

Auburn News

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AKUITY Technologies ranked among best in its field

AUBURN — AKUITY Technologies has been named as one of the world's premier managed service providers on the prestigious 2020 annual Channel Futures MSP 501 rankings.

For the 13th year running, MSPs from around the globe completed an exhaustive survey and application this spring to self-report product offerings, annual total and recurring revenues, profits, revenue mix, growth opportunities and company and customer demographic information. Applicants are ranked on a unique methodology that weights revenue figures according to long-term health and viability; commitment to recurring revenue; and operational efficiency.

"This award is a direct reflection of the hard work, dedication and loyalty of our staff and the trust and confidence of our customers," said Steve Cariglio, President, AKUITY Technologies. "We look forward to helping businesses and their employees continue to navigate the challenges of COVID-19."

In the 13 years since its inception, the MSP 501 has evolved from a com-



petitive ranking list into a vibrant group of service providers, vendors, distributors, consultants and industry analysts working together to define the growing managed service opportunity.

"For the third year running, the applicant pool for the annual MSP 501 has grown year-over-year, making this year's list the most competitive in the survey's history," says Kris Blackmon, Senior Content Director at Channel Partners and Channel Futures.

"The MSP 501 leveraged judgement methodology brand-new in 2020 to drill down into not just what makes a big managed service provider, but what makes a great managed service provider. The 2020 winners are truly the best examples of innovation, business

acumen and strategic savvy on the planet. We extend our heartfelt congratulations to the 2020 winners and gratitude to the thousands of MSPs that have contributed to the continuing growth and success of both the 501 and the thriving managed services sector."

The 2020 MSP 501 list is based on data collected by Channel Futures and its sister site, Channel Partners. Data was collected online from Mar. 1 through June 30, 2020. The MSP 501 list recognizes top managed service providers based on

metrics including recurring revenue, profit margin and other factors.

At AKUITY Technologies, we believe that technology should make businesses better. AKUITY started in 1988 with the simple goal of bringing better technology and better support to local organizations in need. Centrally located in Auburn, Massachusetts, AKUITY helps partners throughout New England to achieve success through greater returns on their technology investment. We offer end-to-end service including strategic planning, remote and onsite support, hardware and software procurement, and complete implementation services. Our team lifts the burden of technology by helping clients become more reliable, increasingly secure, and better informed so they can focus on what they do best, and leave the rest to us.

Charlton examining software for HR office

GRANTS ANNOUNCED FOR COVID-19 RECOVERY, BRIDGE PROJECT

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON — Several recently received grants and human resource upgrades were at the center of a brief update to the Charlton Board of Selectmen from Town Administrator Andrew Golas during a livestreamed meeting on June 28.

As he does every meeting, Golas provided a brief report of items from his office to keep both the town and selectmen informed of going on in the town hall. One major update provided during the final meeting of June was that he has been working with Human

Resources Director Lynn Dyer to evaluate software they believe will support the functions of the human resources office and help with data upkeep and retaining employees.

"Currently, the town lacks any formal database software to track critical employee data. After evaluation we've engaged CivicHR to provide software to support the recruitment and onboarding functions of the office," Golas said during his report.

The Town Administrator added that the software will help with understanding and recording any certifications and added training that employees receive. Overall, he feels that the

software will be a good fit for Charlton and will further enhance how human resources perform their duties.

"This software solution will also provide a database of trainings and employee information for long term retention. This solution also integrates well with our new town website and will be a great asset to improve the human resource workflow," said Golas.

Golas' report also provided updates on a pair of grants the town recently received including one designed to help local small businesses recover from the effects of COVID-19. Charlton, along with Southbridge and Sturbridge, were

named recipients of a \$250,000 grant from the Department of Housing Community Development under the Community Development Block Grant COVID-19 recovery program. The grant is meant to help a small number of local businesses recover from the impact of the pandemic and will be administered through the Southbridge Office of Economic Development and Planning. A second grant Charlton has also received is a \$500,000 Small Bridge Program grant that will help fund the design and replacement of the culvert over Cay Brook on Brookfield Road.

Shepherd Hill cancels planned graduation

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON — Despite recent plans to hold an in-person graduation ceremony for Dudley and Charlton seniors, Regional School District Superintendent Steven Lamarche announced in a press released that the proposed Aug. 2 celebration was cancelled.

Outgoing seniors from Shepherd Hill Regional High School were initially planning to attend a special ceremony honoring their graduation after the Class of 2020 saw their big day put on hold due to the COVID-19 pandemic. Sadly, the pandemic was also the primary reason for the cancellation of the August ceremony after representatives of both towns voiced safety concerns with school officials.

"We have been consulting with town health agents and after a representative Town of Dudley and Town of Charlton Board of Health meeting it was determined and recommended to cancel the event. Our state has experienced an uptick in COVID-19 cases and the older children and young adults have been impacted the most. You will see recent reporting in neighboring towns experiencing the impact. Out of an abundance of caution it has become necessary to cancel our event," Superintendent Lamarche said in his announcement.

Lamarche offered his sincere apology to the class of 2020 that the pandemic has caused them to once again be unable to celebrate their accomplishments from their senior year in a public forum. He added that the decision was a difficult one that they believe has everyone's health, safety and best interests in mind.

"I know this outcome weighs heavily on every decision-maker and it was not taken lightly. They are in a very difficult role and we must respect their processes. As shared, we are living day-to-day and at best week-to-week. We look forward to a new change," Lamarche said.

The decision came less than a week after Bay Path Regional Vocational High School held a live graduation ceremony to celebrate the members of their class of 2020 however in the days since that ceremony numerous states have reported small surges in cases of COVID-19 among young members of society.

BY KEVIN FLANDERS
STAFF WRITER

REGION — If you're planning to travel to states that have become COVID-19 hotspots, you'll need to add a 14-day quarantine into your plans after returning.

Massachusetts has reached a manageable level of new daily COVID-19 cases, but officials are afraid that travelers from the southern and western portions of the country could bring the virus with them and cause a second wave in New England.

To help prevent the spread, Gov. Charlie Baker recently announced that, effective Aug. 1, all travelers entering Massachusetts from high-risk states must quarantine for 14 days. This includes Massachusetts residents returning home from vacation, as well as col-

Baker announces self-quarantine requirement for visitors



Courtesy

Gov. Charlie Baker discusses a new travel order.

lege students arriving for the first semester.

"Every traveler coming to Massachusetts, no matter where they're from,

has a responsibility to help keep COVID-19 out of the Commonwealth," Baker said.

The Governor recent-

ly expressed frustration with large social gatherings statewide and irresponsible behavior from

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Norcross Wildlife Foundation names new Executive Director



J. Edward Hood

WALES — The Norcross Wildlife Foundation Board of Directors is delighted to announce that J. Edward Hood will step into the role of Executive Director on September 1, 2020. Mr. Hood will lead the dedicated staff and volunteers of the Foundation, working alongside the Board to usher in a new era of growth and impact for the organization. Elizabeth Austin, Chair of the Board of Directors, described the appointment as a major milestone in the Foundation's history. "Ed brings tremendous expertise in

land conservation, a keen understanding of sustainable stewardship practices, and extensive experience in developing educational programming for the public," she said. "We are thrilled to have him at the helm, and look forward to collaborating with him to take the Foundation forward in new and exciting ways."

Mr. Hood has nearly 30 years of progressive experience leading teams and organizations that invite the public to engage with nature, history, and culture through a variety of programs and activities. Since 2014, he has served as the first Executive Director of the Opacum Land Trust, where he oversaw a doubling of both acres protected and the organizational budget. During the previous 25 years, Mr. Hood served in progressive leadership roles at Old Sturbridge Village. In service of Norcross' mission, Mr. Hood will leverage his existing regional network, including the MassConn Sustainable Forest Partnership, a consortium of 30 conservation organizations working in south-central Massachusetts and north-eastern Connecticut, which he has coordinated since 2014.

"I immediately fell in love with this region when I moved here in 1985," said Mr. Hood, "and have spent my career studying and preserving its his-

tory, archaeology, landscape and environment. The opportunity to lead the Norcross Wildlife Foundation will be an awesome, thrilling, and humbling experience. I very much look forward to working with the staff, board of directors and regional partners in this effort."

Established in 1939 by Arthur D. Norcross, the Norcross Wildlife Foundation works to: protect, enhance and expand habitat for wildlife, primarily at the Norcross Wildlife Sanctuary and land holdings in the surrounding towns of Monson, Wales, Holland, and Brimfield, and Stafford and Union, Conn.; propagate, establish, restore and maintain populations of threatened and endangered plants native to New England; provide the public with education programs in natural and environmental science; and protect and conserve wild land and wildlife wherever threatened.

The search to identify the Norcross Wildlife Foundation's new Executive Director was conducted by NPAG, who partners with global, mission-driven clients to deliver highly-tailored and strategic senior- and executive-level searches, as well as related consulting services on leadership transitions, organizational change, talent management, and board development.



