
- 18. Those who utilize
- 19. Actress Judd
- 21. One-time community of nations
- 23. Norwegian river
- 24. Unconscious states
- 28. Make muddy
- 29. Unit of volume
- 30. Consciousnesses
- 32. Envision
- 33. When you aim to get there
- 35. Electronic data processing
- 36. Passports are some
- 39. Snakelike fish
- 41. Military flyers (abbr.)
- 42. Popular computers
- 44. Ecological stage
- 46. Wings
- 47. Used in combination
- 49. Laid back
- 52. Princess's headgear
- 56. Musical composition
- 58. Famed Falls
- 60. Reiterations
- 62. Eras
- 63. Track event

CLUES DOWN

- 1. Defensive nuclear weapon (abbr.)
- 2. Instead
- 3. Gifts for the poor
- 4. A type of gin
- 5. Torments
- 6. One point south of due east
- 7. Actor Pacino
- 8. Feline
- 9. Chinese dynasty
- 10. Short cries for help
- 12. Straits can sometimes be this
- 13. Further
- 16. Variety shows
- 17. Supernatural
- 20. A university in Connecticut
- 22. Atomic #27
- 25. Of I
- 26. We all have one
- 27. Religious guilds
- 29. This can sting
- 31. Sunscreen rating
- 34. Brew
- 36. Religious leader
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Jr.'s father
- 43. Ray-finned fish genus
- 45. Morning
- 48. Straight line passing from side to side (abbr.)
- 50. S-shaped line
- 51. Small bunch of hay
- 53. Ripened
- 54. Crater on Mars
- 55. Humanities
- 57. Of the ears
- 58. To the ___ degree
- 59. Wood
- 61. Cools your home

PUZZLE SOLUTION



Sturbridge resident featured in virtual art exhibit



Katelyn Seguin

WORCESTER — Worcester State University's Visual and Performing Arts Department has announced that Sturbridge resident Katelyn Seguin is among eight VPA seniors whose work is being featured in its Spring 2020 Student Thesis Art Exhibit. The exhibition, which is typically offered in VPA's Mary Cosgrove Dolphin Gallery at Worcester State University, has been made virtual this year. As part of her project, Seguin created a collection that she titled, "This is Love." She said that throughout her four years at Worcester State, art classes helped her work on fine details within her pieces. "The four years have meant a lot to me, especially being able to work on projects in a hands on way," Seguin said. "With the new chapter in my life, I plan on going in the marketing/advertising direction and my VPA classes have helped me think about the impact a cer-

tain piece will have on the audience." The virtual Spring 2020 Student Thesis Art Exhibit featuring Seguin's collection and the artwork of seven additional students can be viewed on the Mary Cosgrove Dolphin web site: www.worcester.edu/Mary-Cosgrove-Dolphin-Gallery/. The exhibit also features original music composition by Worcester State University music students. "The VPA Department and the Gallery are so proud to present our seniors' work and make our exhibit accessible to people during this unprecedented time," said VPA Art Professor and Mary Cosgrove Dolphin Gallery Director Catherine Wilcox-Titus. "We send heartfelt congratulations to Katelyn and all of the seniors."

About The Worcester State Visual and Performing Arts Department The Worcester State Visual and Performing Arts Department offers an interdisciplinary, student-centered, artistic education that prepares students for professional lives in the arts. Its educational spaces encompass the Fuller Theater, practice rooms for music, and art studios at the University's Sagamore Studios. VPA students gain in-depth knowledge of their preferred art form - art, music, or theatre - plus an understanding of what the arts have in common, and how they are performed and exhibited in the real world. Learn more at www.worcester.edu/VPA or connect with VPA on social media: Facebook/VPAatWorcesterState, Twitter and Instagram @WSUVPA. Follow our blog, The Artful Lancer, at WSUVPA.wordpress.com or subscribe to our YouTube channel, search WSU VPA .

Charlton officials plan phased re-opening

BY JASON BLEAU CORRESPONDENT

CHARLTON - As of Sunday, May 9, Gov. Charlie Baker's stay at home order was set to expire on May 18, leaving towns across the commonwealth gearing up for a potential reopening before the months end. In Charlton, Town Administrator Andrew Golas has been hard at work formulating a reopening plan that would see the Charlton Town Hall attempt to return to normal business practices in three phases. Golas presented his proposal, which he stressed was still being perfected, during a live-streamed meeting with selectmen in late April. In anticipation of the possible reopening of the state by June, Golas drafted a multi-phase plan that would slowly allow for the town hall to begin accepting in-person visits from citizens as the COVID-19 pandemic starts to wind down. "We do need to begin planning for a recovery and a phased approach that considers the safety of our residents and staff while allowing us to con-

duct the necessary business of town government. It's clear that we will still be dealing with this pandemic as we navigate through town election and town meeting," Golas said. "I'm working with some of the department heads to try and get some more input on it before making it official." The first phase of the plan would be implemented once the governor's order is officially lifted. This would include the town hall remaining locked but allowing residents to come to the building by appointment only with face masks still considered mandatory. Employees set to begin interactions with citizens would continue to be provided with personal protection equipment and social distancing practices would also continue to be mandated. The second phase would slowly allow for more citizens to do business in person in the town hall. The town hall would be unlocked once more but appointments would still be recommended. Face masks would remain the norm while the town would start incorporating multiple people into departments on site once

more. The final phase would be more of a return to normalcy allowing more people to be in the town hall at any given time and returning to in person meetings and interactions when necessary. The town would continue to operate under the guidance of the CDC meaning face mask use and gloves could still be utilized as necessary. One remaining unknown however is how town elections might look in June. Even if the state reopens by the end of May the threat of COVID-19 will likely persist for some time meaning the town's election on June 13 could look a lot different in 2020. Town Clerk Karen LaCroix is currently examining options for the election and how ballots and social distancing practices will be handled. Some possibilities mentioned at the April meeting include maintaining a six-foot distance when checking in, sanitizing all voting areas between voters, recommending voters bring their own pens and the use of removable plexiglass barriers between voters and workers. LaCroix said this is all a work in progress.

Quinsigamond Community College to hold virtual commencement

WORCESTER — Quinsigamond Community College will hold its first ever-virtual commencement ceremony for the Class of 2020 on Thursday, May 21 at 1 p.m. The ceremony, which was to originally have taken place at the DCU Center in Worcester, will now be streamed live online. Graduates and their families will be able to experience the ceremony in the comfort and safety of their homes. "While the effects of the Coronavirus/ COVID-19 pandemic have made it necessary for us to change the way will be celebrating Commencement this year, this will in no way diminish the amazing accomplishments of the Class of 2020," said QCC President Dr. Luis Pedraja. "Our graduates have worked through incredible challenges, particularly these last few months as they have adjusted to remote modes of learning. Yet through it all we have seen the best that QCC has to offer and I am deeply moved and inspired by our students, who have risen to these unprecedented challenges."

The choice to move to a virtual ceremony was one the Administration did

not take lightly, according to President Pedraja. However, due to Governor Baker's orders that limit gatherings to 10 people or less and the DCU Center being used as a field hospital for patient overflow, the College Administration felt this was in the best interest of its students, faculty and staff. "When the current pandemic subsides, we also plan to have a physical ceremony at a later date, as yet to be determined. I, along with the QCC Board of Trustees, look forward at that time to having the opportunity to congratulate each graduate in-person and welcome them into the QCC alumni family," President Pedraja said. "Our QCC family has made an indelible impression on our local communities and many of the first-responders, nurses, respiratory therapists, police officers, firefighters are QCC graduates or soon to be graduates, who each and every day set out to make our world a better place."

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

Alexander Strafer of Auburn acknowledged at virtual awards banquet

NEWTON — Lasell University Athletics honored its 61 senior student-athletes Monday night, including soccer player Alexander Strafer of Auburn, for their success and accomplishments this year in a Virtual Senior Awards Banquet on the school's athletic website and social media accounts. Lasell President Michael B. Alexander issued a video welcome to the virtual event, and congratulated the 61 graduating seniors, including 55 who achieved at least a 3.0 grade point average during the 2019 Fall Semester. Director of Athletics Kristy Walter presented the prestigious Men's and Women's Athletics Torchbearer Awards, and Faculty Athletic Representative Janice Savitz presented the Male and Female Scholar-Athlete Awards. All 61 of the Laser seniors will be honored in a video to be released on Tuesday, May 12, on the website and social media platforms. Congratulations to the Class of 2019-2020! For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.

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Cyreah Age 15

Hi! My name is Cyreah and you can call me CJ!

Cyreah, also known as CJ, is a handsome and healthy fourteen year old boy with beautiful big brown eyes and a warming smile. He is of African American descent. He loves sports and excels at both basketball and football. He is an avid Patriots fan as well as Celtics fan. CJ's all-time favorite Celtics player is Kyrie Irving!

Appearance is important to CJ and he likes to dress up and look

sharp. Outgoing and energetic, CJ has a fun sense of humor and enjoys playing jokes on his peers. He is known as a leader in school and is academically in target. He is social and respectful to his friends, his teachers and foster family. CJ is very bright and does well academically. Although not sure what he wants to be when he is older CJ does want to attend college after high school.

Legally freed for adoption, CJ will need a family who will not spare encouragement and praise. He would do well in most any family constellation that could provide him with loving support and with structure. He would do best as an only child or the youngest child in a home with much older children. CJ has an older and younger sister with whom he will need to maintain contact.

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The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



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Even those who know ‘nothing about gardening’ can do raised beds

BY GUS STEEVES
CORRESPONDENT

REGION — Almost anyone can grow some of their own food. If all you have is a window, plant a pot of tomatoes. But if you do have some land, even just a driveway, try building a raised bed.

Continuing the group’s weekly resilience skills series, Northeast Organic Farming Association’s Caro Roszell and Lydia Irons told their online audience how to do that “in under three hours” while, in Roszell’s words, “not working super hard the whole time.”

“I know next to nothing about gardening,” Irons admitted. “Caro is as close to an expert as I can think of.”

Roszell, by contrast, has run a market garden in Wendell for years, and has at least five years experience in farming before that. The two women have hosted NOFA-Massachusetts’s semi-regular podcast since May 2018 where they discuss a wide range of food related issues. In this case, the Webinar looked at how they built a raised bed at Irons’ home.

In many respects, the process is pretty simple and logical: Roszell said it’s important to list the supplies, tool and materials you’ll need. Equally critical is to “be realistic about your building skills,” who will likely use it, and where on the property it is.

Indeed, the latter may be the most important starting point. Irons said she stuck several sticks in various parts of her backyard to see which was in the sun the longest (you want at least six hours), and built it there. “It was really about the sun and not being near the road,” she said, noting she wanted a location that was easy to get to – in this case, along the path to her chicken coop. Roszell said she’s often seen people

select sites that are too far from their home, not taking into account the fact they’ll have to maintain it and carry equipment and materials there. Site selection also depends on soil quality, particularly moisture and potential contaminants; she noted gardeners should get soil tests at the beginning and every year or two thereafter because the key nutrients (nitrogen, phosphorus and potassium, usually abbreviated NPK) will change over time, depending on what you grow and what soil amendments you use.

Regarding location, she said you can even build one on pavement, if the soil, compost and mulch within it is deep enough for the roots to grow and “go wide to get a healthy soil environment.” Bed height should take into account a few things, including the fact that some people can’t bend over (so it should be taller), but taller and narrower beds will also dry out faster and need more frequent rain/watering.

One thing such beds don’t need, Roszell added, is for the gardener to dig up any underlying grass. Instead, just cover it with a layer of cardboard (sans too much ink, tape or glue) or a couple layers of newsprint that’s a few inches wider than the bed itself. Doing so won’t completely prevent weeds from rising from below, but will suppress them. With good soil, compost and mulch above that, the crops you want growing will take root before the weeds can. Eventually, the cardboard and paper will decay and worms and microbes in the bed’s soil will work their way into the underlying layers, mixing them together.

“It will give the soil in the raised bed time to mellow out and not have weeds for some time,” Roszell said.

Sometimes, though, weeds are particularly aggressive. Roszell cited two – mugwort and chickweed. In her experience, all you can do is “try to be vigilant” about catching and pulling them. Before planting a bed, you can also put down black silage tarp (not your typical blue or grey tarp) and smother mugwort “for at least a year.”

Handling invasives might take more work; many have extensive root systems and/or grow by rhizome (such as Japanese knotweed and Oriental bittersweet) and a few (such as Norway maple) are also allelopathic, meaning they excrete toxins against nearby plants. In both cases, digging them up and burning them is almost the only solution for organic growers who aren’t interested in herbicides.

Being organic folks, Roszell and Irons strongly eschewed using such things as pressure-treated wood (because it contains toxins and some fungicide, both of which harm the living beings in the soil) or concrete (which might contain toxic fly ash). Instead, they recommended kiln-dried timber, which generally lasts five to seven years, or brick and natural stone.

Likewise, they urged caution when it comes to selecting compost. Some products called “organic” but not certified as such may contain biosolids and sewage sludge. Even good compost varies, so it needs evaluation “to see if it meets your crop nutrient needs” and maintain the NPK soil balance. One easy way to tell is with the plant’s leaves: if they start yellowing, they’re nutrient-deficient. That’s where adding a little trace mineral blend or fish oil can help, she said.

“Even if your compost has plenty of nitrogen, it might not be available right away,” Roszell said. She also warned

not to use compost by itself because it can be too strong for the plants; always mix it with soil ... and you’ll probably need more than you think, Irons noted.

One similar concept that’s gaining popularity is a German practice called “hugelkultur.” That amends the soil by building a raised bed atop a layer of rotting logs and brush. As those naturally decay, they make “a really good environment for soil biology,” Roszell said. The term literally means “hill culture” and has been practiced in many societies in various ways for millennia.

Regarding mulch, they recommended using local sources you know, and “proceed with caution” with hay or straw because they might contain weed seeds; as an alternative, landscape fabric and burlap also work well.

Localism, in fact, was a common theme. Roszell said the best sources for seeds and seedlings are often nearby growers, especially with Covid-19 buyers depleting the commercial sources. (Fortunately, in Massachusetts, the governor declared suppliers of food plants and seeds an “essential” business, so they’ll stay open.)