ACCURACY WATCH

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

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

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



Cheryl Begin

Cheryl Begin promoted at Bay State Savings Bank

WORCESTER — Bay State Savings Bank is proud to announce Cheryl A. Begin has been promoted to Assistant Vice President, Commercial Loan Officer. Ms. Begin will continue to grow commercial relationships and loan activity within the Bank's service area while continuing to provide customers the personalized service they value.

Ms. Begin joined Bay State Savings Bank in 2007 and has over 25 years of banking experience. She previously worked at Country Bank for Savings. Ms. Begin received her Degree in Human Services from Mount Wachusett Community College.

"Cheryl is a major asset to the Commercial Lending team here at Bay State Savings Bank," said Maria Heskes-Allard, Senior Vice President, Senior Lender. "She consistently shows a level of dedication and commitment to her customers that is hard to come by, always doing whatever she can to help them achieve their financial goals. Her promotion is well-deserved, and I look forward to watching her continued success."

Ms. Begin currently serves as the President of the Kiwanis Foundation of Worcester, Inc., in support for the betterment of children in Central Massachusetts. In addition, Cheryl volunteers many hours to other area organizations supporting their mission of service to the Community.

She resides in East Brookfield with her husband, Gary, and black lab dog, named Rowan.

Open Sky Community Services celebrates career of Director of Training and Consultation

WORCESTER — Open Sky Community Services is celebrating the career and retirement of Stephen Murphy, Director of Training and Consultation. After 38 years and several agency mergers, Stephen completed his last day of work at Open Sky Community Services on June 30.

"My career has been a sequence of happy accidents," said Murphy. "I landed in a place where I was able to contribute and create my own career path."

Murphy began his career in 1982 with The Bridge of Central Massachusetts at the Northborough Community Residence, the first Department of Mental Health program of the agency. Under the guidance of Murphy, and a core team of staff, The Bridge was able to expand and flourish. To date, there are now over 35 DMH programs under what is now Open Sky. The Bridge and Alternatives, Inc merged in 2018.

"Steve was one of the first essen-



Stephen Murphy

tial team members our organization

had," said Ken Bates, President and CEO of Open Sky Community Services. "He has helped shape the core values of Open Sky and created national recognition for us in regards to the use of evidence based practices within the mental health field."

Murphy's notable achievements over his career included the development of programs throughout South County, the creation and expansion of the Bridge Training Institute, and his role in Open Sky's award of housing vouchers from the U.S. Department of Housing and Urban Development (HUD).

For more information about The Bridge Training Institute, please contact Suzy Langevin or Elesa Humphrey at traininginstitute@openskycs.org.

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

Trail Committee awarded state grants

STURBRIDGE — The Town of Sturbridge Trail Committee has been informed by the Department of Conservation & Recreation (DCR) Mass Trails Program that our two applications for Mass Trails grant funds were approved, and have been awarded.

The two trail projects that were awarded funds are:

Riverlands flow trails, \$50,000 to build approximately 2.5 miles of "single track" trails on the Riverlands open space parcel. These "single track type 1" designed trails will be constructed 3 to 4 ft wide, and be laid out in a "flow" style for trail runners and MT bike enthusiasts. They will be the first "flow type" trails to be built by the trail committee, following the Town's Recreation Trails Master Plan. Final design and permitting will occur over this fall and winter with construction anticipated to start next spring. This 2.5 mile start is the first phase of two to build 5 miles of trails on this property.

Grand Trunk Trail, Westville Section. \$150,000 to help complete funding for the engineering, design and permitting to 100% construction ready documents. This work has already started with a Federal Transportation Enhancement Act (TEA) grant from 2005. With this help in engineering/design funds, more of the original

TEA grant funds will now be available for construction costs. Currently the Eastern Federal Lands Highway Division of the National Park Service was contracted by MassDOT to take over this grant project and is currently working on taking the previous 25 percent design plans to fully designed, engineers and permitted stage, and then contract and award for construction, set for August 2021. This will build the GTT from its current end at the Ed Calcutt Bridge out to the River/Farquhar Rd intersection, a distance of three quarters of a mile.

These two projects now join the two grants projects awarded last year, the \$12,500 grant for the GTT Central Section feasibility study and the \$44,000 grant for construction of the 22 vehicle Riverlands Parking lot, and the first 2000 ft of the Grand Trunk Trail on the Riverlands property. The feasibility study was just completed on June 30th, and construction has started on the Riverlands parking lot which is expected to be completed later this fall.

Sturbridge now has a two year Mass Trails grant award total of \$256,500.

The grants were prepared by Trail Committee Chair Brandon Goodwin, and members Fritz Reeves and Tom

Chamberland, assisted by the Town Planner Jean Bubon and Conservation Agent Becky Gendreau.

The Trail committee holds monthly meetings on the second Thursday of the month and monthly volunteer work days on the third Saturday of the Month, and supported by the local "Friends of Sturbridge Trails" (FrOST) group. More information on the Sturbridge Trail Committee and to download a copy of the Sturbridge Guide to Open Spaces can be found on the town Web site, www.sturbridge.gov.

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Local nonprofit introduces youngsters to the outdoors

BY KEVIN FLANDERS
STAFF WRITER

REGION – After spending months cooped up in their homes, several local residents are thrilled to be enjoying the great outdoors this month.

Women of the Outdoors is hosting multiple August events, including sensory friendly youth fishing lessons, an adventure walk, and a cleanup initiative, among others. The Massachusetts-based nonprofit organization uses outdoor recreation activities to educate women and young

adults in leadership, responsibility, and compassion.

As part of its sensory friendly fishing program, Women of the Outdoors (WOTO) held youth sessions at Westville Lake Recreation Area in Sturbridge. The sessions were offered through WOTO's Youth of the Outdoors program. It was a thrill for organizers to see youngsters getting outside and enjoying recreation.

"Youth of the Outdoors allows children a positive outlet that gives them a chance to

build self-confidence, learn new skills, and make memories that will last a lifetime," said Women of the Outdoors President Phyllis Rowe.

On Saturday, Aug. 15, the organization will host a youth adventure walk at McKinstry Brook in Southbridge. Kids are looking forward to exploring the many sights and sounds of the great outdoors in the summertime.

Additionally, Women of the Outdoors will offer an online women's archery course on Aug. 8. Instructor Kaylee Jade Jackson, who has taught archery for 45 years, will focus on the basics of bows and arrows during the first session. A second program on Aug. 15 will focus on the proper stance and various shooting techniques.

Moreover, a virtual nationwide women's fish-off is slated for August 22-29. Also, an online adventure hunt for both women and youth will be offered.

Women of the Outdoors is also heavily focused on its cleanup initiative set for this month. Participation in the program is easy, as volunteers can simply take a photo of themselves while cleaning up an outdoor recreation area. Then tag Women of the



Guests take part in recent events held by Women of the Outdoors.

Outdoors on social media and earn automatic eligibility for several prizes, including gift cards, a two-person tent, a survival bag, and others.

The cleanup effort will run throughout the month of August. More information is available on the organization's website.

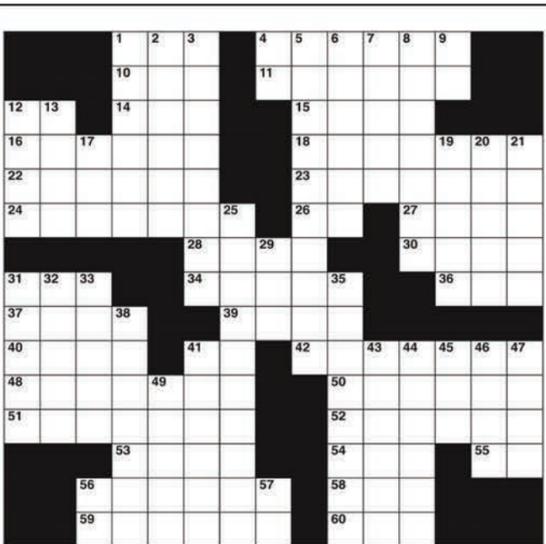
"We are motivating women across the nation, with prizes, to clean up their fishing and hiking areas. Conservation and preservation are a large part of our organization," Rowe said.

While many people associate outdoor recreation activities

mostly with men, Women of the Outdoors continues to help local women pursue their passions in a fun environment.

"Women of the Outdoors allows women a safe setting to become self-sufficient, connect with other women who share their passions, and prosper in an otherwise male-dominated field," Rowe added.

To learn more about Women of the Outdoors, visit www.wotousa.org. You can also check out the organization's Facebook page for announcements on events.