Given our weird weather lately (it snowed Saturday morning and froze that night), she noted employing “season extension” is also “a really handy thing to do.” The simplest method is to put wire hoops and row cover over the raised beds, increasing the height as they grow until its warm enough to remove entirely. Row cover and poultry wire can also help protect against insects, rodents and other marauders intent on eating your crops, they noted.

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

St. Joseph youth work to help others

CHARLTON — “Most Eye opening, most beautiful place on earth, even better than Disney,” says Grace Boutiette.

Boutiette first attended Camp Sunshine three years ago as a junior in High School while sporting a full length leg cast and a pair of crutches. The past two summers, she has returned to Camp volunteering as the Camp Photographer. Grace said she is studying to become a nurse inspired by Camp Sunshine.

Camp Sunshine operates under the Mission: “Founded in 1984, Camp Sunshine provides retreats combining respite, recreation and support, while enabling hope and promoting joy, for children with life-threatening illnesses and their families through the various stages of a child’s illness.”

Camp Sunshine’s program is offered year-round and has the distinction of having been designed to serve the entire family in a retreat model. The program is free of charge to families and includes on-site medical support. Bereavement sessions are also offered for families who have experienced the death of a child from a supported illness.

The program is free of charge to families, and that’s where St Joe’s youth come in. The teens work to raise money to Sponsor a family to attend the Camp for one week. The average cost of Camp is \$2,500. Per family. Our Teens travel to Camp on Sebago Lake in Casco, Maine

one week per summer volunteering, serving camp families.

April marked the start of our can and bottle drive and will continue until the day we leave to volunteer at Camp in mid-August. People donate their bottle and cans by dropping them into our Green Collection Barrels located in the rear of the church. Our Teens then separate cans from plastic and glass bottles. We return them weekly to a local redemption center and save the proceeds. Come August we present the money to Camp. The past two years we have been blessed to present checks in excess of \$5,000. Not all the money comes from cans but also from generous donors.

When asked, how did Camp change your world view? Rachel Whipple, a first time camp volunteer, responded, “Camp Sunshine made me realize and respect food workers way more than before because it is not as easy as it looks.”

Whipple worked the week in the cafeteria. She also was amazed at the resiliency of children and what they can teach you. One small child told Rachel, when he gets stressed, he just practices his breathing exercises and he does this before every surgery.

Molly Hennessey first attended Camp in 2015, returning as a volunteer the next summer.

She so loved camp she received a certification as a



Courtesy

Front to Back Rachel Whipple, Elizabeth Stone, Grace Boutiette, Alexandra D’Arcangelo, Kendall Mullen, and Sarah Stone Youth Minister

Lifeguard so she could work the entire summers of 2017 and 2018.

She reports, Camp Sunshine is her favorite place and she has met the most amazing people in the families who attend.”

Hennessey was inspired by her experience leading her to study Pediatric Nursing, completing her studies graduating

from Simmons University.

Saint Joseph’s youth programs, also known as Life Teen, offers our Teens opportunities including religious education, mission trips, spots teams and dealing with social issues of their times. In addition to Camp, our Teens have also volunteered at, the Mustard Seed in Worcester, Saint John’s food pantry, various local nurs-

ing homes, Special Olympics, Haitian orphanage, Boston Food Pantries and Saint Luke’s Guest House in Southbridge.

All of these allow our Teens to experience the faith while learning about our faith.

How can you help? Please consider donating redeemable cans and bottles to the efforts and you too can help send a Family to Camp.

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BRENDAN BERUBE
 EDITOR

The making of Mother's Day

Another Mother's Day has come and gone, and this year's was certainly different as far as celebrations go. Due to COVID-19 restrictions, traditional Mother's Day luncheons or brunches did not take place. Mothers living in long term care facilities replaced in person visits with zoom or telephone calls. From what we can see, most everyone has made the best of the situation.

We would like to recognize the fact that today, "mother" is increasingly becoming a word that could also apply to a father, aunts, uncles, grandparents and other family members who, for one reason or another, step in to that role as single parents or careivers. To those people, we wish you a happy Mother's Day as well. With that being said, motherhood should be celebrated. Our children bring out the best in us and sometimes the worst, however at the end of the day the bond between most mothers and children is one that is stronger than anything we can describe.

Interesting is the fact that the creator of the holiday, Anna Jarvis, in 1908 fought to remove the day from the calendar after it became overly commercialized. Mother's Day was officially placed on the calendar in 1914 by President Woodrow Wilson. Mothers were to wear white carnations given to them by their children and presented with other gifts.

The ancient Greeks, along with the Romans, held festivals to honor mother goddesses Cybele and Rhea. In more recent history the Christians called it 'Mothering Sunday.' Across the Atlantic Ocean, the holiday fell on the fourth Sunday during Lent and every mother was expected to return home to their 'mother church' to attend a Mother's Day service.

Ann Jarvis (the mother of Anna Jarvis), along with Julia Ward Howe, held special classes in West Virginia during the early 19th century to teach women how to care for their youngsters. In the year 1868, Jarvis put together a 'Mothers Friendship Day' where mothers would socialize with former Union and Confederate soldiers in helps to create reunification.

Howe penned a 'Mother's Day' Proclamation in 1870 in which she asked mothers across the country to help promote world peace. Three years later, Howe was pushing to have a 'Mother's Peace Day' celebrated on June 2 annually. In Michigan, Mary Towles Sasseen and Frank Hering worked together to organize the holiday into the 20th century.

In 1905, Anna Jarvis lost her mother Ann. The grieving daughter looked to honor the sacrifices her mother made for her by celebrating Mother's Day and hoped other children would do the same.

The first big celebration took place in 1908 in West Virginia, where a business owner named John Wanamaker held an event at a church to honor motherhood. That same day in Philadelphia thousands attended a sister store of Wanamakers to celebrate as well.

In 1970, Coretta Scott King, wife of Martin Luther King, Jr., used the holiday to bring awareness to underprivileged women and children. In Thailand, Mother's Day is celebrated in August on the birthday of the current queen. In Ethiopia each fall, a big feast along with music is held over the course of a few days to celebrate motherhood. A fun fact, is that more phone calls are made on Mother's Day than any other day of the year.

LETTERS TO THE EDITOR

A thank you to our Harrington community

To the Editor:
 Despite the constant flow of news and information about the novel coronavirus and the worldwide pandemic it has spawned, it can still be challenging to describe the enormity and complexity of the situation before us. It requires that we all make personal decisions – sometimes at great sacrifice – to limit risk to the most vulnerable among us and avoid the collapse of our healthcare system.

In a career that spans over 40 years in healthcare, I have never experienced a time like this. Despite the fact that we are required to be physically distant from one another, I have never felt such a powerful spirit of unity and connectedness within our community.

As a community healthcare system, we have always had a special responsibility to our local residents. Because the healthcare environment is so challenging and ever-changing, we have had to make difficult decisions about where to focus our resources, sometimes reducing or closing services that we can no longer provide in a financially sustainable way. But we have always done so with an eye towards assuring our long-term ability to serve as a local and reliable critical healthcare provider.