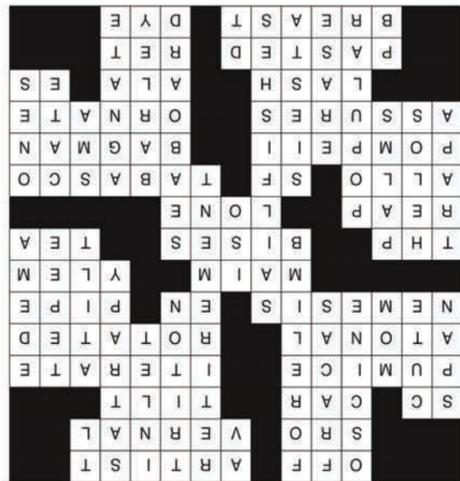
CLUES ACROSS

- 1. Opposite of on
- 4. Creator
- 10. No seats available
- 11. About springtime
- 12. Flagship ESPN show (abbr.)
- 14. Automobile
- 15. A matchup
- 16. Porous volcanic rock
- 18. Utter repeatedly
- 22. Not written in any key
- 23. Revolved
- 24. Archrival
- 26. Within
- 27. Smoker's accessory
- 28. Disfigure
- 30. Primordial matter
- 31. Thrust horse power (abbr.)
- 34. Kisses
- 36. Some is iced
- 37. A way to derive
- 39. Unaccompanied by others
- 40. Discontinued Google app
- 41. Tony B. left his heart there
- 42. Condiment
- 48. Ancient Italian city
- 50. One who distributes payoff money
- 51. Guarantees
- 52. Highly decorative
- 53. A hair on top of the eye
- 54. Pie ___ mode
- 55. Spanish be
- 56. Glued
- 58. A way to drench
- 59. Part of the body
- 60. Changes the color

CLUES DOWN

- 1. Passerine birds
- 2. Noisy quarrel
- 3. The front arm or leg of an animal
- 4. Early multimedia
- 5. Golden years
- 6. Large mollusk
- 7. Small arm of the sea
- 8. Persian jurisdiction
- 9. Atomic #81
- 12. From end to end
- 13. Adorable
- 17. Ma
- 19. Nearly falling
- 20. Portable conical tent
- 21. Excessive fluid accumulation in tissues
- 25. Fish with high dorsal fins
- 29. Equal (prefix)
- 31. Aquatic plant genus
- 32. Choppers
- 33. Hand parts
- 35. Region bordering the sea
- 38. Well-liked
- 41. Nap
- 43. It's used to make beer
- 44. Related on the father's side
- 45. Senior officer
- 46. Delicacy (archaic)
- 47. Figures
- 49. A way to take away
- 56. Beloved sandwich ___&J
- 57. Symptom typical of withdrawal (abbr.)

PUZZLE SOLUTION



Brimfield Town Wide Tag Sale set for Aug. 22



BRIMFIELD — Rain or shine, the Tenth Annual Brimfield Town Wide Tag Sale is coming Saturday, Aug. 22 at 8 a.m. Hitchcock Academy takes care of all the publicity so that sellers can dedicate themselves to having a successful event.

After registering online at www.hitchcockacademy.org and paying the \$12 fee, sellers get their own numbered listing on a Brimfield map. The listing includes location and a short, 65-character, description of the items or type of items for sale at each stop. Maps become available free online beginning on Friday, Aug. 21. Or, if buyers prefer, they can pick up a printed map for \$2, also beginning Friday, Aug. 21 at Hitchcock Academy, 2 Brookfield Rd. in Brimfield.

For people, who lack space to hold a yard sale, Hitchcock

Academy will have some areas to set up on their lawn. People utilizing Hitchcock Academy lawn space will be listed individually on the tag sale map. Last year nearly 30 households took part in the event and this year, after all the cleaning out that took place during quarantine, the hope is that even more people will participate. Tag sales provide win/win opportunities for both buyers and sellers. Buyers are repurposing unused items, which keeps these things out of local landfills and sellers gain household space and a little cash.

Those who wish to host a tag sale can stop into HFA to register, or they can register online by Monday, Aug. 17 by 5 p.m. Once registered, sellers must stop the Hitchcock Academy office to pick up their numbered sign.

Hitchcock Academy will advertise the Town Wide event on local media outlets and sellers are encouraged to use social media to publicize their sale to friends and family. Those sellers, who wish to continue their sale to Sunday at their home can inform Hitchcock Academy and the additional day will be noted on their map entry.

For a free online map of the sale go to www.mahomesllc.com. Hitchcock Academy, Executive Director, Cindy Skowyra offers, "many thanks," to Stephanie Bayliss who sponsors this event. Skowyra also asks that participants social distance and wear masks when required.

ALMANAC REAL ESTATE

- AUBURN**
- \$410,000, 86 Elmwood St, Waters, Scott A, and Waters, Leslie, to Markarian, Eric A.
 - \$367,000, 31 South St, Mckernan, Courtney, and Mckernan, Stephen, to Harrold, Timothy P, and Harrold, Shannon R.
 - \$360,000, 22 Burnett St, Webster Crossing LLC, to Racenet, Zachary J, and Deluca, Cristiana M.
 - \$325,000, Harrison Ave #B, Rosario, Caitlin M, to Rodriguez, David.
 - \$300,000, 2 Claire Dr, Lynch, Nicholas S, and Lynch, Katelyn, to Waters, Leslie R, and Waters, Scott.
 - \$295,000, 433 Leicester St, Horne, Renee M, and Horne, Richard J, to Signori, Michael, and Orchard-Beck, Skyla.
 - \$295,000, 711 Oxford St S, Annunziata IRT, and Wheeler, Karen, to Fleming, Sean P, and Fleming, Katherine L.
 - \$279,000, 387 Rochdale St, Johnson, Diane, to Galas, Peter J, and Galas, Kaytlyn G.
 - \$278,000, 21 Meadow St, Collins, Audra, and Camosse, Kim K, to Lanciault, James P, and Lanciault, Laurie.

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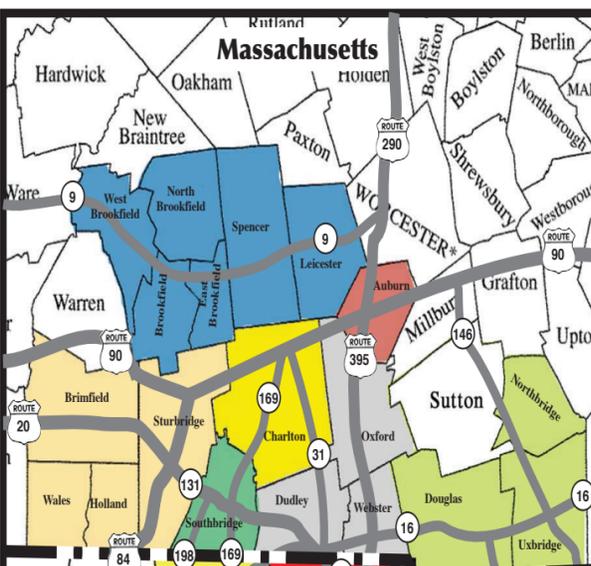
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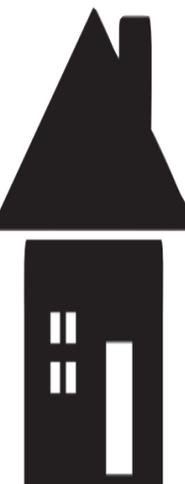
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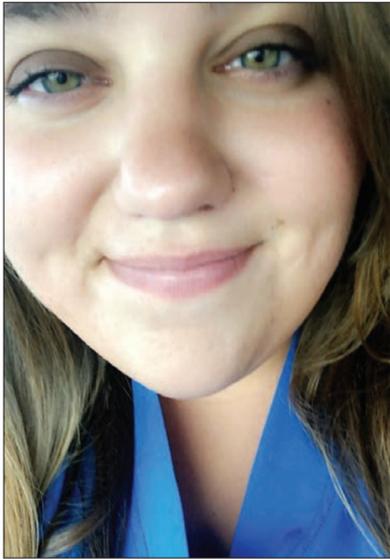
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This section reaches 47,000 households in 7 Massachusetts newspapers.

Four Bay Path Practical grads pass NCLEX-PN on first try



Kaitalyn Chunis



Cynthia Harris



JoAnn Milford



Robin Peters

CHARLTON — The Bay Path Practical Nursing (PN) Academy Class of 2020 graduated 25 students. Four of the graduates recently celebrated their successful passing of NCLEX-PN take one. The successful graduates are Kaitalyn Chunis, LPN of Millbury, Cynthia Harris, LPN of Ludlow, Robin Peters, LPN of Douglas, and JoAnn Milford of Woodstock, Conn.

Academy Director Gretheline Bolandrina, MSN Ed, RN, CRRN acknowledged that the Bay Path Practical Nursing Academy's curriculum is usually rigorous and challenging. The program presented even more obstacles for the PN students as they changed to remote learning on March 13. The PN students faced restrictions due to the COVID-19 pandemic. While the pandemic posed complications to their education, the PN class of 2020 made it through the program despite some working as Certified Nursing Assistants and some even became frontline workers.

"Thankfully, the PN faculty and Students transitioned from a face-to-face set-up to a remote learning environment seamlessly," said Bolandrina.

"PN Students attended zoom meetings and VSim, synchronized with Shadow Health sessions and they had access to the faculty and staff within this platform 24/7. Every effort was made to make them feel connected in a 'disconnected' environment. The PN students adjusted to the sudden and complete change in the learning environment. Additionally, they recognized their need to be safe, competent, and prudent nurses. Some won Kindness Awards along the way! They are doing well as frontline workers!"

Kaitalyn Chunis, LPN (Millbury)
 Certified, Mental Health First Aid (National Council for Behavioral Health Mental Health First Aid)
 Certified, Dementia Care
 Attendee, Stop The Bleed Course (American College of Surgeons Committee on Trauma)
 Grand Prize Winner, JetBlue Healthcare Heroes

Cynthia Harris, LPN (Ludlow)
 Certified, Mental Health First Aid (National Council for Behavioral Health Mental Health First Aid)
 Certified, Dementia Care

Attendee, Stop The Bleed Course (American College of Surgeons Committee on Trauma)
 Inducted, National Technical Honor Society
 Volunteer, Walk to End Alzheimer's
 Nominee, Clinical Excellence Award
 Member, UNICEF Club

JoAnn Milford, LPN (Woodstock, Conn.)
 Certified, Mental Health First Aid (National Council for Behavioral Health Mental Health First Aid)
 Certified, Dementia Care
 Attendee, Stop The Bleed Course (American College of Surgeons Committee on Trauma)
 Inducted, National Technical Honor Society
 Recipient, The Virginia Dockstader Academic Excellence Award

Robin Peters, LPN (Douglas)
 Certified, Mental Health First Aid (National Council for Behavioral Health Mental Health First Aid)
 Recipient, MassHire Grant
 Certified, Dementia Care

Volunteer, MassHire Job Fair
 Volunteer, Bagong Kulturang Pinoy (www.bkppinc.org)
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 Volunteer, Alzheimer's Walk
 Member, UNICEF Club

For more information about the Bay Path Practical Nursing Academy, contact Ruth Betz, AS, LPN at 508-248-5972, ex.t 1674 or RBetz@baypath.net or visit www.baypath.net.

It is the Mission of Bay Path Regional Vocational Technical High School to facilitate current, integrated, and rigorous academic and technical vocational programs that prepare students for the ever-changing world of employment and post-secondary education; to provide a school culture that meets the diverse needs of our student body for safety and mental wellness; and to foster student confidence, professionalism, and life-long learning skills that will enable them to become contributing members of our communities.

School facilities to remain closed

BY JASON BLEAU
 CORRESPONDENT

DUDLEY/CHARLTON — Dudley and Charlton school facilities will remain closed to the public until further notice as the district continues to discuss its reopening plans for the fall.

During a meeting in late July the Dudley Charlton Regional School Committee decided to reaffirm the limited access

to buildings following a recommendation from Richard Mathieu, the district's Director of Finance and Operations.

"It is our recommendation that schools continue to prohibit the use of indoor facilities until the virus situation is better managed. This is airing on the side of ultra-caution and is recognized that this will have an impact on some local groups, however if we do want to stop the potential spread of the virus within the school

walls it's logical to limit the numbers of people who may enter the schools," Mathieu said.

The recommendation also included school fields and playground remain closed although policing those outdoor facilities was seen as a complication.

Superintendent Steven Lamarche entertained motions from the committee noting that they district only has the capacity to police entry into the buildings.

"We're not officially sanctioning the fields. I know daily I watch not tons, but a handful of people use our fields and track and basketball courts out back. The district doesn't have the capacity to police those," Lamarche said.

After a short discussion, some committee members felt uncomfortable dictating how the administration handled school facilities while others felt a vote would "take the heat" off of administrators

putting any pressure from the public on the shoulders of the committee instead. Motions made were withdrawn but it was decided to put in the minutes of the meeting that the committee supported the administration's decision making for access to the buildings. Superintendent Lamarche also noted that exceptions can be made for emergency situations should they arise in order to help support the health and safety of the community.



Great Outdoors Word Find

Find the hidden words in the puzzle.

CAMPING	MOUNTAIN	TRAVEL
COAST	NATURAL	TREES
HIKING	OCEAN	VISTA
LAKE	RIVER	WILDLIFE

J T N H N L U J F A S C
 S T W U J A Y A K P G A
 E G J R X K T C Y X R M
 E Y F A E E X U Q A Z P
 R Z X W U V T N R C N I
 T W I L D L I F E A H N
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 J V T G T N J C K Z G R
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 Z F U S A S N E K K X X
 U O X A T G L E V A R T
 M C O L Q A P M X W D E

Get Scrambled

Unscramble the words to determine the phrase.

E F H R S I A R

THIS DAY IN...



HISTORY

• 1786: DR. MICHEL-GABRIEL PACCARD AND JACQUES BALMAT BECAME THE FIRST TO CLIMB MOUNT BLANC.

• 1876: THOMAS EDISON IS GRANTED A PATENT FOR HIS MIMEOGRAPH.

• 1988: WRIGLEY FIELD HOSTS THE FIRST NIGHT BASEBALL GAME IN ITS HISTORY.



THIS MOUNTAIN/VOLCANO IS ACTUALLY THE TALLEST ON EARTH. IT IS MORE THAN 10,000 METERS TALL, THOUGH HALF OF IT IS SUBMERGED IN THE PACIFIC OCEAN.

ANSWER: MAUNAKEA



PANORAMA

an unbroken view of an entire region

Answer: Fresh Air

BAKER
continued from page A1

travelers, which he blames for the rise in new cases late last month.

“There are no shortcuts when it comes to containing COVID-19,” Baker added. “For months, residents have been vigilant and adjusted their daily routines. We cannot – and we must not – let up now. Do not travel here if you have symptoms of COVID-19.”

In addition to quarantining for 14 days, travelers from high-risk states must fill out a “Massachusetts Travel Form.” Exemptions will be made for travelers from low-risk states, as well as those who can produce a negative COVID-19 test result administered no more than 72 hours prior to arriving in Massachusetts.

Travelers who get a test in Massachusetts must remain in quarantine until they receive their negative test results. Failure to comply may result in a \$500 fine.

Based on current public health data, low-risk states in the northeast include New York, New Jersey, Connecticut, Maine, Rhode Island, Vermont, and New Hampshire. Travel from these states to Massachusetts is permissible with no quarantine requirements.

The list of low-risk states is subject to change based on public health data, and states may be added or taken off the list at any time.

Additional exemptions include the following:
Travelers passing through the state without leaving their vehicles

Travelers commuting across state lines for work
Travelers arriving in Massachusetts for medical treatment
Individuals complying with military orders, or traveling to work in federally designated critical infrastructure sectors

Travelers will be informed of the latest regulations by airlines, passenger rail corporations, bus companies, and major travel agents facilitating travel to Massachusetts.

Additional information on the travel order is available at www.mass.gov/MATraveler. You can also text “MATraveler” to 888-777.

The Baker Administration also announced updates to the Commonwealth’s COVID-19 mandatory safety standards for workplaces to incorporate the requirements of the travel order. This includes sector-specific guidance for lodging, higher education, and office spaces, among others.

“Employers are strongly discouraged from allowing business-related travel to destinations other than those appearing on the list of COVID-19 lower risk states,” read a statement released by the Baker Administration. “Employers that permit employer-paid or reimbursed travel to those states should take measures to ensure employees comply with this order.”

Meanwhile, state officials remind all travelers and residents that they must continue following requirements for face coverings and social distancing.

Sip and Stars benefit planned for Hitchcock Academy

BRIMFIELD — Sip and Stars at the Brimfield Winery, 35 Main St. (Route 20) in Brimfield promises a big field, short lines, award winning food, music, and a large parking area. It’s the perfect wide-open spot to view the Perseid’s Meteor Shower at its peak. James Paul will provide musical entertainment in the early hours before sunset. This year you must choose from one of two nights to attend: Wednesday, Aug. 12 or Thursday, Aug. 13 from 6 to 10 p.m.

Each adult ticket includes admission, three tastings and one full pour of beer or wine from Brimfield Winery and Rapsallion Brewery. Ticket holders have the option of

mixing and matching their choices. Geoff and Kim McLean from Thames Astronomical Society will bring telescopes for up close viewing, which will be accompanied by a laser guided tour of the night sky. Stargazers are invited to pack a picnic supper or they have the option to splurge from the B.T.’s Smokehouse food truck, which will be serving both nights. No outside beverages will be allowed.