It was this dedication that drove our strategic decision to be acquired by the UMass Memorial Health Care System; assuring that we could maintain our position as a health care partner and safety net for our community. Little did we know that a completely different challenge would be before us in a matter of weeks.

The Harrington HealthCare team has always based our decisions, both large and small, on how we can continue to make our community healthier and safer. Today, we are seeing that commitment return to us in spades. Our departments work seamlessly to ensure compassionate quality care. That is why we have received our 14th "Grade A" in LeapFrog Group's spring 2020 Hospital Report.

I couldn't be more proud of the way every single member of our team – from front line clinicians to support staff – has pulled together to plan for and face the coronavirus in our community. Everyone has contributed to assure that Harrington

HealthCare facilities will continue to be safe accessible resources. Across all floors and units of our hospital campuses, in offices and satellite locations, we have been a resource for safe testing and have created protocols to limit the spread of infection while caring for our community. This is the power of local healthcare.

We are heartened by the outpouring of support we have received from our community. We have long known that all of our employees are "Harrington Heroes;" and we are so glad to know that you see it too. Not only do we greatly appreciate donations of food supplies, homemade masks, and other personal protective equipment (thank you!), we are also so encouraged and motivated that in a time of global challenge you are thinking of us. This knowledge is particularly meaningful as we celebrate our staff in observance of Hospital Week this week. We also had the opportunity to honor our Nurses during National Nurses Week the previous week. A special thank you to MAPFRE Insurance Group who went above and beyond to make our nurses and staff feel extra special by delivering dedicated treats, signs and snacks. It is truly remarkable to see the outpouring of support from our community.

We urge the public not to delay seeking care out of fear that they may contract the COVID-19 virus at a healthcare facility. Extensive infection control measures have always been in place at HHS and additional measures aimed specifically at preventing the spread of COVID-19 have also been in place since early March.

Our goal right now is to assure everyone that they can safely access care for all emergency, urgent and chronic care needs, and to remind them that they should also continue to receive routine care through in-office visits and Telehealth appointments where possible.

We at Harrington are doing our part to help you, and we thank you for doing your part to help us. We will get through these trying times. When we do, we will never forget that it was by working together; healthcare and community, that we beat this pandemic.

By Ed Moore
 PRESIDENT AND CEO
 HARRINGTON HEALTHCARE SYSTEM

Garden Folklore: Old Wive's Tales or Trusted Truisms?

Farmers have long relied on legendary advice to guide them through a successful harvest season. Steeped in tradition and oftentimes superstition, many of these "rules" of farming continue to serve the modern gardener well. From upping the odds of successful planting to ensuring a bountiful harvest, this week's column examines the validity of some common garden folklore.

Old Wives Tale: Planting rusty nails in the garden can be beneficial.

TRUE: But not for the reason you might think. While people assume rusty nails will replace lack of iron in soil, the jury is still out on that. As experts continue to debate the subject, a Wayne State University finding reveals rusty nails had the ability to help "clean up" soil contaminates in city gardens. According to a published report from Environmental Pollution, Geologist Jeffrey L. Howard discovered soils in demolition areas of manufacturing that that were contaminated by lead and other heavy metals (from industry waste, paints, gasoline, etc.), benefited from the rusty nails (and cement) left behind.

When the nails and cement broke down, the resulting iron oxide from the nails (and calcium carbonate from the cement) bound to the lead, preventing it from leaving the soil.

Old Wives Tale: It is good luck to find a black snake in the garden.

TRUE: Black snakes can serve as valuable predators of an array of garden pests – which can result in a successful harvest.

Old Wives Tale: A fire brings a lucky harvest.

FALSE: Old beliefs from Germanic, Slav and Celtic tribes include celebrating the summer solstice with



TAKE THE HINT
 KAREN TRAINOR

huge bonfires, which were thought to boost the energy of the sun therefore boosting productivity of plants.

Today, the tradition of harvest bonfires continue, but are typically symbolic to show gratitude for a bountiful harvest season.

Old Wives Tale: When a farmer plows up a turtle shell it indicates a bountiful harvest season.

TRUE: With box turtles depending on animal matter for 60% of its diet, the reptiles feast on such garden pests as slugs, grubs, snails, flies and more, thereby aiding in the success of crops.

Old Wives Tale: Planting a lone mum in the vegetable garden helps veggies grow lush.

TRUE: In the sense that the chrysanthemum acts as an irrigation indicator. Because the flower wilts before other plants when water is needed, it'll act as a red flag to tell you to irrigate. Cucumbers can also act as flags because they are the first to droop during a dry spell.

Old Wives Tale: Squash and Melons should never be planted near flowering plants.

TRUE: Because squash and melons rely on bees be pollinated, planting them near other flowering plants can result in competition for pollinators.

Old Wives Tale: Four O'Clocks (flowers) kill Japanese Beetles.

TRUE: While Four O'Clocks bear beautiful blooms, they can be dead-

ly to Japanese Beetles. The foliage is poisonous to the garden pests, therefore planting the flowers around the perimeter of plants that are at risk for the pests acts as a deterrent.

Note: Four O'Clocks are also poisonous to children and pets so be very careful where you plant them.

Old Wives Tale: Adding Epsom salts to the soil is good for a garden.

FALSE: While some gardeners swear an elixir of Epsom salts help their plants flourish, experts report most garden soils are not low in magnesium, so the salts are an unnecessary pollutant.

Old Wives Tale: Pepper plants should always be planted near rocks.

TRUE: Pepper plants thrive on heat, so it can be beneficial to place large rocks next to your green pepper plants to attract the sunlight.

Old Wives Tale: Toss cooking water into the garden for lush plants.

TRUE: Cooks from days of yore never wasted anything and the water that vegetables and pasta was cooked in was no exception. It makes sense that the vitamins and minerals in the water would be beneficial to growing plants.

Farm & Garden Superstitions

Farm and garden superstitions of days gone by often carried over into everyday life. Even the day one spies the first spring flower is an omen, as the following rhyme attests:

Monday means good fortune,

Tuesday means greatest attempts will be successful,

Wednesday means marriage,

Thursday means warning of small profits,

Friday means wealth,

Turn To **HINT** page **A10**

What can investors learn from cyclists?

May is National Bike Month. Of course, millions of Americans enjoy biking, so there's reason to celebrate. But even if you're not much of a rider, you can apply some of the guidelines and lessons of bicycling to other areas of your life – such as investing.

FINANCIAL FOCUS

DENNIS ANTONOPOULOS

Consider taking some of these ideas for a spin:

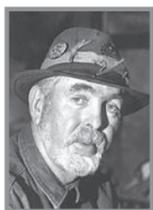
Tune up your portfolio. When bicyclists tune up their bikes, they adjust their brakes, clean and lubricate the chain, tighten nuts and bolts, and check the tire pressure, among other tasks. Such a tune-up keeps their bikes running smoothly and reduces the chances for breakdowns. And by "tuning up" your investment portfolio, you can help it stay in line with your goals and risk tolerance, while also preparing it for a "breakdown" in the financial markets, in the form of sharp downturns. To tune up your portfolio, look for ways to increase diversification, which can help reduce the effects of volatility, and watch for investments that may have chronically under-performed or are no longer suitable for your risk tolerance. You might be better off selling these and using the proceeds to invest in new opportunities.