This is the sixth year of the summer benefit for Hitchcock Academy, which combines the local area’s favorite libations with a guided tour of the season’s best natural nighttime light show. Tickets are available at hitchcock-academy.org/sip-stars. Adult tickets purchased

before Aug. 8 are \$20; after August 8 the price is \$25. Under 21 tickets are \$5 and come with Rapsallion’s special homemade root beer. Due to Covid-19 restrictions, tickets will be limited and it is the reason a second night was added. According to Hitchcock Academy’s Executive Director, Cindy Skowyra, “there is no guarantee of ticket availability at the door.”

Skowyra also noted that there is no rain date but, in the case of overcast skies or a rain interruption, an astronomy talk will be held in the pavilion. All guests must wear a mask for entry and everyone is asked to practice social distancing, which will be no problem considering the spaciousness of

the venue.

Hitchcock Academy is grateful to all of the Sip and Stars sponsors especially Cosmic Sponsors: BT’s Smokehouse, Country Bank, Rapsallion Brewery and Brimfield Winery and Galactic Sponsors: First American Insurance and McCurdy Insurance

Bring a blanket. Set up a chair. Don’t forget the bug spray and a flashlight. A red lens for the latter is best, but don’t worry, there will be plenty of red cellophane to cover your flashlight or phone to protect night vision. This is summer’s best opportunity to enjoy fresh air, good music, and the beauty of the night skies.

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BRENDAN BERUBE
 EDITOR

Advice for avoiding burnout

Most individuals take time during the summer months to unwind and sort of reset after a busy fall, winter and spring. Summer vibes are usually all about taking things slow and soaking up as much sunshine as possible before winter strikes. Many people who suffer from “burnout” welcome the longer days and warmer weather, however sometimes these three months of frisbee throwing and hanging by the lake aren’t enough.

With the go-go-go culture that has taken over our society, many people find themselves burnt out, to their detriment. Experts say people can reverse that feeling of burn out and we decided to share what we have found with our readers, especially given the current unease the pandemic has brought on. The future remains uncertain; we still have no idea what school or universities will look like this fall, and whether a vaccine really is on the horizon.

If work and stress is taking its toll on you, you may need to make some changes there. Experts say that often times simply talking it out with a co-worker or supervisor can help to get things off your chest, especially if the consensus is to create a healthier work environment. Some people have found that the only way to cure burnout is to change positions, however without proper techniques every job, could eventually burn you out. Noted is the newfound appreciation to even be employed, given the high unemployment rates due to Covid.

Managing stress properly is important, however not everyone knows exactly what that entails. Healthy eating, exercise and proper sleep are the easiest things one can do to ease stress in other aspects of your life. Most people who are over working themselves claim that time is an issue. There is no time to exercise, no time to sleep, no time to eat healthy. Point blank, if they can put a man on the moon, you can find the time to put yourself first without letting your job duties fall by the wayside. This could include little tricks such as parking your car far from the entry of a place to extend the walk, taking the stairs or even placing your computer on a counter so that your sitting time is lessened. Everyone knows what works best for themselves, so often times a bit of creativity and resourcefulness is needed.

A vacation can help ease burnout symptoms but often, a week isn’t enough time to truly combat burnout. Further, vacationing seems to be off the table for the time being. Trying to play tourist in your own backyard will have to suffice.

Finding a release is imperative, whether it’s going for a run or simply tuning out with a good movie or an old fashioned game of solitaire. If you let stress build and build without letting off some steam, that could lead to unintentional outbursts and severe irritability. Try not to let yourself become dependent on alcohol and caffeine. Everything in moderation. We’re not sure, but we do believe the Red Bull trend has settled a bit.

Switch things up by asking for different responsibilities. When things get mundane they can become less interesting. Having fun while also getting the job done can make a world of difference. Even working away from the norm, and changing up the scenery can be a game changer. Find a nice outdoor coffee shop or a park and try to avoid working from home at all costs. If you work from home, you will begin to associate the same feelings about work, in the home. Your home is your sanctuary and you need to protect it.

In the book “Don’t Sweat the Small Stuff, and It’s All Small Stuff” by Richard Carlson, he talks about how when you die, your ‘In Basket’ won’t be empty. His point is that we all feel the need to get everything done. We stay up late, get up early, just to get everything done. By doing this he says we put off having fun or spending time with loved ones. Keeping a full ‘In’ basket

means that your time is in demand, with projects to complete and phone calls to return. Carlson reminds his readers that no matter what you do or who you are, nothing is more important than your own happiness and sense of inner peace and that of your loved ones. He reminds us that when we die there will still be things left to finish, and that someone else will do it.

It’s one thing to read tips, and take advice from others, but it’s another thing to remember what you’ve read, and to put those words into action.

OPINION/COMMENTARY

LETTERS TO THE EDITOR

Announcing my candidacy for State Rep

To the Editor:

I’m the most qualified candidate to serve as your next State Representative for the 7th Worcester District of Millbury, Auburn, Charlton’s Precinct 4, and Oxford’s Precincts 2 & 3.

I’m an Independent candidate...and I believe in workingG for a living.

After more than 22 years of taking your money, my opponent, Paul Frost’s reason for you to reelect him is a “100 percent voting attendance.” From the numbers on his website, that means showing up an average of approximately 24 days a year for roll call votes, to cast 12 votes. How long would you last in your job if you only showed up about 24 days a year?

I served 33 years in the Military Reserve in the USANG, USAFR, USNR, and USMC, with “Honor” and “100 percent Attendance.” My last deployment was in Afghanistan. As a leading Petty Officer, I helped my units earn “Outstanding Unit Citations.” Among my personal awards were «Outstanding Airman of the Quarter», and «Outstanding Sailor of the Quarter.»

My campaign signs have an American flag, and are Red, White, and Blue. Frost’s are Yellow.

Over the years, I have never found him at the State House. Use elevator 5/6 at the side entrance, pass by all the janitorial supplies and stored water and furniture, until you come to the locked door of Room 542. That’s Frost’s office, 15 steps from the Military Wing, and they don’t know who he is.

He pleads to keep his job until he can retire at age 60, so that he can put his 3 daughters thru college. Most of us have to work second jobs and take out loans. He hasn’t exerted the effort to better himself in preparation for another job. That’s no reason to be reelected.

He claims he fights for state local aid for our town’s schools, roads, etc. State Aid is based on formulas of population, road mileage, employment levels, etc. He

doesn’t “fight” for them. He announces these predetermined payments to the towns in newspapers to impress you.

I was recently reelected to the Millbury Planning Board. I will continue to serve there as well as the Millbury’s Ponds and Lakes Commission and Youth Commission.

I remain an active member of Millbury’s Veterans’ Council, Veterans of Foreign Wars, Veterans of Foreign Wars Auxiliary, American Legion, and the Vietnam Veterans of Auburn.

I support:

Law and Order

The Second Amendment

Treating destruction and/or harm done to public or private property or people as a punishable crime

Full funding for local and state police with additional “Restraint Training” like teachers take

Open dialog in public sessions to discuss and attempt to resolve issues of serious concern, instead of resorting to violence

Better access to Mental Health Providers

Better access to Social Workers

Better Mental Health and Health Care for Veterans

Reducing and freezing real estate taxes for Senior Citizens

Reducing interest rates on Student Loans

iPads and Technology back-up for 1-12 public school students

Fill in the “Dot” for Dotson.

Thank you,

TERRY BURKE DOTSON
MILLBURY

Avoid touching retirement savings early



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

You contribute to an IRA and 401(k) to help build the financial resources you’ll need to enjoy a comfortable retirement. But despite these funds being set aside for retirement, many investors use them before they retire. More than half of Americans tap into their retirement savings early, according to a survey from Magnify Money, a website focusing on financial topics. How can you avoid this problem?

It’s obviously important to leave your retirement savings untouched, as much as possible, until retirement. You could spend two or three decades as a retiree, so you’ll need a lot of financial resources. Of course, it’s understandable why some people touch their retirement accounts early: According to the Magnify Money survey, about 23 percent did so to pay off debts, 17 percent to make down payments on a home, 11 percent to pay for college, and the rest for other reasons.

While you also might consider these needs for taking an early withdrawal or loan from your retirement account, you’ve got good reasons for not touching your IRA or 401(k) before you retire. First, you may face tax penalties if you withdraw money from your IRA and 401(k) before 59 and a half, though there are exceptions. Also, if your withdrawals from your retirement accounts are large enough, they could push you into a higher tax bracket. Plus, the longer you leave your money intact, the more you’ll probably have when you need it in retirement.

Let’s use the survey results to look at some additional points you might evaluate before using funds from your retirement accounts for other purposes:

Paying off debts – You could consider using a 401(k) loan to pay down some high-interest rate debt, but this move assumes two things – one, you don’t plan on taking on additional high interest rate debt, and two, you plan on repaying the loan from your 401(k) within five years. If you don’t, you could face penalties.

Making a down payment on a home – The IRS allows first-time home buyers to make a penalty-free withdrawal of \$10,000 from an IRA to make a down payment on a home; however, taxes could still be owed. You might be better off by delaying the purchase of a home, giving you time to build up additional savings, held outside your retirement accounts, that could be used for the down payment.

Paying for college – If you haven’t saved enough for a child approaching college, you might consider withdrawing from your retirement accounts to do so. If the funds are used for qualified education expenses, you may be able to withdraw from your IRA without paying a penalty, but again, taxes could be owed on the withdrawn funds. Alternatively, if you have more time, you could consider opening tax-advantaged 529 accounts for younger children to help pay for their education.

As the name suggests, a retirement account is designed for retirement, so do whatever you can to protect it. You may want to consult with a financial professional for guidance on meeting the other needs people cite in tapping into their retirement accounts early. The more you know, the better prepared you’ll be to make the best decisions you can for your situation.

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

Reader’s Share Favorite Tips

Summer is in full swing, and with many still staying close to home, there is no better time to share your favorite tricks and tips than now.

From garden and grilling tips to saving money and making do, the following tips from readers are sure to please this season. **

Yes, we have some bananas - especially since this tip will keep them around longer!

My hint: When making banana bread, do not use overripe bananas. That is a holdover from the depression so as not to waste food. For a better taste and lighter texture, use firm and less ripe bananas. Try it and you will not go back to the old way.

Paul Davignon
Uxbridge, MA 01569
**

Talk about Yankee Ingenuity! This reader always comes up with creative tips and tricks and the following are no exception:

My first tip is how I made my own version of an easy open medicine bottle cap.. My dad wanted to be independent for as long as possible, but he hated the childproof lids on his prescriptions. He had no children living with him, so I made cloth with a pipe cleaner, to serve as an oversize twistie and he was happy. Also, Nature Made and a few other brands make a flip top lid, these are interchangeable with other brands, e.g. local drugstore brands, Just save your flip lids and just attach them to your next bottle before opening!

I keep a few around and



TAKE THE HINT
KAREN TRAINOR

share with elderly I check on!

Also, when doing floor and other exercises that require you to roll a towel under your shoulders etc., I use the same towel, rolled and secured it with pony tail elastics. This way, I can wash it easily when needed and the same towel is always at the ready each day.

Viola Bramel
Northbridge, MA
**

Fresh lemon slices do double duty with this tasty grilling tip:

Now that it is summertime we are all doing lots of grilling.

I found that when grilling or baking fish (I have been baking mine lately), it’s a good idea to wrap it up in foil and place lemon slices on the bottom of the foil. This will help keep the fish from sticking as well it gives added flavor to the fish.

MD
Sturbridge MA
**

These garden hints up your odds of a successful tomato crop:

Fish buried a couple feet below plants is fantastic, a cracked egg under tomato plants is like magic, and rags soaked in ammonia and aluminum pie plates tied up around the garden help keep away critters

Joe S.

Gone fishing

To date, this summer has been extremely hot & humid. Fresh & saltwater temperatures are also very warm, driving many species of fish deeper, looking for cooler waters. This past week, this writer & Matt Fontaine enjoyed some great fishing for seabass and fluke in Rhode Island waters. He actually caught two legal size fluke measuring 20 inches each. Throwing back 18-inch plus fluke was not easy to do, with many just short of the 19-inch legal size. Matt commented how cold the fish felt that we were catching. Seabass limits were also reached, but many were also just short of the 15 inches. The seas were calm on this day of fishing, with thick fog until 9 a.m.

Navigating through the fog was fairly easy with the help of Matt's Lawrance GPS. But it is a lot easier and safer to navigate without the fog. We started out fishing in 40 to 50 feet of water, but fishing remained slow. Our next stop was in 50 to 60 feet of water, and it was basically lock and load fishing on sea bass and fluke. Fortunately, we took the time to catch some fresh mummies again prior to unloading the boat at the ramp. What also made a big difference was putting the 90 horsepower motor in gear using the trolling plate to keep the boat moving because of no wind, and we had very little drift from the tidal flow.

Matt was using a fluke rig with a spinner attached to the



THE GREAT
OUTDOORS
.....
RALPH
TRUE

front of it, and this writer was using a striped bass rig which consisted of a double hook set up and two spinners attached. We baited the rigs with a combination of squid strips and a couple of live mummies. Using a fish finder and a four ounce weight to get the rigs to the bottom was a perfect combination for the type of fishing we were doing. I always check the rig and bait in the water along the side before lowering it to the bottom.

The slow trolling speed was great for the rigs and bait we were using, and we quickly lowered them to the bottom. Double hookups were common. I sure miss my buddy Steve Mercure on my fishing trips. He is missed, but not forgotten. He was one of the best bottom fishing anglers that that I had to fish with, and he always kept me laughing.

Something and someone need to address the high population of protected species that are negatively impacting our food sources as well as the safety of humans. They need to decide what is more important. Shark attacks are endangering the public at our beach-

es every year and some of the attacks are fatal, extending all the way into the state of Maine this year. Seal populations are out of control, and they are luring sharks into shallow water causing numerous fatal attacks every year. Seals also eat many pounds of fish daily which is negatively impacting many species of fish populations.

Bottom fish species are disappearing rapidly. Cod populations are at a point of collapse, and it is not only the type of fishing being done by commercial fishing, that is the problem. Haddock populations are also in big trouble on the South Shore of New England, but have bounced back on the North Shore over the past 10 years or so.

Winter flounder are in big trouble on the South Shore, with Narragansett Bay being basically shut down to any recreational fishing over the last five to 10 years. Cormorants eat millions of pounds of fish annually, including the recently born fry. How long will these protected species of birds and animals be allowed to destroy our valuable fish populations.

We all love to see wildlife flourish, but we need to keep their populations in check and properly managed as we do our deer populations. Just imagine deer hunting being suspended. 13,000 animals were harvested last year in Mass., and the deer population continues to grow. Mute swans, coyote & beaver are also out of control &



Courtesy

A huge Wolf fish caught aboard the Clipper fleet a number of years ago! They are now illegal to keep because of a dramatic decrease in their populations. The Clipper fleet was put out of business a number of years ago because of restrictions on Cod, Haddock, Wolf fish, etc.!

need to be addressed. Man has upset the balance of nature, and they need to make some major changes before it is too late. Take a Kid Fishing & Keep Them Rods Bending!

When did we stop caring for each other?

It's election season and the mass "unfriending" has begun. Friend against friend and family member against family member arguments are in full bloom and potentially creating relationship damage that may extend far past election season. I grew up believing in the old adage, "Blood is thicker than water" and I always believed that friendships should be forever. I'm wondering ... "When did our political ideology become more important than our relationship with family and friends and our love for each other?"

Relationships are important to me. There isn't an election nor any life event that would cause me to unfriend a friend or disown a family member. My love for those I care about transcends who they vote for. Because you believe something different does not mean you are my enemy. It just means we disagree. No problem. Some people like pepperoni on their pizza while others prefer sausage. Why is that different than one person is voting for Biden while another is voting for Trump? I'm not making light of the weight of the voting decision but am saying disagreeing on an election should not be relationship damaging. Why should a disagreement negatively impact the love we feel for one another?

I'm hearing with great regularity how families are being torn apart by this election and this pandemic. I heard recently about how a friend posted a very passive comment about the current state of the nation and then were attacked publicly online by her daughter. Are you kidding me? Shame on anyone who will publicly scorn a loved one because they see things



POSITIVELY
SPEAKING
GARY W.
MOORE

differently! I sadly heard this morning of a son who told his parents over the weekend, "You are dead to me!" Really? Over political differences?

What has happened to us?

Look no further than the great mask debate. I believe wearing a mask in public protects others. There are no absolutes and masks are not fool proof. Common sense tells me that anything that reduces the amount of mouth aerosol into the air cuts down on the risk of transmission. I posted this online and was attacked by others. I won't repeat the name-calling, but here's some of what I was told ...

"What's wrong with you? Forcing me to wear a mask is a violation of my rights."

There's nothing wrong with me but I'm curious about everyone else's rights not to breathe your spray. Do we not have rights?

"You of all people (meaning me) should know better! Little children get their emotional cues from your facial expressions."

Me of all people? Well, don't wear a mask at home, but until we get control of this pandemic, it won't hurt you or your children to make a small sacrifice. In fact, I think it's a great opportunity for a learning experience for our kids. Maybe teach them about social responsibility?

"This is all a government conspiracy to take away my rights."

Maybe I'm in the dark, but I don't believe there's a government conspira-

cy to take away anyone's rights in this case.

Here's my favorite ... "A mask only protects you from me. It is not for my protection, so why should I wear one?"

Again ... When did we stop caring about each other? I willingly wear a mask to protect you. Why would you not do the same for me? Have we really become that selfish?