Know when to shift gears. Bicyclists move into higher or lower gears in response to changing road conditions and elevations. As an investor, you, too, may need to "shift gears" or adjust your investment strategy when your personal financial environment changes. So, for example, in the years immediately preceding your retirement, you may want to move some – but certainly not all – of your investment dollars from growth-oriented vehicles to income-producing ones. That way, you can lock in some of the gains you may have achieved while lowering your portfolio's overall risk level. This is important, because once you reach retirement and you need to start withdrawing from your retirement accounts – which essentially means liquidating some of your investments – you don't want to worry too much about having to sell when prices are down. However, keep in mind that, even during retirement, you'll need some growth potential in your holdings to help yourself stay ahead of inflation.

Protect yourself. Smart bicyclists always wear their helmets – they know that an unexpected bump in the road could cause a dangerous spill. And on the journey toward financial security for yourself and your family, you can also expect that some hard knocks could come your way – which is why you need the proper protection. To safeguard your family in case anything should happen to you, you must have the appropriate amount of life insurance. And to help ensure your financial independence – and avoid becoming a potential burden to your grown children – you may want to consider some type of long-term care coverage, which can help cover many of the costs of a lengthy nursing home stay. You could choose a long-term care insurance policy or a "hybrid" policy, which combines long-term care protection with the death benefit of traditional life insurance. A financial advisor can recommend the option that's most suitable for your needs.

You may want to observe National Bike Month by taking a few rides yourself. But in any case, making these cycling-inspired moves can help you keep rolling along toward your financial goals.

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



THE GREAT
OUTDOORS
.....
RALPH
TRUE

Watching for waterfowl season



Someone losing a finger or two happens every year by these turtles, especially this year with a lot of people enjoying walks along trails and river banks.

A lot of people need to be reminded to leave all wildlife alone, if they encounter them on their daily walks. Young deer are often encountered by trail walkers at this time of year. They may seem alone, but the mother of the young deer is often not far off.

Some real impressive tautog were caught by local anglers like the one in last week's column of William Toner in Long Island Sound with his 10 pound tog. Sorry I forgot to identify the angler last week. I must be getting old. Nice fish!

Wild turkey hunting is coming to an end on May 23, this year in Massachusetts. It was not the best of weather for turkey hunter's but many large toms were harvested. Numerous turkey hunters had already harvested there two bird's by last week, and reported encountering a lot of young

birds. It was a crazy season this year, with birds scattered all over the place, but if you could walk, finding a big tom to harvest was not hard.

The Massachusetts Waterfowl 2020-2021 regulations are out and can be found on the Massachusetts Fish & Wildlife Web site. Many waterfowl hunters were surprised by the new regulation allowing veterans a special two-day hunt on waterfowl. The new special veterans' waterfowl hunting days are Oct. 3 & Jan. 30, which are prior to the regular opening days for the season dates. I thought it was great. The early Canada goose season in Massachusetts starts on Sept. 8 this year.

This week's picture of Yair Tufeld with his six pound, 10 ounce brown trout from Ashland Reservoir was a real nice fish. Anglers continue to catch some real nice rainbow trout from numerous bodies of water in the valley.

Take A Kid Fishing & Keep Them Rods Bending!



Jerry's bait & tackle



Jerry's bait & tackle
Milford Ma

A few days this past week sure felt as though winter was returning. Hopefully, this coming week's weather will be a lot better. Even with the cold wet and snowy & windy weather, many ground nesting birds successfully hatched their young. A couple pairs of Canadian geese managed to have their young at a local Rod & Gun club. One pair had five goslings and the other pair had four. Every day that goes by gives the young birds a better chance for survival. Snakes and turtles are there largest threat in the water, and fox, coyote, Fisher cat, hawks, and owls, and bobcats are predators that often take their toll on newly hatched goslings.

A picture of a great horned owl was observed by Don Danforth recently in his back yard, and this week's photo of the bird was captured by him a few weeks ago. This writer has a pair of Red Tail hawks flying over my property daily, and are fun to watch as they do different maneuvers in the sky directly overhead. One bird would fly extremely high and then cup his wings dropping real fast to its mate below. They sure are taking care of the squirrel population in my area. No problems at my bird feeders this year!

It will not be long before extremely large snapping turtles start to leave their watery environment to lay their eggs along many river banks, and local residents back yards. They can cause serious harm to anyone that comes to close, especially young children.

If there was ever a time for radical optimism, it is now

Be optimistic. Get excited. Great things are on the brink of occurring. Positive shifts in paradigms are happening. Be open and embrace the future. From the ashes of a pandemic, incredible and positive change can occur. Be open!

Our nation has always responded positively and with overwhelming optimism to any challenge. When looking back at the history of World War II, you see how lives changed overnight and factories building cars one day were turning out tanks and airplanes the next. From the tragedy of Pearl Harbor emerged the greatest and most powerful nation in history. Democracy spread like wildfire and the world has never been the same. I believe that something positive and similar will happen because of this pandemic.

Look at General Motors. One day, they were turning out cars, and 40 days later they are turning out respirators. Look at the multitudes of company's and everyday people sewing masks. Americans are always up to the challenge. Americans have a history of radical optimism that inspires nations and people around the globe.

I keep hearing people ask, "Will things ever get back to normal?" And my response is "maybe there's a new

and improved normal coming. Many have commented that they like having their groceries delivered. I embrace the idea that other than emergencies, I can visit my Doctor on my phone or laptop and not have to go into the office. I think we have all become more deliberate at keeping in touch with relatives and loved ones that live in distant places via Facetime, Zoom and other group meeting programs. Yes, some are commenting that we are becoming germophobic, but shouldn't we all wash our hands more and practice social distancing when we have a cold or flu? Being aware of the various ways to protect ourselves and others is a healthy thing.

My friend Judith Salitore wrote to me and said, "Radical optimism is having a dedication ... a commitment to always trying to find the good in every situation and not remaining on the side of defeat, hate or negativism in your life or experience." She also sent this quote from the Athenian historian, Thucydides. "The bravest are surely those who have the clearest vision of what is before them. Glory and danger alike, and notwithstanding. Go out to meet it."



POSITIVELY
SPEAKING

GARY W.
MOORE

My point is simple. If there was ever a time for bravery, vision, and radical optimism, it is now. Many people look only at the negatives that come from change. Sure, I can sit and point at a few obvious negatives but what good comes of complaining? Let us instead focus on the positive and embrace the good that comes from hard or difficult times.

I believe this pandemic has uncovered many weaknesses and cracks in our nation's foundation. Now exposed, we can positively fix them.

I believe turning over the manufacturing of our pharmaceuticals to China was a national security risk that has been exposed. We should expect and demand it return within our nation and control, and I believe it will. We cannot allow our basic health and wellbeing be held hostage by a foreign government.

We've learned that some of our high-tech firms are sharing information in China that puts us all at risk. This is something we the people must demand comes to an end. In the name of business, we cannot allow our companies to sell the safety of our people off for financial gain.