And before you send me a study saying masks don't work, be aware there's a plethora of studies saying they do. I think the best sources I've read say masks are not fool-proof but will provide a 65 percent reduction in the chances to transmit or catch the virus. I think 65 percent is well-worth the inconvenience of wearing a mask in public.

My faith tells me that the greatest commandment is to love each other as we love ourselves. I don't think it means we should only love those who vote as we do or agree with our opinions. I don't think it means I shouldn't wear a mask to protect others, even if it doesn't protect me. It means exactly as it says. We are to love each other as we love ourselves.

I love you enough to wear a mask in public. Won't you do the same for me?

Life is too precious and so very fragile. We have no guarantees for tomorrow. Can't we choose to love our neighbor while we are here?

I do. 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.garywmoore.com.

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Friday's Child



Kealan
Age 6

Hi! My name is Kealan and I like bubbles!

Kealan is a curious boy of Caucasian descent who loves to babble and smile when he is happy. Kealan also loves music and lights up when he hears his favorite songs!

Kealan is on the Autism spectrum and is currently in preschool. Kealan can say a few words, but mainly uses noises and movement to make his needs known. Kealan has a gastrostomy tube for feeding and has made tremendous progress with gaining weight. Having decreased vision causes Kealan to only see about 3-4 feet away without his glasses.

Legally freed for adoption, Kealan's social worker is looking to place him

with a family that is able to meet his needs and help him thrive. A family would need to be able to keep up with Kealan's many medical and developmental appointments and help advocate for him in school.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

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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Support native bees and enjoy the many benefits

Pollinators are responsible for about 75 percent of the food we eat. The European honeybee is the most well known but our native bees are also critically important.

We can help our native bees and gardens by reducing or eliminating the use of pesticides and providing shelter as well as food and water.

About 70 percent of our native bees are ground nesting. Reduce the risk of conflicts with ground nesting bees. Create an inviting habitat away from prime gardening areas. Leave warm south facing spaces open for bees to establish their in-ground nests.

Wood and cavity nesting bees, like the leaf cutter bee, make up about 30 percent of our native bee population. Others nest in hollow plant stems so leave these, their homes, stand for winter.

Bumblebees nest in abandoned animal burrows, tree cavities, grassy areas, or under fallen leaves. A colony usually contains a few hundred bees. All members of the colony die in fall except the fertilized queens. The queens look for new homes the following spring.

Support our native bees by planting a variety of bee attracting flowers. The plants provide food and shelter and help attract the native bees to your landscape and bee houses.

Include plants with different colors and shaped flowers. Grow lots of purple, blue, white, and yellow flowers that



GARDEN MOMENTS

MELINDA MYERS

are favored by bees. Plant flowers in mass. You will enjoy the display, the garden will require less maintenance, and you will get the attention of the bees you are trying to attract. Plus, bees use less energy when they can gather lots of food from a smaller area.

Make sure you have something in bloom throughout the growing season. Spring bulbs, wildflowers and perennials provide essential food that is often in limited supply early in the season. Fall flowering plants provide needed energy supplies as the bees and other pollinators prepare for winter.

Bigger flowers are not always better. Double flowers may be showy, but they have less nectar and pollen. The multiple layers of petals hinder access to what nectar and pollen they contain.

Grow some herbs in the garden and containers for you and the bees. Let some go to flower and watch for visiting bees on thyme, borage, oregano, and other herb flowers.

Grow native plants whenever possible. They are a richer source of nectar and pollen than cultivated plants. Native bees and other beneficial insects have evolved with these plants, providing a mutual benefit.



Leave leaf litter in place and healthy perennials including grasses stand for winter. These provide homes for some bees and other beneficial insects. Wait as long as possible in spring so you don't interrupt their hibernation.

Increase living quarters by making your own native mason bee houses. Just be sure you provide a properly designed, clean home with needed winter protection. Do your homework first to make sure you are not harming the native bees you are trying to support.

The easiest method uses a bundle of hollow sticks such as bamboo, reeds, or sumac. Cut them into short segments and remove three to five inches of pith with wire or a drill.

Consider painting the front to make an inviting entrance for the bees. Bundle the stems together with wire or place in a bucket or can.

Or create a solitary bee house from a block of untreated wood. Drill holes into, but not through a block of untreated wood. The holes should be three to five inches deep and about 5/16 of an inch in diameter for mason bees. Nesting tubes inserted into the holes makes for easier cleaning and storage that prevents debris and disease from building up one season to the next.

Mount the bee house on the southeast side of a post, fence or building. Make sure to provide a nearby mud puddle the bees will use to seal off the individual development chambers

in the holes.

Creating a bee friendly landscape not only increases your garden's productivity but also the number of songbirds and beneficial insects that visit your garden. That means fewer garden pests and a more beautiful garden for you to enjoy all season long.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the nationally-syndicated *Melinda's Garden Moment TV* & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her Web site is www.MelindaMyers.com.

Exploring New England's tornado history



File Photo

A scene from the tornado that rolled through Webster two years ago this week.

BY GUS STEEVES
CORRESPONDENT

REGION — As Webster, Southbridge and points west know quite well, Massachusetts has a history of tornadoes. Last Thursday, a National Weather Service webinar took a look at that history, exploring why the storms develop.

As NWS-Boston's Science & Operations Officer Joe Dellicarpini noted, the June 2, 2011, tornado was nearly identical to the more deadly June 9 Worcester tornado of 1958.

In both cases, the weather was "typical of an almost plains-type severe weather day," but very rare here — "probably a once in 50 or 60 year event," he said. In both cases and most plains tornadoes, the day's weather featured high instability, high humidity, a strong wind shear (rapidly changing direction and/or speed at different elevations), and rapid vertical temperature changes. Those features tend to create supercell thunderstorms, which often spawn "hook-like struc-

tures" and "bright and tight" features on radar that are characteristic of tornadoes, Dellicarpini said.

The 1958 twister was a strong EF-4, killing 94, injuring 1288, and destroying about 4000 buildings during an 84-minute rampage over 46 miles. The 2011 storm was a strong EF-3 with winds estimated at 160 mph, killing 3, injuring about 200, and destroying hundreds of buildings over 38 miles. (Tornadoes are measured on the Enhanced Fujita (EF) scale from EF-0 to

EF-5.)

"The staff actually knew the history of the [1958] weather system," with a tornado outbreak in Michigan the prior day, he said. "But they decided against [giving a tornado warning] because they didn't want to be 'unnecessarily alarming.'"

On the other hand, the NWS did issue Massachusetts' first ever warning about "locally severe" thunderstorms. After seeing the "classic pattern" of a radar "hook" when the tornado was hitting Holden and getting photos of it hitting Shrewsbury, NWS did issue a tornado warning for the Boston area — "after the tornado was done, unfortunately," he added.

That day had three other tornadoes as well — two in New Hampshire and an EF-3 from Sutton to Mansfield.

By 2011, NWS had a much better warning system, sending out emergency alerts, meaning that although the June 1 twister caused major damage along its route from West Springfield to Southbridge the deaths and injuries were far lower. That day also saw two other short-lived EF-1 tornadoes in Central Massachusetts and a second supercell to the north that never developed tornadoes.

"I personally never thought I'd ever see anything like this," Dellicarpini said of investigating the track afterward. "It seemed, especially in Monson, like a bomb went off."

Meteorologist Rodney Chai showed a map stating that Worcester County has seen the most tornadoes (43) since records have been kept. The storms generally occur in the western part of southern New England in part because ocean temperatures in spring limit the extent of severe weather to the east, he

said.

Nationwide, tornadoes mostly occur in the central plains, where colliding cold Canadian air, warm Gulf air and a low-level jet stream create instability. The stretch from southern Minnesota to Texas is "Tornado Alley" and sees the greatest number of tornadoes on Earth, but significant storms also hit a wide swath of the southeast, particularly Alabama and Mississippi.

Chai noted that tornado strength is defined by "high-impact wind damage." Often, he said, what matters is "not the amount of damage, but the pattern of damage." Tornadoes are "usually chaotic," with downed trees criss-crossing because of the rotation. Microbursts can cause a similar level of localized damage, but trees "line up in the same direction," he said. (Dellicarpini later added microbursts can themselves spawn tornadoes.)

Among the things investigators look for are damage to houses, trees being uprooted and stripped of bark, and reports of debris swirling in the air. Certain ranges of windspeed cause certain levels of damage, but that depends on the sturdiness of the structure and the health of the trees, among other things.

Dellicarpini later noted that most storms "show some sort of rotation," so they base tornado warnings on three factors — the rotation's strength, persistence and depth through the storm. Terrain can affect tornado development, with river valleys being a source of wind shear that can cause rotation, he added.

He said the region's tornado history dates back at least to Aug. 15, 1787, when at least five tornadoes were documented in Connecticut,

Massachusetts and New Hampshire. They caused "many injuries" and extensive tree damage, but just two deaths because the population was so sparse.