I believe the World Health Organization has been exposed to be either inept or corrupt.

Make no mistake. We need a global health organization of some kind but not one that is politicized and run with extreme bias and mismanagement.

Acknowledging these weaknesses, and others, is a positive, if we recognize them and act to make the positive and necessary changes. We are up to the challenge.

I'm confident in the human spirit and our ability to overcome the greatest obstacles. We will survive this pandemic, then thrive.

Be optimistic about our future. Why expect gloom and doom? Sure, we have a rough road ahead, but that road leads us to a bright future and greater times.

I'm a radical optimist. 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 @ GaryW Moore721 and at www.garyw-moore.com.

Get maximum yield from minimal garden space

Growing on a deck or balcony is a great way to bring the garden to your backdoor. You can attract butterflies and hummingbirds into easy view and grow edibles within close reach when cooking. For some, it may be the only available space to garden.



GARDEN
MOMENTS
.....
MELINDA
MYERS

Make the most of every square foot by growing vertically. You'll not only save space but also create privacy, make harvesting vegetables easier and create a garden that's at eye level as you enjoy your outdoor space.

Train pole beans, like the Seychelles, up a decorative trellis, teepee of bamboo stakes or other creative support. You'll be able to harvest these delicious five- to six-inch stringless beans without bending.

Pick and enjoy a healthy treat of Snak Hero edible podded peas right on the deck. If any of these tasty peas make it into the house, you can add them to a relish tray, stir fry or freeze a few to enjoy later.

Plant a few GreenLight Cucumbers and enjoy

the abundant harvest of forty 3- to 4-inch fruits. Put away the peeler, and enjoy these smooth seedless cucumbers.

Be sure to include a few tomatoes. Apple Yellow's fruit are shaped like a small apple, colorful and ornamental. You'll have plenty to enjoy as each plant can produce up to 1,000 tomatoes. These bright lemon-yellow tomatoes have a sweet citrusy flavor and firm exterior, making them perfect for stuffing.

Grow some flowers for added color and don't forget the herbs. You'll enjoy the evening fragrance of Perfume Deep purple nicotiana, the bold leaves and bright orange flowers of South Pacific Orange canna and the vibrant red flowers of Holi Scarlet zinnia. Mix in a few of your favor-

ite herbs to add texture and color to the garden and flavor to your meals.

These All America Selections (AAS) winning varieties (all-americaelections.org) are tested nationally for their flavor, beauty, and performance in home gardens. This non-profit trialing organization names only new, non-GMO varieties as winners.

Gardening on decks and balconies offer many advantages, but also a few challenges. Winds can be brutal, toppling over or launching tall, leafy plants into flight. Use a heavier pot to help anchor plants or tether the container to a post or railing mounted on the deck or balcony.

Drainage is critical to container gardening success but can be a problem when you inadvertently shower your neighbor below when watering your plants. Consider using a self-watering container and be careful not to overflow the water reservoir.

Another solution is to place containers on a

saucer to capture excess water instead of allowing it to seep to the deck or balcony below. Elevate the pot in the saucer with a commercial or homemade device. You'll be able to monitor the water level to avoid overflows and keep the pot above the water to prevent root rot.

With proper plant selection and adjustments in your gardening style, get ready to enjoy a season full of tasty vegetables and gorgeous flowers.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" gardening DVD series and the nationally syndicated *Melinda's Garden Moment* TV & radio segments. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by AAS for her expertise to write this article. Myers' Web site is www.melindamyers.com.



Photo Courtesy

Grow pole beans, like the Seychelles, up a trellis to get the most out of your available space and make harvesting easier.

HINT

continued from page A8

Saturday means misfortune, Sunday means excellent luck for weeks.”

More garden lore:
*Finding one pea in a pod is considered lucky.

*If one discovers two shoots from a single cabbage root, good luck will be bestowed.

*Looking for a little luck? Place sprigs of basil in the four corners of your house at the beginning of the planting season.

* Basil is a lucky herb. It is said to bring love and wealth to those who have Basil in the garden.

*Cursing while you plant parsley evidently ensures flourishing plants!

*It was claimed lettuce can reduce labor pains

*Both onions and chili pepper were hung up over doorways to ward off evil.

*A row of tomatoes ripening on the windowsill is said to have the power to ward off evil.

**

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

Shepherd Hill Show Choir staff salutes seniors

BY JASON BLEAU
CORRESPONDENT

CHARLTON/DUDLEY – The COVID-19 pandemic has affected the lives of seniors across the country preventing them from enjoying their final month of high school education in a traditional manner. This has forced many school districts and departments to get creative with how they honor their outgoing seniors. For the show choir seniors from Shepherd Hill Regional High School in the Dudley-Charlton Regional School District that involved the choir staff visiting each seniors' home in the form of a Senior Celebration Parade.

In late April, the Shepherd Hill Show Choir staff took to the streets of Charlton, Dudley and Webster and even Putnam, Connecticut to visit the homes of graduating seniors and bid them a final farewell. Over the course of five and a half hours Choral Director Becky Bussiere, choreographers Greg Bubba Bussiere and Ashley Racicot, pit band director Lester Boggio, assistants Connie Galli, Jana Deschenes and Zachary Moore, and Technical Director Kristin Marengo drove together parade style presenting banners with each senior's likeness. Choral Director Bussiere said this was an attempt by the staff to maintain a longstanding tradition at the school by modifying it for current times.

“Every year, we end our show choir's season with a banquet. We hang the senior banners we make for the show choir festival we host at our school. They hang in the cafeteria for the show choir community to see. Since we never got to finish our competition season or have our banquet, the show choir staff decided to make a parade and deliver some joy to our kids,” Bussiere said.



Courtesy Photo

The Shepherd Hill Show Choir Staff honored their outgoing seniors with a special parade and presentation of senior banners to 30 soon-to-be graduates.

A total of 30 seniors were honored during the parade, a group Bussiere said was “a very talented and special class.” While the students couldn't finish their school year on site and graduation festivities still have yet to be announced, the Show Choir staff didn't want to wait to make sure their seniors knew how appreciated they are and how much they will be missed.

“The focus was trying to restore the traditions we lost by having to leave school unexpectedly. I wrote each student a letter and gave it to them with their poster. I would have given them the letter with their gifts at the banquet. We also gave them their superlative

awards,” Bussiere said. “In the next couple of weeks, they will get their senior letters written by the underclassmen in the choir. We are finishing up their senior video that will also have the seniors from the concert choir. This would have been played at Seniors Last Jam where the seniors performed solos for the final time. We can never replace what they lost, but they will leave knowing they were loved.”

Staff members also posed for pictures with the graduates during each presentation being sure to respect social distancing guidelines while leaving a lasting memory for the Class of 2020 Show Choir seniors to cherish forever.

OBITUARIES

Robert E. Newcomb, 84



Robert E. Newcomb, 84, of Gulfport passed away May 4. Robert (Bob) settled in Gulfport, Florida from Auburn, Massachusetts with his beloved wife Beverly in 2006. Bob loved socializing with family and friends, sports and supporting the local communities where he lived.