He summarized a list of other tornadic outbreaks since 1953. One of the biggest and more unusual ones was the EF-4 that hit Windsor Locks, Conn., in October 1979, killing three, injuring 500 and causing extensive damage to Bradley Airport. Initial reports "were of an explosion, not a tornado," he said.

By contrast, the Aug. 4, 2018 twister that rolled through downtown Webster was much more typical of New England tornadoes. It was a short-lived (just one minute and a half-mile long) EF-1 with 110 mph winds causing "quite a bit of damage" but just one injury, he said. Official records from that date show the NWS issued a tornado warning 13 minutes before it touched down in Dudley, and the fact that went to the town's reverse 911 system probably saved lives. A second "weak, narrow" twister lasted four minutes in Woodstock causing minimal damage.

Chai made a distinction between tornado watches and warnings. The former happen when "the ingredients are there, so you should use the time to plan" and watch the sky. A warning, by contrast, means someone has actually reported a funnel cloud touching down, and its arrival is "imminent." Under such circumstances, he said, people should take shelter and "hunker down until the tornado is over to save your life."

NWS-Boston webinars are available on the agency's YouTube page addressing a wide range of weather-related topics.

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



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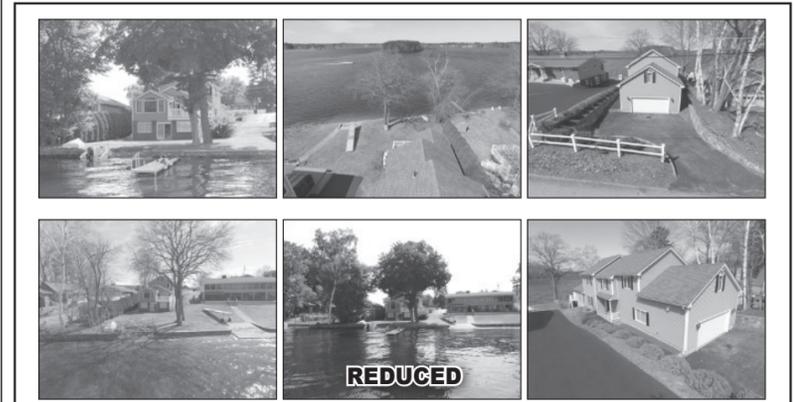
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Most holy Virgin Immaculate, my Mother Mary, to thee who art the Mother of my Lord, the queen of the universe, the advocate, the hope, the refuge of sinners, I who am the most miserable of all sinners, have recourse this day. I venerate thee, great queen, and I thank thee for the many graces thou has bestowed upon me even unto this day; in particular for having delivered me from the hell which I have so often deserved by my sins. I love thee, most dear Lady; and for the love I bear thee, I promise to serve thee willingly forever and to do what I can to make thee loved by others also. I place in thee all my hopes for salvation; accept me as thy servant and shelter me under thy mantle, thou who art the Mother of mercy. And since thou art so powerful with God, deliver me from all temptations, or at least obtain for me the strength to overcome them until death. From thee I implore a true love for Jesus Christ. Through thee I hope to die a holy death. My dear Mother, by the love thou bearest to Almighty God, I pray thee to assist me always, but most of all at the last moment of my life. Forsake me not then, until thou shalt see me safe in heaven, there to bless thee and sing of thy mercies through all eternity. Such is my hope. Amen. N.L.

Dearest St. Jude, thank you for your prayer and intercession on my behalf to the Lord, you have always answered my prayer but still I will never be able to thank you enough. Please forgive me on occasion that I may have forgotten or overlooked in thanking you for the favours granted. I promise you St. Jude to ever grateful and always be, devoted to you as my patron saint. For by the good Lord's grace has got me to this point in life, and there is still a very long road for me to traverse. Therefore, St. Jude, I will always need you by my side and please continue to guide and help me with God's grace. I ask you St. Jude to not leave any prayers unanswered whether it is one of mine or from other who have invoked your aid. Look upon us the hopeless and desperate for the Lord's help in our life. I will always be in need of your help and you always hear my prayers, otherwise my life will be very difficult to lead. AMEN. N.L.

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Grilled, fresh lobster is the ultimate treat



There is no denying that lobsters are an interesting looking species. It's difficult to imagine that someone first had the inclination to catch and cook these well-armored crustaceans. However, as those who have dined on lobster can attest, lobsters' unique look masks a lot of taste.

Lobster and shellfish decompose quickly after death, so they have to be cooked within minutes of perishing. Boiling is a common method of cooking lobster. However, by quickly dispatching with the lobster and then cooking it on the grill, the flavor profile of lobster becomes even more pronounced. Follow these guidelines for "Lobster Grilled With Seafood Butter" from "Mastering the Grill" (Chronicle Books) by Andrew Schloss and David Joachim.

LOBSTER GRILLED WITH SEAFOOD BUTTER

Makes 4 servings

4 live lobsters, about 1 pound each

6 tablespoons Green Chimichurri Rub (see below)

2 tablespoons chopped fresh dill

3 tablespoons unsalted butter

Finely grated zest and juice of one lime

1 teaspoon green hot pepper sauce

3 tablespoons extra-virgin olive oil

Oil for coating grill grate

1. Heat the grill with indirect heat, medium (325 F to 350 F).

2. Put a lobster on its belly on a rimmed sheet pan. Hold a sharp knife with the blade perpendicular to the length of the lobster. Insert the knife into the back of the lobster where the shell of the thorax meets the shell of the head. Remove the knife and turn the blade parallel to the length of the lobster. Starting at the place where you just inserted the knife, cut down the length of the lobster through the center of the thorax and the tail. Turn the lobster onto its back and cut in half lengthwise. Remove the light green tomalley from the body cavity and, if pres-

ent, the long sac of dark green roe that runs down the back of the lobster, and put them in a small skillet or saucepan. Crack the claws by whacking them across the crest of their bulge with the back of a heavy knife. Put the lobster halves on a plate that will collect their juices. Repeat with the remaining lobsters.

3. Drain any liquid that has collected on the lobster plate into the pan holding the tomalley. Cook over medium-low heat just until the lobster drippings turn white and the tomalley brightens, about 1 minute. Cool.

4. In a food processor, purée the tomalley mixture with 2 tablespoons of the rub, the dill, the butter, about one-fourth of the lime zest and juice, and the hot pepper sauce until the mixture is smooth and thick; set aside.

5. Mix the olive oil with the remaining 4 tablespoons rub and spoon the mixture over the exposed lobster meat.

6. Brush the grill grate and coat it with oil. Put the lobsters, cut-sides down, on the

grill directly over the heat. Cover and grill for about 4 minutes, until the edges start to brown. Turn the lobsters over and move them away from the heat. Cover and grill until an instant-read thermometer inserted into the meat registers about 140 F, about 10 minutes. If your grill has a temperature gauge, it should stay at around 350 F.

7. Remove the lobsters to a large serving platter. Drizzle the meat with the remaining lime zest and juice, and place a dollop of the seafood butter in the open place of each lobster half so that people can dip the

lobster meat into it as they eat.

GREEN CHIMICHURRI RUB

2/3 cup finely chopped fresh flat-leaf parsley

2 cloves garlic, minced

2 tablespoons grated onion

2 teaspoons kosher salt

1/4 teaspoon ground black pepper

1/2 teaspoon dried marjoram

1/2 teaspoon crushed red pepper flakes

Combine all chimichurri rub ingredients, and use as directed.

Welcome to our 2nd Annual Summer Scramble!

We've decided to change it up for Summer and instead of a crossword puzzle, we've created a scramble. We hope you'll enjoy this challenging puzzle! Please find the answers (business names) on the ABC's of SUMMER page in this week's issue. We will unscramble for you and announce a winner of a \$25 Gift Card to an ABC Business in the August 21st issue. Please mail to ABC's of Summer Scramble, P. O. Box 90, Southbridge, MA 01550 or take a pic and email to jsima@stonebridgepress.news by August 14. Good luck!



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Newspaper you saw this in, circle one: Spencer New Leader, Auburn News, Southbridge News, Charlton Villager, Sturbridge Villager, Webster Times, Blackstone Valley Tribune

We love your feedback comments: _____

ABC'S OF SUMMER SCRAMBLE

(These are not in alphabetical order)

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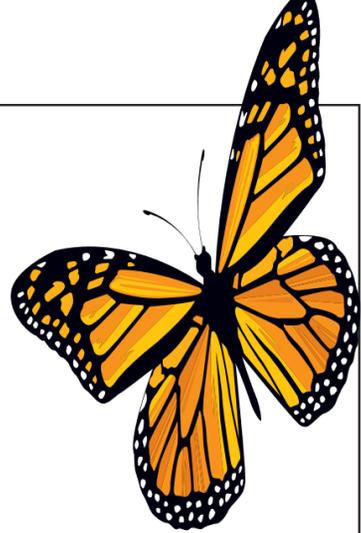
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