Bob is survived by his wife, Beverly of Gulfport, Florida; daughter Meg (Michael) Parulis of Niantic, CT; daughter Susan (William) Bois of Auburn, MA; daughter Laura (Matthew) Briggs of Gulfport, FL; son Andrew (Christine) Newcomb of Amherst, MA; ten grandchildren and five great grandchildren. In lieu of flowers, please make donations in Bob's name to The Gulfport Senior Center Foundation.

Nina (Antonina) I. Zirpola, 92



AUBURN- Nina (Antonina) I. (Santoniello) Zirpola, 92, passed away peacefully on Tuesday, May 5th, in the Life Care Center of Auburn after a brief illness.

She was predeceased by her husband, Joseph L. Zirpola in 1979, her two sisters, Martha Taglialegami and Frances Hamilton and her granddaughter Jessica M. Miller. She leaves her five children, Donald J. Zirpola and his wife Gabriela of Manhattan Beach, CA; John A. Zirpola and his wife Emily of Charleston, SC; Joseph L. Zirpola and his fiancé Tammy of Amherst, NY; Karen J. Zirpola-Miller and her husband Gene of Charlton, MA and Lisa A. Monfette and her husband Michael of Worcester, MA. She also leaves her grandchildren, Jennifer K. Colognesi and her husband Anthony; Nichole Cavanaugh and her husband Shane; Danielle Zirpola; Cameron Zirpola; Antonina Zirpola; John Zirpola, Jr. and her great grandchildren, Colin and Ashlynn Cavanaugh.

Nina was born in Buffalo, NY in 1927, the daughter of John and Phyllis (Tabone) Santoniello who immigrated from Sicily, Italy.

Nina was a loving daughter, sister, wife, mother and grandmother. Nina married the love of her life, Joseph at the age of seventeen and they raised their family in Tonawanda, NY, where they lived on the same street as her two sisters and their families.

Nina's love for shoes likely began while she was working at a Sattlers department store, where she enjoyed spending all her earnings. She had a flair for the theatrics and always looked forward to participating in their annual talent show.

In 1965 Nina and Joe opened a family restaurant and were known as Mama and Papa “Z” to the high school crowd from Kenmore East Senior High School who came daily for “Cocacola time.”

Nina was known for her quick wit and humor. She also could be quite mischievous. Like the one time she volunteered her husband's car to her sister, Marty, neither of whom had their license for a joy ride. Upon seeing Nina's husband walking up the street, Marty accidentally crashed the car into a neighbor's house and they both fled on foot to hide at their sister Fran's house.

She also had water wars with her husband, Joe, where they'd sneak up and soak each other with the garden hose. One night he was waiting outside for her and happened to be under the kitchen window. Nina filled a pot with water and threw it right outside the window over his head, winning the war that day.

Nina was widowed young and focused on being a devoted mother and grandmother. She was known affectionately as Nani by all her grandchildren. She helped to raise Jenni, Nicki, Danielle and Nina watching them daily when they were younger. And she enjoyed spending time with all her grandchildren whenever they were nearby.

Nina moved to Massachusetts in 1984. She was a devout Christian, voracious reader, eloquent storyteller of her life adventures and loved watching old Hollywood films. Even in her later years, she filled our days with laughter and love. She continued to be the life of the party. You never knew what she might say to make you laugh.

As she got older, she did not slow down, which made it very hard for her daughter Karen to get the high heels away from her after she moved to the nursing home. She also loved to apply makeup for hours and even after all that time, touch-ups were always crucial.

Nina was lovingly cared for by the amazing staff of Life Care Center of Auburn for the past eight years. They enjoyed her loving ways, quick wit, sense of humor and could often not contain her from running down the halls to hug everyone. Nina loved every single staff member, including, the aides, nurses, CNA's, activities staff, food service and laundry service staff. The family would like to extend their heartfelt gratitude to the all the staff who is more like family and showered Nina with hugs, kisses and love every day. We will also forever be indebted to them for holding her hand, praying and singing to her as she went to heaven.

While we will miss her terribly we know that life, if well lived, is long enough. Nina's life was rich with love, laughter and family.

A graveside service for Nina in Mount Olivet Cemetery, Kenmore, NY will be held at a later date. There are no calling hours.

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

www.morrillfuneralhome.com

Beverly A. Romasco, 75



DUDLEY- Beverly A. Romasco, 75, passed away peacefully, May 2, 2020 at St. Mary's Healthcare in Worcester.

She leaves behind a son, Joseph V. Fallavollita and his wife Patricia Majewski of Webster, a daughter, Cathy M. wife of Jack A. Champagne of Dudley, 2 granddaughters; Ashley Racicot of Webster and Amanda Racicot of Littleton, 2 step grandsons; John A. and Dean Champagne both of Auburn, brother and sisters;

Jacqueline wife of Donald Schmigel of Easton, Maryland, John J. Romasco, Jr. and his wife Paula of Providence,

Frances Romasco of Providence and Theresa 'Terry' Tedesco and her husband Richard of Shrewsbury and many nieces and nephews.

Beverly was predeceased by a son, Jeffrey V. Fallavollita in 1988, and her husband, Leonard W. Rectenwald in 2003.

She was born in Whitinsville February 5, 1945, daughter of the late John J. and Eleanor (Frabotta) Romasco, Sr.

Beverly graduated from Northbridge High School and the Long Island School of Nursing in Boston and was an L.P.N. in several nursing homes in Webster and Worcester. For the past several years, Beverly was proud to be a Presentation Associate Minister, following her love for the Sisters who taught her in Elementary school.

There are no calling hours.

Graveside Services will be Private in Worcester County Memorial Park in Paxton, due to the restrictions in place at this time.

In lieu of flowers, memorial contributions may be made to: The Jeffrey V. Fallavollita Scholarship Fund at Oxford High School, 100 Carbuncle Dr., Oxford, MA. 01540.

The ROBERT J. MILLER FUNERAL HOME and LAKE CHAPEL, 366 School St., Webster is assisting the family with arrangements.

To leave a message of condolence or to share a memory of Beverly, please visit: RJMillerfunerals.net



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



the deadline is Friday noon for the following week.

(Memoriams will run on the Obituary pages)

Ad prices are \$15 for a 2x3 (actual size 2.4" x 3") or \$25 for a 3x4 (3.7" X 4") or 4x3 (5" x 3"). You can add a photo at no additional cost.

To send by mail, please mail or drop off to June Simakauskas, P. O. Box 90, 25 Elm St., Southbridge, MA 01550.

Personal checks, Visa, Master Card, Discover and AMEX are accepted.

For more information, please call June at 508-909-4062 or email jsima@stonebridgepress.news and she'll be happy to help!



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





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

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



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

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

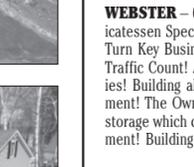
DUDLEY – 231 Dresser Hill Rd! 8+ Rm Custom Built 3 Bdrm, 3 Bath Split Set On 2.63 Acres Professionally Landscaped w/Panoramic Views of Nichols College at a Distance! Stamped Concrete Walk Leads to the Transom Side Light Door Entry! Custom Granite Kitchen w/SS Appliances including Gas Range! Dining Area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

WEBSTER LAKE – 23 Beacon Rd! Killdeer Island – Middle Pond – Southern Exposure – Full Day Sun! Level 90' Waterfront Lot w/1,011 Square Feet! Meticulously Maintained 5+ Rm, 2 Bdrm, 1.5 Bath Home w/Room to Expand! Soaring Cathedral Ceiling Family Rm w/Stone Fireplace Opening to the Maple Cabinet Kit & 4 Season Sunroom w/Anderson Slider to the Expansive Deck! 2nd floor Lake Facing Master w/Master Bath, Huge Closets & Slider to It's Lake Facing Deck! C/Air! 2 Car Garage! Lake Living at its Best! Listed by Another – "SOLD" by Century21 Lake Realty! **\$645,000.00**



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

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



DUDLEY – 6 Lakeside Dr! 6 Rm Cape! Move-in Ready w/3-4 Bdrms in a Great Neighborhood! 1-2 Bdrms on 1st Flr (1 could be a Dining Rm). 2 Additional Bdrms Upstairs! 1st Floor w/Hardwoods! Interior Painted in Neutral Colors! Gas Heat on the 1st, Electric Heat on the 2nd! Detached Garage w/Newer Door being used as a Hobby Rm! Newer Roof! New Insulation Added! Home is Wired for a Generator! Newer White Vinyl Fenced in Level Backyard! Town Services! Take advantage of Dudley's School System and Low Taxes! Walk to the Town Beach or the Playground at the Elementary School! Won't last long **\$249,900.00**

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

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



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DOUGLAS - 14 MOUNT DANIELS WAY



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WEBSTER - 5 SURREY LN



Gently Used 5 Bdrm Colonial, or 4 Bdrms & Game Room! This 24 x 28 3 Car Garage HAS HEAT! Open Concept Kitchen, Dining & Living Room, Full bath, Beautiful Granite Counters w/Breakfast Bar, Second Floor - 5 Over-sized Bdrms! Bath & Laundry Rm! Walk up Attic. **New Price \$399,000.**

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Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Potential for a 2 family to be built! Town Water, Sewer. **ON DEPOSIT \$70,000**
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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



Estate like long paved driveway! 3158 Sq Ft Colonial! Geothermal built. Open floor plan, ash flooring throughout! Granite and s/s applianced kitchen! Large master bedroom, coffered ceiling, master bath, W/Jetted tub! Walk in closets. Two car garage. **assisted sale \$499,900.**

WEBSTER LAND - COOPER RD



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WEBSTER LAKE - 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. **\$674,000.**

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! **\$375,000**



REAL ESTATE

ORDER

continued from page A1

face covering or mask in public places where maintaining proper social distancing measures to prevent the spread of COVID-19 are not possible," read a statement released by the Governor's office.

The order applies to all workers and customers of essential businesses and other organizations that are currently open to the public, including grocery stores, pharmacies, and retail stores. Residents are also required to wear a mask or face covering at all times when using any means of public mass transit.

As of press time, Massachusetts ranked third in the nation for most total COVID-19 deaths. The only states with more recorded coronavirus deaths were New York and New Jersey. With the increased use of face coverings, the Governor and his team are hoping to slow the spread.

"A face covering may include anything that covers your nose and mouth, including a mask, scarf, or bandana. Healthcare masks should not be used and should be preserved for healthcare workers and first responders," read the Governor's statement. "Cloth masks should not be worn by young children under the age of two, persons with

difficulty breathing, or those who are unconscious, incapacitated or otherwise unable to remove the mask without assistance."

Instructions on how to make a cloth mask are available on the Centers for Disease Control website, www.cdc.gov. Meanwhile, local communities have posted information about the Governor's order on their websites.

"It is critical to emphasize that masks do not replace social distancing, staying at home except for essential travel, and frequent hand washing. All remain vitally important to slow the spread of the virus," read a statement from Spencer officials posted to the town Web site.

Governor Baker also announced expanded community health center COVID-19 testing capacity at centers throughout the Commonwealth. In continued partnership with Quest Diagnostics and the Mass. League of Community Health Centers, the state now has 18 community health centers. The new facilities that will begin expanded testing include:

- Lynn Community Health Center
- Holyoke Health Center
- North Shore Community Health Center
- South Boston Community Health Center
- Community Health Center of Franklin County

Gianna Grici named to Montclair State University's Fall 2019 Dean's List

MONTCLAIR, N.J. — Gianna Grici of Auburn was named to Montclair State University's Fall 2019 Dean's List. Grici is majoring in Dance.

Grici was among more than 5,000 students named to the Fall 2019 Dean's List. To qualify, students must earn a GPA of 3.5 or higher.

Montclair State University is a research doctoral institution ranked in the top tier of national universities. Building on a distinguished history dating back to 1908, the University today has 11 colleges and schools that serve 21,000 undergraduate and graduate students with more than 300 doctoral, master's and baccalaureate programs. Situated on a beautiful, 252-acre suburban campus just 12 miles from New York City, Montclair State delivers the instructional and research resources of a large public university in a supportive, sophisticated and diverse academic environment.

PMC

continued from page A1

and treatment. The institute's mission is to promote scientific inquiry, clinical care, education, community engagement, and advocacy.



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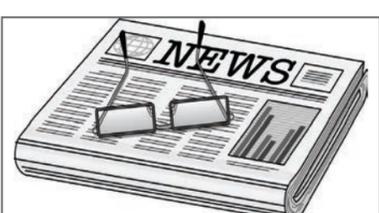
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Improve comfort when dining outdoors



furniture is made for outside doesn't mean it has to be uncomfortable. Many companies now produce very durable and attractive outdoor furniture. Weather-resistant fabrics mean rain or sunlight will not age items too quickly.

Reusable place settings

If you frequently dine outdoors, you may want to dine in style. Instead of disposable paper or plastic place settings, invest in colorful, durable, reusable plastic dishes, glasses and flatware, which will not break if dropped and can hold up to a dishwasher when it is time to clean up.

Create the right ambiance

Invest in outdoor lighting, candles and hidden speakers to pipe in music and create ambiance. Install privacy screens and foliage to establish a nice nook for outdoor dining.

Outdoor dining areas can be improved with some easy modifications to existing spaces.

Warm weather entices people to enjoy long hours outside basking in the sun or relaxing on balmy evenings. Many of the activities people once reserved for indoors when temperatures were chilly, including dining, are moved outside as the weather warms.

Even though outdoor dining can be quite enjoyable, certain factors need to be considered to ensure that each experience is as pleasurable as possible. This means focusing on comfort whenever meals are taken out-of-doors.

ers. Once they smell sweet or savory food items, they quickly descend for an easy bite. This means extra steps are necessary to dissuade insects from coming by. Invest in citronella candles, which can be placed around the patio to repel flying bugs. Clean up crumbs and spills promptly. Bees and wasps can be lured away with sweet traps placed around the perimeter of the property.

Offer shade
Too much sun can make outdoor meals less enjoyable. A patio umbrella,

pergola or canopy can cut down on glare and make the dining area more comfortable. Check to see that the shade source can be adjusted to guard against the sun as it moves across the sky.

Dress up seating
Just because

Address insects
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